



THE COMMUNITY NEWSLETTER
OF HAMILTON'S NORTH END
APRIL 2016
EDITION

Councillor Farr Shares Latest from West Harbour Community Consultation

Hello, Breezes Readers. With all of the attention your neighbourhood has been receiving lately, I thought that as your ward councillor it would be a good time to share news from various North End fronts as related to future developments and possible future developments. So, on that, here are the latest developments...

In the last six months, the City of Hamilton has been hosting our most recent round of what has been well over a decade of engagement respecting the West Harbour. We have been meeting monthly (at the very least) at 294 James Street speaking with and hearing from what started out as a group of about 50 residents and recently climbed to attendance of approximately 170 at our February meeting.

The monthly meetings have covered a wide range of issues, from parks to marinas to LRT. The goal of the meetings is to provide a "one stop shop" for residents who want to learn about, and provide input to, City initiatives affecting the West Harbour. Our most recent meetings have focussed on development on the Pier 7 and 8 lands. Keeping in mind that densities for these lands are set and remain as approved by the Ontario Municipal Board in the mid-range of heights, these discussions have been more about design and purpose and function.

A good number of folks engaging thus far have shared questions and comments on the topic of affordable housing and how it may relate to our future harbourfront development and potential City Housing Hamilton (CHH) actions in the area. A recent Deloitte consultant study was shared with the group and offered among other considerations that we have room to transplant and/or build 200 to 400 affordable housing units to the West Harbour Barton and Tiffany lands. This was a suggestion that was not exactly embraced by me or any of my colleagues I have spoken to date and that was, safe to say, frowned upon by a good number of those who have been attending our engagement sessions. In fact, prior to the Deloitte public presentation, Deloitte in working with City staff had been formally asked by the CHH Board to provide further land options other than simply a transplant of



residents from one highly concentrated spot to another a few blocks away. So, how did monthly meetings that set out to seek input on a great variety of elements respecting West Harbour development become hyper-focused on housing? Well, as noted, the Deloitte Reports suggestion of moving/building 200 to 400 affordable housing units was a factor. This suggestion came to us at a time where many in Hamilton have been talking about providing integrated solutions to our housing needs and setting our minds away from creating *housing projects* (where only low income residents reside) and more about *mixed income communities* or *inclusive communities* (with a range of incomes). In addition and as previously alluded to, affordable housing has recently dominated the West Harbour engagement agenda because CHH is currently looking at its entire portfolio of 1,224 properties and 7,135 units across the City and as such, at this time have honed in on our two properties in the West Harbour area of ward 2 (discussed below). We have been considering their current value and how we (CHH) may tackle our growing concern of maintaining our existing housing stock that is currently in an 8 million annual deficit.

Finally, there is undoubtedly a growing interest across this city, province and country in tackling a housing crisis. Recently Hamilton City Council, led by CHH President Chad Collins, has provided 2.3 million in additional maintenance dollars for CHH (note: the average age of CHH's 7,135 units is 40) and 1.5 million in additional maintenance dollars for other social housing providers. Also, the City of Hamilton had announced at our first West Harbour Engagement meeting of the many recently occurring at 294 James North that our goal in the Setting Sail Secondary Plan (SSSP) area *which is the larger footprint surrounding and including the West Harbour lands* was to accomplish in the end a "net gain" of affordable housing (discussed below).

Continued on page 8

Thank You



Over the last year the North End Breezes has been fortunate to have two hardworking Mohawk College Journalism students contributing to the paper. John Pasion and Alexandra Sempie joined the North End Breezes as students in the Spring of 2015 and have been working on various projects throughout the community.

John has been a reporter for the Breezes at various events and has contributed to our photography and computer workshops. He also has been involved with planning special events.

Alex contributed as our Youth Coordinator and was involved with various writing workshops. She also contributed as the Breezes' fashion reporter, an editor and assisted with planning our Breezes' Garage Sale among other events.

INSIDE THIS ISSUE

- Pg. 3 Crafts, Kid's Book Review, Teen's Corner
- Pg. 4 Elderberries
- Pg. 7 April Community Events Calendar
- Pg. 10-11 Community Event Listings

What is a Little Free Library?

Several houses in and around the North End and Welcome Inn have small structures in front of their houses called Little Free Libraries (LFL). Inside are books that can be borrowed and returned (or passed on) and neighbours can also put books inside the library! Little Free Libraries can be made from "repurposed" cabinets, or wooden boxes, or whatever you can imagine. The structure needs to be somewhat weatherproof and inviting. For ideas on creating your own Little Free Library, check the Internet. or <https://drive.google.com/folderview?id=0B-cyi5-Gj3DqWUdMQ2c2YjAyame&usp=sharing>.



Six Thoughts on the Ontario Budget 2016

Hamilton Community Legal Clinic

The recent Ontario budget is a lengthy 346 pages. Everyone doesn't have the time to pore through it. Some do, though. Here is a sampling of analysis from newspaper columns and policy experts from around the province and some comment from us.

1. Post Secondary Education

First, good news: post-secondary education will be more accessible and affordable with the creation of the Ontario Student Grant (OSG) for the 2017-2018 school year. Students from families with incomes less than \$50,000 will have no provincial student debt. Half of students from families with annual incomes less than \$83,000 will receive non-repayable grants. These grants will exceed average college or university tuition, according to the Toronto Star.

2. "Wretched" increases to social assistance

Unfortunately, more of the same in this area. Increases for those on Ontario Works (OW) and the Ontario Disability Support Program (ODSP) are meagre. The Ontario Coalition against Poverty (OCAP) notes that these "wretched" increases are "below even the official rate of inflation, let alone the real cost of living increases that poor people are experiencing." The extra \$25 per month for single people without children is a "pittance." We agree.

3. Public service spending falling behind

Economist Sheila Block has written that program spending growth is projected to average 1.9 percent growth over five years. It is concerning that government spending on public services continues to fall behind inflation and population growth.

4. Child support clawback

The dollar-for-dollar clawback of child support from social assistance will end. "Ending the dollar-for-dollar child support clawback is stellar news for people on social assistance and long overdue," notes Jennefer Laidley, of the Income Security Advocacy Centre (ISAC), a specialty legal clinic. "It's also a positive signal for future movement on reforms to social assistance programs."

5. Child care ignored

Campaign 2000 says the budget has ignored "the growing momentum and consensus among low and middle income families that universal, accessible and high quality child-care is essential to their lives and livelihood." Ontario has the highest childcare fees in Canada. This makes it nearly impossible for many Canadian families to pursue work and higher education opportunities.

6. Hospitals get some help

"The budget even contains an increase in funding for hospitals, the first in five years. It's small and won't stop the pain of health-care restructuring, but it might ease it somewhat," noted Howard Elliott of the Hamilton Spectator in an opinion piece.

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

SPRING

"I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen."

Anne Lamott

NORTH END SOCCER LEAGUE

Our Soccer League is a fun, non-competitive, skill-building league for children and youth ages 4-12.

REGISTRATION WILL BE HELD AT

Hughson St. Baptist Church | 383 Hughson St. N.

Please bring your child's health card # with you

TUES. APRIL 12 | 2:30 PM - 5:00 PM

WED. APRIL 13 | 6:00 PM - 8:00 PM

SAT. APRIL 16 | 10:00 AM - 12:00 PM

\$50/child [Sponsorships are available]

Season begins **TUESDAY, MAY 31** until the end of August

GAMES ARE PLAYED

TUESDAYS 6:30-8:00 PM at EASTWOOD PARK

Each night includes: • PRACTICE • GAME • BIBLE STORY

THE SEASON CLOSES TUESDAY, AUGUST 23
with a Family BBQ, Entertainment and Awards

NORTH END SOCCER LEAGUE

A Ministry of Hughson Street Baptist Church

For more information about Registration or the League contact: Chris Breimer at 905-527-3972 or chris@hughson.ca

HSBC | 383 Hughson St. N | www.hughson.ca

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!



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



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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)

Pathways to Education—NHCHC Registration Events

When: Tuesday, March 15, 2016
Where: North Hamilton Community Health Centre
438 Hughson Street North
Time: Drop in anytime between 4pm and 7pm

OR

When: Wednesday, March 16, 2016
Where: Eva Rothwell Resource Centre
460 Wentworth St N 2nd Floor
Time: Drop in anytime between 4pm and 7pm



PIZZA
SNACKS
DRINKS

Come Join the Pathways Team!!!

If you are unable to drop by on one of these dates, please call 905-523-6719 to book an appointment or e-mail us at pathways@nhchc.ca.



NorthHamilton
Community Health Centre

BUILDING A GRADUATION NATION
Pathways to Education

CRAFT CORNER

Shannon McCulloch

Simple and fun

This month we made pom-pom shooters, and I learned that an activity doesn't have to be complicated to make kids happy.



Need:

Toilet paper rolls
Balloons
Pom-poms

I got the stuff for this craft from the dollar store and my bathroom. It cost maybe \$3. I cut the tops off the balloons (very thin slit taken off the top) and tied the ends. I put this out on the table with the toilet paper rolls, and waited for the kids to get home from school.

When they came home they were excited to get started. They tried to stretch the balloon over the toilet paper roll. They tried themselves for about 10 min and had a really hard time getting it to work. They kept snapping the balloon back on their fingers. They asked me to do it. I put the balloon over one side and they were ready to go. With more patient kids you could have them decorate the toilet paper rolls, but they just wanted to start shooting pom-poms at each other.

The craft itself had them sitting at a table for maybe 15 min. Then they ran all around the house shooting pom-poms at each other by putting pom-poms in the open end and then pulling the end of the balloon back and letting it go. It would shoot a pom-pom half way across a room. It even did multiple pom-poms, just not as far. They loved this and thought it was the best thing ever and it kept them running around for over an hour. So simple and so much fun. The only down part is that days later you're finding pom-poms everywhere.



TEENS CORNER

Hunter Knight

Hi,
It's Hunter with teen's corner once again. I was going to write this on my laptop, but man computers suck. I was loading my laptop up and no joke it started yelling at me "there's a problem your personal data might be in danger" and it wouldn't do anything after that. I brought my laptop to my mom and dad to see if they could help, but they couldn't. So my mom called my papa to help. My mom started trying to fix my laptop around 11:30am and finally finished around 4:00pm. The computer had to be completely wiped, as once they could finally get it on ads where popping up so fast that the computer couldn't handle it. After they got it all restored to factory settings my wonderful Papa took control of it from all the way in New Brunswick and reloaded all my programs (Thanks Papa). It was also entertaining watching the computer doing stuff when no one in the house was touching it.

Well my mom spent the day on my computer, I spent the day first cleaning out my dad's BQ and then helping my dad fix it with sheet metal. We fix holes that were made from rust and a LOT of use on his wood burning BQ. I got to learn how to use rivets and a rivet gun. We used tin snips to cut the metal, something he has had me do for other little projects before.

School is still going well, History is not as hard as I thought it would be, in fact it's rather enjoyable. The whole semester has turned out easier than I thought it would be. I am even enjoying English a bit, the teachers great even if there's too much writing.

This has been Hunter with teen corner; enjoy the rest of your month.

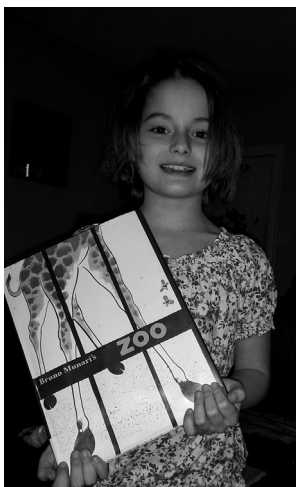
Rook review: Zoo

By Sam Knight

I got the book *Zoo* out of my school library, it's by Bruno Munari. It is an easy book to read and I read it to my mom. There are just a few sentences on each page and it doesn't use many big words besides some of the animal names (like hippopotamus).

My favourite page was about a lot of birds, I counted all the birds on the page and there were 133. I was out of breath by the time I was done counting.

The pictures are simple but cute. I really enjoyed this book, it was fun to read and look at.





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Relax | Refresh | Revive

Hughson Street Baptist Church announces Summer Camp Program

Once again CrossTrainers Summer Camp will be hosted at Hughson Street Baptist Church at 500 James Street N. Backyard Adventures for children going into JK to Grade 2 runs July 11-15 from 12:30-4:00 PM. The cost is only \$10/child for the week and includes Lunch, Snack, Crafts, Singing, Bible Stories, Games and MORE! Space is limited to 50 children so you are encouraged to register early to reserve your space.

CrossTrainers, Summer Underground Adventures for children in SK to Grade 5 will run for three weeks – July 25-29 and August 15-19, Monday to Friday 9:00AM-4:00PM and August 2-5, Tuesday to Friday 9:00AM-4:00PM. The camp includes: Breakfast, Lunch, Snacks, Games, Crafts, Sports, Bible Stories, Drama, Outings and Special Skills. The cost is \$25/child/week and the fee must accompany your registration in order to reserve your space which is also limited to 50 children per week. If you need before and after care we are able to make arrangements at a nominal additional fee.

For information and to register visit the Hughson website at www.hughson.ca or call 905-527-3972.



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BOOK CLUB CORNER

Kit Darling

At the March meeting of the Bay Area Book Club we discussed *An Audience of Chairs* by Joan Clark. Moranna MacKenzie lives alone in an old farmhouse on Cape Breton near Baddeck. Known in the village as “Mad Mory,” she struggles with madness, which is displayed through eccentric behaviour, odd outbursts and highly eclectic outfits. She begins each day, when she is able to get out of bed, with a performance of classical music on a wooden keyboard. The music is all in her head as she performs for an audience of kitchen chairs. In her mind, she is an excellent pianist with perfect pitch. Having been diagnosed as bi-polar and committed to a psychiatric hospital for a short period over 30 years previous, Moranna rejects that label of mental illness, preferring instead to emotional “foul weather” on her bad days. When she was hospitalized, her daughters were taken by her husband, and she has not seen nor heard from them since. One day, by chance, she sees her eldest daughter on television and learns that she is to be married in Halifax that June. Moranna determines to go to the wedding in order to let her daughters know that she still exists and loves them. She struggles to maintain her emotional balance, not wanting to frighten her daughters or to spoil her chance to develop some sort of relationship with them. Members were unanimous in liking the book. They found the character of Moranna intriguing, brave and resourceful. All in all, a good read.

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.

The Greatest Trade Ever Made by Gregory Zuckerman. Insight into the 2008 USA housing collapse and how John Paulson, a Wall Street hedge fund manager, bet against the over-inflated market and made \$20 billion. A tad difficult to figure out the actual mechanics of the trade, but worth the read to learn about the whole financial mess.

Dark Corners by Ruth Rendell. The last book written by the doyenne of psychological suspense doesn't fail to satisfy. An aspiring writer inherits his father's house in the trendy neighbourhood of Maida Vale in London. To generate income so - he can devote himself to writing; he decides to rent out upstairs rooms to a tenant. In typical Rendell fashion, things turn dark quickly. Events include death leading to guilt and to murder.

ELDERBERRIES



Pamela Townsley-Winter

“WHAT A DIFFERENCE A DAY MAKES, 24 LITTLE HOURS”

Life goes on and usually runs fairly smoothly, and we become complacent. Then suddenly the wheels fall off and we are faced by changes in our every day lives and lately that has been the way of things.

It began with a fall, you know babies and children do it all the time mostly at play time, we used to do that too—a scraped knee which was mended swiftly with a warm face cloth followed by the sting of ointment, then the cuddle and love of mothers arms and over and done with and off to play again.

This procedure, of course, only works in the young and when we fall it's a different story. Recently one of our beloved seniors passed away and that was hard to believe. Mrs. Rose Harris, a delightful lady who knitted and crocheted endless balls of wool into beautiful thimble-sized hats for preemie babies at the hospitals—they were done with love. She lived with her son, Bob, and he was seen regularly dropping off Rose, his mother and our friends. Sadly Rose passed away leaving an empty chair at the table and the needles remained silent and we miss her.

It was a miserable day when we left the funeral parlour, cold, wet and the thoughts of home were for a nice cup of tea.

As always I phoned Megs after supper and said I would call her the next day, but I wouldn't call early as she wanted a lay in. I phoned later in the afternoon, no reply, and about 6pm I reached her and during our conversation she said she had a fall and here comes the shocker, that she had been lying on the floor since early morning, but was alright. She had her phone too far away to reach it and had gone through a stressful time. On mention of going to the hospital she was adamant—no hospital, no ambulance, did we know the Irish in her? She said she would go tomorrow (and we know tomorrow never comes, right?)

The next day I was at her home and still the insistence, I'm alright, I'm not going to the hospital, then finally giving in we'd take a taxi to Emergency where checked in and spent the day and early evening waiting for tests to be done and the result on some of them that she would be staying a while. A while turned into two weeks and she is now home again, and the good news is she's on the mend. We had visits from C.C.A.C., physiotherapist, Life Line which is now installed and her new item is a necklace to be worn 24-7. We still have appointments with doctors, at St. Joseph's Hospital on the mountain. So we aren't out of the woods yet. Its scary when something like this happens and when we have no one, close family its even harder.

One thing we are very thankful for the hospital staff so close to home, and different services available. My advice to the stubborn is don't leave it and say it will get better, as it probably won't. Get to knowledgeable services immediately and if you have a stubborn loved on despite all arguments—just get them there.



I'm happy, no, overjoyed that Megs is on the mend—she's saving her Irish jigs for next year. Our motto is now—be safe, not sorry. Relax now and take life a lot easier what doesn't get done today will get done tomorrow.

I look forward to many happy years ahead with my friend, we've shared a lot together and look forward to many more trips (of the holiday kind, not the floor!)

Looking forward to spring and being back at Senior's. Love and laughter.....Pam and the patient xxx ooo

Thank you for all the kind thoughts, cards, prayers, calls etc. which have been so appreciated.

Make a difference with
youth in Hamilton



For more information or to
volunteer: contact Nicole at

905-523-6719
pathways@nhchc.ca
www.nhchc.ca

North Hamilton Community Health Centre
438 Hughson St North
Hamilton ON L8L 4N5

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Fashion for April 2016

Alexandra Sempie

"Fashion is about something that comes from within you,"
—Ralph Lauren.

You know the old saying, "*April showers bring May flowers.*" Just because it's the rainy season doesn't mean your sense of style has to drop too. Spring is a very important time for the fashion industry. Designers everywhere are saying 'goodbye' to heavy coats, knee-high boots, and woolen hats and 'hello' to floral print, sunglasses, and sundresses. Let's take a look at the latest fashions strutting their stuff in the spring sunshine.



Pastel dress. Photo courtesy of *Vogue Magazine*

What is spring without a sundress? After months of heavy sweaters and low temperatures, nothing feels better than having a light sundress on. The warm spring sun on your skin, the cool breeze through the fabric, what could be better? This season, pastel dresses are all the rage. Designers all over the world have sent their pastel dresses down the runway at the recent Milan Fashion Week shows.

Whether you pick a maxi dress, mini dress, or a classic sundress, pastel is the colour of choice to make you look stylish and feel great. Added bonus, you'll be ready for Easter with all your new pastel colours.

What better way to put a spring in your step than a brand new, stylish pair of shoes? This season, designers are giving wearers a little lift by adding a few inches to their shoes. Platform shoes have always been a rather touchy subject in the fashion world; one minute they're in style, the next minute they're out the door. This season, however, platform shoes are all the rage! Enjoy the view from your new shoes and stay one step ahead of your friends in the style department with platform shoes.

In

Bare shoulders
Ruffles
Western style boots

Out

Overalls with crop tops
Suspenders
Bell Sleeves

Stay beautiful!



Platform shoes.
Photo courtesy of
Harpers Bazaar

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



Travel—Sam Ion

I know better than to buy a tour from a vendor on the beach, I really do. But this man was so nice, so sincere, and the price was right. The day trip to Nicaragua from Guanacaste province in Costa Rica was selling for \$190 US. This man offered it for \$100, with the same itinerary. "And your friends can come too."

When I spread the word around our condo, I had eight friends wanting to go. This is one of the top tours offered in this area, but the price point is a problem for many people. Over the next couple of days the pickup time changed from 7:30 am to 4:30 am "but breakfast is included, as is lunch."

So, without coffee we climbed into the mini-van. Half an hour later, we climbed off and into a larger bus where other tourists waited, and then another hour later we climbed into the coach where even more tourists waited. It probably took an hour to collect the money from all of us. The coach with a Mercedes engine was brand spanking new, probably in 1965. Need I say more? And don't get me going on the air conditioning.

The border crossing took two hours, and we individually showed our passports five times. Finally almost an hour later, we pulled up at the restaurant. It was 11am. I had no idea I was so addicted to coffee.... And it was cold.

Time marched on as we drove along seeing all the sites promised on every itinerary. Yes, we saw it all, just in a blur. Shopping? You have 20 minutes. Horse and buggy ride, yes, but we are going to the cigar factory, the artisan shop, and the chocolate factory. No, you can't do anything else.

The highlight for most of us was the boat trip on Lake Nicaragua, the gorgeous villas often owned by Canadians, and the island where the white-faced monkeys hang out.

Then it was lunch, sharp at 5pm. It was done very well and was hot and good. While lunch was being served we were told that we'd have an hour-long break to shop at the craft market right beside the restaurant. We hurried through dinner raced to go shopping, only to discover the market closed at 6pm., and many vendors packed up early. The dedicated shoppers did very well in the limited time; I even found the perfect purse for Margie.

Then we got back on the coach, for our trip home. The border crossing only took an hour, this time, maybe because we were the last coach to go through the border at 9pm. I had time to buy a hammock for Grace, Ella, Ezra, and Jake.... Actually I probably had time to buy one for each of them.

Yet again we climbed off one coach onto another, and then still another until we arrived at our condo at 1am.

None of my friends said "Thank-you for the great price."

You get what you pay for!



Bennetto Gang 1950, trip to Fort Erie.
L-R: Doreen Fitzpatric, Lois Binklie,
Dorothy McNeil, June Freeborn,
Mary Thompson (me) and Marlene Kocke

Photo from Mary Clairmont

"FINDING YOUR BALANCE"



WHAT: 12-week program consisting of education and exercise

WHO: Led by an occupational therapist and a physiotherapist

WHEN: May 7, next session in August

TIME: 1:30 p.m. – 3:30 p.m.

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

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



NorthHamilton
Community Health Centre

Join this fun new program for seniors

SIT and FIT Program

Tuesdays & Thursdays at 11:00 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**
Drop-in program



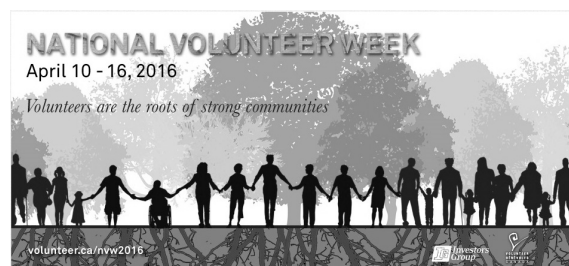


This year from April 10 to 16, Volunteer Canada, along with North Hamilton Community Health Centre, celebrates Canada's 12.7 million volunteers during National Volunteer Week!

This year's theme is 'Volunteers are the roots of strong communities', which is reflected in all the contributions of our volunteers. Volunteers are at the core of our programs and help to support our community.

THANK YOU to all of our volunteers for the time, expertise and energy you contribute to our programs! Everyday volunteers at North Hamilton Community Health Centre play an important role in the success of our daily programs and services and help to maintain an environment of healing, hope and wellness.

To learn more about volunteering with the North Hamilton Community Health Centre, please contact Diana at 905-523-6611 ext. 3008



2016 Soupfest Winners, For Living Rock supporting youth-at-risk

Best Soup

Winner - Fisher's Pier Eatery & Lounge - Jalapeno Potato Popper Soup
1st Runner up - Mustang's Big Ol' Grill - Chicken Waffle Soup
2nd Runner up - West Plains Bistro - Smoked Potato with Crispy Fried Ham

Most Creative

Winner - The Burnt Tongue - Cheeseburger Soup
1st Runner up - Fisher's Pier Eatery & Lounge - Jalapeno Potato Popper Soup
2nd Runner up - Mohawk Chop House - Smoked Parsnip & Spruce

Best Display

Winner - Taylor's Tea Room - Turkey Vegetable Soup
1st Runner up - Mohawk Chop House - Smoked Parsnip & Spruce
2nd Runner up - The Burnt Tongue - Cheeseburger Soup

Foodie Choice

Winner - The Burnt Tongue - Cheeseburger Soup
1st Runner Up - 4th Course Bistro at Copetown Woods - Hearty White Bean & Sausage Ribollita.
2nd Runner Up - Except For Kenneth - Potato Pecorino Truffle
Technical Mention - My Thai Restaurant - Coconut Dessert Soup

Update on the Syrian Refugees

Susan Brooks

As of March 2, 2016, Hamilton has welcomed 988 Government sponsored Syrian Refugees into Hamilton, via the Wesley Urban Ministries portal. This is almost double the amount they had originally expected. The arrivals began in late December with 476 expected, but the numbers continued to rise, tripling Hamilton's annual average of 300.

The jump in numbers caused a scramble for employees at Wesley, particularly in the area of housing, requiring a stay at hotels for some refugees of as much as a month or more. As of March 4, about half had secure housing which is one of the major challenges, especially for larger families with 7 - 12 members. The Liberal Government has plans to resettle another 10,000 government assisted refugees from Syria by the end of this year. But it is unclear at the moment, how many of them might be arriving in Hamilton.

How to assist:

Clothing: To donate clothing for distribution, you can drop off clothing to any Salvation Army Thrift Store, and the Syrian Refugees will be receiving a gift card to shop there. There is also a need for donations of Snacks such as fruit bars, fruit cups, and crackers.

Hospitality: A welcome offer is an offer of your friendship. By visiting and having people into your home you open doors to assist in the resettlement process. Consider becoming a welcomer and extend friendship to someone new.

Practical assistance: Refugees need affordable housing, employment, and to learn English. They need support with learning the culture and navigating the social services and school systems. Help would be greatly appreciated on a one-on-one basis, to assist in the relocation processes.

Providing translation services are an important role that is required, as well as assisting in administrative support at Wesley Urban Ministries.

Helping the Wesley Life Skills Workers, when they accompany families on moving days while moving into permanent housing would be a great asset, as well as assisting with fund-raising events and volunteer events.

If you are available to help, contact Wesley services to learn about specific opportunities and volunteer Information Sessions. Contact Wesley Urban Ministries at <http://wesley.ca/> or rebecca.young@wesley.ca

Information sessions pertaining to the Syrian newcomers:

April 1st 2-4pm - Information session on how to volunteer to be a "Friend of Newcomers" - 52 Catharine St., North - RSVP Tiffany.jar@wesley.ca

April 5th 2-4pm - Syrian Crisis - How you Can Help - 52 Catharine St., North - RSVP Tiffany.jar@wesley.ca

April 7th 5:30pm - 7:30pm - Syrian Crisis - How You can Help - 52 Catharine St., North - RSVP Tiffany.jar@wesley.ca

April 19th 2-4pm - Private Sponsor Info. Session - 52 Catharine St., North - RSVP Tiffany.jar@wesley.ca

April 21st 5:30-7:30pm - 52 Catharine St., North - RSVP Tiffany.jar@wesley.ca



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!

April - June - Spots still available!

Contact:

Cory at 905-523-6611 ext. 3047



High quality, fresh produce at a fair price!
\$15 for a large box (\$20 value)
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Homesellers: Discover How You Can Get Your Asking Price

North End Neighbourhood - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and

on its own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)". This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To order a FREE Special Report, visit www.RightPriceToSell.info or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-687-0634 and enter 2010. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to price your home to your maximum financial advantage.

This report is courtesy of Maggie Abril, Broker, Sutton Group About Town Realty Inc. Brokerage. Not intended to solicit buyers or sellers currently under contract. Copyright © 2016

April is Parkinson's disease awareness month

Brian Roulston

April is Parkinson's Disease Awareness Month and according to Health Canada, over more than 100,000 Canadians are currently living with the disease at a cost of \$558 million. Parkinson's disease is a common nervous-system disorder. Our body movements are normally controlled by a chemical called dopamine. Dopamine is a chemical that carries signals between the nerves in the brain. When the cells that create dopamine die, the symptoms of Parkinson's then appear.

The disease affects both genders, more commonly men and mostly those 50 years-of-age and older. Parkinson's disease progresses and may begin very quietly with a small hand tremor; it eventually affects almost every part of the body. At present there is no cure for Parkinson's disease, although researchers are making advances every day.

It's not really known when Parkinson's was first discovered. Symptoms and possible treatments for Parkinson's disease first appeared in an ancient Indian medical practice that has been around since 5000 B.C. A condition like Parkinson's disease was also mentioned in Nei Jing, the first Chinese medical text to appear, 2,500 years later.

Parkinson's disease was first formally recognized in 1817 by James Parkinson, a doctor in London, England, who published "An Essay on the Shaking Palsy." in 1817. His paper received very little attention until 1861 when French neurologist Jean Martin Charcot and his colleagues distinguished the disease from other neurological conditions, then appropriately named it "Parkinson's Disease."

Some very familiar people have been diagnosed with the disease: Pope John Paul II, The Reverend Billy Graham, Mohammad Ali (World Heavy Champ in 1964) and Michael J. Fox, a Canadian actor (Back to the Future and Family Ties) who established the 'Michael J. Fox Foundation' which raises money for Parkinson's research. For those seeking to learn more information about Parkinson's or ways to help or donate can, go to Parkinson's Canada website at www.parkinsons.ca.

In 1981 a Dutch horticulturist J.W.S. Van der Wereld, who was diagnosed with Parkinson's disease, developed a red and white tulip he named in honour of James Parkinson's honour. On April 11, 2005, the Red tulip was launched and became the worldwide symbol of Parkinson's disease at the 9th World Parkinson's Disease Day Conference in Luxembourg, Germany.



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Events Calendar April 2016

North End Breezes APRIL 2016

122nd Around the Bay Road Race - 2016. April 3, 2016.

The oldest running road race in North American with athletes from around the world. For more information please visit the website. www.bayrace.com, Location: 1680 Vimont Court Website: www.aroundthebayroadrace.com

20th Exhibit Opening, Art in the Workplace Tuesday, April 5, 7pm - 9pm. From April 5- July 6, 2016. Experience the creative flair of over 100 local artists with more than 200 pieces of art at our twentieth Art in the Workplace exhibit. McMaster Innovation Park. 175 Longwood Road S, Hamilton, ON, L8P 0A1| 905-667-5500 | www.mcmasterinnovationpark.ca

'if there is a river'. April 7 to April 10. Gallery on the Bay. 'if there is a river' a stage play in 1 act, written and directed by David Laing Dawson, starring Jo Skilton and Vince Carlin. March 31, April 1, 2, 7, 8, 9 at 8pm April 3 & 10 at 2pm. Tickets available from Gallery on the Bay, \$ 20 per person Gallery on the Bay, 231 Bay St N, Hamilton, On Location: 231 Bay St. North Phone: 905-540-8532 Email: marlaise@bell.net Website: www.galleryonthebay.ca

Food & Drink Fest 2016. April 22 to April 24. Beau Monde Productions. The Region's Most Fun & Delicious Culinary, Wine, Spirit and Beer Expo! Created and presented by some of the Hamilton, Burlington, Oakville and Niagara Regions' most popular restaurants, culinary experts, chefs, innovative food trucks, breweries and wineries. Hamilton Convention Centre, 1 Summers Lane, Hamilton. Website: www.FoodandDrinkFest.com

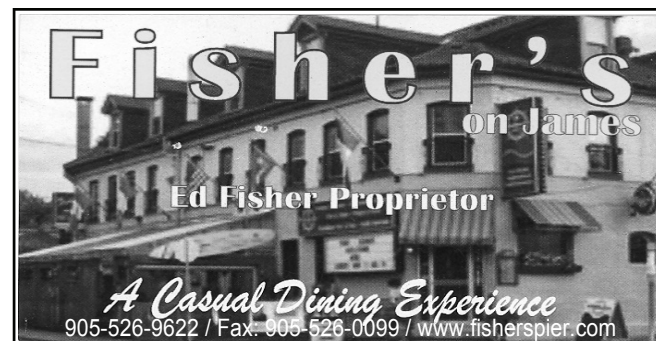
Family Fun Days - Spring Has Sprung. April 24, 2016 Art Gallery of Hamilton. The last Sunday of each month is full of fun and family-friendly art-making activities inspired by AGH Exhibitions or the season. Children can make masterpieces from a different theme and a new activity each

month as Artist-instructors bring their expertise to each project! Please visit AGH Visitor Services upon arrival to receive your stickers for all Family Workshops. Family-Time Tours: 1pm to 1:25 pm. Hands-On Art Making Fun Drop in between 1:30 pm and 3:30 pm. AGH Members: Free Non-Members: \$5 per family (up to 4 children) Registration is not required. Phone: 905-527-6610 Email: info@artgalleryofhamilton.com Website: www.artgalleryofhamilton.com

City kidz Fundraising Garage Sale. Sat April 30. 9am to 3pm at Stoney Creek Lions Cub Hall. 14 Sherwood Park Rd. (off Fruitland Rd.)

Race for Kids: Grown-Ups Play - Kids Win! Boys and Girls Clubs of Hamilton is looking for teams and prizes for our upcoming event – Capital One Race for Kids on **May 28, 2016**. Capital One Race for Kids is the National Fundraising Event for Boys and Girls Clubs across Canada, taking place in 31 communities in 2016. The event is designed to engage participants across the age and ability spectrum, and will help Boys and Girls Clubs raise funds and awareness so all children have the opportunity to achieve their potential. Teams of Four must raise a minimum of \$500.00 collectively, to be eligible for prizes.. Register at www.raceforkids.ca/hamilton

Tim Horton's Field Programming from February 23 to May 26, 2016. Free evening programs will run every Tuesday and Thursday. Teens/Children. Programming dates/times subject to change, for all information please contact: Zina Krawiec 905-546-2424 ext. 7136. Tim Horton's field: 64 Melrose Ave North, Hamilton. Enter through premium entrance double doors- Located off of Melrose Ave North.



LETS GO BLUE JAYS

Its Baseball time

FIRST GAME FRIDAY APRIL 1st at 7:05pm
GREAT TV VIEWING

FRESH PEI MUSSELS

Wednesday to Sunday only
\$12

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- Curry Cream Sauce
- Marinara
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- Sriracha Cream Sauce

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WING NIGHT TUESDAY

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5pm to close. Dine In Only.

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Second Annual

I <3 Welcome Inn

Community Centre Fundraising Event!

Friday April 1st 2016
6pm-10pm \$20

SPICE FACTORY

121 HUGHSON ST N

DARIN MARTIN & The Otic Poets
Silent Auction
Good Eats
Cash Bar
Great Community!

Give us a call at 905-525-5824 or email Katie@welcomeinn.ca for tickets!

Jason Farr continued from page 1

Also, more recently we have been noting actual movement from upper levels of government on the housing crisis.

In short, on the subject of affordable housing there is simply a lot to talk about. The residents at the monthly West Harbour Engagement sessions have offered a variety of ideas that in my view reinforce the fact that there is a growing interest in tackling affordable housing together. Some have suggested specific areas that fall within the border of the West Harbour area that may work for affordable housing. Pier 8 was one such suggestion, although we do have a motion coming soon that asks Council to utilize the profits of land sales in this highly sought after area of West Harbour toward addressing the previously referenced 8 million dollar annual capital/maintenance deficit CHH is currently feeling. As well, maximize Pier 8 profits may also be used to accommodate action resulting from what may be decided respecting Jamesville and 500 MacNab. Pier 8 has nine future development blocks and is arguably one of the most valuable development sites in the city. If we can maximize the revenue from the sale of these nine Pier 8 blocks, it could go a long way in addressing the needs of existing CHH tenants. I have shared in the past that I would be up for having the conversation about up-sizing the density a little if it meant investors would accommodate affordable housing with the up-sized height. That would be a very detailed effort and one where all of you would hopefully engage because the Ontario Municipal Board has approved specific density and heights in the West Harbour and deviating or making them greater would entail a broad based community conversation just to start. We may also consider that there are other lands within the West Harbour and the SSSP that will indeed accommodate new affordable housing. Others contributing at our monthly meetings are very interested in speaking about what supplementary community amenities fit well with affordable housing. Some residents do not want to talk about housing at all and are more interested in design and landscape and how the public space will play out (these topics will come to a future meeting soon). One resident even asked me about how ward 2 compares to other wards across this city when it comes to welcoming affordable housing. Here is a list that shows ward 2 is by

far the most inclusive when it comes to accommodating affordable housing stock.

Ward 1 - 1067
WARD 2 - 2437
Ward 3 - 1104
Ward 4 - 643
Ward 5 - 855
Ward 6 - 820
Ward 7 - 1750
Ward 8 - 657
Ward 9 - 564
Ward 10 - 304
Ward 11 - 31
Ward 12 - 124
Ward 13 - 266
Ward 14 - 29
Ward 15 - 130



dedicated to the core

Jason Farr
Councillor, Ward 2 - Downtown
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fax: 905-546-2535
e-mail: jason.farr@hamilton.ca
www.jasonfarr.com



But let's get back home to your North End. Deloitte was requested by City of Hamilton staff to prepare a valuation report respecting the West Harbour lands and at the last West Harbour Engagement session they presented this report to the public in attendance. One part of their valuation provided alternatives for housing should we consider an option to relocate our tenants at Jamesville (CHH block bounded by MacNab, James, Strachan and Ferrie) or 500 MacNab (Tower on the north end of MacNab) or both. In fact, as a member of the Board of Directors for City Housing Hamilton (CHH), I can share that there are a number of options for 500 MacNab and Jamesville that include:

- Replacement and/or renovation of the existing sites
- Replacement of the existing units on alternative sites
- Replacement of the existing units on a combination of existing and alternative sites

At CHH, we have been talking about these properties for some time and first and foremost this means engaging with the residents of these properties. Something we continue to do as more chats are coming this month at both sites. The prevailing theme is this; if we were to sell Jamesville or MacNab or both, we are obligated by the Housing Services Act to obtain Ministerial Consent to replace the units we sell. Residents know this and it is very much part of the ongoing conversation. One part of the ongoing communication was a poll carried out with the residents of both Jamesville and 500 MacNab and here is what the residents said about their options:

JAMESVILLE

Total number of surveys completed 57/73 (78%) response rate
Temp move in this neighbourhood and return when redevelopment is complete—37 (64.9%)

Temp move in another neighbourhood and return when redevelopment is complete—0

Permanent move to unit in this neighbourhood—5 (8.8%)

Permanent move to unit in another neighbourhood—11 (19.3%)

Other 4 (7%)

500 MacNab St. N.

Total number of surveys completed—48/58 (82.7%) response rate
Temp move in this neighbourhood and return when redevelopment is complete—30 (62.5%)

Temp move in another neighbourhood and return when redevelopment is complete—0

Permanent move to unit in this neighbourhood —5 (10.4%)

Permanent move to unit in another neighbourhood —7 (14.6%)

Other 6 (12.5%)

As you can see, most of the current residents at 500 MacNab and Jamesville have a preference to stay in your North End. Not hard to imagine why with many of the Jamesville kids at St. Lawrence or Bennetto plus the fact that your North End is one very special place.

What are we poised to tackle in a very collaborative way with our residents of these two CHH properties? There are 72 units occupied at Jamesville out of a total of 91 units. There are 60 units occupied at 500 MacNab out of a total of 146 units. The MacNab apartment building is 49 years old and is one of the oldest high-rise buildings operated by CHH. The capital costs to maintain this building from 2011 to 2020 would be 5.2 million dollars. The Jamesville townhouses were built in three different phases with units that are now 59, 46 and 38 years old. The capital costs to maintain the townhouses on this site from 2011 to 2020 would be 4 million dollars. However, it should be noted that CHH is currently having a revised Building Condition Assessment completed on both properties to determine the most up-to-date costs to revitalize these buildings. For now, we are working with a number approaching 10 million dollars.

So, here we are. We have a majority of the residents that live at both 500 MacNab and Jamesville interested in stay-



ing in the North End (hardly surprising). We have land available in the neighbourhood (either at those sites or outside or both) with which we can build new stock and accommodate existing residents as we wish to do and as required by the Housing Services Act. We will soon have the consultants (Deloitte) and City staff returns with a list of possible other sites within the West Harbour area that could serve to accommodate existing residents already in affordable units, as well as some of the residents who are currently on waiting lists for affordable housing, that we may investigate in addition to the existing sites. And, we have as I can see it an open mind in our community to an inclusive approach to building new affordable housing (if building new and not renovation is the ultimate approach) that contemplates a *mixed income community* approach.

What is left to this summation of recent considerations in the West harbour lands (and beyond)? Clearly there is a great deal still to come, but let us try to conclude with a point in time snap-shot.

When we first began these more recent conversations respecting the west harbour lands we said at that first meeting that we will seek to create a "net gain" of a hundred or more new affordable housing units in the Setting Sail Secondary Plan Area (SSSP). *The SSSP is a much greater boundary than West Harbour and is bound by Cannon Street to the south, the water's edge to the north, Victoria Avenue to the east and York Boulevard to the West. Affordable Housing means anything from affordable home ownership to social housing on one side of the spectrum to social housing with supports on the other side.*

Here is a key factor, when we say "we" we mean all of us. If as an example one of our many outside providers of affordable housing has an idea for 40 units of assisted living or if a resident is interested in investigating a laneway house on existing residential property so that mom may age in place that would count toward addressing our goal. In these and a multitude of other scenarios, the City of Hamilton is committed to assisting in making affordable housing happen within the SSSP and throughout Hamilton.

(Continued on page 11)

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

BEASLEY NEIGHBOURHOOD PLAN PROGRESS UPDATE

OBJECTIVE:
Improve Parks,
Recreation &
Gathering
Places



BEASLEY & MCLAREN PARK REDEVELOPMENT

Last year the BNA and the City of Hamilton started work on the redevelopment of two of our neighbourhood parks. While Beasley Park is still in the design phase; work on McLaren Park has already started. Thanks to the City of Hamilton, Hamilton Centre for Civic Inclusion and volunteers from the neighbourhood, who organized a neighbourhood engagement event and spend all day on a Saturday talking to a wide variety of people who use the park on a regular basis about their ideas.

McLaren park is one of the smallest, yet most heavily used parks in Hamilton. It was identified in our neighbourhood plan as a park that needed some TLC. Look for improvements to happen over time. If you take a stroll down John Street to the park you'll notice a much nicer looking cast iron fence has replaced the chain link that gives the park a better look, while still providing safety from the busy street.

The kids and youth asked for a larger grass soccer pitch so the basketball court is being moved to the asphalt pit and grass is now covering the old court. There are also plans to tear down the concrete building and add better lighting in order to make the park safer at night.



OBJECTIVE:
Promote Beasley
As A Great Place
To Live



BEASLEY BANNERS

Thanks to generous donations from Cogeco, Jason Farr, Ward 2 City Councillor and Glen Norton from the Urban Renewal Planning & Economic Development Department, the Beasley neighbourhood will be decorated with colourful banners that celebrate the diversity and resilience of the neighbourhood.

The first phase of the banner project was completed in the fall of 2014! 40 banners have been installed all along Ferguson Avenue, running from King William down to Barton. The banners are a variety of bright, vivid colours and each feature a different "be-statement". All of the "Be-statements" were created and chosen in many brainstorming sessions with the residents at our Beasley Neighbourhood Charter meetings.

For the second phase of the banner project, we hope to install more banners along Cannon, Wilson and John Streets in the near future.



North End Neighbours NEN
The neighbourhood association
of the North End

The next NEN Community meeting is April 6 at Bennetto Recreation Centre at 7pm. We are happy to host Councillor Jason Farr, who has agreed to attend as our guest to answer questions and dialogue with our community. We want to hear from YOU!

As you may know from Social Media, there was a meeting of North End and Beasley residents in January about John Street North and specifically the John Street Bridge. Folks wanted to know what's happening with John North and are looking for information about the bridge replacement. We have received additional information from our Councillor Farr which we want to share with our readers:

"The bridge replacement is a CN project, like the Bay St. Bridge, not a City project. Their plan is to replace the bridge with the same lane configurations and widths as are there today, with the exception it will be a little taller and the approaches a little steeper to meet new Canadian Federal Rail track clearance requirements. This will not preclude the two-waying of John St. No additional land is required for the bridge replacement as planned. CN current plan is for the work to begin in sometime in 2017 or early 2018. We will get a tighter time frame as detail design proceeds, likely later this year or early in 2017."

The next "Community Engagement" meeting about Waterfront Redevelopment is planned for 7:00 p.m. at 294 James Street North April 28. All are welcome. Hope to see you at these monthly meetings to join in the discussions.

For more information visit: <https://www.hamilton.ca/city-initiatives/priority-projects/waterfront-redevelopment>

About North End Neighbourhood Association:

Membership is FREE for residents. Just email or phone to let us know 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 is the Neighbourhood Association for the North End. Its mission is to advance 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.

Contact Information: Phone: 905 527 1697 (Sheri, secretary) sheri.selway@gmail.com or Carmen Cooper and Catherine Ahern (Chair/Co-chair) nenchair@gmail.com

Email: nenchair@gmail.com
Website: www.northendneighbours.com
Facebook: North End Neighbours
Twitter: @nenhamilton



**Beasley Neighbourhood
Association**
www.ourbeasley.com

North End Breezes APRIL 2016

Yellowline Asphalt Products Ltd.
lauded for environmental
leadership



Hamilton, ON - Hamilton Port Authority (HPA) is pleased to announce the winner of its annual Environmental Excellence Award: Yellowline Asphalt Products Ltd. The annual award recognizes a port partner's contribution to respecting and protecting the natural environment. Yellowline was selected for the award because it has demonstrated a high level of commitment and continuous improvement in environmental protection.

A relatively new tenant at the Port of Hamilton, Yellowline's facility on Pier 22 was designed in 2011-2012 with the environment in mind. The facility includes sophisticated dust control and recycling systems, and a unique safety feature avoids possible overflows: tanker trucks drive onto the scale to be weighed, after which a pre-set amount of asphalt cement is loaded into the truck. Recently, temperature probes were installed in the roof of the asphalt tanks. If the probe becomes immersed in hot asphalt, it will trigger an emergency alarm and stop all of the pumps.

Yellowline is one of several port tenants to become members in the Green Marine environmental program. The Company achieved a Level 3 or higher score in the areas of spill prevention, community impact and environmental leadership. The company is also a participant in the Port of Hamilton's annual Team Up to Clean Up community event.

"At Yellowline, we consider our environmental program a key component of our business along with safety, quality and efficient production methods," said Suresh Daljeet, Operations Manager. "As our company continues to grow, our commitment to the environment will grow as well. Our team is dedicated to keeping Yellowline an environmentally friendly part of the Hamilton community. It's a belief and a commitment we make to our customers, our staff and our city."

"Responsible stewardship of Hamilton's working waterfront is a job we take very seriously," said HPA President & CEO Bruce Wood. "We encourage a high level of environmental performance on the part of our tenants. We embed rigorous environmental standards right into our contracts, and then work together to foster a proactive approach to protecting air, land and water. Yellowline is a superb example of a company that is showing leadership."

Each year, the winner of HPA's Environmental Excellence Award is invited to select a local Hamilton-area environmental organization to receive a \$5,000 donation. Yellowline has selected the Hamilton Conservation Foundation, where the funds will be put to good use in the protection of Hamilton's watershed, including environmental education and conservation land acquisition initiatives. Green Marine is a voluntary marine industry program that seeks to reduce the environmental impacts of maritime transportation activities by improving the environmental performance of its participating members beyond regulatory compliance. Green Marine has more than 80 participating members throughout Canada and the US.



L-R: Bruce Wood (HPA), Suresh Daljeet (Yellowline), Sharon Clark (HPA), Marilyn Baxter (HPA), Grace Correia (Hamilton Conservation Foundation), Donn Bernal (Yellowline)

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



hello
spring!

Warmer weather has arrived! Please drop off food donations Monday to Friday 9 – 3pm or call Welcome Inn if you need your donations picked up. 905-525-5824.



We Love Our Volunteers

The best way to find yourself is to lose yourself in the service of others. –Ghandi



April is “Volunteer Month” and we are excited to celebrate with our volunteers on Saturday April 16th with an Appreciation Brunch at the Waterfront Centre. Our volunteers are the heart and soul of Welcome Inn. They are the everyday heroes who do the beautiful and messy work of building resilient community. Thank you! If you get a chance, pop in and let them know how much you appreciate them.

What's Going On?

I <3 Welcome Inn Concert!

Friday April 1st from 6-10pm join us at the Spice Factory for an evening of music, food, silent auction and great community in support of Welcome Inn!

Afternoon Classics-

Thursday April 14th & 28th 1-3pm

Enjoy an afternoon of classic movies or TV shows accompanied by some yummy snacks

Board Game Aft.- Friday April 15th 1-2:30pm

We provide the games, you bring the fun!

Parent Support Group-

Thursday April 21st 12:30-2:30pm

Does your child have special needs? Join us on the 3rd Thursday of every month to chat about school, therapies, and specialists. Connect with others who “get it.”

NETT: North End Theatre Troupe-

Tuesday April 19th 2pm

Come One, Come All! NETT is a group of individuals interested in all different aspects of theatre. Looking for new talent for their variety show honouring mothers, fathers and caregivers.

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

Store Hours:

Mon – Sat, 10-5

www.newhorizons.welcomeinn.ca

“SPRING has Arrived!”



New Horizons is excited! New Horizons is undergoing a bit of a facelift in order to welcome the Spring. Things here might look a little different and we are experimenting with our space. We are spring cleaning in the store....and that means lots of sales to look out for.

Spring items are arriving daily.

Let us be your store that helps you get ready for the season of gardening, camping, and looking good in the warmer weather.

There is always hidden treasure to be found here!

Pop by to have a look and share your thoughts. New Horizons belongs to Everyone, so make sure to say hello and make Welcome the current group of energetic students and keen new volunteers. See you at 520 James St North !”

Looking for Laughs?

Seniors Dinner Club- Each Tuesday at noon a wonderful group of seniors come together to enjoy a home-cooked meal and some type of fun activity. Every week it is something different. The thing that doesn’t change is that there is always lots of laughter and warm friendship. Everyone is welcome!! We ask for a \$3.50 donation to help us cover costs.

Feel free to call Ruth @ 905-525-5824 if you have any questions or you would like more information.

We Want YOU!

Volunteers Needed:

We are always in need of people to help unload our truck filled with food for the food bank. Every Monday morning 10-12....AND when you’re done you get to eat nice, warm, buttery pancakes together. What could be better?



Welcome Inn & New Horizons Thrift Store have lots of interesting and fun volunteer opportunities. If you are looking for ways to feel more connected and do something fun this spring or summer, give it a try! No experience necessary. Connect with Ruth to get the conversation started: ruth@welcomeinn.ca OR call 905-525-5824.

Children’s Mentors on Fridays (3-5 p.m)

from April – June.

Day Camp Counsellors in July.



Stay Tuned!

Garden Exchange: In early May we will be hosting a Garden Exchange- come join us for gardening advice, plants, tool and knowledge exchange!



Join the conversation with us and share your thoughts about kindness and respect. Find us on twitter at @WelcomeInnCC or Facebook at facebook.com/WelcomeInnCC



Dates to Remember

- **I <3 Welcome Inn-** Fundraising Event April 1st 6-10pm at the Spice Factory 121 Hughson Ave.
- **Volunteer Appreciation Banquet-** Saturday April 16th 9-11am at the Waterfront Centre.

Her Majesty’s Army & Navy

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

April Entertainment

Thurs. Apr. 7	Blue Diamonds	3-7
Thurs. Apr. 14	The Tunes	3-7
Thurs. Apr. 21	Big John & Nite Tripper	3-7
Thurs. Apr. 28	City Kids	3-7

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

Euchre Tuesdays 2pm \$2

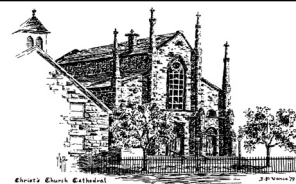
We have a great hall for rent. Weddings, Stag & Doe, Showers, Birthday Celebrations, Retirements, and more.

New Hall Rental Rates - \$250.

Closed Sundays but negotiable.

Give us a call at 905-527-1000.

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



**Hamilton-Wentworth
Catholic District
School Board**

**Parenting & Family
LITERACY CENTRES**

ST. LAWRENCE CATHOLIC ELEMENTARY SCHOOL

88 Macauley Street East

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.

The Parish Church of ST. LUKE

Founded in 1882

454 John St North, Hamilton

Parish Hall at 76 Macauley St. E

Telephone: (905) 529-1244

Sunday: English Mass, 10:00am

Book of Common Prayer

PARISH HALL FOR RENT 76 MACAULEY ST. E.





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

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in the North End
"Where Faith Builds
Community"**

COME AND JOIN US!
New Parishioners are always welcome

Join us for Mass

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm

Sunday: 10:30 am

Confessions available Saturday's 6:30pm - 6:50pm

CHILDREN'S LITURGY PROGRAM
(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.

We now have a new phone service!



**Contact us today at
(905) 393-8336**

Use this number to contact a priest, book a visit, inquire about sacraments, request hall rental info and much, much more!
(Messages will be checked each morning, Tuesday to Friday)

Coming Soon!

New On-site Parish Office hours to better serve our North End Community.

PARISH HALL FOR RENT

Need a place to host a Holiday Party, Family Birthday, Shower, Reception, Anniversary or Special Event.

\$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.

Insurance and permit costs are extra.

For more info, to obtain a copy of the Hall Rental Agreement or to check availability, please call

(905) 393-8336

Or Email us at:

stlawrencehamilton@hamiltondiocese.com

Find us on Facebook at
www.facebook.com/stlawrencehamilton
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Or visit our Website at stlawrencehamilton.ca

BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944

www.hamilton.ca

It is SPRING! HURRAY IN!

Our Spring swim lessons start the week of April 4th, 2016.
There are spaces still available.

Contact our front desk for registration information.

We have free Family Swims on Mondays from
5:30pm to 6:30pm
and Fridays from 6:00pm to 7:00pm

So come out for some FUN and EXERCISE.

**New Spring and Summer Guides are now at your local
Rec Centres for you to pick up.
On Land and In Gym**

Easter Monday Gym Schedule:

Last Monthly Movie Nights Before Fall

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, April 29th, 2016

Friday, May 27th, 2016

Doors Open At 5:30pm ~*~ Movie Starts At 6:00pm

Cost: FREE!!!

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

Family Gym- 11:00am to 12:00 pm and
Open Gym-12:00 pm to 2:00 pm

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.

(Jason Farr continued from page 8)

We know that seniors are going to require housing like no other demographic. We want to address this too. We want to find opportunities to plan with existing and new partners to create solutions.

When all is said and done, your North End and the communities surrounding the North End that fall within the SSSP should be an ideal example of what we shall strive for in addressing affordable housing throughout Hamilton. I trust now you can see why you have received so much attention to date.

Finally, I know this was a long article from your councillor this time out, Breezes readers. I really appreciate that you read this far. It is a very important topic. So, if there is something among this extensive edition that you would like to comment on or add to, I do hope you will reach out (as always). My contact and how to interact with our West Harbour Team are below.

Until next time Breezes Readers!

Jay

Councillor Jason Farr-Ward 2 -jason.farr@hamilton.ca
905-546-2711 or jasonfarr.com
hamilton.ca/westharbour

North End Breezes APRIL 2016

VIMY RIDGE

Brian Roulston

Every year on April 9 we remember the Canadians who fought victoriously in the battle of Vimy Ridge during the Great War, World War I. This day, while not a statutory holiday, is also known as the National Day of Remembrance of the Battle of Vimy Ridge. It is considered by many to be Canada's defining moment as a nation.

Europe had been at war for almost two and half years. It was a cold and bitter Easter Monday morning April 9, 1917 when a score of battalions numbered in the tens of thousands, four divisions of Canadian soldiers carrying 32 kg of equipment each along with British artillery and elite 51st Highland Division spread out shoulder to shoulder opened up with a barrage of gunfire at the ordered time of 5:30. The battalions advanced in waves through thick and heavy mud over a war mangled snow and ice covered countryside. An open graveyard where previous French and British attacks had failed with over 100,000 casualties.

Vimy Ridge, situated in Northern France, was heavily-fortified with barb wire and trenches, a seven-kilometre-long ridge held by German forces with a commanding view of any advancements made by the Allied Forces. Hill 145, the highest and most important feature of the whole Ridge would become the 4 Canadian Division's principal objective. Once taken, its summit would give the Canadians a commanding view of German rearward defences in the Douai Plain as well as those remaining on the Ridge itself.

Victory did not come easily, nor did it come without cost. After the 4 day battle 7,004 soldiers were wounded, 3598 had fallen.



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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.

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WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

By, Anne Marie Pavlov



Jesse and Pingu, Oct. 2007



JESSE HILL is 22 years old, and a lifelong Northender. You may know him from seeing his friendly bright face and daz-zling smile at work at all the local restaurants: Fisher's, Clar-key's, Route 66 and the Harbour Diner. He may have shovelled your snow, cut your grass, or helped you out in any number of tireless ways. He's the gre-garious blond who cannot leave his James Street North home without being recognized and waved down. I first met him as an adorable, gangly, busy kid in 2007 (see picture with my pet doves) with a wide smile and face full of freckles, running to the store to make sure chef Scott Randall at the Harbour Diner never ran out of ingredients. He was totally extroverted, in the moment, and something of a celebrity even at that young age. He greeted each patron as if he were the proprietor, and had the air of being Mayor of the North End even as a sparkling youngster.

Jesse started working at these eateries out of a desire to make money to continue his studies at Mohawk College, taking Business - Financial Services and studying to be a Real Estate Agent, but his career as a cook has taken a thrilling and unexpected turn and we now have a Celebrity Chef in our midst!

Each year, The Living Rock (an organization that assists at-risk youth) holds a huge fundraiser at the Convention Centre, called Soupfest. Area restaurants send their best chefs and enter their best soups in a contest where people who taste samples of it get to vote on their favourites. Competition is fierce, and the Gold Cup win is a cov-eted prize. Guess who won the Grand Prize this year for *Fisher's Pier 4 Restaurant*? Jesse Hill! He entered his own original creation "Jalapeño Bacon Popper" soup, created by trial and error, with the secret ingredient bring real jalapeño peppers, and he took the gold, beating out every other snooty restaurant in town! The people chose his soup as "Best Soup" and first runner up for "Most Creative Soup".

Jesse is humble and down to earth as I wax and go on and on to him about how proud I am of him, and what an honour he has brought home to the 'hood. He credits his strong single mom Tracy, who he calls his Queen and his Rock, as the reason for any success he has. He has an ambition and a zest for life that is infectious. He is childlike in his openness and creativity. This kid is really going places and is a testament to the power of enthusiasm, energy and positivity. Hurray Jesse! Thank you for everything you do for our neighbourhood and congratulations on this huge achievement!

The kitchen chronicles: Stories of
baking past from North End
Breezes
volunteers

Laura Heming

This series of stories features the memories of our very own Breezes volunteers. The purpose of this series is to tell stories from the voices of our own North End community. At our December Breezes volunteer event, we had the opportunity to share our earliest memories of baking with one another—stories of family connection, familial love, and the fondness and constructive nature of memories.

Tierney

Busy mother and enthusiastic baker, Tierney runs a bakery business right outside her own kitchen. In the time she finds outside of raising 7 kids with patience and grace, Tierney and her husband have merged their personal and business lives together to create SAKRED Inc., -- a business name that includes the initials of each of their children.

Tierney's passion for confectionary started when she was a little girl. She remembers her aunt inviting her and her siblings over, where she would always

have baking ready for them.

"I remember standing on a chair hardly being able to see the counter.

"I always wanted to baker like her—have people over and create that happiness and connection through food," she explained.

"When I had young kids, cooking was what I had to do, but recently, I've started to enjoy it again. Now, I invite our friends over with their kids and the whole experience makes me come alive."

Not only do these memories of baking make Tierney come alive, they also allow her to relax.



CLASSIFIED ADS

Next deadline for North End Breezes is the
15 of APRIL 2016.

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—LOOKING FOR A BABYSIT-TER? 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!

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

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

Reflexology—Relaxation Services by Brenda. Feel great and relieve stress. Reflexol-ogy, a specialized foot treatment and Shiatsu-Swedish back massage. Certified and experi-enced practitioner. Senior's discount. By appoint-ment 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

Hamilton Record & CD show. Sunday April 10th 10:30-4:00.Crowne plaza hotel. 150 king St E. 30 tables. 30,000+ vinyl records + related col-lectibles. Free on street parking. Admission \$4.

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, sa-cha@sacha.ca. 24 Hour Support Line 905-525-4162. sacha.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

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I Buy Appliances, working or not working. \$5 each. Washers, dryers, refrigerators, stoves etc. Call Scrapman: 905-529-8271

Employment Opportunities

Personal Support Worker. I am looking for a certified personal support worker to work in my home part time. Personal care, light housekeep-ing and meal preparation. \$17 per hour. Please e-mail resume or inquire by e-mail: lstoeten17@gmail.com

Bookkeeper. Experienced bookkeeper wanted part-time to do payroll, government remit-tances, quarterly report with bank reconciliation. Must be experienced with payroll law. Work from your home. \$20-\$25 per hour. Please e-mail: lstoeten17@gmail.com