

MARCH 2019 | VOLUME 3 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | [@NORTHENDBREEZES](https://twitter.com/NORTHENDBREEZES) | [FACEBOOK.COM/NORTHENDBREEZES](https://facebook.com/northendbreezes)

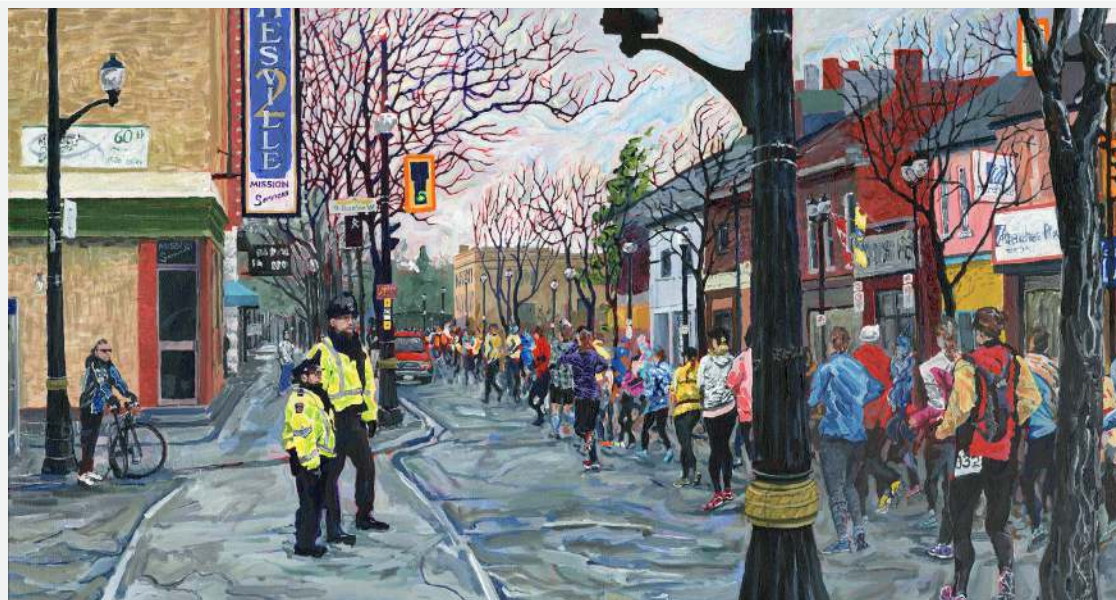
ART AROUND THE BAY

As many Hamiltonians well know, the **Around the Bay Road Race** is the oldest long distance road race in North America, held first 125 years ago in 1894. The race attracts runners from around the world and hundreds of spectators along the 30 kilometre route from York Boulevard, "around the bay", and back downtown to Bay Street.

One such spectator is Dylan Swan who has captured the spirit of the race in his artwork. Entitled *Art Around the Bay*, Dylan's series of 30 paintings will be on exhibit at the Art Gallery of Hamilton from March 9, 2019, in honour of the 125th anniversary of the Around the Bay road race.



Dylan Swan is a Hamilton, Ontario artist. He has lived in the city his whole life, and much of his artwork depicts the landmarks of the city, urban and rural/pastoral beauty alike. When he's not painting, Dylan is a registered massage therapist in West Hamilton. He can be reached about his paintings or massages at 905-520-7887 or email dylanswansart@gmail.com. Some of his prints are for sale at The Hamilton Store on James St. N. All his art can be viewed at dylanswansart.ca.



KILOMETRE 1: MISSION

JAMES ST. NORTH AT
BARTON ST., HAMILTON

A JAMESVILLE SENTRY OF
EARLY EUPHORIA: MISSION
POSSIBLE.

ORIGINAL PAINTING SOLD.
ALSO AVAILABLE AS CANVAS AND
PAPER PRINTS.



KILOMETRE 2: HARBOUR WEST

JAMES ST. NORTH AT
GUISE ST., HAMILTON

IN THE MORNING SUN JOG
TO THE DOCK OF THE BAY:
I'M NOT WASTIN' TIME.

ORIGINAL PAINTING SOLD.
ALSO AVAILABLE AS CANVAS AND
PAPER PRINTS.



KILOMETRE 5: DOUBLE-DOUBLE TIME

BURLINGTON ST. AND SHERMAN ST., HAMILTON

DOUBLE-DOUBLE TOIL AND TROUBLE MEANS NO TIME TO INDULGE IN
JOG-THRU.

ORIGINAL PAINTING AVAILABLE. ALSO AVAILABLE AS CANVAS AND PAPER PRINTS.



KILOMETRE 3: EASTWOOD PARK

DOCK SERVICE RD AND FERGUSON AVE. N., HAMILTON

PASSING LANDMARK TWINS, PARKLAND EDGING INDUSTRY: GO
EAST(WOOD), YOUNG MAN!

ORIGINAL PAINTING AVAILABLE. ALSO AVAILABLE AS CANVAS AND PAPER PRINTS.

JOHN CANDY

SUBMITTED BY BRIAN ROULSTON

John Candy was one of Canada’s greatest and funniest comedians of the 1980’s and the 90’s. It doesn’t seem like that long ago, twenty-five years ago this March (1994) actor John Candy, suffered a massive heart attack in Durango, Mexico. He was on location filming the last two scenes of the movie Wagon’s East and would’ve gone home in two, maybe three days. It was hot, 27°C, he had just put in a long day of shooting and was beat. Just before retiring for the night he spoke his last words to a security guard that he just wanted to go home. Candy was found dead in bed the next morning, after not showing up for the days filming.

It was the way John Candy’s dad Sidney James Candy and his grandfather died. John Candy knew heart attacks ran in his family, he knew he had a weight problem. He also knew that he didn’t want to die this way. John 6’2, weighed in at 375lbs with a waistline of 59 inches just prior to his death; up from his usual 325lb average. John Candy fought a lifetime battle with his weight; he tried diets, joined different gyms, had trainers and even hired personal chefs only to revert back to his old eating habits.

John Candy was born in Newcastle, Ontario on Halloween 1950. Candy’s father died when he was only 5 years old. His mother Evangeline (nee Aker) Candy, his aunt and grandparents in North York raised young John. John attended Holy Cross Catholic School and like many young Canadian boys played hockey and football. Known as ‘The Pink Panther’ on the field John played left tackle on the offensive line, he and his team at Neil McNeil High School won the 1967 Junior Football Championships. Unfortunately, his football career would be cut short due to a knee injury.

John started acting in high school plays then attended Toronto’s Centennial Community College where he took up journalism and while there he honed his acting skills in college plays and little theatres. Hamilton played a small part in the life of John Candy. He attended McMaster University as an undergraduate and reportedly stayed in Whidden Hall. John was hired onto a children’s theater company and made his first TV appearance in a Colgate Toothpaste commercial playing, what else, a football player. However, his first real acting role came in a CTV low budget television production called ‘Police Surgeon’ with Sharon Ferrell in 1971.

John met Dan Aykroyd who, just like Candy was an unknown comedy actor at the time who suggested he and Candy try out for Chicago’s Second City improvisational-comedy troupe which was looking to start a Toronto branch. John Candy was so good he was offered a chance to join the Chicago branch on the spot, acting alongside powerhouse comedians like Jim Belushi, Gilda Radner and Bill Murray. Dan Aykroyd would later become a member of SCTV as well. John Candy won two Emmys for his writing on the show. This is where he became lifelong friends with future Schitt’s Creek star Catherine O’Hara, whom by the way was also one of the last people to speak to Candy before his death.

John loved football, he loved being Canadian and he loved the Toronto Argonauts. So much so that he persuaded his good friends Wayne Gretzky and Bruce McNall to be part-owners of Toronto’s CFL team. John Candy worked tirelessly in promoting both his team and the CFL across Canada doing radio shows at 5:00am, signing autographs among other things. John even flew some of his celebrity friends in during home games and wherever his Argonauts played that year.

During the 1991 Grey Cup John was not content to sitting up in a nice warm press box like so many team owners, he was right down there on the field in -20°C weather in Winnipeg shouting encouragements ,adding moral support to the players. It obviously worked, the team walked away with the 79th annual Grey Cup 36-21 against the Calgary Stampeders.

John Candy was a Hollywood Icon, he had series of megahits such as Planes, Trains and Automobiles(1987), Stripes(1981),Uncle Buck(1989) and The Blues Brothers(1980) to name a few.

John Candy also had a soft spot for animals, he would constantly rescue them from animal shelters. He’d rescue dogs, cats horses, whatever and take them to a farm he owned in Queensville Ontario. It was a place where he and his family could escape from the pressures of showbiz.

John Candy married his wife Rosemary Margaret Hobor who was a ceramicist and abstract painter. He had two children Jennifer and Chris who both are doing very well and making their own marks in the industry.



First Ship Contest

This year HPA is bringing back the First Ship Contest. It won’t be long until the first ships of 2019 begin making their way to Hamilton Harbour. Take your best guess when you think the first ship will arrive and you could win a prize pack from The Hamilton Store!

In 2018 the Port of Hamilton welcomed 647 vessels. These ships come and go from the port carrying everything from iron ore for steel, aggregates for roadbuilding, gasoline for your car, to Ontario grown grain.

Do you think you know when the first ship will arrive? Visit www.hamilton-port.ca for contest rules and to enter.

Shed 11 Redevelopment

HPA is redeveloping the large industrial warehouse at 204 Hillyard Street. The project will include renovating portions of the building to better accommodate existing tenants. Another unusable portion of the building will be removed. The project will be complete before the end of 2019. Renovated portions of the building will have new cladding, and the areas next to the street will have new fencing and landscaping.

To find out more about this project, or other projects taking place at the Port of Hamilton, visit www.hamiltonport.ca/current-projects





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

Tel: 905-526-0770
hamilton@davidchristopherson.ca

WALKABOUT THE COMMUNITY

SUBMITTED BY KEN HIRTER

Our profile of those making a Difference within our Community for the Month of March 2019 finds me having an enchanting conversation and a delightful one on one with the fabulous Krista Roa. Krista is the Community Program Coordinator and a familiar face within the Welcome Inn Community Center nestled here in the heart of Hamilton’s North End and serving Hamilton since 1966.



Krista is a proud mom of 2 settling here with her husband in the North End for the past 9 years. Krista’s roots & ties with the North End dates back to when her great grandparent’s settled here in 1920. Krista is proud of her heritage and of her Italian roots. She loves the North End for its diversity & education and more so because it provides support and love that you can feel. “I feel blessed and passionate about living & working within this wonderful community.”

I asked Krista: What is your VISION in Life and what is most important to you?

“I value my family, which I believe, is needed more in this world, family and connections beyond & across the board and support of family & friends. And building community relationships & support”

I asked Krista, what is her mission in life or goal in life? It’s simple really: “Spread Kindness”.

Krista’s favourite Quote: “When you cannot find the Sunshine be the Sunshine”

Krista loves her role within the Welcome Inn; it is connecting with community and watching relationships grow through diversity and inclusiveness. The Welcome Inn offers an open door to all. Krista is also the coordinator of their Foodbank since 2015. ~Where no one should have to go to bed starving nor call a stone a pillow~

The Foodbank and Team hours of Operations are as follows:

Monday’s, Wednesday’s & Thursday’s
Between the hours of 10.30am-2.pm
Donation drop offs are gracefully accepted especially the following items:

- non-perishable items
- proteins
- tuna
- peanut butter
- personal hygiene products

The Good Foodbox is also available at the cost of \$10 & \$15 for fresh Fruit & Vegetables which are donated from generous local farmers. {Retail value \$15/\$25} For more information or to volunteer please call 905-525-5824 or visit their website @www.welcomeinn.ca or visit their location at 40 Wood Street during their hours of operation.

I would like to thank Krista for the Walkabout throughout the wonderful Food Bank and the opportunity to meet her team and for taking time out and for sharing her Vision & Mission with me.

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

OUR CORNER ♦ Bar & Grill ♦

Breakfast (8am - 12pm 7 days a week)

\$5.20 - 2 eggs, homefries, toast, bacon, ham or sausage

\$5.65 - 2 eggs, homefries, toast & peameal bacon

\$6.10 - Omelette (ham, onion, peppers, mushrooms & cheese)

12" Subs

\$4.25 - Veggie

\$5.25 - Assorted (Mild/Hot),

Salami (Mild/Hot), Pizza & Ham

\$6.25 - Pork Cutlet, Roast Beef, B.L.T.,

Turkey, Meatball & Chicken

\$7.25 - Turkey Club

Homemade 7oz. Hamburgers

\$5.50 - Hamburger

\$6.10 - Cheeseburger

\$6.75 - Banquet Burger

Karaoke Every Other Saturday

March 2, 16th, 30th and

April 13th, 27th

905-523-0584

496 James St N,

Hamilton, ON

L8L 1J1

NORTH END NEIGHBOURHOOD (NENA) ASSOCIATION UPDATE

Next Meetings:

**Wednesday March 6th & Wednesday April 3rd
7:00 - 8:00 PM Bennetto Community Centre**

Our monthly meeting is a great place to start if you want to meet some of your neighbours, discuss a range of neighbourhood issues, plan social events, and get involved in the community. It’s been a wintery February with snow days and school closures. Remember to clear your sidewalk as soon as possible after it snows. Sidewalks clear of snow and ice make it easier and safer for everyone to get around.

We had hoped to build on the great turnout for our first meeting of the New Year on January 2nd. Unfortunately, the weather didn’t cooperate. The Bennetto Community Centre closed early due to freezing rain and icy conditions on February 6 and our meeting was cancelled on short notice.

NENA held a make-up meeting on February 20th to create a Planning Committee. We hope the Committee will provide an appropriate forum for planning issues to be studied, researched, discussed and debated by interested community members and give NENA a stronger, more effective voice on planning and development matters that impact our neighbourhood.

To get things going our March 6th meeting will be led by the chair of Planning Committee and focus on establishing neighbourhood priorities with respect to several planning and development issues facing the neighbourhood this year.

If you are interested in participating and/or becoming a member of this committee attend our March 6th meeting or email nen.president@gmail.com for more information.

We mentioned last month that work demolishing and rebuilding the John Street Bridge was set to begin. The notice sent to nearby homes in January indicated we should expect the closure to last approximately 8 months. At last check, most of the bridge deck and piers have been demolished.

Residents associated with NENA and other neighbourhood groups have for many years worked on your behalf to reduce cut-thru traffic and lower speeds on our local, residential streets. Since the closure of the John Street Bridge there has been way less traffic on John Street. Has the closure been a welcome change? Do you miss the ability to drive or walk across the bridge?

Let us you know what you think. We’re always happy to hear from you. Send your thoughts on this or anything else that concerns or interests you to us via email at nen.president@gmail.com or attend our monthly meeting.

For more up to date information visit www.North-EndNeighbours.com

ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

The long awaited restoration and revival of two Hamilton theatre landmarks has arrived.

The Westdale located at 1014 King Street West welcomed a huge crowd for it's Grand Opening Thursday night in time for Valentine's Day. Screening Casablanca with guests arriving dressed in period garb. The events calendar can be found at www.thewestdale.ca.

March marks the opening of Hamilton's independent art house cinema, The Playhouse Cinema located at 177 Sherman Avenue North. For memberships and pre-paid admission information, call (905) 545-8888 or visit www.playhouse.ca.

The Assembly Gallery has a new home. They have moved from Cannon Street to 68 King Street East. Now housed in The Red Church Gallery Cafe www.redchurchcafe.com. Exhibiting artists: David Trautrimas, Steve Mazza and Andy DeCola.

Did you know that LIVE music returns to Hamilton Public Library? For more information, www.hpl.ca.

The new calendar is up for fans of Artword Artbar located at 15 Colbourne Street. Theatre, live music Artword Artbar www.artword.net/artbar is one of Hamilton's most intimate listening rooms. Pop by and say 'hi' to Judith and Ron. Ask about a hard copy of the calendar to keep on your fridge to remind you of events to come.

Stonewalls Restaurant has put the call out for art to feature on their gallery wall. Located at 339 York Boulevard. Every Sunday there is a matinee 3-7pm that features live entertainment, locals bands with no cover. There is also an all-you-can-eat fish and chip special then, fi you are so inclined...

Risky Business returns the first Saturday of every month at The Casbah, 306 King Street West. Join DJ Mark and DJ Dave and rock out to the best 80's tunes and dance the night away.

The Pop Culture Market, the brain child of Rodrigo Raquio returned to This Ain't Hollywood in February. A pop-up with vendors featuring records, VHS, cassettes, memorabilia, comics, magazines, bicycles, skateboards crafts and more. For more vendor info contact www.thedevilscellar.com

Visit me on Facebook! www.facebook.com/tracee.leeholloway

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

Check out my blogs! followtracee.blogspot.ca/
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 credit: Vern White

60TH ANNIVERSARY OF ST. LAWRENCE SEAWAY

SUBMITTED BY BRIAN ROULSTON

It was 60 years ago on April 1,1959 that the last portion of the St. Lawrence Seaway which started construction in 1954 was completed on schedule at a cost to both the American and Canadian governments of \$475 million. The St. Lawrence Seaway is a series of locks, channels and canals that allow ocean going vessels up to 225m (740 ft.) in length, 24m (78') wide and a depth of 21m (68') to navigate from the Lachine Rapids near Montreal to Lake Erie, this also includes the Welland Canal which itself was finished in 1932.

Ships were now able to travel from the Atlantic ocean through the great lakes to Duluth, Minnesota located some 3,700 kilometres (2,000 NM) inland on the western shores of Lake Superior.

Under little fanfare outside of shipping circles two Canadian Coast Guard icebreakers the CCGS D'Iberville Canada's first modern icebreaker and the much older CGS Montcalm made the first voyage through the Seaway on June 25,1959. The official opening ceremonies took place at 11:00 am the next morning at the lock in St. Lambert Ontario. An estimated 20,000 people plus another 5,000 invited guests and dignitaries gathered not only in St. Lambert but they lined the seaway as well on a hot and sticky 27°C day. Dignitaries included congressmen, cabinet ministers, senators, and mayors from the towns along the seaway and the great lakes.

Following the ceremony Queen Elizabeth, her husband Prince Phillips while on a royal visit across Canada, the 34th U.S President Dwight D. Eisenhower, his wife Mamie and the 13th Canadian Prime Minister John Diefenbaker with his wife Olive and a few dignitaries as well sailed the St.



Lawrence Seaway aboard the Royal Yacht Britannia. The Queen also attended a lesser ceremony the next day for the seaway in Massena N.Y with then Vice President Richard M. Nixon.

The first revenue paying ship to navigate westbound through the seaway was a 36 year old coal burning Canadian registered canaller the 'Simcoe' which left Montreal empty and took on grain at Kingston. The Humberdoc, also a canaller, gets the credit for the first eastbound transit with a load of grain as well.

The Seaway also handles over 2000 pleasure crafts annually. They must be motor power and meet a minimum length of 6.1 M (20') and weigh at least 900 kg or 1 ton.

According to the Chamber of Marine Commerce in 2018 the St. Lawrence Seaway shipping season which ran from March 29th thru November 30th topped 36 million metric tons with a forecast up to 40 million tonnes by New Year's 2019.

The Port of Hamilton surpassed 10 million metric tonnes last November topping 2017's year long total of 9.8 million metric tons of cargo. This was driven by exports of Ontario grown grain and imports of both fertilizer and petroleum products.

Hamilton is the largest port on the great lakes thanks to the St. Lawrence Seaway. According the Hamilton Port Authority 26% of all Canadian Great Lakes/ Seaway cargo moves through Hamilton and 34% of all seaway jobs are connected to the Port of Hamilton.

A side note for trivia buffs the first woman to captain the ship that opens a Seaway season was Lillian Kluka in March 1990 aboard the Mantadoc,she was also the first female captain a ship on the great lakes and the first female to work as a marine pilot for the federal government.

Just another reason to join our folding team!

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Pastor: Rev. Peter Jurzyk

Sunday Mass: 11:00 am

Weekday Masses:

Tues: Mass at 7:00 p.m.

Wed: Mass at 8:00 a.m.

Thurs: adoration and
 opportunity for confession
 6:15 p.m. and Mass 7:00
 p.m.

Fri: Mass at 8:00 a.m.

*please check our website to confirm weekly
 mass times*

Phone: 905-529-3921

Call the parish office to book an
 appointment with the priest, book a home
 visit for the sick, inquire about sacraments,
 and for hall rentals.

email:

stlawrencehamilton@hamiltondiocese.com

facebook.com/stlawrencehamilton/

www.stlawrencehamilton.ca

Office Hours:

Mon 9am-1pm

Tues 9am-3pm

Wed 9am-3pm

Thurs 9am-3pm

Fri 9am-1pm

Call the office for hall rental information or
 visit the hall rental page on our website
<http://stlawrencehamilton.ca/hall-rentals/>

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Mar 14, 2019 *Phil Myles

Mar 21, 2019 *Paul Larabie

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Mar 28, 2019 *Big John & the Night
 Trippers

April 13, 2019

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SUNDAY MORNING SERVICE
BENNETTO SCHOOL 10:00AM

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Hughson Street Baptist Church has been a
 part of the North End since 1887. Each Sun-
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 with music, and relevant teaching from the
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 week we have several Youth centered pro-
 grams and our Coffee's On drop-in on Fri-
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BENNETTO COMMUNITY CENTRE

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

MARCH 2019

MARCH BREAK FUN!

What are you doing during the week of
March Break (March 11 – March 17)?

In the Pool

We are offering afternoon Leisure Swims in addition
to our regular evening swims at the following times:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym (13-17yrs) 7:30-8:30pm	Book Mobile 2:30-4:30pm	Open Gym (Parent and Tot) 11:00am-12:00pm FREE	Book Mobile 6:00-8:00pm	Open Gym (Family) 5:30-6:30pm	Open Gym (Family) 12:00-1:00pm
		Open Gym (6-12yrs) 12:00-2:00pm		Open Gym (6-12yrs) 6:30-8:00pm	Open Gym (6-12yrs) 1:15-2:15pm
		Open Gym (13-17yrs) 7:30-8:30pm			Open Gym (13-17yrs) 2:30-3:30pm

Closed Sunday

Registration Date: Friday, March 16 at 7:00am
Ways to Register:

1. Online Registration (quick and easy method) – City of Hamilton <https://rec.hamilton.ca> Be sure to obtain your Username and Password online or in-person at your local recreation centre prior to registration day.
2. Drop-off Registration (randomly processed) – Forms and payment must be received before closing on Thursday, March 8. Any forms submitted after this date will be marked “late” and processed on Friday, March 16 after 9:00am.
3. You can register in-person on Friday, March 16 after 9:00am.



JOIN OUR TEAM!!

The Board of Directors is looking for an eager volunteer to bring new ideas and skills to the table.

Now in our 48th year, The Breezes is looking to put some new wind in our sails that will lead us forward. New technology! New ideas! More community events! New volunteers! YOU can be part of that team!

Email office@northendbreezes.com



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CALLING ALL NORTH END SENIORS!

Everyone is welcome to come and warm up at the Senior's Diners Club every Tuesday, 12-2

The coffee is on.

The homemade hot lunch is always delicious.

The Friendships are filled with warmth and care.

The activities are fun.

We would love to meet you!



Questions: Call Ruth @ 905-525-5824

Looking for something to do?

Consider joining the Volunteer Team at NEW HORIZONS THRIFT STORE!
520 James Street North

The hidden gem of the North End.

A great way to make friends, contribute to your local community space, and at the same time build your resume.

We are looking for people to volunteer Monday thru Saturday

Connect with Amanda to get the conversation started:
amanda@welcomeinn.ca or 905-525-5824

Feel good about your purchases, all the proceeds fund the Welcome Inn Community Centre programs

The Welcome Inn Food Bank supplies our North end community with 3 days of food, every 30 days.

We are in need of the following items:
Any canned goods, pasta sauce, peanut butter, cooking oil and personal hygiene products.
Every donation goes a long way!

WELCOME INN COMMUNITY CENTRE
40 Wood St E | 905-525-5824 | info@welcomeinn.ca

SPRING IS: REFRESH, REVIEW, RETIREMENT

SUBMITTED BY MICHELLE FERARRA

In Spring, those thinking about real estate may be looking at Retirement Homes. Retirement homes are typically very busy in early Spring-people do the research and leg work to be ready to move sometime between Spring and Fall so as to be settled before holidays and winter weather. Few looking are the groovy boomer-type retirees-today most are over 80, many with cognitive decline and multiple medical and mobility challenges-and it is typically family members-specifically the women of a family, who do the research. Fees at the lovely 'hotel type homes' are 75-100K/year which only well to do folk can handle-and even they balk at the increasing bill as their needs change. Do your parents live the Town and Country lifestyle now? If not think twice about the need for a salt water pool and a Red Seal chef- many people find the atmosphere intimidating. The most practical and inviting homes are warm and welcoming, non-pretentious, serve home style food, and welcome family members at any time. Hallmarks are: they are not nicker and dimming the retirees for every little thing, the staff are mostly long term, and there is an easy atmosphere. If the premise that 'the home' becomes your 3rd age family, then 'family should be the place where you can be your most complete self'-because today's better homes accept that everyone is different and in old age we are more accepting of individuality. Good luck with your search this Spring!

CHHA MEETING

Canadian HARD of HEARING Association's (CHHA) meeting on March 28th, 7 – 9 pm.

CHHA is a non-profit organization, and the only support group for people with hearing loss in southern Ontario.

Guest Speaker: Kendra DiBacco, Audiologist – The Brain and Hearing Loss!

Location: The South Gate Church, 120 Clarendon Ave., Hamilton L9A 3A5 (rear entrance door & parking lot accessed from Terrace Dr.)

Registration & info:

chhahamilton2@gmail.com or 905-575-4964

Charge: Non-members \$5.00

Note Taking & Infra-red system available

ALL ARE WELCOME!

THE JOHN STREET BRIDGE

PROVIDED THROUGH COLLABORATION WITH FRANK ROCCHI AND BRIAN ROULSTON

The demolition of the John St. North Bridge located between Murray St. East and Strachan St. East is now underway. In its place a new one will be built and traffic is expected to start using the new bridge on September 25, 2019. The present bridge, a precast concrete slab with 8 spans, has been in place over the present CN Rail Lines since 1928. John Street formerly known as Mountain Road or Mountain Street was one of the original native trails leading to the lake. The police commissioner of the time officially named the street John Street after the name was chosen by George Hamilton (a city founder) in 1837 in honour of a family of early settlers to the area.



The demolition and proposed construction will create a huge detour for the entire city and impact on The North End. The John Street Bridge is a major thoroughfare but if we want progress, it needs to happen. The new construction will mean that we will have all day GO service to Hamilton and down to Niagara Falls and it will accommodate taller GO double decker passenger cars for commuters and tourists. The closure will also affect our HSR service and that will in turn affect our transit to events like SuperCrawl.

That stretch of road has had several initiatives put in place over the past two years; bike lanes and stop signs, and these on a bridge scheduled for demolition. Some people are asking "why?"

These photos show the central span but there are more to the north which will need to come down. The entire bridge is going to be replaced. Those photos only show the central spans. The bridge is currently scheduled to reopen September 25th, 2019. However, the reconstruction of the Bay St Bridge might serve as a timeline for a more realistic schedule.

We'd like to hear your comments and invite you to voice your concerns and opinions at office@northendbreezes.com. Watch the upcoming issues of The Breezes for updates as they happen.

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 or on our website:

www.northendbreezes.com

Published by:

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Add Social Media Technical Support and Website: Marie Mushing

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 or call 289-933-4810.

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

MARCH EVENTS

March is Here! Not much longer until it’s REALLY Spring. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
SA 2	3	Gnomeo and Juliet (Family Movies)	Central Library
SU 3	10 -4	Westfield Village Maple Syrup Festival Learn and taste. Pancake Breakfast available to purchase. Runs Every Sunday in March. Tix @ http://westfieldheritage.ca/qsot-event/admission/2018-08-31_216am/ or at gate.	Westfield Heritage Village, 1049 Kirkwall Rd.
TU 5	Noon	Tuesday Diners Club for Seniors A hot lunch followed by entertainment. Suggested donation \$3.50	Welcome Inn
FR 8		Art Crawl	James St. North
SA 9	3	Box Trolls (Family Movies)	Central Library
MO 11	10:30	Metis Storytelling with Metis Nation of Ontario (ages 8-12)	Central Library
	2	Bubbleology (ages 4-12)	Central Library
	4	Make Art for Teens (Ages 12-18)	Central Library
TU 12	Noon	Tuesday Diner Tuesday Diners Club for Seniors A hot lunch followed by entertainment. Suggested donation \$3.50	Welcome Inn
	2:30	Paper Bag Puppets (Ages 4-12)	Central Library
	3:30	Teen Hub Zone (Ages 12-18)	Central Library
WE 13	10:30	Little Artists (Ages birth to 4)	Central Library
	4	Imagination Stations (Ages 4-12)	Central Library
13 -14	10 - 4	Westfield Village Maple Syrup Festival Learn and taste. Pancake Breakfast available to purchase. Runs Every Sunday in March. Tix @ http://westfieldheritage.ca/qsot-event/admission/2018-08-31_216am/ or at gate	Westfield Heritage Village, 1049 Kirkwall Rd.
13 - 17		Disney on Ice For details and Tix http://www.coreentertainment.ca/events/detail/doi19	First Ontario Centre
TH 14	3	Movie: Madagascar	Central Library
FR 15	3	Storytelling with Lego (Ages 4-12)	Central Library
SA 16	10	Digital Special Effects for Teens (Ages 12-18) – please register online or contact Central to register beginning Feb 19	Central Library
	3	Movie: Madagascar 2	Central Library
SU 17		St. Patrick’s Day Get Your Green On!	
Tu 19	Noon	Tuesday Diners Club for Seniors A hot lunch followed by entertainment. Suggested donation \$3.50	Welcome Inn
TU 26	Noon	Tuesday Diners Club for Seniors A hot lunch followed by entertainment. Suggested donation \$3.50	Welcome Inn
SA 30	3	Despicable Me (Family Movies)	Central Library
SU 31	9:30 -	Round the Bay Road Race 2019 Starts at Bay & York – down James to Guise, past Eastwood Park to Burlington. Come out and cheer the runners through our neighbourhood. www.bayrace.com	

Have a neighbourhood event to list? Send to events@northendbreezes.com by the 12th of the previous month.

HELP WITH APPLICATIONS

SUBMITTED BY BOB WOOD

It seems that March is a month for filling in forms. The Hamilton Community Legal Clinic (HCLC) and community partners have organized several events in March. These events are designed to assist community members in completing various applications. Following are details:

Ontario Disability Support Program (ODSP) Sign-Up Clinics

The Ontario government is changing the definition of Disability. The government has yet to say exactly what the new ODSP definition of disability will be. They have said, however, that they want it to “align with federal guidelines”. The federal benefit program definitions are much more restrictive than the current ODSP definition. It is important that anyone who qualifies now should apply before these changes occur.

In Hamilton, specially designed Sign-Up clinics have been set up on two dates. The dates are:

Thursday March 14th and Thursday March 28th at 12:00-3:30 PM at the First Pilgrim United Church, 200 Main St. East.

Those attending should bring an ODSP Application from an Ontario Works Caseworker and their Ontario Health Card.

For more Info contact hamilton.cawdb@gmail.com or phone 905.526.9055.

Those who aren't sure if they are eligible can check <https://www.mcsc.gov.on.ca/en/mcsc/programs/social/2018Updates.aspx> for more information on ODSP.

The Sign-Up clinics are sponsored by the Campaign for Adequate Welfare & Disability Benefits, the Shelter Health Network, Health Providers Against Poverty and HCLC.

Surviving the 60's Scoop

Readers will be aware that in the sixties there was a mass removal of Aboriginal children from their families into the child welfare system. In most cases, these removals were without the consent of families or bands.

In 2017, the Canadian government reached an agreement with survivors of the Sixties Scoop. Minister of Crown-Indigenous Affairs, Carolyn Bennett, said at the time that the agreement will “begin to right the wrongs” caused by forcibly removing Indigenous children from their birth families.

Survivors of the Sixties Scoop can now apply for compensation under the federal government's settlement agreement. People who are eligible may receive up to \$50,000 in compensation. We have assembled a team of community professional to help with filing of the Settlement forms. The session is organized by the Hamilton Regional Indian Centre, Legal Aid Ontario and HCLC. It runs Tuesday March 19th from 1:00 – 2:00 p.m. at the Hamilton Regional Indian Centre, 34 Ottawa Street North.

TRANS ID Clinic

Those who are Trans, Non-Binary or Gender Diverse and need support changing their legal name or gender marker, may want to attend a Drop-in on Saturday March 23rd.

The Drop-in takes place at HCLC (100 Main Street East, Suite 203) from 12-2 p.m. More info is available from Mela at pothier@nhchc.ca or 905-523-6611 (extension 2022.)

The ID clinic is sponsored by the North Hamilton Community Health Centre, Pro Bono Students Canada, the Hamilton Trans Health Coalition and HCLC.

Bob Wood is a Community Worker at the Hamilton Community Legal Clinic.

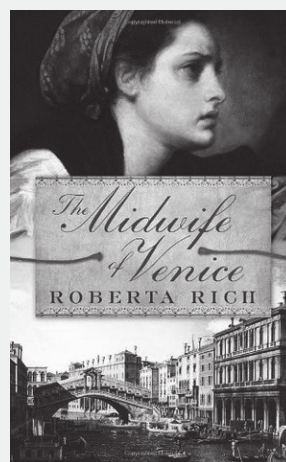


BOOK CLUB CORNER

SUBMITTED BY KIT DARLING

At our February meeting we discussed **The Midwife of Venice** by **Roberta Rich**. Set in 16th Century Venice, the story tells of Hannah Levi, a renowned midwife. As a Jew, she is forbidden on pain of torture and death to practice on Christians. She is begged by a Venetian nobleman to save his wife, dying in childbirth. The large sum of money, as much as her compassion, tempts her to assist. The money could free her husband, enslaved by the Knights of Malta.

Themes of religious persecution, family relationships, sexism and the effects of the plague were discussed. All enjoyed the book, a light read for wintry weather.



And here is a recommended read 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 to reserve a copy.

Deafening by Frances Itani. Itani's first novel is a tour de force. Set between two worlds, that of Grania O'Neill, left deaf by a bout of scarlet fever as a young child and the experiences of her husband Jim Lloyd, with the Canadian forces as a stretcher bearer in France and Belgium in the 1st World War this beautiful novel contrasts the silence of Grania's world with the noise and stench of the trenches. Grania's family runs a hotel in Deseronto, Ontario on the shores of the Bay of Quinte. At the age of 9 she is sent by her family to attend school at the Belleville School for the Deaf. Here she learns to lip read and translate what she sees to speech, as well as sign language. It is here that she meets Jim, who is assisting the local GP. Despite the fact that he is hearing and she is not, they fall in love and marry. The scenes set in the battle fields are grueling, so realistic that you can almost smell the stench of artillery and death and hear the overwhelming noise of war. An excellent read.

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.

Garden Shortcuts

SUBMITTED BY CANDY VENNING, VENNI GARDENS

This spring I will have a wonderful new dilemma; what to do with a completely blank slate of a garden, my own.

For two years we rebuilt a downtown heritage property from the foundations up, as a result we have no garden whatsoever. A few big existing trees a fence and a pergola but no grass or plants. Over the years I've learned a few ways to fill in a garden as quickly as possible while staying on a tight budget – here are a few of my favourite garden 'shortcuts'.

1) Divide existing perennials. Fortunately I have access to my old garden and a few good friends with an abundance of interesting and hardy varieties of perennials and groundcovers. Big blue Hostas are an excellent and slug hardy space filler in the shady corners as well as colourful foliage annuals like Coleus.

2) Use easy to grow annual seeds for quick results – Nigella, Sweetpea, Double Cosmos, Verbena bonariensis, Alyssum, Marigolds, Borage, Zinnia and a favourite for its incredible fragrance, Nicotiana. The only perennial I generally seed is Aquilegia canadensis. I'm impatient with seeds but all of these seem to take root easily in sunny spots even if they're quite dry.

3) Use the best compost and manure & finish with mulch. We collected lots of leaves last fall, shredded them and piled them up so I'll be using that as combination compost and mulch for areas that have divided perennials (but not on seeded areas as I don't want to suffocate the little sprouts)

4) Pots – I have a few large planters to fill so I'll be buying reliable annuals for them and grouping them together at key sightlines. (near the back door, at the pergola posts, empty planting beds) Preferred annuals for value and longevity: Ivy leaf geraniums, Sweet Potato Vine, Plectranthus 'Mona Lavender' and my secret weapon of awesomeness is Calocasia. This mighty leafy creature is known as 'Elephant ears' for a reason, sold as baseball sized bare bulb at garden centres that gets truly huge in a season. Canna lily can get equally huge, be dug up and replanted each spring & hummingbirds are attracted to the red tubular flowers

5) Perennials. I have my 'hit list' but as I say I'm working on a budget so certain varieties I'll try and grow from seed (Eryngium, Rattlesnake Master, Echinops) or wait until next year. A few that won't wait because I want to establish them as early as possible to let them settle; Tree Peony, Pulmonaria, Foxglove, Climbing Hydrangea, climbing Rose and assorted Clematis.

6) Pergola. Although we already have the structure to provide some shade we don't have any climbing plants to provide the rest. I'll definitely be purchasing Clematis like 'Polish Star', 'Niobe', 'Montana' or 'The President', fragrant Honeysuckle and perhaps a 'Dutchman's pipe' as well. My shortcut to really get things moving at a swift pace is to plant a few fast climbing annuals like purple beans, scarlet runner beans, Sweet peas, cucumber and Cucamelon. (if I can find it) Although they produce edible fruit – they'll also grow very quickly in our short season and are low commitment as they're annuals.

The garden is my 'Happy place' so I'm looking forward to the flowers but also because I've chosen pollinator friendly plants, the bees, butterflies and birds that will enjoy it with me.




North Hamilton

Community Health Centre

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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
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You will get:

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Health Connections **905-546-3550**



www.hamilton.ca/PrenatalGroups



/HealthyFamiliesHamilton



Hamilton
Public Health Services



Funding provided in part by the Public Health Agency of Canada

What's Cooking in the North End?



Old Fashioned Quebec Pea Soup

Cheap, filling and full of fibre as well as a good source of potassium, iron and protein – and it's tasty as well. This recipe makes 4 servings but can be easily doubled and the extra frozen in serving size containers. (Like having money in the bank!)

- 1 cup Dried yellow soup peas or split peas
 - 5 cups Water
 - 1 Ham bone or ¼ lb. (125 g) ham, chopped. (I use ends of smoked ham from the deli.)
Optional. To reduce sodium omit the ham.
 - 2 – 3 Medium onions, chopped
 - 1 – 2 Medium carrots, chopped
 - 1 Stalk of celery (including leaves) , chopped
 - ½ tsp. Summer savory
 - 1 Bay leaf
 - Salt and pepper to taste
1. Rinse the peas and combine with water in a large pot. Add all ingredients except salt and pepper.
 2. Bring to a boil and skim off any scum.
 3. Cover and simmer for 2 or 3 hours or until peas have softened and soup is thickened.
 4. Season with salt and pepper to taste. Discard bay leaf and ham bone if used.

From *Lighthearted Everyday Cooking* by Anne Lindsay

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

Send your upcoming events to events@northendbreezes.com to be included in our monthly calendar and on our website: www.northendbreezes.com

NEW 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

NEW: Personal Support Worker wanted part-time alternate Saturday mornings from 9:30 AM to 1 PM. Job includes personal care, meal preparation and using a mechanical lift. \$17.50 per hour. Also looking for someone to help with supper meal once or twice a week for 1 to 1 1/2 hours. You do not need to be a personal support worker for this supper hour. \$17.50 per hour. Please send resume to lstoeten17@gmail.com or call 905-528-6159 after 10 AM. Located near the Bayfront Park on a bus route.

Looking for a Board Member to join the North End Breezes. If you have a passion for The North End, technical and organizational skills and would like to contribute to our monthly publication, please send your resume to office@northendbreezes.com

Be a driving force in your community! Drivers are needed to provide transportation for seniors to get to medical appointments. Flexible schedule and mileage reimbursement. Please call 905-529-0700 or email voncsshamilton@von.ca

Hamilton – Let's Do Lunch!! Drivers and servers are required to help deliver meals to elderly and/or disabled clients. Drivers are reimbursed for their mileage. Stoney Creek and Downtown routes available. Just a couple of hours over lunch time are needed. Please call 905-529-0700 or email voncsshamilton@von.ca

Hospice Volunteer Visiting– VON Hamilton is looking for caring, sensitive volunteers to visit and support people with a life-threatening illness through the end of life journey. Visits are a couple of hours per week. To join our compassionate team of volunteers call 905-529-0700 or email voncsshamilton@von.ca

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 voncsshamilton@von.ca to showcase your green thumb.

Part-time Dispatcher; Looking for a mature adult to answer phone and dispatch orders to drivers, Weekends only to start Saturday evenings and Sunday afternoon. Looking for some local here in the North End. As we are in walking distance. Training provided and after training you can work out of your own home. Please call 905-921-9339 ask for Pearl

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 if you are interested or have any questions.

FREE public talk! 'Letting Go of Anxiety' An evening of practical advice and wisdom, with renown Buddhist monk Gen-la Kelsang Khyenrab. 7 pm, Wednesday Nov 7, 2018. Hamilton Public Library, 55 York Blvd. Seating limited, please arrive early. Contact Ron Cook at teacher@meditationinhamilton.org or call 905-526-7674

Suites Available: Office space 1258sq ft, utilities included \$1300/month. Secure building located central Hamilton. rebekah@hamiltondreamcenter.ca

Daytime Volunteers needed at The Hamilton Dream Center Tuesdays and Thursdays, various tasks mostly Food Pantry and Clothing Room related. Some admin tasks as well. rebekah@hamiltondreamcenter.ca

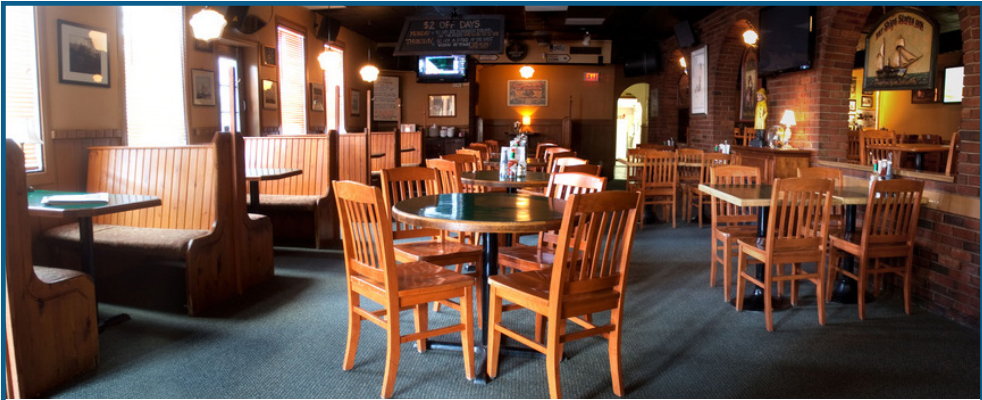
VOLUNTEERS NEEDED!!!

Moving forward, The Breezes is looking at new ways to stay afloat! A solid base of volunteers to deliver to our residents in certain areas, contacts to deliver door to door in apartments and a wider network of drop stations and maybe we'll narrow down our distribution area. It's all in the works and depends on you.

Do you walk around your neighbourhood? Pick up your kids at school or walk your dog? If you want to meet your neighbours and learn about your community, we need you!

Please email office@northendbreezes.com





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ST PATRICK'S DAY
Sunday March 17th

IRISH FARE
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Corned Beef and Cabbage
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Pints of Murphy's Irish Stout
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MARCH MADNESS
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Who will be this years Cinderella team?

DRINK FEATURE
IRISH MONK COFFEE
Baileys, Frangelico and fresh brewed coffee topped with whipped cream.

TUESDAY FEATURE
Bacon wrapped meatloaf topped with our homemade gravy and crispy onions served with garlic mashed potatoes and fresh vegetables.

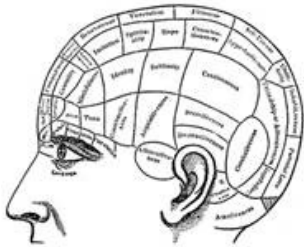
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Letters to the Editor

This is what people are saying about North End Breezes:
"Great group of engaged Hamiltonians keeping their neighbours informed on local activities" and
"The North End Breezes conveys the spirit of the North End community best".
Visit our facebook page North End Breezes <https://www.facebook.com/northendbreezes/> and tell us what you think. The Breezes is YOUR paper! Help us spread the news you want to hear. Email office@northendbreezes.com



The BRAIN And HEARING LOSS

Thursday March 28th, 2019
7:00pm to 9:00pm

The South Gate Church
120 Clarendon Avenue, Hamilton L9A 3A5

**PLEASE
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