



THE COMMUNITY NEWSLETTER
OF HAMILTON'S NORTH END
JANUARY 2015
EDITION

Snow Angels Program gives volunteers flexibility

During the 2013/2014 winter season, there were 19 significant snow events. Despite the frigid winter season, this didn't stop 140 volunteers at the peak of the season from coming forward to shovel sidewalks and walkways for seniors and people with disabilities across the city of Hamilton.

These volunteers participate in the Snow Angels Program, coordinated by Volunteer Hamilton Centre for Community Engagement in partnership with the City of Hamilton since 2005.

"The Snow Angels Program fits into a volunteer's schedule," says Barbara Klimstra, Snow Angels Program Coordinator at Volunteer Hamilton. "It allows people to have independence while still giving back to the community."

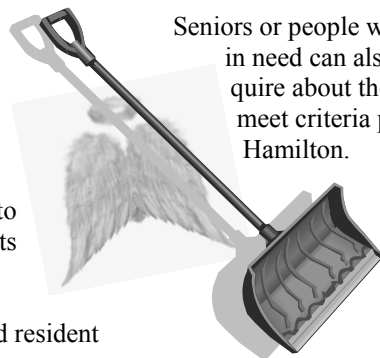
Klimstra credits this flexibility for being a part of the program's success and her volunteers don't disagree.

"Being a Snow Angel is a great way to volunteer because it's active and it gets us out of the house on winter days where we'd likely just end up staying inside," says volunteer and North End resident

Saira Peesker. "We end up meeting more people in our neighbourhood because we're out and about more. I also like that the work is tangible – we are having a direct impact on someone's life, which always feels nice." Peesker and her partner joined the Snow Angels Program in 2013, taking on three addresses and they have returned to volunteer for the 2014/2015 season.

Volunteers are needed across the city with significant need in wards four, six and seven. Volunteers can sign up as individuals or as a family unit by visiting the Volunteer Hamilton website at www.volunteerhamilton.on.ca or by calling 905-523-1910. Once signed up, volunteers are matched to an address in their neighbourhood.

Seniors or people with disabilities who may be in need can also call 905-523-1910 to inquire about the program. Recipients must meet criteria put in place by the City of Hamilton.



North End Breezes Free Income Tax clinics

North End Breezes will be offering the Free Income Tax Clinics in 2015 again. We are looking for volunteers to help coordinate this Free Clinic. We need volunteers for setting up appointments by phone, for making appointment reminder phone calls or for coordinating an evening clinic once a week.

Contact: 905-523-6611 ext: 3004
collins@nhhc.ca

FUNDRAISING EVENT FOR North End Breezes

The North End Breezes Board of Directors will be holding a fundraising event in late Spring 2015.

They are looking for volunteers to help plan and execute a successful fundraising event.

If you are interested in volunteering for this and for more information, please call: 905-523-6611 ext. 3004 or email: collins@nhhc.ca



Children are all set for winter at the new play centre at Bennetto Rec.
Photos by Shannon McCulloch

Inside this issue: *Page 4 Elderberries, Page 6 Anne Marie Pavlov, Page 7 Community Calendar, Page 8 Soup Recipe, Pages 10 & 11 Community Event Listings*

Your Legal Rights—A Website

Hamilton Community Legal Clinic

There is an excellent website that is a great source of legal information for people in Ontario. Your Legal Rights offers free, practical and easy-to-find legal information.

For forty years, CLEO (Community Legal Education Ontario /Education juridique communautaire Ontario) has put together clear, accurate, and practical legal rights education and information to help people understand and exercise their legal rights. CLEO is a community legal clinic and works in partnership with other Ontario legal clinics and community organizations.

Several years ago, CLEO conducted some research and found that there was no single site that contained accessible and accurate information on a wide range of legal issues, designed to help the public understand their legal rights, in multiple formats and languages.

What evolved from the research was <http://yourlegallrights.on.ca/>. The website is “based on a user-centered or, more specifically, a ‘community client-centered’ approach, in a context of community supports and referral information.”

Your Legal Rights covers a wide range of legal topics and is available in dozens of languages. For example, we’ve long been concerned about the impact of Hamilton payday loan companies on our clients and community.

The clinic has argued for more regulation for this industry. In fact, the re-introduction of postal banking is one way that all Canadians could have access to basic financial services, like credit, without the exorbitant fees charged by these payday loan firms. Find out more about postal banking on our website at <http://www.hamiltonjustice.ca/did-you-know.php>

The number of payday loan companies in Hamilton seems to be growing as is the range of products that they offer. In December, it came to light that one of the companies was discounting gift cards at 50 percent for cash. Public pressure forced Money Mart to “suspend” this program.

There are rules that these lenders must follow. For example, any advertising must tell you the maximum interest and fees that can be charged. (It is \$21 per \$100 borrowed.) Advertising must also disclose when loans must be repaid, the total amount that must be repaid and what it would cost to borrow \$300.

What can you do if you have a problem with such a company? CLEO has a first-rate 11-page resource http://www.cleo.on.ca/sites/default/files/book_pdfs/payday.pdf where you can get an answer to this and other questions you might have.

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



Parents, Seniors, Homeless, Families, Newcomers, Teens, Victims, Job hunters, People with Disabilities, Front-line staff, First Responders...They all find help, information and opportunities here.

- We speak their language. Over 150 in fact.
- 24 hours a day. 7 days a week. 365 days a year.
- Live answer—by people
- Certified information and referral specialists (AIRS)

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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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)

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City Kidz keeps busy during the winter months

City Kidz wishes to thank all of our partners, donors and the many individuals who gave either financially or by donating new unwrapped toys in December. Together, you gave the gift of Christmas to 4,000 children in Hamilton. We thank you from the bottom of our hearts!

In January and February, the City Kidz Saturday programs are not operating, but City Kidz is still a busy place. Did you know our home visit program runs all year long? All children receive a visit in their home every week throughout the year. Home visits provide us the opportunity to get to know each and every child who attends our Saturday programs on a personal, individual level.

Each home-visit area is a group of neighborhoods, geographically split with a team of volunteers overseeing each area. In essence these teams become the pastors, mentors and teachers for the children and families in their neighborhood.

Typically a team has a team captain, a co-captain, two team members and two junior leaders. They oversee 50 to 90 children. At a home visit, two members will visit each child's home, connecting with the families and informing them of upcoming City Kidz Saturday programs.

Visiting children in their homes provides an opportunity for us to build relationships with the children and their families, to role model the truths and beliefs we teach and to show the families we truly care. When opportunities permit, we assist needs of the children or their families, whether physical, emotional, mental or spiritual. The combination of the Saturday programs and personal home visits with the same loving volunteers each week is what builds strong foundations for the each child.

Commitment and consistency are what each City Kidz worker gives to each child. We believe that building strong relationships with our children and families is the key element in the long-term success of City Kidz. Many of our volunteers attended on Saturdays and received a home visit weekly.

For more information, and to find out how you can sponsor a child, visit <http://citykidz.ca>

My house parties by *Bev Hill*

I moved from the north end because the city bought our properties down on Simcoe Street West. My father ended up buying a house in the east end, on Vansittart just off Woodward Avenue. I was very unhappy to have to leave the north end, but I always found a way to come back to visit my friends.

I would stay at the Harmons and visit the Marriages and Hinckleys. I also attended Eastwood Baptist Church, which is now Welcome Inn.

One day I asked my parents if I could have a house party. They were hesitant, but in the end they decided to let me have one. The Harmons, Marriages, Saunders, Jobborns, Boyers, Slacks, Ed Seeley, Ron Moote, Kathy Fennell and many other friends attended. My house parties were friendly and happy events. Of course I had some of my friends from the north end and new friends from the east end. We would play the record player in the rec room. We danced to the 60s music. My parents would buy us pop, and we drank my dad's home-made root beer. My mom would come down with a plate of sandwiches and potato chips. We always looked forward to that. We never drank beer, but we still managed to enjoy ourselves. Once in a while my mom would come down to make sure we were behaving ourselves!



Simcoe Street West 1960



(905) 523-6719

Pathways
to Education

PATHWAYS@NHCHC.CA

It's a new year and time to register with Pathways to Education North Hamilton. Are you in high school or know someone who is? Contact us to find out more about our program and to sign up to register.



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Quiet

The night quiet, as we lay
Thinking of sadness, happiness
Thoughts of tomorrow,
next week, next year.
Confusing our minds with flippant occurrences.

Here we gather, securely, yet wait
for a moment of glory, still to fluster
our minds.

Knowing the beauty of peace
Built with compassion, inner strength,
love of mankind
Believing to achieve content, is bliss.

Mary Manner



Upcoming Kids and Youth Programs at the Workers Arts & Heritage Centre

PA Days
Printed Matters March Break Camp
The Jamesville Art Games
WAHC Youth Summit
School Visits
and more!



WAHC
51 Stuart Street
Hamilton
(905) 522-3003 ex. 29 for more info
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Upcoming Kids and Youth Programs at the Workers Arts & Heritage Centre

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<http://www.wahc-museum.ca>

WAHC
Workers Arts and Heritage Centre



Pamela Townsley-Winter



My wish for you all good health for without that we have nothing. Remembering Christmas past, often the simple with the joy of sharing with others, watching a child's face light up when the gift they had hoped for

was just what they wanted under the tree on Christmas morning, how did Santa guess?

The smells of cooking, not just the 5-minute microwave type but delicious aromas, and the joy of being loved whether you are two or ninety two.

Christmas concerts, and our all-time favourite Erskine Presbyterian who always bring us glad tidings, it wouldn't be Christmas without their delightful program. You go guys and girls.

Our circle of life that grows and others who passed away and we selflessly want them back. The peace on earth that we always wish for but continues to escape us, changed this past week when our dear Mrs. Claus, Annie Barker, missed a step on returning from friends and for the first time in her life, all 97 years, went by ambulance not sleigh to the hospital with a badly damaged hip. Our elves tell us she is coming along nicely despite her informing the doctors, "Just stick a bit of plaster on it and I'll go on home." Well it just ain't going to happen Annie, but remember you are in the best of care and that each day will bring good news and there's always next year. Please send some good wishes and prayers to this dear lady who had her babies on the kitchen table back in the day, that says it all. We love you and Welcome Inn and Hughson Street Baptist miss you too.

It's a hectic time for everyone shopping, baking, planning the days aren't long enough and here's my doctor telling me rest more, I am in the most capable hands. I told you of the perils of Pamela after coming back from Atlantic City in October; yes I have the return of cancer, for the fourth time.

I thought I just had a case of "gambleitis" but it's turned out a little more than that. I'm on chemo, I feel more tired but as I say often you can't keep a good woman down. (Not for long anyway.)

Megs and I went to the Hamilton Home Town Night at the Bay City Music Hall Christmas and what a night, nonstop music from Hamilton's finest groups, old and new friends all working together to enrich children's lives receiving a gift of their very own musical instrument and learning life without music just isn't life. Plus monies went to the Spectator Children's Summer Fund. We had a wonderful evening and are still groupies. We may be slow on our feet but our hearts are full of joy. We crept home at one in the morning, the night air a little chilly and the moon had a halo around it and we were smiling. Thank you Sonny del Rio, Jude Johnson and each and every musician who gave us so much pleasure. You know who you are. The music comes across the midnight clear. God bless you Merry Ladies and Gentlemen.

So on Xmas Day raise your glasses and think aren't we lucky to live in a large and beautiful city full of large and beautiful hearts.

As Tiny Tim would say, "God bless us one and all with love in our hearts."

A special welcome home to Iris Donnelly after 5 months in rehab we've missed you. "Another hippie."

Pam and Megs

My mother-in-law

Susan Brooks

My mother-in-law was left a young fifty-and-fit widow when her husband passed away. She is an outgoing person, and a year or three later, she had a new friend who happened to be male with whom she got along well. Their relationship was relatively new, and as Christmas approached, she thought her gift of a poinsettia plant would be fairly appropriate. He seemed to have different ideas. He brought her a gift of emerald earrings!

The family duly recorded this bit of information, even though it was kind of hard to assimilate. But the biggest shock came on New Year's Eve, early in the afternoon, when my husband's oldest sister, as their annual ritual was, called Mom up to confirm her as the babysitter. However, it came as quite a shock when Mom said, "Sorry, I'm busy!" It seems Grandma was going out for New Year's Eve this year! It was not long after that we all received a wedding invitation.

Sometimes wonderful new stories start at Christmas time.



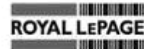
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2015, What is your dream?

Susan Brooks

Martin Luther King Day is celebrated on January 19th this year. He is most noted for his "I have a dream" speech.

I am wondering, what is *your* dream? What is the thing that keeps you up late at night and kicks you out of bed in the morning? Do you have a dream? The dream of your life can be big; like starting your own business, building a new house, getting married to Ms./Mr. Perfect or having adorable children. It can be linked to self-improvements, like New Year's resolutions often are. Most people dream of being better people and making a difference. Sometimes we put our dreams in a bucket list—a list of things we would like to do or accomplish before we kick the bucket.

So what belongs on your life list, and how do you begin to create it? One idea is to make a list of things you would like to invest your time in. Making a list can help you achieve more and focus more. Having a pleasant life could be a perfect goal. Put it on your list!

Your life list can serve as a compass that reminds you of ideas you had discounted. Share your list and you may achieve more than you thought possible. A life list can push your dreams forward. Part of the fun is in the dreaming. The time you spend creating your life list will give your pleasure. You will begin to see more possibilities.

How serious do you want your list to be? Some people find making the list is easy, but the following-through part never happens. Perhaps the list items were not what you really wanted to do, but you wanted them to *happen* to you. As you make your list, ask yourself, Is this something I really would like to invest my time and money in? Or is it just a wish? You might want to eliminate items that will do nothing but let you say you did them. For example, it would be nice to be able to say you scaled the world's highest mountain. But the time and effort to train, the cold and pushing your body to the limits—that is not for everyone. Consider the things that would really make you happy.

The next step is to find time to begin doing the items on your list. Most of us already have too many things to keep up with. Somewhere along the line, you have to make some choices. With that in mind, you could develop a to-look-into list, which would contain different life possibilities you may like to center your next holiday around.

This year, instead of making resolutions, you could make aspirations. Focus on projects you want to do instead of worrying about things you are not supposed to do. Could that help you in your quest for a happy new year? May the things you choose to add to your life and schedule truly enrich your life.

January 19

Martin Luther
King, Jr. Day



BOOK CLUB CORNER

Kit Darling

At the December meeting of the Bay Area Book Club we discussed *The Secret Life of Bees* by Sue Monk Kidd. Of the 11 members present everyone liked the book.

Set in rural South Carolina in 1964, the year the Civil Rights Act became law, the story is told in the voice of 14-year-old Lily Owens. Struggling with the vague memory that she was the instrument of her mother's death and living with an emotionally abusive and repressive father, Lily's only warmth and mothering comes from Rosaleen, the black maid. After Rosaleen is beaten and jailed while attempting to register to vote, Lily and Rosaleen escape and find their way to Tiburon, South Carolina, and to the home of sisters August, June and May and ultimately to a new sense of belonging and acceptance. Alternately funny and lyrical, the story left us with "a nice, warm feeling." (No bees are harmed in the telling of this tale.)

And here are a few recommendations from book club members, many of which are available from the Hamilton Public Library. Visit the Bookmobile at Bennetto Recreation Centre on Tuesday from 2:30 to 4:30 and Thursday from 6:00 to 8:00.

Stoner by John Williams.

When this book was published in 1965, it sold only 2,000 copies. Rediscovered by the New York literary scene, it was proclaimed a "lost classic" in 2013 and was named a best book of the year by several critics. It's the story of William Stoner, a hardscrabble Missouri farm boy who chooses a life of academia and literature over farming. It is also a book that evokes strong opinions—you will either love the quiet and elegant prose with its everyman hero or find the characters shallow and the story dated. Either way, it's a hard book to put down.

The Silkworm by Robert Galbraith (aka J K Rowling).

This is the second novel featuring Afghan war vet and struggling Private Investigator Cormoran Strike and his lovely assistant Robin. The case is puzzling and bizarre.

Owen Quine, a less than successful novelist and flamboyant egotist, has vanished and his wife asks Cormoran Strike to find him. At the same time, his manuscript finds its way into the hands of key characters in the London literary and publishing world. The savage caricatures of these same people lead Strike on a hunt for the truth that is threatened by gruesome murder and characters ranging from the eccentric to the truly vile. An absorbing read, perfect for a cold January night.

Cop Town by Karin Slaughter.

This is a gritty look at the sexism and racism that were (and perhaps are) endemic in the Atlanta police force in the early 1970s. Kate Murphy, widow of a Vietnam soldier, leaves her sheltered, wealthy family to join the Atlanta police force. She is partnered with Maggie Lawson, who is struggling to make her way in this environment and to get out from under the shadow of her domineering uncle and protective brother who are also cops. A mysterious shooter, who is killing cops, becomes the focus of a manhunt. Maggie and Kate solve the mystery but are nearly victims themselves.

ALONG INTERSTATE 75 by Dave Hunter

Travel—Sam Ion

If you're driving to Florida, you need this book. It is the 18th edition and as always is jam packed with great information to make the drive more interesting and save the battles when the driver gets lost. I can't imagine driving to Florida without it.

The biggest story this year, says Dave, "For years, Canadians driving in the USA haven't been able to use their Visa or Mastercard at the US gas pumps. Why? Because they cannot turn on a pump without a billing address zip code. The end is near as the US starts to convert to 'chipped' cards with PIN numbers. Major gas companies are converting earlier than the 2017 deadline."

This year's edition has a new, updated I-75 Radio Chart, due to requests from readers, and the maps include locations of all Costco and Sam's Clubs gas bars to help members save money and E85 fuel locations for those driving flexi-fuel vehicles.

Those people who have GPS in their car can find GPS co-ordinates and addresses for all recommended I-75 restaurants and attractions.

Each year Dave totally updates their information on food, gas and motels. As you know, nothing is more annoying than pulling up to a restaurant and finding it closed last year.

Dave and Kathy Hunter are friends and colleagues of mine. Sometimes I read them from cover to cover even when I'm not driving to Florida. I admire these books and often give them as gifts. There is so much good information in the book I don't know where to start. For instance, who knew you can drive to Georgetown's antique shop district in just two minutes off I-75?

I know that I-75 is rich with antique malls and flea markets, but I didn't know how to get to Jeffrey's Antiques because I'd never hear of it. It is home to more than 250 dealers; it is more than 700 feet long and occupies 40,000 square feet. That would put some steps on my FitBit.

Remember "Pardon me boy, is this the Chattanooga Choo Choo?" I have to go again just so we can spend the night in our own private railroad parlor car. The Historic Hotels of America operate this unique hotel. It is just north of I-24 (exit 178). A free shuttle operates between the hotel and downtown.

On the other hand you might want a copy of *Along Florida's Expressways*, so you can continue to travel with Dave's advice once you arrive in Florida. It is in most bookstores, or call 1-855-519-5783. It is \$29, or \$18.77 on Amazon, or visit the Bookmobile.

"FINDING YOUR BALANCE"



WHAT: 12-week program consisting of education and exercise
WHO: Led by an occupational therapist and a physiotherapist
WHEN: Every Thursday
TIME: 1:30 p.m. – 3:30 p.m.

To register or for more information please call
Osiris at (905) 523-1184

NOTE: you do not need to be a patient of North Hamilton CHC or be in catchment to register for this program



Join this fun program  **NorthHamilton**
for seniors Community Health Centre

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
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North End Good Food Box

High quality, healthy foods for a good price. Don't pay the grocery store markup! The Good Food Box uses volunteers so we can keep our prices low.

Cost: \$15 (for about \$25 worth of food!) or a smaller box for \$10.

- Everyone is welcome!
- Anytime before the 2nd Wednesday of each month visit the North Hamilton Community Health Centre (next door to Bennetto) to place your order & pay for your box.
- Each box includes a newsletter with recipes, storage tips, and information about the produce.

Sample Box

1 lettuce	2 large tomatoes	1 bunch broccoli
1 bag apples	3 onions	5 oranges
3 peppers	1 cucumber	1 butternut squash
1 bag potatoes	6 bananas	



For more info call
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WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?



By, Anne Marie Pavlov

Frank Rocchi (pronounced Rocky) moved to his sprawling, 1,800-square-foot loft apartment above Our Corner at James & Picton in December 2013. He is known as Frank Upstairs and has become a beloved fixture in our neighbour-

hood. He retired from a storied career as a stockbroker downtown and is living the community-minded urbanist's dream as a busy retiree and bon vivant in the North End, where he began. He attended Cathedral Boys' but spent his adult life in rural Flamborough. I was compelled to ask about his impressions of our upswing in investment and attention.

Frank was looking to live near the waterfront and found his apartment online. The building probably predates Confederation and has a soul of its own. Anyone who climbs the 40 stairs to his pad will feel the place has its own entity. Frank can see the water from his attic window and can hear the pounding of the amazing jukebox downstairs. It plays any song you can think of! The mirth and merriment of people on the patio rings in his ears always, and he is mobbed like a de facto Mayor of the North End when he ventures downstairs to walk his beau-

tiful nine-year-old Roxy, a gentle and intelligent mixed breed dog.

Frank has met more people in one year than he knew in his first 60 years. "The degree of neighbourhood knowledge is astounding!", he says. "Everyone knows who is doing how, for better or worse. If you live in the hub of all the activity, you become a source of information." Frank relishes having his finger on the pulse of the neighbourhood and likes being immersed in the neighbourhood's arts culture. He was initially enticed by the ability to buy a brimming shot of Jack Daniels and a large cold draft for \$9.50. He decided to stay when he met the brother he never had, Dave St. Pierre, and Dave's partner, Michelle Ball.

Frank is a Renaissance man, schooled in investment management but with an encyclopaedic knowledge of American civil war history, and Roman, Imperial and Canadian military history. With the mention of Corporal Nathan Cirillo, he becomes passionate and snarling: "Nathan Cirillo was a decorated combat veteran who had been in Kandahar. He was in Our Corner four days before going to Ottawa!" Frank's grandfather was a pilot in the First World War, and he loves his privilege to hear stories from veterans through his work at the veterans' valour lunch, which he helps facilitate each year. Although he is a believer in the decriminalization of marijuana and other such leftie leanings, he is all for the return of capital punishment for child molesters and traitors to our country. He reminds me that peacekeepers have no love of war but are there to do a job, do the right thing and do it well.

Frank is also a frothing Hamilton Tiger Cats fan and a season-ticket holder. His social life was screwed up all fall as the Cats made the run; even Rick Brusey cancelled his annual horseshoe party to follow the Cats. Frank scoffs at

how they blew a 13-point lead in the second half against Montreal in August.

I assess him as I synthesize my thoughts about such a "Sprezzatura" (Italian for "a man who knows how to do many things well"), and I ask him bluntly: "Frank, are you slumming?" His sparkly eyes widen. "This community is so life-giving. It is difficult to remain unengaged! I buy local art, I support local theatre and music, and I acted at the Pearl Company's production of 'Democracy Is Dead' with Gary Santucci. I get asked why Roxy is muzzled when I walk her with her gentle leader. I've given 75 pints of blood since 1972 in honour of all the veterans I know. I moved here to increase my quality of life. Living in the North End is like coming home. I have family, community, and we've got our neighbour's back. I get sh*t for texting instead of talking to people here!"

And that is why we love living here, and we extend a warm welcome to all you newcomers and born-again North Enders!

If you or someone you know would like to be profiled in an upcoming column, please contact me at: cajunblues@gmail.com or 289 684 2669.



HAMILTON
Winterfest
FEBRUARY 7-16, 2015



Kickoff Event



Saturday Feb 7, 2015 12-8PM
Pier 8 - 47 Discovery Drive

Featuring free live music & performances, a film festival, outdoor art installations, craft activities, tasty treats & more!

For a list of events in your community, visit:
HAMILTON WINTERFEST.CA

HAMILTON'S WINTER
CELEBRATION
#HWF2015



SWEET DEAL!

Clip this coupon and bring it to Williams Fresh Café (Hamilton Waterfront - Pier 8) during the Kick-Off event for a \$1.00 hot chocolate. Good for you and everyone in your Kick-Off crew!

Events Calendar January 2015

Painting Hamilton November 1, 2014 to February 8, 2015. The Art Gallery of Hamilton is proud to present Painting Hamilton – includes works by long time Hamilton-area artists.

Jenn E. Norton: Dredging a Wake, Art Gallery of Hamilton, June 28, 2014 to January 4, 2015 The work was commissioned by the AGH through the Interactive Digital Media Incubator program.
www.artgalleryofhamilton.com

Blue Year's Eve December 31, 2014 The Hamilton Children's Museum is throwing a party at the Hamilton Museum of Steam and Technology and you are invited! 900 Woodward Ave. Wear blue! There will be count downs to the New Year at 11:30 AM, 12:30 PM., 1:30 PM., 2:30 PM and 3:30 PM Contact: childrensmuseum@hamilton.ca or 905-546-4848 for details Time: 10a.m. - 4p.m. Ages: All

Christmas Workshops January 2 to January 4, 2015 Hamilton Museum of Steam & Technology Get out of the cold and into our beautiful historic Woodshed. Enjoy our free drop-in self-guided craft centre. Time: 12:00 p.m. - 4:00 p.m. Free event. Regular admission rates apply to the museum.
www.hamilton.ca/museums

46th Annual Hamilton - Halton Spring Bridal Wedding Show January 10, 2015 to January 11, 2015 Hamilton Convention

Centre. 1 Summers Lane, Hamilton. Presented By: Careport. 11am - 5pm Daily Fashion Shows: 1pm and 3:30pm Daily Tickets: \$12 sold at the door or buy online \$10 www.TopWeddingShows.com

Hamilton Art Crawl, every second Friday of the month. January 12, 2015. James Street North. 7:00 pm - 10:00 pm

Frogs: A Chorus of Colours January 17 to April 12, 2015. Royal Botanical Gardens Be amazed by the colorful world of frogs, the most visually stunning, vocally pleasing, and adaptively remarkable life forms on earth. RBG Centre, 680 Plains Road West, Burlington, ON General Admission Schedule: TBA

The McQuesten's Childhood Christmas November 15, 2014 to January 5, 2015 Whitehern Historic House & Garden Enjoy this special time of year as the McQuestens look back on the Christmas of their childhood. The table is set with the China they used for Christmas and New Year's from the 1850s when they visited Grandpa, to the 1930s when Tom entertained his fellow politicians. www.hamilton.ca/museums

A Feast for the Eyes, September 16, 2014 to January 4, 2015 Whitehern Historic House & Garden. The third exhibit in Whitehern's "Red Curtain" series will feature a close look at the McQuesten family's silver, china and glassware with such whim-

sies as fish forks, bone plates, and plate warmers as well as the elegant monogrammed china the family purchased in 1855. Museum closed Mondays. Hours: 12:00 p.m. - 4:00 p.m. All ages welcome. Regular admission rates apply to the museum. www.hamilton.ca/museums

Victorian Christmas Nov 22 to Jan 4, 2015, Dundurn Castle, 610 York Blvd., 905.546.2872 hamilton.ca/museums. The Garden Club of Hamilton decorates the Castle in Victorian splendour with cedar boughs, ribbons and dried flowers. Closed Mondays. Hours: 12pm- 4pm. All ages welcome. Regular admission rates apply to the museum.

Salute To Vienna 2015, New Year's Concert January 4 - 2:30pm Hamilton Place 1 Summers Lane, Hamilton, On. Party like its 1899 in Vienna, the city of dreams. Returning to Hamilton for a 15th season this magnificent concert features uplifting melodies from famous operettas including Die Fledermaus and The Merry Widow as well as polkas and Strauss waltzes. Do not miss the Blue Danube waltz. Discover the beauty of SALUTE TO VIENNA for the first time or all over again.

Hamilton RV Expo January 23 to January 25, 2015 Canadian Warplane Heritage Museum. The show features recreation vehicles, accessories, exhibits and new and used RV's all for sale with great show spe-

cial. TIME: Friday - noon to 7 pm, Saturday 10 am to 7 pm, Sunday 10 am to 5 pm
ADMISSION: Adults (18+) \$15, Seniors (65+) \$12, Youths (13-17) \$12, Kids under 13 FREE. www.warplane.com

Blood Ties to a Gentle Landscape January 2 to June 30, 2015 Hamilton Military Museum. Burlington Heights where Dundurn Castle and The Hamilton Military Museum now stand was occupied by the British military from 1813 until 1815. Blood Ties to a Gentle Landscape tells the story of the people who lived on and around Burlington Heights during the War of 1812. Time: 12pm - 4pm Cost: Regular admission rates apply to the museum. Contact: 905-546-2872, military@hamilton.ca, www.hamilton.ca/museums



Photos of children at the Hamilton Military Museum were taken by Shannon McCulloch

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Hamilton's Neighbourhood Leadership Institute

At Hamilton's Neighbourhood Leadership Institute (NLI), people put their ideas into action. Participants receive leadership training while growing an idea for a locally developed project. The program consists of 10 learning sessions, for example project management, conflict resolution, communication, grant writing, public speaking, working with others, self-advocacy and leading teams.

The city is the classroom for NLI, as participants engage in hands-on activities in neighbourhoods, learning from each other and from their wider community.

The NLI works with a number of Hamilton organizations, agencies and educational institutions. Mohawk College has certified the course, which means graduates can receive a college-level credit for their work. Through Hamilton Community Foundation, some projects may be eligible for a small grant to support implementation in neighbourhoods.

Hamilton's Neighbourhood Leadership Institute creates space for engaged, transformative leadership skills and values to be shared and applied. Research shows that strong local networks build resilient neighbourhoods and cities. As such, Hamilton's NLI follows an evidence-based and widely evaluated model that has two inter-connected goals. Self-knowledge, which includes understanding your talents, values and interests, specifically as they relate to your ability to provide effective leadership and build leadership competence (the capacity to mobilize yourself and others to serve and work collaboratively). The second goal is to facilitate positive social change at the neighbourhood, community and institutional level.

Hamilton's NLI is guided by assumptions about leadership. Leadership is socially responsible; it can affect change on behalf of others. Leadership is collaborative; it is a process not a position. Leadership is inclusive and accessible to everyone. And leadership is values-based. And community involvement and service are powerful vehicles for leadership.

The NLI is open to residents who live in Beasley, Crown Point, Davis Creek, Gibson/Lansdale, Jamesville, Keith, McQuesten, Rivderdale, Rolston, Sherman and Stinson. We are looking for passionate and engaged residents who are interested in being a part of the 2015 cohort, which begins on February 28. Applicants must apply and participate in the program with a partner; everyone works in pairs. Applications are due on January 16 and can be found on our website.

For more information, please visit our website or send us an e-mail. <http://hamiltoncommunityfoundation.ca/leadership/neighbourhood-leadership-institute/>

JOKES CORNER

Life After Death

A boss asked one of his employees, "Do you believe in life after death?"

"Yes, sir," replied the new employee.

"I thought you would," said the boss. "Yesterday after you left to go to your grandmother's funeral, she stopped in to see you!"



Kitchen Jokes

Keep your kitchen clean. Eat out.

A messy kitchen is a happy kitchen. This one is delirious.

My next house will not have a kitchen - just vending machines.

Countless people have eaten in this kitchen and gone on to lead normal lives.

A balanced diet is a Twinkie in each hand.

Husband - A person who can take out the garbage and give the impression that he just cleaned the whole house.

A clean house is a sign of a misspent life.

Housework done properly can kill you.



Breezes volunteers Jessica (folding, delivery and office work volunteer) and Maria (folding volunteer).



Jason Farr
Councillor, Ward 2 - Downtown
71 Main Street West
Hamilton, ON L8P 4Y5
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fax: 905-548-2535
e-mail: jason.farr@hamilton.ca
www.jasonfarr.com

Hamilton

RECIPE CORNER

Eastern Cheese Soup
From Linda Ireland



Photo by Sonya deLaat

Sauté: 1 tbs oil
2 tbs butter
½ onion, chopped finely
1 stalk celery, finely chopped
1 tbs celery leaves, finely chopped
1 small carrot, grated

Add: 3 cups chicken broth or stock

Mix: 2 tbs. cornstarch

½ cup milk

Add: cornstarch mixture to the pan

Add: 1 cup shredded sharp Cheddar cheese

Dash of white or black pepper

1/8 tsp nutmeg

Dash of salt

Add: a small amount of the broth to:

1 egg yolk

Stir well and add more broth and stir

Add: the egg mixture to the pot

Heat through, but do not boil.



HAMILTON WATERFRONT OUTDOOR RINK
SKATE RENTALS

HOURS OF OPERATION

Monday - Friday

5:00pm - 10:00pm

Saturday & Sunday

12:00pm - 10:00pm

RENTALS & SHARPENING (taxes included)

Skate Rentals	\$6.00
Helmet Rentals	\$2.00
Skating Trainer	\$2.00
Skate Sharpening	\$5.00

SKATE RENTAL POLICY

* We require one of the following forms of ID to rent skates and/or a helmet

- Driver's Licence
- Birth Certificate
- Citizenship Card



GRILL

HOURS OF OPERATION

Saturday & Sunday

12:00pm - 7:00pm

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North End Neighbours NEN
The neighbourhood association of the
North End
 January Neighbourhood Update

“Issues and Ideas” is our next meeting
 7:00 P.M., Thursday, January 29
 St. Luke’s Church Hall, 454 John St. North
 Entrance on Macaulay

Meet your neighbours, bring your ideas and discuss issues: Participatory Budget for Ward 2, West Harbour, update to the North End Traffic Plan (John Street Bridge), closure of Sir John A MacDonald, Community Land Trust, parks in the North End, noise bylaw. And you can donate to the Breakfast Program and St. Luke’s.

For more information, phone 905-527-1697 or e-mail us at nen.president@gmail.com

AskCITY@hamilton.ca

AskCity is a new way to ask questions, make complaints and report a problem. It’s like calling 905-546-CITY, but uses e-mail. Letters are answered or sent to the appropriate department daily from 8:30 to 4:30 Monday to Friday, and usually within 24 hours. For tax-related inquiries go to taxsupport@hamilton.ca

NEN board meetings

Members are welcome to observe board meetings. Meetings are at Bennetto Recreation Centre. Membership is free to residents (but we like donations!). Meetings are usually on the first Thursday of each month at the rec. centre on Hughson. The next meeting is January 8 at 6:30. Got an issue? Let us know, and we’ll put you on the agenda. We usually set up the agenda the week before the meeting.

Agenda Items for Meetings

Agendas are usually completed during the week before the Board meeting. Tentative agenda items for January 8 are a review of the Mission/Vision/goals of NEN, a report of our delegation to the Waterfront Trust Board meeting (open to

the public) on December 9, Participatory Budgeting, and organizing the January Neighbourhood meeting.

Traffic management update

Soon we’ll see the completed intersection at James and Strachan. The original plan was a traffic circle but instead there will be narrowed lanes and curb extensions. Completion date is December 31.

Bay Street North is closed to northbound traffic at Burlington St. West, and the no-right-turn onto Simcoe at Wellington is for rush hours only. There is a curb extension on the north side. We are working to create some “signs” that can go in windows or on your lawn to support the Traffic Calmed Family Friendly Neighbourhood. T-shirts and buttons will be ready in the new year.

NEN

As moved and accepted at the AGM in October, memberships to NEN are free—join us! For updates and notifications, e-mail nen.president@gmail.com or call Sheri at 905-527-1697.

If you follow us by email, you will be sent an update ONLY when something new has been added to the website.

Follow us on Facebook and “like us.” Thanks to Judy and Deb for doing the page.

Website: www.northendneighbours.com

Email: nen.president@gmail.com

Facebook: North End Neighbours

NEN board members are Curtis Bieler, Mike Borrelli, Richard Bull, Thom Davies, Jon Davey, Rob Fiedler, Carol Hoblyn-Winn, Sheri Selway and Dave Stevens. Our executive: President, Thom Davies, vice president Rob Fiedler, secretary Sheri Selway and treasurer Mike Borrelli.

NEN works to ensure the interests of our community are being protected as a child and family friendly community.

There Aren’t Enough Homes for Them All: Low Cost Spay/Neuter Clinics



Kelly Pike

Cat over-population is a serious problem in Hamilton, and there are thousands of homeless cats roaming the streets. Local rescuers try to find home for cats, but there are more cats than homes. Healthy cats are euthanized in our local shelter because of over-population. Winter is especially harsh for domestic cats, and many freeze or starve. Pet owners contribute to the problem by letting unneutered pets roam free.

In Hamilton, cats dropped off at shelters are taken to Hamilton Animal Services (HAS). HAS is right next to the SPCA but the two entities are not related. HAS keeps cats for 72 hours, so an owner can claim them. After the 72 hours, only dedicated rescue people can pick up an animal. In 2013, 980 cats were euthanized at HAS.

Spay and neuter your pets to prevent unwanted kittens and puppies. Microchip your pets so they can be returned if they get lost. Keep the information updated. If you lose a pet, go to HAS at least once a day to look for your pet. Looking for a companion? Consider adopting a pet who needs a home. Rescue animals are spayed or neutered and have been examined by a vet. Or save a life by becoming a foster parent. Rescuers are always looking for people who will take in dogs and cats waiting for a forever home.



Contact info: Queensdale Animal Hospital spay/neuter clinic helps low-income families (under \$25,000). E-mail kjmck@rogers.com. Hamilton/Burlington SPCA: visit <http://hbspca.com/services/spayneuter/community-assistance/>. The SPCA also offers \$30 microchips. E-mail kreichheld@hbspca.com. If you are adopting from a rescuer, the adoption fee usually includes spaying/neutering.

Do you want to reunite lost pets with their owners?

Please add your voice to mine and join my FB group called Lost and Found Pets in Hamilton Ontario http://www.facebook.com/?ref=tn_tnmn#!/groups/368533326564957/



Phoebe and Lucy, reading the latest *Breezes* edition, they also helped to fold this one for mailing. Look for an article from Lucy in 2015!


David Christopherson, MP
 Hamilton Centre

Please contact my office for assistance with any federal matter.

22 Tisdale Street South
 Hamilton ON L8N 2V9
 Tel: 905-526-0770
hamilton@davidchristopherson.ca
www.davidchristopherson.ca

Pet tips for the winter

- In bitterly cold weather consider keeping your pet indoors if possible.
- If you must keep your pet outside, provide a warm, dry, draft free shelter
- Outdoor animals need to eat more to keep warm in the wintertime
- Provide fresh water and make sure it doesn’t freeze.
- Frostbite can be a serious problem for a pet. Consider booties or a coat
- Protect pets from oil or anti-freeze spills—it could be deadly for them to ingest.
- To protect your pet’s paws from sidewalk and road salt, wash paws when you come inside.
- Dogs can be trained to walk on a treadmill
- If winter has you house bound, play games with your pet to get them up and moving.




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



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

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Or email stlawrencehamilton@gmail.com

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 JK - G6)

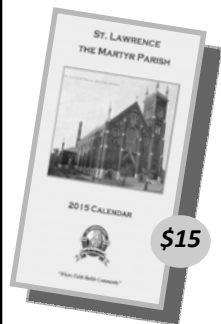
Come and join us every Sunday during the 10:30am Mass, where children aged 4-10, are welcomed to join our Program Leader in a Children's Gospel, prayer, song and an activity; giving parents time for their own personal reflection during mass. No registration required.



It's a year of CELEBRATION !

Mark your calendar for Sunday June 21st, 2015 when we will celebrate our 125th Anniversary with a day full of events, including the celebration of mass with his Excellency, Bishop Douglas Crosby, OMI, DD., at 3:00pm, followed by Dinner at Carmen's Banquet Centre.

Watch the North End Breezes for more Anniversary updates throughout 2015!



Help us celebrate 125 years!

Get your copy today, of the commemorative *St. Lawrence 2015 Wall Calendar*, featuring the unique art and architecture of the Church.

Calendars are available for purchase at the Church, request by phone or by emailing: stlawrence125@gmail.com

**WISHING YOU AND YOUR FAMILY
A BLESSED AND JOYOUS NEW YEAR!**

Her Majesty's Army & Navy

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

January 2015 Entertainment

New Years Eve Dance Dec. 31 8pm \$12, finger foods
Thirst 'N Howl 8pm-?

Bands	Thurs. Jan. 8	Neon Moon	3-7pm
	Thurs. Jan. 15	Neon Moon	3-7pm
	Thurs. Jan. 22	Phil Myers	3-7pm
	Thurs. Jan. 29	Lionel Bernard	3-7pm

Open house	Sat. Jan. 3	3-7pm	Open
	Sat. Jan. 10	3-7pm	House
	Sat. Jan. 17	3-7pm	Meet &
	Sat. Jan. 24	3-7pm	Greet
	Sat. Jan. 31	3-7pm	with
			D.J. Drew

Euchre Tuesdays, Jan. 6, 13, 20 & 27 2pm \$2

Friday Night Darts 8pm. New players welcome!
If you are interested in joining a dart league please call 905-527-1000.

General Membership Meeting, Jan. 25. 2pm
members only

We have a great hall for rent. New Hall Rental Rates - \$250 with the bar. \$500 without the bar. Closed Sundays but negotiable. Weddings, Stag & Doe, Showers, Birthday Celebrations, Retirements, and more. Give us a call at 905-527-1000.

When coming to the club, bring in your pennies. We will count them, roll them and put them to good use. Thanking you in advance.



WELCOME INN
40 Wood Street East , Hamilton
(905)525-5824

Happy New Year 2015

From all of us at Welcome Inn Community Centre and New Horizons Thrift Store we hope that you had a safe and happy Holiday Season. Thank you for your support in 2014 through many hours of dedicated volunteering, food and gift contributions and donations to The Welcome Inn Community Centre.

LAF (Learning and Fun) After School Program

We only have a few spots left in the Gr. 1-4 age group of the LAF program. The group meets Mondays, Wednesdays, and Fridays (Friday are optional). The program runs 3pm-5pm and our mentors pick the kids up right at the bell from Bennetto and St. Lawrence schools and walk them over to Welcome Inn Community Centre. We offer a healthy snack and one-on-one literacy/numeracy; tutoring/homework help from McMaster students. Children also participate in a Financial Literacy Program where they earn a small allowance for their participation. The program ends with fun time where children decide on the activities they would like to participate in (sports/art/park time/computers/ etc). Registration forms are available at Welcome Inn Community Centre any time on Monday to Friday from 9am-5pm. If you have any questions please contact Gladys at 905-525-5824 or gladys@welcomeinn.ca

LAF Mentors Needed

LAF (Learning and Fun) After School is looking for mentors to work with area children who need extra reading and math help. LAF program needs mentors for Monday to Thursday from 3:00 - 5:15pm starting Jan 12th 2015. If you are interested and over 18 please contact Gladys at gladys@welcomeinn.ca to apply.

Volunteer Opportunities

Get INNvolved!

Make one of your 2015 New Year resolutions to get involved in your community – consider volunteering at Welcome Inn or New Horizons Thrift Store this year! Various volunteer positions are available in our programs and training is provided. Recruitment is ongoing. Join the dedicated team of Welcome Inn Community Centre and New Horizons Thrift Store volunteers and you will see how your contribution makes a difference in the lives of Hamiltonians. If you are looking for a place to connect and help create a warm, respectful place this is it!! Please contact Ruth at 905.529.6891 or ruth@welcomeinn.ca to find out about volunteer opportunities.

Volunteer Driver Needed for Seniors Program

The Seniors Program needs a volunteer driver to assist every Tuesday to pick up and drop off of the seniors for its Tuesday Diners Club. If interested please call 905.525.5824 or email Elizabeth@welcomeinn.ca for more information.



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. N., Hamilton, On
(905) 529-3921

Email: stlawrencehamilton@gmail.com

Thank You!

B & T Steel – Christmas gifts

CHML – Christmas gifts

Marchese – Christmas Food and Toy Drive

BBSL – Christmas Food Drive

Willow Hair Salon – food drive

David Williams Shoes

Adventure Attic – coat drive

At Welcome Inn Community Centre we are fortunate to have the generous support of many individuals, groups, and organizations. A special Thank You to all of our wonderful supporters who made Christmas such a special time for our community.

New Horizons Thrift Store

520 James Street North

905-529-6891

Open Monday – Saturday

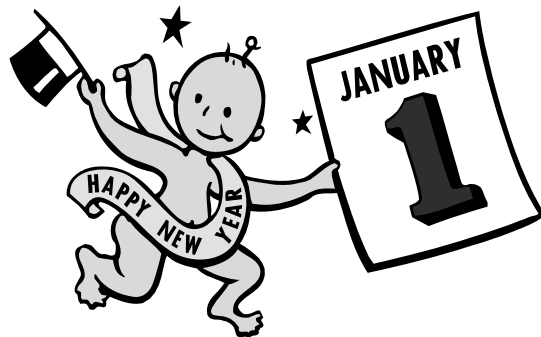
10 – 5.

Happy New Year from the staff and volunteers at New Horizons Thrift Store.

We wish you a healthy joy-filled New Year.

If your New Year's resolution was to de-clutter your home, consider bringing some of your new or gently-used items to New Horizons. We promise to find a good home for them.

We invite you to stroll down James Street North and enjoy a leisurely shop through our store. You will find friendly volunteers to greet you and lots of great deals!



All proceeds go to support the programs of Welcome Inn Community Centre.

Dates to Remember

Good Food Box: fresh fruits and veggies, a \$30 value for only \$15 for large box and \$10 for small box. Pickup is Jan 21st from 2-5pm at Welcome Inn Community Centre.

LAF after school program: Start date for LAF is Monday January 12th for grades 1-4 and Tuesday January 13th for grades 5-8.

LEAD: Starts on Wednesday January 14th 2015.

Adventures in Art: Starts on Wednesday January 14th 2015.

Tuesdays Seniors Diner Club: Starts on Tuesday January 6th from 12 pm to 2:00 pm.

Holiday Hours: Dec 24-Jan 1 Welcome Inn Community Centre is closed for the holidays. Food bank will re-open on Friday Jan 2.

BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944 www.hamilton.ca

What is the most common New Years' Resolution?

TO GET IN SHAPE & LOSE WEIGHT!!

We can help you with that...but we want you to make it part of your *LIFE*...not just a New Years' novelty. So drop in, grab a program, purchase a pass or sign up for one of our many programs!

In the Pool!

Lengths: Mon - Fri 12:00-1:00pm, Mon and Wed 8:00-8:45 pm (combined with our Waterfit class) and Sat 1:00-2:55 pm (one lane only)

Waterfit: Mon, Tues, Wed, Fri, 11:05-11:50am
Mon, Wed, 8:00-8:45pm

Seniors Swim: (age 55+): Mon, Tues, Wed, Fri, 10:15-11:00am

Adult Swim: Thurs, 11:05-11:50am and Sat 12:00am-1:00pm

GYM SCHEDULE Jan. 12, 2015 – March 15, 2015

MONDAY	TUESDAY	WEDNESDAY
Adult Basketball (18+) 8:00-9:00pm	Book Mobile 2:30-4:30 PM	Teen Basketball (13-17yrs) 7:15-8:30pm
THURSDAY	FRIDAY	SATURDAY
Youth Basketball (6-12yrs) 7:30-8:30pm	Family Gym 5:30-6:30pm	Family Gym 11:00-12:00pm
Book Mobile 6:00-8:00 PM	Open Gym (all ages) 6:30-8:00pm	Adult Basketball (18+) 12:00-1:00pm
		Teen Basketball (13-17yrs) 1:00-2:00pm Youth Basketball (6-12yrs) 2:00-3:00pm

Sign up now for all Registered Programs beginning the week of Jan 12th, 2015

January Movie Night

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

Feel free to bring blanket to sit on or folding chairs for comfort.

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

Friday January 30, 2015

Doors Open @ 5:30 – Movie starts @ 6:00

COST: FREE

Please Note: Children must be accompanied by an adult 18+

So PLEASE drop on by and see us and don't forget to Pick up our Schedule!



Christ's Church Cathedral

DIOCESE OF NIAGARA

252 James Street North
Hamilton L8R 2L3 • (905) 527-1316

cathedral@niagara.anglican.ca
www.cathedralhamilton.ca

The Right Reverend Michael A. Bird
Bishop of Niagara

The Very Reverend Peter A. Wall
Rector of the Cathedral and Dean of Niagara

SUNDAY, JANUARY 4 THE FEAST OF THE EPIPHANY

8:30 am Holy Eucharist
10:30 am Choral Eucharist
Preacher and Presider: The Dean

SUNDAY, JANUARY 11 THE BAPTISM OF THE LORD

8:30 am Holy Eucharist
10:30 am Choral Eucharist
Presider: The Rev Canon Bill Thomas
Preacher: The Rev Canon Dr. Sharyn Hall

SUNDAY, JANUARY 18 EPIPHANY 2

8:30 am Holy Eucharist
10:30 am Choral Eucharist
Presider: The Dean
Preacher: The Right Rev D. Ralph Spence

SUNDAY, JANUARY 25 EPIPHANY 3

8:30 am Holy Eucharist
10:30 am Choral Eucharist
Presider: The Rev. Dr. Eric Griffen
Preacher: The Rev Canon J Lefebvre

4:00pm Organ Recital Michael Bloss

4:30pm A Festival Service marking the end of the Week of Prayer for Christian Unity

EUCCHARIST

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

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Parish Hall at 76 Macauley St. E
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Sunday: English Mass, 10:00am
Book of Common Prayer
PARISH HALL FOR RENT
76 MACAULEY ST. E.



MEET THE PEOPLE IN THE
BREEZES



Breezes Christmas Party at Clarke's
Christine, Linda, Dorothy and Katie
at Clarke's

Christine, Dorothy and Katie from Clarke's worked hard to make our Christmas Party a great success! Lunch was delicious and well served. Thank you from all of us at North End Breezes. Linda (left, centre is the North End Breezes' volunteer coordinator).



Bev (folding volunteer and recipe provider), Linda (folding volunteer and recipe provider), Maria and Jack (folding volunteers).



We have 6 volunteers from the Community Living who fold over 1000 Breezes each month for us. Thank you!

Thank you to all of our dedicated North End Breezes volunteers for making 2014 another successful year *In the Breezes!*

Do you want to join the *Breezes* volunteers? Just call: 905-523-6611 ext. 3004 or email: collins@nhchc.ca.



Sam (Travel Column writer) and Marne (folding and tax clinic volunteer)



Jackie (folding volunteer) and Linda (folding, refreshment coordinator and Santa's big helper.)

For Sale

Ladies Jacket - Surrey Classic, 3/4 sleeves, winter white with satin lining/pockets. Size 16, excellent condition \$40 O.B.O. 905-631-9442

Services

Snow shoveling - Valid Driver's License, chauffeuring available for errands & groceries etc. Thank you to my customers for your faithfulness throughout the year. Call Hans: 905-525-1659

Babysitting - Occasional evening or weekend child and babysitting is available. I am an outgoing, energetic, responsible 15 year old girl in grade 10 who is looking to earn a bit of spending money. I come from a large family of 5 siblings and I have a 4 year old niece so I have had a great deal of experience within my family caring for and playing with the children. Please call Riley if interested @ 905-522-4407

Before & after school babysitter, available Mon. to Fri. to walk your child to & from school in the North End. Have a Police check, references, am reliable, experienced & trustworthy. Non-smoking home, help with homework. Call Dawn: 289-442-8811

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

Babysitting, LOOKING FOR A BABYSITTER? I am a Mother of three and I am willing to babysit in my home only! Located just 1 block from Benetto 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!

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

Nar-Anon, Never Alone - Hope In Hamilton, Family group meetings for anyone dealing with an addict.

CLASSIFIED ADS

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

Dear Seniors: gain a friend in the New Year! Trained volunteers are specially matched to seniors based on personal interests and personality, and then call each week to offer friendly conversation, and a convenient connection to community events and services. For more information about the Friendly Calling Program please call: 905-627-5461.

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

Apartment for Rent

King and Wentworth Area. Renovated basement apartment with lots of storage, new kitchen, separate entrance, close to bus routes, shopping. Asking \$750.00 plus hydro. Ideally for single person. Please call between noon-8pm 289-799-2560 and if no one answers, please leave a detail message and I will call you back!

Employment Opportunity

Beer / Liquor Delivery Person needed for growing business. Please call 905-921-9339 - Noon - 8pm, to find out more information. Full time and part time positions available.

Wanted

Mountain Location Apartment is wanted. 1 bedroom apt. must be suitable for a scooter. \$700. Call: 289-389-4535

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!!

HAMILTON INDOOR GAMES & Sports Expo, February 24th, 25th 2015 The Hamilton Indoor Games (HIG) is a series of indoor track and field meets for youth of all ages and abilities including novice, elite, elementary and high school athletes. Established in 1908 the HIG is one of the oldest indoor meets in North America. The event is organized and hosted by the 91st Highlanders Athletic Association, a not-for-profit volunteer organization committed to developing the sport of track and field at the grassroots level and promoting the benefits of physical activity to youth. http://www.91track.ca is the link to find more information on this year's track meet. Contact: Edward (Teddy) Forde, Sports Festival Coordinator, (289) 440-5814. contact@northernex.ca

Epilepsy Support Group - 1 in 100 people will experience a seizure in their lifetime. If you are living with a seizure disorder or are affected by epilepsy in your life, join us the third Monday of every month at our Hamilton Drop in Support Group for epilepsy! Hamilton General Hospital 237 Barton St. East, Hamilton. All Ages / Free.

Freedom Sessions, a Christ-centered course based on the 12-Step Programs, has been proven effective to help people from every walk of life, and every economic level. If you want help in overcoming, please join us! St. John United Church, 195 East 38th Street, Hamilton, ON, beginning Thursday, January 8 at 7 pm for the "Intro Night". St. John United Church 195 East 38th Street, Hamilton. Adults / Free

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

Thank you! to our North End Breezes Charitable Donors in 2014

Harold Baynham
Eileen Bigley
Richard Bull
Bill Curan
Kathleen Flood
John & Gladys Glenn Edward Gleeson
Audrey Guagliano
Doreen Hancock
Bev Hill
Clarence Maitland
Rev. William MacKinnon
Judy Mullins

Roy O'Grady
Peter Ormond
Ryan Pipe
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Margaret Smith
Ed Stewart
Pat & Larry Taggart
Joan A Thompson
Robert & Mary Young
Pamela Winter
Gisela Zehmer

2014 Century Club Donors: Anna Paris & Lillian Brown, BUNGE, Mr. James Gow, Patricia Gudlaugson, Norman Long, Marie Manchuk and Bill & Wendy Oblender

(this list includes only those people who have given us permission to publish their names)

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 Hugson 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.