



THERE ARE DRAGONS AMONG US



SUBMITTED BY
VIVIAN MEDLEY

Sometimes amazing things are happening in your own backyard but, for whatever reason, you're simply unaware. Knot A Breast (KAB) is a unique dragon boat team that may very well be one of those things. Far from being the new kid on the block, Knot A Breast has been paddling out of Macassa Bay Yacht Club on the waters of Hamilton Bay for over 25 years. North Enders and longtime team members Vivian Medley and

Kathy MacFarlane are excited to introduce you to both dragon boating and the Knot A Breast team. Who knows, they just may become your favourite sports team!

Dragon boating is a sport that is practiced worldwide and has its origins in ancient Chinese culture. The boat is 40 feet long, has colorful painted scales on the sides and, when used in races, dons a dragon head at the front and a tail at the back. There are 20 paddlers who sit in pairs side-by-side, facing forward. They use single bladed pad-

dles to propel themselves and the roughly 250 kg boat forward. No easy feat! There's also a drummer at the front who keeps the paddlers in rhythm, a steersperson in back who uses a long oar to guide the boat and, of course, a coach who instructs and trains the team. Dragon boaters are adamant that they paddle, they do not row!

Knot A Breast is a Hamilton dragon boat team with a crew of fiercely resilient, determined and strong women who happen to be breast cancer survivors. With close to

70, active paddlers, ages spanning over 40 years (mid-thirties to late seventies) with varying levels of athleticism and experience playing sports, Knot A Breast is clearly not your typical sports team. The only requirement for joining this team is having had a breast cancer diagnosis. And perhaps a sense of adventure!

Imagine, if you can, being on the receiving end of a breast cancer diagnosis. One's world comes to an abrupt halt and is singularly, laser focussed on doing what needs

to be done to fight and survive this disease. And when the weeks or months of treatment are done, then what? How do you move on? Where do you turn? Many may look to join a support group and, thankfully, there are many available. Then imagine learning of a support group where other survivors meet not in an office but on the water; a floating support group, if you will. Where the emphasis is on living your best life following a diagnosis of breast cancer; where your fitness goals are challenged and you are taken to places and levels you never knew possible. Where you're supported by others who have been in the same boat and with whom you make strong and lasting friendships. Breast cancer survivor dragon boating offers just that. Ask any Knot A Breast team member and they'll tell you that dragon boating is transformative; it's physical and mental benefits are truly dramatic and long lasting.

Breast cancer survivor dragon boating originates right here in Canada! It started as a research study in 1995 headed by Dr. Don McKenzie, a sports medicine physician and physiologist in Vancouver. He wanted to challenge the recommendation given to breast cancer survivors that they should avoid repetitive upper body exercise following treatment because it could lead to a chronic and painful condition known as lymphedema.

**STORY CONTNUED
ON PAGE 6**

LETTER FROM THE EDITOR

SUBMITTED BY BRENDA DUKE

Most of you know that the North End Breezes has been published since 1972; that is an impressive fifty-three years! While many publications have gone digital only, we continue to be one of the only neighbourhood papers still in print. Over the past few years, we have added many features to provide quality, informative news to our readers: four colour pages to enhance our ads and articles, an updated website to promote

our information, increased social media content and most recently our online store to sell branded merchandise. These improvements were made to increase our ability to meet operational costs.

Like many other things, the printing costs have increased to just under \$1100 per month. As a volunteer run community paper, we rely on ad sales, Community Partners and donations from our readers to meet our costs. Unfortunately, our income is not meeting our expenses and at this time,

more than ever we need your help to continue printing.

How can you help?

- If you have an invoice, please pay it promptly within 15 days.
- If you belong to a not-for-profit organization, consider becoming a Community Partner.
- If you operate a business, consider advertising with us at reasonable rates.

- If you can donate any amount please do. It costs just under \$5 for each resident to receive their paper. You can donate by check, e-transfer or credit card. Please see details on our web site or give me a call.

- If you're proud to be a North Ender, consider purchasing a T-shirt, hoodie or any of our branded merchandise through our on-line store or in person.

Without your help, we risk being able to publish and will have to consider an online only option which leaves many of our residents without access to their com-

munity news. Our hope is that we can do what North Enders do best and come together as a community to support each other.

As always, reach out to me by email or by phone at 289-933-4810 if you have any questions. Thank you.

office@northendbreezes.com

Or contact us at:

articles@northendbreezes.com to submit an article

ads.northendbreezes@gmail.com to talk advertising

Visit our website for all the news on line:

www.northendbreezes.com

ABOUT THIS MONTH: APRIL EVENTS

SUBMITTED BY CHRISSY CHRZAN & SHERI SELWAY

April is a month full of meaning and special moments to reflect, celebrate, and take action. As flowers bloom and the world shakes off the chill of winter, it's a time of renewal and fresh beginnings. Alongside nature's transformation, communities come together to honour important cultural and historical events, each bringing its own unique significance and inspiration.

Sikh Heritage Month celebrated every April, is a time to recognize and honour the rich history, culture, and contributions of the Sikh community in Canada and around the world. Established in Ontario in 2013 and officially recognized by Parliament in 2019, it provides an opportunity to celebrate Sikh traditions, values, and the profound impact Sikh Canadians have had in shaping the nation. With Canada home to the second-largest Sikh population in the world, Sikh Heritage Month fosters awareness, understanding, and inclusivity, encouraging people from all back-

grounds to learn about Sikhism's core principles of equality, selfless service, and justice.

April is also, **Genocide Remembrance**, Condemnation, and Prevention Month which commemorates the victims of genocide while also uniting in efforts to prevent its recurrence. Beyond remembrance, it serves as a crucial platform for condemning all forms of prejudice and hatred that fuel such atrocities. By fostering dialogue, raising awareness, and promoting education about past genocides, societies can work toward building a future rooted in tolerance, understanding, and respect for human rights. Through proactive measures and advocacy, we endeavour to create a world where the horrors of genocide become a thing of the past, ensuring that the lessons learned from history shape a more just and peaceful future for all.

April 1st is April Fools Day dedicated to playing practical jokes and hoaxes on friends and family. The jokes and their victims are called "April fools," and the pranks can range from simple tricks to elaborate schemes, all in the spirit of light-hearted fun.

April 2 is World Autism Awareness Day, recognized by the United Nations, promoting understanding and acceptance of individuals with autism worldwide, a vital initiative fostering inclusivity and

support for those on the autism spectrum.

April 6 marks the International Day of Sport for Development and Peace (IDSDP), a global observance highlighting the power of sport to drive social change, foster development, and promote peace worldwide. The 2025 theme, "Levelling the Playing Field: Sport for Social Inclusion," emphasizes the role of sports in breaking down barriers, promoting equity, and ensuring that all individuals—regardless of gender, ability, socioeconomic status, or background—have equal opportunities to participate and thrive.

On April 7, World Health Day commemorates the 1948 establishment of the World Health Organization (WHO), promoting global cooperation among 194 member states to ensure equitable access to health and well-being. It encourages individuals and communities to prioritize health and well-being, advocating for accessible healthcare services and disease prevention initiatives worldwide.

April 9 is International Day of Pink, dedicated to combating bullying and homophobia. Originating in 2007, it holds special meaning. It was initiated by two students from Nova Scotia in solidarity with a fellow student who was bullied for wearing a pink shirt. It has grown into a global

movement promoting inclusivity, acceptance, and kindness. Individuals and communities worldwide don pink attire to show support for those who have experienced bullying or discrimination based on their sexual orientation, gender identity, or any other reason.

April 17 is Equality Day, dedicated to promoting equal rights and opportunities for all individuals, regardless of their background, gender, race, or beliefs. This observance is a reminder of the ongoing fight for social justice and equality, encouraging individuals and communities to stand together in support of inclusivity and fairness.

Easter is April 18-21, with Easter Sunday on the 20th as the highlight of the celebrations. Many people gather with family, enjoy festive meals, and participate in cherished traditions such as egg hunts and religious services. The extended weekend also provides an opportunity for travel, relaxation, and community events, making it a special time for reflection and joy.

April 22 is Earth Day with the theme "Our Power, Our Planet." This emphasizes the critical role of renewable energy in addressing climate change and promoting environmental sustainability. It calls for a global commitment to triple the generation of clean electricity by 2030, highlighting the need for

collective action to transition towards sustainable energy sources.

April 27-28 is Holocaust Remembrance Day, a solemn occasion dedicated to honouring the millions of Jewish, Roma, Sinti, and other victims of the Holocaust during World War II. It serves as a powerful reminder of the atrocities committed during one of the darkest periods in human history. This day provides an opportunity for reflection, education, and commemoration, ensuring that those who suffered and perished are never forgotten. Through remembrance and education, we strive to promote tolerance, combat hatred, and prevent such tragedies from occurring again.

April 28 commemorates the National Day of Mourning, dedicated to remembering those who have suffered injuries or fatalities in workplace accidents. It is a call to action for employers, workers, and policymakers to prioritize safety measures, implement proper training, and enforce regulations to prevent workplace accidents and tragedies.

For more information on these and other special days go to the Government of Canada Calendar of Health Promotion Days and the Government of Canada Important and Commemorative Days



Looking for a welcoming, down-to-earth church in the North End?

James North is a church where everyone is valued, no matter their background, education, or income.

We love being part of this diverse and vibrant neighbourhood! James North has been in the North End since 1887.

It is our desire to offer a place of hope and connection for individuals and families navigating life's challenges.

We are more than just a church service on Sundays. Check out our website to see the various ministries and programs we regularly offer.



Sunday Morning Service

10:00 – 11:30AM

with Children's Ministry for
kids from birth to Grade 5

500 James St. North

905.527.3972

office@jamesnorth.church

<http://jamesnorth.church>



St. Lawrence the Martyr Parish

125 Picton Street E., Hamilton, Ontario L8L 0C5
905-529-3921

stlawrencehamilton@hamiltondiocese.com

www.stlawrencehamilton.ca

Office Hours: Tues-Fri 9am-4pm

In case of after hours emergency please call
365-888-1275

Pastor: Rev. Peter Jurzyk
Sunday Mass 11:00 a.m.

Weekday Mass Schedule:

~No Mass Monday~

Tuesday and Thursday 7:00 p.m. Mass

Wednesday and Friday 12:00 noon Mass

Confessions before Mass on Tuesday,
Thursday and Saturday.

Adoration before Mass on Thursday.

*Please check our website for
weekly updates and changes*

Sacraments of Marriage or Baptism:

Please contact the parish office to make an
appointment to meet with Father Peter.

Upcoming Events and News

The Season of Lent which began on March 5th (Ash Wednesday) is, for the Catholic Church, a holy time of repentance, fasting, almsgiving and prayer. At the conclusion of lent, the Easter Triduum begins with the Holy Thursday Mass on April 17th, the Good Friday Liturgy and concludes with the Easter Masses. The most important Mass of the liturgical year is the Easter Vigil Mass when we celebrate the resurrection of our saviour Jesus Christ. That night we light the new Paschal candle from the new fire, we recount the stories of God's love for his people throughout the ages and rejoice in the good news that Jesus is risen. That night is also the night that we traditionally welcome new Catholics into the church.

All are welcome to join us throughout Lent and at our Holy Week Masses and liturgies.

Sacramental Preparation: Along with the school, we have started preparation for First Communion (Saturday, May 10th) and Confirmation (Friday, May 16th with Bishop Crosby).

The St. Lawrence School Choir continues to grow and we thank both the students and their parents for their support!

Hall Rentals are available! Call the office or
visit stlawrencehamilton.ca/hall-rentals for more information



Welcome Inn
Community Centre



We're looking for
Volunteers

interested in being
matched one-on-one with a senior
in our community
to offer support
and friendship

For more information about
the Community Visitation
program, contact:

kari@welcomeinn.ca





HAMILTON
OSHAWA
PORT
AUTHORITY

HOPA PORTS HITS THE ICE IN SUPPORT OF HOTEL DIEU SHAVER FOUNDATION'S CELEBRITY ICE CUP



Celebrity Ice Cup 2025 - Team HOPA Ports, Denis Cahill

HOPA Ports was proud to lace up once again for the Hotel Dieu Shaver Foundation's 9th annual Celebrity Ice Cup, joining teams from across the region to raise funds for a meaningful cause. This year's event was a resounding success, surpassing its fundraising goal and demonstrating the strength of our community when we come together to support local healthcare.

Our team contributed over \$18,000 to this year's event, helping push the total funds raised to nearly \$290,000, far exceeding the initial target. Since first hitting the ice in 2017, HOPA Ports has raised more than \$117,000 for the Hotel Dieu Shaver Foundation, a testament to our team's dedication and the generosity of our supporters.

The Celebrity Ice Cup is more than just a hockey tournament; it's a chance to make a real difference in the lives of those in need of rehabilitation services. All funds raised go directly toward purchasing updated medical equipment and enhancing patient care areas at Hotel Dieu Shaver. These upgrades ensure that patients recovering from life-altering injuries, strokes, and other medical challenges receive the best possible care close to home.

Adding to the excitement this year, HOPA Ports had the privilege of welcoming former professional ice hockey player Zenon Konopka, also known as "Zenon the Destroyer," to our team. A fierce com-

petitor and veteran of the NHL, Konopka has played for several teams, including the Ottawa Senators, Mighty Ducks of Anaheim, and Tampa Bay Lightning. His experience and energy brought an extra level of intensity and camaraderie to the tournament.

"Our team looks forward to this event every year, not just for the hockey, but for the impact we're able to make," said Steve Parker, HOPA Ports' Celebrity Ice Cup team captain. "Having Zenon join us was an awesome experience; his passion for the game was contagious. More importantly, knowing our efforts help improve the lives of patients at Hotel Dieu Shaver makes this event that much more meaningful. We're incredibly grateful for all the support we've received from our valued partners, colleagues, and friends."

The event itself is always a highlight of the year, bringing together local teams and NHL alumni for a day of friendly competition and camaraderie. From the excitement of draft night to game day action, the Celebrity Ice Cup blends sportsmanship with purpose, creating lasting memories both on and off the ice.

Thank you to everyone who supported our team, donated, and cheered us on—your contributions help make a lasting impact.

To learn about HOPA Ports, follow us on social media, or visit our website: www.hopaports.ca

HAMILTON PUBLIC LIBRARY UPDATE

All HPL Branches are closed on Good Friday, April 18, Easter Sunday, April 20 and Easter Monday, April 21. Bookmobile is off the road. Extended Access and Study Halls are not available. Regular service hours resume Tuesday, April 22.

Hamilton Civic Museums and HPL Explore Dundurn Castle, Whitehern Historic House and Garden, and other Hamilton Civic Museums FREE with your Hamilton Public Library card. Each person over the age five must have a physical or digital Hamilton Public Library card to gain free entry. Learn more at www.hpl.ca/museum to plan your next visit.

April is Jazz Month April is Jazz Month! In partnership with the Hamilton Musician's Guild, we have a great line-up of local musicians playing throughout the month. Head to our What's Happening Guide and flip to page 3 for dates, times and locations.

Discovery Centre: Project Update HPL is exploring the redevelopment of the former Canadian Marine Discovery Centre through the creation of a new library branch, Indigenous gathering space, cultural heritage exhibition space, café, and visitor amenities.

HPL offers a bid opportunity for a Discovery Centre Program Design and Development Study. The Study will inform the repurposing of the building as part of the West Harbour and waterfront redevelopment.

Explore Outdoors with Conservation Passes Spring weather is coming! Get outdoors this winter and start exploring with Hamilton Conservation Authority, Grand River Conservation Authority, and Niagara Peninsula NaturePlus passes. Borrow one or all with your HPL library card.

Learn and Study with HPL Visit www.hpl.ca/learning-at-hpl for learning and tutoring resources, reading lists, educator tools, French and international language studies and courses, and so much more to help you throughout the academic school year.

Find some quiet time at our Study Halls at the Central Library and Dundas, Red Hill, Terryberry, Turner Park, Valley Park, and Waterdown branches.

Linkedin Learning and BrainFuse for Students and Job Seekers From online studying and tutoring services to job search resources and tools, visit Brainfuse and Linkedin Learning free with your HPL library card.

Online Resources at HPL Read. Watch. Listen. Learn. From magazines to movies to music, access a variety of online resources for your entertainment on a budget (free with your HPL library card). Our virtual branch at hpl.ca is always open. Questions? Call 289.779.7588, email askus@hpl.ca, or chat with Staff at hpl.ca.

Discover the endless benefits that come with an HPL library card. Borrow more, free passes and entry to local museums, free PRESTO cards for kids, create in Makerspaces, and more.

JOIN US AS A VOLUNTEER FOR THE NORTH END GARAGE SALE DAY!

We've been running the North End Garage Sale for a few years now, and last year, we had about 40 sales! This year, we're excited to make it even bigger and better! While we're still finalizing the date (we're thinking June), we need your help to pull it all together. We're looking for some enthusiastic volunteers to join our organizing team.

As a volunteer, you'll help with promoting the event, organizing sale locations

(including any permits), communicating with participants, creating and distributing ads and flyers, and spreading the word on social media, among other fun tasks. We're a friendly group and can't wait to make this event an amazing experience for everyone!

If you're interested in getting involved, please drop us an email at northendgaragesale@gmail.com. We'd love to hear from you!



BENNETTO COMMUNITY CENTRE
450 Hughson Street North | 905-546-4944 | www.hamilton.ca

Drop Into Bennetto Community Centre this Spring!

GYM SCHEDULE - SPRING 2025 - April 7, 2025 - June 29, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance & Strength (55+) 10:00am - 11:00am *\$3.05 per visit	Open Gym (Parent & Tot) 10:30am - 12:00pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Open Gym (Parent & Tot) 10:30am - 12:00pm	Cardio, Balance & Strength (55+) 10:00am - 11:00am *\$3.05 per visit	Open Gym - FREE (Family) 12:00pm - 1:30pm	Closed
Open Gym (Family) 5:00pm - 6:30pm		Basketball (18+) 7:30pm-9:00pm	Pickleball (18+) 12:30pm - 2:30pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Pickleball (18+) 1:45pm - 3:45pm	
Volleyball (18+) 6:45pm - 8:45pm			Open Gym (9-12 years) 5:00pm - 6:30pm	Open Gym (13-17 years) 5:15pm - 6:45pm		
			Pickleball (18+) 6:45pm - 8:45pm	Volleyball (18+) 7:00pm -8:30pm		

*Price is subject to change
**Only operates when school is in session

SWIMMING SCHEDULE - SPRING 2025 - April 7, 2025 - June 29, 2025							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	10:00-11:15am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:00-11:15am	1:30-2:30pm	Closed
Water Fit	11:15-12:00pm		9:45-10:30am				
Open Swim	7:15-8:45pm	7:15-8:45pm		7:15-8:45pm	6:45-8:15 pm FREE	2:30-3:30pm	
Open Swim (Family)	5:00 – 6:00pm	9:30-10:30am		9:30-10:30am	5:00 – 6:30pm		
Length Swim Swims marked with a * 2 lanes only	12:15-1:30pm 7:15-8:45pm*	9:30-11:30am* 11:45am-1:00pm 7:15-8:45pm*	11:45 am-1:00pm 8:30-9:30 pm	9:30-11:30am* 11:45am-1:00 pm 7:15-8:45 pm*	12:15-1:30 pm	12:15-1:15pm	
Open Swim 55+					11:15-12:00 pm FREE		

Please see our up-to-date drop in programs using the QR code below:



NORTH END BREEZES TEAM

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses in print and reaches across the City on-line. Contact us at 289- 933-4810, by email at office@northendbreezes.com, on our website: www.northendbreezes.com or social@northendbreezes.com.

BOARD OF DIRECTORS

- Maureen Scally, Interim Treasurer
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- Mark Mackesy, Board of Governance Officer
- Mariko Bown-Kai, Secretary
- Julie Maue

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- Brenda Duke, Editor
- Kit Darling, Editorial Assistant
- Katie Fitzgerald, Layout and Design
- Marie Mushing, Website Design
- Cat McKay, Marketing & Socials

Circulation & Distribution: The Board, Sheri Selway, Chrissy Chrzan and Maureen Snowball along with a dedicated team of volunteers.

When submitting an article for the Breezes we also like to share the content on our social channels. Please include as many pictures as possible and a couple lines of copy we can use for Facebook, Instagram and Twitter posts. 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.

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 volunteers who produce a monthly newspaper and online publications to promote connectivity, share community news and encourage mutual support by engaging our North End neighbourhood community.

NORTH END BREEZES VISION

The North End Breezes is a vital resource in the North End that promotes harmony, pride and collective community action in a diverse and ever-changing neighbourhood. For over 50 years we’ve been a resource for the community and rely on our volunteers to keep the information flowing for years to come.

Help us grow your Breezes. Please email your thoughts to office@northendbreezes.com or call 289- 933-4810.

Facebook - facebook.com/northendbreezes
Instagram - instagram.com/northendbreezes
Twitter - twitter.com/northendbreezes
Website: www.northendbreezes.com

Take our quick survey here:

We'd Love Your Feedback

HELP US PLAN THIS YEAR'S NORTH END EVENTS!

OUR ONLINE SHOP IS NOW OPEN!

Shop and support North End Breezes with every purchase! Your support helps keep our community connected.

ORDER NOW

WWW.NORTHENDBREEZES.COM/SHOP

IN PARTNERSHIP WITH

BIG AIR IN THE NORTH END

SUBMITTED BY ANDREA ROSIC

By the time this article makes it into the Breezes the Family Day weekend snowfall will be a distant memory - but not the fun times!

I often say this is the best neighbourhood in Hamilton because it has the two most important elements, people and geography. This epic big air tobogganing session was local, no more than a 500m walk for the kids and no digging our cars out, we just went to the foot of the Mary Street bridge. Not a default sledding spot, but it has all the criteria: good slope, stairs for walking to the top of the hill and a ploughed pathway at the bottom that created a nice natural bump for launching from without having to worry about sliding

onto the road. So, it was a pretty sweet spot. None of this fun would have been possible without the right toboggan. We had various sleds at the hill but nothing compared to the performance of the Torpedo! Thanks to one of the dads, the legend of the Torpedo was born. He purchased the vintage Torpedo toboggan second hand and refurbished to its full glory with his son. (Based on what I can tell from a quick internet search, it was likely made in Canada.) They did a full overhaul, sanding, new stain, new grip rope, and painted the trim. It fits three kids comfortably, gains enough speed and has the flex to launch over bumps and fly through the air creating pure joy and elation for the riders! Like I said at the beginning, with the two elements, excellent hills and friends, this is the best place to be on a snowy day in Hamilton!



SUNSET CULTURAL GARDEN IS LOOKING FOR POETS!

We are a pollinator and poetry garden at the corner of Bay & Strachan Streets.

We are putting out a call for poems for our poetry installation. The nature of Sunset Cultural Garden is to celebrate and reflect the cultural diversity of our neighbourhood and city.

We are looking for poetry in different languages on the theme of “SUNSETS” from anyone in the City of Hamilton. **There are already 13 poems** set in the first circle of the Garden. They are in *Arabic, Chinese, Filipino, German, Gujarati, Korean, Michif, Portuguese, Romanian, Sicilian, Somali and Spanish*.

Submissions should be in any other language including indigenous and be 5 to 50 words.

We are looking for your own original words. The winning submissions with the names of the authors will be permanently set in the Garden’s second circle.

Please submit your poem by email by **May 15, 2025**, with its English translation, your name, street and email addresses and phone number to: sunsetgardenbayfront@gmail.com

Plant & Rain Barrel Sale

SAT MAY 10, 2025
10AM TO 2PM



SUNSET CULTURAL GARDEN

Corner of Bay
and Strachan



Join us in supporting
the Sunset Cultural
Gardens & North End
Breezes—help us create
a greener future with
rain barrels and plants!

Purchase your rain barrel online for
home delivery at
www.rainbarrel.ca/northendbreezes

Paid for and authorized by the official agent of the candidate.

RE-ELECT
MATTHEW
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289.389.6001
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**You don't
have to sail
to have fun
by the water**



**Become a social member
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campfire pits,
restaurant & more!**



**Book a free tour
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WALKABOUT: QUEEN'S GARDEN

SUBMITTED BY KEN HIRTER

This month finds me at one of my favorite places to visit in downtown Hamilton. - beautiful Queen's Garden Long-Term Care Residence, an established, welcoming and caring local neighborhood community. Managed by AgeCare, Queen's Garden Long Term Care Residence was built with investments by the Ontario Superbuild Corporation and LIUNA Local 837 Nursing Home (Hamilton). The doors opened in 2002. It is home to many former residents of the North End, where some of my friends call home today. The residence is sectioned into Neighbourhoods, Durand, Gage Park, Jamesville, Mountain Brow and Westdale & Durand. Each neighbourhood has its own facilities for dining, group activities and nursing stations

I chatted with the delightful Christina Barrientos, PSW Coordinator and a North End resident. I asked, "What is a Personal Support Worker (PSW)"? A personal support worker (PSW) help individuals with their daily activities, providing personal care, mobility assistance; and companionship, often in homes or health care facilities and much more. Christina describes her role: "Being a PSW Coordinator is more than just a career - it's a calling. Every day I have the privilege of supporting both our residents and the frontline staff who care for them. Person centered care means seeing beyond tasks and routines; it's about honoring the individuality, dignity and the life story of every resident. Even in their final days, we ensure they are surrounded by compassion, comfort and respect, because they are not just residents; they are family. When someone passes, we don't just lose a resident; we lose a piece of our community as well. It is in those moments that we are reminded of the profound impact we have on one another. This work is challenging, but it is also deeply fulfilling. Knowing that we can bring comfort, joy and dignity to someone's life - no matter how long or short their time with us may be making every effort worth it. I am honored to be part of a team that believes in caring for people not just as residence, but as individuals who deserve to be seen, heard and loved.

I asked Christina for a quote that resonates with her. "Lift as you climb, care as you lead."



What causes do you support and hold dear to your heart? "Queen's Garden and Habitat for Humanity"

Christina would like to thank her family and friends as well as her 2nd family of co-workers and friends here at Queen's Garden.

About AgeCare

OUR MISSION Create a home where residents are honored as individuals and where we provide the best quality of Life experience with the support of team members and family.

OUR VISION Transform and lead quality, services, and innovations in the publicly funded Long-term sector in Canada.

OUR VALUES & GUIDING PRINCIPLES

TRUST Act with integrity and fairness.

RESPECT Treat everyone with dignity, kindness and compassion.

QUALITY Pursue excellence in person-centred care and service through continuous learning and best of practices.

TEAM WORK Lead with passion and uplift each other with positive energy and support.

CARING, COMPASSION AND EMPATHY

AgeCare Social Media Accounts

www.agecare.ca

www.facebook.com/agecare

www.instagram.com/agecarecommunities/



www.linkedin.com/company/agecare/mycompany/

www.youtube.com/@agecarecommunities

Queen's Gardens Long-Term Care Residence, 80 Queen Street, North, at the corner of Queen and Market streets. Phone: (905) 972-8889, <https://www.agecare.ca/communities/queens-garden/>

Thanks to Christina Barrientos for taking time out to chat.

I would also like to thank my 3 senior advisors and friends who assisted with my Walkabout Elizabeth, Margaret and Marne who give all staff here 2 thumbs up.

Thanks to Queen's Garden and all the staff across the board. Thanks for providing the love, compassion, care and support that is shown to my friends and loved ones living here.

Queen's Garden Long-Term Care Residence where Friends become Family.

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

STORY CONTNUED
FROM FRONT PAGE

THERE ARE DRAGONS
AMONG US

A group of breast cancer survivors bravely volunteered to learn to dragon boat, an activity that requires significant upper body movement. And after 3 months of training there was no rise in the incidence of lymphedema amongst this group! These women continued to paddle, calling themselves A Breast in A Boat and became the first all breast cancer survivor dragon boat team. Since then, the breast cancer survivor dragon boat community has exploded including over 365 teams across 39 countries and 6 continents. It has enriched the lives of thousands and thousands of breast cancer survivors, women and men alike and forever changed the way we view life after breast cancer. Incredible! And Hamilton’s Knot A Breast team is part of this amazing movement.

Currently, the Knot A Breast crew is winding down their indoor winter training - they’ve been diligently working, increasing their strength and cardio at local gyms as well as technique training at an indoor tank in Welland. The countdown is on for the start of on-water training and racing scheduled to begin early May. It’s during these 5 months that you’ll see (and hear!) Knot A Breast practicing on the bay. The team has selected the races for the 2025 season and would love for you to come cheer them on! The first of 7 races is May 24 at Kelso Conservation area in Milton. Be prepared to feel the excitement as you witness a fleet of colorful dragon boats powering through the water and hear the cheers of the crowd!

There is so much more to know about Knot A Breast including how their success and longevity is owed to the generosity of our community and how Knot A Breast is actively involved in giving back to the community. But our space is up, at least for this month. Until next time, visit knotabreast.com or follow us on Facebook. And remember to look and listen for dragons in the North End!



CANADA GOES METRIC

SUBMITTED BY
BRIAN ROULSTON

It was no joke 50 years ago. April 1, 1975. Canada officially adopted the Metric system. The day before, an ad by Canada’s newly formed Metric Commission appeared in newspapers nationwide captioned “Say Goodnight to Fahrenheit.” The ad went on to say, “Tomorrow morning when you get up and turn the radio on or open the paper, there will be no more Fahrenheit in your weather forecast.” Canada began Metrification under Prime Minister Pierre Trudeau to align Canada with international science and trading standards.

In Hamilton and for dailies country wide, that didn’t happen. Because of government cost restraints, many weather offices didn’t receive Celsius thermometers. Meteorologists had to manually convert temperatures from Fahrenheit to Celsius for many newspapers. The Hamilton Spectator still reported the weather in Fahrenheit for several more weeks.

The Metric Commission had no legal authority, and switching to the new measurement system was voluntary. However, the Metric Commission did something that very few government agencies have done: it successfully persuaded Canadians to do something without making it law. The changeover was expected to be gradual and be fully implemented by 1980.

The first changes began with weather forecasts and gas pumps changing from gallons to litres. June 1, 1975, rainfall was reported in millimetres and snowfall in centimetres. In August of that year, clinical thermometers switched to Celsius, with normal body temperature 37°C. By April 1976, wind speed, visibility, and barometric pressure were also converted.

Speed limit signs changed from Miles per hour to Kilometers per hour Labour Day weekend

of 1977. All cars made after this date must have speedometers showing km/h. Pre-packaged foods had to show their weight or volume in metric units, which was a legal requirement. Most companies opted to display both metric and Imperial measurements on their labels.

Today, the construction industry uses both measurements. It depends on what the carpenter or the company he works for prefers. Hardware stores or lumber yards use a mixture of the two. Architectural companies will use metrics where they are legally required, but in some cases, depending on the client’s preferences, they can use one or the other.

Commercial kitchens, such as restaurants and hotels, use one measurement system or the other, not both, to keep things simple and consistent. The choice of measurement system is often determined by the kitchen’s policies and the chef’s or kitchen manager’s preferences.

The change was welcomed by those who moved to Canada from many parts of the world. They had used the Metric system and thought it was time for Canada to join the rest of the world.

Metrification has been considered one of the top 10 events in Canadian history since Confederation in 1867.

While many embraced the change, some seniors found it confusing. Some schools began teaching both systems to help younger generations, but the Metric Commission frowned on this. Teaching both resulted in the last of the baby boomers becoming familiar with imperial and metric measurements, helpful for communicating with older adults who didn’t want or couldn’t make the change and for visiting the United States.

The metric system’s origins date back to the Age of Enlightenment aka the Age of Reason (1688 to 1789). The French



government officially adopted the metric system in 1795, replacing the traditional system with a decimal system based on the kilogram and the meter. The word “metric” derives from the French word “mètre,” which comes from the Greek word “metron” meaning “measure.” Metric is also known as “SI” or International System of Units. The metric system spread to other countries after France made it mandatory in 1840.

On May 20, 1875, the Treaty of the Metre established an international body to oversee systems of weights and measures and created standards for the meter and kilogram. The first 16 countries to sign on were France, Argentina, Austria-Hungary, Belgium, Brazil, Denmark, Germany, Italy, Peru, Portugal, Russia, Spain, Sweden, Switzerland, Norway, Turkey, Venezuela, and the United States. Currently, about 97% of the world uses the metric system, but the United States, Liberia, and Myanmar have yet to fully adopt it. Liberia is slowly progressing, while Myanmar faces issues that slow its change. U.S. policy requires government agencies to use the metric system. It is essential in science, medicine, and international trade, but its full adoption across the U.S. faces cultural resistance.

Great Britain didn’t adopt the metric system until 1965. Australia started switching in 1966 with the change to decimal currency. The complete conversion to metric measurements began in 1971. By 1988 it became Australia’s only legal measurement system. Since 1861, the metric system has been the official, mandatory measurement

system for trade, construction, and scientific research in Italy.

Traditional measurements like “Palmo” (hand span) and “braccio” (arm’s length) are still used out of habit or cultural preference among older generations or in certain regions.

The metric system had some unexpected positives; for example, it standardized and clarified medication dosages, reducing errors. Metric labelling on food packaging made it easier for consumers to understand and manage their nutritional intake. Measuring fuel consumption in litres per 100km encouraged more efficient driving habits, therefore reducing fuel and emissions.

There were some downsides. Many Canadians, especially older adults, believed the change was unnecessary and forced upon them. Updating infrastructure, road signs, legal forms, documents, and packaging created financial challenges, particularly for small and medium-sized businesses. Additionally, educating and retraining the workforce became both expensive and time-consuming.

Canada’s move to the metric system was a big step that helped the country keep up with the rest of the world. While some people found it tricky to adjust, many appreciated metric measurements’ clarity and simplicity. This change made it easier for everyone to communicate and do business at home or abroad. Embracing the metric system shows Canada can grow and adapt, making life simpler for everyone, from students to seniors!

WARD 2 UPDATE

SUBMITTED BY WARD 2 COUNCILOR
CAMERON KROETSCH



I hope the spring weather is a welcome greeting after a very difficult winter for many in our city. I know I'm looking forward to spending more time outside this spring and to connecting with North Enders at events and while I'm out and about in Ward 2. I ran into many of you over the winter and it's always great to stop and talk about the issues important to you. If you see me feel free to stop and say hello. I'd love to connect with as many of you as I can during this term of Council. In fact, we'll be taking time this year to knock on doors and connect with people to hear from you directly. If you'd like us to knock on your door, please send a message to Ward2@hamilton.ca and we'll do our best to get out to see you in person.

Over the winter, especially in January and February, Ward 2 residents reached out to the Ward 2 Team during the recent snowstorms looking for assistance and



Winter Bike Day on King William Street on February 14, 2025 - the street was closed off utilizing last year's Wood Gate installation

asking questions, so I wanted to take some time to explain a bit about the 'how and why' of the City's response, and the plan moving forward.

On February 26, the City of Hamilton ended its declaration of a Significant Weather Event (SWE) for January and February, declared in response to an unprecedented snowfall. For context, Hamilton received 58cm of snow in just over 10 days. By comparison, Hamilton's monthly winter snowfall over the last 30 years averages less than half that amount. The last time Hamilton received even close to this much snow was in 2011 and the last time Hamilton received a similar amount of snow over a slightly longer period was in 2008.

Simply put, the City wasn't prepared to deal with this weather.

Here are some takeaways for me as a result -

- Hamilton is geographically massive - Hamilton is about twice the size of the City of Toronto, which can make it difficult to address issues like this citywide
- Sidewalk snow clearing is a large undertaking - the City clears about 850km of sidewalks with about 450km being cleared along major arterial roadways and all transit routes
- Roads are cleared based on priority routing - each road across the City is given a

"road class" which designates its priority status; residents can look at information about each road class on the City's website

City staff have committed to bringing a report to Council to outline the challenges the City is currently facing. In the meantime, I'm grateful for all the feedback I've been provided by residents. I take it seriously and will do what I can to help improve City services as a decision maker and your elected representative.

As some of you may have heard, the City has had to close Eastwood Arena temporarily because staff discovered serious problems with the roof during a recent in-

spection. The arena may reopen but not until there's a report from the engineers who are currently evaluating the safety of the structure. In the meantime, I remain concerned about the programming that has had to halt as a result and especially the impact on those who run indoor hockey, roller derby, and lacrosse. As many North Enders know, the ice operations at Eastwood Arena ceased in 2022, after the ice plant reached the end of its life. Another recent staff report indicated that the arena would not be a candidate for ice programming in the short term and that investments to keep it open for non-ice programming are needed while long term plans for the facility are made. Collaboration with the community on future plans will restart once the issues with the roof structure have been resolved. I'm hopeful things can get back on the right track soon and plans can move forward for revitalizing this important North End asset."

If you need any help from the Ward 2 Team or I, please reach out at Ward2@hamilton.ca or through our office phone number at (905) 546-2197. The Ward 2 Team is in the office Mondays, Wednesdays, and Fridays from 8:00am to 4:00pm; Tuesdays and Thursdays from 8:00am to 8:00pm; and Saturdays from 10:00am to 2:00pm. If you want to reach me directly, send an email to Cameron.Kroetsch@hamilton.ca.

Cameron Kroetsch

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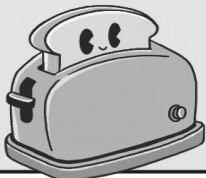
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MISS BENNETTO'S DESK; LONG LOST 1880S DESK FROM HAMILTON'S FIRST WOMAN PRINCIPAL RESURFACES IN ALBERTA

WRITTEN BY MARK MCNEIL

ORIGINALLY PUBLISHED IN THE HAMILTON SPECTATOR. USED BY PERMISSION OF THE AUTHOR.

Hamilton school board archive administrators are celebrating the acquisition of a 142-year-old artifact from the city's educational history, recently discovered in northern Alberta. The ornate, black-painted desk, adorned with carved yellow butterfly designs and other symbols, was a gift to the pioneering educator Susan Bennetto from her students in the early 1880s.

Bennetto is a well-known name in Hamilton because of Bennetto Elementary School on Simcoe Street, Bennetto Community Centre on Hughson and the annual Bennetto Award for history students. But much less familiar to Hamiltonians is the story behind the name due to the passage of time. Susan Bennetto (1850-1919) was a revered educator who made local history in 1888 by becoming the first female school principal in the city.

Ben Dymont' of the Hamilton-Wentworth School Board Educational Archives, says, "We were contacted by someone in Alberta by email in November who said 'there is something here you might want in your collection.'" The desk was in High Prairie, Alta., 370 kilometres northwest of Edmonton, and was part of an inventory for an online auction run by Big Meadow Auction Services Ltd. The antique was notable because it had a silver nameplate that read:

Miss S. Bennetto
From her boys and girls
Hamilton Ont
Jany 1883

But what remains unclear is how the antique ended up in rural Alberta. "The general assumption in the various biographies is that she moved to Winnipeg to live with her brother Israel Jr. for a few years, following their mother's death in the 1880s," says Dymont. Susan Bennetto never married and had no children. The desk was a going away present from her students. Perhaps, Dymont says, she took the desk with her, and it later changed hands, eventually resurfacing in Alberta. The other possibility is the desk

was shipped out west from Hamilton to a family member after Bennetto died, or it was sold outside the family at that point.

Whatever happened, the desk had long been forgotten in Hamilton, and its existence was a surprise to people who work at the educational archives at the Hill Park Learning Centre on East 16th Street. A \$698 bid, pieced together from the archives' budget, was enough to secure the desk in the online auction. A relative of Bennetto, retired stockbroker Murray Weaver, donated \$500 for a shipping crate and transportation charges to bring the desk back to Hamilton. Weaver says he was glad to make the contribution. "Susan Bennetto by all accounts was an extraordinary human being. She was way ahead of her time. For a woman to raise herself to become a principal in the 1800s was unheard of," he says. Weaver's mother's maiden name was Bennetto, and he recalls her often praising Susan. "My mother would say that Susan was very dedicated to her profession and very dedicated to her students. And she was known as someone who could control a classroom."

The archives, which is managed by retired educator Hal Hilgren, collects and displays historical items from both the Hamilton Board of Education and the Wentworth County Board of Education that amalgamated in 1998. The archival collection is touted as being the most extensive of its kind in Canada. It can be viewed by appointment.

Susan Bennetto was born in London, England, the daughter of Israel, a carpenter, and Philadelphia, a seamstress. When she was a young girl in the mid-1850s, the family immigrated to Hamilton, living on Henry Street which later became Cannon Street. Susan was an excellent student and went on to gain a first-class teaching certificate. With an annual salary of \$200, she first taught in a two-room frame school on Cannon Street East. Later she moved to Central School on Hunter Street West and eventually she ended up teaching at Victoria school in the early 1880s.

After returning to Hamilton from Winnipeg, she applied for a job opening as "head



Photos courtesy of the Hamilton Wentworth Board of Education Archives

teacher" – as the position of principal was known – at a school being built at Picton and Catharine streets. Undeterred by the fact that no woman in the city had held such a post before, she landed the job and started working at the school in 1888. It did not take long for her to make her mark.

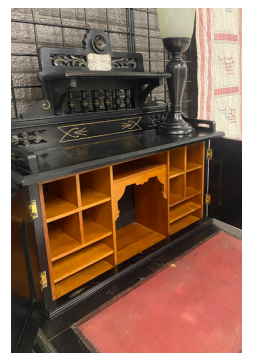
According to the Spectator, she had "a great gift of imparting knowledge" and was "a strict disciplinarian who could win and hold the esteem and respect of all who were ever her pupils." "As she made her way down Mary Street ... she waved to her students as well as to those who attended St. Lawrence Roman Catholic School nearby. Early each day, she made the rounds of the rooms, saying good morning to every class."

A ceremony in June 1917 to celebrate her 50th year in teaching brought out numerous former students. "Those in attendance were a veritable Who's Who of prominent Hamilton Citizens. She is purported to have taught five mayors of the city," says the article that was authored by Lois Evans.

In ill health in the final years of her life, Bennetto died on Oct. 21, 1919. An obituary

in The Spectator quoted a board inspector as saying: "She was a teacher who loved her profession and cherished for it the very highest ideals. No one could have been more conscientious and faithful in the discharge of duty." Another said: "She could do anything with children, and they would do anything for her."

By 1920, a 10-room addition was added to the Picton Street school and the expanded building was renamed in her honour. In 1965, the school burned down and a new school was constructed to replace it. That building was closed in 2002, and today the current Bennetto School combines the former Centennial School, Bennetto Middle School, and Robert Land School.



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