

MAY 2023 | VOLUME 5 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

## WALKABOUT: WATER FIT AT BENNETTO COMMUNITY CENTRE

SUBMITTED BY KEN HIRTER

It's Spring and Summer will soon be upon us. What better way than to get an early kick start and get into the swim of things. This month's Walkabout finds me at water fit in the beautiful Aquatic Center at Bennetto Recreation Center. It is 45-minutes and works for you at your own pace. Think Fitness and Fun in the pool at Bennetto.

What is Water Fit? Compared to swimming, water aquatics, water aerobics and water fitness classes are considered a better all-round exercise program because they use a great variety of muscle groups. You won't burn as many calories as with running, but the calorie burning is comparable to a brisk walk and is a good low impact workout.

Water Fit programs have many benefits. As well as lowering the risk of cardio vascular disease, it strengthens the lower body and increases range of motion. Water provides support to reduce risk of injury and provides resistance to strengthen muscles and helps with balance. The warm water and music keep you moving and after the 45 minute session you walk away you feel absolutely great and refreshed as well.

Water Fitness classes meet every Monday at 10.45 - 11.30 Wednesday at 9.45 - 10.30 and Friday between 10.45 - 11.30 and are wheel chair and handicap accessible.

(Please note Bennetto Community Centre will be closed on Monday May the 22nd for Victoria Day.)

Bennetto Community Centre, 450 Hughson Street North. Tel: (905)-546-4944

For a complete list of all their programs check out their website at: www.hamilton.ca/recreation or www.hamilton.ca

Many thanks to the wonderful staff, life guards and the instructors here at Bennetto.



In the end, think fitness and health and have fun in the sun as most City of Hamilton pools will be opening the end of June - get back into the swim of things.

Cheers till next month.

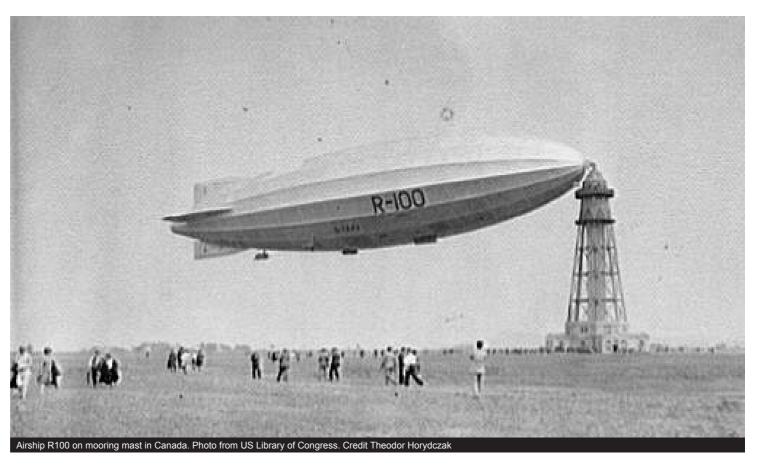
## THE HOTEL THAT FLOATED

SUBMITTED BY BRIAN ROULSTON

When Hamiltonians gaze up at the clear blue sky on a lovely summer day, we consider ourselves fortunate that the 83-year-old Lancaster Bomber is still ripping through the skies. However, we often overlook the diverse array of other aircraft crisscrossing above our heads.

November 11, 1918, with the end of WW1 the dream of flying passengers around the world began. Just as the world marvelled at the Wright Brothers on December 17th, 1903 and as the first Boeing 747 took to the sky for the first time in 1969, airships were the marvel of the early 20th century. Hamiltonians looked in awe on August 11, 1930 when they awoke at 6:30 in the morning to see something floating silently a thousand feet above the city's eastern limits. It was a highly anticipated sighting. It was the British Wonder Airship, also known as R100, which was about "three city blocks long" and "seven stories tall". The United Kingdom built the rigid airship in 1929. It made its maiden transatlantic voyage to Canada in 1930, which took 79 hours and set a record for the distance flown by an airship at the time. The airship had a top speed of 128 km/h (80 mph).

The R100 was part of the British government's attempt to use airships to connect the Empire. Canada's Prime Minister William Lyon Mackenzie King is largely credited for the R100's visit to Canada. He was striving to promote trade and air travel by using airships and aimed to demonstrate the future of aviation to Canadians at that time. Over 800,000 people visited the behemoth when it was moored at its brand-new airship facilities in Saint-Hubert, Quebec. The R100 airship became a media sensation, generating newspaper stories, radio broadcasts, and celebrations in Montreal and Toronto and even Hamilton. During her two-day trial across Ottawa, Toronto, Hamilton, and Niagara Falls, it was estimated that a million and a half more people watched and observed her. Hamiltonians were both amazed and curious about the airship. Some newspapers of the day de-



scribed it as a "flying hotel" or a "giant cigar".

The R100 passenger vessel was designed separately from the airship by Barnes Wallis in Howden, Yorkshire. It was described at the time as a hybrid between a Pullman coach and an ocean liner. It had three levels, two for its 100 passengers and a level for its crew of 37.

The passenger decks were designed to provide maximum comfort and convenience to the passengers. The lounge doubled as a dining room, and the wooden card tables could be used as tables and chairs for up to four diners. There was also a smoking room, a writing room, and 50 sleeper cabins that lined the exterior walls. Each cabin had a port window, single size bunk beds, and a chair similar to the average kitchen chair. The promenade deck was a great place for passengers to walk around and enjoy the view outside the vessel through huge sloped windows. If you were lucky enough to get a sleeper on the upper deck you had vour verv own balconv but vou still had to skip to the loo down the hall.

The British government built a sister ship, the R101, a year later, based on the success of the R100. This vessel was designed to transport travellers and mail to India, Australia, and Canada. The R101

augural flight to India on October 4-5, After its production, the private man-1930, after encountering heavy weather ufacturer of the airship, Royal Airship above the northern French city of Beau- Works, which was a division of Vickers vais. Six of the 54 passengers survived. Ltd (Aviation Department), was subse-Numerous top British officials were quently shut down. among those killed in the accident.

cal support for airships waned in Britain.

The R100 was broken up between December 1931 and February 1932; the structure was dismantled, flattened with

crashed and burnt on a hill during its in- a steamroller and sold at scrap value.

Although the airship did not become As a result of the crash, public and politi- a commercial success, the airfield at Saint-Hubert did become the first modern airport in Canada. It is still in use today, known as the (YHU) Montréal Saint-Hubert Longueuil Airport.



## WARD 2 UPDATE

## SUBMITTED BY WARD 2 COUNCILLOR CAMERON KROETSCH

I hope you're enjoying the warmer weather that's coming our way and getting out in the North End to connect with your neighbours. It's going to be a busy summer!

For those following what's been happening at Jamesville, you might have seen a recent article in which the site's developer states that he's optimistic that the CN Railway appeal will likely be settled outside of the hearing process at the Ontario Land Tribunal. I'm hopeful we will find a resolution soon and can get back to building very much needed affordable housing.

As you know, the North End is home to a vibrant part of Hamilton's waterfront community and the ongoing construction at the waterfront continues to bring the City closer and closer to project completion. Most recently, trail and bridge work has helped to connect the waterfront and has begun to give shape to a future trail system that will enable pedestrians and cyclists to get between Princess Point and Eastwood Park more easily. If you haven't been out to see the new bridge that was recently opened, or some of the improved walking paths, this is the perfect time to start exploring these amenities. As a member of the recently reactivated West Harbour Development Sub-Committee, I will be engaged in the progress on our waterfront with a focus on environmental responsibility and community impact. This is a once in a generation development and the City needs to get it right.

Since the last edition of the Breezes, I met with CN Railway, Metrolinx, and City staff and we're working on a joint plan to replace the trees along Strachan Street East, to significantly improve the canopy of the existing greenway, and to hopefully add a few more trees to Jackie Washington Park while we're at it. I'm grateful that everyone has come together quickly to address the recent loss of forest canopy in this area and will have more information to share in the next edition.

I continue to get out into each neighbourhood to meet people, talk about what's happening, and hear feedback from my neighbours. To that end, the second Ward 2 Neighbourhood Town Hall of 2023 will be happening later this month, on Tuesday, May 30 at 7:00pm at Bridgeworks

(200 Caroline Street North, just off Barton Street) in the Central neighbourhood. I hope that many North Enders will make the journey slightly south and over the rail line to join me. This town hall will be my first opportunity to speak publicly about how we intend to allocate area rating funds and to provide updates since the budget has been approved and the new encampment protocol report will have been presented to Council. Not to worry, if you can't make it in person, I'm keeping up with my commitment to ensure that the meeting will be livestreamed. Please sign up to the Ward 2 Newsletter to get the link as part of our May newsletter, which will be published on May 29.

After the Central neighbourhood town hall in May we'll be in Corktown at the end of June, Durand in August, North End in October, and Stinson in December.

As always, the Ward 2 Team is here to support you. Please reach out to us at Ward2@hamilton.ca or through our office phone number at (905) 546-2197 and make sure to spend some time visiting www.ward2hamilton.ca where you can sign up for my newsletter and keep up to date on how I'm representing you at City Hall.



Councillor Cameron Kroetsch, HWDSB Trustee Sabreina Dahab, MPP Sarah Jama, and MP Matthew Green at the Downtown Mosque during the holy month of Ramadan

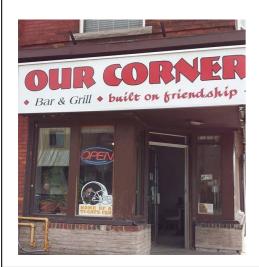


Councillor Cameron Kroetsch (Ward 2), Councillor Nrinder Nann (Ward 3), and City Councillor Alex Wilson (Ward 13) at the City's e-scooter Jaunch event

- Cameron Kroetsch

# OUR CORNER

Bar & Grill



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



# HOPA



## HOPA NEWS

Icebreaker George R. Pearkes stops in at Heddle Shipyards for winter makeover.

Have you ever wondered how some ships can seamlessly travel through thick sea ice in the harsh Canadian winters? An icebreaker is a ship that is designed to move and navigate through ice-covered waters, enabled by a reinforced hull and an ice-clearing shape.

Currently at Heddle Shipyards, the icebreaker George R. Pearkes, a 1100 series light-duty ice breaker, is in Hamilton for some much-needed TLC. George R. Pearkes was built in 1985 and has been on the East Coast for majority of its service life. While many vessels undergo essential upgrades during the winter season layup, the icebreaker was at Heddle's Hamilton Harbour facility to undergo a major face lift. The ship is one of just a few members of Canada's aging icebreaker fleet, currently undergoing mechanical, structural, and technological upgrades.

After decades on the water, George R. Pearkes is now getting a fresh coating on its exterior, three new propulsion engines, new steering, and auto-pilot equipment, and new state-of-the-art plumbing gear.

## BREAKFAST CLUB

FREE DROP IN EVERY DAY **BEFORE SCHOOL AT** 



7:45 AM TO 9:15 AM

Contact Mariko at mbown-kai@compassch.org



for more information.





Sunday Worship 10:00 - 11:30AM Children's Ministry Nursery to Grade 5



500 James St N, Hamilton Contact Phone: 905.527.3972 Email: office@jamesnorth.church Office Hours: Mon to Fri 9AM - 4PM www.jamesnorth.church

James North Baptist Church (formerly Hughson Street Baptist) has been a part of the North End for more than 135 years. We have been more than just a worship gathering on Sundays as we meet as many people during the week as we do at our Sunday worship times. We believe the Lord has called us to a very simple philosophy of ministry – we seek to bless the North End of Hamilton in Jesus' name.

We would be glad to welcome you any Sunday at our morning worship gathering. We believe the gospel changes everything. The good news of the gospel is that the death of Jesus Christ has paid the price for our sin, taking the penalty we deserve on Himself, saving us with certainty because of His resurrection. The gospel grants us purpose, hope and a hew perspective on joy and fulfillment. Life may not always be easy, but our hope in Jesus Christ gives us strength for the journey.

We also offer the hope of Jesus to others through our ministries and programs. There are several weekly ministries that you and your family can attend. You could come by on Fridays from 9-11am for Coffee's On where our Food Bank is open to help those who need a little boost. We have children's programming running on Tuesday nights during the school year. Check our website for up-to-date information for programs (www. jamesnorth.church) or give us a call at 905-527-3972.

We are located at the corner of James St N and Picton Ave, the building with affordable housing on top. We would be glad to welcome you.





#### St. Lawrence the Martyr Parish

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

stlawrencehamilton@hamiltondiocese.com www.stlawrencehamilton.ca In case of after hours emergency please call 365-888-1275

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

#### Weekday Mass Schedule:

 $\sim$ No Mass Monday $\sim$  Tuesday - Confession 6:30 p.m. Mass 7:00 p.m.

Wednesday - Mass 12:00 noon (12:15 p.m. during school year) Thursday - Confession and Adoration 6:00 p.m., Mass 7:00 p.m. Friday - Mass 9:00 a.m.

Saturday-Confession 9:30 a.m., Mass 10:00 a.m. Please check our website for weekly updates/changes

#### Sacraments of Marriage or Baptism:

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

#### Parish News

Doors Open Hamilton - We will once again be participating in Doors Open Hamilton with volunteers providing tours and insight into the history of our church. Stop in and see us:

Saturday, May 6 (starting with Mass at 10:00 a.m. until 4:00 p.m. and Sunday May 7 starting at 12 noon after Mass until 4:00 p.m.

Also on Sunday May 7, our Catholic Women's League will be tonoring Mary in the May Crowning at the 11:00 a.m. Mass. Everyon is welcome and there will be snacks and refreshments in the Parish Hall after Mass.

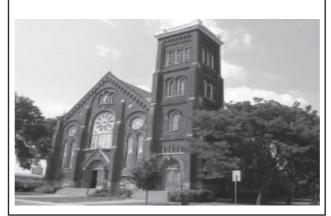
Save the Date! our celebration of the Feast of St. Lawrence will be Sunday August 13

#### Hall Rentals are available!

Call the office or visit stlawrencehamilton.ca/hall-rentals for more information.

Please keep an eye on the bulletin or our parish website for further updates.

www.stlawrencehamilton.ca





## Find Out What is Happening in Your Community

with the North End Neighbourhood Association

#### MEETINGS EVERY MONTH

We meet the first Wednesday each month at 7pm. Meetings are currently on zoom.

#### Everyone is Welcome!

This is the place to meet your neighbours and hear about what's happening in the North End.

Follow us on Facebook and Twitter www.facebook.com/NorthEndNeighbours www.twitter.com/nenhamilton

Check out our website and sign up for our e-newsletter at www.northendneighbourhoodassociation.com

## IN CONVERSATION WITH **SCOTT THORNLEY**, AUTHOR OF THE ACCLAIMED MACNEICE MYSTERY SERIES, AND HAMILTON NATIVE

SUBMITTED BY CLAIRE WILES

## Can you share a bit about your MacNeice series?

Published by House of Anansi Press, the MacNeice series follows the respected and tortured protagonist Detective Superintendent MacNeice of Dundurn Homicide. MacNeice has the finest record for cases solved in the city's history, but for years following the death of his beloved wife, Kate, he's plagued by nightmares about losing her. That's when his love of Grappa began—mostly as a sleep aid, but, living alone in a stone cottage on the escarpment, he also indulges while watching the forest, and the creatures that inhabit it.

As the series progresses, the night-mares about Kate fade, but in their place, MacNeice begins having 'conversations' with her. Invented, but nonetheless soothing, they help him cope with his decades in homicide. It's the department's psychiatrist who, when learning about Mac's relationship with Kate, realizes he's created an effective way to manage his PTSD.

## How did your upbringing in Hamilton inspire the series?

Hamilton holds a special place in my heart. As a kid, it was a place of adventure—hiking along the escarpment or hunting for turtles down at the bay. I moved around a lot, which was disruptive, but part of the adventure. The places I write about, are born of that somewhat nomadic experience. Like any child, you invent your own story.

After graduating from art college, I was unable to find work in Hamilton, so I went where the work was – Toronto. I ended up staying there, but I've always felt like a bit of a foreigner in Toronto. Such is the power of Hamilton!



## When you return to Hamilton, where do you frequent?

I do the nostalgic tour, but mostly, for research purposes I go to the neighbourhood that I'm writing about. Dundurn, the fictional city where the MacNeice series takes place, is inspired by Hamilton. Many of the places mentioned in the series - street names, parks and landmarks, are based on factual sites in my old stomping ground. Including two of the houses where I grew up.

## How did your first novel come to fruition?

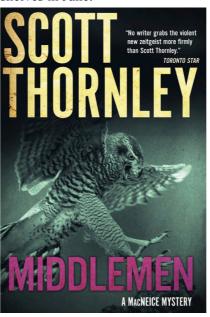
Like MacNeice, my wife died of cancer at 42. Before she passed, she was the centre of our family. I remarried, but for years I had nightmares. I began writing them down, so I wouldn't disturb Shirley, my wife. Shirley read them one day, and said, 'this is a novel; you need to write it.' One year later, Erasing Memory, my first novel, was complete. The dreams in that book were the ones I wrote down in the middle of the night, so many years ago.

## When you're not writing, how do you spend your time?

When I'm not writing, I'm constantly researching, making notes, and thinking about my next story.

Middlemen, the latest in the Mac-Neice series, is available for pre-order from Amazon or Indigo, or locally, at King West Books.

Thornley's MacNeice collection includes Erasing Memory, The Ambitious City, Raw Bone, Vantage Point and Middlemen, hitting shelves in June.







#### CRIME OF THE MONTH

SUBMITTED BY TREVOR MCKENNA

As the weather become nicer in our City, excitement for friendly gatherings and socializing increases daily. There's nothing better than spending an evening with friends or family, especially if you have something to celebrate! This month's arti-

cle will focus on a friendly gathering that took a turn for the worse. As always, if you know something about this incident please report it to the Police or Crime Stoppers.

Approximately one year ago – March 25th, 2022 to be exact – a resident of Margaret Street decided to hold a small gathering to celebrate a recent achievement. During the night, there came an unexpected knock at the door. The home owner opened the door and was greeted by two men, both of whom were unknown to them and who were definitely not invited to the gathering. The men engaged in discussion with the homeowner, however it was decided that they would not be allowed entry into the home. The door was eventually shut and the men were left

on the front steps with the order to leave.

It was at this point that the night went sideways. One of the men produced a silver handgun from his person and blindly fired rounds into the door. They then left the residence in a white Dodge pick-up truck. Chaos erupted inside the house. The gunshots sent loud bangs throughout the household. People panicked, especially when they learned that one of the bullets had struck one of their peers. This person was taken to hospital, fortunately with non-life-threatening injuries.

Suspect #1 is described as a white male – 5'9" in height, late 20's or early 30's, wearing a baseball hat, light-coloured jeans, and

a dark sweater.

Suspect #2 is described as a light skin male, tall and thin build, wearing a red sweater and dark jeans.

Police are still investigating this incident.

If any of this sounds familiar to you, please contact Crime Stoppers. We promise to keep your identity anonymous and will never ask what your relationship is to anyone involved. We just want your information. In return, you could be entitled to a reward up to \$2000.00!

Until next month, stand up and stand together!



Presented in partnership by:







## Pathways to Education

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Pathways to Education Hamilton is proudly hosted by Compass Community Health



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Join a weekly free prenatal nutrition group that's close to where you live!



#### Compass Community Health

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(Between Macauley Street and Picton Street) Date: Thursdays 12:30pm – 2:30pm

Bus Route: 02 or 04

Register at group during your first visit or call Cory at 905-523-6611 Ext. 3047.

#### Talk with a Registered Dietitian and a Registered Nurse about:

- Pregnancy
- · Labour and delivery
- · Eating well and cooking healthy food
- Breastfeeding





www.hamilton.ca/PrenatalGroups



/HealthyFamiliesHamilton

Funding provided in part by the **Public Health Agency of Canada** 

#### You will get:

- · Grocery gift card
- · Bus tickets
- · Prenatal vitamins gift card
- · Vitamin D for your breastfed baby
- · Child-minding for your children under 6 years of age



Hamilton



#### **Are you experiencing shortness of breath? Do you have COPD?**

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Interested in quitting smoking or helping someone quit smoking?

Have a cough and/or trouble breathing?

Are you sure your inhaler is working?

Would you like education on Asthma or COPD?

Ask about our CRE program (Certified Respiratory Educator) **Jay Beaupre** 905-523-6611 ext 3005

## DIABETES EDUCATION PROGRAM COMPASS COMMUNITY HEALTH

If you have Type 2 Diabetes or Prediabetes, we are currently accepting referrals.

Our program consists of Nurses and Dieticians to assist in management and support through your Diabetes Journey.

We provide Individual Counselling and Group Programs.

Please call 905-523-6611 ext 3055 for more information.





## **GARDENING ADVICE** YOU MAY IGNORE

SUBMITTED BY CANDY VENNING



The wonderful thing about gardens is that they can be started anytime. We're all so keen to get out there in the spring that we quite forget about the fact we have all season ahead of us, right up until October, to plant things.

If you've been gripped by the spring furies of gardening and are in full frenzy - may I suggest a few pots - pots of annuals, pots of perennials, pots of native plants – If your pots are big enough and you keep them watered – you can grow a whole garden this way.

Why am I telling you this when you're practically bounding out the door with shovel in hand, ready to till or dig up ....something?

Before you dig something up, recall what was there before, is this where the Asters grow?, or maybe the Asclepias hasn't peeped out yet? Hold your horses, unless it's an endlessly spreading clump of bland slug filled hostas - in that case, dig em up, divide em and give em away to the next person.

Also – if your budget is a little tight and you haven't been buying up a spring storm's worth of plants at the garden center - consider the annuals you could plant that will quickly grow to fill a sunny spot. (Especially great if you haven't decided on the right shrub or perennials

- 1) Sunflowers – pop a seed right in the ground, for fun and to feed the birds - great for getting kids into gardening
- Arugula, Zucchini, Beans, (all easy from seed) Tomatoes from your local shop or a friend- all annuals of course and they don't need to be in a designated box or raised bed - you can mix them into your garden!
- Aquilegia Canadensis (native) or other types of columbine (but the native variety is gorgeous and attracts hummingbirds) This should be blooming at the time you read this article and once finished in June-ish, ready to drop seed – so if you've managed to acquire some, scatter it about (or remember to

grab seeds when they drop at Sunset Cultural Garden) and they'll produce lovely leaves this year with showy flowers next vear.

Not planting because your garden is full? Hahah! Just kidding, this never happens!

Not growing annuals because your garden is too shady? Then consider getting some well-rotted manure (that is sterile and not full of invasive weed seeds) to top up around your Oakleaf hydrangeas and ferns. Add your neighbours 'cleaned up' leaves plus little sticks and branches to break down into your soil slowly, imitating a forest floor.

Growing native plants? You don't need to top up the manure but you could add a few trellises or obelisks/tuteurs to hold up the tall floppy plants and give a bit of structure to the yard. This is also a great time of year to redefine pathways with mulch, remove invasive species like Burning Bush, Barberry, Goutweed, Ivy and others.

So, my garden frenzied folk, will you be doing any of this or will you come home from the garden centre, pupils dilated and no plan for where anything goes nor much memory of buying it? Either way, it's spring and you shouldn't have to listen to anyone but the birds – enjoy!!

#### **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 on-line. Contact us at 289-933-819, by email at office@northendbreezes. com, on our website: www.northendbreezes. com or social@northendbreezes.com.

Published by North End Breezes Board of Directors: Kristina Santone, Chris Pearson, Elizabeth Poynter, Keith Thompson, and James Vanderberg

Chair: Elizabeth Poynter

Financial Officer: James Vanderberg

Secretary: Kristina Santone Social Media: Chrissy Chrzan Marketing: Keith Thompson

Community Connector: Chris Pearson

Co-Ordinator: Brenda Duke Editorial Assistant: Kit Darling Layout + Design: Katie Fitzgerald Web Site Development: Marie Mushing

Circulation & Distribution: The Board, Sheri Selway, Steve Osborne and Chrissy Chrzan 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

Articles may be edited for length, tone, clarity and are subject to publication based on avail-

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.

#### HAMILTON PUBLIC Public Library is offering a Bookmark Contest. Pick up an entry form at your local Branch or download at our LIBRARY NEWS

#### 2023 Hamilton Reads Title Reveal is May 3

Place a hold on the 2023 Hamilton Reads title that all Hamiltonians should add to their reading list this year. This One Book One Community read is the literary work of a Hamilton-based author and former Mabel Pugh Taylor Writer in Residence. Stay tuned for the official unveiling on May 3.

www.hpl.ca/HamiltonReads-2023

#### Canadian Children's Book Week - Bookmark Contest

To celebrate Canadian Children's Book Week: April 30-May

7, 2023, and Screen-Free Week May 1-7, 2023, Hamilton

website, hpl.ca/bookmark-contest. Drop off your bookmark submission to your local branch or Bookmobile visit before or on Sunday June 25, 2023.

#### **Daily Events at HPL**

What's Happening at HPL For the latest book clubs, author events, or adult, children's, teen, older adult and tech programming, pick up our May What's Happening Guide or visit at hpl.ca/guide.

#### Weekly Saturday Bookmobile Service Returns

HPL's Weekly Saturday Bookmobile Service returned April 22. Visit hpl.ca/bookmobile to find out when the Bookmobile is visiting your neighbourhood

#### 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 50 years now 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.

#### Follow us here:

Facebook - facebook.com/northendbreezes Instagram - instagram.com/northendbreezes Twitter - twitter.com/northendbreezes

#### **NORTH END BREEZES FREE CLASSIFIED ADS**

Ad content subject to approval by the Board of Directors in keeping with the Mission and Vision of North End Breezes. Submit your ad - call 905-523-6611 ext 3004 or email office@northendbreezes.com

Hello neighbors. I'm fairly new to this part of the city but I've grown to love it in very short order. I'm currently in a very rather small rental and would much like to find something a little bigger. If this interests anyone please feel free to let me know in the contact information provided. Hoping to hear from you soon!

jnds121@gmail.com or 905 512-8595. Please text as I don't always hear my phone due to work

Canes for Sale, excellent condition, two brand new, adjustable. Asking \$40 each or best offer Large garbage can for sale, excellent condition. Asking \$50 or best offer

Please call 289 389 3943

## Website Design & Support Services



## **Marie Mushing**

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- ➤ Tele-Health Appointments with Physician
- > Home Health Care
- ➤ Hearing Clinic with Specialist
- ➤ Diabetic Education
- > Specialty Compounding
- ➤ Compliance Packaging

#### FREE DELIVERY~ PET FRIENDLY

Supporting our Community!
We host an Art Gallery for Local Artists

Your Neighbourhood Pharmacy

**DROP IN and VISIT** 



## **BENNETTO COMMUNITY CENTRE**

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

#### Bennetto's Programs are in full bloom – come check them out!

#### Spring Drop-in Programs (April 3<sup>rd</sup>-June 25, 2023):

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swims: (18+) 9:45-10:45 am (Family) 5:00-6:00 pm (Open) 7:15-8:45 pm	Open Swims: (Family) 9:30-10:30 AM (18+) 10:30-11:30 am (Open) 7:15-8:45 pm	<b>Open Swim</b> : (18+) 10:30-11:30 am	Open Swims: (Family) 9:30-10:30 am (18+) 10:30-11:30 am (Open) 7:15-8:45 pm	Open Swims: (18+) 9:45-10:45 am (Family) 5:00-6:30 pm ( <i>Open - FREE</i> ) 6:45-8:15 pm	Open Swims: (18+) 1:30-2:30 pm (Open) 2:30-3:30 pm	CLOSED
Open Gym: (9-12 yrs) 3:00-4:00pm (13-17 yrs) 7:00-8:30 pm	Open Gym: (Parent & Tot) 10:30-12:00pm	<b>Open Gym:</b> (13-17 yrs) 7:00-8:30 pm	Open Gym: (Parent & Tot) 10:30-12:00pm (Family) 5:00-6:30pm	Open Gyms: (9-12 yrs) 5:15-6:45 pm (Family) 7:00-8:30 pm	<b>Open Gyms:</b> ( <i>Family - FREE</i> ) 12:00-1:30 pm	
<b>Water Fit:</b> 10:45-11:30 am	Lengths: 11:45-1pm 7:15-8:45 pm* *2 Lanes Only	<b>Water Fit:</b> 9:45-10:30 am	Pickleball: (18+) 12:30-2:30 pm (18+) 6:45-8:45pm	<b>Water Fit:</b> 10:45-11:30 am	Pickleball: (18+) 1:45-3:45 pm	
Lengths: 11:45-1pm 7:15-8:45 pm* *2 Lanes Only		Lengths: 11:45-1 pm 8:30-9:30 pm	Lengths: 11:45-1 pm 7:15-8:45 pm* *2 Lanes Only	Lengths: 11:45-1pm	<b>Lengths:</b> 12:15-1:15 pm	
*Cardio Balance & Strength (55+) 10:00-11:00 am \$2.37 per visit *Chair Fit (55+) 11:00-12:00 pm			,	*Cardio Balance & Strength (55+) 10:00-11:00 am \$2.37 per visit *Chair Fit (55+) 11:00-12:00 pm		
\$2.37 per visit				\$2.37 per visit		

For all our drop-in programs please check on line at www.hamilton.ca/recreation



SUBMITTED BY BRENDA DUKE - FOUNDER. BEAUTFUL ALLEYS

People were asking "what is the CN Track Gang". Is it something good? What's happening? Well, I can tell you it is very good; for our neighbourhoods, our City and our communities.

The CN Track Gang is an extension of Beautiful Alleys, a volunteer group that mobilizes hundreds of residents across the City to Team Up to Clean Up and Keep Hamilton Clean and Green.

In 2017, they formed a partnership with CN Rail to work with community to clean up the debris and illegal dumping along the rail line. You've heard the comments about the garbage and complained. But it's not as easy as getting a bag and picking it up. The rail lines are private property, there are safety issues and we need permission to go on the property or face fines. So, the rules are there to keep us safe not restrict us.

Beautiful Alleys works with their Police to close the line, CN brings in trained staff and equipment to work with volunteers and they generously support the effort with funding.

They started working together in 2017. Hamilton is the only City in Ontario to have this unique partnership. There are two cleanups a year, Spring and Fall. The first Track Gang cleanup collected almost 10 tonnes of dumping between Wellington and Victoria. Sadly, roughly the same amount was collected at each subsequent cleanup. In total since 2017, there has been over 60 tonnes of garbage picked up between Wellington and Cheever along Birge Avenue.

Join the group on May 6th to clean from Victoria to Cheever. Meet at Birge Park at 9am and do your part. If you miss that one, watch the Facebook Group (1) The Track Gang | Facebook to learn about future efforts.

## **BABYSITTING COURSE (Ages 11-15 years) – Registration now available!**

**Location:** Bennetto Community Centre **Day:** Friday June 2, 2023 (PA Day)

**Time:** 8:30am – 4:30pm

**Ages:** 11-15 **Cost:** \$78.61 **Barcode:** 00050771 **Description:** The Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. What to bring: Doll, Pen and Paper



Even if you don't own a boat, YOU can be a member.

#### Our membership is open to everyone!

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







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



