

MAY 2019 | VOLUME 5 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

GET READY FOR DOORS OPEN: NEW SITES AND OLD TO ENJOY IN THE NORTH END

Submitted by Robyn Gillam

For 17 years, Doors Open Hamilton has made it possible for the general public to visit historic and other interesting spaces that are not always accessible. The whole idea started in France, quickly spreading around Europe and then to North America, beginning with Toronto in 2001.

Currently the Ontario Heritage Trust coordinates Doors Open in 36 localities all over the province.

This year, while there are interesting sites open all over Hamilton, the following are in the North End. For several years, the church of St. Lawrence the Martyr has been part of the programme. This attractive brick Romanesque-style building, in the heart of the North End at Mary and Picton Streets, was built in 1890 and is the third oldest Catholic church in Hamilton. It features an imposing altar of Italian marble and a certified historic Casavant organ.

HMCS Star is almost due north of the church at 650 Catherine St. North, adjacent to HMCS Haida. Although the Star is a military museum, it also the home of the naval reserves and a training site for shipboard life. That's why it has round porthole-like windows and is affectionately referred to as the concrete boat. Its name recalls important military craft of the past. On May 5th there will be a reception in honour of the Battle of the Atlantic. The entry to HMCS Star is opposite Eastwood Park, around the corner from the Haida.



An exciting new addition to Doors Open lies just outside the North End on 210 Hillyard, in the port industrial lands. The Hamilton Port Operations Centre is an innovative new structure, designed and built by Atkinson Engineering in 2016. Its design, especially the windows, suggest a ship, and its upper story provides a panoramic view of the harbour. It contains an exhibition area relating to shipping and other harbour activities, including an historic model boat, created by Morris boatbuilders.

Other interesting sites adjacent to our neighbourhood are the Workers Arts and Heritage Centre (WAHC) and the Cotton Factory. WAHC is located on Stuart Street, adjacent to Bayfront Park. Originally built in 1858 as a Customs House, it has its own ghost and an interesting history of multiple use. It now houses rotating exhibitions and events that celebrate the lives of working people. The current show looks at female firefighters. These are just a few of the many fascinating places open on the weekend of May 4th to 5th. If you are interested, check the Doors Open website at doorsopenontario.on.ca/en/hamilton for the exact times that each site is open.

HAMILTON COMMUNITY FOUNDATION



THANK YOU!!

The North End Breezes has received financial support through The Hamilton Community Foundation. The grant was awarded through the Glenn & Sidney Sellick Fund held at Hamilton Community Foundation. The fund was established a number of years ago to support grassroots neighbourhood initiatives.

This grant, along with contributions and donations from our readers and supporters, will help us to remain a viable resource for community news. Thank you!

On Behalf of The Board of Directors



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WALKABOUT COMMUNITY

SUBMITTED BY KEN HIRTER



This month’s Walkabout Profile of People making a Difference within our Community for the month of May we have the radiant and delightful mom to be Gladys Flores.

Gladys is a life-long North Ender. At the age of 4 Gladys, her parents and five siblings relocated here to Canada. Proud of her Guatemalan ancestry her family were refugees, immigrating here in 1987.

Her family settled in Hamilton’s North End residing in the City Housing Community and she is very thankful for all the assistance and for the North End Community; “for all the love that was shown and in the support that was provided when my family needed it the most.”

I asked what is “IMPORTANT to you: “My family comes first and giving back and to contribute back to the Community.”

“What is your ‘JOURNEY’ in Life”: “Being the BEST person that I can be, which has always centered on children.”

Gladys is a Child & Youth Coordinator since 2010 at the Welcome Inn Community Center. Her work with the Children & Youth pro-

grams are as follows:

- The Learning & Fun after school program for kids at Bennetto and St. Lawrence School from the grades 1 to 8.
- The LEAD Teen Program for local youth ages 14 - 20
- The Welcome Inn Summer Day Camp for kids ages 5 - 11 which provides fun for all in attendance.

There are many activities from art, educating, food, learning and enjoying just simply being children & youth.

“What do you BELIEVE is of importance to you when working with kids”: “Believing in them, being a voice that encourages, help them to see the “BEST” version of themselves.”

Gladys believes “It’s not about what happens to you, it’s about how you react to it.”

Kids are amazing & resilient, but what they need most are loving adults in their corner to help them grow and to learn. For more information on these programs you can contact Gladys.

E-mail: e:gladys@welcomeinn.ca or call 905-525-5824 or stop by during business hours at 40 Wood Street.

In Closing and with Mother’s Day on Sunday May the12th approaching I asked if she had any special shout outs: “Thanks to my Mom and all of the woman out there, who step up and nurture & sacrifice to better the lives of our children”.

Gladys is a proud mom of 3 with number 4 arriving this summer.

“VIENE UN VARON !!!!! “ Which translates to “It’s a boy ! “ “Congratulations Gladys”

I would like to thank Gladys for taking time out of her busy schedule to sit down and for sharing & caring for the children and for sharing her story with me.

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



SUSTAINABILITY HIGHLIGHTS

Hamilton Port Authority has released its second annual Sustainability Report, as part of a commitment to an economically vibrant, socially connected and environmentally responsible Port of Hamilton. Here are some highlights:

Social & Community Sustainability
HPA participated in a number of community events and festivals. One of this year’s highlights was the community port tours aboard the Hamilton Harbour Queen.

HPA took steps to create a more welcoming gateway to the city at Fisherman’s Pier with the installation of the ‘Big Blue Chair’- a spot to sit and watch the ships or take a photo by the water. HPA continued its long-standing commitment to charitable investing with more than \$268,000 in cash and in-kind donations in 2018.

Environmental Sustainability
In 2018 HPA undertook several initiatives to promote biodiversity and reduce waste.

The restoration of Sherman Inlet was completed. More than 650m2 of shoreline has been restored back to open water. HPA planted its second pollinator garden at 605 James Street North, expanding the pollinator corridor. In addition, 12 hive boxes were installed adjacent to Sherman Inlet at Pier 15 in partnership with Humblebee.

Financial & Economic Sustainability
Financial sustainability allows for re-investment into new port infrastructure, proactive stewardship of the lands and water, and positive impacts within our community.

In 2018 HPA invested \$11.4 million into infrastructure at the port as part of the Capital and Major Maintenance Program. HPA received \$17.7 million in federal government funding, which will be matched by HPA, in support of the Port’s Westport Modernization Project. The project will see port lands used more efficiently, and reconfigured to create new employment land development parcels. Perimeter areas will add landscaping to improve port-city interface.

Learn more about HPA’s sustainability initiatives at hamiltonport.ca

WOMEN OF HAMILTON:
JANE’S WALK

Who was Jill Simmons? Who was Tersilla Komac? Hint: both have a connection to the North End! Join Sheri and Cathy on a Jane’s Walk to have a conversation about some of the Women of Hamilton and the contributions women have made to our city.

On our walk, we will discuss women’s issues in the past, such as the right to vote, birth control, prohibition; and issues facing women today, such as electing more women, pay equity, diversity, inclusion and recognition, with a look toward the future.

On Friday we will meet with Nrinder Nann and Maureen Wilson, recently elected to Council. The walk will also feature several present-day women’s organizations such as SACHA, and the YWCA as well as historical places such as the Wesleyan Ladies College and the first birth control clinic in Canada. Although the walk is only about 3 Km, plan for approximately 2 hours. Accessibility? It will be on city sidewalks.

Jane’s Walks are free, citizen led walks inspired by Jane Jacobs. Walks are held during the first week of May to celebrate her birthday.

Walk 1:
Friday May 3, 10:45 AM at City Hall. Meet Nrinder and Maureen at 11:00.

Walk 2:
Saturday May 4, 10:00 AM at the YWCA 75 MacNab Street South.

COUNCIL UPDATE

SUBMITTED BY JASON FARR

Hello again, Breezes readers. I have some North End news you can use this issue. Also a few dates (some solid, others approximate) that are signs of continued progress in your beautiful neighbourhood where there are even signs that signs are progressing well. And with that a big thank you to local artist, Matt Fletcher, for the wonderful new work welcoming everyone to the North End from various corners.

Ferguson Avenue

This summer, one of our roughest residential routes will finally receive full on renewal. From the pipes below to the surface above, expect a major transformation for the better on Ferguson Avenue North.

The Ferguson renewal project tender has closed, and we are proceeding with the project award. Details pertaining to construction along with contact information will then be circulated to residents. For those who live on Ferguson, be sure to read these details over when they come to your door and if you have been intending to change any feeder pipes or alter a driveway entrance, this would be a good time to get it done.

Eastwood Overhaul

On Thursday, May 23 at Bennetto Recreation Centre at 6:30pm, I will be hosting a Town Hall on Eastwood Arena and Park. Both the park and the rink will be the main topic as we discuss the future and the current needed budgets that will soon bring the evolution of Eastwood.

We will also go over the funding and time-lines respecting our Bennetto Recreation Centre expansion coming in a few years to the North End.

John Street Bridge

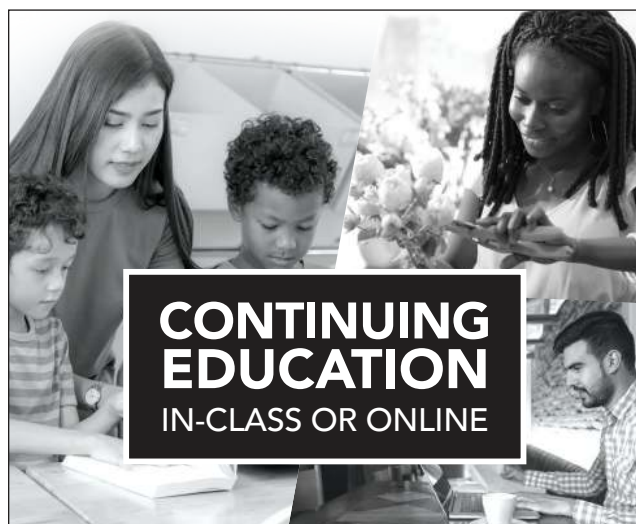
For many years we had been waiting to hear when CN was going to start rebuilding the John Street Bridge. There were a few false starts along the way. Then a lull where two Cellar Dweller Christmas events went by before we heard thing. Then, suddenly our friends at CN sent a note to the city that I quickly tweeted out. The bridge work was about to begin (a few months ago) and before we knew it, detour signs went up and the bridge came tumbling down.

We know the detour has been a challenge for some and especially on the easterly side of the North End who live on or close to John. So, let's be certain we have more knowns than unknowns going forward. What your ward 2 office has heard is this; the bridge is to reopen in late September. That said, we can also share the contact for the CN project Senior Design and Construction Officer. If you have questions respecting the John Street Bridge project, please contact Robert J Versteegen at CN. Office: 905-669-3157

Until next time, Breezes readers. Remember, you may contact me any time. If you need some garbage tags, a green or blue bin or with any questions respecting local issues, please call or email.

Jason Farr

Ward 2 Downtown



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Councillor Jason Farr Downtown Ward 2

Invites you to a Town Hall Meeting REGARDING EASTWOOD ARENA/PARK & Bennetto Rec expansion



Date: May 23rd, 2019

Time: 6:30pm-8pm

Location: Bennetto Recreation Centre-Auditorium

**"The North End is progressing.
As always, your input is welcome."**

Councillor Farr



(905) 546-2711 jason.farr@hamilton.ca
Twitter: @JasonFarrHamOnt FB: Councillor Jason Farr

THIS IS YOUR STREET, NORTH ENDERS...

SUBMITTED BY BRIAN ROULSTON

Ferrie Street is a two way street that runs from Nichol Street in the west to Hughson Street then from John Street to Emerald Street in the east. It was named after Colin Campbell Ferrie born in Glasgow, Scotland 1808. Ferrie was appointed as Hamilton’s first mayor and served for one year in 1847. In 1856 Colin Ferrie, once a major player in Hamilton and the area’s local commerce, died in his 48th year due to an enlargement of the heart. At the time many attributed his death to stress due to his financial meltdown after a series of financial setbacks. This included the sinking of two ships carrying company goods to supply his ailing stores and other businesses.

The base of the Ferrie Street hill at Nichol Street was the boat works of J. Whittaker and J. Massie. This area was once home to many waterfront industries, marine foundries, ice houses and more.

In between Hughson St. and John Street is the Bennetto School area. Up to 500 elementary school students attend classes here daily. Originally known as the Picton Street School in 1889 on the corner of Picton St. and Catherine St. It was renamed the Bennetto Elementary School in 1921. This was done in honor of the highly respected Susan B. Bennetto who spent a half a century at this school, thirty of those years were as the school’s principal. Following a devastating fire the school was rebuilt on John Street. Eventually, the school relocated to its current location in 2002 in the former Centennial School along Simcoe St.

Today, a large 30,000-square-foot medical clinic stands called the

North Hamilton Community Health Centre , sometimes referred to as the North End Community Health Center. It was built in 2011 at a cost of \$15.8 million and serves 8000 residences each year. Also occupying this stretch of land is the Bennetto Community center.

Ferrie Street continues on the other side at John Street until it dead ends at Wellington Street where the Ferrie St. Bridge once rose over the old Northern Railway track (now CN). Prior to the building of that bridge at least 10 people were killed by trains at that track while crossing the intersection of Ferrie and Wellington. A walkway now goes down the hill to Wellington Street.

Crossing over Victoria Street and running alongside is what was once a massive 740,000 sq-ft (6.87 Hectares) building built during the war. It was the largest BOFOR anti-aircraft gun plant in the British Commonwealth during WW-II. After the war Otis Elevator used it for several years. Then in 1954 Studebaker started manufacturing cars here; that ended in the 1960’s. Today, only a small 30,000 sq-ft (.29 Hectares) corner of that once huge factory still stands as a reminder of its heritage. The building is currently being renovated into office space while the land is being redeveloped into a commercial and mixed use zone. Across the street sits The Hamilton Community Health Centre that was originally the Hamilton-Wentworth branch of the VON. The VON currently has presence in the building and next door. Ferrie St. street leads back into a residential area at Emerald Street where today it officially ends.



David
Christopherson, MP
Hamilton Centre



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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
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Phone: 905-529-3921

Call the parish office to book an
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email:

stlawrencehamilton@hamiltondiocese.com

facebook.com/stlawrencehamilton/

www.stlawrencehamilton.ca

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Tues 9am-3pm

Wed 9am-3pm

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450 Hughson Street North
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www.hamilton.ca/rec

We will be open on **VICTORIA DAY**
(Monday May 20th) for the following
programs:

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

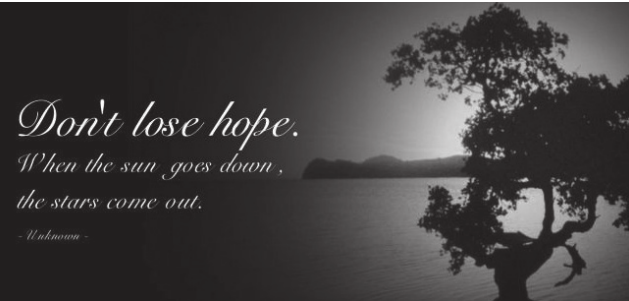
On **Friday May 31, 2019**, we will be
hosting our last **FREE** monthly movie
night before the summer break. Come
join us to watch a movie on the gym wall
at 6pm. Thanks to all that came out and
enjoyed the movies. We hope to see you
again soon!

*Want a refreshing summertime activity for
your kids? Swim lessons are available all
summer long. Contact your local
community centre and ask about their
summer swim lessons and registration
information before June 11th.*

SPRING IS HERE!

SUBMITTED BY MICHELLE FERARRA

Ah Spring! When all things are new and fresh and
tender. We welcome new leaves and grass and flowers
and babies from birds and puppies and our own new-
borns. In the spirit of fresh renewal, I was uplifted by
a recent article in Time magazine on the ‘art of opti-
mism’. With Cicely Tyson-age 94-on the cover, and
over 30 people who want to inspire us to elevate our
expectations. To avoid wallowing in bad news and
troubling times-and rise above it to a high-minded,
happy-even magical-outlook.



The theme is: **HOPE**. No matter what is happening in
the big world-or your own little world-there is reason
to hope, to be joyful, and open to possibilities. Con-
tributors to the article include artists, activists, actors,
founders, advocates-and people who have suffered
from current hot-button issues of hunger, poverty, rac-
ism, abuse, corruption, immigration, violence. People
who have every reason not to have hope.

Yet-they not only have hope-they are joyful and en-
thusiastic in their choice of humanity, forgiveness,
empathy, decency, educating folks to learn and grow,
having patience, learning tolerance and acceptance of
others’. A reflection, of all that is truly good in peo-
ple. And reflecting on the commentary, I felt good and
positive, I felt hopeful, I felt inspired and enthusiastic
to contribute positively to our community.

This Spring, this is what I wish for everyone: that each
person recognizes the opportunity of seeing the good
in others, and in themselves, and sees the hope in ev-
ery situation. This Spring, enjoy every moment, rain
or shine...and give a big smile to hope.



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

**Calling all Campers 5-11 years’ old and
Camp Leaders: July 2nd – 26th
Monday through Friday 9:00am – 3:00pm**

HOW TO REGISTER:
Bring a parent or guardian to Welcome Inn Commu-
nity Centre Wednesday April 24th anytime between
5:30 and 7:30 pm - First come, first served.
North End families will be given priority
\$60 per child/ week

Questions?
Contact: Gladys Flores, Children’s Programs Coordinator
T+ 905-525-5824 | E+ gladys@welcomeinn.ca



As the weather gets warmer, consider trying some-
thing new that connects you with the neighbour-
hood 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)
- Food Bank Assistant

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

Are you a senior who would like to connect with
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Questions? Call Ruth @ 905-525-5824

WELCOME INN COMMUNITY CENTRE
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VOLUNTEERS NEEDED!!

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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
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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

NENA UPDATE



Next Meetings:

Wednesday, May 1, 2019

Wednesday June 5, 2019

7:00 – 8:00 PM at

Bennetto Community Centre

April was a busy month. Two of NENA's new committee held meetings and hearings on Pier 8 appeals at the Local Planning Appeal Tribunal (LPAT) took place at the municipal building that houses the Ontario Court of Justice and Provincial Offences Office at 50 Main Street East.

Jon Davey, chair of NENA's Environment and Climate Committee reports that on April 10th this committee had its first meeting at Williams Café on Pier 8. Eight people attended and discussed numerous topics, with an emphasize on how we can improve our air and water quality, as well as reduce our carbon emissions. He reports there was a great energy at the meeting and considerable discussion about potential solutions for various environmental issues that we face at a local level: from algae blooms, need for active transportation, improved use of land and biodiversity, just to name a few. We also discussed the many upcoming environment-related events that will be happening across the city, including spring trash pickup events that not only keep our neighbourhoods beautiful, but also are a great way to meet and get to know your neighbours.

You can stay informed of upcoming events by following NENA's Environment and Climate Committee on Twitter at @nenacclimate. If you'd like to know more about the committee or be part of it, please send an email to nenacclimate@gmail.com.

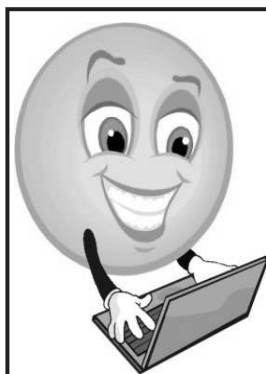
NENA's Planning Committee met on April 17th and heard a presentation from senior members of the City's Planning Department outlining the principles, plans, and policies that apply when the City's planning staff review development proposals in the North End. A representative of the CityHousing Hamilton also provided the planning committee with a brief update on the retrofit and rehabilitation of the Ken Soble tower at the end

of MacNab Street, as well as the redevelopment plans and request for proposals (RFP) process for the Jamesville townhouses along James North. The next meeting of the Planning Committee will focus on better understanding the James Street North Mobility Hub Study approved by City Council in 2014 and its planning and development implications for the North End neighbourhood.

Brief update on West Harbour Waterfront LPAT appeals: Local resident, Herman Turkstra (chair of NENA's Planning Committee), and a group of residents working as Harbour West Neighbours (HWN) appealed the zoning by-law and draft plan for Pier 8, which City Council passed in May 2017. Their appeal is based on evidence from a City Planner in a former Ontario Municipal Board (OMB) hearing that the approved density for Pier 8 was 750 units. The zoning by-law passed by City Council would permit over 1600 units. The appellants claim that the difference in the number of units will mean less family-suitable housing on Pier 8 and more traffic and parking issues for the rest of the neighbourhood. The LPAT issued a complex decision in response to a motion from Mr. Turkstra on this point which resulted in an adjournment of the hearing. The rest of the hearing is now scheduled for two weeks in October and LPAT has agreed to provide a mediator to assist the parties to explore settlement before then. For more information contact hturkstra@fastmail.fm.

NENA is always happy to hear from you. To let us know your thoughts or concerns, email us at nen.president@gmail.com or attend our monthly meeting.

For more up to date information visit:
www.NorthEndNeighbours.com



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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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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.

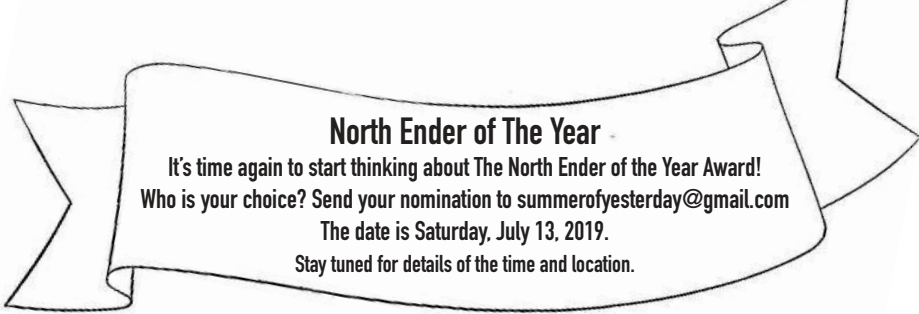
NORTH END BREEZES VISION: The North End Breezes will be a vital resource that promotes harmony, pride and collective community action in a diverse and dynamic neighbourhood.

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

MAY EVENTS



May is Here! And we are celebrating Jane's Walk and Doors Open Hamilton events in our neighbourhood or nearby, Mother's Day and Victoria Day. The annual Rain Barrel Sale fundraiser for The Breezes is on May 11, order yours by May 1st at rainbarrel.ca/northendbreezes. Here are some fa

Date	Time	Details	Address
WE 1	7	NENA Monthly Meeting Updates on issues affecting our neighbourhood.	Bennetto Community Centre
	7	Talking About Death Won't Kill You: the Essential Guide to End-of-Life Conversations Author Dr. Kathy Kortess-Miller, palliative Care researcher, discusses her TED talk and book.	Central Library Hamilton Room
TH 2	4:30	Hamilton Port Authority AGM and Report to the Community Includes update on the Westport Modernization Project	Discovery Centre RSVP ltrudell@hamiltonport.ca
FR 3		Hamilton Public Library Launch of Hamilton Music Archives – the history of the Hamilton music scene and contributors	Central Library
	Noon	Hamilton Philharmonic Horn Duo	
	1	Launch ceremony of the Music Archives	
	2	Rush: Time Machine (movie)	
FR 3	5	Free Friday Night Art Tour ...	Central Library
	6	...continues at the Art Gallery of Hamilton	AGH
SU 5	11 - 4	Golden Horseshoe Live Steamer Days Catch a ride on a miniature train	Museum of Steam & Technology, 900 Woodward Ave.
TH 9	10 - 12	National Post Card Week A celebration of postcard week May 6-12	Central Library, Wentworth Rm.
FR 10	12:45	Noon Hour Concert: Dover Lynn Fox	Central Library
		James Street North Art Crawl	
SA 11	9 – 1	The Breezes Rain Barrel Pick Up and Plant Sale	468 James N. @ Picton
	11	Stories in the Stones: The Hamilton Women's Tour "important part in Hamilton's history, from mothers, matrons, educators, artists and even a murderer."	Hamilton Cemetery 777 York Blvd. http://www.hamiltonhistory.ca/
SU 12		Mothers Day	
SA 18	11	Stories in the Stones: War of 1812 Tour	Hamilton Cemetery
MO 20		Victoria Day	
FR 24	Noon	Noon Hour Concert: Gunter Ott Blues Band	Central Library
SA 25	11	Stories in the Stones: Civil War Tour	Hamilton Cemetery
FR 31	Noon	Noon Hour Concert: HPO Violin & Viola Duo	Central Library

Free Movies @ Central Library		
WE 1	1	The Hustler
FR 3	2	Rush: Time Machine
SA 4	3	The Sword in the Stone
TU 7	6	Crazy Rich Asians
WE 8	12	The Dispossessed
SA 11	3	Homeward Bound
TU 14	6	The Wife
WE 15	1	Anatomy of a Murder
SA 18	3	The Pirate Fairy
TU 21	6	Lean on Pete
SA 25	3	Toy Story 3
TU 28	6	You Were Never Really Here
WE 29	1	Dial M for Murder
Free Family Movie @ Bennetto Community Centre		
FR 31	6	Doors open 5:30

Doors Open Hamilton, May 4 - 5			
<i>Please Note: This is selected list. For a complete listing go to https://www.doorsopenontario.on.ca/Hamilton</i>			
SA 4	10 – 4	Hamilton Port Authority Operations Centre	210 Hillyard St.
SU 5	12 - 4	& Boat Storage Facility	
SA & SU	10 – 4	HMCS Star Hamilton's Naval Reserve & historical naval artifacts. Military reception honouring The Battle of the Atlantic Sunday afternoon	650 Catharine St. N.
SA 4	10 – 4	St. Lawrence Church	475 Mary St. North
SA &SU	10 - 4	The Cotton Factory From Industrial to creative studios Studio Tours 10:30, 1:00 & 2:30	270 Sherman North

Jane's Walk, May 3 - 5			Starting Point
<i>Please Note: This is selected list. For a complete listing - https://janeswalkhamilton.wixsite.com/website/upcoming-walks</i>			
FR 3	10:45	Women of Hamilton: Looking Forward, Looking Back. Walk with Sheri and Cathy and learn about women's contribution to Hamilton history	City Hall Lobby Cafe
	7:15	Harbour Stroll - with Bay Area Restoration Council. The history, environmental issues & restoration efforts of the harbour	Bayfront Park, by the pergola beside the parking lot.
SA 4	10:00	Women of Hamilton: Looking Forward, Looking Back.	MacNab Street YWCA
	11:00	Stories in the Stones; Hamilton Firsts	Hamilton Cemetery, York Blvd.
SU 5	11:00	Stories in the Stones; Hamilton Firsts	Hamilton Cemetery
	2:00	Vanishing Neighbourhoods – Beasley	Friscolanti Funeral Home, Barton & John

Welcome Inn			
Tuesdays	Noon	Seniors Diners Club A hot lunch followed by entertainment. Suggested donation \$4:50	Welcome Inn 40 Wood Street

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

NEW SOCIAL JUSTICE INITIATIVES

SUBMITTED BY BOB WOOD

The Hamilton Community Legal Clinic provides a variety of services including legal advice & referrals, legal representation, public legal education, community development and law reform. This year has been busy with some new initiatives and activities to improve services to the client communities we serve. Here are a few examples:

Together We Rise

In February we launched Together We Rise! S'Elever Ensemble! Program. A newly formed coalition of agencies and allies is working with us to combat anti-Black racism and facilitate access to justice for Hamilton's Black community. The Coalition came together as result of feedback gathered as part of a bilingual celebration during last year's African Heritage month. That celebration focussed on Access to Justice for Hamilton's Black Community.

Queer Justice Project/Le projet de justice queer

Another collaborative undertaking was launched in March at Hamilton Artists Inc. on James Street North. Queer people often face legal problems that are tied to their sexual orientation and gender identity. Historically, the law has been used as a tool of oppression against the Two Spirit and LGBTQ community. This oppression continues to affect the community today. The Project aims to shift the balance and build capacity in the queer community. Check out the new website at www.queerjustice.ca/

Hamilton Legal Outreach (HLO)

The Clinic, in partnership with Legal Aid Ontario (LAO), started a project in 2014. Hamilton Legal Outreach (HLO) is designed to change the way individuals who live with mental health issues and addictions issues receive legal services. Traditional legal services require people with legal issues to initiate contact with a service provider. The HLO model is different. It meets people "where

they're at" by attending different sites and collaborating with community agencies who are already providing support services. Find out more at <https://www.hamiltonjustice.ca/mental-health-addictions>

The Definition of Disability is Changing in Ontario

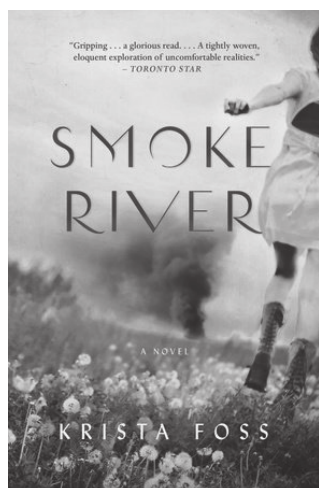
The Ontario government is planning to change the definition of disability. The change will make it harder to get the Ontario Disability Support Program (ODSP) support. Anyone who qualifies now should apply before these changes occur. Those who currently have a family doctor should contact their doctor as soon as possible to make an appointment to have an application filled out. Those without doctors can get assistance at specially designed sign-up clinics. The clinics are staffed by medical and legal professionals. In May, the clinics will run on Tuesdays (the 9th & the 23rd) from 12:00-3:30 PM at the First Pilgrim United Church 200 Main St. East in Hamilton.

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



BOOK CLUB CORNER

SUBMITTED BY KIT DARLING



April's book was **Smoke River** by **Krista Foss**. The background of this first novel by Hamilton author Foss draws on the turmoil surrounding land claim disputes informed by the incidents at Oka and Kanehsatake and most closely the recent Caledonia dispute. We meet characters on both sides of the issue – and those in the middle.

As the plot develops, we gain insight into the lives of the characters, the scars caused by ingrained racism, parental expectations and abandonment borne by young and old, indigenous and non-indigenous. Members agreed that they particularly enjoyed her character development and the way that she worked in backstory to explain characters current situation.

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.

The Enchanted, by Rene Denfeld

This book overwhelms you with deep feelings. It is beautiful & painful. It is the story of an archaic prison system as seen through the eyes of an inmate who survives his time in his dark ages dungeon on death row by reading and creating a fantasy world. Yet he is very aware of his surroundings, all the complexities of the institution and all the people within its walls. - Paige Turner

Dear Mrs. Bird, by A.J. Pearce

This novel, set in London during WWII, tells the story of Emmeline Lake and her best friend Bunty as they try to stay cheerful despite German planes making nightly bombing raids over the city. When Emmeline takes a job typing for a newspaper, she comes up against the formidable Mrs. Bird who writes an advice column. Tensions escalate. Funny yet moving and a good portrayal of ordinary people in extraordinary times. A tribute to the men and women who fought courageously on the home front. - 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.

We have been asked whether anyone can join the book club. Our books are supplied by the Hamilton Public Library and come in a bag of 12. This obviously limits us to 12 members at a time. We currently have 12 members, but if you wish to be put on a waiting list, email us at the above address. Alternatively, check out the many book clubs run by the Hamilton Public Library.

WELL RAISED VEGGIE GARDENS ALWAYS SAY 'PEAS'

SUBMITTED BY CANDY VENNING, VENNI GARDENS

Although it's far from new, one of the growing trends over the last few years is the addition of raised bed gardens – with less bending over, they're easier to care for and provide a confined & defined area to (usually) grow veggies in front or backyards.

The first consideration is what kind of wood to build with; both cedar or untreated pine work well, being the least chemically treated and most easily available woods. Staking in the corners, and reinforcing with cross bars as soil gets heavy and pushes/bows out the boards if it's over 3'.

Many people get very enthusiastic their first season but be sure you have full sun (this won't work under a tree or in the shadow of a house) also avoid going too big the first year. I recommend starting with a planting area approx 2'x 3'x 16"X deep, adding additional beds as necessary or garden at grade if your raised bed is successful. No sun in your yard? Join a community garden group to get your own little sunny plot or volunteer with Victory Gardens or Hamilton Community Garden Network.

The best soil is made-at-home compost (look to my last article for more on soil) or mushroom compost with a bit of bagged manure mixed in. Triple mix is fairly low in nutrients but you can add bagged manure if it's your only option, potting soil is usually for houseplants or annuals and doesn't serve veggies well. Spreading leaf, straw or dried grass as mulch keeps moisture in and weeds out.

When choosing what to plant, remember that one squash or zucchini grows huge and quickly sprawls out across an entire yard. Instead of planting one of everything, consider high value items that you will use straight from the garden regularly. To me it's cherry tomatoes, edible flowers like nasturtiums & borage, herbs like Thai basil, chives, parsley, arugula, and rosemary. Runner Beans are beautiful and easy to grow up 3 poles tied together, on a purchased 'tuteur' inside your raised planter, up an arbour or trellis or even chain link fencing. Carrots, zucchini and potatoes are so cheap at the market I don't see the value in adding them to my limited urban space.

If food gardening really floats your boat then take a closer look at 'permaculture' & growing perennials like Haskap berries, rhubarb, red or Black currants (not prickly or invasive like raspberries) and Asparagus. Flowering perennials that attract beneficial insects should be added to your food garden so your crops get great pollination. I recommend Echinacea & Black eyed Susan, Monarda, Liatris, Anise hyssop, and Asters.

A final but crucial element that many don't consider is the need for consistent watering, veggies and tomatoes are annuals after all, requiring plenty of water to produce edible fruits or roots. 'Drip line' irrigation, on a timer, is easy to install and ensures your hard work doesn't wither away while you're frolicking at Hamilton Beach.

LOCAL HERO: MARGIE KNEULMAN

SUBMITTED BY SHERI SELWAY

Many people travel, but one of our neighbours is raising money before she goes to Guatemala! Not only is Margie Kneulman, taking donations and doing fundraisers, like a recent Fajita Fundraiser, she is selling homemade soap and marmalade to help people in Guatemala who were affected by last year's volcano. Already her efforts have purchased 4 stoves. 1 went to a school for hot meals for the students, 1 went to a medical clinic, and 2 went to communal Kitchens. These stoves will heat water and cook meals and benefit many.

In June 2018, Guatemala's Fuego volcano erupted causing more fatalities than ever recorded; an estimated 200 people died. Authorities estimate that over 2million people lost their homes as large areas are covered with ash. They are presently living in communities of wooden pre-fabricated shelters, cooking in outdoor kitchens made of branches and tarps. They are waiting for new housing that may not be ready until next January. Donations are helping to build new outdoor communal kitchens, buy school supplies, and food.

The next fundraiser will be June 15. It will be a silent auction and soap sale. Please contact Margie if you have something to donate to the auction, or wish to donate to the effort. FB Messenger Margaret Kneulman or phone or text 905 975 4704

We love your garden!

Please enter it for a
Monarch Award !

www.monarchawardshamilton.org
info@monarchawardshamilton.org
(905) 549-0900


Noticed by your neighbour:





North
Hamilton

Community Health Centre



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

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NorthHamilton


Community Health Centre

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pathways@nhchc.ca

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
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- 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



Janes walk May 4th, 5th & 6th

To find out more about our 2018 walks and how you can participate please visit janeswalk.org/Canada/Hamilton or find us on Twitter @JanesWalkHamOnt or Jane's Walk Hamilton on Facebook.


You know spring has officially arrived when you start to see and hear news about the annual Jane's Walk Festival. Jane's Walk is a series of free, citizen-led walking conversations inspired by urbanist and activist Jane Jacobs. Hamilton has been participating since 2013.

The "Walk" honours Jane's ideas and legacy. Although she was not a formally educated planner, Jane had great visions for city design. And her body of work has had a profound influence on planners, architects, politicians, and activists alike.


Jane Jacobs thought of cities as adaptable ecosystems that thrive when communities are designed so that home, work, and play are all within reach. She believed local residents should have a voice in how their cities develop, and encouraged citizens to get to know more about the dynamics of their neighbourhoods. In her 1957 essay "Downtown is for People" she wrote, "No [planner] can find what will work for our cities by looking at ... suburban garden cities, manipulating scale models, or inventing dream cities. You've got to get out and walk.


Jane's Walks are intended to get people walking and talking in our neighbourhoods. They invite us to come out and see for ourselves what makes our city great. Walks are organized and led by everyday Hamiltonians who want to share what they know about special places in the city and typically last from one to two hours. Walks are an opportunity to meet our neighbours, make new friends, learn something new or share our knowledge. We can join a walk in a neighbourhood that we know or choose a walk somewhere we've never explored. To date, hundreds of participants have enjoyed walks throughout the lower city, on the mountain, and in Stoney Creek, Dundas and Ancaster.

Jane's Walks give us an opportunity to have meaningful conversations about the past, present and future of our neighbourhoods - from the architectural aspects to the psychosocial and environmental impacts that affect our everyday lives. The walks also provide us with a platform to make our voices heard inside City Hall. Staying informed and connected on a local level was important to Jane Jacobs.




Let's Walk About It, Hamilton

 Jane's Walk Hamilton

 JanesWalkHamOnt

Jane's Walk Hamilton is proud to partner with



May 3, 2019

Time	Leader	Walk	Meeting Place
10:45 a.m.	Sheri & Cathy	Women of Hamilton	City Hall Lobby Café (71 Main W)
6:30 p.m.	Jane Jamnick	Pipeline Trail	Strathearne @ Trail (below Barton)
7:00 p.m.	Joachim Brouwer	Barton Corridor & Westinghouse	541 Café Emerald/Barton
7:15 p.m.	Christine Bowen	Harbour Stroll	Bayfront Park - Parking Lot Pergola

May 4, 2019

9:15 a.m.	Jackie Lodder	A Trail of Two Cities BIKE	Bayfront Park
10 a.m.	Sheri & Cathy	Women of Hamilton	YWCA - MacNab Street
10 a.m.	Lynne Peterson	Downtown Dundas Walking Tour	Collins Hotel, 33 King St. W., Dundas
10 a.m.	Anita & Rachel	Barton Village Walking Tour	Lotus & Bee, 304 Barton St. E.
10 a.m.	Alissa Golden	Waterdown: A Stroll thru Time	Sealey Park 115 Main St. S Parking Lot
10:30 a.m.	Christopher Redford	Griffin House & Species at Risk	Griffin House (HIKE)
10:30 a.m.	Cameron Kroetsch	Imagining Safer Streets Downtown	Young & Ferguson (Corktown Pub)
11 a.m.	Robin McKee	Hamilton Firsts	Hamilton Cemetary - 777 York Blvd.
11 a.m.	Brenda Duke	The Gems of GALA	Woodlands Park Barton/Wentworth
Noon	Sarah Wayland	The Rise & Fall of Locke St. South	NW Corner of Hunter & Locke
1 p.m.	Greg Armstrong	Olde Towne Stoney Creek	Parking Lot Behind the Legion
1:30 p.m.	Johnathan Vandriel	Sam Lawrence Park	West Parking Lot opposite Highcliffe
2 p.m.	Kevin Love	Downtown Alleys BIKE	Gore Park - Queen Victoria Statue
3 p.m.	Ryan McGreal	Magill/Pearl/Kent Greenway	Magill & Barton St. W.

May 5, 2019

11 a.m.	Ian Borsuk	We're Going - Transit & Mobility	Gore Park - Red Church Cafe
11 a.m.	Robin McKee	Hamilton Firsts	Hamilton Cemetary - 777 York Blvd.
1 p.m.	FOTEK	Eramosa Karst	Eramosa Karst Parking Area
1 p.m.	Mary Louise Piggott	Churchill Park	Cline Ave S and Marion Ave.
2 p.m.	Charlie Mattina	Vanishing Neighbourhoods	Friscolanti Funeral Home John/Barton
2 p.m.	Kevin Love	Alleys: Durand/Kirkendall BIKE	Durand Park Pavilion near Sobi Station

What's Cooking in the North End?

NORTH HAMILTON COMMUNITY HEALTH
CENTRE SENIOR'S KITCHEN

Mexican Corn Soup

Prep Time: 10 mins Cook Time: 30 mins
Total Time: 40 mins Servings: 6

INGREDIENTS:

SOUP

4 cups fresh sweet corn kernels or thawed frozen corn
3 Tbsp olive oil
1/2 cup diced onion
1/2 cup diced celery
1 small potato cut into 1-inch cubes
4 cups chicken or vegetable broth
1/2 tsp. dried marjoram (or oregano)
Salt and Freshly ground black pepper

TOPPING

1/2 cup corn kernels
1/2 cup crumbled feta cheese
1/4 cup sour cream
1/4 cup chopped cilantro
Zest from 1/2 lime
1/2 tsp chili powder.
Lime wedges for drizzling

INSTRUCTIONS:

1. Place a large soup pot on the stove-top over medium-high heat. Add the olive oil. When it's hot, add in the onion and cook, stirring, until translucent.
2. Reduce the heat to medium and add the chopped celery and a pinch of salt and stir to combine. Cover the pot and cook until the vegetables start to soften, stirring occasionally to prevent them from browning, about 3-4 minutes.
3. Add the potatoes, marjoram (oregano), salt, black pepper and cayenne and stir.
4. Add the chicken stock and bring to a boil over medium-high heat. Cover the pot and lower the heat to medium low. Simmer until the vegetables are tender, about 20 to 30 minutes.
5. Add most of the corn kernels, reserving about 1 cup. Simmer the soup for another 10 minutes.
6. Puree the soup in the pot with an immersion blender. Taste for seasoning and add more salt or pepper if necessary (be sure to season well to bring out flavours). Add the reserved corn kernels. Turn the heat off under the pot after adding corn/corn milk and let stand 5 minutes, so the hot soup cooks it slightly. *If soup is too thick, add some water to thin and heat.
7. Meanwhile, heat a skillet with a little bit of oil over medium high heat. Cook the 1/2 cup corn kernels, stirring regularly, until lightly browned. Set aside.
8. To serve, spoon soup into bowl. Top with browned corn kernels from your skillet. Top with some crumbled feta cheese and a dollop of sour cream. Sprinkle with a bit of chipotle chili powder and chopped cilantro. Garnish with lime zest

TAKES ONE TO KNOW ONE: DOGS IN THE HOOD

SUBMITTED BY ROSE DIVECHA

Call me crazy, but I'm thinking about getting another dog. I had a dog for fourteen years, who you may remember from my November 2017 Breezes story, "Walk the Walk". About a year ago, Bailey went to the proverbial farm in the sky and my husband Rob and I promised each other we wouldn't rush into acquiring another pooch any time soon.



"Let's take our time." We said. "Enjoy our freedom. After all, our kids are leaving the nest. Do we really want to be tied down?"

The only problem is, temptation is around every corner. Literally, every breed around every corner! Afghans to Airedales, Weimaraners to Whippets and everything in between. There is such an eclectic mix of dogs in our North End neighbourhood. Our walks through Bayfront Park have me looking longingly at each one we pass. Usually followed by the statement, "Maybe we should get a dog like that!"

I have probably even stopped you on occasion to ask if I can pat your dog.

Bailey was a Collie/Retriever/German Shepherd mix. Protective, active and smart, he would have made a great farm dog. Instead, he got stuck with us. And while I don't miss the shedding and his over protective nature, I do miss his warm welcomes home, unconditional love and comforting companionship. That is why I'm looking to you, our dog loving readers, to write in to the Breezes to let me know which breed, in your opinion, makes the best pet. I'd like to hear your recommendations. Just email me at office@northendbreezes.com with "Best Dog" in the subject line. Send a digital photo and brief description on what makes your dog so special for a chance to have your four legged friend featured in an upcoming article, "Dogs in the Hood". Alternatively, feel free to stop me in the park...but don't be surprised if I stop you first.

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

Community Garden, VON Hamilton – Show off your green thumb! Volunteers are required to assist with our garden on Tuesday and/or Thursday mornings for a couple of hours. Interested gardening enthusiasts can contact Janis at 905-529-0700 x2251 or voncsshamilton@von.ca.

Hamilton – Let's Do Lunch! VON Hamilton is in need of volunteers to help deliver hot and frozen meals over the lunch hour. Driver and server spots are available for our downtown routes. Call 905-529-0700 or email voncsshamilton@von.ca to find out more.

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

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.

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.

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

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

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.

BOARD OF DIRECTORS

THE NORTH END BREEZES Board of Directors is currently seeking a new member to help provide strategic and operational direction. This position will be instrumental in moving us forward to build sustainability.

If you are interested in becoming a North End Breezes board member email office@northendbreezes.com with responses to the following questions:

1. **Why are you interested in our organization?**
2. **What relevant experience or employment history do you have for this position?**
3. **What contributions do you think you could make to the organization / What is your area of expertise?**
4. **What other volunteer commitments do you have?**



🌸 MOTHER'S DAY 🌸
SUNDAY MAY 12TH
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🏀 GO JAYS GO 🏀
\$10 Mini Pitchers (domestic)
taxes included
\$2 off a Pound of Wings
(game time special only)

🎵 OPEN JAM NIGHT 🎵
Friday May 31st
Unleash your Inner Rockstar 🤘
(Dancing shoes required)

💚 THEY'RE BACK 💚
FRESH MINT MOJITOS
Handcrafted with our own in-house made
fresh lime and mint simple syrup!



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