



SEPTEMBER 2018 | VOLUME 8 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

## MUNICIPAL ELECTIONS: WHY, WHO AND WHEN?

SUBMITTED BY KIT DARLING

About now many of us are suffering from election fatigue; the continuous fall-out from the US elections; the Ontario provincial election; the upcoming federal election. Why bother voting or thinking about the October 22nd municipal elections?

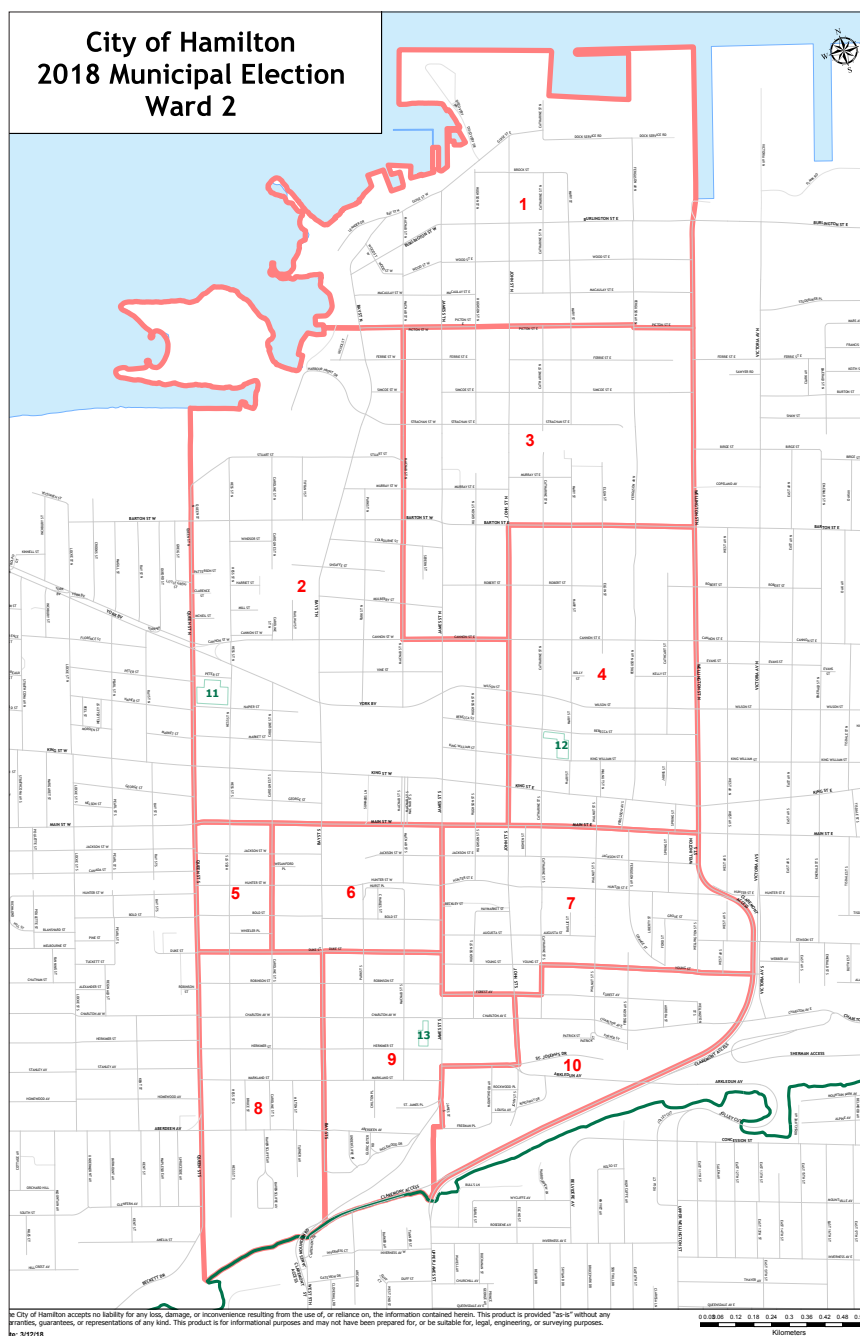
The answer is simple. Of all the levels of government, municipal government has the most immediate impact on our daily lives. Think about the services that they are responsible for -

Roads (repair, building), snow removal, Transit, Planning and development, Official Plans, 1st level of appeal for variance from the planning code, Waste management, Water- supply and quality; sewage treatment, Public health, Policing, fire and EMS, Parks, community and recreation centres, libraries and more.

A look through the City of Hamilton website (Hamilton.ca) shows the scope of responsibility of our elected council.

So now that we've answered the why – next comes the who. Who should I vote for? Think about the issues that are important to you, in your neighbourhood and in our community as a whole. Find out who is running for mayor and ward councillor. (Their names are posted on the City website at <https://www.hamilton.ca/municipal-election>) What are their priorities, background and experience? How well do you think they would be able to work with the other councillors and staff? And how do you get this information!

Many candidates are already campaigning door to door. Talk to them. Ask where they stand on issues that are important to you. Do you think that this person has the qualities needed to be successful as a mayor / councillor / school board trustee? Go to candidate meetings and debates. Read newspapers and check their on-line presence.



And think about why you would vote for this person.

Finally, the when. Municipal elections in Ontario are held on the 4th Monday of October every 4 years. In 2018, municipal election day is October 22nd. There are also advance polls, October 4th, 6th, 9th, 11th and 13th. In order to ensure that you are on the voters list, you can check online at [voterlookup.ca](http://voterlookup.ca) or call 1-866-296-6722.

### LIST OF CANDIDATES

#### MAYOR

**Jim Davis**

**Fred Eisenberger (Incumbent)**  
Fred2018.ca

**Paul Fromm**  
paul@paulfromm.com

**Henry Geissler**  
northsouthlrt@gmail.com

**Carlos Gomes**

**Edward Graydon**  
graydoninvestment@gmail.com

**Todd May**  
toddmay3.wixsite.com/toddmay2018

**Michael Pattison**  
mpformayor@michaelapattison.com

**George Rusich**  
georgerusich4mayor@gmail.com

**Phil Ryerson**  
speakerphilryerson@gmail.com

**Ute Schmid-Jones**  
utesj@sympatico.ca

**Vito Sgro**  
vitosgro0@gmail.com

**Ricky Tavares**  
ricky905@live.com

**Nathalie Xian Yi Yan**  
nathaliehealthc@hotmail.com

**Mark Wozny**  
mwozny@bell.net

#### WARD 2: CITY COUNCILLOR

**Nicole Smith**  
www.ward2forall.com

**Cameron Kroetsch**  
www.Cameronforward2.ca

**Suresh Venodh Daljeet**  
svdaljeet@gmail.com

**Mark Tennant**  
tennantm7@gmail.com

**Jason Farr (Incumbent)**  
ward2@jasonfarr.ca

**James Unsworth**  
jamesunsworth@gmail.com

**John Vail**

**Diane Chiarelli**

#### WARD 2: SCHOOL BOARD TRUSTEE (PUBLIC)

**Christine Ann Bingham**  
**Rahimuddin Chowdhury**

#### WARD 1, 2 & 15 SCHOOL BOARD TRUSTEE (CATHOLIC)

**Mark Valvasori**

**BUSY ON OCTOBER 22ND??**

**No Excuses! Check out the Advanced Polling Dates!**

- Thursday October 4, 10:00 am to 7:00 pm
- Saturday October 26 10:00 to 5:00 pm
- Tuesday October 9, 10:00 to 7:00 pm
- Thursday October 11, 10:00 to 7:00 pm
- Saturday October 13, 10:00 to 5:00 pm
- Election Day**
- Monday October 22, 10:00 am to 8:00 pm

**SENIORS & VOTING**

SUBMITTED BY MICHELLE FERRARA

The amalgamated City of Hamilton is ‘the City of Seniors’. 93,000 people are over the age of 65 and Super Seniors at 85 and older are up 55%, with the population of older folks to double over the next 20 years...lots of road between now and then! I am looking at an election with many hot-button topics: LRT, Public Transit and transit costs, opioid crisis, infrastructure deficit, roads maintenance, waterfront, policing and public safety...and on and on. What I am not reading or hearing about are issues directly impacting Seniors.

As of June/18, 2840 people are waitlisted for LTC, and 303 people on the ‘crisis’ list. 30% of working adult children with parents over 65, have full time jobs and 27% of Hamiltonians commute out of our area to work...who is taking care of the elders-especially those with no family or on waiting lists? Specific issues for Seniors include supportive housing, free/low cost transportation, support/training/resources/funds for Caregivers, easy-access to information and programs.

Seniors are a significant population in our City-use your voice to VOTE, ask questions about who is working for your best interests. Adult-children: ask what is being done for significant needs of the elderly and those who are trying to care for them. VOTE!

**SHERMAN INLET SHORELINE RESTORATION**

The restoration of the shoreline at Sherman Inlet is now complete!

In 2017, HPA announced the start of a two-year process to restore an area at Sherman Inlet that was filled in 2000, and made a commitment to preserve the inlet as a protected natural space within the port’s perimeter.

Sherman Inlet is one of the last remnants of the original shoreline of Hamilton Harbour and carries cultural as well as environmental significance to the surrounding North End community



Aerial photos of Sherman Inlet. On the left, the inlet photographed in 1999. On the right, the inlet photographed in 2002 after illegal dumping destroyed the unique harbour wetland. - Special to the Hamilton Spectator

More than 650 m2 of shoreline has been restored back to open water, equivalent to the amount of fish habitat that was filled. The excavation also created a new bottom elevation, lined with geomembrane and topped with sand, gravel, and soil to help promote the growth of marsh plantings.

The final step in this initiative involves new plantings to re-vegetate the area. Grasses and wetland plants will be planted to help prevent erosion as well as provide habitat.

**STAY CONNECTED WITH THE NORTH END BREEZES**

*Have some North End news of your own to share?*



FACEBOOK.COM/  
NORTHENDBREEZES



@NORTHENDBREEZES



**David Christopherson, MP**  
*Hamilton Centre*



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

22 Tisdale Street South  
Hamilton ON L8N 2V9  
[www.davidchristopherson.ca](http://www.davidchristopherson.ca)

Tel: 905-526-0770  
[hamilton@davidchristopherson.ca](mailto:hamilton@davidchristopherson.ca)

# NORTH ENDER OF THE YEAR

SUBMITTED BY KEN HIRTER

Once again this year I had the honor to cover this year's "North Ender Reunion" & "The North Ender of the Year Award" Celebrating 10 years since its inaugural start up at La Salle Park on July 12th 2008.

The North Ender of the year Reunion is an annual event hosted this year by Ed Fisher of Fisher's Pier 4 Pub & eatery on James Street North. Thanks Ed and staff for a delightful afternoon. Bringing forth and coordinating this wonderful reunion once again was the gracious Mr. Ed Stewart. On registration was Alice Perniac and her husband Sam Perniac who was in charge of the 50/50 draw, and the many wonderful donated door prizes.

This years event was a great success with both the patio and the restaurant filled to capacity. Each booth and table was a chatter of excitement as friends reunited and played catch up with one another. Vintage photographs of Hamilton's North End of yesteryear and proud residents and former residents mingled to celebrate the ever changing face of the North End of Hamilton.

One of the longest residents, since 1921, of the North End was Marg Buist at the age of 96 who was accompanied by her niece Betty Lou Fletcher. Both ladies referred to their maiden names and roots for the day. The oldest member of the reunion was John Nagy at the age of 100. Cherished memories and wonderful stories were shared; too numerous to document.

This years North Ender of the Year Award was bestowed to Margaret (Megs) Smith "for her contributions to the qualities of the life and times of those who lived and loved in that part of Hamilton that contributed to Canadian way of Life". Megs, with her infectious smile and lovely brogue was a longtime resident of the North End since marrying and moving here from Ireland in 1976. She's loved all parts of Hamilton ever since and even though she no longer resides in the North End, she is a daily visitor to her favourite places and can usually be found holding court with her long-time friends at Grandad's Donuts.

Megs shared her award posthumously with her best friend and soul sister Pam Winter who passed away in February 2018. Their volunteer endeavors over the years, many of which were documented in the monthly Elderberries columns in The Breezes. Affectionately known as Ham & Eggs, their numerous adventures and their irresistible smiles brightened the days of those who crossed their paths.

Megs recently retired from the board of directors with the Northend Breezes in 2017 but remains a part of the volunteer folding team for the Breezes each month. Her love is the Welcome Inn Community Center especially the Senior Lunch program that she is involved in to this day. Megs was featured on the Welcome Inn Community Center website on August the 07th 2018 "Alleviating loneliness for North End Seniors"; a woman of strength and courage with her wonderful impish smile, red hair and a twinkle in her eyes she ventures forth.

Meg's friends and supporters Brenda Duke, Steve Hossbach, Lynne John, Marne Paterson and myself were on hand when Mr. Stewart presented her honor. Along with her plaque she received a beautiful print of W.W.II veterans who fought during the War but sadly never returned from battle. A contribution of one hundred dollars was donated to Bennetto School in her honor.

Congratulations are extended to Megs on being the North Ender of the Year for 2018. Till next month, take care of you and those around you. Cheers



## *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](mailto:office@northendbreezes.com) or on our website: [www.northendbreezes.com](http://www.northendbreezes.com)

### **Published by:**

#### **North End Breezes Board of Directors:**

Paul Havercroft, Ian McDonald, Marie Mushing, Chris Pearson, Sarah Harvie, Annabel Krupp, Brenda Duke

**Editorial Assistant:** Kit Darling

**Co-Ordinator:** Brenda Duke

**Layout and Design:** Katie Fitzgerald

**Circulation & Distribution:** The Board, JoAnn Osti, Sheri Selway, Linda Robinson, Sandra Hudson

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](mailto: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*

## ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

**What a summer this has been!** The weather has been perfect for festival season and the outdoor concert series that have been downtown at City Hall, Gore Park, the Pier Park. Fieldcote Memorial Park in Ancaster and the Royal Botanical Gardens in Burlington have boasted record crowds. By all accounts, Field of Friends in Gage Park was a success drawing record crowds.

Of course, Artcrawl has also been attracting people from all over. The buskers and pop up markets add to the energy that lives on James Street North every second Friday of each month. If you haven't had the chance to attend, you must find the time one of these months to take it all in. It runs 11 months a year. It's an open air market with professional artists, makers, and creatives of all ilk showcasing and selling their wares and creations against the backdrop of open galleries, brick and mortar retail shoppes, musicians, and a few bands performing and an amazing crowd of sometimes thousands walking up and down James Street North.

If You get a chance, check out the Brian Kelly exhibit on now at You Me Gallery [www.youmegallery.com](http://www.youmegallery.com) that runs until September 9th. Brian re-uses man made objects and found materials and repurposes them into sculptures. No two pieces are alike and the unique presentation is quite fun to behold.

For fans of Jody Joseph (of DVSA fame) September 7th at The Gallery on the Bay [www.galleryonthebay.com](http://www.galleryonthebay.com) marks the opening night of her exhibit [www.jodyjoseph.com](http://www.jodyjoseph.com).

September 13th-16th marks the return of Supercrawl [www.supercrawl.ca](http://www.supercrawl.ca). This is Hamilton's largest outdoor festival that overtakes James Street North. Thousands attend. Live music, fashion shows, artisans and craft vendors, food and pure fabulousness. Hope to see You out and about there.

And if that is not your thing, the annual Locke Street Festival happens September 8th 11am-11pm [www.lockestreetfestival.com](http://www.lockestreetfestival.com).

*Whenever two people meet there are really six people present. There is each man as he sees himself, Each man as the other sees him- And each man as he really is.* ~William James 1842-1910

### Links to my last columns:

<https://goo.gl/0QCZ3h>  
<http://northendbreezes.com/arts-and-entertainment/>

**Visit me on Facebook!** [www.facebook.com/tracee.leeholloway](http://www.facebook.com/tracee.leeholloway)

**Find me in the Twitter-verse!** <https://twitter.com/rockstarauthor>

**Check out my blogs!** [followtracee.blogspot.ca/](http://followtracee.blogspot.ca/)  
[thetroublewithtracee.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.

## WHAT'S GOING ON AT THE FUNNY LITTLE HOUSE?

SUBMITTED BY ROBYN GILLAM



On the north east corner of Mary and Ferrie Streets stands a funny little house. It has no front walk, its porch is too narrow to stand on and it has an unusually sturdy cast iron fence. There are no signs of life in the concrete back yard. Still, there is a cute little attic window and the house is about the same shape and colour as the one next door. However, appearances are deceptive.

This is not a house.

Closer inspection of the building reveals a sign identifying it as a City of Hamilton Facility and giving a number to call to report "irregular activities". There is nothing inside but some junction boxes and a large computer screen. This building is a Combined Sewer Overflow (CSO) regulator and its construction dates back to 2012, when the city was upgrading the system.



CSO is a water treatment and management system peculiar to downtown Hamilton, where the existing 19th century infrastructure that discharged mixed sewage and storm water into the bay and Coote's Paradise was modified to avoid contaminating them during heavy rainstorms. CSO management diverts the water into large underground tanks where the sewage is separated out and sent to the main water treatment plant. Since 1988, the city has constructed underground storage tanks, especially around the harbour to help clean it up. There are three of these huge structures under the North End at James and Guise Streets, Bayfront Park and Eastwood Park.

In 2010, North Enders discovered that controls for the system were to be located in small concrete sheds, two of which were to be on Ferrie Street, as well as at Burlington and Ferguson. One of them was going in the front yard of the house on the south -west corner of Mary and Ferrie.

People wondered if there was some less intrusive looking alternative possible. When the house on the north corner became vacant, the company building the structures and Councillor Farr agreed to replace it with a purpose-built structure that blended with the existing streetscape. The full sized building also removed the need for another station at Ferrie and Ferguson.

The building at Mary and Ferrie is an interesting twist to people's desire to imaginatively interpret their surroundings. The neighbours were able to persuade the city to build something that corresponded with their ideas about where they lived. The utility building really does look like a house and it often fools people driving by who don't look too closely. It also seems to particularly attract children. Shortly after it was built, some youngsters tried trick-or-treating the house at Halloween. Even after they realized it wasn't a house, the kids stayed interested. A neighbour complained about them drawing on it with chalk and there are white hand-prints on the front, some of them mysteriously high up. Should this be reported as irregular activity? Perhaps, but it does show the funny little house is something that can stimulate the imagination.

The author would like to thank Sheri and Shawn Selway for their assistance in researching this article and gaining access to the building. For more on the CSO strategy, go to <https://www.hamilton.ca/city-initiatives/our-harbour/combined-sewer-overflow-storage-strategy>. We want to hear how your favorite North End landmarks stimulate your imagination.



## 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 sacraments, request hall rental info and much, much more!

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

### JOIN US FOR SUNDAY MASS:

Eucharistic Adoration each Saturday at 6:30 pm

Confessions: During the adoration time or before masses

SATURDAY 7:00pm

SUNDAY MASS 10:30 am  
(English Mass)

5:00 pm Filipino Mass  
(1 and 3 Sunday of each month)

### WEEKDAY MASS

Tuesday 8:00am

Wednesday 8:00am

Thursday 8:00am

Friday 8:00am

## 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

## HER MAJESTY'S ARMY & NAVY

96 Macnab St N, Hamilton

905-527-1000

**"Your Neighbourhood Place for FUN"**

**Still Open for Business**

**Waiting for you to Drop In!**

**Bring your dancing shoes!**

**Our music will light you up!**



### JOIN US FOR EVEN MORE ENTERTAINMENT

September promises to be another fun filled month with great bands – as always – and the chance to kick up your heels and PARTY!!

Watch for updates on the North End Breezes website [www.northendbreezes.com](http://www.northendbreezes.com), Face Book and Twitter!!

### WE HAVE LOTS TO OFFER!

The best bar tenders.

Great members and friends you have not met yet

Join us for euchre every Tuesday 1:00 – 3:00pm.

Darts ~ open house on Saturdays. 6 boards available

**WE ARE CLOSED SUNDAYS, BUT IT IS NEGOTIABLE**

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## HUGHSON STREET BAPTIST CHURCH

383 Hughson St N, Hamilton

### CONTACT INFO:

905.527.3972

office@hughson.ca

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



**BENNETTO COMMUNITY CENTRE**  
450 Hughson Street North  
905-546-4944  
www.hamilton.ca  
SEPTEMBER 2018

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

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

Seniors & Adults...daytime programs offered Monday to Friday:

**LEISURE SWIM 55 YEARS +** Mon, Tues, Wed, Fri. 10:15-11:00am

**WATERFIT** – Mon, Tues, Wed, Fri. 11:05-11:50am

**LENGTH SWIM** – Mon-Fri. 12:00-1:00pm Mon. and Wed. Evening 8-8:45pm (one lane  
only) Sat. 1:00-2:55pm (one lane only)

**LEISURE SWIM 18 YEARS +** Thurs, 11:05-11:50am and Sat. 12:00-1:00pm

PROGRAM REGISTRATION INFORMATION

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

On Land and In The Gym

FREE Movie Night

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

**Friday September 28, 2018**

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

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

Are you an adult looking for some fitness  
or fun?

Come out and try one of our **Pilates, Yoga, Cardio Dance** or  
**Cardio, Balance & Strength** classes.

Registration is now open and classes will start the week of  
October 1<sup>st</sup> and run for nine weeks.

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

Red Cross Babysitting Course

When: Saturday, October 20th, 2018  
Time: 9:00am – 5:00pm  
Ages: 11-15 years  
Cost: \$44.17  
Course Code: 00003536



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

**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 (please circle): \$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]



40 Wood St E | 905.525.5824 | info@welcomeinn.ca

**SENIORS DINERS CLUB IS BACK!**

*Starting Sept 11, 2018 - every Tuesday from 12-2*

Please join us for a wonderful homemade meal with  
a lovely group of seniors. Each Tuesday we have a  
delicious lunch, followed by a fun activity. Everyone  
is welcome!

Cost: \$4.50

Connect with Ruth if you have questions:

905-525-5824

**Looking for something new this fall?**

**Consider joining the Volunteer Team at  
the Welcome Inn!**

A great way to make friends, contribute to your  
community, and at the same time, build your  
resume.

We are looking for people to volunteer with:  
Food Bank, New Horizons Thrift Store, After  
School Children's Programs, Kitchen Prep for Se-  
niors and Grocery Shopping.

Connect with Ruth to get the conversation started:

905-525-5824 | ruth@welcomeinn.ca

**BOOK CLUB MEETING**

September 26th, 2018 at the Welcome Inn  
10:00 AM



For further inquiries, please contact Krista  
krista@welcomeinn.ca

**WELCOME INN COMMUNITY CENTRE**

40 Wood St E | 905-525-5824 | info@welcomeinn.ca

**PROMOTING MENTAL HEALTH  
AWARENESS & ADDICTIONS RECOVERY**

SUBMITTED BY  
TREE OF STARS FOUNDER JESSICA COMPTON

Founded by Jessica Compton as a part-time business in April 2017, Tree of Stars offers free peer support services, free workshop and community projects. Jessica has always given back to the community in different ways throughout her life and feels it is a great honour to do so.

Jessica Compton is an Educational Assistant and a Child & Youth Worker who hosts “Journal & Share” Workshops in various cafes across the city every two weeks. These workshops promote mental health awareness and addictions recovery.

Please feel free to take a peak & come connect with them. Tree of Stars can be reached by email at [treeofstarsontour@gmail.com](mailto:treeofstarsontour@gmail.com) Like their Facebook page TREE OF STARS to check what is coming up, follow them on Instagram @treeofstarsontour and view their website <https://treeofstars.wordpress.com>. Hopefully you or someone you know can attend one of their future events. There is always something going on.

**Workshop Journal & Share**

- \* Free Journal or Bring your own.
- \* We Welcome Suggested Topics
- \* Meet New People
- \* Connect With Yourself
- \* Encourages Conversations
- \* Positive & Safe Space

**Step by step of Workshop**

1. When you arrive, you have the option to introduce yourself or you can pass.
2. You are given a free journal if needed.
3. I provide 3 topics to write about for approx half hour.
4. How you write about the topics is completely up to you
5. ex: a poem/journal/ bullet form, a song etc.
6. We then take turns sharing which is again optional.
7. If anyone wants to bring other material to share the space is open to listen.
8. I provide free door prize approx valued at \$5.00 - \$20.00.
9. I sometimes provide free coffee/minor snacks depending on locations.
10. Reminder the event is Free.

**Peer Support Includes**

1. Meeting in a public space one to one/ Online Support through messenger.
2. Individuals sharing their story and or struggles with mental health and or addictions.
3. Tree of stars coaches through self care techniques, suggested plan & goals, providing a list of resources and free community outreach activities.
4. Online Follow up and Check ins.

**Events T.O.S Covers:**

1. Adult & Youth Open Mic
2. Fundraisers
3. Art & Music Showcases
4. Community Projects such as a charity album release.
5. Therapeutic Photography

**FASHION FOR SEPTEMBER**

*“Fashion is about something that is within you,” -Ralph Lauren.*

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

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

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

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



Chunky boots. Photo courtesy of Elle Magazine



Tinsel Dresses. Photo courtesy of Elle Magazine

**IN**

- Shearling bomber jackets
- Velvet
- Puffy jackets

**OUT**

- Cross-body bags
- Skater shoes
- Anklets

**WRITING THROUGH  
HEALTH ADVERSITY**

SUBMITTED BY KEN HIRTER

With being of the now aging babyboomer generation I had the pleasure to take in the Annual Karl Kinanen Public Lecture.

“Finding a new voice: Writing through health adversity”. The speaker was Dr. Ellen Ryan, Professor Emeritus of McMaster University. The Gilbrea Centre for Studies in Aging is showing that AGE is just a number.

Journaling and writing is both beneficial to get to know your needs and to gain a deeper understanding of ones’ self. A few powerful stories of hope were told throughout this wonderful lecture. A few stood out with a poignant message.

A woman diagnosed with Dementia starting writing poetry. What started out was recalling a simple cherished memory of her husband buying her roses. The writing gave a voice and with memory and with pen to parchment she wrote and published a book of poetry based on that single rose. She found her voice through Dementia with writing. A very touching heartfelt tug on the heartstrings moment for sure.

The other story she recalled was a beloved Professor also with McMaster University who when stricken by ALS subsequently used Computer Technology as a speaking & teaching tool. When the body failed and loss of voice he found his voice through ALS with computer technology. Sadly this professor has now past away but he did continue teaching after his diagnosis.

Plus there are many more tales of COURAGE AND HOPE throughout and many ways of finding your voice from art, computer technology, poetry and writing of many different ways to find your Own voice.

For more information please note the following websites:

The Gilbrea Centre for Studies in Aging <https://gilbrea.mcmaster.ca/> in partnership with the Aging in Community <https://hamiltonagingtogether.ca> and the Department of Health, Aging & Society <https://social-science.mcmaster.ca/health-aging-society>

Plus if photography or taking photographs is your passion a test pilot was implemented in 2010, Humans of New York as a project on the streets. Quotes or short stories from their lives alongside their portraits provided a glimpse into the lives of everyday people through social media. Following this example, the Seniors of Canada: Hamilton project aims to photograph Seniors “as they are” to combat ageism, and overcome age stereotypes through social media.

Interested in their project? Contact information, (905-525-9140 ext. 2449 or email [gilbr\\_sg@mcmaster.ca](mailto:gilbr_sg@mcmaster.ca)

So get writing and taking those photographs and REMEMBER FOREMOST THAT AGE IS JUST A NUMBER. You’re as young as you feel so go ahead and express yourself through Health Adversity and Health Wellness. Find your voice within.



The only way to know the answers is to ask the questions. And listen carefully to the answers. We'll each have different questions depending on where you live, what your neighbourhood needs or what you feel would be in the best interest of your ward and your city. The list below may help you decide what you will ask and what you want to hear.

**1. Do you think our commercial corridors are healthy and successful? If not, what would you do to change that?**

What To Listen For: First ask yourself what you think could be improved about your main street. Is it safe to walk there? Are businesses thriving? Do people spend time there? If so, then this might be an easy question for your candidate to answer. If not, then think about the small steps that could be taken to make them safer: narrowing lanes of traffic, installing benches, planting trees, hosting pop-up shops in empty storefronts to encourage business activity, etc. Does the candidate mention these sorts of initiatives and understand the importance of a healthy downtown, or does he/she just talk about moving traffic or increasing parking?

**2. What's more important for our city right now: building new homes and commercial space or rehabbing/expanding/better utilizing our existing homes and storefronts to provide affordable housing?**

What To Listen For: You probably have a sense of whether there are underutilized properties that could be renovated or expanded to accommodate more people. Or do we have a housing shortage. What type of housing would be most beneficial to our neighbourhood and our city? Your candidate should respond with a balanced perspective that focuses on the need to better utilize existing buildings and only build when truly necessary with an eye toward adaptability and keeping costs down.

**3. How do you feel about LRT? Is it our best option to improve transportation in our city?**

What To Listen For: Keep an ear out for a candidate who doesn't just give lip service to transportation options besides cars, but actually demon-

strates a familiarity with the issues facing bus riders, cyclists and pedestrians. Also note whether the candidate advocates for an incremental approach to improving transportation options or advocates for top-down megaprojects.

**4. Some people in our community say that we have traffic problems. What do you think? How would you mitigate those concerns or make our streets safer?**

What To Listen For: Chances are the safety concerns are localized but overall, where to you see the problems. What would you do to mitigate the dangers on our streets?.

**5. Do you think our zoning codes are fair and equitable and do they provide opportunities that attract new enterprises and businesses? If you could change one thing in our zoning code, what would it be and why?**

What To Listen For: Your candidate should demonstrate an awareness that greater zoning flexibility will allow for profitable development, business success and a broadened tax base.

**6. How do you plan to involve residents in the decision making process in our town?**

What To Listen For: Your candidate should be able to genuinely answer this question with specific plans for engaging residents and listening to their concerns. They should genuinely be prepared to listen to the residents and not pay lip service while furthering their own agendas.

**7. If elected, what three steps would you take to put our city on a firmer financial footing?**

What To Listen For: First off, your candidate

should be able to quickly answer this question. If he or she takes a long time to come up with a response, that's a problem. Second, response should encompass an approach based on incremental and affordable tactics, not going into more debt or expanding the liabilities of your city further.

**8. What neighborhood do you live in? Why? Are you familiar with this (your) neighbourhood?**

What To Listen For: Is your candidate familiar with the ward and its needs? Where he or she lives might tell you that. Where they spend their time will also alert you to whether they will understand the unique needs of each neighbourhood.

**9. What are your long term objectives? Do you believe that there is a need to change the leadership in each role regularly?**

What To Listen For: You will want to hear about the long term objectives for your Ward or City. Not their personal agenda for furthering their political career. Do they think that they should stay in the same position if they are not effectively accomplishing anything or if they have exhausted their vision for the role?

**10. What are your personal passions and what is the candidate's opinion on that issue?**

What To Listen For: You will want to know if they will advocate for you and help you accomplish your vision.

If not, do they have a valid reason why not?



Guess where this is?  
Guess what we're doing?  
Beautiful Alleys and CN Rail are cleaning it up!!

**Saturday, September 22, 2018**  
**9:00 am – 1:00 pm**  
**Check our Facebook Page for details**  
**Beautiful Alleys or email**  
**hamiltonalleys@gmail.com**

 **Join Us and Let's Make**  
**Hamilton Clean and Green**

## TRUSTED INFORMATION: CONVERSATIONS THAT MAT- TER SPEAKER SERIES

SUBMITTED BY PAUL TAKALA AND SUZANNE BROWN

In an era of uncertain facts and fake news, McMaster University Centre for Continuing Education and the Hamilton Public Library have come together to produce a six-part free speakers series Conversations that Matter. Our intention is to provide credible well-researched and practice-informed information to Hamilton citizens.

The themes for the sessions were determined by the 55,000 Hamiltonians who provided input into the Our Future Hamilton 25 Year Community Vision in 2015. Our fall series topics are: Community Engagement and Participation, Clean and Green, and Culture and Diversity. These topics are close to the hearts of our citizens and our series will bring academic and community experts to the podium so that we are an informed electorate, willing and able to cast our ballots in October.

The three Fall sessions are scheduled to run for three consecutive Wednesday evenings prior to the upcoming municipal election on October 22, when Hamiltonians head to the polls to elect city councilors and the mayor.

Voter turnout is the cornerstone of a healthy democracy yet we see in election after election voter turnout in Hamilton remains low. In the last municipal election, only 34 per cent of eligible Hamiltonians voted. This topic was enthusiastically discussed by the 430 attendees at the 2017 Our Future Hamilton Summit who then identified education as the top barrier to voter turnout. Many people said they did not know enough about the issues to make an informed decision on voting day.

This is validated by a Statistics Canada report (Turcotte, 2015), that states: "Among those who had not voted in the past federal election, 14 per cent of young adults age 25 to 34 reported the main reason was due to a lack of information on the issues."

During our Spring Conversations that Matter speakers' series, more than 150 people attended and more than 2,700 watched online through Facebook. The provincial election was a heated one in Ontario and had the



strongest voter turnout in almost 20 years, with 58 per cent of Ontarians voting – an increase of seven per cent from 2014.

To help voters prepare for the municipal election on October 22, our Fall line-up of sessions includes Community Engagement and Participation on Wednesday September 26, Clean and Green on Wednesday October 3 and Culture and Diversity on Wednesday October 10.

The Community Engagement and Participation session will be moderated by past vice-president of the McMaster Student Union Shaarujaa Nadarajah, with panelists Sarah Jama from the Hamilton Centre for Civic Inclusion, Cassidy Bereskin from the Model City Hall project and Dr. Karen Bird from McMaster University to discuss the YWCA EXCEerator Project.

The Clean and Green session focuses on water quality in Hamilton Harbour, as well as climate change and air quality in the City. It will be moderated by Aqeel Habboub, a community expert in sustainability, with panelists Chris McLaughlin from the Bay Area Restoration Council, Sandi Stride from the Centre for Climate Change Management and Dr. Sally Radisic from the Public Health Department at the City of Hamilton.

Last, but certainly not least, the third session, Culture and Diversity, explores the importance of cultural events, preserving heritage and how to create a welcoming community. The panel includes Dr. Olive Wahoush from Newcomer Health, Community and International Outreach at McMaster University and Ian Kerr-Wilson from the Culture Division at the City of Hamilton.

When all Hamiltonians are engaged in informed dialogue, we ensure our elected civic leaders best represent our collective interests. We are so fortunate to be able come together to share ideas and contribute to an even stronger, more vibrant city.

For those who are unable to attend the sessions, the sessions will also be live streaming from McMaster Centre for Continuing Education's Facebook page.

All sessions are free. Online registration recommended: [McMasterCCE.ca/civic](http://McMasterCCE.ca/civic). Sessions are at the McMaster Centre for Continuing Education, 1 James St. N., (Jackson Square), 2nd Floor. To find out more, visit [McMasterCCE.ca/civic](http://McMasterCCE.ca/civic).

Paul Takala is the Chief Librarian of the Hamilton Public Library. Suzanne Brown is the Assistant Director of McMaster University Centre for Continuing Education.

**Don't miss out** on these  
exciting **upcoming events**  
from McMaster University  
Continuing Education!



**Supercrawl Weekend** • September 14, 15 and 16

Photos, Films and Family Fun during Supercrawl weekend! Visit McMaster University at 1 James St. N. for a variety of family-friendly activities and amenities.

...

**Conversations That Matter** • September 26, October 3, October 10

Join us for an information series on issues that matter to Hamilton. Hear from a panel of McMaster University and community experts!

...

For more information visit: [McMasterCCE.ca/Events](http://McMasterCCE.ca/Events)

**BRIGHTER WORLD**

**CONTINUING  
EDUCATION**

**McMaster**  
University



# OUR FUTURE HAMILTON: COMMUNITIES IN CONVERSATION

SUBMITTED BY CINDY MUTCH

Our Future Hamilton is the city’s new 25-year community vision. It builds on the legacy of Vision 2020, Hamilton’s first community vision that was initiated in 1992. Over the span of one year, Our Future Hamilton engaged with nearly 55,000 residents and community partners to create a shared community vision, including 6 community priorities, 88 key directions, and 57 signs of success to guide long-term planning.

The six community priorities for Hamilton’s 25-year vision include:

- 1. Community Engagement and Participation
- 2. Economic Growth and Prosperity
- 3. Healthy and Safe Communities
- 4. Clean and Green
- 5. Built Environment and Infrastructure
- 6. Culture and Diversity

In 2016, Council incorporated the community vision priorities into a new 10-year Strategic Plan for the City of Hamilton. The City, along with over 100 community organizations, has committed to implementing the community vision. Many community partners are using the vision to guide their strategic priorities and focus their work on making progress towards achieving Our Future Hamilton.

Based on resident and community feedback, the City hosted the first annual Our Future Hamilton Summit on November 14, 2017 at Liuna Station. Over 430 residents, community partners, civic advocates and other major stakeholders from across Hamilton and surrounding areas attended the 2017 Summit.

Each year, the Summit will examine current issues

that our community prioritized through the visioning process and share our collective progress in moving the vision forward. In addition to highlighting key partnerships and local initiatives, the annual Summit provides an opportunity for continued public engagement, community partnership, and collective action-taking involving government, community partners, and residents.

The theme for the first annual Summit was Shaping Democracy through Civic Engagement and featured keynotes from Greg Essensa, Chief Electoral Officer for Elections Ontario, Dr. Chelsea Gabel, Assistant Professor of Indigenous Studies at McMaster University and Nicole Goodman, Assistant Professor of Political Science at Brock University.

Through facilitated table discussions, summit participants came together to explore barriers to democratic engagement and identify areas for improvement. The conversation also took Twitter by storm, trending number 1 in Hamilton and number 2 in all of Canada (#OFHSummit2017).

As a result of the 2017 Summit, a number of strategic alliances and community partnerships emerged to improve democratic and civic engagement in Hamilton, including the Conversations that Matter Speakers Series. A full 2017 Summit Summary Report can be found online at: [hamilton.ca/ourfuture-hamilton](http://hamilton.ca/ourfuture-hamilton).

Plans are currently underway for hosting the 2018 Summit. This year’s Summit will take place on Tuesday, November 13, 2018 and will focus on “Public Safety in a Connected World.” The Summit is expected to bring over 450 community partners and residents together to discuss some of the most challenging aspects of public safety in today’s increasingly connected world and identify local solutions.

In addition to featuring keynote speakers and presentations by leading subject matter experts, the Summit will also highlight local partnership initiatives and shared progress in making Hamilton’s community vision a reality. The event is free and

will include light refreshments. Registration will open in early October. For more details contact Greg Iarusso at (905) 546-2424 ext. 1286 or email: [ourfuturehamilton@hamilton.ca](mailto:ourfuturehamilton@hamilton.ca)

To stay informed on our collaborative efforts in moving the vision forward, visit our website and join our mailing list. Members of our mailing list receive quarterly newsletters as well as advanced registration notice of the 2018 Summit. To join our mailing list visit: [Hamilton.ca/ourfuturehamilton](http://Hamilton.ca/ourfuturehamilton)

Residents can also participate in the Community Champion Program. Everyone has a role to play in making our city even better. Share how you are making Our Future Hamilton a reality and win great prizes. Visit “Our Residents” section of the Our Future Hamilton webpage for more details.

Community partners can also join our growing membership of over 100 local organizations, associations, and networks that have committed to making Hamilton’s 25-year vision a reality. Benefits of becoming a community partner include recognition in newsletters, annual reports, and at the annual Summit. Visit “Our Community Partners” section of the webpage to learn more about the benefits of becoming a community partner.

Together, we can make Our Future Hamilton a reality.

*Cindy Mutch is with Community Initiatives at the City of Hamilton*



2018 Summit Presenting Sponsor:



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2018 ANNUAL

SUMMIT

Public Safety  
in a Connected World

FREE EVENT  
SAVE THE DATE!

Registration opens  
October 2, 2018.

LIUNA STATION  
360 JAMES STREET NORTH, HAMILTON

TUESDAY

NOVEMBER 13, 2018  
8:30 AM - 12:30 PM

2018 Presenting Sponsor:

McMaster University

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For more information, contact: Greg Iarusso at 905-546-2424 ext.1286 or [Greg.Iarusso@hamilton.ca](mailto:Greg.Iarusso@hamilton.ca)

## SUMMER ANNOUNCEMENTS TO CONSIDER

SUBMITTED BY BOB WOOD

In the dog days of summer, the new provincial government made three significant changes to social assistance programs that will directly impact more than one million Ontario citizens.

First, they cut in half a 3% increase to social assistance rates that was due to come into effect in September of this year. There were a number of changes to regulations that were also scheduled to come into force this fall and they have been "paused." Many experts believe that the word "paused" really is a less direct way to say "cancelled."

Certainly, the scheduled increase, which had been passed by the previous government, was inadequate. However, according to the Income Security Advocacy Centre (ISAC), it would have been only the second time in almost a quarter century that social assistance income would have risen above the rate of inflation.

A second change involved the 3-year basic income pilot program, which started last year. It has been cancelled and will be "wound down."

Lisa MacLeod, Minister of Children, Community and Social Services said that "the program isn't doing what it's intended to be doing."

Many readers will be aware that this program is operating in just three areas in Ontario. Hamilton is one of them. As we write at North End Breezes' deadline, we

don't know and, more importantly, program participants don't know what exactly "wound down" means.

Macleod's comments run counter to anecdotal evidence that the program is making a difference in people's lives.

"It is not just about eliminating poverty. It is about thriving. I have thrived since I've been on it," Hamilton's James Cullier said in a Queen's Park press conference on August 8th.

Pilot projects are initiated to test ideas and provide empirical evidence. A Hamilton based research group had been contracted to do the program evaluation. That won't happen now.

And, as Sheila Regehr, Chair of the Basic Income Canada Network, pointed out in that Queen's Park press conference, "it is too early for follow up surveys so there can be no evidence to base a decision on to say that this program is not working."

The third announcement had to do with a review of the whole social assistance system which, we are told, will be completed in 100 days.

Two comprehensive examinations of the income security system have been done in recent years. A Roadmap for Change put together last year was well received and had many of its recommendations adopted.

That all changed with the June 7th election and Minister MacLeod's summer announcements.

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



## NENA UPDATE

Along with the other Ward 2 Neighbourhood Associations NENA is hosting a City of Hamilton Ward 2 Candidates Debate

Everyone is welcome to attend.

**When:** Sept. 19th

**Where:** Church of the Ascension  
64 Forest Ave

**Time:** 7:00 PM

We are looking into having child care available as well. Check [northendneighbours.com](http://northendneighbours.com) for more detailed information.

Please email your questions for the candidates prior to Sept 5th to:

[nen.president@gmail.com](mailto:nen.president@gmail.com)

Our next meeting is September 5th 7:00 PM at Bennetto Community Centre.

On the agenda will be what topics/questions we should ask the candidates.

# Re-Elect Jason Farr - Ward 2



"Over the years we have made unprecedented investments in the North End. The 65 million dollar (to date) transformation from brownfield to beautiful waterfront is well underway. As a result of years of in-depth public engagement, we now have a high standard design and will soon see construction for our exciting new Pier 8 community. We have begun the work on approximately 4 hectares of new North End public promenade and parkland along the water's edge and the 16 million dollar transformation of the 500 McNab, Ken Soble Tower, from an outdated building to 146 units of affordable seniors Passive House Design housing.

During the next term of council, in addition to the ongoing waterfront revitalization, we will focus on improvements in your existing neighbourhood like never before. With council's support, we will expand Bennetto Recreation Centre, transform Eastwood Park and Arena and answer your call to address poor conditions of local streets with a multi-million dollar North End residential street rehabilitation plan." - Jason Farr

**On October 22nd, re-elect Jason Farr and together,  
we will continue to enhance the quality of life for all North Enders.**

✉ [ward2@jasonfarr.ca](mailto:ward2@jasonfarr.ca) • 🌐 [jasonfarr.ca](http://jasonfarr.ca)  
📞 905-807-7871 • 📺 [jasonfarrhamont](https://www.facebook.com/jasonfarrhamont)

# SEPTEMBER EVENTS

September is Here! School is starting, the days are getting shorter but there’s still lots to do and see. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
1 & 2	12:30-1:30; 2-3	Dundurn Historic Garden Tour. Last tours of the season	Dundurn Nat’l. Historic Site
3		Labour Day Parade starts at 10:30 from Bayfront Park, up Bay to Main, across to James, down to Strachan and back to Bayfront Park.	
5 – 9		Canadian Country Music Week. A range of events culminating in the awards on Saturday night. Catch your favourite stars on the red carpet outside First Ontario Centre from 5:45 – 7:15 <a href="http://www.ccma.org/fan_events">www.ccma.org/fan_events</a>	First Ontario Concert Hall & Studio, Convention Centre
8	10 AM -	Locke Street Festival Live music, free entertainment and food <a href="http://Lockestreetfestival.com">Lockestreetfestival.com</a>	Locke Street Business District
8 - 9	Sat. 10:30; Sun. 11:00	Cornish Hen Regatta	Royal Hamilton Yacht Club
9	11 - 4	Golden Horseshoe Live Steamer Days Catch a ride on a miniature train and a free guided tour showcasing Canada’s early industry	Museum of Steam & Technology 900 Woodward
13 – 16		SuoerCrawl <a href="http://www.supercrawl.ca">www.supercrawl.ca</a> 4 days of Food, Fashion, Live Music, Art and Circuses	James Street North
14 – 16	Fri. 5-11; Sat. 10-6; Sun. 10-6	Binbrook Fall Fair Midway, farm animals, food and fun Children 12 & under free <a href="http://binbrookfair.org">binbrookfair.org</a>	2600 Regional Rd. #56
16	10 – 4	Telling Tales: A family Festival of Stories Annual event featuring celebrated and emerging children’s authors <a href="http://tellingtales.org">tellingtales.org</a> Check the website for free courtesy bus service from various community locations.	Westfield Heritage Village Parking and Shuttle from Rockton Fairgrounds or courtesy bus service
20 – 23	Thurs. 5-10; Fri. & Sat. 9 – 10; Sun. 10 – 6	Ancaster Fair <a href="http://www.ancasterfair.ca">www.ancasterfair.ca</a> Nightly music, demolition derby, midway, farm animals, crafts and more. HSR bus service from McNab Station and Meadowlands.	630 Trinity Road
22 – 23		Hamilton Music & Film Festival Films, video and live music <a href="http://www.hmff.com">www.hmff.com</a>	Contact for locations and tickets
23	2 – 4	Teen Tales Live author readings, spoken word poetry workshop for teens	Central Library
29	9 – 4:30	Apple Festival Pancake breakfast, games & entertainment. Battlefield Bake-Off <a href="http://www.hamilton.ca/battlefieldhouse">www.hamilton.ca/battlefieldhouse</a>	Battlefield Park 77 King W Stoney Creek
29 – 30	9 – 5	Classics of the Golden Age Classic Cars & Vintage Aircraft	Warplane Heritage Museum

## ESPECIALLY FOR KIDS

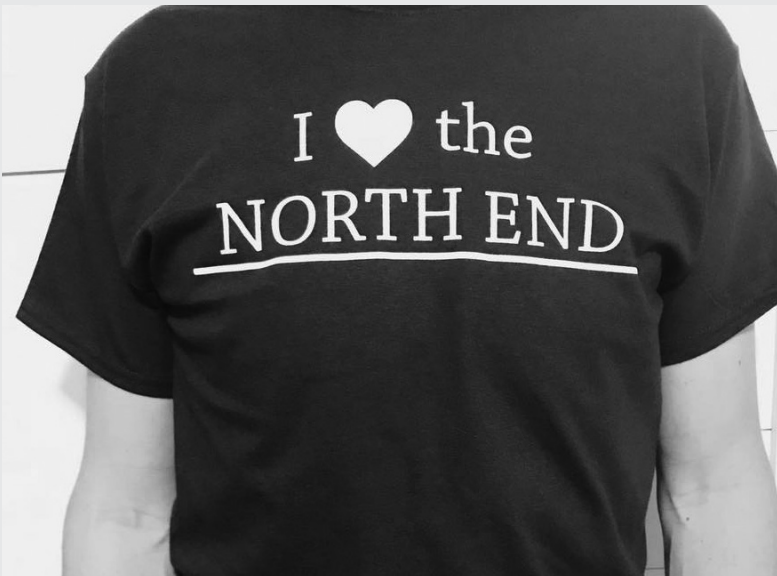
Free Library Programmes for Kids @ Central Library

Storytimes	Begin the week of September 10 <ul style="list-style-type: none"><li>Tuesdays at 10:30 – Toddler time (ages 2&amp;3)</li><li>Wednesdays at 10:30 – Baby time (birth-2)</li><li>Thursdays at 10:30 – Family time</li><li>Fridays at 10:30 – Family time</li><li>Saturdays at 10:30 – Family time</li></ul>
Tween Book Club	Thursday Sept. 6 , 4 PM (ages 8 – 12). Call 905-546-3200, ext.3416 to register.
Kids Learning Programmes	STREAM = Science, technology, reading, engineering, arts math) <ul style="list-style-type: none"><li>Sep 7, 4pm, Metis Storytelling (4-12)</li><li>Sep 11, 4pm, MakerCart (4-12)</li><li>Sep 12, 4pm STREAM station (8-12)</li><li>Sep 19, 4pm, STREAM station (8-12)</li><li>Sep 21, 1pm Make a Scene with Stikbots (8-12) Call 905-546-3200, ext. 3426 to register.</li><li>Sep 21, 4pm, LegoMania (4-12)</li><li>Sep 25, 4pm, Fall Fair (4-12)</li><li>Sep 26, 4pm, STREAM station (8-12)</li><li>Sep 26, 4pm, Space Odyssey, Choose Your Own Adventure (combined with STREAM station) (8-12)</li></ul>
Movies	<ul style="list-style-type: none"><li>Sep 1, 3pm: Charlie and the Chocolate Factory</li><li>Sep 8, 3pm: The SpongeBob Movie</li><li>Sep 15, 3pm: Minions</li><li>Sep 22, 3pm: Annie (2015 version)</li><li>Sep 29, 3pm: Sherlock Gnomes</li></ul>

**NORTH END T-SHIRTS**  
**NOW AVAILABLE!**  
**\$10 EACH MINIMUM**

**AVAILABLE AT GRANDAD’S DONUTS**  
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**[EMAILOFFICE@NORTHENDBREEZES.COM](mailto:EMAILOFFICE@NORTHENDBREEZES.COM)**

***You can visit us at SUPER CRAWL on Friday, September 14th to get your t-shirt too!***



# TRY COLLEGE FOR FREE

**City School can help  
you get started on a  
plan to attend college.**

## **Our fall courses include:**

- College 101
- Creative Team
- Group Dynamics
- Health, Safety and Nutrition
- Introduction to:
  - Business
  - Construction for Women

## **APPLY TODAY!**

### **Did you know?**

City School brings Mohawk College to the community from three convenient locations:

- The Eva Rothwell Centre with our classroom and Trades Lab
- Mission Services on Wentworth Street
- Hamilton Public Library's Central Branch

Keep an eye out for the Mobile Classroom, coming to a neighbourhood near you!

**mohawkcollege.ca/cityschool**

f @mocityschool 905-575-2489



# Trees Please

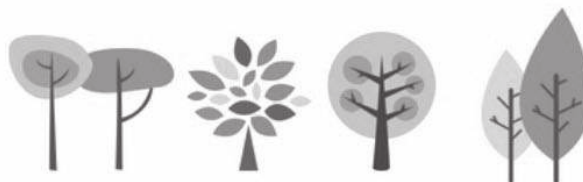
TREES PLEASE PROJECT IS PROUD TO OFFER

## FREE TREES

IN THE NORTH END  
AND SHERMAN AREA



1. VISIT [TREESHAMILTON.ORG](http://TREESHAMILTON.ORG)  
TO PICK YOUR TREE
2. BOOK LOCATES  
([ONICALL.COM](http://ONICALL.COM))
3. PICK UP IN THE NORTH  
END OR SHERMAN
4. PLANT YOUR TREE
5. WATCH IT GROW!



VISIT [TREESPLEASEHAMILTON.ORG](http://TREESPLEASEHAMILTON.ORG)  
FOR MORE INFO & TO **RESERVE YOUR  
TREE BY SEPT. 28TH, 2018**  
QUANTITIES ARE LIMITED  
*RESERVE EARLY!*

**[www.treespleasehamilton.org](http://www.treespleasehamilton.org)**

*Trees Please is a project of Environment Hamilton  
and the Hamilton Naturalists' Club*

*This project is possible through the generous  
support of the Ontario Trillium Foundation*

## **NORTH END NEWCOMER: OLD SCHOOL**



I've always loved September. Cool nights, warm sweaters and back to school. I've often thought of

it has the official start to a new year. Anyone with kids probably does also. This year I look forward to it with mixed emotions. As I watch little ones trudge up the street weighted down by backpacks and stiff school uniforms I'll be thinking of my youngest child attending university in a new city, excitement and nerves guiding her across campus. "How did this happen?" I can't help but wonder, her first day of kindergarten still fresh in my head.

And like her first day of kindergarten, I'll find myself hoping for many of the same things I did back then, like most parents do, as we send our children out into the real world for the first time, whether it be kindergarten or college, a new job or university. Things such as, "Please let her make just one friend" and, "Don't let anyone take advantage of her kind nature" and most importantly, "I hope she makes wise choices."

But unlike my daughter's first day of elementary school, modern devices can now calm a nervous mother's angst, at least to some degree. GPS tracking, doorbells with cameras and social media activity all allow us to "check in" with our children without actually being present. But does any of that really keep us from worrying any less, or does it actually do the exact opposite? I have to remind myself when I went off to college in the mid '80s, my parents had only my personal pledge to rely upon. One that promised I'd call home every Sunday afternoon at 2:00 pm. I didn't dare fall through on that guarantee. Now, one unanswered text has us moms conjuring up scenarios fit for a Stephen King novel.

So as many of us take a deep breath and prepare to let go this September, remember it could be a lot worse. We could be sitting at the kitchen table, watching the second hand move on the wall clock, while waiting for the corded phone to ring.

Just another reason to join our folding team!

Coffee & Donuts supplied by:



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# North Hamilton

Community Health Centre



## Pathways to Education

### Seeking Volunteer Tutors

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Pathways  
to Education

Pathways to Education NHCHC  
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North Hamilton Community Health Centre

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BUILDING A GRADUATION NATION

# Pathways

to Education




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SUPPORTS HIGH SCHOOL STUDENTS

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REGISTER NOW FOR THE 2018/2019 SCHOOL YEAR

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## Beautiful Alleys


SAVE THE DATE!  
&  
Put the Beautiful In Our Alleys!

**WHEN? September 22, 2018**

**WHAT TIME? 9:00 am ~ 12:00 Noon**  
Command Central Location is Powell Park at Stirton and Huron.  
Celebration and Refreshments to Follow At Powell Park Clubhouse (Birch & Barton)

**WHERE? EVERYWHERE!**  
Choose your alley, choose your team or register to volunteer at  
[hamiltonalleys@gmail.com](mailto:hamiltonalleys@gmail.com)

Let's show everyone how proud we are of our hidden gems!



### 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.**  
**Call for info: 905-523-6611 ext 3007**

*Brought to you by:*



## Are You Pregnant?

Join a weekly **free** prenatal nutrition group that's close to where you live!



### North Hamilton Community Health Centre

438 Hughson Street North  
(between Macauley Street and Picton Street)

**Date:** Tuesdays 10:00am - 12pm  
Thursdays 12:30pm - 2:30pm

**Bus Route:** 02 or 04

#### Talk with a Registered Dietitian and a Registered Nurse about:

- Pregnancy
- Labour and delivery
- Eating well and cooking healthy food
- Breastfeeding

#### You will get:

- Grocery gift card
- Bus tickets
- Prenatal vitamins gift card
- Vitamin D for your breastfed baby
- Child-minding for your children under 6 years of age

**Register at group during your first visit.**

 Health Connections **905-546-3550**

 [\*\*www.hamilton.ca/PrenatalGroups\*\*](http://www.hamilton.ca/PrenatalGroups)

 [\*\*/HealthyFamiliesHamilton\*\*](https://www.facebook.com/HealthyFamiliesHamilton)



Hamilton  
Public Health Services



**NorthHamilton**  
Community Health Centre

Funding provided in part by the Public Health Agency of Canada

## FALL GARDENING

SUBMITTED BY CANDY VENNI



Every fall I write about planting spring bulbs, because although it takes an extra little push now, just as the season is winding down, you'll never regret it. As much as I love those cheery flower faces in my own garden, I've also thought what a delight when looking at someone else's. Nothing is more inspiring, more life affirming, more joyous than splashes of colourful flowers magically bursting through previously snow crusted moonscapes.

In fact, if you become as obsessive as I am with bulbs you can enjoy these little 'flower miracles' from the end of February (Eranthis / Winter Aconite & Galanthus / Snowdrops) until early July (assorted Alliums esp 'Drumstick' Allium)

Everyone knows Daffodils, crocus and tulips, but I encourage you to try other favourite, less common bulb varieties; Muscari, Camassia, Fritillaria meleagris, Fritillaria imperialis, Anemone blanda, Chionodoxa, Hyacinthoides & Pushkinia.

There are less common tulips like peony-ish double varieties, as well as tiny 'species tulips', they come in every colour under the sun, various petal shapes as well as early, mid and late bloom times.

Allium is part of the Onion family and as a result it's a bulb usually left alone by wildlife. The purple (or sometimes white) globe shaped flowers can be huge or tiny, tall or short and bees adore them for their pollen.

Daffodils also come in more than just classic yellow, some have white petals with orange or pink centers, others have petals that curl backwards (Called 'recurvus') and my favourites are the small, intensely fragrant varieties.

These beauties can be found in September at proper Nurseries or via @Vennigardens (myself) to raise money for a local volunteer garden.

1. Buy quality bulbs. It's a little known fact that there are 'grades' of bulbs to determine size and quality, lower graded bulbs from Holland are often sold in multiflower packages or in

bulk at low prices in local hardware stores and are best avoided. Many a lost bulb is blamed on squirrels when in truth it was not planted deeply enough or it was not of a good enough quality or size to make it through our winter.

2. Plant a bit deeper than the suggestion on the package, using a small, sharp shovel vs a hand trowel makes planting much easier.
3. Tamp the soil down firmly after planting, water in if possible, and sprinkle with blood & bone meal or hen manure if you want extra squirrel 'insurance'. Disguising the smell of freshly turned soil is the best defence against varmints.



One final thought; fall is an excellent time to divide, share or replant perennials in your garden, if doing this then tuck in some camassia under the edge of that hosta, some alliums with the daylilies or smaller bulbs mixed in amongst the groundcovers.

Sept 29th Hort15 at Mohawk College I'll be sharing all this knowledge and more - sign up for 3 fun filled hours, honest! 'Fall Lawn & Garden Care', hope to see you there.

*Candy Venning owns and operates Venni Gardens, a local landscape design and build business.*

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## NORTH END BREEZES 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](mailto:office@northendbreezes.com)*

Hamilton – Let's Do Lunch! VON Hamilton is in need of volunteers to help deliver hot and frozen meals over the lunch hour. Driver and server spots are available. Call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca) to find out more.

Hospice Volunteer Visiting– VON Hamilton is looking for caring, sensitive volunteers to visit and support people with a life-threatening illness through the end of life journey. Visits are a couple of hours per week. To join our compassionate team of volunteers call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

Volunteer Opportunity – VON Hamilton is looking for volunteers to help out in our adult day centre in the community garden. Call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca) to showcase your green thumb.

Come and join the Steel City Wheelers for a fun social an penny sale or learn how to square dance June 2nd 2018 from 1:00 to 4:00 pm at the Hamilton Regional Indian Centre, 34 Ottawa St. North Hamilton . If you are interested please visit our website: [scwheelers.wix.com/steel-city-wheelers](http://scwheelers.wix.com/steel-city-wheelers) or call Patty at 905-662-6186

Personal Support Worker wanted part-time mornings, Tuesday to Friday from 9:30 AM to 12:30 PM. Job includes personal care and meal preparation. Please e-mail your resume to [lstoeten17@gmail.com](mailto:lstoeten17@gmail.com) or call after 12 PM, 905-528-6159 | \$17.50 per hour Located near the Bayfront Park on a bus route

Volunteer Opportunity – VON Hamilton is looking for volunteers to help out in our adult day centre in the community garden. Call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca) to showcase your green thumb.

Volunteer Opportunity – VON Hamilton is in need of volunteers to help deliver hot and frozen meals over the lunch hour. Driver and server spots are available. Call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca) to find out more.

Employment Opportunity. Local Hamilton Delivery company looking to hire mature adult for evenings and weekends. 24-32 hours to start. Please call 289-799-9257 / 905-921-9339

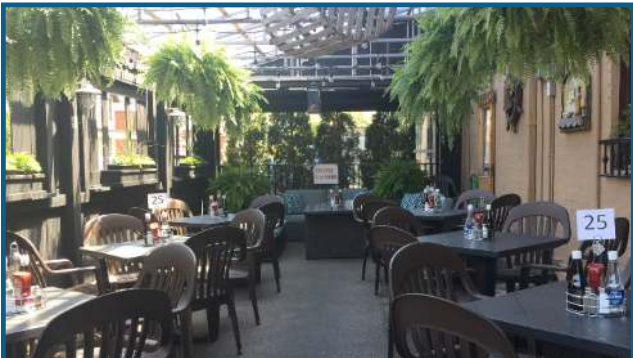
Personal Support Worker or equivalent wanted for two or three mornings per week from 10 AM to 1 PM. Also need someone to work in the early evenings for two or three hours per week. \$17 per hour. Job includes personal care, meal preparation and light housekeeping. Looking for someone who lives close to James and Burlington Street.

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 neighbourhood. Earlee the Entertainer will make it happen. Magic, balloons, paintable tattoos for only \$75.00 per hour. North End Neighbours – special rate of \$65.00 per hour. Earl Ross – 289-439-0166

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

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](mailto:brockwm@gmail.com) if you are interested or have any questions.



**FISHER'S PIER 4 PUB**  
**554 JAMES ST NORTH**

**MONDAY**

Spaghetti and Meatballs served with garlic bread. \$15  
\$2 off a pound of wings / eat in only/ 5pm till close.

**TUESDAY**

Bacon Wrapped Meatloaf served with garlic mashed potatoes and vegetables. \$15

**WEDNESDAY**

Slow cooked ribs smothered in our signature sauce served with fries and beans. 1/2 Rack \$17 Full Rack \$24

**THURSDAY**

Calves liver smothered in caramelized onions, bacon and gravy served with garlic mashed potatoes and vegetables. \$15

**FRIDAY**



Try our FISH "N" CHIPS

**HANDCRAFTED COCKTAILS AT FISHERS**

- Fresh Mint Mojito
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- Fishers Spiked Pink Lemonade
- Frozen Fuzzy Peach

Have fun at school kids!! Parents....ENJOY!!!



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**Websites that Work!**

[www.peopleinconnection.com](http://www.peopleinconnection.com)




**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](mailto:ahorwath-co@ndp.on.ca)

**NICOLE SMITH**



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[www.ward2forall.com](http://www.ward2forall.com)



**CAMERON KROETSCH**

I'm running for Ward 2 City Councillor because I love Hamilton and care about what happens here. I live in Corktown with my partner Derek and work in Beasley managing a family business.



I've done a lot of work in my community that I'm proud of. I was part of organizing the People's Plan for Downtown which fought for a better "Downtown Secondary Plan". I've sat on boards for groups like the Hamilton Literacy Council and The AIDS Network and I've participated as an organizer with Pride Hamilton and the Corktown Neighbourhood Association. I understand the issues that residents are facing.

My platform is focused on making Hamilton more accountable, accessible, affordable, safe, and sustainable. The primary way I intend to achieve these things is by communicating directly with residents. The North End is experiencing a lot of change and the people I've spoken with are frustrated by the lack of communication and follow through. As many of you know, I'm committed to showing up for residents and to making sure they have a say.

I care about Hamiltonians and about ensuring that we all feel respected and valued by our elected representatives. It's important that we elect councillors that are accountable to their neighbours, transparent in their actions, and thoughtful about their decisions. I've demonstrated that these are my values and that's why I'm asking you to elect me to represent you on October 22.






To learn more about me or to join the campaign visit [www.Cameron-ForWard2.ca](http://www.Cameron-ForWard2.ca).

**Elect Ute Schmid-Jones**  
**Hamilton's mayoral choice for Environmental and Economic Climate Resilience**



Climate Change is a non-partisan challenge. How we treat each other influences how we treat our natural environment and how we choose to create sustainable economic growth. Building community assets, while actively adapting to global challenges and respecting that we inhabit a much larger than human living ecosystem are municipally essential. I'm an optimist: I know we can do it! As we economically build Hamilton, OUR Ambitious City, let's do it with environmental resilience and cultural respect at our core. On October 22nd, vote for sustainable values.

**#climateresilience #electmorewomen #greenhamont**

 /ElectUteSchmidJones  
 @UteSchmid  
 @uteschmidjones  
 [utesj@sympatico.ca](mailto:utesj@sympatico.ca)  
 (705) 527-1612