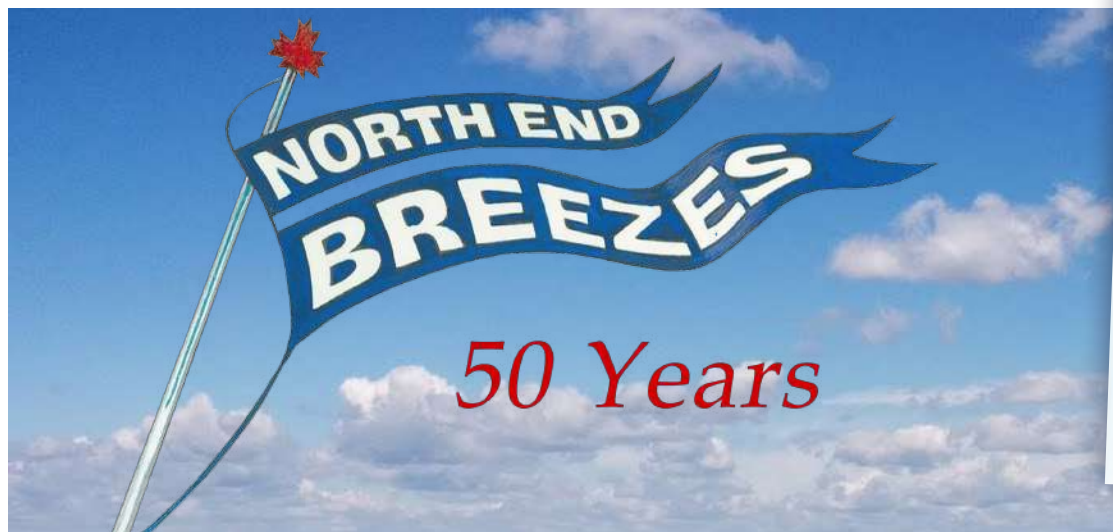




MAY 2025 | VOLUME 4 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

VISITING THE NORTHEND FARMACIA/PHARMACY



SUBMITTED BY KEN HIRTER

The pharmacy is located at the corner of James Street North and Colbourne Street, in a beautiful 1873 building which originally housed a brass foundry. Entrance to the Farmacia is on Colbourne Street. I sat down there to speak with the engaging, informative and wonderful pharmacist, owner and my downstairs neighbor Nirja Sakura, RPh. MPharm. Nirja has been working as a pharmacist in the Jamesville neighborhood for the past 25 years and is a familiar face to many resi-

dents here in the North End.

I asked Nirja, what it means to be a Pharmacist. “As a pharmacist, my role is to make sure people not only get the right medication, but that they understand what it’s for, how it works, and how to use it safely. I help catch errors, prevent harmful interactions and fill in the gaps when people are confused or unsure. I advocate for patients-even when they don’t know they need it. To me, being a pharmacist is about being present. It’s about listening, explaining,

comforting and following through. Medications may be what we give, but care is what we provide. It’s this philosophy that has shaped my practice, relationships and the pharmacy itself, turning it into a place where people feel safe, respected and truly looked after. We’re here to care. Truly care. To listen, to educate and to support people through all of life’s stages.”

Beyond Dispensing: The role is not just about giving out medication it’s about being a trusted ally. We help patients navigate complex

healthcare systems, prevent medication errors and explain treatment plans.

Be a Bridge in Healthcare: We fill in the gaps, when patients feel confused, rushed or overlooked in other parts of the system, we are an accessible provider, no appointment needed, always available, approachable and familiar.

Medication: May be what we give, but care is what we provide, care is ongoing, personalized and deeply rooted in empathy. The goal is for the pharmacy to remain a part of the community for years to come.

Multi-generational care: We care for many families across decades, from new parents to aging seniors. Our vision is for the pharmacy to feel comforting and familiar, like walking into a trusted space.

Enduring impact: Every decision is guided by the idea of building something lasting, meaningful and deeply rooted.

Core Values

Community - Patients are neighbors, friends and part of an extended family.

Kindness – Small, consistent gestures from smiles, remembering names and taking extra time define the experience.

**STORY CONTNUED
ON PAGE 11**

SAVE THE DATE! SUNDAY, JUNE 29 NORTH END GARAGE SALE DAY & CATHARINE STREET BLOCK PARTY

The North End Garage Sale and Catharine Street Block Party will be on Sunday June 29th this year. Last year the garage sale had over 40 locations participate and the block party had tonnes of great bands, karaoke, treats for the kiddies and was fun for all. Looking to make this year even better!

In the meantime, we’re looking for some enthusiastic volunteers to join our organizing team for the events. As a volunteer, you’ll help with promoting the events, communicating with participants, creating and distributing ads and flyers, helping with set up and tear down and many other fun tasks. We’re a friendly group and can’t wait to make this event an amazing experience for everyone and a great way to meet your neighbours! If you’re interested in getting involved, either as a volunteer or a participant for the garage sale, please drop us an email at northendgaragesale@gmail.com or email NorthEndParty@gmail.com for the block party We’d love to hear from you!

Please also stay tuned to <https://northendgaragesale.com/> for all updates on both of the events, will be a great day for all!

LETTER FROM THE EDITOR

SUBMITTED BY BRENDA DUKE

Welcome to another month of The North end Breezes. We have officially celebrated our 53rd year of publication.

I have always appreciated the volunteers that make this happen and the readers who are faithful to us even when they move away. I’d like to take the time to thank and acknowledge just a few of them. First, thank you to those who answered my request for donations. Every little bit helps. I would be negligent if I didn’t thank our Publication team; **Marie Mushing**

who gives us our website presence and moves us along with her expertise. **Cat McKay**, our Social Media manager who proves that social media works and brings our news to Instagram, Facebook and X. Who could forget **Katie Fitzgerald**, the magician who puts all of our work together and makes it look so very good in print. **Sheri Selway**, who leads our distribution team of over 30 volunteers to get those papers to your door.

And of course, our favourite “nag” **Kit Darling** who keeps us all in line and makes sure we have content to share with you. I would be lost without this group.

There are always rumblings about print being dead, but I know that many of you still look forward to a copy at your door or in your favourite breakfast place while you enjoy your coffee. If you have an opinion, please share. I’d love your feedback.

The Breezes will once again be holding our Rain Barrel Sale on May 10th in partnership with the Sunset Garden plant sale. Please come out to Sunset Garden and purchase a rain barrel on site to water those plants. Our fundraising efforts continue so please remember

How you can 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.

- Let’s continue a long-standing tradition and do what North Enders do best, 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: MAY EVENTS

SUBMITTED BY CHRISSY CHRZAN & SHERI SELWAY

As we transition into the month of May, we honour the rich tapestry of Asian cultures during **Asian Heritage Month**, commemorating the resilience, achievements, and contributions of Asian Canadians throughout our history. From the challenges endured under the Chinese Immigration Act to the injustices faced by Japanese Canadians during World War II, May offers a time to reflect on these chapters of our past. Through government apologies and solemn commemorations, we continue to seek understanding, healing, and unity.

May is also **Canadian Jewish Heritage Month**, a moment to recognize and explore the vibrant traditions, enduring faith, and influential history of the Jewish community in Canada. With a population of approximately 400,000, Jewish Canadians have long enriched our nation through their impactful presence across the arts, sciences, business, politics, and more.

Doors Open Hamilton is on May 3–4, 2025, explore Hamilton’s architectural heritage with free access to numerous historic buildings and sites.

Also on **May 3–4 is Jane’s Walk Hamilton** – Join free, citizen-led walking tours exploring Hamilton’s diverse neighbourhoods and history.

On May 5th, we observe Dutch Heritage Day, paying tribute to the bravery of Canadian soldiers who helped liberate the Netherlands during World War II. This day also celebrates the ongoing cultural bonds between Canada and the Dutch community—now over one million strong—who continue to shape and inspire the Canadian mosaic.

May 5th is also recognized as Red Dress Day, a poignant occasion to honour and remember Missing and Murdered Indigenous Women and Girls (MMIWG). Inspired by Métis artist Jaime Black’s RE-Dress Project, this day encourages the display of red dresses in public spaces, symbolizing the lives lost and raising awareness about the violence faced by Indigenous women in Canada.

Mother’s Day is on May 11, 2025, this day honours mothers and maternal figures across Canada

May 17th marks the International Day Against Homophobia, Transphobia, and Biphobia, a global call to action for equity, inclusion, and human rights. It is a reminder that everyone deserves to live with dignity, free from dis-

crimination based on sexual orientation or gender identity.

As we approach **May 24th, Canadians across the country gather to celebrate Victoria Day**, a long-standing national holiday that honours the legacy of Queen Victoria and the enduring ties of the Commonwealth. Since its inception in 1845, Victoria Day has served as a symbol of Canada’s deep-rooted traditions and evolving identity.

In addition to these commemorations, May features more than 80 Health Promotion Days, offering education, outreach, and awareness on a wide array of health topics. From Bladder Cancer Awareness Month and Hypertension Awareness Month to the celebration of healthcare workers during National Nursing Week, International Nurses Day, and National Physicians Day, May provides countless opportunities to promote wellness and recognize those who safeguard our health.

For a full list of Health Promotion Days, visit:

Health Promotion Days – Canada.ca

Let us embrace the spirit of May—a month overflowing with reflection, celebration, and advocacy—as we continue working toward a more inclusive, healthy, and united future for all.

MEET ROBIN LENNOX, MPP HAMILTON CENTRE

Yesterday marked the first official day of the 44th Provincial Parliament. As I took my seat, I was overwhelmed with gratitude to my Hamilton Centre neighbours who have placed their trust in me as their Member of Provincial Parliament.

Over the past few weeks, many community members have reached out to share their fears during this time of uncertainty. The ever-evolving threat of tariffs has already impacted our local industries. As a labour town, Hamilton has a long history of coming together during difficult times and standing in solidarity with our workers. We must do so now. This means ensuring that our provincial government is using every lever available to protect local jobs and offer additional supports to workers and families who are affected. As the official opposition, the NDP is ready to take up this challenge and work collaboratively to protect Ontarians.

We must also remember that the foundation of a strong economy is a healthy community. A community with reliable access to primary care, well-funded emergency departments and hospitals, and a long-term care system where older adults can live with dignity. A community that offers housing for all, including expanded emergency and supportive housing programs so that no one is left outdoors. A community that uplifts each other, demanding that no one should live in legislated poverty on social assistance. A community that recognizes our interdependence with the environment, where we work to clean our air and preserve the land that sustains us.

Hamilton Centre’s strength is in our community. Together, we must continue to organize, to take care of each other, and to demand that our government puts forth policy that prioritizes people over private interests. I am ready to take up this challenge with you.



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

Happy Easter! Admittedly, it's been a couple weeks since Easter morning but for Catholics, the Easter season is the most joyous season, and it continues for some time. In fact, this year, the Easter season concludes on June 8 at Pentecost (Almost as long as the hockey season), so indeed happy Easter.

With (hopefully) May flowers on their way we are looking forward to the celebration of First Communion and Confirmation with the students from St. Lawrence, and before long we'll be celebrating the graduation of students from Grade 8 and also from Notre Dame School.

The Notre Dame School, a partnership between the Hamilton Catholic School Board and Good Shepherd provides the opportunity to earn a high school diploma to students who had to leave school before graduation. For the last several years, St. Lawrence has been pleased to host this wonderful event. We're proud to celebrate with them!

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

who are
interested in
helping out in
our food bank

**We are especially in
need of help unloading
our food truck from:**

**9:45am - 11:00am
on Mondays,
Wednesdays,
Thursdays and Fridays**

For more information about
volunteering in our food
bank, contact:

ruth@welcomeinn.ca

welcomeinn.ca/donate



GREEN VENTURE LEADING THE WAY TO CREATE RAIN GARDENS IN HAMILTON

Reducing stormwater runoff and improving water quality Green Venture has launched the new Rain Ready Rebate Program, building on the success of past community-driven Low-Impact Development (LID) projects, including rain gardens, permeable driveways, and rainwater collection systems. This initiative, funded by the City of Hamilton, is helping residents soak up more water on their properties which reduces the amount of contaminated water that ends up in Lake Ontario.

Over the years, Green Venture has offered rebates to enable homeowners to create beautiful rain gardens, collect and store rainwater, and reduce stormwater runoff and flooding. Now, with the 2025 Rain Ready Rebate Program, homeowners can receive more financial support to implement LID projects to help the environment.

Rebate Tiers and Eligible Projects The program offers two tiers of funding to match the scale and cost of the projects:

Tier 1: Up to \$1,500

Ideal for smaller projects, including:

- Rain gardens
- Rainwater collection and storage systems
- Bioswales, dry swales, and soakaway pits

- Infiltration trenches, enhanced grass swales, and perforated pipe systems

Tier 2: Up to \$5,000

Designed for more comprehensive LID initiatives, such as:

- Permeable paving for driveways, sidewalks, or patios
- Comprehensive plans incorporating multiple LID elements

2025 Application Timelines

April 22 - June 1, 2025

Prepare with Green Venture’s Rain Ready Hamilton Webinar Series

To help applicants design successful projects, Green Venture hosted a series of online webinars in winter 2025. Recordings of these webinars are available upon request. There is also a Virtual Open House on April 17 at 6 pm with a program overview and Q&A. Email us at rainready@greenventure.ca to request more information.

Apply and Make a Difference

Applications open April 22, 2025. For detailed program information, eligibility criteria, and webinar registration, visit https://www.greenventure.ca/rain_ready_rebate or contact us at: Email: rainready@greenventure.ca

THE NORTH END SEED EXCHANGE BOX IS BACK - LET’S GET GROWING!

SUBMITTED BY CHRISSY CHRZAN

It’s that time of year again—gardening season is on its way- and so is the North End Seed Exchange Box! If you’re itching to get your hands in the dirt and start planting, this is the perfect way to kick things off. Last year we had over 40 exchanges with many either contributing or taking from the communal seed box.

Here’s How It Works It’s super simple and designed so everyone can join in. Just comment in the threads that you are interested in borrowing the North End Seed Box on the Welcome to the North End (Hamilton, ON) or Buy Nothing Landsdale/Beasley/North End,

Hamilton, ON group on Facebook when the posts go up in February. Or if you don’t have Facebook, you can email northendplants@gmail.com to be added to the list. When it’s your turn, you’ll get a message letting you know it’s ready for pickup. You’ll have 24 hours to swing by the pick-up spot (easy to find in the North End and address will be shared upon messaging) and grab it. Then, take up to 48 hours to look through the box, pick out what you want, and maybe add a few seeds of your own. When you’re done, just drop the box back off where you picked it up. That’s it! No pressure to donate seeds—this is all about sharing the joy of gardening and helping everyone get started for the season.

So, if you’ve been dreaming about a garden full of flowers, fresh veggies, or herbs for cooking, now’s the time to make it happen. The North End Seed Exchange is all about coming together as a community to share, grow, and enjoy the season. Happy gardening!

HAMILTON PUBLIC LIBRARY UPDATE

11 HPL Branches are closed on Sunday, May 18 and Monday, May 19 for Victoria Day. Bookmobile is off the road. Extended Access and Study Halls are not available. Regular service hours resume Tuesday, May 20.

All HPL Branches are closed on Friday, May 30 for our Staff Professional Development Day. Bookmobile is off the road. Extended Access is not available. Regular service hours resume Saturday, May 31.

Hamilton Reads 2025 Have you heard? Local author, Pasha Malla’s newest novel, All You Can Kill, is this year’s Hamilton Reads title choice. Borrow the book and then participate in branch programming throughout the year.

New! Bookmobile Visits Promise Summer Fun at Hamilton’s Waterfront Starting Saturday, May 3, HPL’s Bookmobile will visit Hamilton’s waterfront (77 Discovery Drive), promising fun Saturdays throughout the summer. HPL Staff will lead games, activities, programs and recommend library materials every Saturday from 1:30pm to 3:00pm. See you there! Visit our website for a list of Bookmobile sites across Hamilton.

Save the Date: Steeltown Love at Central Library On Saturday, July 12, join other romance book enthusiasts at Central Library for a day of swoon-worthy events including author talks, signings, workshops, a vendor market and more. Circle your calendars and stay tuned for more details!

Hamilton Civic Museums and Your HPL Library Card 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 of 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.

Explore Outdoors with Conservation Passes from HPL Warm weather is coming! Get outdoors 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.





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
- Chris Pearson, Community Connector
- Mark Mackesy, Board of Governance Officer
- Mariko Bown-Kai, Secretary
- Julie Maue

PUBLICATION TEAM

- 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

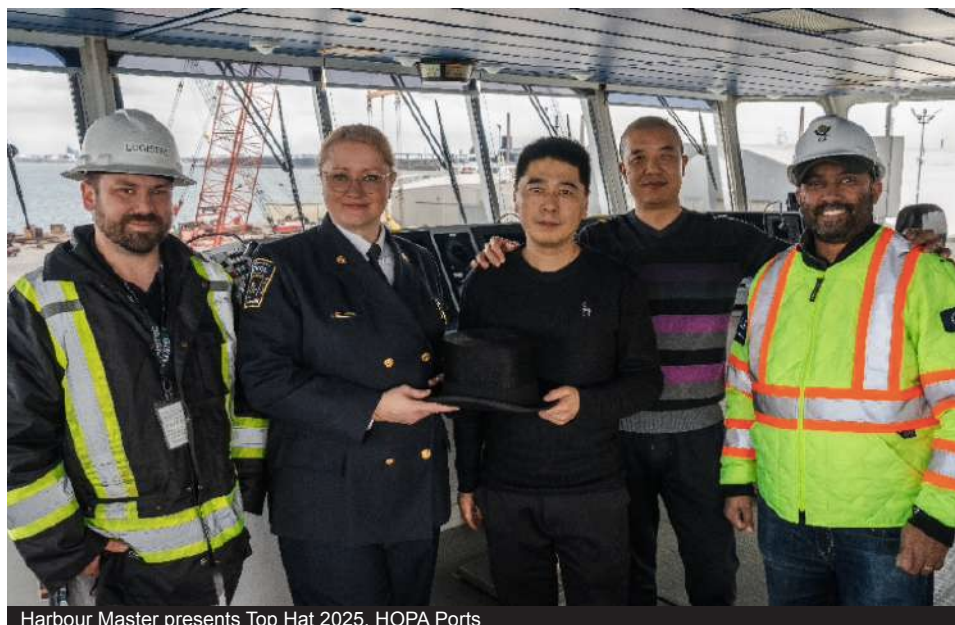
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PORT
AUTHORITY

WELCOME TO A NEW SHIPPING SEASON ON THE GREAT LAKES



Harbour Master presents Top Hat 2025, HOPA Ports

The return of ships to the Port of Hamilton signals more than just the change of seasons; it marks the beginning of another year of connection, commerce, and community on the Great Lakes. Each spring, HOPA Ports is proud to welcome the first vessels of the 2025 navigation season at both the Port of Hamilton and the Port of Oshawa, continuing a longstanding tradition that brings together port partners, shipping crews, and the broader community.

At the Port of Hamilton, Harbour Master Vicki Gruber had the honour of presenting the first Top Hat of the season to Captain Shang and his crew aboard the MV Eemsborg. This Dutch-flagged vessel was the first to import cargo into Hamilton Harbour this year, carrying on a cherished tradition that dates back to 1947.

“This year marks the 78th anniversary of our Top Hat Ceremony,” said Vicki Gruber, HOPA Ports Harbour Master and Director of Safety & Security. “We are not just celebrating a tradition; we are honouring the core of maritime commerce. As Harbour Master, presenting the Top

Hat to the vessel’s Captain is an honour and a testament to the partnership we share with our port community and the mariners navigating these waters. As we start a new season, we remain dedicated to seamless trade and mutual respect.”

A warm thank you goes out to our partners Logistec and Lower St. Lawrence Ocean Agencies Ltd. (LOLA), who joined us in celebrating this moment. Their continued collaboration ensures that ports like Hamilton remain vital gateways for trade, supporting industries across the region and beyond.

We were also proud to welcome the Algoma Sault, the first domestic (or “laker”) vessel to arrive at the Port of Hamilton this year. We were joined by our partners at ArcelorMittal Dofasco, to greet Captain Loveless, Chief Engineer Brown, and their crew. From steel and cement to grain and fertilizer, the goods that pass through our ports are part of the backbone of our economy.

You can track vessels arriving to the Port of Hamilton on our website: www.hopa-ports.ca

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

MATTHEW GREEN

Member of Parliament
Hamilton Centre



Matthew Green, MP
Hamilton Centre

905-526-0770
matthew.green@parl.gc.ca





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need a
membership
to learn to sail**



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rhyc.ca**

**Book a free tour
welcome@rhyc.ca**

PADDLES UP - TAKE IT AWAY!



SUBMITTED BY VIVIAN MEDLEY AND
KATHY MACFARLANE

On a cool, crisp fall day last October, the crew of Hamilton's breast cancer survivor dragon boat team, Knot A Breast (KAB) spent the morning washing a season's worth of dirt and grime off our 3 dragon boats. The freshly bathed boats were then lovingly swaddled in blue or black plastic tarps, securely tied with rope and the cocoon-like packages were lifted onto picnic tables to slumber the winter away on the grounds of Macassa Bay Yacht Club (MBYC). Five months later, 17 KAB members financed their own way to Florida to participate in a week-long dragon boat camp in Tarpon Springs. There's nothing more exciting and motivating to an athlete than having the opportunity to jump-start the season by attending training camp. Two practices a day for five days provided an oppor-

tunity to practice technique, tweak some existing skills and work on endurance. Couple all that hard work with the thrill of paddling beside dolphins under sunny blue skies in warm temperatures and you've got the perfect tonic for a winter weary dragon boater.

Training ended April 12th and these paddlers are now chomping at the bit to launch the 2025 season! Thankfully, the countdown to lift-in of the KAB boats is quickly approaching. They're slated to be awakened from their hibernation the week of May 4th and the first practice is scheduled for May 10th. That will be one glorious day and MBYC will once again be alive with all the activity and excited banter and laughter of the KAB crew, newbies and veterans alike! A big shout out to MBYC as KAB's longest supporter. They very generously waive the docking fees for our 3 boats, provide

meeting space for committee meetings and the all-important Annual General Meeting, provide access to washroom facilities, donated a clubhouse where KAB crew can change and store our seemingly endless amount of stuff (paddles, steering oars, life jackets, first aid supplies, trophies, etc.). MBYC members always greet us with a smile and genuinely inquire how our season and racing is going. They even proudly hung a banner on their club house that read "Where world class athletes come together to practice"! And the wafting smell of barbecue hamburgers and sausages and sautéed onions (!) after every Saturday practice is surely a show of love.

As a way to thank MBYC for all they do for us, and in the spirit of reciprocity, all KAB members purchase a Social Membership at MBYC along with their annual KAB membership. Who knew how wonderful the benefits of this would be to KAB? Post practice (or anytime, actually), one can sit outside on the 2nd floor balcony of MBYC and take in the view while enjoying a hard-earned beverage along with a snack. It's one of the best views in Hamilton! If you're lucky enough to know someone who holds a full membership at MBYC, you, too can be sponsored for a Social Membership. Check out membership details and benefits at mbyc-hamilton.org. And remember to check out our freshly updated website (knotabreast.com) and follow us on Facebook. We're racing May 24 at Kelso Conservation and May 25 at Heart Lake. So, let's get this season started! Paddles up, take it away!

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

CELEBRATING NATIONAL NURSES WEEK: FROM FLORENCE NIGHTINGALE TO HAMILTON

SUBMITTED BY
BRIAN ROULSTON

Let's celebrate nurses during National Nurses Week, May 6 to 12th, honouring their selfless commitment to care, whether in a hospital or doctor's office or in a more dire need, such as a pandemic or natural or man-made disaster.

At the urging of the Canada Nurses Association, in 1985 the Mulroney government designated the week of May 12 to thank all the women and men, as nurses, who have helped us in our time of need. Under the Kim Campbell government, the Federal Department of Health proclaimed the first National Nurses Week in 1993.

On May 12, nurses celebrate Florence Nightingale's birthday, commemorating her role as a pioneer of modern nursing. She is called "The Lady with a Lamp" for the lamp she carried on her nighttime rounds during the Crimean War (1854-1856). Nightingale transformed nursing from a disreputable profession into a respected field for women. In 1860, she founded the Nightingale School for Nurses at St. Thomas' Hospital in London, England, establishing training standards that improved hospital conditions, hygiene, and patient care. Apart from her Italian roots, she was fluent in English, French, German, Latin, and Ancient Greek. A gifted mathematician, she could have competed with the best in history, such as Euclid or Isaac Newton. She used her math skills to create statistics to study health conditions and improve hospital practices. She used charts and diagrams she made during the Crimean War to push the British government for changes in healthcare. Her charts showed the effectiveness of sanitation and education, which, in turn, reduced the death toll of war wounded by 60%.

Today, nurses often specialize in different areas of healthcare, such as oncology, critical care, pediatrics, palliative care, sports and

forensics. They administer medications, assist in surgeries, and provide and often advocate for the care and support of their patients. Their work covers more than just these areas. Nursing is a profession that offers a wide range of experiences. Some nurses travel for humanitarian aid and mission services in different countries, fly worldwide aboard air ambulances, work on cruise ships and oil rigs, or work in some of the most remote and forbidding regions of Canada. These diverse experiences make nursing a genuinely fascinating, rewarding and respected profession.

In 1639, Augustine Nuns opened missions in Quebec that cared for people's spiritual and physical needs. They created North America's first nursing training program.

Ontario's first hospitals employed working-class women and provided rudimentary bedside care to vulnerable individuals. In 1874, the General & Marine Hospital in St. Catharines (St. Catharines General Hospital, closed March 24, 2013) established the first formal training program, on a hospital apprenticeship model which led to the establishment of nursing schools in every major hospital across Canada.

On a crisp Monday morning in April 1852, the first Catholic Sisters, identically dressed in long black wool skirts, white linen headdresses, and black veils, bundled up as they boarded a ferry from Toronto to Hamilton. Little did they know they would change the course of healthcare, education, and social services in the city through their efforts to help those living in poverty. The sisters organized fundraisers and canvassed for food, clothing, and heating fuel. They cared for the young and the elderly. Mother Delphine Fontbonne, Sister Mary Martha (Maria von Bunning), Sister Aloysius Walker, and Sister Joseph McDonnell opened schools and orphanages. The sisters later closed their

schools and became some of the first nurses in the city volunteering to treat Cholera victims in sheds behind the Great Western Railway Station (today's CN Stuart Street yard).

In the early days of St. Joseph's Hospital, during the day Mother Phillip and her assistants were dedicated to the care of their patients. Once the patients were cared for, they meticulously swept, mopped, and polished every centimetre of the hospital until it was in perfect sanitary condition without the aid of conveniences such as floor polishers, vacuum cleaners, or laundry machines. The growth of the hospital led the sisters to open a nursing school. In 1911, St. Joseph's School of Nursing opened its first nursing school in Guelph. The programme was so popular that a second school was opened in Hamilton. The first class on the Hamilton campus opened with only two students, who were already on staff; other students enrolled over the first semester. After a three-year study course, out of 13 initial students, 9 graduated. The relationship between the nurses and the Sisters on staff was positive.

In 1934, Miss Constance Brewster, Superintendent of Nurses at Hamilton General Hospital, recognized the critical need for academically trained nurses. She envisioned a

cutting-edge program that emphasized hands-on clinical experience. Fast-forward twelve years, and her vision came to fruition with the launch of a pioneering five-year nursing program at McMaster University. This groundbreaking initiative quickly earned acclaim and set a new benchmark for nursing education. By 1973, the School of Nursing was already venturing into advanced education and research, demonstrating its commitment to progress. Hamilton Health Sciences (HHS) collaborates with the university and Mohawk College to establish a center for education in fields such as medicine, nursing, and research.

In October 1964, the Hamilton & District School of Nursing (HADSON) officially opened its doors at McMaster University. By 1973, it had been integrated into Mohawk College's nursing program and other nursing schools.

VON Week, May 17 – 23 celebrates the Victorian Order of Nurses, a non-profit community organization, founded 106 years ago in 1897 by Lady Aberdeen and Adelaide Hoodless to commemorate Queen Victoria's Diamond Jubilee. It was established to provide nursing care to those least able to afford in-home palliative care, older adult care, and pregnant and recuperating mothers in small towns and areas that lacked

medical facilities and trained nurses. After he left office, Hamilton's 26th mayor, John James Mason, was instrumental in raising funding for the Hamilton VON branch office located on Victoria Avenue North. The first nurse, Miss Emily Dakin, arrived from Halifax on July 26, 1899. Today, the VON provides in-home care, Adult Day programs, Caregiver Education, Meals on Wheels, the SMART Exercise Program, Telephone Assurance, Transportation, and Volunteer visiting.

According to a CBC article dated May 13, 2024, Ontario is projected to require an additional 33,200 nurses and almost 51,000 more Personal Support Workers (PSWs) by 2032 as its population grows and age.

Nurses deal with more than wounds or sickness. They play a vital role in educating patients about their needs, providing emotional support to families and individuals during difficult times, and offering advice.

During National Nurses Week, thank them for all they do for us. Compliment them, send them flowers, post a thank you on X (Twitter) or Facebook, or perhaps send some delicious treats. By appreciating and supporting our nurses, we can ensure that nursing stays strong and helps our communities well into the 21st Century.



WARD 2 UPDATE

SUBMITTED BY WARD 2 COUNCILLOR
CAMERON KROETSCH



This month I'll talk a bit more about what I do day to day as a City Councillor, for insight into what my

job looks like and where I spend my time as your elected representative. While every day is different, most days involve a mixture of public and private meetings, media interviews, engaging with residents, and attending community gatherings and events.

Almost every day starts early with a quick look at my inbox to see what's come in. My office gets hundreds of emails per day, some directly from residents, others just for information from City staff. It's easy to miss something, so I regularly review my inbox to keep on top of things. This is also the time I review media requests and make time to either respond in writing or attend an interview in person or virtually.

I review my calendar for the day over breakfast to ensure I'm prepared for all of my meetings. As part of my calendar review, I check to see whether I've planned to post information on social media to share with residents. If I do have plans to post something, I look at a draft I've started, add some pictures, and post to the five social media platforms I'm currently using to communicate with Ward 2 residents. I also briefly scan social media to see what others are saying. I often respond, share, repost, or comment on things others in the community are talking about. I do all my own social media because residents have told me they want to hear from me directly. If it's on my social media accounts, it's



Councillor Kroetsch and MP Matthew Green celebrating Ramadan with the Somali community

almost a guarantee I wrote it and posted it myself.

On any given day, I'm in public and private meetings. Public meetings are usually Council, Committees, Boards, or Agencies at which I sit as a decision maker. My job at those meetings is to prepare, listen, and vote on decisions as your Ward 2 representative. I take this work seriously and pledged to be active on these bodies if I was elected. It's why I'm on boards for all the major Ward 2 institutions where Council has a representative including CityHousing Hamilton, Theatre Aquarius, the Art Gallery of Hamilton, Hamilton Farmers' Market, Hamilton Waterfront Trust, and both downtown BIAs. Private meetings with City staff review, discuss, and collaborate on projects impacting Ward 2 or on citywide initiatives I've moved at Council or a Committee. This includes time spent, every day, in meetings with the Ward 2 Team. We meet regularly, throughout

each day as issues arise, and for a weekly team meeting to ensure we're all on the same page about timely and important matters.

I also hold meetings with organizations, businesses, residents, and my colleagues on issues big and small. While most of my work is done in public, it's often necessary to have discussions in private to work on the details, review information in a draft form, or provide feedback about something under development.

Apart from meetings, you'll also find me attending community events. Sometimes I'm there to listen and learn, such as the International Day for the Elimination of Racial Discrimination. Other times I'm there to bring greetings or speak to an audience on a specific subject, such as the Hamilton Urban Core Community Health Centre's recent Mental Health and Addictions Symposium. I be at everything but I do my best to be

present and active at events where I know Ward 2 residents will be in attendance so I can connect personally.

In April, I also hosted six community meetings including community councils and town halls. Leading up to these meetings, I spend time preparing, putting together a slide deck, and reviewing materials with the Ward 2 Team.

The day ends with me checking my calendar again to the next day. I review meeting reports, refresh myself on details important for my upcoming meetings, or review something sent for my approval.

Some of my time is also dedicated to conferences and conventions, including the annual meetings for the Association of Municipalities of Ontario (AMO) and the Federation of Canadian Municipalities (FCM). While it's not part of my daily routine, it's to engage with elected officials in other cities to find out what they're doing so I

can bring best practices back to Hamilton to improve how we deliver our services.

I do all this while making sure I have time for breaks, meals, and the opportunity to walk or ride a bike around Ward 2. Walking around the city has always been an important way for me to connect with residents spontaneously, to introduce myself to people, and to see issues up close and personally.

I don't do all this every day, but I hope it gives you a sense of my responsibilities and how I represent you. I also don't do any of this work alone. The Ward 2 Team - Phoenix, Joey, and Liesl - do most of the work of communicating with City staff on behalf of residents and represent me when I have a conflict in my schedule.

As I hope is clear from the description of my typical day, I'm not in my office at City Hall very often. It's why we don't take walk in visits from residents and why my time is so structured. There's no way to do this work effectively or efficiently otherwise. We'd be happy to engage with you if you want to reach out for help or to offer feedback. You can reach the Ward 2 Team directly at Ward2@hamilton.ca or through our office phone number at (905) 546-2197 (please leave a message if we're on another call). 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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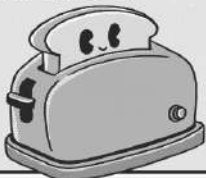
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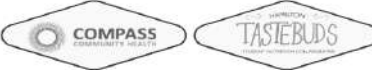
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WARD 2 RESIDENTS DESERVE A COUNCILLOR WHO CAN COLLABORATE WITH POLICE

SUBMITTED BY KELLY AND BERT OUCHAREK

While I don’t expect Councillor Kroetsch to don a superman cape and fight crime, what are reasonable expectations of our downtown Councillor during his last 18 months on council? I would hope that our elected official would work to foster a collaborative relationship with Hamilton Police Service (HPS).

I think we can all agree that HPS has the primary responsibility for safety in our communities, but this doesn’t negate the roles of other community stakeholders, including our elected official. I also acknowledge the benefit of crisis workers working in tandem with HPS to de-escalate and support individuals experiencing mental health crises.

Delving into the statistics presented by Chief Frank Bergen during his 2025 Budget presentation, confirms, and paints a picture for everyone else, what Ward 2 residents already know - that living here is increasingly unsafe. Notice I didn’t say feels unsafe. (to read the report and see the data (<https://www.youtube.com/watch?v=UqaGdNx-2uZ4&t=20679s>, beginning at the 2hr 20 min mark)

What should be a simple walk to the park, a quick trip to the grocery store, or a routine bus ride through downtown has increasing-

ly become an anxiety-inducing experience, where we are on constant alert for personal safety.

Here’s a recap of what was presented.

1. The highest number of calls for service were from Ward 2.
2. When comparing 12 neighboring municipalities, Hamilton ranks 5/12 on the Crime Severity Index (The crime severity index includes all Criminal Code violations including traffic, as well as drug violations and all Federal Statutes.). More concerning, Hamilton ranks 4/12 on the Violent (person to person) Crime Severity Index.
3. Encampment associated stats: 76% increase in attending parks along with paramedics, a staggering 304% increase in encampment fires and an 81% increase in property crime
4. Hamilton ranks 4th lowest in cost per resident for police investment.

All this, coupled with the gun violence concentrated in the lower city, leaves Ward 2 residents and businesses deserving more when it comes to safety and advocacy. Considering Ward 2 has had the lion’s share of encampments, our concerns have been woefully under represented.

The Councillor mentions holding 60 community engagement meetings yet does not grasp that hearing community concerns is not the same as listening and acting on them. I don’t fault him for caring about the unhoused—in fact, it could be seen as a commendable quality. However, that concern becomes problematic when it comes at the expense of broader community safety.

As the Councillor states, there is a lot of work ahead and that it will only be solved by working together. Community safety is a shared responsibility, which must include our police service, community members as well as our elected officials. This means working collaboratively and not in isolation.

Going forward, suggestions for fostering positive, professional relationships with HPS could look like:

1. Planning joint community meetings where respectful dialogue can happen between all parties, fostering trust within the community
2. Championing programs with the goals of increasing law enforcement and provide opportunity for relationship building with HPS within the community. (think youth mentorship, participation in community events, educational programs)
3. Leveraging the Councillor’s platform to bridge relationships within Ward 2’s diverse communities rather than dividing them.

4. Advocating safety at Council. The Councillor’s ongoing votes for allowing encampments in public parks and spaces—effectively transforming recreational areas into hotspots for crime—demonstrates a clear failure to listen to the concerns of our community.

The Councillor writes that the Community Safety and Policing Act makes it clear that only the Chief can make decisions related to crime and public safety. However, the Community Safety and Well-Being Plan adopted by the City of Hamilton states “support safe and healthy communities through a community-based approach to address root causes of complex social issues.”

Though the Councillor has stated he “doesn’t ever see a time where he will ask for their [police] help,” and continues to actively promote defunding the police, <https://hamiltonindependent.ca/councillor-cameron-kroetschs-last-ditch-attempt-to-defund-the-police-fails-with-little-support/> (Geenan, Kevin, Feb 2025), this won’t solve the issues facing Ward 2 residents. There are only 18 months left in the Councillor’s term. There is still time to turn the ship around for the betterment of Ward 2 residents and businesses, by working with our police service. As residents, we expect nothing less.

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the policy or position of the North End Breezes. We encourage diverse perspectives and open dialogue within our community”.

STORY CONTNUED FROM FRONT PAGE

VISITING THE NORTH END FARMACIA

SUBMITTED BY KEN HIRTER

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