

**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)

# ...AND SO, IT IS CHRISTMAS!



SUBMITTED BY BRENDA DUKE, ON BEHALF OF THE NORTH END BREEZES

Every year hundreds of children sit down to write a letter to Santa. They start by saying "Dear Santa, I have been very good this year and I would like....".

Imagine being Santa, all those kiddos to watch and a list so big to fill that he needs a magic Santa Sac to fit everything. He works those poor little Elves really hard to make all the toys and then, off he goes to deliver everything. The reindeer stay up all night too and fly around the world to make sure it gets done. Not to mention the challenges they face; bad weather, no chimneys to use, different time zones, cultures and all on a very tight schedule. They don't even get to spend Christmas Eve with their own families!

After months of planning and working, Santa, the Elves and the reindeer get some milk and cookies, a few carrots and a bit of time off before they start again for next year.

To me, this sounds very much like our volunteers who work continuously to make sure you get your North End Breezes every month. Wouldn't it be nice if they all got a little thank you note?

This year, we're going to write Santa a note and tell him how much we appreciate everything he does to make sure we are happy. He'll take all those notes, wave his magic over them and put them away in his heart to make it all worthwhile.

And, while we're at it, we'll do the same for everyone who is part of the Breezes team. The folders, the distribution people, the contributors and the advertisers and each and every one of our loyal readers.

Dear Everyone: Thank you for all that you do to bring happiness to our community. May you enjoy peace, happiness and joy and know that you have touched all of our hearts.

## North End Neighbourhood Signage Public Art Project

The City of Hamilton is undertaking a public art competition to replace the temporary neighbourhood welcome signs at six of the entrances to the North End Neighbourhood.

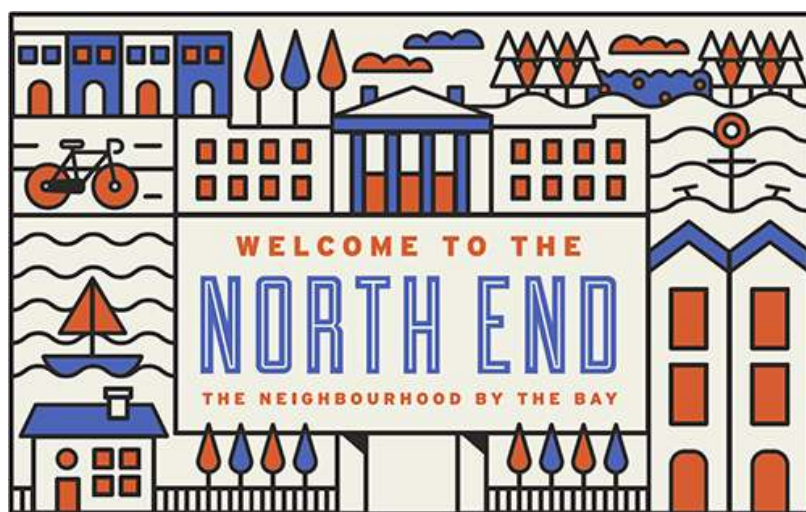
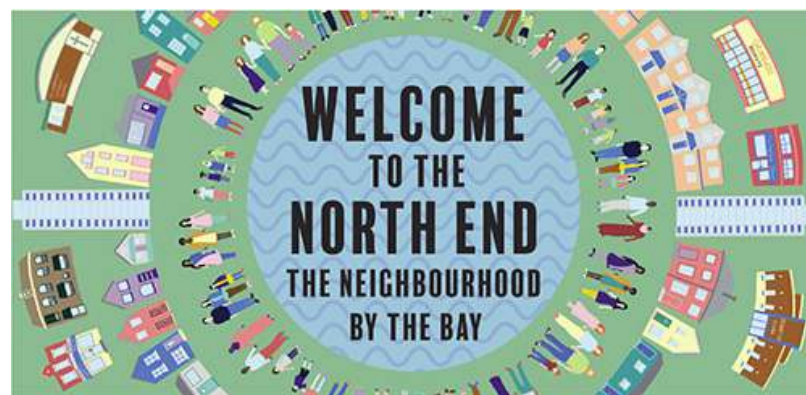
A jury of volunteer citizens, stakeholders and artists has reviewed six artists' submissions and have short-listed three artists' proposals. Throughout November submissions were open for public comment which the jury will take into consideration for their final decision.

Artists were asked to address the following goal and theme in their proposals:

Project goal: to develop neighbourhood-specific signage to emphasize the theme of the community and incorporate public art into the transportation system

Theme: "Welcome to the North End - The neighbourhood by the Bay"

The Jury is expected to make a decision in December and installation is to occur in the spring.



**Jason Farr**  
Councillor, Ward 2 - Downtown  
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## ALL I WANT FOR CHRISTMAS

SUBMITTED BY ROSE DIVECHA

I can't remember the last time I wanted something for Christmas. I mean really wanted something. It was probably around the age of 5 or 10 or even 21. I think I have become something of a cliché as I age, in that all I really want is to have my family together with my children nearby. But I am not so old as to forget that feeling of wanting and hoping and even sometimes being disappointed. That's why I think organizations such as CityKidz are so important. Like many charitable groups in our city, they help families in need year round, but during the holiday season they collect, wrap and distribute gifts for over 4000 children in our community.



Although I had passed the warehouse on Burlington Street East many times, I was formally introduced to CityKidz last year, when a friend of a friend reached out to me and explained what they did.

"Can you spare one evening this month?" Leisa had texted. She was a group leader and needed ten volunteers to help wrap Christmas gifts for children. Being new to the neighbourhood she thought it might be a nice way for me to meet some people. I agreed to help but as the day approached I began to think of excuses to back out. I was tired and busy and would rather just get home to my couch.



"But you made a commitment." my guilty conscience prodded me and so I bundled up and headed out into the cold evening air.

I entered the warehouse and was greeted by CityKidz staff, fellow volunteers and Christmas music. Long tables strewn with wrapping paper, scissors and bows, ran up and down the room evenly spaced beneath the fluorescent overhead lighting. In one corner, treats and coffee were offered in a show of appreciation and thanks. And all around the room were toys. Toys grouped according to age and gender. Toys that had been donated in the

hopes of making a child's Christmas morning a little bit brighter.

For the next two hours I wrapped and laughed and chatted with those around me and when our group had finished wrapping the stack of presents assigned to us, I indulged in a coffee and a holiday treat. I revelled in the feeling of satisfaction and the atmosphere of goodwill and realized, it is truly better to give than receive.



## PORT UPDATE

### Careers at the Port

The Hamilton Port Authority (HPA) has partnered with City School by Mohawk to launch a new program titled Careers at the Port, beginning January 2019. This six-week course will provide Hamilton residents with the opportunity to build skills, network with industry professionals and learn about the wide range of opportunities on Hamilton's working waterfront.

HPA is continuing work with our Port Partners and Mohawk college to help bridge the gap and prepare students and job seekers to pursue a career with a large employer community like the Port of Hamilton.

### Sharing the Warmth

This season, along with Port Partners Bermingham Foundations and Heddle Marine Services, HPA collected 80 coats for Good Shepherd Hamilton. Since 2013, 596 coats have been collected to help keep families in our community warm. Thank you to everyone who participated in this year's Port of Hamilton Share the Warmth Coat Drive.

### Supporting Youth

On November 7, Liberty for Youth (LFY) hosted their annual Power of a Changed Life Gala where Fredrick Dryden, Executive Director of LFY, unveiled his new book Running For Their Lives. HPA was pleased to purchase the first 100 copies of this new book and donate them back to be given out to youth in the community.

*HPA would like to wish all our North End friends and neighbors a safe and happy holiday season, and a happy new year!*

## HAVE YOUR SAY - JOIN A COMMITTEE!

The City of Hamilton has many committees that citizens serves on – I counted 39 committees including Cycle Committee, Status of Women, Senior Advisory Committee, Keep Hamilton Clean and Green to name a few. Most committees have a City Staff liason and some have councilors that serve on them as well as citizens. Some Committees have only a few citizens on them and others have 15 – 20.

Although by the time you read this article, the "Information Session" will have been completed (November 28), there is still time to apply to serve on a City Committee.

A resident can apply to a maximum of 2 committees. The last day to apply is Friday, December 14, 2018 at 4:30 p.m.

Applications are available on line or at the City Clerk's office or Municipal Service Centres.

Further information about committees as well as applications are available on the City's website at [www.hamilton.ca/committees](http://www.hamilton.ca/committees)



## THE HISTORY OF THE CANDY CANE

SUBMITTED BY BRIAN ROULSTON



The Candy Cane started out simply as a plain white sugary candy stick around the late 1400's.

At the Cologne Cathedral in Germany 1647 the choirmaster was looking for a way to keep children from chattering while watching the long nativity scenes at the church. He knew that these white candy sticks were popular with children and thought by keeping them busy licking candy sticks that would do the trick, however... at the same time he wanted them to learn something of significance about nativity. He then asked the local candy maker to bend the sticks in the form of a shepherd's staff or cane. This shape reminds us of the shepherds that came to worship Jesus. Not only that, if you turn the cane upside down it becomes the letter 'J' as in Jesus. Passing out these upgraded candy canes became a yearly Christmas tradition at the cathedral which then spread throughout Europe and America.

Fast forward 175 years to Christmas 1847 August Imgard, a German-Swedish immigrant, from Wooster, Ohio was documented as the first person to decorate a Christmas tree with candy canes along with other traditional ornaments of the time.

Through the 19th century white candy canes were featured on Christmas cards and perhaps with some Swedish influence peppermint was added to this confectionery.

It wasn't until the early 1900's when the familiar red stripes first appeared on candy canes.

Hamilton has a connection with candy canes and other holiday treats as Karma Candy on Emerald Street North is Canada's only known makers of candy canes; and one of very few manufacturers left in North America.

## WALKABOUT THE COMMUNITY

SUBMITTED BY KEN HIRTER

This month's Walkabout continues with Part 2 of the REHABILITATION DEPARTMENT at the North Hamilton Community Health Center.

Under the umbrella and as part of the Rehabilitation team is the Kinesiologist. Kinesiology is the Science of human movement applying the latest evidence based research to improve function, Health and Wellness with people living with chronic illnesses.



This is **Aleks Skakavac**, Registered Kinesiologies and Diabetes Educator: Team member since 2009. Miss Skakavac is both PROUD & PRIVILEGED to be working here at the N.H.C.H.C. offering Diabetes Exercise Programme and Cardiac REHABILITATION in partnership with the Hamilton General and Health promotion.

Questions I asked Alek pertaining to her job was about PRIDE & EMPATHY. PRIDE: Pride of the N.H.C.H.C and all the great work that we do collectively as a centre. EMPATHY: Great empathy fosters a great relationship with health care.

I asked Aleks a quote that resonates within herself: "People will forget what you said but they will never forget how you made them feel" ~Mya Angelou~



This is **Tessa Phillip**, Registered Kinesiologist: Team member since 2015 Caring for the C.O.P.D. Group.

The programme is a 10 week once a week on Education & Exercise. The programme service 250 new people per year.

"Our program goal is to help people to better Self Manage to reduce Hospital & E.R. visits." Those who successfully graduate have an opportunity to become a Take A Breathe (T.A.B) ensemble singing team. I asked Tessa "What drives you with your role?"

"Clients and progression that they make, teaching to improve their quality of life"

I asked Tessa what is her Motto in life: "Life is not about the destination but the journey"



In closing we have **Gloria Russell**, Office Support within the rehabilitation department: Team member. 2010. I asked Gloria "What is your drive within yourself pertaining to your job?"

"Helping clients who are coming to their appointments and seeing them happy every day." Gloria's motto in life: "Get up every morning with a smile on your face and take life One Day at a Time." Gloria is also a Miss Sunshine Award winner at the N.H.C.H.C.

I would like to thank Eric, Miriam, Aleks, Tessa and Gloria for your time and to the whole Rehabilitation Department at the North Hamilton Community Health Center you are simply the BEST!

Ken Hirter: Client: August 2012. "Till next month, take care of you and those around you."



## CHRISTMAS at Hughson

### Christmas Hampers

If you live between the Bay and Cannon St. and between Bay St. and Wellington St. and you could use some assistance with food and gifts for your children this Christmas, contact the Hughson Street Baptist Church office at 905.527.3972 to register your family to receive a Christmas hamper on December 22. *There are limited quantities so register soon.*

### Coffee's On Christmas Party

Friday, December 14 | 9:30-11:00AM  
at 383 Hughson Street North  
Our weekly drop-in will feature Christmas refreshments, music, and highlights.

*(Note: Coffee's On will be closed Dec. 21 and 28)*

### Children's Christmas Musical

Presented by Hughson's Kingdom Kidz



Sunday December 16 at 10:00 AM  
at Bennetto School on Simcoe Street

### Christmas Eve Family Service

Monday, December 24 at 6:30-7:30 PM  
at Bennetto School on Simcoe Street

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

# HUGHSONSTREET

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## 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



**ARTS & ENTERTAINMENT**

SUBMITTED BY TRACEE LEE-HOLLOWAY

Hiding in plain sight on John Street North is a wonderful community of caring folks nestled in the Pharmasave West Harbour Pharmacy at 554.

At the recent pop-up gallery featuring the work of Artist JJoel. While there at his invitation, admiring the exhibit showcasing his fantastic detailed ink drawings, I had the pleasure of meeting wonderful people that value building community, collecting donations for the food bank at the Welcome Inn, and taking care of the neighbourhood in the way that they do. Genuine folks that are concerned for the people that wander in, caring for the cats that live nearby, and by providing a delicious hot cup of coffee and conversation. Pop by and say hello to Terry, Heather, Nance and Georgia. You will be glad You did!

Be sure to visit his website at [www.jjoelartist.ca](http://www.jjoelartist.ca) to see more of his artistry. And each month, a new piece of JJoel's stunning work is being featured inside the pharmacy.

The Flagship Gallery located at 237 James Street North held a silent auction November 10th, featuring a night of art and music with musician Trevor Hewer. If you missed this event, wander in one day soon. There is of a watercolour of poppies by Janice McDermott on display at the gallery that needs to be seen.

If you used to attend the jam nights at the 435 (formerly of Barton Street) and wish to relive the vibe, Ellis Bateson is hosting an open jam at This Ain't Hollywood on Wednesday afternoons 2:30-5:30pm.

Art Battle returns for a new exciting season every third Thursday at The Spice Factory. The dynamic duo of Smith & Patel (Trish and Sanjay) <https://www.facebook.com/SmithandPatel/> are the hosts with the most. If attending a live painting competition is on your bucket list, this is the event in town you need to take in.

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

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

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



Tracee Lee-Holloway is an arts advocate and creative community builder here in Hamilton. A 2015 Hamilton's Arts nominee for Arts innovations. A fervent supporter of the grassroots arts & music scene, her main agenda is helping and supporting others build momentum to get to the next level.

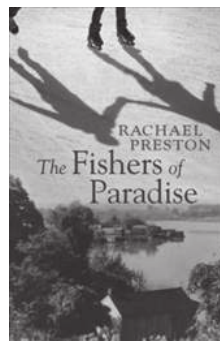
Photo by IngyMedia

Just another reason to join our folding team!

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**BOOK CLUB CORNER**

At our November meeting we discussed **The Fishers of Paradise** by Rachael Preston. Set in the boat house community on the shores of Cootes Paradise, it is anything but a paradise for Egypt Fisher. In the 1930s, Thomas McQuesten leads an initiative by Hamilton's City Beautiful movement to build a new bridge through the community, forcing the removal or demolition of many of the homes. While we may be familiar with McQuesten's role in the creation of the Rock Garden and the High Level bridge among many other initiatives, the impact on peoples lives is an aspect of his work that has been given little attention. The group had a lively discussion about this book, including some debate about whether the female characters were in control of their own destinies or whether events were the result of circumstance. Well researched, the novel presents the history of our city against the drama of the lives affected. Well worth a read. 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 our members.

**I Was Anastasia** by Ariel Lawhon (fiction)

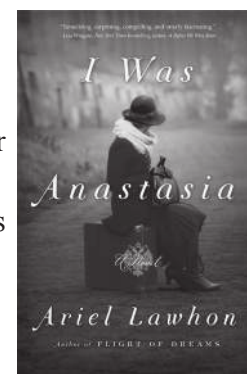
Was the entire Russian imperial family murdered in 1918 or did Anastasia survive?

A well-crafted, eloquent, and suspenseful novel that explores this great 20th century mystery.

Are we who we say we are, or who others believe we are?

A good read filled with well-developed characters.

Paige Turner



**Fear: Trump in the White House** by Bob Woodward (non-fiction)

While this book is non-fiction, based on hundreds of hours of interviews with first-hand witnesses and participants, it could be the script for a TV drama. For example, Trump rages about the trade deal with South Korea. He is told that it is more than a trade deal, it provides US access to intel on North Korea and most importantly, a 7 second warning in the event that the North Koreans launch a nuclear missile aimed at the U.S. compared to a 15-minute warning if they have to rely on the system based in Alaska. Trump insisted and Kushner drafted a letter to South Korea terminating the agreement. Staff found the letter on Trump's desk, removed it and he never noticed. And this is just one instance of staff attempting to divert or prevent decisions detrimental to national security and the economy. An eye-opening read.

Kit Darling

**CHILDREN OF CHRISTMAS PAST**

SUBMITTED BY MICHELLE FERRERA

As we approach Christmas, a joyous time of year, may we pause for a moment to remember those who are alone. Many Seniors in Retirement and Long term Care homes do not have family, and are not remembered at Christmas time. A beautiful light exists to shine on this problem, with the work of Jill Harrington, founder of the charity, 'Children of Christmas Past'. Since 1999 Jill and a bevy of donors and volunteers have provided a Christmas gift to those Seniors in need, which is delivered on Christmas morning. From Niagara to Orangeville, homes with Seniors who are alone, ask the Senior what they would like for Christmas-typically gifts requested are very basic items-and the specifics are placed on a gift tag and hung on a tree for a donor to choose, provide gift, and return with tag. The gifts are wrapped, tagged, delivered by volunteers to grateful elderly people. Seniors' need to know they are not forgotten, they are respected and cared for by the community. To connect to this marvelous organization and participate please email: [jillmarieharrington@gmail.com](mailto:jillmarieharrington@gmail.com)



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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**  
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**COME & ENJOY!**

Bring your dancing shoes, kick up your heels and have a great time!

- Dec 6, 2018 \*Northern Power Play
- Dec 13, 2018 \*Blue Diamonds
- Dec 20, 2018 \*City Kidz
- Dec 27, 2018 \*Big John & the Night Trippers

**COMING UP IN December!**

December 8, 2018

Ham & Turkey Roll

We'll be closed on  
December 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup>

December 31<sup>st</sup>, 2018

Open House Pot Luck  
New Year's Celebration

- City Kidz Band
- 8:00 pm to close



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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  
DECEMBER 2018

**\*\*\*Bennetto will be CLOSED on December 25th, December 26th and January 1st, 2019. Please inquire at our front desk for our holiday schedules.\*\*\***

We will be adding extra DAY time Leisure Swims for the holidays as follows:

DECEMBER	24	1:15-2:15 pm
	25	<b>Closed</b>
	26	<b>Closed</b>
	27	1:15-2:15 pm
	28	1:15-2:15 pm
	29	1:15-2:55 pm
	30	<b>Closed</b>
	31	1:15-2:15 pm
JANUARY	01	<b>Closed</b>
	02	1:15-2:15 pm
	03	1:15-2:15 pm
	04	1:15-2:15 pm
	05	1:15-2:55 pm
	06	<b>Closed</b>

## DECEMBER Movie Night

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

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

**Friday December 14, 2018**

Doors Open @ 5:30

Movie Starts @ 6:00

Cost: FREE

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

## COUNCILLOR UPDATE

SUBMITTED BY JASON FARR

Hello, Breezes Readers. It is great to be back as your representative at City Council. We had some very engaging conversations during the campaign and your input was timely as we really begin to ramp up our work together for the four year term ahead.

Along with the prevailing door to door themes discussed like the importance of focusing on the Bennetto Recreation expansion and Eastwood Park and Arena redevelopment, many North Enders confirmed that the time has come to invest in fixing our residential roads. In this Breezes issue, we confirm near future works and ask you to make your suggestions on streets we should seriously consider.

The 2019 Ferguson Ave reconstruction is official. This is not simply pavement milling and resurfacing (aka Shave and Pave). The project is coordinated with watermain replacement and sewer upgrades.

In coordination with the road reconstruction, we will be replacing all water services to the property line and either lining or replacing all sewer laterals to the property line. For those of you on Ferguson (or future North End streets to be reconstructed), this is a great opportunity for you to update your water service and/or sewer laterals into your homes.

Our Design staff at the city will give plenty of notice "pre-construction" with mail outs to residents 4 to 6 weeks in advance of project commencement, and our Construction staff hand deliver notices to residents approximately 48 hours prior to project commencement. Notices will be mailed according to these schedules once construction start dates are established.

Strachan, you are next with 2020 the goal and during that same reconstruction season, we may have room for another residential stretch or two.

With that, Breezes readers, you know by now we always welcome your engagement. I have a few good ideas of residential streets in dire need of face-lift and shared those with you at the doors, but you have good ideas too. Please share by contacting my office at Jason.Farr@hamilton.ca. Until next time Breezes Readers ~Jay



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

## SENIORS DINERS CLUB

Tuesdays 12 - 2

**There is always room at the table!**



The seniors at Welcome Inn invite you to join them each Tuesday for Diners Club as we gather for a wonderful home cooked meal, and a fun activity. There is always laughter, a warm welcome and friends to greet you.

**Cost \$4.50**

**Questions? Call Ruth: 905-525-5824**

**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 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

## HELP NEEDED

**Our food bank is looking for people to help unload a huge donation on December 29.**

**Please contact Krista for details**

**T+ 905.525.5824**

Special thank you to the Chedoke winter classic hockey tournament that is providing this donation to us!

WELCOME INN COMMUNITY CENTRE

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

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



Hard to believe by another year has come and gone. NENA wishes you and yours a Merry Christmas and Happy New Year.

#### NEXT MEETINGS:

**Wednesday, December 5, 2018 and  
Wednesday, January 2, 2019**

**7:00 PM – 8:00 PM**

**Bennetto Community Centre**

Join us at our monthly meeting. Everyone is welcome. To get involved, meet your neighbours, or listen to what is happening in the North End, our monthly meeting is the place to start.

We're always happy to know what you're thinking or what concerns you. If you can't attend our meetings to let us know in person, email us at [nen.president@gmail.com](mailto:nen.president@gmail.com) to keep us informed of your thoughts.

**2018 was a busy year. All signs point to an equally busy 2019.**

On the development front the City continues forward on its plans to redevelopment Pier 8 into a mixed-use waterfront community and a request for proposals is expected to commence for City Housing's Jamesville townhouses early in the new year.

Along James North, construction of the Hughson Street Baptist-Indwell supportive housing project is underway and there are a couple of proposals for 8 storey residential buildings going through the City's approval process.

On the southside of the rail corridor, two 10+ storey condominium towers are proposed adjacent to the West Harbour GO at MacNab and Stuart.

The City is also exploring the possibility of locating "creative industries" like a film studio on the Barton-Tiffany lands south of the rail yard. If these and other developments interest or concern you, stay tuned and we'll keep you informed.

We like to do fun things too. If you think NENA should organize social events in 2019 come out to our next couple of meetings with ideas and a willingness to assist if you can.

Remember we're your neighbours and we do what we do as volunteers. More hands make lighter work. So, if you can, please lend us a hand. And together we can make 2019 another great year in the North End.

**For more up to date information visit [www.NorthEndNeighbours.com](http://www.NorthEndNeighbours.com)**

## *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*

# DECEMBER EVENTS

December is Here! BRRR – time for hot chocolate and ice skating on the waterfront. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
SA 1		Check out the Waterfront Ice Rink. It might be the day to lace up those skates.	
SA 1	10 AM	Grandparents and Granchildren: Making Christmas Cards Together Register @ 905-546-3200 Ext.3434	Central Library 4 <sup>th</sup> Floor
SA 1 – Jan. 6	12 – 4 PM	McQuesten Family Christmas The halls will be decked, Christmas celebrations through the generations of the McQuesten family. Tix @ <a href="https://secureticket-ops.com/Whitehern_Historic_House_Garden/eDirect">https://secureticket-ops.com/Whitehern_Historic_House_Garden/eDirect</a> (save 20% on line) or buy tickets at the door. Closed Mondays, Christmas, Boxing & New Years Day	Whitehern 41 Jackson St. W.
1 – 30	12 – 4 PM	Victorian Christmas Visit Dundurn to be immersed in the sights and scents of a Victorian Christmas. Closed Mondays. Tix @ <a href="https://secureticket-ops.com/Dundurn_National_Historic_Site/eDirect">https://secureticket-ops.com/Dundurn_National_Historic_Site/eDirect</a> (save 20%) or buy at door	Dundurn Castle
SA 1	10 AM	Grandparents & Grandchildren: making Christmas Cards Together Register @ 905-546-3200	Central Library
SA 1	3 PM	Family Movies : The Muppets (2011) All ages	Central Library 1 <sup>st</sup> Floor
SU 2 – 10		Chanukah Celebrate the Festival of Light from sundown Sunday Dec. 2 to Sundown Monday Dec. 10	
SU 2	12 – 4 PM	Trains, Trains & More Trains Ages 5 and up	Hamilton Museum of Steam & Technology
MO 3, 10 & 17	2 PM	Digital Devices Get help loading e-books onto your e-reader or tablet, transferring pictures from your camera to a computer or music to MP3 players	Central Library 2 <sup>nd</sup> floor
TU 4	3:30 PM	Teen Homework Help Ages 12 - 18	Central Library
TU 4, 11, 18	4 PM	Teen Hub Zone Hang out, play video & board games, listen to music Ages 12 - 18	Central Library
	6 PM	Free Movies The Disaster Artist (2017)	Central Library 1 <sup>st</sup> floor
WE 5	1 PM	Bringing Back the Classics (movies) The Shop Around the Corner (1940)	Central Library 1 <sup>st</sup> floor
	3:30 PM	Teen Homework Help Ages 12 - 18	Central Library
WE 5, 12, 19, 26	3:30 PM	Cribbage & Euchre Play a game with friends and fans	Central Library 4 <sup>th</sup> floor
TH 6	10 AM	Good Morning Movies Beethoven (1992) Inclusive environment.	Central Library Hamilton Room
	4 PM	Tween Book Club Chat about your favourite book & hear about new ones. Ages 8 – 12	Central Library Wentworth Room

Date	Time	Details	Address
FR 7	12 PM	Noon Hour Concert Holiday Brass Concert	Central Library
	1 PM	Free Movies Westside Story (1961)	Central Library Hamilton Room 1 <sup>st</sup> Floor
Fr 7, 28	2 PM	Board Games	Central Library Wentworth Room,
FR 7, 14, 21, 28	3:30 PM	Cribbage & Euchre Drop in card games	Central Library 4 <sup>th</sup> floor
	5 PM	Friday Night Tour Tour the Library's Art Collection and then on to the Art Gallery of Hamilton for a docent led tour	Central Library 1 <sup>st</sup> floor
	6 PM	St. Lawrence Church Christmas Turkey Roll. (draw starts @ 8 pm)	Parish Hall 125 Picton E.
SA 8	2 PM	The Nutcracker : a Canadian Tradition Performed by Ballet Jorgen Tix @ <a href="http://www.coreentertainment.ca/events/detail/nutcracker">www.coreentertainment.ca/events/detail/nutcracker</a>	First Ontario Concert Hall
TU 11	6 PM	Free Movies Jurassic World: Fallen Kingdom (2018)	Central Library Hamilton Room
WE 12	12 PM	NFB Movies Aabiziingwashi (#Wide Awake) (2017)	Central Library Hamilton Room
	4 PM	Indoor Snow Day Play with indoor snow, make a snow storm in a jar & design your own mittens. Ages 4 - 12	Central Library Wentworth Room,
FR 14	12 PM	Noon Hour Concerts Sarah Emm	Central Library Hamilton Room
	4 – 11 PM	James Street North Art Crawl Get in some Christmas shopping	James Street North
SA 15	1:30	McMaster Children & Youth University Workshop -fun, interactive workshops - ask important questions about your world, discover new ideas and work together to create solutions to every-day challenges. Free to youth ages 7-14 and their families.	Central Library, Wentworth Room
	3 PM	Family Movies Beauty & the Beast: An Enchanted Christmas (1997)	Central Library Hamilton Room
TU 18	6 PM	Free Movies Avengers: Infinity War (2018)	Central Library Hamilton Room
TH 20	12 PM	The Odin Quartet	Central Library Hamilton Room
FR 21	12 PM	Noon Hour Concerts Holiday Sing Along	Central Library Hamilton Room
SA 22	3 PM	Family Movies The Muppets Christmas Carol	Central Library Hamilton Room
TU 25		Christmas Day	
SA 29	3 PM	Family Movie Epic (2013)	Central Library Hamilton Room

Have a neighbourhood event to list?

Send to [events@northendbreezes.com](mailto:events@northendbreezes.com) by the 12th of the previous month.

## REDUCED EMPLOYER PREMIUMS DON'T HELP INJURED WORKERS

SUBMITTED BY BOB WOOD

These days there is much talk about “fake news.”

We're more concerned about stories that are factually accurate but miss the point. One example is the announcement of a 29.8 reduction of premiums for Workplace Safety and Insurance Board (WSIB) employers.

In September, with great fanfare, the Ontario government put this “good news” story forward. The WSIB had eliminated its unfunded liability - the shortfall between the money they say is needed to be in the WSIB's Insurance Fund to pay benefits owing workers and the money that is there. The Unfunded Liability crisis had been resolved, we were told.

The story is accurate, as far as it goes. But has a crisis really been averted?

As Aidan MacDonald of the Injured Workers' Clinic says, it is a “manufactured crisis.” That is because the need to have no Unfunded Liability is only a requirement

for private insurers. WSIB, an arm's length agency of the provincial government, can count on a guaranteed steady revenue source in government-mandated employer premiums.

### Some Context

There is history to this manufactured crisis.

In 1997, injured workers' wage loss benefits were cut by 5 percent (from 90 percent of net average earnings to 85 percent.) In addition, the WSIB's contribution to retirement pensions of permanently disabled workers' was cut in half. As well, cost-of-living increases for permanently and partially disabled workers were set below the rate of inflation.

Let's remember that over 100 years ago there was an agreement. Employers said they'd fund the compensation system and share the liability for injured workers. In return, injured workers would receive benefits while they recovered and wouldn't sue their employers. The real story, then, is how this system has deteriorated at the expense of injured workers. This can best be summed up

by looking at the issue of deeming.

When a program to help an injured worker get back into the workforce with training skills and placements is completed, the worker is “deemed.” They are now, theoretically, able to work in a new job field with their compensation reduced by the amount people in that field earn.

However, according to Injured Workers Online, “The problem is that about 40% of those injured workers .... cannot get the job they are trained for, but their WSIB benefits are still cut as if they are working.”

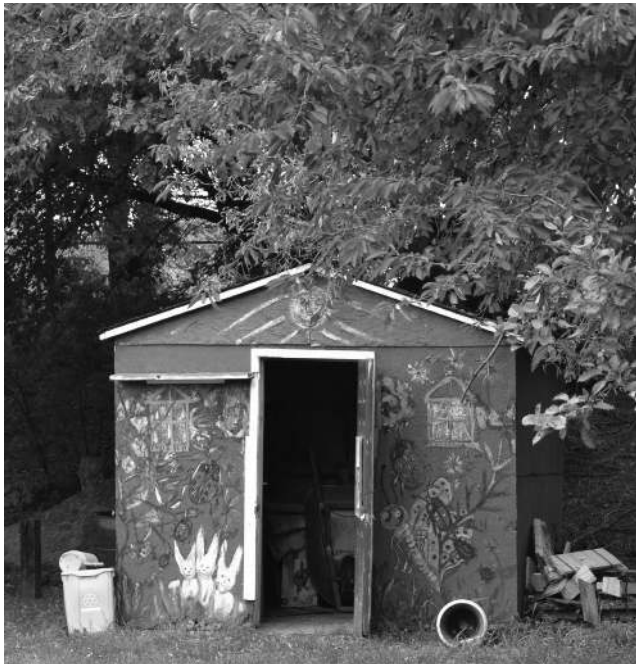
Experts, like Dr. Emile Tompa, confirm the extent of the problem. Tompa is a senior scientist at the Institute for Work & Health. He has shown that 41% of workers with a permanent injury (rated at 10-20% impairment) recover less than 25% of their earnings as compared to uninjured peers.

Deeming is just one problem with our workers compensation system. Find out more about how a system designed to help is driving injured workers into poverty at <https://injuredworkersonline.org/>

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

## A WALK TO THE PARADISE GARDEN

SUBMITTED BY ROBYN GILLAM



Behind the city-owned building, at on the south east corner at Burlington and Wellington, lies the Paradise Garden. Bounded by a chain-link fence, it nestles between a railroad track and an embankment. On a damp October day, the garden, with its colourful tool shed, is still filled with the last of the summer vegetable harvest and made bright by the fall trees that overhang it.

In the garden there are still plenty of tomatoes, the odd squash and some broad beans. There are also the gardeners, who are happy to talk about their plants and the challenges of local climate and environment in growing them. Patricia (“call me P”) describes how to cultivate plants she grew up with back in Jamaica, like sweet potatoes, in a colder climate, and she draws attention to new items like “Swiss spinach” introduced by other gardeners. Unfamiliar ornamental plants such as “elephants’ ears” can also be found here. The gardeners I spoke to were eager to try out new food crops from elsewhere, as many are retired, living on a fixed income or have major dietary issues. The garden looks like a paradise of biodiversity.

According to Andrew Sweetnam, who runs community gardens for the North Hamilton Community Health Centre (NHCHC), they are specifically designed to encourage biodiversity as well the sharing of information, and sociability among gardeners. Most importantly they address issues of food security and good nutrition among the elderly and unwaged and tie in with the Welcome Inn Good Food Box Programme and the Seniors’ Kitchen, which runs recipes in the Breezes. Food education is an important part of the gardens and a wider health programme that emphasizes non-meat sources of protein, like corn, beans and squash, which can be stored over the winter. Although most community gardeners are retired, the NHCHC, with Bennetto School, also runs the Grub Club, a gardening programme for children aged 6 to 12. Two other community gardens are located in the Keith neighbour-

hood around Wentworth. Membership of a garden is \$15 per year for adults and includes tools and compost. As working people don’t have much time to garden, NHCHC is hoping to spread information about food and nutrition through outreach.

Paradise Garden is tucked away on the block between Wellington and Victoria that was once joined to the North End by the Ferris Street Bridge. It is crisscrossed by railway lines to the industrial lands that are now little used. Emergency services south on Victoria Street are now surrounded by scrub and a meadow, where there were once factory buildings visible in old photographs. Old North Enders remember a children’s camp in this area.

The North End is a changing landscape of natural and human-made features. Everything that once existed leaves its mark and is adapted to the changing needs of the community and the natural world around it. We welcome hearing your own stories about these places and your experience of them.

*The author would like to thank Heather South for the opportunity to visit Paradise Garden*

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## GIFT GIVING GUIDE

SUBMITTED BY CANDY VENNING

Tired of getting ties, socks or slippers for your dad or brother? Try The Architect Hair Design – Gift certificates are available for Men’s haircuts, Beard trimming and a proper shave. Feel free to have a pint while you wait, possibly the only licensed hair salon in Hamilton.

A 50 year old James st. N. fixture; Morgenstern’s has quality leather hats, fedoras, wool flat caps, gloves and winter scarves for men as well as women.

Pet lovers can find adorable kitty ‘tacos’ filled with catnip or bow ties for fido at The Hamilton Store

### ‘Foodies’ –

For those who like to cook, Chris’s restaurant supply is open to the public and has a collection of beautiful kitchen knives as well as every conceivable gadget or necessity for the kitchen.

Mesa, The Harbour Diner and other restaurants have gift certificates so you can treat someone to a special dinner or brunch.

Faema has Italian coffee makers from the simplest French Press to the most elaborate espresso machines

The Hamilton Store for sauces, fine teas, mustards all with a local connection

Coffeecology has an online subscription for locally roasted beans delivered by bicycle, right to your door – a gift that keeps on giving!

Lea Wood Co has handcrafted charcuterie/chopping boards as well as custom furniture pieces & countertops

### Artists and Makers –

Mixed Media for their beautiful pens, waterco-

lours, books on Art, papers & activities for every age group

Centre 3 has the ‘Small is good’ holiday show running from Dec 5th-31st. A selection of prints, photographs sculpture from local artists as well as unique, printed T-shirts – New classes start in January and would make a engaging gift & may help someone get started who has been hesitant to work on their own.

Needlework has a lovely collection of fabrics, patterns, notions and sewing classes as does Handknit Yarn studio with every kind of beautiful yarn to treat the knitter in your family.

Makers Market is coming into its 12th year at Christ’s Church Cathedral – an incredible collection of beautiful, handmade items for everyone. Friday Dec. 7th from 5pm & Sat. the 8th from 10am @ 252 James st. N.

### Book lovers –

Wolsak and Wynne is a local publisher ‘dedicated to publishing clear, passionate Canadian voices since 1983’ A selection of unusual and beautiful books is available for purchase during office hours. I can highly recommend ‘Daylighting Chedoke’ for anyone into local Hamilton lore, The Hamilton store also carries a great collection of Hamilton oriented literature as well as guide books. New Horizons has lots of used books for just \$0.50 each – some classics, hardcover as well as childrens books.

### Eco minded and Nature lovers –

The Pale Blue Dot specializes in ecologically responsible, reusable, recycled products from bamboo toothbrushes, baby items, shampoo bars to clothing and furniture.

Nature guides for walks around the Hamilton area as well as maps available at The Hamilton Store – ask about their ‘campfire candle’ as it’s a favourite gift item.

Memberships (available online) for The Hamilton Naturalists Club & The Royal Botanical Gardens

### Last Minute, host, or co worker gifts – the ‘A’ list

A hand tied bouquet of flowers from I Fiori, a wreath, Amaryllis or house plant.

A ‘growler’ or mixed pack of locally brewed beer from Collective arts

A beautiful journal, calendar or notebook from Len democratic or Mixed Media or The Hamilton Store

A custom gift crate from The Hamilton Store with linen spray, moisture lotion, soap, tea or mustards & sauces

A box of fresh Natas (custard tarts) from Ola Bakery or a box of treats from locally famous Granddad’s Donuts

Soap, beard balm, lotions or bath bombs from Burlap & Twine, pure castile soap from The Pale Blue Dot

An unusual pillow or outrageous pair of socks from Len Democratic

You can do all your shopping for friends and family easily at independent stores in the downtown core!



# North Hamilton

Community Health Centre



## Pathways to Education

### Seeking Volunteer Tutors

Academic Tutoring for High School Youth

Make a long-lasting, positive difference  
3 hours each week is all it takes.

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PATHWAYS TO EDUCATION  
SUPPORTS HIGH SCHOOL STUDENTS

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Social opportunities  
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Financial Support

REGISTER NOW FOR THE 2018/2019 SCHOOL YEAR



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pathways@nhchc.ca

### 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



## 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**
- /HealthyFamiliesHamilton**



Hamilton  
Public Health Services



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 \$\_\_\_\_\_

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

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

# What's Cooking in the North End?

NORTH HAMILTON COMMUNITY HEALTH CENTRE SENIOR'S KITCHEN



## Creamy Tuna Pasta with Peas and Parmesan

Cook Time: 20 Minutes. This quick and comforting Creamy Tuna Pasta with Peas and Parmesan is a fast and easy weeknight dinner that only requires a few simple ingredients.

Total Cost: \$6.01 recipe / \$1.50 serving

Servings: 25 about 2 cups each

### INGREDIENTS

- 50 oz. penne pasta \$0.67
- 12.5 Tbsp butter \$0.26
- 12.5 cloves garlic, minced \$0.16
- 6.25 cup frozen peas \$0.38
- 6.25 cup half and half\* \$0.75
- 3.13 cup shredded white cheddar \$0.95
- 75 oz. can solid albacore tuna, drained \$2.79

### INSTRUCTIONS

1. Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender. Drain the pasta in a colander.
2. While the pasta is cooking, prepare the rest of the dish. Add the butter and minced garlic to a large skillet. Sauté the garlic over medium heat for about one minute, or just until it is soft and fra-

grant, but not browned.

3. Add the frozen peas and season with a pinch of salt and pepper. Sauté for a couple minutes more, or until the peas are heated through.
4. Add the half and half to the skillet and allow it to come up to a simmer, stirring frequently to keep a skin from forming on the surface or the bottom from scorching. Let the half and half simmer for about 3-5 minutes, or just until it reduces slightly.
5. At this point the pasta should be finished and drained. Add the drained pasta to the skillet and stir to combine. Sprinkle the Parmesan over the pasta and stir to combine again. Allow the heat to melt the Parmesan as you stir. Once melted, turn the heat off. Taste the pasta and add a pinch of salt and pepper, if needed.
6. Finally, add the drained tuna and fold it into the pasta. If you are using whole tuna chunks, break them up slightly as you stir. If you are using chunk light tuna that is already in small pieces, fold gently to avoid breaking the tuna up too much. Serve warm!

## Banana Bread Oatmeal

Prep Time: 10 minutes. Cook Time: 45 minutes.

The rich and sweet flavor of banana bread infused into a healthy baked oatmeal breakfast.

Total Cost: \$3.57 recipe / \$0.46 serving

Servings: 25

### INGREDIENTS

- 4.69 cups about 3-4 medium mashed bananas \$0.98
- 1.04 cup brown sugar \$0.11
- 6.25 large eggs \$0.32
- 1.56 tsp salt \$0.02
- 1.56 tsp vanilla extract \$0.14
- 1.56 tsp baking powder \$0.02
- 1.56 tsp baking soda \$0.02
- 6.25 cups milk \$0.75
- 7.81 cups old-fashioned oats \$0.43
- 0.78 tsp cinnamon \$0.02
- 0.39 tsp nutmeg \$0.02
- 1.56 cup chopped walnuts \$0.84

### INSTRUCTIONS

1. Begin preheating the oven to 350 degrees. Mash the bananas well with a fork. Measure the bananas to make sure you have about 1.5 cups.
2. Whisk the mashed bananas together with the brown sugar, eggs, salt, vanilla, baking powder, baking soda, cinnamon, nutmeg, and salt. Next whisk in the milk, then stir in the oats. Roughly chop the walnuts and stir them in as well.
3. Spray the inside of a glass baking dish (8x8 inch or similar size) with non-stick spray. Pour in the oat mixture. Cover with foil and bake in the preheated oven for 30 minutes. Remove the foil and bake for another 15 minutes or until the center is solid and the edges are slightly golden brown.
4. Serve warm or refrigerate and enjoy cold!

## 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*

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)

**NEW:** SANTA CLAUS If you have family or corporate functions, why not invite Santa to your event. Family and Corporate events \$125.00 per hour. Santa also does Christmas Eve visits in your home for \$100.00. Contact Earl at 289-439-0166.

**NEW:** Personal Support Worker wanted part-time alternate Saturday mornings from 9:30 AM to 1 PM. Job includes personal care, meal preparation and using a mechanical lift. \$17.50 per hour. Also looking for someone to help with supper meal once or twice a week for 1 to 1 1/2 hours. You do not need to be a personal support worker for this supper hour. -\$17.50 per hour. Please send resume to [lstoeten17@gmail.com](mailto:lstoeten17@gmail.com) or call 905-528-6159 after 10 AM. Located near the Bayfront Park on a bus route.

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)

Be a driving force in your community! Drivers are needed to provide transportation for seniors to get to medical appointments. Flexible schedule and mileage reimbursement. Please call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

Hamilton – Let's Do Lunch!! Drivers and servers are required to help deliver meals to elderly and/or disabled clients. Drivers are reimbursed for their mileage. Stoney Creek and Downtown routes available. Just a couple of hours over lunch time are needed. Please call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

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.

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

IN THE MOOD FOR SOME CHEER  
BOOK YOUR CHRISTMAS PARTY HERE!  
Lunch and dinner reservations available  
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\$2 off a pound of wings  
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IT'S THAT TIME OF YEAR TO THINK OF OTHERS WHO NEED OUR HELP  
We are now accepting: • Cash donations for Food4Kidz • Non-perishable food items  
for our local food bank • Toys for City Kidz

Try our Banana Split Hot Chocolate  
Hot chocolate with banana liqueur topped with whipped cream and a cherry

*Wishing you all a Very Merry Christmas and a  
Happy New Year from Ed and the staff at Fishers*



CANADA

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"

Wellwood House 501 Sanatorium Road, Hamilton (On Chedoke Hospital grounds) Monday, OCTOBER 15, 22, 29, Nov. 5 /2018 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.
Terryberry Library 100 Mohawk Road West Thursday, NOVEMBER 1, 8, 15, 22 / 2018 6:00 - 8:00 pm	Turner Park Branch Library 352 Rymal Rd. E., Hamilton Tuesday, NOVEMBER 6, 13, 20, 27 /2018 10:00 - 12:00 noon
VON Hamilton Adult Day Centre 400 Victoria Avenue North Thursday, NOVEMBER 29, DEC. 6, 13, 20 /2018 1:00 - 3:00 pm	Turner Park Branch Library 352 Rymal Rd. E., Hamilton Friday, JANUARY 4, 11, 18, 25 / 2019 1:00 pm - 3:00 pm
St. Josephs Villa 56 Governors Rd, Dundas Thursday, FEBRUARY 7, 14, 21, 28 / 2019 6:00-8:00 pm	Red Hill Library 695 Queenston Road (East of Nash Rd.) Thurs. MARCH 7, 14, 21, 28 / 2019 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)

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