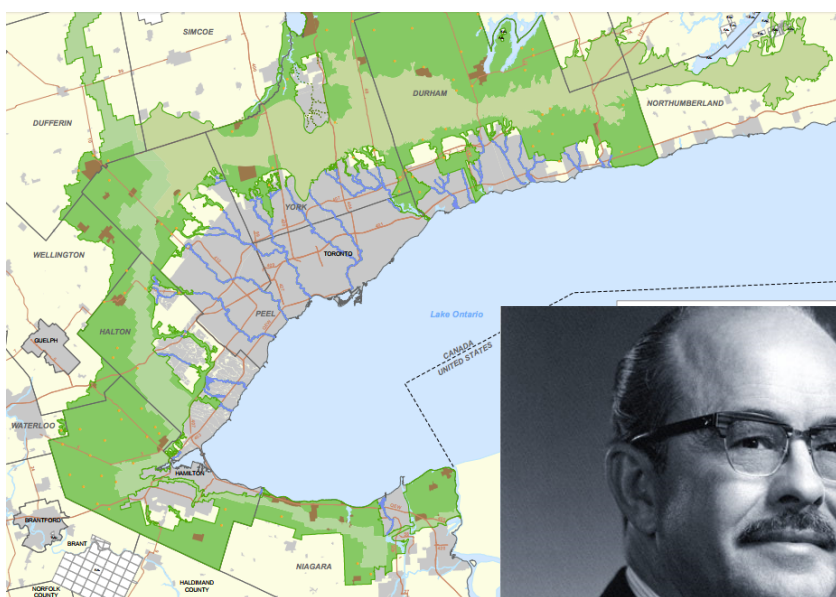


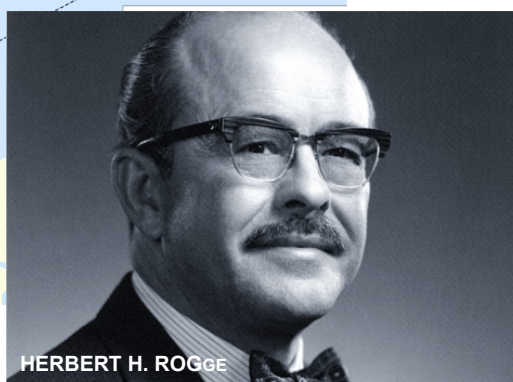
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THE AREA WE LIVE IN: THE GOLDEN HORSESHOE

SUBMITTED BY BRIAN ROULSTON



port on the Great Lakes which handles almost 30% of all cargo that passes through the Great Lakes-St. Lawrence Seaway. By land from the Ambassador Bridge in Windsor to Quebec City it is one of the most heavily traveled corridors used by the trucking industry in North America. The border cities of



In a speech on January 12th, 1954 to the Hamilton Chamber of Commerce outlining the future of industrial development in Southwestern Ontario, Herbert H. Rogge, President of Canadian Westinghouse Company Limited was credited with the first use of the phrase 'The Golden Horseshoe'. It is an area we call today 'The Greater Golden Horseshoe (GGH)' which comprises of Halton, Peel, York, Durham, Niagara Regions and of course The City of Hamilton. Originally the Golden Horseshoe was 150 miles long and 50 miles wide taking in numerous cities and towns.

The word 'Golden' was used to represent the regions wealth & prosperity while 'Horseshoe' was derived from the area's shape with Hamilton positioned in the center. The Greater Golden Horseshoe is a vital link between the U. S, Canada and overseas by water through The Port of Hamilton, the largest Canadian

transport companies frequently flying in large bodied aircraft. The GGH will also greet many domestic and international travelers through Canada's busiest passenger airport by volume, Lester B. Pearson International Airport in Toronto.

Due to the GGH's moderate climate, rich soil and abundance of freshwater, this area is one of the largest and finest food production and farming areas in North America. One million acres located within the Greater Golden Horseshoe produce at least 200 different farming commodities such as fruits and wine in the Niagara Peninsula and vegetables in the Holland Marsh.

Surrounding the Golden Horseshoe is 2 million acres of protected farm land and green space called 'The Greenbelt', it is the largest greenbelt in the world. This

greenbelt is also a protected water belt that protects waterways such as wetlands, lakes, valleys, streams, rivers and important ground water reserves. This area is permanently protected under the Ontario Growth Plan first created in 2006 as a result of widespread quarry activities, urban sprawl and large industrial growth concerns.

Moving a large population of both people and goods in an area slightly larger than Prince Edward Island is a monumental task for any jurisdiction. A series of expressways known as the 400's do just that. The backbone being the 401 is one the widest and busiest expressways in the world. The Toronto Transit Commission (TTC) is the largest in the Golden Horseshoe and is currently the only operator of a rail based rapid transit system. The TTC has planned major expansions over the next 10-year period. Other cities in the Golden Horseshoe have also approved or built some form of rail transit systems. Kitchener-Waterloo with its Ion light rail system. Hurontario light rail in Mississauga & Brampton. It is projected by Metrolink, the operator of Hamilton's Light Rail Transit system will be operational by 2024. The average person takes 82 minutes to commute to and from work within the Greater Golden Horseshoe.

This area is home to almost 9 million people and expected to swell to 11.6 million by 2031 and 13.5 million by 2041, This is 68% of Ontario's population and over a quarter of Canada's population making it the largest and the fastest growing region Canada by population in not only Canada but North America as well. Under the new Anti-Sprawl policy created to protect agricultural and ecologically sensitive areas in the GGH, 60% of new residential developments will take place on already developed land.

We are here to help you!

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dedicated to the core



SUBMITTED BY KEN HIRTER

February marks Black History Month where Canadians are invited to participate in festivities and events that honor the legacy of Black Canadians, past and present.

Here in Hamilton, the Hamilton Public Library (HPL) between February 01-23, 2018 is honouring Black History Month with FREE MOVIES at the HPL Central location and also the surrounding library locations. For an inclusive listing of all the movies and documentaries please visit their website - www.hpl.ca

A couple of notable mentions:

Tuesday February 06th 2018:
Artists and Writers Programs for Black History Month
Graffiti Artist: Jean-Michael Basquiat 1960-1988.

Soul Sounds of Solidarity:
ONE SOUL, MANY HEARTS
In honour of Black History Month, Art of Collaboratives energies
United in peace and sharing soul.....

Events close to Hamilton’s North End:

Celebrating Excellence Celebrating in our Black Community Award Night.

“The John C Holland Awards”. Rev John C Holland started out as a newspaper boy, dreamed of becoming a minister and became the first African to be named “Citizen of the Year” in any community in Canada, we honour those who continue to work diligently in the spirit of John Holland 1882-1954.

When: Saturday February the 10th 2018

Where: Liuna Station Grand Central Ballroom, 360 James St. N, Hamilton, ON For tickets please visit their website www.johnhollandawards.com

The words of Dr. Martin Luther King Jr live on and I would like to close with a few quotes that resonate with many of us:

“Our lives begin to end the day we become silent about things that matter”
“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward”
“Darkness cannot drive out darkness, only light can do that, hate cannot drive out hate; only love can do that”

Dr. Martin Luther King Jr, January 15th 1929-April 04th 1968

THE NORTH END IS FOR THE BIRDS

SUBMITTED BY ANNABEL KRUPP



As a new resident to the North End I enjoyed the warm spring, summer, and fall months checking out my new neighbourhood. There was lots to do and see...the Tall Ships, Supercrawl, Salsa on Pier 8, the weekly car show on Pier 4, Dragon Boat races. Our neighbourhood was hopping with lots of locally-run and city-wide events on our doorstep.

But then winter hit. Cold, wind, snow. While I admit I do love winter; snowshoeing in the forest, cross-country skiing across a lake, or sledding down a hill with the kids, it is my Australian shepherd that gets me out each and every day. It was on one of these dog walks around Bayfront Park that I saw them. Two huge Trumpeter swans by the beach. I knew they weren’t the typical mute swans we usually see, and with huge yellow tags on their wings I wanted to know more. From there I found out that these swans were once almost extinct and now there is a thriving population in our area. I also found out that after Point Pelee and Long Point, Hamilton is arguably the third best bird watching area in Canada.

I brought my binoculars and guide book down the next day hoping for a better look. The Trumpeter Swans were gone, but in their place were some other fascinating creatures. The Common Goldeneye; stark black and white, similar to a loon but more duck like and with a golden eye was my first exciting find. Next, I identified a Bufflehead, even more beautiful than the Goldeneye. From there I was hooked. Over the next couple of weeks I found the shores of the North End to be home to Redheads, Lesser and Greater Scaups, American Coots, Common Mersangers, and my favourite the Long-tailed Duck.

Now that the bay has frozen over my eye turns from the water to the skies. Gulls, Hawks and Eagles are all on my watch list for this winter. And with exciting reports of Bald Eagles and Snowy Owls sighted not far from here...this North Ender is heading for the birds.



David Christopherson, MP
Hamilton Centre



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

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Have some North End news of your own to share?



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ONTARIO'S RENTAL FAIRNESS ACT IS GOOD NEWS FOR TENANTS

SUBMITTED BY BOB WOOD

After years of pressure from tenants and tenant advocates the Ontario government has finally taken important steps to protect the rights of tenants. These actions could go a long way in tackling the affordable housing crisis in our province.

The Rental Fairness Act (Bill 124) addresses issues that are vital to ensuring tenants' right to safe, adequate and affordable housing. Bill 124 was passed unanimously on May 18, 2017. There are many good things in this proposed legislation that will be of benefit to tenants.

- The 1991 exemption will end. That is the exemption that applied to properties occupied by tenants living in rental units that were first occupied for residential purposes after 1991. These tenants will no longer be forced out by the landlord's unlimited right to raise the rent at the end of each lease term.
- Effective April 20, 2017, landlords cannot raise rents more than the rent increase guideline. This year that the guideline is 1.5 per cent. Any rent increase notices above this amount given on or after April 20 must be reduced to 1.5 per cent.
- A new standard lease form will be introduced. That means tenants will be protected from leases with illegal and misleading clauses. As tenants know too well, these leases are routinely used by landlords to misinform tenants about their rights and obligations.
- Rules for evictions will be tightened up in the area of "landlord's own use." These new rules are intended to discourage false claims of landlord's own use. The changes should end the punishment of good tenants, often victims of no fault evictions & displacement from their communities.
- Above Guideline Rent Increases (AGIs) will be limited. This should keep housing affordable for more tenants. As tenants will pay for any increases in utility costs in the following year as they are included in the Consumer Price Index, which the annual guideline is based."
- Landlords will no longer be able to pursue former tenants for unauthorized charges.

Housing Minister Chris Ballard called it "a good day for tenants in this province."

We agree. But there is still more to be done.

Hundreds of thousands of people remain on waiting lists for social housing and much of the existing social housing stock is in a bad state of repair.

The province's work is not complete.

Bob Wood is a Community Worker at the Hamilton Community Legal Clinic.



PORT UPDATE: SHERMAN INLET SHORELINE RESTORATION

In 2017, Hamilton Port Authority announced the start of a two-year process to restore an area at Sherman Inlet that was filled in 2000. HPA's Land Use Plan (2017) outlines a commitment to preserve the Inlet as a protected natural space in perpetuity, within the port's secure perimeter.

Sherman Inlet is one of the last remnants of the original shoreline of Hamilton Harbour; we recognize that it carries cultural as well as environmental significance to the surrounding community. The Inlet is a natural backwater embayment on Hamilton Harbour at Pier 15 that includes a City of Hamilton combined sewer outfall at Burlington St. There is a 15m vegetated buffer of undeveloped land all along the shore of the Inlet. The lands beyond this buffer include a range of existing industrial and commercial employment uses.

Planning work to determine the restoration approach was undertaken in 2017, and we will begin on-site construction this year. It involves:

- Restoring 650 m² of filled space to open water (equivalent to the amount of fish habitat filled). The excavation will create a new bottom elevation, to be lined with geomembrane and topped with sand and gravel to protect the liner, and soil to promote growth of marsh plantings.
- Revegetation of the bank and edge with grasses and wetland plants to prevent erosion and provide habitat. We anticipate marsh plantings to take place in late summer 2018, providing water levels permit. We hope to invite volunteers to plant cattails along the new shoreline at that time.

We understand there is long-standing interest in public access; this is not possible within the Inlet due to the security requirements that apply to ports. However, with this desire in mind, the Port Authority has constructed a publicly-accessible lookout platform on Pier 15 (near Hillyard St.), with direct views of Hamilton Harbour. Future opportunities to enhance the public spaces on port lands include a portion of the green space adjacent to Sherman Inlet near Burlington St., and at Fisherman's Pier near the shipping canal.

For more information about current projects underway at the port, visit our website at www.hamiltonport.ca, under 'Port Facts'.



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

Published by:

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Layout and Design: Katie Fitzgerald

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Circulation & Distribution: The Board, JoAnn Osti, Faye Grasley, Linda Robinson

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

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

NORTH END BREEZES MISSION:

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

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

Help us grow your Breezes.

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

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

ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

For fans of the Sunday afternoon music matinees, the blues of The Brant Parker Band returns to the Corktown Pub 2-6pm and Stonewalls Restaurant has revived their ‘no cover’ Sundays 3-7pm featuring more live music.

Each Sunday two new choices for you to experience and take in live music, grab a bite to eat or dance up a storm.

Sunday Blues at Bay City Music Hall (formerly the Leander Boat Club) rocked weekly (that was the inception of the late Tava ‘Tunes’ Lesku who left us in 2014 after sudden heart failure and Art Boiago who ran Bay City.) The lease was up at Bay City, and Brant has found a new local venue. I am happy to tell you that the Sunday Blues lives on!

In other news, live music also returns to evenings at Gallaghers. Look forward to your favourites like the Chris Chambers Band returning.

Another Augusta Street venue is the Cat ‘N Fiddle. Great pub cuisine, live music most nights of the week, as it reminds me of what could be our own neighbourhood version of the television program, Cheers.

If you are a regular patron of James Street North, you may have heard the news that the AGH Design Annex is closing shop. The five year experiment has fallen victim to various financial and programming factors and the decision to close the site has been made final. There is no doubt the AGH Design Annex contributed to the rebirth of James Street as an arts and culture hub during its stay offering events, programs and a retail outlet.

Corktown Pub
175 Young Street Hamilton L8N 1V7
www.corktownpub.ca (905) 572-9242

Stonewalls Restaurant
339 York Blvd. Hamilton L8R 3K5
www.stonewallshamilton.com (905) 577-0808

Gallaghers
69 Augusta Street Hamilton L8N 1R1
www.gallaghersbar.ca (905) 577-6900

Cat ‘N Fiddle
174 John Street South Hamilton L8N 2C6
www.catnfiddlepub.com (905) 525-3855

Whenever two people meet there are really six people present. There is each man as he sees himself, Each man as the other sees him- And each man as he really is. ~William James 1842-1910

Links to my last columns:

https://goo.gl/0QCZ3h
http://northendbreezes.com/arts-and-entertainment/

Visit me on Facebook! www.facebook.com/tracee.leeholloway

Find me in the Twitter-verse! https://twitter.com/rockstarauthor

Check out my blogs! http://followtracee.blogspot.ca/ • http://thetroublewithtracee.blogspot.ca/



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

WALKABOUT

SUBMITTED BY KEN HIRTER



This month’s Walkabout finds me on Stuart Avenue next to the new GO station. For years I have always been in awe of beautiful architecture here and Hamilton it is an architectural treasure trove. The Workers Art & Heritage Centre (WAHC) stands in all its glory with the pillars by the entrance door.

Their Mission Statement: Serving to preserve and promote the Culture & History of ALL working people.

It was conceived in the late 1980’s by a dynamic group of labor historians, artists, union and community activist who got together to discuss the need for a place to discuss where workers history could be celebrated.

A brief history: The building itself is known as Custom House which was built in 1860 to handle trade flowing through Hamilton Harbour and fanning out into Upper Canada.

Over the years the building did house many different companies. Custom House sadly sat deserted until the WAHC was able to purchase the building in 1996. Over 1.5 million went into the restoration of this majestic historic building.



EXPLORE-ENGAGE-ACTIVATE

Upcoming Calender Event:

“Work it !: Youth and Adult Arts program runs February 03-June 02 2018.

Did you know that Custom House is on the Haunted Hamilton list? It is haunted with the spirit known only as the “Dark Lady” and is telling her story.....”Dark Lady Laughed, and lit the candles one by one” Boo!!!!!!

For the Ghost Tours at Custom House please visit their website www.ghostwalks.com or call 855-8GHOST (844-6787) which features a photograph of the Workers, Art and Heritage Centre/Custom House on their website.

For information on the Workers, Arts & Heritage Centre please visit their website @wahc.museum.ca or call 905-522-3003. And please, look for some new exciting changes to my Walkabout series starting in the spring. Till next month, take care of you and those around you. Thanks

POLICE DOGS: DID YOU KNOW?

SUBMITTED BY BRIAN ROULSTON

The first known use of police dogs to police the community in Ontario was in Hamilton in 1878 when officers took in an old stray dog named “Bob”.

Dogs have been used in some form of law enforcement since the middle ages but it was in Continental Europe that they were used on a large scale. Police in Paris, France began using dogs to target roaming criminal gangs at night. Bloodhounds were used in Scotland and were called “Slough Dogs” which is where the word “Sleuth” originated, meaning ‘Detective’.

The first real attempt to use dogs was by Sir Charles Warren in 1869, then the Commissioner of the Metropolitan Police Dept. of London England who was given the task of identifying and capturing Jack the Ripper. However, his attempts were futile at best. He was ridiculed by the press for failing to apprehend Jack the Ripper with his dogs, even denounced for not using bloodhounds. He then trained two bloodhounds as a test to simply track a suspect. That too ended in disaster with one hound biting a police officer and then another time with both dogs running off into the woods requiring the entire police department to go look for them.

It was in Ghent Belgium that the worlds first Dog Training school was introduced along with an organized police dog training program in 1899. Both Austria-Hungary and Germany soon followed using these methods where they were systematically bred and trained in obedience, tracking and attacking criminals with much better results.

One of the Yukon’s greatest tragedies known as ‘The Lost Patrol’ occurred when a mail patrol led by Francis Joseph Fitzgerald the first commander of the Royal North West Mounted Police leading a dog sled mail patrol from Fort McPherson southward to Dawson City which never showed up. The first dog sled team search party was sent from Dawson City led by Inspector William John Duncan. Sadly, the bodies of Fitzgerald and the other members of the team were soon found. After regular patrols by the Royal Northwest Mounted Police, later the RCMP were conducted to help lost or injured sled team members or trouble along that route. The last patrol being March 11,1969.

In 1922 the RCMP acquired seven bloodhounds spread out in Lethbridge, Calgary, Red Deer, Edmonton,Peace River and Grande Prairie Alberta. The dogs performed well beyond the expectation of their usefulness in both tracking criminals and lost people.

In Hamilton “Bob” was routinely brought on night patrol by Police Constable Ferris. Bob was not a specially trained dog in anyway, but he did act as a deterrent to those who wanted to cause trouble and was good for dispersing groups and crowd control.

On July 1st 1960 upon the recommendation of Police Chief Leanard G. Lawrence, the Hamilton Police Force started the second ‘formal’ K-9 unit in Ontario and were generously given two beautiful and intelligent German Sheppard’s by two citizens of Hamilton. One named “Sandy” was given by Mr. & Mrs Oglivie and handled by Police Sargent John Brabbs, the other, “King” was given by a young eight year old boy, Johnny Newcombe and was handled by Police Constable Richard Griffiths. The dogs lived with their handlers and received specialized training by Henry Alferink a retired 30 year police veteran in Holland who spent his last 11 years training police dogs.

The dogs along with their handlers would take classes twice a week along with daily drills to help keep them sharp and in top physical condition. With a word or a gesture they were taught, among other things to find and fetch items such as keys, wallets, tools and guns. Because of the dogs keen sense of smell they out-classed their human colleagues in finding missing persons and criminals.

CONTINUED ON PAGE 8



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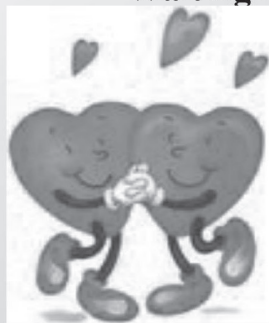
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*Phil Myles

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*Lionel & John

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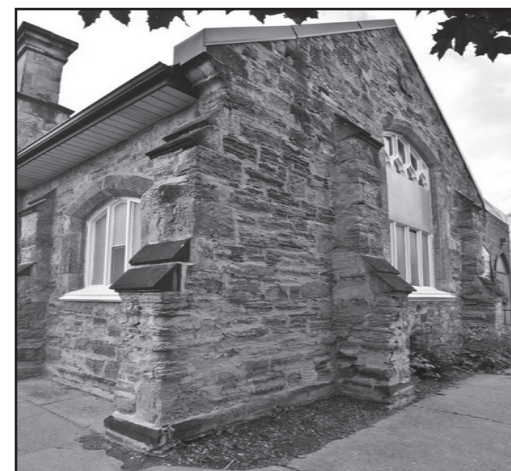
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St. Lawrence Catholic Church Town Hall Meeting

The Diocese of Hamilton has conducted viability studies on a number of Catholic churches in Hamilton, including St. Lawrence Church. As part of their information gathering, the Diocese has requested a Town Hall meeting with St. Lawrence parishioners, community members and anyone else interested.

The purpose of the meeting is to hear the Diocese's thoughts and recommendations for the church, to ask questions of the Diocese and to share our thoughts and ideas for our church.

This is a very important meeting for our church. All are welcome and encouraged to attend.

MEETING DETAILS:

Wednesday, February 7, 2018 at 7:00 PM

St. Lawrence Church, Parish Hall

(Mary St. entrance)

Westdale Law Barristers & Solicitors, & Notaries Public

David R. Simpson

James R. Simpson, QC

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February is a good month to think about your heart!
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WATERFIT SCHEDULE

MONDAY • 11:05-11:50 am and 8:00-8:45 pm
TUESDAY • 11:05-11:50 am
WEDNESDAY • 11:05-11:50 am and 8:00-8:45 pm
FRIDAY • 11:05-11:50 am

FAMILY DAY SWIMS – On February 19th, we are offering several swims for you to participate in.

10:15 -11:00 am Leisure Swim 55+
11:05-11:50 am Water Fit
12:00 -1:00 pm Leisure Swim 18+
1:15-2:15pm Leisure Swim

ON LAND AND IN GYM

FAMILY DAY PROGRAMMING
Open Gym (6-12yrs) 10:30-11:30am
Open Gym (Family) 11:30-12:30pm
Open Gym (13-17yrs) 12:30-1:30pm

Looking to rent a space for you next event; baby shower, bridal shower, birthday or reunion. Why not try one of our many rooms? Please call and inquire about our low hourly rental fees.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|-------------------------|--|-------------------------|---|---------------------------------|
| Open Gym (13-17yrs) 7:30-8:30pm | Book Mobile 2:30-4:30pm | Open Gym (Parent and Tot) 11:00-12:00pm FREE | Book Mobile 6:00-8:00pm | Open Gym (Family) 5:30-6:30pm | Open Gym (Family) 12:00-1:00pm |
| | | Open Gym (18+) 12:00-2:00pm | | Open Gym (6-12yrs) 6:30-8:00pm FREE | Open Gym (6-12yrs) 1:15-2:15pm |
| | | Open Gym (13-17yrs) 7:30-8:30pm | | | Open Gym (13-17yrs) 2:30-3:30pm |



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- LAF after school program:
Winter term starts Jan 15.
Grades 1-8 from 3:00-5:00pm. Pick up Registration forms at Welcome Inn.
- Tuesdays Seniors Diner Club: Every Tuesday from noon to 2 pm
- Wednesdays: LEAD Youth Drop in Program: Every Wednesday from 6- 9 pm
- Thursdays: AL ANON 7:30-8:30pm
- Mon, Wed, Fri: Food Bank 11:30am-2:00pm
- Good Food Box: Pickup is from 2-5 pm. Pre-order for \$15 at Welcome Inn or NHCHC

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VENNI

GO WILD!

SUBMITTED BY CANDY VENNING

The following conversation takes place every spring between my husband and me.

Candy: *What is that? Is it a weed?*

Simon: *I don't know, did you plant it?*

Candy: *Maybe, I can't remember, stop pestering me with questions.*

Perhaps you've also had a similar conversation? Across every neighbourhood I imagine puffy colourful, question marks floating above many gardens – it's natural to be mystified, and good to be observant, BUT this year I advocate a bolder attitude.

'No guilt gardening' is a Zen kind of place that we all need to visit. By all means, do your best to get something to survive in the garden, but know yourself, first. Recognizing the level of care you're willing to give definitely helps (so does a rudimentary irrigation system) but experimenting with plants, finding out what does well, and discovering the plants you really enjoy is most important.

You don't need to spend like crazy at the garden centre (although it is tempting). Take your time, share plants, grow from seed (Seedy Saturday event with Green Venture in February 7th – try to make it). Hone your attention span by skipping the usual suspects & splurge on one great perennial such as 'snakeroot'; skip the day-lilies and try some Echinacea or milkweed in full sun. Go! Get some herbs – unusual ones such as verbena and even lavender are tremendous in cocktails, mocktails & tea. Nasturtiums are lovely trailing out of containers or raised garden beds while being both beautiful and edible, squash and zucchini grow like mad and can drape beautifully along an ugly chain-link fence, and butterflies and bees need nectar so consider native Ontario plants like Black-eyed Susan, blue Grama grass and Beebalm (that's a lot of 'B's). If you would like more information on native plants and bees here's a good place to start <http://conservation.gardenontario.org/resources/guide.pdf> but hey - we have our friend Google to help us out – more than ever, ecologically minded organizations and field botanists online are suggesting and recommending which plants do the best in your particular microclimate.

We're warming up to the most exciting time of the year in the gardening world and I advise that you enjoy the spring; Stretch your skills by building a raised bed, installing an irrigation system or just making a really great plan. My only caution is to avoid taking on so much that you admit defeat before ever enjoying one achievement.

But mostly; Go wild! I mean it... literally... go get some wildflowers and run with them! Buy that crazy plant you've always coveted – grow that thing you've always wondered about. Who cares about next year and the perennial conversation ... 'What is that, a weed?' because the answer may be 'Why yes, I think it is, but you know I rather like it and so do the bees, it's staying'

FASHION FOR FEBRUARY 2018

SUBMITTED BY ALEXANDRA SEMPIE

"You can have everything you want in life if you dress for it." - Edith Head

As we get into the second month of the New Year we do our best to continue on with our New Years Resolutions. Some of us wanted to lose weight, land the perfect job, or make a new change in our lives. Well what says "new beginnings" like a brand new wardrobe? February is a very fashionable time of the year as many famous designers unveil their latest looks at the first Fashion Week of the year. Here's a sneak peek at what we can expect to see on the runway and the city streets this month.

Nothing makes an outfit like a statement piece. Whether you pick a cardigan, accessory, or even a shirt, every outfit you wear should have a piece that draws the eye to what you're wearing. Nothing screams, "statement piece" like sequins, and this season, sequins are what everyone wants. Designers all over the world are creating new outfits and accessories covered with the sparkly beads that catch the light and people's eye.

If you are one of those people that carry a tote bag and a purse, congratulations, you're ahead of the game! The newest trend among the fashion savvy is carrying multiple bags around with them. I'm one of those people who carry everything and the kitchen sink in my handbag so this fashion trend made me smile from ear to ear. So grab your tote, your backpack, and your purse because everything you own can now accompany you everywhere.



*Left:
Plastic clothing and
multiple bags.
Photo Courtesy of
Harper's Bazaar*



*Right:
Sequin Dress.
Photo Courtesy of
Harper's Bazaar*

In

- Fringes
- Large Baggy Cardigans
- Plastic Clothing

Out

- Overalls
- Bucket Bags
- Dull Colours

Stay Beautiful!



ELDERBERRIES

This is a true vacation story and may bring a few smiles. My mother had a friend in Hamilton who had moved and missed her, so I decided I would drive her to the east Coast. Friends of ours, Robert and his wife Chif, had retired to Sandy Cove and lived in a delightful school house. The home was filled with Robert Bateman artwork and the gardens and scenery was spectacular. "My little orangeade" as my car was known, stood us in good stead as it was a fair drive from Hamilton.

I only had one wish and that was to go whale watching for a day. Easily arranged and I met up with my captain after donning a "sou wester" and rubber boots. No, it wasn't the Queen Mary but our little skiff was fine so with a "ho, ho, ho", we set out. Our captain checked everything out and we started to chug, a chug slowly into the harbor as I sat on an old bench ready to get going. My captain wore a white "Tilly" hat with brim and threw a wooden stave with metal pieces to attract ships. My captain was a marine biologist so I considered myself part of the crew. I got quite a surprise when I heard SPLASH and "MAN OVERBOARD!" and noticed with surprise a floating white "Tilly" hat. Well, he climbed back onto the boat, a bit of a wet Captain Ahab I must say.

Well, the boat lurched on and soon we were in the ocean enjoying the tide. The scenery from the shore got smaller and smaller and the ocean got rougher and it started to get windy. There wasn't much to see on the horizon except a Coast Guard Rescue Vehicle.

We decided to call it a day and the captain presented me with a white whale pin that I have to this day. We reached the captain's little cottage and feasted on bowls of stew while he re-gear. We had a good laugh, shook hands and took photos. What a memorable day!

I arrived home in my warm cozy "orangeade with the view over the brow and beeping the horn to announce – We're home! Our friends toasted us with glasses of sherry and welcomed us home.

I later saw whales galore in the St Lawrence, Beluga and Caymans. What a wonderful area and I had always dreamed of "Tadousac" and the scenery of the fjords. Memories of friends, the Marie Celeste and the lovely hotel – God bless the memories!

Until we meet again – Cheers! Pam and Megs


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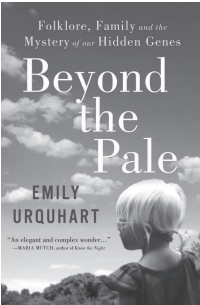
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SUBMITTED BY KIT DARLING



At our January meeting we discussed **Beyond the Pale: Folklore, Family and the Mystery of Our Hidden Genes** by Emily Urquhart. After her daughter Sadie, born with white hair and sensitive eyes, is diagnosed with albinism, Urquhart turns to science, stories from folklore and personal interviews with others living with albinism. In her effort to understand what her daughter may confront as she grows Urquhart interviews parents of albino children and others with albinism across North America. Her research leads her to Tanzania to learn firsthand the struggles of albinos in that country where a pervasive folk belief in the magical healing power of albino's body parts leads to horrific slaughter and dismemberment. Reactions to the book were mixed with several members disliking the book completely, some having difficulty finishing it, but the discussion was lively and wide-ranging.

And here are recommended reads available from the Hamilton Public Library. Visit the Bookmobile at Benvenuto Recreation Centre on Tuesday (2:30 to 4:30) and Thursday (6:00 to 8:00) or go online at hpl.ca to reserve a copy.

Lawrence In Arabia - The making of the modern Middle East by Scott Anderson. Western attention was primarily focussed on the European theater in WW1. Little attention was paid to the Middle Eastern theater. As a result the conflict was shaped by a small handful of adventurers far removed from the center of power. The German Curt Prufer whose role was to foment Islamic Jihad against Britain, Aaron Aaronsohn a Zionist who was committed to the goal of founding a Jewish state in the region, the American Wm. Yale who travelled the Ottoman Empire on behalf of Standard Oil to gain valuable oil concessions, and the romantic figure of T.E. Lawrence battling both the enemy and own his own British government to bring about his vision for the Arab people. The book portrays the destruction brought on by European colonial plots and the way in which the folly of the past creates the problems of the present. (Kathy)

And After the Fire by Lauren Belfer. Part fiction, part historical, part mystery, and part love story, this novel spans centuries and continents as it tells the tale of an unknown church cantata composed by Johann Sebastian Bach that was hidden for over two hundred years. Why was it hidden and by whom? Susanna Kessler tries to solve the mystery behind this very disturbing musical score. (Paige Turner)

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.

COUNCILOR UPDATE

SUBMITTED BY JASON FARR



Hello, Breezes readers! Thank you again for the opportunity to share some ward 2 news in this edition of the Maggie nominated North End paper.

We continue to be incredibly busy in our ward 2 office. Even during the holiday break, there was no shortage emails and calls related to everything from pot-holes to parking, from planning to public works. We did enjoy the events in and around downtown too.

One special night that happens annually was the night we lit our Tree of Hope in the Gore. I decided the best way to get around to that and five other festive events that included a Living Rock open house and a carriage ride on a Victorian Night through International Village was to ride a bike. To be more specific, a Sobi. I tweeted the adventures @jasonfarrhamont and called it my 5 Sobi Stops at Christmas.

The 5th and final event was in the Hall St St. Lawrence. Crammed in once again for the annual Turkey Roll (and ham and gift certificate). Great to see what looked like easily three hundred North Enders. Many lucky winners of a bird, ham of gf and some multiple winners (how do I get those seats?)

I know there are thousands more thinking, talking and engaging a great deal lately on your St. Lawrence lately. It represents many things to your historic neighbourhood. And what it all adds up to are two things. That history and how that history must continue to be made in and around this important and iconic place of so much more than worship.

I stand with the many who will be making these and other points throughout the coming months and continue to enjoy the stories being told about St. Lawrence. Turkey Rolls included.

Until next time, Breezes readers. Or, even before next time. Remember, you can get in touch with us anytime. JasonFarr.com for contact details or call 905 546 2711.

- Councillor Jay

POLICE DOGS: DID YOU KNOW?
CONTINUED FROM PAGE 4

When approaching a lost child they were trained to sit and bark until their handlers showed up. In the first 6 months of their trial period they were instrumental in the arrests of prowlers, burglars and even careless drivers.

As of June 2014 the Hamilton Police K-9 unit comprised of 4 officers and 4 German Sheppard dogs(German Sheppard's are used because of their strength , intelligence, fierce loyalty and even temperament.) The dogs are named Scout, Jake, Armour and Maverick. Both dog and officer are subjected to a provincially mandated 16 week certification program once the dog reaches a year old. The dog and the officer will stay together for life and they go home together. A healthy dog will stay in the service for 5 to 8 yrs. When the dog retires from the K-9 Unit, so does the officer giving another officer a crack at the unit.

Today ,the dogs are trained to look for not only lost children but Alzheimer patients who may have wandered off. Sniff out clues to crimes, firearms, drugs , currency and explosives. Sadly, the job doesn't come without risk. On February 25, 1992 the Hamilton canine unit had one K-9 named "Troy "killed in the line of duty when a suspect who was cornered and fired on him.

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VALENTINE'S DAY FACTS

Won't you be.....my Valentine?

Don't we all dream of love and romance? Since we were children in kindergarten, we waited for the cards from our classmates and hoped we would be someone's Valentine. But, Valentine's Day is not all about ordering the roses or buying the chocolates and making the dinner reservations or about getting them either! To me, whether you are waiting for your Valentine or trying to choose your Valentine, remember, we should celebrate love every day and no matter who you love, you need to love yourself first.

But, like everything, Valentine's Day has a history and an origin. It's a lot older than we think! St. Valentine's Day began hundreds of years ago and made its way through Medieval Europe and England, Renaissance France and 18th century London. And yet, today it has become the most commercialized day of the year and can bring joy or sorrow.

Here are five truly surprising facts!

1. **Valentine's Day originally had more to do with death than love.** Valentine's Day originated as a liturgical Christian celebration commemorating the martyrdom of Saint Valentine. The popular saint was supposedly imprisoned and then killed for performing weddings of soldiers who were forbidden to marry under a Christian service. According to legend, before his execution he wrote a letter to his jailer's daughter who he had healed and signed it "Your Valentine."
2. **The Romans celebrated Valentine's Day first!** In Ancient Rome, the festival of Lupercalia was observed February 13-15 to celebrate the start of spring and the fertility of the earth. Although there is no direct link between this Pagan festival and the feast of St. Valentine, it is an interesting coincidence that this festival should predate what was to become the biggest celebration of love, romance and, let's face it, sex, that the world has ever known by hundreds of years.
3. **An English poet made the holiday romantic.** It was medieval English poet Geoffrey Chaucer who first created a strong association between St. Valentine's Day and romance. In 1381, Chaucer wrote a poem in honor of the marriage of King Richard II of England and Anne of Bohemia: This is the first recorded association between Valentine's Day and love or romance.
4. **A French court made the holiday popular.** In 15th century Paris, Princess Isabel of Bavaria apparently established a "High Court of Love." It was founded on January 6th, the festivity of a Bavarian Saint Valentine. The court dealt playfully with romances, relationships and love. Judges were selected by women on the basis of a poetry reading. This the first time that the romantic associations with the festival became widely popularized.
5. **Valentine's Day card exchanges date back to the 18th Century.** In 1797, a British publisher issued "The Young Man's Valentine Writer," a book containing sentimental verses and short poems for young lovers.

LOVE YOURSELF FIRST THIS VALENTINE'S DAY

SUBMITTED BY MICHELLE FERRERA

February is the month of love and hearts, and this February I am suggesting that we 'love ourselves first'! A woman's heart is different than a man's and new research continues to prove that cardiovascular disease for women is not the same as for a man. Here in Canada we have the 'Red dress Campaign' as a part of the Heart Truth awareness movement on women's heart disease. The Canadian stats: -one in four women have heart disease -one in 8 women between 45-64 have heart disease -Heart disease kills more women over age 65 than all cancers combined -more women than men die from heart disease -symptoms of heart disease and attacks in women are different than a man-and women often put off taking care of themselves and ignoring symptoms. The Canadian and US leaders in research and physician-training advocate for the preventive approach and awareness for us all about this silent killer.

This February-month of love and hearts-love yourself first by becoming familiar with the risks and symptoms of heart disease in women.

HAPPY VALENTINE'S POEM

SUBMITTED BY MICHELLE FERRERA

A love note and poem for Valentine's Day.....who would have thought that poetry could reach those with Alzheimer's/Dementia? The Alzheimer's Poetry Project out of New York is a unique program created by poet Gary Glazner.

Simple poetry techniques can be combined with music, art and storytelling to create a new and positive way of communicating with people at all stages of Alzheimer's and related dementia. Quality, innovative care for those living with Alzheimer's provides engagement, positive touch and interaction. Even for those in late stage Alzheimer's, smiles, hugs and other non-verbal responses indicate that poetry is having a positive effect! Some families like to work on creating a poem to honour their loved one, providing further engagement. Empowering people through artistic stimulation, poetry can "spark memories" and reach people at a deep, often non-verbal level...this is a very special experience. In honour of Valentine's Day, a wonderful poem with a cute cartoon that everyone appreciates! xxoo



FEBRUARY EVENTS

February may be the shortest month of the year - but boy is it full of things to do, learn and celebrate. Here's a brief list of a few both free and fee.

Black History Month - Hamilton is rich in Black History and there are activities, music and books to help you learn and to participate ranging from fee (\$) to free.

- 2018 Rev. John C. Holland awards banquet and entertainment. February 10 - Tickets: www.johnhollandawards.com for information.
- Jackie Washington Day - musical tribute February 16 at noon. Central Library (Free) Pick up a copy of What's Happening program guide at the Bookmobile or a library branch for a complete list of events.

Psychology Month at Hamilton Public Library branches in partnership with St. Joseph's Healthcare. Speakers' series address various topics on mental health and wellness. (Free) Details at hpl.ca or pick up a copy of What's Happening Guide.

Hamilton Winterfest February 3 - 19. Celebrate winter at various events throughout the city. A mix of free and fee. Details at Hamiltonwinterfest.ca or 905-546-2489

Family Day February 19 - a range of events (free and fee) around the city. Check the events listing at Tourism Hamilton. Central Library has an afternoon of family fun from 1 - 5. (free)

Freedom to Read Week February 25 - March 3. Celebrate your freedom of expression and freedom to read at Central Library (free).

- February 25, 2 pm - Nabokov's Lolita: Obscene or Misunderstood explores story, themes, and censorship.
- February 27, 11 am - Hidden Poetry create poetry and art using pages of text.

Free Family Fun and Open Skate - check with the Bennetto Recreation Centre and Eastwood Arena for details.

And finally - **March Break** (March 10 - 19) is nearly upon us. Check with your Recreation Centre, Public Library branch and City Museums for ideas to occupy kids and adults. It's not too early to plan and register where required.

DO YOU CARROT ALL FOR ME?

By Anonymous

Do you carrot all for me?

My heart beets for you,

With your turnip nose

And your radish face,

You are a peach.

If we cantaloupe,

Lettuce marry; Weed make a swell pear.



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| <p>Shalom Village – Goldie’s Place 70 Macklin Street North, Hamilton Thurs., Feb. 8, 15, 22, & March 1/ 2018 6:30-8:30 pm</p> | <p>Turner Park Branch Library 352 Rymal Road East, Hamilton (bet. Upper Wellington & Upper Wentworth) Fridays, March 2, 9, 16, 23 10:00 am – 12:00 Noon</p> |
| <p>Wellwood House 501 Sanatorium Road, Hamilton (On Chedoke Hospital grounds) Mondays, April 9, 16, 23, 30/ 2018 1:00-3:00 pm</p> | <p>Turner Park Branch Library 352 Rymal Road East, Hamilton (bet. Upper Wellington & Upper Wentworth) Thursdays, May 3, 10, 17, 24 6:30-8:30 pm</p> |

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HAMILTON HAS WHIPPLENISM...

SUBMITTED BY BRIAN ROULSTON

Toilet paper: it's not something we think about every day, yet we use it daily. Most of us don't make a career out of selling it either.

Dick Wilson did just that. He was born in Lancashire, England on July 30, 1916. His family moved to Hamilton later that year and they lived in the Corktown District of Hamilton. His Father Randolph was a vaudeville performer, his mother Veronica a singer. We remember Dick Wilson today as that lovable store clerk Mr. Whipple: "Please, Don't Squeeze the Charmin!!!"

Dick attended Queen Victoria Public School and Sacred Hearts Public School. Like so many young boys he even had a Hamilton Spectator route and got his start in showbiz at CHML radio when he was just 15 years old.

Dick attended and graduated from the Ontario College of Art & Design in Toronto where he studied sculpture. Afterwards, he became a comic dancer in vaudeville and taught himself how to fly. Then he took a job as a bush pilot flying mining supplies to camps in the Canadian North. His flight experience in turn led him to military flight training where he was enlisted in the Royal Canadian Air-Force and flew as a bomber pilot during W.W-II. After serving in the air force Dick moved to the U.S and became an American citizen. For a brief time he was an acrobatic dancer in New York then headed to Hollywood, California in 1954 to pursue a film and television career.

While waiting in the doctors' office, Wilson met his future wife Meg. They were both there to get their immunization shots before heading to Korea on an ISO Christmas tour. Meg was an actress who had two show credits, one being on The Ed Sullivan Show and the other The Eddy Cantor Show. Two weeks later while in Korea he told her he was going to marry her. She basically told him to back off but he didn't. A year later they were married for a lifetime, a rarity in Hollywood.

Just after their first child, Meg appeared in My Fair Lady for Warner Bros, The Andy Griffith Show and Wives & Lovers. Meg then put her career on the back burner to raise her family. Dick and Meg Wilson had 3 children, 2 daughters Melanie and Wendy and one son Stuart. Melanie Wilson is an actress best known for her costarring role as Jennifer Lyons-Appleton in Perfect Strangers. She also appeared on the A-Team, Simon & Simon, Family Matters and Step by Step. His son Stuart is a Stunt co-coordinator, a physical trainer, teaches martial arts and boxing in the L.A area. Stuart also did a bit of acting, but no creditable roles.

Dick made multiple appearances as a character actor in every major television show during the 1950's, 60's and into the 70's. Programs such as Bewitched, Adam-12, Get Smart, Petticoat Junction, Bob Newhart, Hogan's Heroes, I Dream of Jeannie and Fantasy Island to name a few. He also did movies, The Shakiest Gun in the West with Don Knotts (1968) and Get Out of my Room with Cheech and Chong (1985). In all he made 37 movies, 9 Broadway appearances in addition to his television appearances. Unfortunately, no one really remembered him in those rolls.

Dick then went to a casting call like so many actors do. This time it was for the Charmin Toilet Tissue role. At the time Dick thought it would be a one-time deal. However, after 10 months Proctor & Gamble signed him

on for another year. Then 5 more years, after that another 5 years. Mr. Whipple appeared on the small screen for the next 25 years. The original series of commercials 504 in all, put Dick Wilson in the Guinness Book of World Records for the longest running TV commercial.

At first the Charmin people wanted a gruff Mr. Whipple. But he couldn't play it like that. So, over the years he honed Mr. Whipple using his flexible face to show exasperation, frustration and embarrassment where he ultimately created the lovable, endearing character in which television audiences around the world loved. He had Whiplenism!!

Mr. Whipple was so well known in the mid 1970's that he was the third most identifiable American behind then U.S President Richard Nixon and the Rev. Billy Graham. He also made Charmin toilet tissue the number one most identifiable brand in America. He was so popular people were stealing the Mr. Whipple display posters right out of the stores. However, like many famous actors he became stereotyped, too closely identified to his character as Mr. Whipple, it all but wiped out his acting career. Dick didn't complain though, it allowed him and his wife to raise their family in financial security. Plus, they got a lifetime supply of toilet paper every month, which probably came in handy.

In 1989 ad executives for Charmin decided to try alternative advertising ideas, such as playful kittens and cartoons. However, these ideas never achieved the popularity of Mr. Whipple. Dick Wilson and his wife then moved to Henderson, Nevada (Southeast of Las Vegas) where he worked as an accomplished artist, taught acting, performed some of his old vaudeville acts in seniors homes throughout the valley as well as charitable work. He also made personal appearances across the country as Mr. Whipple.

Dick Wilson eventually had to give up artistry due to failing eyesight as a result of an accident, on a gusty windy day in Los Angeles while entering a hotel the wind caught the door and he went with it. While doctors were trying to relieve the pressure in his brain he suffered two small strokes.

In 1999 Dick was 82 years old. Proctor & Gamble came knocking again and asked him to reprise his role as Mr. Whipple and do another series of commercials. He did it for another year and at 83 he felt he could no longer do the commercials and was hoping that his son Stuart could pick up where he left off as he looked just like him. They actually used him in a couple scenes during the last run. However, Proctor & Gamble never carried on.

Dick passed away in the hospital with his family at his side of natural causes. He was 93 years old. •

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Employment Opportunity. Local Hamilton Delivery company looking to hire mature adult for evenings and weekends. 24-32 hours to start. Please call 289-799-9257 / 905-921-9339

Personal Support Worker or equivalent wanted for two or three mornings per week from 10 AM to 1 PM. Also need someone to work in the early evenings for two or three hours per week. \$17 per hour. Job includes personal care, meal preparation and light housekeeping. Looking for someone who lives close to James and Burlington Street.

Volunteer Opportunity – VON Hamilton is looking for volunteers to provide rides to medical appointments, deliver Meals on Wheels, and/or spend time visiting with seniors in their homes. Call 905-529-0700 or email voncsshamilton@von.ca to start helping your neighbours in the north end today.

EMPLOYMENT WANTED: Office administrator with transferable skills in client service, telephone and communications, organization and office management. Part time or full time. Please call Susan at 289 527 3965 or email: sunedghill@yahoo.com

Sewing & Dressmaking. Students and clients wanted. Lessons or alterations available. Ages 6 to 106! Expert in African apparel. Please call Hyacinth 289-308-6176

Children's Birthday Parties. Make your child's birthday the talk of the neighborhood. Earlee the Entertainer will make it happen. Magic, balloons, paintable tattoos for only \$75.00 per hour. Please call Earl at 289-439-0166

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

TUTOR AVAILABLE: retired Elementary teacher available to tutor students in my home near Pier 8. I am also TESL certified to assist students with learning English. Please contact me at brockwm@gmail.com if you are interested or have any questions.

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LOVE IS IN THE AIR Valentine's Day

Wednesday February 14th

Our chefs have created a special menu, leave the ambience to us.
Reservations recommended.

We will be **CLOSED Monday February 19th for Family Day**

Warm up with our popular Banana Split Hot Chocolate served in a sugar rimmed glass, banana liqueur, hot chocolate, whipped cream and a cherry!!

Next Open Jam Night is Friday February 23rd
Dancing shoes a must!!

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POETRY FOR FOR THOSE LIVING WITH ALZHEIMER'S AND DEMENTIA

SUBMITTED BY MICHELLE FERRERA

Who would have thought that poetry could reach those with Alzheimer's/Dementia? The Alzheimer's Poetry Project out of New York is a unique program created by poet Gary Glazner.

Simple poetry techniques can be combined with music, art and storytelling to create a new and positive way of communicating with people at all stages of Alzheimer's and related dementia. Quality, innovative care for those living with Alzheimer's provides engagement, positive touch and interaction. Even for those in late stage Alzheimer's, smiles, hugs and other non-verbal responses indicate that poetry is having a positive effect!

Some families like to work on creating a poem to honour their loved one, providing further engagement Empowering people through artistic stimulation, poetry can "spark memories" and reach people at a deep, often non-verbal level...this is a very special experience.

North End Breezes: Social Media Tips & Tricks

Send photos, short videos, articles or snapshot stories to: **sarah.harvie1@mohawkcollege.ca** or via text at **289-683-2006**

TIP 1:

People love photos and short videos of the north end!

- Parks, nature, animals
- Businesses/storefronts/food from our local restaurants
- Gardens and other scenery
- People (who consent)
- Construction/changing neighbourhood
- Churches/organizations/service providers doing great work

Include short (VERY short: 1-3 sentences) description/anecdote/story about the connection to the North End

TIP 2:

Encourage others who are on social media to share their photos, videos, and stories by tagging @northendbreezes and create an online community as vibrant as the real deal

TIP 3:

Development, gentrification, & safe streets are hot topics in the neighbourhood and across the City – sharing articles inviting feedback could draw attention, but it might start a flame war.