



THE COMMUNITY NEWSLETTER  
OF HAMILTON'S NORTH END

Volume Two ~ February 2017 ~ [office@northendbreezes.com](mailto:office@northendbreezes.com) ~ [www.northendbreezes.com](http://www.northendbreezes.com)

## ***Hamilton's West Harbour: Our waterfront is changing!***

*Submitted by: Planning and Economic Development Department City of Hamilton*



### ***Here's what you can expect over the next year.***

The City of Hamilton's work in the West Harbour waterfront area is ramping up! Over the past year, you may have noticed some changes with the new boardwalk and docks by Williams and construction starting at the marina. You can expect to see even more changes in 2017.

Here are some of the things that our team will be working on during over the next year that you should know about:

#### ***Marina Reconstruction What's happening:***

The Harbour West marina will be improved and expanded in 2017. Demolition of the old docks and boat slips began at the end of 2016 and will be finished in early 2017.

The construction and installation of the new docks and 440 boat slips will be completed by May 2017. The new design will include: aluminum structure and rails, adjustable cleat system, composite decking, upgraded electrical services and water supply. The entire dock, including the washroom and laundry facilities, will be floating.

#### ***What to watch for in 2017:***

Your access to the water's edge won't be impacted while construction is taking place. Since construction in the water within the basin is expected to be completed by May, the work will have a very minimal impact on summertime water recreation. After the new docks and boat slips are complete, the Hamilton Port Authority will study whether even more boat slips should be built.

#### ***Bayfront Park Beach: What's happening:***

The beach at Bayfront Park was closed for the 2016 swimming season because of bacteria and toxins in the water that made the water unsafe. In September 2016, our team began studying the water quality issues and looking for the best ways to fix the issues.

#### ***What to watch for in 2017:***

Our team will continue to look into the best

solution to solve the beach's water quality issues. There will be more opportunities to provide us with your feedback about the possible solutions in early 2017. Our team expects to present recommendations to members of Council in mid-2017.

#### ***Pier 8: What's happening:***

In 2016, our team planned out the process we will follow to sell the City's lands on Pier 8. The opportunity will allow investors to create a new mid-rise community with up to 1,600 residential units and 13,000 sq. m. of space for shops, restaurants and other businesses. The strategy for the sale of the Pier 8 lands was approved by Council on November 9, 2016.

#### ***What to watch for in 2017:***

The solicitation process to begin the sale of the Pier 8 lands will officially launch in early 2017 when the Request for Qualifications opens. In spring 2017, our team will make recommendations to Council about which criteria should be used to select 3-5 of the best proposals who will continue on to the second phase of negotiations. Pier 8 will be "shovel ready" for the successful developer to begin their work by 2018.

#### ***Pier 6 + 7: What's happening:***

The Hamilton West Harbour Waterfront Recreation Master Plan envisions the main basin at Pier 6 + 7 as a gateway area to the waterfront and public meeting area. In 2016, (continued Page 2)

**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.

**NORTH END BREEZES VISION:** The North End Breezes will be a vital resource that promotes harmony, pride and collective community action in a diverse and dynamic neighbourhood.

FAMILY & FUN ZONE

*This is our new section to help you discover fun things to do, share your stories and let us know what’s happening in the North End for family fun.*

**THE WATERFRONT OUTDOOR RINK IS OPEN.** The Hamilton Waterfront Trust is pleased to announce that we will once again be offering the Learn-to-Skate Program for the Community starting in January 2017. We are now accepting applications for the Learn-to-Skate Program for Children and Youth Ages 3 – 18. Please note that space is limited and registration is on a first come first serve basis. Get the registration form at <http://www.hamiltonwaterfront.com/wp-content/uploads/2016/11/Learn-to-Skate-Brochure-CHILDREN-and-YOUTH.pdf> Should you have any questions, please email [usatinformation@hamiltonwaterfront.com](mailto:usatinformation@hamiltonwaterfront.com) or call 905-523-4498 ext. 21

**ARE YOU A STUDENT OR A YOUTH WITH STORIES TO SHARE?** Do you want to tell your community about the great things you love about your neighbourhood? Or, are there things you want to see happen? Let us know so we can spread the word and make things happen. Remember, volunteer hours are available toward your credits.

*Contact us at [office@northendbreezes.com](mailto:office@northendbreezes.com) or call 905\*523\*6611 extension 3004*

**BENNETTO COMMUNITY CENTRE**

450 Hughson Street North/905-546-4944/[www.hamilton.ca](http://www.hamilton.ca)

*February is a good month to think about your heart! Participate in one of these programs and get your heart beating faster.*

**WATERFIT** MONDAY 11:05-11:50 am and 8:00-8:45 pm  
TUESDAY 11:05-11:50 am  
WEDNESDAY 11:05-11:50 am and 8:00-8:45 pm  
FRIDAY 11:05-11:50 am

**FAMILY DAY SWIMS** – On February 20th, we are offering several swims for you to participate in.

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

**FAMILY DAY PROGRAMMING**

Youth Gym (6-12yrs) 10:30-11:30am	Family gym 11:30-12:30pm
Teen Gym (13-17yrs) 12:30-1:30pm	Teen Gym (13-17yrs) 8:00-9:00pm
Book Mobile	2:30-4:30pm
Preschool Gym	
(0-5yrs with a parent)	11:00-12:00pm
Book Mobile	6:00-8:00pm
Family Gym(Families only)	5:30-6:30pm
Family Gym(Families only)	12:00-1:00pm
Pickle Ball (55+)	12:00-1:30pm
Youth Soccer (6-12yrs)	6:30-7:30pm
Youth Gym(6-12yrs)	1:15-2:15pm
Adult Gym(18+)	1:30-2:30pm
Teen Gym(13-17yrs)	2:30-3:30pm

Teen Gym(13-17yrs)	7:30-8:30pm
--------------------	-------------

*Hamilton’s West Harbour (continued)*

the West Harbour Development Sub-Committee delegated the task of bringing this vision to reality to the Hamilton Waterfront Trust (HWT).

**What to watch for in 2017:**

With guidance from the Waterfront Development Office in Public Works, the HWT will begin the planning and design for Pier 6 + 7 in 2017. Opportunities for the public to see the proposed design and provide feedback will be available throughout 2017. Construction is expected to begin in 2018.

**How to Get Involved**

Our team will continue to host community meetings during 2017 so that you get information about what’s happening in your community and ask us questions. Visit the “Community Engagement” page on our website, [HAMILTON.CA/WEST-HARBOUR](http://HAMILTON.CA/WEST-HARBOUR), to see our upcoming meeting dates. Be sure to join our mailing list so that we can send updates directly to your email address!

*If you have questions about our team and what we’re working on, all of our contact information is on the “Contact Us” page on our website, [HAMILTON.CA/WESTHARBOUR](http://HAMILTON.CA/WESTHARBOUR). If you’re not sure which team member will be able to best answer your question, contact Diedre Beintema by phone at 905-546-2424 ext. 3283 or by email at [Diedre.beintema@hamilton.ca](mailto:beintema@hamilton.ca). We’re always happy to hear from you*





## NATIONAL FLAG DAY

*Submitted by Brian Roulston*

This year National Flag Day of Canada has an even more significant meaning to Canadians as we celebrate Canada's 150TH birthday. It is not a holiday in Canada but it is celebrated annually on February 15th by flying our flag and with many speeches from all levels of government. This day was made official in 1996 by proclamation by then Prime Minister Jean Chretien.

The Canadian Flag is one of the most easily recognizable and respected flags in the world. A powerful symbol of our Canadian identity which promotes peace, freedom, respect, justice and tolerance.

Under leadership of Prime Minister Lester B. Pearson, resolutions recommending this new flag were passed by the House of Commons in a unanimous vote of 14-0 after lengthy and sometimes heated debates on December 15, 1964.

Then on January 28, 1965, Queen Elizabeth II proclaimed the Maple Leaf as Canada's national flag. At 12 noon on February 15, 1965 the red and white Maple Leaf replaced the Canadian Red Ensign which had been based on the ensign flown by British merchant ships since 1707. Within colonial Canada there were variations of the ensign that included the letters HBC (Hudson Bay Company) and NWCo (North West Company) that were used as symbol of royal authority. They were flown from forts and fur trading canoes. Since confederation in 1968 the Canadian ensign went through various alterations. It was never formally adopted as the national flag but represented Canada as a nation in various manners until its retirement in 1965.

In 1964 there were over 5000 designs submitted and looked at, some of these designs were still preserved at the Library and Archives of Canada as well as the Saskatchewan Council for Archives and Archivist. Many of these designs featured multiple maple leaves, the Northern Lights, beavers, geese. Some looked very similar to the American flag.

The winning Maple Leaf was designed by Col. George Stanley (1907-2002) who was born in Calgary Alberta. He became the 25th Lieutenant-Governor of New Brunswick from 1981-1987. George Stanley was also a soldier, a Canadian historian,

The Canadian flag is red and white, the official colours of Canada as appointed by King George V in 1921. The red bars on both ends of our flag are said to symbolize the Canadian lives that were sacrificed during the two world wars. The flag's white space denotes Canada's peace and tranquility, as well as its neutrality and impartiality among the nations of the world.

Did you know the Canadian flag was first launched into space aboard the Challenger space shuttle (STS-41G) in 1984 along with Canada's first astronaut Marc Garneau and that many of the flags flown on Parliament Hill are given away for free. There is a 40 to 60 year waiting list.



**David  
Christopherson, MP**  
Hamilton Centre



**My office is always  
happy to provide  
assistance with  
Federal Programs  
and Services.**

22 Tisdale Street South  
Hamilton ON L8N 2V9

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

Tel: 905-526-0770

[hamilton@davidchristopherson.ca](mailto:hamilton@davidchristopherson.ca)

***The North End Breezes Team***

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses. Contact us at 905-523-6611 ext 3004, by email at [office@northendbreezes.com](mailto:office@northendbreezes.com) or on our website [www.northendbreezes.com](http://www.northendbreezes.com)

**Published by: North End Breezes Board of Directors:** Sharon Clark, Paul Havercroft, Marie Mushing, Margaret Smith, Chris Pearson  
**Co-Ordinator:** Brenda Duke

**Layout and Ad Sales:** The Board of Directors  
**Circulation & Distribution:** The Board, Jessica Crowe, JoAnn Osti, Linda Robinson

The articles written represent the opinions of the individual and must meet the Mission and Vision of The Breezes and the Board of Directors as set out. Articles may be edited for length, tone, clarity and are subject to publication based on available space. We strive to publish articles based on these principles and the applicable time frame for the content.

Deadline for submission is the 15th of the month prior to publication. We appreciate an early notice by the 10th of the month if you want to reserve ad space and early submission gives us time to edit your articles. Pictures and logos are accepted and will be included as space allows.

***Help us grow your Breezes. We are looking for ideas, submissions, advertisers. Please email your thoughts to [office@northendbreezes.com](mailto:office@northendbreezes.com) or call 905-523-6611 ext 3004.***

***Leave your contact name and number and we'll get back to you.***

***Do you already contribute to our publication? Are you interested in sharing your thoughts about layout, design and content? Let's get together! I'd love to hear your ideas. Email or call and let me know. Thanks Brenda***

**WALKABOUT by Ken Hirter**

Spend a Saturday afternoon and take a stroll discovering the ever-changing face of James Street North of today.

In the midst of Art Town with old school charms in the midst of a progressive and changing city. Discovering the beauty that surrounds your neighbourhood. Start by grabbing a donut from Granddad's, the best donuts in the North End. If bargain and vintage shopping is your thing, then drop by New Horizons Thrift Shop right next door to Hughson Street Baptist Church.

As you continue your stroll, the beautiful new "GO" Station at King and Strathcona which links Hamilton to Toronto is up and running right across from the old Hamilton Train Station.

The growth of a city is reflected in the number of cranes and James Street North is dotted with many.

Living in Toronto for over twenty years, I am reminded of The Annex; a vast array of restaurants, galleries and old merchants mingled with new. It has that Queen Street West feel too. Especially during Art Crawl on the second Friday of each month. "Art is The New Steel!"

Living on James Street North these past few years has been exciting and not at all like the "Old Hamilton" I knew as a teen.

As you continue your stroll browse the shops and remember to support local businesses. Want to buy your sweetheart a Valentine's gift? Burlap & Twine is one of my favourites if you like art, photography, home décor and Canadian is your thing.

End your Saturday with a hot chocolate at the James Street North General Store, affectionately known as Hamilton's mini Drake.

From Burlington to James Street North at York, a little stroll will help you beat the winter blahs.

***Till next month, take care of yourself and those around you. Cheers!***

***Hello Breezes Readers and Happy 2017.*** I hope it will be the best year yet for all North Enders. For Council, the year began with all of us diving back into the budget books and for your councillor, along with budgets, there has been a strong emphasis on pier planning and consultation and neighbourhood planning.

In recent budgets, Council has been as economical as possible with average annual tax increases regularly coming in around 2 percent and consistently ranked amongst the lowest tax increases in Ontario without dropping any city services you have come to enjoy and rely on. We continue to work off that same template with what we can control respecting the taxes you pay.

There is an added challenge this year as we are ever so mindful that many of you have received your assessment updates from the Province. While it is great to see the unrepresented North End home value increases showing North End homes to be a prudent investment, with in many cases drastic increases in your homes assessment, comes higher taxes on that assessment. If ever you have questions about your tax bill or foresee some challenges respecting rates, never fail to contact our office and we will get you engaged with the taxation office. We are here to help. Your tax bill should delineate what you are paying taxes toward.

On the Piers, there has been an incredible amount of progress in the last few years. You can see for yourselves some of the examples of this (Discovery Drive Pier rehabilitation from Guise to Williams Café). In addition to the servicing studies and urban design plans in 2017 you may also expect to see much more.

On Pier 8 expect demolition of existing structures as we continue to implement our council approved plans to create a new mid-rise community with up to 1,600 residential and 13,000 sq. m. of commercial and institutional space. The real estate strategy for the sale of the Pier 8 lands was approved by Council on November 9, 2016 and much of that work will be done in 2017 as well. Also expect to see more Harbour West Marina reconstruction (began in 2016), news on our Bay Front Beach assessment and with guidance from the Waterfront Development Office in Public Works, the HWT will begin the planning and design for Pier 6 + 7 in 2017. As has always been the case, you always have opportunities to engage on West Harbour development. You may email Diedre.beintema@hamilton.ca or call her at 905 546 2711 to find out



**Jason Farr**  
Councillor, Ward 2 - Downtown

71 Main Street West  
Hamilton, ON L8P 4Y5  
telephone: 905-546-2711

e-mail: [jason.farr@hamilton.ca](mailto:jason.farr@hamilton.ca)  
[www.jasonfarr.com](http://www.jasonfarr.com)



dedicated to the core

about our next West Harbour engagement session.

Finally, let's hit the roads in the North End. I have heard from many of you to date and have witnessed myself over countless occasions that some of your residential streets are in need of TLC. I am happy to report that throughout the next few years you will notice we are taking action on some of these issues. You have heard a lot in the past that many of Canada's older cities are in a state of infrastructure crisis. Obviously Hamilton is among these cities and we are encouraged that the Federal Government has acknowledged the issues and we welcome the pending partnerships on funding.

While Hamilton spends close to 85 million local tax payer dollars annually on roads, the emphasis tends to be on major arterial roads where most of the cars, trucks and buses travel. Residential streets are also funded, but this is a much smaller percentage of the already low spending pie and so many residential streets remain as hard to get to priorities. It is because of this, over the years I have grown an annual 200 thousand dollar councillor priority road reserve. In addition to that funding source, I will be committing Ward 2 Area Rating Capital Reserve funds toward fixing your local streets. In your North End we are set to begin some of this needed work. For starters, the approved Capital Budget for 2017 shows 150 thousand toward design, another 100 thousand in 2018 and 1.1 million for a full rehab of Ferguson Street in 2019. We are also looking at addressing poor conditions on Strachan and I look forward to future discussions with residents on possible alternatives like surface treatments on other North End streets. There is also 200 thousand budgeted this year for the North End Traffic Management capital works projects.

As spring approaches, so does construction season, North Enders. Any questions comments or concerns respecting local roads or anything regarding this latest Breezes update from your councillor? As always, I am available and happy to engage with you. Please keep in touch.



## HER MAJESTY'S ARMY & NAVY FEBRUARY ENTERTAINMENT 2017

Do not put off anything for lack of experience. remember amateurs built the ark. The Titanic was built by professionals.

WE HAVE LOTS TO OFFER. THE BEST BAR TENDERS. GREAT MEMBERS AND FRIENDS YOU HAVE NOT MET YET.

Thursday, February 2nd  
CITY KIDZ

Thursday, February 9th  
NEON MOON

*Join us for an early valentines party*

Thursday, February 16th  
PHIL MYLES

Thursday, February 23rd  
BIG JOHN & THE NIGHT TRIPPERS.

Join us for EUCHRE Every Tuesday at 2:00 pm.  
DARTS OPEN HOUSE on Saturdays. 6 Boards available.

ASK ABOUT OUR GREAT HALL FOR RENT  
AT JUST \$250.00.  
WE ARE CLOSED SUNDAYS BUT IT IS NEGOTIABLE.  
CALL 905-527-1000.

“ There was a survey taken and they found that overweight women live longer than men who mention it.”

### MAKE A DATE WITH YOUR HEART!

February is Heart Month, and Valentine's Day is a great time to start taking steps to be heart-healthy.

Prevent and control high blood pressure, high cholesterol, and diabetes.

Avoid smoking and secondhand smoke  
Limit alcohol use  
Maintain a healthy weight  
Be active  
Eat healthy

## ST. LAWRENCE CHURCH

475 Mary Street, Hamilton, Ontario

Your Catholic Church in the North End *“Where Faith Builds Community”*

Parish Pastor: Fr. Heinner Paucar, OMI

### New Parish Office Hours

Located in Parish Hall

8:30 am to 4:30 pm Monday to Friday  
(Please enter from Mary Street or ring the bell)

### Mass Times:

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

**Join us for Adoration**, Saturday's 6:30 pm to 7:00 pm  
**Confessions available**, Saturday's 6:30 pm - 6:50 pm

### Contact us at 905-529-3921

Use this number to contact a priest, book a visit, inquire about sacraments or request hall rental info

**Come And Join Us**  
**You are always Welcome!**

### ASH WEDNESDAY SERVICES

Mass and the distribution of ashes will be offered March 1st at 7:00 pm

*Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection and fasting which prepares us for Christ's Resurrection on Easter Sunday.*

### PARISH HALL FOR RENT

St. Lawrence Church, 475 Mary Street

Need a place to host a Holiday party, Family Birthday, Shower, Reception, Anniversary or Special Event? \$250 (daytime rentals or rentals of 5 hours or less). \$400 (Evening rentals or rentals of more than 5 hours).

Rental rates include use of our Parish Hall and kitchen facilities as well as use of the table linens, Insurance and permit costs are extra. For more info, to obtain a copy of the Hall Rental Agreement or to check availability, please call 905-529-3921 or email us at heinnerromi@hotmail.com



## HUGHSON STREET

### BAPTIST CHURCH

383 Hughson Street North

Hamilton, Ontario

L8L 4W9

905-527-3972

[www.hughson.ca](http://www.hughson.ca) / [office@hughson.ca](mailto:office@hughson.ca)

Hughson Street Baptist Church has been serving in the North End of Hamilton since 1887. We minister to as many people during the week as we do through our Sunday worship times.

### The Parish Church of St. Luke

Founded in 1882

452 John Street North, Hamilton

Parish Hall at 76 Macauley Street East

905-529-1244

### GROUNDHOG DAY

*Submitted by Susan Brooks*

Canadians celebrate Groundhog Day February 2 each year. It is based on the idea of a groundhog coming out of its home to 'predict' if spring is on its way. It is celebrated with festivals, dances, contests, parades and pancake breakfasts.

Although not a public holiday in Canada, in many areas such as Wiarton, in Bruce County ON, streets can get congested as people flock to see what Wiarton Willie, the towns own groundhog, will predict about the coming of spring. In the distant past, people in some areas of Europe believed badgers had the power to predict the coming of spring. A badger was watched to determine when to plant crops. In the US a groundhog was substituted for the badger.

The legend surrounding the event is that if the groundhog sees its shadow on February 2, it will return to its hole showing that there will be six more weeks of winter. However, no shadow sitting would indicate that spring is on the way.

## BOOK CLUB CORNER

*Submitted by Kit Darling*



In the last issue we gave you a summary of our December book *Lies Across America: What Our Historic Sites Get Wrong* by James W. Loewen. The book discusses the historical bias, errors and downright untruths (according to the author) on commemorative plaques, monuments and local legends. Not everyone liked the book but there was lots of discussion. We learned that there is at least one historical plaque right here in Hamilton about the War of 1812 and the escape by the British navy into Burlington Bay. This was an impossibility due to the shallow, narrow channel that separated the bay from the Lake. "... a historical marker supporting the legend stands at Burlington Heights. Though it might sound like heresy to suggest this, historical markers can be faulty. Take for example the marker at Queenston that claims to show where Brock was killed. It is very wrong, but that is another story to be debunked." Robert Malcolmson <http://www.warof1812.ca/burlingn.htm>

In January, we discussed *A Lesson Before Dying* by Ernest J. Gaines. The sometimes heart-wrenching story of a young black man who is convicted and sentenced to die on little evidence. The teacher at the plantation school is enlisted by his aunt and the godmother of the young man to help him become a 'man' before he dies. In the process of trying to instill pride in the condemned man, the teacher learns a lesson in pride from him. The story was variously described as "uplifting", "touching" and "extremely depressing", a study of poverty and prejudice. A well written character study and window into the US south in the 1940's.

And here are some recommended reads from our members, all of which are available from the Hamilton Public Library.

Visit the Bookmobile at Bennetto Recreation Centre on Tuesday (2:30 to 4:30) and Thursday (6:00 to 8:00).

*The Art of Hearing Heartbeats* by Jan-Philipp Senderker The story takes place in a small mountain town in Burma. Julia Win, a New Yorker, is searching for her father who may have returned to the town where he was born. Confused, hurt, and looking for an explanation, Julia flies to Burma. There, she hears a strangely mystical & somewhat magical story of her father & his unyielding love for Mi Mi. (Paige Turner)

*Sweetbitter* by Stephanie Danler. Tess leaves her safe mid-western home and lands in the bewildering world of an up-scale New York restaurant. A coming of age story and window into a New York a visitor never sees. (Kit)

***Have you read any of our recommendations? Liked any of the same books we talked about or disagreed totally? Let us know at bayareabookclub@bell.net.***



### We are here to help you!

**Andrea Horwath**  
MPP Hamilton Centre

20 Hughson St. S., Suite 200, Hamilton, Ontario L8N 2A1  
905-544-9644 | [ahorwath-co@ndp.on.ca](mailto:ahorwath-co@ndp.on.ca)



## NORTH END NEIGHBOURS UPDATE

The Annual General Meeting for NEN was held on November 9th. Five community members agreed to serve. Since that time two board members have resigned and another NEN member has stepped forward. The NEN board currently consists of: Keven Piper (President), Brian Ritskes (Vice President) Stephen Park (Secretary) and Dave Stephens. Further volunteers for the NEN Board are welcome.

The main item of business going forward follows a membership vote to examine the structure of NEN and work to improve it, with an examination of how other neighbourhood associations are structured and suggestions and ideas coming forward from the membership. It is felt that the current corporate structure and bylaws do not work well in bringing the various voices of the neighbourhood together and place too great a burden on NEN Board members. Together this has led to the decline in the ability to recruit volunteers and work on behalf of the neighbourhood. This process is meant to wrap up in March with recommendations brought back to the membership for voting.

A round table meeting has been set up on Wednesday, February 8th, 2017, with a meet and greet at 6:30 pm and the meeting getting underway at 7 pm sharp at Bennetto Community Centre. The meeting will aim to wrap up at 8:45 pm. Residents and NEN members are also encouraged to send their thoughts and comments to NEN.President@gmail.com prior to February 7th.

Strengthening NEN is important given the challenges facing the neighbourhood. These include construction traffic on John Street for work on Pier 8, changes in the schools, the eight planning exercises underway, the issue of hospital parking, screening of Pier 8 development proposals - all of which need an active, effective voice for the neighbourhood in 2017. Please also let us know if there are other concerns or issues around the neighbourhood and we will do our best to assist you in addressing them.





### Winter Warm-Up

HPA's annual coat drive for Good Shepherd Hamilton collected 115 coats, 20 pairs of boots, plus hats, mittens and blankets.

Many thanks to HPA staff, and port companies Richardson International, Bermingham Foundation Solutions and Heddle Marine for sharing the warmth this winter.

### Welcome to the North End

Welcome to these new businesses making their home on the Port Lands: Wild Thyme Catering, engineering firm WalterFedy and Regan Law offices.

### Under Construction

The busy 2016/2017 construction season continues with projects underway across the port lands:

On Pier 10, you can see the silos for Parrish & Heimbecker's new flour mill – the first new flour mill to be built in Ontario in 75 years.

On Pier 15, construction continues on the Randle Reef Engineered Containment Facility. You can track progress by checking out the photographs on our website: [hamiltonport.ca](http://hamiltonport.ca).

### Economic Impact

The Port of Hamilton is an important economic driver in the local economy, providing 2,100 jobs on the port lands, and many thousands more associated with the cargo that transits the port. Take a closer look at the ways Hamilton benefits from being home to Ontario's largest port. Visit [economy.hamiltonport.ca](http://economy.hamiltonport.ca) for more information.

### Fashion for February 2017

Submitted by Alexandra Sempie

*"Simplicity is the keynote of all true elegance,"-Coco Chanel.*

February is an important time in the fashion world. Designers are prepping their looks for the first Fashion Week of the year, and the crowds are very eager to see what the new year has to bring to their wardrobes. From the runway to the sidewalk, people love dressing to impress and showing off their daring nature. Designers are getting ready to show us what the new year will look like, so let's have a look at what we can expect to see hitting the streets this month.

Looking professional and staying stylish can sometimes be a challenge. Some people choose a professional look over glamour, and others struggle to combine the two. Well fret no more! This season, suits are all the rage. From black blazers to pinstripe suits, the professional business look is hitting all the runways. So strut your stuff in the office and on the streets with your new suits!

People in the fashion world haven't seen a legging revival since 2005. While leggings have always been worn under dresses, skirts, and even shorts, they have been in and out of style in the fashion world. This season, leggings are back in the good books of the fashion world. Designers are putting them underneath dresses and creating them in bright, flashy colours. So this season, grab your favourite leggings and hit the streets in confidence. Want to add a little more sparks to your outfit? Pair a dress and leggings with a killer pair of stilettos to add height and curves to your outfit.

*And for this season*

**In:** Embroidery, Neon floral prints, Cone heel shoes

**Out:** Tight fitting dresses, Corsets, Sneakers

Stay Beautiful!

Just another reason to join our folding team!  
Coffee and donuts supplied by.....

**GRANDAD'S DONUTS**  
574 James St N, Hamilton ON L8L 1J7  
289-700-0905  
Please Support our Supporters!

### FREE CLASSIFIED ADS

*Ad content subject to approval by the Board of Directors in keeping with the Mission and Vision of North End Breezes. Call 905-523-6611 ext 3004 or email [office@northendbreezes.com](mailto:office@northendbreezes.com)*

Volunteer Opportunity - VON Hamilton is looking for volunteers to help deliver Meals on Wheels. Volunteers are also urgently needed to share social time and conversation by visiting seniors in their homes. Call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca) to start making a difference today.

Cabinet for sale \$175 or best offer valued at \$500. Woodgrain approx 6' tall x 5' wide. Glass doors and shelves, lighting plus storage on the bottom. Please call Brian at 289-775-8512

Earlee the Children's Entertainer. Interactive Magic, Balloons, Paintable Tattoos. Only \$75.00 per hour. Call Earl at 289-439-0166 for details.

Looking for a Personal Support Worker or home support worker to work in my home 3 to 4 hours per week in the early evening to help with meals, 2 to 3 visits per week. Looking for someone who is in walking distance of James and Burlington Street. \$17 per hour. Please call Lisa after 2 PM 905-528-6159 or e-mail [lstoeten17@gmail.com](mailto:lstoeten17@gmail.com)

Minion Parties, Costume Parties. Various characters. For kids and adults. Call Sandra at 289-925-5990

32" Flat Screen T.V. for sale \$200. Please call Sandra at 289-925-5990

*The news of the North End is brought to you through our volunteers who give their time freely to share and recognize the "Urban Jewel" (Herman Turkstra) that is our neighbourhood.*

*Our thanks to the contributions that make it all possible.*

**Website Design & Support Services**

**Marie Mushing**  
16 Anson Ave.  
Hamilton, ON L8T 2X3  
**905-387-1883**  
[marie@peopleinconnection.com](mailto:marie@peopleinconnection.com)

Websites that Work!

[www.peopleinconnection.com](http://www.peopleinconnection.com)

## Your advertising dollars help support The North End Breezes too!

Please see our website for our rates and sizes available at [www.northendbreezes.com](http://www.northendbreezes.com), email [office@northendbreezes.com](mailto:office@northendbreezes.com) or call 905-523-6611 ext 3004. Deadline to reserve space is the 10th of the month previous to publication and print ready ads are due by the 15th. Please email to: [office@northendbreezes.com](mailto:office@northendbreezes.com). Payment can be made by cheque or through PayPal.

The Board of Directors is looking at revisions to our advertising rates and policy. Please contact us at [office@northendbreezes.com](mailto:office@northendbreezes.com) with your ideas. Tell us why you advertise in The Breezes or what we could do to make you want to advertise.

### OPPORTUNITY FOR VOLUNTEER

North End Breezes newspaper is looking for a volunteer Board Member with the following skills:

- \* A passion for and understanding of the North End
- \* Knowledge of marketing and social media
- \* Skilled in web site management
- \* Interest in and knowledge of fundraising events/activities
- \* Experience in layout and design to assist with the production of the newspaper

This is a very broad description of the needs of The North End Breezes. Please let us know if you have any of these skills or experience. Willing to train the person with the best qualifications. Please contact us at 905-523-6611 ext # 3004 or email your resumee to [office@northendbreezes.com](mailto:office@northendbreezes.com)



**Dawn Blackman**  
Sales Representative  
905-667-8877

**PAULS**

JIM PAULS REAL ESTATE LTD. BROKERAGE  
[dawn@jimpaulsrealestate.com](mailto:dawn@jimpaulsrealestate.com)  
[www.jimpaulsrealestate.com](http://www.jimpaulsrealestate.com)

## LITTLE OASIS ON THE BAY THE SUNSET CULTURAL GARDEN

*Submitted by Candy Venning*

This is the time of year we all start to hunger for spring, convincing ourselves it's just around the corner and, although they're hard to see, the very first 'appetizers' are already being served.

Waxy buds on our trees are fattening up under their protective coats, corms and tubers released from hard frost are absorbing water to pop through the earth's crust while the first hibernating pollinator twitches a wing underground.

When you wander through Hamilton, blinking in the sun and breathing those first warm promises of summer upon the air, consider a walk through a little neighbourhood project at Bay and Strachan. Formerly the 'Tot lot' and now a lovely 'parkette', The Sunset Cultural Garden was created by local residents on empty land leased from the City for use as a community garden space.

Through the passion and persistence of a small group of volunteers a flat patch of scruffy grass at the top of a hill has turned into a unique oasis of poetry and pollinator plants with a lovely sunset view.

Early bulbs you might spot peeking through; Winter Aconite, a favourite of early to rise honeybees, unfurls its first tiny leaf near the end of February and pivots to follow the sun with bright yellow buttercup flowers. Scilla, Crocus, Pushkinia, daffodils and species tulips will jumpstart our eyeballs by May, while later we can look forward to blue Camassia, Alliums and the huge orange Fritillaria or 'Skunk lily' (everyone always wants to know what these crazy looking plants are!)

After and amidst the spring bulbs will be an impressive array of native plants, over 2000 of which were planted in over 3000 square feet of planting beds.

The first of these to hold court will be the delicate nodding head of *Aquilegia canadensis* or native columbine, known to attract hummingbirds and familiar to most gardeners. The Dahlia society will donate some amazing late blooming beauties and volunteers will plant annual favourites like Canna lily (attracts hummingbirds) & Nicotiana

(attracts Sphinx moths and smells intoxicating in the evening)

This garden exists despite numerous challenges, some financial others due to city of Hamilton guidelines. Due to a lack of finances but we also had to overcome a number of limitations set out in city of Hamilton guidelines.

*For Example;* as much as we would have liked to provide some shade, no trees were allowed to be planted, no concrete to hold posts for shade structures, no ornamental fencing, or paved walkways. Instead of giving up, meetings brainstormed creative workarounds to move beyond the limitations.

I only mention these setbacks to point out how very privileged we are to have this little oasis and how special it is. The land is on loan to the community from the city and soon our 'lease' will be up for renewal.

***So, here's the big ask....*** There is no big ask, we just really, really, want you to share it with everyone you know, use the space, read the poetry, admire the flowers, photograph the butterflies talk it up and take your family, take your pets, and take your time.

Future events may include a dance performance, a picnic, a sculpture exhibit, and anything else the neighbourhood would love to see happen here. We can always use additional volunteers, followers, cheerleaders and encouragement – find out more about the garden on Facebook 'The Sunset Cultural Garden' or write directly to me at [can-dyvenning@gmail.com](mailto:can-dyvenning@gmail.com)





## Where to Go & What to Do!

Our city is full of things to do and places to go. These are just a few!

# SOUPFEST! -15-

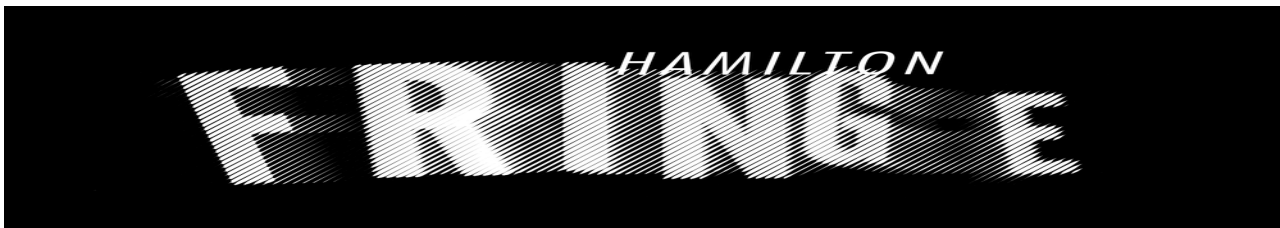
**STIRRING UP SUPPORT FOR YOUTH-AT-RISK**

[www.livingrock.ca](http://www.livingrock.ca) 905-528-7625

[soupfest@livingrock.ca](mailto:soupfest@livingrock.ca)

On February 28th, 2017 Living Rock will be holding the 15th Annual Soupfest at the Hamilton Convention Centre from 11:30am until 9pm! This community event will showcase soup from top local restaurants, live music, raffle's and will feature The Souper Chef Challenge. Support Living Rock and at-risk youth life skill and employment training!

<b>Advance Tickets</b>	Adult \$12	Senior \$10	Children under 12 \$10
<b>At the Door</b>	Adult \$15	Senior \$10	Children under 12 \$12



### Frost Bites Festival Heats up Hamilton in February

January 5, 2017 - Hamilton, ON – Hamilton Festival Theatre Company's 2017 Frost Bites Festival is giving Hamiltonians a reason to brave winter weather and see some hot theatre in the city from February 16-19 at the Art Gallery of Hamilton. With eight theatre companies presenting performances no longer than 20 minutes each on rotation during the performance dates, audience members can choose which shows they'd like to see.

Each year, the festival is held at a different location to give theatre artists an opportunity to build performances in a different venue and allow audiences to experience well-known Hamilton spaces in new ways.

The festival's goal is to cultivate new work by local theatre artists through curated programming, creating opportunities for new generation theatre artists that will ultimately lead to a more sustainable theatre scene in which artists can both live and work in the city and have a lasting impact on Hamilton's rich cultural tapestry.

Frost Bites is an official partner event of 2017 Hamilton Winterfest. Tickets are now on sale at [hamiltonfringe.ca](http://hamiltonfringe.ca).

### Discover that Hamilton is a city that doesn't hibernate in the wintertime!

Explore the city for 10 fun-filled days from February 4 to 20, 2017

\* winter-inspired neighbourhood celebrations \* art exhibits \* heritage \* recreation programming

### We are celebrating our 39th year with participating partners including:

\* neighbourhood associations \* galleries \* museums \* recreation centres \* small businesses

### 2017 Winterfest Kick-Off event takes place Saturday, February 4 at Hamilton's beautiful Waterfront - Pier 8, 47 Discovery Drive featuring:

\* live music \* family fun \* outdoor skating \* tasty treats

**Stay tuned for more details!**



### ELDERBERRIES

*I'll be your Sweetheart*

*If you'll be mine*

*All my life I'll be your Valentine*

*Bluebells I'll gather, take them and be true*

*When I'm a man, my plan will be to marry you!*

That is a little English sonnet we sang in my school days ~ Bluebells!

When I was a young girl in England the custom was that whoever you spoke to first on the 14th was your Valentine for the year. You can imagine that took some planning! Another thing we girls did was mail valentine cards to unsuspecting males, usually older college boys. Even though we disguised our handwriting I'm sure they guessed they were from the "Brat Pack"!

Valentines come in all shapes and sizes. They can be cards or those beautiful boxes of chocolates we see on display in the stores.

February is a happy month! The weather sneaks in an odd balmy day to tease us that Spring is on the way. The evenings get lighter and we dream of gardens and all the events and gatherings that start happening.

My resolution always is to do a kindness each day. Just one thing that makes someone smile and feel special. My friends are my Valentines, each special in their own way. Smiles from the heart and Happy Valentines Day to each of you! Till next time ~ Pam & Megs.

*Editors note: Our archives are full of the stories and memories Pam has contributed over the years. This one came from our 2015 archives and still tells us what is in her heart. Please join us in wishing Pam a speedy recovery. ♥♥*

## 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 RR00



**Hamilton Waterfront Trust**  
Connecting You to the Water's Edge  
www.hamiltonwaterfront.com



**WATERFRONT GRILL**

**HOT FOOD COMBOS**

Hamburger Combo -- SM fries and a drink -- \$9.00  
 Cheeseburger Combo -- SM fries and a drink -- \$9.55  
 Hot Dog Combo (All Beef) SM fries and a drink -- \$7.00  
 Sausage Combo -- SM fries and a drink -- \$9.00

**INDIVIDUAL ITEMS**

French Fries -- SM (\$3.85) & LG (\$4.65) (add gravy -- .75)  
 Poutine -- \$5.95  
 Onion Rings -- \$5.00  
 Sausage (Debreizini) -- \$5.35  
 Hamburger -- \$5.35  
 Cheeseburger -- \$5.95  
 Hot Dog -- \$4.00

**BEVERAGES AND SNACKS**

Bottled Juice -- \$2.25  
 Canned Pop -- \$1.80  
 Hot Chocolate -- \$1.80  
 Potato Chips -- \$1.50  
 Bottled Water -- \$1.80  
 Coffee / Tea -- \$1.60

Taxes Included



**WATERFRONT OUTDOOR RINK**  
Open Sunday to Friday -- 10am to 10pm  
Open Saturday -- 11am to 10pm

**SKATE RENTAL CONCESSION**  
Monday to Friday: 5:00pm to 10:00pm  
Saturday: 11:00am to 10:00pm and Sunday: 10:00am to 10:00pm  
Skate Rental: \$6.50 with proper ID (visit www.hamiltonwaterfront.com for details)



**Williams**  
Fresh Cafe

Open daily from 8am to 11pm



A full-service pharmacy  
providing exceptional,  
compassionate health &  
wellness support since  
1961.

**MARCHESE HEALTH CARE**  
316 James Street North, Hamilton ON  
905-528-4214  
www.marchesehealthcare.ca

*When do monkeys fall from the sky?*

During Ape-ril showers!

*Can February March?*

No, but April May!

*Why is everyone so tired on April 1?*

Because they've just finished a long, 31 day March!

*Why are trees very forgiving?*

Because in the Fall they "Let It Go" and in the Spring they "turn over a new leaf".

*Why is the letter A like a flower?*

A bee (B) comes after it!

## A HUGE THANK YOU!

*We couldn't continue to bring you the news of the North End without the support of our donors:* Joan & Morley Balinson, Harold Baynham, Lillian Brown & Anna Paris, Alan (Tubby) Bruce, Jim Davies, Mary & Vic Coomer, Kathleen Flood, Edward Gleeson, Hamilton Community Legal Clinic, William MacKinnon, Clarence Maitland, Clayton Mitchell, SIR Administrations, Shoppers Drug Mart, Edna Snelling, Ed Stewart, Larry & Pat Taggart, Joan A. Thompson and Robert & Maty Young.

*Let's not forget our Century Club Donors:*

Robert Gregson, Patricia Gudlaugson, Stan Obremski, Sheri Selway, TCA/Their & Curran Architects and Anne Tennier.

*Nevada Pull Tickets* are on sale at James Milk. Proceeds go towards the publication of The North End Breezes monthly edition. Remember to support our supporters.

*North End Breezes T-shirts* are available at Grandad's Donuts, Fisher's Pier 4 Eatery, New Horizon's, James North General Store and Our Corner. \$10 each in sizes L & XL.

*Please accept my apologies as the new kid in the neighbourhood if I missed anyone. Help me get it right by emailing office@northendbreezes.com Thanks ~ Brenda*

One thing for certain, Hamiltonians sure do love their music and it should be no surprise they love their bands too. **Blue Rodeo** is no exception; they are coming to Hamilton Place on Thursday February 16th and Friday February 17th and will be rocking the 2200 seat venue both nights starting at 8 pm. In the past Blue Rodeo have played to capacity crowds here in Hamilton.

Blue Rodeo was formed in Toronto in 1984 by Jim Cuddy and George Keelor and are well known for their earthy, soulful ballads of both love and longing. Other band members include Hamilton born/raised Colin Cripp, Basil Donovan, Glen Mitchem and Bob Egan. Blue Rodeo have won several Juno awards. They've been inducted into The Canadian Music Hall of Fame, named to The Order Of Canada. Blue Rodeo has been honored with the Governor General Performing Arts Award as well as a star on Canada's Walk of Fame in Toronto which acknowledges the achievements and accomplishments of successful Canadians. Blue Rodeo has played throughout North America and have sold over 30 million albums in their past 3 decades together. Albums such as 1000 Arms, the song "The Things We've Left Behind" from the album All The Things That Are Left Behind, Lost Together from the 1992 album of the same title. More recently last December they went to #1 on CBC's Top 20 Chart with their song, "I Can't Hide This Anymore".

Also featured on the card are The Sadies, a band formed in Toronto, 1994. The Sadies were nominated in 2007 for a Juno Award with their album 'New Seasons' and won a Juno in 2010 for Best Video. Tickets are available at Ticketmaster's and range in prices from \$36.50 to \$79.50.





# 10% OFF GIFT CARDS

**VALENTINES WEEK SPECIAL | FEB 1 - 14**

**574 JAMES ST N, HAMILTON ONTARIO L8L 1J6**  
 1 (289) 389-8878 | @waterfrontnailsandspa  
 waterfrontnailsandspa.com

Please welcome Rose Le and her husband Peter to the North End! Rose and her family grew up in Hamilton and were frequent visitors to the Bayfront. They loved walking around and getting to know the neighbourhood.. On one of these visits they noticed the space at 574 James Street North. They were immediately attracted to the space and realized it would be perfect for Rose to use her experience and training to open a Nail Salon. Rose has over five years experience as a Beautician and is trained in manicures, pedicures, sculpting Microblading and waxing to name a few of her talents. They renovated the space to give it a bright modern feel and the décor is lovely. They have quickly learned to love the neighbourhood, made friends and feel at home. So much so that they want to move here too!

*Waterfront Nails & Spa* offers a wide variety of services at comparable prices, group bookings and even gift certificates. Give them a call at 289-389-8878 or drop in and say hi at 574 James Street North, Unit #5 in the Hasty Mart Plaza at James and Burlington.

## **Westdale Law** **Barristers & Solicitors, & Notaries** **Public**

David R. Simpson  
 James R. Simpson, QC  
 Real Estate, Wills and Estates, Powers of Attorney,  
 Mortgages & Small Business Law

## *Brusey Awnings* | *Just a shade better...*

Between You And The Sun Since 1929!

497 Hughson Street North, Hamilton, ON L8L 4N8

**905-522-5625 / 905-522-5881**

Ask for Rick Brusey or Pat Curtis





# North Hamilton

## Community Health Centre

High quality, fresh produce at a fair price!  
\$15 for a large box (\$20 value)  
\$10 for a small box (\$15 value)



at NHCHC. For more info call: 905-523-6611 ext 3007 Brought to you by:

North Hamilton  
Community Health Centre



Make a difference with  
youth in Hamilton



For more information or to  
volunteer: contact Nicole at

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

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

## SEEKING ADULT VOLUNTEERS

Pathways to Education offers you an opportunity to make a long-lasting, positive difference in the lives of young people. As a Tutor or Mentor, 3 hours each week is all it takes!

Pathways  
to Education



## February is Heart Month

Today, heart disease and stroke take one life every 7 minutes, and 90% of Canadians have at least one risk factor. February is the Heart and Stroke Foundation's key opportunity to alert millions of Canadians about the risks of heart disease and stroke. Volunteers are the face and the voice of the Heart and Stroke Foundation. During Heart Month we depend on you to share our message.

*Here are some tips to limit your family's risk of heart disease and stroke.*

- \* Choose healthy carbohydrate choices
- \* Use whole grain flours when baking
- Look for whole grain as the first ingredient in breads and cereals

## Diabetes Kitchen @ NHCHC

### Who:

- English speaking clients with type 2 diabetes or prediabetes
- Want to improve confidence in the kitchen (knife, stove, oven)

### Learn What?:

- How to make healthy foods taste great!
- How to safely use and sharpen your knives!
- How to replace unhealthy ingredients with healthier options!
- How to use plant-based foods for your family

**When:** Once a month for 3 months, approximately 3 hours per session

**MANY SPOTS AVAILABLE for April-June 2017!**

1. October – December
2. January – March
3. April – June

**Contact:** Cory at 905-523-6611 ext. 3047



## Are you Pregnant?

YOU'RE INVITED TO...

**Healthy Moms,  
Healthy Babies**

We provide the following at this program:  
-Access a Registered Dietitian and Public Health Nurse.  
-Pregnancy and post natal education  
-Meet other moms  
-Healthy snacks and recipes  
-Food vouchers  
-Bus tickets  
-Free prenatal vitamins.  
-Free Vitamin D drops  
-Free child minding for children under 6.  
**Where?**  
NHCHC – 438 Hughson Street North



For more information contact:  
Cory at: (905)-523-6611 Ext. 3047



- \* Choose fresh or frozen fruits and vegetables that do not have added fats, sugar or sodium
- \* In recipes, sugar can usually be cut in half
- \* Use noncaloric sweeteners (sucralose, stevia) in drinks and baking
- \* Use fibre-rich vegetables and fruits; avoid processed versions
- \* Add beans, lentils and chickpeas to casseroles and soups
- \* Cut back on saturated (bad) fat
- \* Select lean cuts of meat; loin and round are great choices
- \* Remove skin from chicken and turkey before serving
- \* Use healthy cooking methods: bake, broil, roast, stew, steam and stir fry
- \* When you make soups and stews, refrigerate then skim off the fat
- \* Use small amounts of plant-based oils or cooking sprays ; avoid butter
- \* Replace some or all meat and poultry in recipes with legumes.

# Beautiful Alleys

## BEAUTIFUL ALLEYS & YOUTH GROUP JOIN FORCES TO CLEAN UP THE NORTH END ALLEYS

Beautiful Alleys is a resident led and community driven initiative dedicated to cleaning and beautifying the hidden treasures that are Hamilton's alleys. The Hamilton Adventist Youth Society and their youth church group, led by Akehil Johnson, is joining forces with Beautiful Alleys on March 18th, Global Youth Day, to make a difference in the North End.

They'll start at 11 am at the Spice Factory at 121 Hughson Street North and finish with refreshments and celebration. Supplies will be provided through the generous donations of Hamilton's Clean & Green Department.

Please join us on March 18th to make new friends and make a difference! Or, join Beautiful Alleys on Earth Day, April 22nd, to be part of the regular cleanup. Email [hamiltonalleys@gmail.com](mailto:hamiltonalleys@gmail.com). *If you know people who are keen to volunteer beyond alley cleaning, we use could someone comfortable with social media to help create a social media communications plan and policy.*

- \* Cut back on sodium. Processed and restaurant foods can contain 75% of your daily sodium intake.
- \* Eat at home so you can control your salt intake
- \* Use less salt. Try cutting recipe amounts by half
- \* Cook without instant products, which already contain salt
- \* Select no-sodium or low-sodium in canned foods and broths
- \* Season foods with herbs and spices, lemon and lime juice instead of salt

For more information visit [heartmonth.heartand-stroke.ca](http://heartmonth.heartand-stroke.ca)

*Cory Ma, RD, CDE  
Registered Dietitian - Diabetes Program*