



NORTH END BREEZES

Community Newspaper

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FEBRUARY 2026

VOLUME 1

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REMEMBERING BRENDA DUKE

A TRIBUTE TO LONG TIME NORTH END BREEZES EDITOR AND COMMUNITY CHAMPION



Our editor and dear friend, Brenda Duke, passed away on Sunday January 11th, 2026. Those who had the privilege of knowing her remember Brenda as a tenacious fighter. She faced her illness with courage and

determination, never losing her spirit. She leaves behind her loving family and a wide circle of friends whose lives she enriched in countless ways.

Growing up on the family farm

just outside a small town, Brenda yearned for the Big City Lights and tossed her gum boots and garden hoe aside for life on Hamilton Mountain in the 1970's before finding her "forever home" in Gibson

Lansdale neighborhood. With a background in banking and real estate, she helped shape what was to become the GALA hub, participating in numerous action groups, organizing events like the Easter egg hunts, community festivals and park cleanups as well as sitting as Treasure and later becoming Chairperson for two terms.

A strong believer in life-long learning, Brenda managed to juggle a full-time job and her extensive volunteer work and entering Hamilton's Neighbourhood Leadership Institute program to that she would better understand the means and methodology of making lasting social and institutional change within GALA and the City.

Brenda was passionate about building stronger, more connected communities. Through her unwavering commitment to volunteering, she inspired others, young and old alike, to get involved and make a difference in their neighbourhoods. Whether it was rallying volunteers to clean up alleyways and railway tracks, transforming unused spaces and hydro rights-of-way into vibrant parks and gardens, or dedicating her time and talent to The Gala Herald and our own North End Breezes, Brenda led by example.

If you met Brenda, chances are you soon found yourself volunteering too; her enthusiasm was truly contagious. "Yes, I'd love to help. I'll

do that..." were words often heard from those drawn in by her encouragement.

Brenda's tireless leadership and many achievements did not go unnoticed. Among the recognitions she received were Absolutely Fabulous Women Over 40 recognizing her leadership and community impact (2016) Women Who Rock Award (2019) and the Order of Hamilton in 2020 for her tireless work with Beautiful Alleys which she helped grow from a few alleys to a Citywide initiative. From a few neighbors to pick up illegally dumped garbage and litter to now involving several 100's....a City Cheerleader for Garbage & Gardening and a valuable member of the City's CLEAN GREEN TEAM.

Her legacy lives on in the renaming of Birch Avenue Greenspace; a beautiful space with trees, gardens, and benches nestled in a hydro right-of-way just behind her home, now to be known as Brenda Duke Greenspace. It's a fitting tribute, allowing Brenda to continue keeping watch over a neighbourhood she loved.

Brenda will be deeply missed by everyone whose life she touched, and by all those who will continue to benefit from her energy, vision, and determination for years to come.

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NORTH END BREEZES



PET CALENDAR



AN INITIATIVE TO SUPPORT YOUR COMMUNITY NEWSPAPER

The North End Breezes, your community newspaper, is working on a fun initiative - and we need your help! In an effort to support The Breezes, we are launching the **Pets of the North End wall calendar for 2027!**



Interested in having your pet featured in the calendar? Visit bit.ly/NorthEndPets or scan the QR code to submit a photo of your furry friend today!



Proceeds will help The Breezes team to continue bringing community news to your doorstep.

SHARE YOUR NORTH END STORY



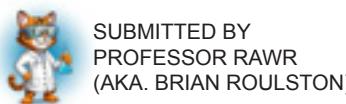
What can you share?

- A photo or small moment you noticed nearby
- A short note, idea, recipe, drawing, or creative piece
- Something local you've spotted, loved, or wondered about

Big or small, polished or casual. If it reflects life in the North End, we'd love to hear from you.

Send by the 15th
articles@northendbreezes.com

LOVE IS WEIRD, WONDERFUL, AND TOTALLY SCIENTIFIC: A VALENTINE'S DAY EXPLORATION WITH PROF. ROWR



SUBMITTED BY
PROFESSOR RAWR
(AKA. BRIAN ROULSTON)

Rowr! Valentine's Day is fast approaching. It's the season of heart-shaped cards, sugary treats, and romantic gestures like flowers. But beneath all that sparkle and sweet-ness, what is love, really? Is it just a feeling, a flutter, or something more? Valentine's Day celebrates love in all its forms, and behind the hugs and heart-shaped chocolates, scientists are still trying to understand what makes this powerful emotion tick.

Even Those with Lab Coats Can't Avoid Love! Love isn't just one thing. It's studied by scientists from every field, because apparently even lab coats can't protect you from catching feelings. Psychologists ask how it makes us feel, neuroscientists look at how it lights up our brains, and sociologists explore how it connects families and friends. Philosophers wonder what love really means, while biologists and anthropologists study how it's helped humans evolve and survive. No matter who you are or who you love, science is still trying to understand this powerful feeling.

Love Beyond Looks Looks can catch someone's eye, but love goes deeper. When people first meet, they notice things like a smile, eyes, or how someone dresses. These can make someone feel curious or interested. But real love grows from kindness, trust, and how people treat each other. Over time, what matters most isn't how someone looks. It's how they make you feel and how you connect with them.

Sometimes, it's the little imperfections that make someone truly beautiful, like birthmarks, scars, or quirks—they're unique features that tell a story and make a person stand out. In fact, people often find these traits more attractive because they feel real and genuine. Trying to be perfect can seem distant or vain. However, showing your true self—flaws and all—helps others connect with you on a deeper level. Whether it's a freckle, a

crooked smile, or a laugh that's a little too loud, those are often the things someone ends up loving most.

Your Nose Knows Believe it or not, your nose plays a role in how people connect! Scientists have found that everyone has a natural scent, and sometimes we're drawn to the smell of people whose body chemistry is different from ours. This can help us feel more comfortable or connected to someone. It's one of the ways our bodies quietly help us to choose friends, partners, or people we feel close to—without us realizing it!

The Chemistry of Love Ever felt butterflies in your stomach when you see someone special? That's not just emotion—it's chemistry! Your brain releases a mix of feel-good chemicals like:

Dopamine, a chemical in your brain that makes you feel happy, excited, and motivated, sometimes called the "feel-good" signal. It's released when something fun or rewarding happens, like getting a hug, eating your favorite snack, or hearing someone say, "I love you," even if it's from your mom. It's like a love bubble—it grows every time you hug, help, or hang out.

Oxytocin, sometimes called the "love hormone." It's released when we feel close to someone and can be triggered by simple things like holding hands, hugging, sharing a kind word, or even petting your dog or cat. These small moments add up, helping people feel connected and supported. That's one reason love often grows slowly; it's built through repeated acts of care and trust. Scientists believe a good hug should last at least 20 seconds to trigger oxytocin. So, make that hug last. It's good for your heart and your brain!

Serotonin, a chemical in your brain that helps regulate mood and emotions. It keeps you feeling calm, steady, and connected to others. In the early stages of love, serotonin levels can change, which is why people

sometimes feel a little anxious or obsessed when they first fall for someone. It's like your brain's balance beam—it helps you stay steady and centered.

The next time you feel love for someone special, a pet, or a favorite snack, remember: your brain is doing some amazing chemistry!

Love Gets Your Heart Racing
When you see someone you care about, your heart can beat faster—just like in cartoons! That's because your body releases adrenaline, which gets your heart pumping. It's your body's way of saying, "Hey, this person matters!"

The Eyes Have It Studies have shown, looking into someone's eyes can help build trust and closeness. In fact, just 60 seconds of eye contact can make people feel more connected, even if they've never met before. So next time you're talking to someone you care about, don't be afraid to look them in the eye (unless you're shy, then a smile works too!).

Love is Good for the Brain Too! Being in a loving relationship or having strong friendships can help your brain stay healthy. People who feel loved and supported tend to have better memory, less stress, and even live longer. So, love isn't just sweet; it's smart!

Even animals fall in love. They form strong bonds like humans. Penguins give pebbles to their mates, swans often stay together for life, and elephants comfort each other with gentle touches. Otters hold hands while floating in the water. Scientists call this "pair bonding," and it shows that love isn't just a human thing—it's part of nature.

So, whether you're sharing a hug, passing a pebble, or simply smiling at someone you care about, remember, love is everywhere. It's in your brain, your heart, your friendships, and even your furry animal pals. From science labs to playgrounds, love keeps us connected, curious, and kind. So go ahead—celebrate it, study it, and most of all, feel it. Rowr! That's the power of love.



LIBRARY UPDATE

All HPL Branches are closed on Family Day, Monday, February 16. Regular service hours resume on Tuesday, February 17.

Celebrate Black History Month

Explore the histories, contributions, and achievements of Black communities in Hamilton and across Canada. Join us for free events featuring live music, author talks, workshops, and community celebrations that highlight Black creativity, culture, and knowledge.

Visit the Newly Reopened Hamilton Children's Museum with Your Library Card

Explore the newly renovated Hamilton Children's Museum FREE with your Hamilton Public Library card. Each person over the age of five must have a physical or digital Hamilton Public Library card to gain free entry. There's free on-site parking, or children ages 6-12 can travel for FREE on HSR transit with a valid PRESTO card, available from Hamilton Public Library.

Learn more at HPL's website to plan your next visit.

February is Psychology Month

HPL has collected valuable book lists on mental health and wellness.

Search resources for individuals, families, and caregivers recommended by HPL Staff.

Learning with HPL Find activities, book lists, tutoring help, online courses, and more for students, their families, and educators. Visit our website for a collection of resources to succeed this academic school year.

Study Halls Study or work quietly at Dundas, Red Hill, Terryberry, Turner Park, Valley Park, and Waterdown branches after hours Monday through Thursday, 8pm to midnight. Full details can be found online. (Central Library's Study Hall returns in Spring 2026.)

Lendporium - Borrow Unique Items from HPL Your Hamilton Public Library card lets you borrow anything in our Lendporium, including Art Gallery of Hamilton and Royal Ontario Museum (ROM) passes, birding backpacks, early year engineering kits, and home support devices.

LinkedIn Learning and BrainFuse for Students and Job Seekers From online studying and tutoring services to job search tools, visit Brainfuse and LinkedIn Learning for free with your HPL library card.

Online Resources at HPL Save with your HPL library card in 2026! From magazines to movies to music, access a variety of online resources for your entertainment on a budget.

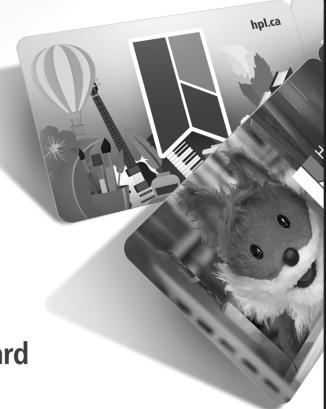
Our virtual branch at hpl.ca is always open. Questions? Call 289.779.7588, email askus@hpl.ca, or chat with Staff at hpl.ca.

**Everyone Needs
A Library Card.**

It's Free.



hpl.ca/librarycard



TRIBUTES TO BRENDA



"OUR COMMUNITY IS BETTER BECAUSE OF BRENDA'S EFFORTS"

For many years, Compass Community Health has enjoyed a wonderful partnership with the Breezes, and we have been grateful for Brenda's leadership here over the past decade. We have greatly appreciated her ongoing efforts in advocating for, and leveraging the voices of, the people who make the North End their home. Our community is better because of Brenda's efforts and we are hopeful that Brenda's legacy will continue. Rest in peace, Brenda – we will miss you.

- Brent Esau, Chief Operating Officer, Compass Community Health

Brenda Duke was truly a force of nature. In the 40+ years that I served in various roles in Hamilton, I can't think of a citizen other than Brenda who was involved in more things that made a difference in our community.

Brenda didn't suffer fools, but her advocacy was always rooted in kindness and the well being of all of our citizens. She leaves Hamilton profoundly better for her efforts. May her memory be a blessing.

- Terry Cooke, former City Councillor, Chairman region of Hamilton-Wentworth and former President & CEO Hamilton Community Foundation

BRENDA WAS A TRUE COMMUNITY CHAMPION WHOSE WARMTH, ENERGY, AND DETERMINATION TOUCHED SO MANY LIVES ACROSS HAMILTON.

She had a special gift for bringing people together—and before you knew it, she had you volunteering, helping out, and feeling proud to be part of something bigger—making our community more welcoming, caring, and connected. Because of the people she inspired and the friendships she created, her legacy will continue to live on in the work and spirit of this community.

- Chrissy Chrzan, North End Breezes Volunteer, Delivery Team

I am saddened to learn of the passing of Brenda Duke, a remarkable Hamiltonian whose passion, generosity, and leadership left a lasting mark on our city. A 2020 Order of Hamilton recipient, Brenda was the founder of Beautiful Alleys: believing in the power of community, inspiring hundreds of volunteers to care for Hamilton's parks, gardens, alleys, and shared spaces. She served on the City of Hamilton's Clean and Green Citizen Committee, led the adoption of Powell Park and Birch Avenue Greenspace, co-led Woodlands Park, and many more. Brenda also served as the coordinator of the North End Breezes, ensuring the community paper came together through her leadership and dedication. She showed what is possible when care for place is matched with commitment to people. On behalf of the City of Hamilton, I extend my deepest condolences to her family, friends, and all those whose lives she touched. Her legacy will continue to inspire our city.

- Mayor Andrea Horwath

Brenda Duke was a fierce advocate for her community and for all Hamiltonians. If she cared about it, she made her voice heard. Brenda changed the way we think about our alleyways and did an impossible amount of work to organize neighbourhood cleanups, no matter where they were. She poured her heart and soul into her community and built a lasting legacy of neighbourhood beautification that has benefited thousands of Hamiltonians. Brenda often coordinated an army of volunteers, inviting them to drop by her front porch or backyard, always making time to connect and share a laugh. Her advocacy mattered to so many of us as we learned how to show up and make a difference in our community. Brenda took pride in her community and supported hundreds of volunteers to do the same. We're all better for her dedication, care, and tenacity.

- Cameron Kroetsch, Ward 2 City Councillor

I first met Brenda in an interview for the position of North End Breeze's Coordinator. We needed someone with the skills to oversee the paper but really wanted someone with a heart for the community. In Brenda we found a heart for not just the North End, but for the whole area to be connected and rejuvenated. Thanks for your tireless work, Brenda.

- Paul Havercroft, Former Chair of the Breeze's Board

My thoughts are with Brenda Duke's family during this difficult time. Brenda's contributions, including the beautiful public spaces she championed, will continue to enrich our Hamilton community.

- Robin Lennox, Member of Provincial Parliament, Hamilton Centre



Brenda Duke's tenacity over nearly two decades directly helped make the Gibson and Lansdale (GALA) neighbourhood in Ward 3 greener, more beautiful, and more connected. She championed alley clean-ups, beautification projects, community gatherings geared towards children in our parks, and created and sustained the Birch Ave Greenspace leaving a lasting impact in many places and people. That's why, last fall, the City renamed the seating and garden area on Birch Ave to the "Brenda Duke Greenspace". I offer my sincere condolences to Brenda's family, friends and loved ones. May we all remain tenacious, like her, in our communities dedicated pursuits."

- Councillor Nrinder Nann, Ward 3

Brenda didn't live in the North End (but close enough) and adopted the Breezes as her own. She was a fierce believer in her vision for the paper and had a way of drawing in and including people in her enthusiasm. The Breezes enlarged and improved under her direction. I served more than three years on the Board and still volunteer as a delivery person. My hope is that the Breezes continues as envisioned.

- Elizabeth Poynter, Former Chair, Breezes Board

I believe that Brenda could cast spells. Before you realised that you had agreed to doing something, you were into it full speed. When we first met, she had just become the Coordinator / Editor for the North End Breezes. I was contributing a book review column. And then, I suddenly became the Editorial Assistant and Brenda's friend. I regret neither. She was determined and talented. We occasionally shared difference of opinion on something but that discussion always ended on a positive note. I respected her knowledge, her passion for building community and her belief that something could always be better. I will miss you my friend.

- Kit Darling, Volunteer Publication Team

The Breezes have lost a true champion, Brenda's was a big part of the North End Community through her work on the Breezes and Beautiful Alleys. She will be sadly missed, on behalf of the staff and patrons of Fisher's Pier 4 our heartfelt condolences to her family and friends.

- Eddie Fisher, Pier 4 Pub

I had the privilege of a brief visit with Brenda in her final days. She remained deeply committed to better communities. Brenda loved her lower city and never excluded anyone. If you wanted to lend a hand or an opinion, it didn't matter - she welcomed all who shared the view of maintaining and enhancing safe and flourishing neighbourhoods.

- Jason Farr, Former Councillor, Ward 2

To me and many others, Brenda was a fierce advocate and leader in bettering her community. She not only was someone who would seek improvements for the good of the community, she also had a special gift for uplifting community members and gently encouraging others to contribute to community in mutually beneficial ways. When it came to acknowledging the hard work and dedication it takes to commit to community building, Brenda thought only of others. She was always appreciative of the contributions of others and sought recognition for their efforts - something she was more than deserving of herself. Brenda's warm approach, friendly banter, and immeasurable local impact will be remembered fondly and will be greatly missed.

- Katie Fitzgerald, Breezes Publication Team



BRENDA DUKE LOVED HER COMMUNITY AND WORKED TIRELESSLY TO MAKE HER PART OF THE WORLD A BETTER PLACE.

She advocated for community issues; she worked to create spaces for everyone to enjoy; and she led The North End Breezes with incredible dedication. I had the opportunity to serve on the board of The Breezes, and I connected with Brenda often when I was the Executive Director at Welcome Inn. Brenda believed in supporting organizations like ours, and she always had a way of making things happen. She will be deeply missed, but her impact on the entire community will be felt for a long time.

- James VanderBerg, Interim Director Welcome Inn

I am saddened to hear about the passing of Brenda Duke. I know her through her passion for the North End Breezes newspaper. The newspaper is a great example of community building and Brenda was a driving force behind that. She was a great advocate for the North End and helped promote its people, its events, its resources.

As well, they say that when a person dies it is like a library has burned down. That is especially true of Brenda – she takes with her years of local history and memories of the people she loved.

It is some consolation that she was able to help document some of those memories along the way. She did a great service to Hamilton and its history – and she will be greatly missed.

- David Simpson, Hamilton lawyer and advertiser

Brenda was a passionate community leader in Hamilton's Barton Village, whose dedication to neighbourhood gardens and green spaces left a lasting mark on her community. Through the Barton Village garden efforts and the Birge Street Meadow project, both supported by the Green Cities Foundation, Brenda became a valued supporter of our mission and a powerful advocate for community-led green spaces. Here is a video as well where she was featured: <https://www.youtube.com/watch?v=Wh4t8Kf0WQ4>

- Rebecca Doutre, Executive Director, Green Cities Foundation

Brenda will be remembered not only for her passion for making our neighbourhoods a better place, but for her ability to include others in projects. Her legacy won't just be what she has accomplished, but that she carved a path for others. She will be missed!

- Sheri Selway, Breezes Volunteer, Delivery Team

Many people have rightfully referred to Brenda as a force of nature. She was that. She was also a force with nature. The energy she derived from her passion for all things garden-oriented drove her to beauty greenspaces wherever she found them. Her vision led to the creation of Beautiful Alleys, with its both upper and lower city gangs roaming the Alleys leaving them better than they found them. Her embrace of Powell Park and its neighborhoods, with Easter, Halloween and Christmas celebrations gave birth to a whole new level of neighborhood engagement and community.

As the co-founder of the Track Gang she visualized a cleaner and more welcoming entrance for railway passengers on their way through Hamilton. To date that vision has powered the removal of over 55 tons of tracks from the rights of way.

She earned the merit bestowed upon her by the city, as she deserved the public outpouring of grief stained love. She would be delighted to see all the people who were drawn to her light.

- Frank Rocchi



Brenda was an amazing woman. She was dedicated to the North End, not just Barton Street where she improved the area with flower planters and clean ups. Brenda supported ventures all over the North End. I could always call on her for advice in projects regarding Sunset Garden. Brenda's dedication over many years to The Breezes was exemplary.

She will be missed by many. Her name will live on in the Birch Avenue Brenda Duke Greenspace

- Sandra Hudson, Sunset Garden Volunteer



BRENDA WAS MORE THAN A COMMUNITY MEMBER - SHE WAS THE HEARTBEAT OF HER NEIGHBOURHOOD AND A POWERFUL VOICE FOR THOSE WHO NEEDED ONE.

She showed up consistently, not for recognition, but because she believed deeply in the strength and dignity of the community, as Parks Manager when I saw her number on my phone I knew she had a new idea or request that would make the parks in the neighbourhood more livable.

As a volunteer and advocate, Brenda worked tirelessly to improve our parks and public spaces. She understood that safe, clean, and welcoming environments are not luxuries—they are necessities. Through team up to cleanups, advocacy for better park resources, and her unwavering presence at community efforts, she helped transform shared spaces into places of pride and connection.

Brenda's leadership was rooted in care. She listened, she spoke up, and she acted. Whether pushing for safer parks, organizing cleanups, or standing alongside neighbors to demand better for future generations, she led with compassion and determination.

Her impact will continue to be felt in the parks she helped protect, the spaces she helped make safer, and the people she inspired to get involved. Brenda leaves behind a legacy of service, courage, and love for community—a reminder that real change begins with those willing to stand up and do the work.

She will be deeply missed and forever remembered.

- Kara Bunn (She/Her), Manager of Cemeteries, Former Manager of Parks, Environmental Services, Public Works

“MANY PEOPLE HAVE RIGHTFULLY REFERRED TO BRENDA AS A FORCE OF NATURE. SHE WAS THAT. SHE WAS ALSO A FORCE WITH NATURE.”

- FRANK ROCCHI



Our Community Paper, the Breezes has lost an icon, Brenda Duke, a tenacious, steadfast, hard working, leader. Brenda was very passionate about all she did for the Breezes. She loved to organize the North Ender of the Year on behalf of the Breezes which also encompassed recognizing all the volunteers that help produce and get the paper to the doors of our neighbours. She never forgot the Volunteers. Her passion extended to Beautiful Alley which she founded. There is so much that we will miss about Brenda but we are all better off that we have known her.

- Maureen “Moe” Scally, On Behalf of the Board of the North End Breezes

I first met Brenda during my work with the Neighbourhood Action Strategy in 2013. She quickly gave me a lesson in what impact volunteers have in improving neighbourhoods and never let me forget it. She was a fighter, an impassioned advocate and lover of all things green. She never gave up, was undaunted in her efforts and the true Mayor of the GALA (Gibson Lansdale) neighbourhood. Women leaders like her are hard to come by. She will be missed by many and I will never forget the valuable lessons in community building she taught me.

- Renée Wetselaar (she/her), Executive Director, St. Matt's

Brenda and I met at my first Gala Community Planning Team meeting in 2013. She approached me with all the energy of what I and many would come to know as one of her “lightbulb moments” - would I help with the GALA Herald? I said yes, and the Herald evolved, as did we. Brenda never had an idea she couldn’t attach people to, for the good of the community. While we may have differed on the approach, we always agreed on the goals. May those of us that care about our city continue to remember her spirit of always pushing for the best we can make our neighbourhoods, even when you are tired, and especially when it feels like no one else cares. She would often repeat a quote that volunteers do not necessarily have the time - they have the heart.

- Laura, GALA Volunteer



THE NORTH END SEED EXCHANGE BOX IS BACK - LET'S GET GROWING!

SUBMITTED BY CRISSY CHRZAN

It's that time of year again—gardening season is on its way- and so is the North End Seed Exchange Box! If you're itching to get your hands in the dirt and start planting, this is the perfect way to kick things off. Last year we had over 40 exchanges with many either contributing or taking from the communal seed box.

Here's How It Works:

It's super simple and designed so everyone can join in. Just comment in the threads that you are interested in borrowing the North End Seed Box on the Welcome to the North End (Hamilton, ON) or Buy Nothing Lansdale/Beasley/North End, Hamilton, ON group on Facebook when the posts go up in February. Or if you don't have Facebook, you can email northendplants@gmail.com to be added to the list.

When it's your turn, you'll get a message letting you know it's ready for pickup. You'll have 24 hours to swing by the pick-up spot (easy to find in the North End and address will be shared upon messaging) and grab it. Then, take up to 48 hours to look through the box, pick out what you want, and maybe add a few seeds of your own. When you're done, just drop the box back off where you picked it up. That's it! No pressure to donate seeds—this is all about sharing the joy of gardening and helping everyone get started for the season.

Why Grow From Seeds?

If you've never started a garden from seeds before, you're missing out. Here's why it's so great:

- It's Affordable: Seeds are way cheaper than buying plants, so it's an awesome option if you're on a budget.
- So Many Choices: Seed swaps like this mean you'll find unique varieties you might not see at the store. Heirloom tomatoes, anyone?
- It's Good for the Planet: Growing your own plants is a sustainable way to cut back on store-bought produce and flowers. Plus, this exchange is all about reusing and sharing.
- You'll Learn A Lot: Watching a tiny seed sprout and grow into a full plant is both fascinating and rewarding. Great for kids and adults alike!
- It's Good for Your Soul: Gardening is great exercise, a stress-reliever, and an excuse to spend time outdoors. And if you're growing veggies, there's nothing better than eating what you grew yourself.
- It's a Community Thing: The seed exchange is a great way to connect with neighbours who love gardening just as much as you do.

So, if you've been dreaming about a garden full of flowers, fresh veggies, or herbs for cooking, now's the time to make it happen. The North End Seed Exchange is all about coming together as a community to share, grow, and enjoy the season. Happy gardening!



JOIN OUR BOARD

NORTH END
TOGETHER

NOW RECRUITING



Treasurer

Basic bookkeeping and accounting tasks.

QuickBooks an asset.



Secretary

Record and distribute meeting notes to the Board and Coordinator after each meeting.



APPLY NOW
office@northendbreezes.com

**Be part of your community newspaper.
Volunteer today!**



Centre Name: Bennetto Community Centre
Address: 450 Hughson St. N.
Phone: 905-546-4944

For real time program info:
hamilton.ca/gym

Bennetto Community Centre
450 Hughson St. N
(905) 546-3747

Hamilton
hamilton.ca/recreation

GYM SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance & Strength (55+) 10:30am – 11:30am *\$3.18 per visit	Open Gym (Parent & Tot) 10:30am – 12:00pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Open Gym (Parent & Tot) 10:30am – 12:00pm	Cardio, Balance & Strength (55+) 10:30am – 11:30am *\$3.18 per visit	Open Gym (Under 17 w/parent FREE) 12:30pm – 1:30pm	
Volleyball (16+) 7:00pm – 8:45pm		Basketball (18+) 8:15-9:45pm	Pickleball (18+) 12:30pm – 2:30pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Pickleball (18+) 1:45pm – 3:45pm	
			Open Gym (Under 17 w/parent FREE) 5:00pm – 6:00pm	Open Gym (13-17 yrs) 5:15pm – 6:45pm		
			Pickleball (18+) 6:45pm – 8:45pm	Volleyball (18+) 7:00pm – 8:30pm		

NOTES: Centre will be on a modified schedule on February 16, 2026 (Family Day)
Centre will be on a modified schedule From March 14-22, 2026 (March Break)
Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)



Name: Bennetto Community Centre
Address: 450 Hughson St N
Phone: 905-546-4944

For real time program info:
hamilton.ca/swimming

SWIMMING SCHEDULE – WINTER 2026 – January 5, 2026 – April 5, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	10:00-11:15am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:00-11:15am	1:30-2:30pm	
Open Swim	7:15-8:45pm	8:00-9:00pm		7:15-8:45pm		2:30-3:30pm	
Open Swim FREE					6:45-8:15pm		
Open Swim (Family)		9:30-10:30am 5:00-6:00pm		9:30-10:30am	5:00-6:30pm		
Water Fit	11:15-12:00pm	7:15-8:00pm	9:45-10:30am		11:15-12:00pm		
Length Swim Swims marked with a * 2 lanes only	12:15-1:30pm 7:15-8:45pm*	9:30-11:30am* 11:45-1:00pm	11:45-1:00pm 8:30-9:30pm	9:30-11:30am* 11:45-1:00pm 7:15-8:45pm*	12:15-1:30pm	12:15-1:15pm	

NOTES: Centre will be on a modified schedule on February 16, 2026 (Family Day)
Centre will be on a modified schedule From March 14-22, 2026 (March Break)
Centre will be closed on April 3, 2026 (Good Friday) and April 6, 2026 (Easter Monday)

For information on swim admission criteria and supervision requirements:
<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>

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Hamilton
hamilton.ca/recreation

Aquatics - Winter Registered Programs

Starting week of January 05, 2026

*Prices may vary for non-residents

MONDAY				
Program	Time	Ages	Code	Fee
Swimmer 3	5:00-5:45pm	6-12yrs	28709	\$87.39
Swimmer 1	5:00-5:30pm	6-12yrs	28803	\$79.20
Splash 1/2/3	5:00-5:30pm	3-5yrs	28788	\$79.20
Swimmer 2	5:30-6:00pm	6-12yrs	28790	\$79.20
Splash 1/2/3	5:30-6:00pm	3-5yrs	28805	\$79.20
Parent and Tot 1/2/3	5:45-6:15pm	4m-3yrs	28757	\$70.38
Splash 1/2/3	6:00-6:30pm	3-5yrs	28786	\$79.20
Hamilton Lifesaving Club	6:00-7:00pm	12-15yrs	28768	\$87.39
Swimmer 1	6:15-6:45pm	6-12yrs	28802	\$79.20
Swimmer 2	6:30-7:00pm	6-12yrs	28806	\$79.20
TUESDAY				
Program	Time	Ages	Code	Fee
Swimmer 4	6:00-6:45pm	6-12yrs	28810	\$87.39
Splash 4/5/6	6:00-6:30pm	3-5yrs	28800	\$79.20
Private Swim Lesson	6:00-6:30pm	3yrs +	28773	\$325.35
Private Swim Lesson	6:30-7:00pm	3yrs +	28774	\$325.35
Private Swim Lesson	6:30-7:00pm	3yrs +	28775	\$325.35
WEDNESDAY				
Program	Time	Ages	Code	Fee
Splash 1/2/3	5:00-5:30pm	3-5yrs	28791	\$79.20
Swimmer 1	5:00-5:30pm	6-12yrs	28804	\$79.20
Swimmer 2	5:30-6:00pm	6-12yrs	28807	\$79.20
Splash 1/2/3	5:30-6:00pm	3-5yrs	28792	\$79.20
Bronze Medallion	5:30-8:15pm	13yrs +	29420	\$260.06
Adult 1/2/3 Swim Lesson	6:00-6:45pm	12yrs +	28765	\$69.93-87.39
Swimmer 7/8/9	6:45-7:45pm	6-13yrs	28769	\$87.39
Private Swim Lesson	6:45-7:15pm	3yrs +	28776	\$325.35
Private Swim Lesson	7:15-7:45pm	3yrs +	28777	\$325.35
Private Swim Lesson	7:45-8:15pm	3yrs +	28780	\$325.35
Private Swim Lesson	7:45-8:15pm	3yrs +	28781	\$325.35
THURSDAY				
Program	Time	Ages	Code	Fee
Private Swim Lesson	5:00-5:30pm	3yrs +	28782	\$325.35
Splash 4/5/6	5:00-5:30pm	3-5yrs	28798	\$79.20
Splash 1/2/3	5:30-6:00pm	3-5yrs	28771	\$79.20
Swimmer 3/4	5:30-6:15pm	6-12yrs	28794	\$87.39
Bronze Cross	5:30-8:15pm	13yrs +	29417	\$166.13
Splash 1/2/3	6:00-6:30pm	3-5yrs	28795	\$79.20
Swimmer 5/6	6:15-7:00pm	6-12yrs	28770	\$87.39
Splash 4/5/6	6:30-7:00pm	3-5yrs	28799	\$79.20
SATURDAY				
Program	Time	Ages	Code	Fee
Swimabilities Beginner/Intermediate	9:00-10:00am	3-17yrs	28760	\$75.06
Swimabilities Intermediate/Advanced	10:00-11:00am	3-17yrs	28763	\$75.06
Swimabilities Adult	10:00-10:45am	18yrs +	28764	\$79.20
Parent and Tot 1/2/3	11:00-11:30am	4m-3yrs	28759	\$70.38
Private Swim Lesson	11:30-12:00pm	3yrs +	28784	\$325.35
Swimmer 1	11:00-11:30am	6-12yrs	28801	\$79.20
Swimmer 2	11:30-12:00pm	6-12yrs	28808	\$79.20
Splash 1/2/3	11:00-11:30am	3-5yrs	28796	\$79.20
Splash 4/5/6	11:30-12:00pm	3-5yrs	28797	\$79.20

Bennetto Recreation Centre
450 Hughson St. N
(905) 546-3747

Hamilton

Gym & Club - Winter Registered Programs

Starting week of January 05, 2026

*Prices may vary for non-residents

MONDAY				
Program	Time	Ages	Barcode	Fee
Volleyball	5:00pm - 6:00pm	9-12 yrs	31599	\$43.47
Volleyball	6:00pm - 7:00pm	12-17 yrs	31608	\$43.47
Yoga Hatha	6:00pm - 7:00pm	16+	31613	\$68.40-\$84.69
Pilates	7:15pm - 8:15pm	16+	31620	\$68.40-\$84.69
Anime	5:30pm - 6:30pm	9-12 yrs	31626	\$43.47
Cartooning	6:45pm - 7:45pm	9-12 yrs	31632	\$43.47
TUESDAY				
Program	Time	Ages	Barcode	Fee
Sports Blast Fundamentals	5:00pm - 5:30pm	3-5 yrs	31646	\$28.98
Recreational Basketball	5:45pm - 6:30pm	6-8 yrs	31729	\$32.58
Soccer	6:45pm - 7:30pm	6-8 yrs	31731	\$32.58
Soccer	7:30pm - 8:30pm	9-12 yrs	31735	\$43.47
WEDNESDAY				
Program	Time	Ages	Barcode	Fee
Tumble Playgroup (with parent)	10:00am - 11:30am	1-2 yrs	31651	\$63.63
Tumbling Fundamentals (with parent)	5:30pm - 6:30pm	1-2 yrs	40842	\$42.39
Tumbling Fundamentals	6:45pm - 7:45pm	3-5 yrs	31665	\$57.96
THURSDAY				
Program	Time	Ages	Barcode	Fee
Exploring Art	5:15pm - 5:45pm	3-5 yrs	31686	\$28.98
Crafts	6:00pm - 6:45pm	6-8 yrs	31688	\$32.58
Sports Blast Fundamentals	6:00pm - 6:30pm	3-5 yrs	31682	\$28.98
SATURDAY				
Program	Time	Ages	<	



NORTH END NEIGHBOURHOOD ASSOCIATION

On January 7 we attended the NENA meeting at Benetto Community Centre. It's a great way to meet people in the neighbourhood and discuss neighbourhood concerns and successes! Unfortunately, only about 10 people were there so we fully encourage you to attend and participate!

One thing that was discussed was "consultation"

with neighbourhood organizations. Evidently other cities require developers to include consultation with neighbourhood associations before submitting development proposals to get their feedback and ideas. Hamilton no longer does this. We have 6 neighbourhood associations in Ward 2, so the idea was put forward to discuss this with them.

The NENA Board is looking for residents to step in and help out. There are a few committees who also report to the meetings, which are open to all.

Meetings are the FIRST Wednesday of the month. Next meeting is February 4.



St. Lawrence the Martyr Parish

125 Picton Street E.,
Hamilton, Ontario L8L 0C5
905-529-3921

stlawrencehamilton@hamiltondiocese.com
www.stlawrencehamilton.ca
Office Hours: Tues-Fri 9am-4pm
In case of after hours emergency please call
365-888-1275

Fr. Paul Mathew
Sunday Mass 11:00 a.m.

Weekday Mass Schedule:

~No Mass Monday~
Tuesday and Thursday 7:00 p.m. Mass
Wednesday and Friday 12:30 p.m. Mass

Confessions before Mass on Tuesday,
Thursday and Saturday.
Adoration before Mass on Thursday.

**NB: Please check our website for
weekly updates and changes**

Sacraments of Marriage or Baptism:
Please contact the parish office to make an
appointment to meet with Father Peter.



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Cory Ma, Registered Dietitian
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www.hamilton.ca/PrenatalGroups

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NO MORE WALKABOUTS - OUR THANKS TO KEN HIRTER



Our thanks to Ken Hirter. He claims that he is retiring and will not be submitting his walk about features any longer. We will try to soften his resolve, but in the meantime – thanks Ken for taking us around our neighbourhood and nearby.

The Breezes Team

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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 reaches across the City on-line. Contact us at 905-869-8185, by email at office@northendbreezes.com, on our website: www.northendbreezes.com, or visit our socials [@northendbreezes](https://www.facebook.com/northendbreezes).

BOARD OF DIRECTORS

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- Kelly Noseworthy, Marketing

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- Katie Fitzgerald, Layout and Design
- Marie Mushing, Website Design
- Cat McKay, Marketing & Socials

Circulation & Distribution: The Board, Sheri Selway, Chrissy Chrzan and Maureen Snowball 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 over 50 years 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 905-869-8185

Website: www.northendbreezes.com | Visit our socials [@northendbreezes](https://www.facebook.com/northendbreezes)



GIVE US YOUR FEEDBACK!

We want to hear from you!

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