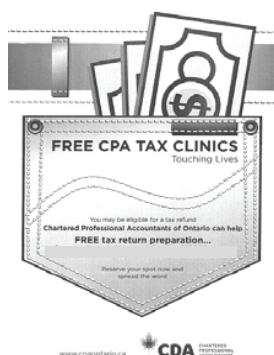




THE COMMUNITY NEWSLETTER  
OF HAMILTON'S NORTH END  
MARCH 2016  
EDITION



## North End Breezes Free Income Tax Clinics

In partnership with the  
Chartered Professional  
Accountants of Ontario.

**BY APPOINTMENT  
ONLY**

**TUESDAY EVENINGS,**  
6 to 8pm March 1, 8, 15 & 22  
At NHCHC 438 Hughson Street North

**WEDNESDAY EVENINGS,**  
6:30 to 9pm Mar.2, 9, 16 & 23  
At Hughson Street Baptist Church  
383 Hughson Street North

**Eligibility:** Individuals without dependants,  
incomes below \$30,000  
Individuals with dependants, incomes below  
\$40,000

**Call: 905-523-6611 extension: 3004 to book  
your appointment.**



**Tax Clinic Volunteer Coordinators** wanted  
for the 2016 Free Income Tax  
Clinics on Tuesday & Wednesday evenings.

Tax Clinics made possible through  
North End Breezes and the  
Chartered Accountants of Ontario.  
Contact: 905-523-6611 ext. 3004,  
collins@nhchc.ca

## Custom House: What made Hamilton great?

Have you been to Hamilton's Custom House yet? Step back in time and see what workers from years gone by have used for tools and some of the projects they worked on. Hamilton is an interesting city, and has quite the history. See it (it's free!) at the Custom House, 51 Stuart Street Wednesday to Saturday 10:00 to 4:00 P.M.

You will love this building with its high ceilings and sweeping staircase. It is filled to overflowing with pictures, workers' artefacts and implements showing the ways we worked in Hamilton an amazing combination of history brought to life.

Interesting displays include items such as an old sewing machine, printers, helmets and pictures. There are many commonplace tools and displays celebrating our history and years gone by. It is housed in the historic Custom House, which was built in 1860 to handle trade flowing through Hamilton Harbour and into Upper Canada. The Custom House is one of the oldest remaining "federal" public buildings in Canada and is known as one of Hamilton's foremost architectural landmarks. Even from the outside the building commands respect, but when you step in, the building will truly inspire awe.

Download the Worker City app which will take you on a tour of Hamilton to explore the sites and stories of our oldest working communities tracing the growth of Hamilton industry through the eyes of Hamiltonians by visiting the streets, parks, factories and neighbourhoods where our history was made. <http://www.workerscity.ca/app/>

If you have a passion for our history, check on the possibilities of volunteering. You have an important contributions to make.

The Workers Arts & Heritage Center hosts March Break Camp: Old Buildings, New Ideas (14th to 18th) for children from 8 to 12. It's an opportunity to see how the Custom House was built before Canada became a country. Look for details at <http://wahc-museum.ca/event/1548>

Check out the newest exhibit, We Are the Worker's City, from now through April. Step back in time at and experience life through the eyes of the working men and women who made Hamilton the great city it is today. <http://workers-city.tumblr.com/>

**North End Breezes** is looking for  
people with expertise and/or an interest in  
MARKETING,  
FUNDRAISING,  
SOCIAL MEDIA and  
ADVERTISING.



Brian Kelly, from WAHC holding a picture (Etching) by Leonard Hutchinson called *Canadian Homes and Gardens*. Story and photo by Susan & Richard Brooks.

### INSIDE THIS ISSUE

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## The Right to an Adequate Standard of Living in Hamilton Hamilton Community Legal Clinic



Ten years ago, Craig Foye, a lawyer at our clinic, presented to the United Nations in Geneva, Switzerland, on the growing levels of poverty in Hamilton. That presentation also talked about the failure of senior levels of government to provide an adequate standard of living for those experiencing poverty.

Foye's report started an important conversation about the adequacy of social assistance rates. Recently, Foye updated that report. It was forwarded to the United Nations Committee on Economic, Social & Cultural Rights. In February, Foye spoke to the City of Hamilton's Emergency and Community Services Committee about the update.

Foye made two requests of City Council. First, he asked that Hamilton City Council endorse "The Right to an Adequate Standard of Living: An Update to the 2006 Report", and to write to the United Nations Committee on Economic Social and Cultural Rights to confirm that endorsement to the UN Committee.

Secondly, he requested that Council direct staff to research the possibility of Hamilton becoming a Human Rights City—a city where all citizens have made a pledge to build a community based on equality and non-discrimination.

Foye noted that Article 11 of the International Covenant on Economic Social and Cultural Rights guarantees the right to an adequate standard of living. However, that right to an adequate standard of living is not being acknowledged or protected by either the provincial or federal governments.

Social assistance rates still fall far below subsistence levels of income, for instance. "We are nowhere close to providing the numbers of housing subsidies required. The Landlord and Tenant Board of Ontario continues to evict many thousands of tenants for arrears of rent," Foye told the committee.

The report documented many other concerns. For example, the number of unemployed Hamilton workers who qualify for employment insurance benefits remains at alarming levels, particularly for women. In addition, local individuals and families who cannot afford to feed themselves are turning to food-banks and meal programs in unprecedented numbers. The committee agreed to Foye's requests.

This updated report was written by Foye in collaboration with Laura Cattari and Tom Cooper, of the Hamilton Roundtable for Poverty Reduction, and by Sara Mayo of the Social Planning & Research Council of Hamilton. The report is available by contacting the clinic or go online at <http://1drv.ms/1KcW7lu>

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

## Straight talk on Canada's Sec.43 spanking laws

In 2004, a Supreme Court ruling outlawed all school corporal punishment, and set out the most detailed guidelines defining allowable minor physical force in disciplining vs. what is considered abuse.

Responding to the Truth & Reconciliation Commission recommendations, the government considers repealing Canada's laws which allow parents to use constructive physical discipline (moderate spanking) in the very limited fashion it exists.

Where does spanking fit in? Behaviour management has three stages called "PIE.". Sensible and loving parents will always start with Preventions (methods of reason), move through a range of mild Incentives, and ultimately resort to Enforcements where when the former fail. Spanking is one of the limited Enforcement tools available. Confinements (time out, sent to bedroom, grounding), which gain their effectiveness by inflicting minor mental pain, are the other. Which works best is dependent on each child.

What is the prevalence of spanking? Parents with pre-teen children polled in 2012 showed 82% usage. Repeal of this law de-facto criminalizes most Canadian parents. To impose such draconian law and risk police and social services interfering in most families must have some better purpose in mind. So we ask, what is the objective of this?

These bans have proven serious negative effects. Science proves four reasons why abject physical assaults and child abuse increases substantially wherever parents are prohibited from reasonably managing children's behaviour. Other proven effects are increases in child and youth violence, school bullying rates, and long-term in collapsing fertility rates, increased alcoholism, drug-induced death rates and associated mental health problems.

We cannot see any overriding benefit by inflicting these harms on society. Our laws are optimally balanced to prevent this and must be protected.

Thank You. Harold A. Hoff  
Chair / child protection advocate, Keep 43 Committee of Canada, [www.keep43.ca](http://www.keep43.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**



### CREDITS & CONTACTS

North End Breezes is published on the first day of each month (except August) at:

**438 Hughson Street North. Hamilton,  
Ontario L8L 4N5**  
**Phone: 905-523-6611 ext. 3004**  
**E-mail: [collins@nhchc.ca](mailto:collins@nhchc.ca)**  
**[www.northendbreezes.com](http://www.northendbreezes.com)**

### North End Breezes Board of Directors

Sharon Clark, Diana Desimone, Paul Havercroft,  
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North End Breezes is Published by:  
North End Breezes Board of Directors  
In the Breezes committee: Edna Barker, Susan Brooks,  
Wendy Collins, Mary Manner, Ken Hirter,  
Shannon McCulloch, John Pasion, Brian Roulston,  
Alexandra Sempie and Margaret Smith  
Proofreading: Edna Barker  
Layout and ad sales: Wendy Collins  
Circulation & distribution: Wendy Collins,  
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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 **15<sup>th</sup>** of each month  
(in **December it is the 10<sup>th</sup>** 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](mailto:pathways@nhchc.ca).



**NorthHamilton**  
Community Health Centre

BUILDING A  
GRADUATION  
NATION to Education

**Pathways**





## CRAFT CORNER

### Winter loving – Shannon Knight

I and my friend Charlotte took the kids sledding. One week there was just enough snow for some good old-fashioned fun. Charlotte and I brought the sleds with us to the school to pick the kids up, and then we all took the short walk over to the little hill right beside the Welcome Inn. Everyone was dressed nice and warm.

You forget how much fun it is to just throw yourself down hills with giggling kids. We had brought sleds they could use together and everyone got to let their personalities shine. Sam and Amber literally threw themselves down the hill. They would start off sitting together and then half way down would “accidentally” fall off and roll over each other the rest of the way down, run up to the top giggling at the top of their lungs and do it all over again.

Addison, the youngest of our group, had a real hard time grasping to keep her feet in when sliding. We tried sitting her in all positions to make it easier for her, but she almost always managed to get her feet out to the side of her. They would catch and she

would sort of somersault herself to the bottom. She was such a trooper too, and wouldn’t let anyone helper pull the sled back up, but she had a habit of getting half way up, stepping on the sled and end up falling or sliding back to the bottom.

Last, Kaile, our motherly one, wanted to go down with Addison as much as Addison would let her or want to be the one pushing at the top of the hill. At one point she wanted to push me when I was lying on my belly, and she fell and went sliding down on top of me. That quickly became a thing and I had to let them all use me as a sled at least once.

After about an hour and a half we all went home (kids and adults) rosy-cheeked and very happy! Hope next year we get lots of snow so we can do this so much more!

### Kids Book Review by Sam Knight *The Snow Leopard*

I got the book *The Snow Leopard* by Jackie Morris from school. I tried to read it to my mom, but it had a lot of big words I couldn’t read yet, so Mom read it to me. It is a magical snow leopard that takes care of a whole valley with its magical song. There is a little girl in the village that can hear the leopard’s song in her sleep and as the snow leopard gets too old for her magic to work right. She teaches this girl her magic and the girl becomes the new snow leopard to watch over the valley and the old snow leopard leaps off into the sky. This book had the most beautiful pictures I have ever seen, each one was like its own painting!



## Teen Corner

### Hunter Knight

This is Hunter with teen’s corner once again. Hope you all are keeping warm. This year has been very weird weather-wise. The weather seems like it can’t make up its mind with the nice weather one day and next really cold weather.

I finally had my exams. They weren’t too bad. They all seemed very easy really. I think this semester will be harder for me because of history and English. English has never been easy for me. I just could never wrap my head around it. I guess that’s how life is you can be really good at something and not too good at something. I still enjoy school though. School is still a fun place to me but not to others. My birthday is very soon and I can’t wait. I’m happy that my birthday is on a weekend. I don’t have to deal with “birthday beats”. I am going to be 16 years old.

I have found a book I am interested in; it’s from the dragon lance collections. It’s called *Dragons of the Dwarven Depths*. I like it because it ties in with my dungeon and dragons, which I am still playing twice a week. I am a little obsessive with it, and like collecting all things D&D. My other obsession is Dr Who, not that you really need to know that.

Hopefully when the weather gets warmer I will start riding my bike again (really I will), I haven’t been riding it as much as I would like to. I miss riding my bike all the time. Hope you all enjoyed your valentine’s day.

This has been another Teen’s Corner hope you enjoyed, talk to you all next month.

## International Women’s Day: March 8

### Alexandra Sempie

International Women’s Day has revealed their theme: Pledge for parity. This year pledge to help make women equal in pay and status! March 8<sup>th</sup> is International Women’s Day, where everyone comes together to celebrate the economic, social, cultural, and political achievement of women worldwide.

International Women’s Day has been observed since the early 1900’s. In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights. This was to be the beginning of the struggle for equal rights among the sexes.

Even in today’s society, women and girls face inequality around the world. In the developing world, many women and girls are denied basic human rights like healthcare, education, and food, simply because they are women. In the developing world, more than 62 million girls are not in school. Every year, more than 15 million girls are married before the age of 18.

In some developed parts of the world, women are paid less than men for the same hours and jobs. The theme for this years International Women’s Day is about parity, meaning “the status of being equal”, both in pay and social status.

International Women’s Day host a variety of local events all over the world to help understand the inequality between genders and raise awareness of women’s rights. For more information about events in your area, visit: <http://www.internationalwomensday.com/Events>

This year, pledge to help women and girls equal in every aspect of life. Wearing purple on March 8<sup>th</sup> shows that you believe in women’s rights and that you show your support for International Women’s Day. Do your part to help make sure that young women will have a bright future ahead of them.

### Anne-Marie Edward 1968-1989

Anne-Marie Edward was a 21 year-old chemical engineering student at École Polytechnique. Anne-Marie loved outdoor sports like skiing and diving and was always surrounded by friends. Anne-Marie was buried in her school ski-team jacket. Following her death, her ski-team wore her initials “AME” on their jacket sleeves.

“Anne-Marie loved kids and horses”, said her brother Jim Edward. “She would have had children and had a horse farm. She loved travelling as well. She probably would have travelled the world.”



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## BOOK CLUB CORNER

Kit Darling

At the February meeting of the Bay Area Book Club we discussed *The Madonnas of Leningrad* by Debra Deane. The majority of the members liked the book. The story moves between the siege of Leningrad in World War II and the Hermitage Museum and present-day Seattle. As a young woman in Russia, Marina was a docent in the Hermitage Museum. As the German army advances on Leningrad, the museum staff removes all the paintings from their frames and crate the artefacts for removal from Leningrad to a safe site. Marina creates a "memory palace" to remember each of the artworks in each gallery in the huge museum. She succeeds to the point that she can give a tour of the galleries and describe the art so vividly that the audience can 'see' them. The historical details are mostly accurate and give the reader a real sense of what life during the siege was like. Now Marina has Alzheimer's and in a wicked twist, she can recall the war years and the Hermitage but doesn't recognize her daughter. A many-layered novel that rewards and educates the reader. For more about the beginnings of the Hermitage, read *The Winter Palace; A Novel of Catherine the Great* by Eva Stachniak. For a cinematic treat, borrow *Russian Ark* DVD from the library. And for an insight into the present day Hermitage, [www.hermitagemuseum.org](http://www.hermitagemuseum.org).

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

*The Girl Who Saved the King of Sweden* by Jonas Jonasson author of *The 100 Year Old Man Who Climbed Out the Window and Disappeared*. Crazy and funny and laugh-out-loud. Easy and entertaining read. The story starts out in Soweto and moves to Sweden. Jonasson had been a journalist so you are getting plenty of political history as well. The plot is so crazy its better not to try to outline it. Just enjoy the book.

*The Scam* by Janet Evanovich and Lee Goldberg. Nicolas Fox, a consummate con-man teams up with Kate O'Hare, FBI agent to capture criminals who can't be caught by regular means. A fast, fun read, with lots of danger and over-the-top action and a little romance thrown in for seasoning.



**dedicated to the core**

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Councillor, Ward 2 - Downtown  
71 Main Street West  
Hamilton, ON L8P 4Y5  
telephone: 905-546-2711  
fax: 905-546-2535  
e-mail: [jason.farr@hamilton.ca](mailto:jason.farr@hamilton.ca)  
[www.jasonfarr.com](http://www.jasonfarr.com)



## ELDERBERRIES

Pamela Townsley-Winter



March Breezes, April showers bring forth May flowers.

Here we are in March—and we've had the benefit of good weather compared to your neighbours in the States and down East. We've had sunshine, clear sidewalks, and not much to complain about. I've been under the weather and home bound but with good reading, a warm home, a view of the city and bay I've really been content. It's not often I have to give up my seniors on Tuesday but that will soon pass.

After the slowdown of January and the lustre is off the decorations it's nice to do some catch up. February is a joyful month. There were engagements and birthdays, a very special one in fact. Our dear Annie Barker was 98 years young and she was feted royally where she now resides at Parkview Nursing home. She received family from afar, telephone calls from dear friends in Sundridge all the good things so richly deserved. What a wonderful life she is experiencing, not many know she won 25 first prizes at the Milton Agricultural fair ranging from needlework, baking, preserves, and the list goes on. She literally has been the Eater Bunny and Mrs. Claus and both spots are labelled with her name for forth coming years. When you ask what her secret is, her reply is birds, friends, and her church. She misses that but will resume with the good weather.

It's wonderful to meet a lady with so much joie de vivre (love of life.) her view from her room is directly overlooking Victoria park where she can see the ball games and hockey. Her celebratory wish was flowers; Swiss Chalet topped off with a large cake and chocolate, and is looking forward to getting out in the garden again.

Annie we send our love for many more contented years. Shall we tell them about the time you jumped into a swimming pool in Burlington, New York with your clothes on?

Those were the days. We can always learn from our seniors and pass this message along—live life to the fullest and literally stop and smell the roses.

Bless you, Annie

My doctor is located in Stoney Creek, quite a jaunt but worth the HSR ride and whenever the appointment is over we head for the Village Restaurant. It's been there a long time and when the new sidewalks went in last summer the owners decided it was time for a facelift and what a lovely change. Thank goodness the wonderful servers are still there and as we sat down Megs dropped a pill on the floor, no problem; our server went down on her hands and knees and spotted it—funny how those little pills can travel, all part of the service.

As usual top notch servers, top-notch food, and doggie bags sitting by the fireplace, and outside lovely

wide sidewalks to travel on. It's worth the trip and the food is first class.

Well folks that's it for this month, may the coming year be the best ever and be kind, a little goes a long way and top o' the mornin' to all our Irish friends.

Pam & Megs.

Mar 13 move your clocks forward 1 hour at 2am. Day-light saving time begins. Sunrise and sunset will be about 1 hour later on Mar 13, 2016 than the day before. There will be more light in the evening.



*Paddy O' Whack, Dermott O' Smith & Gee the Leprechaun.  
A touch of Irish coast to coast.*

Make a difference with youth in Hamilton



For more information or to volunteer: contact Nicole at

905-523-6719  
[pathways@nhchc.ca](mailto:pathways@nhchc.ca)  
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## Fashion for March 2016

Alexandra Sempie

"Fashion is about going ahead, not about memory."  
– Karl Lagerfeld.

March can be a time of confusion. You start your day off in a winter coat, but by the afternoon, you're sweating under all those layers. Some argue that it's too early for a spring jacket, while others argue that spring is here! Spring is a very important time in the world of fashion. With the rise in temperature, more people are dressing to look stylish instead of dressing to stay warm. Spring is also an important season to designers, who are eager to release their latest looks and styles for the sunny season ahead. Let's have a look at what we can expect to see making an appearance on the streets this month.



Victorian Dresses.  
Photo courtesy of Elle Magazine.

When we think of spring, we think of the sun, flowers, and green grass, and of course, we think of sundresses. This year, the sundress is still the most popular option for spring clothing, but with a twist. This season, Victorian inspired clothing is all the rage. Dresses with puffy sleeves, high collars, and of course, flowers have been seen on catwalks all over the fashion world. These dresses give us all a blast from the past and make us look great at the same time. God bless good old Queen Victoria!

You know what all the stylish people say: "the cute shoes are never the comfortable shoes". Victoria Beckham herself famously said, "I can't concentrate in flats!" Well worry no more, Mrs. Beckham, because this season, comfortable shoes are all the rage (thanks goodness!). From Alexander Wang to the former Spice Girl herself, flat shoes are making a scene on the catwalk all over the world. Now you don't have to choose between looking good or staying comfortable as you strut your stuff at the office in the streets, or even out with friends. Comfort is finally looking good! Stay Beautiful!



Comfy flats. Photo courtesy of Elle Magazine

In	Out
Floral Prints	High Heels
Pastels	Wedge Boots
Floor-length dresses	Thin Leggings

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## Walkabout with Ken Hirter

### Seniors' Activities in the North End

This month's walkabout I am staying indoors again: I'm writing about two groups that I hold dear to my heart. On April 15 I will be turning 55 years-old and belonging to the baby boomer generation thought it was time to educate and learn. I have volunteered (I attend when I am able physically) with these groups here in the North End of Hamilton.

The first group is the Welcome Inn Diners Club luncheon hosted every Tuesday from 11.00am - 2p.m. A donation of \$3.50 helps cover the cost of the meal. All seniors welcome! Please call Ruth, the Seniors Program Coordinator at 905-525-5824 at the Welcome Inn Community Centre which is located on 40 Wood Street. Serving the Senior's Diner Club for 50 years; serving our beloved senior community since 1966.

They offer a nutritious lunch and entertainment every week from sing-a-longs and fitness courtesy of NHCHC.

After my accident and since August 2012, I started volunteering as a greeter and elevator man. When I turn 55 I am joining the group because physically I have slowed down considerably the last couple of years. I find myself presently in that gray zone too.

The Second Group that I volunteered for is through NHCHC on the Seniors Advisory Committee. A friend from the senior's group indicated they needed men, so I joined. They meet every last Tuesday of each month at NHCHC, 438 Hughson Street North. Contact Diana Desimone at 905-523-6611 ext. 3008 or email desimone@nhchc.ca

This groups wonderful interaction is very informative on senior cares & concerns: senior healthcare, elder abuse advocacy & contact information, home health care and in home care, retirement homes, housing and growing concerns including speakers like Jason Farr and other community representatives within the growing elder community, groups and organizations.

Till my April retirement I'll continue to be the elevator greeter and doorman 'One Day at Time'.....

Hopefully next month I will be once again with more mobility and movement come spring.

Cheers and see you come spring with an Outdoor Walkabout for April.



**NorthHamilton**  
Community Health Centre

### Senior's Advisory Committee

Join us at the Senior's Advisory Committee where you can contribute ideas and assist in the development of seniors programs in the North End Community!

We meet on the 4th Tuesday of the month at  
3:00 pm

For more details please contact:  
**Diana at 905-523-6611 x 3008**

## North End Breezes MARCH 2016

### Travel—Sam Ion

### Costa Rica

Our weather is hot, sunny and windy. Where are we? Costa Rica! Last summer, we thought ahead and started planning a winter get-away. The couple we were going with were in charge of finding a place so they went right to the airbnb site. Easy, peasy and we booked. So, we didn't eat out in an effort to save for the trip.

We're in a 26-unit condo, and much to our surprise our neighbours are mostly Canadians. Ontario is well represented, so is BC, Alberta, and Manitoba. It makes for interesting chats around the pool.

Call it what you will, but when I think of ecotourism, I think of Costa Rica, the Switzerland of Central America. In my mind, I keep going back to this small country where ecotourism began for me in the early 1980s.

Back then, hardly anyone knew about this beautiful little democratic country with several worlds crowded into a land of modest size. Crossing Costa Rica from north to south, or east to west, is a distance of little more than 300 kilometres. And 27% of that tiny country is designated either as a national park, biological reserve, wildlife refuge or some kind of protected area, public and private. No other country in the world can claim such protection.

From steaming lowland jungle= to cloud forest= to frosty peaks, this Central American jewel is truly an ecological tourist paradise.

For a family or couple with diverse interests, this is a great destination. Rafting on the wild and scenic rivers is considered the single most popular adventure. There's kayaking, both ocean and river. World-champion wind surfing takes place on Lake Arenal, and you can hear the booms and rumbles of the volcano Arenal, and even see the fireworks spewed out by Arenal at night.

We four decided what we wanted to do was swim in the pool and the ocean and walk on the beautiful beach. We didn't want to be out touring every day. Our five-minute walk along a dirt road lined with houses huge and tiny gave us a taste of local living. The howler monkeys entertained us along the way, as did the chickens minding their chicks.

Food was shockingly expensive, but we cooked wonderful meals and hardly ever ate out, which evened out our expenses. Fruits and vegetables were simply delicious and reasonable. We served Gallo Pinto (beans and rice) often, just as the Ticos (as Costa Ricans call themselves) do. I took a slowcooker, bought from New Horizons, and it came in handy for starting dinner in the morning and then heading off to the beach.

We discovered you could get pretty well anything you wanted if you were willing to pay. Interesting that the American grocery store had two aisles of junk food; the Costa Rican grocery stores had maybe a half a shelf.

We finally decided that we'd get out of our bathing suits and take a day trip to Nicaragua. I'll tell you about it next month.





## You've got to be kid-ney me!

Alexandra Sempie

March 10<sup>th</sup> is a day to celebrate, celebrate your kid-neys that is. World Kidney Day is an annual global event to promote public awareness to the dangers of kidney disease. Every year, countless events are put on by kidney charities, healthcare professionals, and volunteers who want to spread information about kidney disease.

This year's World Kidney Day theme is kidney disease and children. This year, The World Kidney Day team wants to bring awareness to children who are affected by kidney disease. Kidney disease can affect children in various ways, ranging from treatable disorders without long-term consequences to life-threatening conditions.

There are two types of kidney diseases: Acute kidney disease (AKI) and chronic kidney disease (CKD). Acute kidney disease develops suddenly and happens when red blood cells are destroyed and block the kidneys filtering system. Chronic kidney disease is caused by birth defects, like if a child has one kidney or they have kidneys with abnormal structures.

This year, the World Kidney Day Team want to bring awareness to the millions of children across the world living with kidney disease.

Here are some interesting facts you might not have known about your kidneys:

- The blood flow in kidneys is higher than the blood flow in the heart, liver, and brain.
- Kidneys pump around 400 gallons of recycled blood a day.
- The kidney is the most transplanted organ in the world.

So on March 10<sup>th</sup>, let's join forces to inform parents, caregivers, young patients, and the general public of the importance of identifying and treating childhood kidney diseases and make kidney disease a thing of the past!



## Happy Nutrition Month!

March is nutrition month. The slogan for this year's campaign is "Take a 100 meal journey. Make small changes one meal at a time." Eating well can boost your health and help you feel your best. We eat about 100 meals in a month, p. Pledge to make a small, nourishing change and stick with it, one meal at a time. Too many changes at once can be overwhelming and hard to keep up.

**First**, choose your change. Think about your eating habits. Where can you make a positive, easy change? Here are some ideas that can make a big difference:

- Fill more of your plate with vegetables.
- Choose whole grain instead of white bread.
- Serve smaller portions.
- Drink water in place of sugary beverages, like pop

**Second**, make goals S.M.A.R.T.—set yourself up for success on your 100 - meal journey. To make small changes stick, set Specific, Measurable, Action, Realistic, Timely goals. For example, "I will eat a serving of vegetables four times per week," not "I will eat more vegetables."

**Third**, add foods to nourish your 100-meal journey. Making nourishing meals and snacks is easier when you have healthy foods on hand. Get your kitchen ready for action with these good-for-you foods:

- Vegetables and fruit: fresh or plain frozen, dried and canned
  - Whole grains: oats, barley, quinoa, pasta, cereals, crackers, breads
  - Milk products: milk, cheese, and yogurt
  - Nuts, seeds and nut butters: pumpkin seeds, flax, natural peanut butter
  - Canned and dried pulses: lentils, chickpeas, kidney beans
  - Eggs: whole or cartons of eggs
  - Fish: plain frozen fish fillets, canned tuna or salmon
  - Meat and poultry: fresh cuts of red meat, turkey, chicken
- Lastly**, redesign your environment with healthy cues to prompt good choices. Try these ideas:
- Put a bowl of fruit on the kitchen counter.
  - Keep a reusable water bottle nearby so it's ready for sipping instead of sugary drinks.
  - Store nourishing snacks, like cut-up veggies, handy at eye level in your fridge.
  - Put tempting treats at the back of the cupboard

Article adapted from Dietitians of Canada, Nutrition Month Campaign.

Tara Kinnear-NHCHC Registered Dietitian



## Pi π Day



March 14 might be a good excuse to chuck the diet and go grab a pizza or a pie and celebrate a worldwide day of observation known as Pi Day. It is the creation of physicist Larry Shaw of the San Francisco Exploratorium and was first celebrated by both the staff and the public marching around one of the Exploratorium's circular spaces consuming fruit pies. It all started in 1988 as a pun: pi and pie are homophones and they are both round.

Pi Day and Approximation Day are two unofficial holidays celebrating Archimedes, the ancient Greek mathematician who first approximated pi as 3.14, the numbers 3, 1 and 4 are the three most significant digits of pi, and Approximation Days are held on July 22, which is also the approximate value of pi.

Pi Day also happens to be the birthday of Albert Einstein, the most famous physicist of all. He was born in Ulm, Germany in 1879. The two events are often celebrated together. In case you're wondering, yep, there is a Square Root Day on April 4, 2016 (4/4/16). The final Square Root Day of this century will occur on September 9, 2081. Square root days fall upon the same nine dates in each century.

Brian Roulston



**NorthHamilton**  
Community Health Centre

## Diabetes Kitchen

### Who:

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

### What:

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

### When:

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

### MANY SPOTS STILL OPEN!

1. January – March — Full
2. April – June — Spots still available!

### Contact:

Cory at 905-523-6611 ext. 3047



## 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](http://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.



High quality, fresh produce at a fair price!

\$15 for a large box (\$20 value)

\$10 for a small box (\$15 value)



Order at NHCHC. For more info call:

905-523-6611 ext 3007

Brought to you by:





Brian Roulston

Homelessness is a serious concern, not only here in Hamilton but across Canada. According to a study completed in 2014 by the Home/Chez Soi Project by the Mental Health Commission of Canada that says over 200,000 people are homeless each year — at an estimated cost of seven billion dollars in health care, justice and social service costs.

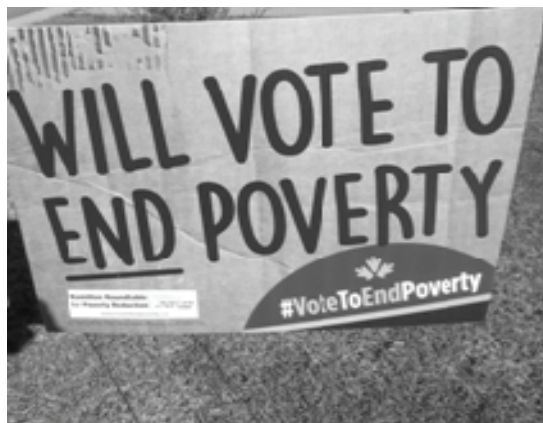
Homelessness doesn't discriminate anyone can become homeless...male, female, children, adults, seniors, immigrants, aboriginals, rich or poor. Homelessness is not only a big city issue but an increasingly rural one as well. Smaller communities often point homeless individuals towards the bigger cities which can usually handle them better; straining the bigger city's resources even further.

Mental/physical health issues, job losses, fire, natural disasters, domestic violence, addictions such as drugs or alcohol are usually seen as the biggest reasons for homelessness.

There is no silver bullet to handling homelessness. Currently our system relies heavily upon shelters for emergency housing as well as emergency and crisis services for both health and mental issues. Typically, homeless individuals must first participate in treatment programs and attain a period of sobriety before being offered housing. This is seen as a costly and ineffective way of responding to the problem.

A new strategy 'No Strings Attached' style housing program for the homeless began as a test by New York University psychologist Sam Tsemberis in 1992. Today, it is called 'Housing First' and being tested across Canada. Medicine Hat has claimed to be the first in Canada to eliminate homelessness and according to Utah's Homeless Task Force, the American state of Utah has fewer than 300 homeless individuals throughout the state as a result of Housing First which can be tailored to each city's needs. Vancouver, Winnipeg, Toronto, Montreal and Moncton are also participating and showing good results. The idea is to get the people off the street, which saves the cost of emergency room visits, police intervention and in the long run has shown it saves money on the justice system — and when you add up all the extra costs...that money could effectively go towards more housing.

It is however; 'Housing First; not 'Housing Only' once they have a place to live they receive medical, psychological and social support. According to initial tests in New York City 88% retained their housing even after 5 years. Initially, 260 Landlords in Canada were involved with 'Home First' and indicated they have had good relationships with tenants, Home First and clinical teams.



## Events Calendar March 2016

North End Breezes MARCH 2016

**Old Buildings, New Ideas! March Break Camp.** March 14-18, 9-4 pm. This March Break, come learn about the previous uses of the Custom House, the Workers Arts & Heritage Centre's home, built before Canada was even a country. Contribute your own ideas and imagination to bring this building's colourful history of work, play and art to life through art, drama and music! \$20 per day; subsidies available and lunch included. Registration deadline is March 9th. (905) 522-3003 ex. 29 [www.wahc-museum.ca](http://www.wahc-museum.ca)

**Saturday, March 5, 3-5pm. Sing Out! IWD Concert and Sing-along Event at the Workers Arts & Heritage Centre** Join us for a celebration of International Women's Day, featuring local and regional musicians. Come out and celebrate IWD 2016's theme, *Pledge for Parity*, while honouring the important contributions of women to social movements, labour and song! A free afternoon event is presented in partnership with **SACHA** (Sexual Assault Centre, Hamilton and Area).

**Catarino House! 3rd Annual Easter Event for kids!** Saturday March 26, 2016 11am to 1pm. 40 Empress Ave Hamilton. Mark your calendars Easter is coming to Catarino House! It is our 3rd Annual Easter Event for Kids! Admission \$5 per child, adults free! Come meet the Easter bunny! Face painting, arts and crafts, a bag of chocolate treats for each child. Food and drinks available for purchase!

**Maple Syrup Festival**, March 6, 13, 20, & 27 & Good Friday March 25 and Easter Sunday, March 27; Wednesday, March 18, Thursday, March 19 of March Break. **Westfield Heritage Village**. 1049 Kirkwall Rd, Rockton, On 10a.m. to 4p.m. 519-621-8851, [westfield@speedway.ca](mailto:westfield@speedway.ca) [www.conservationhamilton.ca](http://www.conservationhamilton.ca)

### Refugee Information Fair

Filomena Tassi (MP, Hamilton West-Ancaster-Dundas) is excited to host a refugee information fair on Tuesday, March 1 from 7-9pm, at Hamilton City Hall, in the main lobby and second floor. Filomena is proud to work in partnership with Wesley Urban Ministries, the Hamilton Immigration Partnership Council, and the City of Hamilton.

The Welcome Refugees Information Fair will not only feature useful information and sharing of key learning, it will also celebrate the caring, generous spirit of all those who are working hard to welcome refugees seeking to make a new life in our community. Attendees will have the opportunity to learn what is happening in the region to support refugees, find out how to get involved, gain tips on navigating the sponsorship process, learn about resources that are currently available to sponsors and learn about resources and services that are currently available to refugees.

The Welcome Refugees Information Fair will showcase local organizations and groups that offer information and various supports to individuals, groups and refugees.

The event is held in collaboration with Wesley Urban Ministries, The City of Hamilton and Hamilton Immigration Partnership Council. For more information, contact Filomena's office at [filomena.tassi@parl.gc.ca](mailto:filomena.tassi@parl.gc.ca).

### DAVID REID SIMPSON

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

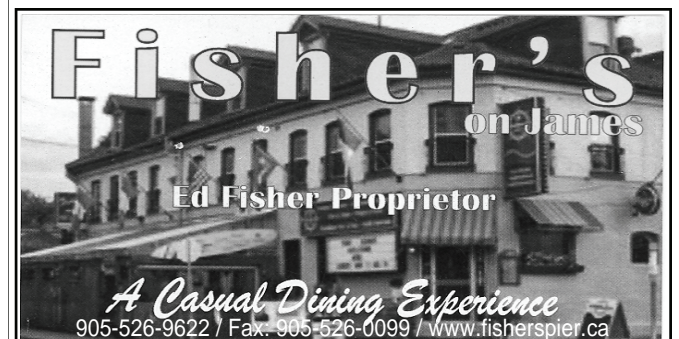
### March Break at Dundurn National Historic Site;

March Break: **Work and Play.** March 12 to March 20. 12pm – 4pm. Put on an apron and try your hand at scrubbing on a washboard, rolling dough, mending or shopping. Adults: \$7, Seniors/Youth: \$6, Children: \$5, Infants: Free, Family: \$20, 905-546-2018, [whitehern@hamilton.ca](mailto:whitehern@hamilton.ca), [www.hamilton.ca/whitehern](http://www.hamilton.ca/whitehern)

**March Break Madness** March 12 to March 20. **Hamilton Children's Museum.** Visit our galleries to discover the uses of the "mountain" and the Hamilton Harbour in building our City of Hamilton. 9:30 am to 3:30 pm (Mon to Sat); Sunday 11am to 4pm. Adults: \$2, Seniors/Youth: \$2, Children: \$4, Infants (under 1yr) Free, Family: \$9. Location: 1072 Main St. E. [www.hamilton.ca/childrensmuseum](http://www.hamilton.ca/childrensmuseum)

**A Monumental March Break,** March 14 to March 18. **Battlefield House Museum & Park.** See the past come to life. Monday, March 14 to Friday, March 18, 12pm – 4pm, Adults: \$7, Seniors/Youth: \$6, Children: \$5, Infants: Free, Family: \$20. 77 King St. W. 905-662-8458, [battlefield@hamilton.ca](mailto:battlefield@hamilton.ca), [www.hamilton.ca/museums](http://www.hamilton.ca/museums)

**March Break Mania - An Artist's Journey.** March 14, to March 18 **Art Gallery of Hamilton.** Campers learn about landscapes, portraits, personal expression and storytelling in a variety of media and styles. Camp Session: 9am to 4pm. Morning drop-offs begin at 8:15 am. Supervised Lunch: 12p.m. to 1p.m. (Bring your own nut-free lunch, snack) Extended Care: After camp care available 4 to 5:30 pm @ \$5/day Pre-registration is required. Location: 123 King St. West 905-527-6610, [info@artgalleryofhamilton.com](mailto:info@artgalleryofhamilton.com) [www.artgalleryofhamilton.com/wo\\_agh\\_kids.php#7](http://www.artgalleryofhamilton.com/wo_agh_kids.php#7)



Thank you to everyone who visited us at Soupfest.  
We appreciate you all!

### THURSDAY, MARCH 17th ST. PATRICK'S DAY

Come join us for some FABULOUS IRISH FARE.  
Green beer will be available too!

### MARCH MADNESS NCAA BASKETBALL

Be sure to come down & fill out a bracket sheet!  
Great TV action!  
Let us be your NCAA headquarters

### GOOD FRIDAY MARCH 25th

Otherwise known as Fish "N Chips Day by all you good Catholics.  
Take out available too. Pre-orders recommended.

### TUESDAY WING NIGHT \$2 off a pound.

5pm to close. Eat In Only.

Happy Easter to all our fabulous customers  
& North End Breezes' Readers.

905-526-9622 / Fax: 905-526-0099 / [www.fisherspier.ca](http://www.fisherspier.ca)



Commonwealth Day, March 14

Brian Roulston

The Commonwealth of Nations (formerly known as the British Commonwealth and The British Empire) has an estimated population of 2.3 billion people in 53 countries spread out over six continents. Australia, New Zealand, Nauru, India and The Bahamas are all part of a group of countries that covers almost a quarter of the world's land area. The celebration of Commonwealth Day was observed in Canada for the first time in 1977. In Canada, the Royal Union flag, also known as the "Union Jack" where possible is flown alongside our National Flag the Maple Leaf under orders of the Canadian government at all Canadian facilities worldwide, federal buildings, airports, military bases from sunrise to sunset. The Prime Minister and other ministers generally make statements as well to commemorate this day.

Every year a theme is chosen for Commonwealth Day and with over 60% of the Commonwealth population now under 30 yrs. old this year's theme is the 'Youth or the Young'.

In announcing the theme Commonwealth Secretary-General Kamalesh Sharma was quoted as saying, "A Young Commonwealth recognises the capacity, contribution and potential of young people, who play a vital role at the heart of sustainable development and democracy."



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

C'mon! Get happy! March 20

Susan Brooks

C'mon! Get happy! March 20th is the day we will celebrate the International Day of Happiness. It started in Bhutan, a country whose citizens are considered to be some of the happiest in the world, and they wanted to promote the idea that the pursuit of happiness is universal. They have championed a different measure of national and societal prosperity, called the Gross National Happiness Index (GNH). What if we were to measure life, not by our collection of 'toys', but on how happy we are?

This year, the focus is on connections with others, and will be celebrated in 160 countries, with people coming together individually and in groups to celebrate. Celebrated for the first time in 2013, United Nations member states adopted a resolution calling for 'happiness to be given greater priority in our world.'

You could start with some easy things, like smiling more, complaining less, and stopping with the comparisons. Beginning with a 21-day challenge to change our habits, we can start with several things like:

Mindful Monday: focus on recognizing the joy of the moment.

Grati Tuesday: count your blessings and start an appreciation journal.

Wellness Wednesday: happiness is good for health. Dance more, sleep more, eat better!

Thoughtful Thursday: do a good turn for another.

Freedom Friday: let go of grudges and embrace forgiveness (for your own sake!)

Social Saturday: connect with others. Take time for friends and family.

Soulful Sunday: Take time to connect with God, and with yourself. Take those quiet moments that reinforce who you really are.

All over the world, happiness Activists are planning great things to grow and create more positive connections—join them, or be inspired to start your own activity. The happiness theme can be illustrated by this acrostic:

*Great dream—10 keys to happier living*

Giving  
Relating  
Exercising  
Appreciating  
Trying Out  
Direction  
Resilience  
Emotion  
Acceptance  
Meaning

Do things for others  
Connect with people  
Take care of your body  
Notice the world around  
Keep learning new things  
Have goals to look forward to  
Find ways to bounce back  
Take a positive approach  
Be comfortable with who you are  
Be part of something bigger

Take a 21 21-day challenge and jump-start your well-being with the International Day of Happiness. C'mon! Get happy!

World Wildlife Day, March 3

Mark your calendars for March 3, 2016 and celebrate "World Wildlife Day." Join in appreciation of Canada's wildlife splendor with other countries around the world.

Does anyone remember Omaha of Nebraska's *Wild Kingdom* with host Marlin Perkins (1963-1985?) This was my introduction to wildlife in the 1960's and 70's that and along with our home library of encyclopaedias, National Geographic Magazine and grade school of course. They were my early first teachers.

I met Robert Bateman during his autograph session when I managed Coles the Book People in Vancouver. Spending the afternoon speaking with Mr. Bateman was enchanting. I have never forgotten this passionate and caring and wonderful man that made me appreciate and love wildlife and nature.

Cheers and have a nice wildlife day everyone.

*Ken Hirter*

*This photograph was taken during my rehabilitation walking group session at NHCHC, June 2014.*





## HAMILTON WATERFRONT OUTDOOR RINK

# SKATE RENTALS

### HOURS OF OPERATION

Monday - Friday	5:00pm - 10:00pm
Saturday & Sunday	10:00am - 10:00pm

### RENTALS & SHARPENING (taxes included)

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

### SKATE RENTAL POLICY

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

- Driver's Licence
- Birth Certificate
- Citizenship Card





### GRILL

### HOURS OF OPERATION

Saturday & Sunday  
12:00pm - 7:00pm



## 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

Warm greetings to all North End residents! As this is being written, in February, it is -23c! Some NEW things to report. The next NEN Board meeting is March 2, starting at 6:30 we will have a quick board meeting for any business items followed by a community get together and meeting starting at 7:00 p.m.

The topic is "What matters to you in your neighbourhood?" Please come to share your thoughts with your neighbours. By the end of the evening, the NEN Board hopes to get your feedback on our mission and priorities and to develop 4 or 5 questions to present to Councillor Farr at our next meeting on April 6. Let us know if you'd like to serve on a committee or working group. We want to hear from YOU. Looking forward to seeing you March 2 at Bennetto Recreation Centre at 7:00 p.m. All are welcome.

NEN is also planning a **Spring Celebration** (and Egg Hunt). Although we are still waiting for confirmation of the location, we are planning Saturday March 26 at 9:30 – 11am at Bennetto Field. We are looking for donations to cover expenses, as well as volunteers to help plan, organize, and sponsor the event. Event notices will be posted in the neighbourhood on northendneighbours.com and Facebook. Please contact us if you can help out.

At the last Board meeting, we heard from several McMaster University students doing a project regarding "engagement" here in the North End and Beasley Neighbourhood. The students will be holding information sessions and interviewing residents. We also heard an update on the January meeting about the John Street Bridge – which is in this paper in a separate article.

Our Board also heard about the Bennetto School Playground Initiative. We were excited to learn about a group of parents working with Principal Mary Finstad and teachers at the school to make the grounds nicer for our children and agreed to write an "official letter of support". Jon, Rob, Dave, and Sheri (from the Board) also attended the official kick-off meeting at the school the next evening along with many other residents and guests. We hope you agree this is a worthwhile endeavour and consider lending it your support too.

The next "Community Engagement" meetings for Waterfront Redevelopment will be held on March 31 at 7:00 pm at 294 James Street North. All are welcome! The Deloitte West Harbour Real Estate Strategy (draft report) has been released. For information about "Waterfront Redevelopment" go to <https://www.hamilton.ca/city-initiatives/priority-projects/waterfront-redevelopment>. Hope to see you at these monthly meetings!

NEN advances the social, physical, and cultural interests of the residents of our community, through the identification and research of issues affecting our community, the education of residents and the promotion of their active involvement in the democratic process to ensure that the interests of our community are protected as a Child and Family-Friendly community. NEN works to achieve its goals by providing a forum for residents for the discussion of all matters of community interest, and developing and fostering a positive community spirit.

North End Breezes MARCH 2016

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## A Community Discussion about John Street North

On Wednesday January 20th, the North End Neighbours and the Beasley Neighbourhood Association held a meeting at 294 James St. North, to discuss the current state and future of John St North. John Street North is home to two schools, a health centre, a recreation centre and many family homes. Therefore, it attracts large amounts of child and elderly pedestrian traffic. So pedestrian and student safety is a constant concern for residents. Including most of the 45 people who attended the meeting.

The decision was made to hold this particular meeting after both Neighbourhood Associations were contacted by several residents who live in close proximity of the CN Bridge on John Street, concerned about rumours that a newly designed vehicle bridge might result in the expropriation of their houses.

As the Neighbourhoods Associations, we made it clear to those in attendance, that to our knowledge, CN and the city have yet to design the new bridge. Therefore, we encouraged caution in terms of speculating about possible expropriation. But we encourage CN and the city to be proactive in engaging with us and our fellow residents on their plans for the John Street Bridge.

The meeting was constructive and positive, allowing residents to both voice their concerns, as well as bring forward their ideas for how to improve safety on John Street North. Some of the concerns raised were: speed of traffic coming off the bridge into the neighbourhoods; poor visibility when crossing from Strachan onto John for both pedestrians and motorists; a lack of school crossing guard at Simcoe and John; the effect of LRT on James Street; and the prospect of John Street becoming a primary artery into the new West Harbour development.

Some of the suggested solutions included further traffic calming measures like stop signs, the addition of speed cushions especially around the school zones, adding a mirror to the top of the bridge to aid motorists and pedestrians crossing at Strachan, closure or pedestrian conversion of the current bridge.

We look forward to continuing to work with the City's traffic engineers to find a balance between the vehicular access that most at the meeting hoped that the John St. bridge would continue to provide and the priority that complete-streets and pedestrian safety must be given. Especially since both Neighbourhood Associations have endorsed *Vision-Zero*, which is an international movement that strives to achieve zero traffic fatalities through traffic calming and improved multimodal infrastructure. For more information about Vision-Zero, please visit the NEN website: [www.northendneighbours.com](http://www.northendneighbours.com).

North End Neighbours would like to thank everyone who came out to the meeting, our friends at the BNA as well as Evergreen for hosting the event. We will notify the neighbourhood as soon as CN and/or the City has contacted us with their plans for the bridge.

**Contact Information:** Phone: 905 527 1697  
(Sheri, secretary) [sheri.selway@gmail.com](mailto:sheri.selway@gmail.com)  
or Catherine Ahern (Co-chair) [catherine.ahern@gmail.com](mailto:catherine.ahern@gmail.com)  
Email: [nen.president@gmail.com](mailto:nen.president@gmail.com)  
Website: [www.northendneighbours.com](http://www.northendneighbours.com)  
Facebook: North End Neighbours Twitter: @nenhamilton



**Beasley Neighbourhood  
Association**  
[www.ourbeasley.com](http://www.ourbeasley.com)



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



We are almost through the cold Winter! 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

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”. –Unknown.



### 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



## What's Going On?

### Afternoon Classics

**Thursday March 10<sup>th</sup> & 24<sup>th</sup> 1-3pm**

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

### Board Game Aft.

**Friday March 11<sup>th</sup> 1-2:30pm**

We provide the games, you bring the fun!

### Parent Support Group

**Thursday March 17<sup>th</sup> 12:30-2:30pm**

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

### NETT: North End Theatre Troupe

**Tuesday March 22<sup>nd</sup> 2pm**

### Dates to Remember

**Good Food Box:** Pick up March 16<sup>th</sup>: 2-5pm at Welcome Inn

**Good Friday-Friday March 25<sup>th</sup>- CLOSED**

**Easter Monday-Monday March 28<sup>th</sup>-CLOSED**

**March 15<sup>th</sup>- Seniors St. Patrick's Celebration**

**March Break! March 14-18<sup>th</sup> – NO LAF**

**Income Tax Clinic-** March 8<sup>th</sup> 10-1pm,

March 16<sup>th</sup> 12-3pm, March 23<sup>rd</sup> 10-1pm

## New Horizons Thrift Store

520 James Street North

905-529-6891

Store Hours: Mon – Sat, 10-5

**www.newhorizons.welcomeinn.ca**

“SPRING is finally coming!

New Horizons is excited! New Horizons is undergoing a bit of a facelift in order to welcome the Spring when it arrives. 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 will be arriving daily.**

**Let us be your store that helps you get ready for a new 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.

## Meet the People of Welcome Inn Hi Rebecca!

I moved to Hamilton in 2014 from Toronto, and as a way to start connecting with the community I searched out volunteer opportunities around the city. I found the Welcome Inn Community Centre and immediately, it felt like home. With a background in International Development Studies, I bring to my new role as



SNACK+Food Coordinator a passion for community, food and people. When I'm not cooking or spending time with my son, I am probably reading, singing, making something out of clay or exploring the city and trails on foot.

## 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?



New Horizons Thrift Store is on the look-out for someone to come and help clean the store each week. Hours & days are flexible.

If you are interested, please connect with Ruth @ ruth@welcomeinn.ca or 905-525-5824. We also have lots of other volunteer opportunities available.

## HALL FOR RENT

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

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

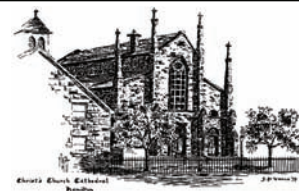
\$250 (Daytime Rentals or Rentals of 5 hours or less)  
\$400 (Evening Rentals or Rentals more than 5 hours)  
Rental rates include use of our Parish Hall and kitchen facilities as well as the use of table linens.  
Insurance and permit costs are extra.

## St. Lawrence Parish Hall

475 Mary St. N., Hamilton, On  
(905) 529-3921

## 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.



## Her Majesty's Army & Navy

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

### March Entertainment

Thurs. Mar. 3	Blue Diamond	3-7
Thurs. Mar. 10	The Tunes	3-7
Thurs. Mar. 17	Ted Berton	3-7
Thurs. Mar. 24	Lionel Bernard	3-7
Thurs. Mar. 31	City Kids	3-7

Sat. Mar. 5 Ham & Turkey Roll  
starts between 1:30 & 2pm

Mon. Mar. 7 Penny Sale starting at 7pm

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

**Euchre** Tuesdays 2pm \$2  
**Meat & Greet Open House**  
every Saturday at 3pm  
with DJ Drew

**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.

## BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944

www.hamilton.ca

### MARCH BREAK FUN!

What are you going to do during the March Break week  
(March 14 – March 20)?

We are offering Afternoon Public swims in addition to our  
regular evening swims at the following times.

MONDAY	1:15-2:15	THURSDAY	1:15-2:15
TUESDAY	1:15-2:15	FRIDAY	1:15-2:15
WEDNESDAY	1:15-2:15		

### MARCH BREAK PROGRAMMING IN THE GYM

MONDAY	TUESDAY	WEDNESDAY
<b>Open Gym</b> (All Ages) 8:00pm- 9:00pm	<b>Book Mobile</b> 2:30-4:30 PM	<b>Preschool Gym</b> <b>FREE</b> (0-5 yrs with Parent) 11:15am to 1:15pm
		<b>Adult Gym</b> (18+) 1:30pm-2:30pm
		<b>Open Gym</b> (all ages) 7:15-9:00pm
THURSDAY	FRIDAY	SATURDAY
<b>Book Mobile</b> 6:00-8:00PM	<b>Movie Night</b> (Families) 6:00-8:00pm	<b>Badminton</b> (Ages 16+) 11:15-1:15pm
		<b>Open Gym</b> (All Ages) 1:30- 3:30pm

### NOTES:

All of our gym programs are **capped at 20 participants** at  
a time. Children under 7 years of age must be accompa-  
nied by a parent/guardian (18+).

There will be no gym programs on our Monthly Friday  
Movie Night (March 18<sup>th</sup>).

Movie Night: FREE, doors open at 5:30pm and movie  
starts at 6:00pm\*\*All participants at movie night must be  
accompanied by a guardian (18+)

*Swim/Gym Schedules available at the community centre  
or visit us online [www.hamilton.ca](http://www.hamilton.ca)*

**Looking for a room to rent for a meeting, baby shower  
or birthday party?** Look no further, come on over to the  
centre or give us a call about our room rental fees.

### Monthly Movie Night

Come and watch a Family movie on the gym  
wall!

Feel free to bring blankets to sit on or folding  
chairs for comfort

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

Friday, March 18<sup>th</sup>, 2015

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



North End Breezes MARCH 2016



## ST. LAWRENCE CHURCH

475 Mary St., Hamilton, Ontario

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

**New Parishioners are always welcome!**  
For more information, please call (905) 529-3921  
Or email [stlawrencehamilton@hamiltondiocese.com](mailto:stlawrencehamilton@hamiltondiocese.com)

Find us on Facebook at  
[www.facebook.com/stlawrencehamilton](http://www.facebook.com/stlawrencehamilton)

Or visit our Website at [stlawrencehamilton.ca](http://stlawrencehamilton.ca)

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

**COME AND JOIN US!**

**EASTER BAKE SALE**  
**Sunday March 20<sup>th</sup> at 11:30 am**  
**(Palm Sunday)**

Visit us in the Parish Hall after  
10:30am mass to buy some  
delicious homemade baked goods.



### CHILDREN'S LITURGY PROGRAM

Every Sunday during the 10:30am Mass. Offered  
for children aged 4-10. No registration required.

### GATHER IN PRAYER AND ADORATION

Join us every Saturday evening at 6:30pm (1/2 hr).  
In a busy and stressful world, this is a time for you  
to stop and enjoy some peaceful reflection.

**"THE WAY OF THE CROSS"** (*Stations of the Cross*)  
Friday's during Lent (Mar. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>) 7pm  
The Way of the Cross is a pilgrimage; a journey  
that follows Christ's path of suffering and death.  
This pilgrimage represents the journey each of us  
makes in life. In this year of Mercy, Pope Francis  
encourages us to set out on a pilgrimage of conver-  
sion to become kinder, more generous people.

### TIMES FOR CONFESSION DURING LENT

Fridays: 6:30 - 7:00 pm

Saturdays: 6:30 - 7:00 pm

Sundays: 10:00 - 10:30 am

Or call (905) 522-9828 to arrange an appointment

### HOLY WEEK & EASTER SEVICES:

Palm Sunday (March 19<sup>th</sup>) at 7:00 pm.  
(March 20<sup>th</sup>) at 10:30 am.

Holy Thursday (March 24<sup>th</sup>) at 7:00 pm.

Good Friday (March 25<sup>th</sup>) at 3:00 pm.

Easter Vigil (March 26<sup>th</sup>) at 8:00 pm.

Easter Sunday (March 27<sup>th</sup>) at 10:30



**We wish you and your family**  
**a very blessed Easter season!**



# Let's Connect!

**Website Design**  
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**Office: 905-387-1883**

[www.peopleinconnection.com](http://www.peopleinconnection.com)  
[www.canadian-diretories.ca](http://www.canadian-diretories.ca)

Bill & Marie Mushing - Hamilton Ontario

## 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](mailto:ahorwath-co@ndp.on.ca)





## 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.

### Deb

Artist and still-life painter Deb comes from a family of artists who have made memories in their art. They have keen eyes for detail. This comes out in the vivid memories of Deb's grandmother's British kitchen.

"I'm the baby of a family of 8. Mom was always the one baking, and we would just be asking to decorate. What I can remember most, however, is visiting my grandmother's house. I remember her always wearing her cotton apron, the lighting dim in her cozy home. She would reach up to the tallest cupboard and grab her tin with all of the cookie baking supplies inside. When she passed away, that memory stuck with me most—I can still taste those cookies." For Deb, it is the taste and smells of baking that bring her back to the fondness of the past.



'Fresh from the garden'  
Original artwork  
by  
Deb Mack

## Senior Independence Month:

Are you a senior living on your own? Do you know any seniors that are living on their own? Well let's celebrate Senior Independence Month!

There are many things one can do to help improve the safety and independence of seniors. Home safety—you can make your home a falls-free zone by removing clutter and loose rugs from the floor to avoid the presence of tripping hazards. As well, increased lighting, proper footwear, and installation of grab bars and handrails can go a long way to increasing the safety of your home.

Use a personal emergency response system to access help quickly if needed.

Be active- Any exercise is better than none. Scientific studies have shown that even as little as 15 min a day of physical activity can be beneficial. However, one should strive for at least 150 min of exercise a week. The greater the amount, the greater the health benefits achieved. Attend local exercise programs to increase strength, flexibility and balance. Exercising at home does not have to be expensive. Create a home fitness routine from common household items that you already own such as cans of soup or bottles of water. Use a walking aid if it is needed. A walking aid will help to increase independence because it provides stability and support, and actually allow you to walk a further distance, and longer period of time.

Be social--Communicating with family and friends is very important to emotional and mental well being. If speaking by telephone is difficult and frustrating due to hearing loss, consider using handset amplifiers. These are inexpensive devices that increase the volume as well as clarity. Friendly visiting programs will send volunteers to provide companionship and reduce social isolation. Attend support groups and recreational events in your neighbourhood.

Be aware of scams and fraudulent activity in order to protect yourself from becoming a victim.

An Occupational Therapist can provide specific recommendations for helping to increase the safety of your home or to direct you to activities and programs in your area that will not only benefit your physical, emotional and mental wellbeing, but will keep you living in your own home independently for as long as possible.

By: Naomi Klein,  
M.Sc.OTReg (Ont.)  
Occupational Therapist

## CLASSIFIED ADS

Next deadline for North End Breezes is the 15 of **MARCH 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**—Are you looking for a nice place for your kids before and after school? I could be the person for you. Nice home, walking distance to school. After school activities and help with homework. Call Shannon at 289 339 6019

**Babysitting**—LOOKING FOR A 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!

**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

### 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 collectibles. 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. 3<sup>rd</sup> floor, Hamilton. Call a SACHA counsellor: 905-525-4573, sacha@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

### 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: 905-529-8271

## YOUR VOICE.YOUR SUPPORT.YOUR COMMUNITY.

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

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

Please complete the following form:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ -- Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Payment Method: \_\_\_\_\_ Cheque \_\_\_\_\_ Post-Dated Cheque(s) Enclosed

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

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

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

Charitable Taxation #10392 9162 RR0001

BEN-  
NETTO  
SCHOOL  
1948

Left—Jim  
Thompson

Right—  
Jim Hill

Photo  
from Mary  
Clairmont

