

ONTARIO NDP

LET'S GET **GOOD**

**THINGS** DONE!

**Andrea Horwath** for Hamilton Centre  
 440 Main St E 289.700.4264 ontariondp.ca/andrea @AndreaHorwath

## NATURE OVERLOAD DISORDER ISN'T A REAL THING - BUT NATURE DEFICIT DISORDER IS...

SUBMITTED BY CANDY VENNI

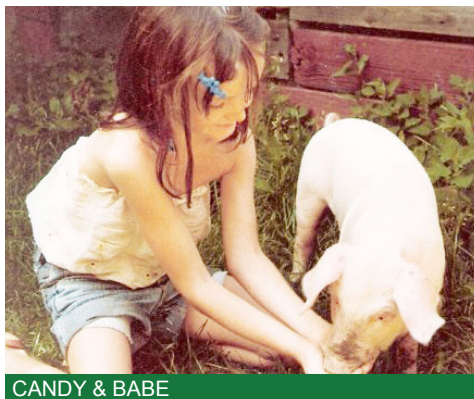
Nature Deficit Disorder is a real thing. Please feel free to look up various definitions online. The title is fairly self explanatory and I'm hesitant to start my little garden musings this way because we're all weary of being bombarded by new ailments, labels for assorted human conditions, and to be honest, weary of bad news about ourselves and our environment.

In my opinion, further shaming isn't helpful or engaging; If I present a problem I always want to offer solutions. So stick with me for a few paragraphs – I'm going somewhere with this.

My childhood was half urban downtown kid, living in a warehouse and half farm freedom, tree climbing, snake catching, muck filled fun. Like many – I thought this was how other kids were living (except the warehouse part, naturally I wanted to have in a 'real' house like other kids and did not appreciate the 'cool factor' of climbing up a ladder to a platform built from scaffolding to get to my bed).

When our family hit the road to leave the city and drive out to 'the farm', a rented brick house with fields and marshes all around it, I was always eager to go.

The times spent dissecting owl pellets, watching tadpoles change, catching snakes and witnessing the fantastic flights of fledgling barn swallows each spring were for-



CANDY & BABE

Childhood is absolutely imperfect – nobody needs anyone else telling them how to raise a child and I would not dare to presume but here are some solutions I hope can benefit all creatures on earth. After all, an earth without caring humans who consider all the other creatures will become an increasingly disconnected and desperate place (many studies show that trees and time spent outside/near to nature as well as 'free play' are highly beneficial to everyone).

Please go outside, please pack drinks & food to spend time wandering a trail, exploring a waterfall and if you bring a plastic bag use it to pick up garbage if you see any – instilling a responsibility to care for wild places and enjoy them simultaneously. Kindly let your children run through a meadow or play in the ravine (definitely teach them what poison ivy looks like though!) Allow random, unplanned, screen free, eventless meanderings through trails, parks, beaches and backyards. Should you be lucky enough to know someone with a farm or cottage, go and visit, disconnect the wifi for a bit, leave the camera on the couch and enjoy these moments.

The memories of times amongst the snakes, toads, flowers, ducks, barn cats, chipmunks, bats and dragonflies remain far stronger for me than any gifts, parties, theme parks or team sports – maybe I'm wrong, perhaps I'm the exception but I don't think so.

native. Learning some of nature's secrets and cycles, aka spending time flopped out in a meadow, forged a deep connection within me, to our place on and as part of this world, an ease with the woods that is missing more and more for city dwelling humans.

**ANNUAL RAIN BARREL SALE**

**SATURDAY, MAY 5, 2018**  
 9:00 am – 1:00 pm

468 James Street North  
 Parking lot behind HomeFront  
 Proceeds to fundraise for The Breezes

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## DOORS OPEN HAMILTON 2018 - 16TH ANNUAL EVENT Saturday May 5 and Sunday May 6

Detailed site listings at [www.doorsopenontario.on.ca/hamilton](http://www.doorsopenontario.on.ca/hamilton)

### WEST AND CENTRAL HAMILTON

- 1 Meadowlands Fellowship Christian Reformed Church - **NEW**
- 2 Wellwood House - **NEW**
- 3 McMaster Nuclear Reactor -  
SATURDAY ONLY – PRE-REGISTRATION REQUIRED
- 4 Aviary, The - **NEW**
- 5 Cable 14 TV Ltd. – SATURDAY ONLY
- 6 Judy Marsales Real Estate Brokerage Ltd. – Locke St. Office
- 7 Cardus
- 8 Invizij Architects
- 9 T.H.&B. Railway Museum in Hamilton GO Centre
- 10 Cannon Knitting Mills - **NEW**
- 11 Eucharist Church - **NEW**

### HAMILTON NORTH END NEIGHBOURHOOD

- 12 Workers Art and Heritage Centre NHS
- 13 Green Cottage, The
- 14 Hamilton Port Authority
- 15 Hamilton Halton Brant Regional Tourism Association –  
The Heart of Ontario – **NEW**
- 16 Former Hamilton Port Authority Maintenance Building - **NEW**
- 17 Royal Hamilton Yacht Club Clubhouse –  
SATURDAY ONLY - **NEW**
- 18 Royal Hamilton Yacht Club Grounds and Docks –  
SATURDAY ONLY - **NEW**
- 19 St. Lawrence the Martyr Roman Catholic Church

### EAST HAMILTON AND STONEY CREEK

- 20 Gibson School Lofts - **NEW**
- 21 Furlan Conservation - **NEW**
- 22 Roselawn Lawn Bowling Club
- 23 Church of the Nativity (@ Barons Avenue South) – **NEW**
- 24 Environmental Laboratory and Operations Centre
- 25 Water Filtration Building – Water Treatment Plant
- 26 Former Veevers Estate
- 27 Eco House (Glen Manor)
- 28 Church of Our Saviour The Redeemer  
(25 Lake Avenue South) – **NEW**
- 29 Stoney Creek Masonic Centre
- 30 Erland Lee (Museum) Home NHS

NHS – National Historic Site

Please share your Doors Open experience:  
Twitter: @doorsopenhammer  
Instagram: @doorsopenhamilton  
Facebook page: Doors Open Hamilton




## VON Hamilton Caregivers

Caregiver Support Group  
for those looking after an Adult Child:

February-July 2018

The Last Monday  
of the month  
6:30 -8:00 pm

February 26

March 26

April 30

May 28

June 25

July 30

VON Hamilton provides a haven for caregivers to meet, learn, and exchange experiences, coping strategies, and insight with others with similar challenges.

Under the gentle facilitation of an experienced social worker, the group allows for open discussions with much laughter, tears, and connection with those who really understand life as a caregiver.

#### WHERE:

VON Hamilton Adult Day Centre,  
400 Victoria Ave. North  
(near the General Hospital)

With enough notice,

#### In-Home Respite Care

(a PSW comes to your home) can be arranged for your family member at \$6/hour so you can attend the support group. Please contact Miriam for details.

QUESTIONS or RSVP: Miriam Cahn at  
905-523-1055 ext. 408 or email:  
[miriam.cahn@von.ca](mailto:miriam.cahn@von.ca)

Victorian Order of Nurses for Canada • Hamilton Site

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

Tel: 905-526-0770  
[hamilton@davidchristopherson.ca](mailto:hamilton@davidchristopherson.ca)

### STAY CONNECTED WITH THE NORTH END BREEZES

Have some North End news of your own to share?



FACEBOOK.COM/  
NORTHEMDBREEZES



@NORTHEMDBREEZES

## JOIN US FOR BIKE TO WORK DAY ON MAY 29TH!

The sun is shining and temperatures are warming up, so spring must be here! Spring inspires us to get outside and enjoy the warmth of sunshine on our faces. As temperatures rise, you may be inspired to capture all that warmth and fresh air. A great way to do so is by cycling!

I'm sure it's no surprise that biking has endless benefits: you save money on parking; you squeeze in an extra bit of exercise to feel refreshed, awake, and increase your energy; and you'll be doing your part to contribute to a healthier, more sustainable Hamilton.

If you don't own a bike, don't want to maintain it or park it! Look to a SoBi Hamilton bikeshare membership! It couldn't be easier

Whether it's every day, once a week, or only when the sun is shining, we challenge you to ride your bike wherever you may be going this spring! To incentivize you even more, if you join us for the official Bike to Work Day at City Hall on Monday, May 29th, you'll get a free t-shirt and breakfast! The event runs from 7:00am-9:00am with the main address at 8:00am. This event kicks off Bike Month in June, during which there are lots of amazing cycling events taking place across Hamilton.

Visit [www.bikemonth.ca/biketoworkday](http://www.bikemonth.ca/biketoworkday) to register as of May 1st.



Hamilton Port Authority is pleased to invite you to two community events coming up in May:

### Hamilton Port Authority Community Update and 2017 Business Review

Join us for an update on our recent activities and plans for the year ahead.

Thursday, May 3

Tim Hortons Field – City Lounge

4:00pm-6:00pm

Everyone welcome! RSVP: [www.hamiltonport.ca](http://www.hamiltonport.ca)

### Doors Open Hamilton

We're proud to participate in Doors Open again this year, showcasing our beautiful heritage building on James St. North. Explore displays about Hamilton's maritime heritage and enjoy the panoramic view of the waterfront.

Hamilton Port Authority HQ – 605 James St. N

Saturday, May 5 (10:00am-4:00pm)

Sunday, May 6 (noon-4:00pm)

Doors Open Hamilton website for more participating locations & info:  
[www.doorsopenontario.on.ca](http://www.doorsopenontario.on.ca)

Just another reason to join our folding team!  
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(905) 527-1174 | [davidsimpson@westdalelaw.com](mailto:davidsimpson@westdalelaw.com)

### MAY IS HEARING AWARENESS MONTH

The Canadian HARD of HEARING Association will be hosting a panel discussion on hearing loss, tinnitus (ringing in the ears) & Meniere's disease.

**Thursday, May 31st, 2018** 7:00 to 9:00 pm

The South Gate Church, 120 Clarendon Ave. Hamilton - Rear entrance door & parking lot accessed from Terrace Dr.

Charge: Members—no charge, Guests—\$5  
Real Time Captioning and Infra-Red System available

To register or for information: [chhamilton2@gmail.com](mailto:chhamilton2@gmail.com), 905-575-4964 **Refreshments. All are welcome.**

## 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:

Paul Havercroft, Ian McDonald, Marie Mushing, Chris Pearson, Sarah Harvie, Annabel Krupp, Brenda Duke

**Co-Ordinator:** Brenda Duke

**Layout and Design:** Katie Fitzgerald

**Ad Sales:** Annabel Krupp

**Circulation & Distribution:** The Board, JoAnn Osti, Faye Grasley, 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.

### 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.

### 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 x.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*

## ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

If you are like me, you may want to catch a play every now and again while also checking out what the local galleries and music venues offer.

The wonderfully hilarious *Swingin In St. Johns* the musical made another great run at Artword Artbar. It's a feel good story that answers these two questions. What if they made an Elvis movie set in Newfoundland? What if that movie was then adapted as a stage play?

Hamilton's own Chasing Shadow Productions spear headed by the dynamic duo of Will Gillespie and Susan Robinson provides answers to those pressing questions, and more. An entry in last year's Fringe festival, this version of *Swingin In St. John's* features 18 brand-new songs and some traditional Newfoundland classics with a Rock & Roll Memphis twist.

Highly entertaining featuring Will Gillespie as Johnny King, Brian Morton as Old Salty, Rebecca Gilbert Millar as Annette, Leonard Cain as Rod Fisher and introducing Mariam Bekhet as Squirt and Susan Robinson as the Lobster. It had a limited run for April, but I hope it returns soon. I loved it!

Music returns to 33 Bowen (the former Slainte) and Monday nights feature karaoke with a band hosted by Anthony Goodine.

On James Street North, the newly opened Shaolin Underground is a happening spot. Open Thursday, Friday and Saturday nights it serves tapas, has live music provides a snackbar experience, brought to you by the team behind Born and Raised Restaurant.

Wander over to the You Me Gallery. Curator Bryce Kanbara is featuring a retrospective of some of his art dating back to the 1970's. Eastern prints and paintings is an amazing exhibit that is sure to awaken your eye and mind to the widening force of art. I posted some pictures on my Facebook timeline, but they do not do the pieces justice. Be sure to pop in and see them for yourself. The show runs til May 6th.

Artword Artbar  
(905) 543-8512

15 Colbourne Street www.  
artword.net/artbar

Chasing Shadow Productions  
(289) 925-8083 and  
Will Gillespie Music  
www.willgillespie.ca

33 Bowen  
(289) 396-8865  
www.33bowen.ca

Shaolin Underground  
(289) 389-9525

229 James Street North  
www.shaolinunderground.com

You Me Gallery  
(905) 523-7754  
330 James Street North  
Gallery hours: Wednesday-Sunday 12-5pm  
www.youmegallery.com

*Whenever two people meet there are really six people present. There is each man as he sees himself, Each man as the other sees him- And each man as he really is. ~William James 1842-1910*

### Links to my last columns:

<https://goo.gl/0QCZ3h> | <http://northeastbreezes.com/arts-and-entertainment/>

Visit me on Facebook! [www.facebook.com/tracee.leeholloway](http://www.facebook.com/tracee.leeholloway)

Find me in the Twitter-verse! <https://twitter.com/rockstarauthor>

Check out my blogs! [followtracee.blogspot.ca/](http://followtracee.blogspot.ca/)  
[thetroublewithtracee.blogspot.ca/](http://thetroublewithtracee.blogspot.ca/)

Tracee Lee-Holloway is an arts advocate and creative community builder here in Hamilton. A 2015 Hamilton's Arts nominee for Arts innovations. A fervent supporter of the grassroots arts & music scene, her main agenda is helping and supporting others build momentum to get to the next level.



Photo by Inq/Me/ia

## WALKABOUT

SUBMITTED BY KEN HIRTER



This month I sat down and had an informative chat and a very insightful history lesson of Hamilton's North End with Mr. Ed Fisher of Fisher's Pier 4 Pub located at 554 James Street North. They are celebrating their 25th anniversary this coming November 2018.

Mr. Fisher was born in 1945 and formerly resided on the family home- stead located at 469 Hughson Street with his two siblings. His family roots here in Hamilton's North End date back to the 1930's and his large family and extended family lived throughout the North End over the years. Between the ages of 10 to 16 he delivered milk door to door with his uncle. Then he worked at the A & P which is now Food Basics on Barton Street.

His love for politics and recalling the 1960's was both insightful and informative: living through the McCarthy era to Martin Luther King and the Hamilton scene of the 1960's and 1970's. He recalled many fascinating stories. He shared that his mom attended the old Bennetto School and he fondly remembers the Washington family who lived in his neighborhood. He recalls the North End being fitted with Draft House Hotels serving 95% draft beer in the 1960's. To those who worked the docks, these were the meeting places to have a few drinks and they were a social gathering spot for many.

Fisher's Pier 4 Pub was established in 1993 and is filled with many beautiful black and white photographs of Hamilton's bygone era. With its warm comfortable family environment and setting it is also a place for Hamilton Bulldogs and sports fans alike. Truly

a gathering place where all are welcomed and greeted with warmth.

The history of the building dates back to 1851. When purchased it had been in a dilapidated condition for about 100 years and was lovely restored from the ground up. Now, it is a place where "Food is where it's at". I can personally attest that their Fish & Chips are some of the best that I have eaten.

Ed and his family support many programs within the North End including the Welcome Inn Community Center. On July 14th 2018 The North Ender's yearly reunion picnic will be held on the patio of Fisher's. The North Ender of The Year Award is a fitting tribute to those in the North End with many old photographs and sharing the history of yesteryear. For upcoming calendar events at Fisher's please check the back page of "The North End Breeze's" "YOUR MARKET PLACE."

I did ask Mr. Fisher what was his motto since childhood they are: "Be nice to people, it cost nothing to be nice to people, not a penny and not a nickel". "Insight into the world, follow your Dreams"

The Fisher family was featured in the Hamilton Spectator last year to document the families GOOD FRIDAY meet up at Dundurn Castle and walk to Easterbrooks, Canada's Second oldest hotdog stand that was es-

tablished in 1931. What a wonderful yearly family gathering and beautiful stroll.

Ed Fisher is a proud father of two and a grandfather of three. I would like to wish Ed and his wife Eileen "Happy Anniversary" celebrating 53 years of marriage on May the 1st 2018.

Thank you Mr. Fisher for your time and the history lesson: "I tip my hat to you, kind man".

"Till next month, take care of you and those around you" Cheers!





## ST. LAWRENCE CHURCH

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Parish Pastor:  
Fr. Heinner Paucar, OMI

### PARISH OFFICE HOURS

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Monday to Friday

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Contact us at (905) 529-3921

Use this number to contact a priest, book a home visit for the sick, inquire about sacraments, request hall rental info and much, much more!

Call (905) 522-9828 to arrange an appointment.

### JOIN US FOR SUNDAY MASS:

Eucharistic Adoration each Saturday at 6:30 pm

Confessions: During the adoration time o before masses

SATURDAY 7:00pm

SUNDAY MASS 10:30 am  
(English Mass)

5:00 pm Filipino Mass  
(1 and 3 Sunday of each month)

### WEEKDAY MASS

Tuesday 8:00am

Wednesday 8:00am

Thursday 8:00am

Friday 8:00am

## PARISH HALL FOR RENT

St. Lawrence Church  
(Corner of Mary & Picton Sts.)

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### UPCOMING EVENTS IN MARCH

|              |                                |
|--------------|--------------------------------|
| May 3, 2018  | *Lionel Bernard                |
| May 10, 2018 | *Ted Bertin                    |
| May 17, 2018 | *Three Hits & A Miss           |
| May 24, 2018 | *City Kidz                     |
| May 31, 2018 | *Big John & The Night Trippers |

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JOIN US FOR EUCHRE EVERY TUESDAY AT 2 PM.

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## HUGHSON STREET BAPTIST CHURCH

383 Hughson St N, Hamilton

### CONTACT INFO:

905.527.3972

office@hughson.ca

www.hughson.ca

OFFICE HOURS: Mon to Friday 9AM - 4PM

SUNDAY MORNING SERVICE BENNETTO SCHOOL 10:00AM

47 Simcoe St E, Hamilton, ON

Hughson Street Baptist Church has been a part of the North End since 1887. Each Sunday we gather for a lively time of worship with music, and relevant teaching from the Bible. There is a program for children who are babies right through Grade 8. During the week we have several Youth centered programs and our Coffee's On drop-in on Friday mornings. Give us a call, or check the website for details: [www.hughson.ca](http://www.hughson.ca)

## Trees Please

Do you wonder about the air quality in the North End?

Would you like to see more trees in the neighbourhood?

### JOIN TREES PLEASE!

We will be focused on the North End from June to September 2018.

We need volunteers to:

- Collect air quality data
- Assess tree health

We have the tools and will teach you everything you need to know!

Contact [treespleasehamilton@gmail.com](mailto:treespleasehamilton@gmail.com)  
905-549-0900

Air and tree data collected by volunteers will be mapped to highlight areas that have both poor air quality and not enough trees. These areas will be prioritized in a neighbourhood tree planting strategy designed to improve local air quality and the urban forest.



[www.treespleasehamilton.org](http://www.treespleasehamilton.org)

Trees Please is a project of Environment Hamilton and the Hamilton Naturalists' Club

This project is possible through the generous support of the Ontario Trillium Foundation



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**BENNETTO COMMUNITY CENTRE**  
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905-546-4944 • www.hamilton.ca

We will be open on **VICTORIA DAY (Monday May 21st)** for the following programs:

ON LAND AND IN GYM:

| POOL                                     | GYM   |
|--|---|
| <b>Leisure Swim 55+</b><br>10:15-11:00am | <b>Open Gym (Family)</b><br>10:30am-12:30pm |
| <b>Water Fit</b><br>11:05-11:50am        | <b>Open Gym (9-17yrs)</b><br>12:45-2:00pm   |
| <b>Length Swim</b><br>12:00-1:00pm       |   |
| <b>Leisure Swim</b><br>1:15-2:15pm       |   |

On **Friday May 25, 2018**, we will be hosting our last FREE monthly movie night before the summer break. Come join us to watch **FERDINAND** on the gym wall at **6pm**. Thanks to all that came out and enjoyed the movies. We hope to see you again soon!

**Want a refreshing summertime 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 11th.

## 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 St N, Hamilton.

Donation amount:

\$25  \$50   
\$100  Other \$ \_\_\_\_\_

OR monthly donation in the amount of \$ \_\_\_\_\_

Please complete the following form and enclose if donating by cheque:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

OR visit northendbreezes.com to make a donation through PayPal! Please make cheques payable to North Hamilton Community Health Centre. Tax receipt will be sent to address above within 30 days of receipt of donation. Please check this box if you agree to have your name included in the Breezes as a donor. [Charitable taxation #10392 9162 RR0001]



## ARE YOU LOOKING FOR WAYS TO BE PART OF A FUN COMMUNITY?

*Consider joining the volunteer team at Welcome Inn.*

Great people.

Good fun.

Meaningful work.

Lots of different stypes of volunteering opportunities available. New Horizons Thrift Store. Food Bank. Seniors. Children's After School Clubs. Connect with Ruth, to start the conversation about joining our team!

T• 905-525-5824 | ruth@welcomeinn.ca

### SUMMER DAY CAMP 2018

Planning for Summer Day Camp 2018 is already underway. Get ready for fun in the sun including arts and crafts, sports, games, swimming, snacks, weekly trips and so much more!

Registrations are available starting April 3rd at Welcome Inn.

Spaces are limited so don't delay!

Who: Campers 5-11 years old  
Where: Bennetto Recreation Centre  
When: July 3rd-27th  
Fees: \$60 per camper per week. Subsidies are available.  
Contact Gladys to register: 905-525-5824 | gladys@welcomeinn.ca

### CALLING ALL GRADE 9-12 STUDENTS

Do you enjoy working with kids? Are you looking to build your resume, gain new skills, meet new friends or get volunteer hours for graduation?

Come join our Summer Day Camp Staff!

Where: Bennetto Community Centre  
When: July 3rd-27th - you can choose to volunteer one or more weeks  
Why: Because it's fun and you're making a difference!  
JOIN OUR TEAM! Contact Gladys if you want to learn more or to schedule an interview: 905-525-5824 | gladys@welcomeinn.ca

**WELCOME INN COMMUNITY CENTRE**

40 Wood St E | 905-525-5824 | info@welcomeinn.ca

## CITY KIDZ FUNDRAISING GARAGE SALE

CITY KIDZ fund raising garage sale Saturday, May 28, 2018 from 8:00 am to 3.30 pm. Over 20 vendors!! Email William for more information knighthawk14@yahoo.ca for cost to set up.

### FREE 8-SESSION WORKSHOPS FOR MOMS & DADS OF CHILDREN UP TO 6 YEARS

- Right From the Start** – For moms and dads of babies under 24 months. Participants will learn how to read babies cues and foster infant attachment security. Begins Tuesday April 24th – June 12th, 2018 - 9:30 a.m.–11:30 a.m. The Waterdown Ontario Early Years Centre, 315 Dundas St. E. Waterdown, ON
- COPEing with Toddler Behaviour** - For moms and dads of children 12-36 months. Participants will learn approaches to enhance the parent-child relationship & improve child behavior. Begins Wednesday, April 4th - May 23rd, 2018 – 6:00 p.m.-8:00 p.m.at the Family Church of Heritage Green, 360 Isaac Brock Dr., Stoney Creek, ON
- Circle of Security Parenting Group** – For moms and dads of children 1-6 years. Participants will learn strategies to enhance the parent - child relationship and improve child behavior. Begins Thursday, May 3rd- June 21st, 2018 - 9:30 a.m.–11:30 a.m. at The Ron Joyce Children's Health Centre, 325 Wellington St. N, Hamilton.

Snacks, prizes, transportation assistance & limited free childcare are available. Register on line at www.mchcommunityed.ca (scroll down to Registration Form / Infant Parent Program). For more information please contact me at ellisjul@hhsc.ca or 905-521-2100 ext. 77406 or visit us at www.mcmasterchildrenshospital.ca/IPP

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Infant-Parent Program

## NORTH ENDER OF THE YEAR

It's time again to start thinking about The North End of the Year Award. The date is **Saturday, July 14th**. Stay tuned for details of the time and location.

Please email your nomination to **summerofyesterday@gmail.com**

## COUNCILLOR UPDATE

SUBMITTED BY JASON FARR

Hello, Breezes readers and thank you again to Breezes staff who continue to provide this Ward 2 Councillor with space to update you North Enders on the latest in your neighbourhood. Let's get to it.

### John Street Treatment

Last year, after our Public Works department posted signage at either end of John Street suggesting start dates on a two-way conversion, I heard from many directly affected residents. In short, the residents asked for a meeting and shared a petition against it. We met soon after. At the meeting, it was discovered we all wanted the same thing; a calmer, safer John Street.\*

So, we brain stormed a bit and once done the residents came up with another two-way option where John would remain one-way North to Burlington, but with a mostly protected bicycle lane on the west side from Strachan to Burlington (with bicycle route markings beyond between Burlington and Guise).

Since then staff have made a few assessments, our Cycling office engaged and most importantly, my budget request to fund this resident led alternative was passed by council. So, all that is left is the installation and our goal is to have the work done prior to the start of the school year in September. Yes – this year.

\*At a later all-day public meeting at Bennetto, more North End residents reaffirmed support for this calming option. I was there and heard the same themes. Among the most consistent; once Pier 8 development is done, a two-way John would have resulted in cut-through traffic becoming a major issue. Most agreed the bike-lane would offer a safety buffer between the moving cars and side-walk, enhance active and safe cycling to the school kids and health center, and the resulting one lane northbound would help slow cars and prevent fast passing in this busy pedestrian area.

Big News on a Bennetto School Playground Partnership. Over the last few years, I have been engaging with many folks associated with Bennetto School (students included) on how we can bring student led playground improvements to life.

I am pleased to report that Council has unanimously agreed to support my motion to be a 50/50 funding partner with Bennetto and make the students dreams a reality. Approximately 150 thousand on a 300 thousand project. I will leave the details and the construction to the Bennetto school staff and students, but wanted to share that the funding is in place and a fun and accessible outdoor space(s) for everyone is just around the corner.

### Pier Progress

City Council remains committed to our 140-million-dollar investment in your West Harbour. Here's a quick update on the latest exciting developments.



CONTINUED ON PAGE 10

## FASHION FOR MAY

It might be true that we are still struggling with cold, wind and rain in Canada but here is a fact: we have officially entered spring months which means it is that time of the year to start upgrading your wardrobe. Fashion in spring-time is like coffee in the morning; a perfect pairing that stands the test of time! Let's take a look at the trends and styles we can expect to see this month.

Mermaid sequins are all the rage now, whether on a pillow, accessory, or even a shoe. For those of you who are unfamiliar with the new trends, mermaid sequins are sequins sewed onto material with different colours on each side, ultimately changing colour and brightness when you swipe your hand across the material. Designers all over the world are hopping on board the sequin train and incorporating the style into their latest lines. From dresses, to shirts, and everything in between, sequins are the latest and hottest trend.

We've all heard the phrase 'reduce, reuse, and recycle' and hopefully it has inspired us to make greener changes for the planet. This season, designers are heading to their recycling bins for the latest trend; plastic clothing. By wearing garments made from recycled plastic, not only are you helping the planet but you look great while you do it too. Fun fact, the American company Patagonia has a whole line of fleece jackets made out of 100% recycled polyester that came from plastic water bottles.



Photo courtesy Harpers Bazaar

#### IN

- Sparkles
- All White Coats
- Trench Coats

#### OUT

- Bare Shoulder Shirts
- Bomber Jackets
- Chokers

*Want to see the latest styles, environmentally friendly clothes, and historical fashion facts? Then check out my latest blog, Floor Donuts at <http://floordonuts.weebly.com/>! And remember, stay Beautiful!*

## GOOD LEGISLATION WE NEED BUT MIGHT NOT GET

SUBMITTED BY BOB WOOD

Access to photo cards and birth certificates should be easier in Ontario.

Marginalized and vulnerable individuals often cannot afford to pay the fees for this identification. Without government ID, individuals cannot obtain social assistance, open bank accounts, secure housing or receive medical care. As this piece is being written, a private members bill which addresses this problem is working its way through the Ontario Legislature. Private members bills don't very often become law. If this one does, we'll be happy. If it fails or dies because the legislature adjourns for the June 7th provincial election, we hope it will be re-introduced.

Bill 26, sponsored by Kingston MPP Sophie Kiwili, amends the Photo Card Act, 2008 so that fee waivers will be provided for individuals who cannot afford to pay the fees required for photo cards. The Bill also amends the Vital Statistics Act so that fees will be waived for individuals who cannot afford to pay the fees required for birth certificates.

### Other Bills

While we are on the topic of private member's bills, it is worth mentioning two others.

Bill 30 is one. It was originally introduced in June of 2016 by Hamilton East MPP Paul Miller. The Ministry of Community and Social Services Amendment Act (Social Assistance Research Commission), 2018 calls for the creation of a social assistance rates commission.

This proposed legislation was introduced in a slightly different form eleven years ago by MPP Ted McMeekin. It died then with the adjournment for the 2007 election. These bills put forward the totally sensible idea that social assistance rates should be based on the actual cost of food, rent and other essentials. Surely this idea will be adopted some day.

Another private members bill we have been interested in has died and will not come back before the election. That one was called the Protecting Vulnerable Persons in Supportive Living Accommodation (SLA) Act. It would have established licensing rules for privately operated SLAs, as well as increased protections to prevent mistreatment of vulnerable high-risk adults and seniors living in this type of housing.

Hamilton is one of only three cities that regulate such facilities and there is room for improvement on those regulations. It is inconceivable that there are no provincial standards. All three of these initiatives could improve the lives of people in Hamilton and Ontario.

Bob Wood is a Community Worker at the Hamilton Community Legal Clinic. More information on the legislation discussed above can be found on the Clinic's website at [www.hamiltonjustice.ca](http://www.hamiltonjustice.ca)

# BOOK CLUB CORNER



SUBMITTED BY KIT DARLING



At our April meeting we discussed *Boy, Snow, Bird* by Helen Oyeyemi.

A reimagining of Snow White, the story follows the life of Boy Novak, who escapes from her abusive father, a rat catcher, and runs from New York City to Flax Hill Massachusetts. There she meets and eventually marries Arturo Whitman, widower, retired History Professor, Jewellery maker and father of Snow. When her daughter Bird is born she is clearly African American. Arturo and his parents are “passing for white” as were the parents of Arturo’s first wife. Told from the perspectives of Boy, Snow and finally Bird, the tale often takes on a dreamlike quality. Some members found the book confusing; some did not care for it at all; and others enjoyed it. This generated some heated debate (but we’re still all friends!)

And here are recommended reads 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) or go online at [hpl.ca](http://hpl.ca) to reserve a copy.

*My Conversation with Canadians* by Lee Maracle. A member of the Sto:Lo First Nation (Coast Salish), Maracle reflects on and expounds on a variety of issues including prejudice, governance, citizenship and reconciliation; questions which have been raised by members of her audience over her years speaking across the country. She offers no answers but challenges the reader’s preconceptions and offers a unique perspective. I found myself alternately agreeing and challenged and always in a conversation with her and with my self. Informative and well worth a read. (Kit)

*The Second Sister* by Claire Kendal. This psychological thriller by British author Kendal is worth a read even though the plotting and characters are unrealistic and almost unlikeable at times. Mostly though, it is taut, creepy and has a tense but ultimately satisfying conclusion. (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](mailto:bayareabookclub@bell.net).*

# UPCOMING EVENTS

**May is Here!** And there are lots of events and activities to get you through the month. Some are free and some have a fee.

## MAY

| Date         | Time         | Activities  | Where  |
|--------------|--------------|---|--|
| 5            |              | Rain Barrel Sale - Fundraiser to support The Breezes (Pick-up Pre-orders only)  | 468 James @ Ferrie (parking lot)   |
| 4 & 5        | Noon         | Jane's Walk – Greening for Hamilton's Future. Led by Sheri Selway and Candi Venning. Wear walking shoes!  | Meet at Victory Garden behind Food Basics on Barton  |
| 5            | 11 - 8       | Sew Hungry restaurant & Food Truck Rally  | Ottawa Street BIA  |
| 6,13,20 & 27 | 12:30 – 4    | Sundays at Westfield. Tour a pioneer village and enjoy the outdoors. <b>Entry fee</b>   | 1049 Kirkwall Rd., Rockton   |
| 5 & 6        | 10 - 4       | Doors Open Hamilton, includes the Cannon Knitting Mill, Port Authority Maintenance Shed, the Green Cottage on Ferrie street, the Port Authority Building, the Royal Hamilton Yacht Club and the Workers Arts and Heritage Centre among many others across the city. | Various locations<br><a href="https://www.hamilton.ca/attractions/events-calendar">https://www.hamilton.ca/attractions/events-calendar</a> for May 5 - 6 |
| 5 & 6        | 12 - 4       | <b>May is Museum Month</b> Visit Hamilton City Museums to celebrate, Free   | Various locations  |
| 11           | Evening      | James Street North Art Crawl  |  |
| 13           |              | Mother's Day  |  |
| 19           | 10:30 – 3:30 | Birch Avenue Garden Party<br>Volunteers wanted. Prepare, plant & then party! Refreshments, games for kids and raffle.   | Birch between Barton & Princess.<br><a href="mailto:Brenda.duke@hotmail.com">Brenda.duke@hotmail.com</a>   |
| 26 & 27      | 11 – 4       | Boats, Models & Trains Museum of Steam & Technology Radio Controlled model boats. Ride the Steam train. Free  | 900 Woodward Avenue  |

## JUNE

| Date | Time | Activities   | Where   |
|------|------|--|---|
| 2    |      | 100 in 1 Day – Barton Village Festival                 | Woodlands Park  |
| 7    |      | Ontario Provincial Elections. Be engaged. Be Informed. | <a href="http://www.elections.on.ca">http://www.elections.on.ca</a> |

For a more complete, online list of events across the city see Tourism Hamilton [tourismhamilton.com/events](http://tourismhamilton.com/events)

For a list of free library programs for babies to seniors and every age in between, pick up a copy of What's Happening Program Guide at the Bookmobile or a branch library, online at [www.hpl.ca](http://www.hpl.ca)

## WHEN MOTHERS GROW OLD

SUBMITTED BY MICHELLE FERRARA

Women in their 90's are the fastest growing segment of the population-this means that adult kids in their 60's and 70's are dealing with a 'new' Mom-not the Mom of your youth. Patience, kindness, not saying things that will hurt and providing a good example to your own children, is the best gift you can give. Realize-no matter the circumstances-she did the best she could-now is the time to forgive whatever happened, and love her today.

We are so busy growing up and getting on with our own lives, that we forget she is growing old. Mom will always love you no matter how old you are, and home is wherever Mom is, no matter your age or hers. Growing older ourselves helps us to not take Mom for granted-to make time for her, listen to her, help her-she won't always be a quick phone call away...she may not always know who you are.

She taught you to walk-now offer her your hand. She taught you to eat-now you may feed her. She taught you to get dressed-now you help her with her sweater. She taught you to comb your hair and wash your face and hands-now you comb her hair, wash her face and hands. She taught you to say please and thank you-don't lose patience when she forgets to say those words.

Let her know how much you love her while you still can-this Mother's Day would be a great time! xo



## A GREEN JANE'S WALK

SUBMITTED BY SHERI SELWAY & CANDY VENNING

It turns out that the North End makes an interesting study of green habits. So, this year Candy Venning and I developed a "Jane's Walk" that showcases green infrastructure in an urban setting. We can't see everything, but we can see a lot in our short walk from the Victory Gardens near the top of the Mary Street bridge through part of the neighbourhood (about 2 km) to end up at the Sunset Garden, a beautiful pollinator garden at the corner of Bay and Strachan.

We will look at and discuss the importance of trees to the city. The North End is unfortunately losing some of its OLD tree stock, so we will look at both old trees and younger ones and discuss the Trees Please project. The green space by the tracks, where the Perimeter Road was planned, has examples of both old and new trees.

Mary Street is home to a Real Time Control building. You might have seen it and wondered what it is! Not quite a house, but it sort of looks like one. This building has the controls for the underground "dams" in the Combined Sewer overflow system. It works in real time to keep untreated water out of the bay.

On our walk we will look for examples in the neighbourhood of "Low Impact Storm Water Management". Recently, New Horizons partnered with Green Venture and took out the asphalt in front of their store and put in permeable parking – also reported in the Breezes! Grade 5's at Bennetto planted a natural rain garden. Residents are installing rain barrels and disconnecting downspouts. St. Lawrence School has a beautiful naturalized section on their play ground! The health centre has a greenhouse. There is lots to see and discuss such as swales (or where they could be!), green roofs, "soakaways", permeable surfaces, filter strips, and rainwater harvesting. Not to mention the wide variety of wonderful front yard gardens, and backyard and alley-way food gardens (some I call "mini-farms"!)

At a workshop sponsored by Environment Hamilton, I listened to Winston Wang from the City of Hamilton, speak about a small "water collection/rain garden" site at the corner of Bay and Simcoe, first in the City. Rain water runoff from the road is collected and directed into this small "garden/area" to be cleaned. This also keeps most rain runoff from the sewer system and any cleaned water that is not absorbed, is directed into the system by a sub-drain.

Last is Sunset Garden, a small and beautiful pollinator garden full of native plants. It may be too early to see the butterflies, but they were plentiful last year! Please join us for the Walk (and talk) as we discuss small green efforts that, together, make a big green difference.

**Title:** Urban Greening for Hamilton's Future

**Noon both Friday and Saturday**

**Meeting Place:** the Victory Garden's behind Food Basics on Barton at Mary

**Walk Leaders:** Sheri Selway and Candy Venning, Landscape Designer

## TIME TO VOTE!



Our Signs are changing. Thanks to everyone that took the time to submit a slogan. We received over 30 submissions.

At our last meeting we voted to short list the number to five:

Welcome to the North End –  
A Child & Family Friendly Neighbourhood

Welcome to the North End –  
The Neighbourhood by the Bay

Welcome to the North End –  
A Waterfront Community

Welcome to the North End –  
A Neighbourly Place to Be

Welcome to the North End –  
A Rich & Diverse Neighbourhood



Now it is time to vote!  
Visit our website to  
register your choice:  
NorthEndNeighbours.  
com

### Hamilton Monarch Awards 2018: Celebrating gardeners who love nature!

Hamilton has a unique garden award program that recognizes function as well as good looks.

The Monarch Awards showcase and champion gardeners who create nature-friendly spaces full of native plant diversity, pollinator habitat, healthy soil, sustainable, ecologically sound approaches to garden care.

\*\*\*NEW\*\*\*

This year, the Monarch Awards has a new category for beginners who have just begun their "gardening for nature" journey. The Caterpillar Award recognizes those gardeners who are on their way to becoming mature Monarchs.

Apply today to one of these programs. It's free!

For more information visit <http://monarchawardshamilton.org/>

Monarch Awards organizers thank the City of Hamilton for its support as well as the support from program partners Royal Botanical Gardens, Hamilton Pollinator Paradise Project (Environment Hamilton and the Hamilton Naturalists' Club) and the Crown Point Garden Club.

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## Are You Pregnant?

Join a weekly **free** prenatal nutrition group that's close to where you live!

**North Hamilton Community Health Centre**  
 438 Hughson Street North  
 (between Macauley Street and Picton Street)  
**Date:** Tuesdays 10:00am - 12pm  
 Thursdays 12:30pm - 2:30pm  
**Bus Route:** 02 or 04

**Talk with a Registered Dietitian and a Registered Nurse about:**

- Pregnancy
- Labour and delivery
- Eating well and cooking healthy food
- Breastfeeding

**You will get:**

- Grocery gift card
- Bus tickets
- Prenatal vitamins gift card
- Vitamin D for your breastfed baby
- Child-minding for your children under 6 years of age

**Register at group during your first visit.**

Health Connections 905-546-3550  
[www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups)  
 /HealthyFamiliesHamilton

Funding provided in part by the Public Health Agency of Canada

### GOOD FOOD BOX

Pick up your box at Welcome Inn, or Eva Rothwell Resource Centre! Place your order by the second Wednesday of every month, and pick up on the 3rd Wednesday from 2-5!

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

**Order at NHCHC or Eva Rothwell.  
 Call for info: 905-523-6611 ext 3007**

*Brought to you by:*

**NorthHamilton Community Health Centre**

# Summer 2018

Grub Club is an exciting and educational program for children ages 5-12 living in the North End of Hamilton. Program Participants engage in organic gardening, cooking, and physical literacy activities.

Each week Children will prepare and cook their own meal!

Grub Club also includes field trips and special guests!

Grub Club takes place at two locations

**5:00 PM—7:00 PM**

**Tuesday Nights Starting May 8th—@ Birge Park**  
**Thursday Nights Starting May 10th @ 438 Hughson Street North**

**To register contact  
 Scott Paige 905-523-6611 Ext. 3006  
 paige@nhchc**

**COUNCILLOR UPDATE: CONTINUED FROM PAGE 7**

Pier 5, 6, and 7 project management is moving along as planned. The City is utilizing the expertise of The Hamilton Waterfront Trust (HWT) given their past vast experience in waterfront recreation/amenities development.

So, how does it look? \*You may watch the project video at [Hamilton.ca/Westharbour](http://Hamilton.ca/Westharbour). In a recent update to the West Harbour Sub-committee, we heard that the 15.5-million-dollar project should be completed in two years. I also successfully moved a motion to have the HWT conduct a public input session on an important project piece. What should the public art at the foot of James look like? Stay tuned for formal your chance to tell us.

Pier 8 Promenade Park development is also coming along with an expected start date in the Fall. This 6.5-million-dollar redevelopment will bring a 30 metre-wide fully accessible and exciting experience to everyone from children to seniors. It will also compliment the long planned for Pier 8 residential and commercial development it borders. \*Go to [Hamilton.ca/WestHarbour](http://Hamilton.ca/WestHarbour) to see for yourself.

\*If you would like to receive hard copies of drawings and plans, contact your Ward 2 office and we will be sure to get them to you.

**Eastwood**  
 You may recall reading about the outcome of a recent public meeting that quickly floated then sunk the prospect of investigating the feasibility of a repurpose of Eastwood that would include some residential component. After the conversation finished where it started, the many residents who attended our public meeting on all (but one) agreed that we need to sit down and talk about our coveted rink and park in the context of how we can bring in some new life.

In your next Breezes, look for an update on when this North End brainstorming session will occur and encourage your friends and neighbours to attend. Come loaded with ideas.

**The DTSP Final Word**  
 Over to the south of you we have recently made history in approval of a new plan that will guide future development in Hamilton's preeminent growth district for years to come. The Downtown Secondary Plan (DTSP) was eight years in the making and is truly the most inclusive and progressive land-use planning policy in our city has ever produced.

There were 34 formal engagement sessions and countless other conversations that led to this policy document and I just wanted to conclude by thanking the many North Enders who attended and engaged on the DTSP over the years. With everything from greater protections for heritage, section 37 bonusing for community benefits, affordable housing stability and enhancement, building designs requirements that interrelates with existing residential neighbourhoods and an emphasis on embracing and enhancing community cultural spaces, we believe we have got it right between Cannon and Hunter, Victoria and Queen and along James North and South from Charlton to your North End border.

For more on the Downtown Secondary Plan, visit [hamilton.ca/city-planning/planning-community/downtown-hamilton](http://hamilton.ca/city-planning/planning-community/downtown-hamilton)

Thanks again, Breezes Readers - Jay



## Who Will Vote?

By May 30, one of these four developments will be chosen by a City evaluation team and then approved by City Council.

The project is proposed to be built at the end of John Street in our Neighbourhood.

That decision will have a huge impact on the North End Neighbourhood.

The development is proposed to include about 1500 housing units, 13000 square metres of commercial (as much as on Ottawa Street) and only 1400 parking spaces for the combined residential, commercial and open space uses..

Traffic and parking from this huge development will impact neighbourhood streets when neighbourhood children are going to school.

The City has said its evaluation team will use 8 tests to evaluate the winning proposal. None of those test include a test of impact on the North End neighbourhood.

No North End resident nor NENa, the official North End Neighbourhood Association will be part of the evaluation team. The people most directly affected by the development have no voice in the evaluation process. Why?

### Should North End residents be part of the evaluation?

**We think the answer is “Yes”.**

**We would like to know what you think.**

**Please Let us Know.**



Harbour West Neighbours (HWN) is a neighbourhood advocacy group of North End residents working to ensure that the principles of Setting Sail and the North End Traffic Management Plan are implemented. Please send your opinion to us: **email:** [members@harbourwestneighbours.ca](mailto:members@harbourwestneighbours.ca)  
**Web:** [www.harbouresteneighbours.ca/join](http://www.harbouresteneighbours.ca/join) **Phone** 905-769-0809

## NORTH END BREEZES 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)*

Looking for a Personal Support Worker to work every other weekend on Saturday and Sunday mornings from 9:30 AM to 12:30 PM. Job includes personal care and meal preparation. Transferring with mechanical lift. \$17.50 per hour +4% vacation pay. Located one block from James Street and Burlington Street. Please e-mail for more information or send your resume to [lstoeten17@gmail.com](mailto:lstoeten17@gmail.com) or call 905-528-6159 after 10 AM.

Volunteer Opportunity – VON Hamilton is in need of volunteer drivers to take seniors to medical appointments and provide a little support while waiting. Call 905-529-0700 or email [voncsshilton@von.ca](mailto:voncsshilton@von.ca) to give your neighbours a lift today.

Volunteer Opportunity – VON Hamilton is looking for volunteers to help out in our adult day centre in the community garden. Call 905-529-0700 or email [voncsshilton@von.ca](mailto:voncsshilton@von.ca) to showcase your green thumb.

Employment Opportunity. Local Hamilton Delivery company looking to hire mature adult for evenings and weekends. 24-32 hours to start. Please call 289-799-9257 / 905-921-9339

Personal Support Worker or equivalent wanted for two or three mornings per week from 10 AM to 1 PM. Also need someone to work in the early evenings for two or three hours per week. \$17 per hour. Job includes personal care, meal preparation and light housekeeping. Looking for someone who lives close to James and Burlington Street.

Sewing & Dressmaking. Students and clients wanted. Lessons or alterations available. Ages 6 to 106! Expert in African apparel. Please call Hyacinth 289-308-6176

Children's Birthday Parties! Make your child's birthday the talk of the neighbourhood. Earlee the Entertainer will make it happen. Magic, balloons, paintable tattoos for only \$75.00 per hour. North End Neighbours – special rate of \$65.00 per hour. Earl Ross – 289-439-0166

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

TUTOR AVAILABLE: retired Elementary teacher available to tutor students in my home near Pier 8. I am also TESL certified to assist students with learning English. Please contact me at [brockwm@gmail.com](mailto:brockwm@gmail.com) if you are interested or have any questions.

# YOUR MARKETPLACE



## FISHER'S PIER 4 PUB 554 JAMES ST NORTH

Saturday May 5th

🌵 Happy Cinco de Mayo 🌵  
Mojitos, Margaritas, Nachos and Fish Tacos  
Available all day...while supplies last!!

🌸 HAPPY MOTHERS DAY 🌸

Sunday May 13th  
Lunch and dinner bookings available  
Reservations Recommended  
CALL TODAY  
905-526-9622

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Happy  
Mother's  
Day

from the  
North End Breezes!



## HIPPITY HOP!



Hippity Hop! A great time was had by all the children who showed up at Sunset Garden for the Easter Egg Hunt on March 31, 2018. They found all the Easter Eggs hidden in the garden, played games and laughed! Thanks to all who attended and made it happen. The Easter Bunny said "Can't wait till next year!"

## ADVERTISE WITH THE BREEZES

Check out our **NEW OFFER: YOUR BUSINESS PROFILE**  
Connect with us at [office@northendbreezes.com](mailto:office@northendbreezes.com)  
Your ad is automatically included, at no additional cost, as part of our on-line publication and Marketplace section at [northendbreezes.com](http://northendbreezes.com)

## Dr. Dionne Duncan Hamilton Centre



## Health Crisis in Hamilton & Dionne's Plan to Solve It

### Health Matters to Dionne!

- Commit 1.9 Billion to build a comprehensive mental health system, which is the largest mental health commitment in Canadian provincial history.
- Treat Doctors and front line workers with respect by always consulting them on future reforms to the healthcare system, as well as protecting their conscience rights.
- Builds 15,000 new long term care beds in five years and 30,000 over 10 years.
- Create a dental program from low income seniors
- Reduce hospital and emergency room wait time

### Dionne's Commitment

- 22.5% lower income tax for the middle class
- 75% refund for child care expenses
- 12\$ more off your hydro bill
- Increased services for mental health in Hamilton Centre
- Largest mental health commitment in Canadian provincial history
- First ever, Trust Integrity and Accountability Act
- A candidate that will advocate for the people in Hamilton Centre

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