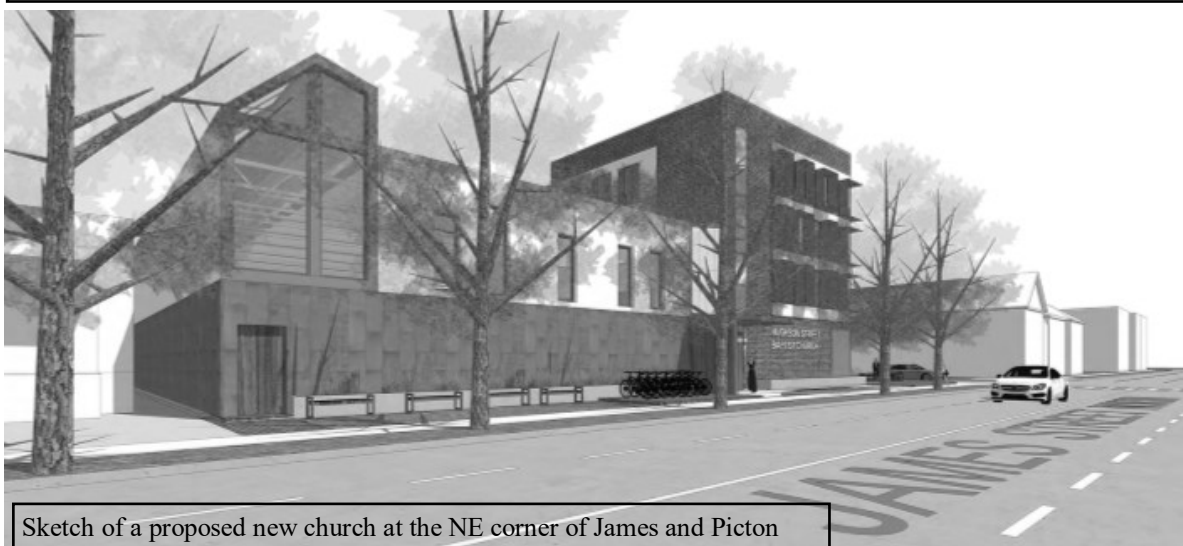




THE COMMUNITY NEWSLETTER OF HAMILTON'S NORTH END DECEMBER 2016 EDITION

New Supported Affordable Housing Plan

Hughson Street Baptist Church partners with Indwell at 500 James St N



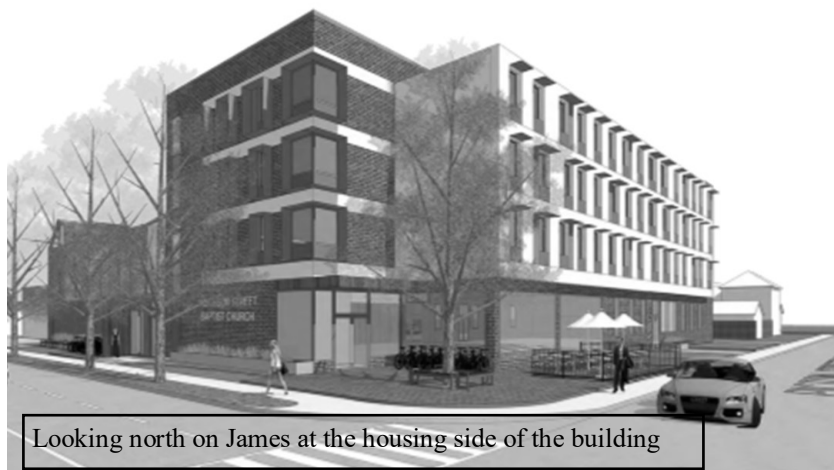
Sketch of a proposed new church at the NE corner of James and Picton

An intriguing new development concept is unfolding at 500 James St. North (at Picton). Hughson Street Baptist Church has been serving the North End of Hamilton since 1887 based from 383 Hughson St. N. When the church outgrew that facility a number of years ago, they began using Bennetto School gym for Sunday mornings in addition to various youth sports programs. In 2011, the church purchased the building at 500 James St. N. with the vision of creating a facility to bring their Sunday and mid-week programming under one roof. But with all the changes happening in our neighborhood, the need for affordable, accessible housing has become a constant refrain that the church couldn't ignore. In June, Hughson held a community meeting to introduce their proposal to build affordable housing as part of their new church complex.

The effects of gentrification has been having a disproportionate impact on area residents who live with disabilities, low incomes, and rent their housing. Pastor Dwayne Cline, who has served at the church for over 21 years, has led the church so Hughson can meet local needs in a way that builds on existing strengths like the North End's self-reliance. With affordable housing emerging as a pressing need, he invited Indwell to help assess how the church could respond.

The plans for Hughson's new facility have developed over the past five months as the church and Indwell have refined the vision and incorporated feedback from many sources. The forty-five 1 & 2-bedroom units have been re-configured, and the building has been set back further from neighbouring properties.

Indwell will be supporting local residents who are living with conditions like diabetes



Looking north on James at the housing side of the building

and mental health issues and who need support and affordability to maintain stable housing. North Enders have already started reaching out to Indwell asking how to get on the waiting list.

While Indwell will provide the housing supports, Hughson will provide spiritual and practical supports and ministries. The church will also contribute over \$10 million towards the total \$17 million project.

The church is hosting a project update meeting on **Tuesday, December 6th at 7pm in Bennetto School** (47 Simcoe St. E.). Indwell will share the refined drawings, status of the planning process, and other progress. Hughson Street Baptist Church has also invited Councillor Jason Farr to speak about the project, and Councillor Chad Collins to give an update on City Housing's ongoing plans in the neighborhood. Anyone interested in the project or affordable housing in the North End is invited to attend this open house-style event.

The History of Christmas Windows

by Kathryn Smith

I remember Eaton's Windows...

The windows, like the famous department store, are mere memories now, but for those of us who lived through that era, we have many fond recollections of going window gazing during the Christmas season.

It was Macy's department store on 34th Street in New York City in 1874 that was the first to decorate their windows with a Christmas theme. Three years prior to that, they had stayed open until midnight on Christmas Eve, creating the first ever 'midnight madness'. The season has never been the same since.

Each year millions of people visit New York City at Thanksgiving when the windows are unveiled to the delight of thousands of
(continued on page 5)



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



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



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

DECEMBER UPDATE

The North End Neighbours (NEN) was created 10 years ago. At the Annual General Meeting held November 9, 2016, a motion was put forward that a review of NEN's vision statement, "motto" (Child and Family Friendly), policies, and organizational structure be conducted by the incoming board of directors. The intent is that the review be completed quickly, and include at least one community meeting as part of the review. Recommendations would then be presented to the membership at a General Members Meeting no later than March 2017.

All residents are able to be members of NEN. There is no fee. So, please be thinking – how can the Neighbourhood Association improve and meet the needs of all residents? What do you want in a "neighbourhood association"? Please email your thoughts to the account below and come to the Community Meeting when it is organized.

Grain dust emissions from Parrish and Heimbecker are a continuing concern. Dust from ships loading and unloading is causing concern in certain areas. If you have an experience you would like to share, want to file a report, or have questions, please contact us at the account below.

If you subscribe to the NEN mailing list, keep your eye on the "spam" inbox because we have been told some residents are not getting the emails! We are using "mailchimp" to send out information and meeting dates and sometimes it is automatically put into "spam" until you tell it not to! To subscribe, just fill out the "mail list" form on the webpage:
www.northendneighbours.com

"PLEASE MIND YOUR SPEED" lawn signs are available. We are hoping to get them installed around the neighbourhood in high traffic areas such as Ferguson Street, John Street, MacNab or anywhere you think they are needed. These signs were voted on at an AGM.

About the North End Neighbourhood Association

Membership is FREE for residents. Just email or phone to let us know if you want to be a member and be on our email list for updates and notifications of meetings and events.

NEN is the Neighbourhood Association for the North End of Hamilton. Its mission is to advance the social, physical, and cultural interests of the residents of our community, through the identification and research of issues affecting our community, the education of residents and the promotion of their active involvement in the democratic process to ensure that the interests of our community are protected as a Child and Family-Friendly community. NEN works to achieve its goals by providing a forum for residents for the discussion of all matters of community interest, and developing and fostering a positive community spirit.

Contact Information: Phone: Sheri (905)527-1697
Email: nen.president@gmail.com
Website: www.northendneighbours.com
Facebook: North End Neighbours
Twitter: @nenhamilton



Parents, Seniors, Homeless, Families, Newcomers, Teens, Victims, Job hunters, People with Disabilities, Front-line staff, First Responders...They all find help, information and opportunities here.

- We speak their language. Over 150 in fact.
- 24 hours a day. 7 days a week. 365 days a year.
- Live answer-by people
- Certified information and referral specialists (AIRS)



North Hamilton
Community Health Centre

North Hamilton Community Health Centre Volunteer Opportunities

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

We are currently looking for volunteers for the following programs:

Children's Breakfast Club

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

Pathways to Education

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

For more details please contact:
Diana 905-523-6611 extn. 3008
www.nhchc.ca

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

North End Breezes is published on the first day of each month (except August) at:

**438 Hughson Street North. Hamilton,
Ontario L8L 4N5**

Phone: 905-523-6611 ext. 3004

**E-mail: office@northendbreezes.com
www.northendbreezes.com**

North End Breezes Board of Directors

Sharon Clark, Paul Havercroft, Marie Mushing
Margaret Smith, Chris Pearson and
Michelle Wyndham-West

North End Breezes is Published by:

North End Breezes Board of Directors
In the Breezes committee: Susan Brooks, Ken Hirter,
Shannon McCulloch, Brian Roulston and Alexandra Sempie

Proofreading:

Layout and ad sales: The Board

Circulation & distribution: The Board, Jessica Crowe, JoAnn Osti

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)

Bi-weekly Drop-in Art for mental wellness

EDIAG (Every day is a gift)

Bi-weekly support group for mental wellness

FREE BUS TICKETS

NORTH HAMILTON COMMUNITY HEALTH CENTRE
438 HUGHSON STREET NORTH

FOR MORE INFORMATION
SIB PRYCE 905-523-6611 EXT 2014

The North End Breezes Introduces our New Coordinator, New email address & a sneak preview of our New website

The Board of the North End Breezes is pleased to announce that Brenda Duke has joined our Team as our new Coordinator.

Brenda was one of the original members who formed the Gibson and Landsdale Area (GALA) Community Planning Team just east of the North End. She helped start their community newspaper, The Herald, in the early days. Through her dedication, the paper became financially sustainable within a year. During the start-up, Brenda took on roles in editing, publishing and ad sales, always with the goal of making it a community paper for the community.



Currently she is the Joint Chair of the GALA Community Planning Team, where her passion for green spaces/parks, gardens and Beautiful Alleys is on display. She brings first hand perspectives about community, resident engagement and how to make things work. She believes in looking at what is needed, what would be involved and how to set goals to see it through.

“Building capacity and assisting others to expand their ideas, skills and resources so they are able to carry out their roles effectively is important to build sustainability.”

Brenda is excited to share her ideas with our established team and hopes to

connect with many of our readers to hear your ideas and learn about what makes the North End special to so many.

North End Breezes DECEMBER 2016

PAGE 3

NEW EMAIL for the BREEZES office@northendbreezes.com

NEW WEBSITE

We'll officially launch in January, but you can check us out at www.northendbreezes.com this month for our soft launch. What is a soft launch, you ask? In our soft launch we will provide a preview of our newly re-designed web site with new sections developed to highlight the numerous events, activities and happenings in our neighbourhood. These new sections include pages dedicated to North End entrepreneurs and our vibrant and growing arts community, as well as an up-to-date events calendar and community page featuring reader photos. So, please check back frequently in December to monitor our progress as we populate the North End Breezes web site with new content as we work toward our January launch.

We would be thrilled to receive your thoughts and content suggestions for our re-designed web site. Please forward your ideas, stories and photos to office@northendbreezes.com. A special thanks is due to Marie Mushing of People in Connection Web Site Design, a North End Breezes Board member and local entrepreneur, who has dedicated her time to making our web launch a reality. Thanks, Marie!

You can also still connect with us by leaving a phone message at (905)523-6611 ext. 3004.



**A full-service pharmacy
providing exceptional,
compassionate health &
wellness support since
1961.**

MARCHESE HEALTH CARE
316 James Street North, Hamilton ON
905-528-4214
www.marchesehealthcare.ca

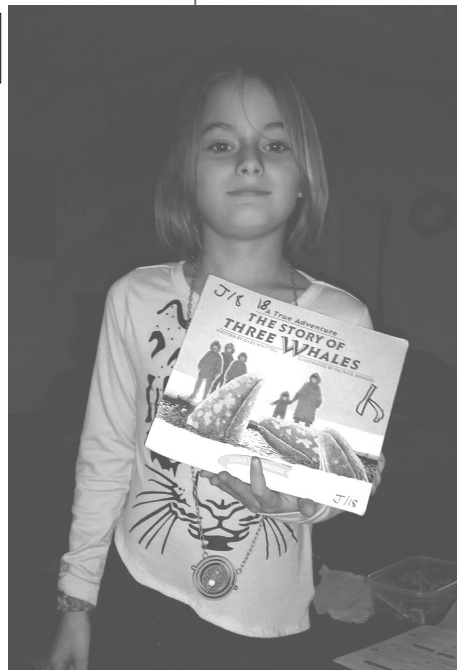
KID'S BOOK REVIEW By Sam Knight

A True Adventure: The Story of Three Whales

This was a very sad book. It is a true story written by Gile Whitell and illustrated by Patrick Benson. Its about three whales in 1988 that got trapped in the ice of Alaska. It made news all over the world.

This book is their story and how people came together to save them. The whale's names were Siku (the biggest) Poutu (the middle one) and Kinnick (the baby). Even though people worked as fast as they could, Kinnick stopped coming up for air and was never seen again. Finally the last two were freed. This book was one I read out loud to my Mom and it made me cry.

It was good, but it was so sad that the baby didn't make it. I wish there had been pictures in color. The ones in this book are all black and white.



TEEN'S CORNER with Hunter Knight

Hey, its Hunter with Teen's Corner once again. How was everyone's Halloween? Did you all get a lot of candy? I have a lot of friends that love Halloween. I really like it but I wouldn't say it's my favourite holiday. Some of my friends made me go out and trick-or-treat—some of you might have seen me—I was wearing a Robin Hood kind of outfit and I was caring a bow. I didn't trick-or-treat as much as my friends. I probably did a house for every two they did.

I've been looking into joining the Reserve Forces. If you don't know, the Reserve is the army, but not. Two of my friends are thinking of joining too. It doesn't seem like a bad part time job.

I haven't been going to Pathways as much as I should be, but I've been playing a lot of DND. I like DND because I can be something I'll never be in real life. Hopefully it's not affecting my marks in school. I know for my chemistry it isn't. I got a 90 on a test so I think I'm doing okay in that class. I should know how good I'm doing sometime next week because mid-terms come out. I think I'm doing pretty well as no teacher has said otherwise. I still like school. This year seems to be going by fast. I never listen

to the people that say it feels you're in high school one day and the next thing you know you're off to work with a family!

This has been Hunter with Teen's Corner once again—hope you all have a good month.



(905) 523-6719

Pathways
to Education

PATHWAYS@NHCHC.CA

REGISTER NOW
for the
2016/2017 SCHOOL YEAR



Tom Komaromi
Registered Massage Therapist

(905) 966-0166

messageguy.tom@gmail.com
bayviewmassagetherapy.ca

48 Guise St. E., Hamilton, ON L8L 4L9

Relax | Refresh | Revive

BOOK CLUB CORNER

Kit Darling

In October we discussed **Blue Moon: A Novel** by James King about Evelyn Dick, perhaps the most infamous citizen of Hamilton and the country's most famous female murderer before Karla Homolka.

The main focus of the novel is an attempt to imagine the life of Evelyn Dick after her release from prison for the murder of her infant son. King casts her as Elizabeth Delamere, a successful novelist. She moves to Vancouver where she finds employment at Duthie Books, an actual and well known bookstore. 5 of our members disliked the book: 8 liked it. The discussion was lively and wide ranging. The local setting and references to locations and people gave many of us a personal connection to the story. Others felt that it was very farfetched and that Evelyn Dick could not possibly have transformed herself into Elizabeth Delamere the author. Ultimately you will have to read it yourself to decide who you agree with. You might also like this audio from the CBC Archives: <http://www.cbc.ca/player/play/2375416650/>

The radio play is based on the court transcripts and interviews and features JJ Robinette as himself.



The Bay Area Book Club Members - Nov 14, 2016

And here are some recommended reads from our members. They are all 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).

Small Great Things by Jodi Picoult. Ruth Jefferson, a black labour & delivery nurse for 20 years, is accused by a white supremacist couple of being responsible for their baby's death. The ensuing trial is deeply thought provoking. The novel examines hate & racism. There are characters & plot twists that hold the readers interest. A good read.

The Paris Wife by Paula McLain This novel takes the reader to the 1920's into the lives of Hadley and Ernest Hemingway. Hemingway is struggling with his goal to be a writer while Hadley is struggling to support her husband's creative talent and maintain their family amid the bohemian atmosphere of 1920's Paris. At the end of his life, Hemingway wrote that he would rather have died than fallen in love with anybody but Hadley. A story of successes and failures.

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.

ELDERBERRIES



Pamela Townsley-Winter

Where did November go?

The Mum Show at Gage Park, always a treat, was enjoyed by a group of seniors at Welcome Inn where they visited Mardi Gras Festival. The roses were still blooming in the gardens when Megs and I strolled through the park enjoying the colors before entering its greenhouses.



Pam & Meg

Greenhouses bring back memories of when I attended an Agricultural College on the Isle of Wight in England. Quite the experience in not only flowers, but livestock as well. I could tell you stories!

We had to get up before dawn to spray the huge Dahlias with water to take the frost off the flowers before the sun rose and would burn the blooms. Another nocturnal task was to feed the baby lambs. They were always hungry and would bunt the baby bottles that we fed them. We loved that task.

It wasn't all work and fellow students would play tricks! One of their favourites was to fill our Wellington boots with icy cold water. Not nice!

When I graduated I went to a Nursery where the owners kept goats. Have you ever tried milking a goat? They can be very ornery! Scrubbing large clay flower pots in cold water was not much fun either. One time I carried a large Mimosa plant to another area of the greenhouses only to slice the plant off halfway down. You can't stick that back on!

We had a large toad that lived in the greenhouses. You never knew when he was going to show his beady eyes and you never knew when he was close.

On Saturday my job was to cut flowers for various churches and decorate them for Sunday services. The flowers were boxed and attached to my bike that I rode to and from work.

I was young and thought there's got to be something better than this. My friend Bubbles said, "Let's join the Air Force." Good idea said I, but fate certainly waves a fickle finger. She was posted to Singapore, and I went to an Air Traffic posting in Lincolnshire and Manchester Fittingly. Those were the days.

Ah... Memories! And they all come back during a walk through Gage Park. We are fortunate to have experienced a full life and maintain the friendship of stalwart friends in England who keep in touch and share laughs.

May you, my Elderberry Friends enjoy your families and the joys of the season as Christmas draws near. Be kind to each other, and others in need. Be loving and lend your hearts and hands to help others.

Your cockeyed optimists, Pam & Megs. Cheers!

Dawn Blackman
Sales Representative
905-667-8877

PAULS
JIM PAULS REAL ESTATE LTD. BROKERAGE
dawn@jimpaulsrealestate.com
www.jimpaulsrealestate.com

Christmas at Hughson

Christmas Hampers

If you live between the Bay and Cannon St. and between Bay St. and Wellington St. and you could use some assistance with food and gifts for your children this Christmas, contact the Hughson Street Baptist Church office at 905.527.3972 to register your family to receive a Christmas hamper on December 17. There are limited quantities so register soon.

Coffee's On Christmas Party

Friday, December 23 | 9:30-11:00am
at 500 James Street North
Our weekly drop-in will feature Christmas refreshments, music and highlights.
(Note: Coffee's On will be closed Dec. 30 & Jan. 6)

Children's Christmas Musical

— Jesus Means —
CHRISTMAS
To Me

Sunday, December 18 at 9:45am
at Bennetto School on Simcoe Street

Christmas Eve Family Service

Saturday, December 24 | 6:00-7:00pm
at 500 James Street North

Start your evening in worship. A simple service of carols, reading the Biblical story of Jesus' birth and the traditional lighting of candles. Join us afterwards for refreshments.

Christmas Day Service

Sunday, December 25 | 10:00-11:00am
at 500 James Street North

HUGHSON STREET
BAPTIST CHURCH

383 Hughson Street N. | 905.527.3972
www.hughson.ca | office@hughson.ca

Fashion for November 2016

Alexandra Sempie

"Playing dress-up begins at age five and never truly ends." – Kate Spade.

With the holiday season upon us, there will be many outings and parties to attend, so fashion is a key point in the winter months. While people often sacrifice style for comfort and warmth, many designers offer stylish winter clothes for the fashionable. Wearing a heavy coat doesn't have to hide your style, but can enhance your look and make you stand out against the white background. Lets have a look at what we can expect to see emerge from the fashion world this holiday season.

Coats come in a variety of shapes and colours. No matter what you pick, coats can be the difference between a stylish winter season and a dull one. This season, designers all over the world are turning to the animal kingdom for inspiration. The 'in thing' this season, is leopard print coats. Leopard print is a famous look in the fashion world and is used in a variety of clothing and accessories. This season, leopard print coats are a great way to stay warm and look sexy as you strut your stuff through the cold winter wonderland.

What winter outfit is complete without a stylish pair of boots? This season, designers are providing you with a way to keep your feet high and dry with platform boots. Throughout the ages, platform shoes have come and gone, but this winter season, they're back and they're all the rage! No matter the colour or texture, platform boots are the key to any stylish outfit.

In	Out
Bubblegum pink	Denim Leggings
Military jackets	Cork Wedges
Faux Fur Stoles	Jean Jackets

Stay Beautiful!



Leopard print coat. Photo courtesy of Elle Magazine



Platform shoes.
Photo courtesy of
Vogue Magazine.

Andrea Horwath
MPP, Hamilton Centre

20 Hughson St., S., Suite 200,
Hamilton ON L8N 2A1
Tel: 905-544-9644
Fax: 905-544-5152
ahorwath-co@ndp.on.ca



The History of Christmas Windows cont'd from page 1
adults and children, eagerly waiting to see these magical windows filled with animation and imagination. The old mechanical workings were surely a marvel of ingenuity in their day. Present day windows now combine computer generated electronics and lasers. The displays may get more elaborate, but the effect is still the same: filling all of us with a child-like wonder.

Soon after Macy's started decorating their windows to attract shoppers, other stores followed suit and the windows became more elaborate every year. For weeks windows are draped or hidden from view with the exception of Lord & Taylor, which has the luxury of having hydraulic lifts under the windows, allowing window dressers to work in the basement and then lift the window displays up to the street level before the unveiling.

Of course, these beautiful window displays were not exclusive to New York. As a young man, Harry Selfridge worked for Marshall Field before starting his famous namesake store in England where he continued the tradition of Christmas window displays.

In Canada the main rivalry for extravagant windows was between Simpson's and Eaton's - the largest department stores in Canada at that time. While they had mostly played it safe with store merchandise, in 1945 Eaton's must have been feeling a little gutsy and decided to play religiously themed carols over a loud speaker to accompany their displays. The windows attracted even more attention and suddenly there were nativity scenes and wise men all over the place. After the war ended, there was a surplus of motors and they were put to good use in Eaton's 1946 Christmas windows. Aircraft technicians and WW II veterans built an extravagant display for the Winnipeg store that was later divided between several of the Eaton's stores and are now part of "Once Upon A Christmas" - an Eaton's display housed in the Western Development Museum in Saskatoon, Saskatchewan.

In the 1960s, many were the Decembers that my sister Shirley and I went downtown with our parents to do our Christmas shopping at Eaton's. We

North End Breezes DECEMBER 2016

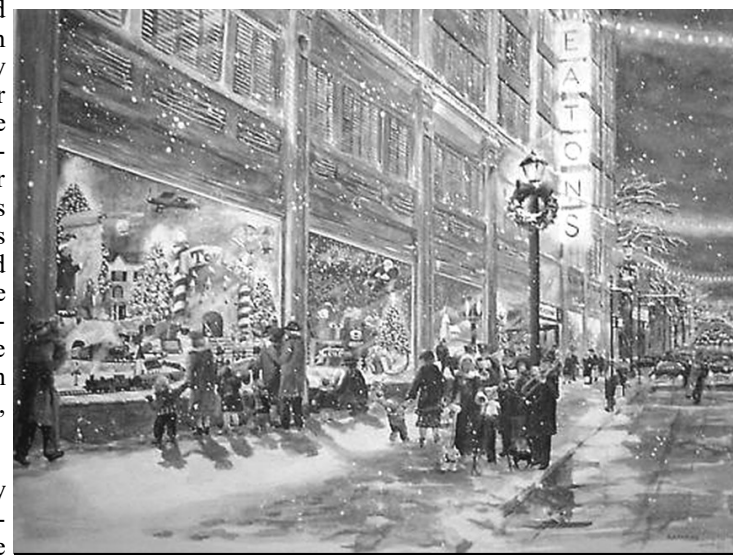
PAGE 5

not only anticipated the joy of visiting Santa in the huge toy department, but also looked forward to standing outside the store, walking from one window to another, gazing in amazement at the animated displays of Santa with his elves and reindeer, toys galore for boys and girls of every age.

It was also Eaton's who started the Santa Claus Parade in 1905 and by the 1950s it was the largest in North America. Macy's Thanksgiving Day Parade started in 1924, and continues to this day. These two retail giants were known for their Christmas spirit and generosity.

Do you see yourself in this scene? It was my intention to evoke some nostalgic memories and rekindle thoughts of Christmases past for you, while paying tribute to two North American icons.

Kathryn Smith is an artist and writer, living in Hamilton and can be contacted through her website at www.KathrynSmith.com



"Eaton's Windows, Hamilton—by Kathryn Smith"



**Website Design
Computer Service/Lessons
Business Network Connector**

Office: 905-387-1883

**www.peopleinconnection.com
www.canadian-diretories.ca**

Bill & Marie Mushing - Hamilton Ontario



NorthHamilton
Community Health Centre

Every day volunteers at North Hamilton Community Health Centre are doing extraordinary things that contribute to the success of our daily programs and services.

Here are some benefits to volunteering with North Hamilton Community Health Centre:

- Be part of your community.
- Share skills and experience.
- Gain experience and practice skills.
- Meet new people and make new friends.
- Contribute to your personal growth.

Many opportunities exist for volunteers at the Health Centre including: working with youth, working with seniors, teaching people about cooking, teaching about a healthy and active lifestyle, supporting our administrative staff, just to name a few.

If you would like to learn more about volunteering with the North Hamilton Community Health Centre, please contact Diana at 905-523-6611 ext. 3008

Craft Corner

By Shannon McCulloch

Minecraft craft

If your children are anything like mine then they are obsessed with the computer game minecraft. Like most parents I don't get the appeal, but kids from three years of age to eighteen years love this game. So here is a simple craft idea that's easy to do.

Material Needed:

- Scissors
- Construction paper
- Glue sticks

The age of the children will determine how much preparation you need to do ahead of time. For very young kids you'll want to take some of the construction paper and cut it into small square pieces, and one large square, per child.

Older children can do this cutting themselves. Then you just instruct the children to use the glue to glue the little squares on the larger square in the shape of their favourite minecraft character. As the characters are drawn as tiny blocks the effect works out very well. I suggest cutting up lots of green little squares as "Creepers" seems to be the favourite character. The kids love this craft, its quick, easy and they end up with a picture they can hang up.

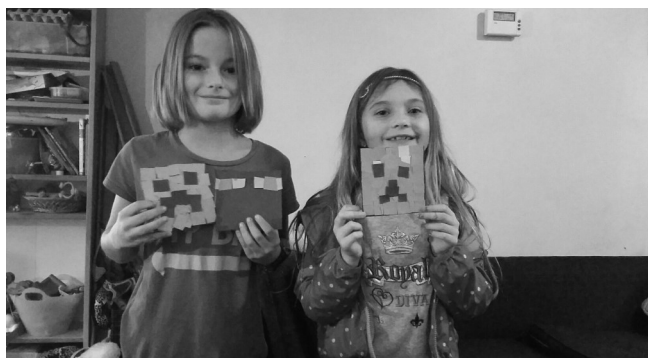


Photo: Shannon McCulloch

The Holiday Train

By Brian Roulston

The CP (Canadian Pacific) Holiday Trains are getting ready to roll along the tracks across the Canadian and American countryside bringing Christmas cheer and raising much needed food donations for local food banks. They provide a platform to speak about the needs of North American food banks and the ability for individuals to raise levels of health in their community by reaching into their cupboards for healthy donations.

The 2015 edition of the Holiday Train raised an estimated \$1.4 million and more than 300,000 pounds of food across the two countries. Since the inaugural train in 1999, the CP Holiday Trains have raised more than \$12 million along with 3.9 million pounds of food for the local food banks.

Both trains were originally manufactured in London Ontario in 1957 by EMD (Electro Motive Diesel). They are GP20C 2200 series engines and according to www.railpictures.ca are now essentially new engines after being totally rebuilt in Muncie, Indiana from the ground up in 2013/14 in order to pull the CP Holiday trains. The trains are 14 passenger cars in length with each car having a different holiday theme. They also pull modified cars that act as a stages during concerts. The Holiday train does not allow passengers to travel aboard, only CP employees such as mechanics, cooks and of course the artists who sleep and eat onboard during their runs are permitted.

The CP Holiday Train, now in its 18th season, begins as usual with American Thanksgiving and will end shortly before the Christmas holidays. It puts on approximately 150 concerts each year.

The Holiday train has visited Hamilton before and is always a favorite yuletide attraction. While the concert is free, food donations are greatly accepted.

This year the train will arrive at its usual location on the tracks south of Gage park along Lawrence Rd on **Monday Dec 28 at 7:45 pm**. The concert begins at 8:00pm. The featured artists this year are Kelly Prescott and Doc Walker.



Port receives CityKidz award for helping Big Dreams come true

Hamilton Port Authority was pleased to receive a special recognition award at CityKidz *Big Dream Banquet* on November 10.

The award recognizes and celebrates the partnership between the HPA and CityKidz and thanks HPA for its generous contribution towards the work of CityKidz, part of the port's ongoing investment in the community. HPA and CityKidz have worked together to create a new home for CityKidz at 601 Burlington Street East. While the offices and some programming have been operating from this location for the past four years, all of the programs will now be consolidated under one roof.

"Hamilton Port Authority is delighted to be offering a new home for CityKidz programs. The new subsidized lease has an in-kind value of \$1.5 million over 15 years, and extends the Port's long history of investment in our community. We're thrilled to build on our partnership with CityKidz and to support this organization's excellent work," said Ian Hamilton, Vice President, Business Development & Real Estate, Hamilton Port Authority.



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

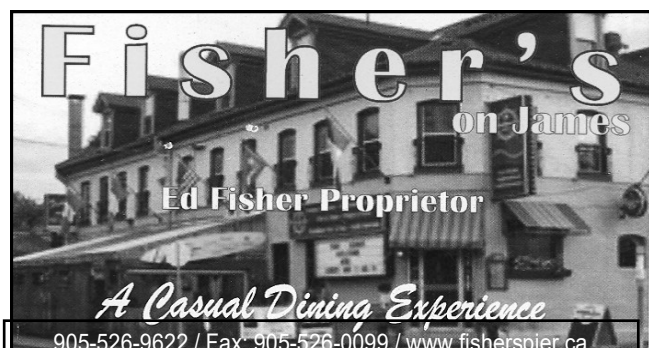
DAVID REID SIMPSON

Legal Professional Corporation
Barristers, Solicitors & Notaries Public

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

Wills & Estates; Real Estate, Mortgages

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



Fisher's
on James

Ed Fisher Proprietor

A Casual Dining Experience

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



**In the mood for
CHRISTMAS
CHEER**
Book your
Christmas Party here!



Serving a variety of Craft Beers
Try one next time you're in!

Do you like Eggs Benedict?
Join us Saturdays and Sundays
Breakfast from 11am - 3pm

NFL Action Game Time Specials
Great TV Viewing!

HAPPY HOLIDAYS
to ALL our wonderful customers!!!

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

Canadian HARD of HEARING Association (CHHA-Hamilton & Area)

The Hidden Cost of Untreated Hearing Loss, with guest speaker audiologist, Jillian Price
Thursday, December 1st, 2016 7:00 pm to 9:00 pm - South Gate Church, 120 Clarendon Avenue
Registration & Contact info: chhahamilton2@gmail.com or 905-575-4964
Charge: Members-no charge Guests - \$5.00 donation
Parking: free parking in rear & lots of street parking - Real Time Captioning & infra-red system (head phones) available You won't miss one word of this presentation due to your hearing loss!

Free Senior Tai Chi class @ Beasley Community Centre 145 Wilson Street

Saturdays 10am to 1pm. All exercise are low impact and can be adjusted for those with mobility challenges.
Please dress properly, wear comfortable clothes and shoes. Please call: Molly 905-741-6321 or George 905-549-6777.

Visits with Santa at Royal Botanical Gardens through December 22, 2016

Book your timeslot and you receive a round-trip fare on the RBG Express through magical Hendrie Park strewn with festive lights. See website for tickets and details.
Thursdays and Fridays 5 - 8 pm | Saturdays 1 - 8 pm | Sundays 10 am - 5 pm
Location: 680 Plains Road West, Burlington
Phone: 905-527-1158 **Email:** info@rbg.ca **Website:** www.rbg.ca/holidaytraditions

Victorian Christmas Through January 08, 2017 Presented By Dundurn National Historic Site

Enjoy the beauty of a mid-19th century family Christmas celebration at Dundurn Castle. The Castle is decorated in Victorian splendor with cedar boughs, ribbons and dried flowers. Bring your family and share a Hamilton tradition.
Tuesday to Sunday 12 - 4 pm Adults: \$11.50, Seniors/Youth: \$9.50, Children: \$6.00, Infants: Free, Family: \$30.00
Location: 610 York Blvd. **Phone:** 905-546-2872 **Website:** www.hamilton.ca/dundurn

Christmas In Gore Park December 3 - 5

This great annual event is a combined effort of The City of Hamilton, CHML/Y108 and the Downtown Hamilton BIA
"24 in Gore" Marathon" helps launch holiday festivities in Gore Park on Thurs. Dec. 3. The Y108 team, led by host Ben McVie, will broadcast live from Gore Park for 24 hours starting at 6 p.m. to help bring greater awareness to the Christmas Tree of Hope and the Operation Santa Claus Toy Drive.

Holiday Tree Lighting December 2 5-9pm Presented By: City of Hamilton City Hall Forecourt

"DECK THE HALL with the 40th Anniversary of the Christmas Tree of Hope"
In addition to the lighting of the tree at 6 pm, the event will feature live music, tasty treats, mascots, visits with Santa, and festive lighting at City Hall to celebrate this special anniversary. A temporary ice rink with free skate rentals will be open to the public from December 2nd to December 9th
Location: 71 Main St. W, Hamilton, **Website:** www.hamilton.ca

Would you like your group event listed here? Email office@northendbreezes.com with your details. We'll put them in as space allows. Preference is given to events happening in the North End or in walking distance.



**ACADEMIC
UPGRADING**

Give your confidence
(and future) a boost



**FREE MATH
& LITERACY
COURSES**

for education,
employment, apprenticeship
or independent pathways!
GED preparation available.

Contact us today
☎ 905-575-2029

Visit us online
🌐 mohawkcollege.ca/northend

EMPLOYMENT ONTARIO
This Employment Ontario project is funded by the Ontario Government

Ontario Canada

MOHAWK
FUTURE READY



Who:

- English speaking 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, 3 hours per session

MANY SPOTS STILL AVAILABLE IN 2017

1. January—March
2. April—June

Contact: Cory at 905-523-661 ext. 3047

Jason Farr—Councillor, Ward II

The Big North End Housing Picture

Hello, Breezes readers. By now many of you have heard about the West Harbour Development Plans. We have been discussing the future developments for more than a decade and especially in the last few years since the work to create some 1500 new residential units on Pier 8, some with commercial ground floors, have begun and is still on track to be shovel ready in 2018.

In addition, we recently finished transforming the shoreline along your Discovery Drive; just a sample of things to come in the people-place transformation of Piers 5, 6 and 7.

In all of the more formal discussions at our monthly West Harbour Engagement meetings, we have heard much about creating and maintaining opportunities for affordable housing as well.

Opportunities in the North End and in the greater West Harbour boundary (Cannon/the bay/York Bridge/Wellington).

For the most part, you will welcome approximately 4,000 new neighbours on Pier 8 when it is complete. Most of them will have the means to be purchasing some very coveted real estate. Of course, we know that not everyone in North End has the means to move down block to such a spot. We have some friends and neighbours who may have challenges financially, medically or with mental health. These are people you know and who you care about.

What about creating and maintaining housing for those North End Neighbours?

Well, City Housing Hamilton has now officially announced that we will be fully restoring 500 MacNab. The old tower has seen much better days. It needs a 6 million dollar make-over and the board has committed to making that happen. Most units have been vacant for some time now and once the reno is through, we intend to refill 500 MacNab back up. We have even started looking into a seniors focus for the tower, but nothing official yet.

And Jamesville has also seen some movement. The City Housing town homes on the entire block beginning at Strachan and MacNab is worn and without a full complement of community. It has also been decided that it is time to convert these 5 acres into a medium density mixed income community. We are exploring options and partners as we speak. As I have shared with the tenants of both properties, they are our first priority. We have engaged a great deal over the last few years and we have heard what most, but not all, of them have said from day one - they want to stay put in your great neighbourhood and return to their respective restored rentals. I committed to that and intend to honour that commitment.

But that's us. That's the City side of the commitment to preserve and maintain affordable housing opportunities in the North End. What about others interested in doing the same?

There is one very notable (and now noticeable) example of North Enders helping North Enders playing out as we speak. Hughson Street Baptist Church has plans to make their own mark as they partner with the celebrated Housing provider Indwell in creating approximately 40 units of Housing with Supports for your friends

and neighbours. At 500 James, they are currently pitching a four storey transformation that meets our Setting Sail Secondary Plan zoning, but more importantly, answers a growing call to create new opportunities and options for North Enders who need them.

They are heading to Planning Committee with this project that features an extremely environmentally sustainable build that is mostly over that often vacant surface asphalt lot. Once complete, the project would also feature on-site support workers. This is a proven care and independent housing model that has six ward 2 sites and has never impacted their neighbourhoods in a negative way. Ever.

With that, and completely understandably, I have heard from some in the area that they are concerned. So, I have, with assistance of City Staff, Reverend Dwayne Cline (Hughson Baptist) and Graham Cubbit (Indwell), responded to every concern.

There was one resident's correspondence that I believe would be most helpful in better understanding the project and the reasons for it. Please go to my web-site and review this correspondence (the name and address is not included). It is easy to follow and located right there on my home page. It features real questions from one resident and answers to each. I hope you will not only find this informative, but that you will keep an open mind and kind heart and also appreciate that while we strive to transform the Piers and greater West Harbour area, we should also welcome, where applicable, affordable housing for our current friends and neighbours in need.

Until next time Breezes readers,
Jay
www.jasonfarr.com

High quality, fresh produce at a fair price!

\$15 for a large box (\$20 value)

\$10 for a small box (\$15 value)

- 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!

- Attention- In December, everything is a week ahead due to the holidays. Orders need to be in Dec 7 for pick up the following week-Thank you!

Order at NHCHC or Eva Rothwell.

For more info call:
905-523-6611 ext 3007

Brought to you by:



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



Handle Holiday Stress

By Nora Melara-Lopez

TIPS TO REDUCE HOLIDAY SEASON STRESS

Mike (not his real name), a healthy 48 year old man, came to the counsellor's office presenting anxiety symptoms. He needed help to overcome the palpitations, dizziness, feeling icky with nausea and other stomach discomfort that he was experiencing. This wasn't the first time that he felt these symptoms but they were getting worse. He shared that he had similar symptoms a year ago around this time of the year.

Mike's source of stress is his constant worry about whether or not his two older sisters will attend the annual holiday family dinner. He has been helping his ailing 85 year old mother to plan the event.

Mike's sisters have not talked to each other for a couple of years now, after a very heated argument. Both think they are right and that the other should apologize. Last year, they did not attend the family dinner and the sisters are adamant about not attending the dinner this year, if the other one will be there. Mike wants his sisters to make up; he wants peace and harmony during the holiday season. He worries the fight between two family members will spoil the picture perfect dinner he and his mother have envisioned. He worries that his mother may not be here next year to celebrate with the family. The sense of frustration keeps mounting and anxiety symptoms are interfering with his normal functioning.

Mike is slowly getting better. He is learning to take care of himself and not let his sisters bickering get under his skin. He is committed to increasing his level of physical activity, practicing belly breathing, progressive muscle relaxation, meditation and mindfulness.

Strained family relationships are a contributing factor to increased levels of distress during the holiday season.

Increased spending during this time of the year also adds to stress. The images of happy families exchanging gifts in well adorned homes and the desire to duplicate this good time pressure people into spending extra money. They feel pressure to dress the house, have special foods, booze and numerous gifts for immediate family, relatives and friends. There is often little money to spend and people have to resort to credit cards to cover those expenses.

The holiday season can be a particularly difficult and sad time for those who are separated geographically from close and extended families; for those who have had recent losses, such as death of a loved one, separation or divorce; for those who have lost their jobs or have been unemployed for some time.

In reality, stress is an unavoidable part of life, however there are ways to lessen the severity of it. Valencia Higuera from HealthLine offers the following five ways of reducing holiday stress:

Set a spending budget: Don't let others pressure you into spending more than you can afford. Using a credit card is tempting, but it can also complicate matters. It might take several months or years to lower the balance. Decide on a maximum amount and stick to that budget

Get plenty of exercise. You may consider walking, jogging, swimming, biking, playing sports.

Keep it simple: Everything doesn't have to be perfect, and you don't have to do everything yourself. Get your family involved and delegate. For example, instead of taking on the responsibility of preparing an entire meal alone, ask everyone to bring a dish. Or, if you feel that hosting an event at your home is too much, don't feel obligated to entertain relatives and friends. Know your limitations and learn how to say "no."

Take time for yourself: Even spending as little as 15 minutes alone might make a world of difference. Doing activities you enjoy can help you maintain your sanity as you juggle family obligations, social events, and holiday shopping. You can try going a walk, listening to relaxing music, or getting a massage to take your mind off your to-do list.

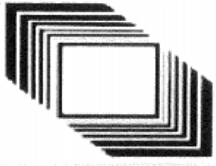
Pick Your Battles. Being in close quarters with some of your family members for long periods of time can be stressful in itself. You all have your own personalities. Because of your differences, it may be easy to rub each other the wrong way. Remember that if you let every remark get under your skin, you'll be miserable and stressed out the entire time. Set aside your differences, and agree to disagree. This is easier said than done. But if you can learn how to let go and pick your battles, you'll have less anxiety. Don't let the actions of others rob you of your joy.

If you find yourself feeling overwhelmed, pause for a few minutes and take slow and deep breaths. Think or imagine a place of peace and tranquility: it may be a place you have seen; it may be feeling the warmth of a tender hug by someone who loves or loved you; watching a beautiful sunset, walking in the forest, etc., Stay there for a few minutes, give your mind a break, you deserve it.

I wish you a safe and happy
Holiday Season!




Nora Melara-Lopez is a social worker at the NHCHC



the Framing Warehouse

'expert framing at warehouse prices'



98 John St. North
905-529-5640
theframingwarehouse.ca

Our newest location:
334 James St. North
(select hours only)

★ **We carry the following:**

- Huge selection of in-stock frames
- Gifts, Décor & Old fashioned toys
- Limited Editions
- Large selection of Hamilton scenes
- Framed and unframed pictures
- Great prices on custom framing
- Hamilton nostalgia

★ **We can frame almost anything & all work is done on site**

Bring in this ad to receive **10% off** anything in store (excludes custom framing)
*Offer good until December 31/16

Image shown:
"City Sidewalks" by Kathryn Smith

BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944

www.hamilton.ca/rec

CLOSED Dec. 26th and Jan 1st

REDUCED hours Dec. 31st

Please inquire at our front desk for our holiday schedules.

Extra DAYTIME Public Swims for the holidays:

Dec 26	CLOSED	Jan 1	CLOSED
27	1:15-2:15pm	2	1:15-2:15pm
28	1:15-2:15pm	3	1:15-2:15pm
29	1:15-2:15pm	4	1:15-2:15pm
30	1:15-2:15pm	5	1:15-2:15pm
31	1:00-3:00pm	6	1:15-2:15pm
		7	1:15-2:55pm
		8	CLOSED

December Movie Night

Come and watch a Family Holiday movie on the gym wall!

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

Friday December 16, 2016

Doors Open @ 5:30 – Movie starts @ 6:00

Cost: FREE

Gym Schedule: Dec 1-25, 2016

Mon: Teen Gym (13-17yrs) 8:00-9:00pm

Tues: Book Mobile 2:30-4:30pm

Wed: Pickle Ball (55+) 11:00am - 1:30pm

Adult Gym (18+) 1:30 - 2:30pm

Teen Gym (13-17yrs) 7:30 - 8:30pm

Thurs: Book Mobile 6:00 - 8:00pm

Fri: Family Gym (families only) 5:30 – 6:30pm

Youth Gym (6-12yrs) 6:30-7:30pm

Sat: FREE

Family Gym (families only) 12:00—1:00pm

Youth Gym (6-12yrs) 1:15-2:15pm

Teen Gym (13-17yrs) 2:30-3:30pm

Gym Schedule: Dec 26 to Jan 8, 2017

Mon: Youth Gym (6-12yrs) 12:30-1:30pm

Teen Gym (13-17yrs) 1:45-2:45pm

Tues: Book Mobile 2:30-4:30pm

Wed: Pickle Ball (55+) 11:00am - 1:30pm

Adult Gym (18+) 1:30 - 2:30pm

Thurs: Family Gym (families only) 12:30 – 2:30pm

FREE

Book Mobile 6:00 - 8:00pm

Fri: Youth Gym (6-12yrs) 12:30-1:30pm

Teen Gym (13-17yrs) 1:45-2:45pm

**Bennetto Community Centre Staff
would like to wish all of our Patrons a
Safe & Happy Holiday!**

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!!



Bennetto School 50th Anniversary

Tuesday December 13th

Time: 4-6pm

47 Simcoe Street East

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

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

The Parish Church of ST. LUKE

Founded in 1882

454 John St North, Hamilton

Parish Hall at 76 Macauley St. E

Telephone: (905) 529-1244

Sunday: English Mass, 10:00am

Book of Common Prayer



PARISH HALL FOR RENT

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.

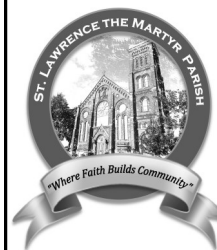
Insurance and permit costs are extra.

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



ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

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

Parish Pastor

Fr. Heinner Paucar, OMI

Email: heinneromi@hotmail.com

NEW PARISH OFFICE HOURS

Located in the Parish Hall

(Please enter from Mary Street or ring the door bell)

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

Contact us at (905) 529-3921

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

Mass Times:

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm

Sunday: 10:30 am

Join us for Adoration, Saturday's 6:30pm - 7:00pm

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

COME AND JOIN US!

New Parishioners are always welcome

CHRISTMAS TURKEY ROLL

FRIDAY DECEMBER 2nd

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



CWL CHRISTMAS BAKE SALE

Sunday December 11th at 11:30 am

Join us in the Parish Hall to buy some delicious holiday treats. Get your baking ready for the busy holiday season.

Free Coffee, tea and water will be served.

Come and share some time with us!



CHRISTMAS MEMORIAL MASS & TREE LIGHTING

Thursday December 15th

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

This is a free event - We invite all our North-end neighbours to join us in this time of reflection. Cost to request a memorial light on the tree (\$10 per light).



**Wishing you and your family
a very blessed Christmas!**



Please join us for our Christmas Services

Christmas Eve Family Mass (Dec. 24th) 7:00 p.m.

(please note that there will be no midnight mass)

Christmas Day Mass (Dec. 25th) 10:30 a.m.

New Year's Eve Family Mass (Dec. 31st) 7:00 p.m.

New Year's Day (Jan. 1st) 10:30 a.m.

WELCOME INN COMMUNITY CENTRE

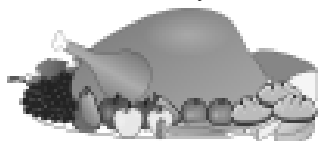
40 Wood Street East
www.Welcomeinn.ca
905-525-5824



Welcome Inn Seniors Diners Club

Seniors are welcome to join us every Tuesday from 12 – 2:00 pm. We enjoy a delicious homemade meal together, followed by a program. It might be something to get you laughing ...or dancing,or thinking about an issue. It's always different. The thing that stays the same is the friendship and love shared among friends in the group.

Our last program before the holidays is on Tuesday December 20. We start up again on Tuesday January 10. You are warmly welcome to join us.



Feel free to call Ruth @ 905-525-5824 if you have any questions.

Volunteering at Welcome Inn!



If we had one Christmas wish...(okay, maybe two...) We would ask for volunteers to join our team at New Horizons Thrift Store and at our Food Bank.

We have lots of different roles available in both places. It's a really great way to give back to the Community, especially during the holiday season! No experience necessary. We will provide all the training and support. Connect with Ruth to talk about the details. Short & long term positions available. 905-525-5824 OR ruth@welcomeinn.ca.

Pop Up Salon

Book your spot today!! Get ready for the season with a \$2 Christmas Haircut in December. Call to book a spot with Krista at (905)525-5824. Limited Spots available. \$2 holds your spot and gets you looking fabulous!



Welcome Inn Dates to Remember:

- **N.E.T.T. Christmas variety show:** December 13: 1pm. All welcome to come and enjoy. Non-perishable food donation at door. Door prizes.
- **Christmas Open House:** Friday Dec 16: 5-7pm at Welcome Inn Community Centre
- **Good Food Box:** Pick up Dec 21: 2-5pm at Welcome Inn
- **Last day of food bank before holiday closure:** Dec 23: 11:30-2pm
- **Christmas Breakfast:** Dec 25: 9-10:30 am at Welcome Inn. Share a Christmas breakfast together

New Horizons- Thrift, Vintage & Collectible Store

520 James Street North
905-529-6891

Monday – Saturday 10am – 5pm

Hey, have you seen our new front doors? How could you miss them?! Come by and see our bold yellow front doors; providing a little sunshine as a gloomy winter approaches. It doesn't hurt that we used Ti-Cat colours for inspiration; a proud North End Team if ever there was one. Also, we are re-branding a little bit and are now **New Horizons - Thrift, Vintage,**



and Collectables. We will *always* be your friendly neighbourhood thrift store but are adding beautiful vintage and collectibles. Do some Christmas shopping and take advantage of our December deals! We've got a few new traditions for you to check out: monthly Two-Fer Days when in any given section you can double your buying power, Seniors Thursdays will give seniors 10% Off if you spend 10.00 or more. One day per month will be devoted to Kids, with special offers on children's clothing and toys and of course we still have our usual monthly Pop-Up Sales. AND, if you as a customer or volunteer have a suggestion for the store, put it in writing; if it gets incorporated, you get a 10.00 Gift Certificate to use in the store! Come by and discover the hidden treasure for that hard-to-shop-for person on your Christmas list.

Here's Your December Calendar Of Events:

Monday Dec 7 Surprise POP-UP sale!
Saturday Dec 10 will be KIDS Day
Monday Dec 12 is a TWO-FER
Wed Dec 21 is a POP-UP
Every Thursday is Seniors 10% over 10.00
And On Christmas Eve, Saturday Dec 24th come have some hot cider with us from 10am till NOON when we close.
Holiday Closures:
Noon on Sat Dec 24 - 27, but OPEN Dec 28,-30 with Boxing Day Sales.
Closed Noon Dec 31 - Jan 2, 2017.



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



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

Her Majesty's Army & Navy

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

DECEMBER ENTERTAINMENT

The first to apologize is the bravest. The first to forgive is the strongest. The first to forget is the happiest.

Thursday	Dec 1 st	The Tunes
Thursday	Dec 8 th	Neon Moon
Thursday	Dec 15 th	Lionel Bernard & John
Thursday	Dec 22 nd	Phil Miles
Thursday	Dec 29 th	
Saturday	Dec 31 st	

"Poor old fool, " thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today? The old man replied, "You're the eighth." "

WE HAVE LOTS TO OFFER.
THE BEST BAR TENDERS. GREAT MEMBERS AND FRIENDS YOU HAVE NOT MET YET.

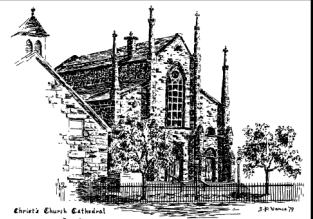
Join us for EUCHRE Every Tuesday at 2:00 pm.
DARTS OPEN HOUSE on Saturdays. 6 Boards available.

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

CALL 905-527-1000

Christ's Church Cathedral

252 James Street North
905-527-1316



Holy Eucharist

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

Choral Eucharist
• Sunday 10:30am
Everyone Welcome!
www.cathedralhamilton.ca



*Get Fresh
With Us!*

Williams
Fresh Cafe
Open Daily
8am to 11pm

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



Children's Breakfast Club

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

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

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

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

What's for Breakfast?

Mondays - Freshly Baked Muffins

Tuesdays - French Toast

Wednesdays - Scrambled Eggs & Toast

Thursdays - Toast Thursdays

Friday - Pizza Bagels and Yogurt Parfaits

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

Questions? Please call or email:

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

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



NorthHamilton
Community Health Centre

FREE CLASSIFIED ADS

Next deadline for North End Breezes is the
10th of **December** 2016.

North End Breezes, 438Hughson St. N.
Hamilton, ON L8L 4N5,

905-523-6611 ext. 3004 Fax: 905-523-5173,
office@northendbreezes.com, www.northendbreezes.com

Services

Is Co-operative Living for You?

Anyone interested in talking about forming an equity co-op in downtown Hamilton? You would have your own small apartment and there would be a large common kitchen and living space plus garden. Investment required. Perfect for someone downsizing and looking where they will live next. We are a small group looking for a suitable building and we need a few more members.

A lot of good info about various aspects of this life style can be found at the web page of a group in Toronto that is discussing setting up an equity co-op there. <https://wineontheporch.wordpress.com/>

Yard Work. Friendly teen looking to help with digging (by hand), trimming, shovelling, raking, etc. Please contact: outreach@dr.com

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

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

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

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

Housekeeping, cleaning, companionship for seniors, will accompany to

Walkabout with Ken Hirter

This month's Walkabout finds me at the Welcome Inn Community Center located at 40 Wood Street here in Hamilton's Beautiful North End since 1966. Their motto is *Community: It's a two-way street.* I have been a volunteer at the Welcome Inn since August of 2012 but upon turning 55 on April 15th I became an active member. I am known as "The Elevator Guy" aka "The Young Man With A Cane".

As I was thinking about my walkabout for this month, my wonderful good natured father passed away on November 14, in his 86th year. He was a man who taught me to be a gentleman and I am remembering his wonderful sense of humor as I write this.

These two items came together as I attended the Welcome Inn Senior's Luncheon the next day and I was so

touched by the love & support that I cried. I was overwhelmed by the support of this wonderful program and my friends who said a prayer and shared good thoughts before the luncheon for my father and my family. They touched me with their love, compassion and understanding of the moment.

This is just one of many programs at the Welcome Inn. There are children's programs, food bank and other community events.

They can be reached at 905-525-5824, or info@welcomeinn.ca or www.welcomeinn.ca

I also want to thank the wonderful Staff and volunteers for the prayers, kind words and the ton of hugs I received.

It seems a fitting tribute to my father, James Walter Hirter, who was also a active member of a Seniors Program in Barry's Bay Ontario, which was his hometown from 1991-2011.

appointments & shopping. Reliable and experienced. Please call: 289-887-3144 after 6pm

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

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.

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

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

Thanks everybody as well from my friends and extended family for your care towards my family at this difficult crossroad we call life. The outpouring of love will be forever instilled in my heart forever. I simply thank you ALL. Remember life is short — forgive and forgiveness is yours to share.

A Special Date to remember:

Tuesday December 13th

The North End Theatre Troupe will be putting on "Christmas Extravaganza 2016" and a Food Drive between 1-2pm after the Seniors Luncheon featuring are very own Mrs Claus aka Annie Baxter at a spry 98 years young..... Till next months Walkabout Happy New Year and all the best for 2017.

"Take Care of You & Those Around You"

Thanks, Ken Hirter

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.

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

Century Club donors (\$100+)

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

donor names are published with their permission