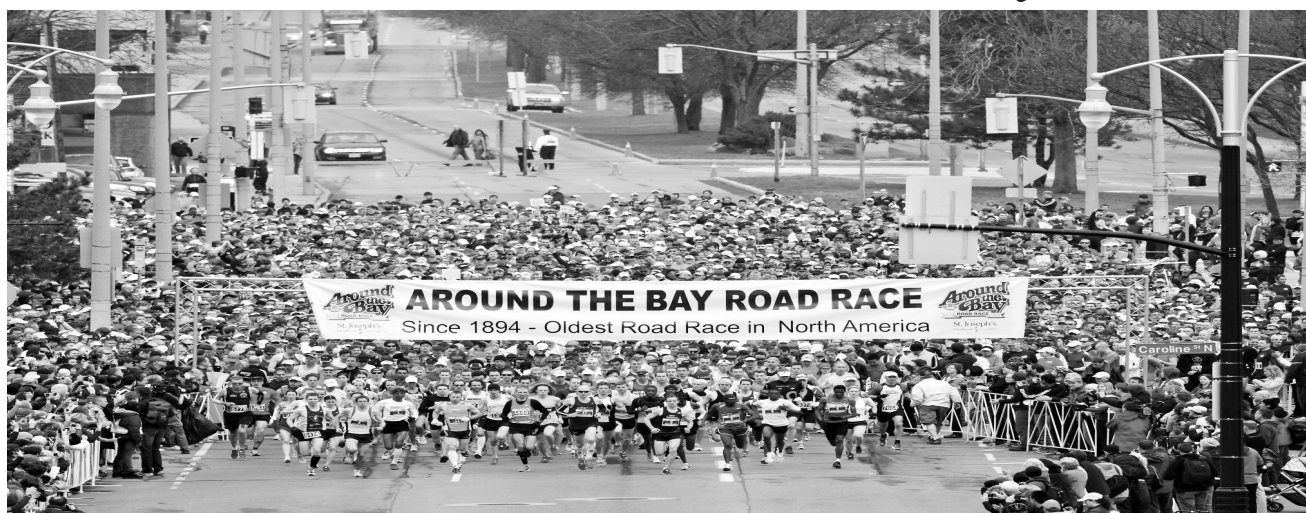




THE COMMUNITY NEWSLETTER OF HAMILTON'S NORTH END

Volume Three ~ March 2017 ~ office@northendbreezes.com ~ www.northendbreezes.com

Around the Bay Race submitted by Susan Brooks



Everyone get ready to cheer at Hamilton's Around the Bay Road Race that will be held this year on Sunday, March 26th. The race and relays start at 9:30 and the 5km starts at 9:45, with the 30k (18.6 miles) race starting at York & Caroline, and the 5k starting in front of FirstOntario Centre. Both races finish inside FirstOntario Centre. This is the oldest road race on the continent, being first run in 1894, (three years before the Boston Marathon) and while not being a Boston qualifier, as it is not a Marathon distance, its winners have gone on to win Boston Marathons.

Its history started on Christmas day in 1894 with sponsorship from "Billy" Carroll, the Hamilton Herald Newspaper owner. Some racing greats such as Scotty Rankine hold the honour of seven wins (30's and 40's) and Peter Maher (1996) and Gord Dickson (1950's) had five wins!

The 30k race begins at York & Bay and proceeds to James St. N. and onto Burlington (up to Woodward) via Guise and Dock. From Woodward Ave it is right to the Beach Strip. After the Canal lift

bridge, the race continues in Burlington on Eastport Drive to Northshore Blvd, then to Plains Rd, before entering back to Hamilton on York.

The 5k race starts at FirstOntario Centre and goes via Cannon (becoming York) to a turning point near the cemetery and then back on York to FirstOntario Centre.

There are 2 very popular relays are limited to 250 teams each: The 3-person relay (3-10k lengths), and the 2-person relay (2-15km lengths). Fees are \$90 and \$45 (for 5K) with a limit of 8000 participants and 2,500 participants for the 5k. Money fundraised for the race goes to support hope, healing and discovery at St. Joseph's hospital and all Hamiltonians are all grateful for funds donated and opportunities created by the Bay Race.

To register, people are expected to be able to finish the race in 4.5 hours and there is 4 seeded carrols (starting places) based on expected finish times. If a participant has not reached the mid-point by 12 noon, they are not allowed to finish

(due to traffic control and runner safety), but slower participants may walk along the sidewalks obeying traffic rules on their own.

30k top Awards range from \$500 to \$4000 with additional \$1000 for race records in male and female categories. The Men's record is held by Alene Reta (2010) at 1:32:22 and Lanni Marchant (2013) 1:44:40. All finishers receive a medal and there is recognition for those who have participated ten or more times.

On Saturday, March 25 there will be Free Kid's Races (50 metre dash) through the official Around the Bay Finish Line for Children ages 4 – 12 held at the FirstOntario from 11am – 1pm (must be accompanied by an adult and must have running shoes)

On the day of the race, a variety of streets are closed from 6am to 4pm, so check your intended routes out if you are on the road Sunday.

For volunteers, no experience is required, but sign up early and share your skills and meet new friends while having fun contributing to a great cause.

Come on out and support your community and cheer on the racers-Enjoy the excitement that the Around The Bay brings to Hamilton!



Photo of an early runner, Jack Caffery, who won two Bay races. He went on to win the Boston Marathon in 1900.

NORTH END BREEZES MISSION: The North End Breezes is a not-for-profit team of enthusiastic volunteers who produce a monthly newsletter in order to promote community connectivity and mutual support by engaging our North End Neighbours.

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

FAMILY & FUN ZONE

This is our new section to help you discover fun things to do, share your stories and let us know what's happening in the North End for family fun.

THE WATERFRONT OUTDOOR RINK IS OPEN. The Hamilton Waterfront Trust is pleased to announce that we will once again be offering the Learn-to-Skate Program for the Community starting in January 2017. We are now accepting applications for the Learn-to-Skate Program for Children and Youth Ages 3 – 18. Please note that space is limited and registration is on a first come first serve basis. Get the registration form at <http://www.hamiltonwaterfront.com/wp-content/uploads/2016/11/Learn-to-Skate-Brochure-CHILDREN-and-YOUTH.pdf> Should you have any questions, please email us at information@hamiltonwaterfront.com or call 905-523-4498 ext. 21

ARE YOU A STUDENT OR A YOUTH WITH STORIES TO SHARE? Do you want to tell your community about the great things you love about your neighbourhood? Or, are there things you want to see happen? Let us know so we can spread the word and make things happen. Remember, volunteer hours are available toward your credits.

*Contact us at office@northendbreezes.com or call 905*523*6611 extension 3004*

BENNETTO COMMUNITY CENTRE

450 Hughson Street North

905-546-4944

www.hamilton.ca

March 2017

MARCH BREAK FUN!

What are you going to do during the March Break week (March 13 – March 19)?

IN THE WATER

We are offering Afternoon Public swims in addition to our regular evening swims at the following times:

MONDAY	1:15-2:15	THURSDAY	1:15-2:15
TUESDAY	1:15-2:15	FRIDAY	1:15-2:15
WEDNESDAY	1:15-2:15		

IN THE GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Teen Gym (13-17 years) 7:30-8:30pm	Book Mobile 2:30-4:30pm	Preschool Gym (0-5yrs with parent) 11:00-12:00pm FREE	Book Mobile 6:00-8:00pm	Family Gym (Families only) 5:30-6:30pm	Family Gym (Families only) 12:00-1:00pm FREE
		Pickle Ball (55+) 12:00-1:30pm		Youth Soccer (6-12yrs) 6:30-7:30pm	Youth Gym (6-12yrs) 1:15-2:15pm FREE
		Adult Gym (18+) 1:30-2:30pm			Teen Gym (13-17yrs) 2:30-3:30pm FREE
		Teen Gym (13-17yrs) 7:30-8:30pm			

REGISTRATION INFORMATION/Registration Date: Friday March 24, 2017 at 7:00 am

1) Online - City of Hamilton RecConnect <https://rec.hamilton.ca/econnect/start>. Be sure to have your Client ID and Family PIN. Print ready to access online registration.

2) Drop off - forms and payment must be received before closing on Thursday, March 16, 2017.

Any forms submitted after (above date) will be marked "Late" and processed on Friday March 24, 2017 after the registration.

HAPPY "Sweet Sixteen" Taylor (Scally)

To my wonderful, smart, compassionate daughter;
Since March 6, 2001 you have lit up
my life. Happy Birthday!!! *Love Mom*



WE  **VOLUNTEERS**

Did we tell you? Do you know?

By Brenda Duke, Coordinator

I'm still learning my way around and I am amazed at the people who are dedicated to The Breezes! Multitudes of people who want to share their experiences and their talent by contributing to our paper. The articles are stories...stories of experiences lived and shared with neighbours they know and people they want to meet. Stories that tell the history of the North End, the challenges faced and the love of community. We have our standbys, people who have contributed over the years and now, we have people coming in to be part of our team. The services and supports are amazing and I always want to bring you that news. That is how we build a community that cares.

I'm excited that we are growing but we couldn't do it without the stand-bys, the people like Linda Robinson who builds a team to make sure the paper goes out. Join her for coffee and donuts from yet another neighbourhood sponsor, Grandad's. Meet new friends and have fun too!

Thank you everyone! You make it happen!



Donna Reid is passionately positive about Hamilton – so much so that in 2013 she created The Hamilton Store on James Street North in the former HIStory + HERitage gallery space. She lives in the neighbourhood – north of Barton.

Loving Your City!

by Donna Reid

“Welcome” is a word I seem to use every day in my shop. And I say it with a smile because I am happy that so many people are choosing Hamilton as their home. Sometimes it’s “welcome to Hamilton” or “welcome to downtown” – new residents to our neighbourhood are coming from near and far.

Hamilton is a welcoming city, but for individuals new here it may be challenging to get involved or feel part of a new community. It is especially difficult for a trailing spouse or partner who may have no prior connection to the city but is moving here with someone who already has a connection. Perhaps grew up here and is returning or attended university here.

I LOVE Hamilton! And with this new column I’d like to share things you can do to get involved; how you can learn about your new home and share some interesting events that might spark some interest in your new neighbourhood. It’s all about loving (and learning to love) our amazing Hamilton.

Many Breezes’ Readers already LOVE Hamilton so let’s start by completing this sentence to share with our new neighbours:

I love Hamilton..... (here are a few shared with me my friends so far)

- * for its natural beauty from the Bay to the Mountain
- * what has been, what it is and what it’s becoming
- * because of the people + the energy + the engagement + talent
- * for our generosity + spirit

- * for its great library!
- * where strangers quickly become friends

Please share your love messages by sending me an email to office@northendbreezes.com I’ll incorporate some of them in upcoming articles. In the meantime here are a couple of neat events that you might be interested in:

Useful Knowledge Society of Hamilton Tuesday March 7, 6:30 to 9 pm

AGH Annex, 118 James Street North

“Getting Ready for Intensification in our Neighbourhoods” Is there a way we might encourage housing and offer a way to share the economies of development beyond the existing development community? Is there a way to offer a greater mix of housing choices, close the affordability gap and stabilize neighbourhoods during a time of growth and redevelopment? More info and speakers list on link below. Free event but space is limited. Pre-register please: <https://www.eventbrite.ca/e/getting-ready-for-intensification-tickets-31946578075?aff=es2>

Doors Open Hamilton Saturday May 6 and Sunday May 7 from 10 am to 4 pm. Architecturally and culturally significant sites open their doors first full weekend of May. 15th Anniversary Event. Info : 2017 site list coming soon: <http://www.doorsopenontario.on.ca/Events/Hamilton.aspx>

Jane’s Walk Hamilton May 5, 6 + 7, 2017 Annual event features short guided walking tours across the city on a variety of topics. <http://janeswalk.org/canada/hamilton/>



David Christopherson, MP
Hamilton Centre



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

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Hamilton ON L8N 2V9 | hamilton@davidchristopherson.ca
www.davidchristopherson.ca

The North End Breezes Team

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses. Contact us at 905-523-6611 ext 3004, by email at office@northendbreezes.com or on our website www.northendbreezes.com

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The articles written represent the opinions of the individual and must meet the Mission and Vision of The Breezes and the Board of Directors as set out. Articles may be edited for length, tone, clarity and are subject to publication based on available space. We strive to publish articles based on these principles and the applicable time frame for the content.

Deadline for submission is the 15th of the month prior to publication. We appreciate an early notice by the 10th of the month if you want to reserve ad space and early submission gives us time to edit your articles. Pictures and logos are accepted and will be included as space allows.

Help us grow your Breezes. We are looking for ideas, submissions, advertisers. Please email your thoughts to office@northendbreezes.com or call 905-523-6611 ext 3004. Leave your contact name and number and we’ll get back to you.

Do you already contribute to our publication? Are you interested in sharing your thoughts about layout, design and content? Let’s get together! I’d love to hear your ideas. Email or call and let me



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dedicated to the core

Walkabout by Ken Hirter



This month's Walkabout in my neighborhood found myself and my friends from the Welcome Inn Community Center's Senior's Lunch Programme taking in a Saturday afternoon matinee production of MEMORIES. This wonderful production was performed by Hamilton Theatre Inc. who are celebrating 60 years bringing the best of Broadway to Hamilton since 1956.

Memories are the timeless treasures of the heart. The Hamilton Theatre Inc. is Hamilton's oldest musical theatre company presenting the best of Broadway and offering the community an opportunity to get involved in all aspects of theatre. All of their productions and the HTI studio are run by a committed group of volunteers.

At the end of their production of MEMORIES, with audience participation, the closing number "No Business Like Show Business" from Annie Get your Gun had everyone singing. Thanks HTI for a wonderful afternoon spent with my friends.

The dedication and love of musical theatre was evident from the Youth Cast, Adult Cast, Production Team and The Band. We are already planning for their upcoming Spring Show (May 2017), SISTER ACT. This will be our third outing, the first being "HAIR" last year. The history of HTI and the MEMORIES of the past 60 years was a wonderful retrospective.

Unfortunately the roof of this Theatre is in much need of repairs and I encourage everyone, as I have, to donate toward the repairs. HAMILTON THEATRE INC can be reached at www.hamilton-theatre.com or you can reach them at their box office at 905-522-3032.

It was memory flashback for myself and my first high school production of "Once Upon A Mattress" thanks HTI for the MEMORIES.

Till next month's Walkabout "Take Care of You & Those Around You"

WELCOME INN COMMUNITY CENTRE

40 Wood Street East
www.WelcomeInn.ca 905-525-5824

Seniors are welcome to join us each Tuesday from 12 – 2, for a warm homemade meal, followed by a fun group activity. Cost: \$3.50
 Questions? Call Ruth @ 905-525-5824

Tuesday March 14th, we will be celebrating St. Patrick's Day. Everyone is welcome to come and enjoy the warmth, laughter & music.

Volunteering at Welcome Inn

We have lots of opportunities to get involved & do "your little bit of good." Helping at New Horizons Thrift Store (520 James St N), assisting in the food bank, mentoring children at our After School Clubs, visiting isolated seniors in the neighbourhood and much more.

URGENT NEED: A driver to help us pick up food for the food bank. Connect with Ruth @ ruth@welcomeinn.ca or 905-525-5824 to get the conversation started!

Learning And Fun After School!

Is your child in grade 1-4 and looking for something to do afterschool? If they love playing games, need help with their homework, learning about financial literacy and connecting with friends then LAF is for you! Our Learning and Fun program has spaces available every Monday, Wednesday and Friday from 3:00-5:00pm for children in grades 1-4!

Please call Tom Wittreich, the Children's Programs Coordinator at 905-525-5824 to find out more about our afterschool program for Bennetto and St. Lawrence kids!

Join the Conversation

Join the conversation with us and share your thoughts. Find us on twitter at @WelcomeInnCC or Facebook at facebook.com/WelcomeInnCC to check out the latest!

Dates to Remember

Good Food Box: Pick up March 15: 2-5pm at Welcome Inn

LAF March Break – March 13-17th – no afterschool program this week!

Food Access Program - Mon, Wed, Fri – 11:30-2:00pm

Teen Lead Drop In – Wednesdays at 6pm

Seniors Lunch – Tuesdays at noon

Wednesdays at Welcome Inn - Youth LEAD program for teens offers the opportunity for recreation and learning in a safe and supervised environment. Our goals are to teach important life skills, provide access to homework support, create opportunities for community engagement, and offer a variety of fun activities for youth. So if you or your teen loves watching movies, hanging out with friends, shooting hoops or even playing dungeons and dragons, then give Tom Wittreich, our Youth LEAD coordinator a call at 905-525-5824.

New Horizons- Thrift, Vintage & Collectible Store

520 James Street North/905-529-6891
Monday – Saturday 10am – 5pm

New Horizons Thrift, Vintage, & Collectables wishes you a bright and hopeful March 2017. I have had the privilege of managing the store for a full, challenging and beautiful year meeting our North End community. Thank you to everyone who is part of New Horizons!

We have seen some changes in expanding our offerings to the local and broader communities but rest assured we will first and foremost always be your thrift store.

New Horizons keeps our prices as low as we can in order to remain accessible and affordable for everyone. Any profits we make go directly into the work of the Welcome Inn. Your donations and your patronage support a great deal of great work.

Please watch our Facebook page for sales and events, our Kijiji ads for special collectables, antiques and vintage pieces. We remain OPEN Monday thru Saturday 10am-5pm, and welcome your donations only during those hours when we can thank you in person. Your donations keep us alive and help others to thrive.

New Horizons works because of our volunteers; an ever-growing team of folks who freely and generously donate skills and time and faith. Volunteer opportunities present themselves all the time and you will be welcomed to the team. It's a great way to support and share, to learn and grow and understand community. Keep your eye on our Facebook Page for Pop-Up Sales, and a March Break Hot Dogs and Deals Day. We will be Spring Flipping soon...which means big Winter Clothing Discounts ahead!

HER MAJESTY'S ARMY & NAVY FEBRUARY ENTERTAINMENT 2017

Do not put off anything for lack of experience. remember amateurs built the ark. The Titanic was built by professionals.

WE HAVE LOTS TO OFFER. THE BEST BAR TENDERS. GREAT MEMBERS AND FRIENDS YOU HAVE NOT MET YET.

.Join us for EUCHRE Every Tuesday at 2:00 pm.
DARTS OPEN HOUSE on Saturdays. 6 Boards available.

ASK ABOUT OUR GREAT HALL FOR RENT
AT JUST \$250.00.
WE ARE CLOSED SUNDAYS BUT IT IS NEGOTIABLE.
CALL 905-527-1000.

When do monkeys fall from the sky?
During Ape-ril showers!

Can February March?
No, but April May!

Why is everyone so tired on April 1?
Because they've just finished a long, 31 day March!

Why are trees very forgiving?
Because in the Fall they "Let It Go" and in the Spring they "turn over a new leaf".

Why is the letter A like a flower?
A bee (B) comes after it!

When do people start using their trampoline?
Spring-Time

What do you get when you pour hot water down a rabbit hole?
A hot cross bunny

What did the tree say to spring?
What a re-leaf.

What do you call a girl with a frog on her head?
Lily!

What does the Easter Bunny order at a Chinese Restaurant?
Hop Suey!



ST. LAWRENCE CHURCH 475 Mary Street, Hamilton, Ontario

Your Catholic Church in the North End *"Where Faith Builds Community"*

Parish Pastor: Fr. Heinner Paucar, OMI

New Parish Office Hours

Located in Parish Hall

8:30 am to 4:30 pm Monday to Friday
(Please enter from Mary Street or ring the bell)

Mass Times:

Tuesday to Friday: 8:00 am

Saturday: 7:00 pm

Sunday: 10:30 am

Join us for Adoration, Saturday's 6:30 pm to 7:00 pm

Confessions available, Saturday's 6:30 pm - 6:50 pm

Contact us at 905-529-3921

Use this number to contact a priest, book a visit, inquire about sacraments or request hall rental info

**Come And Join Us
You are always Welcome!**

"THE WAY OF THE CROSS"

(March. 3rd, 10th, 17th, 24th, 31st, April 7th, and 14th)

Join us every Friday during LENT for the Stations of the Cross at 6:30 pm, followed by mass at 7:00pm.

The Way of the Cross is a pilgrimage; a journey that follows Christ's path of suffering and death. This pilgrimage represents the journey each of us makes in life.

Join us FOR **GAME NIGHTS** At Princess Bingo! March 7th (3:30 pm) & March 23rd (10:00 pm). The proceeds from Bingo help support the financial needs of local charities across the City. Have fun and help us fundraise for St. Lawrence. Princess Bingo, located at 300 Fennell East, Hamilton



HUGHSON STREET

BAPTIST CHURCH

383 Hughson Street North
Hamilton, Ontario

L8L 4W9

905-527-3972

www.hughson.ca / office@hughson.ca

Hughson Street Baptist Church has been serving in the North End of Hamilton since 1887. We minister to as many people during the week as we do through our Sunday worship times.

The Parish Church of St. Luke

Founded in 1882

452 John Street North, Hamilton
Parish Hall at 76 Macauley Street East
905-529-1244

PARISH HALL FOR RENT

St. Lawrence Church, 475 Mary Street

Need a place to host a Holiday party, Family Birthday, Shower, Reception, Anniversary or Special Event? \$250 (daytime rentals or rentals of 5 hours or less). \$400 (Evening rentals or rentals of more than 5 hours).

Rental rates include use of our Parish Hall and kitchen facilities as well as use of the table linens, Insurance and permit costs are extra. For more info, to obtain a copy of the Hall Rental Agreement or to check availability, please call 905-529-3921 or email us at heinneromi@hotmail.com

BOOK CLUB CORNER

Submitted by Kit Darling



In February we discussed *Brain on Fire: My Month of Madness* by Susannah Cahalan. A memoir of her rapid descent from being a young reporter on the New York Post to convulsions, delusions and near catatonia and the struggle to get a diagnosis and treatment. A relatively unknown disorder, caused by the immune system attacking the brain was finally treated after multiple tests and the fortuitous meeting with a doctor who recognized the probable cause. Discussion ranged from the medical establishment, the effect of her journalism background on her writing and the fact that her brain biopsy was done on Good Friday and the lab results came back on Easter Monday - a foreshadowing that all would end well. A gripping and well written tale that could be an episode on television medical drama House.

And here are some recommended reads from our members, all of which are available from the Hamilton Public Library. Visit the Bookmobile at Bennetto Recreation Centre on Tuesday (2:30 to 4:30) and Thursday (6:00 to 8:00).

The Orchid Thief by Susan Olean Welcome to the world of orchids, a \$10 billion a year industry, where adventurers have hunted for rare orchids in an Indiana Jones style, where one rare orchid sold for \$200,000 at auction in Japan. Meet the eccentric John Laroche who was convicted of stealing orchids from a protected preserve in swampy Florida. His story will give you a good glimpse into that passionate and competitive subculture. Funny, illuminating, and captivating, never dull. (Paige Turner)

Yiddish for Pirates by Gary Barwin. Short listed for the 2016 Giller Prize, local author Gary Barwin this literary romp is replete with pirates, persecution, a polyglot parrot and the Spanish Inqui-

While it has received a great deal of critical acclaim, this book is not for everyone. Given the title, you expect some Yiddish. Unfortunately, every page is dense with Yiddish words and phrases. The phrases are explained in the next sentence but not necessarily individual words. This reader found the book to be juvenile and exasperating. (Kit)

The Witches of New York by Ami McKay

McKay, author of *The Birth House* and *The Virgin Cure*, again delves into the world of unconventional women struggling to lead independent lives in a most conventional society. Set in the 1880's, the story combines historical accuracy and realism within a framework of the occult. The characters are engaging and the book is beautifully structured. A good read. (Kit).

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



We are here to help you!

Andrea Horwath
MPP Hamilton Centre

20 Hughson St. S., Suite 200, Hamilton, Ontario L8N 2A1
905-544-9644 | ahorwath-co@ndp.on.ca

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Ask for Rick Brusey or Pat Curtis



NORTH END NEIGHBOURS UPDATE

On February 8th, the North End Neighbours held a Community Roundtable Discussion on updating the NEN organizational structure as guided by the Fall of 2016 AGM. The event was attended by active community members as well as some representatives of our non-resident neighbours such as the NHCHC, Macassa Bay Yacht Club, HMCS Lion/Cougar (Sea Cadets), Hamilton Bay Sailing Club, Leander Rowing Club, and Hamilton Waterfront Trust. We also received a number of well reasoned emails to provide us guidance in reorganizing and creating the NEN's new Constitution.

The consensus of the group and the written submissions have given us a roadmap to follow, and are currently developing a proposal to present to the NEN Membership in early April. Some of the key points are summarized below.

1. Bennetto Community Centre is the geographic and social centre of the North End and should generally be where NEN meetings are held.
2. Focus should be on communication and advocacy of issues within and affecting the community.
3. NEN should be the "Nucleus of community conversation and make sure that all voices are heard"
4. Individual residents and organizations in the neighbourhood will be considered members.
5. Meetings should be a roundtable format where everyone can hear and be heard, with the NEN Board moderating the discussion. It was specifically discussed that meetings will NOT be a PIC session type meeting like we have had at the City led presentations at the Storefront on James St.N.
6. NEN Board should be a partner with sub-committees and be the liason with Councillor and others.
7. NEN Board should be a consensus builder - "A voice is more important than a vote".

Thanks to everyone that attended and communicated with us. We look forward to your comments leading up to the next meeting and will inform members and participants of times for more detailed (continued Page 7)

(NEN continued) discussions on the constitution and the structure of the organization.

Neighbourhood News

The City is moving ahead with Pier 8 development and by now has released its RFQ which pre-qualifies developers interested in building on Pier 8. The City committed to 5% of those units being designated as "affordable" but a larger question will be what size of units (1 bedroom vs. 2 bedroom and 3 bedroom) will be built? This affects the type of resident that will live on Pier 8 and is crucial to the long term survival of our schools, especially given the planned changes to social housing on James and McNab streets. Rob Fielder (NEN Past President) has an excellent article in Raise The Hammer (see RaiseTheHammer.org) entitled "Asking the Right Questions About Hamilton's 2016 Census Data" which provides background and raises the question of the makeup and availability of family sized units in high density urban housing. NEN is working to encourage the City and developers to build a reasonable mix of units to ensure the longterm stability of the North End for families with children.



Website Design & Support Services



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HAMILTON

PORT AUTHORITY

Administration Portuaire
de Hamilton

PORT NEWS

Port Update: Environmental Programs & Initiatives Randle Reef

Construction work on the Engineered Containment Facility at Randle Reef has made excellent progress, with installation of the sheet pile walls that form the outer perimeter of the facility last season. Work will resume in the spring. HPA is proud to be an active part of this project, providing project management expertise, along with a \$14 million contribution to the project budget.

You can find out more information about the Randle Reef project, and follow its progress at www.hamiltonport.ca, where we post a daily progress photo of the construction work. The Bay Area Restoration Council is also an excellent source of information about this project, at www.randlereef.ca. Energy Conservation

HPA is always looking for new opportunities to reduce hydro consumption, on new-build and retrofit projects. We work closely with Alectra Utilities (formerly Horizon) to identify projects that will reduce the Port's environmental footprint, and lower hydro costs for our tenants. Since 2010, we've implemented 58 energy-saving projects, saving 9 million kWh of electricity!

Green Marine

HPA and several of its tenants are members of this environmental program. Green Marine's goal is to go beyond basic regulatory compliance to make a significant difference in organizations' environmental performance. Measures that affect air, water and neighbouring communities are independently verified and transparently reported. You can view annual reports for HPA and tenant participants on the Green Marine website: www.green-marine.org

Just another reason to join our folding team!

Coffee and donuts supplied by.....

GRANDAD'S DONUTS

574 James St N, Hamilton ON L8L 1J7

289-700-0905

Please Support our Supporters!

FREE CLASSIFIED ADS

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

Volunteer Opportunity - VON Hamilton is looking for volunteers to help deliver Meals on Wheels. Volunteers are also urgently needed to share social time and conversation by visiting seniors in their homes. Call 905-529-0700 or email voncsshamilton@von.ca to start making a difference today.

Cabinet for sale \$175 or best offer valued at \$500. Woodgrain approx 6' tall x 5' wide. Glass doors and shelves, lighting plus storage on the bottom. Please call Brian at 289-775-8512

Earlee the Children's Entertainer. Interactive Magic, Balloons, Paintable Tattoos. Only \$75.00 per hour. Call Earl at 289-439-0166 for details.

Looking for a Personal Support Worker or home support worker to work in my home 3 to 4 hours per week in the early evening to help with meals, 2 to 3 visits per week. Looking for someone who is in walking distance of James and Burlington Street. \$17 per hour. Please call Lisa after 2 PM 905-528-6159 or e-mail lstoeten17@gmail.com

Minion Parties, Costume Parties. Various characters. For kids and adults. Call Sandra at 289-925-5990

32" Flat Screen T.V. for sale \$200. Please call Sandra at 289-925-5990

Flat screen 22" T.V. Dolby Digital. Remote & manual. Perfect condition. \$50 OBO

Loveseat 56 x 35 ", taupe ultra suede, scroll pattern. \$175 OBO

Bissell light weight 3 in 1 Stik vacuum. \$15. Please call Darlene at 289-631-9442

FASHION FOR MARCH 2017

"You either know fashion, or you don't,"-Anna Wintour.

As seasons change, so do the clothes in our closets. Spring is in the air, and designers all over the globe are launching their new spring looks and making us ready to toss our coats and boots in exchange for sweaters and heels. Fashion Week shows have begun and designers are working overtime to get their latest looks ready to hit the streets. Let's have a look at what designers have launched this spring season.

Throughout history, fashion has been used as a way of making a statement. As long as there have been clothes, they have been used as a way of bringing awareness to politics, climate change, and socio-economical problems. This season, designers are making our voices heard by making activism chic. No matter what you stand for, more and more clothing companies are releasing various clothing items that display some words of encouragement and activism. In these troubling times, the world could use a little help from the bold.

Cinderella was proof that a good pair of shoes can change your life. The right pair of shoes can give you the confidence to take on the whole world singlehandedly. To kick off (pun intended) spring, wrap around shoes are all the rage. Wrap around shoes can be paired with anything can be worn at almost any occasion. No matter the colour or the style, wrap around shoes are your go to foot accessory.

In: Mismatched earrings/Pantsuits/Kitten heels

Out: Pleated maxi-skirts/Layered pearl necklaces
Platform pumps.

Stay Beautiful!



Dawn Blackman

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Winter feels like it could soon be behind us, hope is starting to show and optimism is palpable.

I am happily collecting the daylight minutes, noticing longer days and staring at patches where snow has melted off the garden soil. (Yay!) However, since we're likely stuck indoors for a month or more I thought I'd share a few tips for houseplants. Tips I've gleaned partially from experience, but mostly from my library of gardening books.

Now, let's get something straight – I'm no 'houseplant expert' — I do have a husband that consistently brings home stray orchids (on sale... no blooms...at all), fragrant exotics (they want full tropical sun...its winter and we're inside), and 'interesting' foliage plants, (poisonous, spiny, non-flowering) . I try not to feel guilty when I kill a plant; I reverently place the hapless victim gently in the compost and silently thank it for trying to survive despite my feeble and sometimes criminal neglect.

Needless to say, I really am an 'outdoor' & 'tough love' plant kind of person, but for the house plants I have had success with (or perhaps they with me) here are my tips:

1) Pests – Ed Lawrence of CBC recommends this recipe for infestations of Aphids, Whitefly, and Spider Mites: 40 parts water: 1 part liquid soap – usually dish soap

This is messy when spraying or using a sappy washcloth, so it's recommended to apply the treatment in the bathtub (spray from underneath or wipe leaves), don't be shy, your victim should be dripping wet. There will be insect eggs so as soon as you see new signs of crawly life — repeat!

For 'Scale' use same recipe but add 8 parts rubbing alcohol (to help break down the waxy shell); leave on for 5–10 minutes. Another trick I learned was to cover the soil tightly with a bag or anything that will hold the soil in the pot, submerge upside down and gently swish – rinse with clean water after you feel every pesky bug has expired.

2) Fertilizer — Hold off. Plants are in low light conditions and generally going dormant.

Submitted by
Candy Venni
Landscape
Designer
Venni Gardens

Fertilizing is more appropriate in March as light increases which is also generally a better time to increase watering. (A plant in a south-facing window will only receive 10% of the light that it would get outside.) When in doubt – err on the side of under-watering because once roots have rotted... well, a plant rarely comes back from the brink.

3) Houseplant Appearance – no need for ugliness! That crusty dusty soil in pots drives me crazy. If you haven't re-potted in ages or never plan to then add an inch of fresh black potting soil to regenerate, then cover with Sphagnum moss — or use pine needles or tiny pine cones to make a pretty 'mulch' — use pebble & shell collections around the stems of any plant, even marbles or glass beads (and all of these suggestions have the added benefit of discouraging pets from using it as a toilet & insect life from settling in) Thrift stores have a selection of individual and ornate saucers and plates — there is no excuse for yogurt container lids to catch water overflow. Glass microwave trays (also available in thrift shops) have little nubby 'feet' to keep a larger pot lifted off the floor, preventing stains or mould from building up between a porous terra cotta or ceramic pot and hardwood floors/carpeting (also the clear glass makes it nearly invisible and lifting it off direct floor contact looks classy).

I do realize there are a few trending plants I've not addressed such as getting a reluctant succulent to stay green, (they want full sun, its winter) the etiquette on asking an 'air plant' whether it is alive or dead (probably best to assume it's become a zombie) ... I refer you back to my earlier comment about being a 'houseplant expert'. All these flora have particular tastes and when you find the right match for your needs, it's a beautiful thing. Also, recycle, re-gift, compost, and if you really want to know more, look online. Much has been written, by people smarter than me.

I will be saving my hopes and energy for the outdoors and for springing around in Spring.

Watch for updates on our free Landscape design workshop this spring





Submitted by Brian Roulson

On March 12th most of the world will shift to daylight Savings Time. Summer time as it is called in many European countries. For many of us it's just a matter of setting our clocks ahead an hour and do a little grumbling over that lost hour of sleep.

Hamilton, Winnipeg and Brandon, Manitoba became the first cities in Canada to experiment with something new called daylight saving time in June 1916. its main purpose is to shift an hour of morning daylight, when most of us are sleeping, to the evening hours so we can use it later and save energy too. It wasn't an easy time for Hamiltonians as it made doing business both inside and outside the city rather difficult for everyone from the general public to businesses and manufacturers. For example, calling Toronto at 11 am or 4 pm you may not get an answer because Hamilton was an hour ahead. They might be gone for lunch or have closed for the day. It might be too early. Most businesses did not open for another hour under Standard time. It was even more confusing doing business within as all government offices stayed on standard Time. Many businesses got frustrated and went back to Standard time.

Daylight savings time was tried again several times throughout the next couple of decades. Canada opted out one year while the U.S. used it. Other years, some would use it and others not. There was no consistency until 1939 when both Canada and the U.S adopted it for good.

Today, most everyone uses daylight Saving Time, but there are still a few, like Saskatchewan, Arizona and Hawaii that do not. Not all countries observe Daylight Saving Time due to their location The daylight hours don't change much from season to season so there's no need to turn their clocks forward or backward. The International, Space Station doesn't observe time changes. They observe a sunrise and sunset every 45 min

utes as it orbits the earth crossing many time zones and borders so fast it would be confusing. GMT (Greenwich Mean Time)-5 was used to match the time zone at the main command centre in Houston. However, today, controllers in Moscow also need to communicate with astronauts and cosmonauts. The two countries agreed to Coordinated Universal Time (UTC), which is equivalent to GMT (Greenwich Mean Time)+0 London as a way to accommodate the controllers in both parts of the world.

However you look at it, set your clocks or you'll either be early or late!



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Spring Fever

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

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Elderberries

by Pam Winter

We take the joy of good health for granted and go about our lives on a daily basis. We plan ahead all the things we want to do. And, we are fine until, one day something goes awry. Sometimes it's a slight stroke and sometimes something more serious. That is when we realize how precious our lives, our families and our friends are.

Fortunately, we are blessed with the best health services right on our doorstep. If we are lucky, we are made well. We are given another chance to smile, to smell the roses and to give thanks.

In the everyday hustle and bustle of life, lets take time to decide what is important. Do we need a car? do we enjoy meals and time together? What are our priorities? As they say "time and tide wait for no man (or woman)".

I've been out of the loop for a bit now and like a baby, I'm learning... to take care of myself, eat well, and slow down. Very few of us are "super heros" and we need to recognize that.

Be grateful for what you have. Wht rush for a sale? There'll be another one. Do you want rather than need?

Look to your priorities, plans for the future and all of the fun stuff, like Easter, coming up.

To all of you, it's great being back and I'll see you on the Bayfront Bus soon. Special thanks to Meg Smith who's been a trouper watching over me. She is just one of the friends I am fortunate to have.

Looking forward to more adventures. *The patient patient...Pam*

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We couldn't continue to bring you the news of the North End without the support of our donors:

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Let's not forget our Century Club Donors: Robert Gregson, Patricia Gudlaugson, Stan Obremski, Sheri Selway, TCA/Their & Curran Architects and Anne Tennier.

Nevada Pull Tickets are on sale at James Milk. Proceeds go towards the publication of The North End Breezes monthly edition. Remember to support our supporters.

North End Breezes T-shirts are available at Grandad's Donuts, Fisher's Pier 4 Eatery, New Horizon's, James North General Store and Our Corner. \$10 each in sizes L & XL.

Please accept my apologies as the new kid in the neighbourhood if I missed anyone. Help me get it right by emailing office@northendbreezes.com Thanks ~ Brenda



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Donations for the North End Breezes can be made C/O the North Hamilton Community Health Centre, located at 438 Hughson Street North in Hamilton.

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Please make cheques payable to North Hamilton Community Health Centre. Your tax receipt will be sent to the address above (home or email) within 30 days of receipt of your donation. Thank you for your support!

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Tribute to a North Ender
Douglas Branigan
December 31, 1944 - February 10, 2017

Douglas is remembered by a large family, many friends, fellow artists and activists. He was part of a strong boating community in Hamilton, Ontario and especially the North End, but he also had ties in Flamborough, Dundas, Guelph, Thunder Bay and Florida. Douglas was an accomplished artist and a brilliant woodworker and he will live on through his many grandchildren and his designs and furniture that are spread across Ontario and beyond.

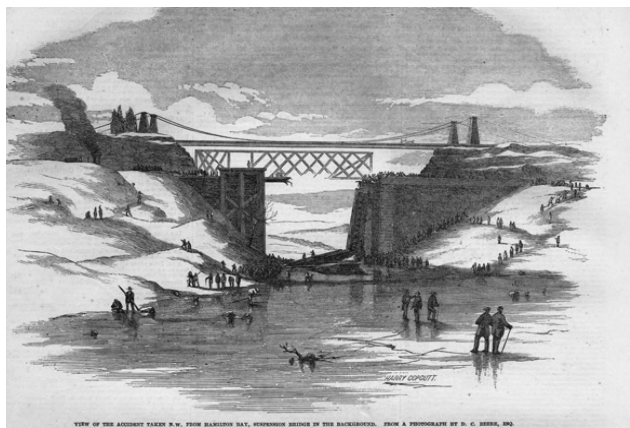
VOLUNTEER BOARD MEMBER
Position Available

Do you have a passion for the North End? Do you enjoy The Breezes and want to keep it successful? Are you invested in your community and want to spread the word?

North End Breezes newspaper is looking for a **volunteer Board Member** with the following skills:

- * A passion for and understanding of the North End
- * Knowledge of marketing and social media
- * Skilled in web site management
- * Interest in and knowledge of fundraising events/activities
- * Experience in layout and design to assist with the production of the newspaper

This is a very broad description of the needs of The North End Breezes. Please let us know if you have any of these skills or experience. We are willing to train the person with the best qualifications. Please contact us at 905-523-6611 ext # 3004 or email your resume to office@northendbreezes.com



Train Wreck at the Desjardins Canal Bridge
March 12, 1857

Submitted by Sheri Adams Selway

When I walk the Bayfront Park trail, Waterfront Trail to Princess Point, or even along any of the other walks, I enjoy the beautiful vista looking west across to the “high level bridge” over the Desjardins Canal. I can see and hear birds, traffic and trains. And I often think about what it was like 160 years ago when a train tumbled from that bridge and fell onto the ice and into the bay.

March 12, 1857 a Great Western Train was traveling from Toronto to Hamilton. It had made several stops along the way picking up and dropping off passengers. About 90 people were on board.

As it neared the bridge, an axle broke. The train tipped and crashed onto the wooden frame of the swing bridge tumbling onto the frozen ice below. Fifty-nine or sixty people died and, it seems to me miraculously, 18-20 were rescued! (Numbers differ according to differing accounts)

At the time the railway was important to building Canada. Trains moved people and goods, linked communities, and served industry. There was a major switching yard just below Dundurn Castle.

The story is that a railway worker was watching for the train, expected soon. He was watching the steam from the engine, then it suddenly stopped and a sort of “dust” appeared. He raised the alarm. Hundreds of people, many employees of Great Western, rushed to the scene. Survivors had begun the rescue effort. The water was covered with 2 feet of ice. The engine, tender, baggage car and the 2 first class passenger cars were first to land. The engine and tender broke through the ice, the baggage car was thrown aside, the first passenger car fell on its roof and broke through the ice. The last car fell on its end and stayed that way.

Seventeen of the sixty dead were from Hamilton,

including city alderman Donald Stuart. Adam Ferrie, the newly married son of Colin Ferrie, Hamilton’s first mayor was one of those on board and died in the crash leaving behind his young bride, who was 4 weeks pregnant.

A large public funeral was held and March 16, 1857 was declared an official day of mourning by the City of Hamilton.

March 12 is the 160th anniversary of the train disaster at the Desjardins Canal Bridge.

Sources:

End of the Line by Don McIver - Dundurn Press 2013

Hamilton Public Library <http://www.hpl.ca/articles/desjardins-canal-disaster>

Canadian Encyclopedia <http://www.thecanadianencyclopedia.ca/en/article/great-western-rail-disaster-feature/>

Beautiful Alleys

BEAUTIFUL ALLEYS & YOUTH GROUP JOIN FORCES TO CLEAN UP THE NORTH END ALLEYS

Beautiful Alleys is a resident led and community driven initiative dedicated to cleaning and beautifying the hidden treasures that are Hamilton’s alleys. The Hamilton Adventist Youth Society and their youth church group, led by Akehil Johnson, is joining forces with Beautiful Alleys on March 18th, Global Youth Day, to make a difference in the North End.

They’ll start at 11 am at the Spice Factory at 121 Hughson Street North and finish with refreshments and celebration. Supplies will be provided through the generous donations of Hamilton’s Clean & Green Department.

Please join us on March 18th to make new friends and make a difference! Or, join Beautiful Alleys on Earth Day, April 22nd, to be part of the regular cleanup. Email hamiltonalleys@gmail.com. *If you know people who are keen to volunteer beyond alley cleaning, we could use someone comfortable with social media to help create a social media communications plan and policy.*

North Hamilton Community Health Centre



NHCHC Grub Club Begins 2017 Growing Season Early in Community Greenhouse

By Scott Paige

For the first time participants of North Hamilton Community Health Centre's Grub Club program will begin growing in the newly opened Community Greenhouse. A six-week program will see a group of experienced Grub Club participants begin to specialize their gardening skills in exciting new ways! Much like the traditional Grub Club initiative, children will have the opportunity to grow, and cook with, fresh organic vegetables on a weekly basis.

The savvy young gardeners will take on an important role in the Grub Club program preparation process as they will be starting the seedlings to be used for the upcoming growing year at both the NHCHC and Birge Park Children's Garden spaces. Greenhouse Buds program participants will also learn basic greenhouse growing techniques related to tower, barrel-ponic, and deep-water culture hydroponic growing systems in the Community Greenhouse.

The Greenhouse Buds pilot program has been offered to participants who have been involved in Grub Club in previous years. While the inaugural six-week initiative is limited to children who have already involved Grub Club, we are excited to welcome all children in grades K-8 living in the North End to join the twenty-week summer Grub Club session beginning in early May. For more information on how to register your child in Grub Club where they can learn new organic gardening, cooking, and physical literacy skills, please call Scott Paige at 905-523-6611 ext 3006 or email paige@nhchc.

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- How to use plant-based foods for your family

When: Once a month for 3 months, approximately 3 hours per session

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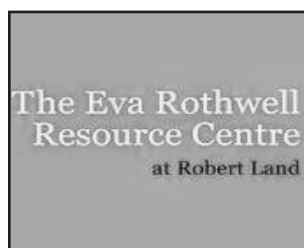
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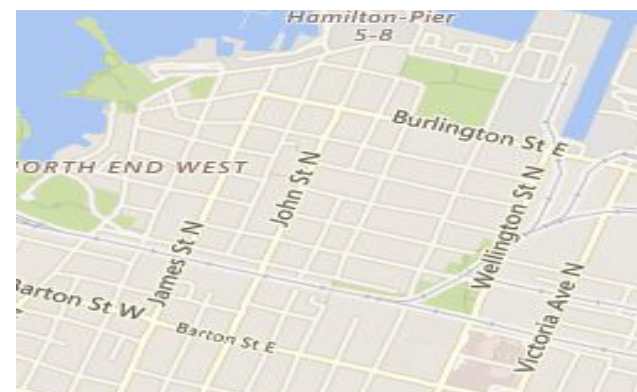


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Centre responds to the health needs of individual patients and their families in the North End neighbourhood, by providing accessible services, and empowering individuals with wellness and illness prevention information.

The North End is all about tradition.

One of those traditions is "The Northender of the Year Award". Organized by Ed Stewart, this event is held annually on the second Saturday of July. The occasion recognizes contributions made by individuals to The North End. Please contact Ed through our office at office@northendbreezes.com if you have a person deserving this nomination. Last years award winner was Ken Davey and maybe it will be you this year!

"A picture is worth a thousand words". so says Jim Davies, whose passion is collecting photographs of the people, places and things that make the North End special. He brings these photos to the Northender gathering to share with old-timers and newcomers to our community. Please conatct him at 905-385-6720 if you have photos to share or you can email them to office@northendbreezes.com Photo credit is given to contributors.