



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



Photo by Ken Hirter, who visited *The Monument to Workers* and included a photo with this article. As he read the heartfelt messages and viewed the beautiful floral arrangements left there he reflected with sorrow on the loved ones lost to their families and friends. Loss that was so senseless and tragic.



Occupational Safety and Health Professional Day, May 4

Ken Hirter

This year, during the week of May 1 to 7, the goal is to focus on employer, employees and partners of, on the importance of preventing injury and illness in the workplace and in the community. May 4, OSHP Day recognizes the contributions of these professionals to the safety of workers and workplaces and aims to raise further awareness and pride in the profession.

The Canadian Centre for Occupational Health and Safety marks April 28th as "A Day to Remember" the lives lost in the workplace and to resolve to prevent future tragedies. In Hamilton, a National day of mourning ceremony took place on April 28 at *The Monument to Workers* which is located at City Hall (Main W. and Bay Street.)

In 2014 there were 919 Workplace deaths; 2.5 deaths per day recorded in Canada. There were 918 deaths the previous year. In a 20 year period from 1995-2014, total lives lost was 18,039.

From the survivors—we express our gratitude to the professionals, Occupational therapists, Physiotherapists, Healthcare professionals, hospital staff and Rehabilitation Centre staff caring for the survivors of injuries in the workplace. Remember the date, May 4, Occupational Safety and Health Professional Day and give thanks.

Thank You

North End Breezes would like to thank all of the volunteers that helped to make this years Free Income Tax Clinics successful!

150 income tax returns were completed in 7 evening tax clinics.

Thank you to the professional accountant volunteers coordinated through the Chartered Accountants of Ontario and the volunteers from Taylor Leibow LLP.

Many thanks to Errol James, an independent volunteer tax preparer. He shared his expertise and leadership and volunteered at every tax clinic this year.

Marne Paterson spent many hours making appointment reminder phone calls. Thank you, Marne.

Norma Atkinson kept the evening clinics at NHCHC running smoothly. Thank you, Norma.

Thank you NHCHC for allowing us to use the space for the Tuesday evening clinics.

Thank you to Hughson Street Baptist Church for the use of the church for the Wednesday evening clinics. And thank you to the church volunteers that prepared for and supervised the clinics.

You're Invited to Join the Club.

GRUB CLUB

Grow your own fruits and veggies.
Cook your own delicious snacks.
Get outside, explore, create and play!

TUESDAY
EVENINGS @
BIRGE PARK
5-7PM
STARTS
MAY 10TH



THURSDAY
EVENINGS
@ NHCHC SITE
5-7PM
STARTS
MAY 12TH

Free Program! Ages 6-12
Meet us in the garden!

Registration required.

For more info or to register
call Scott at 905-523-6611 ext. 3006 paige@nhchc.ca

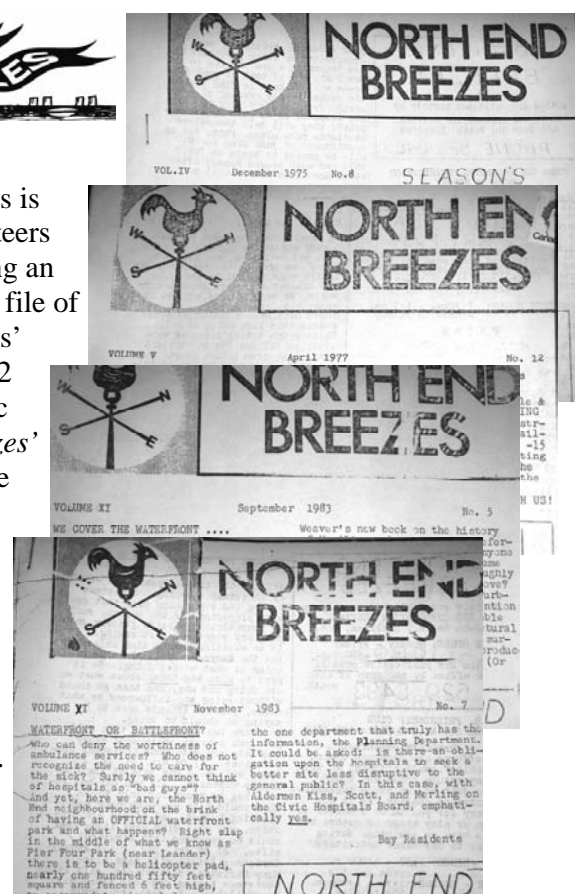


NorthHamilton
Community Health Centre



North End Breezes is looking for volunteers to work on creating an electronic archive file of North End Breezes' editions from 1972 to 2002. Authentic and original *Breezes*' editions need to be scanned and filed. Computer experience is required.

Call 905-523-6611 ext. 3004
email: collins@nhchc.ca.



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Privatizing Court Services is Concerning

Hamilton Community Legal Clinic

The province is thinking of privatizing the civil enforcement service (CEO). The Attorney General's office completed a consultation in March. It is part of an initiative to modernize and streamline court services. The idea is to improve access to justice and increase efficiency "through innovative, low-cost and sustainable changes."

"Faster, more efficient, different service options."

These all sound like good ideas. But let's consider who will be impacted. Our input in the consultation focussed on those facing potential eviction. Their right to access justice or natural justice principles may be jeopardized by the proposed changes.

Eviction is a complex process as spelled out under the Residential Tenancies Act (RTA).

The RTA has built-in opportunities for tenants to preserve their tenancies. That is intentional. The legal right to request a review, a set aside or a tenant's motion to void would become meaningless if the eviction process is sped up. It is already quite effective. In Hamilton, for example, there is about a ten-day turnaround from when the order is filed with the CEO to when the locks are changed by the sheriff.

Further complicating matters for tenants is a recent change in Hamilton. The notices to vacate used to be posted on a tenant's door. Now they are mailed. Tenants may never receive these notices. Then they will be shocked that they have to leave their home without any time to appeal the decision or find new accommodations.

We can't imagine how justice will be served with an even shorter timeframe. It is very difficult to put a tenant back into possession once an eviction is enforced by the sheriff, though the Landlord Tenant Board does have this authority.

There are other important public policy questions that should be taken into account. Specifically, who should enforce these orders? How should they be enforced? Who should the public see as the enforcement arm of the law?

The Advocacy Centre for Tenants of Ontario (ACTO) pointed out in their submission to the Attorney General that the sheriff has no personal stake, no conflict of interest in the work that is done. That's important.

Sometimes clinics see landlords who misdirect or even misrepresent the current or changed state of the legal proceeding to the sheriff. Sometimes tenants do this, as well.

"The public should have confidence that the sheriff will make the proper enquiries to get these sometimes difficult questions right, as opposed to relying on the integrity of the party that pays their fees," notes ACTO.

Hopefully, the Attorney General will take concerns like these into account.

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

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!

SPRING

"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."

Henry Van Dyke



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Navy League of Canada, Hamilton Branch

The Commanding Officer, Lt(N) Erica Concordia has the pleasure to invite you to RCSCC 31 Lion's 99th Annual Ceremonial Review. The cadets who are proudly supported by the Navy League of Canada, Hamilton Branch.

Our Reviewing Officer is Vice Admiral (Ret'd) Gary Garnett, CMM CD. Sunday, June 5, 2016 at 595 Catharine Street North · Hamilton, ON (Weather Back Up HMCS STAR - 650 Catharine Street North) Please arrive by 1230 for parade to commence at 1300. Dress of the Day is 1A with Medals, Civilians is Business Casual. RSVP by Friday May 27th, 2016 to lionsea-cadets@gmail.com or 905-962-8979. A reception will follow the parade.

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.



Join this fun program for seniors
SIT and FIT Program

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

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

Program is FREE
905-523-1184



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

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



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

Freedom to Be

Six week program for Mindfulness Meditation

TADA (The Artistic Dreams Academy)

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EDIAG (Every day is a gift)

Bi-weekly support group for mental wellness

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CRAFT CORNER

Sewing

Shannon McCulloch



So on one of my many trips to our wonderful local thrift store I found these sewing-box kits for making your own bean-bag animals. I got three of them, gave one to my daughter and the others to her friends.

Amber and Addison's mom told me sewing was something she didn't have experience in, so we made plans to get it together and did it as a group. Unfortunately these plans did not work out the first time, and my daughter was in a hurry to give it a try, so I let her do one of the animals from the kit. It was Sam's first time trying to sew. I threaded the needle and walked her through it. I took her about 45 minutes to finish her fish animal. There was lots of "Mom I don't know what I did!" where she got the string tangled or looped around the cloth. It was a learning experience for us both. I got to see where patterns could be changed to make it easier for a younger age group and that only short pieces of string can be given at a time to cut down on it getting knotted up.

When we got together as a group, Addison and Sam lasted about 10-15 minutes before they went off to play. Addison, the youngest, was really cute. I had cut her out a cute little basic fishy for her to do so she wouldn't feel left out. She just kept sticking the needle in anywhere over and over yelling "I'm doing it!" Amber stuck with it till the end. She really seemed to enjoy the activity. She found going in and out of the fabric hard but liked to bring it around the cloth and did her whole doggie. After I went over the sewing to make sure the holes were small enough that the beads would stay in and we filled them up and closed them.

Amber's mom picked up Sam's abandoned frog and I showed her what to do as well, so she could do more of them later with her kids. It was good, but I would surely say teaching sewing with young kids works better one on one.

Kid's Book Review with Sam Knight

Mister Seahorse by Eric Carle

Amazing!!!!!! I loved it! The pictures were so colourful, I could read



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it with only a little help from my mom. There are these very cool plastic pages in it that you had to move to see what fish was hiding behind it. Mister Seahorse goes around meeting all these fish and their babies and at the end has his babies, my mom helped me look it up after and boy seahorse do have the babies and I found it sad that right after having them they leave them to themselves, but we also learned there really are rainbow coloured seahorse, just like the pictures in the book

~~~~~

Hey it's me Hunter with teen's corner once again.

The weather has been much better lately. I like it when it's warm out but not too warm.

It's been so nice out; my dad had me help fix our hose tap, and replace some wood on our back deck. We started early in the morning and we were working for five to six hours. I think we started at 11:00 a.m. and ended at 5:00 p.m. I've realized my dad has taken a really big interest in my article lately, trying to make sure I have stuff to write about (not sure if that's good or bad). I even got to solder for the first time. I kept the slag (melted metal) for good luck charms.

This time of year I always feel like listening to music more. I am looking at getting myself a radio. Something about the radio makes listening to music more enjoyable than my MP3 player, maybe it's hearing old and new stuff.

It's almost midterms at school again and I think I'm doing good in all my classes. My high school had parent-teacher interview a few days ago and all my teachers said the same thing. "If he slows his work down and goes over it he'd easily be a level 4 in class." I haven't slowed down at all. I don't think I know how to slow down? I think this semester my best class is science so far.

I was told, a lot that my last article was one of my best. Thank you everyone that said that; it makes me feel good. I never really think what I write is all that good.

### Hunter Knight



### We need your help to find a new Home!



Catarino House is in the process of searching for office space in the Hamilton area.

We are looking for office space to fit 2 desks, file cabinet and shelves, a storage area to place all our fundraising items and an extra room to be multi-functional (quiet). We would like to be located near a bus route, and to also have parking for our clients and volunteers. Close to West Hamilton, McMaster Hospital would be ideal. Thank you to everyone who continues to support our children's charity and spread the news about us!!!

Please contact Maria Catarino at 905-730-1737 or email catarinohouse@gmail.com.

### Walkabout with Ken Hirter

This month's walkabout I took in the April Art Crawl on James Street North. The evening before Art Crawl found me at Home-grown Coffee Shop, a venue to showcase many local artists & musicians and an easy-going coffee shop featuring house roasted Java, healthy food and entertainment. Sadly, they will be closing in July 2016 (making room for condos—relocation details pending.)

On Thursday April 7 local photographer, Janice Johnson showed her solo photography series titled *Life In A Puddle* (showing 'til May 11.) I love one of Janice's quotes: "Beauty of life could be short-lived ... you need to capture and share that beauty." I had the pleasure of meeting Janice last year at the Super Art Crawl. Her work is available at the James Street North General Store. Thanks Janice for showing your beautiful work and congratulations on your first solo showing.

Now for the flip side of the arts to the art of youth. On Friday April 8 I took in the "FOODie Exhibition" North End Method & Studio for youth in early to middle high school at Welcome Inn. Guided by an experienced art therapist, students express themselves creatively while learning art techniques.

Amazing young artists! The group meets at the Welcome Inn Community Center located at 40 Wood Street for more information please call 905-525-5824 where Community is a 2 Way Street.

From the beautiful photographs of Janice Johnson to the art of today's youth. From the lens of the camera to the brush of paint upon the blank canvas.

"Art is the new steel" the Hamilton Art Crawl is the second Friday of each month.

In the warmer weather coming take a stroll down James Street North soon.



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Sandy Patterson supplied this photo of Rev. Alan Matthews. Sandy And I were in C.G.I.T. together at Eastwood Baptist church, now the home of Welcome Inn Community Centre.



**Bev Hill**

This Christmas I bought myself a present, a collection of *I Love Lucy* DVD's. I have been a great fan of hers, always. She makes me laugh and I become relaxed.

There were some episodes included that I did not remember. The Desi comedy hours, with Bob Cummings, Betty Grable and Harry James, Red Skelton, Fred McMurray, Tallulah Bankhead, Maurice Chevalier and many more. I never laughed so much!

My friends can't get over how much I watch *Lucy*. Watching her brings back lots of good memories for me. You can catch the *I Love Lucy* show on cable TV on the Comedy gold channel.



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The great fire—the wise Old Man Pub, West Stafford, Dorset England. 500 years-old, up in flames.

## ELDERBERRIES



"Great minds think alike".

I was preparing the monthly breezes when I opened up the Spectator, and there was a large article on Fisher's complete with photographs and so I had to put my plans on hold. Now I see the various water crafts being demothballed to announce spring really is

just around the corner. Patios filling whatever space outside of the various restaurants. Now all we need is warmer temperatures and we can celebrate. Whether we enjoy coffee, stronger libation etc. everything is nicer taken outside.

I was so pleased to know that that at Soupfest this year, Jesse Hill, Fisher's employee and brilliant young man won the first place in best soup and smile this year. We have watched Jesse grow and it seems just like yesterday I don't think we have ever seen him without a smile on his face for everyone. We remember him as a young lad always busy, but time to say hello and to remember our names. He is a delight and will continue to surprise us.

There is something special about Fisher's, whoever you are, whatever your choice from the menu, whoever your server is you are made to feel very welcome. You receive a welcome smile, choice of seating, time to review the menu and enjoy a leisurely meal whether you are young or old you are treated royally. On reading the various restaurant news pages I find it a shame that so many of the newer places are not wheel chair accessible. People, customers wish they weren't disabled but still enjoy a meal out and treated with respect and a smile. Yes we do take more time to settle in, and make our minds up, so we appreciate your going the extra mile to ensure we are happily settled in.



The food at Fisher's is first class. Presentation excellent and even if a doggie bag is needed—save room for the desserts whatever your fancy. There are cosy banquettes with individual table lamps, or if there are a gang they stretch the tables accordingly and you can have a romantic tête-à-tête or more of a gathering—your choice. The wait staffs have good memories and can recite the menus and are knowledgeable with beverages, beers and wines. We have visited quite a few local spots but Fisher's always comes out with flying colours.

The legend that stated 150 years ago changed hands in 1993; then started the long process of rebuilding



The Wise Old Man Pub—500 years-old. Our Pub. My home.

## Pamela Townsley-Winter

to make Fisher's Eatery & Sports Lounge your destination of choice. Over the years we have said farewell to old and cherished friends. We continue to welcome new friends to the neighbourhood and so the circle evolves. Grandfather, Sam Fisher spent 70 years being "mine host" and since then over 5 generations have followed suit. Bring a friend, and so the history goes.

I grew up in English pub life and was actually born in one. The Prince of Wales, and over the years we had the Smiths Arms, the 'Smith' referring to the blacksmith. Then there was the Wise Man and that was represented by a be-wigged judge.

Cleanliness being next to godliness, the place was immaculate, polished tables and cosy atmosphere, sparkling glasses and spotless washrooms—there is nothing worse than a grungy washroom.

Back in the day the pub or inn was the communal meeting place, you met your friends and neighbours and often a garden for their children to meet their friends and the treat was a bag of crisps (chips) and lemonade. This was before television. My grandfather played the piano and whatever you requested, nine times out of ten, he would come up with the tune. The public bar had a long counter and from age 3, I was often lifted up onto the bar top for a song and dance (Shirley Temple being all the rage in those days.) Yes, I had ringlets, curls too. Most important was good food at good prices, nice presentation and should something not suit it was soon corrected.

After my parents passed away there was a fire and due to the distance from the city of Dorchester, by the time the crews got to the pub there was no saving—the roof was thatched and long gone. Eventually it was rebuilt and its heart is still beating—happy memories. When my son took me back for a visit we brought back one of the old stones left untouched by the fire.

"Time and tide waits for no man." Please support the *Breezes* and local businesses in our area, you will find nice people and whatever changes take place good things come our way, we are a great community and our Welcome Inn offers family support and strength. We will be having a special celebration this summer. Welcome Inn has a special luncheon on Tuesdays at noon. \$3.50 covers lunch and entertainment and newcomers will meet new friends. Don't be a stranger.

Love and Laughter....Pam & Megs

**Rants for the month:** cigarette butts, especially in the Jackson Square area. Don't we have sidewalk sweepers to take care of the mess? That and the unsightly papered windows on Gore Park.



## Fashion for May 2016

Alexandra Sempie

"I make clothes, women make fashion,"  
-Azzedine Alaia.

Spring is a very important time in the fashion world. Designers are unveiling their newest looks, Fashion Week is in full swing, and your look isn't hiding underneath your coat. To me, there is no better feeling than strutting your newest outfit down the street. Heads turn and people go green with envy as they eye your newest look. What better way to say 'hey world, I'm here and I look fabulous!'?

I know you're itching with fashionable anticipation, so let's get to it and see what looks we can expect making their way down the catwalk this season.



Slipper shoes.  
Photo courtesy of  
*Marie Claire*.

The 1980s was a time known for its eccentric looks. Bright neon and workout clothes dominated the runways. This season, many famous designers have looked to the past for inspiration and have given us a variety of clothes with an 80's influence.

This season, ruffles and flare

pants will be hitting the streets and showing us that some clothes never go out of style.

I love shoes as much as the next person but my favourite thing to wear on my feet is slippers. They keep feet warm and ease the pain from wearing high heels all day (guilty!). This season, slipper shoes are all the rage. Now you'll look stylish and be comfortable all at once! Sign me up for that! While designers haven't perfected slipper shoes with teddy bears on them, the most popular patterns of the shoe are gingham and lace. So slip your feet into something comfortable and hit the streets!

### In

White dresses  
Flare pants  
Graphic stripes  
Backpacks

### Out

Floral crowns  
Cross print  
Sheer maxi-dresses  
Graphic leggings



Stay Beautiful!

Graphic bags.  
Photo courtesy of  
*Marie Claire*

## National Salad Month- veggies and berries and lettuce, oh my!

May is known for a lot of different things; Mothers Day, Victoria Day, and of course, the lovely sunshine. But did you know that May is also National Salad Month? Many people who celebrate National Salad Month mark the month by trying a new salad everyday. A salad collects the freshness and healthiness of Mother Nature and can be used as either a side or a main meal. Salads are known for being a food you mainly eat on a diet, but in reality, they can be eaten at anytime and can contain anything you want!

Some kinds of salads don't even need to be lettuce based. Macaroni salads are pasta based and can be enjoyed either warm or cold. Some of the most popular salads are: Caesar salads, cobb salads, Greek salads, and Waldorf salads.

Fun fact about salads, did you know that lettuce is a member of the sunflower family?

Salads are good, but what exactly do they do for your body? Doctors and dieticians recommend a plant-based diet because consuming more greens are very beneficial to your body. Studies have shown that consuming more vegetables can:

Decrease the risk of heart disease  
Help fight certain cancers  
Provide you with more energy

National Salad Month is looking pretty good right about now. So why not show your support and celebrate by picking up a fork and digging into a nice healthy salad. Remember: the more fruits and veggies you put into your salad, the more protein and vitamins you'll get!

Alexandra Sempie



## "FINDING YOUR BALANCE"

WHAT: 12-week program consisting of education and exercise

WHO: Led by an occupational therapist and a physiotherapist

WHEN: May 7, next session in August

TIME: 1:30 p.m. - 3:30 p.m.

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

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



## Challenges for Home Sellers in Hamilton's North End

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North End Breezes MAY 2016

Susan Brooks

Buying a home can be challenging, but selling a house has challenges of its own such as challenges of having strangers poke through every drawer in your Castle of Dreams, (then making a low-ball offer) to constant 'moment-notice' showings! Consider these concerns that might challenge you, in regards to selling a North End home today.

Local Market Conditions are in your favour right now. Hamilton is one of the hottest markets in Canada, which could result in a quicker sale for you. Also, in your favour is Time of Year. Spring time, generally speaking, (March-May), is the time more buyers like to purchase.

Choosing a Realtor—Plan on interviewing a minimum of three realtors to handle this your largest investment. Don't feel pressured that you must use a friend or relative because at the end of the day, it will be your financial future on the line. When you plan Realtor interviews, check online for interview questions, think of that session as if you are a CEO interviewing a potential employee that will make or break your business. Include questions about topics like: work experience, knowledge of the area, amounts and types of listings and sales. Choose an agent with a comprehensive marketing strategy and a history of successes.

Pricing the Home—Overpricing a home can lead to difficulties such less showings and offers, more time on the market, and lost buyers. Correctly priced houses should generate activity from the get-go, and in a strong market, result in multiple offers or bidding wars. In a hot market, under pricing can actually be a sales strategy.

Unrealistic Home Buyers can be a challenge—those looking for 'perfect' homes, or those expecting you to thrill at low ball offers. While this is largely out of your control, it is nice to have an agent to skilfully deal with this type of 'buyer'.

To Get the Home 'Ready to Sell' consider what items need to be repainted, repaired or replaced. Buyers tend to have little imagination, and look for a house they can buy and move into without doing extra work. When you consider renovations, consider the costs, the remuneration, and the timeline. Less expensive improvements that can make significant differences could include repainting in neutral colors, swapping out dated fixtures, and replacing stained carpets. Also, consider problems of household odours: smoke, pet, or basement smells. Making your home 'Show Ready' can involve things such de-cluttering rooms, placing extra belongings in storage, and clearing counters. Staging can assist potential buyers see your home in a better light, facilitating a faster sale. Remember the importance of Sparkle, cleanliness, and fresh landscaping (particularly around entrances). Remove the YOU from the house by eliminating personal items like family portraits, theme décor—buyers rarely have the same taste as you do!

Being flexible with showing times and availability will ensure maximum exposure, decrease selling time, and set the stage for multiple offers.

Closing the Deal—Major challenges can involve getting the buyer approved, passing the bank's mortgage inspection, and the housing inspector concerns. A knowledgeable realtor can forestall some of these challenges. One solution might be to require a lenders pre-approval letter, before contracting. To Sell or Not to Sell—Whereas houses in other areas can lack buyers, contain serious job-market challenges, or inventory competition, the North End's Seller Market is very attractive this season. With prices still on the rise in the Hamilton area, questions about selling or holding out for higher prices can be a challenge—but certainly not the worst problem that a North End Seller could have!

## Andrea Horwath MPP, Hamilton Centre

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## Better Hearing & Speech Month

Brian Roulston

May is Better Hearing and Speech month around the world.

Our ears are not only great at keeping our glasses from sliding off our noses, they allow us to hear what's going on in the world around us. We can hear the birds, music or converse with friends and co-workers.

Hearing impairments, much like the volume control on a radio can range from slight to profound and can affect one or both ears. Deafness can be inherited, develop through prolonged or sudden loud noises, accidents, diseases and medications have also been known to cause deafness.

Our hearing is the first of our five senses to develop while in the mothers womb. At 16 weeks a baby can hear its mother's voice.

Deafness and hearing loss have always been around. Until the 16th century society discriminated against people with hearing loss as they believed those with hearing disabilities also suffered from mental disabilities. A Spanish monk in 1530 proved to the world that there was no link between hearing and learning capacity. He taught two sons of a nobleman how to read, write, do math and speak.

Hearing loss may affect our speech, those with hearing loss cannot hear certain syllables or pitches in their own voice and often slur or mispronounce their words, even talk louder to compensate.

Many who suffer from hearing loss may also avoid contact with others simply because they feel asking people to repeat themselves is either inconvenient or stressful. Thanks to digital technology hearing aids today will significantly help most hearing impaired people. Hearing aids can be tailored to an individual's needs, yet small enough to be worn in the ear canal. In many cases no one even has to know you wear a hearing aid. Still, *Behind The Ear* (BTE) type hearing aids exist and they come in many different colours and styles, these tend to be 'Super Aids' for those profoundly hard of hearing.

For some a hearing aid is still not enough, a cochlear implant is a device that allows an individual to perceive sounds by electrically stimulating the auditory nerve in the cochlea. This involves an internal electrode array that is surgically implanted into the cochlea then attached to external equipment that looks and acts similar to a BTE hearing aid.

Hamilton is also very fortunate to have great instructor led ASL (American Sign Language) courses offered through the Canadian Hearing Society, classes are usually one or two nights a week. Classes are open to both the deaf and hearing enabled people who wish to communicate with the deaf or hard of hearing.

*The 2<sup>nd</sup> Annual Hearing Health Fair hosted by Canadian HARD of HEARING Association (CHHA-Hamilton & Area) Thurs. May 19, 6 – 8 pm. "Hear" about the newest hearing aid technology. The South Gate Church, 120 Clarendon Ave. Members—no charge, Guests - \$5 donation. [chhahamilton2@gmail.com](mailto:chhahamilton2@gmail.com) or 905-575-4964.*

## BOOK CLUB CORNER

Kit Darling

At the April meeting of the Bay Area Book Club we discussed *Engraved: Canadian Stories of World War One* edited by Bernadette Rule. We were fortunate to have a guest, Lise Lévesque, author of one of the stories in the collection, "The Deconstruction of Edouard Drouin." After a brief reading from her story, Lise answered questions from the group. She spoke about how she began writing; how a course in creative writing at McMaster University helped polish her prose and what the experience of having her work edited was like. Many of the stories in the collection are very personal, having touched the lives of the authors and their families. Others introduce little-known figures, such as Georgina Pope, Canada's first military nurse and the first Canadian to be awarded the Royal Red Cross medal. Still others reflect on the war experience of men such as Col. John McCrae and war artist A.Y. Jackson.

Another member brought in some WWI medals, Christmas greetings from the king and queen, a cigarette box and other items that were her grandfather's.

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

*The Girl You Left Behind* by Jojo Moyes. There are two time periods in this book. The book opens in occupied France in 1916. Sophie Lefevre's husband, an artist, is fighting at the front. Sophie's portrait, painted by her husband, hangs in her hotel and is admired by a German kommandant. The second time frame in the book is 2006 in London when the portrait is in the hands of Liv Halston, a wedding gift from her husband. Moyes spins a good story around the history and ownership of the painting. She draws your interest to the two main characters and the times in which they live.

*The Age of Reinvention* by Karine Tuil. An international best-seller and finalist for the Prix de Goncourt, this novel has been compared to *The Great Gatsby*. Essentially, it is the story of a life built on a massive lie, a life that rose to the heights of success and fell to personal and professional disgrace and despair. The story also introduces the issue of racism and discrimination in France and the route to radicalization for disaffected Muslim youth. A somewhat difficult read but ultimately satisfying.

## 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](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.

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## May is National Osteoporosis Prevention Month

Osteoporosis—many people with this preventable disease walk around without knowing they have it. According to Osteoporosis Canada, fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined. Osteoporosis, which is a loss of bone density, can occur as we age. It is a main cause of fractures, back pain, postural problems, and can result in a loss of independence. For example, a hip fracture can be a major life-changing event. You are never too young or too old to improve the health of your bones!

Osteoporosis often has no obvious symptoms related to it, which is why it goes undetected frequently. Often it takes the painful breaking of a bone for the condition to be recognized. Some individuals will develop a curved spine or “dowager’s hump” and a noticeable decrease in height.

There are several factors that put an individual at a higher risk of developing osteoporosis. Some of these include a family history of the condition, women past menopause, inadequate intake of calcium and vitamin D, inactivity, smoking or alcohol abuse, and certain medical conditions. In addition, if one is small-boned and/or underweight, the risk of developing the condition is increased.

What you can do to maintain existing bone and prevent further bone loss:

- Get proper nutrition. Key nutrients in osteoporosis prevention are calcium and vitamin D. Dairy products, canned salmon, dark green leafy vegetables, soy products such as tofu, and dried beans are examples of calcium-rich foods. The main sources of vitamin D foods are fortified. Ask your health-care provider if you might benefit from a dietary supplement.
- Become more active. Weight-bearing aerobic exercise and muscle-strengthening exercises are important for maintaining bone health and preventing falls. If this is difficult, try chair exercises or lifting a lighter weight such as a soup can or water bottle. Osteoporosis Canada gives great tips on exercise recommendations and helping you become more active.
- Reduce your risk of falls. Falls prevention is very important with osteoporosis as a fall can easily lead to a fracture. Doing strengthening, weight bearing and balance exercises such as yoga or tai chi can help reduce the risk of a fall. North Hamilton Community Health Centre offers falls-prevention classes free of charge.
- Limit alcohol and investigate options for smoking cessation.
- Take medications as prescribed.
- Maintain a healthy weight.

For more information visit: *Osteoporosis Canada* ([www.osteoporosis.ca](http://www.osteoporosis.ca)) *Public Health Agency of Canada* ([www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)) *National Osteoporosis Foundation* (<http://nof.org>)

Jennifer Desrosiers



**North Hamilton**  
Community Health Centre

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

## Events Calendar May 2016

**Photo Display, Guyanese Life in Canada.** May 2-May 30, 2016. Evergreen Storefront 294 James St N, Hamilton. Presented by Guyanese-Hamiltonian, Wayne Jones, a freelance writer and visual arts enthusiast. This display coincides with Guyana's 50th Independence anniversary celebrations. Festival of Guyanese Jokes, Tales, Proverbs & Songs to be held at the storefront on Thurs. May 26, Guyana's Independence Day, from 6pm to 8:30pm. All are invited! Contact: [evergreen.ca/Hamilton](http://evergreen.ca/Hamilton). Or [joneswayne@gmail.com](mailto:joneswayne@gmail.com)

**Sew Hungry 2016** May 06, 2016 Ottawa Street Shopping District. Sew Hungry is Ottawa Street's national award winning restaurant and food truck rally. 11 am–3 pm, 4 pm–8 pm Ottawa St. between Dunsmuir & Barton. 905-544-5822 [info@ShopOttawaStreet.com](mailto:info@ShopOttawaStreet.com), [www.sewhungry.com/](http://www.sewhungry.com/)

**A Night at the Opera**, Chorus Hamilton. Sat. May 7, at 7:30 p.m. at St. Paul's United Church in downtown Dundas. The choir, along with soloists, will perform arias and choruses from operas throughout history composed by the great masters of opera such as Purcell, Verdi, Leoncavallo, Bizet, and many more. For more information and ticket reservation contact the choir by e-mail at [chorushamilton@yahoo.ca](mailto:chorushamilton@yahoo.ca) or by telephone at 905-526-7938 or visit the website at [www.chorushamilton.ca](http://www.chorushamilton.ca).

**Living Rock Ministries** is partnering with **Omni Basement Systems** to host an indoor **spring garage sale**. Scheduled for Saturday, May 14, at 95 Frid Street, Unit 3, Hamilton, near the Hamilton Spectator building, from 8 AM - 2 PM. Volunteers are needed for the planning, preparation and execution of this event. Are you doing spring cleaning and looking to unload some of your things? Drop them off at 95 Frid Street between the hours of 9 AM - 5 PM. They will store these donations to be sold at this event. Please call Omni Basement Systems at 905-667-1499 to set up a drop off time. Contact Karen Craig, Program Director: 905-528-7625 x. 240.

**Victoria Day Fireworks.** May 22, 2016. City of Hamilton. The Dundas Valley Sunrise Rotary Club and the City of Hamilton are pleased to present Victoria Day Fireworks at the Dundas Driving Park on Sunday May 22. Fireworks display beginning at 9:30pm. Event is free, donations to the Rotary Club are appreciated. Dundas Driving Park. [www.hamilton.ca/events](http://www.hamilton.ca/events)

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

**Family Fun Days - My Own Landscape.** May 29, 2016. Art Gallery of Hamilton. Registration is not required. 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 per family (up to 4 children) Registration is not required, exhibition admission is not included. 905-527-6610, [info@artgalleryofhamilton.com](mailto:info@artgalleryofhamilton.com), [www.artgalleryofhamilton.com](http://www.artgalleryofhamilton.com)

### May is Museum Month at Dundurn

May 7, to May 8, 2016 **Dundurn National Historic Site** Time: 12:00 p.m. - 4:00 p.m. Ages: All. Cost: FREE. 610 York Blvd. 905-546-2872, [dundurn@hamilton.ca](mailto:dundurn@hamilton.ca), [www.hamilton.ca/dundurn](http://www.hamilton.ca/dundurn)

### May is Museum Month at Steam & Tech

May 7 to May 8, 2016 Hamilton Museum of Steam & Technology Time: 12 pm to 4 pm. FREE Event 900 Woodward Ave. [steammuseum@hamilton.ca](mailto:steammuseum@hamilton.ca). [www.hamilton.ca/steammuseum](http://www.hamilton.ca/steammuseum) 905-546-4797

North End Breezes MAY 2016

**May is Museums Month at Battlefield.** May 7 to May 08, 2016. Battlefield House Museum & Park. 12 - 4 pm FREE event. 77 King St. W. 905-662-8458 [battlefield@hamilton.ca](mailto:battlefield@hamilton.ca), [www.hamilton.ca/battlefield](http://www.hamilton.ca/battlefield)

**City kidz Fundraising Garage Sale.** May 28 for City Kids at Gage park.

**David Braley & Nancy Gordon Rock Garden** – Officially open to the public. Friday, May 20, 2016 12:00 PM 1185 York Boulevard, Hamilton. Regular admission applies. RBG members free. [info@rbg.ca](mailto:info@rbg.ca). 905 527 1185.

### STILL SPACES LEFT!! North Hamilton Community Gardens

What? Have your own plot at one of our Community Gardens! Grow your own fruits and vegetables and relax in a beautiful green space with friends and neighbours.

Who? Open to all local residents. Beginner gardeners encouraged!

Where? Three locations:

- Paradise Garden @ 240 Burlington St E
- St. David's Garden @ 474 Wentworth St N
- Keith Garden @ 100 Burton St.

Cost? Plots are available for \$15 / year. Tools, water, instruction & seedlings included. If the cost is a barrier to you, just let us know!



For more information or to sign up please contact:

Scott Paige [spage@nhchc.ca](mailto:spage@nhchc.ca) 905-523-6611 x3006



**North Hamilton**  
Community Health Centre

**Fisher's**  
on James  
Ed Fisher Proprietor  
*A Casual Dining Experience*  
905-526-9622 / Fax: 905-526-0099 / [www.fisherspier.com](http://www.fisherspier.com)

### HERE WE GROW

LOOKING FOR PART-TIME SERVERS & LINE COOKS  
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**NOW SERVING**  
**COLLECTIVE ARTS BREWING CO.**  
Faint of Circumstance  
**NICKLE BROOK BREWING CO.**  
Cause & Effect  
Naughty Neighbour



### HAPPY MOTHER'S DAY

Sunday, May 8th

Lunch & Dinner reservations available

### GO JAYS GO

During the game get a bucket of MGD  
for \$20



ENJOY A HANDMADE MOJITO ON OUR PATIO

Follow us on TWITTER: @Fisherspier

WEB SITE: [www.fisherspier.com](http://www.fisherspier.com)

INSTAGRAM: FISHERSEATERYANDSPORTSLOUNGE



## Jason Farr—Time to Plan Local.

Hello, Breezes readers. As many of you may be aware, in the past our ward 2 office has run a public budget exercise in order to encourage greater participation in public decision-making on how to spend your capital/infrastructure tax dollars. We called it Participatory Budgeting. I know, it is a mouth-full. At times I heard from folks that it was also a little time-consuming and somewhat complicated.

Well, now we offer the same sort of process, but with a much more simple approach to encourage even greater participation. Introducing Plan Local. Where you decide on how we allocate one million dollars of your tax-payer money toward improving your streets and making them safer.

What are we looking for? Simply put, for the next seven weeks, we would like you and your friends, family

and neighbours to have a hard look at your sidewalk, roads and trails and think of ways to make them safer. Maybe a smoother ramp is required or a sidewalk repair. Maybe you can think of a good place where your neighbourhood could use a bench so seniors can rest, or a zebra cross-walk where children can cross more safely. What about better lighting or signage? You get the idea.

We'll take all the ideas you have and carefully vet them with our traffic and roads staff making sure we are making safe decisions and duplicating soon-to-come efforts already in the books related to current projects like the North End Traffic Management Plan. Once our advisory committee transparently whittles down the list, we will hold a vote between June 20 to June 30, 2016 every resident of the ward can vote. The results will be announced in July. How to get in touch: Call: 905-546-3774 Website: <https://planlocal.ca/ward2>, Twitter: <https://twitter.com/PlanLocalWard2>, Facebook: <https://www.facebook.com/planlocal.ward.2.safe.streets/?fref=ts>

Until next time Breezes Readers. Jay



Bennetto School 1950. Grade eight photo from Mary Clairmont. *Back row:* 1 Mary Ann, 2 Joan Crysler, 3 Gwen E?, 4 June Freeborn, 5 Bernice

Watts, 6 Janett B. 7 Joan Major, 8 Jean Hall, 9 Mr. Facey, 10 Miss. Anthony, 11 Dave Beatty, 12 Reg Morelle?, 13 Dave Patterson?, 14 Alex J. *Middle row:* 1 Beatrice V., 2 Marg Wiffing?, 3 Gerry R?, 4 Jean V?, 5 Marilyn K?, 6 Ruth M., 7 Elda, 8 Dorothy, 9 Iris?, 10 Barbara, 11 P?, 12 D List?, 13 Joyce Kutey?, 14 Sylvia, 15 Mary Thompson, *Front row:* 1?, 2 Gary Webster?, 3, 4, 5, 6, 7?, Kenny Dawson?, 8, 9, 10, 11?

Plan local | Ward 2 Safe Streets

Hamilton  
Councillor  
Jason Farr

## Ward 2's \$1 Million Question

How can your streets be safer?

### IDENTIFY

Identify your unsafe street locations and solutions  
April 26 – May 16

### VOTE

Vote for your top safe street solutions  
June 20-30

### BUILD

Build safer streets in Ward 2  
2017 +

Learn more at:  
[www.planlocal.ca/ward2/](http://www.planlocal.ca/ward2/)  
(905) 546-3774

## What can City School by Mohawk do for you?

City School by Mohawk is a free learning space operating out of the Eva Rothwell Resource Centre at Robert Land. Since we opened our doors on Oct. 2, 2015, we have hosted a variety of speakers, workshops, courses and events, and have lots of great things planned for the upcoming months—all free! Stop in to 460 Wentworth St N to hear more!

**Sustainability and Seedlings**—On March 22, kids at the Eva Rothwell Centre (ERC) began to participate in an 8 week program that teaches them about gardening, food sustainability, and entrepreneurship. In partnership with City School by Mohawk, ERRC, and Mohawk Sustainability, kids will work with staff, volunteers, and guest speakers to learn how to grow their very own seedlings. A diverse range of plants will be grown, and the seedlings that are nurtured by the ERC kids will be available for sale at the **Mustard Seed Coop's seedling sale on May 8**. All proceeds help fund Eva Rothwell programming.

**Speaker Series**—Each Thursday in the month of May from 6-7pm you can hear the stories of some successful women who are blazing their own trails in Hamilton. From careers in music, business, and education, to

stories about making their city a better place, these Hamilton women are sure to inspire and get you talking! These general interest workshops and conversations are a great way to engage in lifelong learning and personal growth.

### Community Employment Supports—

Starting this spring, youth ages 15-29 can come to the Eva Rothwell Resource Centre and learn about employment programs specifically designed to get them working this summer! Workshops and one-to-one coaching will be available.

All of the programming at City School is designed to meet the needs of the community, and has been developed in consultation with residents and community members. The support of individuals, community hubs, and the amazing staff at the Eva Rothwell Centre have been a key part of the success of City School, and we look forward to our future in partnership with all of you.

If you have any questions, comments, input, or would like to sign up for our free programming call us at 905-526-1558 ext 416, email: [cityschool@mohawkcollege.ca](mailto:cityschool@mohawkcollege.ca), Facebook: [cityschoolbymohawk](https://www.facebook.com/cityschoolbymohawk), Tweet us @mocityschool, or online live Events Calendar at: [www.mohawkcollege.ca/cityschool](http://www.mohawkcollege.ca/cityschool).

50th Anniversary  
Welcome Inn Community Centre  
is hosting a

## SEED & PLANT EXCHANGE

**May 7th  
9:30-11:30**

Come to a workshop @ 10:45am led by Amy from Hamilton Victory Gardens

Some items to bring:  
• plants and seeds  
• garden tools  
• gardening books  
to swap with your neighbours

workshops  
• raffles  
• garden experts

**40 Wood St East**

City School by Mohawk presents the stories of successful women who are blazing their own trails in Hamilton. From careers in music, business, and education, to stories about making their city a better place, these Hamilton women are sure to inspire and get you talking!

May 5th - 6:00pm-7:00pm

A conversation about perseverance, education and how lifelong learning has shaped the career of a Mohawk teacher

May 12th - 6:00pm-7:00pm

Two business leaders chat about the Hamilton professional world and how their time at Mohawk College helped them learn to lead in their communities

May 19th - 6:00pm-7:00pm

Hear about entrepreneurship and trailblazing from Mohawk alumni, and learn about how college helped them find their own unique career paths

May 26th - 6:00pm-7:00pm

A musical conversation from the Hamilton Philharmonic Orchestra

## Speakers Series

Listen and share ideas.

(905) 526-1558 ext 416  
[mohawkcollege.ca/cityschool](http://mohawkcollege.ca/cityschool)

facebook.com/cityschoolbymohawk  
@mocityschool



# 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](http://www.hamiltonclt.org)



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



**North End Neighbours**  
The neighbourhood association for  
residents of the North End  
“Friendly and Historic!”

## May Neighbourhood Update

About 60 residents attended the Neighbourhood Community meeting on April 6. We were happy to host Councillor Jason Farr who answered questions and spoke about neighbourhood concerns. The discussion included a wide variety of topics: affordable, geared-to-income and social housing, the Traffic Management Plan and LRT, and of course the West Harbour. The Navy Cadets expressed concerns about their future. They’ve been here nearly 100 years providing a sailing school, bands and camp-outs—all free of charge. Councillor Farr agreed to meet with them at a future date to discuss options. Our thanks to Benetto Recreation Centre for the venue!

Information and discussion about the Pier 7 & 8 West Harbour development takes place the last Thursday of each month. The next “Community Engagement” meeting about Waterfront Redevelopment is planned for 7:00 p.m. at 294 James Street North April 28 and May 26. These meetings are usually well attended and all are welcome. For more information go to the City of Hamilton’s website and search: waterfront redevelopment. We hope to see you at these monthly meetings to join in the discussions.

May is an active community month! Doors Open is May 7 & 8 along with Jane’s Walks. There are Jane’s Walks at Bayfront Park, Pier 7 & 8, as well as several others close by.

Friends of the Sunset Cultural Garden are meeting on Sundays 11–1 for basic clean-up and weeding.

100 in One Day is coming – June 4! It is a day of small, fun civic engagement projects. Last year there were 120 – including puppy kissing, gardening, art, and many others. Last chance to submit YOUR idea is June 3. Contact us for more information or the website.

## 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](mailto:sheri.selway@gmail.com) or  
Carmen Cooper, Chair [nenchair@gmail.com](mailto:nenchair@gmail.com)  
Email: [nenchair@gmail.com](mailto:nenchair@gmail.com)  
Website: [www.northendneighbours.com](http://www.northendneighbours.com)  
Facebook: North End Neighbours

North End Breezes MAY 2016



## Hamilton Port Authority and Port Partners raise \$51,500 for Liberty for Youth

HPA recently wrapped up a fundraising initiative that included a pledge to match up to \$25,000 of port partners’ donations. A total of \$51,500 was raised for the Run for Youth. Participating port partners include: *Federal Marine Terminals, Fluke Transport, Richardson International, McKeil Marine, Lakeshore Sands, Rankin Construction, Sylvite, Yellowline Asphalt Products, Maritime Data Centre, Brewers Marine Supply, Canadian Asphalt, Agrico, Ocean Group, Barry Hyde and Rick Smith.*

LFY’s Run for Youth is a 21-day marathon to bring awareness and raise funds for at-risk youth. The Run Begins in Ottawa in October and ends in Hamilton. For more information or to donate, please visit: [www.runwithfrederick.com](http://www.runwithfrederick.com).

## Construction Updates

Construction season has arrived at several port locations: Pier 10 – Demolition and site preparation are taking place at Pier 10 in preparation for the new Parrish & Heimbecker flour mill. Pier 15 west – Construction of the new Harbour West Marina boat storage facility is progressing according to schedule, due for completion in autumn 2016.

Pier 15 east – Pile driving underway as part of initial stages of Randle Reef project. Visit [www.randlereef.ca](http://www.randlereef.ca) for project details. Pier 26 – New G3Canada Ltd. grain terminal due for completion in time for the 2017 fall harvest.

## Able Sail

HPA is proud to support the Royal Hamilton Yacht Club’s Able Sail Program with the donation of two suits of sails for their Martin 16 adaptive sailboats. RHYC Able Sail provides sailing opportunities for children and adults with physical and developmental disabilities as part of RHYC Learn-to-Sail daytime and evening programs.



dedicated to the core

**Jason Farr**  
Councillor, Ward 2 - Downtown  
71 Main Street West  
Hamilton, ON L8P 4Y5  
telephone: 905-546-2711  
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[www.jasonfarr.com](http://www.jasonfarr.com)

**North End Theatre Troupe**

presents

★ ★ ★ A Tribute to ★ ★ ★

**Parents and Caregivers**

May 10, 2016, 1: 00 p.m.

**WELCOME INN, 40 Wood St. East, Hamilton**

admission: please bring a canned good



North End Breezes MAY 2016

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



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

**INFORMATION SESSION AND REGISTRATION  
NIGHT:**

Wednesday May 11<sup>th</sup> – 5:00-7:00 pm

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\*North End families will be given priority

## What's Going On?

### Afternoon Classics-

**Thursday May 12<sup>th</sup> & 26<sup>th</sup> 1-3pm**

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



### Parent Support Group-

**Thursday May 19<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

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

### Seed & Plant Exchange:

**Saturday May 7<sup>th</sup> 9:30-11:30am**  
**10:45am** – Workshop lead by Amy of  
Hamilton Victory Gardens



Some items you could bring to  
share/swap:  
-Plants/Seeds  
-Gardening Books  
-Gardening Tools

## New Horizons Thrift Store

**520 James Street North**  
**905-529-6891**

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

Silent Auctions are beginning again  
at New Horizons, starting **Monday**  
**April 11<sup>th</sup> 2016!**

**Silent  
Auction**



Items will be on display for 7 days,  
displaying a minimum bid and in-  
creases will be recorded by the cash-  
ier at the sales desk.

Winners will be contacted by phone to come pay and pick  
up their prizes. Auction items include vintage pieces,  
cameras, fun package combos, china, and all sorts.

Watch our Facebook Group Page and Kijiji for photos.

Our peas, beans,  
and peppers are  
and will soon be  
purchase and planting!



tomatoes  
shooting up  
ready for

Flower seedlings start mid-April.

Spring is busting out in all directions at New Horizons!

## Welcome Inn is 50!

Welcome Inn is celebrating our 50<sup>th</sup> year of making a  
difference in the North End Community!  
Stay tuned for celebration information!

### Looking for Laughs?

**Seniors Dinner Club-** Each Tuesday all seniors are  
warmly welcome to join us at 12pm until 2pm as we  
gather around our tables for a homemade lunch, a little  
story-telling and a lot of laughter. Everyone is welcome!!  
We ask for a \$3.50 donation to help us cover costs.

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

### **We Want YOU!**

We would love to meet you. There are lots of ways to get  
involved at Welcome Inn & New Horizons Thrift Store  
this spring & summer.

Volunteering is a great way to be connected to the  
neighbourhood, build your resume, gain volunteer hours  
or just have fun.

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.

Joining our 50<sup>th</sup> Anniversary Committee  
Joining our Building Campaign Committee  
If any of these opportunities sound interesting to you,  
connect with Ruth to get the conversa-  
tion 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



## Her Majesty's Army & Navy

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

### May Entertainment

|               |                |     |
|---------------|----------------|-----|
| Thurs. May 5  | Neon Moon      | 3-7 |
| Thurs. May 12 | Phil Myles     | 3-7 |
| Thurs. May 19 | Fuzzy Dice     | 3-7 |
| Thurs. May 26 | Lionel Bernard | 3-7 |

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

**Euchre** Tuesdays 2pm \$2

**We have a great hall for rent.** Weddings, Stag & Doe,  
Showers, Birthday Celebrations, Retirements, and more.  
New Hall Rental Rates - \$250.  
Closed Sundays but negotiable.  
Give us a call at 905-527-1000.

## Christ's Church Cathedral



252 James Street North  
905-527-1316

### EUCCHARISTS

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

### Sundays

8:30 Holy Eucharist  
10:30 Choral Eucharist

www.cathedralhamilton.ca



**Hamilton-Wentworth  
Catholic District  
School Board**

**Parenting & Family  
LITERACY CENTRES**

### ST. LAWRENCE CATHOLIC ELEMENTARY SCHOOL

88 Macauley Street East  
Hamilton, ON, L8L 3X3  
Monday to Friday  
8:30 am—12:30 pm

Please come and visit our Parenting and Family Literacy  
Centre with your children from babies up to 6 years of  
age. The Centre is part of our school and offers fun 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.

### The Parish Church of ST. LUKE


**Founded in 1882**

454 John St North, Hamilton  
Parish Hall at 76 Macauley St. E  
Telephone: (905) 529-1244  
Sunday: English Mass, 10:00am  
Book of Common Prayer



PARISH HALL FOR RENT 76 MACAULEY ST. E.





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

**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

**We now have a new phone service!**



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

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

**Coming Soon! New On-site Parish Office hours to better serve our North End Community.**

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

On Twitter @St.LawrHamilton

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

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



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

**MAY CROWNING**

**Saturday April 30<sup>th</sup> at 7pm**

The month of May is dedicated to Mary, the Mother of God. We will begin this month-long devotion with a May Crowning, prepared by the members of our Catholic Women's League. Everyone is invited to join in this blessed celebration as we honour Mary. Mass will be celebrated at 7pm with the crowning, followed by snacks & refreshments in the parish hall.

**Pentecost Sunday**

**Sunday May 15<sup>th</sup> - 10:30 am Mass**

Join us for this special celebration of our multi-cultural community!

**Happy Mother's Day**

Sunday May 8<sup>th</sup>, 2016

**BENNETTO COMMUNITY CENTRE**

450 Hughson Street North  
905-546-4944

[www.hamilton.ca](http://www.hamilton.ca)

**VICTORIA DAY (MONDAY MAY 23<sup>rd</sup>)**

We will be open for the following programs:

10:15-11:00 Senior Swim  
11:05-11:50 Water fit  
12:00-1:00 Adult Swim  
1:15-2:15 Public Swim

**Victoria Day Monday Gym Schedule:** Family Gym-11:00am to 12:00 pm and Open Gym-12:00 pm to 2:00 pm

*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 and registration information before June 13<sup>th</sup>.*

**Monthly Movie Night**

Last monthly movie night before the summer break takes place on May 27, 2016. Come join us to watch Alvin and the Chipmunk. Check back in September for movie nights to start up again.

Thanks to all that came out and enjoyed the movies, hope to see you again soon!

Why not try one of our many family gyms!

**Free Wi-Fi/Cool Down Station**

As the weather gets warmer please remember that Bennetto has many fountains to come and fill your water bottle and catch some AC if you need to cool down. Free Wi-Fi available as well!

**Are you looking for something for the family to do?**

Why not try one of our family gyms? All equipment is provided, all you have to do is bring yourself and your kids and try one of our many programs!

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.



**Let's Connect!**

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[www.canadian-directories.ca](http://www.canadian-directories.ca)**

**Bill & Marie Mushing - Hamilton Ontario**

**May 3, World Asthma Day**

**Brian Roulston**

World Asthma Day 2016 is May 3rd. The first World Asthma Day was established in 1998. The World Asthma Meeting (WAM) was held in Barcelona, Spain. Thirty-five countries including Canada and the U.S were in attendance. Over time, World Asthma Day has grown into the most important and widely recognized asthma awareness event in the world.

In Canada approximately 250 Canadians die of asthma each year, and another 64,000 will seek emergency help in ER centers across the country. Also, according to the Asthma Society of Canada, 600,000 children have the disease and 250,000 Canadians currently live with severe asthma.

Asthma is a complex chronic inflammatory disease of the airways and lungs. Its causes are still largely unknown, however researchers do agree that it is hereditary and environmental factors such as air pollution, dust, mites, first or second hand smoke play an important role. It is not known however whether or not these factors are the initial causes of 'new' cases. Experts are also struggling to understand why asthma rates have been rising by 50% per decade.

Asthma's symptoms include any or all of the following: shortness of breath, tightness in the chest or airways, coughing to break up mucus and wheezing

Asthma symptoms vary from person to person, can be mild or severe, flare up from time to time or not appear for periods of time.

Asthma has been known to exist long before ancient Egyptian times. The Georg Ebers Papyrus found in Egypt during the 1870's contained prescriptions written in hieroglyphics for over 700 remedies for illnesses, one of which was asthma.

In the 1960's it was then determined not to be a physiological but a physical disease and anti-inflammatory medications became the norm. Today, inhalers like Ventolin and Advair help ease the symptoms but they are not a cure.

Some famous people who suffered from asthma are John F Kennedy (U.S President), Bob Hope (comedian), Ludwig Beethoven (musician/composer), Alice Cooper (musician), Elizabeth Taylor (actress) and Dennis Rodman (NBA Player).



**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](mailto:hamilton@davidchristopherson.ca)  
[www.davidchristopherson.ca](http://www.davidchristopherson.ca)





## THANK YOU 4 GIVING IN 2015-2016

North End Breezes is brought to you, in large part, due to the generous donations from these *Breezes* readers.

Joan & Morley Balinson, Harold Baynham, Lillian Brown & Anna Paris, Alan (Tubby) Bruce, Mary & Vic Coomber, Jim Davies, Kathleen Flood, Edward Gleeson, Hamilton Community Legal Clinic, William MacKinnon, Clarence Maitland, Clayton Mitchell, SIR Administrations, Shoppers Drug Mart, Edna Snelling, Ed Stewart and Joan A. Thompson

**Century Club donors (\$100+)** Robert Gregson, Patricia Gudlaugson, Stan Obremski, Sheri Selway, TCA/Their & Curran Architects Inc. and Anne Tennier

*\* donor names are publisher with their permission*

**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**



## A Special Invitation Volunteer Board and Committee Members

North Hamilton Community Health Centre has a volunteer Board of Directors comprised of 12 members that provide governance oversight using a Policy Governance Model. We are seeking Board Members for upcoming vacancies, as well as Committee Members.

Currently the Board governs through the following Committees:

**Governance**  
**Quality and Safety**  
**Community Relations**  
**Audit**  
**Executive**

For over 29 years North Hamilton Community Health Centre has worked in partnership with the North End community and special populations, living the Vision of "No Obstacles to Health" and the Mission of "Enabling Health through Healing, Hope and Wellness".

## 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

We are one of 75 Community Health Centres across the Ontario, which focuses on five service area: Primary Care, Illness Prevention, Health Promotion, Community Capacity Building, and Service Integration, within the Broad Determinants of Health Framework.

North Hamilton Community Health Centre serves over 14,000 clients in Primary Care, Health Wellness, Feet First and Pathways to Education Programs.

If you are interested and would like to become a Board Member or Committee Member, please apply by forwarding a letter indicating your interest and experience and a resume if available, by **Friday, May 06, 2016** to the following address:

**Tony Di Silvestro, Governance Committee, Chair**  
**c/o North Hamilton Community Health Centre**  
**438 Hughson Street North**  
**Hamilton ON L8L 4N5**  
**or by email to grguric@nhchc.ca**

For additional information about North Hamilton Community Health Centre we invite to visit the Health Centre website at [www.nhchc.ca](http://www.nhchc.ca)

If you have any questions, please contact Elizabeth Beader, Chief Executive Officer, at [beader@nhchc.ca](mailto:beader@nhchc.ca)

## CLASSIFIED ADS

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

*North End Breezes*, 438 Hughson St. N.  
Hamilton, ON L8L 4N5,  
905-523-6611 ext. 3004 Fax: 905-523-5173,  
[collins@nhchc.ca](mailto:collins@nhchc.ca), [www.northendbreezes.com](http://www.northendbreezes.com)

### For Sale

**Minn-Kota Electric Trolling Motor.** 40 lb. thrust. Bow mount. Like new. Best offer. Call: 905-521-9854

### Services

**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](http://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: 905-529-8271

### Employment Opportunities

**Personal Support Worker.** I am looking for a certified personal support worker to work in my home part time. Personal care, light housekeep-

ing and meal preparation. \$17 per hour. Please e-mail resume or inquire by e-mail: [Istoeten17@gmail.com](mailto:Istoeten17@gmail.com)

### Announcements

**Wheelchair Square Dancing** with the Steel City Wheelers, Sat. May 7. Gently Used Clothing Sale from 1-3 pm. Karaoke and demo at 1 pm. First Place, 350 King St. E., Hamilton, 3<sup>rd</sup> Floor, Bagshaw Room A. Free Admission. 529-6837 (The Steel City Wheelers is a non-profit group)

**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](mailto:sacha@sacha.ca). 24 Hour Support Line 905-525-4162. [sacha.ca](http://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

**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. We try to educate as well as raise funds for the training of service dogs for those battling these two disorders. This year the theme is *Dogs with Jobs*. We are at the lovely Eastwood Park, 110 Burlington St. E. Enjoy *Ruff Sport* a dog agility show performing during the day, vendors from around the area, live bands and great food trucks to tempt your taste buds. No admission, donations welcomed. Come have a great time with fun and prizes for the whole family.



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