

NOVEMBER 2018 | VOLUME 10 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

# REMEMBERANCE DAY: ANIMALS IN WAR

SUBMITTED BY BRIAN ROULSTON

For as long as there have been wars, animals have aided military personnel with transportation, communications, and companionship. They too deserve to be recognized and remembered for their heroic efforts, just as we remember our fallen soldiers on November 11th.

Purple Poppies are widely worn throughout Australia on November 11th, while in the United Kingdom the purple poppy has been replaced by a Purple Paw that is often worn year around.

In Ottawa a life size statue of a medical service dog, wearing a WW1 backpack made specifically for K9's stands faithfully on guard over 'The Animals in War Dedication' at Confederation Park. Footprints of a dog, a horse and a mule are pressed in cement to represent the marks they left on the battlefield. Three bronze plaques provide interesting details of their wartime roles. This dedication sits strategically next to the 'South African War Memorial' which honors the 50,000 horses Canada supplied to fight in the Boer War from 1899 thru 1902.

Cavalries of horses have carried men into battle while facing arrows, bullets and charging enemies until WWI when too many horses were lost as machines changed the dynamics of warfare. Donkeys, mules, and camels, in addition to horses continued to carry water, food, ammunition, and medical supplies to the men on the front lines.

In battles before the world wars, elephants were set behind the front lines and were charged with their waving trunks into enemy territory once the initial wave battled through, scaring enemy forces into retreat. Arrows, sticks and other small projectiles were no match for the elephants thick skin and merely bounced off them. This tactic worked well until the Romans realized squealing hogs would scare the elephants and used them as a counter-measure. When cannons were invented they were effective against war ele-



phants. Elephants still remained crucial during the world wars. At first there were elephant mounted machine guns, but they were much more suitable for clearing paths by pushing and shoving trees, rocks and other obstacles in areas that machines could not get to. In some cases where machines could get in, they were simply out muscled by these mighty beasts.

When communications were severed dogs and carrier pigeons delivered sometimes vital messages. Cats were used in the trenches, aboard merchant and fighting ships as rat killers. They were great morale boosters as well.

It should be remembered that sadly, unlike soldiers, animals were not asked to join these wars. We will never know the true extent or the numbers of the animal lives that were taken. It is estimated that over 16 million animals served in WWI. Eight million horses died in that war.

In order to conserve food rations and prevent suffering the National Air Raid Precautions Animals

**THERE'S LOTS HAPPENING IN THE NORTH END!**

Tell us about your upcoming events, advertise your business or give us your feedback in our Letters to The Editor column.

We're looking for more people to help us put your Newspaper together. What do you like to do? Report on events or interview people? Maybe help with proof reading?

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

Committee (NARPAC) was established in Britain and advised that domestic animals be released into the countryside or euthanized prior to the start of World War II by their owners or guardians. 750,000 animals, mainly cats & dogs, were put down the first week after that notice appeared in newspapers across the U.K.

It is hoped that there will be a day when there are no wars; a day that no man or animal shall have to suffer the brutality of war. This is worth praying for....



**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 CP HOLIDAY TRAIN

The CP Holiday Train is a tradition, an opportunity for families to enjoy the lights and the excitement and to donate heart healthy food to go to our local food banks. It will arrive at the rail line at the south side of Gage Park, November 28 at 7:45 PM. The Sam Roberts Band and JoJo Mason will provide entertainment from 8 – 8:40 PM. Arrive early to grab a seat. There will be a seating section at the front for those in wheelchairs.

The CP Holiday Train program launched in 1999 and has since raised more than C\$14.5 million and gathered 4.3 million pounds of food for communities along CP’s routes in Canada and the United States. Every pound and dollar raised at each stop stays with the local food bank to help feed those in need in that community. The Holiday train is supporting access to heart healthy food choices at our food banks. Suggested donations include:

- Sources of Protein:**

  - Meat-based stew, chili, or soup
  - Tuna, salmon, or any tinned fish
  - Beans (e.g. dried or canned lentils, chick-peas, red or white kidney beans)
  - Pork & beans
  - Nuts & seeds (bags of almonds, walnuts, sunflower seeds, etc.)
  - Peanut butter
  - Protein powder, bars or shakes
  - Baby food/cereal/formula (non-sugar varieties, must have 8 weeks left from expiration)

**Dairy:**

  - Milk in tetrapaks, including soy or almond
  - Canned or powdered milk
- Grains:**

  - Rice (any kind, big bags are welcome)
  - Pasta
  - Pasta sauce
  - Oatmeal
  - Breakfast Cereal (especially whole grain varieties)

**Fruits & Vegetables :**

  - Vegetables (canned carrots, peas, or beans)
  - Soup (split pea, lentil, or vegetable)
  - Fruit packed in juice (cans or cups)
  - Juice (100% fruit & or veggie juice)

**Treats:**

  - Dried fruit or trail mix
  - Cereal or granola bars
  - Jam (low sugar)
  - Personal Care/Household: Diapers
  - Personal hygiene products
  - Household cleaning supplies

For more information: <https://www.facebook.com/events/326420634828438/>

NOW YOU CAN GO SURFING!

SUBMITTED BY BRIAN ROULSTON

The City of Hamilton announced on October, 2018 the start of a two month pilot project to outfit 15 Hamilton Street Railway (HSR) buses with FREE 4G WiFi. HSR will join other major city transit services throughout North America, such as Vancouver Metro, Montreal (STM), Winnipeg Transit, New York City Transit along with L.A’s Metro bus services who is conducting the largest WiFi pilot project with 150 buses in their fleet being equipped with WiFi. GO transit too has announced plans back in February to eventually upgrade buses and trains.

This year HSR added several new NOVA buses on the street which have charging ports located above the passengers heads to charge electronic devices such as phones and tablets.

The Hamilton pilot project is 50% funded through the Canadian Government’s Public Transit Infrastructure Fund (PTIF) with the other half approved and funded by the City of Hamilton.

Hamilton buses with WiFi will have signage near the front door as well as brochures onboard with information on how to log on and use the new WiFi. Happy Surfing everyone!



POLLINATORS WELCOME!  
HPA PLANTS SECOND POLLINATOR  
GARDEN ON PORT LANDS

The Hamilton Port Authority (HPA) has planted a second pollinator garden, located on the northwest side of HPA headquarters at 605 James Street.

The garden was planted with the help of volunteers and staff from the Hamilton Naturalists’ Club, Environment Hamilton and HPA. Plants were chosen that are native to Southern Ontario and are pollinator friendly. Some of the species of plants in the new garden include wild geranium, smooth aster, golden alexanders, and blue stemmed golden-rod.



The garden was planted as part of the Pollinator Paradise Project, a collaborative initiative between Environment Hamilton and the Hamilton Naturalists’ Club to build an uninterrupted pollinator corridor across the city.

This latest addition is the most recent step in HPA’s goal to create a corridor of native plantings that provide food and shelter for pollinators like butterflies and bees as they travel across port lands.

The first pollinator garden was planted last summer at HPA’s maintenance building and this summer 12 hive boxes were installed at a new bee yard adjacent to Sherman Inlet on the Port’s Pier 15.

HPA plans to continue expanding the pollinator corridor in coming years.

ONE FINAL FASHION ARTICLE

Writing for North End Breezes for the past three years has been a wonderful experience and I will always remember my time here and the friends I’ve made. Sadly, due to recent events and disagreements, I feel that my time here at The Breezes has come to an end.

Enclosed with this letter of resignation, you will find one more fashion article for the next issue of the Breezes thanking my readers and followers for their support over the years.

The Breezes has been a great foot into the journalism world and provided me with many opportunities, but I know it will continue to be a staple in the North End Community.

Thank you and best wishes, Alex



ONE FINAL FASHIONABLE MOMENT

SUBMITTED BY ALEX SEMPLE

November is the beginning of the winter fashion scene, and with it comes new beginnings. New styles, new creations, and new ideas from all your favorite designers. With new beginnings also come new ends: an end to the fall scene, an end to light jackets, and an end to the monthly fashion article. Time changes things but never a person’s love for fashion and creativity. So for one final time, let’s have a look at what we can expect to see on runways this winter season.

Winter wouldn’t be complete without a stylish animal print coat to fawn over. Designers from all areas of the globe are banding together to create the newest line of animal print coats, from leopard to ocelot and every big cat in between. The most noted animal print coats are trench coats, which give the wearer a sleek and stylish look while warding off the winter chill. No matter the animal print you choose or the style of coat, animal print coats are a sure way to make sure you stay stylish and warm this winter season.

Houndstooth is a classic pattern that screams elegance and sophistication, which gives us no surprise to see designers using this stylish fabric on their winter boot collections. From Balenciaga to Dolce, fashion houses are releasing the hounds on a majority of winter boots this season. Who let the dogs out? Why, the fashion world, of course!

While this may be the last fashion article, it certainly won’t be forgotten any time soon. Writing about monthly fashion trends for the past three years has been an honor for me and given me endless possibilities, but, like studded jean jackets, all good things must end.

Thank you for reading and remember: Stay Beautiful!



Animal print trench coat. Photo courtesy of Harper’s Bazaar.



Balenciaga Houndstooth. Photo Courtesy of Harper’s Bazaar

IN	OUT
• Bright Blue Sweaters	• Bomber Jackets
• Trench Coats	• Military Boots
• Bucket Bags	• Sweatbands

WALKABOUT THE COMMUNITY

SUBMITTED BY KEN HIRTER

This month’s Walkabout profile is about five individuals making a DIFFERENCE within our community here in Hamilton’s North End. They are 5 faces in part of a TEAM at the North Hamilton Community Health Center. NHCHC first opened their doors on John Street back in 1987. The REHABILITATION DEPARTMENT was established in 1990 after a needs assessment was completed. “A Jewel & Gem nestled in the Heart of the North End of Hamilton.” MISSION & VISION statement for ALL departments and groups within the NORTH HAMILTON COMMUNITY HEALTH CENTER are as follows;

MISSION: Enabling Health Through Healing, Hope and Wellness.

VISION: No Obstacles to Health



REHABILITATION DEPARTMENT

What is physiotherapy? Physiotherapists are regulated primary healthcare professionals, skilled in the assessment and management of a wide range of conditions that affect musculoskeletal, circulatory, respiratory, and nervous system. We can address the physical challenges associated with musculoskeletal injuries such as back and neck pain, arthritis, repetitive strain injury etc....

Now let’s meet some of the wonderful Team members of the REHABILITATION DEPARTMENT at the N.H.C.H.C.

This is Mr. Eric Baker physiotherapist at the N.H.C.H.C. I spoke to Mr. Baker and asked him why he became a physiotherapist? Mr. Eric Baker team player since 2005



I’ve worked as a physiotherapist at NHCHC since January 2005, working alongside our kinesiologists and occupational therapist that make up our REHABILITATION team, to provide client-centered and evidence-based care in both 1:1 and group formats.

Why?.....I love sharing a PASSION for exercise with clients, and helping them to lead more active lives in whatever shape that may take them. It’s also extremely rewarding to connect clients to other team members or community resources that address other tremendously important factors contributing to health, such as mental wellness programs, service related to income or employment, and food security such as our community gardens health promotion program. It’s been a amazing opportunity over the years to provide physiotherapy to clients born and raised in the North End and hear all of their stories, and also to provide care to newcomers to Canada that have immigrated from all over the world and learn from their experiences.

I’m tremendously lucky that my daily commute to work from West Hamilton is along the Waterfront trail by bicycle! Take a look at our many programs and services and see if one of them is the right fit you at [www.nhchc.ca](http://www.nhchc.ca)

I asked Mr. Baker what quote/motto that resonates with him:

“Do not judge by my successes, Judge me by how many times I fell down and got back up again” ~ Nelson Mandela~

This is Miriam Beatty physiotherapist since April of 2016. Miss Miriam Beatty team player since 2016.



I asked Miriam where her compassion lies:

My compassion leans towards people that are hurting, learning to heal and trying to restore their balance.

Miriam described the programs that the REHABILITATION team lead and offer at N.H.C.H.C.

- Chair Yoga (Mindfully & Exploring the Body movement)
- Back Yoga (live with back pain and the science behind it)
- SIT & FIT
- Health Wellness Education Appetizer series
- Finding your balance and fall preventions
- Batali Arabic woman’s group “Empowerment to women but open for ALL women”.

The North Hamilton Community Health Center is Open to ideas and program suggestions. Drop a comment in their suggestion box by the reception area.

I asked Miriam a saying or quote that resonates with her, her reply:

“I am rooted and free to be”

Stay tuned for more stories on the registered Kinesiologists here at the N.H.C.H.C. Rehabilitation Department in the December issue of the North End Breezes.

Till next month, take care of you and those around you.



ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

Looking back last month to September, Supercrawl was a resounding success. It has been estimated that up to 220,000 people made their way downtown to James Street to attend that blisteringly hot festival extravaganza. There was something for everyone. Artisans, makers, fashion shows, music, art and food. I loved it!

With the cooler temperatures upon us now, October's Artcrawl was certainly less populated, but the die-hard pop up vendors were out and I saw quite a few familiar friendly faces up and down #JSN (James Street North).

Highlights include the Impossible Expectations exhibit at Hamilton Artists Inc. 155 James Street North featuring works by artists Jacob Irish and Julie Hall, Tara Lynn MacDougall. Artist Angie Quick (featured below).



some strange miracle, 2017  
oil on canvas

Running until October 27th. *Photo credit: Joseph DiDiodato Photography*

The You Me Gallery 330 James Street North celebrates Islamic History Month. Experience and appreciate the beauty and splendour of Islamic art and calligraphy. The show Arabesque: The art we have at home runs until November 4th.

Paul Lisson and Fiona Kinsella are showing at b contemporary gallery this month.

Pop by and chat up curator Dave Brace next time you wander down James North.

Art Battle returns to The Spice Factory 121 Hughson Street October 25th for another exciting season. Monthly live art competitions are a treat to behold.

The 5th Hamilton Independent Media Awards aka 'The Maggies' will be held at the Hamilton Public Library Thursday November 15th, at 6pm with the after party 8pm-10pm at Shaolin Underground. All are welcome. For more information visit <https://themaggies.weebly.com/>

A popular gallery has closed its doors and sariKNOTsari will be making it's home in the Art@231 former space. Best wishes to John Cinequemani and much gratitude for his contribution to our art scene.

I will sign off by remembering local musician, friend and avid reader of this column. RIP Leslie Szamosvari. I will miss you...

*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/)



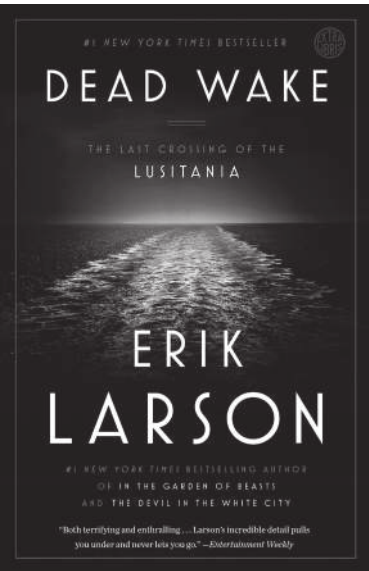
Photo by IngyMedia

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.



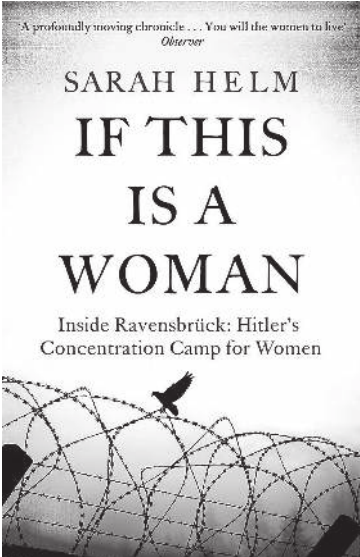
BOOK CLUB CORNER

At our first meeting of the 2018-2019 season, we discussed *Dead Wake*; the *Last Crossing of the Lusitania*, by Erik Larson. As with other titles we have read by this author, he has taken a true story, researched it well and added dialogue and character details to create an realistic and gripping tale of a real life disaster. The *Lusitania* is the jewel of the famed Cunard Line – faster than other vessels, outfitted like a country mansion, the *Lusitania* attracted the cream of American society on this fateful crossing. The German Submarine fleet had been given orders to hunt down any ocean liner that appeared to be carrying supplies to Britain in 1915. A tragic tale of hubris and bad decisions, vanity and political intrigue. There were some negative comments about the sheer number of characters to keep track of as well as the callous decision of the British admiralty not to warn the *Lusitania* even though the code breakers had the information that the sub was 'hunting' in the path of the liner.



For more titles like this, visit the Bookmobile at Bennetto Recreation Centre on Tuesday from 2:30 to 4:30 and Thursday from 6:00 to 8:00.

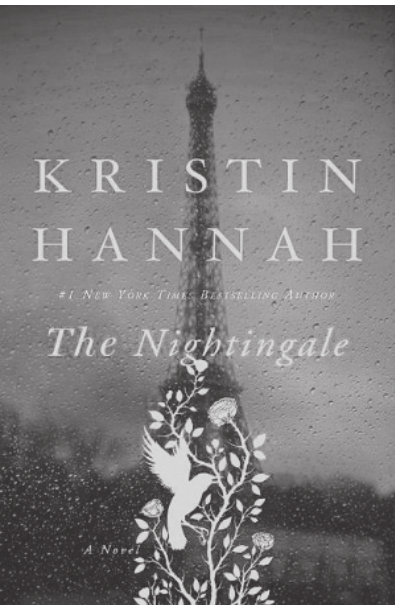
And here are recommended reads from one of our members.



*If This Is A Woman* by Sarah Helm (Non-fiction) This is the story of Ravensbrück, the Nazi extermination camp for women and the heinous crimes committed against them. Most of the women were not Jews, but political opponents, social idealists, gypsies, the disabled, or social outcasts who by the end of the war numbered 130,000 from more than 20 different European countries. It is also the story of their heroism, super-human tenacity and exceptional willpower to survive. 658 pages, but worth reading every one of them. (Paige Turner)

*The Nightingale* by Kristin Hannah Set in France during the German WWII occupation.

Although the book is fiction & the heroine is named Isabelle Rossignol, it is based on the life of Countess Andrée de Jongh who helped downed Allied pilots over the Pyrenees into Spain & back to England. It is also the story of two sisters, Isabelle and Vianne, who must come to terms with their differing ideals & passions during this dangerous period in history and must reconcile their strained family relationship. "In love we find out who we want to be. In war we find out who we are." The story has a brief period where the plot slows, but it suddenly picks up again and takes a few unexpected and captivating turns. (Paige Turner)







## ST. LAWRENCE CHURCH

125 Picton Street East, Hamilton, ON  
Your Catholic Church in the North End  
"Where Faith Builds Community"

**Parish Pastor:**  
**Fr. Peter Jurzyk**

### 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:

SUNDAY MASS 11:00 am  
(English Mass)

### 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

96 Macnab St N, Hamilton

905-527-1000

"Your Neighbourhood Place for FUN"

Open for Business ~ Drop In!



The days get shorter and the evening starts earlier so bring your dancing shoes and enjoy the company of friends!

### A BUSY NOVEMBER COME & ENJOY!

Nov 1, 2018	*Big John & the Night Trippers
Nov 8, 2018	*Phil Myles
Oct 18, 2018	*Blue Diamonds
Nov 15, 2018	*Tim Hubert
Nov 22, 2018	* Big John & the Night Trippers
Nov 29, 2018	* City Kidz

### COMING UP IN NOVEMBER!

November 11, 2018

Remembrance Day Parade

November 25, 2018

Grey Cup Party!

### EVERY SATURDAY!

Karaoke from 6pm – 10pm



### WE HAVE LOTS TO OFFER!

The best bar tenders.

Great members and friends you have not met yet

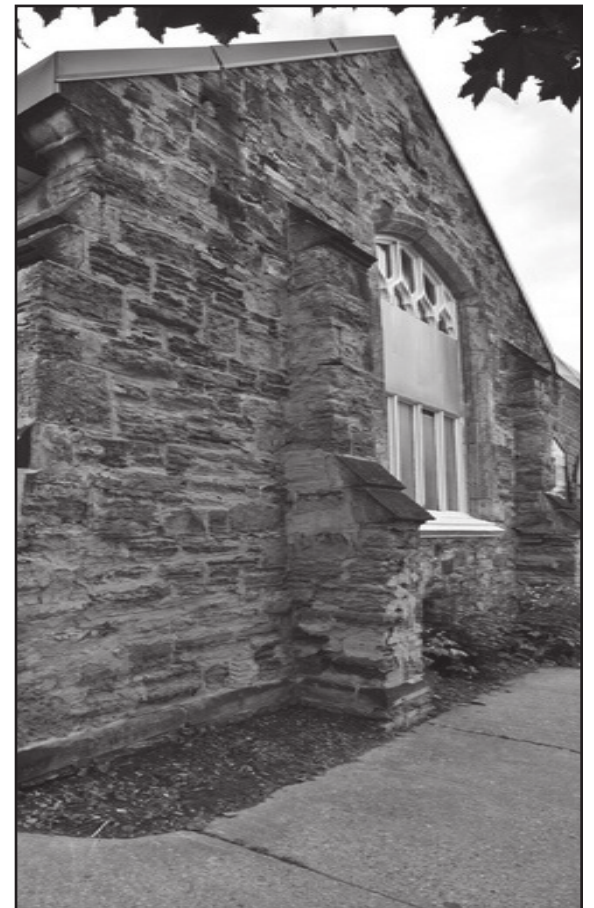
Join us for euchre every Tuesday 1:00 – 3:00pm.

Darts ~ open house on Saturdays. 6 boards available

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

**NEGOTIABLE**

Call 905-527-1000



## 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/rec](http://www.hamilton.ca/rec)  
NOVEMBER 2018

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

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

We are offering a Leisure Swim (Family)  
Monday's from 5:30 – 6:30 pm. **(FREE)**  
Tuesday and Thursday from 1:15-2:15 pm  
Friday's from 6:00-7:00 pm. **(FREE)**  
Saturday's from 3-4:00 pm (regular admit fee)

We are also offering Leisure Swims on  
Monday's 7:00-8:00 pm (regular admit fee)  
Tuesday's 6:30-8:00 pm (regular admit fee)  
Wednesday's 7:00-8:00 pm (regular admit fee)  
Thursday's 7:00-8:00 pm **(FREE)**  
Friday's 7:00-8:00 pm (regular admit fee)  
Saturday's 1:00-2:55 pm (regular admit fee)

**ON LAND AND IN GYM**

FREE Movie Night

Come and watch a Family movie!  
There will be Popcorn and a small low cost concession stand for all your movie munchies!  
Friday November 23, 2018  
Friday, 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+)*

Preschool Gym

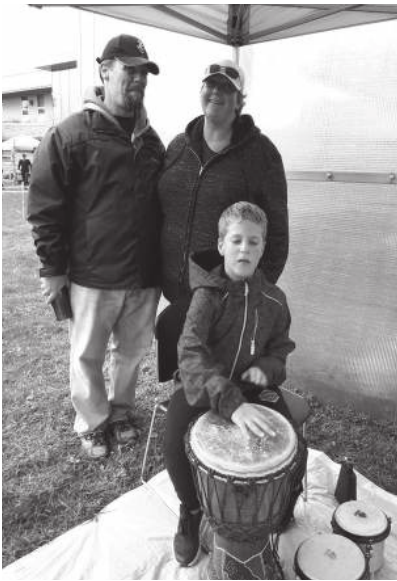
Come out and try our FREE Preschool Gym.  
Lots of fun equipment to play with and staff that are more than willing to have fun.  
Gyms are on Wednesday's from  
11:00am to 1:00pm.  
Ages 0-5 years with a parent.

**PARK N PARTY AT NORTH  
HAMILTON COMMUNITY  
HEALTH CENTRE**

On October 12th over 380 people gathered on the grounds to celebrate this 21st annual North End Tradition.

Even though it was a bit blustery, more than 20 community groups showed up to share their information with the community. There were free donuts, coffee, hot cider, popcorn and apples. The kids had a chance to visit the petting zoo, play games and get some fancy face painting done.

Jason Farr was on hand for the ribbon cutting and pathway dedication of the new walkway that connects Hughson Street to John.



**Ribbon cutting  
with Jason Farr**



40 Wood St E | 905.525.5824 | [info@welcomeinn.ca](mailto:info@welcomeinn.ca)

**SENIORS DINERS CLUB**

November 2018 | Cost: \$4.50  
A Warm welcome & a hot lunch awaits you!  
Everyone welcome!  
Questions? Call Ruth: 905-525-5824

<b>Tues. Nov 6</b>  <b>Central Library VISIT</b>	<b>MENU</b> Shepherd's Pie, Salad Dessert, Tea, Coffee
<b>Tues. Nov 13</b>  <b>SPA DAY</b>	<b>MENU</b> Ham, Potatoes, Veggies Dessert, Tea, Coffee
<b>Tues. Nov 20</b>  <b>KARAOKE PARTY</b>	<b>MENU</b> The ultimate comfort food: Homemade Tomato Soup Grilled Cheese Dessert, Tea, Coffee
<b>Tues. Nov 27</b>  <b>HOLIDAY TREAT IDEAS with TASTINGS</b>	<b>MENU</b> Chicken Fajitas, Salad Dessert, Tea, Coffee

**Looking for something new this Winter?**

**Consider joining the Volunteer Team  
at New Horizons Thrift Store!**  
The hidden gem of the North End.  
A great way to make friends, contribute to your local community space, and at the same time build your resume.  
We are looking for people to volunteer  
Monday through Saturday.  
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



# MUNICIPAL ELECTION RESULTS

**MAYOR:**

Fred EISENBERGER, 54.03%

**WARD 2 COUNCILLOR:**

Jason FARR, 46.86%

**TRUSTEE, HWDSB WARDS 1 & 2:**

Christine BINGHAM, 75.96%

**TRUSTEE, HWCDSB WARDS 1, 2, 15:**

Mark VALVASORI, Acclaimed

***A message from Fred Eisenberger***

Thank you to everyone in Ward 2 and The North End. I'm deeply humbled and honoured to be re-elected as your mayor.

I'd also like to thank the voters and the people, not only of your wonderful neighbourhood, but everyone in our wider community for their continued support.

I also wish to extend my sincere congratulations to everyone who put their name on the ballot.

We have a wonderful community. Together, we will move our city forward and build a prosperous Hamilton for all.


***A message from Jason Farr:***

I'm humbled by the amazing show of support our campaign received from voters in Ward 2. Thank you: you truly are the heart of this city, and I will continue to work hard alongside you every day to repay the trust you have placed in me.

A special thanks to all the incredibly hard working and dedicated volunteers who gave up time from their busy lives to knock on thousands of doors, work the phones, pound in the signs, drop campaign literature, and work their butts off in so many other ways. No words can do justice to the gratitude I feel.

To all of the other Ward 2 candidates and their supporters and volunteers, I offer my sincere congratulations on campaigns well run. You highlighted important issues, engaged residents in our civic life, and advanced the dialogue on the best ways to build our community. Your dedication to improving our community is sincerely appreciated, and I look forward to working together with you in the future to make sure that the best is yet to come for Ward 2.


***A message from Christine Bingham:***

I would like to thank all the residents of Ward 2 who supported my win for a second term as Trustee for the Hamilton Wentworth District School Board. I am grateful and humbled to see so much support!

I would also like to thank my opponent, Rahimuddin Chowdhury, for his hard-fought campaign.

My aim for the next term would be to see through some of the projects that are on our Long Term Facilities Master Plan, strengthen the voice of students in our board (looking at having a third Student Trustee seat that is exclusively indigenous), bring more programming to each school with the indigenous community, create schools as safe places for our LGBTQ2 students and staff, continue supporting ESL and ELL students and their families, as well as help bring change to the Special Education programs so the programming creates success for each student.

I look forward to continuing to serve our ward 2 schools: Bennetto, Dr Davey, Queen Victoria, Central, Hess and SJAM. It is an honour and a privilege. Thank you!



## NENa AGM

Wednesday, November 7, 2018

7:00 PM – 8:00 PM

Bennetto Community Centre

*Light Refreshments will be available*

The North End Neighbourhood Association is hosting our Annual General Meeting. Everyone is welcome and encouraged to come. If you have ever wanted to be involved, volunteer or simply want to listen to what is happening in the North End come join us. We are looking for volunteers to fill board positions.

***Some accomplishments from the past year***

- Completed a neighbourhood survey
- Organized 2 meetings for residents to hear developers speak about their projects.
- Organized a public meeting for residents to hear about our traffic management plan.
- Ran a poll for our new Neighbourhood signs slogan. The neighbourhood by the bay.
- Helped bring "Plan Local" for the north end "\$160,000 in infrastructure projects.
- In combination with other neighbourhood associations organized a Ward. 2 councillor debate.
- Hosted a free "North End Neighbourhood Party" in partnership with Welcome Inn.

**For more up to date information  
visit**

**[www.NorthEndNeighbours.com](http://www.NorthEndNeighbours.com)**



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!

I ♥ THE NORTH END T-SHIRTS



Pick up your t-shirt 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!*

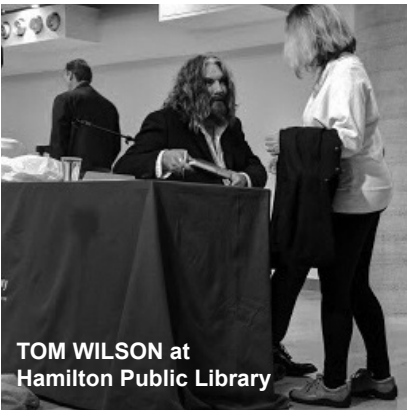
WELL READ

SUBMITTED BY ROSE DIVECHA



The Hamilton Public Library was always a place of great comfort to me. Living in a strict Sicilian household meant I wasn't always allowed to roam the streets freely growing up but it was the one place I could go without any push back from my parents. I was allowed a little bit of independence. I could escape the loud chaos of my home and find some peace and solitude. I consequently became an avid reader and still am today.

Back then my library of choice, by way of geographical convenience, was the Sherwood Branch. Located on Fennell Avenue at the time, it was situated in a small shopping plaza directly below my dentist's office. (The smell of Novocaine still triggers an involuntary response in me to pick up a book and read.) Today, Central is my neighbourhood branch and like most libraries, it's not just about books anymore. The Central Branch offers newcomer support, art workshops, writing clubs, children's story time, computer training, movies, homework help, concerts, author talks and more.



TOM WILSON at  
Hamilton Public Library

I was excited to hear recently that Tom Wilson would be speaking at the

library about his book, Beautiful Scars. In it, he writes about growing up on the East Mountain, which of course resonated with me. I promptly registered to attend, along with my husband, eager to take advantage of a great opportunity at the library.

It was a particularly dreary Sunday afternoon when Rob and I ventured out, a copy of the book under my arm. We planned to make an afternoon of it. We'd discovered the library was also hosting a small classical concert prior to the book signing. We walked to the library and climbed the steps to the fourth floor where The Odin



Quartet was set up tuning their instruments. In the hour that followed, the young musicians played classical scores to some well known movies and we were dazzled by their talent. From there we made our way back down to the first floor in time for the book talk. For the next hour, we listened to Tom Wilson talk openly about his life story, taking questions from the audience and signing books. He even sang a little for us. A completely different sound from the musicians we had just been listening to but equally as stirring. If you haven't been to the library in a while, check it out. You never know what you'll happen upon...you can even borrow a book if you like.

ST. LAWRENCE CHURCH  
CHRISTMAS  
TURKEY ROLL

Help us celebrate our  
54<sup>th</sup> Annual Turkey Roll

FRIDAY DECEMBER 7<sup>th</sup>  
Doors open 6 p.m.  
Draws start at 8 p.m.

St. Lawrence Parish Hall  
125 Picton Street E.  
(corner of Mary and Picton Streets)

3 spins for \$2  
Come to WIN, WIN, WIN !!!  
50 Turkeys, 50 Hams and 50 LCBO Gift Cards (\$25)

Make sure to get your 50/50 tickets!!! ON SALE NOW!

For more information  
please call the Church at  
905-529-3921

CWL Fall Penny Sale

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

Saturday November 24<sup>th</sup>  
Doors Open at 11:30 a.m.  
Draws start at 1:00 p.m.

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

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



## OVER 1500 LBS OF FOOD COLLECTED - THANK YOU!

SUBMITTED BY CURTIS BIEHLER

Saturday Oct. 13th was our annual North End Food Drive in support of Welcome Inn. The Reckman, Suggett, Ellis and Biehler Families headed out door to door to collect food in our neighbourhood. Thanks to Michelle and Gord Ellis who helped us stretch our area of coverage further east this year. This was our best year collecting over 1,500 lbs and \$240.



A wonderful thank you goes to everyone that donated food. Together our small donations will make a big difference. We are lucky to live in such a caring, supportive neighbourhood. Going door to door also gives us a chance to meet our neighbours and to have our kids learn about hard work and giving back to the community. Perhaps we can get a few more volunteers next year so that we can do the entire neighbourhood.

The Welcome Inn is truly a gem of the North End. The organization runs community programs for everyone including after school and summer camp for children to the very popular seniors home cooked lunch which takes place every Tuesday.

The Welcome Inn Emergency Food Bank was established in 1991 to address the growing number of families experiencing hunger. Each month 400 households come to Welcome Inn Community Centre and receive a three-day supply of food and personal hygiene items. They believe that food is a basic human right, so no one is turned away. This service is operated primarily by a dedicated group of volunteers. They have recently become a Good Food Organization and are working together with partners for a healthy and fair food system for all.

For more information about the Welcome Inn visit [www.welcomeinn.ca](http://www.welcomeinn.ca).



### *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*



# BEDBUGS AND HAMILTON TENANTS

SUBMITTED BY BOB WOOD

A big part of the clinic’s practice is in the area of tenant rights.

For nearly two years we worked with very vulnerable tenants who had arrived from war-torn Syria.

In one case, members of our Housing team represented 2 families, totalling almost 60 people. The story was reported in the Spectator, the International edition of the Guardian and the Toronto Star.

Our clients, sponsored by the federal government under the Syrian refugee resettlement program, were initially housed in a Toronto hotel when they arrived in Canada.

Problems with bedbugs began soon after they moved into 221 Melvin Ave. Bedbugs are rare in Syria, but present a huge problem in some Hamilton apartments.

“They didn’t know what these pests were. Obviously, it was traumatic for them,” staff lawyer Ali Naraghi, told the Guardian.

Bug bites resulted in itchy red bumps and painful blisters. Government supplied mattresses, sheets, clothing and furniture was discarded. Complaints to the landlord and the Management Company and treatments for the pests didn’t resolve the problems.

So, the Syrian tenants moved out of the high-rise before their leases expired seeking \$63,666 in compensation for the losses and a partial refund of rent paid during the infestation.

Then Melvin Apartments Inc. sued the 12 tenant

families in small claims court for rental arrears for the months remaining on their leases and for repairs.

In May, just before a scheduled hearing at the Landlord and Tenant Board, a settlement was reached. Tenants were pleased with this victory.

Naraghi told the Spectator that the Director of Melvin apartments had “expressed his desire for the refugees to feel at home in Canada and to feel that they have been treated fairly.”

## Homelessness Film Festival

We’ve been working with members of the Coalition of Residential Care Facilities Tenants and the Hamilton Roundtable for Poverty Reduction to put together a film about tenants who live in such facilities. The film will be shown as part of the Canadian Homeless Film Festival coming up soon in Hamilton.

The Festival will feature original shorts by people with lived experience of homelessness and by frontline workers. The event aims to raise awareness and inspire action in the face of homelessness in Canada. Youth homelessness, Indigenous displacement, immigration, art and the opioid crisis are just a few themes. Films are coming in from all over Canada. There’ll be critically-acclaimed features and a panel discussion with the audience each night.

The 2-day film festival runs at the Lincoln Alexander Centre on Sunday November 4th (5pm) and Tuesday November 6th (6pm). Tickets are available from the sponsoring organization, Core Collaborative Learning/ Good Shepherd Hamilton at [www.goodshepherdcentres.ca/events](http://www.goodshepherdcentres.ca/events)

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

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Remembrance in a Changing Media Landscape • November 1

Hamilton Public Library, Central Branch | 7:00 pm - 8:30 pm

How do we remember the experiences and sacrifices of our men and women in uniform in a time where how we consume media is undergoing radical change.

Trump Talks • November 7: The Collapse of the American Empire

McMaster Main Campus, 1280 Main St. W. (Concert Hall, L.R. Wilson Hall) | 7:00 pm - 8:30 pm

• November 14: Trump 3.0

McMaster Centre for Continuing Education, 1 James St. N. | 7:00 pm - 8:30 pm

Join political experts and McMaster University Political Science professors as they discuss "The Trump Effect" in national and international politics.

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

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## BRIDGES TO NOWHERE? VANISHED SPANS OF THE NORTH END

SUBMITTED BY ROBYN GILLAM

None of them could mistaken for an actual bridge, but the phantom overpasses along Strachan Street and at Wellington and Ferrie can stir the imagination. Catherine Street rises up across the linear park as though it were about to take off over the railway line, before ending in a metal barrier. The remains of a raised walkway on Sawyer Street are practically all that remains of the approach to a bridge that once spanned the level crossing on Wellington, connecting with Ferrie on the other side. While the Mary St. bridge did not actually vanish, it became a pedestrian way, with the road bridge shifted to Ferguson in 2008.

The bridges at Hughson and Catherine Streets disappeared in the Sixties, along with the houses on the south side of Strachan, removed to accommodate a perimeter road around the city that was never built.



What remains of the bridge  
at Catharine Street

The approach to the Catherine street bridge is framed by shrubs and trees that grow over its handrails, but the Hughson Street bridge entry is almost concealed in the layout of

the Strachan and James car park. The bridge at Ferrie and Wellington was built around 1903 at the request of the residents, who are concerned about the safety of the level crossing. It disappeared so long ago that few North Enders are left who can remember the sound of cars driving across its wooden planks. A 1970 Spectator article about Hamilton bridges describes how its construction gives “an unnerving reminder” of past bridge design. The accompanying photograph shows the plank surface divided into road and footpath by what look like old railway ties with the crooked wooden handrails stretching off into the distance. Not surprisingly, the bridge had to be closed for repairs in 1974.

While the Wellington Street bridge disappeared after a long, gradual deterioration, the abrupt removal of those on Hughson and Catherine streets was part of an upheaval that was supposed to make space for the Perimeter Road. It included the eviction of residents from their homes on the south side of Strachan, and their demolition, which began in 1965. As a result, when North Enders were faced with the possibility of the loss of the Mary Street bridge, they expressed concern about loss of accessibility and isolation. While pedestrian bridge was a less disruptive compromise than a new road bridge, it recalled for many the experience of expropriation and loss for the purpose of a road that was never built. North Enders value their unique location and identity, but resist isolation and exploitation. The presence of the vanished bridges, like the tree that has grown around the railings of the Catherine Street bridge, reminds us that the community is adaptive, but also resilient.

The author would like to thank the staff at the Local History and Archives Department of the Hamilton Public Library for their assistance in researching this article. Don't forget to contact us with your ideas for stories about intriguing local landmarks.

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# NOVEMBER EVENTS

November is Here! Remembrance Day - honour the memory of sacrifices made and lives lost. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
Oct. 26 – Nov. 4	9 – 7	Annual Hamilton Fall Garden & Mum Show Admission fee	Gage Park Tropical Greenhouse
Nov. 1	7 PM	Remembrance in a Changing Media Landscape. A special presentation by independent documentary filmmaker David Piedra Cobas and Afghanistan War veterans Greg Price and Chris Dupee.	Central Library. 55 York Blvd.
Nov. 2	6 PM	Nibbles and Bids: Loonie & Toonie Auction \$5 admission	St. Lawrence Parish Hall
	4 – 8	Art Gallery of Hamilton Friday Free Night	Art Gallery of Hamilton
Nov. 3 – 4		2018 Road 2 Hope Hamilton Marathon Charity Fundraiser, races for kids and a full marathon qualifier for the Boston Marathon. <a href="http://www.hamiltonmarathon.ca">www.hamiltonmarathon.ca</a>	Finish line at Confederation Park
Nov. 7	7:30 PM	Gallery Series @ Gallery on the Bay. Hamilton Philharmonic Orchestra Ensemble \$ Donation	231 Bay Street North
Nov. 9		James Street North Art Crawl	
	6 - 10	Cheers to Victory! “Pack up your troubles in your old kit bag”, join the celebration commemorating the end of the Great War! After four long years of war and devastating loss, the news of a ceasefire led to massive public celebrations. A musical presentation, featuring Ian Bell and local performers takes you on a journey from the home front to the trenches; sing-along to the movie “Oh, What a Lovely War!”, while enjoying a delicious craft beer available for purchase from Hamilton’s own Merit Brewing Company. Entrance fee by Donation	Dundurn National Historic Site
Nov. 9-10	Fr. 4 – 10	Hamilton Food & Drink Festival. Taste a variety of wines, spirits, craft beers, gourmet local food, specialty coffees, teas, decadent desserts as well as unique spices, sauces and marinades. <a href="http://Foodanddrinkfest.com">Foodanddrinkfest.com</a>	1 <sup>st</sup> Ontario Centre 101 York Blvd.
	Sa. 12-10		
	Su. 12-5		

Date	Time	Details	Address
Nov. 11		Remembrance Day	
	10:30 – 12:30	Warplane Heritage Museum Indoor Ceremony, limited seating. Guest speaker Ted Barris	Airport Road, Mt. Hope
	10:45 – 12:45	Remembrance Day – Parade from the James Street North Armouries to Gore Park for a service and return parade to the Armouries.	Veterans” Place, Gore Park
Nov. 13	8:30 – 12:30	Our Future Hamilton 2018 Annual Summit; Public Safety in a Connected World Join community partners, stakeholders, and residents in exploring various aspects of public safety in our increasingly connected world and discuss how we can continue to work together in making our city safe, supportive, and inviting. Register: 905-546-2424, x 1286	LIUNA Station James Street North
Nov. 17	10 -4	Genealogy Fair	Central Library, 4 <sup>th</sup> Floor
Nov. 17	3 PM	Jay Baruchel, Actor and Author. Screening of How to Tame a Dragon 2	Central Library
Nov. 20	6 PM	Jay Baruchel, Actor and Author. Screening of This is the End	Central Library
Nov. 21	7 PM	Jay Baruchel reads from his new book, <i>Born Into It: A Memoir of Love and Loss at the Hands of the Montreal Canadiens</i> . Hosted by Stephen Brunt. Reserve a seat at <a href="http://www.hpl.ca/jaybaruchel">www.hpl.ca/jaybaruchel</a>	Central Library
Nov. 24	Noon -	Fall Penny Sale	St. Lawrence Church, Parish Hall
Dec. 2	12 – 4	Trains, Trains, & More Trains Ages 5 & up	Hamilton Museum of Steam and Technology



## Letters to the Editor

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)



## FROM BREEZES READERS

Your latest issue was full of interesting articles. Particularly like the October full Events page (something i don’t recall seeing before - memory may be failing?).  
Do keep your typeface size as it is, to make it easier to read for people with vision difficulties.  
It’s always nice to hear what’s happening our own neighbourhood. Thanks for your great efforts.  
- michel p.





**Community Health and Wellbeing Week**  
**Building Healthier Communities Together**  
 October 22-28, 2018

#CHWW2018

## ***Community Health and Wellbeing Week showcases how North Hamilton Community Health Centre is working to build a healthier North End Neighbourhood!***

From October 22 to 28, *North Hamilton Community Health Centre* will be celebrating our work with local partners to build a healthier community here in the North End. To learn more about the local events happening here to mark the week, visit our website: [www.nhchc.ca](http://www.nhchc.ca).

**Community Health and Wellbeing Week** is a province-wide initiative to raise awareness about the many different ways that locally-focused programs and services, community engagement and outreach, and ongoing engagement with people facing barriers to health and wellbeing can help to build stronger, more resilient and healthier places to live. Here in *the North End* that gives us the rare chance to shine the spotlight on the many everyday heroes at *North Hamilton Community Health Centre* – including staff, volunteers and community members – who strive to build a healthier community while also addressing many of the root causes of hallway medicine. The week is also an opportunity to highlight the local partnerships we have built, in the neighbourhood, which in turn enable us to reach more people, and change more lives.

“To build a healthier community, the first place we start is with the people serve – our biggest insights come from their needs, their ideas, and their feedback about our programs and services,” says *Brent Esau- Community Health Director at the Centre*, “That’s why in the North End we work with many local partners in our community to break down barriers of all kinds that keep people from getting and staying healthy.”

Focusing on local needs and barriers such as social isolation, poverty, food insecurity, housing, and education increases people’s capacity to stay healthy, and promotes trust between the community and health providers. By working together to build healthier communities, the rewards are greater for everyone: fewer people get sick, more people are engaged with their own wellbeing, and that leads to reduced costs for health care, and stronger families and communities.

**Background:** North Hamilton Community Health Centre first opened its doors in March 1987 - back when there was only one family doctor in the entire North End of Hamilton. We are a not-for-profit organization funded by the Hamilton Niagara Haldimand Brant Local Health Integration Network. The client population registered at the Health Centre is comprised primarily of residents of the North End neighbourhood wherein the Health Centre is located.

Community Health and Wellbeing Week is coordinated by the Alliance for Healthier Communities of which *North Hamilton Community Health Centre* is a member. Each of the more than 100 members of the Alliance is governed by its local community members, which equips them to orient services and programs to community needs and focus on populations facing barriers to their best possible health and wellbeing.

## **BETTER SENIORS’ CARE CAMPAIGN**

SUBMITTED BY MICHELLE FERRERA

This province-wide campaign is sponsored by the Ontario Long Term Care Association, it aims to take advantage of the first new Government in 15 years, and impact the Ontario budget next spring. A letter-writing campaign to MPP’s by resident’s and staff of LTC, families of those in-or needing-LTC, as well as anyone who realizes the mess we are in because folks in power are not taking action, is underway.

**Currently: more than 32,000 people in Ontario are waiting for a LTC bed-this statistic is rising at a rate of 15% per year.** These folks may occupy hospital beds, thus creating a log-jam for regular hospital care, or they may be at home with caregivers- 1 in 3 people will be a caregiver to someone and the repercussions to care providers is a health care crisis in the making. **The cost of a bed in hospital is \$750. /day-the cost of a bed in LTC is \$175. /day...which makes more sense?**

The typical LTC resident is older, frailer, and with more complex healthcare needs. 97% need help with simple activities such as getting out of bed, eating, going to the bathroom. 97% have 2 or more chronic health conditions. 90% are cognitively impaired, with one in three severely impaired. Right now, 214,000 Canadians have dementia...by 2020 it will be 250,000 and by 2036 it will be 466,000 **Ignoring LTC needs makes no sense whatsoever-we will all be old one day-don’t you want appropriate health-care and supports for yourself and your family?**

More care with more beds is urgently needed. More care with more staff is urgently needed. Better care with Behaviour Supports Ontario in every home will reduce the impact of Dementia in all LTC homes. Better care by updating and modernizing LTC homes is urgently needed. New systems by the Ministry would see renovated or newly built homes able to provide care in local communities faster and easier. What can you do? Write to your MPP and request better funding and support for LTC Homes-we owe it to our seniors’ to provide **BETTER CARE AS SOON AS POSSIBLE.**

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# North Hamilton

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## Are You Pregnant?

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### North Hamilton Community Health Centre

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

**Bus Route:** 02 or 04

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-  Health Connections **905-546-3550**
-  **www.hamilton.ca/PrenatalGroups**
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Funding provided in part by the Public Health Agency of Canada

## 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 \$\_\_\_\_\_

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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]



# What's Cooking in the North End?

## Autumn Harvest Salad



Creamy roasted butternut squash, tart apples, and salty feta cheese make a flavor trifecta in this beautifully colored Autumn Harvest Salad.



Total Cost \$7.69 recipe / \$1.28 serving

Prep Time 30 minutes

Cook Time 45 minutes

Total Time 1 hour 15 minutes

Servings (1 cup each)

### INGREDIENTS

#### SALAD

- 12.5 lb butternut squash \$2.50
- 5 Tbsp olive oil \$0.16
- Salt and pepper \$0.05
- 2.5 cup uncooked quinoa \$0.87
- 10 apples (about 1 lb.) \$1.97
- 2.5 bunch flat leaf parsley \$0.45
- 10 oz feta, crumbled \$1.12

#### DRESSING

- 10 Tbsp olive oil \$0.32
- 7.5 Tbsp lemon juice \$0.06
- 5 Tbsp honey \$0.12
- 1.25 tsp salt \$0.02
- 0.31 tsp garlic powder \$0.02
- Freshly cracked pepper \$0.03

### INSTRUCTIONS

1. Preheat the oven to 400 degrees. Peel the butternut squash using a vegetable peeler. Cut off each end of the squash, then slice it open lengthwise. Scoop out the seeds with a spoon, then cut the remaining squash into 1/2-inch cubes.
2. Toss the squash cubes with 1 Tbsp olive oil, salt, and pepper. Spread the seasoned cubes out on a baking sheet and roast in the oven for 45 minutes, or until soft and golden. Allow the squash to cool.
3. While the squash is cooking, begin cooking the bulgur according to the package directions (1/2 cup bulgur + 1 cup water, boil for 15-20 minutes or until tender). Fluff the cooked quinoa with a fork and allow it to cool in the refrigerator.
4. To make the dressing, whisk together the olive oil, lemon juice, honey, salt, garlic powder, and some freshly cracked pepper.
5. Remove the cores from the apples and cut into 1/2-inch cubes. Pull the parsley leaves from the stems and give them a rough chop.
6. Add the parsley, apples, cooled squash and bulgur, and crumbled feta to a large bowl. Pour the dressing over top and toss until everything is evenly combined and coated in dressing.

## STAY CONNECTED WITH THE NORTH END BREEZES

Have some North End news of your own to share?



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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)*

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)

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.

Looking for a Board Member to join the North End Breezes. If you have a passion for The North End, technical and organizational skills and would like to contribute to our monthly publication, please send your resume to [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.

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

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)





## FISHER'S PIER 4 PUB

554 JAMES ST NORTH

### HAPPY 25th ANNIVERSARY TO US!

A huge THANK YOU to our friends, family, loyal customers and the people in our community for your support.

THANK YOU to all our men and women who served and are still serving in the Army, Navy and Air Force..we appreciate you!! Reminder to all to Thank a Vet!!

### #November is back

Be sure to come in and try our, "Silver Fox" Burger.

Homemade in house patty with chipotle mayo, lettuce, cheddar cheese, caramelized onions topped with crispy haystack fries served on a gourmet bun with your choice of fries or salad.

\$2 from every burger will be donated to the United Way.

### Warm up with our Hot Apple Toddy!!

Hot Apple Cider in a cinnamon sugar rimmed glass with cloves, lemon and Jim Beam Apple Bourbon!!!!



HEALTH STARTS AT HOME

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

**Want to learn about:**

- Managing stressful caregiving situations?
- Staying on top of your care responsibilities?
- Linking with community resources? (The LHIN, Adult Day Centres, Caregiver Respite)

**Come to VON Hamilton FREE 4-Part Caregiver Education Series: "From Stress to Strength"**

<b>Wellwood House</b> 501 Sanatorium Road, Hamilton (On Chedoke Hospital grounds) <b>Monday, OCTOBER 15, 22, 29, Nov.5 /2018</b> 1:00 -3:00 pm	With enough notice, <b>IN-HOME RESPITE CARE</b> (a PSW comes to your home) can be arranged for your family member @ \$6/hour so you can attend the workshop.
<b>Terryberry Library</b> 100 Mohawk Road West <b>Thursday, NOVEMBER 1, 8, 15, 22/ 2018</b> 6:00 – 8:00 pm	<b>Turner Park Branch Library</b> 352 Rymal Rd. E., Hamilton <b>Tuesday, NOVEMBER 6, 13, 20, 27 /2018</b> 10:00 – 12:00 noon
<b>VON Hamilton Adult Day Centre</b> 400 Victoria Avenue North <b>Thursday, NOVEMBER 29, DEC. 6, 13, 20 /2018</b> 1:00 – 3:00 pm	<b>Turner Park Branch Library</b> 352 Rymal Rd. E., Hamilton <b>Friday, JANUARY 4, 11, 18, 25 / 2019</b> 1:00 pm – 3:00 pm
<b>St. Josephs Villa</b> 56 Governors Rd, Dundas <b>Thursday, FEBRUARY 7, 14, 21, 28 / 2019</b> 6:00-8:00 pm	<b>Red Hill Library</b> 695 Queenston Road (East of Nash Rd.) <b>Thurs. MARCH 7, 14, 21, 28 / 2019</b> 1:00-3:00 pm

**TO REGISTER or for more information contact Miriam Cahn at the VON:**  
 Phone: 905-523-1055 ext. 408; Email: [miriam.cahn@von.ca](mailto:miriam.cahn@von.ca)

Funded by the HNHB LHIN and other donations 88702 7514 RR0001

Victorian Order of Nurses for Canada • Hamilton Site

400 Victoria Avenue North, Hamilton, ON L8L 5G8 | T. 905-523-1055 | Fax 905-527-6063 | [www.von.ca](http://www.von.ca)  
 VON is proud to be accredited by Accreditation Canada | VON Canada Charitable Registration # 88702 7514 RR0001

**Join the VON team - make a difference!**  
**VOLUNTEER TODAY**



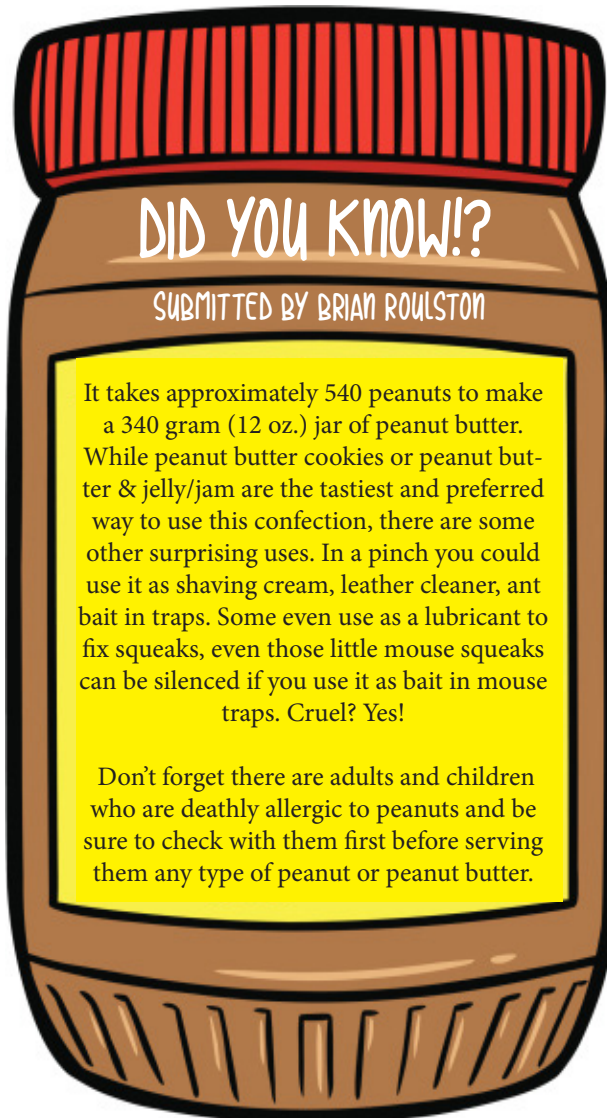
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- And more!

HEALTH STARTS AT HOME



**VON Hamilton**

Call 905.529.0700 | [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)



30 Year Member RAHB

**Colleen Harrison**  
 Broker of Record  
 Bus: 905-308-9777  
 Cell: 905-515-5102  
 Email: [bluephoenixreal@hotmail.com](mailto:bluephoenixreal@hotmail.com)  
**BLUE PHOENIX REAL ESTATE LTD.**  
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 12 Murray St. E., Hamilton, ON L8L 3E7

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**905-387-1883**

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