

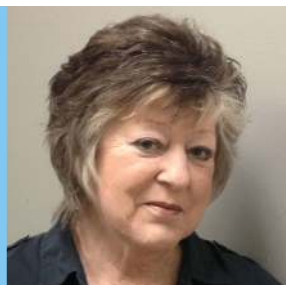
VOLUNTEERS NEEDED!!!

Moving forward, The Breezes is looking at new ways to stay afloat! A solid base of volunteers to deliver to our residents in certain areas, contacts to deliver door to door in apartments and a wider network of drop stations and maybe we'll narrow down our distribution area. It's all in the works and depends on you.

Do you walk around your neighbourhood? Pick up your kids at school or walk your dog? If you want to meet your neighbours and learn about your community, we need you! Please email office@northendbreezes.com

FEBRUARY 2019 | VOLUME 2 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | [@NORTHENDBREEZES](https://twitter.com/NORTHENDBREEZES) | [FACEBOOK.COM/NORTHENDBREEZES](https://facebook.com/northendbreezes)

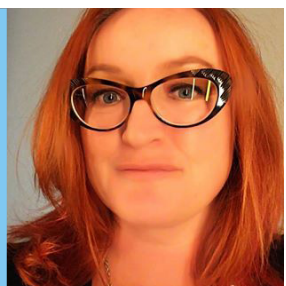
THE PEOPLE BEHIND THE BREEZES



BRENDA DUKE

So everyone wants to know "what does a coordinator do?" Well, we coordinate I guess. Basically, bring it all together: build the team that builds The Breezes, the volunteers, sell ads, invoice, collect payments, answer emails,

research and write grants, follow up on articles, proof read and look for new ideas so we can include everything you want to see. We start the next issue immediately after the last issue goes to print so there really isn't a down time. My "work week" is 15 hours but I swear I do that or it seems like it, in a day or two. I'm not complaining believe me. I love what I do but I couldn't do it without the people we are featuring here and others. These are some of the key people who volunteer their time and expertise to the finished product. If you look at the number of volunteers and what they contribute, there is a small organization working upwards of 20 hours each issue. If we put a dollar figure on that, and we don't because they give freely of their time, even calculated at the ridiculous dollar amount of \$15 per hour (deemed to be living wage) we have a small "company". Then, we have expenses that can't be volunteered like printing and postage. It costs money and that is why you see us ask for donations to keep us going. We are in our 48th year; almost unheard of in the publishing world and definitely in the world of community newspapers. We're moving forward, getting better all the time. Let's keep it going and keep bringing news of the community to the community. Thanks to everyone who makes it possible.



CANDY VENNING

My name is Candy Venning; I have a local landscape/design business called Venni Gardens. I've been a landscape designer for 20 years, I volunteer in various public gardens, plus I teach with Sheridan college and Mohawk.

Each issue I contribute a garden article to help inform, guide and share my experience with neighbours. Most articles accumulate from notes over multiple days and a writing session of between 6-10 hours. Topics are seasonal as well as lighthearted and heavy on encouraging everyone to plant pollinator friendly yards. I really enjoy sharing the new & old landscape and garden experiences I've been so fortunate to accumulate.



KIT DARLING

My name is Kit Darling. In 2009 I retired from the Hamilton Public Library System after close to 40 years of working in various roles from Story time to Information Technology. I planned to potter in my garden, enjoy my

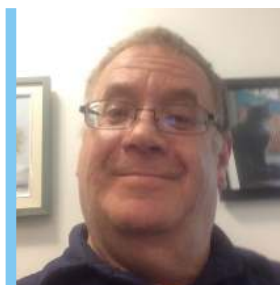
North End Neighbourhood and catching up on my reading. The latter led me to the Bay Area Book Club. Several years ago, I started contributing the monthly Book Club column. Easy enough I said. Then I met Brenda and now I seem to be doing much more. I compile the Events List, with a main focus on events that are free or nearly so, family friendly and in our neighbourhood or within walking distance or a short bus ride. I also research and write articles as required, for example around the municipal elections. And finally, I try to help Brenda as much as possible with organizing meetings with the Editorial Team, planning themes and helping to ensure content for each month.

With the Book Club Column, Events List, addition columns and communication/logistics; the time spent working on The Breezes adds up to 12.5-18 hours per month.

THE FOLDING TEAM



The Breezes relies on many volunteers. See more People Behind the Breezes profiles on page 12.

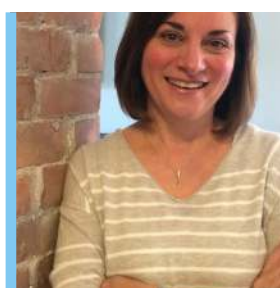


BRIAN ROULSTON

Brainstorming up ideas is the hardest part for me. However, once I get an idea I do research and it can take an hour or 3 or 4 days. It's 50-50 chance a trip to the library is in order.

Many times I start out doing an article and something better pops up and go with that. I will then take that info and try get the main points and shorten it down. Then start putting it together which again can take a couple hours, a day or longer. Then when the story seems to take on a life of it's own I have a rough draft. Then I'll put it together move paragraphs around, tweak it and proof it.

My biggest thing is to try not to overdo the tweaking or writing. What can I say, I'm a stickler in trying to get the wording just right.



ROSE DIVECHA

Rose Divecha writes a column for the NEB (previously titled North End Newcomer) which highlights and draws from her personal experiences, in an upbeat and often humorous way, various events, people and everyday occurrences that

are distinct to our community. Some of her stories include Cannabis awareness, RHYC milestone, CityKidz Christmas and interactions with neighbours.

Rose works for the Art Gallery of Hamilton and in her spare time also writes a blog, www.mypeleelife.wordpress.com, which is linked to the Discover Pelee website (another place she is passionate about).

"Writing is a creative process for me. My 400 +/- word column can take me a few hours (6 - 10) or a few days... staring at the screen waiting for inspiration to hit..."



Jason Farr
Councillor, Ward 2 - Downtown
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SHADY BUSINESS AND FUN FOR THE KIDS: CAVES OF THE NORTH END

SUBMITTED BY ROBYN GILLAM

Once upon a time back in the Nineteen Twenties, when making and selling liquor was illegal in the United States, there were enterprising types in Canada manufacturing the stuff and smuggling it across Lake Ontario in fast boats. Some of them were based in Hamilton.

Along with the notorious Rocco Perri, it is said that Ben Kerr, a well-connected plumber and boat-
ing enthusiast, was in on the game. His spacious home on Bay Street North overlooked the whole West Harbour, with its very own marina right below. In the hillside below the house, there are three concrete rooms or “caves” constructed by Kerr. Some say they were for hiding smuggled booze, but others say they were only for storing gasoline for his boats.

In 1929, Kerr and a buddy failed to return from a run across the lake and their battered remains were later recovered far away. Was it an accident or had they been “rubbed out”? Prohibition ended and Rocco Perri later vanished while taking a walk.



By the nineteen fifties, North End kids had rediscovered Kerr’s caves, transforming them into hideouts and forts. Teens and young adults also used them as a hangout and place for late night gatherings. The fun ended 40 years ago when Sandy MacDonald established his marina on the site. The entrances to the caves were blocked off, hidden behind buildings that belonged to the marina.

Then, in 2018, when the city terminated the marina lease and most of the boats and equipment were removed, the caves were once more revealed. On May 18, 2018, the Spectator reported that moves were afoot to make them into a heritage feature, while noting their unsavory character. Of course these spaces are dank and dark, filled with old shelving, mattresses and other rubbish. Cleaned up with appropriate signage, they would certainly make an interesting, if not a very attractive heritage site. At present, the entrance of only one of the caves is visible behind structures connected with the MacDonald marina that are still on the site.

The history of the West Harbour caves is a good example of how buildings and other landscape features change their meaning and use over time. Many old North Enders fondly remember the fun they had in the caves and the untamed land around the harbour. Not only did it provide outdoor activity, exercise and social opportunities, it stimulated the imagination. Do kids today spend too much time on their phones or playing online games? Can they be outside playing and interacting safely? Today we recognize the risks attached to exploring informal, unsupervised spaces like the caves. However, we all need to be able to interact with our environment in a creative and interesting way. Whatever plans are put in place for the West Harbour area, we need to make sure that they leave room for exploration and play by North Enders of all ages. The space along the bay is there to be enjoyed.

The author would like to thank George Pavlov for access to his wonderful Facebook page, as well as his Facebook friends.



Banner Year for Cargo

Cargo results for 2018 revealed the highest volume handled through the Port of Hamilton in more than a decade. More than 11.6 million MT of cargo was imported or exported through the port during the 2018 shipping season. 674 vessels visited Hamilton Harbour, 43 more than in 2017. And more of these ships were making overseas trips, in 2018, the amount of overseas cargo was 70 per cent higher than the previous 4-year average. The Port of Hamilton is the seventh largest port in Canada by volume, and the largest in Ontario.

The Heart of Turtle Island: The Niagara Escarpment

In support of stewardship and environmental awareness, HPA has purchased copies of Mark Zelinski’s new photography book Heart of Turtle Island: The Niagara Escarpment, a multi-layered perspective of the living Escarpment, and its geological, cultural and environmental significance. As Part of his “Books That Heal” initiative, Mark donated the proceeds to Café 541 Eatery and Exchange, a non-profit Hamilton restaurant that turns dollars into buttons- anyone can use 5 buttons from the jar each day as \$5 towards a good meal.

James Howlett, member of the HPA Board of Directors, authored the final chapter of Heart of Turtle Island, titled: ‘To the Next Keepers’.

Save the Date: February 27- Sharing our Harbour

Our next boating safety information session is Wednesday February 27, 7:00pm at the Royal Hamilton Yacht Club. Visit www.hamiltonport.ca for more details.



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Christopherson, MP**
Hamilton Centre



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www.davidchristopherson.ca

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hamilton@davidchristopherson.ca



WARM AND COZY FOR FEBRUARY

SUBMITTED BY
MICHELLE FERERRA

February is the month of love-so allow me to warm your heart with a sweet story of a warm and cozy movement in Hamilton. The Keep Hamilton Warm League of Charitable Knitters-an offshoot of Keep Hamilton Warm Org. They meet every other weekend at the Kenilworth Library to rustle up some knitted or crocheted love for the homeless and low-income folk of our City. Love and laughter go into every stitch of sweaters, hats, mitts, scarves, baby blankets and booties. All items are donated to Good Shepherd Centre, Birthright Hamilton, Living Rock Ministries, Compassion Ministries, St. James Anglican Church, Parkview Church, Salvation Army soup truck, schools, shelters, hospices. If you have warm woolens to donate you can always tie them in a clear plastic bag to the charming giving fence in front of Hamilton General Hospital. I remember the wonder of opening a box from my Nana, filled with treasured knitted winter woolies-the memory is like a warm hug even now!

This winter, love is: a warm pair of hand-made mittens. xo

OUR CORNER ◆ Bar & Grill ◆

Breakfast (8am - 12pm 7 days a week)

\$5.20 - 2 eggs, homefries, toast, bacon, ham or sausage

\$5.65 - 2 eggs, homefries, toast & peameal bacon

\$6.10 - Omelette (ham, onion, peppers, mushrooms & cheese)

12" Subs

\$4.25 - Veggie

\$5.25 - Assorted (Mild/Hot), Salami (Mild/Hot), Pizza & Ham

\$6.25 - Pork Cutlet, Roast Beef, B.L.T., Turkey, Meatball & Chicken

\$7.25 - Turkey Club

Homemade 7oz. Hamburgers

\$5.50 - Hamburger

\$6.10 - Cheeseburger

\$6.75 - Banquet Burger

Karaoke Every Other Saturday

February 2nd, 16th

March 2nd, 16th, 30th

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L8L 1J1

WALKABOUT THE COMMUNITY: REMEMBERING THE “LADY IN RED”, PAMELA TOWNSLEY-WINTER

SUBMITTED BY KEN HIRTER



PAM ALL DRESSED UP IN RED FOR VALENTINE'S DAY

It wouldn't be a Valentine's Day without remembering the DYNAMIC LADY in RED. Pam passed away on February 01, 2018 with love in her heart for those she had encountered over her 85+ years.

Her love for community, theater and her City dates back to the 1950's when Hamilton became home and she became a proud Hamiltonian. Born in England, she was an English Rose and always a lady.

Pam was a friend and a volunteer with an abundance of heart! She loved entertaining and bringing happiness, joy, friendship and smiles to everyone....

“Be a Clown be Clown for the World loves a Clown”

“Send in the Clowns”



“Make them LAUGH, make them LAUGH”.....

Thanks Pam for your years of entertainment as a professional clown and the countless charities events, shows; a dedicated community contributor and voice over the years. Her cherished memories live on in the

archives and features in The Hamilton Spectator and other media that chronicles her achievements from the 1970's to the 2000's.

Here in Hamilton's North End she held the NORTH-END BREEZES & THE WELCOME INN COMMUNITY CENTER closest to her heart.

For the last 20 years Pam was a featured writer for The Northend Breezes with her monthly column the “ELDERBERRIES” where she would recall her many wonderful adventures. Her storytelling lives on in the archives and in the memories of her cherished readers. You would often see Pam and her best friend/sidekick Megs at fundraising events for the Breezes dishing out good cheer, a wave and a smile: “Buy a t-shirt and support the Breezes”



PAM AND MEGS SUPPORTING THE BREEZES IN MATCHING T-SHIRTS AND TIARAS

Pam's involvement with the Welcome Inn Community Center and the Senior Lunch program dates back 20+ years when she first volunteered as a Senior Home Visitor and where she met Megs Smith who would become her best friend. These two ladies clocked in many tirelessly hour volunteering. The Welcome Inn keeps her memory alive in their Welcome Inn Community Centre's Memory Photo Albums of the many photos taken throughout the years. At the Welcome Inn Community Center many lifelong friendships were formed, people bonded and remained her friends until we said our final good-

byes on February the 13, 2018 with Valentine's love, laughter and tears as Pam left center stage.

Pamela Townsley-Winter leaves behind many cherished memories with her family, friends & extended family from England to Hamilton and beyond. She will live on in those memories as we celebrate

the one year memorial of her passing.

In loving memory, “I tip me hat to me lady in Red”.

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

ARTS & ENTERTAINMENT

SUBMITTED BY TRACEE LEE-HOLLOWAY

Thousands braved the cold to say farewell to Walk Off The Earth Band member Mike “Beard Guy” Taylor at a memorial/tribute concert in Burlington, January 13th. If you missed the event, You can watch it at:

<https://bit.ly/2CBFVt6>

On exhibit now at You Me Gallery: Night Watch Sadko Hadzihasanovic.

This group of paintings explores the role of firearms in our society through the figures of hunters depicted in heroic poses, often in ambiguous and humourous ways. Exhibition essay by Ingrid Mayrhofer.

Show runs January 11 - February 24, 2019 at 330 James Street North. Gallery hours Wednesday thru Sunday 12-5pm.

February 2nd The Canteen at Gage Park is the first signature event of the Winterfest calendar. Nestled in the woods surrounding the Tropical House, a newly renovated portion of the Gage Park Green House, The Canteen is a free pop-up event that brings one of Hamilton’s most impressive parks to life with: Live music, an Air Hockey Tournament, The Bookmobile & story-telling by the Hamilton Public Library, a winter marketplace, food & hot drinks by Relay Coffee, a new sculptural work about winter animals, a kid’s obstacle course. Something for everyone.

In addition to The Canteen, the Friends of Gage Park will have horse drawn carriage rides, and a delicious BBQ on-site.

February 16th La Nuit du Vagabond returns to Hamilton’s Cotton Factory located at 270 Sherman North. Hamilton Aerial Group’s 6th annual cabaret performance as part of The City of Hamilton’s WinterFest event. Featuring In “The Night of the Wanderer”, daring aerial acts, larger than life puppetry and stellar music. Event details: <https://www.facebook.com/events/606339786463070/>

If you are looking for a one of a kind party featuring some of the most prolific artists & DJs in the city, No Thrills presents Audio/ Visual Art & Dance series as a pop up to celebrate all Capricorn & Aquarius birthdays on 2 floors at Taqueria Marina & Shaolin Underground one of the coolest new spots on #JSN located at 229 James Street North.

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

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

Check out my blogs! followtracee.blogspot.ca/
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.

Photo credit: Vern White

Just another reason to join our folding team!

Coffee & Donuts supplied by:

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JACKIE WASHINGTON PARK

SUBMITTED BY BRIAN ROULSTON



Jackie Washington treated everyone like a friend. He always had smile, a good humored story to tell or a song to sing. Jackie also had the uncanny ability to remember people’s birthdays, just as he would know most of the 1200 songs in his repertoire by heart. Jackie dedicated his life to making people feel happy.

Jackie Washington Rotary Park sits on the corner of Wellington Street North and Simcoe Street. It was the site of one of the worst environmental disasters in Canadian history; a fire that burnt for four days sending smoke for kilometres.

Today, it bears no resemblance to its former occupant Plastimet, a recycler of plastic waste.

In 2004 with help from the Rotary Club of Hamilton who donated \$12,000 for trees and shrubbery, the site underwent a major cleanup and now celebrates this very beloved Hamiltonian who was born and raised right here in Hamilton’s North End. A Hamiltonian whose career started as a five year old boy singing on stage at Bennetto School on Hughson

Street. His career in jazz & blues would take him on a journey across Canada and the U.S, it would last seven decades and appropriately enough it would end right here in Hamilton at Convocation Hall, McMaster University.

Jackie’s grandfather George was a slave in Virginia who came to Canada via the underground railroad. His father came to Hamilton and got a job as a garbage collector and met his future wife Rose here in town. They had 15 children; 11 boys and 4 girls. Jackie was the third born in the family on November 12th,1919, he was the last surviving sibling of his family.

There were always musical instruments in the house when he was a kid, so Jackie taught himself how to play guitar. Eventually, he and three of his other brothers called themselves the Washington Quartet and sang minstrel songs like ”Camptown Races” in virtually every church in Hamilton. If a church couldn’t afford to pay them, they made sure Jackie and his brothers went home with food.

Ormsby the oldest of the quartet drowned while swimming at a Waubauskene Beach resort in Northern Ontario. The Washington’s were at the resort rehearsing along with a swing band during the summer of 1938. Jackie then became one of the first black radio disc jockeys in Canada after a stint at both CHML & CKOC radio. In the early years it was hard for Jackie to

live off his music, so he took a few odd jobs such as a porter on VIA Rail, a shoe shiner at Ft. Erie Racetrack where he developed a knack for picking the ponies, this in turn made him a lucrative living for a while. He was also a washroom attendant at Duffy’s Tavern a local hotspot for jazz players at the time located by Gore Park. Jackie even joined the army but was given a medical discharge after three years. Following that, he got work at American Can on Emerald St.

Jackie had a few rough years but he recovered and played with Freddie Purser, a well-known saxophonist for many years. Jackie had a foot amputated due to diabetes but he could still smile and laugh.

Jackie became a staple at the Friendship Festival here in Hamilton where he played for 29 years, the Home Country Festival in London Ontario and the Northern Lights Festival in Sudbury.

Jackie received many awards, one of them, an honorary doctorate in humanities in 2003 at McMaster University. A lifetime achievement award from the Ontario Arts Council and was also inducted to the Gallery of Distinction in Hamilton.

Jackie was no stranger to movie cameras either, he played a small role as a janitor in the movie, “Hank Williams: The Show He Never Gave” (1980) and a documentary of his own life, “ I Want to Be Happy: The Jackie Washington Story.” 2005.

For those interested in learning more about this great man, many of his personal collections, papers, music records and other artifacts were donated to McMaster University.



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Pastor: Rev. Peter Jurzyk

Sunday Mass: 11:00 am

Weekday Masses:

Tues: Mass at 7:00 p.m.

Wed: Mass at 8:00 a.m.

Thurs: adoration and
 opportunity for confession
 6:15 p.m. and Mass 7:00
 p.m.

Fri: Mass at 8:00 a.m.

*please check our website to confirm weekly
 mass times*

Phone: 905-529-3921

Call the parish office to book an
 appointment with the priest, book a home
 visit for the sick, inquire about sacraments,
 and for hall rentals.

email:

stlawrencehamilton@hamiltondiocese.com

facebook.com/stlawrencehamilton/

www.stlawrencehamilton.ca

Office Hours:

Mon 9am-1pm

Tues 9am-3pm

Wed 9am-3pm

Thurs 9am-3pm

Fri 9am-1pm

Call the office for hall rental information or
 visit the hall rental page on our website
<http://stlawrencehamilton.ca/hall-rentals/>

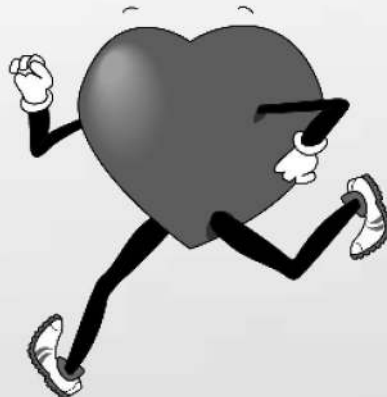
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COME & ENJOY!

**Bring your dancing shoes, kick up your
 heels and have a great time!**

Feb 7, 2019	*Randy Thomas
Feb 14, 2019	*City Kidz
Feb 21, 2019	*Lionel Bernard
Feb 28, 2019	*Big John & the Night Trippers

December 8, 2018

Ham & Turkey Roll

Sweetheart Darts February 9th

2:00-5:00

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2:00 pm to close



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 part of the North End since 1887. Each Sun-
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 with music, and relevant teaching from the
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 are babies right through Grade 8. During the
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 grams and our Coffee's On drop-in on Fri-
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 website for details: www.hughson.ca

BENNETTO COMMUNITY CENTRE

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

FEBRUARY 2019

February is a good month to think about your heart!
Participate in one of these programs and get your heart beating faster.

WATERFIT
MONDAY 11:05-11:50 am & 8:00-8:45 pm
TUESDAY 11:05-11:50 am
WEDNESDAY 11:05-11:50 am & 8:00-8:45 pm
FRIDAY 11:05-11:50 am

FAMILY DAY SWIMS – On February 18th, 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) 12:00-2:00pm
		Open Gym (13-17yrs) 7:30-8:30pm		Open Gym (6-12yrs) 6:30-8:00pm	Open Gym (6-12yrs) 2:30-3:30pm



JOIN OUR TEAM!!

The Board of Directors is looking for an eager volunteer to bring new ideas and skills to the table.

Now in our 48th year, The Breezes is looking to put some new wind in our sails that will lead us forward. New technology! New ideas! More community events! New volunteers! YOU can be part of that team!

Email office@northendbreezes.com

*In Loving Memory to you
Mum, Nana and
Dear Friend to many*

Pamela Cleverley-Townsley
Jan18th 1935 - Feb 1st 2018



*“All the worlds a stage and all the
men and women meerly players;
they have their exits and their
entrances, And one man in his
time plays many parts...”*
Shakespeare



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CALLING ALL NORTH END SENIORS!
Everyone is welcome to come and warm up at the Senior's Diners Club every Tuesday, 12-2
The coffee is on.
The homemade hot lunch is always delicious.
The Friendships are filled with warmth and care.
The activities are fun.
We would love to meet you!



Questions: Call Ruth @ 905-525-5824

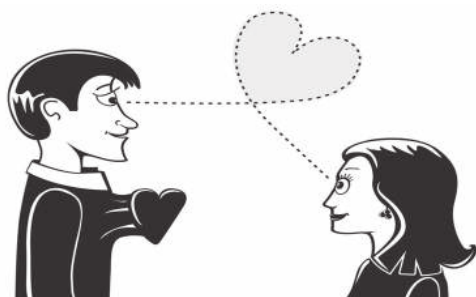
Looking for something to do in the new year?
Consider joining the Volunteer Team at NEW HORIZONS THRIFT STORE!
520 James Street North
The hidden gem of the North End.
A great way to make friends, contribute to your local community space, and at the same time build your resume.
We are looking for people to volunteer Monday thru Saturday
Connect with Amanda to get the conversation started:
amanda@welcomeinn.ca or 905-525-5824
Feel good about your purchases, all the proceeds fund the Welcome Inn Community Centre programs

The Welcome Inn Food Bank supplies our North end community with 3 days of food, every 30 days.
We are in need of the following items:
Any canned goods, pasta sauce, peanut butter, cooking oil and personal hygiene products.
Every donation goes a long way!

WELCOME INN COMMUNITY CENTRE
40 Wood St E | 905-525-5824 | info@welcomeinn.ca

LOVE AT FIRST SIGHT

SUBMITTED BY ROSE DIVECHA



I first noticed Valentine's Day merchandise lining store shelves a few short days after New Year's. The vibrant displays of red and pink, hearts and roses, stuffies and chocolate reminded me only of the clutter that had accumulated in my home since Christmas and had yet to be sorted and packed away.

I'm not big on Valentine's Day. I know a lot of people share my sentiment. I believe in expressing affection to those we love year round and am not inclined to join in the pomp and circumstance surrounding February 14th.

That wasn't always the case. In grade school, I loved decorating a tissue box, ready to receive the slew of handmade cards and paper doily hearts that were customary at the time. And later, during my dating years, I would have thrown a tantrum if I felt any offerings fell short of my expectations. When my kids came around, I looked forward to sending them to school with Valentine cards to hand out to classmates, and always participated in the annual Valentine Day cake raffle.

But now, I no longer feel the need to make dinner reservations or run out to buy anything heart-shaped. Instead, my husband and I will open a bottle of red and have a quiet dinner at home, confident and secure in our love for one another. Lazy? Perhaps.

Thirty years into this relationship we have nothing to prove, although guaranteed Rob will still bring me a bouquet of flowers. (Probably scarred from a tantrum I must have thrown once years ago, he is unable to break this habit and inwardly, I am glad.) Afterwards, we'll take a walk around the neighbourhood and focus on what brought us to the North End, passing the yard full of colourful tin men swaying to their own rhythm and along the water's edge and its constant calming presence. Returning to the warmth of our home and a hot cup of tea, we'll turn on the tv and fall asleep on the couch.

Comfortable? Undoubtedly.

But I wouldn't change a thing.



Next Meetings:

Wednesday, February 6 and Wednesday, March 6, 2019

7:00 PM – 8:00 PM Bennetto Community Centre

Our monthly meeting is a great place to start if you want to meet some of your neighbours, discuss a range of neighbourhood issues, plan social events, and get involved in the community.

More than 30 people attended our first meeting of the New Year on January 2nd. That's a great turnout, especially for a chilly evening in January.

Your involvement and support make NENA stronger and helps us be a positive force that does things to make our neighbourhood a nicer place to live.

February's meeting will be important in this regard. As previous updates have outlined, several major planning matters will require focused attention and effort from interested North Enders this year: Piers 6-8 development on our waterfront at the end of James Street North (an appeal hearing is scheduled to begin in April at the Local Planning Appeal Tribunal (formerly OMB) to resolve the Pier 8 rezoning), two proposals for 8 storey apartments on James Street North, and the planned sale and redevelopment of the Jamesville townhouses near West Harbour GO (the process is anticipated to begin in 2019).

In response, NENA is proposing to create a Planning Committee, subject to the approval of those who attend, at its February meeting. Long-time neighbourhood resident, Herman Turkstra has volunteered to chair this committee. The Committee will help ensure there is an appropriate forum for planning issues to be studied, researched, discussed and debated by interested community members and give NENA a stronger, more effective voice on planning and development matters that impact our neighbourhood. If you are interested in participating and/or becoming a member of this committee attend our February 6th meeting or email nen.president@gmail.com for more information.

As you may have noticed, the John Street Bridge is set to be demolished and rebuilt by Dufferin Construction on behalf of CN. In a notice sent to nearby homes, John Street from Strachan to Murray will be closed starting in mid-January for approximately 8 months to complete this work.

For many years, residents associated with NENA and other neighbourhood groups have worked to reduce cut-thru traffic and lower speeds on our neighbourhood streets. The closure of the John Street Bridge for 8 months gives us an opportunity to see if reduced thru traffic improves safety and quality of life on John Street North from Strachan to Burlington Street, as well as what happens on other streets such as James, Ferguson and Simcoe East that might see increased traffic. NENA supports ongoing improvement to traffic calming efforts, so we are eager to learn from this closure.

These and other things are on NENA's radar for 2019. We're always happy to hear from you. To let us know your thoughts or concerns, email us at nen.president@gmail.com or attend our monthly meeting.

For more up to date information visit
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 or on our website:

www.northendbreezes.com

Published by:

North End Breezes Board of Directors:

Paul Havercroft, Ian McDonald, Chris Pearson, Sarah Harvie, Annabel Krupp

Editorial Assistant: Kit Darling

Co-Ordinator: Brenda Duke

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 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

FEBRUARY EVENTS

February is Here! It may be the shortest month of the year but boy is it packed with lots to do. It’s Black History Month, Hamilton Winterfest, Valentine’s Day and Family Day.

Date	Time	Details	Address
FR 1	Noon	Noon Hour Concert: Gillian Nicola	Central Library
	1	Free Movie: Mama Mia ; Here We Go Again	Central Library
	5	Friday Night Tour: Start at Central Library and move on to Art Gallery of Hamilton	Central Library Art Gallery of Hamilton
SA 2	11	Being Mindful: The Basics of Mindfulness Meditation. Presented by St. Joseph's Healthcare	Central Library
SU 3		Japanese Film Festival	Central Library
	1	Thermae Roma	
	3	Throne of Blood	
WE 6	7-9	North End Neighbours monthly meeting	Bennetto Community Ctre.
FR 8	Noon	Noon Hour Concert; Laura Keating	Central Library
	4:30 – 11	Art Crawl	James Street N.
SA 9	11	Taking Control of Chronic Illness. Presented by Chronic Pain Clinic St. Josephs Healthcare	Central Library
SU 10		Japanese Film Festival	Central Library
	1	Yoju Mameshiba	
	3	Nobody to Watch Over Me	
TH 14		Valentine's Day	
FR 15	Noon	Jackie Washington Day Special Concert	Central Library
MO 18		Family Day	
	1:30	Mr. Chris and the Gassy Bubbles. (Children's music)	Central Library
	12 – 4	Dundas Rotary Winter Carnival Entertainment, Sleigh rides, free Hot Chocolate	Dundas Driving Park
	12 – 4	Trains, trains and more trains. Model trains, crafts, and more.	Museum of Steam & Technology, 900 Woodward Ave.
FR 22	Noon	Noon Hour Concert; Jesse Luciani	Central Library

Black History Month Events			
Date	Time	Details	Address
1 - 28		Black History Month Exhibit	Central Library, 1 st Floor
SA 2	5:30	John C. Holland Awards Gala For more Information and Tickets http://www.johnhollandawards.com/	Liuna Station
TU 5	5	Free Movies: Malcolm X	Central Library
TU 12	6	Free Movies: Precious	Central Library
WE 13	7 – 9	Black History Month at Griffin House Speaker Kojo 'Easy' Dampsey	Ancaster Old Town Hall, 310 Wilson E.
FR 15	Noon	Jackie Washington Day Concert A musical celebration of the life of a beloved blues artist.	Central Library
	4	Book Explorers read Oscar Lives Next Door; A Story Inspired by Oscar Peterson's Childhood Ages 4 - 8	
SA 16	7	The Riddim Riders Unplugged Tix @ 905-543-8523 or at door	Artword Artbar 15 Colborne Street
WE 20	6	Free Movies : I Am Not Your Negro	Central Library
SU 24	2	Free Movies: Josiah	Central Library
Hamilton Winterfest Feb. 1 - 8 www.Hamiltonwinterfest.ca for more events across the City			
1 – 17	4:30–12:30	Hamilton Waterfront Festival of Lights	Pier 8
FR 1	10:30-11	Family Story Time	Central Library
	5 - 6	Free Skate	Eastwood Arena
SA 2	10	Seedy Saturday	St. Lawrence School 88 Macaulay St.
	Noon	Gage Park Winterfest Music, BBQ, Horse & Wagon Rides	Gage Park 1000 Main St. E. Parking Off Lawrence Road
FR 8	5 – 6	Free Skate	Eastwood Arena
SA 9	10:30	North Central Community Association Pancake Breakfast	Eva Rothwell Ctre. 460 Wentworth St. N.
TH 14 – SU 17	7 - 11	Frost Bites – Winter Performance Festival A variety of 20 minutes performances. Start at New Vision Church and move on to St. Paul's Presbyterian	New Vision Church 24 Main W.
FR 15	5-6	Free Skate	Eastwood Arena
SA 16	12-4	Winter Green Screen Learn how a green-screen works; interact with winter activities without getting cold.	Factory Media Centre 228 James N.

Have a neighbourhood event to list? Send to events@northendbreezes.com by the 12th of the previous month.

ONTARIO BUDGET IDEAS

SUBMITTED BY BOB WOOD

The Ontario government is looking for input on their forthcoming budget. To that end Doug Downey Parliamentary Assistant to the Minister of Finance facilitated a discussion in Waterdown in January. Hugh Tye, our Executive Director, presented some of our thoughts AT THE MEETING. Presentations were limited to three minutes in length so Mr. Tye focussed on two key areas. An edited version follows:

Today we would like to address one of your government’s core commitments “putting more money in people’s pockets.” Specifically, we would like to see the budget address this matter in relation to two groups - social assistance recipients and injured workers.

Social Assistance Rates

Social assistance rates continue to fall far below subsistence levels of income. The rates remain arbitrary

numbers and have no relation to the actual cost of rent, food and basic necessities. The Clinic has long been concerned that social assistance rates are not set through any evidence-based methodology. Since 2006, we have called for the creation of a board to set these rates based on the actual costs of living. Currently, there is private members legislation before the legislature. If Bill 60 is passed such a Social Assistance Research Commission would be put in place. The existing inadequate rates are still a problem.

Injured Workers

We are also concerned about injured workers who are unable to get a job and unable to live on their compensation benefits. Many are being forced onto social assistance and into poverty in increasing numbers. This is a direct result of the practice of deeming. As you know, if an injured worker is unable to return to his former job, the Board determines the injured worker’s residual earning capacity by a “deeming of wages.”

Consider some recent research that looks at injured workers with a permanent injury. Looking at those who are recognized and rated by the WSIB at 10 to 20% impairment (that is the largest group of injured workers), we see that 41% of these workers recover less than 25% of their earnings compared to their uninjured peers. What can be done? We believe that the practice of deeming should be ended. Ending deeming could be as simple as changing the deeming provision of the act. It could be changed to say that, absent evidence of non-co-operation in return to work attempts and/or refusals to do work that is suitable to the injured workers medical condition, an injured worker with a permanent impairment should receive a loss of earnings based on actual wages. We will be sending a more thorough presentation to the province prior to their deadline date of February 8th. You can too by going to <https://www.ontario.ca/page/budget-consultations>

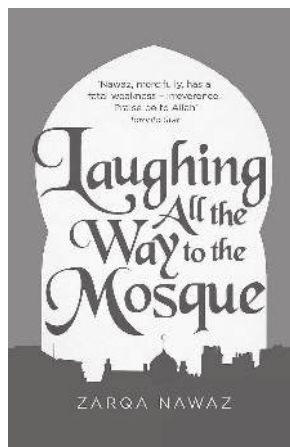
Bob Wood is a Community Worker at the Hamilton Community Legal Clinic.



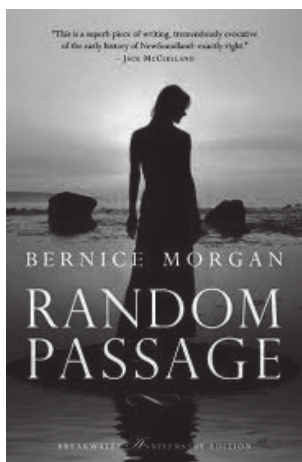
BOOK CLUB CORNER

SUBMITTED BY KIT DARLING

At our January meeting we discussed **Laughing All the Way to the Mosque** by Zarqa Nawaz, the creator of the TV show Little Mosque on the Prairie. In the same vein, Nawaz tells of her growing up and adult life – and navigating between two cultures. Who knew that wearing a hijab could be an instrument of teenage rebellion? A devout Muslim, a mother and a very funny woman, she writes that her father declared that the Quran said it's OK to eat at McDonalds – as long as you have the McFish. Her attempts to cook an Eid feast for a crowd that grew to over 100, are hilarious and involve a last minute search for enough Halal chicken to feed the crowd and melting the BBQ. Unusually, everyone enjoyed the book. Many of us learned things about Islam and Muslim life that we did not know. We enjoyed a lively discussion about culture and religion. Some said that they would love to meet and know her and her family. A fun and informative read.



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



Random Passage by Bernice Morgan

Random Passage is a great Canadian story. Set in Newfoundland it chronicles the lives of early settlers in a tiny outport community perched on a rock between dense forest and inhospitable ocean. They struggle to survive against starva-

tion, disease, and surprise attacks.

Superb character development and colourful dialect add to the allure of this novel.

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

IT'S TIME TO START PLANNING YOUR GARDEN! SEEDY SATURDAY

It's Time to Start Planning Your Garden!

Yes – there's snow on the ground. Yes, it's still really cold out there. And now is the time to think about Spring. Starting vegetable seeds, attracting the birds and the bees and dreaming.

A good place to start is Seedy Saturday:

**Saturday February 2 from 10 – 3 at
St. Lawrence School, 88 Macaulay Street E.**



Sponsored by Green Venture, it is advertised as "the 'go to' place for anyone and everyone interested in backyard gardening, edible gardening, pollinator gardens, sustainability, heirloom and organic seed supplies and more!"

Events include:

- Seed exchange - please bring your seeds in packed and labelled envelopes to make the swap easier for our participants
- Gardening book exchange - mastered everything in your own gardening book and want to try another? Visit our book exchange table!
- Seed and garden supply vendors selling quality seeds with heritage and heirloom varieties
- Garden workshops and educational demonstrations
- Opportunities for meeting and networking with other gardeners and experts
- Children's activities sponsored by Green Venture's EcoStars Camp
- Food Vendors

Entrance is by donation.

Want more? Seed catalogues contain information and inspiration. 2 local ones that I enjoy for the range of seeds and other garden supplies (and of course the pictures!) are:

William Dam Seeds (279 Hwy. 8, Dundas) has been in business for 70 years. A good source for untreated seeds, heritage varieties of vegetables, flowers, grasses and more. You can visit their trial gardens - 5 acres of vegetables and flowers – between July and August to see what might be available next year. www.damseeds.com

OSC Seeds, 16 King St. S., Waterloo also has a wide variety of flower and vegetable seeds available. www.oscseeds.com

Remember, it's easy to get over-ambitious when ordering seeds. Measure the amount of space that you have available for planting and the amount of energy you have to grow, plant, weed, harvest and eat.



Spring Dreams

SUBMITTED BY CANDY VENNING, VENNI GARDENS

If you're dreaming of spring, getting outside with your hands in the soil again you're certainly not alone. This time of year most gardeners go nutty over seed and perennial catalogues, start to gather inspiration and look forward to Seedy Saturday.*

Certainly I'm keen to get going once the ground thaws and I have a long list of inspiring perennial plants to try, and to keep me on track when set loose at a garden centre. I'm happy to share just a few here;

Acanthus, Actea, Agastache, Amsonia, Anemone, Asclepias, Chives, Echinacea, Echinops, Eryngium, Liatris, Ligularia, Nepeta, Penstemon, Peony, Phlox, Quinine, Salvia, Veronica repens

Last summer our family moved homes and as much as it was hard to say goodbye to a garden I had spent 7 years building I'm now keen to start again on our blank slate.

While I wait for all the perennials to fill in I often use easy-to-grow annual seeds for colour, to extend the flowering season & save some money. Choosing amongst annuals that I can testify our local bees and butterflies adore, I recommend the following; Nasturtiums, Cosmos, Morning Glory, Verbena bonariensis, Calendula, Marigolds, Sweet Peas, Nigella, Dill, Nicotiana (fragrant and blooms in the evening)

A note of caution about easy to grow annuals – they tend to re-seed and pop up wherever the wind takes them. In my own garden I don't mind, easy enough to pull or use as cut flowers but those who want things to stay put and not wander would be better off without these lovelies.

Key to my overall garden plans are; how to support biodiversity, not only for pollinators but also for the dwindling birds species. A birdbath/water area safe from cats as well as species of shrubs, like viburnum, that birds can shelter in and feed off in fall are being mulled over.

Managing the downspouts that all feed into the garden is another aspect of that we're planning out. Making sure we control erosion while watering plants, protecting our home & having a perfect water source at hand, a rain barrel, for watering patio pots by hand.

Additional home garden expectations are high, but legitimate benefits include; reduced traffic noise, reduced particulate pollution, reduced flooding, encouraging biodiversity.

We all tend to miss our gardens after we've taken a long enough break, but it goes deeper than sunlight & pretty flowers. Many studies show that gardeners have increased health and well-being as well as a greater life expectancy so who could possibly blame us for being so keen to see spring?





North Hamilton

Community Health Centre



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Community Health Centre

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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

Brought to you by:

The Eva Rothwell
Resource Centre
at Robert Land



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
- Bus tickets
- 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

VOLUNTEERS NEEDED!!!



Moving forward, The Breezes is looking at new ways to stay afloat! A solid base of volunteers to deliver to our residents in certain areas, contacts to deliver door to door in apartments and a wider network of drop stations and maybe we'll narrow down our distribution area. It's

all in the works and depends on you.

Do you walk around your neighbourhood? Pick up your kids at school or walk your dog? If you want to meet your neighbours and learn about your community, we need you! Please email office@northendbreezes.com

What's Cooking in the North End?

NORTH HAMILTON COMMUNITY HEALTH CENTRE SENIOR'S KITCHEN
Recipies from BudgetBytes.com



Coconut Vegetable Stir Fry

Prep Time: 15 mins Cook Time: 10 mins Total Time: 25 mins

This rich coconut vegetable stir fry is adaptable to whatever vegetables you have, making it easy recipe!

Total Cost: \$5.93 recipe / \$1.48 serving Servings: 4

INGREDIENTS

Coconut Sauce

- 1 13.5 oz can full-fat coconut milk \$1.79
- 1/4 cup natural style peanut butter \$0.28
- 2 Tbsp sriracha \$0.18 (spicy – this is optional)
- 1 tsp brown sugar \$0.01
- 1 Tbsp soy sauce \$0.06
- 2 Tbsp lime juice (about one lime) \$0.22
- 1 clove garlic, minced \$0.08
- 1 tsp grated fresh ginger \$0.10

Stir Fry

- 4-6 cups mixed vegetables \$1.93
- 1 Tbsp high heat cooking oil of choice \$0.04

Optional for Serving

- 4 cups cooked rice (or 8oz. noodles) \$0.70
- 1/4 cup chopped peanuts \$0.12
- 1/4 cup chopped cilantro \$0.22

INSTRUCTIONS

1. In a medium bowl, whisk together the coconut milk, peanut butter, sriracha (if desired), brown sugar, soy sauce, lime juice, minced garlic, and grated ginger. If

needed, gently heat the sauce in the microwave or in a sauce pot to help the peanut butter melt into the coconut milk. Taste the sauce and adjust the heat (sriracha), salt (soy sauce), sweetness (brown sugar), or tartness (lime juice) to your liking.

2. Chop your vegetables, if not pre-chopped. Heat the cooking oil in a large skillet over medium high heat. Once hot, add the vegetables to the skillet in order of hardest to softest to allow harder vegetables, like carrots, more time to cook and to avoid over cooking softer vegetables. Stir fry the vegetables only for about 1-2 minutes, or just until they begin to soften on the edges because they will cook further once the sauce is added. If using a tender green, like spinach, wait to add it to the skillet until after the sauce has been added.
3. Pour the prepared (spicy) coconut sauce over the vegetables, stir to combine, and allow the sauce to heat through (about 2 minutes). If you are using a tender green, like spinach, stir it into the hot sauce and stir just until it has wilted.
4. To serve, spoon the vegetables and sauce over a bowl of hot rice, or add pre-cooked noodles to the skillet and toss with the vegetables and sauce until combined. Top with chopped peanuts, cilantro, and serve with a wedge of lime to squeeze over top.

Applesauce Cake

Prep Time: 15 mins Cook Time: 35 mins Total Time: 50 mins

This Applesauce Cake is light, (not too) sweet, and full of warm spices.

Total Cost: \$2.21 recipe / \$0.25 serving Servings: 9 1 piece each

INGREDIENTS

- 1 cup sugar \$0.16
 - 2 Tbsp butter (plus some for the pan) \$0.31
 - 1 cup unsweetened applesauce \$0.64
 - 2 cups all-purpose flour (plus 1 Tbsp) \$0.19
 - 1 tsp baking soda \$0.04
 - 1/2 tsp cinnamon \$0.05
 - 1/2 tsp ground cloves \$0.05
 - 1/4 tsp salt \$0.02
 - 1/4 tsp nutmeg \$0.03
 - 2/3 cup raisins \$0.72

INSTRUCTIONS

 2. In a large bowl, cream together 2 Tbsp of butter and the sugar using a hand mixer or mixing by hand with a wooden spoon. Add the applesauce and stir to combine.
 3. In a separate bowl, stir together the flour, baking soda, cinnamon, cloves, salt, and nutmeg until well combined.
 4. Pour the flour mixture into the applesauce mixture and stir just until combined.
 5. In a separate small bowl, toss the raisins with about 1 Tbsp flour until they are lightly coated. Fold the flour coated raisins into the cake batter. Spread the cake batter into the prepared baking dish.

INSTRUCTIONS

1. Allow the butter to come to room temperature. Pre-heat the oven to 350°F. Coat the inside of an 8x8-
6. Bake the cake for 30-35 minutes, or until the the center springs back when pressed. Let the cake cool for 15 minutes before slicing into 9 pieces.

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
to be included in our monthly calendar and on our website:
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 Istoeten17@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

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

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

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

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 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 brockwm@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 or call 905-526-7674

Suites Available: Office space 1258sq ft, utilites included \$1300/month. Secure building located central Hamilton. 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@hamilton-dreamcenter.ca



FISHER'S PIER 4 PUB
554 JAMES ST NORTH

EXCITING NEW THINGS ARE HAPPENING AT FISHERS

In order for these changes to happen, our kitchen will be closed
Feb 4th till Feb 11th
The bar will be OPEN every day from 4pm-11pm
Come on down and check on the progress.



LOVE IS IN THE AIR

Thursday February 14th
A special menu will be prepared, leave the ambiance to us.
Reservations recommended give us a call today
905 526 9622

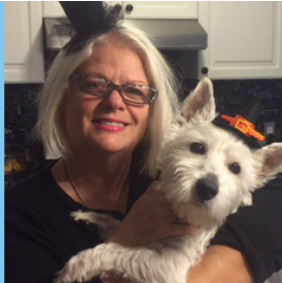
We will be closed Monday February 18th so that our staff can
enjoy the day with their families.

Toronto Maple Leaf Games
Great TV Viewing
\$10 domestic mini pitchers
\$2 off a pound of wings

Fishers Cocktail Feature
Old School Tom Collins..made with Dannial's homemade lemon syrup, gin,
soda water, muddled lemon and lime.

THE PEOPLE BEHIND THE BREEZES CONTINUED

MICHELLE FERRARA



I am proud to be a volunteer writer for the Breezes, and have been contributing about 3 years. My professional background: a very long career in dental nursing and sales, about 10 years ago I became a Community Services Chaplain and Grief Companion. In my 50's I completed Geriatrics at McMaster-I wanted to devote my time to the elderly-they are the only naturally occurring resource in the world!

As Director of Community Relations at a local Retirement Residence attached to a Long Term Care Home-both with significant expansion plans-my work revolves around Community Outreach and working with families needing services for elder relatives.

A long-time advocate for the elderly, I write a blog on facebook: elderadvocacy-hamilton. Many of my articles for Breezes come from the blog which I created to provide information pertaining to the elderly-Hamilton is a City of Seniors! It takes me 2-3 hours to write an article depending on the amount of research-sometimes extensive-I am a voracious reader and tenacious researcher. Working with Seniors, and as an adult-child on the 'Alzheimer Journey' with 2 parents, I see many issues affecting our community: healthcare, government, research, housing, programs, accessible information, preparedness for health decline and end of life issues...add in compassion and caring and caregivers. I try to provide information, hope and encouragement to people. **I am grateful to be a voice for our Community's elders.**



KATIE FITZGERALD

My name is Katie Fitzgerald. I am an administrator at McMaster University and love cooking, organizing, travelling and beer sampling in my spare time. I joined the Breezes team in May 2017 to help with the technical side of the paper. I am responsible for the design and layout of the paper and making sure the final product is ready for print. The best part of my contribution is seeing everyone's submissions come together! Depending on the month, my time spent working on the Breezes is usually between 10-16 hours hands-on time each month.

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Letters to the Editor

I love the new "What's Cooking" feature! Easy recipes and including the cost helps me budget. I've been inspired to try out the Corn Bread recipe and it's great! - D

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.
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