

**5th Annual Rain
Barrel Fundraiser**

Saturday, May 8

Details to follow

APRIL 2021 | VOLUME 4 | OFFICE@NORTHEMDBREEZES.COM | WWW.NORTHEMDBREEZES.COM | @NORTHEMDBREEZES | FACEBOOK.COM/NORTHEMDBREEZES

NORTH END'S SENIOR HOUSING BECOMES A CLIMATE CHAMPION

SUBMITTED BY GABRIELLA KALAPOS, EXECUTIVE DIRECTOR,
CLEAN AIR PARTNERSHIP

Advancing the energy efficiency of existing buildings is a critical part of any community's climate action plan and social housing retrofits presents an ideal opportunity to accelerate that effort. City Housing Hamilton has adopted a Passive House standard to help provide their residents with high quality housing while also improving their financial, environmental and social sustainability. Advancing the energy efficiency in social housing can achieve significant greenhouse gas reductions, and also reduce vulnerability to energy and carbon price increases over time.

The North End's Ken Soble Tower at the foot of Macnab Street is an 18-storey building built in 1967. It is a senior residence and is the first of nine retrofits planned by City Housing Hamilton. <https://cleanairpartnership.org/cac/meetings-search/affordable-seniors-high-rise-retrofit-to-passive-house/>



Achieving the Passive House retrofit standards for Ken Soble will improve thermal comfort and health of residents, and will achieve a 94% reduction in GHG emissions.

Passive House focuses on improvements to the building envelope to ensure that the need for heating and cooling energy is reduced and much as possible. It also serves as a resilience measure as it enables residents to shelter in place longer in the event

of energy disruption. For example, once completed, residents of Ken Soble Tower will be able to remain in their units 4 – 5 days (as opposed to 4 – 5 hours) in the event of a power outage. With its focus on improvements to the building envelope, the building was also able to switch from natural gas to electric heating through the installation of air source heat pumps while keeping electricity costs below their pre-retrofit levels.

CONTINUED ON PAGE 2

NOW YOU SEE THEM, NOW YOU DON'T

SUBMITTED BY ROBYN GILLAM

Since 1967, the 75 metre high Marina Towers apartments stood on the western bluffs overlooking Eastwood Park, at the corner of John and Brock Streets. They were the largest rental housing complex of this type in the North End, and, since the closure of the city apartments at 500 McNab, the only one. Sometime during Fall and Winter, Marina Towers disappeared.

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EDITORIAL CORRECTION

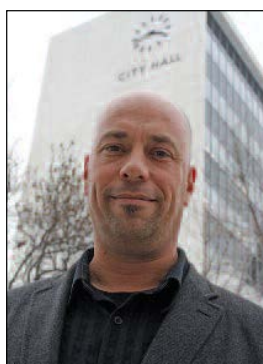
The March Issue of the North End Breezes featured images from the Hamilton Public Library, Local History and Archives but neglected to cite credit.

Brusey Awnings | Just a shade better

Between You And The Sun Since 1929!

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NORTH END'S SENIOR HOUSING BECOMES A CLIMATE CHAMPION

CONTINUED FROM FRONT PAGE

Residents were relocated during the retrofit as the building faced a deteriorating envelope, lack of insulation, inadequate ventilation, mold, and end of life of mechanical systems. In addition to energy efficiency gains, the retrofit also incorporates significant accessibility improvements. Common areas were enlarged and

made more accessible, and 21% of the units achieve barrier free standards to enable residents to age in place.

Social housing retrofits are a great opportunity to advance energy efficiency retrofits. Improving tenant comfort and health, and the building's state of good repair is an approach that advances the North End's economic, social and environmental goals.

For more information visit Passive House's website at [Ken Soble Tower | Passive House Buildings](#). Photo credits attributed to ERA Architects.

UPDATE FROM YOUR COUNCILOR

Hello Breezes Readers, still socially distancing North End style? I can't wait for this pandemic to be done, but thank you all for the continued engagement. We've had calls, emails and often figured out ways to meet face to face (depending on the Provincial colour codes of course).

I recently tweeted (@JasonFarHamOnt) some great pics of the NEW Eastwood Park play structure project and soon heard back from our Breezes brass that this would make a good story. So, story goes like this...

Eastwood Playground

In 2018, some of your neighbours signed up to take part in my one-million-dollar public budget exercise (where the people decide on the projects). With six neighbourhoods participating, the million was evenly distributing to the capital value of projects for each. Roughly 156k in project(s) for each neighbourhood.

Two great ideas were submitted then successfully voted on for Eastwood Park. New Playground Equipment (for 56k) and Improved Washroom Facilities (\$100k).

The kids could participate in the public budget and they were among the supporters to dramatically improve the Eastwood Park play area.

And while over the years your ward 2 office has helped freshen up play at Bennetto and St. Lawrence School, Bayview and the Harbourfront, Eastwood is overdue. So, thanks to that public input here's what the new play area will look like...

I am pleased to say that to make this vision a reality, we needed to exceed the budget for the playground by 146k. In the end, this NEW play structure will be completed in mid-May for 200k. As tempting as things get, play safe outside this construction until finished please.

Eastwood Washrooms (and Supie Hut)

Fortunately, following an assessment from City Facilities staff, we were able to determine that the enhancement for the Eastwood Washrooms would not cost 100k. In fact, here's a list of some of the tremendous improvements that focus on inclusion, accessibility and safety for all...

Electrical completed in the building (items such as):

- Emergency lighting upgraded \$500
- Lighting upgraded \$400
- New baseboard heaters \$300
- New touch free hand dryers \$600
- Exterior lighting \$200

Plumbing Completed:

- Hands free flush toilets installed \$800

Building Elements (completed):

- 2 New Exterior doors Complete \$4000

Work to still be completed in Early Spring:

- Painting (early spring)
- Interior painting \$4,780
- Exterior Paint \$8,390
- Floor Epoxy \$2,000

Things are really looking up for safe play this summer and thanks again to for always sharing your thoughts on this important project and all the others. Oh, and with that; you endured major road reconstruction on Ferguson last year, Strachan is next. Keep this pending major construction in mind as you maneuver through the North End this year.

Until next time, Breezes Readers!

Councillor Jay



WALKABOUT: WHITERNHERN

SUBMITTED BY KEN HIRTER

Did you know that on May 18th 2021 is INTERNATIONAL MUSEUM MONTH here in Hamilton and in your own City, Town & Country? Walkabout and visit the museums in your neighborhood.

This month's Walkabout finds me at Whiterhern House which is temporarily closed at this time. The history & storytelling inside and within this beautiful classic Georgian, Victorian & Edwardian home and the furnishing is reflective of the charm, elegance, grace & refinement of a step back in time within the walls of WHITERNHERN HISTORIC HOUSE AND GARDENS.

HISTORY: Whiterhern Historic House & Garden in Hamilton, Ontario was built in 1852 and was home to the McQuesten family from 1852-1968 and the Honourable Thomas McQuesten, Minister of Highways. They opened their home to the general public in 1971. The last generation of his 6 children who never married and bequeathed their family home, including all of its contents intact to the city in 1959. Inside the walls and up and down the staircase of this beautiful home both indoor & outdoors, the home and the furniture gives the impression that the McQueen family is just on a holiday. Did you know that this is home to the first rumpus (rec) room that was built in the late 1930's? The last of the modern updates and renovations, including the kitchen & maid service quarters took place in 1939. Then it is a walk outside to the beautiful deck, patio & gardens.

THE GARDENS: Off the kitchen and back door is a walk out to the beautiful deck, carriage house and the band shell gazebo. Cobble stone paths and gated fences surround the grounds. When looking out you can see the old stone bridge and church with the clock towers above that was built around the same time period, towering beside the grounds and surrounding this gated home as well are the magnificent old trees.

MEMORIES: "I went to a Garden Party & Reminisced with my Old Friends." Ricky Nelson and the Stone Canyon Band.



My fondest memories have to be the Wednesday 12 noon high tea, served by the staff dressed in period costumes. The tea service was served on china with a smile or lemon aid for only \$1. There was also the free concert series underneath the stone & copper roof band shell gazebo showcasing Hamilton's local talented musicians and singers. You could enjoy everything from jazz, to the 1940's contemporary classics, to classical music with the violins and the wind instruments on a sunny Wednesday at

noon. As of this writing hopefully by July the High Tea and concert series will resume.

Whiterhern house is located on 41 Jackson Street nestled in central Hamilton behind City Hall. Contact 905-546-2018.

UPCOMING EVENTS AND GENERAL INFORMATION:

Teddy Bears Picnic on August 12th at noon till 2.00 pm.

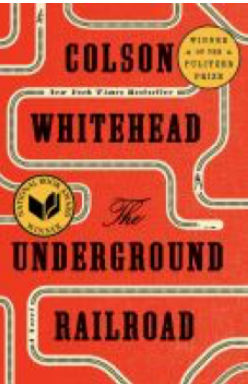
For old fashioned games, along with a Teddy bear parade and the Teddy Bear Holiday and a visit to the Teddy bear hospital if you go down to the woods today. (ages 3 to 7) and don't forget their teddy bear. Tickets are \$5 - \$7, visit hamilton.ca

Spring is here, go out and enjoy the gardens and museum sites today.

Cheers till next time.....

BOOK CLUB CORNER

SUBMITTED BY KIT DARLING AND THE MEMBERS OF THE BAY AREA BOOK CLUB



At our March video chat, we discussed *The Underground Railroad* by Colson Whitehead. From cotton plantations in Georgia to a wagon enroute to Indiana, we follow the story of Cora, born into enslavement. Her mother Mabel abandoned her to escape to the north; chased by a slave catcher hired by the Plantation owner but never recaptured. Cora, alone and apart from the other enslaved workers, is angry that her mother abandoned her. Through her eyes we experience the depravity and horrors of plantation life. And so far, this seems much like other narratives that we have read – of the

horrors of slavery and the efforts to escape enslavement. But to read at this superficial level also creates confusion and misses the author’s message. Colson writes in a genre called magic realism, a realistic narrative and technique is combined with surreal elements of fantasy or dream. Hence the description of the Underground railroad as an actual railroad, tracks running through tunnels dug by escaped and emancipated blacks and their allies. The train is a steam engine pulling flat cars or old carriage cars and driven from station-to-station platform, picking up runaways who have been helped and guided by station masters. The actual Underground Railroad was a loose connection of escape routes which relied on the assistance of many individuals who risked much to hide, feed and guide escapees to the next safe house/barn/church. He also introduces events that actually happened but at completely different times, such as the Syphilis study – doctors charting the progress of untreated syphilis in black men which is known as the Tuskegee Study and which began in 1932. He also refers to the forced sterilization of women, a Eugenics policy which continues to the present. Cora observes that “her oppressors in some ways were prisoners like she was, shackled to fear”. Having imported and enslaved so many Africans, the white

population began to fear that they would be outnumbered and turned to using poor Irish emigrants as replacement labour in many areas. Such dehumanizing practices, typified by the slave-catcher referring to his captives as ‘it’ reach into current times and events. Whitehead’s thesis seems to be that fear – fear of being supplanted by black and brown people, defining others by the colour of their skin; fear of change and their place in that change – that fear is still driving the current rise in overt racism and attacks on people of colour.

This is not an easy read, but one well worth doing. It will raise questions and provoke thought. Not a bad thing.

A TV series based on the book will be aired on Amazon Prime, May 14, 2021. For more information on Ontario’s role in the Underground Railroad, go to <https://www.heritage-trust.on.ca/en/pages/our-stories/slavery-to-freedom/history/the-underground-railroad>.

(image reproduced with permission Penguin Random House)

And here is a recommended reads available from the Hamilton Public Library. To borrow it or place a reserve, go to <https://hpl.bibliocommons.com>.

All the Devils are Here by Louise Penny. The latest in the Three Pines series finds Armand and Reine-Marie Gamache in Paris to visit their son Daniel, his wife and 2 daughters and their daughter Anny, her husband Jean Guy Beauvoir (Gamache’s former 2nd in Command at the Sûreté du Québec) and to await the imminent birth of Anny and Jean Guy’s daughter. They meet for dinner and are accompanied by Armand’s godfather and dear friend, billionaire Stephen Horowitz. As they stroll after dinner, Horowitz is run down in an obvious attempt on his life. He is sent to hospital clinging to life. The story unfolds with intrigue, industrial espionage and nefarious dealings – all against the backdrop of Paris. As always, Gamache has us guessing, apparently having reached one solution to the mystery – and then surprising us. A rewarding read.

Kit Darling

Note: The bookmobile will be at Eastwood Park on Thursdays from 4:30 to 5:00. There will be no access to the bookmobile to browse, but staff will be on hand for contactless returns and holds pickup.

Have you read any of our recommendations? Liked any of the same books we talked about or disagreed totally? Let us know at bayarea-bookclub@bell.net

Are You Missing That Printed Copy of The North End Breezes?

As soon as it’s safe for our volunteers to deliver, we’ll be printing again. In the meantime, our electronic version on the website www.northendbreezes.com is really quite good. We also offer a link to the paper that you can get by email. Send us your email at office@northendbreezes.com and we’ll add you to the list!

Let The Breezes Help You Promote Your Business!

Let’s get down to business.....We want to help you promote your business while you struggle with restrictions. Send us a quick email about how you are continuing to serve the North End and we will feature you in an upcoming issue free of charge. Email ads@northendbreezes.com

MATTHEW GREEN

Member of Parliament
Hamilton Centre



Matthew Green, MP
Hamilton Centre

905-526-0770
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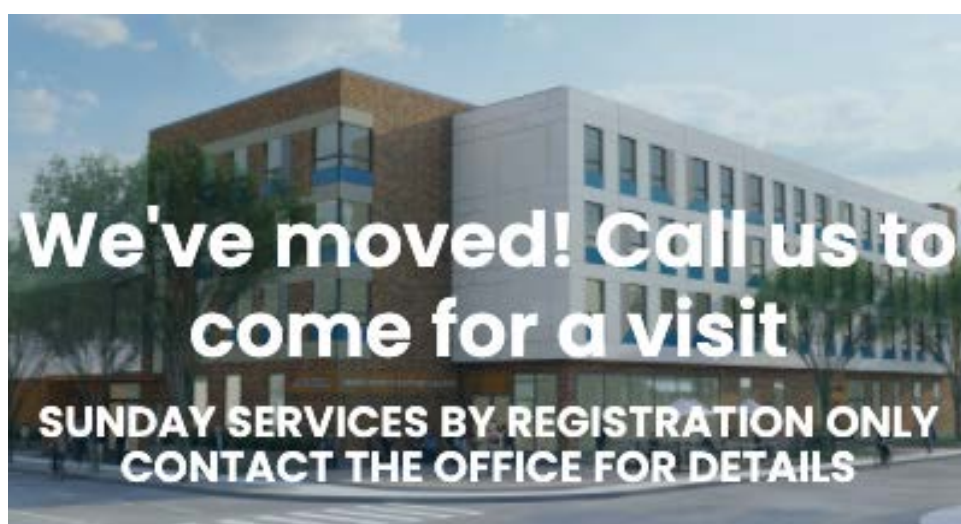


UPDATE: In-person services on Sundays, following the Covid19 protocols of face masks and social distancing

Services are at 9am and 11am and pre-registration is needed due to attendance restrictions.

You can register for the services by visiting our www.jamesnorth.church and following the links.

There are also Good Friday services at the same times.



500 James St N, Hamilton

Contact Phone: 905.527.3972

Email: office@jamesnorth.church

Office Hours: Mon to Fri 9AM - 4PM

www.jamesnorth.church

James North Baptist Church has been a part of the North End for the past 133 years. Their congregation has been more than just a worship gathering on Sundays. Under the leadership of Pastor Dwayne Cline, we believe the Lord has called us to a very simple philosophy of ministry. We seek to bless the North End of Hamilton in Jesus' name. We minister to as many people during the week as we do through our Sunday worship times.

We believe the gospel changes everything. The good news of the gospel is that the death of Jesus Christ has paid the price for our sin, taking the penalty we deserve on Himself, saving us with certainty because of His resurrection. The gospel grants us purpose, hope and a new perspective on joy and fulfillment. Life may not always be easy, but our hope is in Jesus Christ.

At James North Baptist Church we strive to continually offer the hope of Jesus to others through our ministries and programs.

The church is looking forward to welcoming neighbours to the new building. During the Covid lockdown they are having live-stream services every Sunday at 10am. Once the lockdown is over they anticipate returning to live services at 30% capacity. Pre-registration for those services are required. Find all the details for joining in the services on their website at www.jamesnorth.church. On Fridays from 9:30am to 11am Coffee's On Food Bank is still operating, under the existing protocols.



ST. LAWRENCE THE MARTYR PARISH

UPDATE:

Weekly Mass Schedule

Wednesday 7:00 p.m.

Thursday 7:00 p.m. (Confession and Adoration at 6:00 p.m.)

Friday 9:00 a.m. (except for March 26 which will be 7pm)

Saturday 10:00 a.m. and 5:00 p.m.

Sunday 11:00 a.m.

The parish office is open by appointment only. Please call or email for all inquiries.

Contact Us

Please note: the office is currently closed due to Covid 19 restrictions but our secretary is working from home. During the closure, the parish can be reached by email: stlawrencehamilton@hamiltondiocese.com or Phone: (905) 529 3921 and leave a message.

For PASTORAL EMERGENCIES ONLY please call the emergency number 365-888-1275

We thank our parishioners and benefactors for the ongoing financial support of the church during the last several months.

Parish updates are shared at <http://www.stlawrencehamilton.ca>



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

Published by:

North End Breezes Board of

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Co-Ordinator: Brenda Duke

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 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



NENA HAS A NEW WEBSITE

Have you checked out NENA’s new website yet? It is a great resource for what’s happening in our neighbourhood. It is also where you can buy the coveted “I LOVE the North End” T-shirt’s. They are \$20 and all the proceeds go to support our local newspaper, the North End Breezes. The new website is www.northend-neighbourhoodassociation.com

NEW PLAYGROUND AT EASTWOOD PARK

Thanks to Ward 2’s Plan Local Public Budget the playground at Eastwood Park is being updated. Expected to re-open in Mid-May, you can expect a new wood fiber safety surface under the existing swings, a new spinning cone with a new wood fiber safety surface, and brand-new play structures with new rubber surfacing. For more information, see the update from Councilor Farr on page 2.

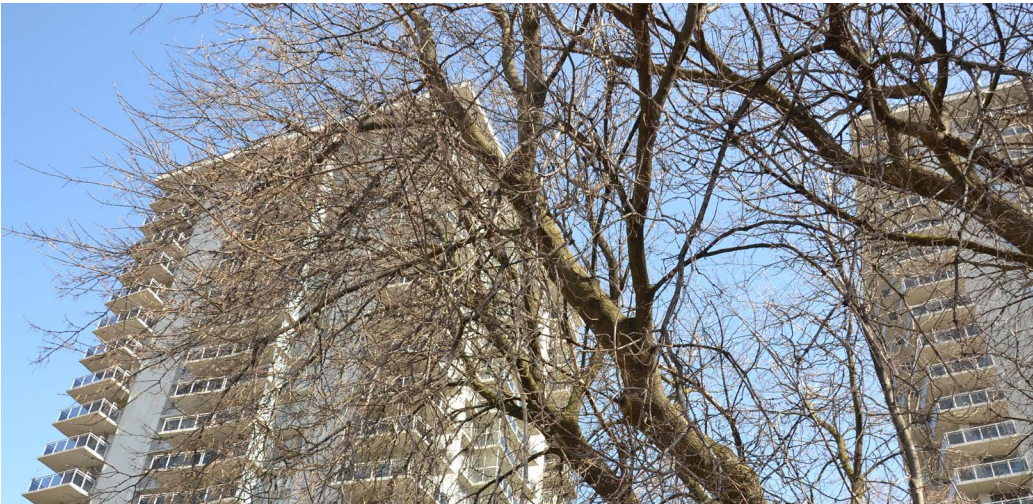
“ONE HEART ONE SOUL” ST. LAWRENCE CHURCH FUNDRAISER

The North End’s St. Lawrence Church (at Mary & Piction) is running a fundraising campaign to restore and repair the Church. Funds raised will go towards repair and restoring the beautiful rose window and front doors.

If you’d like to donate visit www.stlawrencehamilton.ca

NOW YOU SEE THEM, NOW YOU DON’T

CONTINUED FROM FRONT PAGE



The two large apartment buildings didn’t actually vanish, but they did change their name, from Marina to Pier Towers. This is because the building was purchased in September by CLV, an Ottawa-based property company, specializing in large apartment buildings, and operating over much of Ontario and Quebec.

This organization may be familiar to Hamiltonians as the target of a rent strike in 2018 by tenants in Stoney Creek, who were fighting a ten percent rent increase. The renters, many of whom were low income and had lived in the buildings for many years, say they were subjected to various forms of harassment, including attempts to prevent them from gathering in common areas. The company, which countered that the buildings were run-down and in much need of major maintenance, was ultimately successful in getting the rent increase, displacing many tenants.

CLV appears to be taking a different approach to the buildings at John and Brock. Several tenants, who contacted city, said they had been offered cash to move out. This is a tactic associated

with “renoviction,” the practice of persuading or forcing tenants to move out on various pretexts (like the need for renovation), so that their unit can be rented for more money. Although it takes advantage of a loophole in Ontario legislation that allows owners to raise rents as they like on vacant units, the practice has become common all over Canada. Driven by inflated property values and increasing corporate ownership of rental units, renoviction results in greater housing insecurity, and, ultimately, homelessness.

However, renoviction need not be inevitable. The city of New Westminster, B.C., was able to virtually eliminate it through a system of landlord licensing and guarantees to re-house displaced tenants. All stakeholders were pleased with changes that encourage community stability. Proposals for similar regulation in Hamilton have been supported by Acorn, Hamilton Community Legal Clinic and other housing advocacy groups. While the city rejected earlier suggestions for landlord licensing, the proposal is being studied.

It’s time for us to show our support for tenants at the former Marina Towers, before they disappear like the old building name. They make up a diverse and sizable portion of our community and many of them have lived here for over 30 years. Contact the city and your local councillor to register your concern about the building and the issue of renoviction and think about lending your support to any community event or action to help them out.

HOPA PORTS

OPENING OF THE SEAWAY

We are counting down the days until the start of marine shipping season! The Welland Canal is scheduled to open March 19 and the Montreal/ Lake Ontario section is scheduled to open March 22. Did you know that the Great Lakes- St. Lawrence Seaway is the longest inland deep-draft navigation system in the world? Every year ships deliver more than 230 million MT of cargo worth over \$77.4 billion on the seaway.

SAFE BOATING IN HAMILTON HARBOUR

The 2021 shipping season is just around the corner and we would like to remind local recreational boaters about safe boating when navigating around commercial vessels in the Hamilton Harbour. Hamilton port is the busiest Canadian port on the Great Lakes, with over 650 vessels transiting the port every year.

Did you know that it can take a commercial vessel 1-2 km to come to a full stop? Large commercial vessels will have fixed routes in and out of the Harbour and if you hear 5 short blasts of a horn, that means DANGER- a ship is nearby.

A few safety tips to remember:

- Stay clear of commercial docks and slips
- Stay clear of large commercial vessel, they may not be able to see small boats, and are unable to turn or stop quickly
- Never pass between a tug and tow

CREATING COMMUNITY ON THE SIDEWALK

SUBMITTED BY SHERI SELWAY

I out for my daily walk, and started wondering what could the topic be about Community for this issue of the Breezes. I couldn't think of anything.....then an experience got my thinking going. Here a few ideas on building community from the sidewalk!

1. As I was walking, two boys were looking down a driveway into a backyard talking excitedly. I could hear them wondering if this was the right place and if they should knock on the door. So I asked them what was going on and if they needed any help. They told me they thought there was a dead animal back there. So I offered to help out (and I put on my mask). We knocked on the door and all of us stepped back. The man

that answered didn't think it was in their backyard. So the boys took me around to their house and showed me the dead animal laying by a small shed, probably a skunk. The boys also thought there were babies under the shed. We sighted a landmark to identify the correct house, and went back around the corner.

This time a woman answered the door, and it turned out that I knew her! She came out to the back, went behind the shed and found the dead animal. The boys were her neighbours and they told her about the babies. By that time, one of the mom's came out calling one of the boys to come home. The woman and I thanked the boys and we left her discussing who to phone with the boy's mom over the back fence.

I waved goodbye to the boys, who are students at St. Lawrence and told them I would write about them in the Community Newspaper because they showed what being a good neighbour is! Good work, if you are reading this!

2. I wrote about a strong community on Macaulay West in the last issue. This



month, one of the neighbour's child had a birthday. No party. So, mom passed out sparklers to all the neighbours and asked everyone to come outside at 7:00 to sing Happy Birthday!

3. We recently had new neighbours move in. And more on the way as another house is for rent and another one sold! I recall that there used to be a "welcome" for new neighbours. So when I saw them outside, I (and other neighbours) introduced ourselves. I sent over maps of the neighbourhood with places marked on it (I used City Tourism maps) – grocery store, Compass Health Centre, Bennetto Rec Center, schools, parks and walking trails, Sobi bike stands, etc. I included some extra "garbage tags".

4. Another walking story. Across the street from where I was walking home, I noticed a man and woman seemed to be struggling with bags of groceries, obviously going home from FB. They seemed to put the stuff down, reorganize and set off again. In normal times I would offer to help carry it home, but I didn't feel comfortable. I put on a mask and offered to have them drop some off on my front porch, a few houses away and come back. Or they could borrow my "cart". They thanked me for the offer, but thought they could manage, but said if I ever found groceries on my porch, it would be theirs!

5. Garbage day also allows the opportunity to be a good neighbour. I was out walking on Monday when a friend on Strachan was out helping a neighbour deal with bags of garbage. And often, people aren't home until later, their blue boxes and cans are often blocking the sidewalk for hours. One of my neighbours moves the bins off the sidewalk,

NEW NORTH END BREEZES BOARD MEMBER



Introducing our new member of the Breezes Board of Directors. Please welcome"

Natalia Kouznetsova is a marketing and sales professional who recently relocated to the North End. Natalia is looking forward to plugging into the community by contributing her time and experience. When not chasing around her toddler, she can found working on DIY projects and spending as much time outdoors as possible. Rain or shine.

and if he knows you, puts them away. Nice!

6. It's spring. A great time to make your front yard interesting. Put a chair and plants out front. Or a Little Free Library. I often stop and look at flowers in windows or in the yard. And some people put up interesting signs or decorations in their yard. Like "tin men" from Bay Street!

7. And the last thing is a small but important one. Just say HI! Now a days, we have learned that the sidewalk doesn't allow 2 meters distance when passing on a sidewalk and one person usually crosses the street or walks in the street. Say HI!

IT'S TIME TO GARDEN... ALMOST

Whether you garden for pleasure or exercise, whether you grow flowers or food, the time to start is getting closer. I want to share the food part.

Community gardens can be seen as one cog in the wheel of Food Security. As such they are now considered essential. As essential, they do not have to limit themselves to gatherings of 10 people or less. However, all community gardens and gardeners must continue to practice physical distancing and follow the safe operating guidelines outlined by our city and the Hamilton Community Garden Network.

Every day, one in eight Canadians struggles to put good food on the table for themselves and their families. During the pandemic, that number has risen to one in seven as a result of layoffs and the economic downturn.

Food insecurity means that people are unable to afford enough good food, or that they worry about running out without the money to buy more. While food insecurity isn't a commonly used term, it's a big problem — and it goes way beyond what most people think of as hunger. To view the full report, visit [Beyond Hunger: The Hidden Impacts of Food Insecurity](#)

Community Gardens offer other benefits as well and HCGN provides garden coordinators with advice, support and resources. The definition of Community Gardens are spaces where plants are grown by a community to meet its needs. The benefits of gardening were especially appreciated during the pandemic.

□ “The garden was a place people could reconnect with the outdoors, with ‘normal’ things in such an abnormal year and summer.” - Plot Garden Coordinator

□ “Community extends beyond the garden gate. The HCGN program helps all of us maintain our individual garden communities.” –

Plot Garden Coordinator

□ “One of our volunteers has chronic mental and physical health issues. She credits the work at the garden for her peace of mind. It was her happy place.” – Plot Gardener

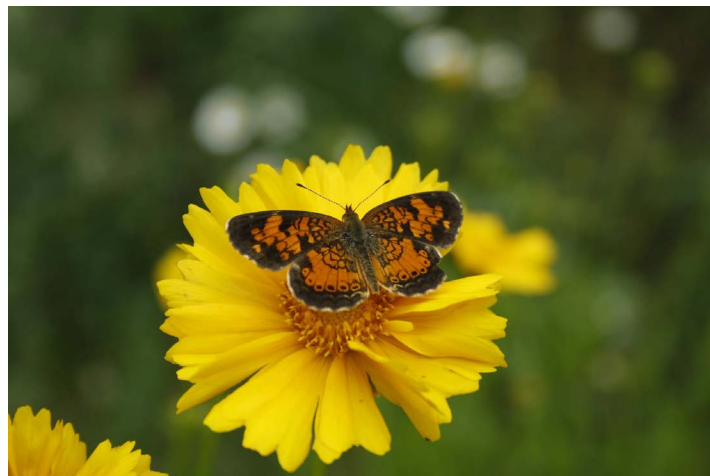
The Hamilton Community Garden Networking (HCGN) program is run by Neighbour 2 Neighbour to sustain and expand the garden community of Hamilton and support Hamiltonians in using gardens to build the community, enhance the environment, and promote wellness. The HCGN program engages and connects community garden organizers, members, and supporters as well as the public to collaboratively build and sustain the garden community of Hamilton. They help create a community in which everyone has the opportunity to participate in and benefit from gardens grown to meet their needs. Learn more at <http://www.n2ncentre.com/hamilton-community-food-centre/community-garden-networking-program/>

5 BIG BACKYARD STRATEGIES FOR MAXIMUM, SMALL YARD ENJOYMENT

SUBMITTED BY CANDY VENNING

1) Great access – from your house to your yard. Many of the older houses were built when outside space was more for hanging laundry or growing veggies than the spa-like oasis we expect of a garden now. Many houses often have odd access to the yard and if possible – consider changing the layout from indoors to out before adding a big deck or patio.

2) ‘Fun’ So maybe my idea of fun is different than yours (coaxing native plants into accepting my garden and then counting and identifying the various pollinators that come for them) but I won't pretend that stock tank pools, firepits, trampolines, swing sets, hot tubs and tree houses aren't immensely enjoyable BUT it's unlikely you have a park for a



yard, so pick one! Pergolas are great as they can be multi use, for items like hammocks and swings, curtains and string lights. (all of which can be changed up depending on the situation) ‘Built in’ fire pits are not multi purpose and are technically illegal in Hamilton so to extend the season with flames, consider a propane fire/hearth or a movable brazier that can burn charcoal while cookin’ yer smores and sausages.

3) A sense of privacy & good fencing – a native tree or a Pergola covered in clematis does this very effectively as well as giving some shade – consider lowering your deck, lower, lower – yes there – closer to ground level means better connections to the yard as well as much more privacy

than the typical ‘stage’ suspended 4’ in the air, overlooking the neighbourhood.

4) Pathways and paving – this really doesn't have to be complicated – if you're losing the lawn then you'll want to leave some space

to thread through the garden beds, cedar mulch or a some random stepping stones is good enough – try to pave only areas required for tables and chairs. We've all seen photos of idyllic gardens with moss carpets BUT moss does not withstand constant dog/child or human footies – if you can't mow it then it will look weedy if not cared for – decide if you're ok with that level of maintenance before removing the grass. A lawn is still a living thing, is cooler than stone and can be biodiverse with the addition of native groundcovers like strawberry, and even non native clover plus anyone can care for it.

5) Pollinator plants, shrubs or trees.

Consider how your garden can ‘give back’ by providing pollen-rich plants & homes for insects, they're essential links in the food chain. Can you imagine caterpillars eating your plants is a GOOD thing? Caterpillars, grubs, and larvae also feed some of the 367 identified bird species that call the Hamilton area home, remember, baby birds cannot eat seeds. So what about that most popular of all pollinator species, bees? Native bees are some of the most misunderstood creatures around. Popular misconceptions are that they all make honey, they're all black and yellow, they all sting, and they all live in hives. But the vast majority of Ontario's 350 species of native bees don't live in hives, are not black and yellow, do not sting, and none of them make honey. (surprise!) Native bees are endangered, not European honeybees.

In addition to helping the birds, bees, and butterflies, we can also add beauty and health to the benefits of creating wildflower and habitat gardens. Many of us acknowledge a primal longing for a ‘dose of nature’ and tests have shown ready access to a garden or living near a park reduces anxiety, depression and aggression.



Goal \$100,000

\$100,000
\$90,000
\$80,000
\$70,000
\$60,000
\$50,000
\$40,000
\$30,000
\$20,000
\$10,000
0

\$16,330

One Heart One Soul
Progress Update

ONE HEART ONE SOUL

ST. LAWRENCE THE MARTYR

One Heart One Soul Fundraising Campaign at St. Lawrence

St. Lawrence is one of the oldest parishes in the Hamilton Diocese. Our rich history began in November of 1890 with the first Mass and the official opening of St. Lawrence the Martyr. The magnificent stained-glass windows, paintings, pipe organ and altar are a real treasure to our parish. Now, over 130 years old, our beloved

church is in desperate need of repair. The One Heart, One Soul Campaign gives us an avenue and opportunity to make much needed repair to the church, but also strengthen our parish community and unite us with the entire diocese. To learn more about the campaign and how you can contribute please call the parish office (905)529-3921 or visit our campaign website <https://www.oneheartonesoul.ca/stlawrencehamilton>

ADOPT THE BREEZES

We hear stories every day that touch our hearts and make us wonder how we can make a difference. Should we bring a new pet into our family? Is there a child that needs a loving home? Or perhaps there is a cause that could use your support.

Thank you for supporting your community newsletter. Since 1971 this newsletter has been published in a variety of forms, but it is the partnership with our readers that has always been at the heart of what we do. This is seen in the financial stability of the newsletter as in 2015 24% of our income came through

donations and fund-raising activities.

We've seen many changes over the past few years. Colour added to our newspaper, a website presence and Twitter bringing our social media presence to the forefront. Over the past few months, we have continued to bring the news of the community to you in a digital format but as soon as the situation warrants, you will have a paper copy to enjoy while you sit on your porch with your cup of coffee. The on line readership has increased over 57% so we know you are still looking

forward to the monthly edition of the Breezes. We continue to look for ways to balance our books and keep the Breezes sustainable as we approach our fiftieth year of publication.

We hope that you will join us with a financial gift that will allow us to continue to keep the people and resources of the North End connected. You will receive a charitable donation receipt for your donation. Thank you in advance for your donation.

Sincerely,

The North End Breezes Board



Do you tweet? Do you have a couple of hours a week?
The Breezes would love your expertise! The Breezes needs someone to help with our social media platforms on Twitter and Facebook.

Please contact: office@northendbreezes.com



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GAS LIGHTING IN HAMILTON

SUBMITTED BY BRIAN ROULSTON

Today, we often take for granted that our brightly lit streets or sidewalks have been around forever. Like many cities Hamilton's first foray into lighting our streets and our homes came as a byproduct of burning coal. Candles and kerosene were widely used from 1780-1880, electric lights came later.

Gas Lighting was first used to light up the streets of London, England. The first gas street lights in Canada were introduced in Montreal in 1837. Toronto was lit up in 1841.

Hamilton had been designated as a city for four short years in 1851 with a population of 10,000 people before it was first lit up, thanks to the Hamilton Gas Light Company. The company was incorporated a year earlier with an initial investment of £12,500. The Hamilton Gas Light Company was located in a large two story building bordered by Cannon and Mulberry Streets, Bay and Park Streets. Huge storage tanks of manufactured gas were stored on the property as well. The company office was a large brick house located on the south side of Park and Cannon. I personally am not sure if this house still exists today, some articles suggest that it does.

The first gas lights in Hamilton were covered with white globes that had tiny doors built into them to allow access to the burners. These globes were placed high on cedar posts. Every evening as the sun set children would gather across the opposite street corners and peek out windows in wonderment as the lamplighter would come walking down the street. The Lamplighter tended to be an older gentleman. On his shoulder he carried a small wooden ladder which he would prop up against a light pole, climb up, open the little glass door then light a match; making the little white globe glow in the dark.

The lamps were high maintenance and sometimes dangerous, those white globes needed constant clean-

ing and were prone to blowing up. During fierce blizzards and strong winds these lamps were useless as they would often get snuffed out. The white globes needed constant cleaning while the burners themselves had to be free from dust and dirt, rust and insects.

In spite of their quirks, gas lighting still caught on, railroad stations, hotels, ballrooms, and large community halls throughout the city were lit up, as well as the homes of the wealthy who could afford it.

Hamilton residents were fiercely proud of their new street lights. Out of towners flocked to the city to see the city lights. These lamps would provide the equivalent of maybe a 20 watt bulb today. From Queen Street to Wentworth, along the Grand Trunk Rail line in Hamilton's North End to the edge of the mountain, every corner was lit with a street light. At its peak the City of Hamilton maintained a maximum of 220 of these gas lights.

Gas meters were almost nonexistent at the time as they had to be shipped from England. Instead of being charged in cubic metres (m³) as in the case of natural gas today, early artificial gas prices were charged on a flat rate based on the number of burners each customer required and the length of time it was to be used. This is why many early gas lighting systems typically used one or two burners. However, as more residences and businesses got this coal manufactured gas, this system was open to abuse and the province of Canada West (Ontario) passed legislation making it a crime to burn lights longer than the contracted time. The fine was not less than one pound to a maximum of five pounds sterling.

The gas was manufactured from coal shipped in by boat from Sodus Point



N.Y, Ashtabula & Cleveland, Ohio. Once the coal reached the shores of Hamilton Bay, it was brought up to the plant by horse & buggy. Later a spur line was built from the bay.

Thomas Leopold Willson was born on a farm near Princeton Ontario in 1860. He went to school here in Hamilton and designed, patented, then demonstrated the first arc street lamps later used in Hamilton by the Hamilton Gas Light Company when he was just 21 years old. Willson left Hamilton but eventually moved back to Canada where he built a large summer home on Meech Lake near Ottawa. It became famous for being the negotiating site of the Meech Lake Accord in 1987. Willson died of a heart attack in 1915 while in New York City working to secure financing for what later would become the Churchill Falls Hydro Electric project in Labrador, Nfld. The project was completed in 1974.

There were many others involved with HGLC. John Young served as the company's original president and William Gates as vice-president. The most notable was Thomas McIlwraith, who served as general manager for 18 years and was a local bird enthusiast. He was one of the three founding members of the American Ornithological Union established in New York City and wrote extensively on the subject of birds, particularly those within the region of Hamilton. He published two books, including the *Birds of Ontario* (1886) and *Birds Observed in the Vicinity of Hamilton* (1860). Both these books are available at the Hamilton Public

Library.

For several decades the Hamilton Gas Light Company served the city as the only provider of artificial lighting. Once Cataract Power brought hydroelectric power from Deceus Falls to Hamilton just before the turn of the century, the city and its inhabitants gradually converted to hydroelectric lighting.

Hamilton Gas Light Company remained relevant by selling gas cook stoves for as low as 75¢ (No that wasn't a typo, really they sold cook stoves for seventy-five cents a-piece.) and gas ranges for around \$17-\$18.

Ontario Pipeline Company started piping natural gas from Selkirk, Fisherville, Cayuga and Welland in 1906. The days of manufacturing gas from coal were numbered for the Hamilton Gas Light Company for several reasons, it was cleaner than manufacturing gas from coal and it was much cheaper to pipe gas in from out of town than to manufacture it. Also, with the city's rising population and a booming manufacturing sector on the horizon, it couldn't have kept up with the increased demand for gas. In 1906 almost 108,245,000 ft³ of gas was manufactured by HGLC and used in Hamilton, by 1913 that number was reduced to slightly more than half at 64,920,000 ft³. Eventually assets of the Hamilton Gas Light Company were purchased by the Ontario Pipe Line Co., Ltd. At that time the name was changed to United Gas & Fuel Company of Hamilton, Limited.

Special thanks to Kelly Bucci at Hamilton Public Library's Local History & Archives department.

VOLUNTEER APPRECIATION MONTH AT WELCOME INN

In honour of Volunteer Appreciation month, Welcome Inn would like to thank ALL of our volunteers – those who have regularly volunteered before the pandemic, and those who have jumped in during this last year. Your hard work, commitment, and compassion changes all of us and helps our community to SHINE. Volunteering is the ultimate exercise in democracy. We vote at election time, but when we volunteer, we vote every day about the kind of community we want to live in. To each of our volunteers.....THANK YOU





Welcome Inn
Community Centre

**ART FEEDS:
ONLINE ART AUCTION FOR THE
WELCOME INN COMMUNITY CENTRE**

We are proud to announce that our online auction will be taking place on April 14-19th. All proceeds from this online art auction will support our local food bank.

This auction celebrates art and artists while providing much needed funds for our food bank program. Pre register now by going to:

<https://www.charityauctionstoday.com/auctions/ArtFeeds-welcomeinn-19696>

For more information please visit:
www.welcomeinn.ca

Art Feeds
ONLINE ART AUCTION
April 14-19, 2021

buy local art from local artists
All Proceeds will support the
Welcome Inn Community Food Bank



Welcome Inn
Community Centre

**IS OFFERING
FOOD BANK
APPOINTMENTS**

Avoid waiting in the cold -
Call **905-525-5824** to book

Drop-ins also available
Monday, Wednesday, Thursday & Friday
10:30AM - 2:00 PM

Welcome Inn's
**MOST REQUESTED
ESSENTIAL
ITEMS**



SHAMPOO
PROTEIN
BODY WASH
DISH SOAP
LAUNDRY PODS
TOILET PAPER

HOW TO HELP...
DROP OFF ITEMS AT 40 WOOD STREET EAST
*RING THE SIDE DOOR BELL FOR ASSISTANCE *
DONATION HOURS: MON, WED, THURSDAY & FRI 9:30-2:00.

“Flowers don’t worry about how they’re going to bloom. They just open up and turn toward the light and that makes them beautiful.” Author: Gustav Mahler

Even in these days, with wearing a mask, a smile can go a long way and be a highlight to your day and others.

Please see the following updates to the Welcome Inn Community Centres Programs



SENIORS

With spring here, please know that there is community all around you and you are not alone. We are here to help!

Please call the Seniors Support line if you are in need of food hamper deliveries or would like to be matched with a volunteer who would love to call you on a regular basis for a friendly chat. We will all get through this together!

Seniors Support Line: 289-260-3771

VOLUNTEER OPPORTUNITIES

We are looking for volunteers who would like to connect with neighbourhood seniors, by phoning them on a regular basis. These phone calls are a meaningful way to help seniors cope with the isolation they are facing during the pandemic. If interested in volunteering, please call our Seniors Support Line: 289-260-3771, to get the conversation started.

FOOD BANK

Welcome Inn’s Food Bank is now offering appointments, please call, 905-525-5824 to book ahead and avoid waiting in line.

Drop-in visits are still available. Spring food bank hours are Monday, Wednesday, Thursday, and Friday from 10:30 AM - 2:00 PM.

Donations are being accepting during our Food Bank Hours. We are in a high need for Toilet paper, Body wash, Shampoo, Dish soap, Boost/Ensure and Laundry pods.

COMMUNITY PROGRAMMING

We are looking for Spanish, Somali and Arabic speaking interpreters for our virtual tax clinics. Please contact Krista for more details, 905-516-0480.

NEW HORIZONS THRIFT STORE

The Welcome Inn is looking forward to the grand reopening of New Horizons Thrift Store. Our goal is to reopen the store in the coming year, adding more community space and a lovely café. The store has been packed up and we are just waiting to re-open the store in a new location. We are currently not able to take donations until we obtain our new location.

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This auction celebrates art and artists while providing much needed funds for our food bank program. Pre register now by going to:

<https://www.charityauctionstoday.com/auctions/ArtFeeds-welcomeinn-19696>

For more information please visit: www.welcomeinn.ca. Thank you!

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

Roommate wanted to share an apartment. Reasonable rent plus shared responsibilities. Please call 289-389-1070

Lawn Mowing: I am a 14 year old boy looking to make some money over the summer by mowing lawns in the north end. If interested call Ezra Oucharek at 905-517-1661.

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.

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.

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

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

GOOD FOOD BOX

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

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

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

Brought to you by:

The Eva Rothwell
Resource Centre
at Robert Land



YOUR COMMUNITY! YOUR SUPPORT! MAKE A DIFFERENCE!

The Breezes is supported by your generosity! Hundreds of volunteer hours go into each publication but we need your help to cover those essential costs of printing and delivery. A tax receipt will be issued to the address noted. Please send your cheque to North Hamilton Community Health Centre at 438 Hughson Street North or visit our website www.northendbreezes.com to make a donation through paypal.

During this time of social distancing, we are still accepting e-transfers to: office@northendbreezes.com



JOIN OUR TEAM!!

The Board of Directors is looking for eager volunteers 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. 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

Are you Pregnant?

YOU'RE INVITED TO...

Welcome Baby Program



We provide the following at this program:

- Access a Registered Dietitian and Public Health Nurse.
- Pregnancy and post natal education
- Meet other moms
- Healthy snacks and recipes
- Food vouchers
- Bus tickets
- Free prenatal vitamins.
- Free Vitamin D drops
- Free child minding for children under 6.

Where?

Compass CH – 438 Hughson Street North

For more information contact:
Cory at: (905)-523-6611 Ext.3047



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* Incl. unlimited Proof of Death Certificate. ** 2 staff, 24 hr. availability

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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

COOKING IN THE NORTH END



SINGLE PAN CHICKEN WITH SEASONED VEGETABLES

An extremely versatile meal using on hand or seasonal vegetables with easy clean up.

Ingredients

- 4 chicken thighs or a combination of thighs and drums
- 3 garlic cloves, minced
- 4 tablespoons of olive oil, divided
- Salt + Pepper
- 450g (1lb) of mini or baby potatoes, sliced in half
- 1 tablespoon of chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 lemon, cut in half
- 1 bunch (7-8 spears) of asparagus
- 2 green zucchini, in ½ inch rounds

Instructions

1. Preheat oven to 425°C
2. Pat dry chicken with a paper towel, salt and pepper
3. Preheat a large skillet with 1 tablespoon of olive oil over medium heat
4. In batches brown each side of the chicken for 2-3 minutes
5. Place the chicken on large oven pan lined with foil for easy clean up
6. Combine olive oil, rosemary, thyme and garlic
7. Slice the mini potatoes in half and combine with olive oil mixture
8. In a single layer add the potatoes and lemon to the chicken pan
9. Roast the chicken in oven for 25-30 minutes
10. In the meantime, snap off the asparagus ends and chop the zucchini into ½ in rounds
11. Toss the asparagus and zucchini in the same olive oil bowl, salt and pepper with an extra olive oil drizzle
12. Pull out the chicken from the oven and toss the potatoes
13. Add in the remaining vegetables in a single layer
14. Cook for another 10-15 minutes, until the asparagus is a vibrant green and chicken reaches internal temperature of 165°F

Adjustments can be made to produce on hand. Chicken breast would require less cook time. While root vegetables (potatoes, carrots, parsnip, radish) will have the same longer cook time. Try marinating the chicken ahead of time with olive oil and fresh herbs, or honey and soy! Or adding grated parmesan cheese before serving.

Enjoy your dinner and easy clean up! Bon appetit!

It's time for a Spring Clean Up!



APRIL 17TH
2021

10AM - NOON



**CONFEDERATION BEACH PARK
PRINCESS POINT
OR BAYFRONT PARK**

**SUPPLIES WILL BE PROVIDED
OPEN TO ROTARY MEMBERS
AND NON-MEMBERS**

REGISTRATION MANDATORY AT [TINYURL.COM/GREATLAKESCLEANUP](https://tinyurl.com/greatlakescleanup) 



**Wellington Street North
to
Emerald Street North**

**Meet up at
Victoria Avenue North
and Birge Street**

CN TRACK GANG



For more information, email:
rocchi.francis1@gmail.com



9 am - 1 pm
May 1

- This is a rain or shine event.
- Safety boots are a good idea.
- Please, no children or animals.
- PPE (masks & gloves) provided.





Beautiful Alleys

For more information, email hamiltonalleys@gmail.com

SPRING CLEANING 2021

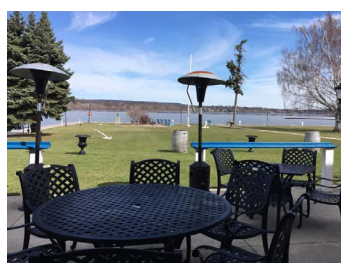
APRIL 17 9 A.M. - 1 P.M.





Even if you don't own a boat, YOU can be a member.
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RHYC was established in 1888, Our club provides a year-round facility offering an exceptional waterfront experience.
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For membership information or a visit please contact us at
(905) 528-8464 or email: sail@rhyc.ca

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