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# HAMILTON PORT AUTHORITY: THE BUILDING THAT THINKS IT'S A SHIP

SUBMITTED BY ROBYN GILLAM

There's no proof that the Hamilton Harbour Commissioners wanted a land-based ship for their new headquarters when they purchased the site at 601 Burlington in 1951, but there are plenty of clues.

While Hamilton architects, Murton and Evans, did not provide any concept or "vision" for their five-storey office building, they offered a design in the Art Moderne style, rather oldfashioned by then, but strangely appropriate. Art Moderne, which developed from Art Deco in the 1930s, emphasized "streamlined" aerodynamic suggesting modes of transport like express trains and especially ocean liners. In fact, the popularity of these styles corresponded exactly with the golden age of these luxury ships, which were heavily influenced their principles of design.

While Hamilton Harbour of the Fifties and Sixties was focused on industrial development and mass cargo shipments rather than luxury ocean travel, the allure of Art Moderne references to things nautical proved irresistible. From the rounded corners of the wood-panelled elevator and the elegant stainless steel railings that surround the building, to the ship's prow sculpture on the front steps, nautical references abound. The original concept for the sixth-floor board room with its steel doors and panoramic view of the harbour suggests a captain's viewpoint. When the building was completed in 1955, there were only five floors with the board room perched on top as a penthouse or "bridge." The rest of the sixth floor offices were not added until 1960.

Other nautical symbolism relates to the history and development of the area. The building, like a ship, has its own prow located on the steps connecting front walk to the street. Its figurehead represent-



ing Tecumseh, the indigenous leader and ally of the British in the War of 1812, was the work of Italian-born sculptor Louis Temporal. The lobby is decorated, Moderne style, in highly polished limestone and granite and the steel elevator doors with coloured panels representing the history of transportation and industry around the great lakes

would not be out of place in any luxury liner. The exterior of the building is faced with limestone panelling and large steel mounted windows that gather light and reflect the sky in a way that suggests a watery environment.

In 2012, to mark the 100th anniversary of the founding of the Harbour trust, the Port Authority, which replaced the Trust in 2000, renewed the building. While preserving unique materials used in the original construction, like the steel doors, some features were upgraded. The outdoor railings were replaced with titanium and a new commemorative plaque was added to those on the facade of the building. The time capsule under the foundation stone laid in 1953, which included a programme for the ceremony and coins of the period, was replaced. Care has been taken to remain faithful to the nautical theme.

The Port Authority building is shared with tenants on the other five floors. The streamlined, Art

Moderne snack bar has been run by Lyla Nazi since 1991. Neighbours are encouraged to drop by for lunch and to learn more about this neighbourhood architectural treasure.

*The author would like to thank Larissa Fenn, John Kuhn and Sharon Clarke for talking with me and supplying research materials.*



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**URBAN TREES MATTER:  
INVESTING IN HAMILTON’S URBAN FOREST**

SUBMITTED BY CAROLYN ZANCHETTA, TREES PLEASE PROJECT COORDINATOR

Trees are some of our city’s greatest assets: frequently overlooked, but appreciated by all. Often not until many years after planting do we truly acknowledge their worth.

The myriad benefits of trees go far beyond the creation of oxygen: trees shade our streets and prevent UV exposure, promote physical activity and reduce stress, capture respirable particulate matter (a confirmed cause of lung cancer), diminish traffic noise, decrease home energy bills, manage stormwater and erosion, increase property values, and have even been shown to improve Grade 6 math scores.

Urban Hamilton’s tree canopy provides a coverage of around 18%. However, this includes the forested strip of Niagara Escarpment that runs through our city, meaning the downtown core has significantly less canopy. The city is aiming to achieve a 35% canopy coverage. In a highly paved city, this seems far-fetched, yet Toronto’s tree canopy is around 27%, and the city’s goal is to reach 40% by 2050. Walking down Cannon or Main Street in the full sun on a scorching hot summer day is unbearable. The urban forest along James Street is patchy with trees constantly needing to be replaced as they suffer in poor quality soil and have no room to breathe with pavement right up to their trunks.

Trees are tremendous resources with countless benefits, but, like all municipal infrastructure, need to be installed and maintained properly to allow them to grow to their full potential. By investing in the use of soil cells to provide adequate space for trees to grow in highly urban areas, trees are better protected and can achieve a much healthier lifespan. Soil cells provide a protected structural space that is filled with quality soil, where roots can grow in appropriate soil volume without interfering with utilities. The structure also shelters the roots from the pressure of the road and sidewalk above, and prevents the roots and sidewalk from heaving over time. This technique is being used more and more across Hamilton: the new student residence on James Street North will now have street trees planted using soil cell technology, which will allow the trees to mature, greatly enhancing tree cover in the area. This is a small win for Hamilton’s urban forest. Other developments should be encouraged by the City to follow suit to demonstrate their commitment to a healthy Hamilton by planting long-living, quality trees.

Environment Hamilton and the Hamilton Naturalists’ Club came together on the Trees Please project to conduct urban tree inventories and air quality monitoring with the community. The citizen science project invites everyone to learn about the trees in their neighbourhoods and where there are air quality challenges to facilitate planting the right tree in the right place. Over three years, Trees Please has inventoried over 6,000 neighbourhood trees and has contributed to the planting of over 2,000 trees across the city, through public tree plantings on city property and parks, planting at several schools, and giveaways to residents. Trees Please has worked closely with the City of Hamilton and councilors to encourage the prioritization of trees, and was instrumental in the initiation of Hamilton’s Urban Forest Strategy.

The City offers a free tree, planted in your front yard through the Street Tree Program, with plenty of native species to choose from. The greatest potential for growing the urban forest exists in our own yards.

Trees Please is a project of Environment Hamilton and the Hamilton Naturalists’ Club providing green solutions to air pollution. Learn more at [treespleasehamilton.org](http://treespleasehamilton.org)



**PORT UPDATE**

**Port Pollinators**

Hamilton Port Authority (HPA) received the first supply of honey from our own port lands pollinators, courtesy of urban beekeeping company Humblebee. The 12 hive boxes- also known as ‘Queendoms’- were installed this past summer adjacent to Sherman Inlet at Pier 15, and are used as a breeding location for queen bees.



The honey received from the port pollinators is raw honey, extracted from the comb, then bottled, without the use of any fine filters to remove pollen or crystalized honey. The hives are currently wrapped up for the winter and bee keeping activity will resume on port lands next spring.

**Port Redevelopment**

In November, HPA announced an investment of \$17.7 million from Transport Canada’s National Trade Corridor Fund. These funds will be matched by HPA, and will help modernize one of the oldest sections of the port lands.

The port area between Pier 12 at Emerald Street and Pier 15 at Wilcox Street was assembled piece by piece over many years, and doesn’t currently work as efficiently as it could.

The redevelopment project will see this area updated with new internal road and rail connections, and reconfigured to open up new parcels for development.

This project includes some important community benefits, including attracting new employment opportunities, improved landscaping, and enhancements to reduce track-out dust.



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## THE MAGIC OF THE PEN

SUBMITTED BY BRIAN ROULSTON

The Christmas decorations have been put away for yet another year, New Year's resolutions are on track (hopefully) and now it's time to unwind; settle in for another long cold winter. Let's put our phone aside for a bit and celebrate 'Letter Writing Week' which starts on the second Sunday of the New Year. You could write a letter to mom, the kids, a distant friend or relative that we may not have seen in ages.

Today we live in a world of instant communication where we can post to Twitter, send text messages or emails to anyone, anywhere, anytime with just a click of a mouse. Somehow, those messages don't seem as personal as a handwritten letter which contains our thoughts of love, fear, happiness, anger, disgust or grieving.

The handwritten letter is almost as ancient as time itself. The first recorded letter to another person was written by the Persian Queen Atossa around 500 BC. However, ancient Egyptians wrote letters to their dead on bowls in their tombs seeking answers to their problems. Even the bible contains letters known as the Pauline epistles or Letters of Paul, the thirteen books of the New Testament which provided insights into the beliefs and controversies of early Christianity.

Letters have been written in stone, tree bark and papyrus. Pens were made from feathers, wood, bone shaped to a point then dipped into ink made from the secretions of cuttlefish. Early letters were simply folded then sealed with a waxed ring or hand seal which were delivered by horse rider, couriers or stagecoach. The recipients paid for the letters when they received them.

In May of 1840 Britain introduced the first prepaid stamp which featured a picture of a young Queen Victoria. The price of stamps was dependent on the number of pages in the letter and the distance travelled. Queen Victoria by the way was the first recipient of a mailed postal letter.

The U.S Postal Service introduced standardized stamps in 1847 that costs only a nickel to mail a letter.

Children started writing 'Dear Santa' letters in the mid 1870's, they were originally answered by philanthropist or church groups. Santa was even given his own U.S Postal (ZIP) code in 1989, it was 12345. This ZIP code is no longer in use but he still has a Canadian Postal Code HOH OHO.

## WALKABOUT THE COMMUNITY

SUBMITTED BY KEN HIRTER

This month's WALKABOUT finds me walking and snaking my way throughout the laneways, sidewalks, side streets, alleyways and off the beaten path from VANCOUVER, TORONTO and HAMILTON this past Summer & Fall.



Throughout these three cities is GRAFFITI ART adding VIBRANCE & COLOR GALORE on cinder blocks dotting along the way and in many forms. CREATIVITY at its BEST!!!!

### GRAFFITI ART DEFINATION:

Graffiti Art Is an Art form and is also one of the radical contemporary ART movements, "graffiti art" also called "STREET ART," "Spraycan Art" or "Aerosol Art" commonly refers to decorative imagery applied by paint or other means to buildings, billboards, public transport or other properties.

### MURAL ART DEFINATION:

Is a painting or other work of ART executed on a wall or ceiling.



Graffiti Art & Murals are large blank canvasses and the magic of creating bearing in mind and Remembering that ART in any form is up for INTERPRETATION.

From the laneways of color in beautiful Vancouver and blending in with the Park & City in unison and

spread throughout the Downtown core. From the park & parkettes brightness and the Canadian themed with the art influences for the Vancouver Winter Olympics of 2010 it was absolutely stunning.

In Toronto you have GRAFFITI ALLEY a few blocks of art behind Queen Street West with every inch of artists' paintings and self-impressionist art on all the walls, garages, doorways; no paint was spared in the creative progress. A tourist attraction and an experience if in Toronto this is a must see.

Here in Hamilton you have GRAFFITI & MURALS blending in nicely from James Street North at Vine Street, a wonderful pocket of beautiful COLORFUL GRAFFITI and Murals. Just walk along James North to Burlington Street and the side streets and look for the COLORFUL pockets and splashes of color. I was so fascinated watching an Artist creating on a side of a Hamilton business this fall. Vibrance for sure.

The GRAFFITI Art of three cities, it was SIMPLY the Best of the alleys, laneways and paths along the way, self-expression of the talented Artist adding color to a rather dull wall or cinderblock building, garage etc.....

If you have a blank canvas (wall) on your garage, home or storefront look at making it pop with Graffiti Art, Mural Art or simply just painting it. The pow of color vs gray.

So come SPRING as the flowers bloom and the color of spring will soon be here, grab a brush and paint, paint, paint.

Let's be the city of Beautiful Alleys and beyond..... wouldn't that be cool.

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



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ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

What a year this has been! In 2018, Gallaghers a long time pub favourite on Augusta Street, Art@231 formerly of James Street North, and The Brew Cafe on Barton have ended their reign. All the best to Jamie Gallagher, John Cinequemani and Krish Sivasubramaniam as they make their way forward into this new year.

As we wind down 2018, Sundays may be the new Friday for some of us!

Sunday Blues featuring the Brant Parker Blues Band ended its run at the Corktown Pub. You can still check out music every Sunday afternoon at:

Stonewalls Restaurant located at 339 York Blvd. This no cover Sunday matinee is 3-7pm weekly.

Ed Sculthorpe of Birchway Sound fame presents Hops & Rockers every second Sunday afternoon 2-4pm at Grain & Grit located at 11 Ewen Road.

The Diplomat (formerly Baltimore House) located at 43 King William features Bennies & Beats featuring Soul & Motown from 11am-3pm. Have brunch and enjoy the tunes.

Lou Dawgs located at 116 George Street in Hess Village has their Blues & Brunch matinee 2pm each Sunday. Catch local favourites like Tim Gibbons, Robin & the Rockets, Harrison Kennedy, Ginger St. James, Alfie Smith and more.

You may wish to pass on the music for your Sunday afternoon and take in:

The Strange Brew Marketplace runs monthly at 88 Ottawa Street hosted by Mud & Suds Craftwerks by Prouse Pottery and Soap has something for everyone. Swing by and say hello to Nick and Jennifer Prouse.

Textures Craftworks just celebrated their 35th year anniversary. Swing by 236 Locke Street and say hello to Janne. Inside You will find something for everyone.

Every third Sunday 11-4pm of each month #ShopLocal at The Cotton Factory located at 270 Sherman. You will find artists and makers featuring all kinds of creative works and more.

Visit me on Facebook! [www.facebook.com/tracee.leeholloway](http://www.facebook.com/tracee.leeholloway)

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

Check out my blogs! [followtracee.blogspot.ca/](http://followtracee.blogspot.ca/)  
[thetroublewithtracee.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 grass-roots arts & music scene, her main agenda is helping and supporting others build momentum to get to the next level.

Just another reason to join our folding team!

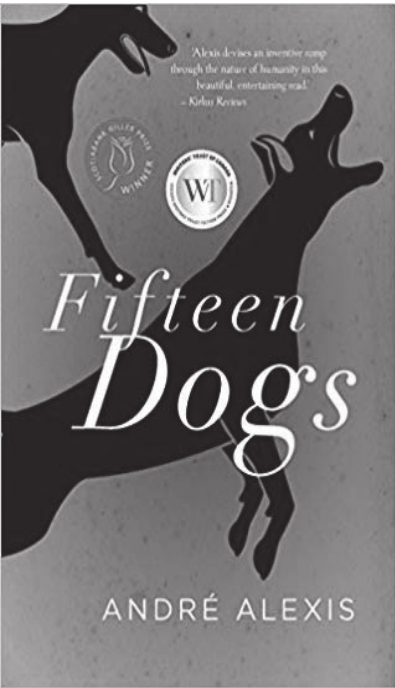
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# BOOKCLUB CORNER



At our December meeting we discussed *Fifteen Dogs* by André Alexis. Set in Toronto and full of references to well known landmarks, we are introduced to a group of dogs who are given the “gift” of human consciousness and language. The book opens with the gods Apollo and Hermes enjoying a beer in the Wheat Sheaf Tavern. Hermes wonders what it would be like if animals had human intelligence. Apollo proposes a bet “I’ll wager a year’s servitude... that animals – any animal you like – would be even more unhappy than humans are...” And so it begins. We are introduced to a group of 15 very different dogs whose reaction to this gift are radically, and even fatally, different. Many of the memebtrs didn’t like the book. And others really did. Despite the differenc-

es in opinion, there was a great discussion – especially about the nature of human intelligence and how the intelligence of dogs and other animals might differ.

For more titles like this, visit the Bookmobile at Bennetto Recreation Centre on Tuesday from 2:30 to 4:30 and Thursday from 6:00 to 8:00.

And here are recommended reads from our members.

What My Sister Knew by Nina Laurin (Fiction)

This second novel by a young Montreal author is compelling, thrilling, puzzling and at times scary. Twins, Andrea and Eli (aged 12) lose their mother and step-father in a house fire. Andrea is badly burned, dragged out of the flames by her brother. Andrea goes to hospital for a long and painful recovery. Her brother goes to prison. The narrative flips back and forth between before the fire and present day, as Andrea’s life unravels. The plot twists just when you think you know what is going on and another secret is revealed. Well worth a read. Kit

Styx and Stone by James W. Ziskin (Fiction)

Here’s a treat for those of us who like to get into a series – becoming engaged with the main character(s), enjoying the comfort of knowing that are more stories to come. Set in the 1960’s, Ellie Stone (prodigal daughter and journalist) returns to New York City on learning that her father is near death after a savage beating and robbery in his New York City apartment. Abraham Stone is a distinguished Dante scholar and professor. As Ellie probes for answers, academic rivalries and deceits are unveiled. The reason for the crime and the culprit seem clear – and then they aren’t. Kit





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Jan 31, 2019	*Big John & the Night Trippers

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# BENNETTO COMMUNITY CENTRE

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## JANUARY 2019

What is the most common New Years' Resolution?  
*TO GET IN SHAPE & LOSE WEIGHT!!*  
We can help you with that...but we want you to make it part of your *LIFE*...not just a New Years' novelty. So drop in, grab a program, purchase a pass or sign up for one of our many programs!

**In the Pool**  
Lengths Swim: Mon - Fri 12:00-1:00pm, Mon and Wed 8:00-8:45 pm (combined with our Waterfit class) and Sat 1:00-2:55 pm (one lane only)  
Waterfit: Mon, Tues, Wed, Fri, 11:05-11:50am Mon, Wed, 8:00-8:45pm  
Leisure Swim: 55+: Mon, Tues, Wed, Fri, 10:15-11:00am  
Leisure Swim 18+: Thurs, 11:05-11:50am and Sat 12:00am-1:00pm

**On Land and In Gym**

**FREE Movie Night**  
Come and watch a Family movie!  
  
There will be **Popcorn** and a small low cost concession stand for all your movie munchies!  
**Friday, January 25, 2019**  
**Friday, February 22, 2019**  
  
Doors open at 5:30pm.  
Movie starts at 6:00pm  
Cost: **FREE!!!**

**Red Cross Babysitting Course**  
  
When: Saturday February 23, 2019  
Time: 9:00 – 5:00 pm  
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		<b>Open Gym</b> (13-17yrs) 7:00-8:30pm		<b>Open Gym</b> (9-12yrs) 7:00-8:00pm	<b>Open Gym</b> (6-12yrs) 2:00-3:30pm

## HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS


SUBMITTED BY KATIE FITZGERALD

When it comes to New Year's Resolutions, it's tempting to go big! In the past, I would think up some exciting life-changing resolutions, but by the third week of January, I had failed to follow through and my resolutions were long forgotten. In January 2018, I committed to following through with my 2018 New Year's resolution – but I had to change my strategy to succeed. I had committed to taking the stairs at work everyday. There were three factors that helped me to make this resolution a success, unlike my resolutions in the past:

- 1. Share your resolutions:** I let my coworkers know that I had resolved to take the stairs every day in 2018. Accountability to others helped me to stay motivated and achieve my goal.
- 2. Be realistic:** Select a resolution that you know you could achieve barring extreme unexpected circumstances. For me, the stairs would be available to me every day I went to work and did not impose on my routine, using them cost nothing, and the time spent using them did not impact my day.
- 3. Be specific:** Walking up and down four flights of stairs at work each day was a specific goal that I could not stray from. Had I resolved to 'use the stairs more' or 'be more active at work', I believe I would have found excuses to ride the elevator some days, and eventually give up the resolution.

Think about what you want to achieve in 2019 and why, and use the three guidelines above to select a resolution you believe you can follow through with. Here's some simple new year's resolution examples to inspire you for 2019:

- Limit screen time daily (determine how much time is right for you - the Moments app can help!)
- Commit to Meatless Mondays for the year
- Start your day with 3 minutes of stretching, jumping jacks or another activity you would not normally include in your routine
- Drink an additional litre of water each day
- Refuse plastic drinking straws in 2019!
- If you drive or take the bus, walk once around your block (or for a predetermined amount of time) when you return home from work or school before you go inside




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Connect with Amanda to get the conversation started:  
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*NENA hopes your Christmas was merry  
and wishes you a Happy 2019.*

Next Meetings:

**January 2 & Wednesday, February 6, 2019  
7:00 PM – 8:00 PM  
Bennetto Community Centre**

Join us at our monthly meeting. Everyone is welcome. To get involved, meet your neighbours, or listen to what is happening in the North End, our monthly meeting is the place to start.

2019 promises to be eventful on the planning and development front.

Plans to redevelop city-owned lands in the West Harbour area are ongoing. That includes plans for significant plans for significant residential intensification of Jamesville and Pier 8 in the North End.

The City's waterfront plans remain under appeal at the LPAT (formerly OMB) and hearings are scheduled for the spring and fall to address Pier 8 zoning changes. Pier 8 development cannot proceed until these appeals are resolved.

The Hamilton Spectator reported in late November that discussion about the future management, operation, and ownership of the Discovery Centre on Pier 8 is ongoing between the City and Waterfront Shores (the development group selected by the City to develop Pier 8). NENA has reached out to City to ask for clarification about the zoning of the Discovery Centre.

282 MacNab Street North, one of the two 10+ storey condominium towers proposed at MacNab and Stuart adjacent to the West Harbour GO, was considered by the City's Design Review Panel (DRP) in December. The panel, which includes architects and planners, felt that at 13 storeys and 100 residential units the proposed development was too large for its site, the local context, and based on what the secondary plan contemplates. They did indicate that proximity to the GO station makes this site appropriate for significant intensification, however. The DRP provides advice to proponents on design considerations. The project still needs to go to City Council for final approval.

NENA continues to monitor these and other developments in our area. Let us know if they interest or concern you. And stay tuned. We'll keep you informed, or at least we'll try.

Remember we're your neighbours and we do what we do as volunteers. We are looking to host social events in 2019. Reach out and let us know if you're interested and willing to help out.

We're always happy to hear from you. Email us at [nen.president@gmail.com](mailto:nen.president@gmail.com) or attend our monthly meeting to let us know your thoughts and concerns.

For more up to date information visit [www.NorthEndNeighbours.com](http://www.NorthEndNeighbours.com)

## *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](mailto:office@northendbreezes.com) or on our website:

[www.northendbreezes.com](http://www.northendbreezes.com)

**Published by:**

**North End Breezes Board of Directors:** Paul Havercroft, Ian McDonald, Marie Mushing, Chris Pearson, Annabel Krupp

**Co-Ordinator:** Brenda Duke

**Editorial Assistant:** Kit Darling

**Layout and Design:** Katie Fitzgerald

**Circulation & Distribution:** The Board, JoAnn Osti, Sheri Selway, Linda Robinson, Sandra Hudson

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](mailto: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*



# JANUARYevents

Welcome winter with some fun. Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
WE 2	7 PM	North End Neighbourhood Association (NENA) monthly meeting. Come and meet your neighbours and find out what's happening in your neighbourhood.	Bennetto Community Centre
2 - 6	12 - 4	McQuesten Family Christmas The halls will be decked, Christmas celebrations through the generations of the McQuesten family. Tix @ <a href="https://secureticket-ops.com/Whitehern_Historic_House_Garden/eDirect">https://secureticket-ops.com/Whitehern_Historic_House_Garden/eDirect</a> (save 20% on line) or buy tickets at the door.	Whitehern 41 Jackson St. W.
FR 4	Noon	Noon Hour Concert – Alex Miller	Central Library
	5 PM	Friday Night Art Tour Tour HPL's art collection and then move to the Art Gallery of Hamilton for a free docent led tour.	Central Library and Art Gallery of Hamilton
	4 – 8	Friday Free Night – Music, art tours and events. Details at <a href="https://www.artgalleryofhamilton.com/program/friday-free-night-01-04-2019/">https://www.artgalleryofhamilton.com/program/friday-free-night-01-04-2019/</a>	Art Gallery of Hamilton
	6 – 8	AGH Youth Council Character Life Drawing On the 1 <sup>st</sup> Friday of every month the Art Gallery hosts a free Life Drawing session for any skill level. Paper Charcoal pencils and models provided. Open to ages 15 + RSVP and questions to <a href="mailto:youth@artgalleryofhamilton.com">youth@artgalleryofhamilton.com</a>	Art Gallery of Hamilton
SU 6	1 – 3 PM	Mayor's New Year's Levee	City Hall
FR 11	Noon	Noon Hour Concerts – Laura Keating	Central Library
	Evening	Art Crawl	James Street North
FR 18	Noon	Noon Hour Concert – HPO Concert Master	Central Library
	4 – 7	AGH Youth Council Studio: Graffiti and Street Art A free hands exploration of graffiti and street art with Julie Fazooli. Ages 15 – 24 RSVP to <a href="mailto:youth@artgalleryofhamilton.com">youth@artgalleryofhamilton.com</a>	Art Gallery of Hamilton, 2nd floor studio
FR 25	Noon	Noon Hour Concert – Guitar Hamilton	
SU 27		Family Literacy Day Read with your kids. Visit the Library. Encourage reading as a lifelong habit.	

Have a neighbourhood event to list?  
Send to [events@northendbreezes.com](mailto:events@northendbreezes.com) by the 12th of the previous month.

## COMPLIMENTARY TICKETS TO CONCERT FOR FAMILIES



The Hamilton Philharmonic Orchestra is offering complimentary tickets to The Marz Homes Family Concert to readers of the North End Breezes! This one-hour concert called Compose Yourself! is designed to engage children and teach them about music in a fun way. The concert introduces each of the instruments of the orchestra and also features music made by everyday objects like bottles and garden hoses. Finally, the audience helps the conductor and musicians to create a brand-new piece before your eyes.

This one-hour concert for children and their families takes place on Saturday, February 2 and is a really fun and interactive experience. All the event details can be found at <http://hpo.org/concert/marz-homes-family-concert-experience-compose/Toredeem> your free tickets, visit [hpo.org/familyconcert](http://hpo.org/familyconcert) and use the code "NEB".

The Marz Homes Family Concert: Compose Yourself!  
Saturday, February 2 at 2pm  
McIntyre Performing Arts Centre, Mohawk College  
135 Fennel Ave West

## MAYBE IT'S COLD OUTSIDE

SUBMITTED BY KIT DARLING

Are outdoor winter activities not your thing? Are you the cozy, sit by the fire type? Here are some thoughts to keep you warm this winter. How about digging out the slow cooker and filling the house with the warm smell of a stew? Make a big pot of soup – cheap and cheerful and a great meal with a hunk of bread. My favourite is Quebec split pea soup. Cheap, full of flavour and so easy to make a big pot. Enough for a lunch or dinner and plenty left over to freeze for another day.  
Do you have a friend or neighbour who is alone or shut-in? Buy some overripe bananas at the grocery

store and make a batch of banana bread or muffins and take them a warm loaf or invite them in for a treat and a cup of coffee. Your house will smell great and you will have helped 2 people – your friend and yourself.  
Do you knit or crochet? Dig out that project you started 2 years ago and finish it. Knit scarves and mittens for the homeless, or caps for chemo patients in soft cotton. The Warm Squares programme collects knitted or crocheted squares to piece together into warm afghans for pediatric or cancer patients. Baskets of yarn are in every hospital waiting room or check here for details and requirements. <http://www.warmhope.ca/squares-program/>  
Join the Senior's lunch group at Welcome Inn Tuesdays at noon for a home-made lunch (\$4.50) and some fun and socializing.

Are you still paying Christmas bills? Or just looking for some free entertainment? Check out the free movies at the Central Library. For the family - Saturdays at 3pm. A fan of classic movies? Wednesdays at 1 pm. On Tuesdays at 1 PM check out new, award winning or critic's choice movies. Not a movie fan / there are lots of other activities at the library for every taste from free Friday noon hour concerts to crafts and games and of course, lots of books to borrow. Pick up a copy of the Library's Program Guide at the Bookmobile or at Central or check it out on-line at <https://www.hpl.ca/sites/default/files/HPL-WH-Winter-2018-19Web.pdf>  
And every once in a while, put on some music and dance like no one's watching! (And in my case – I REALLY hope no one is!)



## DEVIL IN THE DETAILS

SUBMITTED BY BOB WOOD

In November, the Minister of Children, Community and Social Services announced proposed changes to the social assistance system in Ontario.

One change would make the Ontario Disability Support Program's (ODSP) definition of disability more like the definition used in federal government benefit programs. Sounds like a good thing, right? Not really.

This change would mean many low-income people who would qualify today would not qualify. Instead, they'll have to rely on the Ontario Works (OW) program. OW provides a lot less money in benefits. It also has more rules which are much stricter around work requirements and other expectations. As we write, it is not clear whether these recipients would have access to critically important disability-related health benefits. The ODSP definition of disability is flexible. It is also more inclusive than the restrictive federal definition which was developed nearly fifty years ago in 1970.

To qualify for CPP-D benefits a person must have a "severe and prolonged" mental or physical disability. On the other hand, ODSP recognizes that people with disabilities may face serious barriers to getting a job, participating in the community and doing regular daily life activities, even if their disability is not "severe"

### EARNINGS

The Minister has also proposed changes that will improve the incomes of people on OW - some of them anyway.

Those who have limited ability to work and earn less than \$500 net each month will be better off: That is a good thing. But those earning more than \$500 net will have less total income than under the current rules. For example, a person netting \$800 per month would keep the first \$300 but only retain \$125 of the next \$500. S/he would be worse off by \$75 per month under these new rules. The government has said they want to provide greater financial incentives for people who work. These proposed changes won't do that.

Another significant change will impact people who are able to "earn their way off" of Ontario Works. Those who make so much that they are no longer financially eligible will do so at a much lower total income. The proposed new rules will mean that a single person will no longer be eligible once they reach \$15,328 of annual income. That is nearly \$4,600 lower than under the current rules. This reduction is even more impactful as lost eligibility means losing other OW benefits like drug coverage. A year ago there was optimism that appropriate reform of the social assistance system was in the offing. Things have changed.

*Bob Wood is a Community Worker at the Hamilton Community Legal Clinic. The Income Security Advocacy Centre provides more detailed information and analysis on the proposed changes at <https://incomesecurity.org/>*

# Locke Street Today



## James Street Tomorrow?

See the movie:

<http://bit.ly/NENMovies>



A message from HarbourWestNeighbours.ca, supporting the North End Neighbourhood as a Child and Family Friendly neighbourhood, a place for all ages and all people, a neighbourhood with safe streets. For further information visit our website [www.harbourwestneighbours.ca](http://www.harbourwestneighbours.ca) or telephone 905-769-0809.



### NEW VILLAGE RETIREMENT RESIDENCE

New Village Retirement Residence is located at 490 Highway 8, Stoney Creek. A mainstay of the Stoney Creek community for many years, New Village is attached to Pine Villa Long Term Care Home and is under new ownership. Much of New Village has been recently renovated including individual suites with private bath, and currently has available rooms. Retirement offers all inclusive, modest fee for rent, 3 meals and snacks per day, basic nursing care (no add-ons for meds dispensing or insulin injections) night-checks, emergency call bell bracelet, weekly housekeeping and laundry, all activities and programs. Respite care includes fully furnished rooms including bed and bath linens for respite/short stay, laundry (if here more than a week), housekeeping, 3 meals and snacks/day, emerg call bell bracelet, basic nursing, night checks, all activities for a reasonable daily rate.

We have low cost fees in a homey, family oriented environment. We are a facility with long term staff-to us the Residents are family. We offer flexibility and consideration of the unique needs of every person. For more information please call Michelle at 905.573.4940





# North Hamilton

Community Health Centre



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Community Health Centre

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Community Health Centre

905.523.6719  
pathways@nhchc.ca

### GOOD FOOD BOX

Pick up your box at Welcome Inn, or Eva Rothwell Resource Centre! Place your order by the second Wednesday of every month, and pick up on the 3rd Wednesday from 2-5!

High quality, fresh produce at a fair price!

\$15 for a large box (\$20 value)

\$10 for a small box (\$15 value)

Order at NHCHC or Eva Rothwell.  
Call for info: 905-523-6611 ext 3007

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The Eva Rothwell  
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at Robert Land



## YOUR VOICE. YOUR SUPPORT. YOUR COMMUNITY.

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

Donation amount (please circle): \$25 \$50 \$100 Other \$\_\_\_\_\_

Please complete the following form and enclose if donating by cheque:

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PHONE NUMBER: \_\_\_\_\_

OR visit northendbreezes.com to make a donation through PayPal! Please make cheques payable to North Hamilton Community Health Centre. Tax receipt will be sent to address above within 30 days of receipt of donation. Please check this box if you agree to have your name included in the Breezes as a donor. [Charitable taxation #10392 9162 RR0001]

## Are You Pregnant?

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



### North Hamilton Community Health Centre

438 Hughson Street North  
(between Macauley Street and Picton Street)

**Date:** Tuesdays 10:00am - 12pm  
Thursdays 12:30pm - 2:30pm

**Bus Route:** 02 or 04

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

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

### You will get:

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

**Register at group during your first visit.**

-  Health Connections **905-546-3550**
-  **www.hamilton.ca/PrenatalGroups**
-  **/HealthyFamiliesHamilton**



Hamilton  
Public Health Services

 **NorthHamilton**  
Community Health Centre

Funding provided in part by the Public Health Agency of Canada



# What's Cooking in the North End?

NORTH HAMILTON COMMUNITY HEALTH CENTRE SENIOR'S KITCHEN



## Vegan Winter Lentil Stew

A rich and hearty medley of vegetables, lentils, and herbs makes this freezer-friendly Vegan Winter Lentil Stew the perfect cold-weather comfort food. Total Cost: \$5.08 recipe / \$0.64 serving Servings: 8

### INGREDIENTS

- 2 Tbsp olive oil \$0.32
- 1 yellow onion \$0.32
- 4 cloves garlic \$0.32
- 4 carrots (about 1/2 lb.) \$0.45
- 4 stalks celery \$0.75
- 2 lbs potatoes \$0.70
- 1 cup brown lentils \$0.49
- 1 tsp dried rosemary \$0.10
- 1/2 tsp dried thyme \$0.05
- 2 Tbsp Dijon mustard \$0.09
- 1.5 Tbsp soy sauce \$0.09
- 1 Tbsp brown sugar \$0.04
- 6 cups vegetable broth \$0.78
- 1 cup frozen peas \$0.38

2. While the onion and garlic are sautéing, dice the celery, then add it to the pot and continue to sauté. As the celery, onion, and garlic are sautéing, peel and chop the carrots into half rounds. Add the carrots to the pot and continue to sauté.
3. As the onion, garlic, celery, and carrots are sautéing, peel and cube the potatoes into 3/4 to 1-inch pieces. Add the cubed potatoes to the pot along with the lentils, rosemary, thyme, Dijon, soy sauce, brown sugar, and vegetable broth.
4. Briefly stir the ingredients to combine, then place a lid on the pot, turn the heat up to high, and bring the stew up to a boil. Once it reaches a boil, turn the heat down to low and let it simmer for 30 minutes, stirring occasionally.
5. Toward the end of the simmer time, when the potatoes are very soft, begin to mash the potatoes a bit as you stir. This will help thicken the stew.
6. Finally, after 30 minutes, stir in the frozen peas and allow them to heat through. Taste the stew and add salt if needed (this will depend on the salt content of your broth, I did not add any extra). Serve hot and enjoy!

### INSTRUCTIONS

1. Dice the onion and mince the garlic. Add the olive oil, onion, and garlic to a large soup pot and begin to sauté over medium heat.

## Sweet Potato Cornbread

Prep Time : 30 minutes      Cook Time: 25 minutes      Total Time: 55 minutes

Mashed sweet potato, fragrant spices, and rich sour cream make this Sweet Potato Cornbread to die for. Serve with butter or a drizzle of honey. Total Cost: \$4.00 recipe / \$0.50 serving

### INGREDIENTS

- 1 medium sweet potato (about 1 lb.) \$1.56
- 1.5 cups yellow cornmeal \$0.36
- 1 cup all-purpose flour \$0.13
- 1/2 cup sugar \$0.40
- 1 Tbsp baking powder \$0.12
- 1 tsp salt \$0.05
- 1/2 tsp cinnamon \$0.05
- 1/2 tsp nutmeg \$0.05
- 2 large eggs \$0.52
- 1/2 cup sour cream \$0.47
- 3/4 cup milk \$0.23
- 2 Tbsp canola or vegetable oil \$0.04
- 1/2 Tbsp canola or vegetable oil for the skillet \$0.02

2. Coat the inside of a 10-inch cast iron skillet with oil. Place it in the oven and begin to preheat the oven to 425 degrees.
3. In a large bowl, stir together the cornmeal, flour, sugar, baking powder, salt, cinnamon, and nutmeg until well mixed.
4. Mash the drained sweet potatoes until fairly smooth. Transfer 1.5 cups of the mashed potatoes to a large bowl. Add the sour cream, milk, and 2 Tbsp oil, and whisk until combined. Add the eggs and whisk until combined again.
5. Pour the sweet potato mixture into the bowl with the dry ingredients. Stir the two together just until combined and no dry mix remains on the bottom of the bowl. It's okay if the mixture is a little lumpy, just be sure not to over mix.
6. Carefully take the hot skillet out of the preheated oven and scoop the batter into it. Smooth the top out until it's even, then return it to the oven. Bake for 22-25 minutes, or until the center is puffed, the top is golden brown, and it's slightly cracked around the edges. Remove from the oven, cut into eight pieces, and serve, preferably with butter.

### INSTRUCTIONS

1. Peel the sweet potato and cut it into one-inch cubes. Place the cubes in a pot, cover with water, and bring to a boil over high heat. Boil the potatoes until they're tender and fall apart with pierced with a fork (about ten minutes). Drain the potatoes and set aside.

## NORTH END BREEZES FREE CLASSIFIED ADS

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

Send your upcoming events to [events@northendbreezes.com](mailto:events@northendbreezes.com) to be included in our monthly calendar and on our website: [www.northendbreezes.com](http://www.northendbreezes.com)

**NEW** Children's Birthday Parties. Make your child's birthday the talk of the neighbourhood. Earlee the Entertainer will make it happen. Magic, balloons, paintable tattoos for only \$75.00 per hour. North End Neighbours – special rate of \$65.00 per hour. Earl Ross – 289-439-0166

**NEW:** Personal Support Worker wanted part-time alternate Saturday mornings from 9:30 AM to 1 PM. Job includes personal care, meal preparation and using a mechanical lift. \$17.50 per hour. Also looking for someone to help with supper meal once or twice a week for 1 to 1 1/2 hours. You do not need to be a personal support worker for this supper hour. \$17.50 per hour. Please send resume to [lstoeten17@gmail.com](mailto:lstoeten17@gmail.com) or call 905-528-6159 after 10 AM. Located near the Bayfront Park on a bus route.

Looking for a Board Member to join the North End Breezes. If you have a passion for The North End, technical and organizational skills and would like to contribute to our monthly publication, please send your resume to [office@northendbreezes.com](mailto:office@northendbreezes.com)

Be a driving force in your community! Drivers are needed to provide transportation for seniors to get to medical appointments. Flexible schedule and mileage reimbursement. Please call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

Hamilton – Let's Do Lunch!! Drivers and servers are required to help deliver meals to elderly and/or disabled clients. Drivers are reimbursed for their mileage. Stoney Creek and Downtown routes available. Just a couple of hours over lunch time are needed. Please call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

Hospice Volunteer Visiting– VON Hamilton is looking for caring, sensitive volunteers to visit and support people with a life-threatening illness through the end of life journey. Visits are a couple of hours per week. To join our compassionate team of volunteers call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

Volunteer Opportunity – VON Hamilton is looking for volunteers to help out in our adult day centre in the community garden. Call 905-529-0700 or email [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca) to showcase your green thumb.

Part-time Dispatcher; Looking for a mature adult to answer phone and dispatch orders to drivers, Weekends only to start Saturday evenings and Sunday afternoon. Looking for some local here in the North End. As we are in walking distance. Training provided and after training you can work out of your own home. Please call 905-921-9339 ask for Pearl

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 neighbourhood. Earlee the Entertainer will make it happen. Magic, balloons, paintable tattoos for only \$75.00 per hour. North End Neighbours – special rate of \$65.00 per hour. Earl Ross – 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 [brock-wm@gmail.com](mailto:brock-wm@gmail.com) if you are interested or have any questions.

FREE public talk! 'Letting Go of Anxiety' An evening of practical advice and wisdom, with renown Buddhist monk Gen-la Kelsang Khyenrab. 7 pm, Wednesday Nov 7, 2018. Hamilton Public Library, 55 York Blvd. Seating limited, please arrive early. Contact Ron Cook at [teacher@meditationinhamilton.org](mailto:teacher@meditationinhamilton.org) or call 905-526-7674

Suites Available: Office space 1258sq ft, utilities included \$1300/month. Secure building located central Hamilton. [rebekah@hamiltondreamcenter.ca](mailto:rebekah@hamiltondreamcenter.ca)

Daytime Volunteers needed at The Hamilton Dream Center Tuesdays and Thursdays, various tasks mostly Food Pantry and Clothing Room related. Some admin tasks as well. [rebekah@hamiltondreamcenter.ca](mailto:rebekah@hamiltondreamcenter.ca)





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A message from HarbourWestNeighbours.ca, supporting the North End Neighbourhood as a Child and Family Friendly neighbourhood, a place for all ages and all people, a neighbourhood with safe streets. For further information visit our website [www.harbourwestneighbours.ca](http://www.harbourwestneighbours.ca) or telephone 905-769-0809.

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**905-387-1883**

[marie@peopleinconnection.com](mailto:marie@peopleinconnection.com)

[www.peopleinconnection.com](http://www.peopleinconnection.com)

**Letters to the Editor**

Did you enjoy an article? Was there something we missed? Is there something you don't like? Or maybe you have an update we missed? The Breezes is YOUR paper!

Help us spread the news you want to hear.

Email [office@northendbreezes.com](mailto:office@northendbreezes.com)

