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APRIL 2020 | VOLUME 4 | [OFFICE@NORTHENDBREEZES.COM](mailto:OFFICE@NORTHENDBREEZES.COM) | [WWW.NORTHENDBREEZES.COM](http://WWW.NORTHENDBREEZES.COM) | [@NORTHENDBREEZES](https://twitter.com/NORTHENDBREEZES) | [FACEBOOK.COM/NORTHENDBREEZES](https://facebook.com/northendbreezes)

# JAMESVILLE SOCIAL HOUSING



SUBMITTED BY BRIAN ROULSTON

The Jamesville Social Housing units located between Strachan and Ferrie Streets now sit largely vacant and boarded up as the city contemplates their future role in Hamilton's North End. For 50 years this 91 unit complex was home to many low income families.

In the beginning, 1854 to be exact, Fred Garner (F.G) Beckett, his father Henry Beckett along with his two brothers Henry Beckett Jr. and Samuel Beckett built a foundry called Atlas Works and they had 120 men and boys working there full-time. Atlas Works originally took up 2 acres and consisted of several red brick buildings, a 3 story machine shop, a 2 story finishing department, a 2 story boiler

shop, 2 story wood and pattern shop and a blacksmith shop.

Much of Atlas Works' early work was manufacturing stationary, wood fired horizontal engines to pump crude oil from the ground in Oil Springs, Ontario originally, then Petrolia after a new oil deposit was discovered. The same engine also saw success as a portable machine to power large radial saws in many lumber mills across the province. Atlas Works was turning out 4 of these engines a week.

F.G Beckett and his men were also successful manufacturers of marine engines and boilers for the many different types of ships that navigated the Great Lakes.

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## KID'S COLUMN: OUR NEIGHBOURHOOD, OUR COMMUNITY

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

What makes a neighbourhood a great place to live? That is the question we pondered and discussed. The first item to be listed was FRIENDS! I was totally IMPRESSED! So True! We all want to live in a place with a sense of community. A place where we stop and chat, pat dogs, help carry groceries, help shovel walks, and so much more; a walkable, friendly, accepting community.

Our list of what makes our community a great place was long; from parks and coffee shops to bike lanes and food banks. We do have a great neighbourhood! We also brainstormed some ways to improve our neighbourhood.

A Walkable Neighbourhood. I'm going to write about the places you can walk to, in and from the North End. From the North End we can walk to a grocery store, rec centre, corner stores, parks, a donut shop, ice cream shop and a health centre. This makes the North End a great place if don't want to use your car as much! From the North End we can walk to The

Farmers Market, Hamilton Public Library, Jackson Square, Chocolate On James, First Ontario Centre, a movie theatre and Bayfront.

- Aly

Hello North Enders! We all know our neighbourhood is the best, so today we are going to be talking about our neighbourhood! There are a LOT of good things about our neighbourhood, like how we have a few schools, grocery stores, and hospitals in walking distance. Additionally, we have parks, recreational centres, and libraries nearby. Jackson Square Mall is really close and Bayfront Park is right beside us. Our neighbourhood feels very safe. But...there are a lot of things that need to be improved/changed so here we have listed just some of the things we could do, such as making our neighbourhood more accessible for seniors, parents with strollers, and people with disabilities. Secondly, the city could add more safe injection sites around the North End because when I walked around, I saw a startling number of needles just laying around on the ground, (especially around parks) which is very unsafe. Thirdly, there is a lot of littering so the city could put more trash cans in public places. The city should have more maintenance in public spaces like the parks.

CONTINUED ON PAGE 4

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# CUSTOM HOUSE ON STUART ST.

SUBMITTED BY BRIAN ROULSTON

The building located at 51 Stuart Street is haunted, as the legend goes. A young English girl was raped by a well-to-do and influential businessman. Her parents sent her to Canada to start a new life. While on the voyage over she met the ship’s captain and they had a brief romantic relationship. The relationship was short because the captain was married. He didn’t want any trouble back home, so he murdered the girl and cruelly dumped her lifeless body in the vault of the old Custom House. To this day people claimed to have heard and seen the girl’s ghost strolling through the building.



It was not Hamilton’s first custom house. That distinction goes to Nathaniel Hughson’s old hotel located where the present day Marina Towers are located. It served between 1845 and 1852 as a custom house to handle the influx of Irish Immigrants who came to Canada as a result of the Irish Potato Famine. This building later became The City Hospital, Hamilton’s first Hospital.

The Hamilton Custom House on Stuart Street was the last in a series of custom houses constructed by the government of Upper Canada prior to confederation. Government offices of the day had typically been located in rented buildings or private homes. Taxes and tariffs were once collected by the cities and municipalities.

The Federal government took over the collection of these taxes and tariffs and soon it became its largest single source of revenue. Toronto led the way with tariffs and duties collected while Hamilton was second. From the 1850’s through to the early 1900’s the old Port of Hamilton (Hamilton’s North End today) enjoyed the status of being the leading port in Canada, a top-notch commercial center and a transportation hub thanks to The Great Western Railway built just 7 years prior. The Great Western’s rail lines connected Ontario to the United States at both Niagara Falls and Windsor. The large amount of international freight traveling through

Hamilton by land and water required a large customs facility.

As you may remember Sir Allan McNab, Premier of Canada West (Ontario), from 1854-56, influenced the decision to bring the Great Western Railroad through Hamilton rather than Brantford. He was also influential in locating the Custom House in Hamilton across from the original G.W.R yard on Stuart St. The ground floor was used to examine goods entering the country. The upper floor had a long counter where railroad workers, sailors and merchants conducted their customs business. It was also notable at the time for its central heating, running water and gas lighting. Up to 20 men worked there at the Custom House during its peak.

The customs office moved out in 1887 due to the lack of space. It was moved to a much larger facility at the Post Office building at John and King Streets.

The old building in 1887-88 then became an elementary school for Hamilton’s North End children where attendance in the school was sporadic at best. At that time, children would usually quit school when they reached their 14th birthday. They were needed to help their parents farm or work as wage earners to support their families. Some of the lucky children attended night classes that were offered by the school. In 1893, a branch of the YWCA held classes in cooking, sewing and general housekeeping.

From 1900 to 1908 the building was used sparingly until it became a hostel for victims suffering from serious economic depression. It was also used as a shelter for immigrants. From 1912 to 1917 a factory bought the run down building from the federal government. They made vinegar there now as their previous plant next door had burnt down.

The building was used for the next 33 years to make yarn for the local clothing manufacturers.

For a while the old custom house sat empty until a macaroni factory called Naples took it over until 1979. After that the building sat decaying with a leaking roof until a Martial Arts School moved in and renovated some of it. In 1993 a computer company bought the building but it went bankrupt after only a year.

Today it is known as the Ontario Workers Art and Heritage Centre and it has been a National Historic Site of Canada since 1990. It is an excellent museum commemorating the history of area workers through exhibits and art.

# 5 NETFLIX SHOWS TO WATCH DURING SELF-ISOLATION

SUBMITTED BY DAVE VAN HEESWYK

Social distancing, self-isolation, and quarantine are all terms and actions that we have had to embrace and adhere to during the last couple of weeks and will likely continue to do so in the coming weeks and months. It can be very difficult for people and households of all different age groups and family make ups to do, but it remains a very important and vital strategy that we all must continue to abide by to help reduce against the spread of COVID-19. This isn’t an ideal situation to be in during the start of spring, but I thought I could try and help with some Netflix recommendations for the adults in the family. Services like Netflix are a great alternative or supplement to your television programing, and have a very large and broad scope of content. I’ve put together a list of 10 shows (In no particular order) that I have enjoyed and hope it can help some of you sift through the plethora of choices.

Don’t have a Netflix account? No problem, you can register online for a free trial! Visit [Netflix.ca](https://www.netflix.ca) to start watching.



## Breaking Bad – Seasons 1-5

Created by writer and director Vince Gilligan, breaking Bad is one of the heavy hitters on this list. Walter White is a highschool chemistry teacher who is diagnosed with cancer. Through a series of events and introductions he eventually finds himself as one of the most dangerous and notorious methamphetamine dealers in North America. The show brings you along Walters journey and his transformation into a criminal mastermind in a way that makes him both the antagonist and protagonist.



## Ozark – Seasons 1-2

Ozark is an American crime drama starring Jason Bateman and Laura Linney. A Chicago man finds himself in a very serious money laundering scheme gone wrong, and must suddenly relocate his family to the Ozarks to attempt to make amends with a Mexican drug cartel. Bateman plays economic advisor Marty

Byrde who has to mastermind bigger and more elaborate schemes to facilitate the cartels money laundering needs, all while trying to keep his family safe. This series plays out with various plot twists that keeps the viewer guessing and on edge.



## Explained – Seasons 1-2

Produced by news site Vox, Explained is a docu-series that shines light on topical issues that impact people’s lives, but aren’t always part of the daily news cycle. Episodes usually range from 15-20 minutes and cover a wide range of subjects such as the worlds water crisis, diamonds, cricket, billionaires and animal intelligence. I find the series very easily consumed and also the kind of show you feel a little more informed after watching.



## Schitts Creek – Seasons 1-5

Written and created by Canadian father-son duo Eugene and Dan Levy, Schitts Creek is a about a married couple that finds themselves suddenly bankrupt and having to move their family to small “ugly” town named Schitts Creek. This well written sitcom is an award winning Canadian-made show that has now blown up with fans around the world. It’s a feel good comedy about love and humanity, told in a hilarious way. It provides a good, honest laugh and will quickly become a Canadian classic.



## Comedians in Cars Getting Coffee – Seasons 1-11

One of my favourite on this list, C.C.G.C is hosted by famous comedian and actor Jerry Seinfeld, in which he interviews other famous comedians and performers that he has admired throughout his life. And did I mention they conduct every interview in a classic car hand-picked by Jerry enroute to grab coffee? What’s not to love here? Guests range from Dave Letterman and Jerry Lewis, to Martin Short and Dana Carvey. This show provides you with insight into the inner thoughts and working ideas of famous actors and comedians and provides loads of laughs in very short and consumable episodes.





## NORTH END NEIGHBOURHOOD ASSOCIATION (NENA) UPDATE

### *April Meeting is Cancelled*

Due to the COVID 19 situation NENA has cancelled its regular monthly meeting for April. We hope you and your loved ones are safe and healthy and practising the necessary social distancing to reduce transmission of the virus. We'd also like to express our gratitude to those whose work puts them at greater risk at the moment such as bus drivers, EMS and healthcare providers, and front-line retail workers, especially at local grocery stores. If you have any thoughts or concerns you'd like to pass along to NENA please convey them via email, [nen.president@gmail.com](mailto:nen.president@gmail.com). For more up to date information visit [www.NorthEndNeighbours.com](http://www.NorthEndNeighbours.com)

## NORTH ENDER OF THE YEAR AWARDS

Do you (or did you) live, work or play in The North End? Each year one North End resident is chosen by the North End Reunion Team for having made a contribution to the community and the neighbourhood. The goal is to recognize the past, honour the present and anticipate the future by celebrating those who have contributed to our North End.

If you have someone you would like to be considered, please submit your nomination to [office@northendbreezes.com](mailto:office@northendbreezes.com) with a short bio of up to 300 words and a head shot or image. Nominations are open and everyone is welcome to submit. We'll close the nominations on May 31st and the award will be presented on July 11th at the North End Reunion held at Macassa Bay. This reunion is headed up by long time North Ender, Ed Stewart.



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

125 Picton Street East,  
Hamilton, ON L8L 0C5

## COVID-19 UPDATE

*BORROWED FROM*  
ST. LAWRENCE THE MARTYR PARISH  
WEBSITE, [STLAWRENCEHAMILTON.CA](http://STLAWRENCEHAMILTON.CA)

The most recent updates from Bishop Crosby's office have provided further guidance for all churches in the diocese. Specifically:

### **Masses and Church Opening**

All Masses are cancelled until further notice, AND churches are to be closed at all times. Churches are not permitted to open even for a few hours each day for prayer. The church is now closed. The parish office can be contacted between 9:00 a.m. and 2:00 p.m. by phone or email. Email is the preferred method of contact as this can be responded to easily at any time.

Pastors are encouraged to celebrate Mass privately each day for the intentions of their parishioners, for the medical personnel assisting the sick and for and end to the COVID-19 outbreak. Fr. Peter will be celebrating daily Mass privately as suggested.

### **Prayer at Home**

In this time of fasting from the Eucharist, parishioners should be encouraged to pray for other parishioners, and for all those whose lives are being affected by the virus. The Rosary, prayerful reading of the Sacred Scripture and other devotions are recommended.

*During the current Mass Cancellations, there are a number of televised Masses available for Catholics:*

### **Vision TV**

Sunday: 8:00 AM  
Monday-Friday: 8:00 AM, 12:00 PM  
Saturday: 8:00 AM & 9:30 AM

### **Salt + Light**

Sunday: 11:00 AM & 10:30 PM  
Monday-Saturday: 6:30 AM, 11:00 AM, 3:00 PM, 10:30 PM



## HUGHSON STREET BAPTIST CHURCH

### CONTACT INFO:

905.527.3972  
[office@hughson.ca](mailto:office@hughson.ca)  
[www.hughson.ca](http://www.hughson.ca)

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](http://www.hughson.ca)

## HUGHSON'S ONGOING RESPONSE TO COVID-19

*BORROWED FROM HUGHSON STREET BAPTIST CHURCH WEBSITE, [HUGHSON.CA](http://HUGHSON.CA)*

Be assured that our staff and elders are praying for you. We know this pandemic affects us all – from our regular rhythms of life to travel plans, financial challenges and mental health. The church office remains open to offer support through phone, facetime or skype, or you can call or email us if you are in need of practical support. Additionally, if you know someone from our church or know of a neighbour or friend who could use a pastoral call or is in need of some practical support, please contact us.

### **Sunday Worship - (ONLINE ONLY UNTIL FURTHER NOTICE)**

Look to our WEBSITE ([hughson.ca](http://hughson.ca)) for the weekly sermon and a highlight from Pastor Dwayne, in audio & video formats after 11am on Sunday. We will also live stream through Facebook a 40 minute worship and prayer ministry beginning at 10:30am each Sunday. Go to Facebook and search for Hughson St Baptist and like/follow us there. The live service will be streamed there. We are preparing a panel podcast entitled "Where is God in the Hard Times", which will be posted on our website as well.

## THE BREEZES BOARD IS LOOKING FOR NEW MEMBERS

The North End Breezes exists to engage and communicate with the people of the North End about what is happening in our neighbourhood and help create a greater sense of community. To keep our paper alive and well it is overseen by a volunteer Board who work alongside Brenda Duke, our part-time Coordinator, and her team of operational volunteers. We are looking for 3 more people to join the Board.

Here's the quick information for being a Board Member. We are looking for people who live, work or play in the North End and want to keep community spirit alive. Skills in the areas of journalism, administration, finances, marketing, or IT are a bonus to our team. Typically we meet monthly, but it works out to about 10 times a

year, since we don't publish an August paper and December fills up.

Our meetings last about 90minutes as we oversee the operation of the paper – it's content, finances, delivery and promotion. Outside of these meetings our Board members may be called on to help out on special sub-committees for promotions, or represent the paper at community functions.


If this is a role that interests you, please contact Brenda Duke at [northendbreezes1@gmail.com](mailto:northendbreezes1@gmail.com)



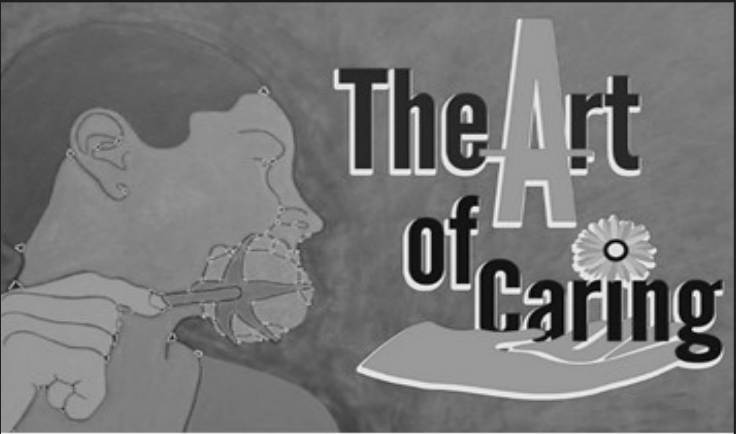


BENNETTO COMMUNITY CENTRE

450 Hughson Street North  
905-546-4944 | [www.hamilton.ca/rec](http://www.hamilton.ca/rec)



To help slow the rate of COVID-19 infection in Hamilton, the City of Hamilton is closing all Recreation Facilities from March 14 to April 5.




Welcome Inn Community Centre is hosting a fundraising event, and everyone is invited!

Thursday, April 30  
7:00pm  
Tickets--\$40  
The Spice Factory  
(121 Hughson St. N.)

Note: If the event needs to be cancelled due to COVID-19, all tickets will be refunded.

Tickets can be purchased at Welcome Inn or online at Eventbrite.



Welcome Inn  
Community Centre

• 40 Wood St. E., Hamilton, ON L8L 3Y3 •  
• 905-525-5824 •  
• [www.welcomeinn.ca](http://www.welcomeinn.ca) •  
Charitable # 107690992RR0001

CONTINUED FROM FRONT PAGE

**KID’S COLUMN:  
OUR NEIGHBOURHOOD, OUR COMMUNITY**

For example, when I went to the Jackie Washington Park, the stationary bike was broken, and it stayed like that for several weeks before it was fixed, and there was a lot of broken glass around. Also, I think there should be more affordable housing and more jobs for people because there are a lot of people who work on minimum wage and can barely get by, much less afford a lot of the housing. There are a surprisingly amount of people who have no jobs which then can lead to them being homeless. (I have seen a lot of homeless people around, especially at Jackson Square.) Oh, and one small thing, some public spaces don’t have benches. Benches would be nice so people can rest when they are walking places (especially seniors with walking problems). Last but not least, I think not only in our neighbourhood, there should be more nature (trees, plants, flowers) around and more environmentally-friendly things around. I’ll let Abby explain why. But that’s it’s for today, that’s what I think we could improve about our neighbourhood.


-Eileen W.

Today I am going to be talking about greenspaces in the North End. There are currently no “green spaces” that are registered in Hamilton, but I think that we should have at least one that is tended to and kept clean. A green space is a part of a city, neighborhood, or town that has lots of natural flora and fauna with many different types of nature. Green spaces are important because they can bring a more natural space and feeling to a very cement and metal part of town. These natural places can be very beneficial for the human population, for pets, and for mental health. Being in a natural environment for even only a little bit of time every day can be so beneficial for the human mind as it is grounding, relaxing, and it is a very easy break from all of the noise of everyday life. One of the infrastructural benefits of the green spaces in the north end, is the fact that if there is heavy rainfall, there is a place for the water to drain into instead of the rain water just pooling in the streets and overflowing the sewers, possibly causing damaging flooding. I personally think that we could bring some aspects of green spaces into a place like Bayfront Park. Bayfront is already quite eco-friendly, but we could still work on keeping the water and the public spaces clean, as it can harm the wildlife that lives there, as well as affect the benefits of the natural space. If we put in more “split” garbage and recycling stations, we could easily have a cleaner green space for the public to use. To sum everything up, we should take care of the green spaces we have and work on incorporating them more into our neighbourhood and city.

-Abby B.

A COMMUNITY CONCERNED

SUBMITTED BY BREEZES  
EDITOR BRENDA DUKE



As most of us know, we are dealing with a pandemic due to the Corona Virus or COVID-19 across our city, the country and worldwide.

Please be assured that precautions are in place and we can each do our part by adhering to the self- isolation, social distancing and hygiene procedures that are being recommended.

The safety of our readers and our volunteers is upper most in our minds during these uncertain times. We will take every precaution to ensure that our volunteer delivery teams practice safety measures to protect them and you!

Many of our regular supports and services are closed to the public but are open for their clients to call in. Bars, restaurants and all non-essential services are closed but many are offering free delivery or safe pick-up services. Please call ahead to find out how they are protecting their clients and their community.

Now is the time to come together as a community. Check on your neighbours and friends by telephone, texting or social media. Read the information provided by reliable sources. The City of Hamilton has excellent information on their web site: <https://www.hamilton.ca/public-health/covid-19/novel-coronavirus-covid-19>. You can also contact Public Health Ontario: [www.publichealthontario.ca](http://www.publichealthontario.ca) and World Health Organization [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019).

We urge everyone to reach out if you have concerns or questions. We have included information for our regular community partners but if we have missed something, please contact us at [office@northendbreezes.com](mailto:office@northendbreezes.com) and we will try to direct you.

Be safe and remember that isolation doesn’t mean you are alone. You have community that cares.



# LETTER FROM THE EDITOR

During the week of April 19th to 25th, Canada celebrates over 12.7 million volunteers. We think our volunteers should be celebrated every day.

For almost 50 years, volunteers have been the backbone of The Breezes; the gears that turn the wheel.

Everyone from our Board of Directors to our delivery people dedicate their time to making sure the Breezes gets

published and delivered each month.

For years, we had a volunteer team of 20 people that met monthly to prepare the papers for Canada Post. Last year we changed to volunteer delivery and we have close to 30 volunteers doing that. Their commitment has been largely responsible for keeping The Breezes afloat financially. All of our writers (the number varies from 10 – 15) both regular and periodic, are volunteers who research, write and submit articles. Our board of directors currently has 4 volunteers who supervise and advise on everything from what we publish to financial responsibilities. It is generally these board members you will see at the neighbourhood events. Right now, they are looking for two additional members so let us know if we've piqued your interest. You can reach us at [office@northendbreezes.com](mailto:office@northendbreezes.com).

So, as you can see, we really do rely on our volunteers and they are appreciated so much. Thank you to each and every one of you who help us bring news of the community to the community!

## A LOOK AT SOME OF THE BREEZES VOLUNTEERS IN TRAINING!



## JAMESVILLE SOCIAL HOUSING

CONTINUED FROM FRONT PAGE



GREYHOUND, a passenger ship in service until 1900 was one of many, the NIPPIS-ING, a steamboat was another. Fred Beckett also owned and partly owned several ships of his own. NEW ONTARIO was a fast sailing steamship and was used for excursions and parties. The DAUNTLESS, a ship he co-owned sprang a leak off Braddock's Point. The ship managed to offload her cargo in her appointed ports then she finished

her voyage here in Hamilton with several tons of wet coal still aboard.

In the later years F.G Beckett and a former employee J.H Killey joined forces and renamed the company Killey & Beckett. Together, they produced the pumps that were used at Hamilton Beach and the former Chedoke Asylum on Hamilton Mountain.

Fred Beckett was born March 23, 1831 in Middlewich, Cheshire, England. He died on March 21, 1899 at 78 years of age in Englewood New Jersey where he had resided for several years after selling the foundry in 1880. It is also worth noting here that Beckett Drive and the Beckett Trail which is part of the Sawmill trail on the mountain are both named after Fred G. Beckett.

Ontario Cotton Mill Company bought the old foundry in 1880 then later merged into Canadian Colored Cotton Mill Company which owned two other factories in Cornwall Ontario, The Stormont Cotton Manufacturing Company suffered a devastating fire and was rebuilt just before the company purchased the mill. The other was the Dundas Mill.

The company made another name change to Canadian Cottons Company Limited. By 1907 under the Canadian Cottons Company Ltd 500 workers, mostly young, single women were on the payroll. Canadian Cottons Company Ltd was the second largest

textile plant in Hamilton behind The Sanford Manufacturing Company at John & King Street. It employed a thousand plus workers.

The original Jamesville area plant was torn down to make way for a much larger plant in 1920. Everything was brought under one roof, the building was 4 stories high and now took up an entire 6 acre block. The Canadian Cottons Company factory had a loud whistle that could be heard several blocks away. North Enders, always knew what time it was by the factory's whistle which blew at 5:00 am starting time, noon for lunch and at 7:00 pm when it was time to go home.

Increased competition from other countries during the late 1950's and 60's saw textile factories across Canada shut down. Nine-hundred textile workers in the Jamesville plant alone lost their jobs when the Canadian Cottons Company Limited plant was shuttered in 1959. Collectively, about 3000 people in Hamilton eventually lost their jobs when all three plants in the city including the Cotton Factory (formally Imperial Cotton Company) located at 270 Sherman were closed. The James Street plant was torn down in 1962.

The property remained vacant and neglected until the Jamesville Social Housing Project, part of the toxic cleanup of the area by the City of Hamilton was done in the late 1970's.

## 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](mailto:office@northendbreezes.com) or on our website: [www.northendbreezes.com](http://www.northendbreezes.com)

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**Layout + Design:** Katie Fitzgerald  
**Circulation & Distribution:** The Board, JoAnn Osti, Sheri Selway, Sandra Hudson, Cameron Kroetsch and Steve Osborne along with a dedicated team of volunteers.

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

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

### NORTH END BREEZES MISSION:

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

### NORTH END BREEZES VISION:

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

### Help us grow your Breezes.

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

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



# WALKABOUT COMMUNITY: THIS AIN'T HOLLYWOOD

SUBMITTED BY KEN HIRTER

This month’s Walkabout finds me at “This Ain’t Hollywood” bar & tavern serving Hamilton & Hamilton’s North End since the horse drawn buggy days of 1893. Formerly known as the infamous McKenzie House, since 2009 as the “This Ain’t Hollywood” has everything from yesteryear’s punk rock days to today as simply a good, honky, tonk, funky “Rock & Roll” retro rewind bar with miles of heart.

It was where I chatted with the wonderful bartender Kathy Stokes who has been tending bar since it’s orgins prior to becoming “This Ain’t Hollywood” in 2009.

The owners Glen Faulman (Hamilton kid) who is a Hamilton history buff & collector of treasure troves & steeltown artifacts, evidenced by the collection of nostalgia, along with co-owner Lou Molinaro have created a place where the past meets the present.

Home to performing and Hamilton’s own “Teenage Head” a Canadian punk rocker band formed in 1977 to present and hence a homage to another punk

& garage band the: “Forgotten Rebel” 1975 - present who’s self-titled album, This Ain’t Hollywood was released in 1981 and became the name of this Rock & Roll establishment.

I did have the pleasure to have recently attended a concert on November 09th 2019 with another Canadian punk/ new wave icon first performing with “Rough Trade” it’s lead singer the Fabulous Miss Carole Pope still performing at the age of 73. The audience in attendance varied from young adults to the baby boomers. ALL ARE WELCOME!!!

Speaking with Kathy it is so evident of how much this bar has given back to the Community throughout the calendar year & especially around Christmas. Food drives collect donations that provide for the Food Share program & the Grub Club program at the Bennet-to School, Compass Community Health Center. Clothing and essentials are collected and donated to the local Women’s shelters too.

I asked Kathy the Motto for the bar: “This Ain’t Hollywood” & every day is a different day. The calendar of daily events throughout the week includes:



Monday: Kiwanis Bingo & 50/50 draw at 7pm and the “Do Wop Diner” & “Rock & Roll bar “Open Fire” from: 8pm - 10pm (Donations to Food Share)

Tuesday: Choir, choir, choir from: 8pm - 10pm. (open to all)

Wednesday: Open mic jam in the afternoon’s from: 2.30pm - 5.30pm (open to all)

Thursday: Collective Arts and Crafternoon’s Punky, Crafty Happy hour from: 4pm - 7pm.

Friday: Balloons from 4pm to 6.30pm (half of the proceeds and 50/50 draw and donations to the Grub club.)

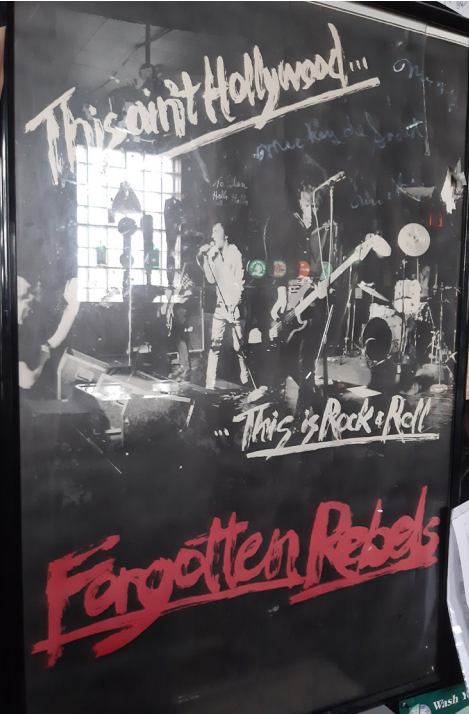
Saturday: it’s music, music & party from the local (new talent & emerging artists to the old staples & group’s of artists still performing and playing venues today)

Sunday: “All Punk Night” (last Sunday of each month)

For more information please visit their website [thisainthollywood.ca](http://thisainthollywood.ca) or pop in for a beverage or pint at 345 James Street North where they have been serving Hamilton’s North End & Hamilton since 1893.

Thanks Kathy for taking the time to chat about this cool, retrospective feel good bar with plenty of heart where you’ll find the best live music venues and something for everyone.

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





## LOSING THE LAWN: PLANS AND PLANTS!

### PART TWO

SUBMITTED BY CANDY VENNING



Last issue I discussed removing some or possibly all of the sod, cautioned against rototilling, encouraged working in phases and suggested having a plan.

There are a multitude of reasons for planting perennials over a monocrop of grass. In my opinion, providing some food and habitat for pollinators, including the birds who depend on them, is the best one. If you're getting rid of the lawn to have low maintenance greenspace then I encourage looking up some plans for southern Ontario gardens or a consultation with a local landscape designer. A great garden takes patience, a few years to establish and may always be a work in progress.

Mixing groupings of perennials, grasses, groundcovers, bulbs and shrubs is best done by creating repetition. A common mistake is to buy one of everything, I've fallen into this trap myself and garden centres make it so easy to do so. Drifts of groundcovers in 8 or more, medium sized perennials in 5 or more, big perennials in 3 or more, give balance. This trick echoes meadows or woodlands where plants form colonies as they spread. I also like my plants to touch and mingle so they can form a dense planting matrix for preventing weeds.

Essential to any lawn conversion are 'groundcovers'. Usually not more than a few inches high they provide a calming visual cohesion to balance larger plants and work well along pathways and sidewalk edges.

Lots of choices if you have full sun; carpet junipers, creeping phlox, wild strawberry, Geranium maculatum, Hens & chicks.

Shade is a bit trickier; it requires great soil & preferably, consistent watering, because even weeds don't like dry shade. Consider removing the lower branches of trees to allow angled light in under the canopy or, thinning healthy trees and shrubs to allow dappled light in.

Sweet woodruff, is one of the gentlest shade tolerant groundcovers. I used to suggest periwinkle but since it can be very invasive and escape to suffocate wild areas (that need the diversity for insects and birds) I don't recommend it anymore. Kindly avoid using ivy, vigorous lamiums & definitely stay away from goutweed for the same reason.

Remember if it's in flower when you buy it, then it'll soon finish blooming once you've planted it. Robust or colourful foliage plays a more consistent role in the garden than fleeting flowers. A favourite for leaf interest is Brunnera 'Jack Frost', great for partial shade, slug proof and has adorable 'forget-me-not' type flowers.

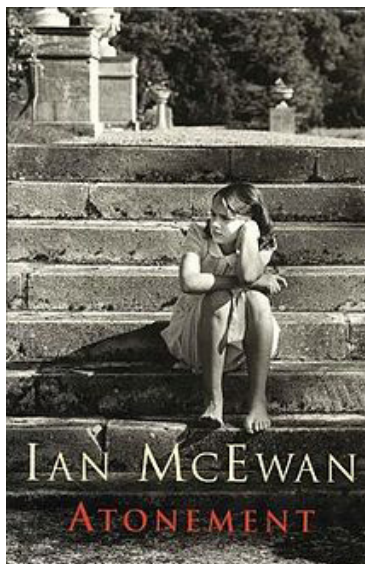
If you have or can build the kind of great woodland soil made up of many years of leaves breaking down then you can grow Trilliums, hepatica, Trout lily, Jack-in-the-pulpit, Virginia bluebells, and native Wood ferns.

A tremendous resource guide is 'Grow me instead' available online or as a brochure by mail, it points out problem plants while helpfully suggesting native alternatives. Example: Lilium michiganense instead of Daylily. This tall native lily is exotic looking & attracts swallowtail butterflies & ruby throated hummingbirds.

Finally, placing a bird bath, obelisk, large urn, dry stone wall or modern sculpture in your garden are all excellent ways to give a focal point or cover a bare spot where nothing seems to grow. Happy, healthy planting everyone!

## BOOK CLUB CORNER

SUBMITTED BY KIT DARLING



In March, we discussed *Atonement* by Ian McEwan. A novel essentially in three acts, we begin on a hot summer day in 1935 where we meet Briony Tallis, 13 years old and a budding author. We also meet her older sister Cecilia, Robbie (the son of their housemaid), mother Emily (made remote from her family by savage migraines) and young cousins (Lola – older, ambitious and sexy, and her 2 young brothers) along with other assorted characters. Briony cannot interpret the things that she sees on this fateful day into context and accuses Robbie of raping her cousin Lola which results in a prison term. Part 2 takes us through a day with Robbie, now released from prison, in the midst of the confusion of escaping France with his comrades during the debacle

of Dunkirk. In part 3, Briony is now an aging woman, an author and facing the advance of dementia. This reveals the previous 2 parts as a novel written by Briony based on her guilt over the false accusation and is her act of atonement. Members of the book club had a mixed reception to the book. Most found the first part slow to develop. Another commented that the second part made the experience of the soldiers vividly real. We agreed that it was difficult to follow the story and tell what had actually happened and what was Briony's rewriting of the story. One member complained that she felt she had been jerked around by the author.

And here are some recommended reads available from the Hamilton Public Library. Visit the Bookmobile at Benetto 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.

Five Wives by Joan Thomas. Based real events in the mid-fifties, a group of evangelical Christians go to Ecuador to find a remote tribe of natives, who have no experience or knowledge of the outside world, and to convert them to Christianity. The 5 men venture into the jungle and are all killed. The story imagines the impact on the wives and their children as they struggle with grief and belief. A grip-

ping story and examination of colonialism and the impact of imposing an alien culture and belief system on others. Beautifully written, this author has been compared to Alice Munro by one reviewer.

Kit Darling

Conquistador by Buddy Levy. Historian Levy takes us into the worlds of Hernán Cortez & Aztec King Montezuma; the clash of cultures, the brutality of war, the relentlessness of Cortez, and the tragedy of Montezuma. The last days of the once great Aztec empire are racked with smallpox and bewilderment of the Spanish cannons & firearms. Cortez sees power and great riches and glory within his grasp. This book reads like an adventure thriller with twists and turns, but with an outcome that is known by all. 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.*

## NORTH END GENTRIFICATION

OPINION PIECE BY CARRIE NICHOLSON

I have lived in the north End since one of the nicer things other Hamiltonian's said when they found out where I lived, was "ewwww you live in the North End?"

The north end was working class and lower incomes. Land was cheap so the city put in affordable and geared to income housing here. Houses and apartments were cheap to rent.

North Enders welcomed people from all over our city that were financially disadvantaged.

Now the north end is being accused of gentrification, with rising house prices, making it unaffordable for people to live here. I never hear of people in Ancaster selling their homes for

profits of 2, 3 or \$500,000 being accused of gentrification.

I hear quite a bit about how much affordable housing we need to pack into the north end so people have a place to live.

I never hear about neighbourhoods in West Hamilton, Ancaster and Flamborough considered for affordable housing.

I guess It's expected that I shouldn't fix up my house, to better my community so my neighbourhood always stays under-valued and low rent. Then the rest of the NIMBY (not in my backyard) people can sooth their conscience that financially disadvantaged Hamiltonian's still have a place to live. I guess The North End is like the American Statue of Liberty. We take the poor and huddled masses nobody else wants.



## THE ART OF CARING IN THE NORTH END

With all the news about COVID-19, it's clear that we need to look out for one another and care for those around us. Welcome Inn Community Centre is trying to do just that!

Welcome Inn is a dynamic community centre that dares to imagine that there is a different and more vibrant path forward for all members of the North End community, even during difficult times. Welcome Inn has been in the neighbourhood since 1966, working to alleviate poverty, loneliness and marginalization by offering supportive relationships, promoting wellness and providing capacity-building opportunities. It's a place where people can experience a sense of belonging, together with friends and neighbours.

On a weekly basis, Welcome Inn opens its doors to its North End neighbours. It's a place that welcomes those who have lived here for generations, as well as those who have only recently moved to Canada. Welcome Inn's food bank, even during this current pandemic, is open four days a week and is a significant support for those living in poverty. Normally on Tuesdays, seniors are invited to enjoy lunch together and break through some of the isolation that they may be experiencing. In response to COVID-19, we are still connecting with seniors by phone and by email, just to make sure that people are managing well enough. During a typical week, children from both Bennetto and St. Lawrence

schools gather together for Welcome Inn's Learning & Fun afterschool program. It's a great way for kids to have some fun and get some additional homework support.

Located at 520 James Street North, New Horizons Thrift Store is more than just a thrift store! It is Welcome Inn's attempt to provide capacity-building opportunities for those who want to contribute, but can't participate in the traditional workforce. Unfortunately, both the afterschool program and the thrift store have had to be temporarily shut down due to COVID-19. Don't worry, though, they will be back up and running soon!

The work that Welcome Inn does in the community is supported by many foundations and individual donors. On April 30th, Welcome Inn is hoping to host a major fundraising event at The Spice Factory, starting at 7:00pm. The Art of Caring will definitely be a night to remember! Local artists will have their work on display and over 30 original pieces will be available for purchase, with all proceeds going to support Welcome Inn's programs. Delicious appetizers will be served throughout the evening, and guests will receive a complimentary drink with each ticket purchase. And, most importantly, you'll catch a glimpse of the impact Welcome Inn is having on children, seniors and those often marginalized!

Tickets for the event can be purchased online through Eventbrite or directly at Welcome Inn Community Centre (40 Wood Street East). If the event does happen to get cancelled because of COVID-19, we will happily refund any tickets sold and, of course, plan another fundraiser soon enough



GETTY IMAGES / MARGARET FLATLEY

## PHYSICAL DISTANCING, SOCIAL CONNECTEDNESS

SUBMITTED BY KATIE FITZGERALD

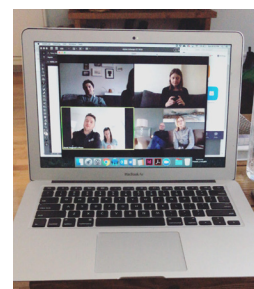
Do you need tips to help you keep in touch with friends and loved ones during self-isolation? Do you usually connect with folks in the community and are missing your regular social interactions?

While we need to keep our distance from one another (yes, even if you don't feel sick, or haven't travelled outside of Canada!) - we do not need to socially isolate ourselves. Most of us are used to spending time with friends and family outside our homes and with this new normal, we may need to rethink how we stay connected. Enter technology!

If you have a smart phone, tablet or computer, you have several options available to you. Here are methods to help you stay connected:

### ZOOM

Available via Zoom.us, Zoom can be downloaded to a smart phone, tablet or computer and is best for meeting with



several people at once! Create an account to start sending meeting invitations to your friends and family, and have everyone chatting at once in no time. Zoom is also an excellent option for when you are with more than one person in a room, and you all want to be on video-chat together.

### FACETIME

FaceTime is a great video calling option for those with Apple devices (iPhone or iPad). It's an easy alternative to voice-only calling when both parties have an Apple device. FaceTime is a built-in app on any Apple device.

### HOUSE PARTY

For smart phones, House Party is an app that lets you play games with friends and family while video-calling. You can choose from trivia and a variety of group guessing games. Great for a laugh! Find House Party in the app store.

### MICROSOFT TEAMS

This is great for chatting and video-calling your colleagues. If you use Microsoft office, this may be a great option for you. Download it via the Microsoft website - get started at [teams.microsoft.com](https://teams.microsoft.com).

### SKYPE

Skype is the original video-chat platform. Use the chat box, video-call, or both! Skype is great for group meetings and is free to use. Download Skype or use the web version at [Skype.com](https://Skype.com).

### FACEBOOK

There are messaging functions on Facebook, but what it is best for is connecting those who otherwise might not find each other. There are many Facebook groups that are local to Hamilton, the North End, and just about any topic you can think of! Search the North End on Facebook to find and join Facebook groups dedicated to our neighbourhood.

### PHONE CALLS

With all this technology, it may not be the first option that comes to mind, but certainly the most accessible way to stay connected for most of the population is via telephone. For those of you hyper-connected, take a moment to think of your friends or family that may not use technology as much as you do - and give them a quick phone call!

If you need help navigating the different ways to connect online, email Katie at [fitzkatiem@gmail.com](mailto:fitzkatiem@gmail.com) for help.

## MATTHEW GREEN

Member of Parliament  
Hamilton Centre



Matthew Green, MP  
Hamilton Centre

905-526-0770  
[matthew.green@parl.gc.ca](mailto:matthew.green@parl.gc.ca)





# SOCIAL DISTANCING BINGO

We must take every precaution to physically distance ourselves from one another, but there are many ways we can stay connected and stay busy while we are alone, together. This bingo card has lots of ideas - can you get BINGO?!

PLAY SOLITAIRE (OR SPIDER SOLITAIRE)	DO A PUZZLE	WRITE A LETTER TO THE BREEZES!	LISTEN TO YOUR FAVOURITE ALBUM	DEEP CLEAN YOUR KITCHEN
BORROW A BOOK FROM THE LIBRARY'S DIGITAL DATABASE	CALL YOUR LOVED ONES	GO FOR A LONG, SECLUDED WALK	WATCH A DOCUMENTARY	STAY HYDRATED! TRACK YOUR WATER INTAKE
USE UP FRESH INGREDIENTS TO AVOID FOOD WASTE	WRITE A JOURNAL ENTRY	WASH YOUR HANDS [FREE SPACE!]	TRY A NEW RECIPE	ORDER DELIVERY FROM A SMALL LOCAL BUSINESS
DO A CROSSWORD	MAKE A "CLEAN- OUT-THE-FRIDGE" MEAL	INVITE YOUR FRIENDS TO A DIGITAL PARTY	FOLLOW A YOUTUBE YOGA OR WORK-OUT VIDEO	CHECK IN ON YOUR NEIGHBOURS (FROM A DISTANCE)
LEARN A FUN WAY TO STAY ACTIVE - LIKE HULA HOOPING!	LEARN A NEW SKILL (LIKE KNITTING!)	READ A GOOD BOOK	CLEAN OUT A JUNK DRAWER	PROPAGATE A PLANT

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hours during the next month!



**THE ARMY & NAVY  
WHERE FRIENDS MEET!  
COME & ENJOY!**

**A MESSAGE FROM THE ARMY & NAVY:**

Due to the current COVID-19 situation, and the State of Emergency that was just declared, we are CLOSED until further notice.

Although it pains us to do so, because we know how much our members enjoy Thursday night bands and our dart leagues, the health of our employees, and customers, must take priority.

We will keep our members informed as to when we will reopen. Do not worry about us at this time; worry about your fellow members and friends and family.

Stay healthy!

## HOPA P O R T S

The Hamilton-Oshawa Port Authority (HOPA) has been taking precautionary measures recommended by the Public Health Agency of Canada to mitigate the spread of COVID-19. We know that taking action now is critical to ensuring a lesser impact on our staff, the businesses operating at our ports, and the ripple effects on our local and regional economies as we meet this challenge together. The 2020 marine shipping season is still set to open in a matter of weeks in Hamilton and Oshawa, and our ports will continue with as much normalcy as possible to move goods via marine, road and rail during this crisis. Many HOPA staff are working remotely to reduce social interaction, while main-

taining business continuity for our tenants and customers. However, critical functions such as maintenance, port security and vessel traffic management will not be impacted. While following public health measures and guidance of Transport Canada, we are committed to keeping our supply chains open, and providing quality service to our customers. Our Harbour Master continues to engage with marine authorities and shipping lines about new protocols and extra precautions for marine transportation. Some of these precautions include reporting to Transport Canada upon entering Canadian waters and communicating with the Public Health Agency of Canada if symptoms are detected by personnel aboard a vessel. We have no doubt taking precautions now will enable a stronger and swifter recovery at home and around the world. Upcoming employment opportunities While we are as uncertain as anyone about when business may return to nor-

mal, we are still planning for summer boating season. Please keep an eye on our websites [www.harbourwest.ca](http://www.harbourwest.ca) and [www.hopaports.ca](http://www.hopaports.ca)

for summer employment opportunities at Harbour West Marina.





# GOOD FOOD BOX

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

High quality, fresh produce at a fair price!  
\$15 for a large box (\$20 value)  
\$10 for a small box (\$15 value)

Order at NHCHC  
or Eva Rothwell.

Call for info:  
905-523-6611 ext 3007

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Are you tech savvy? Do you have a few hours each month to help update our website?

We are looking for a dedicated volunteer to help us keep The Breezes in the news!

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- Food vouchers
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- Free Vitamin D drops
- Free child minding for children under 6.

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Compass CH – 438 Hughson Street North

For more information contact:

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



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# 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



# WHAT'S COOKING IN THE NORTH END?

## Curried Cabbage

This simple Curried Cabbage sauté is an inexpensive and filling dish full of vibrant colors, flavors, and healthy vegetable goodness.

Prep Time: 10 mins | Cook Time: 20 mins  
Total Cost: \$3.95 recipe / \$0.99 serving  
Servings: 4

### Ingredients

- 2 cloves garlic \$0.16
- 1 tsp grated fresh ginger \$0.10
- 1 yellow onion \$0.32
- 4 carrots (about 1/2 lb.) \$0.45
- 1 handful cilantro \$0.20
- 1/2 head cabbage (about 4 cups sliced) \$1.28
- 2 Tbsp olive oil \$0.32
- 2 Tbsp curry powder (mild or hot) \$0.60
- 1 cup frozen peas \$0.38
- 1 Tbsp butter \$0.09
- salt and pepper to taste \$0.05

### Instructions

1. Prepare the vegetables before you begin, so they're ready to go when you need them. Mince the garlic, and grate the ginger. Slice the onion, and peel and slice the carrots. Remove the core from the cabbage and slice it thinly.
2. Add the olive oil, garlic, and ginger to a large pot. Sauté the garlic and ginger over medium heat for about one minute, then add the curry powder and sauté for one minute more.
3. Add the sliced onions to the pot and sauté for 2-3 minutes, or just until the onions begin to soften.
4. Finally, add the carrots, cabbage, a 1/4 cup water, and a pinch of salt. Stir to combine and dissolve any browned bits off the bottom of the pot. Continue to stir and cook the cabbage and vegetables over medium heat for about 15 minutes, or until the cabbage is tender. Add 1-2 tbsp of water to the pot if it becomes too dry or the spices begin to stick to the bottom of the pot.
5. Once the cabbage is soft, add the frozen peas. Stir and heat through (1-2 minutes). Once the peas are heated, add the butter and stir until the butter has melted and coated the vegetables.
6. Finally, season generously with salt and pepper to taste. Top with fresh cilantro just before serving.

## Easy Yeast-Free Naan Bread

Just mix the four ingredients and knead them for a few minutes to bring it together, then roll it out and pan fry. It's a yeast free bread that's light, fluffy and tasty!

Prep Time: 5 mins | Cook Time: 10 mins  
Total Time 15 mins, Servings: 6

### Ingredients

- 2 cups (250g) all purpose flour (plain flour)
- 1 1/4 cups (250g) plain yogurt (or dairy free vegan yogurt)
- 2 teaspoons baking powder
- 1/4 teaspoon salt

### Instructions

1. Mix all ingredients together in a large bowl. You'll probably need to use your hands to bring it all together. Knead it for a minute or so in the bowl until it comes together in a fairly sticky ball. If necessary, add a little more flour to make it manageable.
2. Divide it into six equal pieces. Using a rolling pin dusted with flour, roll each one out onto a floured surface to about 6" diameter.
3. Heat a frying pan (without oil) until hot. Cook each flatbread for a few minutes on each side until lightly golden spots appear and it puffs up.
4. Best eaten on the same day. If making ahead, warm them up in the oven before serving.



## 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](mailto:office@northendbreezes.com)*

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

Come join the Steel City Wheelers for a trivia fundraiser plus silent auction and wine pull on Saturday April 18th 2020 from 7 till 10 pm at the Royal Canadian Legion, 1180 Barton St E. Hamilton. Cost is \$20. Per person or \$125 for a table of 8. Light snacks provided and a cash bar. For tickets please call Patty at 905 662-6186 or email [steelcitywheelers@gmail.com](mailto:steelcitywheelers@gmail.com)

For Sale: BIKINIS: Hand crocheted, Made to order, Very daring. \$95.00. Call Beryle @905-540-4242 for an Appt.

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 Call Earl Ross – 289-439-0166

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](mailto: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](mailto:voncsshamilton@von.ca) to find out more.

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.

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

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

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



# A NOTE FROM THE BREEZES

As we navigate our new normal, we recognize that things can change at a rapid pace these days. As such, please understand that while Breezes content is relevant at the time of printing, some information may not be accurate as policies change to address the Covid-19 outbreak. Thank you!

### Website Design & Support Services



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### JOIN OUR TEAM!!

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

Now in our 48<sup>th</sup> year, The Breezes is looking to put some new wind in our sails that will lead us forward. If you have skills in technology, event planning or fundraising, we can use those skills to grow our team. The North End Breezes relies on our volunteers to bring the community news to you. We require minimal commitment of two hours per month. Contact us for details and to discuss how you can be part of the team! Email [office@northendbreezes.com](mailto:office@northendbreezes.com)



### 4<sup>th</sup> Annual Rain barrel & Flower Fundraiser

**When: Saturday May 9<sup>th</sup>**  
**Where: Corner of James St. & Burlington St. (Port Authority)**  
**Time: 9am – 2 PM**

Pre-order your rain barrels and accessories @  
[www.rainbarrel.ca/northendbreezes](http://www.rainbarrel.ca/northendbreezes)  
then pick up May 9<sup>th</sup> between 9am - 2pm

*Thankyou for supporting your community Newspaper*  
Email: [office@northendbreezes.com](mailto:office@northendbreezes.com)

## Prom Project HAMILTON 2020

*Give the gift of confidence...*  
**April 4, 2020 & May 2, 2020**

Sir Winston Churchill Secondary School  
1715 Main Street East, Hamilton  
9:00 a.m. – 2:00 p.m.

*\*Donation locations to be announced shortly.*



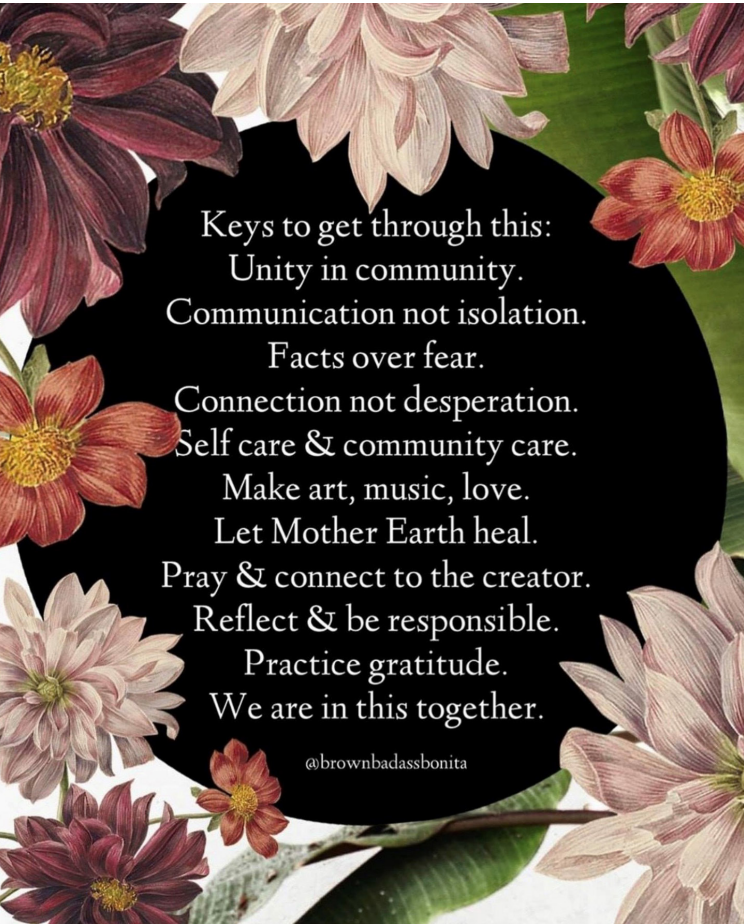


30 Year Member **RAHB**



**Colleen Harrison**  
Broker of Record  
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Cell: **905-515-5102**  
Email: [bluephoenixreal@hotmail.com](mailto:bluephoenixreal@hotmail.com)  
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**Now at 334 James St. N.**



Keys to get through this:  
Unity in community.  
Communication not isolation.  
Facts over fear.  
Connection not desperation.  
Self care & community care.  
Make art, music, love.  
Let Mother Earth heal.  
Pray & connect to the creator.  
Reflect & be responsible.  
Practice gratitude.  
We are in this together.

@brownbadassbonita

*"A referral occurs when you send someone you love to someone you trust."*



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