



**THE COMMUNITY NEWSLETTER
OF HAMILTON'S NORTH END
OCTOBER 2015
EDITION**

FOOD DRIVE October 10 October 17



This is the 4th annual food drive in support of the Welcome Inn Emergency Food Bank. The staff and volunteers of the Welcome Inn do a fantastic job feeding the ever increasing numbers of families that use the service. Each month 400 households come to Welcome Inn Community Centre and receive a three-day supply of food and personal hygiene items.

Visit welcomeinn.ca for more information.

On the morning of Sat. Oct 17th a few North End

families will get together to go door to door West of James Street and possibly further east depending on the number of volunteers we have. We will also have a drop off box at the corner of Bay and Burlington for you to use. If you are interested in helping out contact CurtisBiehler@gmail.com. We appreciate any food donation you may be able to give.

Looking forward to seeing you.

POVERTY IN CANADA

Last month community groups across Canada set out to make poverty an election issue in the October 19th federal election. Their campaign aims to help Canadians better understand what poverty costs us. It will encourage voters to ask local candidates and political parties about their plans to end poverty in Canada.

The Windsor-Essex local poverty reduction strategy developed the campaign concept. Canada has been called to take immediate action to address poverty by the United Nations, the Canadian Senate, and committees of the House of Commons. In spite of this, there is still no national plan to eradicate or reduce poverty. "Over four and a half million Canadians have been left behind. National action to end poverty must be a priority for all political parties," says Tom Cooper, director of the Hamilton Roundtable for Poverty Reduction. It is hard to believe that in a country as rich as Canada 4.8 million people are fighting to make ends meet. That is one in seven of our citizens living in poverty.

Three quick facts about poverty in Canada

Poverty hurts our health care system.

It costs our health-care system \$7.6 billion a year to not address the symptoms of poverty. That figure comes from a study done in 2008 by the Metcalf Foundation. More recently, a University of Toronto study of more than 67,000 Ontario adults found that food-insecure households spend 121 percent more in health-care costs than other households. We're treating symptoms of an issue that we could address directly.

Poverty is bad for the economy.

Jobs that are part-time, precarious or low-paying are increasing. In July, for example, Statistics Canada reported that our economy lost 17,300 full-time jobs. More part-time ones were added (23,900). However, with decreasing earnings from employment, how can people put money back into the economy? Many barely have enough to pay for rent, child care and food.

Child poverty rates in Canada are shameful.

Over 1.3 million children live in poverty in Canada. That's 1 in 5 children who don't get a fair start. Moreover, new research by American neuroscientists published in Nature magazine showed that the stress of poverty can have significant effects on a child's brain development.

What can you do?

Learn more about the campaign by visiting VoteToEndPoverty.ca

Put a Will Vote to End Poverty sign on your lawn or in your window. See <http://hamiltonpoverty.ca/vote-to-end-poverty-lawn-signs-now-available/> to get one.

Bob Wood is a community worker at the Hamilton Community Legal Clinic/Clinique juridique communautaire de Hamilton.



*Ride with us to support Welcome Inn Community Centre's Food Bank
October 10, 2015 @ Gore Park
Registration starts @ 1pm*

A BRIEF HISTORY OF THE CANADIAN VOTE

Brian Roulston

Hamiltonians, along with virtually every Canadian citizen over the age of 18, will head to the polls for the 42nd time on Election Day October 19, 2015. Canadians will exercise a democratic right embedded fairly recently in Canada's Charter of Rights and Freedoms Act since 1982. As Canadians we sometimes take it for granted that every adult citizen has always had the right to vote.

Initially, after Confederation in 1867, voting and candidacy in a federal election was restricted to only men over the age of 21 who met certain (and complicated) property qualifications; laws which had their roots established during the early days of the provincial legislatures. Quebec was the last to abolish these property qualifications vestiges in 1948.

During WWI, military personnel were given the right to vote by mail. Some 2,000 "Bluebirds"—female nurses—would become the first women in Canada allowed to vote. Unfortunately, because of the same war and the Military Voters Acts, those voting privileges were taken from conscientious objectors, Mennonites, Doukhobors and recently landed immigrants from non-English speaking countries. These provisions were later abolished.

In 1920 Robert Borden's Conservative government passed into law the Dominion Elections Act, in part because of Nellie McClung, women were given the right to vote and to run for Parliament. The following year saw Agnes McPhail become the first female MP elected to the House of Commons.

In the 1950s advance polls and proxy voting were introduced to accommodate those who would be absent on Election Day.

The 1970s saw the voting age lowered from 21 to 18. Physically and mentally disabled Canadians became eligible to vote in the advance polls. Inmates serving less than two years were given voting rights. Shortly thereafter the Supreme Court granted those serving longer sentences were allowed to vote. Federally appointed judges voted for the first time in 1988, also as a result of a Supreme Court of Canada ruling.

Gradually and sometimes grudgingly, changes were made to the electoral system allowing almost every Canadian a vote, eliminating the discrimination that was present in the early days following Confederation.

Why not get together with Mom, Dad, a neighbour, an elder or a disabled person and make sure they get out and exercise their right to cast a ballot on October 19th.



<http://images.burlington.halinet.on.ca/7582/image/2646417?n=2>



My summer adventure

By Bev Hill

On July 11th it was my birthday. My friend, Helen Marriage, her sister Shirley, John Freeman, Shirley's sister-in-law Sarah Mainprize, John and Betty Wilson with their son Shane and daughter Angie and Al Tombs all took me to Kings Buffet for a celebration of my birthday. After the birthday feast, Angie and Al took me for a ride along old Burlington Beach.

Oh boy, the beach has changed a lot! There are beautiful homes where the amusement park with its rides and games used to be. In the past you could take a tour on the *Lady Hamilton* or the *Macassa Bay* boat and get off there with your friends and family for a day of fun and enjoyment.

As we approached the Skyway Bridge we remembered that back in the 60's you had to pay a toll to use the bridge. I remember Mr. Dennie taking myself and my parents for rides over it after it had just opened. At the time we were amazed at how it looked. Nowadays, you can ride on the bridge for free.

While we were driving along Burlington beach, I said to Angie and Al that Burlington is getting bigger all the time!

Of course, we stopped in at Tim Horton's for coffee.

I would like to thank all my friends for the lovely cards I received. Evelyn Kovacs, Kelly and Brian Moorhead and Lynne and Ernie Bellemare called and played a birthday song for me on the telephone. Muriel and Chuck Harpie and my old friend of 60 years, Jeannie Bromely, and Doris Taylor and daughter Edith all wished me a Happy Birthday. I really appreciated the day I spent with all my friends.

Thank you and God bless all of you for your kindness, especially for the car ride!

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DISCLAIMER: Articles written represent the opinions of the individual participants and organizations and do not necessarily reflect the position of North End Breezes or its Board Members. All articles submitted will be edited for length, tone, clarity and they may or may not be published..

The deadline for submissions is the **15th** of each month
(in December it is the **10th** and there is no deadline in July)

NORTH END BREEZES MISSION

The North End Breezes is a not-for-profit team of enthusiastic volunteers who produce a monthly newsletter in order to promote community connectivity and mutual support by engaging our North End Neighbours

VISION

The North End Breezes will be a vital resource that promotes harmony, pride and collective community action in a diverse and dynamic neighbourhood.

NEVADA PULL TICKETS

Nevada Tickets are on sale at James Milk. Proceeds from these ticket sales go towards the printing of each North End Breezes monthly edition.

Please patronize our supporters!



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CRAFT CORNER Turkey! Turkey! Turkey!

Shannon McCulloch

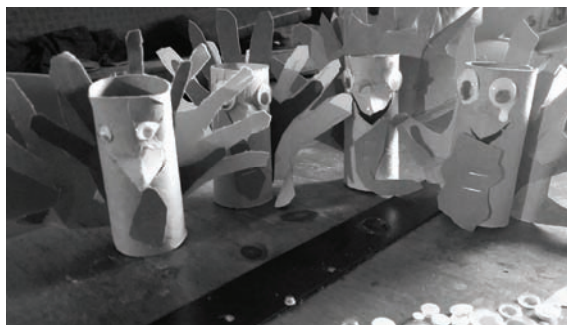
With Thanksgiving approaching we decided to do a Thanksgiving craft. We made Turkeys.

Need:

Toilet paper rolls
Construction paper of different colours
Scissors
Googly eyes
Stapler
Glue

What to do:

Have the kids pick a few colours of paper and trace their hands on the paper
Have them cut out their hand prints.



Have them take the toilet paper roll and cut a small triangle cut (just the two sides because you want it to stay on.) Then push it out a little so it looks like a beak.

Feather the hand prints (I had them do three each) at the back of their toilet paper roll and staple in place. Have them cut a small red wiggly piece of paper to staple under the beak as a gobbler.

Have them pick out google eyes and glue in place.

This craft was a big hit, I think because it is so simple and cheap as we have most of the stuff at home. The construction paper and googly eyes will run you about \$3 at the dollar store.

This is a nice fast craft which the kids over 5 years can do mostly themselves and younger still enjoy doing with you.

Three out of the four girls I had were over 5 and were able to trace, cut, stable and glue themselves. Although they did all have me cut the beak part for them as they found the cardboard hard to cut. One girl is 3 years old and she had me trace her hand and gave a small attempt to cut it out. Before deciding she would rather I did it, she just cut up another paper into small little pieces.

She also needed help putting it all together, but she did help anywhere she could. Like gluing the eyes on.

Children's book review

By Sam Knight

Book: *Oscar the Dragon*

By: Mary Manner McIsaac

I like the two characters, Oscar the dragon and Susie. I liked that they were such good friends. I also liked that the dragon eats peanut butter sandwiches. It was funny. It's a good book about friendship.

I didn't like that Susie made her parents worry by losing track of time and not going home when she should have.

The pictures in the book were nice. It was a little long for me to read by myself, so my mommy helped me by reading it to me.

Teens Corner

Hunter Knight

Hi everyone, it's me Hunter with Teens Corner.

Yay school started. I bet there are a lot of parents that that are happy they can send their kids to school and have some quiet time. I know some parents will be a little bit sad if it's their kids first time at school.

My first day was a good day. Hope you all had a good first day. I personally like school because I want to learn as much as I can so I can have more choices after I'm done school and going in to the working world. School is a good place because I get to see my girlfriend without having to bike very far. It's also good to see all my friends that I don't get to see over the summer.

I've found all teachers are nice unless you get on their bad side then you might be in trouble. I don't think enough kids know that because I see a lot of kids skipping classes and yelling at the teacher. To me that does not seem right. I think I have great teachers so far, it's only been a week, let's see how it goes.

I'm also happy Pathways is starting up soon. It's a great place to hang out with friends, and get help with school work. They bug you to do homework and stuff but it is still a fun place. I hope Pathways lets us start up Dungeons and Dragons this year.

I am also happy to say I did keep track of the days in August and made it to my volunteering. I am looking forward to continuing with it this year!

That's it for this month, hope it was a good one. Hope you all have a good month and a good school year. Bye, talk to you all next month & have a good one.



Volunteer View

with

Janet Knight



1) What do you enjoy about volunteering with the programs at North Hamilton Community Health Centre?

I feel very privileged to be a part of an organization that has made such a positive impact to this community. Since becoming a volunteer well over five years ago, I firmly support the NHCHC's vision of "no obstacles to health" and its mission "to enable health through healing hope and wellness." I am proud to be a member of a strong team of well over 100 staff and 200 volunteers that facilitate the diverse health related programs that will enrich the lives of this community. Through volunteering I am exposed to so many different experiences outside of my "day job" as Accountant with the Port Authority, such as understanding the complexities of the health care system and ensuring we use our limited resources to support the long term health of this community in the best possible way.

2) Do you have any favourite memories you would like to share?

One of the great aspects about volunteering at the NHCHC is that, while we have realized many significant accomplishments, such as the 2011 relocation of the facility from John to Hughson Street, we have fun during the process. Our meetings are typically filled with lots of laughter and great enthusiasm.

3) What do you think is the best thing about the North End?

I would say diversity is one of the best things about this neighborhood. It really is a special and unique community within the City of Hamilton and diversity is seen in so many aspects from proximity to the water, parks, trails and local businesses that call the north end home, to the people that reside here. I am proud to have worked here for almost 20 years.

4) What inspires you?

I strive to ensure what I do will make a positive impact as well challenge myself to take a fresh rather than complacent approach. I enjoy working with a diverse team, and I'm motivated to learn and understand new concepts (i.e., stretch the "grey matter"). I am also a firm believer that one of the greatest assets one can possess in their life is their health and that we should be continually striving to ensure we can be as healthy as possible.

5) What is your favourite quote/saying?

Probably no surprise to the people I work with, my favourite saying would be "Get'er Done!" I prefer to understand the larger picture, not worry about details we cannot control and make decisions sooner rather than later!

If you would like to learn more about volunteering at North Hamilton Community Health Centre please contact us at 905-523-6611 x3008



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All Ages Creative Writing Workshop Part II

Have you ever considered writing for North End Breezes but decided against it? Want to get your message out there?

If you answered 'yes', then come on down to the Creative Writing Workshop in the Community Room at North Hamilton Community Health Centre!

The next workshop is a session in which people from the community will be taught how to write like a professionally trained journalist. The class will be taught by two avid writers, our North End Breezes editor and a writer. Community members will learn about proper formatting, grammar and punctuation, as well as what newspapers look for in a story they want to publish. Learn how to write naturally and be comfortable with your words.

So come on down to the Community Room in the Health Centre for a class of writing, story telling, and fun! Maybe your article will make on the front page.

Wednesday, October 7,
4-6pm. In the Community
Room at North Hamilton
Community Health
Centre .

A FREE workshop!



ELDERBERRIES



Pamela Townsley-Winter

Welcome home readers. The summer flew by and suddenly it's over and we are in that lull where some days you have to wear a jacket, you notice the heavy fog rising from the lake, the pools are closing, it's neither one or the other. Believe it or not the dollar stores are laden with Halloween merchandise and even signs of Christmas, that's way too early, so let's say no, no, no and enjoy a the falling and colourful leaves. One season at a time.

When I was a little girl at school we sang "All things bright and beautiful, all creatures great and small, all things are wise and wonderful, the Lord God made them all," a lovely hymn. I read a sad article in the Spectator, actually two that caused me to say how much more cruelty there is, both with families, and pets, also harmless animals, the ongoing poaching mainly in Africa and the bragging rights of the dentist killing the lion recently.

Another article was that of squirrels being mutilated and left on doorsteps. What is wrong with this picture? One day I took delight in watching a squirrel carrying its young one, carrying the baby ever so gently as it climbed a tree, I had never seen that before and I stood in wonder watching how gently the mother carried her young. If we do these indignities what does that make us?

Pets of every description bring much love and joy to families, man's best friend indeed and us growing up would see many a tear when finally they grow sick and old and our hearts break at final farewell, and usually Dad made a coffin and we had a service in the garden.

Let's keep an eye out so that maybe we can stop some of

these actions. If people are caught, let's publish the names of the persons involved. We are trying to stop bullying in our communities, let's call the SPCA if we are aware these atrocities take place.

Another case in St. Catharines, a family moved recently and left 29 cats in the house alone. They did leave water—big deal!

We are on this earth to help our fellow people whether it is some small act of kindness, let us practice and then preach. Watching the various newscasts we watch thousands heading for freedom, wherever that is, to watch babies and young children drown as boats used to transport desperate people capsize. This isn't my usual column, but I hope we can do our best to teach our children to love one another.

When we go to bed tonight—let us hug one another and give thanks for we have so much in a world when others barely have a blanket to keep them warm, not even knowing where they will end up, these people come from all walks of life, clever, well educated, willing to share their talents with others. All they want is respect, some accommodation and an opportunity to make a new life.

Back in 1958 we were one of those families, we rented an apartment with a rabbi and his wife and one of the most important things the Hoff's gave us—was kindness. So on behalf of the thousands out there please give a small token of our respect as the song goes: "I get by with a little help from my friends," that's all it takes.

On a lighter note, my American son, after the Calgary Stampede, was in the Rockies with the 'grands'. He was enjoying some local wines, and sitting at the picnic table popping snacks into his mouth from a couple of dishes on the table. He went into the house and said to Gee, his sister, "What are those lousy snacks on the table?" She replied, "You mean Milli the dog's treats on the table....?" Quick exit to brush teeth, dog germs, yuck. He will never live that down. *Pam & Megs*



Tom Mulcair  NDP

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Fashion for 2015

Alexandra Sempie

"One should either be a work of art, or wear a work of art." - Oscar Wilde

Now that autumn is in full swing, we're getting ready to cuddle up by the fire with a cup of cocoa and a good book. But just because there is a chill in the air doesn't mean that you have to dress in oversized sweaters and leggings. Without fall, we wouldn't have Fashion Week and without Fashion Week, we wouldn't have the chance to see what new looks our favorite designers are dishing out.

With a chill in the air reminding us that the blank snowy canvas of winter

is on its way, people are looking for something both warm and stylish. Well don't fret, because the latest style of footwear is guaranteed to keep your tootsies toasty all season long: Furry Feet! Whether you choose real fur or faux fur, furry boots have walked the catwalk and proven to be the go to accessory for happy and cozy feet. But be careful you don't wear these boots with your fur coat because you only get one fur accent per look, unless you're Chew-

bacca's wife!

We all have that one pair of pants we love to death. I know I do. Whether they're hip huggers, flairs, or skinny jeans, pants can be used on any occasion. While skinny jeans have been the go-to trousers, this season, expect to see more people strutting their stuff in high waist pants. It's not just a high waist, the pants give you an exaggerated silhouette that results in the look of long, lean legs, and a teeny tiny mid-section.

In

Cuffs on coats
Elbow length gloves
Monochromatic Grey

Out

Leggings as pants
Excessively ripped jeans
Overalls

Stay Beautiful!

Photos by Elle Magazine



BOOK CLUB CORNER

Kit Darling

The Bay Area Book Club took a break for the summer to tend to our gardens and catch up on summer reading until our first meeting in October. In the meantime, here are more recommendations from the book club members. Most of these titles are available at the Hamilton Public Library. Visit the Bookmobile during its Tuesday 2:30-4:30 or Thursday 6:00-8:00 stops at Bennetto Community Centre.

Big Little Lies by Liane Moriarty. A lot of truths are unveiled in this book. I agree with the blurb on the jacket: "a brilliant take on ex-husbands, second wives, mothers, and daughters, schoolyard scandal, and the dangerous little lies we tell ourselves to survive."

Sugar Nation by Jeff O'Connell. This book could save your life! Jeff is shocked to discover he has developed diabetes—he is not overweight! Jeff begins a journey to understand diabetes—its causes, prevention, and control. A must-read for everyone, whether or not you have diabetes or prediabetes. The enemy are processed foods and sugar, which is found readily in many of our foods.

Being Mortal: Medicine and What Matters in the End by Atul Gawande. I liked this book so much I am going to buy it! We seldom talk about the "end of life" and the fact that we all age and are going to die eventually. Atul discusses this topic in a totally real way. Our aim is to live well. And decisions we need to make about how our death fits into living well. And discusses nursing homes, disease, aging, and the difficulty doctors have with discussing the difficult topics associated with death.

The Wife's Tale by Lori Lansens. Mary Gooch wakes one morning to find her husband gone, leaving her sad, obese and marooned in small-town Ontario. She ventures off to California to find him, but in the end she finds herself, she finds friendship and (perhaps) love.

Irrepressible: The Jazz Age Life of Henrietta Bingham by Emily Bingham. The autobiography of a woman from a wealthy Kentucky family written by her great-niece in an effort to discover the aunt who was rarely spoken about. Henrietta Bingham was bisexual in an age and culture that ignored and repressed the possibility of such things. She found freedom in England and became the darling of the Bloomsbury Group. But family tensions and emotional instability drew her back to Kentucky and an ultimate descent through alcoholism and madness to death. A fascinating insight into the Bloomsbury Group and southern LGBTQ history.



North End Breezes OCTOBER 2015

Stuttering Awareness Day, October 22

Ken Hirter

I had a speech impediment problem at a real early. I was 3. I started talking at age 3 but my poor mother did not start to understand me until I was 5. I stuttered, I stammered and spoke way to fast. My brain was working and processing thoughts way, way too quickly.

Fast forward to 1966, I'm in kindergarten and am starting my journey in 8 to 9 years of speech therapy classes. Learning to form my words and to speak all over again—very frustrating to say to least.

I have learned that stuttering afflicts more men than women by over an 80% margin and knows no ethic boundaries.

In 1975 when the special aid classes ended, I entered high school with very few stuttering challenges.

Today I still have difficulty with some words like aluminum, statistics and million. Don't make me say these three words fast or a early example of my speech impediment will erupt in full force.

Sadly, stuttering can affect self-esteem and confidence which leads to mounds of frustration and tears and a fear of taunting jeers. It's not so nice at the receiving end of that stick. My sense of humour helped me. Heck, who is going to make fun of the white haired kid (I was known as Casper the friendly ghost) doing imitations at recess, imitating the stars of the 1970's from Lily Tomlin to Gomer Pyle.

What am I like today? A friend asked recently if I still stuttered when angered or provoked. I laughed and said, nope, for I rarely get angry. If you are affected by a speech impediment remember help is just a phone call away for a good speech therapist and/or classes and support groups.

"Remember, a problem cannot be solved but a challenge can be met" and "Remember Everybody Struggles".

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DATE
Thursday, October 15, 2015

TIME
6:30PM - 8:00PM

PLACE
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Keeping Fit



Cooler weather and beautiful fall colours are approaching. What better time than this to be physically active? Living an active life is one of the most powerful things you can do to ensure good health and a great quality of life. Here are some benefits you can enjoy as you become active:

- lower risk of heart disease, stroke, type II diabetes, high blood pressure and obesity.
- lower risk of osteoporosis, hip fractures and falls.
- lower risk of colon, colorectal and breast cancers.
- lower risk of dementia and cognitive impairments.
- improved psychological functioning with reduced anxiety, depression and stress and increased self-esteem.
- most important, a possible increase in longevity and reduced risk of prolonged disability in old age.

How much activity do you need to enjoy these benefits? The current Canadian adult guidelines for physical activity recommend at least 150 minutes per week—a minimum of 30–60 minutes of moderate to vigorous activity on most days. This can be done in smaller amounts throughout the day, as little as 10 minutes at a time.

What types of exercise should you do? Physical activities that bring you joy, are safe for you and that you'll stick with! Choose exercises that provide cardiovascular, flexibility, balance and resistance. Start slowly and build up. Examples include walking, bike riding, dancing, yard work, swimming or aquafit.

Take a look at the City of Hamilton's parks and recreation's guide to see programs offered in recreation centres. It also lists local parks, trails and beaches and outdoor fitness opportunities (which include free classes). Fee assistance is available for families and individuals who are below the low-income cut off. Ask at your nearest recreation centre.

The North Hamilton Community Health Centre

(NHCHC) has a number of opportunities to become active, and all of them are free for individuals who meet our eligibility criteria!

Our Health Wellness team offers individual fitness programs in our gym. The programs are supervised by our kinesiologists. Home exercise programs are provided for those who are unable to get to our gym. We also have exercise groups. Sit and fit is an hour of physical activity done seated in a chair. We start with a warm-up, then muscle strengthening with resistance bands, and finish stretching to relax. All sessions are led by a certified fitness instructor and are open to people of all levels of fitness. For people with diabetes we offer group exercise activities through our Diabetes Physical Activity Program. There is aqua fitness at Bennetto Rec center. Exercises are done in the pool, easier on joints and balance.

The water provides lots of resistance, so you get a full body workout. Yoga and tai chi classes are taught by certified instructors with kinesiologist supervision. Tai chi is a form of traditional Chinese mind/body exercise that uses slow sets of body movements and controlled breathing. Yoga engages the whole body to promote relaxation and internal massage of the organs. Tai chi and yoga improves balance, flexibility, muscle strength, relaxation and overall health. Each month there is a new exercise calendar. Pick up the latest calendar today at NHCHC! To find out how you can take part in our programs and services, call us at (905) 523-1184. Explore the richness of opportunities for activity that surround us, and give a new activity a chance. Enjoy your physical activity participation in the coming months, and all of the benefits you reap from it!

Eric Baker, MSc. (PT) Registered Physiotherapist

Make a difference with youth in Hamilton



For more information or to volunteer: contact Nicole at

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Liberal



Our dollar isn't standing very tall right now. But you don't have to give up travel, honest.



Porter Airlines announced today that they are flying to Florida this winter from December to April. The prices are the lowest I've seen in a while. Flights to St. Pete-Clearwater International Airport from cities like Toronto, Halifax and Ottawa on Sunwing Airlines were up 22 per cent this year over 2014, according to data from the Pinellas County airport. The seasonal flights to and from Canada resume in November, but airport officials did not have predictions for the next season.

Westjet has announced they are offering specials to London Gatwick for great prices. If you've been wishing for a trip over, this is the time to book. One way starts at \$299 including taxes. That is the lowest I've seen fares this year.

\$10 buys a fine picnic lunch for two anywhere in Europe. Stock your hotel room with drinks and munchies upon arrival. You can pass train rides enjoyably over a picnic meal. Many grocery stores have elegant deli sections. Know the metric system for buying produce. In Italy 100 grams (about a quarter pound) is a unit in itself called an *etto*. Remember, in Italy if you sit at a table it costs more. I look for a park bench.

Cuba's prices have gone up. Surprised? And after the Pope visited recently the prices likely will be even higher. And yes, it looks like the days of no single supplement during the low season are over. The American factor is one to take seriously into account in this forecast. Since US President Barack Obama and Cuban President Raul Castro announced the normalization of relations back in December 2014, American interest in visiting the neighboring island nation has been stepping up at a white-heat pace.

I'm finding air only to the Caribbean and Mexico has taken a huge jump. If you're ever tempted to buy a time-share take a deep breath and remember this.

Oyster.com, a review site I'm fond of, suggests for a budget Caribbean holiday people look at the VIVA WYNDHAM in the Dominican Republic. This is a kid-friendly property that is not 5 star but has a fabulous beach, complete with sunset views and a nice dock. You'll have access to the sister resort next door. There are several pool options—some with daybeds and cushioned lounge chairs. They offer a trapeze, tennis, a fitness centre, and there is a great snorkelling area nearby. There is free WI-FI in the lobby.

Oyster advises that there are waits for drinks at the bars, and small pours. Customer service and food quality are spotty. But oh that beach!

And finally don't forget our own special places in Ontario for a holiday. Niagara Falls attracts visitors from all over the world. We entertained there last month, and our guests are coming back to see it "in winter."

Events Calendar October 2015

North End Breezes OCTOBER 2015

October 3 to October 4, 2015, **2015-Hamilton Comic Con** by Strategic Site Selection. Hamilton Comic Con is a two-day event taking place on Saturday, October 3, 2015, 10 am - 6 pm & Sunday, October 4th, 2015, 10 am-5 pm. www.hamiltoncomiccon.com

October 3, 2015, **Disaster Tour**, October 10 **Art Crawl Tour**, October 17, **Masonic Tour**, October 24, **Civil War Tour**. Historical Perceptions Tours. No reservations required. Tours run rain or shine. The tours commence from the entrance to the Hamilton Cemetery, 777 York Boulevard (across from Dundurn Castle), at 11:00 am and last for about two hours. For further details please call 905-544-9559, robin_mckee@hotmail.com www.hamiltonhistory.ca

October 9, 2015, **Art Crawl October**. Please join us at the Tourism Hamilton Information Centre from 9 am to 11 pm during Hamilton's monthly (every 2nd Friday) Art Crawl for some great live music by local artists and food trucks! 28 James Street North, Lister Building www.tourismhamilton.com/?s=art+crawl

October 10, 2015, **Customer Appreciation Day**. Ottawa Street Shopping District Saturday, 8am-2pm We thank all of our valued Market customers today. 204 Ottawa St. N. 905-544-5822, info@ShopOttawaStreet.com, www.shopottawastreet.com

October 10, 2015, **Annual Bill Cheek Memorial Open Turkey Regatta**. Royal Hamilton Yacht Club. Annual Thanksgiving Regatta at the Royal Hamilton Yacht Club. Foot of MacNab St. N. 905-528-8464, sail@rhyc.ca www.rhyc.ca

October 16 to October 25, 2015, **2015 AGH BMO World Film Festival**. Enjoy 35 outstanding feature films from around the world. The 2015 Festival selections, which will include award-winning dramas, comedies, and documentaries, will be announced later. www.artgalleryofhamilton.com

October 23, 2015, **Cook at Little Cheat A Lot**. Community Cooking Demonstration with Kate Park. Hamilton Farmers' Market. Demonstration brought to you by the Hamilton Family Health Team. To register, please contact 905-667-4862 x309 or Nutrition.Groups@HamiltonFHT.ca 12:00 p.m. - 1:00 p.m. Free event. 35 York Blvd. www.hamilton.ca

Saturday, October 31, 8am-2pm. **Halloween**, Ottawa Street Shopping District. Moms and tots 'trick or treat' on the Street. Various locations along Ottawa St N. 905-544-5822, info@ShopOttawaStreet.com, www.shopottawastreet.com

COMPUTER WORKSHOP



A free workshop offered through North End Breezes.

Bring in your technology and our expert will guide you through best practises and he'll help you trouble shoot.

Need assistance in using your cell phone, tablet or personal

computer? Do you want to be able to take a good photo on your cell/tablet, find it again later and then send it on to a friend or upload it to a social media platform?

Come to the computer tech workshop on Wednesday, October 14, 4 - 6 pm in the Community Room at NHCHC, 438 Hughson Street North. 905-523-6611 ext. 3005

Progressive North End Residents Association (PNERA)

Dear North Enders, We're looking to start a progressive new association. We have tentatively called this group the Progressive North End Residents Association (PNERA).

Change is coming and we need to be planning ahead for the right change. We need to ensure good, compatible development and positive change, to change the relationship and work collaboratively with the City.

Please join us to make the North End better! We are having a meeting to get the Association going on Tuesday October 20 at 7pm, at the Bennetto Recreation Centre Auditorium. There is no charge to attend the event or join the new Association!

We are seeking volunteers to join the Board of Directors for the Association to lead PNERA, so if you are interested please attend and let us know of your interest or contact me for more information.

For more information please contact: Bill Curran, 56 Macaulay St. W., or billcurran2601@gmail.com

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Game Time Specials
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MONDAY Spaghetti & Homemade Meatballs With Garlic Bread

TUESDAY Bacon-wrapped Meat Loaf, topped with Gravy, Crispy Onions with Garlic Mashed Potatoes & Vegetables

WEDNESDAY RIB DAY Slow cooked Ribs, Smothered in our Signature Sauce served with Fries & Beans

THURSDAY Baby Beef Liver Smothered in Caramelized Onions, Bacon & Gravy with Garlic Mashed Potatoes & Vegetables

WING NIGHT

Tuesday, 5 to close—\$2 off a pound

EVERY NIGHT

10oz. New York Striploin Dinner
Cooked just the way you like it served with Garlic Mashed Potatoes & Vegetables

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



Join this fun program for seniors
SIT and FIT Program

Tuesdays & Thursdays at 11 a.m.
(Lower Level - Basement)

This exercise program is designed to help seniors from all walks of life improve their balance, posture, strength and overall health.

Program is FREE
905-523-1184



Vitamin D—a Vital Vitamin

Vitamin D is an essential nutrient for maintaining strong bones and teeth. It is involved in muscle strength and tone as well as being a nutrient that may have prevention in some chronic diseases such as cancer.

Many Canadians have low Vitamin D levels. This is because the sunshine is our primary source of this Vitamin. For 6 months of the year there is insufficient sunshine to promote good levels of Vitamin D in the body. In winter food becomes our source of Vitamin D. Food Sources include Milk, fatty fish such as salmon, anchovies, mackerel and tuna, margarine and egg yolk. Some yogurts are fortified with Vitamin D. In order to meet our daily requirement of Vitamin D through food a person would need to drink 3 cups of milk daily and eat 3 ounces of salmon daily. This is really not possible!

Other factors put people at risk of Vitamin D deficiency. People who have dark skin take longer to absorb UVB (ultra violet B) rays from the sunshine and therefore have lower levels of Vitamin D. People who are over 50 years of age do not absorb UVB rays effectively, and again are more likely to have lower levels of Vitamin D. Sunscreen and sun block prevent the absorption of UVB rays and prevent Vitamin D synthesis. Many people wear long sleeves and pants/dresses; sunshine cannot penetrate through clothing. The UVB rays also cannot go through window glass, so standing in a window in sunlight will not let you to get your Vitamin D.

Dietary intake of Vitamin D is very important to ensure our body's needs are met. The recommendation for Vitamin D for people over 50 years of age is 800 I.U. per day. This level is not achievable by food intake. Therefore, it is recommended a Vitamin D supplement of at least 600 I.U. be used daily, especially in the months between October and April. Do not take more than 2000 I.U. daily without a doctor's advice.

Gwyneth Xagoraris, NHCHC



There Is A Battle Of Two Wolves Inside Us All



There is a battle of two wolves inside us all.

One is evil.

It is anger, jealousy, greed, resentment, lies, inferiority and ego.

The other is good.
It is joy, peace, love, hope, humility, kindness, empathy and truth.

The wolf that wins?
The one you feed.

-Cherokee Proverb

From:
<https://wizdom-path.wordpress.com/2008/03/05/an-old-cherokee-tale-of-two-wolves/>



Hamilton's Super Crawl Come rain or shine

The Hamilton Art Crawl, for me, is a wondrous adventure of meeting and greeting with fellow artists, friends, tourists, and of course the locals with their amazing art, their talents and the storytellers. What a wonderful weekend—thanks.

Finally the clouds parted and made way for Mother Nature to wake up and shine, though a bit late.

This year the Art Crawl started in the Northend with a fabulous fashion show near the Old Hamilton Railway Station.

One vendor, whose hobby was growing air grown plants, was happy breaking even, but did not recoup their costs in product and merchandising—all for the love of the Arts. From the food trucks, kid free zone and of course the artist/artisans, Hamilton came alive.

I admire those who tap into their creative zones with designs and of course their many talents.



Jason Farr
Councillor, Ward 2 - Downtown
71 Main Street West
Hamilton, ON L8P 4Y5
telephone: 905-546-2711
fax: 905-546-2535
e-mail: jason.farr@hamilton.ca
www.jasonfarr.com



Ken Hirter

Artisans love bringing their talents to the streets, tents and shops along James Street North. But sadly, for more Artisans on fixed incomes the cost may deter their participation in this annual event. The vendors paid \$500 dollars to rent their tents. (Should have a weather clause written within the signed contracts.)

Remember to support your local artists, musicians, writers and your local small business owners. Once the New GO station is up and operating in 2017-2018 the attendance numbers will swell.



Hamilton Waterfront Trust
Connecting You to the Water's Edge
hamiltonwaterfront.com
905-523-4498



Williams Fresh Cafe
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Waterfront Scoops Ice Cream Parlour
Waterfront Grill

Recreational Activities
Waterfront Outdoor Rink & Skate Rental
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187 James Street South
Hamilton, ON L8P 3A8

(289) 396-5218

www.VoteYonatan.ca

for Hamilton Centre

Yonatan Rozenszajn As a lower city resident, Yonatan understands the daily challenges faced by Hamiltonians. Yonatan supports youth by appearing as a guest speaker in lower city high schools and volunteers with the Ontario Justice network and works to better our downtown by working with neighbourhood associations.

Yonatan and Stephen Harper

- Are committed to crack down on gun violence and society's most dangerous criminals by ensuring that life sentences actually mean life.
- Helping Crowne Point residents make ends meet by maintaining the Universal Child Care Benefit, Income splitting, enacting a Home Renovation Tax Credit and enhancing the Child Care Expense Deduction Limit.



Authorized by the Official Agent for Yonatan Rozenszajn.



North End Neighbours NEN The neighbourhood association of the North End

October Neighbourhood Update

Hello Neighbours! Wow, September went by really fast! The weather is cooling down and many North Enders are harvesting their backyard gardens, enjoying their time outside, and getting ready for fall!

MOON FESTIVAL CELEBRATION is September 26 at the Sunset Cultural Garden (Bay and Strachan)! Rain date is Sept. 27, 6 – 8 pm. It is so exciting – not only Chinese Dancers, Tai Chi, crafts for the kids, and more – there is also going to be a total lunar eclipse starting Sunday night at 8:11pm! How cool is that? Congratulations to the group for this totally “grassroots” initiative and Participatory Budgeting. For a minimum donation of \$100, you can have your name included in the Donor Walk. Contact us for details.

NEN had its first meeting since June on September 10. Discussion items included Randal Reef Remediation Project, problems from events at Pier 4 Park, new “patio noise” bylaw in the works by the City, Way-finding signs going up, support of another neighbourhood’s (Beasley) opposition to another surface parking lot, and the AGM planned for October. Our next regular meeting will be October 1 as we usually meet the first Thursday of the month. It will take place at Bennetto Recreation Centre and members are welcome! Please let us know if you have an item for the agenda.

We are planning the Annual General Meeting (AGM), but are still working on a PLACE for the meeting. We decided to have it AFTER the Federal election (October 19)! Membership to NEN is free, so let us know if you want to join so you can be added to the membership list and be notified of the AGM.

A tender was awarded to go ahead with the Randal Reef Remediation Project on Pier 15. The project is expected to take 7 years. North End Neighbours will be sending a representative to the Community Liaison Committee.

The City is studying to have a new “noise” by-law for the whole city. NEN is still discussing noise complaints from the Waterfront activities, especially loud music, with residents. Although we are aware not all residents hear the noise, many living close to the waterfront are disturbed, even as far as Burlington! We hope to be included in discussions of the “new” noise by-law.

However, complaints about events at Pier 4 Park are more than just loud music. Our plan is to meet with the Special Events Advisory Team to get information about park rentals.

It was reported at the meeting that “Way-finding” signs are going up in a variety of places directing drivers to the GO Station and to the West Harbour.

About North End Neighbours:

Memberships to NEN for the 2014 – 2015 year are FREE. Just email or phone to let us if you wish to be a member and so you will be on our email list for updates and notifications of meetings and events.

NEN advances the social, physical, and cultural interests of the residents of our community, through the identification and research of issues affecting our community, the education of residents and the promotion of their active involvement in the democratic process to ensure that the interests of our community are protected as a child and family-friendly community. NEN works to achieve its goals by providing a forum for residents for the discussion of all matters of community interest, and developing and fostering a positive community spirit. Phone: 905-527-1697 (Sheri, secretary). e-mail: nen.president@gmail.com. Website: www.northendneighbours.com Facebook: North End Neighbours



NorthHamilton
Community Health Centre

Diabetes Kitchen

Who:

For any English speaking person with type 2 diabetes or prediabetes who would like to improve their confidence in the kitchen

What:

- Learn how to make healthy foods taste great!
- Learn how to safely use and sharpen your knives!
- Learn how to incorporate healthy ingredients into your lifestyle!
- Learn how to make healthy substitutions for normally unhealthy ingredients!

When:

Once a month for 3 months, approximately 3 hours per session

MANY SPOTS STILL OPEN!

1. October – December
2. January – March
3. April – June

Contact:

Cory at 905-523-6611 ext. 3047



Calling all Artists!

North Hamilton Community Health Centre would like to invite you to submit your original works of art/craft to our “First Ever” Holiday Art Show. This is an event to celebrate new and accomplished artists, artistic diversity is celebrated!

Save the date: Wednesday December 9th
Please contact Jenn for information
905-523-6611 ext 3006 friesen@nhchc.ca



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Professional Boundaries

Professional boundaries in social work and other helping professions must set limits in the therapeutic relationship. In a professional relationship, you can be friendly with your client but you can not be your client’s friend. Social workers understand what professional boundaries are and identify the poor ones. They must also take steps to create healthy boundaries from the very beginning of the relationship. As a professional worker you are responsible for modeling healthy boundaries for your client.

Signs of poor boundary limits set are: you and your client call each other friends and interact outside of the facility where you work, valuable gifts are exchanged between you and the client, you find yourself discussing the client his/her case during social interactions with your family and friends, you are having discussion with the client about other staff members at the facility, you find yourself offering your client with transportation or directly helping him/her with money or babysitting etc.

What are the consequences of poor boundaries? Without professional relationship boundaries in place, you may not provide appropriate services to your client. If you are acting as your client’s friend and not a provider you may not challenge the client to deal with presenting problems or terminate the services when appropriate.

Failure to set professional boundaries can cause you to burn out from caring for your client beyond what is requires of a professional relationship. You can have too much compassion for the client that will make it difficult for you to provide the objectivity of your client’s needs.

How tight are your boundaries? Hugs are sign of a close physical relationship and should be avoided wherever possible as they may give your client, or other clients, the wrong idea. Sometimes it is impossible to avoid a hug – it may be difficult or hurtful to physically push the client away. In this case you should accept the hug with a minimum contact and then explain that is inappropriate for you to hug as you need to keep the relationship on a professional basis (Cooper, Frank. 2012).

It is important not to engage too much with clients outside of work; however, if you obviously ignore them they maybe offended. Do also remember that they may not wish to see you outside of work either, so allow them their anonymity if they wish. They may not want friends or family to know that they receive any kind of support or professional help (Cooper, Frank. 2012).

Going to someone’s wedding is clearly a very personal matter and should be avoided if possible. If it is very appropriate to go then you could go with another staff member and attend the ceremony but not the reception. Remember not to hide behind the rules when rejecting the invitations

(Cooper, Frank. 2012). Reference Cooper, Frank. (2012), *Professional boundaries in social work and social care*. London: Jessica Kingsley Publisher.

Maria Santos, Client Advocate NHCHC



Andrea Horwath
MPP, Hamilton Centre

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





**WELCOME INN
COMMUNITY CENTRE**
40 Wood Street East
www.WelcomeInn.ca
905-525-5824

LAF Mentors Needed for the School Year

LAF (Learning and Fun) After School is looking for mentors to work with area children who need extra reading and math help. The program runs Mon-Fri from 3:00 - 5:30 pm starting October 5th till the end of June. If you are over 18, contact Gladys at gladys@welcomeinn.ca to apply.



Join the Conversation

Join the conversation with us and share your thoughts. Find us on twitter at @WelcomeInnCC or Facebook at [facebook.com/WelcomeInnCC](https://www.facebook.com/WelcomeInnCC)



Dates to Remember

- **Good Food Box:** Pickup is Oct. 21 from 2-5pm
- **LAF after school program:** Starts on October 5th from 3:00 - 5:00 pm
- **North End Method @ Studio at the INN:** Every Wednesday from 6:00 – 8:00 pm
- **Cranksgiving:** Oct. 10 at Gore Park at 1:00pm



New Horizons Thrift Store
520 James Street North
905-529-6891



Fall might just be our favourite season at New Horizons. Crock pots and mugs, good books to curl up with, winter coats, blankets, sweaters, Halloween costumes and decorations.....

All kinds of things to help you get prepared for the colder weather at the best prices in town. Stop by and visit. Our volunteer team would be happy to serve you.

Looking for a way to get involved in the community this year?

Interested in bumping up your skills for a resume? Want to do your volunteer school hours in a FUN setting? Consider joining our volunteer team. Lots of positions available. No experience necessary.

Call Ruth @ 905-529-6891 to get the conversation started.

RIDE WITH US TO HELP SUPPORT WELCOME INN COMMUNITY CENTRE'S FOOD BANK

What? Cranksgiving is a food drive on two wheels. Part bike ride, part scavenger hunt, it is held annually on the Saturday of Thanksgiving. All of the food collected will be donated to the Welcome Inn Community Centre's Food Bank to help families in the area.

When? Saturday October 10th

Where? The ride will start at Gore Park

What should I bring? Bring a bag, a lock, your bike and at least \$25 to spend on groceries.

Who can I contact with Questions? For more information or to volunteer to help send an email to info@welcomeinn.ca OR <https://www.facebook.com/cranksgivinghamilton>

Free registration at Gore Park

Registration Time: 1:00 pm

Start time of bike ride: 2:00 pm

Drop by and get in on the fun

@ Welcome Inn's Third Space Resource Centre

A third space is loosely defined as a *social space* that is not where you live (first space) or work (second space). The third space at Welcome Inn is a readily accessible space to all members of our community. It is a welcoming and comfortable place that allows for community building, learning new skills, meeting new people, connecting with resources or just hanging out. The primary area of our space is the nook. The nook is a comfortable area for members of our community to play cards, games, read, socialize or just relax.

The take a book, leave a book library, is full of many genres of books that are available to all members of the community. If you enjoy reading we would love to hear your book/author recommendations at the Book Readers Circle.

Looking for something to read but our community centre isn't open? Access our Little Free Library out front of our building. It is full of books ready to be brought home and read!

The third space also includes a **computer lab** open to the community for basic word processing or general internet usage. If you are uncomfortable using computers, let us know and we will set up a session with one of our volunteers to help you familiarize yourself with some basic computer skills/ knowledge. Programs and groups currently run out of the third space include:

Walking Group

No registration needed. All levels of abilities are invited to join

Fourth Wednesday of each month @10:30

Just show up with a comfortable pair of shoes on and we will walk and chat as a group. Walks will be no longer than 1/2 hour in length and will remain in the North End.

NETT: North End Theatre Troupe

Come one Come All! NETT is a group of individuals interested in all different aspects of theatre. Currently NETT is working towards putting on a Christmas production. No prior theatre experience required. Meetings to be announced

Book Readers Circle

No registration required

Third Wednesday of each month @10:30

A very informal group where we meet to discuss our favourite authors, genres and books and hear others recommendations.

Gardening Group

Join us each Wednesday @ 10:30 to tend to the gardens, both vegetable and flower, around Welcome Inn. We will supply tools or bring your own if you like. It is a great chance to get outside, get your hands in the dirt and get a bit of exercise while you are at it. No experience required!

Art for Relaxation

Colouring isn't just for kids anymore! It can help adults combat stress and anxiety. Join us every other Monday morning from 10:30-12:00 to colour away our stress with some very creative designs. We provide all materials needed. No experience required.



Welcome Inn Community Centre is giving out **FREE** monthly Sobi passes to use. For more information and to see if you qualify please contact Krista @ 905-525-5824 OR Krista@welcomeinn.ca



ST. LAWRENCE CHURCH
475 Mary St., Hamilton, Ontario

Join us for Mass
Tuesday to Friday at 8:00 am
Every Saturday at 7:00 pm and
Sunday at 10:30 am

New Parishioners are always welcome!
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Find us on Facebook at
www.facebook.com/stlawrencehamilton
Or visit our Website at stlawrencehamilton.ca

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

COME AND JOIN US!

CHILDREN'S LITURGY (for children age 4 - 10)

Come and join us every Sunday during the 10:30am Mass, where children aged 4-10, are welcomed to join our Program Leader in a Children's Gospel, prayer, song and an activity; giving parents time for their own personal reflection during mass. No registration required.



SACRAMENTAL CELEBRATION MASS

Saturday October 17th at 5pm

Have you received a sacrament at St. Lawrence in the last 125 years? Then you and your family are invited to attend this celebration mass and blessing!

In honour of our Anniversary we invite everyone who has been baptised, made their first communion confirmation, or been married in the church to come out for this early evening mass, then stay for dinner and some fellowship in the parish hall.

NIBBLES & BIDS LOONIE TOONIE AUCTION

Friday November 6th (Admission \$5)
Doors Open at 6pm - Auction Starts at 7pm
TICKETS ARE NOW ON SALE or buy them at the door. For more information or to donate a prize, please contact Alissa at aadenham@hotmail.com or 905-308-1576.

MARK YOUR CALENDARS FOR OUR UPCOMING EVENTS IN NOVEMBER:

Nov. 19th - CWL Fall Penny Sale
Nov. 22th - 125th Anniversary Time Capsule Event

BENNETTO COMMUNITY CENTRE

450 Hughson Street North
905-546-4944

www.hamilton.ca

Fall Programs are now in full swing!

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

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


SENIOR SWIM - Mon, Tues, Wed, Fri. 10:15-11:00am

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

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

ADULT SWIM - Thurs, 11:05-11:50am and
Sat. 12:00-1:00pm

On Land and In The Gym

FREE Movie Night Come and watch a Family movie on the gym wall! There will be Popcorn and a small low cost concession stand for all your movie munchies! Friday October 30th, 2015 Doors Open At 5:30pm ~~~ Movie Starts At 6:00pm Cost: FREE!!! Children MUST be accompanied by a Parent Or Guardian (18+)	Red Cross Babysitting Course  When: Saturday, October 3rd, 2014 Time: 9:00 – 4:00 pm Ages: 11-15 years Cost: \$38.86 Course Code: 162777 Looks great on a resume, when looking for a job!!
New Preschool Gym Come out and try our Preschool Gym. Lots of fun equipment to play with and staff that are more than willing to have fun. Gyms are on Wednesdays from 11:15am to 1:15pm. Ages 0-5 years with a parent.	Are you an adult looking for some open gym fun? Come out and try one of our adult open gym. Wednesdays from 1:30pm-2:30pm. Why not continue those active summer lifestyles!!

Looking to rent a space for you next event; baby shower, bridal shower, birthday or reunion.
Why not try one of our many rooms? Please call and inquire about our low hourly rental fees for our Community room, Common room, Auditorium and Gymnasium!!

MONDAY Open Gym All ages 8:00-9:00pm
WEDNESDAY Preschool gym (0-5 years) 11:15am-1:15pm Adult Gym (18+) 1:30pm- 2:30pm Teen Basketball (13-17yrs) 7:15-8:30pm
THURSDAY Youth Basketball (6-12yrs) 7:30-8:30pm
FRIDAY Family Gym 5:30-6:30pm Open Gym (all ages) 6:30-8:00pm
SATURDAY Family Gym 11:00-12:00pm Teen Basketball (13-17yrs) 12:00-1:00pm Youth Basketball (6-12yrs) 1:00-2:00pm Open Gym (all ages) FREE 2:00-3:00pm

Christ's Church Cathedral



252 James Street North
905-527-1316

EUCCHARISTS

12:15pm Mondays, Wednesdays, Thursdays
7:30am Tuesdays

Sundays

8:30 Holy Eucharist
10:30 Choral Eucharist

www.cathedralhamilton.ca

Her Majesty's Army & Navy

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

October Entertainment

Thurs. Oct. 1	J.P.S. trouble	3 to 7pm
Thurs. Oct. 8	Phyl Myles	3 to 7pm
Thurs. Oct. 15	Blue Diamonds	3 to 7pm
Thurs. Oct. 22	Lionel & John	3 to 7pm
Thurs. Oct. 29	Neon Moon	3 to 7pm

Sat. Oct. 31 **Halloween Dance** \$5 a ticket
With City Kids, 4 to 8pm.

Darts Open House, 6 boards available.
Friday nights and Saturday afternoons.

Euchre Tuesdays 2pm \$2
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every Saturday at 3pm

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Hamilton, ON, L8L 3X3

Monday to Friday

8:30 am—12:30 pm

Please come and visit our Parenting and Family Literacy Centre with your children from babies up to 6 years of age. The Centre is part of our school and offers fun programs that help children get ready for school. It is FREE and NO REGISTRATION IS REQUIRED. Parenting and Family Literacy Centres are school-based programs in which parents, grandparents and caregivers with their children, participate in a range of play-based learning activities that focus on the optimal development of the child and the early acquisition of literacy and numeracy skills.

ST. LAWRENCE CHURCH NIBBLES & BIDS

Loonie & Toonie Auction

FRIDAY NOVEMBER 6, 2015

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

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

JOIN US FOR A CHANCE TO WIN!

Gift Certificates
& Gift Cards

Prizes of all
shapes & sizes

Cash
Prizes

Gift Baskets

For event tickets or for more information
please contact Alissa at 905-308-1576
or email aaadenham@hotmail.com

All funds raised from Nibbles & Bids will go directly
into the St. Lawrence Building Fund.

WANTED!

One, real Christmas tree
to be the centrepiece of our
upcoming Christmas Season.

Do you have a tree you want removed from your property?
Why not donate it to **St. Lawrence Church** and get rid of it for free?

We're looking for a Christmas tree that is:

- At least 16-18 ft. tall & in good condition
- Easily accessible for the landscape company to cut and move

The selected tree will be cut in early December, the site cleaned
and tree transported to the church; at no cost to the owner.

The tree will be installed on the front lawn of the Church, decorated
with lights and kept lit throughout the Christmas season,
in memory of all of our deceased loved ones.

A Memorial Mass & Tree Lighting Ceremony will take place
on Thursday December 17th, at 7pm.

HALL FOR RENT

Need a place to host a family Birthday, Shower,
Reception, Anniversary or Special Event.

For more information, to obtain a copy of the Hall
Rental Agreement or to check availability,
please contact us.

\$250 (Daytime Rentals or Rentals of 5 hours or less)
\$400 (Evening Rentals or
Rentals more than 5 hours)
Rental rates include use of our Parish Hall and kitchen
facilities as well as the use of table linens.

St. Lawrence Parish Hall

475 Mary St., Hamilton, On

(905) 529-3921

Email: stlawrencehamilton@gmail.com

CLASSIFIED ADS

Next deadline for North End Breezes is the 15 of OCTOBER 2015.
 North End Breezes, 438Hughson St. N.
 Hamilton, ON L8L 4N5,
 905-523-6611 ext. 3004
 Fax: 905-523-5173, collins@nhchc.ca,
 www.northendbreezes.com

Services

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

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

Landscaping—residential lawn care, property maintenance and gardening services. Extremely competitive rates, call or email Rob at 905-730-6086 or enfiel-drobert1@gmail.com for a free, no obligation quote!

Lawn cutting—Raking, etc. Reasonable rates, special rates for seniors. Thank you to my customers! Call Hans at: 905-525-1659

Housekeeping, cleaning, companion-ship for seniors, will accompany to appointments & shopping. Reliable and experienced. Please call: 289-887-3144 after 6pm

Reflexology—Relaxation Services by Brenda. Feel great and relieve stress. Reflexology, a specialized foot treatment and

Shiatsu-Swedish back massage. Certified and experienced practitioner. Senior's discount. By appointment only. Phone: 905-525-3693

Moving? Need a vehicle for a short time or a short trip? Need an inexpensive way to build an insurance record? Contact: (905) 543 4411, (905) 526-7022 or www.HamiltonCarShare.ca

Announcements

SACHA – Women's Group for Survivors of Child Abuse. Help break isolation, recognize your strengths, learn new coping strategies. Starting in Sept. 2015. 75 MacNab St. N. 3rd floor, Hamilton. Call a SACHA counsellor: 905-525-4573, sach@acha.ca. 24 Hour Support Line 905-525-4162. sach.ca.

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

TOPS, Take Off Pounds Sensibly—meets Monday nights from 7 to 8 pm at St. Luke's Parish Hall. Call: 905-540-1979

Free

Free Pick-up old appliances & scrap metal Call Carl Lazar: 905-540-1742

Recycling, Free Removal, Scrap vehicles by flatbed. Underground removal. Cash for clunkers, towing & recovery. Call: 905-544-6807

Employment Opportunity

Delivery driver—Local company looking for a Delivery Driver for below the escarpment in Hamilton. You will deliver from the Beer/LCBO stores to customers homes. Paid per trip, tips and extras you keep. Steady work, if you are interested, please go to website: spiritsdelivery.com and read all about us. You can also call 289-799-2560, 10am to 8pm and if no one answers, please leave a detailed message. Preference will be given to those who know the city.



Senior-Youth: Connecting Community. North End Breezes has exciting news to share with our readers! The *Breezes* and North Hamilton Community Health Centre will be offering workshops on many topics over the next 11 months—Creative Writing, Art, Photography, Computers and Technology and more. All for the purpose of bringing generations together in our community. So please keep your eyes open for announcements in the paper, notices on the billboards around our community or go to our web page: www.northendbreezes.com and Facebook: North End Breezes Group for when classes are available. This month we are offering workshops on:

CREATIVE WRITING, Part 2— Wednesday, October 7, 4 – 6 pm in the Community Room
COMPUTER WORKSHOP— Wednesday, October 14, 4 – 6 pm in the Community Room

The attitude of gratitude — William Heinbecker

At CityKidz we live with the “attitude of gratitude” 365 days of the year. When Thanksgiving rolls around that attitude comes even more alive. We have a small staff and rely on our volunteers—over 400 strong per week. Some drive buses, others type, do home visits, captain a bus route, do maintenance work, answer phones, serve the Saturday food, address envelopes and more and more. Imagine, at minimum wage that would impact our budget by over \$800,000.

When people attend our Big Dream Banquet each year in November we feel quite humbled by this out pouring of support. Corporations become partners making substantial financial gifts. Companies organize toy drives for our Gift of Christmas Campaign and stores offer floor space to be a toy drop-off location. At time of family sadness or family celebrations CityKidz is remembered with special gifts.

All this makes our work possible, and sometimes we are supported because someone sees our need and takes a common weekend experience to share with us. William Heinbecker has been doing just that. He’s been doing garage sales for over ten years. He first participated at Mohawk but when theirs stopped he used his front lawn, helped out by his sister Maryann Stover. He watched the neighbourhood and noticed the many trips of the Big Red Buses on the street. When they stopped, excited “can’t get there fast enough” children piled on—greeted first by a smile and sometimes a hug from the captain of the bus.

He realized these buses were the start of something that was answering a need for the neighbourhood children. He contacted CityKidz and offered to have garage sales for them. He tried Bayfront Park and got support the first year from a local councilor. Then he asked for help from his workplace friends because park fees and insurance had to be covered after that. They came through. William e-mailed local businesses to see if he could use their empty lots. Most wanted to help but insurance costs prevented this. On September 7th Bosna Heating gave him space. This saved the \$300 cost for Bayfront Park and the insurance cost. Later in September he once again headed for Bayfront Park, and this time he had to cover the costs from his own pocket. He needed enough vendors to help with the cost and also provide a profit that would go to CityKidz.

William says he will continue to support CityKidz through his garage sales, supported by his sister Maryann, as long as he can cover the costs because enough vendors sign up. What a generous heart William has. What a great idea to use the common garage sale to help CityKidz transform lives, inspire children in unfortunate situations and provide hope for possibilities beyond a child’s current circumstances.

William, you inspire us—you are one of the reasons for our attitude of gratitude. Thank you so much!



YOUR VOICE.YOUR SUPPORT.YOUR COMMUNITY.

Donations for the North End Breezes can be made C/O the North Hamilton Community Health Centre, located at 438 Hughson Street North in Hamilton.

\$ _____ Other _____ \$25 _____ \$50 _____ \$100 OR My Community. My Voice! Accept my monthly donation of \$ _____

Please complete the following form:

Name: _____ Address: _____
 City: _____ Postal Code: _____ -- _____ Email: _____
 Phone: _____

Payment Method: _____ Cheque _____ Post-Dated Cheque(s) Enclosed

OR visit northendbreezes.com to make a donation through PayPal!

Please make cheques payable to North Hamilton Community Health Centre. Your tax receipt will be sent to the address above (home or email) within 30 days of receipt of your donation. Thank you for your support!

☐ Please check this box if you agree to have your name included in an edition of the Breezes as a proud donor.

Charitable Taxation #10392 9162 RR0001

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