



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

BREEZES' VOLUNTEERS GETTING the MAY EDITION READY FOR DELIVERY



Breezes folding volunteers. Top: Maria E., Jacquie R., Jesse C., Linda Rob., Phoebe G. & Joanne O. Middle left: Maria B. & Holly W. Right: Phoebe, Jacquie, Jesse, Marilyn Y. & Volunteer Coordinator—Linda R. Bottom: Lucy T. & Linda I.

Thank You

DIANA DESIMONE

Once in a while an organization is lucky enough to have a volunteer who is one-in-a-million—someone that goes the extra mile. North End Breezes has had the privilege of having Diana Desimone serve on the board since 2008, the last 4 years as chairperson. Thank you, Diana for your leadership and friendship. Diana has retired from North End Breezes board, she serves the North End through her work at NHCHC, still.



From *Breezes* volunteers:

"Thanks for the hard work. You are the best!" *Jesse C.*
"It has been my pleasure to help fold the Breezes. Thank you for leading us" *Jacquie R.*
"Thank you for being kind" *Linda R.*
"Thank you for all the hard work" *Marilyn Y.*
"Thank you, Diana for all you've done for us." *Phoebe G.*
"Diana! A pleasure knowing you & you showed that you care. A grand lady!" *Linda Rob.*
"All the best!" *Joanne O.*
"Diana ☺ good luck to the future. All the best." *Maria E.*
"Best wishes & luck in your future." *Holly W.*
"Good luck" *Lucy T. Linda I. & Margaret S.*
"All the best" ☺ *Maria B.*
"Best of luck to you on your new journey and adventure in your life" *Ken H.*

Northend living, Pass it on!

By Shannon McCulloch

I was scared 6 years ago when we first learned we would be moving down to the Northend of Hamilton, because of some bad luck (I thought at the time) in our lives, All the horror stories I had heard of living in lower Hamilton seemed overwhelming. Now I wouldn't trade my life down here for anything!

As this part of the town has started changing and growing and the plans are released for much bigger change and growth, I am a little saddened to know our neighbourhood will not stay the same.

Our pocket here in the Northend is the best place I have ever lived, I feel so at home here. There is a community feeling down here that I once thought was only in story books and times of old.

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North End Breezes board of directors would like to extend our thanks and appreciation to Diana for her service.



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“Dial Moved” with Poverty Initiative Hamilton Community Legal Clinic

In May, Hamilton city council supported Mayor Fred Eisenberger’s motion to commit \$50M towards poverty reduction. Eisenberger had brought the motion to the city’s General Issues Committee in April.

Among other things council approved:

- A \$20 million allocation to increase affordable housing and improve the state of good repair of housing
- \$3 million a year over 10 years for poverty reduction. The funds will come from the merger of Horizon Utilities Corporation and several other local utilities.
- Engagement with partners to help develop a strategy
- Leveraging funding commitments. Loans and grants from senior levels of government, school boards, and foundations as well as other potential contributors from the private sector will be sought.

The vote passed at council 11-2. Opposition generally focussed on the apparent vagueness of the plan. But Eisenberger wants to bring together the Hamilton Roundtable for Poverty Reduction (a program of the clinic), the Hamilton Community Foundation, and other groups to help put the plan together.

City staff have been directed to develop a detailed 10-year integrated poverty reduction plan by October.

Prior to approval the clinic expressed strong support for the initiative in a letter to the city. Sandi Bell, clinic chair and president, expressed our belief that the initiative will positively impact the lives of the clients and community the clinic serves.

“Municipalities have much to offer in the area of poverty reduction as indicated by recent announcements in Edmonton, London and other cities. This made-in-Hamilton initiative would be a significant step towards the development of a community-driven plan to address barriers to realizing the shared goal of social inclusion for all members of the community.”

After the resolution passed, clinic executive director Hugh Tye called it an important step that “moves the dial for the cause of social change . . . It is a precedent setting commitment to addressing poverty strategically and collaboratively that sets a positive tone for the city and its desire to leverage additional resources from the province and the federal government.”

The clinic commends Mayor Eisenberger and Councilor Chad Collins for acknowledging the work that has been done and recognizing it is time to move forward with new strategies and collaborative action to reduce poverty in Hamilton.

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



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.

Northend living, Pass it on! Continued from page 1...

There is a blend of so many different personalities and walks of life all living for the most part in harmony together that fills my soul with so much love and joy.

Groups of moms talking, playing and helping each other out. Neighbours that will bend over backwards to lend you a hand big or small. So many community resources that make this place great. I hardly know where to begin.

The Welcome Inn allowed my son at just 12yrs old and under the supervision of my great neighbour to start volunteering for them, it was such an enriching experience for him, that even though that neighbour has moved away, He at 16yrs old is still involved in it and helping out his community.

The kids and I write monthly articles for this paper and I have been lucky enough to also include other neighbourhood children in, and they all feel so good seeing the pictures in the paper.

I use our local gym at the health center and love my weekly (sometimes more) visit to our community supported and supporting thrift store.

This is the kind of neighbourhood that when we where down and out, a women I know only a little as we both took our kids to the local learning resource center (a play group for 0-6 yr olds) offered to lend us a large chunk of money, I didn’t take her up on it but it was so nice knowing people like that are around. When we went 12 days without water in the middle of winter because our landlords at the time refused to fix our frozen pipes or let my husband fix them. Neighbours allowed us to fill jugs at their place, others brought us water and many offered us their showers. When we were having trouble getting public health to get back to us, Jason Farr’s office got them to call and his secretary personally dropped off water and checked on how things were going throughout. The people at the Welcome Inn took time from their days to give us advice on different things the city offered. When it came to moving some offered us their van to use.

My family are not religious people at all, and yet the local church folk have never judged or made us feel out of place. In fact my kids have always been welcome at their after school activities with no pressure to join the church. And the local youth minister of old and new, never fails to involve my kids, whither it’s to invite them to activities or just always knowing their names an saying hi and talking with them for a bit. In fact I have had some of my best religious debates (a passion of mine to argue everything) with some of our more religious friends here and always freely with no hard feelings between us.

It is a community filled with people that will truly give you the shirt of their back without a second thought or bad feeling. It has inspired my family to try and be like wise.

I write about all this, not to whine (maybe a little) that change is coming as change always does at some point. Hamilton has plans to make this an up and coming neighbourhood and it makes me sad to think this great community will dwindle as I think it will, as it breaks down and becomes part of a larger Hamilton. Already rent prices have become too high for many and people talk about having to leave soon and a lot of our community resource will find this too expensive an area to work in and if they stay they will no longer get funding available to low income areas and the financial climate is changing.

As this happens I want people to remember that they have been lucky enough to live here in what I think of as the real heart of Hamilton, whether it be for generations (as many have) or a relatively short time as I have enjoyed in these great community. Let us take what we have learned and experienced here and if it must change, as its look like it must. Take it forward and maybe those that leave can help share this community feel elsewhere and make other places a little better and those who stay can keep some of it alive. Don’t forget what this community has been. It might not be kept the same but maybe it can be kept alive if only on a smaller scale.

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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)

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!



Mind over Mood

Twelve week self-management program for Depression

Mind over Body

Fourteen week self-management program for Chronic Pain

Break Free

Nine week self-management program for Anxiety/Panic

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CRAFT CORNER

Flower dyeing

Shannon McCulloch

This month since spring is in the air, I decided to do an experiment with the kids. To dye flowers and better understand what the flowers do with water.

Need:

Food dye
White flowers
Little cups
Water
Scissors



At the farmers market I bought white carnations and white mums. The nice people at the flower shop told me that the best idea to get the experiment to work well was to leave the flowers out of water and some place cool for 24 hours, which I did.

I cut back the stems to just around 3 to 4 cm away from the flowers. The kids (5 in total) each got two little plastic cups that I put water in and then they picked the colors they wanted add the drops of food colouring. They had lots of fun with this, mixing the different colours together. We guessed at what would happen over the next few days. Within a few hours a few of the flowers had some blue at the tips. Two days after, the blue was showing up great, a few had a bit of the other colours. In seven days, blue was still the most dark, some had turned a nice pink, yellow and green. The one where all the colours were mixed together had turned a light rusty colour.

The kids and I talked about how this shows all the places that water goes. We talked about plants and growth in general and even touched on how our bodies work (very similar.) We spent a good amount of time wondering why the blue dye seemed to be able to move through the flowers the most. I don't even know the answer and was surprised by the fact.

Over all it as a really fun one to do with the kids was enjoyed by all.

Kid's Book Review with Sam Knight

The Snow Queen

By Hans Christian Andersen
Art by Bagram J Batouline

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This was not any story I had known of, *The Snow Queen*. My mom said it's an old story and she knew it. It's about a boy and girl who are best friends. The boy ends up getting a chunk of magical ice in his heart and eyes and sees all good things bad and all bad things good, which really sucks.

He then goes to live with the Snow Queen but she's not very nice. His best friend, Gerda, goes to all kinds of places till she finds him and saves him. Her tears melt the ice in him.

I like the book a lot, because it was so different. It had so much in it. The drawings were beautiful.

My mom read me the book. It was very long and had small print.

TEEN CORNER with Hunter Knight

Hey it's me Hunter with teen's corner once again. This month has been very busy for me. My dad has had me helping on the truck a lot. One week he had me helping change the belt then the next week we changed the lower coolant line in the engine. I don't mean help as I handed him tools, although I did do that, but he had me under the truck telling me what we're doing, why it's important and how to do it. Doing the lower coolant lines I got really dirty, but I have so much fun doing things like that with my dad. I get to learn and spend time with him. Hopefully he doesn't have me wax his truck, I hate doing that.

Me and my dad have a big job coming up soon. We have to rebuild the front deck and to do that we have to take it all down. Our landlord will pay for the supplies, we just have to take it down and plan for the new one. It's going to be a long hard job and I probably will learn new uses for swear words from my dad. I'm looking forward to it; most of the job should be fun.

On another note I finally

ADOPT THE BREEZES

Help keep the "Breezes afloat" by making a charitable donation to North End Breezes this year. Now on our website: PayPal. www.northendbreezes.com

got my mid-terms from school. They were good, I didn't get anything under 80. My marks are better than I thought they would be. I thought in English and history I would get somewhere in the 70s. All my teachers still say I need to work slower than I do. They say if I slow down I could get even higher marks, mostly it's a matter of not looking over what I've done after to make sure it's all spelled right and in the right order.

This has been Hunter with teen's corner. Hope y'all have a great month. Till the next time.



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Bike Month/Bike to Work Day

Sanathan Kassiedass



Want free food, a t-shirt and a chance to win a NORCO bicycle? The 8th Annual Bike to Work Day is back! Join in on the festivities and celebrate a happier, healthier commute at City Hall on Monday, May 30th from 7-9am. Together with hundreds of cyclists, Smart Commute Hamilton, Cycle Hamilton, SoBi Hamilton, New Hope Community Bikes will host the fun-filled morning event that kicks off Bike Month and Bike to School Week. This year's event will include live music, food, hot beverages, prizes, and the presentation of the Community in Motion Awards. After meeting at City Hall for the celebration cyclists will ride to work or school.

All participants who register at bike-month.ca/biketoworkday will receive a free t-shirt at the event and will be entered to win a Norco Indie 4 commuter bike. Bike Month kicks off on May 30th and continues until the end of June with hundreds of events going on throughout the GTHA. Bike Month events include rides, guided bike tours, scavenger hunts, workshops, artcrawls, festivals and more. For more details or submit your own event: bikemonth.ca/hamilton, Facebook at BikeMonthGTHA or on Twitter @bikemonth and @SmartCommuteHam. (hashtag #bikemonth on Facebook, Twitter and Instagram.)

Street tree planting program

The city of Hamilton has a free tree for you! If you are a homeowner in Hamilton, a tree of your choice can be planted on the city-owned road allowance of your property.

To obtain and sustain a tree:

- To submit a free tree request you can review the program guidelines and pick from a choice of 40 varieties, depending on availability. Go to <http://bit.ly/1T75uFy>
- Call to submit a request for a tree at 905-546-2489. Corner properties can have up to 3 trees. A forestry investigator will come to access the property and your tree selection.
- Keep the tree healthy by watering it each day.

Planting new trees reduces the trees lost due to disease or insect damage and increases our urban forest and brings beauty. Trees also can reduce energy and pollution and health risks like asthma.

Trees will be planted from spring through fall with early cut off dates to accommodate the inspection process. Trees can't be planted in any boulevard locations where the width of grass area is less than 1.75 metres.

Care of trees includes daily watering and soil checks. Mulching will help trees retain moisture and protect against grass trimmer damage, while adding to the organic soil material.

Take advantage of beautifying your home and neighborhood, and increasing the value of your home. Explore the possibility of adding a tree to your property from the city of Hamilton!

From Susan Brooks

Travel — Sam Ion

I get mail, lots of mail and this year a lot of you want to know what to pack to go on an all-inclusive resort holiday. I went to all my experts for advice. Paula Millar worked for Transat Holidays for years. One day she up and sold everything and bought a condo in Punta Cana. Eventually she began looking around for a job, and Majestic Resorts in Punta Cana hired her for sales and marketing.

Paula offers excellent advice for all of us. Let's see packing tips from Paulafor the girls of course.

First and foremost, less is more

Sunscreen, single most important and it's less expensive to bring from home, and a lip balm with an SPF

A selection of swim suits and easy flowing cover-ups that will take you nicely to the restaurant for lunch.

A couple of pairs of flip-flops, including perhaps 1 wedge that can also double up for night time use

Leave in hair conditioner to protect hair from the rays and leave you with silky soft hair in the evening

For those that like a little sparkle ...Sparkly after sun crème

Cute sun hat that can mix and match with your daytime outfits

Tinted moisturizer, heavy powders and foundation should be left at home

Maxi dress or sporty track suite for airport (comfortable travelling) including a sweater or pashmina that can also be used in air-conditioned restaurants in the evening

Wedges are always a nice choice rather than a stiletto for those that like a high heel, it helps with the cobblestones, stairs etc.

Casually elegant dresses for evening, so you can minimize accessories like belts

For the men, include at least one pair of long pants and a closed shoe for elegant dining, in most cases a polo shirt with sleeves will do

In general natural fabrics, cotton, linen and silk are my favourites for Caribbean life.

Light sneaker or canvas shoe for excursions/hikes if that is part of the agenda

Beach bag that can perhaps double as a carry-on

On another note, so many guests still arrive in a destination with no travel insurance. Simply put, it should be mandatory. Also, free safes are included, guests should use them for valuables, such as phones, tablets, cash credit cards and passports. Still amazes me how many do not take advantage of this complimentary amenity.

And I would add, don't forget bug spray, and a small flashlight.

ELDERBERRIES

A Whale of a Tale

Many of us will be making our vacation plans, whether it's a staycation and believe me that can be great!

A number of years ago, a good friend of my mothers invited the two of us to join them at their new home in Nova Scotia. The couple purchased an old school house at sandy cove it sounded very special and we looked forward to driving down and the salt water breezes. Before leaving Hamilton in my car "Orange-aid" who else would you know to drive a bright orange car?

My mother was always up for an adventure, and the apple didn't fall far from the tree, I always enjoyed my mum and her stories so there wasn't a dull moment on route, lovely scenery and then the ferry boat and good weather. I told my mum that as long as I could sign up for a trip to see some whales I would be happy.

After a few days I phoned a marine biologist who lived in Tiverton and the weather was good. He supplied the clothing required and after the briefing we headed for the slip where our craft turned out to be a rubber Zodiac, hmm, not quite the whaler I had imagined. Captain Ahab (not his real name) put in some contraption of wood and tin, these I was told could alert signals to and from other craft, so we set off as a slow motor to reach the ocean.

I watched Captain Ahab checking all around the outside if the Zodiac as we chugged merrily along and thinking this is the life, when all of a sudden, splash and over the side he fell. Yes, my maties just him. And I was heading for the ocean and then there was one, me.

I crawled forward and helped the captain aboard as well as I could. He was soaked, but his Tilley hat stayed on his head—all I could say was—I hope that hat is a Tilley (as most outdoorsy types wear them.) Having resumed his composure he laughed and said that's never happened to me before, opened up the throttle and off we went.

I had the feeling of the Poseidon overturning and kept a very watchful eye for "she blows", but no, nothing and after 3 hours we never saw one whale, fluke or tail or rolling eye rising from the deep, and yes it was cold, the wind blowing the waves choppy enough. By the time we arrived back at harbour he said he'd left a stew on the stove so we'd soon have a hot meal at which time he pinned a whale broach on my jean jacket—to me it felt like the Purple Heart. I still have it to this day. After we defrosted by an iron oven and discussed our trip that was it. I paid my fare and Orange-aid and I headed back to the school house. I don't know who was more pleased to see each other.

Robert, our host had a tray full of sherry, and Yvonne a lovely meal and one for the books. They laughed and said we



Pamela Townsley-Winter

saw the Coast Guard helicopter go over, that would have been an ending!

Since then I spent a weekend at Tadoussac where the Saguenay meets the St. Lawrence. And yes we saw whales and delighted in the Belugas, cheerful little white baby whales who love to entertain, my wish was fulfilled.

I don't know what lies ahead, although Megs wasn't on that trip, we always seem to have an experience. However your vacation, make sure its going to be safe.

So folks make most days a picnic. We have such a beautiful waterfront you can't wish for better. Enjoy each day to the fullest as well as good friends. I do hope our new Syrian friends are realizing it was worth the hardships they have endured. Ain't we lucky to call Hamilton and Canada our home?

Side by side, love and laughter...
Pam & Megs

Raves: To the #7 bus route Locke St. driver a real gentleman who picked up my groceries which fell on my getting up on the step of the bus—thank you!

Rants: Aren't you tiring of that upscale word, condos? Can't we just say, expensive?

Moon Beams

Hey there you with the stars in your eyes. It happened in Sun Valley a long, long time ago. Those autumn leaves, summer time, younger that spring time. Are you that old black magic, all the things you are. Night and day you are the one, only you beneath the moon and sun whether near or far. No matter Pam where you are we think of you. Night and day. Fly us to the moon.

A surprise addition to Pam's column from Mr. J. W. Forett. Who writes that they share an exhilarating correspondence.



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Fashion for JUNE 2016

Alexandra Sempie

"Always dress like you are going to meet your worst enemy today," - Coco Chanel.

Summer: a time for sun and a time for fun colourful fashions! Many designers express their love of the summer season, as it's a time for fun flirty fashions. Designers are given the opportunity to play with bright colours and loud designs. What better way to combat the sun by being brighter?! Let's have a look at what we can expect to see hitting the beaches and streets this month.

Whether a person is the top of the fashion world or someone who grabs whatever fits, everyone has a great go-to pair of jeans. For over 100 years, people have loved a good pair of jeans, but eventually, they start to fade or get ripped. While throwing away clothes can be hard, you won't have to worry about losing your old jeans this season, as denim cut-offs are all the rage! Whether you grab a pair of denim cut-offs in the store or make your own, they are all the rage with designers! So this month, don't throw out your old jeans, grab a pair of scissors and make something new and stylish!

One of the best things about summer is sitting pool side soaking up some rays and taking a dip. But what happens if you get hungry and the nearest place to eat is a fancy restaurant? Fear not, because the latest trend this season has you covered; towel blazers! Yes, you



Towel blazers. Photo courtesy of Harper's Bazaar

read that right, designers have created a fancy blazer out of towel materials. Just throw your towel blazer on and you'll be dry and stylish in a matter of seconds! Now you won't need a change of clothes at the beach,

just wear your towel and you'll be the most stylish person at the beach!

In

Striped scarves
Sequins
Gingham skirts
Patchwork clothes

Out

Nude coloured dresses
Wedge Sneakers
Excessively ripped jeans
Mirrored sunglasses



Gingham dresses. Photo courtesy of Marie Claire.

Stay Beautiful!

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BOOK CLUB CORNER

Kit Darling

At the May meeting of the Bay Area Book Club, our last meeting until October, we enjoyed a lovely pot-luck lunch. After lunch we discussed *The Factory Voice* by Jeanette Lynes. Eight of the members present liked the book, three were so-so and two did not get a chance to read the book. Set in a factory in Fort William (which later merged with Port Arthur to become Thunder Bay) during World War 2, the story brings into focus the experience of women in wartime. In this book, they are making Mosquito airplanes for the war effort. There is intrigue (something is going wrong with the planes during test flights), suspense (detainees have escaped from a camp in the bush and at least one main character is still on the loose) and humour, particularly from Audrey - who says things like "...busy as a cat watching 10 mouse holes" or someone is "several tomatoes short of a sauce." The character of the Muriel, the female engineer, who comes in to manage the production of the planes, is based on Elizabeth McGill, Canada's first female aeronautical engineer. An engaging read, although at times verging on being hokey, it provides an insight into the culture of the forties.

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.

House of the Rising Sun by James Lee Burke. This is Burke's latest but hopefully not his last book. It opens in 1916 with Hackberry Holland, former Texas Ranger, in Mexico, searching for his estranged son Ishmael. As with all of Burke's books, the prose is evocative and the character richly drawn. From Mexico, we follow Hackberry back to Texas, carrying a chalice that he "liberated" from an Austrian arms dealer in Mexico. As the tale ranges back and forth in time, we meet many amazing characters, including several strongly drawn women—Ruby Dansen, union activist, Hackberry's 'one true love' and the mother of Ishmael, Beatrice DeMolay—descendant of a Crusader knight who supposedly brought the Holy Grail back to Europe, brothel owner and Hackberry's saviour, and Maggie Bassett, Hackberry's estranged wife, whore and all-round conniver. As in most of Burke's tales, the hero is an avenging angel with somewhat tarnished wings.

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CENSUS 2016

Brian Roulston

After receiving their notices in the mail many Canadians eagerly logged onto Statistics Canada's website completing over 700,000 forms on the first night of the 2016 Census. This in turn crashed the servers for 45 minutes that evening. Still, it may go down as being Canada's most successful Census to date in terms of both data collected and compliance.

It was not Canada's first attempt at online census taking. The first time the country was offered this option was in 2006 putting Canada ahead of the world in data collection. In 2006 18.5% of the country used this option; that number more than doubled in 2011.

Why is the Census so important? The Census not only offers us a snapshot of our country at a particular point in time, it is, in a sense, a library of information about Canada. It shows us how we have evolved or changed as a nation. The Census are official Government of Canada records which offers valuable sources of information such as age, occupation, nationality, birthplace, health and population. This information tells us where and how much money we should be funding when building or maintaining our roads, railroads, schools, fire stations and hospitals. Information that can be used to better understand what programs should be offered in our public, secondary and post secondary schools. They are also some of the richest sources of family history. This is often the first source people look to when doing research on their ancestors.

The earliest census taken was the Census of Lower Canada in 1825. Canada's first Census as a nation of 10 provinces and two territories came two years after Newfoundland became a province in 1949.



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www.canadian-directories.ca**

Bill & Marie Mushing - Hamilton Ontario

Canada Day Celebration!

July 1

BAYFRONT & PIER 4 PARKS

4pm – 11pm

**FREE HSR shuttle bus between
downtown Hamilton and Pier 4 Park**

Enjoy children's activities, entertainment
and flavours of local food trucks.

Fireworks 10pm

**LOVE
your
CITY.**
It's Happening
Here!

Welcome Inn Community Centre's Food Bank will be on
hand to collect non-perishable food and cash donations
in support of Hamilton's North End community.



This project is
funded (in part) by the
Government of Canada.

Ce projet est financé
(en partie) par le
gouvernement du Canada.

Canada

PROUDLY PRESENTED BY



INFORMATIONS DISPONIBLES EN FRANÇAIS SUR LE SITE INTERNET

www.hamilton.ca/canadaday



Twitter @TourismHamilton



facebook.com/HamiltonCulture

905-546-4646



Bennetto School Reunion 1988. Standing L-R: Ken Davy, Mary Clairmont (Thompson), Frances Cheyne (Thompson) Sitting L-R: Helen Thompson (Marshall), Albert Edward (Kelly) Thompson, Anna Lavinia Thompson (Murphy)

IMPORTANT INFORMATION ABOUT BURNING

Please do the right thing for yourself and your community...reduce burning, report outdoor burning, protect your health, and keep your neighbourhood safe for all!

Best practices for indoor burning:

For indoor fires burn only clean, dry, and well-seasoned wood and newsprint. Keep fires small and hot, remove ashes regularly from your fireplace and place them in a metal container stored outside your home. Have your chimney inspected and cleaned at least once a year, install and regularly check smoke alarms and carbon monoxide detectors. Check with your insurance company to make sure your wood burning appliances are on your policy, or risk not being fully covered.

For occasional indoor fires consider switching to a natural gas fireplace or replace older wood burning equipment with new, high-efficiency, low emission units approved by the US Environmental Protection Agency. Ensure that new stoves and fireplace inserts are professionally installed by a technician certified under the Wood Energy Technical Training (WETT) program.

Outdoor burning is not allowed within the city boundaries!

Residential burning of garbage is against the city's by-laws. Do not burn garbage, cardboard, plastics, wood, particleboard, plywood or glossy magazines – burning these items releases even more highly toxic chemicals into the air. Yard waste also must not be burned. Compost yard waste in a corner of your yard or put it at the curb for city pickup on garbage day.

Emissions from burning may constitute a violation of the Ontario Environmental Protection Act. Ask your neighbours if your wood smoke is affecting them. Call the fire department's confidential reporting line when you see illegal outdoor wood burning, 905-546-3333 ext 5.

Information from the City of Hamilton's public health policy and the Ontario Environmental Bill of Rights.

from Tony Taylor, a concerned neighbour

Events Calendar JUNE 2016

North End Breezes JUNE 2016

Imagine in the Park Sat. June 4. **Gage Park.** A free children's art festival. We offer workshops held by local artists in all forms of the Arts- music, dance, literature, crafts- like felting, screen printing etc. and more. Two food trucks available- a hot dog/ hamburger truck and a Fro-yo truck, or feel free to bring a picnic lunch! Free draw for a Tablet donated by Cogeco! 11am – 6pm Ages: 6-12 Free

Gore Park Summer Promenade will kick off on June 1 and run through Sept. 2 every Wed, Thurs and Fri, 11am–5pm. Free entertainment from noon to 2pm. Games, food trucks (Wed, Thurs), Reardon's Hot Dogs (everyday) and artisan vendors. More information can be found on our website www.downtownhamilton.org

St. Luke's Anglican Church Garage and Plant Sale. And BBQ. Saturday June 18th from 9 am to 12 pm. At the Parish Hall 76 Macauley St. East.

FrancoFEST June 25 to June 26. By: Centre français Hamilton. This annual festival in **Gage Park** is free and includes many live performances, bubble soccer, local food and craft vendors, food trucks and a beer garden! Time: 1:00 pm to 11:00 pm. Ages: all ages Cost: \$5 parking Location: Gage Park. www.francofesthamilton.ca

Family Fun Days - Summer Celebration June 26 **Art Gallery of Hamilton.** Children can make masterpieces with Artist-instructors. Pre-registration is not required. Please visit AGH Visitor Services upon arrival to receive your stickers for all Family Workshops. Family-Time Tours: 1:00 p.m. to 1:25 p.m. Hands-On Art Making Fun Drop in between 1:30 p.m. and 3:30 p.m AGH Members: Free Non-Members: \$5/family (up to 4 children) 905-527-6610, info@artgalleryofhamilton.com

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950 King Street West (Westdale) Hamilton, ON L8S 1K8
Phone: 905-527-1174 Fax: 905-577-0661

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 it's 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.

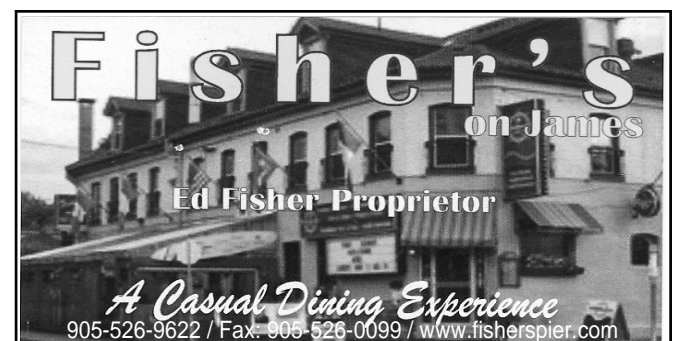
To order a FREE Special Report, visit www.RightPriceToSell.info or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-687-0634 and enter 2010. You can call any time, 24 hours a day, 7 days a week.

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

Bike Month 2016 Event Listing: *Mon. May 30:* Bike to Work Day convenes at City Hall: 7 to 9am (reception 8am) *Mon. May 30 to Friday June 3rd - Bike to School Week.* *Sat. June 4:* Ride for the Masses as part of 100in1 Day Festival (various events) 6:30 Depart from Victoria Park; 7:30 Merge point at Gage Park. Cycle Hamilton's Intro to Street Cycling Workshop + Bike Tour of 100in1 Day Events. Ride-in Movie at Beasley Park, presented by SoBi Hamilton. 9pm screening of "Triplets of Belleville". Bring your own chairs, blankets, popcorn and neighbours! *Tues. June 7:* Women/Trans/Queer Only Basic Bike Repair, 6-9pm, New Hope Community Bikes. *Thurs. June 9:* Bike Art Crafting for Art-crawl 6-9pm, New Hope Community Bikes. *Fri. June 10:* Bike Themed ARTCRAWL, Collaboration Station @ 294 James St N. *Sat. June 11:* Pump Track Party, 2-6pm, Gage Park south-west corner. Memorial Ride for Blaine, 8pm, New Hope Community Bikes. *Thurs. June 16:* Instagram Scavenger Hunt 7-9:30pm, Gore Park. *Tues. June 21st:* Women/Trans/Queer Only Shop Night 6-9pm, New Hope Community Bikes. *Wed. June 24:* Basic Bike Repair Workshop, 6-9pm, New Hope Community Bikes. *Sat. June 25:* Carbon Cycle Lake to Lake overnight bike trip – starts at Corktown Park. Hamilton Glowriders Group Ride, meet at Durand Park at 9pm to get bikes ready, roll out at 9:30. *Sun. June 26:* Ride Don't Hide Hamilton Charity Ride – starts at McMaster. SoBi Rail Trail Group Ride. 1 PM, Corktown Park SoBi hub. www.bikemonth.ca/hamilton

3rd Annual Canada Day Pier 8 Skate Jam. Fri. July 1, 4-11pm. 47 Discovery Dr. 289-808-7877



GO JAYS GO
Game Time Deals
Bucket of Miller Genuine Draft \$20
\$2 off 32oz. Domestic Mini Pitchers of Draught

FATHER'S DAY
SUNDAY JUNE 19th
Bring Dad in for Lunch
Watch the **JAYS vs. ORIOLES** at 1:35pm
Sports Atmosphere
Dinner Reservations also available

NEW ON TAP
LAGER SHED
From S&E Brewing Co. located in Dundas
Other Craft Beers Available

FRESH MINT MOJITOS MADE THE REAL WAY

Join us for a bite to eat & check out some of our "NEW" SUMMER FEATURES

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High quality, fresh produce at a fair price!
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\$10 for a small box (\$15 value)



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Walkabout with Ken Hirter

This month's Walkabout takes place at the beautiful Hamilton Cemetery, 777 York Boulevard, nestled between the beautiful bay and Princess Point. Originally this cemetery was once three separate but adjacent cemeteries. Christ Church Cemetery in 1847 then the Burlington Heights which was established by the City of Hamilton in 1848 and the Church of the Ascension (Anglican) with its first interment in 1851. Some famous Hamiltonians interred here are: Robert Land Sr., one of Hamilton's first settlers, George Hamilton from whom the City takes its name, Dr. Calvin McQuesten who's residence, the beautiful Whitehern, now a Historical site and museum, and Mayor Colin Campbell Ferrie who was Hamilton's first mayor, to name a few.

I have always found peace, serenity and reflection when walking throughout cemeteries. I remember visiting the cemeteries of my childhood with my parents. Every spring my parents planted and pruned flowers for my grandparents. When I moved back to my old hometown, St Catherine's I visited all the graves at cemeteries in St Catherine's, Thorold & Welland of family & friends. I had

been away almost 30 years. It was a personal journey, many had passed away and I could not attend their funerals, "gone but never ever forgotten."

I prefer "Rest in Paradise" instead of RIP. Till next month's Walkabout.

Take care.

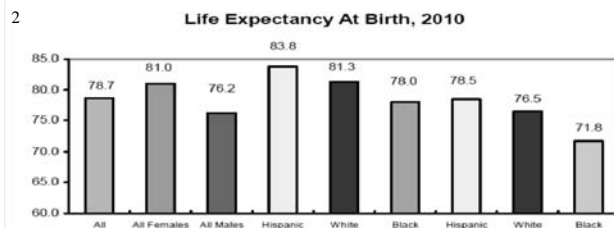


Jason Farr

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



MEN'S HEALTH WEEK, June 13-19, 2016



"The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury."

Here are some Men's health facts:

Health Facts: Men die at higher rates than women from the

top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

Silent Health Crisis

There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women." Dr. David Gremillion, Men's Health Network

Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk. Chance of being a Homicide Victim* 1 in 30 for black males 1 in 179 for white males 1 in 132 for black females 1 in 495 for white females

*BJS DATA REPORT, 1989

Depression and Suicide¹

Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide. Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide. Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

Who is the Weaker Sex?

115 males are conceived for every 100 females. The male fetus is at greater risk of miscarriage and stillbirth. 25% more newborn males die than females. 3/5 of SIDS victims are boys. Men suffer hearing loss at 2x the rate of women. Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol. Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women. By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

To learn more, call: Men's Health Network

P.O. Box 75972 Washington D.C. 20013 T: 202.543.MHN.1 (6461) x 101, info@menshealthnetwork.org
www.menshealthnetwork.org

¹ Centers for Disease Control and Prevention and the National Center for Health Statistics 2011. Retrieved from <http://205.207.175.93/HDI/TableViewer/tableView.aspx?ReportId=166>

² Life Expectancy data is from CDC/NCHS, Health, United States, 2013

Cory Ma, RD, CDE
Registered Dietitian -
Diabetes Program



NorthHamilton
Community Health Centre

Father's Day 2016. Ode to my dad... all dads.

Ken Hirter

From fresh cut grass and the days of open doors and kids playing on the streets. Here are some Father's day and reflections of our father's past, present, and future.

Being a sixties child the moms stayed home and our dads worked. I remember the fathers of that generation who worked long hours to put food on the tables and put clothes on our backs. The smell of dinner cooking on the stove and dinner was waiting for dad after a long day at work. At the head of the table was my dad.

Lessons learned from my pops that I carry to this day: Do not make fun of those that are disabled, eat all your food on your plate and remember the starving children in the world. Say please and thank you, respect your elders and remember to smile, it won't kill you.

I fondly remember his encouragement of my track ambitions and the cold winter months of 1978. Me in my shorts and T-shirt running as my pops followed and timed my progress. My pops was just making sure that I would not fall: that's my pops. Falling down is a part of life and getting back on your feet is the challenge. Happy Father's Day, Dad.

To all the fathers past, present and future let your child be who and want they want to be.

Thanks dad for allowing me to be simple me.

Happy 85th Birthday (June 11th) Love your son Ken (aka Rumpy) P.S. sorry about the fishhook in the back in the summer of 1974.

Thanks to the other father's out there from our brother's, cousins, grandparents & uncles that fill the void for the fatherless children.....and especially to all the single women whom perform double duty of both mother & father.



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 PARK COMMUNITY MURAL

The Beasley Community Mural was completed in August 2013! Matt McInnes, Becky Katz and Sylvia Nickerson, along with numerous neighbourhood volunteers of all ages helped paint the Beasley Community mural onto the exterior wall of the old Beasley Community Centre in Beasley Park. The design for our mural came from 50 kids drawings made by kids who live in Beasley or attend Dr. Davey School. These drawings were collaged together to make the mural design.

A big Thanks to: Benjamin Moore, Hamilton Community Foundation, Sylvia Nickerson, Matt McInnes, Becky Katz, Landon Haggerty, Beasley Neighbourhood Association volunteers, kids from Dr. Davey School and the Beasley neighbourhood, Charlie Mattina, Brandon Braithwaite, Neighbourhood Development Strategies office, City of Hamilton, and many more people who helped us get this project completed this summer.



OBJECTIVE:
Improve Housing
Options &
Property
Standards

HAMILTON COMMUNITY LANDTRUST

In 2014 the BNA decided to publicly support a grassroots effort to found a Hamilton Community Land Trust (CLT) downtown. A CLT owns land in the name of all citizens and protects it and leases it to community groups for certain uses such as gardens, green and community space, and affordable housing. It is a way to ensure that positive land uses can be protected against rising land values and gentrification, and keeps citizens involved in decision-making in the rapidly developing downtown core.

Allison Maxted, a UBC planning graduate and Hamilton resident had approached the BNA in 2013 to study the possibility of creating a land trust here. Beasley residents have been enthusiastically supporting the group as they have incorporated, recruited a Board of Directors, and received a Ontario Trillium Foundation grant to fund a feasibility study. We think a CLT is a great opportunity to build and protect our community assets while protecting the amazing diversity and dynamism of our neighbourhood.

To learn more about the Hamilton Community Land Trust or to volunteer visit: www.hamiltonclt.org



Beasley Neighbourhood Association
www.ourbeasley.com

Port Partners Team Up to Clean Up

The Port of Hamilton Team Up to Clean Up was well-attended again this year, with 15 companies participating in the Earth Day event. 78 hard-working volunteers together collected 164 bags of garbage and recycling, leaving properties throughout the north end cleaner and greener.



North End Neighbours The neighbourhood association for residents of the North End.

Formerly: North End Neighbourhood Association
June neighbourhood update

On May 2, the city presented the urban design study for piers 7 and 8. The report will be presented to the city of Hamilton planning meeting on May 17. In the plan are 1,100 to 1,600 residential units, according to the report. Building heights will be 8 storeys or less. The bottom floors will include some commercial development. There will be a 30-metre (100 foot) pathway along Pier 8. The urban design study is on the city of Hamilton website. Look for Waterfront Redevelopment.

Vote for your safe-street solutions for Ward 2 between June 10th and 20th. All residents and business owners of Ward 2 can vote. Vote at Bennetto Recreation Centre. Money for the projects is from councillor Farr's area rating funds. www.planlocal.ca/ward2

Friends of the Sunset Cultural Garden continue to get together on Sundays from 11 a.m. to 1 p.m. for gardening and visiting. All are welcome to stop by to lend a hand or to say hi.

Friends of Bayview Park cleaned up their park on May 21. Did you know that Bayview is a historic site? It was an early glassworks. Nearby residents find this a lovely park to play or to sit and think. A great view!

100 in 1 Day is coming on June 4. It is a day of small, fun community engagement projects. Register your event by June 3. Your event can be anything that will better your community and the city. Contact us for information, or look at our website at <https://hamilton.100in1day.ca>

Open Streets is returning to James North on Sunday, June 19. Most of James Street North will be closed to vehicular traffic and open to walking, scooters, skateboards, bikes – you get the picture! Open Streets features the themes of active transportation, healthy communities, and fun. Did I say free? Hope to see you there! www.openstreetshamilton.ca

"PLEASE MIND YOUR SPEED" lawn signs are available. We are hoping to get them installed around the neighbourhood in high traffic areas, such as Ferguson Street, John Street, and MacNab and anywhere you think the signs are needed. Contact us to get your sign.

North End Breezes JUNE 2016



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,

Chair: nenchair@gmail.com

Website: www.northendneighbours.com

Facebook: North End Neighbours, Twitter: @nenhamilton

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

Williams Fresh Cafe
Open Daily 8am to 11pm

**OPENING MAY
LONG WEEKEND!**

Waterfront Tours
Hamiltonian Tour Boat
Harbour-West Trolley Tours

Food Services
Waterfront Scoops Ice Cream Parlour
Waterfront Grill

Recreational Activities
Waterfront Outdoor Rink & Skate Rental
Waterfront Wheels Bike Rental

BENNETTO COMMUNITY CENTRE

450 Hughson Street North
905-546-4944
www.hamilton.ca

*Want a refreshing summer time activity for your kids?
Swim lessons are available all summer long. Contact your
local community centre and ask about their summer swim
lessons, dates, times and registration information.*

OUR OUTDOOR POOLS WILL BE OPENING UP AT THE END OF JUNE.



**FOR THE OUTDOOR POOLS AND
WADING POOLS SWIM TIMES
PLEASE GO TO**

www.hamilton.ca/rec



See you out there enjoying the summer fun!

On Land and In Gym

Monthly Movie Night!!

Movie night has ended
for this school year!
Thank You to ALL the
wonderful children and
families for coming out
every month!
We will see you all back
in **September!**
Have a safe and fun
summer!

Free Family Fun!!

Check in and check out
our free programs this
summer in the gym and
pool, get your family out
and recreate.

Come and pick up a free
schedule today!

Free Supie Program

The Recreation Division offers free drop in programs
in City of Hamilton Parks through the summer.
Our supie staff organize games, crafts, sports, special
events and theme days for children in the
neighbourhood.

Come check out our camp guide for more details.

A few Supie Placements will be at:
McLaren Park, which is the corner of
John St N and Cannon St
Eastwood Park, which is the corner of Burlington St E
and Mary St.
Beasley Park, which is 96 Beasley St

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.

PARISH HALL FOR RENT St. Lawrence Church, 475 Mary St.

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



NEW HORIZONS

520 James Street North
905-529-6891
Store Hours: Mon – Sat, 10-5
www.newhorizons.welcomeinn.ca

New Horizons is back to having some fun with Silent
Auctions. Each week we put two or 3 items in the glass
case and bids are open from 11:00am on Monday through
to 5pm closing on Saturday. You must make bids in per-
son. In the last 6 weeks we have successfully auctioned
off several lovely rings, a Swarovsky Crystal necklace, a
“Spring Starter Set” including a lawnmower and reeled
garden hose.

New Horizons gets a surprising number of quality
items in collectable jewelry, china, and one-of-a-kind
pieces. Currently we have a small supply of antique and
older cameras, lenses, and media goods; coming up with
be a collection of Elvis Memorabilia, and Royal Family-
related items. Putting together small sets of items for a
larger gift can be creative and challenging for our ener-
getic volunteers. A set of sorbet bowls and spoons, a
cookie press with several piping discs and a baking from
for Madelaines made a wonderful Dessert Set. Keep your
eye on our Facebook page for auction photos every week.
All proceeds as with the rest of sales at New Horizons go
directly back into programming and support at The Wel-
come Inn Community Center. We pride ourselves on af-
fordable goods and minimizing waste to the environment.
When you donate or shop at New Horizons, you foster
community values on so many levels, and frankly we
could not what we do without YOU. See you soon at 520
James St North.

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.



**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 pro-
grams that help children get ready for school.

It is **FREE** and **NO REGISTRATION IS REQUIRED**.
Parenting and Family Literacy Centres are school-based
programs in which parents, grandparents and caregivers
with their children, participate in a range of play-based
learning activities that focus on the optimal development
of the child and the early acquisition of literacy and
numeracy skills.



ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

**Your Catholic Church
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 wel-
comed 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.

Our last session will be June 26th, but the program
will return again in September.



**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)

Find us on Facebook at
www.facebook.com/stlawrencehamilton

On Twitter @St.LawrHamilton

Or visit our Website at stlawrencehamilton.ca



NIBBLES & BIDS

Loonie Toonie Auction

**Mark your calendar for
Friday November 4th, 2016**

Doors Open at 6pm Auction Starts at 7pm
Admission is just \$5.

We are now accepting donations!

We are looking for Gift Cards, Gift Certificates,
Gift baskets and prizes for our Auction.
We are also accepting monetary donations and
those wishing to advertise in our program.
All funds raised will go to our Parish Building Fund.
For more information or to donate,
please contact Alissa at
aadenham@hotmail.com or 905-308-1576.
Tax receipts are available.

Happy Father's Day
Sunday June 19th, 2016



WELCOME INN COMMUNITY CENTRE

40 Wood Street East
www.WelcomeInn.ca



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.

Summer Camp

July 4th – 29th
Monday through Friday 9:00am – 3:00pm
\$25 per child/ week



Come and experience the magic of books:
Week 1- Fables & Fairy Tales
Week 2- Harry Potter Week
Week 3- Roald Dahl Week
Week 4- Best Loved Books

What's Going On?

Afternoon Classics

Thursday June 9th & 23rd 1-3pm

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



Parent Support Group

Thursday June 13th 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

Meeting Tuesday June 21st 2-3pm

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. If you are interested, contact Krista @ Krista@welcomeinn.ca or 905-525-5824

Ice Cream Social:

Friday June 24th 6-8pm @ Welcome Inn
Pay what you can

New Horizons Thrift Store

520 James Street North
905-529-6891

Store Hours: Mon – Sat, 10-5
www.newhorizons.welcomeinn.ca

Silent Auction



Silent Auctions are being held every week at New Horizons!

The items are on display for 7 days, displaying a minimum bid and increases will be recorded by the

cashier at the sales desk.

We have some great items in our auction! We have vintage cameras and media items, jewelry, Elvis Memorabilia

and Royal Family related items!

You must make your bid in person. Winners will be contacted by phone to come pay and pick up their prizes.

Proceeds as with the rest of sales at New Horizons go directly back into programming and support at Welcome Inn Community Centre!

Watch our Facebook Group Page and Kijiji for photos.

Celebrating Seniors Month!

June is Senior's month and the Welcome Inn Diners Club invites you to celebrate with us. Everyone is Welcome!

Please join us on **Tuesday June 21st 12-2pm**

We are celebrating with a BBQ with all the trimmings, door prizes and of course some GREAT entertainment.

Jack Garson will be performing live music and entertaining us with lots of jokes.

Any questions? Call Ruth @ 905-525-5824

We Want YOU!

Summer is a great time to connect with you neighbourhood and try out something new.

We invite you to consider volunteering at

Welcome Inn Community Centre and New Horizons Thrift Store. We have lots of opportunities where you will have a chance to meet new people, learn something new and have a little fun this summer!

- Gardening. Mon, Wed or Friday.
- After School Club Mentors (Monday – Friday)
- Day Camp Volunteers in July.
- New Horizons Thrift Store. Cashiers, Sorters & Pricers.
- Food Bank Assistants.
- Truck Drivers for food delivers & pick-up

If any of these opportunities sound interesting to you, connect with Ruth to get the conversation started. No experience necessary. ruth@welcomeinn.ca OR 905-525-5824

Join the Conversation

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



RELAY FOR LIFE

"You have Cancer" is perhaps the most frightening 3 words anyone of us will ever want to hear. Last year 197,000 Canadians were diagnosed with the disease. That number is expected to rise 40% over the next 15 years.

The Juravinski Hospital and Cancer Centre Foundation will see approximately 7,000 new patients, serving 1.7 million people yearly. This is the referral centre for West-Central Ontario.

Supporting the Canadian Cancer Society has never been so urgent. The Hamilton *RelayForLife* takes place on Friday June 10 from 7pm to 1am Saturday June 11 at F.H. Sherman Recreation and Learning Centre, 338 First Rd E. Rain or Shine. Music, entertainment and other fun activities are also slated for this event. Participants can register online for \$15 at the relayforlife.ca website and they accept online donations. An annual event established in 1998, last year 331 communities across Canada took part raising almost \$34 million for cancer research and services, such as driving people to cancer related appointments, kicking the smoking habit through Smokers Helpline and peer support program. Contact Bethany Peirson, a Community Fund-raising Specialist at the Canadian Cancer Society, Hamilton Community Office: bpeirson@ontario.cancer.ca or by phone 1-905-575-9220

Brian Roulston

Her Majesty's Army & Navy

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

JUNE Entertainment

Thurs. June 2	Ted Burton	3-7
Thurs. June 9	The Toones	3-7
Thurs. June 16	Phil Myles	3-7
Thurs. June 23	Lionel Bernard	3-7
Thurs. June 30	Big John & the Night Trippers	3-7

June 11 Come out & Join us for our FATHER'S DAY SPECIALS!

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



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





Photo by Sean Hurley

MONARCH AWARDS

In gardens, beauty is *not* just in the eye of the beholder. If that beholder is a bee or butterfly—or any number of pollinators, birds, insects, or wildlife so crucial to the web of life—beauty is all about diversity, habitat, and ecosystem health. This summer, downtown residents who garden for Nature, not just curb appeal, will be recognized through the Monarch Awards program.

The Monarch Awards is the brainchild of volunteers and staff from Environment Hamilton, Hamilton Naturalists Club, Royal Botanical Gardens, and the Crown Point Garden Club. Residents of Wards 1 through 4 are eligible. Enter on paper or online—there's a

of course, beauty.

Your garden can be in front or back, your plantings new or mature, your property big or small, your house fancy or plain. If your garden is buzzing and fluttering with life that's what counts.

The entry deadline is June 19 and North End gardeners are encouraged to apply—there's a gift and garden sign for all entrants. www.monarchawardshamilton.org, (905) 549-0900, or email info@monarchawardshamilton.org.

photo up loader and a simple questionnaire.

If your garden scores well, expect a call from volunteers on the judging team. They will arrange a visit to take a closer look, talk with you, and consider your garden's biodiversity, sustainability, soil health, water use, materials and,

CLASSIFIED ADS

Next deadline for North End Breezes is the 15 of JUNE 2016. North End Breezes, 438 Hughson St. N. Hamilton, ON L8L 4N5, 905-523-6611 ext. 3004 Fax: 905-523-5173, collins@nhchc.ca, www.northendbreezes.com

Services

Music Lessons, Garageland Music At Halo (341 James St. N.) A new music space, a better approach to learning music. Learn guitar, bass, drums, keyboards or vocals, play in a band, rehearse and record, all at Halo. garageland@halomusic.ca

Lawn Cutting, hole digging by shovel, general landscaping. Thank you to my customers for their support. Call Hans: 905-525-1659

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 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 & shopping. Reliable and experienced. Please call: 289-887-3144 after 6pm

Reflexology—Relaxation Services by Brenda. Feel great and relieve stress. Reflexology, a specialized foot treatment and Shiatsu-Swedish back massage. Certified and experienced practitioner. Senior's discount. By appointment only. Phone: 905-525-3693

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

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

Wanted

I Buy Appliances, working or not working. \$5 each. Washers, dryers, refrigerators, stoves etc. Call Scrapman: 905-922-9153

Announcements

SACHA – Women's Group for Survivors of Child Abuse. Help break isolation, recognize your

strengths, learn new coping strategies. Starting in Sept. 2015. 75 MacNab St. N. 3rd floor, Hamilton. Call a SACHA counsellor: 905-525-4573, sacha@sacha.ca. 24 Hour Support Line 905-525-4162. sacha.ca.

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

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!!

Pawz in the Park. July 9 and 10, 2016. Third annual fundraiser to bring awareness to Post Traumatic Stress Disorder, PTSD and Fetal Alcohol Spectrum Disorder, FASD. This year the theme is *Dogs with Jobs*. We are at the lovely Eastwood Park, 110 Burlington St. E. No admission, donations welcomed.



NorthHamilton

Community Health Centre

THANK-YOU

North Hamilton Community Health Centre would like to thank the following businesses and organizations for their generous contribution to our Volunteer Appreciation Week in April. Thank-you for your support!!



Hamilton Waterfront Trust

Connecting You to the Water's Edge



Photo from <http://cdn.eventfinda.co.nz/uploads/events/transformed/603763-285616-34.jpg?v=6>



Ward 2 Safe Streets



Hamilton



IDENTIFY



VOTE



BUILD

Vote for your top safe streets solutions

June 20th - 30th

An initiative by
Ward 2 Councillor
Jason Farr
905.546.3774

Vote online @ www.planlocal.ca/ward2

In Person: Bennetto Community Centre, Beasley Community Centre, Hamilton City Hall
Hamilton Public Library (Central Branch), Central Memorial Community Centre