

APRIL 2023 | VOLUME 4 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

WHAT'S HAPPENING AT PIER 8?

SUBMITTED BY KATHY RENWALD

After months of no news about residential development on Pier 8, this spring there will be several meetings that should deliver new information about the West Harbour housing project. Some North End residents have been getting postcard invitations to an event called Neighbourhood Drop-In: Let's Talk Pier 8. This event organized by the developers of Pier 8 will be held April 4 at Castelli Cucina restaurant at 337 James Street North. The event is listed on the Eventbrite website at: <https://www.eventbrite.ca/e/lets-talk-pier-8-neighbourhood-drop-in-tickets-574557325427> The space is small so you are asked to reserve a spot between 2 pm and 6 pm.

We asked Tercot Communities, a partner in the Pier 8 development group called Waterfront Shores Corporation to detail what information would be available at the meeting, but there was no response up to publication deadline.

In addition, the City of Hamilton is planning a city-wide public meeting in the spring to specifically discuss the 45-storey tower proposal. Chris Phillips, manager of the city's Municipal Land Development Office sent the following details:

- There will be an additional community-wide meeting, specific to the proposed tower for Block-16 on Pier 8. This meeting will provide an update on the process to date, present the revised tower design and outline next steps in the development application process.
- Although details have not been scheduled yet, City staff expect to hold the meeting in the spring. Final arrangements and format will be determined after the Staff report to April 14th West Harbour Development Sub-Committee and the April 19th General Issues Committee.



The April 14th meeting of the West Harbour Development Sub-Committee meeting and the April 19th General Issues Committee will be streamed live and afterwards archived on the city's YouTube Channel. The agendas with details of Pier 8 developments will be on the city's website about a week prior to the meetings. It requires some navigating-but this link is a start: <https://www.hamilton.ca/city-council/council-committee/council-committee-meetings/meetings-agendas-video#meeting-calendarlisting>

The proposal to build a 45-storey residential tower on Pier 8 is a controversial one not just in the North End, but across the city. Many people are averse to high-rise development anywhere, but particularly in park like settings such as Pier 8-where it will be placed at the

water's edge. Other's may like the idea of a dramatic building on the waterfront and consider it a valid way to add residential density to the city.

The original Pier 8 development approved in 2018 after a design competition, was conceived to house approximately 1500 people in a village like cluster of mid-rise townhomes. The plan was appealed to the Local Planning Appeal Tribunal (LPAT) by Harbour West Neighbours and Herman Turkstra, with Parrish & Heimbecker as an industrial appellant. A settlement reached with a mediator resulted in the surprising addition of a potential 45-story tower among other terms. A tower was seen as a way to increase family sized units on Pier 8.

STORY CONTINUED ON PAGE 7

THE HAMILTON & GORE MECHANIC'S INSTITUTE

SUBMITTED BY BRIAN ROULSTON

In today's world, the term 'technician' has come to imply something very specific. A technician is a person who has a high degree of expertise in a particular field, and who can solve problems and provide solutions in that field. Technicians are often employed in the automotive, aerospace, HVAC, and other industries. The word 'mechanic' is used, but it generally refers to a person who works on machines, rather than a person who works in a specific industry. In the 18th century, the word mechanic referred to a person who worked with their hands, and was not necessarily associated with a specific field. Dr. George Birkbeck of the Andersonian Institute in Scotland initiated the Mechanic's Institute movement in 1800 by giving a series of lectures to local mechanics who wanted to further their education or better themselves. The seminars at the time were free and well-attended. The movement swiftly expanded throughout the British Empire and the United States. The first of these Mechanics' Institutes in North America was established in New York City in 1822.

In 1843, the Upper Canada legislature fostered the formation of Literary Societies and Mechanical Institutes. As a result, these institutions sprung up throughout the province, in towns and cities like Hamilton, Waterdown (1843), and Toronto (1849), to name a few. Several of these establishments were also called "School of Art." According to Chad Gaffield's February 2014 article on Mechanics' Institutes, in 1895 Ontario had 311 such institutions with 31,195 members. They were also among the province's first non-religious institutions.

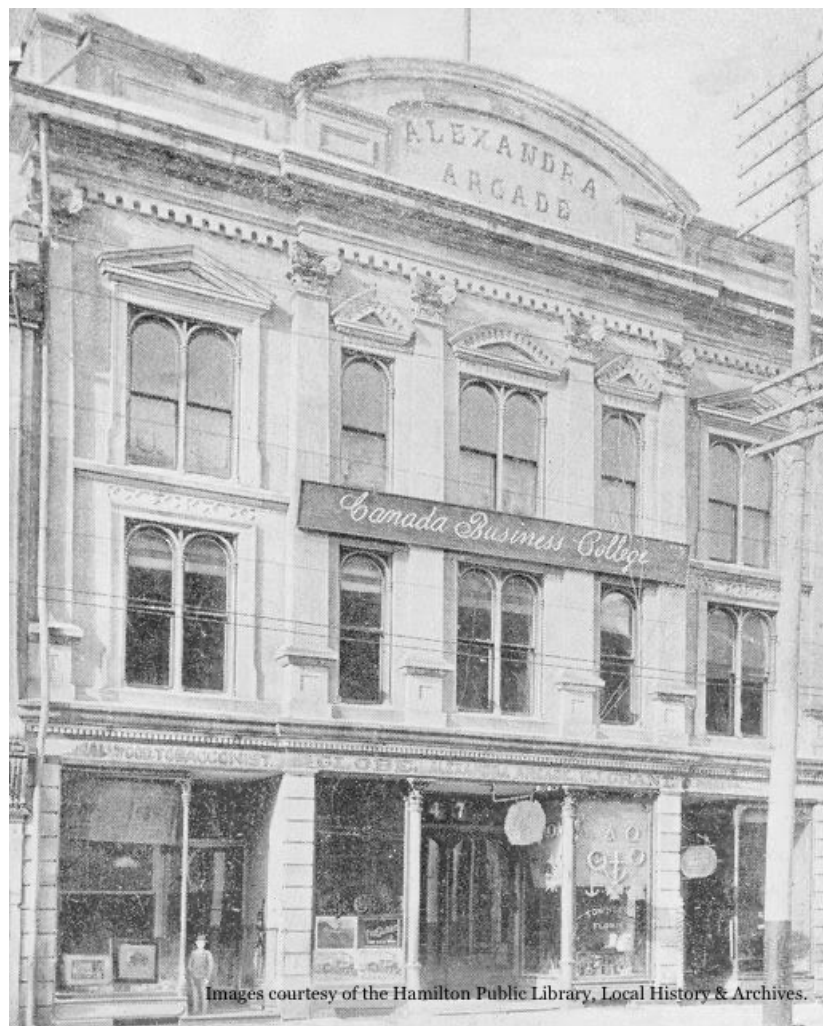
In 1839, the Hamilton & Gore Mechanics' Institute was established as a private venture. Members had to be at least 18 years old and pay a five-shilling admission fee, plus ten-shilling annually. Remember, English currency was used exclusively in Canada up until Confederation.

In 1844, two prominent members of the

Hamilton & Gore Mechanics' Institute were Joseph Lister and Allan N. MacNab. The Hamilton & Gore Mechanics' Institute was incorporated in 1847. In 1853, they designed and constructed their own building on James Street North and York Boulevard, across the street from the old City Hall, where the soon-to-be-demolished City Centre now sits. In addition, the Hamilton & Gore Mechanics' Institute was one of the city's earliest private lending libraries (in many cases they were the first libraries in other cities worldwide as well.) It specialized in non-fiction literature about science and technology. The library was open Monday through Friday from 7:00 p.m. to 10:00 p.m., and was closed on Saturdays and Sundays. One English penny for every day was charged per overdue book. Payment of the fine was due one week from being incurred. You would also be fined one shilling and three pennies for smoking or bringing your dog into the library or the newsroom.

Among the titles in the library were Cook's Voyages and the British Encyclopedia of Natural History, Listowel's Niagara Falls poem and three volumes of Galileo's Biography. Among the top publications of the day in the Newsroom were Journal & Express-Hamilton, The Toronto Globe, The Montreal Pilot and Montreal Herald, and Journal of Commerce-New York.

These institutions were opposed to a new craze known as 'fiction' and retained just a handful of them at first. It should be noted, that when the H & G Mechanics' Institute was founded, fiction or story telling books were in their infancy and exceedingly scarce. Yet, as time went, fiction grew tremendously popular among the general public. By 1882 when the Hamilton & Gore Mechanics' Institute closed due to financial obligations, the li-



brary's collection contained 35% fiction. The H & G Mechanics' Institute had cost £4,000 to build and it was quite an impressive structure for its day. The Mechanics' Hall was a large hall on the second level of the four-story structure. It would become the city's main theatre, with seating for 1,000 people. Once the institute closed. Shakespearean plays as well as several bands, opera, and vocal groups were featured here. Some of them are the Dofasco Male Chorus, the 13th Royal Military Band, as well as the world-renowned New Orleans minstrel band, Duprez & Benedict's.

The building then became Canada Business College in 1885 until 1905. From 1908 it was Central Business College then for the next two years it was the Clarke's School of Business.

On the ground level, a variety of shops and businesses were accessible from James Street North over the years

after the Mechanics' Institute closed through to 1921.

The Arcade Department Store on James Street North also opened in 1911 in the former H & G Mechanic's Institute. By 1915, they had expanded into the Saint Nicholas Hotel, which ultimately became the Hotel Cecil and then the relatively short-lived Griffin Theatre. With two floors of shopping enjoyment, the Arcade Department Store quickly became one of Canada's largest and most fashionable department stores. According to the Hamilton Spectator, the Arcade changed the whole dynamics of downtown traffic. Traffic on James Street North surged by 350% when the Arcade expanded. It was nicknamed the "day-light shopping palace" because of its overabundance of plate glass windows. The Arcade became Hamilton's go to department store un-

til 1927 when Timothy Eaton Company bought the buildings and turned it into an Eaton's department and catalog store.

Timothy Eaton had passed away in 1907 from pneumonia. His 87-year-old widow Mrs. Margaret Eaton, attended the Eaton's Store Grand Opening at 9:00 am on June 23, 1927. Eaton's was the longest-running business in the old Hamilton & Gore Mechanics' Institute structure until it was demolished in 1989 and Eaton's moved to the new Eaton Centre a block away. However, Eaton's only lasted ten years at its new facility before shutting.

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WARD 2 UPDATE



SUBMITTED BY WARD 2 COUNCILLOR
CAMERON KROETSCH

Happy April North Enders! As winter comes to an end, I'm turning my attention to the condition of our neighbourhood sidewalks and am thrilled to let you know that I'll be investing in repairing sidewalks across Ward 2 over the spring and summer months. As the part of the city with the most used sidewalks, the highest density of pedestrian areas, and the most folks with disabilities, investing in our pedestrian infrastructure is vital. I'll be continuing to invest Ward 2's minor maintenance budget over this term of Council to ensure that they're in a much better state of repair.

Speaking of sidewalks, I heard from many North Enders about the long duration and low quality of sidewalk snow clearing over the winter months. I take your concerns seriously and will do whatever I can to ensure that next winter is better for everyone, especially those in our neighbourhood who need to get around on our sidewalks. This is something that I know my colleagues heard about and that they will also be turning their attention to when we review the sidewalk pilot with City staff this year.

For those who have been following what's happening on Strachan Street East with both the Mary Street Bridge and the trees along the CN Railway tracks, I have some good news to share. The replacement of the bridge's working surface is ready to go, we're just waiting for CN's availability to get the work started (it has to be done in collaboration with CN flaggers).

After the trees were cut down along the rail tracks without notice to the City or the neighbourhood, I've had a chance to meet with CN, Metrolinx, and City staff on a tree replacement plan. The replacement plan will not only include replanting along the rail line where trees were cut down, but in other local spots. I don't have definite timelines on either of these 2 replacement projects, but will let you know as soon as I do.

Since my last update, I held my first Ward 2 Neighbourhood Town Hall on March 8. We had a great turnout, some good food, and a lively discussion including great questions from North End residents. It was my first chance to honour this campaign promise and I look forward to getting to every single neighbourhood before the end of the year. Our next town hall will be at the end of May in the Central neighbourhood at Bridgeworks, then in Corktown in June, Durand in August, North End in October, and Stinson in December.

As always, the Ward 2 Team is here to support you. Please reach out to us at Ward2@hamilton.ca or through our office phone number at (905) 546-2197 and make sure to spend some time visiting www.ward2hamilton.ca to sign up for our newsletter and view my public calendar.

Cameron Kroetsch



**Find Out What is
Happening in Your
Community**
with the
**North End
Neighbourhood
Association**

MEETINGS EVERY MONTH

We meet the first Wednesday each month at
7pm. Meetings are currently on zoom.

Everyone is Welcome!

**This is the place to meet your
neighbours and hear about what's
happening in the North End.**

Follow us on Facebook and Twitter
www.facebook.com/NorthEndNeighbours
www.twitter.com/nenhamilton

Check out our website and
sign up for our e-newsletter at
www.northendneighbourhoodassociation.com

LIBRARY EVENTS FOR APRIL 2023

April is DIY (Do-It-Yourself) Month at HPL. Visit your local branch for DIY programming and events. All HPL branches are closed Good Friday, April 7, Easter Sunday, April 9 and Easter Monday, April 10.

DATE	EVENT DESCRIPTION	LOCATION
Mon 3 1:00 - 2:00	Drop-In Tech Help Bring your phone, tablet or laptop computer and your technology questions to this drop-in program.	Barton Branch
Tue 4 11:00 - 12:00	Central Book Club - <i>On Earth We're Briefly Gorgeous</i> by Ocean Vuong <i>Registration opens on Friday, March 24 at 9:00am</i>	Central Library, Wentworth Room
Thu. 6 11:00 - 12:00	Composer Festival: Franz Schubert - Hamilton Philharmonic Orchestra Learn about late Classical and early Romantic era Austrian composer Franz Schubert.	Central Library, Hamilton Room
Thu 6 6:30 - 7:30	Club de lecture francophone - In-Branch Program - <i>Un conte de l'apocalypse</i> de Robert Marinier Si vous êtes intéressé à lire et à discuter de bons livres, il existe un club de lecture près de chez vous.	Central Library, Wentworth Room
Sat 8 10:00-4:00	Free Drop-In Tax Preparation Service - Community Volunteer Income Tax Program Have your taxes filed by trained volunteers at select branches. For those with a modest income and a simple tax situation.	Central Library, Wentworth Room
Tue 11 5:00 - 7:00	Monthly Zine Club Share, collaborate and discuss with others that share an interest in zines. Produced in partnership with and led by Hamilton Zineposium.	Central Library, 4 th Floor, Zone 3
Sat 15 10:00 -4:00	Free Drop-In Tax Preparation Service - Community Volunteer Income Tax Program Have your taxes filed by trained volunteers at select branches. For those with a modest income and a simple tax situation.	Barton Branch, Program Room
Mon. 17 6:30 -7:30	Books and Brews Book Club - <i>Bel Canto</i> by Ann Patchett	Relay Coffee Roasters 27 King William Street
Sat. 22 10:00 -4:00	Free Drop-In Tax Preparation Service - Community Volunteer Income Tax Program Have your taxes filed by trained volunteers at select branches. For those with a modest income and a simple tax situation.	Central Library, Wentworth Room
Fridays in April	Come for a Noon Hour Concert performance, every Friday from 12pm-1pm.	Central Library, Hamilton Room and/or Living Room

To find more programs and special events, visit HPL.ca/guide and our Daily Events Calendar at hpl.ca/events.

Programs that require registration open on Friday, March 24 at 9:00am.

Sunday Service Hours are available at the following branches:
Central Library: 12pm-5pm
Dundas, Terryberry and Valley Park: 1-5pm

HPL Staff can assist by telephone (905-546-3200), email (askhpl@hpl.ca) or chat at hpl.ca between 1pm-5pm.
www.hpl.ca/hours

HOPA

P O R T S



HOPA PORTS UPDATE

HOPA’s mission focuses on being responsible stewards of the port lands and their robust marine, road, and rail networks. Part of this mandate includes keeping our local community safe. Protection and well-being are top of mind at the Harbour Masters Office.

This small but mighty team ensures the safety and security of HOPA Ports properties and facilities, while monitoring vessel traffic coming in and out of the

Hamilton Harbour. “I am proud to be part of such a hardworking, dedicated, professional and supportive team,” said Vicki Gruber, HOPA Ports’ Harbour Master and Director of Safety and Security. Our Port Patrol officers have a tough job. It is their responsibility to keep a close watch on activities across the port, and safety is paramount.

We asked Port Patrol Officer, Rob Carey, what he loves most about his role. “I love the diversity of our job. Each day presents itself with a new set of challenges, that helps us grow individually, and as a team.” The Harbour Master’s Office motto is ‘See Something. Say Something’. This expression means bringing awareness to something that may not seem or look right. “In the past seven years, we have altered the security culture at the Port by encouraging our tenants and stakeholders to report suspicious activity or unsafe situations to the Harbour Masters Office,” said Gruber. Keeping the port community safe and secure is always a priority!

To learn more about HOPA Ports and the Harbour Masters Office, check out www.hopaports.ca/security

THE CELLAR DWELLERS LIFETIME OF SERVICE AWARD UPDATE



PICTURED FROM LEFT TO RIGHT:
THE CELLAR DWELLERS MEMBERS LES FALLIS, ROY LUCAS, AND DAVID LOWRY

The Breezes team made an error in the March issue by omitting the names of those who had accepted the Honourary North Ender of the Year for a Lifetime of Service Award. Apologies to Les Fallis, Roy Lucas and David Lowry - your years of service is recognized and much appreciated by the North End community and The North End Breezes team. Thank you!



Sunday Worship
10:00 – 11:30AM

Children's Ministry
Nursery to Grade 5



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 (formerly Hughson Street Baptist) has been a part of the North End for almost 135 years. We have been more than just a worship gathering on Sundays as we minister to as many people during the week as we do through our Sunday worship times. 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.

With the easing of Covid19 protocols we have returned to one worship gathering as we can set up to accommodate a full house. There is an area where seating will still have physical distancing in place for those who want to ease back into crowds a little more slowly. We'd be glad to welcome you any Sunday.

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 in Jesus Christ gives us strength for the journey. At James North we strive to continually offer the hope of Jesus to others through our ministries and programs.

Perhaps you haven't had a chance to visit us in our new building at the NE corner of James St N and Picton Ave. It still feels new, although we've been here since August 2021. We would be glad to welcome you any Sunday or you can check out our live-stream to watch from home. You could also come by on Fridays from 9-11am for Coffee's On where our Food Bank is open to help those who need a little boost.

Check our website for up-to-date information (www.jamesnorth.church)



St. Lawrence the Martyr Parish

125 Picton Street E., Hamilton, Ontario
905-529-3921

stlawrencehamilton@hamiltondiocese.com
www.stlawrencehamilton.ca

In case of after hours emergency please call 365-888-1275

Pastor: Rev. Peter Jurzyk

Sunday Mass 11:00 a.m.

Weekday Mass Schedule:
~No Mass Monday~

Tuesday - Confession 6:30 p.m. Mass 7:00 p.m.

Wednesday - Mass 12:00 noon (12:15 p.m. during school year)

Thursday - Confession and Adoration 6:00 p.m., Mass 7:00 p.m.

Friday - Mass 9:00 a.m.

Saturday - Confession 9:30 a.m., Mass 10:00 a.m.

Please check our website for weekly updates/changes

Sacraments of Marriage or Baptism:

Please contact the parish office to make an appointment to meet with Father Peter.

Parish News

Sacraments of Communion and Confirmation are coming up!

If your child is in Grades 2 or 7 please note the following dates:

Registration due for both - March 1

First Communion (Grade 2) - Saturday, May 13

Confirmation (Grade 7) - Wednesday, May 10

If you are Catholic but your child does not attend St. Lawrence School and you would like them to receive these sacraments, you can complete the registration form on our website and contact the parish for more details.

Hall Rentals are available!

Call the office or visit stlawrencehamilton.ca/hall-rentals for more information.
Please keep an eye on the bulletin or our parish website for further updates.
www.stlawrencehamilton.ca



Welcome Inn
Community Centre

Supports for recent immigrants are increasing!

Welcome Inn has launched brand new support groups, and more families than ever before are receiving assistance as they settle into life in Canada! Almost 40% of those who visit our food bank are recent immigrants. Two languages--Arabic and Spanish--are almost as common as English. In response, Welcome Inn has hired two new part-time staff and started some new programs:



Peer-to-Peer Support Groups are now meeting regularly with recent immigrants sharing their own experience and exploring resources together in the city of Hamilton.

Settlement Supports are now being offered to more families than ever before, with staff available to help fill out paper work, help community members connect with organizations like the Immigrant Working Centre, and support them in their early years in Hamilton.



Translation Services are also now available within several of our staple programs. At the food bank, community members often go through the intake process with the assistance of an interpreter. Our free tax clinic has also grown significantly because of the translation services. These services are reducing barriers to access.

Want to help out?
One of the best ways is to donate food to our food bank!

Non-perishable food items, including proteins, would be much appreciated.

Advocacy is a huge component of the work that we do. Whether our staff are calling local MPs or reaching out to immigration lawyers, we are always advocating for a safe and inclusive community--one in which everyone is welcomed and we are all . . .

Living WELL Together

WALKABOUT: BICHETTE

SUBMITTED BY KEN HIRTER

With Spring comes change and a new look to our gardens and streets. It can also mean a ‘new look’ for ourselves.

I stopped in at Bichette (was La Bichette) on James Street North and spoke to Lauren, the owner. La Bichette was established here in Hamilton in 2013 at 257 James Street North, then moving to 161 James Street North. Unfortunately, due to a devastating fire in April 2020 they were closed temporarily. They will celebrate their 10th anniversary this June.

They re-opened in August 2021 at a new, beautiful location – 154 James Street North on the corner of Cannon and James Street North. At that time, they also changed their name to Bichette. (The word ‘bichette’ means a doe or a term of endearment for a woman or young girl.) The new location has large windows to show off their wears and invite you in.

Their website includes this statement of their philosophy:

“We are a thoughtfully curated lifestyle boutique that carries clothing and accessories, bath and beauty products, home and gift items and lots of pretty things in between. We carry a selection of both local and international brands and our assortment is ever-changing.

If you agree with any of the following thoughts, you just might love shopping with us:

We believe in rose-colored glasses and presents for no reason.

We enjoy the finer things (they’re called “the finer things” for a reason you know)

We choose to be intentional in both the big and the little things.

We believe that we (and those we love) are always a worthwhile investment.

We think “treat yourself” is a legitimate way of life.

We believe in turning routines into rituals.

And that when all else fails, just rub a

little glitter in it.”

Check out Bichette today, get out and stretch those legs and walkabout the blocks. Continue to support the small businesses in your neighborhood.

BICHETTE, 154 James Street North, Hamilton, Ontario | (905) 572-7783 or online at WEAREBICHETTE.COM

Lauren, would like to thank everyone, customers, family, friends and her amazing staff.

Until next months walkabout , cheers.





CRIME STOPPERS - WHAT IS IT AND HOW DOES IT WORK?

Crimes happen every day. Whether minor thefts, automobile accidents, or violent incidents – crime happens. When it occurs we know to call 911, but what happens when you are afraid to get involved or fear that reporting something will land you in hot water? Thankfully,

Crime Stoppers is your one stop shop for moments like this. For forty years, Crime stoppers has been the voice of anonymous tips which are handed over to the police for consideration. Crime stoppers even offers rewards up to two thousand dollars!

I know what you’re thinking, “Yeah sounds great, but how can someone collect a reward and still remain completely anonymous”. Let me walk you through the steps and show you that it’s easy, quick, and absolutely anonymous at all times!

So you’ve observed a crime or you have heard information that you know Police should have. Crime stoppers has two methods of communication. The Crime Stoppers web site and the official tip

line: 1-800-222-TIPS. These run 24/7.

Next, you either input your tip information online or you speak to a Crime Stoppers associate who will input the tip for you. At no point are you asked for your name or address. Never.

At the conclusion of the tip, you will be provided a Tip ID, for example 160-XXX327, along with a password. This is your personal ID information that no one else will ever possess. It is your responsibility to keep it in a safe spot for your records - if desired. If this is lost, you will never be able to access your tip – this also goes for the staff at Crime stoppers. Furthermore, you will not be able to obtain a potential reward.

Speaking of rewards, how can you collect one if your identity is never collect-

ed. Basically, Crime stoppers will forward your tip to Police. Once they have completed their investigation, they will advise Crime Stoppers if the tip was useful in laying a charge. If yes, then the tip is deemed successful and the tipster will be entitled to a reward. Once the tipster follows up with Crime Stoppers via the web or phone using the original Tip ID, they will be given another private code and a unique set of confidential instructions on where to collect the cash. No names, no addresses, no worries!

That’s it. You just assisted Police and made money as a bonus! As long as you don’t tell anyone, then no one will ever know!

Hamilton – Stand Up, Stand Together!

CONTINUED FROM FRONT PAGE: WHAT’S HAPPENING AT PIER 8?

SUBMITTED BY KATHY RENWALD

After the proposal to allow a 45-storey tower to be built on Pier 8 was made public the city held virtual community and design review panel meetings via live-streaming. They are archived on the city website and offer city-wide reaction to the tower proposal.

This is the link to extensive information about Pier 8:

<https://www.hamilton.ca/build-invest-grow/planning-development/waterfront-redevelopment/pier-8-block-16>

Before a 45-storey tower can be built, city council has to approve a change in zoning and an official plan amendment (OPA) at the site of the tower known as Block 16. It should be noted that anyone has the right to appeal the zoning change and the OPA to the Ontario Land Tribunal (formerly LPAT).

According to the city it will be the fall before a recommendation for a zoning change and Official Plan Amendment is put before council for a decision. North End Breezes prior to that will inform residents about the where to view de-



tails of the recommendation - and for those who oppose the plan to build a 45-storey tower -how to register a comment in order to have the opportunity to appeal the decision.

The system is complicated, if you want to study it-the city’s official notice about this procedure is at this link:

<https://www.hamilton.ca/sites/default/files/2022-05/waterfront-pier8block16-notice-opazblapplications.pdf>

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Compass Community Health
438 Hughson Street North
(Between Macauley Street and Picton Street)
Date: Thursdays 12:30pm – 2:30pm
Bus Route: 02 or 04

Register at group during your first visit
or call Cory at 905-523-6611 Ext. 3047.

Talk with a Registered Dietitian and a Registered Nurse about:

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- Labour and delivery
- Eating well and cooking healthy food
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You will get:

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- Child-minding for your children under 6 years of age

 Cory Ma, Registered Dietitian
905-523-6611 ext 3047


 www.hamilton.ca/PrenatalGroups

 /HealthyFamiliesHamilton



Funding provided in part by the
Public Health Agency of Canada

Are you experiencing shortness of breath? Do you have COPD?
Join our **FREE** 10-week program to help you better manage your breathing. To find out more call Meridene at Compass Community Health
905 523 6611 ext. 3005

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trouble breathing?

Are you sure your inhaler
is working?

Would you like education
on Asthma or COPD?

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Jay Beaupre
905-523-6611 ext 3005

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FREE DROP IN EVERY DAY
BEFORE SCHOOL AT
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438 HUGHSON ST. N.
7:45 AM TO 9:15 AM

Contact Mariko at mbohn-kai@compassch.org
for more information.





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-HAMILTON-

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GARDEN DESIGNER TIPS FOR SPRING 2023

SUBMITTED BY CANDY VENNING

My e-mail is populating with inquiries about garden plans. Many are homeowners looking to do the work themselves in phases as well as some who are already working with contractors but want to see a cohesive plan to guide the build. With that in mind I wrote two articles with specific tips for front or back gardens (link in bio on @vennigardens on Instagram) Too long, didn't read? Here's a quick rundown of some odd little 'designer tips' you may not have thought of.

1) Try and look at the whole garden – Go out to the back fence, hang out under a tree, or realize that, while sitting somewhere different, you may have the most privacy and the best view in a spot you hadn't thought of before. If you suddenly realize most of the things you've planted could be in the wrong place – they can be moved! The number of clients who are ready to design the entire use and 'flow' of a garden due to one mildewy rose that they never planted in the first place...don't let this happen to you!

2) The best way to add privacy to a gar-

den is a pergola or a privacy screen covered in climbing plants – anything from Scarlet Runner beans to native Clematis virginiana. If you're not ready for proper 12' posts going into 4' holes in the ground, filled with cement (which can also support a hammock or swings) then shortcut to an umbrella. Though a really nice patio umbrella is not necessarily cheaper, it's mobile and adjustable. The other way to get privacy is to plant native trees such as Oak or multi-stemmed large shrubs such as Serviceberry, Redbud, or Pussywillow. (Skip the cedars – they're the wrong shape, skinny at the top and wide at the bottom. You want an upside-down cone because your fence already gives you privacy up to 6')

3) Reduce your maintenance; Small gardens can easily 'lose the lawn'. Sod is often compacted and unhappy in smaller yards, especially in shade. Instead try oversized winding flagstone walkways with plantings along the edges, mulch paths that come to rest under trees, patios surrounded by shrubs (see above) – it makes the garden inviting and different. Fido will still find places to poop. Lawns aren't necessary to grow puppies or people. (And I would argue that the 'minefield' a lawn becomes with a dog, is a good reason to get rid of the grass!)

4) Bird bath – if you're prepared to main-

tain a bird bath (regular water changes) and wait for the right one to come into your life (most are pretty tacky) – they can provide a charming sculptural focus and an ultra-low-cost water feature. A few ripples or the reflection of a blue sky and a collection of Robins or Goldfinches flicking water in all directions is amongst life's great joys. Final point, do a little research to make sure you're not creating a trap for birds to be hunted by local cats (height, cleanliness, escape route, the right distance from windows etc.)

5) Garden furniture – this is something I've struggled with over the years – and I have to say that when Ikea started designing affordable, stackable, lightweight and contemporary outdoor patio options – I was relieved to avoid the ugly, bulky sets sold at hardware stores for the last 30 years. However, bucking all trends, I'm currently using a series of large stump rounds as seating and side tables with a stack of sturdy cushions for guests – I also built in a low, stone, seating wall. It gets me around the whole winter storage and maintenance issue. Whether you choose benches, stumps, loungers or Adirondack chairs, there is nothing quite like a set seating area to draw people out and off the deck into a garden destination.

CELEBRATING THE HAMILTON MUNICIPAL HERITAGE RECOGNITION AWARDS

Since 2007, the Hamilton Municipal Heritage Committee (HMHC) has been presenting the HMHC Heritage Recognition Awards, as part of its mandate to promote heritage. These awards celebrate the significant contributions of property owners, educators, developers and volunteers in the conservation of Hamilton's heritage.

On February 24th of this year, during Heritage Week in Ontario, the Hamilton Municipal Heritage Committee announced the 2022 award recipients across 11 categories, including Heritage Property Conservation, Heritage Property Developer, Adaptive Reuse of Heritage Property, Cultural Heritage Landscape, Making Heritage Accessible, Education in Heritage, The Art of Heritage, Heritage Group, Society or Specialty Team, Heritage Streetscape Revitalization, Heri-

tage Volunteer Recognition, and new for this year, Specialized Craft and Trade.

The HMHC will be recognizing these award recipients, in-person, at their annual Heritage Recognition Awards Celebration in June of this year.

Nominations for the 2023 awards are now open to the public through the City of Hamilton's website. These nominees are reviewed, and then Council approved.

The Hamilton Municipal Heritage Committee is an Advisory Committee, established under the Ontario Heritage Act to advise Council on identifying, protecting, and promoting cultural heritage resources that make our City of Hamilton unique and diverse. The members are citizen volunteers who are appointed by Council.

Check out all of the Award Recipients for 2022 by visiting www.hamilton.ca/HMHCawards

HMHC congratulates our award recipients and thanks them for all that they do to help preserve our City's heritage!

Nominations for 2023 are open now! Please visit:

www.hamilton.ca/HMHCawards

NORTH END BREEZES TEAM

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses in print and on-line. Contact us at 289-933-819, by email at office@northendbreezes.com, on our website: www.northendbreezes.com or social@northendbreezes.com.

Published by North End Breezes Board of Directors: Kristina Santone, Chrissy Chrzan, Chris Pearson, Elizabeth Poynter, Keith Thompson, and James Vanderberg

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Web Site Development: Marie Mushing

Circulation & Distribution: The Board, Sheri Selway, Steve Osborne and Chrissy Chrzan along with a dedicated team of volunteers.

When submitting an article for the Breezes we also like to share the content on our social channels. Please include as many pictures as possible and a couple lines of copy we can use for Facebook, Instagram and Twitter posts. 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.

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 volunteers who produce a monthly newspaper and online publications to promote connectivity, share community news and encourage mutual support by engaging our North End neighbourhood community.

NORTH END BREEZES VISION

The North End Breezes is a vital resource in the North End that promotes harmony, pride and collective community action in a diverse and ever-changing neighbourhood. For 50 years now we've been a resource for the community and rely on our volunteers to keep the information flowing for years to come. Help us grow your Breezes. Please email your thoughts to office@northendbreezes.com or call 289- 933-4810.

Follow us here:

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TRAVELS WITH BARB

SUBMITTED BY BARB HALE

People said “You’re 85. You can’t travel across the country by yourself!” They were wrong.

In 2020 my income was not keeping up with inflation and it was getting harder to make ends meet. I certainly wasn’t poor – my house was worth money. So why was I feeling poor? The thought would not leave me: “Why am I living in a 3-bedroom, two-bathroom house that I cannot afford?” A camper van would be much cheaper!

So, I sold my house - I painted walls, cleaned out the basement, gave away, sold, or threw out half of my belongings. Amazing how much will fit in a 10x10 locker.

I chose a Pleasure-Way Lexor, a mini home in a 12ft Dodge Ram van with a 3500 engine and named her Abeona, the goddess of travel. On October 1st, 2020, we started the journey across the country. Was I scared? You bet! I didn’t decide to actually do this until the day before. Once I hit the road it felt right. My friend Louise came with me for the trip around Lake Superior to Winnipeg. You have no idea how big Ontario is, until you drive across. Mostly we boondocked, staying in various places for free - Walmart parking lots, Casino parking lots and Boon Dockers Welcome. (These are people who let you stay the night in their driveway. Always wonderful people.) Driving 400 – 500K a day it took five days to get to Winnipeg. I took Louise to the airport and was now on my own. I have always enjoyed travelling alone; in Africa and South America. Staying in hostels, meeting people who are courageous and inspiring, giving me the confidence to experience more. Alone, decision making, meeting and talking to people is easier.

Not far west of Winnipeg the prairies begin, an endless flat land of huge farmers fields.

I found myself being mindful of the scenery. The prairies are not endless boring sameness. The landscape changes continuously and I was fascinated by it. Sometimes I would take a scenic route off the main highway and that was



lovely. I stopped planning, took each day as it came, and I was always able to find a place to stay at night. I was able (for the first time in my life) to live in the moment. I learned to trust my instincts. My first night alone was in a Walmart parking lot. A friendly neighbour came over and asked if I was waiting for the border to open? Border? What border? “The US border,” he said. I explained that I was crossing provincial borders. He came back a while, later and gave me a small canister of bear spray. Said his wife was worried that I was alone and might need it to ward off intruders! That canister is still in my glove compartment – never been used

I was on the western side of Alberta when I had the first magical glimpse of a snow-capped mountain. I slammed on the breaks and took a picture – the first of many. I was nervous about driving through the Rockies. “Always check the weather forecast. Don’t drive if there’s snow on the mountain passes” I was told. I was on the Trans Canada Highway going through Banff and over Kicking Horse pass. That part of the journey was surprisingly easy, and I learned about the amazing engineering feat to tunnel through the mountain for the trains through the pass. I spent one night in the Lake Louise RV Park. This is a quote from my diary: “I love these times when I find somewhere to stay. I hook up power if I have it. Close up the van and pour myself a glass of

wine. Look around and enjoy the view and just relax. Another day, another adventure. No, you are never ever too old to have adventures.

But soon the roads got more challenging. Winding, narrow roads going up and down around hairpin bends. Transport trucks galore passing at high speeds. I would always have a string of cars and trucks behind me wanting to go faster than I was comfortable going, and there weren’t many places where I could pull over to let them by. When I did, they would honk their horn. Not sure whether it was a thank you or a sign of annoyance. Probably the latter! But oh! The scenery was gorgeous. I wished I could go slower so I could enjoy it more. Lakes and trees and snow-capped mountains. At last, I arrived at Kelowna where the roads became easier.

I was spending the winter on Vancouver Island at an RV Resort near Chemainus, but first I went up the coast to Quadra Island to visit an old friend that I hadn’t seen for 30 years. We met when we both had a 4-year-old in nursery school. Several years later she moved to Quadra where her partner, an artist, was building his own house on the shores of the ocean. That house is still unfinished. Quaint and unconventional with huge picture windows facing the inland passage. The road to their house is a logging road with horrendous potholes, and on my way out I accidentally slid



into the ditch at the side of the road trying to avoid said potholes. What to do? My phone had no signal, there was not a soul in sight, but eventually a young man in a pickup truck stopped and said, as soon as he got a signal, he would phone a tow truck for me. I waited and waited. Two women went by, and I told them no problem, the tow truck is coming. Another hour later, the same women returned down the road. This time they said they would check with the towing company. Finally, it did arrive. The lone tow truck on an island cannot always respond immediately, - there had been an emergency.

I left the RV resort at the end of January and explored Vancouver Island from coast to coast. The road from Victoria to Campbell River is beautiful. Beaches, ocean, islands, and snow-capped mountains in the distance. My favourite place was a small RV park right on the water. When I arrived the sign on the gate said No Vacancies. I went in anyway and talked to the owner who showed me a small parking area almost on the beach. “Forty bucks cash” for the best parking spot I’ve ever had!

In April, time to head home. 10 days later I was in Ontario and face to face with Covid reality. Everything was closed! The rules were strict, but I had no problem staying home! I lived in my van all summer. Visiting friends and relatives is easy when you are independent. You can visit and socialize and then climb back in your van and not be a burden. I also stayed many times at Fifty Point and learned to love that conservation area.

In the fall I moved into the 12th floor of an apartment building with a view of Hamilton harbour. To my surprise I love it here and my desire to travel has disappeared. Maybe the price of gas has something to do with that.

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It is SPRING and our programs are buzzing!

Our spring registered programs start on April 3, 2023.
Contact our front desk for registration information or you may go online to register.

Spring Drop-in Programs:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swims: (18+) 9:45-10:45 am (Family) 5:00-6:00 pm (Open) 7:15-8:45 pm	Open Swims: (Parent & Tot) 9:30-10:30 AM (18+) 10:30-11:30 am (Open) 7:15-8:45 pm	Open Swim: (18+) 10:30-11:30 am	Open Swims: (Parent & Tot) 9:30-10:30 am (18+) 10:30-11:30 am (Open) 7:15-8:45 pm	Open Swims: (18+) 9:45-10:45 am (Family) 5:00-6:30 pm (Open - FREE) 6:45-8:15 pm	Open Swims: (18+) 1:30-2:30 pm (Open) 2:30-3:30 pm	CLOSED
Open Gym: (9-12 yrs) 3:00-4:00pm (13-17 yrs) 7:00-8:30 pm	Open Gym: (Parent & Tot) 10:30-12:00pm	Open Gym: (13-17 yrs) 7:00-8:30 pm	Open Gym: (Parent & Tot) 10:30-12:00pm (Family) 5:00-6:30pm	Open Gyms: (9-12 yrs) 5:15-6:45 pm (Family) 7:00-8:30 pm	Open Gyms: (Family - FREE) 12:00-1:30 pm	
Water Fit: 10:45-11:30 am	Lengths: 11:45-1pm 7:15-8:45 pm* *2 Lanes Only	Water Fit: 9:45-10:30 am	Pickleball: (18+) 12:30-2:30 pm (18+) 6:45-8:45pm	Water Fit: 10:45-11:30 am	Pickleball: (18+) 1:45-3:45 pm	
Lengths: 11:45-1pm 7:15-8:45 pm* *2 Lanes Only		Lengths: 11:45-1pm 8:15-9:15 pm	Lengths: 11:45-1pm 7:15-8:45 pm* *2 Lanes Only	Lengths: 11:45-1pm	Lengths: 12:15-1:15 pm	
*Cardio Balance & Strength (55+) 10:00-11:00 am \$2.37 per visit				*Cardio Balance & Strength (55+) 10:00-11:00 am \$2.37 per visit		
*Chair Fit (55+) 11:00-12:00 pm \$2.37 per visit				*Chair Fit (55+) 11:00-12:00 pm \$2.37 per visit		

For all of our drop-in programs please check on line at www.hamilton.ca/recreation

PARENTING WORKSHOPS

Circle of Security Parenting Group

In this popular 8-session in-person workshop for moms, dads and, caregivers of children up to 6 years of age, participants watch video clips, learn strategies to enhance the parent/caregiver-child relationship and improve child behaviour, and discuss these issues with the leaders and other participants.

8 weekly sessions beginning on Wednesday, April 26 through to June 14, 2023 at St. Marguerite d'Youville Childcare, 20 Bonaparte Way, Hamilton
 Transportation assistance and limited on-site childcare

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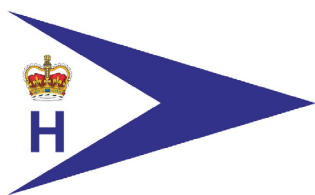
Ready, Set, Smile! is all about Creating Meaningful Social Routines at Home with Toddlers. Participants will learn the importance of shared smiling, how social routines can increase interaction and promote communication and, get ideas and strategies to try out. Opportunities to ask questions and receive resources will be provided.

Single virtual session on Zoom. Dates:

- Tuesday April 25 1:00 - 2:00p.m
- Thursday May 25 7:00 - 8:00p.m.

For more information please call 905-521-2100 extension 77406 or email ipp@hhsc.ca





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