



# MUNICIPAL ELECTIONS: VOTING UPDATE

SUBMITTED BY BRENDA DUKE



In 2014, the voter turnout in Ward Two for Council was 29.04%. Only 6,389 votes were cast for the candidates running. Mayoral voting, across the whole city with a population of over 500,000 had 124, 550 votes cast and turnout was 34.02%. Was it any better for the School Trustees? You know; those people responsible for your children’s education? Not really. That is astoundingly low. And what are some of the excuses we hear? It won’t make a difference. Not if you don’t vote! It’s too far, I don’t drive, I can’t take the bus. Did you know that any of the candidate offices will help you find transportation? I’m away/ busy that day. Have you checked the dates for the advance polls?

And ask yourself now, are you satisfied with how the past four years turned out because you made your best choice. If you’re not, was your reasoning or decision flawed? Perhaps; but you tried. If you didn’t vote and don’t like what how things turned out, then you have no right to complain.

If this sounds like you are being chastised or asked to be accountable to yourself, your community and your city, you are! Hamilton has the potential to be even better and accomplish more. But we need you to choose the people who will make that happen. Good people are passed by because you didn’t take the time to check into what they might be able to accomplish or because you didn’t vote. It does make a difference.

In Ward Two we have eight candidates for Ward Councillor. Some are known to us and some are new. Some of them may be members of our communities or friends. It’s not easy sorting through the information and asking the questions but you need to know the answers. Remember that whoever wins will be representing you for the next four years. They are the person that you will need to advocate for you in your community to realize your goals. Ask yourself;

what do I want to see? what are the issues that affect my neighbours and my neighbourhood? And ask them how they feel about those issues. If they don’t support your goals, how much can you depend on them to improve and support your neighbourhood. It’s a big ward with lots of plans on the table and each neighbourhoods has a unique need. And most importantly, listen to what they have to say, what they believe to be important. Their vision for a better Hamilton may be something you haven’t considered before.

There’s so much outcry now about the changes happening to our education system. We can’t fix that without knowing what each of the candidates believe in and how they intend to advocate for the children we are grooming for our future.

And the Mayor! Which of the fifteen candidates do you think has the overall expertise and capacity to lead our city through the next four years? Who has the overall knowledge and expertise to tackle the myriad of issues? And prioritize those needs to make our city better.

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. If you can, check the article in the Spectator at <https://www.thespec.com/news-story/8766679-here-are-the-aspiring-mayors-and-councillors-who-want-your-vote-this-october/>. You’ll find many of their profiles there and answers to why they think they are the “right” choice.

At the end of these next four years, will you be happy with what’s been accomplished? You probably won’t be if you don’t take the time to ask questions, know the candidates and what their goals are. It takes time, commitment and a belief in your city to run for office. At least show these candidates that we are committed enough to take just a bit of our time and vote.

Municipal elections in Ontario are held on the 4th Monday of October every four years. In 2018, the 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.

# WHERE DO I VOTE?

Advance Polls are at City Hall. On October 22nd North End residents will vote in one of three Polling areas. You will receive a notice telling you which polling station you are to vote in 1,2 or 3. You can also verify online @ <https://www.hamilton.ca/elections/where-to-vote> . Enter your street number and address to find your poll number.

Here are the important dates:

ADVANCE POLLS			
October 4	City Hall	71 Main W.	10 AM – 7 PM
October 5	City Hall	71 Main W.	10 AM – 5 PM
October 9	City Hall	71 Main W.	10 AM – 7 PM
October 11	City Hall	71 Main W.	10 AM – 7 PM
October 13	City Hall	71 Main W.	10 AM – 5 PM
VOTING DAY: October 22			
Poll # 1	Bennetto Community Centre	450 Hughson St. N	10 AM – 8 PM
Poll # 2	Philpott Memorial Church	84 York Blvd	10 AM – 8 PM
Poll # 3	Bennetto Elementary School	47 Simcoe St. E	10 AM – 8 PM

So now you have NO EXCUSE! Exercise your democratic right. Get out and vote!

# MAKE SURE YOU ARE REGISTERED TO VOTE!

By logging into this site, you can find out if you are registered to vote in the Municipal Elections and if not, you can register on line.







# 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)

## THE WARD 2 DEBATE

A RECAP PREPARED BY ROB FIEDLER

Election season is upon us and signs with the names of candidates for mayor, councilor, and school trustee dot the landscape.

There are eight candidates vying to be elected Ward 2 councilor. To assist voters, neighborhood associations in Ward 2 hosted an election debate on September 19th at the Church of the Ascension on John Street South. Candidates were sent a list of questions covering a range of topics that included what they would do to make housing more affordable, improve the HSR/transit, stand-up for tenants, make streets safer for pedestrians and cyclists, and involve residents more meaningfully in decisions impacting them.

The discussion was informative but civil. Moderator Sunil Angrish, a community developer with the Hamilton Community Foundation, kept things moving and orderly.

The candidates in attendance—Dianne Chiarelli, Suresh Daljeet, Jason Farr, Cameron Kroetsch, Nicole Smith, Mark Tennant, and John Vail—all seemed to agree that more needed to be done to make housing affordable, address tenant issues, calm traffic (including reduce the speed limit to 30km/h on local streets), improve parks and public spaces, and increase public engagement.

What resonated (for me): Nicole Smith favored a return to a more resident-led Ward 2 participatory budgeting process; John Vail argued for greater attentiveness to the issues of existing residents in existing housing and cautioned against overzealous traffic calming; Mark Tennant and Suresh Daljeet focused on working with people on a grassroots level; Diane Chiarelli highlighted forcefully the need for senior levels of government to provide funding for affordable housing; Jason Farr emphasized his record over the last two council terms, including his support for development and ability to secure votes at council for spending initiatives in Ward 2; and, Cameron Kroetsch argued residents deserve better engagement and a more accessible, transparent, and accountable City Hall.

Anyone expecting fireworks during the debate probably walked away disappointed, but Cameron Kroetsch did score a round of loud, spontaneous applause mid-answer when he vowed to dissolve the Waterfront Trust (HWT), which he described as “plagued by scandal”.

Joey Coleman of the Public Record recorded the debate and made it available on YouTube: <https://www.youtube.com/watch?v=5r3U28wjtVk>



### HAVE YOU SEEN THE “BIG BLUE CHAIR?”

Down by the boat launch at Fisherman’s Pier you will find the ‘Big Blue Chair’ that has been installed by the Hamilton Port Authority (HPA).

The chair is one of the first steps in HPA’s goal to make Fisherman’s Pier a more welcoming gateway to the city. This new addition to the area is a great spot to sit and watch the ships or take a photo by the water.

“The idea started as a fun, interactive initiative to build awareness and pride in our port city,” said Sharon Clark, Community Relations Manager at HPA. “We are so pleased with how it turned out and hope the community enjoys this new space.”

The idea for a bright blue, extra-large Muskoka chair was brought to life by HPA’s carpenter Ray. HPA is planning more changes to make Fisherman’s Pier a more welcoming place to enjoy Hamilton Harbour, so look for more aesthetic improvements coming soon!



### Other Summer Highlights

#### Harbour Queen Tours

HPA welcomed approximately 315 community members aboard the Harbour Queen this summer for a guided cruise. Tour attendees enjoyed the beautiful weather and scenery while learning about Hamilton’s Working Waterfront.

#### Fishing Derby

HPA was a proud supporter of the 12th Annual Hamilton Harbour Fishing Derby. It was a beautiful day for fishing and HPA was in attendance to share some water safety tips with derby participants.

### STAY CONNECTED WITH THE NORTH END BREEZES

Have some North End news of your own to share?



FACEBOOK.COM/  
NORTHENDBREEZES



@NORTHENDBREEZES



WALKABOUT COMMUNITY: ARCHITECT HAIR DESIGN

SUBMITTED BY KEN HIRTER

For this month’s “Walkabout” I sat and spoke to the wonderful and humorous Mr. Frank Rocchi, manager of Architect Hair Design/Barbershop \* Collective Arts & Brewing for the past eighteen months.

Frank was born in the Hammer and is a proud Hamiltonian. He lived first on Arkell Street for the first five years of his life and then his family relocated to Ancaster in 1967. Descending from a proud Irish & Italian heritage he attended Cathedral High School. Frank worked for ten years at Dofasco and as a Broker with BMO Nesbitt Burns for thirty years.

Mr. Rocchi leads a subsidiary of the volunteer group “Beautiful Alleys” and focuses on making the CN Rail a welcome and attractive gateway to the North End. In partnership with CN Rail staff and volunteers, they picked up six tons of garbage near the Mary Street bridge in April. They were back at it on September the 22nd 2018 and both CN and Beautiful Alleys love this partnership and welcome new partners Liuna Station 837 and Marchese Pharmacy who disposed of the five Sharps containers that were collected.

Frank also spearheaded The Dieppe Veterans Memorial Park on the Beach Strip; a cause he holds dear to his heart due to the stories his dad



shared throughout the years. Did you know: 199 were sadly killed in the biggest single military disaster in Hamilton’s history.

His Vision for Hamilton: the City needs the LRT and for the Cities “New Blood” they need to understand “Roots run Deep”

In closing I ask Frank of his Motto’s in Life: “If you can’t be young, be immature (Red Green) and “You got to be crazy, or the world will drive you insane.” “HAMILTON ROCKS”

“FIGHTER OF THE NAYSAYERS” here in Hammertown and of course “Proud supporter of the Hamilton Tiger Cats and the Canadian Veterans of Canada”

Thanks again Mr Rocchi for the time to sit and chat on Architect’s street patio.

Please note: Architect Hair Design (Make your haircut great again) is located on 324 James Street North @905-524-2724 or visit their second location Hendry’s Barbershop on 661 Barton Street East @289-389-9001. A special thanks and shout out to Mr. Peter Mokryke for making it ALL possible.

Until next month, take care of you and those around you. Cheers!



ON OCTOBER 22, 2018 VOTE

CAMERON KROETSCH

FOR WARD 2 COUNCILLOR  
www.CameronForWard2.ca



Together for a Better Ward 2

- ✓ ACCOUNTABILITY
- ✓ ACCESSIBILITY
- ✓ SUSTAINABILITY
- ✓ ADVOCACY
- ✓ SAFETY



ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

What a summer this has been!

With the kids back to school and Supercrawl, Hamilton’s biggest music festival, behind us there have been a few changes to the James Street North art and music scene. Looks like the Ibiza Nights on the Patio at Jack & Lois has wrapped up. The fine folks at Jack & Lois are moving to Westdale. We will miss finding Dan Rivero there, but he is still at Studio L14 and spinning the tunes at Art Battle as the new season returns later this month.

Speaking of Westdale, Mixed Media marks its exit from JSN by relocating into the former Bryan Prince Book Seller location at 1060 King Street West.

For fans of zines, the Hamilton Zine Exchange marks its return October 2nd at the Hamilton Public Library from 6-8:30pm in the Program Room on the 4th Flr at 55 York Blvd. Contact <darrylgold@gmail.com> for more information.

It’s was great to see filmmaker, and VR Hamilton’s Darryl Gold exhibit during the Supercrawl with a show at This Ain’t Hollywood. This dynamic artist has produced films and hosts virtual reality experiences here in Hamilton.

The Firstwave Retrograde 80’s Dance night has migrated to the Casbah Lounge and is now held every last Saturday of the month.

Drop by the You Me Gallery and catch the Brian Kelly exhibit of art using found objects before it goes, and if you happen to be a little more south on James Street North, take a peek into the gallery at Art@231. This month’s exhibit features some really interesting and thought provoking pieces. Say, “hi” to John Cinequemani while you are there for me.

Enjoy what is left of your summer!

Hope to see you out and about at October’s Artercrawl on the 10th...

*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/)



Photo by IngyMedia

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.

ST. LAWRENCE UPDATE

St. Lawrence the Martyr Parish has seen some changes over the last few months. We recently we welcomed our new Pastor, Fr. Peter Jurzyk, and also had a few adjustments to our mass schedule. With Summer vacation time over, and with the continued support of the Diocese, our Sunday Mass time is now 11:00 a.m. We invite anyone who was unable to attend Mass at 9:00 a.m. to join us at 11:00 a.m. on Sunday. If you have been away for a while or are new to the neighbourhood come and join us. We’re looking forward to the coming months with lots of activity in the parish.

Our weekday masses are at 7:00pm on Tuesday and Thursday and 8:00 a.m. on Wednesday and Friday. The Parish Office is keeping regular hours from 9:00 a.m. to 1:00 p.m. Monday to Friday and the church is open during those times for those that wish to visit for prayer.

Upcoming Faith Programing

In the coming months Father Peter will be introducing some new faith development programs in the Parish, and soon we’ll have information about the upcoming RCIA program for those that would like to explore becoming Catholic. If you would like to know more about any of the upcoming programs please refer to our website (<http://stlawrencehamilton.ca/upcoming-events/>) or call the Parish Office.

Baptisms and Weddings

Please contact the parish office to inquire about baptisms and weddings. For weddings we require 6-9 months notice. Please refer to our website for more guidance on sacraments in our Parish.

Children’s Liturgy

Each Sunday, St. Lawrence provides a Children’s Liturgy of the Word for children 4-8 years old. The children’s liturgy, presents the Word of God through stories, songs and activities at a child’s level of understanding.

Hall Rentals

Our Parish Hall is available for Rentals - Please contact Keith in the Parish Office at 905-529-3921 for more information

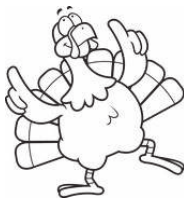
Other Coming Events

Friday November 2nd

Nibbles & Bids Loonie Toonie Auction (doors open at 6pm, Auction starts at 7pm)

Saturday November 24th

CWL Fall Penny Sale (doors open at 12pm noon, draws start at 1:15 pm)



Friday December 7th – Annual Turkey Roll

Visit our events and programs page: <http://stlawrencehamilton.ca/upcoming-events/> for more information

ST. LAWRENCE CHURCH

**NIBBLES & BIDS**

**Loonie & Toonie Auction**

**FRIDAY NOVEMBER 2, 2018**

Doors open 6 p.m.      Auction begins 7 p.m.

**St. Lawrence Parish Hall**  
corner of Mary and Picton Streets  
**Admission \$5.00**  
(incl. light food & refreshments)

**JOIN US FOR A CHANCE TO WIN!**

Gift Certificates & Gift Cards

Prizes of all shapes & sizes

Cash Prizes

Gift Baskets

For more information  
[www.stlawrencehamilton.ca](http://www.stlawrencehamilton.ca)  
advance tickets available at the parish office



## ST. LAWRENCE CHURCH

125 Picton Street East, 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](mailto:stlawrencehamilton@hamiltondiocese.com)

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

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

**SUNDAY MASS** 11:00 am  
(English Mass)

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

### WEEKDAY MASS

Tuesday Mass - 7:00 pm  
Wednesday Mass - 8:00 am  
Thursday Confessions - 6:15 am  
Thursday Mass - 7:00 pm  
Friday Mass - 8:00 am

## 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](mailto:stlawrencehamilton@hamiltondiocese.com)

## HER MAJESTY'S ARMY & NAVY

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**EVEN MORE ENTERTAINMENT IN OCTOBER**

Oct 4, 2018 \*Phil Myles 3pm-7pm

Oct 11, 2018 \*Lionel

Oct 18, 2018 \*Blue Diamonds

Oct 25, 2018 \*City Kitz

**Celebrate Halloween with your friends!**



• Costumes

• Spot dances

• Prizes

**EVERY SATURDAY!**

**Karaoke from 6pm - 10pm**

**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](mailto: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](http://www.hamilton.ca)

**Bennetto Community Centre’s Open House**

**Friday, October 12th, 2018**

5:00-6:00pm FREE Gym and Club Try It Programs

6:00-7:00pm FREE Family Leisure Swim (children 17 years of age and under must be accompanied by an adult 18+)

7:00pm FREE Family Movie – Hotel Transylvania 3: Summer Vacation

**Fall Programs are now in full swing!**

For Winter registration details, please pick up a recreation Fall/Winter guide at the Community Centre.

**Here are just a few of our swim programs offered:**

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 8:00-8:45pm (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

FREE LEISURE SWIM FAMILY – Mon. 5:30-6:30pm and Fri. 6:00-7:00pm

**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!

**October 12, 2018  
November 23, 2018  
December 14, 2018**

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

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

**Halloween Crafts**

Come on out and enjoy Halloween themed crafts and creative fun.

Tuesday, October 23<sup>rd</sup>, 2018  
Ages: 6-12 years  
Time: 5:30 – 7:30 pm  
Cost: \$7.28  
Code: 00014621



**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](http://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](mailto:info@welcomeinn.ca)

**CALLING ALL TEENS!!!**

**Teen LEAD Drop-In is back!**

**If you are between 14 and 19 join us every Wednesday night for dinner and a safe, inclusive place to hang out.**

WHEN: Wednesdays from 6-9 PM

WHERE: Welcome Inn Community Centre

WHY: Get access to computers, homework help, recreational activities, trips, volunteer opportunities, and important life skills building such as cooking and resume building.

Contact Gladys Flores at 905-525-5824 or email [gladys@welcomeinn.ca](mailto:gladys@welcomeinn.ca) for more information or to register.

***Looking for something new this fall?***

***Consider joining the Volunteer Team at 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 Seniors and Grocery Shopping.

Connect with Ruth to get the conversation started: [ruth@welcomeinn.ca](mailto:ruth@welcomeinn.ca) or 905-525-5824

**NEW HORIZONS THRIFT STORE**

520 James Street North  
The hidden gem of the North End!

Feel good about your purchases, all the proceeds fund the Welcome Inn Community Centre programs.

**WELCOME INN COMMUNITY CENTRE**

40 Wood St E | 905-525-5824 | [info@welcomeinn.ca](mailto:info@welcomeinn.ca)

## FALLS PREVENTION PROGRAMS

SUBMITTED BY MICHELLE FERRARA

Now that we are in October, it is important to plan ahead for the cold and snowy months when Senior's are vulnerable to falls outside the home and accidents from falling increase inside the home. Simple in-home exercises to increase balance, strength, flexibility and confidence will help. Assessments including the outside home environment( broken steps, no railings) as well as within the home itself(scatter rugs, trip hazards, items on shelving too high, dim lighting) are important to ensuring falls don't happen. Supportive coaching helps to prevent accidents-and also, empowers Senior's to feel they do have control of their environment and risk factors and body and can help themselves to be safe. The (free) Falls Prevention Clinic at St. Peter's Hospital has marvelous assessment tools including gait analysis, and ability to assess medical issues that may be affecting balance and potential falling. Senior's exercise programs in Hamilton and area for prevention of falls are available and build strength and coping skills. Falls are the #1 accident to Senior's and often lead to a downward spiral both in outlook and health-so the time invested in preventing accidents and increasing confidence is well worth it to the peace of mind for a Senior and their family.



### **VOLUNTEER OPPORTUNITY!**

#### **BOARD OF DIRECTORS MEMBER!**

We are currently looking for a team member to join us and help lead the Breezes to bigger and better things. As we move closer to our 50th anniversary we need new ideas, new vision and a commitment to make the North End Breezes the best community paper. If you are that person please email: [office@northendbreezs.com](mailto:office@northendbreezs.com).

## FASHION FOR OCTOBER

*"The best fashion show is definitely on the street. Always has been, and always will be," – Bill Cunningham*

It's time to get spooky because autumn is a very important time in the fashion world. Fashion Week is right around the corner and designers are creating new works of art that we wear with pride. Nothing says "Autumn fashion" like leggings, sweaters, and boots. While these are the staples in a majority of wardrobes, there are so many other things to wear that are just as comfortable and stylish. Let's have a look and see what designers are launching this fall season.

It's October and there is a chill in the air, so naturally we grab our coats. While coats keep us warm, they can also be used as a fashion statement. Coats are the first thing people see you wear in the fall and winter months so why not make them as stylish as you are? This season, puffy jackets are all the rage. No matter the colour, puffy jackets are all the rage this fall season. Designers from all over the world are showing off their puffy jacket designs. Not only do they look cool and keep you warm, but they also offer extra padding in case you trip!

One of my favourite things about autumn is the shoes. Boots are my favourite kind of shoes, and there are so many different styles and colours to choose from. This season, metallic boots have been spotted all over the runways. Designers are turning to a more futuristic look and are designing knee high and booties in a funky metallic colour. If you're not convinced, metallic colours will make you stand out against the red and orange background of autumn.



*Metallic Boots. Photo courtesy of Glamour Magazine.*



*Puffy jackets hitting the runway. Photo courtesy of Elle Magazine.*

#### **IN**

- Caplets
- Tinsel on clothes
- Pinstripe Suits

#### **OUT**

- Denim leggings
- Peep-toe wedges
- Shrunken Jean Jackets

## CATS, CATS AND MORE CATS!

SUBMITTED BY ANNABEL KRUPP



Anyone living in the North End, pretty much anyone living in Hamilton for that matter, have seen them. They stride through our backyards and along fences, they sun themselves on our porches, and they pee in our gardens. Colonies of cats seem to be pretty much ruling the neighbourhood these days.

On my block the cats are the talk of the street. Where did all these cats come from? Some say it was the house around the corner, others say it was the one down the street. Who is feeding the cats and are you in favour of that or not? Have you seen the skunk momma and her babies around the cat food outside the neighbour's door? While most people have a soft spot for the hard lives these cats must lead, people are divided on whether they like having them around or not.

The North End neighbourhood is not alone. In a 2016 report the city estimated there are 133,000 cats in Hamilton. Keep in mind the number of people in 2016 was around 520,000. That's a lot of cats for our city. There is even a Facebook Group called "Hamilton Street Cats" dedicated to them.

Where do these cats come from? Essentially, they are former house cats that get lost or abandoned. If not fixed these cats mate with others and a cat population can explode. Kittens not conditioned to human contact will become feral fearing human contact and the cats form colonies of 6-25 to survive essentially in the wild.

Something can be done however. The City of Hamilton and the SPCA do recognize this is a problem and have started a Trap, Neuter and Return Program (TNR). This humane program traps, neuters, vaccinates, ear-tips, and microchips the cat before returning it back to its neighbourhood. The obvious benefits are that it prevents the growth of the cat population, but it also improves the quality of life for the cat living on the street and reduces the annoyance to residents from females yowling and males spraying throughout the neighbourhood.

To access this program a resident first needs to become a registered Colony Caregiver with the SPCA. Colony caregivers must provide shelter, food and water on a daily schedule, and protect the cats from harm. With all the cats in the city however this program is busting at its seams trying to help as many colonies as possible. Alternatively, the SPCA is running workshops on TNR 101 and Shelter Building for the winter.

So what do you and your neighbours think about the cats? Anyone wanting to become a Colony Caregiver can check out this link: <http://hbspca.com/services/spayneuter/trap-neuter-return/>



HAVE YOUR SAY AT THE COA

SUBMITTED BY SHERI SELWAY

More and more changes are happening in our downtown neighbourhoods. Houses are being sold and work is being done. Houses are being torn down and replaced, sometimes with more than one house! A single story house was torn down across from St. Lawrence Church, and two 3 story houses have been built. The lot will be severed (become 2 lots), maybe even duplexed?

Our neighbourhood is going through changes. You might have gotten a notice about a change happening close by. If you are within 60 meters, you will be informed of a Committee of Adjustment (COA) meeting. The paper might be confusing, so talk to a friend and go over the items. There is usually a drawing of the building, and a list of the changes that need “adjustment” because they don’t fit into the Zoning By-law. The COA is a City committee made up of residents.

When an owner/developer wants to build or change a building, they have to get City approval for changes. All development proposals have to meet the terms of the Zoning By-Law. “The purpose of the Zoning By-law is to manage land use and development, ensure development occurs in a responsible manner, and determine the kind of use that is suitable for that area.” (City of Hamilton website) We also have a Secondary Plan in effect – Setting Sail, which further guides land use plan for the West Harbour (and our neighbourhood).

If a property owner wants to develop, build, or make changes that are different from what is allowed, the owner must apply for an amendment and has to pay over \$1000 for the application fee. When small changes are made that do not fit into the plans, they often apply for a “minor adjustment” to legalize the situation. For example, parking pads in the front yard may need to be smaller than in the “Zoning By-law”. The owner may ask to have less than the 50% “green” front yard.

As a resident, you know what works, (and what doesn’t) in your neighbourhood. Parking is often a big concern because so many of our homes do not have parking and rely on street parking. Height of a new building might also be a concern. Maybe the new structure blocks the sun from your backyard. Maybe you think it needs a fence.

Look at the plans and look at the site. Talk to your neighbours. Get help if you need to.

I have been to Committee of Adjustment (COA) several times, and never alone. Together we (my neighbours and I) decide what to say, and who will say it. Sometimes we take photos to help the committee visualize. We TRY to argue for benefit of the neighbourhood and of the larger community, calmly, and give examples. We don’t always agree, and that is also OK.

Here are some suggestions: go to the COA once first as an observer and see it in action. It is VERY fast! Talk over your concerns with your neighbours, send your comments and photos by mail or email so they already have them. Be early or on time, so you are not nervous. Take your notes or photos with you. Be brief. You will sit at a table with the owner/developer and the committee. Good Luck!



HALLOWEEN IS JUST AROUND THE CORNER!

SUBMITTED BY BRIAN ROULSTON

It that’s time of year again when you open your door and see all the cute youngsters dressed not only as the traditional demons, skeletons, pumpkins and goblins but maybe you’ll see Prince Harry or William, Princess Kate or Meghan. The Black Panther is popular this year as well.

Hallowe’en has been a tradition since the middle ages originating from two different Celtic festivals, the Gaelic harvest festival of Samhain and Calan Gaeaf which marked the end of a Celtic new year on October 31. During early Hallowe’en celebrations people would dress up as evil spirits. It was believed as we passed from one year to the next the living and the dead would overlap leaving a sort of loophole for demons to wander the earth once again. By disguising oneself real demons would think you were one of them and move on.

In later years, children, adults and sometimes the poor would dress up as saints, angels or demons and go door to door begging for food or money in exchange for songs or prayers. It was like caroling during the Christmas season, only this would be called ‘souling’ or ‘mumming’ and the children would be called ‘soulers’ or ‘mummers’ as opposed to carolers.

Dressing up to go out was called ‘guising’; short for disguising. Later the Christian church would come to call this day, ‘All Hallows Eve’, ‘All Souls Day’ or ‘All Saints Day’.

The term “Trick-Or-Treat” was first shouted by excited little kids in the small town of Blackie, Alberta in 1927 according to an article from The Blackie Times. This would leave some of the older kids to have some serious fun if they didn’t get their treats. While no real damage was done, it did create some temper outbursts by some adults when they found their personal properties like wagon wheels, wagons, barrels and even gates would go missing or found hidden behind shrubbery, barns, roof tops or even in ponds.

For a while during the war years of WWII trick-or-treat was suspended due to sugar rations. Once trick-or-treating resumed it was full steam ahead for all those little witches, ghosts and goblins. Through the 20th century it has become one of the biggest commercial events of the year in Canada and the U.S.

NORTH END FOOD DRIVE

SATURDAY OCTOBER 13TH

In support of the Welcome Inn Community Centre

Between 12:30 PM and 4:00 PM on October 13th, we will be going door to door to collect food. If you are not going to be home, please feel free to leave the food on your front step.

Right now we only have enough people to do west of James Street. If you would like to help so that we can visit more home, contact [curtisbiehler@gmail.com](mailto:curtisbiehler@gmail.com). There will also be a drop off bin at the corner of Bay and Burlington.

ITEMS IN DEMAND:

**Food:** Canned meat/tuna, Canned and dry beans, Canned fruit and vegetables, Tomato sauce, Pasta, Peanut butter, Meat free canned soup, Meat free canned baked beans, Instant cereal, Non-Dairy milk, Baby Formula

**Toiletries:** Toilet paper, shampoo, conditioner, soap, razors, cleaning supplies

There will also be a drop off bin at the orner of Bay and Burlington.

Contact [CurtisBiehler@gmail.com](mailto:CurtisBiehler@gmail.com) if you would like to help.

I ♥ THE NORTH END T-SHIRTS



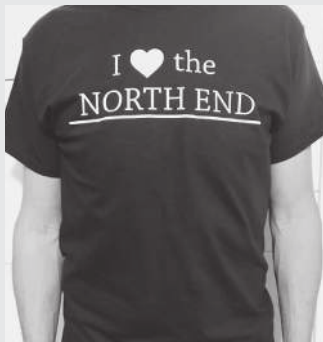
It was a SUPER weekend at Supercrawl 2018! Promoting the North End Breezes and selling our fab t-shirts to raise money for our paper!

Special thanks to Jay Carter and Aimee Burnett at Evergreen (294 James Street North) for providing us with

space on Friday evening and Donna Reid at The Hamilton Store for sharing her Courtyard with us on Sunday. Thanks to Ian MacDonald, Brenda Duke and Ken Hirter for making it a fun experience.

We got to meet many North Enders who shared their stories and connected with us ~ we even sold a few t-shirts!

You can still pick up yours for \$10 at Grandads Donuts, Our Corner and Horizon Thrift Store and help us bring the community news to the community!



We ♥ The North End! And we know you do too!



# SAILING, SAILING...

SUBMITTED BY KEN HIRTER

As we say goodbye to the Summer of 2018 and usher in the first day of Fall I had the pleasure to cover the McMaster Sailing Team Regetta which was held on September the 22nd 2018 at the Royal Hamilton Yacht Club located at 555 Bay Street here in Hamilton's North End.

I met up with Caroline Murdock, a second year Kinesiology student and a lover of sailing since she was a child. I asked her "why do you love sailing"? Her answer; "Freedom of the Water"

This program has been around for a few years now and has been affiliated with the Royal Hamilton Yacht Club for the last few years with various forms including fundraising events to raise money for their sailing boats, equipment and for their uniforms. The relationship between the RHYC and the McMaster Sailing team certainly creates a sense of Community. It is typically a short season from September to November every weekend and then it is back to the books.

As we boated out to meet the team members on the water I wrote down these questions to ask team members to better understand their love of sailing: • MISSION • VISION • PASSION • DRIVE

**MISSION:** What is your purpose? "To look towards improvements and to increase the McMaster Sailing team experience". (Ross Murdock, with the team since the fall of 2014, sailing advocate and brother of Caroline)

**VISION:** What is your concept of sailing? "It's a lifelong sport to continue sailing and to have a passion for the sport." (Cameron McDonald, currently a Sailing instructor coach)

**PASSION:** What makes you enthusiastic about sail-



ing? "It's to teach youth on the outside and that it is rewarding". (Elizabeth Marr)

**DRIVE:** What is it that leads you to sail? "It's for the Competition for the win.....putting the pieces together for the win". (Berg Ellemers)

The common thread that brings this group of the McMaster Sailing Team together is that all of these students have been passionate about sailing since childhood.

I want to especially thank Caroline Murdock for taking me out and teaching me the "Art of Sailing 101" as the sailboats navigated across Hamilton's beautiful Bay. She indicated that Hamilton has one of the best Sailing facilities.

I want to thank the students Ross, Cameron, Elizabeth and Berg for their contributions to this interview. They would ALL like to thank to this years' sponsor AGROZAFFIRO LLP and the Royal Hamilton Yacht Club. Your love of the sport was quite evident today.....good luck with your upcoming Regattas. Cheers to "Happy Sailing"



## 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*



# OUR FUTURE HAMILTON SUMMIT: PUBLIC SAFETY IN A CONNECTED WORLD

SUBMITTED BY CINDY MUTCH

## FROM GLOBAL TO LOCAL CONTEXT

Our world is a global village and we live in a connected world. Thanks to technology and globalization, the lines between the world’s physical, social, cultural and economic connectedness are increasingly blurred. 7.6 billion people live in our world today, and that number is expected to reach 11 billion by the year 2100. In fact, in the next 24 hours, 350,000 babies will be born worldwide.

On a daily basis, massive amounts of information, goods, capital and people move at a staggering speed unthinkable just a generation ago. International trade accounts for 56.2% of the world’s GDP. Just last year, \$18 trillion of merchandise was imported globally. In the next 24 hours, about 700,000 people will migrate to a different country. This year, it’s estimated that over 1 billion tourists will arrive somewhere in the world; that’s over 30 tourist arrivals every second.

Social media and technology have also shaped the way we live, work, play, learn, connect and do business. Worldwide, there are currently 23 billion devices connected to the internet and over 3.9 billion users. On a daily basis, over 2.5 quintillion bytes of data will be created and shared on the internet. 656 million users will send out a tweet. And 148 billion spam emails will be sent. If Facebook were a country, it would be the largest country in the world with a population of over 2.2 billion.

Hamilton is part of the connected world. The City’s Vision is to be “the best place to raise a child and age successfully”. With a population nearing 550,000, the city is the 10th largest in Canada. Thousands of international students and newcomers arrive in Hamilton every year, with many continuing to call the city home. Hamilton is a diverse city, with about 1 in 4 people born outside of Canada. About 9 million people live within a 113 kilometer radius of Hamilton. Hamilton’s John C. Munro International Airport is

the largest freight carrier airport in Canada, moving nearly one billion pound of goods and serving close to 600,000 passengers per year. The Port of Hamilton is the largest port in Ontario, moving 9.2 million metric tons of cargo and servicing over 150 overseas vessels in 2015.

## THE FOCUS OF THE 2018 SUMMIT

A world that is connected through technology and globalization is also a world that is increasingly vulnerable. Issues such as crime, human trafficking, illicit drugs, terrorism, gun violence and cybercrime continue to dominate headlines. In Canada, there were 1.9 million police-reported criminal code incidents and 1,220 police-reported serious violations of human trafficking in 2017. Furthermore, substance use costs Canadian society \$38.4 billion annually in costs associated with healthcare, lost productivity, criminal justice and other direct and indirect costs. Globally, ransomware was projected as \$5 billion in 2017 (which was just \$325 million in 2015) and cyber security spending is expected to exceed \$1 trillion between 2017 and 2021. Of particular note is the fact that Canada spends more time online than any country in the world, with 43.5 hours per Canadian every month.

At the up-coming 2018 Our Future Hamilton Annual Summit, participants and speakers will explore direct and indirect aspects of public safety in a connected world such as:

- What does public safety look like in our community and the world today?
- What are the links between social determinants of health and public safety?
- How can we keep our neighbourhoods and online activities safer?
- What roles can residents and key stakeholders play to create a safer community?

Findings from the Summit will be shared with community stakeholders, elected officials and policy makers to inform initiatives that will continue to improve public safety outcomes for residents and the community at large.

## ABOUT OUR FUTURE HAMILTON ANNUAL SUMMIT

The Our Future Hamilton Annual Summit resulted directly from Hamilton’s 25-year Community Vision approved by City Council in February 2016. The Community Vision report advanced 6 Community Priorities, 88 Key Directions and 57 Signs of Success. Nearly 55,000 Hamilton residents and stakeholders contributed to the development of the Community Vision between 2015 and 2016. Over 115 community organizations, groups and associations have committed to implementing the Community Vision.

Now in its 3rd year, the Our Future Hamilton Annual Summit explores current issues as identified by residents and stakeholders through the Community Vision initiative. The Summit also shares an annual progress report, highlights community partnerships, builds strategic networking, facilitates table discussions and features respected keynote speakers. About 450 participants including residents, community stakeholders, policy makers and participants from out of town attend the annual summit.

The 2018 Our Future Hamilton Summit will take place on Tuesday, November 13th from 8:30 am – 12:30 pm at Liuna Station on 360 James Street North, Hamilton. It is free to attend, but registration is required. Spaces fill up fast. Registration opens October 2nd at [www.hamilton.ca/ourfuturehamilton](http://www.hamilton.ca/ourfuturehamilton).

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



2018 Summit Presenting Sponsor:



CONTINUING  
EDUCATION

# 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:

CONTINUING  
EDUCATION

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



## WORKERS' COMPENSATION AND INJURED WORKER SPEAKER SCHOOLS

SUBMITTED BY BOB WOOD

Our Clinic provides representation and summary advice in regards to all aspects of a Workers' Compensation Appeal. The clinic also supports the Hamilton and District Injured Workers' Group (HDIWG) Injured Worker Speaker Schools.

These schools are designed to motivate, engage and build the confidence of the participants. The students, all injured workers, develop better public speaking skills in an atmosphere of peer support and mutual aid. The schools teach skills on speaking out moving students "from venting to convincing."

Students are better able to understand the history of the Workers' Compensation Board (WCB), now called Workplace Safety and Insurance Board (WSIB), and the importance of it today. They learn how:

- Principles developed by Sir William Meredith created the WCB in 1915.
- The WCB name changed and "workers" became "workplace" and "compensation" became "insurance" during the Mike Harris era.

On June 1st every year, injured workers and in cities across the province to mark Injured Workers' Day. This year one of the Toronto presenters was recent Speaker School grad Marvin Mulder.

Hamilton's Mulder suffered a crippling spinal injury and depression as a result of a workplace injury.

Standing in front of the Ministry of Labour offices on University Avenue, Mulder described an internal conflict resulting from harmful government policy deci-

sions from the last thirty years.

"How do I feel about the government but, more importantly how does my government feel about me"? Are we only a place of integrity and honourable standards when the mood suits us"? A fair and impartial system is all we ask for – nothing less and nothing more."

If you have applied for Workers' Compensation benefits and have been turned down or if you have received Workers' Compensation benefits, but have been cut-off, the Clinic can assist in appealing this decision and building your case. We can also answer questions regarding eligibility for benefits, amount of assistance and benefits available for injured workers recipients.

### A Good News Update

In an earlier edition of edition of North End Breezes we reported on a new social justice initiative.

The initiative kicked off as a celebration of African Canadian heritage at the Central Library in February. <http://northendbreezes.com/recent-social-justice-initiatives/>

One of the outcomes of that event is that the Clinic has hired a Bilingual Black/African Justice Coordinator. The Co-ordinator will be charged with improving access to justice and outreaching to this marginalized community.

The Coordinator starts work in November. She'll provide public legal education and community development work in Hamilton's African-Canadian community including the Francophone and newcomer Black community. This position is funded by Legal Aid Ontario.

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



## NEIGHBOURHOOD PARTY!

Sat. Oct 20th 12:00 – 2:00 PM

Welcome Inn: 40 Wood St East

Celebrate the "North End"

Free Food, and Beverages (while it lasts)

Free Kids Activities

Everyone Welcome

Great Music

*Organized by North End Neighbourhood Association in partnership with Welcome Inn*

# 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)



# OCTOBER EVENTS

October is Here! Time for apple pie and pumpkins, turkey and stuffing, costumes and candy. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
1 – 22	TU 2:30-4:30 TH 6 - 8	Pumpkin Colouring Contest (all ages) Pick up your colouring sheet @ the Bookmobile. Drop it off by October 22.	Bennetto Stop
2	12 – 2	Senior's Diners Club Lunch and fun. \$4.50 Tel. 905-525-5824	Welcome Inn 40 Wood Street
2		Registration opens for Our Future Our Hamilton 2018 Annual Summit Public Safety in a Connected World November 13, 8:30 AM - 12:30 pm Contact Greg Iarusso 905-546-2424, x 1286	Liuna Station
3	7 – 8:30	Conversations that Matter: Civic Engagement Speaker Series. Clean and Green – water quality in Hamilton Harbour . Register @ McMasterCCE.ca/civic	1 James Street N. McMaster Continuing Education
5 – 8	FR 4–10:30 SA 9-10:30 SU 9-8:30 MO 9-5	Rockton World's Fair The last local fall fair of the season – and one that reaches high. Animals, crafts, contests and midway. Check the website for free HSR shuttle bus information. Tickets on-line or at the gate. No dogs. <a href="https://www.rocktonworldsfair.com/">https://www.rocktonworldsfair.com/</a>	812 Old Highway 8, Rockton.
7 - 8	12:30-4	Autumn Sundays @ Westfield Heritage Village Costumed interpreters. Fee	1049 Kirkwall Rd. Rockton
8		<b>Thanksgiving Day</b>	
9	12 – 2	Senior's Diners Club Lunch and fun. \$4.50 Tel. 905-525-5824	Welcome Inn 40 Wood Street
9	7:30 – 8:30	Battlefield House Museum lecture A historically themed illustrated talk. Fee	Battlefield House 77 King W., Stoney Creek
10	7 – 8:30	Conversations that Matter: Civic Engagement Speaker Series. Culture & Diversity: importance of cultural events, preserving heritage and how to create a welcoming community. Register @ McMasterCCE.ca/civic	1 James Street N. McMaster Continuing Education
11 – 21		Art Gallery of Hamilton Annual World Film Festival Hamilton's largest festival of international, independent, and Canadian film. Tickets and info @ <a href="https://www.artgalleryofhamilton.com/film-program/agh-bmo-world-film-festival/">https://www.artgalleryofhamilton.com/film-program/agh-bmo-world-film-festival/</a>	Various locales

Date	Time	Details	Address
12		Art Crawl	James Street North
13 – 14	SA 10-5 SU 10-4	2018 Hamilton Comic Con Hamilton Comic Con for tickets and details	Hamilton Convention Centre
14	12:30 – 4	Autumn Sundays at Westfield Heritage Village Bring a picnic, enjoy the arrival of fall and learn about life in early Ontario. Entry fee	Westfield Heritage Village 1049 Kirkwall Road, Rockton
15 – 20	MO-TH 9-9 FR 9-6 SA 9-5	Hamilton Public Library Annual Book Sale Thousands of books, priced from \$1 - \$5	Central Library
16	12 – 2	Senior's Diners Club Lunch and fun. \$4.50 Tel. 905-525-5824	Welcome Inn 40 Wood Street
19	4 PM	Halloween Décor; Create Spooktacular Decorations. Ages 4-12	Central Library
20	8 PM	Choir! Choir! Choir! Family friendly, sing along. Dreams: The Fleetwood Mac Experience. Tickets @ Central Library or online @ <a href="http://www.ticketfly.com/search/?q=hamilton">http://www.ticketfly.com/search/?q=hamilton</a>	Central Library
21	12:30 – 4	Pumpkin Sunday @ Westfield Games, demonstrations, crafts and activities. Entry Fee	Westfield Heritage Village 1049 Kirkwall Road, Rockton
22		Municipal Elections Make your voice heard. Get out and Vote!	
23	12 – 2	Senior's Diners Club Lunch and fun. \$4.50 Tel. 905-525-5824	Welcome Inn 40 Wood Street
27	10 – 4	Concession FallFest Concession Street BIA fall festival. Family fun. Kids come in costume and join the Trick or Treat parade. Starts @ 11 AM in front of the Library.	Concession Street Business area.
30	12 – 2	Senior's Diners Club: Lunch and fun. \$4.50 Tel. 905-525-5824	Welcome Inn 40 Wood Street
31	4	Halloween Arts and Crafts Kids ages 4 - 12	Central Library
31		BOO! It's Halloween.	

## COMMUNITY ANNOUNCEMENT

SUBMITTED BY EDITOR & CO-ORDINATOR, BRENDA DUKE

The North End Breezes has been nominated for a 2018 Maggie award in the category of Best Media Outlet! I would like to thank the volunteers from our Publication Team, our Folding Team, the advertisers and community partners and those who help us through their donations to keep us afloat, our Board of Directors and our loyal readers who make this all possible. If you would like to vote for us you can visit <https://themaggies.weebly.com> and cast your vote starting September 24th. Let's make this the year we show everyone that our news is the best news!



## Letters to the Editor

ANNOUNCEMENT FROM BRENDA DUKE

Did you enjoy an article? Was there something we missed? Is there something you don't like? Or maybe you have an update we missed? The Breezes is YOUR paper!

Help us spread the news you want to hear.

Email [office@northendbreezes.com](mailto:office@northendbreezes.com)





# 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!

## **THANKSGIVING: DID YOU KNOW?**

SUBMITTED BY BRIAN ROULSTON

Lot's of things are going on during the second weekend in October. The leaves are in their prime with a bounty of colours as they and other foliage change. It is the end of fall fair season in Ontario as both the Rockton World's Fair and the Norfolk County Fair in Simcoe are in full swing.

Doctors and dieticians end up taking a backseat on this weekend as we sit down with family and friends to our enjoy a traditional Thanksgiving Dinner on October 8th this year.

According to the Turkey Farmers of Canada, 542 turkey farms across the country (170 of those farms are located in Ontario) produced 170.9 million kg of turkey meat in Canada during 2017. 2.2 million whole turkeys were sold at Thanksgiving which is about 31% of the years production. Compare this to Christmas when 3.3 million whole turkeys were sold, which equates to 47% of the market. Turkeys are a fast bird... you'd be fast if too someone had that hungry look coming after you with a knife and fork. They can run up to 25 mph (40 km/h). Domestic turkeys can't fly more than a metre or two as they are too heavy. Wild turkeys on the other hand are agile flyers and can fly up to a quarter mile (400m).

Did you know male turkeys are called "Gobblers" because of the 'gobble' sounds they make to announce themselves to the female 'hens'? Infant turkeys are often called either a,"chick","poult", or "turkette".

Another funny little fact is a turkey's gender can be determined from its droppings. A male turkey produces a spiral shape turd, while the female makes a shape similar to the letter 'J'. That was just a little more than you needed to know, right? Happy Thanksgiving Everyone!!

Just another reason to join our folding team!

Coffee & Donuts supplied by:



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**Support our supporters!**

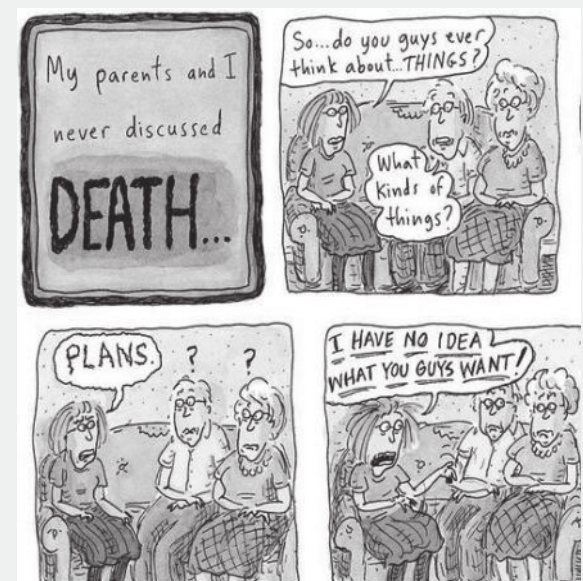
## **SO YOUR FOLKS ARE OLDER AND YOU DON'T KNOW WHERE TO START...**

SUBMITTED BY MICHELLE FERRARA

Everyday people come to see me looking for assistance for their loved ones: in-home assistance, retirement or assisted living, Long Term Care and all the info in between as to 'how it works'. Parents may be ill, have limited mobility, limited ability in grocery shopping and making meals/feeding or dressing/toileting/diagnosis of dementia or another major issue-or just can't manage on their own.

There are Crisis Lists, regular lists, transitional beds, convalescent beds and respite beds. The 'planners' give lists to call around for info/make arrangements- ask the right questions or you won't get the info. What about the fees-what fees-doesn't the Government pay?! Um...no-only some of it and only LTC. Keep them at home... cost it out over the months and years and you realize the money will not last to keep pace-it's staggering!

How about updated wills, and what about POA-power of attorney for health and for property-and the wishes of your loved one in case of health crisis or death...it is surprising how many people over 80 have never discussed these items and do not have their affairs in order. What about the basic info-do you have a list of Dr.'s and Specialists, medications, medical issues? As we head towards winter and the 'season of illness and crisis' my suggestion is the old Boy Scouts motto: Be Prepared! Get the info, wishes, details and write it all down and take heart that you are in good company. xo



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# North Hamilton

Community Health Centre



## Pathways to Education

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Academic Tutoring for High School Youth

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3 hours each week is all it takes.

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pathways@nhchc.ca



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### BUILDING A GRADUATION NATION **Pathways** to Education



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## Beautiful Alleys

Keep Hamilton  
Clean & Green  
KEEP AMERICA BEAUTIFUL AFFILIATE  
Hamilton  
NEIGHBOURHOOD  
ACTION STRATEGY

The entrance to the North End is starting to look better! As visitors cross the tracks to check out our beautiful Bayfront and visit our gardens they are seeing less and less garbage and debris.

Thanks to the dedicated work of over 20 volunteers and the cooperation of Canadian National Rail staff, we are slowly moving along the rail line. We started at Mary Street in the spring and just completed a path from Catharine Street to John. That translates to TONS of garbage. And we are moving on down the line planning for next spring. See you next spring!

If you notice dumping or a problem area let us know, if you'd like to help out or have an alley or greenspace that needs some TLC contact us at [hamiltonalleys@gmail.com](mailto:hamiltonalleys@gmail.com)

## 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**

  
**Hamilton**  
Public Health Services

 **NorthHamilton**  
Community Health Centre

Funding provided in part by the Public Health Agency of Canada

### 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:

The Eva Rothwell  
Resource Centre  
at Robert Land





## GROW YOUR OWN BIRD-FEEDERS & FOOD FROM THE WINTER GARDEN

SUBMITTED BY CANDY VENNI



A favourite trend I'm seeing in gardens of all sizes is the movement towards growing plants which feed and support some of the 367 identified bird species that call the Hamilton area home.

Simply by leaving the assorted hard and soft berries, rosehips, plus various seeds on your plants for the winter, you can provide a food source. Leave coneflowers uncut and you may see a goldfinch perching to peck out the seeds as a snack. Towering grasses look great in winter, adding movement and even a bit of colour against the snow with their pretty food filled seedheads.

There's no place like home: Native species

OK, you've heard this before but why? Why should you bother planting natives in the garden? The absolute best reason is because they've adapted and co-evolved alongside the very birds, bees and butterflies that need them for food and shelter. (A bird or insect is unlikely to risk its life eating something it hasn't evolved through generations of familiarity eating or adapting to)

Hard berries from native trees and shrubs can provide a concentrated elixir of fats and vitamins for wintering birds or birds on a migration journey. Suggestions abound online but my top picks would be Serviceberry, Elderberry and Arrowwood Viburnum – a caterpillar host that also bears fruit, as a front-runner pick.

Aside from the plants in your garden let's not forget that in spring, nesting birds will be foraging for insects and caterpillars plus other grubs & larvae as they need to feed their chicks who cannot digest seeds. Butterflies may be beautiful but they, along with moths and beetles also provide essential larvae as a protein rich food source for our birds!

There's been quite a buzz concerning the diminishing numbers of insects and the approx 3500 different species of wild bees in North America.

(Naturally this shortage affects bird populations too) Consider how your garden can 'give back' by providing pollen-rich plants & homes for these essential links in the food chain. Researching host plants for insects in our region as well as leaving various leaves, branches and hollow stems for insects to lay eggs in can be very helpful for the insect/pollinator/bird cycle.

Adding Echinacea, Aster, Liatris, Culver's Root, Chocolate Boneset and the Monarchs' all time fave, Milkweed/Asclepia, to your garden is a good start. If you have a shade garden, allow leaves to break down and support the various organisms living in the soil. Nutrient dense and fertile soil is best created by a process of natural leaf and plant matter decomposition, in



Photo credit: Janet Davis

turn, supporting ephemeral native shade plants like ferns and trilliums.

In addition to helping the birds, bees, and butterflies, we can also add beauty and health to the benefits of creating wildflower and habitat gardens. Many of us acknowledge a primal longing for a 'dose of nature' and tests have shown ready access to a garden or living near a park reduces anxiety, depression and aggression. (Nature deficit disorder) Have a walk through Sunset Cultural Garden near Bayfront park (Google maps knows where it is) to see a naturalized planting area that supports all kinds of insects, and by extension, birds and by extension, humans.

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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)*

Join the North End Breezes at Park N Party on Friday, October 12th to get your North End T-Shirt and support your community newspaper [office@northendbreezes.com](mailto:office@northendbreezes.com) and [www.northendbreezes.com](http://www.northendbreezes.com).

Send your upcoming events to [events@northendbreezes.com](mailto:events@northendbreezes.com) to be included in our monthly calendar and on our website: [www.northendbreezes.com](http://www.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.

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 [Istoeten17@gmail.com](mailto:Istoeten17@gmail.com) or call after 12 PM, 905-528-6159 | \$17.50 per hour Located near the Bayfront Park on a bus route

Part-time Dispatcher; Looking for a mature adult to answer phone and dispatch orders to drivers, Weekends only to start Saturday evenings and Sunday afternoon. Looking for some local here in the North End. As we are in walking distance. Training provided and after training you can work out of your own home. Please call 905-921-9339 ask for Pearl

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.

FREE public talk! 'Letting Go of Anxiety' An evening of practical advice and wisdom, with renown Buddhist monk Gen-la Kelsang Khyenrab. 7 pm, Wednesday Nov 7, 2018. Hamilton Public Library, 55 York Blvd. Seating limited, please arrive early. Contact Ron Cook at [teacher@meditationinhamilton.org](mailto:teacher@meditationinhamilton.org) or call 905-526-7674

Suites Available: Office space 1258sq ft, utilities included \$1300/month. Secure building located central Hamilton. [rebekah@hamiltondreamcenter.ca](mailto:rebekah@hamiltondreamcenter.ca)

Daytime Volunteers needed at The Hamilton Dream Center Tuesdays and Thursdays, various tasks mostly Food Pantry and Clothing Room related. Some admin tasks as well. [rebekah@hamiltondreamcenter.ca](mailto:rebekah@hamiltondreamcenter.ca)





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\$2 off any of our Homemade Burgers 5pm till close / eat in only

**TUESDAY**

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**HALLOWEEN PARTY  
OPEN JAM NIGHT**

Friday October 26th  
Prizes for best costume



Great TV viewing for all your favourite sports!! MLB NCAA NFL CFL etc.

The cooler weather is slowly approaching. Warm up with our popular "HOT APPLE TODDY" ...hot apple cider, in a cinnamon sugar rimmed glass, with Jim Beam Apple Bourbon, cloves and a lemon wedge!!

Wishing you and your families a Happy Thanksgiving.

THE 21<sup>ST</sup> ANNUAL

**PARK N' PARTY**

FREE COMMUNITY

**BBQ**

**FALL**

**FESTIVAL**

- ★ Indulge in some food & drinks
- ★ Take part in the games & activities
- ★ Enjoy the music & entertainment
- ★ Connect with community services

FRIDAY  
OCT 12<sup>TH</sup>  
2PM - 6PM

438  
HUGHSON  
STREET N

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