

APRILY 2019 | VOLUME 24 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

UNDER CONSTRUCTION: NENA CREATES A PLANNING COMMITTEE



They say most people don't pay attention to planning until the bulldozer is next door. Well, if you've glanced southward up John Street recently you've likely seen a large excavator working away, piling up chunks of concrete and steel. Did you know this was being planned? Do you know what the new bridge will look like? Will it be taller or have safer sightlines than the old bridge? Do we need a bridge crossing at John Street?

If your answer is no or I'm not sure, do you want answers or more information?

The truth is some people have been paying attention and asking questions over the years. Long before nearby property owners received notice that work was about to commence in January of this year, people involved with the North End Neighbourhood Association (NENA) had been asking for updates on the status of the John Street Bridge and CN's plans to demolish and rebuild it.

Why? Because bridges are important pieces of infrastructure and serve as entrance and exit points to the North End. They also influence the nature and volume of traffic on neighbourhood streets. Before all-way stops were installed last fall, the intersection at John and Strachan was dangerous for drivers, cyclists, and pedestrians. Cars travelling northbound came down the John Street Bridge at high-speed, only slowing when they reached Simcoe Street.

Given the design of the new bridge will shape how traffic flows into this part of the North End, shouldn't there have been at least one meeting held to consult with interested

residents before plans for the demolition and rebuild of the John Street bridge were finalized?

Similarly, you may have noticed many boarded-up windows while passing by the Jamesville townhouses, particularly along Strachan. For several years now, Jamesville has slowly been emptied of residents as plans for its redevelopment have percolated.

In May 2017, a RFEIOI (request for expression of interest) was launched by CityHousing Hamilton, the City's social housing agency, to seek development concepts and project partners to transform Jamesville into a mixed-income community.

The future of the site will be determined by an RFP (request for proposals) process that was to commence early this year. Details have not been made publicly available, but there are currently 91 townhouses on the site and the Hamilton Spectator reported in February that up to 650

housing units could be included in the redevelopment.

There are also at least two other development projects currently in the planning process for James Street North, and one—the Hughson Street Baptist/Indwell supportive housing project at Picton—under construction. And south of the rail corridor, adjacent to the new West Harbour GO station, there are two 10+ storey development projects in the planning approval process. One of them was recently denied approval by City Council and has been appealed by the developer to the Local Planning Appeal Tribunal (LPAT), which replaced the Ontario Municipal Board (OMB) in 2017. Planning Staff recommended against approval on the basis the proposed development was too large for its site.

Finally, after an RFP process similar to what will unfold for Jamesville, last summer City Council selected the development consortium Waterfront Shores as the preferred proponent for the redevelopment of Pier 8. Plans to redevelop the West Harbour waterfront along the western and northern rim of the North End go back decades, with the most recent iteration having been determined during the Setting Sail planning process in 2004-05. Current plans are focused on redevelopment of the Piers 6-8 area that stretches between the Royal Hamilton Yacht Club and HMS Haida, with the end result being an Urban Waterfront Neighbourhood that includes a mixed-used development on Pier 8 and commercial village on Piers 6-7.

Zoning changes, under appeal at the LPAT, would permit over 1600 new residential units and more than 200,000 square feet of commercial floor space on these lands. To consider these numbers in proper context: the Marina Towers at the end of John Street North contain about 250 housing units, while the plaza at the corner of James and Burlington contains approximately 13,000 square feet of commercial floor space.

STORY CONTINUED ON PAGE 7

Jason Farr
Councillor, Ward 2 - Downtown
ALWAYS ENGAGING
71 Main Street West
Hamilton, ON L8P 4Y5
Telephone: 905-546-2711
Fax: 905-546-2535
E-mail: jason.farr@hamilton.ca
www.jasonfarr.com

dedicated to the core

We are here to help you!

Andrea Horwath
MPP Hamilton Centre

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

WALKABOUT COMMUNITY

SUBMITTED BY KEN HIRTER



This month’s Walkabout found me sitting down and having an insightful and wonderful conversation with an amazing couple. Theirs is a love story; a story of “COURAGE, STRENGTH & HOPE” in stroke survival tales that is inspiring.

They are the advocates and the face of many stroke survivors living to tell their own stories in their own words.

This month’s Profile of People making a Difference within our Community are Jeff & Jennifer Wolfenden; a love story of survival, support and team work, Surviving Through Stroke.

Jeff & Jennifer Wolfenden are two faces of stroke survivors. Jeff was 36 when he suffered a heart attack which was his wake up call. Then at the age of 41 Jeff suffered a massive brain stem “both sides” stroke and almost died. He was given his last rites on March 17th 2006.

Jennifer was in peak physical condition and was felled by a right brain stem side stroke on March 26th 2006 and like Jeff she too was only 41. I asked them both what it was like to have had a stroke. “It’s like a kick in the pants and the stroke was the push off the cliff”.

It was “A Stroke of Luck” when Jennifer entered the March of Dimes Canada Young Stroke Survivors Group where she met Jeff who is both president & founder of the support group. They fell in love and married in 2011. “Jeff and I thank God for allowing us to live here in the North End. We feel very blessed”.

The Journey & Story continues.....

I asked their take & views on both having a stroke & being that of stroke survivors: Both agree that “We are a Community in Stress”, “Stroke does not Discriminate” and there are “Stress and stressors” in life. Jeff’s Motto in Life: “I’d rather be appreciative and grateful for what is, rather than be bitter for what isn’t”

Jennifer’s Motto in Life: “Live life without regrets”

“Love is patient, love is kind. {Bible: 1 Corinthians 13:4}

Their mission is to continue Stroke Advocacy until everyone looks and feels better than us”. A Recommended Book Read: My Stroke of Insight Brain Scientist’s Personal Journey by: Jill Boite Taylor P.h.D.

Jeff and Jennifer hold a few causes and events nearest and dearest to their heart.

- Strides for the General Hospital 2019 - HAMILTON HEALTH SCIENCES FOUNDATION raising money for Imaging equipment. <https://hamiltonhealth.ca / strides-for-the-general/>
- Hamilton Young Stroke Support Group ages 19-75+ to attend in association with the -HAMILTON March of Dimes Canada. [https:// www.marchofdimes.ca > SRC](https://www.marchofdimes.ca > SRC) [https:// afterstroke.marchofdimes.ca](https://afterstroke.marchofdimes.ca)

Paint & Pizza Night:

Wednesday April 03rd at 6pm at the Beasley Community Center

{Always looking for Donations & Volunteers-ALL ARE WELCOME}

SAVE THE DATE: “STRIDES FOR THE GENERAL, When: Sunday September 14th 2019

Where: Bayfront Park Hamilton

I look forward to participating and covering this 5K/10K Run/Walk Event that culminates in a celebration of live music, lunch and other fun activities. Both Jeff & Jennifer were STRIDES AMBASSADORS here in Hamilton for 2018. Also this fall Jeff & Jennifer will be embarking on Walking for the General in Spain on their way to Santiago de Compostella their group is called

“The Wolf’s Den”

Much progress has been made within the past eight years in terms of knowledge, research and with the advent of social media pertaining to Strokes.

Please note some of the signs of having a Stroke:

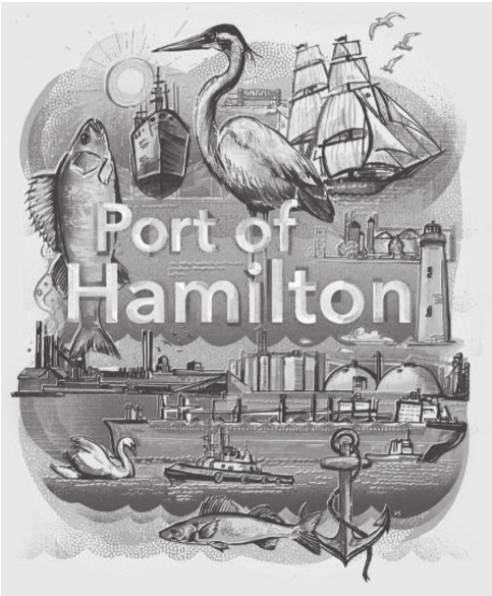
- Sudden numbness or weakness of the face, arm or leg on one side of the body.
- Sudden confusion, difficulty talking or understanding
- Sudden, severe difficulty walking, dizziness, loss of coordination or balance.

Call 911 and please seek immediate medical attention.

“Who has not been affected or know of those whom have been touched by a stroke from our family, friends & co-workers and also remembering those of the lives lost to strokes”.

Jeff would like to send a Special thanks to: Dr. Wes Oczkowski. Jennifer’s would like to thank that special Doctor for her keen eye that spotted the signs of Jennifer’s stroke at the gym and sought seeking immediate medical attention. ~she knows who she is~ thanks.

I would like to thank Jeff & Jennifer for sitting down with me and for sharing your Experience, Strength & Hope with me. Till next month take care of you and those around you.



Sharing Our Harbour

Hamilton Harbour is shared by many recreational vessels as well as over 600 commercial vessels each year. To help all users stay safe on the water, Hamilton Port Authority and Royal Hamilton Yacht Club hosted an information session for the boating community.

The session covered a number of important topics from racing and commercial traffic to the Burlington Canal Lift Bridge, and featured presentations

by the Hamilton Police Services Marine Unit, Halton Regional Police Services Marine Unit, and the Hamilton Beach Rescue Unit.

In case you missed it, here are a few tips to help you stay safe on the water:

- Recreational vessels must give way to commercial vessels
- Stay clear of commercial docks and slips
- Never pass between a tug and its tow
- If you hear a series of sharp blasts from a commercial vessel, turn away immediately, get clear and keep clear

Save The Date

HPA Annual General Meeting & Report to the Community

Thursday May 2nd 2019| 4:30 PM

Discovery Centre | 57 Discovery Drive, Hamilton

Doors Open Hamilton

Visit HPA during Doors Open Hamilton!

Saturday May 4th & Sunday May 5th 2019

Hamilton Port Operation Centre and Boat Storage Facility | 210 Hillyard St.

Visit www.hamiltonport.ca for more details on upcoming events.



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

REHABILITATION RESOURCE CENTRE

Do you know about the Rehabilitation Resource Centre? This excellent resource is located in the Rehabilitation Building behind the Hamilton General Hospital, at 300 Wellington Street N., Hamilton.

This is a wonderful place with skylights and greenery and people from all walks of life partaking of therapies and treatments...stroke injury, brain injury, Parkinson's, mobility challenged, cognitive challenged, blind, deaf-people with every kind of 'challenge' are patients or clients of the Rehab Centre. Within this building is the Rehabilitation Resource Centre which provides information, links, resources, research for every kind of assistance in our community, based on the needs and requests of the clients. Some of the info they provide includes: support groups, community links and resources, government services and benefits, info on rehabilitation programs and services and aids, independent living, prosthetic and assistive devices, transportation services. They have multi-media available: CD's, Audio-visual materials, books and pamphlets, computers for your research-and assistance to you to find what you are looking for.

They are currently available on Tuesday and Thursday from 8:30am-4:30pm and can be contacted at 905.521.2100 xt 40805 I highly recommend their services and ability to help you locate the services and support that you need!

BURLINGTON STREET

SUBMITTED BY BRIAN ROULSTON

For about 5.3 km.(8.5 miles.) one of the oldest and busiest streets in Hamilton stretches along the south shore of Lake Ontario and is a vital link to the manufacturing sector of Hamilton. This street, initially named Industrial Street, started at the foot of Bay St. North prior to World War-II. After the war the name was changed to Burlington Street, presumably because of it's proximity to Burlington Bay. By the way, Since 1919 Burlington Bay as a result of a Federal Order In Council has been called Hamilton Harbour and sometimes called Hamilton Bay. The initial section today is the least traveled portion of Burlington Street until it changes to Burlington St. East at James St. North.

Until fairly recently the name Burlington Street went as far as the QEW (Queen Elizabeth Way) in Stoney Creek. In October 2016 the section of Burlington Street running from Parkdale Ave. eastward was renamed Nikola Tesla Blvd. It was named after the Serbian born, American immigrant Nikola Tesla whose invention of the Alternating Current system of hydro generators, transformers and motor system that was used to bring power from Decew Falls in Niagara to Hamilton in 1898. Hamilton became the first city in Canada to receive AC electricity and then became known as the "Electric City". The combination of hydro and the bay ushered in an era of manufacturing for Hamilton.

Manufacturers started setting up shop both along and in close proximity to Burlington Street. First there was Rolling Steel Mills and Deering Harvester (later renamed International Harvester), Westinghouse. From 1902 to 1987 Otis Elevators set up the largest single elevator plant in the world at the time within a stones throw from Burlington Street on Victoria Ave. This 350,000 sq-ft building later became a Studebaker plant. As time marched on all these aforementioned manufactures have left the Hamilton scene. The area of the Otis/Studebaker plant is currently being redeveloped into a new industrial park.

Today, anywhere from 11,000 to 16,000 vehicles a day travel up and down Burlington Street to gain access to manufacturers and businesses such as every North Enders favorite donut place Grandad's. Head eastward and you will see Collective Arts Brewing. Grain trucks load and off load ships right next door and just a short hop down the street there is the Shell fuel storage facility. Across the street is Bunge Canada is Canada's largest canola processor. If you want to try some delicious meat pies check out Hamilton Meat Pies located a little further down the street on the left. Keep going and you will see Stelco and Arcelor-Mittal who both still have big presence along Burlington Street. Other oldies along this roadway are National Steel Car and Jervis B. Webb.

Even the HMCS Haida, which was once a formidable force during the second world war, docks occasionally about a block north of Burlington at Ferguson. It is a floating museum, a testament to it's glory days on the high seas during WW-II. This is your street North Enders.

HARVEY THE RESCUE DOGGIE

SUBMITTED BY MICHELLE FERRARA



Harvey the Rescue Doggie/Therapy Dog. Harvey was an abandoned doggie, born blind, rescued, and eventually trained as a therapy dog. He comes to LongTermCare and Retirement Homes to love and give happiness to the elderly-he is a beautiful chow with a purple tongue and a loving gentle spirit-look at the picture-he is smiling! He lays his head in the lap of the oldsters or lets them pet him and give him a treat and is so happy to see everyone (including me-biggest sap ever, I cry every time he comes over). He has provided many people with loving tender moments and both residents and families appreciate this-to the point that some remark about the happiness he has brought to their loved ones especially in their last days, and actually mention this at their funerals! Harvey and his owner Cathy are truly, 'angels among us' and we thank them from the bottom of our hearts for a pet and a paw to cheer us!

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

February 2nd, 16th

March 2nd, 16th, 30th

905-523-0584
496 James St N,
Hamilton, ON
L8L 1J1

REMEMBERING GOOD
FRIDAY
APRIL 19 | 10:30 AM

Easter
AT HUGHSON
SUNDAY, APRIL 21

BREAKFAST 8:45-9:30 AM | SERVICE 10:00 AM
featuring Special Music by the Hughson Choir

HUGHSON STREET
BAPTIST CHURCH

@ BENNETTO SCHOOL | 47 Simcoe St. E.

www.hughson.ca | office@hughson.ca

ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

The other day while shopping for books at New Horizons Thrift Store (they cheerfully accept donations of unwanted goods, clothing and yes...books) located at 520 James Street North, I ran into Gary Santucci of The Pearl Company. I am happy to report that there are no changes to their programming. Live events are still an integral part of their scheduling. The Pearl Company performance and art space is located at 16 Steven Street www.thepearlcompany.ca (905) 524-0606.

The long running Ale House Night Jam Night hosted by Boom Babiez aka Benny and Bruno Farrugia and Eric Bower has wrapped up.

Two local alternatives: Steve Collett hosts an open mic night 9pm Fridays at Dunas Verdes 253 James Street North and Dano Ciavarella hosts a Tuesday night open mic 7-9:30pm at Culantro Peruvian Cookery (formerly Zum Linzer) located at 537 Main Street East.

Every other Sunday starting March 17th, DJ Dan Rivero of Osito fame and Artist extraordinaire Julie Fazooli hosts Overtime: Night Lounge & Dance Party 9pm at Shaolin Underground 229 James Street N. and you will be happy to know there is no cover charge at this event.

With the warmer temperatures approaching, why not spend some time at a local gallery viewing some of the amazing art currently showing? (I do recommend a visit to their website or a quick call for gallery times before heading over).

Gallery on the Bay | www.galleryonthebay.ca
231 Bay Street South (905) 540-8532

Earl's Court | www.earlscourtgallery.com
215 Ottawa Street North (905) 527-6685

Art in the Workplace | www.artintheworkplace.ca
175 Longwood Road South (905) 667-5500

Centre3 | www.centre3.com
173 James Street North (905) 524-5084

You Me Gallery | www.youmegallery.com
330 James Street North (905) 523-7754

Hamilton Conservatory for the Arts | www.HCAArts.ca
126 James Street South (905) 528-4020

Hamilton Artists inc. | www.theinc.ca
155 James Street North (905) 529-3355



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 grass-roots arts & music scene, her main agenda is helping and supporting others build momentum to get to the next level.

Photo credit: Vern White

Just another reason to join our folding team!

Coffee & Donuts supplied by:

GRANDAD'S DONUTS
Hamilton, ON L8L 1J7
289-700-0905

Support our supporters!



RAIN BARREL
AND PLANT
SALE

ORDER RAIN BARRELS ONLINE
AT: rainbarrel.ca/northendbreezes

Pick up your Rain Barrel or Buy
your Garden Plants May 11th!



IN SUPPORT
OF YOUR
NORTH END
NEWSPAPER

RAIN BARREL
PICK UP &
PLANT SALE
SATURDAY
MAY 11
468 JAMES
@PICKTON
9AM-1PM

PLANTS
FOR SALE!
GET YOUR
GARDEN READY!

ONLY \$55

ORDER
ONLINE
BEFORE
MAY 1, 2019



Canadian Hard of Hearing Association
Association des malentendants canadiens

Hamilton Branch
chhahamilton2@gmail.com

www.chha-hamilton.ca
Charitable Reg. No. 89647 8419 RR0001



All roads lead to
the HAMILTON
HEARING &
HEALTH FAIR

Thursday, May 23, 10 am to 12 pm

- ONE PLACE for hearing health information for YOU
- Take advantage to chat with the experts.
- Obtain information on latest hearing aids and assistive listening devices.
- Free hearing screenings
- Mingle with other hard of hearing people; hear how they cope
- Prizes
- Refreshments, Free parking

- WHERE: The South Gate Church, 120 Clarendon Ave., Hamilton, L9A 3A5
- * Questions: chhahamilton2@gmail.com or 905-575-4964
- Join us to celebrate MAY is Hearing Awareness Month!



www.chha-hamilton.ca



St. Lawrence the Martyr Parish
'where faith builds community'

125 Picton Street East,
 Hamilton, ON L8L 0C5

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/>

HER MAJESTY'S ARMY & NAVY

96 Macnab St N, Hamilton

905-527-1000

"Your Neighbourhood Place for FUN"

Open for Business ~ Drop In!



DON'T DUCK OUT!

COME & ENJOY!

Entertainment 3:00 – 7:00 pm
 Bring your dancing shoes, kick up your
 heels and have a great time!

Apr 4, 2019 *Lionel Bernard

Apr 11, 2019 *Randy Thomas

Apr 18, 2019 *Tim Hubert

Apr 25, 2019 *Blue Diamonds

April 13, 2019

Ham & Turkey Roll, Penny Sale,
 Crown and Anchor



Open Saturdays

2:00 pm to close

KARAOKE
EVERY SATURDAY!
4pm – 8pm

WE HAVE LOTS TO OFFER!

The best bar tenders.

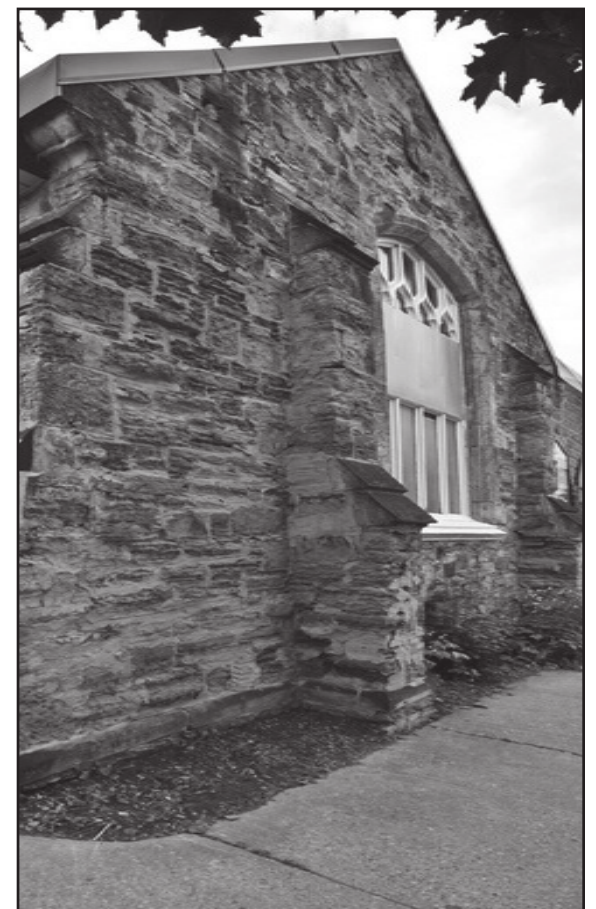
Great members and friends you have not met
 yet

Join us for euchre every Tuesday 1:00 – 3:00pm.

Darts ~ open house on Saturdays. 6 boards
 available

**WE ARE CLOSED SUNDAYS, BUT IT IS
 NEGOTIABLE**

Call 905-527-1000



**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 Sun-
 day 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 pro-
 grams and our Coffee's On drop-in on Fri-
 day mornings. Give us a call, or check the
 website for details: www.hughson.ca

BENNETTO COMMUNITY CENTRE

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

APRIL 2019
It is SPRING! HURRAY IN!

Our Spring swim lessons start as of April 1st.
There are spaces still available.
Contact our front desk for registration information or
you may go online to register.

We have free Family Swims on
Mondays from 5:30pm to 6:30pm
and Fridays from 6:00pm to 7:00pm.

So come out for some FUN and EXERCISE.

**New Spring and Summer Guides are now at your
local Rec Centres for you to pick up.**

ON LAND AND IN GYM:

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-1:00pm FREE	Book Mobile 6:00-8:00pm	Open Gym (6-12yrs) 6:30-8:00pm FREE	Open Gym (Family) 12:00-2:00pm
		Open Gym (13-17yrs) 7:30-8:30pm			Open Gym (9-17yrs) 2:00-3:30pm

Last Monthly Movie Nights Before Fall

Come and watch a Family movie on the gym wall!
There will be **Popcorn** and a small low cost concession
stand for all your movie munchies!

Friday, April 26th, 2019
Friday, May 31st, 2019

Doors Open At 5:30pm. Movie Starts At 6:00pm
Cost: **FREE!!!**

Children **MUST** be accompanied by a Parent Or Guardian (18+)

SEND IN THE CLOWNS!

SUBMITTED BY MICHELLE FERRARA



May I tell you about the wonderful care clowns at Hamilton General Hospital. Since 2002 the care clown program has brought a light and laughing component to patients, family and staff. For adults-it's a welcome relief to what may be difficult or tragic circumstances. These wonderful women are dolled up as happy clowns with outfits and wigs, and they roll out the humour cart with props, singing songs and bringing cheer and a smile to everyone. Twice a week the therapeutic clown program run down the halls and into rooms bringing caring compassion, lifting everyone they encounter just a little bit. Laughter lowers stress, relaxes the body thereby releasing endorphins that make you feel happy. Laughter truly is the best medicine!



40 Wood St E | 905.525.5824 | info@welcomeinn.ca

Are you a senior who would like to connect
with friends in your neighbourhood?

We would love to meet you!
Join us on Tuesday's @ 12:00 pm for
our Seniors Diners Club.



The homemade meal is always delicious,
the laughter is plentiful, and the activities
are lots of fun.

Cost: \$4.50
Questions? Call Ruth @ 905-525-5824



As the weather gets warmer, consider trying
something new that connects you with the
neighbourhood and the great people in it.
We have several volunteer opportunities:

- New Horizons Thrift Store Assistant.
- Seniors Program Assistant. (April – June)
- Day Camp Leader (July)

Connect with Ruth to get the conversation
started.
ruth@welcomeinn.ca OR 905-525-5824

WELCOME INN COMMUNITY CENTRE
40 Wood St E | 905-525-5824 | info@welcomeinn.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. We'll
help you build a team so you can be part of the change.
It's all in the works and depends on you. A few hours of
your time at the beginning of the month can make the
difference.

Do you live in one of these areas on this map? Do
you walk around your neighbourhood? Pickup your kids at
school or walk your dog? If you want to meet your
neighbours and learn about your community, we need
your help! Please email office@northendbreezes.com

CONTINUED FROM PAGE 1 UNDER CONSTRUCTION

Add it all up and we are talking about significant change. The North End currently houses just under 5,000 people in a little over 2,000 occupied housing units. If all the development currently being planned is built, over the next decade or so we'll likely see a doubling of the number of housing units in the neighbourhood and an increase in population of about two-thirds. Whether you are in favour, opposed, or indifferent to these plans, active and informed involvement by local residents in the planning process ensures the resulting development will be better planned.

NENA indicated in recent issues of the Breezes that it was working toward forming a Planning Committee to provide an appropriate forum for planning and development issues to be identified, researched, and debated by interested North End residents, as well as give NENA a more cohesive and effective voice at City Hall.

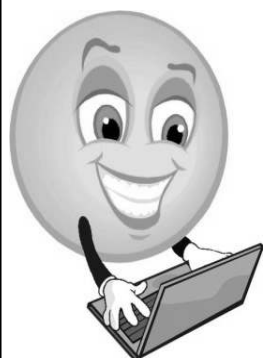
At NENA's March meeting twelve North End residents volunteered to serve on the Planning Committee with Herman Turkstra as its chair. They will start work by determining how the committee will function, including what values and priorities will guide it when reviewing and responding to proposed developments and planning changes.

The Planning Committee will regularly provide updates, and when appropriate recommendations, to NENA for the consideration of members. If you interested or concerned about development or planning related issues, including those discussed above, get involved. Reach out to NENA or come to a monthly meeting and add your voice to the mix.

NENA's next meeting will be held on April 3rd at the Bennetto Community Centre (7pm). All are welcome to attend and participate. You can also reach NENA by email (nen.president@gmail.com).

Mr. Turkstra is a North End resident and appellant, along with Harbour West Neighbours (HWN), Parish and Heimbecker Limited, and Bunge Canada in the LPAT case PL170742 (Zoning By-law Amendments and Plan of Subdivision for Pier 8). HWN, a residents' group focused on North End planning issues, is an appellant in the LPAT case PL140314 (Official Plan Amendment and Zoning By-law Amendments related to the West Harbour Recreation Master Plan and Piers 6-7).

Rob Fiedler is a North End resident who has been active with the North End Neighbourhood Association, Beasley Neighbourhood Association, and the Bennetto School's Parent Council. He is associated with Turkstra Mazza Associates and will appear as a witness for Mr. Turkstra in his appeal of the Pier 8 rezoning and plan of subdivision.



Are you tech savvy? Do you have a few hours each month to help update our website?

We are looking for a dedicated volunteer to help us keep The Breezes in the news!

Training provided. Please email us at office@northendbreezes.com

HOPE SPRINGS ETERNAL

SUBMITTED BY ROSE DIVECHA



I don't know anyone who hasn't been touched by cancer. My first encounter happened at a very young age, when my best friend at the time, had a mother fighting a brain tumor. She would eventually lose the fight leaving two young girls behind.

I was four years old when I entered their house to find this young mother lying on the couch covered in blankets, a turban-like cap upon her head. I remember thinking how stylish she looked, although I knew her to be sick. It made a lasting impression on me and the image sticks with me today. What I didn't understand as a child at the time, was the stylish wrap hid her bald head.

Fast forward forty-seven years later, and already having lost my father to cancer, it is now my mother fighting the disease. Two years in, and countless visits to Juravinski, it's not lost on me how lucky I am to still have her in my life, especially when the children of friends I have lost over the years, can't say the same. Today though, people are living longer and fighting certain types of cancer that were untreatable just a few years ago and most encouragingly, more and more people are beating the disease.

We are fortunate to have a cancer centre in our city. On many visits I've sat chatting with people who on a weekly, or daily basis, drive in from places like Hanoi or Dunnville or Welland. We are equally lucky to have the amazing doctors, nurses, technicians, therapists and countless other care providers who choose to call Hamilton home.

April is Daffodil Month, the Canadian Cancer Society's annual campaign to raise funds for cancer research and support programs for those affected by cancer. This fundraising campaign started in the 1950s when the daffodil was adopted as their national symbol of hope. After a long cold winter, the resilient daffodil with its early spring arrival, is a sign of renewal we can all relate to. Spring is coming. Support the Canadian Cancer Society's Daffodil Campaign.

WESTDALE LAW Barristers & Solicitors & Notaries Public

David R. Simpson
James R. Simpson, QC

Municipal Real Estate & Mortgages
Wills & Estates, Powers of Attorney

950 King Street West, Hamilton
(905) 527-1174 | davidsimpson@westdalelaw.com

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:

North End Breezes Board of Directors:

Paul Havercroft, Ian McDonald, Chris Pearson, Sarah Harvie, Annabel Krupp, Rose Divecha

Editorial Assistant: Kit Darling

Co-Ordinator: Brenda Duke

Layout and Design: Katie Fitzgerald

Circulation & Distribution: The Board, JoAnn Osti, Sheri Selway, Linda Robinson, Sandra Hudson

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 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

APRIL EVENTS

April is Here! And with it we celebrate How-To Month, Poetry Month, Volunteer Week (April 7 – 13), National Dance Week (April 22 – 29) and Easter. Good news, admission to Hamilton Civic Museums is now free with a Hamilton Public Library card! Make sure you have one for each member of the family. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
MO 1	4 - 5	Make Art Ages 12 - 18	Central Library 2nd Floor
TU 2	6 – 8	Movie Tuesday – Solo : A Star Wars Story	Central Library Hamilton Room
WE 3	1 – 4	Movies Bringing Back the Classics The Good, the Bad & the Ugly	Central Library Hamilton Room
TH 4	10:30-11	Family Storytime Ages 0-4	Central Library Children’s Dept.
FR 5		Free Friday At the Art Gallery of Hamilton	AGH
	Noon	Noon Hour Concert Hess St. School & Short Works Prize (SWP)Poetry Winner Ben Robinson	Central Library Hamilton Room
	1 -3	Music Movies – That’s Entertainment	Central Library Hamilton Room
	5 – 7	Free Friday Night Art Tour	Central Library
SA 6	1 – 2	Dragon Dance Performed by the Vietnamese Fan Dancers	Central Library Hamilton Room
	1 & 4	Raffi Concert Tour Sing along to Baby Beluga and more Tix @ www.coreentertainment.ca/events/detail/Raffi19	First Ontario Concert Hall
	3 – 5	Family Movies – The Lego Movie	Central Library Hamilton Room
TU 9	6 – 8	Movie Tuesdays - Beirut	Central Library Hamilton Room
WE 10	12 - 2	NFB Film Club – Unarmed Verses	Central Library Hamilton Room
		National Bookmobile Day Let Bookmobile Staff how much you appreciate them.	
FR 12	Noon	Noon Hour Concert Jesse Luciani & SWP Poetry Winner Chris McNamee	Central Library Hamilton Room
		James Street North Art Crawl	
SA 13	1:30-2:30	McMaster Children & Youth: Science, Reading & Learning, Games. Ages 8-12	Central Library Wentworth Room
	3 – 5	Family Movies – Finding Dory	Central Library Hamilton Room
MO 15	4 - 5	Make Art Ages 12 - 18	Central Library 2nd Floor
TU 16	4 – 6	Movie Tuesday– The Great Dictator	Central Library Hamilton Room
WE 17	1	Movie – High Noon	Central Library Hamilton Room
	6	National Canadian Film Day Mommy (2014)	Central Library Hamilton Room
FR 19		Good Friday	

Date	Time	Details	Address
SA 20	10 – 3	Bunny Hop Along Concession Family fun, prizes and raffles	Concession Street BIA
	3 – 5	Family Movies – Cars	Central Library Hamilton Room
TU 23	4 – 6	Movie Tuesday – Beast (2018)	Central Library Hamilton Room
TH 25	12 – 12:30	National Dance Week – To the Pointe Dance Company	Central Library Hamilton Room
	1 – 4	Dance Movies – Pina (2011)	Central Library Hamilton Room
	2 - 3	Falconwatch 2019 Learn about Hamilton Peregrine Project	Central Library Wentworth Room
FR 26	Noon	Noon Hour Concert Kaleidoscope Singers & SWP Poetry Winner Elise Arseneault	Central Library Hamilton Room
SA 27	9-4	RBG Plant Faire Garden info, plants for sale, etc	RBG Centre 680 Plains Rd.
	3 – 5	Family Movies – Cars 2	Central Library Hamilton Room
MO 29	4 - 5	Make Art Ages 12 - 18	Central Library 2nd Floor
TU 30	4 – 6	Movie Tuesday – The Girl With All the Gifts (2017)	Central Library Hamilton Room
Story Times at Central Library			
Tuesdays	10:30-11	Toddler Story Times	Ages 2 – 3 years
Wednesdays	10:30-11	Baby Story Times	Ages 0-24 months
TH, FR & SA	10:30-11	Family Story Times	Ages 0 – 4 years
Bennetto Recreation Centre Free Gym & Swim			
Wednesdays	11 – 1	Open Gym Parent & Tot	
Mondays Fridays	5:30-6:30 6 - 7	Family Leisure Swim	
Thursdays	7 - 8	Leisure Swim	
Eastwood Arena Open Skate			
MO & WE Saturdays	4:30 – 6 2 - 3	Open Skate	
Fridays	4:30 – 5	Open Skate Parent & Tot	
Fridays Saturdays	5 – 6 1 - 2	Open Skate Family	
Welcome Inn			
Tuesdays	Noon	Seniors Diners Club A hot lunch followed by entertainment. Suggested donation \$4:50	Welcome Inn

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

WOMEN AND EMPLOYMENT INSURANCE

SUBMITTED BY BOB WOOD

Unemployed women were particularly hard hit by changes to the Unemployment Insurance program in 1996. Since then, there has been a drastic decrease in the number of women who are eligible for EI. That means that many women who have paid into the program and are expecting to have support if they lose their jobs are left with nothing. Here are some the specific ways in which our EI system disadvantages women:

- Qualifying for benefits: About 75% of part time workers are women. But women are less likely to qualify because part time workers must work much longer to accumulate the required hours.
- Lower benefits: Benefits were once equal to 66.7% of insurable salaries. This has been reduced to 55%, for a maximum of \$562 per week in 2019. But women still earn much less income than men. This is especially true for women who are racialized, Indige-

- nous, disabled and/or migrants. As a result, they then receive lower amounts of EI benefits.
- Shorter benefit periods: Even when qualified, women on average receive EI benefits for a shorter period than men do. That’s because they typically work shorter hours due to family care responsibilities. And predominantly female occupations tend to provide fewer hours of work.
 - Unfair exclusions: Workers who resign or who are fired for “misconduct” are generally not eligible to receive EI. Women are more likely to leave their jobs to fulfill family care responsibilities or because they are experiencing harassment at work. So, women tend to be unfairly disadvantaged by these exclusions.

What can be done?

With a federal election coming this October, the problem of the E.I. program’s discrimination against women needs to be front and centre. A Montreal based organization called Mouvement Autonome et Solidaire des Sans-Emploi (MASSE) has ideas and has launched a campaign

They recommend:

1. Lowering the eligibility threshold to qualify for regular EI benefits to 350 hours or 13 weeks of work and adjusting the length of time that workers receive benefits accordingly.
2. Establishing a minimum benefit period of 35 weeks.
3. Raising the benefits that workers receive to 70% of their pre-unemployment earnings, based on their 12 best weeks of work.
4. Indexing the amount of the family supplement annually, retroactively to 1997 when the rate was first set. Eligibility should be based on the worker’s, not their household/family, income.
5. Stopping the exclusion of workers when they quit or are fired for misconduct.
6. That anyone who loses their job should qualify for regular EI benefits, even if they have already received maternity or parental benefits.

Find out more on how to reform EI at <http://incomesecurity.org/policy-advocacy/end-employment-insurance-discrimination-against-women-mettre-fin-a-la-discrimination/>

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



BOOK CLUB CORNER

SUBMITTED BY KIT DARLING



In March we discussed *The Chaperone* by Laura Moriarty. A well-researched historical novel, the story follows the life of Cora Carlisle. She volunteers to chaperone 15-year-old Louise Brooks to New York City. Louise wants to become a dancer and very quickly becomes a star of the silent screen in the

1920's and ultimately a faded and jaded, nearly forgotten woman. The tale moves back and forth from her life in Wichita Kansas in a marriage of convenience to a prominent local lawyer to her early years in a New York City orphanage and her eventual journey on the 'Orphan train' to be taken into the home of a loving farm family. The members were unanimous in enjoying the book. The discussion ranged from debating whether values had changed since the early part of the 20th Century. Many felt that Cora had been changed more fundamentally than Louise than Louise impacted by Cora. Others had never heard of Louise Brooks and were fascinated to learn more.

And here are some 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 to reserve a copy. House of Trump, House of Putin by Craig Unger. This book traces the long and extensive relationship between Donald Trump's business and personal transactions with that of Vladimir Putin's Russia. Unger outlines the connections between the people in Trump's orbit - his family, business figures, friends, campaign members and politicians to American and Russian Mafia figures and Russian oligarchs. This book is well researched and methodically shows that Russia is a dominant feature of Trump's world.

- Paige Turner

The Hiding Place by Corrie Ten Boom. Corrie Ten Boom was a Dutch watchmaker who became a heroine of the Resistance, a survivor of Hitler's concentration camps, and a remarkable evangelist. She and her family risked their lives to help Jews and underground workers escape from the Nazis. It is the story of her faith and her belief that faith ultimately triumphs over evil. An inspiring novel.

- Paige Turner

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.



Dirt vs. Soil

SUBMITTED BY CANDY VENNING, VENNI GARDENS

Dirt is dead, is found in the darkest, forgotten corners of homes and offices, is not fertile, and cannot grow anything. Correction; should definitely NOT be growing anything!

VS

Soil; it's alive! Alive with organisms & microbiota, reproducing, eating, and pooping out an essential, very complex system that supports all life on earth. Let that sink in for a minute....We have life on earth, food and oxygen thanks to a 30cm layer across our planet (the most active, upper layer, called the rhizosphere).

Sounds like that soil stuff might be important and more complex than we give it credit for.

Stand in your garden and you're standing on the roof-top of another, living world, an entire ecosystem, containing plant roots, viruses, bacteria, fungi, algae, protozoa, mites, nematodes, worms, ants, maggots and other insects and their larvae. The sheer amount of living organisms below ground is often greater than that above ground. A single gram of rich garden soil can hold up to one billion bacteria, several yards of fungal filaments, several thousand protozoa. Together with seasonal temperatures, (freezing can break down plant material while warm weather allows for increased activity) these organisms are responsible for breaking down organic matter and through that decay process are releasing all the nutrients your plants need.

How do we create the best soil possible?

- Easy! Just top dress with compost, any type of sterilized manure, and or shredded leaf Mulch, then stand back and let the worms, rain and gravity do the work so your back doesn't have to.

Please Don't...

- Till the soil or turn over the soil – new research shows this disturbs all the tiniest creatures & carefully crafted worm burrows that help rain-water & nutrients penetrate to the root zone. If I turned your house upside down it would be quite the disaster – same goes for organisms that live in different depths and away from exposure to UV light.

The only times you might rototill or turn over soil is if you're preparing a brand new bed that previously had sod or invasive plant species on it and both need to be stripped out first, not tilled in. Also, if it's a new perennial or veggie bed and the soil is very poor, mix in manure and loosen

it up with a good dig for planting then surround plants with mulch to protect soil from dying & drying out – never to be turned over again, your plant roots will thank you!

- Please don't compact the soil or walk through planting beds, this creates 'compacted soil' which is less porous and doesn't allow water to penetrate to the roots properly – it also doesn't drain properly. Great soil is a bit spongy, crumbly, and should resemble chocolate cake crumbs more than dust, play-dough or clay.

- Please don't 'clean up' in the fall – if you must trim things back, compost them on site in a garden corner or behind a shed, Better yet, leave them where they lay and cover with the aforementioned leaf mulch. Best yet is to leave the seedheads standing for winter birds to eat & nesting native bees to overwinter in hollow stems, then trim back & compost in late spring.

- Please don't use pesticide sprays because those annoying caterpillars, slugs & grubs are helping to create soil AND essential food for nestlings/baby birds that cannot eat birdseed. Pesticide sprays will also leach into the soil and cause further chaos to the creatures in the soil.

In Conclusion

The easiest way to increase garden fecundity is through robust, healthy soil, and using high quality compost, leaf mulch and composted manure. Soil is its own habitat and thankfully, doesn't need a lot of help from us to do its thing, after all it was here long before humans invented gardens, we just need to stand back and watch it grow.

Research for this article was thankfully gleaned via these essays – please have a look for further reading & more technical details.

<http://pnwsteep.wsu.edu/DirectSeed/conf2k2/dscclapperton.htm>

<https://extension.oregonstate.edu/news/secret-life-soil>





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



North Hamilton

Community Health Centre

Please join us as we
celebrate the launch of our new name!

SAVE THE DATE


April 26, 2019
11:00am - 1:00pm

North Hamilton Community Health Centre
438 Hughson Street North

~ Formal Invitation to Follow ~

BUILDING A GRADUATION NATION


Pathways to Education



PATHWAYS TO EDUCATION
SUPPORTS HIGH SCHOOL STUDENTS

Academic Support
Social opportunities
Coaching and Mentorship
Financial Support

REGISTER NOW FOR THE 2018/2019 SCHOOL YEAR



NorthHamilton
Community Health Centre

905.523.6719
pathways@nhchc.ca

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:








Pathways to Education

Seeking Volunteer Tutors

Academic Tutoring for High School Youth


Make a long-lasting, positive difference
3 hours each week is all it takes.

Learn More • Register
905-523-6719
pathways@nhchc.ca



Pathways to Education
to Education

Pathways to Education NHCHC
is proudly hosted by
North Hamilton Community Health Centre



NorthHamilton
Community Health Centre

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



/HealthyFamiliesHamilton



Hamilton
Public Health Services



NorthHamilton
Community Health Centre

Funding provided in part by the Public Health Agency of Canada

What's Cooking in the North End?

NORTH HAMILTON COMMUNITY HEALTH CENTRE SENIOR'S KITCHEN



Spinach, Mushroom and Feta Crustless Quiche

This easy, tasty Spinach Mushroom and Feta Crustless Quiche is low on carbs and big on flavor. This veggie-filled breakfast will keep you full and happy. Total Cost: \$6.19 recipe / \$1.03 serving

Prep Time: 15 mins | Cook Time: 25 mins | Total Time: 40 mins | Servings: 6

INGREDIENTS

- 8 oz button mushrooms (\$1.99)
- 1 clove garlic, minced (\$0.08)
- 10 oz box frozen spinach, thawed OR 1 bunch fresh (\$1.09)
- 4 large eggs (\$0.83)
- 1 cup milk (\$0.39)
- 2 oz feta cheese (\$0.87)
- 1/4 cup Parmesan, grated (\$0.39)
- 1/2 cup shredded mozzarella (\$0.50)
- Salt and pepper to taste (\$0.05)

INSTRUCTIONS

1. Preheat the oven to 350°F. Squeeze the excess moisture from the thawed spinach (if using frozen). Rinse any dirt or debris from the mushrooms, then slice thinly. Mince the garlic.
2. Add the mushrooms, garlic, and a pinch of salt and pepper to a non-stick skillet sprayed lightly with non-stick spray (or a splash of cooking oil). Sauté the mushrooms, spinach (if fresh) and garlic until the mushrooms are soft and all of their moisture has evaporated away (5-7 minutes).
3. Coat a 9-inch pie dish with non-stick spray. Place the squeeze-dried spinach in the bottom of the pie dish. Place the sautéed mushrooms on top of the spinach, followed by the crumbled feta.
4. In a medium bowl, whisk together the eggs, milk, and Parmesan. Season lightly with pepper. Pour the egg mixture over the vegetables and feta in the pie dish. Top with the shredded mozzarella.
5. Place the pie dish on a baking sheet for easy transfer in and out of the oven. Bake the crustless quiche for 45-55 minutes (OR for 15 minutes if using muffin trays), or until the top is golden brown (ovens may vary).
6. Cut into six slices and serve.

Spinach and Artichoke Fettuccine Pasta

This delicious and simple Spinach and Artichoke one-pot recipe takes less than 30 minutes to prepare and is packed with vegetables. Total Cost: \$8.05 recipe / \$1.34 serving

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins | Servings: 6

INGREDIENTS

- 8 oz mushrooms (\$1.99)
- 14 oz can artichoke hearts (\$2.50)
- 4 cloves garlic (\$0.32)
- 1 medium yellow onion (\$0.34)
- 5 cups vegetable broth (\$0.65)
- 2 Tbsp olive oil (\$0.32)
- 12 oz fettuccine (\$1.33)
- 1 tsp dried oregano (\$0.10)
- 1/2 tsp dried thyme (\$0.05)
- 1 tsp freshly cracked pepper (\$0.05)
- 4 oz frozen/fresh cut spinach (\$0.40)

INSTRUCTIONS

1. Rinse the mushrooms to remove any dirt or debris. Slice the mushrooms thinly. Drain the can of artichoke hearts and roughly chop them into bite-sized pieces. Thinly slice the onion and garlic (you can mince the garlic if you don't want large slices).
2. Place the vegetable broth, olive oil, mushrooms, artichoke hearts, onions, and garlic in a large pot. Break the fettuccine in half and add it to the pot along with the oregano, thyme, and some freshly cracked pepper. Push the ingredients down under the broth as much as possible. Place a lid on the pot and bring it up to a rolling boil over high heat.
3. As soon as it reaches a boil, stir the pot to evenly distribute the ingredients and prevent the pasta from sticking. Turn the heat down to low so that the pot is just simmering. Allow the pot to simmer, with the lid on, for 10-15 minutes, or until the pasta is tender and most of the liquid has been absorbed. Give the pot a stir every few minutes to prevent the pasta from sticking.
4. Once the pasta is cooked through, add the frozen spinach. Allow the heat from the pasta to thaw the spinach. Stir the pot to help break up the clumps of spinach as they melt. Serve hot.

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

Downtown Delivery Driver: Looking for a MATURE adult to do deliveries in the City of Hamilton's lower city. Trips / tips / extras you keep. You should have a float of at least \$75 to make change for customers as a float will be provided to you to purchase items. If you are interested, please call 905-921-9339 and ask for Pearl.

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

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 Istoeten17@gmail.com or call 905-528-6159 after 10 AM. Located near the Bayfront Park on a bus route.

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

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.

Upcoming Free 8-session workshops for moms and 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 9 – May 28, 2019 - 9:30 – 11:30 a.m. at the Helen Detwiler EarlyON Centre, 320 Brigade Drive, Hamilton, 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 Wednesday, April 24 – June 12, 2019 – 10:00 a.m. -12:00 p.m. at the Prince of Wales School, 77 Melrose Avenue North, Hamilton, 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 Thursday, July 11- August 29, 2019 - 9:30-11:30 a.m. at the Jean Scott Parent & Child Resource Centre, 1475 Barton St. East, Hamilton, ON.

Snacks, prizes, transportation assistance & limited free childcare are available. Register on line at www.mchcommunityed.ca Click Register Now / Infant Parent Program. For more information, please contact me at ellisjul@hhsc.ca or 905-521-2100 ext. 77406



FISHER'S PIER 4 PUB

554 JAMES
STREET NORTH
HAMILTON, ON

WE WILL BE OPEN GOOD FRIDAY APRIL 19th: 11:30am - 1:00am

CLOSED Easter Sunday 21st
OPEN Easter Monday 22nd

Open Jam Night:
Friday April 26th

Come on down and Unleash your Inner Rockstar!

Monday \$2 off burgers (5pm - 11pm)

Tuesday \$2 off Wings (5pm - 11pm) *special is dine in only*

NOW SERVING ON TAP:
Ransack The Universe from Collective Arts



Even if you don't own a boat, YOU can be a member.
Our membership is open to everyone!

RHYC was established in 1888, Our club provides a year-round facility offering an exceptional waterfront experience. Social memberships are available to enjoy our beautiful pool, dining facilities, meeting rooms and patio.



For membership information or a visit please contact us at
(905) 528-8464 or email: sail@rhyc.ca

PLEASE DONATE NOW

YOUR COMMUNITY! YOUR SUPPORT!
MAKE A DIFFERENCE! The Breezes is supported by your generosity! Hundreds of volunteer hours go into each publication but we need your help to cover those essential costs of printing and delivery. A tax receipt will be issued to the address noted. Please send your cheque to North Hamilton Community Health Centre at 438 Hughson Street North or visit our website www.northendbreezes.com to make a donation through paypal. We can also accept e-transfers at office@morthendbreezes.com.

Donation Amount: (please circle)

\$25 \$50 \$100 Other \$_____

Name: _____

Address: _____

Email: _____

Phone: _____

Bob's



From the store to your door!

Fast food, Beer, LCBO & so much more!

whatabout_bobsdelivery@yahoo.ca
bobsdeliveryhamilton.com

Call or Text!

Open from 10AM to 10PM

We take Cash, e-Transfer, Visa, MasterCard & Debit!!

Delivery

(289) 808-7163

Brusey Awnings | Just a shade better

Between You And The Sun Since 1929!

497 Hughson Street North, Hamilton
L8L 4N8

Ask for Rick Brusey
905-522-5625

ADVERTISE WITH THE BREEZES

Connect with us at 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

ROYAL LEPAGE
PRESIDENT'S GOLD
AWARD 2018
Bill Beattie
Sales Representative
CALL ME
905-977-8823
I'm here to help!

Website Design & Support Services

Marie Mushing
16 Anson Ave.
Hamilton, ON L8T 2X3
905-387-1883
marie@peopleinconnection.com

Websites that Work!

www.peopleinconnection.com

Colleen Harrison
Broker of Record
Bus: 905-308-9777
Cell: 905-515-5102
Email: bluephoenixreal@hotmail.com
BLUE PHOENIX REAL ESTATE LTD.
Brokerage
12 Murray St. E., Hamilton, ON L8L 3E7