

JANUARY 2020 | VOLUME 1 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

MEET MCMASTER UNIVERSITY'S 2019 HOPA SCHOLARSHIP RECIPIENT

Please join us in congratulating this year's Hamilton Oshawa Port Authority scholarship recipient at McMaster University, Owen Angus-Yamada. Now in his fourth and final year, Owen is finishing his Bachelor of Commerce degree at McMaster's DeGroote School of Business.

HOPA Ports was proud to attend the DeGroote School of Business Undergraduate Awards Recognition Reception last month and award Owen in person. He was selected based on his stellar academic performance and level of community involvement.

What are some of Owen's future aspirations? In addition to travelling once he's finished his undergrad, he "would like to get into project management, marketing and business consulting, and maybe someday conduct research in those areas and eventually teach at a university level." What does he know about Hamilton's port? "It is the largest port in Ontario so there is great economic and logistic importance placed onto the organization."



HOPA SCHOLARSHIP RECIPIENT OWEN ANGUS-YAMADA

Owen's mother, Heather, also lives in the North End, close to the port authority's head office at 605 James St N. Her favourite part about living in the North End is the "diversity and variety of the neighbourhood." She also enjoys walking her English sheepdog up Hughson and along the waterfront every day.

Heather believes Owen's inclination towards business has combined his innate aptitude for numbers (he was originally accepted for engineering),

with his love of people, psychology and the humanities. She hasn't the faintest idea where her two children get their abundant intelligence and work ethic from, but she admits Owen has a "huge heart and is natural leader who will change the world."

We (at the port) believe she's right. Congratulations, Owen!

HOPA
PORTS

KIDS COLUMN: HAPPY NEW YEAR

SUBMITTED BY SHERI SELWAY WITH CO-AUTHORS JACK, ABBY, EILEEN, AND ALY FROM BENNETTO SCHOOL

Happy New Year to all! Even though the days are getting longer now, January is still a cold and dark month. Jack, Abby, Eileen and Aly met with me again to write Kid's Column. We came up with interesting ideas to amuse ourselves during January when it is usually cold and snowy.

If it is snowy, please shovel someone's walk. You can do it as a surprise. An Act of Kindness. Just be sure to tell a parent or guardian where you are going! Shoveling is good exercise and it is outside in the fresh air. You might make a bit of money shoveling, but you might just make someone happy! Even if you don't know the person living in the house, (or you don't really like them) remember you are doing it for the people USING the sidewalk! Moms or dads with babies, little kids, seniors or those having trouble walking.

Maybe you can go tobogganing or ice skating. You can rent skates at William's coffee shop and there is a rink there.

CONTINUED ON PAGE 4

Brusey Awnings | Just a shade better

Between You And The Sun Since 1929!

**497 Hughson Street North, Hamilton
L8L 4N8
Ask for Rick Brusey**

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NENA UPDATE



Next Meeting:

*Wednesday January 8, 2019
7:00 PM - location to be announced*

NENA wishes you and yours all the best in 2020.

2019 was an eventful year and ended with news of a settlement, re: appeals of West Harbour Waterfront development. Resident appellants, including Herman Turkstra and the planning activist group Harbour West Neighbours (HWN), came to terms with the City and Waterfront Shores (Pier 8 developer) after Local Planning Appeal Tribunal (LPAT) held mediation and further negotiations that took place last summer. The settlement was approved by City Council in the fall and received final LPAT approval after a settlement hearing conducted on November 22nd.

The settlement doesn't change the number of residential units or amount of commercial-retail space permitted as part of waterfront development on Piers 6-7 or Pier 8, but does include provisions to ensure required parking is provided on site and that a minimum proportion of residential units will include 2 or more bedrooms (i.e. units suitable for families with children). It was also agreed that a public planning process be initiated to determine the future use of a development block on Pier 8 currently designated for institutional use (not the former Discovery Centre), which could increase the number of family-friendly units in the overall project.

For those that have been following this process since 2014 or early, the City has agreed to formally remove Bayview Park from consideration as a potential location for a parking structure. It had been previously depicted as a parking garage topped by green space in the Recreation Master Plan devised by the City and Hamilton Waterfront Trust to guide future development and improvements for the Marine Recreational area from Bayfront Park to Pier 7.

On December 10th, CityHousing Hamilton (CHH) held an open house on the Jamesville redevelopment to in-

troduce the development team, outline the timeline for the project, and to hear feedback from the community on their draft concept plan.

The request for proposals (RFP) issued for the development had set an upside limit of 650 residential units, including 46 replacement units for CHH and a minimum of 45 additional affordable units. The concept plan revealed at the open house appeared to include 500+ residential units split between 4 storey stacked townhouses (market housing) and two apartment buildings.

A five storey apartment building located at the corner of James and Ferrie will house CHH's replacement units, while an eight storey building depicted just south of it along James will house an Indwell development. It was suggested in conversation with Indwell representatives at the open house that they may use the space allocated to them in the draft concept plan to build two (somewhat) smaller apartment buildings and that one priority would be to provide accessible units. Detailed planning for their component of the overall redevelopment, including unit mix, range/type of affordability and programming, was described as still in process, however.

At the time of writing this update (mid-December) construction of the new John Street bridge looks to be complete, though it still hasn't been opened to vehicular or pedestrian traffic. It is unclear when it will reopen since the signage for the project hasn't been updated and still refers to closure running until November 29th.

The watermain replacement and reconstruction of Ferguson Avenue between Simcoe and Burlington is ongoing and it appears progress is slowly being made. We are now hearing it should be complete sometime in the new year (possibly Spring 2020).

NENA's planning committee is using the next monthly meeting scheduled for January 8th to hold a neighbourhood meeting for interested residents and community members to discuss the Jamesville draft concept plan (location to be announced). If you haven't already subscribed to NENA's email list please visit www.NorthEndNeighbours.com to sign-up for updates and notices for meetings and events.

To let us know your thoughts and concerns email us at nen.president@gmail.com or attend our monthly meeting. NENA wants to hear from you!

For more up to date information visit www.NorthEndNeighbours.com

WINTER BLUES SELF CARE

SUBMITTED BY MICHELLE SECORD



We hope you had memorable gatherings and the opportunity to celebrate with family and friends, near and far. With a few more months to go until spring, winter is the best time to start manifesting and visualizing

what you want to do next or what project (s) you want to begin. Whatever it is, feel the emotion energize your vision and believe that you can do it, and that you deserve it.

Unfortunately, It is also that time of year where Seasonal Affective Disorder (SAD) affects many people at the same time each year, when the days are shorter and the nights are longer. The decreased day light, and warmth of the other seasons, can impact your quality of life by affecting your mood, energy levels, sleep, appetite, memory and your sense of self-worth. It can sometimes make it challenging to help yourself recuperate and feel better. However by making healthy changes and focusing on your self-care, you will start to improve your quality of life.

Begin by getting outside during daylight hours and expose yourself to as much natural sunlight as possible. Open your curtains and blinds in your home and workplace. A daylight simulation light therapy lamp is also known to help you feel more awake and alert. Regular exercise and hot Epsom salt baths have beneficial effects on your health as well. Eat small, well-balanced meals to help increase your energy, improve your sleep and boost your self-esteem. Practice daily relaxation techniques to help manage stress and reduce negative emotions by boosting feelings of joy and well-being. Try yoga, meditation, journaling, or even a spa day.

With all the things we can do to help ourselves feel better, remember that it is also important to make the effort to connect to family and friends, and participate in social activities. Being

around other people will help boost your mood and manifest for the future. For instance, there are many things you can do in our very own neighbourhood.

Have lunch or a coffee date in our Blooming Barton Village. Participate in our Barton First Friday's events. Enjoy the hot water pool at Norman "Pinky" Lewis Recreation Centre, or visit the Barton Library. Another way to feel better about yourself is helping others by volunteering. The Gala Herald Community Newspaper, Beautiful Alley's and Mission Services are always looking for volunteers to join their growing team. Expand your social network, and overcome SAD. Whatever you choose, make sure it's something that's fun and rewarding for you.

Whatever the season, when you are feeling SAD or depressed, your problems may seem overwhelming and permanent. Just know that there are many people who want to support you during good times and through the hard times. If need be, talk to a mental health care professional. In the meantime, work on your self-care, stay connected to others, and start manifesting and visualizing your next move, one day at a time. After all, it is a new decade full of new beginnings and revelations to look forward to.

Michelle has been a spa practitioner and mental health advocate since 1998. She lives, works and plays in the Gibson Landsdale area.

TAX TIME!

There is a free tax clinic available to help low-income residents file their taxes to ensure they receive all the government benefits they are entitled. The website is noted below and there is also a Facebook page you can like/follow for updates. This is an incredibly friendly, safe and welcoming environment run out of a small space near Centre Mall and most of you know probably know Matt Thompson, so he's a familiar face. Links are here:

www.hamiltontaxhelp.ca and <https://www.facebook.com/Hamilton-Tax-Help-111215853643901/>

One on one support with tax filing and government forms. Also available for community workshops! Translation services are available. Bus tickets provided. To book an appointment call 365.366.1767

NENA ENVIRONMENT AND CLIMATE CHANGE COMMITTEE REPORT ON JAMESVILLE

SUBMITTED BY JON DAVEY

On Tuesday Dec 10th, City House Hamilton and a conglomerate of involved developers, held a public information open house at Bennetto Rec Centre regarding the upcoming Jamesville redevelopment. The large turnout of people, from both inside and outside of the neighbourhood, made it clear that many are taking a keen interest in this exciting residential development project.



ABOVE: THE PROPERTY AS VIEWED FROM JAMES AND FERRIE

For several months, we on NENA's Environment and Climate Change committee have been advocating for the preservation of the approximately 100 mature trees that currently stand on this property that both contribute to healthier air quality and provide shade during hot summer days. Considering that the City of Hamilton has declared a climate emergency, has a goal of increasing its tree canopy coverage from the current 17%, to 35% within just 10 years (2030) and Councillor Jason Farr's expression of strong support for keeping the trees, we hoped to hear that many of the trees would be preserved and incorporated into the development. Those hopes were quickly subdued after the developers claimed, without

very much detailed explanation, that the soil was contaminated to a degree that all the trees would need to be removed.

We on the committee feel that it would have been beneficial if PML, the engineering firm that conducted the borehole soil samples, had attended the open house to provide further explanation about their findings and confirm the uniformity of the contamination. We also feel, if the City is serious about its 35% tree canopy target, that it would have been beneficial to have the City's Forestry department in attendance to explain the degree to which these trees' removal will affect this mission. And what steps would be taken to add addition-

al trees of equal biomass potential. We hope that they both will attend future meetings.

In the meantime we will continue to advocate for the site's tree canopy preservation and other resiliency and sustainable infrastructure to be integrated into the new development. Features like car share hubs, passive house design, green roofs, pollinator gardens and community vegetable gardens to name a few.

If you'd like to learn more about our committee please send an email to nena.climate@gmail.com or follow @nenaclimate on twitter. To learn more about the Jamesville redevelopment visit <https://www.reimagine-jamesville.ca/>.



St. Lawrence the Martyr Parish 'where faith builds community'

125 Picton Street East,
Hamilton, ON L8L 0C5

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/>

PARISH HALL FOR RENT St. Lawrence Church (Corner of Mary & Picton Sts.)

Need a place to host a Holiday Party, Family Birthday, Shower, Reception, Anniversary or Special Event.

For more info, to obtain a copy of the Hall Rental Agreement or to check availability, please call

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Or Email us at:

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HUGHSON STREET BAPTIST CHURCH

CONTACT INFO:

905.527.3972 | office@hughson.ca

www.hughson.ca

OFFICE HOURS:

Monday to Friday

9AM - 4PM

SUNDAY MORNING SERVICE BENNETTO SCHOOL

10:00AM

47 Simcoe St E, Hamilton, ON

Hughson Street Baptist Church has been a part of the North End since 1887. Each Sunday we gather for a lively time of worship with music, and relevant teaching from the Bible. There is a program for children who are babies right through Grade 8. During the week we have several Youth centered programs and our Coffee's On drop-in on Friday mornings. Give us a call, or check the website for details: www.hughson.ca

BENNETTO
COMMUNITY
CENTRE

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

JANUARY 2020

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

After School Program

This **FREE** after-school program runs weekdays from 3:00pm to 5:00pm! Program is for children between the ages of 6 to 12 years old. Limit of 20 children.
Ask staff for details.



EarlyON Program is at BENNETTO COMMUNITY CENTRE

Come visit our **FREE** Child and Family Centre on Thursdays from 9:00am to 12:00pm. Program offers gym time, creative art/music, story time, cooking class, free play and snack for parents/caregivers and children.

FREE Family Movie Night

There will be **Popcorn** and a small low cost concession stand for all your movie munchies! Doors open at 5:30pm. Movie starts at 6:00pm

FRIDAY, JANUARY 31, 2020
FRIDAY, FEBRUARY 28, 2020



Welcome Inn Community Centre

40 Wood St. E. 905.525.5824 info@welcomeinn.ca

Looking for a way to make a difference this NEW YEAR?



So many Volunteer Opportunities available:

Food Bank. 10 - 2. Monday, Wed, Thurs, Fri

New Horizons Thrift Store.

Community Visitors to visit local seniors in their homes this winter.

Children's After School Club Mentors.

Monday - Thursday. 3 - 5:30.

Volunteering is one of the best ways to meet people in the neighbourhood and make a difference in the community!

Interested?

Connect with Ruth to talk about possibilities.

ruth@welcomeinn.ca / T+ 905.525.5824

Donations and Volunteers Needed!!

Do you want to feel good about where your donations are going?

ALL of the New Horizons proceeds fund the Welcome Inn Community Centre programs.

Food Bank is open on Friday's Now!!

Our Food Bank hours are Monday, Wednesday, Thursday and **Friday!**
11:30am -2pm

KIDS COLUMN:
HAPPY NEW YEAR

CONTINUED FROM FRONT PAGE

There are small hills in several parts of the neighbourhood - beside the Mary Street bridge or near Welcome Inn.

A Movie Night might be fun. Put the name of movies in a jar and pick one to watch with either friends or family, and add some popcorn and hot chocolate.

And if you are inside, it might be a good time to clean off a book shelf. You can donate books to a Little Free Library or New Horizons. There are Little Free Libraries on Wood Street near James and on Macaulay near Bay. Do you like to create? Maybe write a poem or write a story. There are lots of crafty things to do also, like painting, drawing or making things.

This is the perfect weather for GAMES! Scrabble, Chess, Othello, even Checkers. Maybe even card games but it might be more fun to create your own card game. And when the weather is not so nice, you can always work on puzzles! Not just jigsaw puzzles but crossword puzzles, sudoku, word find also. And you can try to MAKE your own puzzle!

The last suggestion is cooking. Winter is the perfect time to bake cookies, muffins, noodles or potato pancakes. And it's a great time to make some yummy soup!

Did you know that January 25 is Chinese New Year? It is the MOST celebrated holiday in the world! It is also called Lunar New Year and is a lot of fun. Who wouldn't like a like a dragon parade! Many countries around the world celebrate Lunar New Year such as China, Vietnam, Indonesia, Malaysia, North Korea and South Korea. It is also celebrated in many other countries, but not as a "public holiday". For instance, many people in Hamilton celebrate the Lunar New Year.

To wish someone a happy Lunar New Year, a person would say "Gung Hey Fat Choy". This is the Year of the Rat. People born in the Year of the Rat are said to be "clever, quick thinkers; successful but happy to live a quiet, peaceful life."

So, January is a great time to have a party to celebrate Lunar New Year! Make some noodles and cookies! Gung Hey Fat Choy from all of us!

Your challenge is to read a book in January!



JAMESVILLE NEIGHBOURHOOD OPEN HOUSE

On December 10th CityHousing Hamilton (“CHH”), together with the Jamesville Redevelopment Corporation and Indwell Community Homes hosted a Neighbourhood Open House. This event was held to gather community feedback regarding the redevelopment of the existing 91-unit townhome complex and adjacent lands northeast of the intersection of Bay Street North and Strachan Street West.

CHH accepted applications during a detailed RFP process, through which the preferred qualified proponent, Jamesville Redevelopment Corporation and Indwell,

were selected. The Jamesville Redevelopment Corporation is made up of four development firms: Marz Homes, FRAM + Slokker, Melrose Investments Inc., and Homes by DeSantis.

Jamesville is a unique city-building opportunity and the plan to do so is both ambitious and calculated. The RFP required that the existing townhouse complex be replaced with a minimum of 46 rent-geared-to-income (RGI) units that would be owned and operated by CHH. It also required the provision of at least 45 additional affordable rental units. The preferred qualified proponents have committed to providing a greater number of affordable rental units than the minimum requirement. The RFP allowed for the inclusion of market-rate dwellings for private ownership.

The plan has been developed with the aim of reimagining Jamesville as a mixed-income community, providing a mix of

housing options that caters to a variety of incomes, household configurations, abilities and stages-of-life.

The Open House began with brief opening remarks from Tom Hunter of CHH, Councillor Jason Farr and Frank Giannone of FRAM + Slokker. Informative display panels were posted around the Bennetto Community Centre gymnasium, including the Preliminary Conceptual Site Plan submitted for the RFP. Attendees were given the opportunity to provide feedback directly to Staff, Developers and Consultants. Anyone unable to attend can get more information and share feedback by visiting www.reimaginejamesville.ca. More public consultations are planned for the future.



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 x.3004, by email at office@northendbreezes.com or on our website: www.northendbreezes.com

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

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

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

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, walk your dog? If you want to meet your neighbours and learn about your community, we need you! Please email office@northendbreezes.com



JANUARY EVENTS

January is Here! Happy New Year. Check out the Waterfront Festival of Lights – on display on Pier 8 until February. The ice-skating rink should be open for some healthy outdoor exercise for the whole family and the hot chocolate at Williams is a great way to warm up. Winterfest starts January 30 – Feb 17 including the Winterfest Hub at the Hamilton Waterfront Trust Centre (Pier 8, 47 Discovery Drive), featuring a massive light projection animating the works of the 2020 Dorset Fine Arts Inuit Print Collection.

Here are some family friendly and neighbourhood events. Some are free and some have a fee.

Date	Time	Details	Address
WE 1		Happy New Year!!	
FR 3	Noon	Concert – Ji Hyun Hong, Piano	Central Library
	5 – 6	Friday Night Tour	Central Library
SU 5	1 - 3	Mayor's New Year Levee	City Hall
TU 7	Noon	Seniors Diners Club \$4:50	Welcome Inn
WE 8	4	Newcomer Reading Circle for Children (6-12 yrs.)	Central Library
	7	NENA monthly meeting	Bennetto Rec Centre
FR 10	10 – 12	Storytime dans le Galerie –free French language program for pre-schoolers and their caregiver	Art Gallery of Hamilton
	Noon	Concert – Pip, guitar and voice	Central Library
	Evening	Art Crawl	James St. N
SA 11		Sir John A Macdonald Day	
TU 14	Noon	Seniors Diners Club \$4:50	Welcome Inn
WE 15	Noon	Concert – Triumphant Tchaikovsky, HPO	Central Library
FR 17	Noon	Concert – Alex Whorms, piano & voice	Central Library
	6:30-9	Youth Council Studio; Collage with Stylo Starr RSVP to youth@artgalleryofhamilton.com	Art Gallery of Hamilton
TU 21	Noon	Seniors Diners Club \$4:50	Welcome Inn
FR 24		PA Day – check out the Rec Centre and the Library for activities	
	Noon	Concert – Mike Ricci Trio – guitar, woodwinds & voice	Central Library
SA 25		Robbie Burns Day – Haggis your thing? Check out community Burns Night Suppers.	
MO 27		Family Literacy Day – Read together	
TU 28	Noon	Seniors Diners Club \$4:50	Welcome Inn
TH 30		Winterfest – Fringe Festival Frost Bites Info & tix – http://hamiltonfringe.ca/frost-bites-2020	Waterfront Trust Centre
FR 31	Noon	Concert – Darcy Mitchison, piano & voice	Central Library

Winter Storytimes @ Central Library (Jan. 13 – Week of Mar. 2)	
Baby Time (Birth – 2 yrs)	WE 10:30
Toddler (2– 3yrs)	TU 10:30
Family (birth – 5 yrs)	TH,FR,SA 10:30

Free Movies @ Central Library	
Family Movies	SA 3PM
Adult	MO 2 & 6 PM (Nov. 11) TU 6PM WE 6PM (Jan. 29) 1PM (Jan. 29)
NFB	WE NOON (Jan. 9)
Good Morning	TH 10AM (Jan. 2)

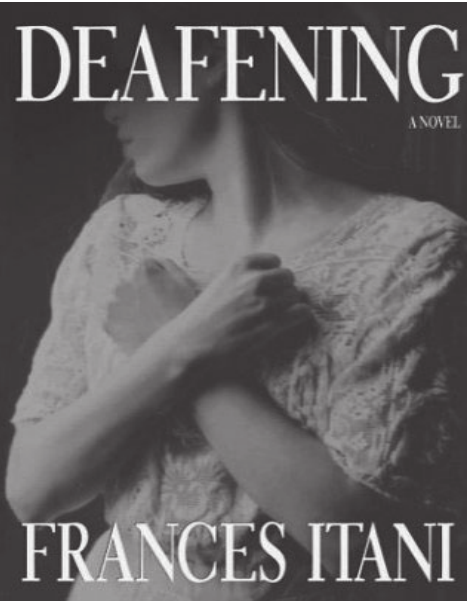
Have a neighbourhood event to list?

Send to: events@northendbreezes.com by the 12th of the previous month.



BOOK CLUB CORNER

SUBMITTED BY KIT DARLING



At our December meeting, we discussed **Deafening** by **Frances Itani**, her first novel and a tour de force. Set between

two worlds, that of Grania O’Neill, deafened by a bout of scarlet fever as a young child and that of her husband Jim Lloyd, with the Canadian forces as a stretcher bearer in France and Belgium in the 1st World War this beautiful novel contrasts the silence of Grania’s world with the noise and stench of the trenches. Grania’s family runs a hotel in Deseronto, Ontario on the shores of the Bay of Quinte. At the age of 9 she is sent by her family to attend school at the Belleville School for the Deaf. Here she learns to lip read and translate what she sees to speech, as well as sign language. It is here that she meets Jim, who is assisting the local GP. Despite the fact that he is hearing and she is not, they fall in love and marry. The scenes set in the battle fields are grueling, so realistic that you can almost smell the stench of artillery and death and hear the overwhelming noise of war. An excellent read.

And here are some recommended reads

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

Waiting for Time by Bernice Morgan. This book is the sequel to the author’s first book Random Passage. Whereas Random Passage tells the story of the early settlers of Newfoundland, this book tells the story of today’s Newfoundland. By using an interesting literary method that blends past characters with present day characters, Morgan shows how the past overshadows the present and can shape the future. By discovering where we have been, we can understand where we are. The DVD miniseries is available from the Hamilton Public Library. Paige Turner

The Wife by Meg Wolitzer. Joan Castleman has decided to leave her husband, Joseph, a novelist about to receive the prestigious Helsinki Prize in Literature.

What has brought this 40-year marriage to its breaking point? As the story unfolds, it looks at the choices men and women make for themselves in marriage, work, and life. Wonderfully written, good character development, well-plotted, and fast paced. 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.

We have been asked whether anyone can join the book club. Our books are supplied by the Hamilton Public Library and come in a bag of 12. This obviously limits us to 12 members at a time. We currently have 12 members, but if you wish to be put on a waiting list, email us at the above address. Alternatively, check out the many book clubs run by the Hamilton Public Library.

THE HAPPY 5!

2020 RESOLUTION LIST

SUBMITTED BY CANDY VENNING

Can do! Feel Good! 2020 Resolution list (To help you lose the weight of the world)

1. Join an organization that protects local wildlife, conserves habitat or promotes education on sustainability. The Hamilton Naturalists Club, The Royal Botanical Gardens, Green Venture & Environment Hamilton all appreciate your volunteering, donations or memberships. All these groups have free educational walks, workshops or tree planting events you can bring the family to or attend on your own and meet new, like-minded people. (When we first moved to this city it's how we met all our new friends)
2. Switch to certified Bird Friendly coffee. There are so many coffee drinkers, even if you aren't one, you know one. It's estimated Canadians consume some 234 MILLION kilos of coffee per year. That kind of volume means that leaving the big franchises behind (as well as their non-recyclable, plastic lined cups) has the potential to make a big, cumulative, difference, especially if you can get your friends and family on board. Even the most expensive organic coffees work out cheaper per brewed-at-home cup than buying from a big corporation that has no ethical ties to farmers or the environment. Google it or find more info here <https://birdsandbeans.ca/what-is-bird-friendly-coffee/>
3. Pack your lunch & snacks or at least part of it. This includes bringing your own Thermos, coffee cup and/or refillable water bottle. When you have food at hand, like a mason jar of mixed nuts from home, sliced veggies, boiled eggs, herbal tea etc – 4 things happen, you're less tempted to opt for a 'quick fix' with an unhealthy, sugary or saturated fat snack, you're less likely to experience mood swings or the 'hangry' effect by sustaining your blood sugar levels, you're saving money, and finally, you aren't adding a throwaway item to landfill

(try finding food 'to go' that isn't wrapped in plastic!)

4. Go scent free. Scents added to shampoos, laundry soaps and dryer sheets are unregulated, overpowering, exacerbate many people's allergies and have been linked to cancer. Consider switching to a concentrated, scent free, bulk laundry powder like 'Nellie's Laundry Soda'. Try attending a workshop by 'The Soap Kitchen – Hamilton' (on Facebook) to learn how to make your own money saving, version & to reduce plastic bottles (most of what you're buying with commercial brands is water and packaging) Switch to a foaming liquid soap dispenser to use less soap or a solid shampoo bar to eliminate packaging altogether.
5. Adopt LED Lighting - Potentially the most environmental change you can make today (alongside an energy audit) is the switch to LED lighting in your home. LEDs consume one-sixth the electricity of traditional incandescent lighting and 40 percent less power than compact fluorescents (CFLs) Add to that the drastically increased lifespan of LEDs, lasting up to 21 times longer than incandescent bulbs & three times longer than CFLs, the savings in power use, hassle of changing bulbs, and money saved are enough justification for upgrading.

Candy Venning is an aspiring bird nerd, tree-hugging, local Landscape Designer. Candy is a regular contributor to The Breezes.



TRAVELLER BE AWARE

SUBMITTED BY KIT DARLING

Are you planning a trip to warmer places this winter? Maybe spring in Paris or the trip of a lifetime to Vietnam and Thailand?

Then keep reading. One of our readers, Harold Lovegrove wanted to share his experience with travel and passports. He was planning a trip to Portugal. Sounds wonderful. He booked with a travel agency and thought everything was taken care of. And then he learned that his passport would not meet the entry requirements.

As we can imagine, there was a mad scramble to ensure that he didn't forfeit this long-planned trip. Portugal and other European countries require that your passport must be valid for 3 months after you leave the country. Some other countries require your passport to be valid for 6 months beyond the date of your departure. Some airlines have even more stringent requirements so it is wise to check before you fly. You could find your self ready to board and be turned back at the gate.

The government of Canada has a list of countries and their passport requirements at <http://travel.gc.ca/destinations>.

It includes travel advisories as well as visa / passport requirements. So be prepared, plan ahead and happy trails.

LETTER FROM THE EDITOR

SUBMITTED BY EDITOR BRENDA DUKE

Happy New Year! I'd like to extend our gratitude and warmest wishes to our loyal readers and those who support our efforts throughout the year. We've had a productive and fun filled year but we're always looking for new members of our volunteer team.

We have two exciting projects coming up in 2020.

First, we hope to be working with Ed Stewart who organizes the North Ender of the Year Award in July each year. We'll be looking for nominations so watch for information in upcoming issues of The Breezes.

And, I know it seems a long way off but 2021 will mark our 50th year of publishing The Breezes. We have plans in the works for a huge party to celebrate. We'll be forming a sub-committee to gather draw prizes, silent auction items and raffles.

You can join us by contacting office@nortnenbreezes.com and I'll be happy to share the details.

To each of you, we wish you a New Year filled with joy, love and good health.

Brenda

MATTHEW GREEN

NDP • HAMILTON CENTRE

matthew.green@ndp.ca
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WALKABOUT COMMUNITY:

JAMES NORTH GENERAL STORE

SUBMITTED BY KEN HIRTER

Happy New Year everyone!!!!

This month’s Walkabout Profile of the faces of the small business owners and those making a difference within their given community. So for the next 12 months I will be focused on the faces of the shopkeepers and their shops along beautiful James Street North here in Hamilton.

“From the bookshops, clothing shops, coffee houses, restaurants and more supporting the local small businesses and those giving back to the communities in which they work.”

The first shop in this series finds me at the James North General Store also known as the JNGS located at 95 James Street North where James Street North meets at York Street next door to the Barber Shop pole light.

The James Street North General Store was established in 2013 where old school charms meets new school, a throwback of the old General Store of yesteryear brought into today. It was where I sat and chatted with shopkeeper Mr. Darren Kregar.

business together for success, there are a lot of opportunities and if there are none then make them.”

Motto: “We sell coffee & other stuff” and much, much more. From the food pantry of all natural foods, natural bath & beauty products to vintages toys, greeting cards etc.....

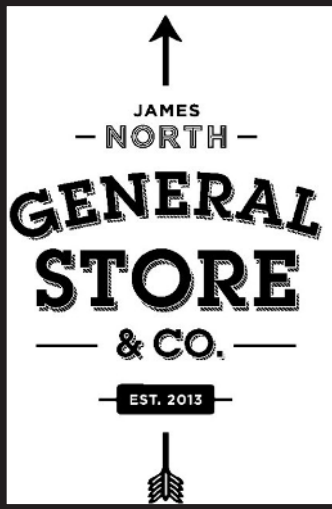
I asked Darren what charitable causes that he holds dear to his heart.

Lady Bird Sanctuary who have their merchandise sold at the JNGS with all proceeds going to this wonderful group of caring individuals and the array of animals providing loving care & forever homes.

Mission Services Toy & Gift Drive over the Christmas season the James Street North General Store raised over \$1,300 in both donations and in store merchandise to make a child’s & parents Christmas and Merry one.

So give the online shopping, give the malls and the big box stores a break and take to the streets and shop local. Support those small local business owners in your neighborhood and get out and about. So grab a hot chocolate or coffee and stroll along beautiful James

Street North today.....”Beat the winter blahs and get some fresh air and get in some exercise and walkabout.



I asked Darren his Vision for the shop: “To support local artisans & small

You can follow the James North General Store at:

[HTTPS://www.jamesnorthgs.com](https://www.jamesnorthgs.com)
info@jamesnorthgs.com

and on Twitter also @jamesnorthgs.com

I would like to thank Darren for the sit down and chat in the first of the new year and the first in the series of the faces behind the shopkeepers on James Street North here in Hamilton & Hamilton’s North End neighborhood.

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



Pictured above: A sampling of the products offered at JNGS and the store front

WHAT'S COOKING IN THE NORTH END?

This ultra-creamy Vegetable Wild Rice Soup is chock-full of delicious vegetables and a wild rice blend, with no dairy or other animal ingredients. Recipe from BudgetBytes.com.

INGREDIENTS

- 8 oz. baby bella mushrooms (\$1.69)
- 2 Tbsp olive oil (\$0.32)
- 2 cloves garlic (\$0.16)
- 1 yellow onion (\$0.32)
- 3 ribs celery (\$0.37)
- 1/2 lb. carrots (\$0.45)
- 1/4 tsp dried thyme (\$0.03)
- 1/4 tsp dried sage (\$0.03)
- 1 cup wild rice blend (uncooked) (\$1.55)
- 4 cups vegetable broth (\$0.52)
- 1 13 oz. can full-fat coconut milk (\$2.49)

INSTRUCTIONS

1. Wash and slice the mushrooms. Add the olive oil and mushrooms to a large soup pot and sauté over medium heat until the mushrooms are fully wilted and browned on the edges (cook until all the moisture is released, evaporated, and the mushrooms begin to actually brown for the best flavor).
2. While the mushrooms are sautéing, mince the garlic, dice the onion, slice the celery, and peel and slice the carrots.
3. Add the garlic, onion, celery, carrots, thyme, and sage to the pot with the mushrooms. Continue to sauté for about five minutes more, or until the onions are soft.
4. Finally, add the wild rice blend and vegetable broth, and stir to combine. Place a lid on the pot, turn the heat up to medium-high, and bring it to a boil. Once boiling, turn the heat down and let the soup simmer for about 45 minutes with the lid in place (or however long the instructions on your brand of rice suggests for cooking).
5. Once the soup has simmered and the rice is tender, add the coconut milk. Stir to combine and allow it to simmer for about 5 minutes more. Finally, taste the soup and add salt if needed (I did not add any, but this will depend on the salt content of your broth). Serve hot with crusty bread for dipping!



Soci t  Alzheimer Society
HAMILTON AND HALTON
HAMILTON ET HALTON

JANUARY IS ALZHEIMER'S AWARENESS MONTH

The Alzheimer Society of Hamilton Halton is embarking on an exciting new initiative targeting the residents and dementia-centred services of North Hamilton and other under-served areas of Hamilton.

To further assist the North Hamilton community specifically, the Alzheimer Society has positioned two of its staff members, an educator and a counsellor within Compass Community Health. These individuals are available to any client of Compass and can assist anyone who is or has been affected by dementia.

The educator is someone who will be able to increase your understanding and awareness of dementia and related illnesses. You will be able to discuss topics such as, "What is dementia?", the warning signs of dementia, and how to keep your brain healthy. The counsellor is then able to take things a step further. The counsellor can support you individually by helping you develop a care plan, identify strategies, and connect to relevant community resources. Counselling service is available for people living with dementia as well as their care partners.

If you would like to book a no-cost appointment with either staff member, please contact Compass Community Health at (905) 523-6611 or the Alzheimer Society at (905) 529-7030.

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To all the volunteers who came out and all the people who donated.....

We couldn't have done it without you!

Jan 2, 2020	*Silver & Gold
Jan 9, 2020	* City Kidz
Jan 16, 2019	* Lionel Bernar
Jan 23, 2020	* Blue Diamond
Jan 30, 2020	*Big John and The Night Trippers



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Where?

Compass CH – 438 Hughson Street North

For more information contact:

Cory at: (905)-523-6611 Ext.3047



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

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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

Take off Pounds Sensibly (TOPS) meets Monday evening at 7pm-8pm at the Eva Rothwell Centre 460 Wentworth st. N Call 905-544-5088 . First night is free! Come and join us!

Community Garden, VON Hamilton – Show off your green thumb! Volunteers are required to assist with our garden on Tuesday and/or Thursday mornings for a couple of hours. Interested gardening enthusiasts can contact Janis at 905-529-0700 x2251 or voncsshamilton@von.ca.

Hamilton – Let's Do Lunch! VON Hamilton is in need of volunteers to help deliver hot and frozen meals over the lunch hour. Driver and server spots are available for our downtown routes. Call 905-529-0700 or email voncsshamilton@von.ca to find out more.

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

Downtown Delivery Driver: Looking for a MATURE adult to do deliveries in the City of Hamilton's lower city. Trips / tips / extras you keep. You should have a float of at least \$75 to make change for customers as a float will be provided to you to purchase items. If you are interested, please call 905-921-9339 and ask for Pearl.

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 or call 905-528-6159 after 10 AM. Located near the Bayfront Park on a bus route.

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


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

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

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.



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!

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