

JUNE 2019 | VOLUME 6 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

NORTH HAMILTON COMMUNITY HEALTH CENTRE IS NOW COMPASS COMMUNITY HEALTH

To evolve with an ever-changing health industry and best meet with the growing needs of the area residents and expanding services, North Hamilton Community Health Centre has updated the company brand and vision. The new brand is more than a new name and logo. It represents the organization's values and promise to community, as well as the philosophy and purpose of work. It is the essence of what Compass Community Health stands for.

Keeping community involvement at the forefront of the branding initiative, staff, client, and community engagement sessions were a valuable part of the process that guided the Compass Community health brand. The meaning behind the name speaks to the growth and outreach of services, the leadership and professionalism through the delivery of services to support healthy communities. Through wellness education alongside attentive primary care, the spectrum of service delivery continues to expand.

Interim CEO, Kathy Allan-Fleet explains, "Compass Community Health is committed to putting the community's needs at the forefront of our

work. The goal of the organization is to empower people to take control of their health, and to offer excellence in health care to help achieve that. The new evolution of the brand supports a renewed promise to provide exceptional health care with compassion, professionalism and guidance." These values are core to the Compass Community Health brand.

The new branding tagline "Connected to Community – Committed to Health" describes the Compass Community Health commitment to those seeking a positive and supported journey to optimal health. The ripple icon is reflective of the growth of self, the effect of health to an individual's life and the expanding array of services offered.

"Fundamentally, community is our middle name - both literally and figuratively," said Dwayne Cline, Chair of the Board of Compass. "Compass Community Health provides an all-encompassing suite of services that adapt to the changing needs of the communities we serve."

We believe that the whole community – the North End community, the LGBTQ+ community, the newcomer



community, the COPD community, every definition and type of community – deserves to access opportunities to live as healthy and well as they would dream they could.

The Compass Community Health Mission is "Enabling health through healing, hope and wellness. We create partnerships with our clients, their families, and the community in general, in order to enable overall health through healing without boundaries

or obstacles." Compass Community Health staff work as advocates for those who are vulnerable and without a voice, providing them with the tools needed, and leading them in their journey to a healthy future.

For more information, or to schedule an interview with Dwayne Cline or Kathy Allan-Fleet, please contact :Aarna Rajakumar at 905-523-6611 ext. 3063; or email at rajakumar@nhchc.ca

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THIS IS YOUR STREET: FERGUSON AVENUE

SUBMITTED BY BRIAN ROULSTON

It's another month and another street here in Hamilton's North End. Ferguson Avenue was originally called Nelson Street after Lord Nelson, one of Britain's greatest naval commanders.

Following the American Revolution many immigrants from the American Colonies, mostly New York and Pennsylvania, settled here in The Head of the Lake area. Many of these settlers submitted applications to the Government of Upper Canada, the crown, for free land. If they were successful they would receive a land grant and become a 'settler'. It was a complicated process that involved many government offices. The settler was allowed to settle on the land and had to fulfill certain criteria's such as land clearing and farming. The crown and town officials dictated how many and what types of building were to be put up as well. Once the crown was satisfied that all the criteria had been met it would then issue a 'Patent' indicating that the land had been passed to the settler.

Peter Ferguson was one many immigrants to the area to receive such a grant. He, his wife Florence and two sons came in 1795. On December 2, 1802 Peter received his grant for 100 acres on Lot 13, Concession 2. For awhile Lord Nelson street was called Cherry Street for the cherry orchards that Ferguson had planted. This street was again later renamed Ferguson Avenue in his honor. The land was divided into city lots in 1856. This street served as the eastern boundary of what was then known as Barton Township.

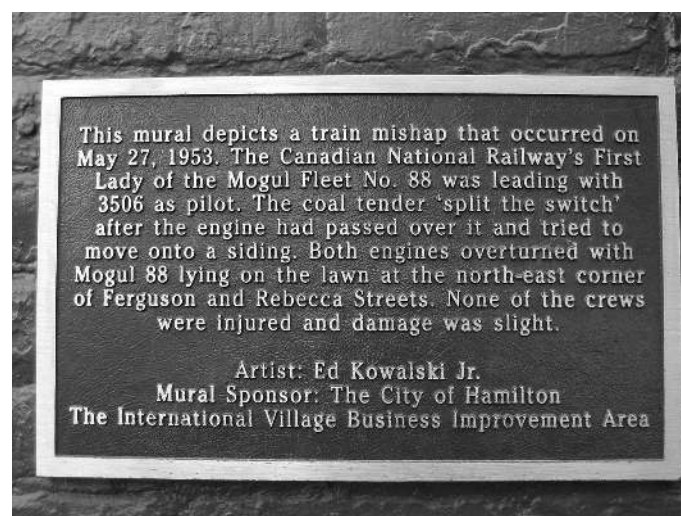
Today, Ferguson Avenue starts on Dock Road at the Royal Canadian Naval Base. As we head towards the escarpment we come to the base of the Ferguson Bridge at Simcoe Street, the bridge is a pedestrian, cycle and vehicle overpass crossing the C.N Rail Tracks, formally known as the Grand Trunk Railway Line. This bridge was completed in July, 2008 at a cost of \$4.6 million.

Over the bridge to the right at Barton Street is the Hamilton-Wentworth Detention Centre aka The Barton Street Jail a six floor complex built in 1978 to house 560 inmates.

A railroad track was built in 1873 that

ran up the middle of Ferguson Avenue for almost 10 blocks by the Hamilton & Lake Erie railway as part of their line between Hamilton and Port Dover. This later became the Hamilton & Northwestern railway in 1876. Then shortly after that it became part of the Northern & Northwestern railway in 1879, finally Grand Trunk Railway in 1888.

By the 1880's the blocking of Barton and King streets by the passing trains became a major inconvenience to pedestrians, personal vehicles and streetcars. On Sunday January 19th, 1917, around 1:50 pm a freight train with 2 heads pulling 17 empty cars were en route to Hagersville, Ontario to meet up with the Michigan Central Railway train to pick up horses for the Canadian Army. As the train headed south it collided with a westbound Hamilton Street Railroad (HSR#35) car carrying 35 passengers at King & Ferguson. The train obliterated the signalman's tower which was installed at Barton in order to regulate train movements following a smaller mishap in 1915 and as part of GTR policy the tower was unmanned on Sunday's. As the momentum of the train continued the train went crashing into and destroying the King Street Station located between King St. and Main St. Eight people from the HSR train were sent to hospital, then later released. Another six passengers aboard the Grand Trunk train along with the train's conductor were also sent to hospital with non-life threatening injuries.



Another railway mishap occurred on May 27th, 1953 when the lead locomotive, a Canadian National No. 88 travelling around 6 Km/h (10 Mp/h) jumped the tracks on Ferguson Avenue, near Rebecca Street due to a failed switch. The coal tender ended

up against a warehouse building. The locomotive itself came to rest on its side at a right-angle to the Ferguson Street tracks. Two crew members were injured as well as the engineer who leaped to safety just as the lead locomotive rolled over on its side. Both men received medical attention and were later released from the hospital. This came at a time when city council tried 'again' to have the tracks closed or relocated away from the downtown section. The tracks continued operations until the mid-1980s when they were finally ripped up along with the original bricks and were sold off as this area underwent a major clean up.

A static display of a train station along with a hand car serves as a reminder of both the Ferguson Station and the Grand Trunk Railroad's past. It is also of note the CN train number #88 was put on permanent display as part of the Aultsville Train Station (Upper Canada Village) with its original Grand Trunk Railway Number #1008 in 1957 and as of 2017 it still remains on display.

As we crossover Main St. to the right is a grey building known as the Radigan Building. It was constructed in 1905 using 100-year-old timbers.

Again Ferguson street South is interrupted at the Corktown Park and picks up again at Young Street until it reaches the bottom of the escarpment at Foster Dr.

A terraced block of Victorian style brick houses was built in 1894 for Edward Linder. It is officially registered to The Ontario Heritage Act as being of historic and architectural value and interest because of its original features of the west, south, and north facades, including the ornamental pine wood trim, original front doorways with their stained glass transom over the top of the doorways. There were

many more Victorian style housing terraces in the neighbourhood prior to the end of the 19th century.

Finally, we come to what was known as the High Level Pumping Station now the Ferguson Pump House opposite Foster Street



Team Up to Clean Up

Hamilton Port Authority recently hosted its annual Team Up to Clean Up day. Teams of HPA staff, tenants and partners were at Fisherman's Pier and locations across the North End collecting 97 bags of garbage.

Thank you to our participating Port Partners: Joseph Haulage Canada Corp, Milestone Environmental, Lafarge, Richardson International, Beach Canal Lighthouse Group, Lakeshore Sand, Canadian Asphalt, Heddle Shipyards, CityKidz, REfficient, McAsphalt.

Port People

It is with warm wishes we announce the retirement of Sharon Clark. As Community Relations Manager, Sharon has been a familiar face and has worked with a number of community members, not-for-profits, and port partners to make positive contributions to the surrounding community. We wish Sharon all the best in her retirement.

Upcoming Events

Discover the Port of Hamilton Tours

HPA is hosting 3, free community tours aboard the Hamilton Harbour Queen this summer. Participants will learn about Hamilton's diverse port and the many activities that take place on Hamilton's working waterfront.

If you are interested in attending please contact community@hamilton-port.ca to be notified when registration becomes available.



PARENTS ON THE PLAYGROUND


SUBMITTED BY SHERI SELWAY

On May 9, I wandered over to Bennetto Field playground to see what all the excitement was! A lot of parents and children braved the cool, wet weather for “Parents on the Playground”. I have been watching over the past year as students at Bennetto School played in the interesting structures on the field. For years it was just a field. Now I’m always watching to see what is going on!


First thing I saw was Carolyn from Trees Please teaching us how to measure the huge White Mulberry on the playground – height, circumference of the trunk, and how wide the tree top is! The rest of the field now contains creative structures, largely designed by the students. There is Gaga-Ball, Funnel Ball, and a Friendship Bench. The goal of the event was to engage parents, to explore the new equipment so par-

ents can play WITH their kids, and to encourage outdoor play!
Kids like the new playground also. They told me they like playing all over the field and using their imagination to make up games.
Inside there was yoga! And cake!
Congratulations to Parents on the Playground and to Bennetto School!





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For Further information visit our website
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Carbon Cycle



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Supported ride includes equipment transport, hearty campsite feast and full hot breakfast.

Raise funds for Environment Hamilton's work on Climate Change

Register or sponsor another rider
www.environmenthamilton.org

For more information, visit our website or call:
905-549-0900



Carbon Cycle

Ride from West Hamilton to the Waterford North Conservation Area. Environment Hamilton will provide route guides, luggage and gear transport, water stops, two meals and overnight camping. Most of the ride is on bike trails with this new route. No highway riding!

Our purpose is to:

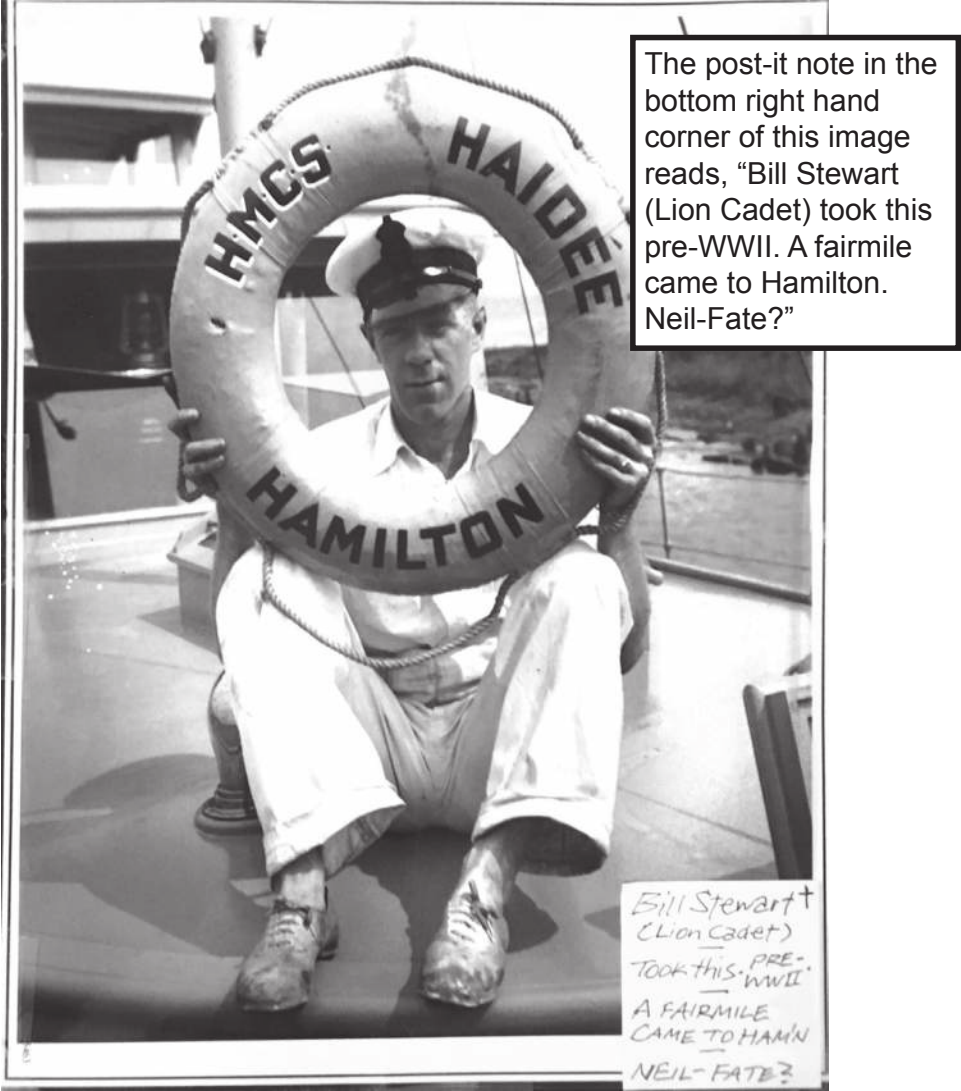
- Raise funds for Environment Hamilton's Climate Change work.
- Provide an easy introduction to bicycle touring.
- Promote cycling.
- Celebrate our geography.
- Build the community that cares about our city.
- Raise awareness on Climate Change.
- Meet great people and have fun!

Registration Fee:

- \$125 per rider* | \$50 for 16 & under
- Raise funds to support Environment Hamilton.

* Registration fees are non-refundable, and are required to reserve food and camping amenities.
Register early, space is limited. The ride usually fills. Prizes for fundraising efforts!
More Information: www.environmenthamilton.org/carbon_cycle_2019

MYSTERY MAN: DO YOU KNOW THE MAN IN THIS PHOTO?



Help us find this Mystery Man!
If you recognize this man, reach out to the North End Breezes.
You can email us at Office@NorthEndBreezes.com, Tweet us [@NorthEndBreezes](https://twitter.com/NorthEndBreezes) or find us on at [Facebook.com/NorthEndBreezes](https://www.facebook.com/NorthEndBreezes).



David Christopherson, MP
Hamilton Centre



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

22 Tisdale Street South
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www.davidchristopherson.ca

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hamilton@davidchristopherson.ca



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Sunday Mass: 11:00 am

Weekday Masses:

Tues: Mass at 7:00 p.m.

Wed: Mass at 8:00 a.m.

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

Fri: Mass at 8:00 a.m.

*please check our website to confirm weekly
 mass times*

Phone: 905-529-3921

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

email:

stlawrencehamilton@hamiltondiocese.com

facebook.com/stlawrencehamilton/

www.stlawrencehamilton.ca

Office Hours:

Mon 9am-1pm

Tues 9am-3pm

Wed 9am-3pm

Thurs 9am-3pm

Fri 9am-1pm

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

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June 13, 2019 *Tim Hebert

June 20, 2019 *Big John and

The Night Trippers

June 27, 2019 *Silver & Gold

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 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

Want a refreshing summer time activity for your kids? Swim lessons are available all summer long. Contact your local community centre and ask about their summer swim lessons, dates, times and registration information.

OUR OUTDOOR POOLS WILL BE OPENING UP AT THE END OF JUNE.

FOR THE OUTDOOR POOLS AND WADING POOLS
SWIM TIMES
PLEASE GO TO

www.hamilton.ca/recreation



See you out there enjoying the summer fun!

Free Supie Program

The Recreation Division offers free drop in programs in City of Hamilton Parks through the summer. Our Supie staff organize games, crafts, sports, special events and theme days for children in the neighbourhood.

A few Supie Locations will be at:

McLaren Park,
which is the corner of John St N and Cannon St

Eastwood Park,
which is the corner of Burlington St E and Mary St

Please contact your local
community centre for more details.



Ward 2 Councilor Jason Farr at the official unveiling of the new North End signs designed by Matt Fletcher

CELEBRATING SENIORS!

SUBMITTED BY MICHELLE FERRARA • June is Seniors' Month! Celebrating everything for Seniors in our community: providing information on services, reaching out to include the 93,000 people in Hamilton 65 years and older, ensuring they are included and have a voice. Local services, government, housing, health care, transportation, in-home care, elder care facilities, social, spiritual and fun will all be represented at the event. Seniors' Month is a great time to reach out to those who may be alone, isolated, lonely. One of the most isolated Seniors' groups are the Senior LGBTQ folks-please include them- recently identified in Ontario Hospital News as an at-risk group for high isolation and the accompanying depression and other health issues related to being alone or unaccepted.

Upcoming event of interest is the Seniors Kickoff Celebration (free), 10:00am-2:00pm, Wednesday May 29th at Michaelangelo's, 1555 Upper Ottawa Street. The HCoA-Hamilton Council on Aging will post on their website in late May other events taking place for Seniors Month-check them at www.coahamilton.ca

See me at this event-one of the 100 best elder-care and info providers waiting to meet you.

"Hamilton-the best place to raise a child and age successfully". Enjoy! xxoo

CREATIVE KIDS - SUMMER FUN

SUBMITTED BY KIT DARLING • Hamilton Public Library is running the popular Photography, Billboard and Power of the Pen contests again this summer. The Billboard Contest and Photography Contest are for kids 4-12, and there is a tween writing contest for kids 10-12, the teen writing contest for teens 12-18, and a teen photography contest for teens 12-18. They open at the end of June and submissions are accepted all summer long. On June 28, check out Summer in the City mural (Ages 4-12, drop in): Work together to create a collaborative mural of what summer in the city means to you.

Summer reading is also happening. Kids and teens can track their reading online and are automatically entered for prize draws this summer. They can also enter draws at the branch (and bookmobile) for a chance to win a pack of four tickets to a Tiger Cat game and / or an invitation to special VIP programs (Nerfstastic, Candy Sushi, Maker Program, and Excellent Explosions) that take place during the last week of August.

For more information and for contest entry forms go to https://kids.hpl.ca/ or https://teens.hpl.ca/



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



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)
- Food Bank Assistant

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

WE ARE HIRING FULL-TIME STUDENTS FOR THE SUMMER!

- New Horizons Thrift Store assistant manager - one position
- Food bank assistant coordinator - one position
- Summer Camp coordinator - two positions

Please view the applications on our Facebook page for further details

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

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



Next Meetings: Wednesday June 5, 2019

7:00 PM – 8:00 PM Bennetto Community Centre

In April, CityHousing Hamilton issued a request for proposals (RFP) to redevelop the Jamesville townhouses and the open space located on the north-east corner of Bay and Strachan currently home to the Sunset Cultural Garden. It also held a site meeting for proponents at the Workers Arts and Heritage Centre on Stuart Street. Those interested can access electronic preview copies of the RFP via: <https://hamilton.bidsandtenders.ca/> (type “C18-07-19” or “Jamesville in the search box”).

There are currently 91 townhouse units on the Jamesville site. The RFP sets a cap of 650 residential units for the redevelopment, as well as provides performance specifications for the 46 CityHousing Hamilton replacement units to be located on the site. The new rent-geared-to-income (RGI) units will include 11 one-bedroom (385 sqft), 25 three-bedroom (770 sqft), and 10 four-bedroom units (963 sqft).

CityHousing Hamilton has previously indicated that the remaining 45 replacement RGI units will be included in a housing project located at Bay and Cannon near Sir John A. MacDonald Secondary School.

The RFP does not appear to specify a unit mix or how many “family-friendly” two or more bedroom units will be included as part of the rest of the redevelopment—i.e. the other 604 units.

The NENA planning committee will be holding a public session with senior staff from CityHousing Hamilton to discuss their plans for Jamesville and 500 MacNab Street at NENA’s next meeting on June 5th. Questions will be welcome and are encouraged.

The NENA planning committee also submitted written feedback to the City’s chief planner, Steve Robichaud, on the proposed 8-storey development at 468 James Street North. This development proposal represents a significant increase in height and density over what is permitted in Setting Sail (the approved secondary plan for our area) and seeks a reduced parking requirement of one space for approximately every third residential unit. The committee conveyed specific reservations, particularly that the proposed one parking space for every three residential units is unrealistic and will cause spill-over parking on adjacent streets.

The committee’s overarching concern, however,

is that this project could set a precedent for other developments near the West Harbour GO and along James Street North in the North End before a more comprehensive, city-initiated official plan amendment process can address, with resident participation, what planning changes are needed to incorporate the recommendations of the James North Mobility Hub Study approved by City Council in 2014 into Setting Sail. Provincial policy requires local plans to facilitate intensification (i.e. higher density redevelopment) around major transit stations like the West Harbour GO, which opened in 2015.

The development application is currently scheduled to go to the City’s Planning Committee for approval on June 4, 2019. At the time of writing this update, Planning Staff’s assessment of the proposed development was not publicly known. For more information or to pass along comments or concerns please email the chair of NENA’s planning committee at hturkstra@fastmail.fm.

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

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

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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

JUNE EVENTS

June is Here! And we are celebrating - Fathers, Seniors, Buskers, the 75th Anniversary of D-Day and much more. So, get out there and smell the roses! Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
SA 1		Summer Reading Badge registration opens. Kids and Teens can register online or at your local branch.	Hamilton Public Library, Bookmobile or Central
1	11 - 8	Barton Village Festival Live music, family fun and food	Barton Street between Victoria and Sanford
SA 1 SU 2	10 – 10 10 -4:30	The Re-enactment of the Battle of Stoney Creek Costumes, history and more. Details @ http://www.battlefieldhouse.ca/	77 King West, Stoney Creek
MO 3 – 9		RBC Canadian Open Tix @ rbccanadianopen.com/tickets2019	Hamilton Golf & Country Club, Ancaster
WE 5	6 PM – 1 AM	From Sea to Storm: Remembering D-Day Mark the moment that 'boots first hit the sand' ; historical demonstrations, military vehicle, sound and light show and more. Free admission, registration encouraged https://www.eventbrite.com/e/from-sea-to-storm-remembering-d-day-tickets-61051523751	HMCS Haida
	7	Author visit – Aleksandar Hemon in My Parents: An Introduction, this NY Time best selling author tells of his parents immigration from Bosnia to Canada, the upheaval of the siege of Sarajevo and building a new life.	Central Library
	7	North End Neighbours monthly meeting	Bennetto Community Centre
TH 6		D-Day – 75 th Anniversary	
	10 - 4	The Longest Day: Remembering D-Day Historical demonstrations, tours of the Haida, & more. Youth under 17 Free, Adults \$3.90, Srs, \$3.40	HMCS Haida
	7	Hamilton Reads: Title Reveal Find out what book we all should be reading for the coming year. An evening for book lovers. Tix \$10 at your local library	Central Library
FR 7	12	Noon Hour Concert – Spleit Strings	Central Library
	5	Free Friday – tour of Central Library's Art Collection, and continue ...	Central Library
	6	Free Friday - Docent led tour of the Art Gallery of Hamilton	Art Gallery of Hamilton
7 - 9	FR 6:30-10; SA 11:30-10; SU 11:30-6	Dundas International Buskerfest Downtown Dunas brings 3 days of family fun, amazing acts and lot's more.	Downtown Dundas
SA 8	10 – 12	Green Walk and Talk with the NENA Environment Committee	Mary Street Bridge
SU 9	12 - 4	100 TH Anniversary of Decoration Day at the Military Museum Family friendly activities	Dundurn
WE 12	7	Author Visit – Laurie Petrou reads from her debut thriller Sister of Mine and discusses the writing process.	Central Library
Fr 14		Art Crawl	James Street North
14 – 15		Liquid Art Festival Beer, Art & music. For details and Tix https://liquidartbrewfest.com/	Collective Arts Brewing

Date	Time	Details	Address
14 – 19		Hamilton Arts Week Details at https://hamiltonartscouncil.ca/artswweek	
FR 15		Silent Auction & Soap Sale Fundraiser for Guatemala	Contact Margie Kneulman phone or text @ 905-975-4704
SU 16		Fathers Day – Celebrate Dad	
FR 21	12 - 2	National Indigenous People's Day - celebration	City Hall
21 – 23		ArtsFest 2019 Music, art and family fun. Includes Susan Aglukark, David Clayton Thomas, John McDermott and Sass Jordan.	Westdale Village
21 – 23		Soaring Spirit Aboriginal Day Festival Beginning the evening of the 20 th with the lighting of the sacred fire, each morning begins with a sunrise ceremony, Indigenous artists, food and a mini-pow-wow on Saturday and Sunday.	Pier 4 Park
FR 21	12 PM	Noon Hour Concert – Will Gillespie	Central Library
SU 23	11 – 4	Golden Horseshoe Live Steamer Days Ride a miniature train and take a free tour of the museum	Hamilton Museum of Steam & Technology
FR 28	12 PM	Noon Hour Concert – Doug Feaver	Central Library
SA 29- July 1		It's Your Festival – Celebrate Canada's birthday with family fun, food, crafts and entertainment	Gage Park
MO July 1		Canada Day - HMCS Haida festivities and food 10 -4:45 - Military Tattoo at Dundurn Park – 5 PM -	
FR July 5	12 PM	Noon Hour Concert Sam Loaker	Central Library

Free Movies @ Central Library		
SA 1	3	Family Movie – Mr. Peabody and Sherman
TU 4	6	Big Screen – Green Book
WE 5	1	Classics – Treasure Island
FR 7	1	Music Movie – Ladies & Gentlemen, the Rolling Stones
	3	Family Movie - Hoodwinked
SA 8	3	Family Movie – The Croods
TU 11	6	Big Screen – Hearts Beat Loud
SA 15	13	Family Movie - Enchanted
WE 19	3	Classics – A Fistful of Dollars
TU 18	6	Big Screen - Indian Horse
SA 22	3	Family Movie - Paddington
TU 25	6	Big Screen - Lucky
SA 29	3	Family Movie – Paddington 2
TU July 2	6	Big Screen - Aquaman
WE 3	3	Classics – Rebel Without a Cause
FR 5	1	Music Movie – 20 Feet from Stardom

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

North End of The Year

It's time again to start thinking about The North End of the Year Award!
Who is your choice? Send your nomination to summerofyesterday@gmail.com
The date is Saturday, July 13, 2019.
Stay tuned for details of the time and location.

ED STEWART: A LEGEND IN HIS TIME

SUBMITTED BY BRENDA DUKE

I came to know Ed when I started with The Breezes just over two years ago. I learned that he designed the logo that we use and I learned that he promoted and supported The North Enders of The Year Award.

In an article written by Ann Marie Pavlov in 2015, I learned a lot more! Ed tells us that North Ender John Nagy began the North End Reunion. In about 2005, Ed started the North Ender of The Year Award. It is a way of remembering the early days and the people who were part of them. A lithograph was created of the 16 WW2 veterans that received that award; some posthumously. That lithograph now hangs in over 150 Ontario Schools and in military establishments across Canada. On the Athabaskan Memorial Trip to France, Ed presented it to the Queen of Windsor and continues the legacy with each North Ender of the Year Award.

What I've learned about Ed lately is that he was very involved in the Lion Sea Cadet Old Buoys Club. In 2011, at the presentation of archives in 2011 at St. Luke's Parish, it was presented to Margaret Houghton. Margaret was the Curator of The Hamilton Public Library for many years and recently passed away.

Ed Stewart "landed on Wood and Ferguson Streets in 1929, the start of The Great Depression". His parents raised six children in the home they had built in 1920. Ed grew up and was schooled at Bennetto in The North End.



When his brother Bill was listed among the 128 lost when the HMCS Athabaskan sunk in 1944, the family moved from Wood Street. Ed has lived in other areas of Hamilton and in other cities, but he left his heart on Wood Street and in The North End.

This year Ed celebrated his 90TH birthday with family and friends from all across the country. Pictured here are Ed and his sons; Mark and Christopher who travelled from Calgary with their wives and Ed's grandchildren Laura and Matthew. Celebrating also with Ed was his 99 year old sister Mary and cousin George who was a WW2 Fighter Pilot and founder of Canadian Warplane Heritage Museum.

The Board of Directors of The Breezes extend our heartfelt congratulations and look forward to many more years of North End pride led by Ed Stewart.

We'd like to thank Ann Marie Pavlov for allowing us to share excerpts from her article published in The Breezes in 2015.



Ed with his sister and cousin

STOP THE CUTS

SUBMITTED BY BOB WOOD

The Ontario government recently cut funding to Legal Aid Ontario by 35%. Within three years these cuts will increase so that funding will be reduced by 45% from the 2018-19 levels.

One part of that Legal Aid system that will be impacted is community legal clinics. They are funded by Legal Aid Ontario.

Community legal clinics, set up beginning in the 1970's, were designed to fill gaps in services to low income people. The idea was to provide what has become known as "poverty law" services, areas of law such as welfare, tenant disputes, workers' compensation and employment insurance. Clinics were also mandated to do public legal education, law reform and community development work.

Hamilton Community Legal Clinic is one of seventy-two clinics that would be impacted by these cuts. These cuts will be devastating to low-income people across Ontario who deserve access to justice.

Here is a partial list of some of the Ontario residents who use community legal clinics.

- Those receiving Ontario Works and Ontario Disability Support Program benefits and appealing decisions.
- Tenants fighting wrongful evictions.
- Injured workers trying to access WSIB benefits.
- Individuals trying to get the Canada Pension Plan Disability Benefits, Old Age Security, and child benefits they're entitled to.
- Workers struggling to uphold employment rights at work
- People applying for immigration and refugee status and challenging deportation orders.

This massive cut to funding will mean reduced front line and advocacy services – even though Premier Ford promised his government would not cut services.

Two Things You Can Do to Support Access to Justice

1. E-mail call or write to Premier Doug Ford premier@ontario.ca and or Attorney General Caroline Mulroney (caroline.mulroney@pc.ola.org.) If you prefer compose your own message urging them to

STOP THE CUTS TO LEGAL AID!

2. Tell Your Story: Tell us in your own words how the Hamilton clinic or another legal-aid clinic or anyone in Legal Aid Ontario helped you or someone in your life. This will assist us to defend against the imminent LAO budget cuts that will hurt legal-aid services to vulnerable Ontarians.

Send your stories to us.

Send by mail to:

HCLC/CJCH

100 Main Street East, Suite 203,
Hamilton, ON, L8N 3W4

Send by fax at (905) 523-7282

or by email at hclc.cjch@gmail.com.

You can keep up to date on developments with legal aid funding cuts at <https://www.stoplegalaidcuts.ca/>

Bob Wood, recently retired as a community worker at the Hamilton Community Legal Clinic, has written this column for more than ten years.



The Breezes would like to thank

Bob Woods for his years of dedication to our publication.

He has consistently provided invaluable information for over ten years on behalf of the Hamilton Community Legal Clinic.

Now, it's time to relax, put your feet up and enjoy your copy of the Breezes.

**Enjoy your
retirement,
Bob!**

COMUNITÀ RACALMUTESE MARIA SS DEL MONTE INC.



Our festival of Maria Del Monte is in its 29th year. This year's festival is being celebrated the weekend of June 23, 24, 25, and 2017.

The central location is Our Lady of All Souls and St. Mary's School parking lots. This is located on the corner of MacNab and Colbourne Street.

This festival has significant history in Hamilton and the first celebration occurred in Hamilton circa 1930's by Racalmutese Italian immigrants wanting to carry on this traditional celebration as they did in Racalmuto, Sicily. A Church was built on 21 Barton Street West and the Italians wanted the church to be named Maria SS. Del Monte but it was decided to keep the name neutral, therefore the new church was named Our Lady of All Souls and opened in October 21, 1923. Giuseppe Agro a Racalmutese artist created the beautiful paintings now found in the church.

Our festival objective is to bring together Racalmutese, but all Italians, and the community from Hamilton and surrounding areas. The Maria SS. Del Monte is a figure of devotion of the twinning the cities and uniting the 2 communities. It is an important symbol of our faith and cultural identity.

It begins Friday Evening at the Fratellanza Racalmutese Italian Club on 72 Murray (Corso Racalmuto) St. West where a band serenades the spectators with original Folklore music. At dusk a candlelight procession begins with band and some spectators, carrying banners, & others candles. The procession marches through several streets arriving at All Souls Church where there is a service, followed with refreshments in the church parish hall. On Saturday we will be hosting the 1st annual Bocce Tournament at the Fratellanza Racalmutese Italian Club celebrating Canada 150th Birthday starting at 11:00 am. The celebration involves Italian food, music, stories of historical significance of the festival of Maria Del Monte, the Fratellanza Racalmutese Club and the area. Both

Saturday and Sunday from 3:00 pm until dusk at St. Mary's School Parking Lot will be having our first Kid's Zone with a bouncy castle and games. Saturday evening there will be entertainment with singers and dancers.

Sunday begins at 9:00 a.m. with procession of promises where a group of people accompanied by the band march from the Fratellanza Racalmutese Club to the church to deliver their requests or promises in keeping with the tradition. Once the promises are completed a mass service follows and at the end the Madonna is crowned. The Madonna is then carried out and placed on a decorated float in the shape of a boat (Barca). 2 other floats in the shape of candles (ciliu) decorated with banners are also part of the tradition.

Immediately after the mass service, a larger procession starts with spectators carrying banners, dignitaries, young people dressed in traditional costumes, the band and many different groups from the community singing and marching through the streets to arrive at the church parking lot. At 6:00 p.m. entertainment begins with singers and dancers and ends at 10:30 p.m. with a spectacular pyrotechnic and laser display.

Our goal is that this Italian festival will add to the unique identity of Hamilton and it will benefit our community by bringing people to this area to learn the historical significance of the "Festa". It will educate the community and community abroad. We would like to make this an authentic Italian Festival in the northwest end of city of Hamilton by preserving the traditions culture, history and heritage; while strengthening the community in this area. The contribution to the community is bringing people to the area to explore the James Street businesses.

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TWITTER:
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@RACALMUTESEHAMILTON2017

STAYCATION: COTTAGE IN THE CITY

SUBMITTED BY
CANDY VENNING, VENNI GARDENS

Last week during a warm spell my husband and I had a lovely brunch on Barton, sipped coffee on James st N and strolled home to our desolate, dank and dusty backyard.

At the moment we have a fence, some decent existing soil...and that's about it; time to get a plan!

Hey, I know a garden planner, me... and truth be told I've been planning the space for ages but time and funds are limited so I'm using a few short-cuts while still keeping an eye on my longer term goals.

Many wonderful urban spaces start with a sense of privacy, a destination and place to gather. Anything from covered front porches with cheap cotton or canvas drapes or backyards with big umbrellas or a pergola dripping with greenery will do. I've always enjoyed entertaining 'al fresco' and much of my focus is on creating a sense of escapism for family and guests – a bit of Tuscany or at the very least a calming oasis in the city. (cocktails and tasty snacks help)

We decided on a pergola to grow lots of luscious plants up; Dutchman's pipe to support Swallowtail butterflies, Clematis for their incredible blooms (new varieties like 'The President' and 'Star of Poland' are repeat bloomers) and even annuals like Cucamelon, Zucchini or squash until our perennial vines are established.

Next is Lighting. Anything from a clothesline, fence or pergola draped with string lights or a collection of lanterns using tea lights sets an intimate vibe while making everyone look gorgeous.

If you can find space for a pond or a small water fountain, trickling water can do wonders to mask city noises or blur intimate conversations from leaking over the garden fence.

Comfy pillows, fabric napkins, and a portable music player all set the stage to make it feel like a special event even if it's for yourself.

Don't forget to get extra impact from massing pots together to fill in a blank spot in the garden beds or gathered near the dining area for blooms at the

same height as seated guests. Favourite plants for large pots are Calocasia/ Giant elephant ears, Canna lily, for the 'thrillers', Ivy leaf geranium, petunias, or Plectranthus as the 'filler' and sweet potato Vine, golden ivy or Wandering Jew as the 'spiller'.

Quick annuals that fill a shady space: Begonias or Coleus both come in many different colours and some coleus get really huge in a season.

There we have it – a spot to gather can be as simple as an umbrella and a couple of chairs or as complex as a big pergola, music, lighting, great plants, a beautiful stone patio or a combination of any and all those things.

Next time you think of driving 3 hours through 400 series traffic, consider the calm you can achieve in your own yard and invite people over for a games night, book club, cocktails or mocktails round the backyard cottage for a 'staycation' instead.

Green Walk and Talk!

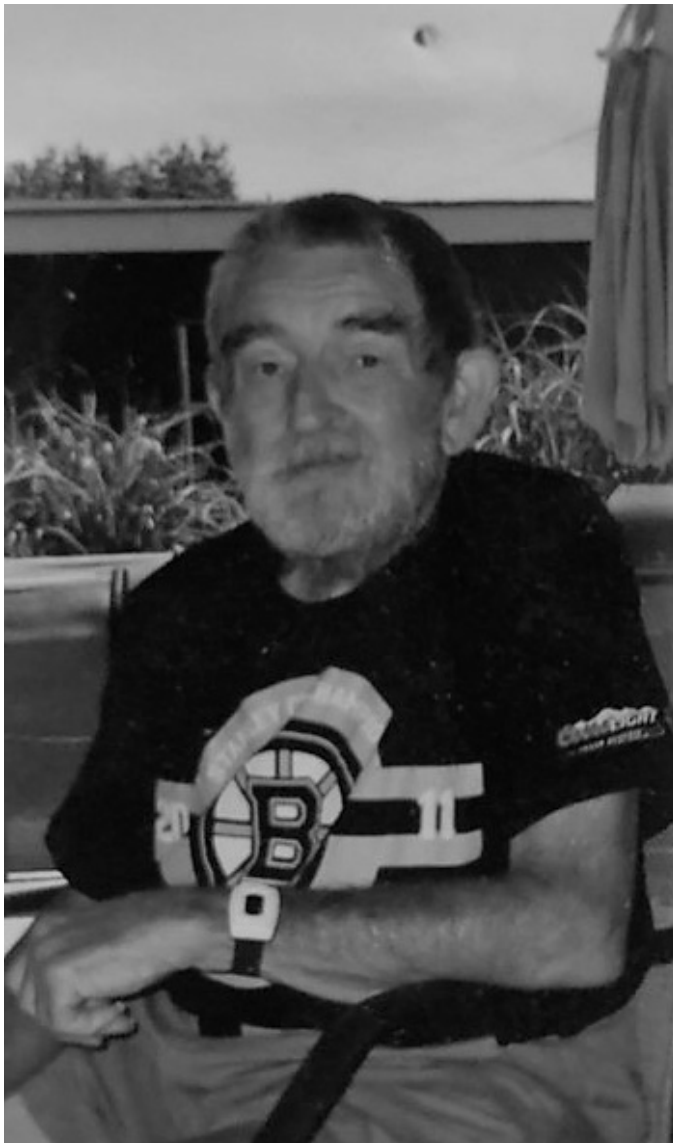
*Meet the
Environment Committee*

**SATURDAY, JUNE 8
10:00AM – 12:00PM
Mary Street Bridge**

In case you haven't heard, the neighbourhood now has an Environment Committee! All are welcome to join and participate. Our first event is a short "Walk and Talk" which will be a great opportunity to meet committee members and others in the neighbourhood. We will learn about that City building at the corner of Mary and Ferrie and talk about storm water, as well as gardens, rain barrels, trees, a variety of paving among other things.

The Environment Committee already has several action items "on the go" and in discussion such as electric vehicles, air monitoring and Trees Please project among others. So, come join us on June 8! Meet you at the Mary Street Bridge!

TRIBUTE TO DICK NAPPER: MAY 27, 1937 - MAY 4, 2019



SUBMITTED BY MOE SCALLY

"I'm here to tell ya" about an extraordinary North Ender, Richard "Dick" Napper. Many people who lived, worked, or visited from a far, will have fond memories of Dick. Picton St. will never be the same, where in the past 40 years (prior to that Burlington St.), workers from the docks, American Can (Ball Packaging), Steelworkers, Plumbers, electricians.....along with the young and seasoned Northenders, would drop by Dick's for cold beer and engaging conversations about the day's events.

A stimulating discussion with Dick usually starts or ends with "I'm here to tell ya", and of course he was always right. Dick was old school, hard nose, stubborn, but caring and compassionate. He instilled a lot of life skills to

his young friends and helped old friends who needed a hand. There were rules when you came to Dick's from the use of the washroom to how you played pool. You could not speak if he was watching a special show or news program, from the OJ Simpson trial to Coronation Street.

Dick shared many stories over the years (more than once), he was passionate about history, airplanes, politics and his time in Australia. His place was covered in airplanes, he was proud of his time in Canada Air Force. Dick loved sitting out in his yard watching the old planes fly by, but the biggest thrill was a few years ago when

his niece Wendy Wickham along with many friends arranged for a ride in the Lancaster, he was over the moon.

Although he was blessed with lots of friends, the love of his life for 58 years was Jeannie, the "Queen of the Silver Dollar" as he would say. Jeannie and Dick had a special friendship, partnership, and connection which will always be a fond memory for all that know them. We all feel a loss, but none more than Jeannie, Dick was her world, her best friend, husband and partner.

Dick was a mentor to many, a friend to all, and a father figure, but most importantly he brought many people together who are now lifelong friends and many would call family from the North End and a far. Thank you Dick.

ARTS AND ENTERTAINMENT

SUBMITTED BY TRACEE LEE HOLLOWAY



Missed you last month. Sorry about that. Happy to say I am back!

Music Mondays returns to City Hall for outdoor mini concerts every week that are free to attend from May 6th through to June 24.

Visit www.hamilton.ca/musicmondays for more info.

James Lloyd of Where Heads Meet hosts his 10 Year Anniversary at 162 Ottawa Street North from 10am-7pm. Concert and Vendors.

Visit www.whereheadsmeet.ca for the latest.

For theatre fans, the dynamic duo of Will Gillespie and Susan Robinson aka Chasing Shadow Productions have just launched their Patreon account. You may remember their play Swing in St. John's from the Fringe Festival. If supporting local theatre is your thing, please visit www.patreon.com/chasingshadowproductions to help out.

At the You Me Gallery located at 330 James Street, curator Bryce Kanbara showcases works by Artist WAYNE ALLAN (1941- 2018) featured in the exhibit: Meditations.

Dave Brace at b contemporary will be relocating the gallery to 486 Barton Street East (which is just east of Wentworth Street near Woodlands Park)

with a projected re-opening slated for June. Wishing Dave much success in his new location. For more info visit bcontemporary.ca

If edgier music is your vibe, why not check out the scene and

live music venues at Absinthe Hamilton located at 38 King William Street www.absinthehamilton.ca, and Doors Taco Joint and Metal Bar located at 56 Hess Street South (905) 540-8888.

Also in Hess Village you will find Barry's place aka The Masque Blues and Rock Bar which features live local bands and rocks out with Wayne Janus's jam every Sunday 5-8pm. Call 289-700-5595 for more details.

If open mics are more your speed, check out Dano Ciavarella's acoustic jam Tuesday nights 7-10pm at Culantro Peruvian Cookery (grab dinner too!) located at 537 Main Street East. Rob Leonard also heads up a jam Friday nights at R Place Tavern 172 Beach Road 8-11pm.

Every Sunday 4-8pm at Rebel's Rock Irish Pub, 537 King Street East

grab some grub, bring your instrument and maybe join in.

There is no shortage of art and music in Hamilton. That, you can be sure of. Take care til next time!

• • • • •

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

Photo credit: Vern White

Visit me on Facebook!

[facebook.com/tracee.leeholloway](https://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/

VOLUNTEERS NEEDED!

Moving forward, The Breezes is looking at new ways to stay afloat! A solid base of volunteers to deliver to our residents in certain areas, contacts to deliver door to door in apartments and a wider network of drop stations and maybe we'll narrow down our distribution area. It's all in the works and depends on you. Do you walk around your neighbourhood? Pick up your kids at school or walk your dog? If you want to meet your neighbours and learn about your community, we need you! Please email office@northendbreezes.com



What's Cooking in the North End?

GRILLED VEGETABLE PASTA SALAD

This classic Grilled Vegetable Pasta Salad features smoky fire kissed vegetables and a homemade creamy balsamic vinaigrette.

Prep Time: 20 mins
Cook Time: 30 mins
Total Time: 50 mins
Total Cost: \$9.65 recipe /\$1.21 serving
Servings: 8 (1.25 cups each)

Ingredients

GRILLED VEGETABLES/PASTA

- 1 zucchini \$1.05
- 1 yellow squash \$0.88
- 1 red bell pepper \$1.79
- 1/2 red onion \$0.43
- 1 pint grape tomatoes \$2.49
- 2 Tbsp olive oil \$0.26
- Pinch Salt and Pepper \$0.05
- 1 lb penne pasta \$1.00
- 1/4 bunch Italian parsley (flat leaf) \$0.25

CREAMY BALSAMIC VINAIGRETTE

- 1/3 cup olive oil \$0.69
- 3 Tbsp balsamic vinegar \$0.33
- 2 Tbsp mayonnaise* \$0.17
- 1/2 Tbsp Dijon mustard \$0.05
- 1 clove garlic, minced \$0.08
- 1/2 tsp dried basil \$0.05
- 1/2 tsp salt \$0.03
- Freshly cracked pepper \$0.05

Instructions

1. Wash the zucchini, yellow squash, and red bell pepper. Remove the stems, then cut them into large slices or pieces (remove the seeds from the bell pepper. Slice the red onion into thick slices.
2. Place the zucchini, yellow squash, red bell pepper, red onion, and grape tomatoes on a large baking sheet and drizzle olive oil over top.

3. Gently toss the vegetables until they are well coated in oil. Sprinkle a pinch of salt and pepper over top. (Grape tomatoes are generally too small to place directly on a grill, so if using a grill just add the tomatoes to the salad fresh.)
3. Grill the vegetables over an open flame until they are charred and tender. OR, adjust your oven's top rack to be about 6 inches below the broiler unit and turn the broiler on to high. Place the baking sheet under the broiler and watch it closely until the vegetable become charred and tender (about 10-15 minutes, depending on your oven and distance from the broiler).
4. Allow the vegetables to cool slightly after grilling or broiling. Bring a large pot of salted water to a boil to cook the pasta. Once boiling, add the pasta and boil for 7-10 minutes, or just until the pasta is tender. Drain the pasta in a colander and allow it to cool slightly (until it's no longer steaming).
5. While the pasta is cooking and the vegetables are cooling, prepare the creamy balsamic vinaigrette. To a jar or bowl add the olive oil, balsamic vinegar, mayonnaise, Dijon, garlic, basil, salt, and pepper. Whisk the ingredients together or close the jar and shake until combined.**
6. Once the vegetables are cool enough to handle, chop them into smaller, 1-inch pieces. Roughly chop the parsley leaves.
7. In a large bowl, combine the pasta, chopped vegetables, and parsley. Pour the vinaigrette over top, starting with half and adding more to your liking. Gently stir the pasta and vegetables until everything is coated in dressing. Serve immediately or refrigerate until ready to eat.

BANANA FLAX MUFFINS

Mashed banana keeps these Banana Flax Muffins soft, sweet, and moist without using a ton of added sugar or oil. An easy, breakfast-worthy muffin!

Prep Time: 10 mins
Cook Time: 25 mins
Total Time: 35 mins
Total Cost: \$1.99 recipe / \$0.33 each
Servings: 6

Ingredients

- 3/4 cup mashed ripe bananas* \$0.34
- 1 large egg \$0.25
- 2 Tbsp brown sugar \$0.08
- 1/2 tsp vanilla \$0.14
- 2 Tbsp olive oil \$0.32
- 1 cup all-purpose flour \$0.11
- 1 tsp baking powder \$0.04
- 1/4 tsp salt \$0.02
- 1/4 cup ground flaxseed \$0.12
- 1/4 cup chopped walnuts (optional) \$0.57

Instructions

1. Preheat the oven to 425°F. In a medium bowl whisk together the

- mashed banana, egg, brown sugar, vanilla, and olive oil.
2. In a separate medium bowl, stir together the flour, baking powder, salt, flaxseed, and walnuts.
3. Pour the wet ingredients into the bowl of dry ingredients and stir them together just until no dry flour remains on the bottom of the bowl. Avoid over stirring the batter.
4. Line six wells of a muffin tin with paper liners, then divide the batter evenly between the six wells. It should fill the wells almost to the top.
5. Transfer the muffins to the oven and bake at 425°F for five minutes, then reduce the heat setting to 350°F without opening the oven door, and bake for an additional 20 minutes.
6. After baking, remove the muffins from the tin to allow them to cool. Enjoy the muffins immediately, or allow them to cool completely and then store in an air-tight container in the refrigerator.

Notes: Make sure the bananas are very ripe (approx. 2 bananas for ¾ cup)



UP IN THE BELFRY: THE BELL OF ST. LAWRENCE

SUBMITTED BY ROBYN GILLAM

Anyone who lives in the North End will have heard church bells ringing on Sunday morning and, in past times, even more frequently. Religious faiths around the world use bells in their celebrations and Christian churches for over a thousand years. In the past church bells summoned people to worship, to celebrate weddings or funerals and announce important events. On November 11 1918, they rang at the end of World War I, and again at the 100th anniversary last year.

Many churches still have bells (although prerecorded versions are popular) and some have groups of bells of different sizes and tone. Examples in Hamilton include St. Patrick's Catholic Church and St. Paul's Presbyterian. Originally there were three churches with single bells in the North End—St. Lawrence Catholic Church, Hughson St. Baptist and St. Luke's Anglican (now closed). The Hughson Street church will soon move to its new building on James, leaving only St. Lawrence.



Stairs to the bell chamber

The bell, located in the south eastern tower, was installed in 1891. On it is inscribed that it was donated by many patrons of the parish, under Bishop Dowling, an old Northender.

The bell is secured to a box fastened to the walls of the bell chamber at the top of the tower. Following a standard design, its tall windows are closed with louvers which both spread and soften the sound of the bell. Below is the ringing chamber where two cables for sounding the bell are located. The chamber is reached by a ladder at the top of the stairway, on the level of the organ loft. The bell was originally rung with a rope that hung below the ringing chamber down to the bottom of the staircase. The hole for it can still be seen above the stairs.

Nowadays, parish volunteer Joe operates the bell with an electrical mechanism. The bell has two modes: swing and toll. To ring the bell in the normal way, the mechanism rotates the wheel it is attached to several times before it rings. The "tolling" sound, used for funerals, is produced by striking the bell with a hammer instead of swinging it. As the automated toll is not working at present, it can only be sounded by pulling on the designated wire in the ringing chamber. This was how the ringing was done for the World War I anniversary.

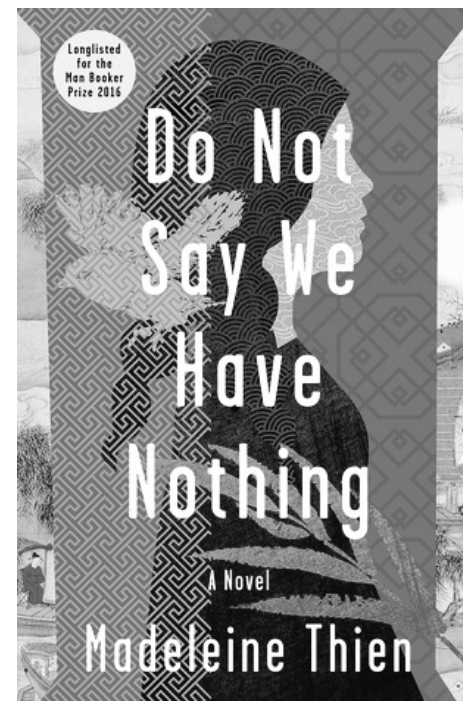
Church bells are cast from bronze and can weigh up to half a metric ton. Their sound waves produce physical effects. Vibrations from the St. Lawrence bell can be felt in buildings near the church and church bells make their towers move back and forth at the top when they ring. Over time, this slight movement can cause cracks in the walls and other structural damage. Bell ringing at St. Lawrence has been cut back as a precaution.

However, the church bells of the North End are not completely silent. St. Lawrence still rings them for weddings and special occasions. The Hughson Street church may yet find a replacement for its bell and help continue a old North End tradition.

The author would like to thank Keith Jolie and Pat Sullivan for providing essential information for this article, and especially for taking pictures in the ringing and bell chambers.

BOOK CLUB CORNER

SUBMITTED BY KIT DARLING



At our last meeting until October, we discussed **Do Not Say We Have Nothing** - an epic novel and winner of both the Man Booker and Giller prizes, by Vancouver writer Madeleine Thien. The intertwined tale of 2 families, the novel ranges from the land reforms and upheaval of the Chinese revolution on the 1960s to present day Vancouver, weaving back and forth like the themes of a Bach fugue. Music, literature and the precision of mathematics wind in and out of this story of love and loss, courage and despair. Several members had difficulty getting into the book, either due to its length or the number of characters to keep straight and the changing timelines. Other enjoyed the book and some noted that it was structured like a Bach fugue.; it opened and ended in the same time and place, with many changes and themes introduced and revisited throughout the novel. We all learned a great deal about the history of China and what life during the Cultural revolution was like. There was a great deal of discussion about the nature of totalitarianism and the desire to erase and change history.

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.

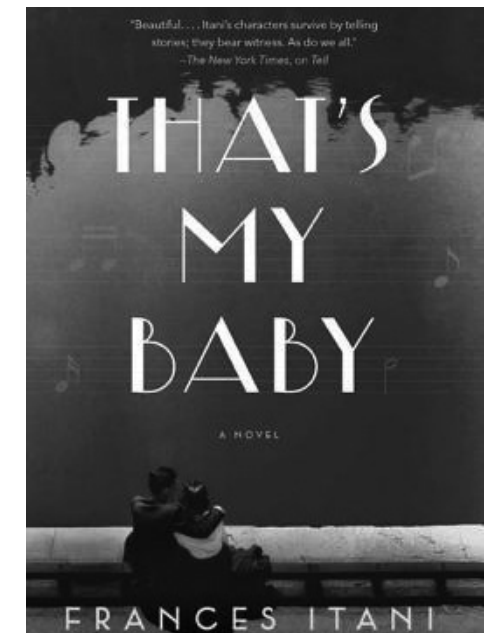
The Making of Donald Trump by David Cay Johnston.

Pulitzer Prize winning investigative

reporter David Johnston has spent nearly three decades chronicling Trump. This deeply researched book flows well & is easily readable. It begins with Trumps ancestors & ends just prior to the 2016 election.

Love him or hate him, Trump is now leaving his mark on history forever.

- Paige Turner



That's My Baby, by Frances Itani

Itani continues the chronicle of the extended O'Neill family of Deseronto Which began with Deafening. Hanora Oak, adopted by Tress O'Neill and Kenan Oak. While the reader who began with Deafening knows who Hanora's parents are, she does not even know that she is adopted until her 18th birthday, when Kenan and Tress tell her. What follows is an off-again, on-again search for the identity of her birth parents, that takes us from present-day Ottawa to London during the bombing and disruption of WW2. Interspersed through this story are moments of art and music. While this book does not have the impact of Deafening, it is ultimately a satisfying and engaging read.


- Kit

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


We 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.

Congratulations to our Pathways Graduating Class of 2019!


We at Pathways to Education Hamilton are tremendously proud of our graduates. We are thankful for the students, families, friends, partners, and community who endeavor each day to achieve their goals and continue to go confidently in the direction of their dreams. Let the Adventure Begin!



COMPASS
COMMUNITY HEALTH



Pathways
to Education



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)
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 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
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NorthHamilton
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Welcome Inn



COMPASS
COMMUNITY HEALTH

Special Invitation:

Call for Volunteer Board and Committee Members

Looking for a highly rewarding volunteer opportunity? Compass Community Health, formally known as North Hamilton Community Health Centre, has a volunteer Board of Directors comprised of 12 members that provide governance oversight using a Policy Governance Model. We are currently seeking new and diverse Board and Committee members for two (2) vacancies.

Currently the Board governs through the following Committees:

- Governance
- Quality and Safety
- Community Relations
- Audit
- Executive

Preferred Areas of Expertise:

- Finance/Accounting
- Legal/Law
- Government Relations

About Compass Community Health:

Compass Community Health is a charitable organization that has earned its role as a catalyst for collaboration and innovation in our sector!

For over 32 years Compass Community Health, formally known as North Hamilton Community Health Centre, has been a community-based organization that provides integrated, inter-professional services in the areas of primary health care, social services, and community services. Compass Community Health works within the Broad Determinants of Health Framework to achieve our vision of “No Obstacles to Health”.

Application Process: If you are interested in applying for a Board Member or Committee Member position, please apply by forwarding a letter indicating your interest and experience and a resume if available, by Wednesday, June 15, 2019 to the following address:

Michela Juran, Governance Committee, Chair
c/o Compass Community Health
438 Hughson Street North
Hamilton ON L8L 4N5
or by email to boardrecruitment@compassch.org

For additional information about Compass Community Health Centre we invite you to visit the Health Centre website at www.compassch.org or if you have any questions, please contact Kathy Allan-Fleet, Interim Chief Executive Officer, at kallan-fleet@compassch.org.

Compass Community Health is an equal opportunity employer and we value individuals that reflect the diversity of those we serve. The Health Centre is committed to an inclusive, barrier-free recruitment and selection process at every level of the organization. If you require accommodation, please advise Human Resources at 905-523-6611 ext. 3033.

WALKABOUT COMMUNITY: A BROTHER REMEMBERS



SUBMITTED BY KEN HIRTER

On Sunday, April the 28th 2019 at noon I had the honor to attend the HMCS Athabaskan Ceremony Order of Service: ~REMEMBERING 75 YEARS ~

There I met up with the wonderful, charming, true gentleman Mr. Edward A. Stewart. Here is Part One of: "A BROTHER REMEMBERS"

A brief HISTORY of the Athabaskan, Motto: "WE FIGHT AS ONE". The HMCS ATHABASKAN (G07), named after the First Nations people, was the first of 3 naval destroyers of the Royal Canadian Navy Tribal class that served during WWII. Lost in the English Channel on April the 29th 1944, the Athabaskan went down at around 0.0300 hours lost to the murky waters of the English Channel. 128 men were lost, 44 were rescued by the HAIDA. For a full listing of the crew of the HMCS ATHABASKAN PAST & PRESENT you can find more information @www.Forposterityssake.ca

Here in Hamilton we gathered by the H.M.C.S. Haida for the Ceremony in REMEMBRANCE of the HAMILTON 11 of the 5 that survived and the 6 that were lost, with Mr. Stewart's brother William George Stewart 1921-1944 age 23 among the 6 lost to the sea. Mr. Stewart wrote the following in Remembrance:

11 Hamilton that night 5 survived 6 lost...and so we Remember the way they were:

Up in Ottawa Cavalier Stone are the words: "They were the GLORY of their GENERATION." In the book "UNLUCKY LADY" the words "With willing hands they paid the price, unconscious of the cost. But we must gauge the SACRIFICE. By all that they have lost. The joy of young adventurous ways

of keen and undermined fight. The carefree tramp through sunlit days, the dreamless sleep of night.

Brother Bill was a "BRIDGE SIGNALMAN" that is not an official term-it was said of a fellow signal man. He joined the ATHABASKAN at commissioning and went with her to her demise. He designed the Ships badge and, in a letter, stated it had Royal approval.

He was my mentor and work on the book was a payback for all that he gave me. Mr. Stewart had the honor last year to toss one of the 3 in Remembrance wreaths into the water off the Athabaskan's sister's ship the H.M.C.S. HAIDA which is now the H.M.C.S. HAIDA National Historical Site.

HMCS Athabaskan Ceremony - Order of Service *April 28th, 2019*

Opening with "O CANADA"

READING: Psalm 107:23-30

"Some went down to the sea in ships,
doing business on the mighty waters;
they saw the deeds of the Lord,
his wonderous works in the deep.
For he commanded and raised the stormy wind,
which lifted up the waves of the sea.
They mounted up to heaven,
they went down to the depths;
their courage melted away in calamity;
they reeled and staggered like drunkards,
and were at their wits' end.
Then they cried to the Lord in their trouble,
and he brought them out from their distress; he
made the storm be still, and the waves of the sea
were hushed.
Then they were glad because they had quiet,
and he brought them to their desired haven."

Naval Poem of REMEMBRANCE

On all the oceans, white caps flow...
We will Remember Them All

Naval Hymn

Eternal Father, strong to save,
Whose arm hath bound the restless wave,
Who bidd'st the mighty ocean deep
Its own appointed limits keep;
O, hear us when we cry to Thee,
For those in peril on the sea!
O Trinity of love and power!
Our brethren's shield in danger's hour;
From rock and tempest, fire and foe,
Protect them wheresoe'er they go;
Thus evermore shall rise to Thee Glad hymns of
praise from land and sea

Royal Anthem- God Save the Queen.

In PART 2 of "A BROTHER REMEMBERS", my one on one Fireplace chat with Mr. Edward A. Stewart and profile of those making a difference within our Community in the July issue of The Breezes. Thank you Mr. Stewart for inviting me to attend I tip my hat to you kind sir. The story continues.....Till next month, take care of you and those around you.

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?**



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554 James St North

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Bourbon Sour

Fisher's Peach Tea

Fresh Mint Mojito (original or strawberry)

Harbour Breeze

Spiked Pink Lemonade

Tom Collins



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@northendbreezes.com.

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Letters to the Editor

Did you enjoy an article? Was there something we missed? Is there something you don't like? Or maybe you have an update we missed? The Breezes is YOUR paper! Help us spread the news you want to hear. Email office@northendbreezes.com

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