

FEBRUARY 2024 | VOLUME 2 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

WALKABOUT TO COMPASS COMMUNITY HEALTH

SUBMITTED BY KEN HIRTER

Continuing to educate myself I sat down and spoke to another dietitian, the delightful and informative Jennifer Desrosiers. I asked Jennifer why she became a dietitian.

“I have always been interested in nutrition and how it affects us and also realize that in society nowadays there are many factors working against us to eat healthy. I really enjoy assisting individuals in their journey for healthier lifestyles. It is about improving and forming new habits, not about being perfect all the time. Setting realistic goals is something that I work with my clients to do.

Over 3 million people living in Canada or 8.9% of the population have been diagnosed with diabetes and after adjusting for the aging population, the prevalence is increasing at an average rate of 3.3% per year. At Compass Community Health we focus on delivering education to individuals with pre-diabetes and type 2 diabetes although in my practice I do see clients with various issues outside of diabetes.

Type 1 and Type 2 diabetes have different causes. In Type 1 the pancreas does not make insulin because the body’s immune system attacks the islet cells in the pancreas that make insulin. It is usually but not always diagnosed in childhood. In Type 2 diabetes the pancreas makes less insulin than it used to and your body becomes resistant to insulin. This means your body has insulin, but stops being able to use it properly.

While both types of diabetes have inher-



CORY MA, DIETICIAN, IN THE COMPASS COMMUNITY HEALTH KITCHEN

ited or genetic aspects, the insulin resistance that causes type 2 diabetes is often related to having too much body fat especially in the abdominal area. That being said, there are also lean people who develop type 2 diabetes. Type 2 diabetes is not an autoimmune disorder as is type 1. It occurs most often in people over the age of 45. Recently there has been an increase in younger individuals developing type 2 diabetes.

Pre-diabetes is a condition when an individual blood sugar is higher than normal

but not high enough to be diagnosed with diabetes. With pre-diabetes there is an increased risk of developing type 2 diabetes. The good news is that lifestyle changes can make a big difference in whether someone will develop diabetes.

Top 5 warning signs to watch for if you suspect that you may have pre-diabetes and/or diabetes.

1. Feeling more thirsty than normal
2. Urinating frequently

STORY CONTINUED ON PAGE 6



BLACK EXCELLENCE: CELEBRATING HAMILTON'S RICH HISTORY THIS BLACK HISTORY MONTH

SUBMITTED BY CHRISSY CHRZAN AND SHERI SELWAY

Dive into Black History Month this February with a journey of the rich narratives of our community’s trailblazers—heroes whose impact continues to resonate in our community. Let’s celebrate and highlight some of our many Hamilton heroes.

One such trailblazer is Viola Desmond, a catalyst for Canada’s Civil Rights Movement. Six years before Rosa Parks took her stand, Viola refused to yield her seat in a ‘whites only’ section of a Nova Scotia theatre, sparking a wave of change. Recognized on the \$10 bill, she stands as the first Canadian woman and non-royal figure to grace our currency. Explore more at the Viola Desmond Public School in the east end of the city.

Meet Ethilda (Tillie) Johnson, a familiar face from the Hamilton Farmers Market for over 50 years, a stalwart advocate for Human Rights. Her enduring commitment led to the establishment of a scholarship fund in 1997, leaving an indelible mark on our community. **STORY CONTINUED ON PAGE 2**

ARE YOU PREPARED?

SUBMITTED BY CHRISSY
CHRAZN AND SHERI SELWAY

In 1997, numerous families in the North End were forced to evacuate their homes due to the Plastimet fire, or forced to adopt measures like closing windows and doors, refraining from using fans and air conditioning units, and sealing gaps with wet towels.

Recently, multiple households in our North End community experienced emergencies— fires, and unsafe building developments, leading to families being displaced from their homes on a moment’s notice. This occurrence led the authors to contemplate the difficulties associated with rapid evacuations.

It’s crucial for everyone to have a well-thought-out safety plan and an Emergency (GO) Bag readily available. A GO bag might include personal care items such as toothbrushes, combs, a change of clothes, pajamas, essential daily

medications, and some cash. Just as you likely keep your coat and boots by the front door, we recommend keeping a GO bag there too. This way, you can swiftly grab your coat, purse/wallet, phone, and bag when needed. For pet owners, it’s wise to pack some pet food and know the location of the carrier.

Consider leaving a GO bag at a friend or relative’s house, and if you own a car, having one also there as well is prudent. In certain regions prone to tornadoes, floods, fires, or other major disasters, additional emergency preparations, such as food and water supplies on hand, are essential.

The GO bag should also include an emergency contact list. This list should encompass essential contacts, including close family members, friends, and neighbours who can provide assistance or support during times of crisis. Ensure that each contact is reachable through multiple

communication channels, such as phone and emails. Additionally, include critical contacts like your family doctor, local emergency services, and your insurance provider. Note down the addresses and phone numbers of nearby emergency shelters and community centres. If you have children, include the contact details of their schools and any caregivers. Regularly update this list to reflect any changes in contact information. Having a well-curated Emergency Contact List is a proactive measure that can significantly streamline communication and aid in swift responses during unforeseen circumstances.

Our heartfelt thoughts go out to our neighbours who have experienced such challenges.

For more detailed information, you can visit the City of Hamilton website and search for emergency preparedness or follow the link provided below: <https://www.hamilton.ca/home-neighbourhood/emergency-services/emergency-preparedness>

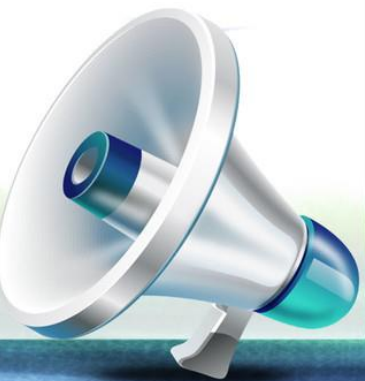
BREAKING NEWS! UPDATE FROM THE EDITOR

The North End Breezes is excited to let you know that we will be working on Web Site upgrades. Going forward, we will be able to highlight our Community Partners and our Advertisers. We are asking that if you received an email requesting updates to your logos or bio’s, you respond by February 20th.

We welcome your ideas and suggestions. Please visit www.northendbreezes.com and contact us at office@northendbreezes.com.

Coming in 2025!

In January 2025, North End Breezes will introduce a revised editorial calendar. During that month, we'll forgo the publication of an issue and instead, add an additional issue for August. Historically, August has been our hiatus period, but in 2025, we're altering our approach. More information will follow soon, but we wanted to provide this update in advance to keep everyone informed. Stay tuned for further details!



STORY CONTINUED FROM FRONT PAGE

BLACK EXCELLENCE: CELEBRATING HAMILTON’S RICH HISTORY THIS BLACK HISTORY MONTH

Stewart Memorial Church, nestled on John Street, is a living testament to the resilience of Hamilton’s Black Community. From its humble beginnings as a log cabin in 1835, surviving a fire, to its present location, the church embodies strength and community spirit.

Ray Lewis, the first Canadian-born black Olympian, grew up on Clyde Street near Woodland Park. He and his friends would play at Woodland Park and when they heard sirens from the fire station nearby, they would run along side the horses going to the fire and try to beat them. His gripping journey is chronicled in “Rapid Ray” by John Cooper, a must-read available at the library. Ray’s legacy lives on, earning him the Order of Canada in 2001.

Jackie Washington, a blues maestro, left an indelible mark at Jackie Washington Park on Wellington Street. For 29 years, he graced the Festival of Friends, showcasing his talent as a singer, songwriter, and the first black disc jockey at CHML in 1948. Uncover more about this North End’s fascinating life, from his multiple residences in the North End to his time at Bennetto School.

And, did you know that the iconic Pinky Lewis Rec Centre on Wentworth near Barton is named after Norman “Pinky” Lewis, a sports luminary and the 1971 Citizen of the Year? Step into the world of this Hamilton hero and discover the profound impact he had on our community.

Beyond these luminaries, numerous other tales await discovery on the City of Hamilton’s website. Explore the profiles of more illustrious Hamiltonians shaping our collective narrative. Visit the City of Hamilton website to read more <https://www.hamilton.ca/things-to-do/festivals-events/black-history>

Join the Hamilton Public Library in commemorating Black History Month through a series of events, including the Jackie Washington Concert on Feb. 16 at 12:00 at the Central Branch. Check out other

concerts and an author event at <https://events.hpl.ca/>

Connect with the heartbeat of Hamilton’s Black community through organizations like HARRC, ACCA, HCCI, Empowerment Squared, Refugee Hamilton Centre for Newcomer Health, Ghana Association of Hamilton, Association Haitienne de Hamilton, and the Nigerian Canadian Association.

The 17th Black History Month Honouree.

Hamilton Black History Council (HBHC) is launching Black History Month in partnership with the City of Hamilton and Black-led organizations on February 1 at 12:00 pm at City Hall.

“We are excited to work with the City of Hamilton and many Black-led organizations to add Dora Anie as this year’s BHM honouree. Dora has left a lasting legacy here in Hamilton and made an impactful difference in the lives of so many through her work with Schools of Dreams. We appreciate the support of the City in celebrating the achievements of our Black communities and look forward to building on this work.” Terri Bedminster, Executive Team

Dora Anie (1949-2019) was a mother, wife, philanthropist, life coach, and hairstylist by trade. She was the Founder and President of Schools of Dreams (SOD), a Hamilton-based Canadian registered charity that transforms the lives of young children and their communities by building safe, sustainable learning environments in rural Ghana. Through Dora’s relationships and community engagement, SOD was born in 2004. In addition to creating SOD, she was an active volunteer and advocate in Hamilton with her work being recognized and, often being the recipient of or being nominated for many awards.

Dora’s legacy still lives on through Schools of Dreams.

So, this February for Black History Month and everyday this year, let’s celebrate the resilience, achievements, and contributions that enrich the diverse tapestry of our beloved city.



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

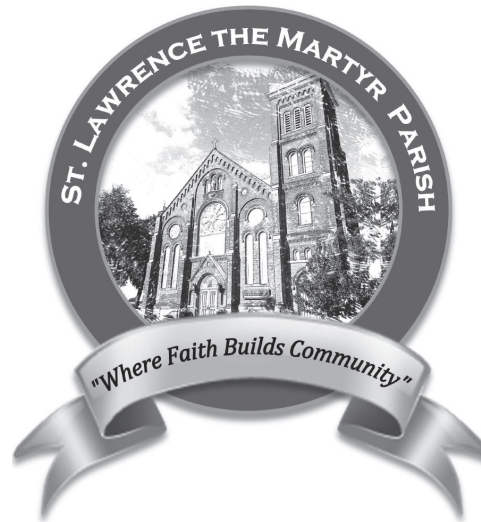
www.jamesnorth.church

James North Baptist Church (formerly Hughson Street Baptist) has been a part of the North End for more than 135 years. We have been more than just a worship gathering on Sundays as we meet as many people during the week as we do at our Sunday worship times. 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 would be glad to welcome you any Sunday at our morning worship gathering. 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.

We also offer the hope of Jesus to others through our ministries and programs. There are several weekly ministries that you and your family can attend. You could 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. We have children's programming running on Tuesday nights during the school year. Check our website for up-to-date information for programs (www.jamesnorth.church) or give us a call at 905-527-3972.

We are located at the corner of James St N and Picton Ave, the building with affordable housing on top. We would be glad to welcome you.



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

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

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

Friday - Mass 12:00 noon

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 and Important Dates

Upcoming Sacrament Dates:

If your child is in Grade 2 or Grade 7 at St. Lawrence School, please note the following upcoming dates:

First Reconciliation - Saturday, February 24, 2024 at 11:30 a.m.

First Communion - Saturday, May 11, 2024 at 1:00 p.m.

Confirmation - Wednesday, May 15, 2024 at 7:00 p.m.

If your child doesn't attend St. Lawrence school but you would like them to celebrate these sacraments, please call the parish office.

Easter is early this year - Our Ash Wednesday Mass is Wednesday, February 14, and Easter is Sunday, March 31st. We invite you to join us at any of the Masses and liturgies during our Lenten observance.

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



Imagine 40 Wood Street East was just a building and not the Welcome Inn.

The Welcome Inn would not exist without the support of people like you. Your donations help to provide proper staffing and materials needed to keep our services open. Through your donations, we can make sure we are equipped to serve the Hamilton community. Our goal this year is to raise \$70,000 before the new year. We know it seems like a lot, but we are proof that even small things can create a major difference.



That could be us.

It takes a lot to be welcoming.

Living WELL Together

STORY CONTINUED FROM
FRONT PAGE

WALKABOUT COMPASS COMMUNITY HEALTH

SUBMITTED BY KEN HIRTER

- 3. Losing weight without trying
- 4. Feeling tired and fatigued
- 5. Blurry vision and vision problems

Complications from diabetes include strokes, blindness, heart attacks, kidney failure requiring dialysis and foot amputations and are associated with premature death. Diabetes can reduce lifespan by 5 to 15 years. Individuals with depression have a 40% - 60% increased risk of developing type 2 diabetes.

If you have any of these warning signs please book a appointment with your doctor and/or health care provider. A simple blood work test can determine whether your pre-diabetes or have diabetes. “

At Compass Community Health Jennifer mainly does one-on-one dietary counseling and diabetes education, but they also have group classes. They also hold a monthly Diabetes Kitchen Cooking group to help people become more confident in the kitchen and learn new healthy recipes. The Diabetes Kitchen meets once a month between 4.30 to 6.30. Group rotation every few months to accommodate everyone. Call Jennifer at (905)-523-6611 or visit compassch.org for more information on this wonderful program.

There is also teaching here done on various topics related to healthy eating and much more at Compass. In addition, Jennifer is also looking for opportunities to do presentations to the Northend Community, and beyond. She also has one-on-one appoint-



JENNIFER DESROSIERS, COMPASS COMMUNITY HEALTH DIABETES DIETICIAN

ments and group education at the Hamilton Urban Core Community Health Center 181 Main Street West # 121 Hamilton, Ontario. They can be at (905) 522-3233 or you can visit their website at <http://hucchc.com>

In closing I asked Jennifer what Top 3 Vitamins and what diet would she recommend.

- Vitamin D
- B-12
- Magnesium

Please note that Vitamin recommendations will vary from person to person though.

When it comes to diets the most recommended diet is the Mediterranean Diet. This diet has been known to lower blood sugar, lower cholesterol and can reduce depression and lower chances of developing some cancers, including bowel cancer. It reduces risk of cognitive decline including dementia, risk of stroke, diabetes and other vascular diseases.

Eat less often than other foods:

- Red meat

- Saturated fat
- Sweets

And eat fish and seafood at least 2x/week

Diet isn't necessarily just to drop pounds off. It is also vital-ly important that you lower the numbers where it really counts. Your overall health depends on you and here at Compass the dietitians will get you on the right path to a healthier you for 2024.

I would like to thank Cory Ma and Jennifer Desrosiers for taking the time to discuss diet, pre-diabetes and diabetes education, food & nutrition plus much more.

**COMPASS**
COMMUNITY HEALTH

OUR MISSION
Enabling health through
healing, hope and wellness

OUR VISION
No Obstacles to Health

OUR VALUES

- ✓ People First
- ✓ Excellence
- ✓ Compassion
- ✓ Collaboration
- ✓ Diversity



**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

INDOOR PLANT TIPS

SUBMITTED BY CANDY VENNING

Over the years, and despite never buying myself a plant, I have somehow collected Aloes, Oranges, Agapanthus, ferns, spider plants and clinging tenaciously with their nubbly roots – a few orchids one of which blooms every year for months (I do not use, or recommend the ‘ice cube’ method by the way)

I try not to feel guilty when I kill a plant; I reverently place the hapless victim gently in the compost and silently thank it for trying to survive despite my feeble and sometimes criminal neglect. Honestly, it’s ok to let certain plants (Poinsettia I’m looking at you) go, and for frigg’s sake, do not accept, trade or give away a plant that has mealybug, scale or any other infestation.

My all-time favourite indoor plant, for its furry rootlets and ability to survive me and a Canadian winter indoors, is ‘Rabbits Foot Fern’ / Davallia Fejeensis, a native of Fiji and a delightful epiphyte (a plant that grows on another plant but is not parasitic, i.e. numerous ferns, bromeliads, air plants, and orchids growing on tree trunks in tropical rainforests). My lowly Spider Plant stays fit because I regularly trim any raggedy leaf. The Echeveria live in the sunny window, are blooming their faces off now, merely from an immersion bath every month or so. Not much care required really.

Although it’s tempting to add Fertilizer — Hold off! Plants are in low light conditions at this time of year and essentially dormant. Fertilizing is more appropriate in March as light increases (A plant in a south-facing window will only receive 10% of the light that it would get outside.) Also, when in doubt – err on the side of under-watering because once roots have rotted... sadness.

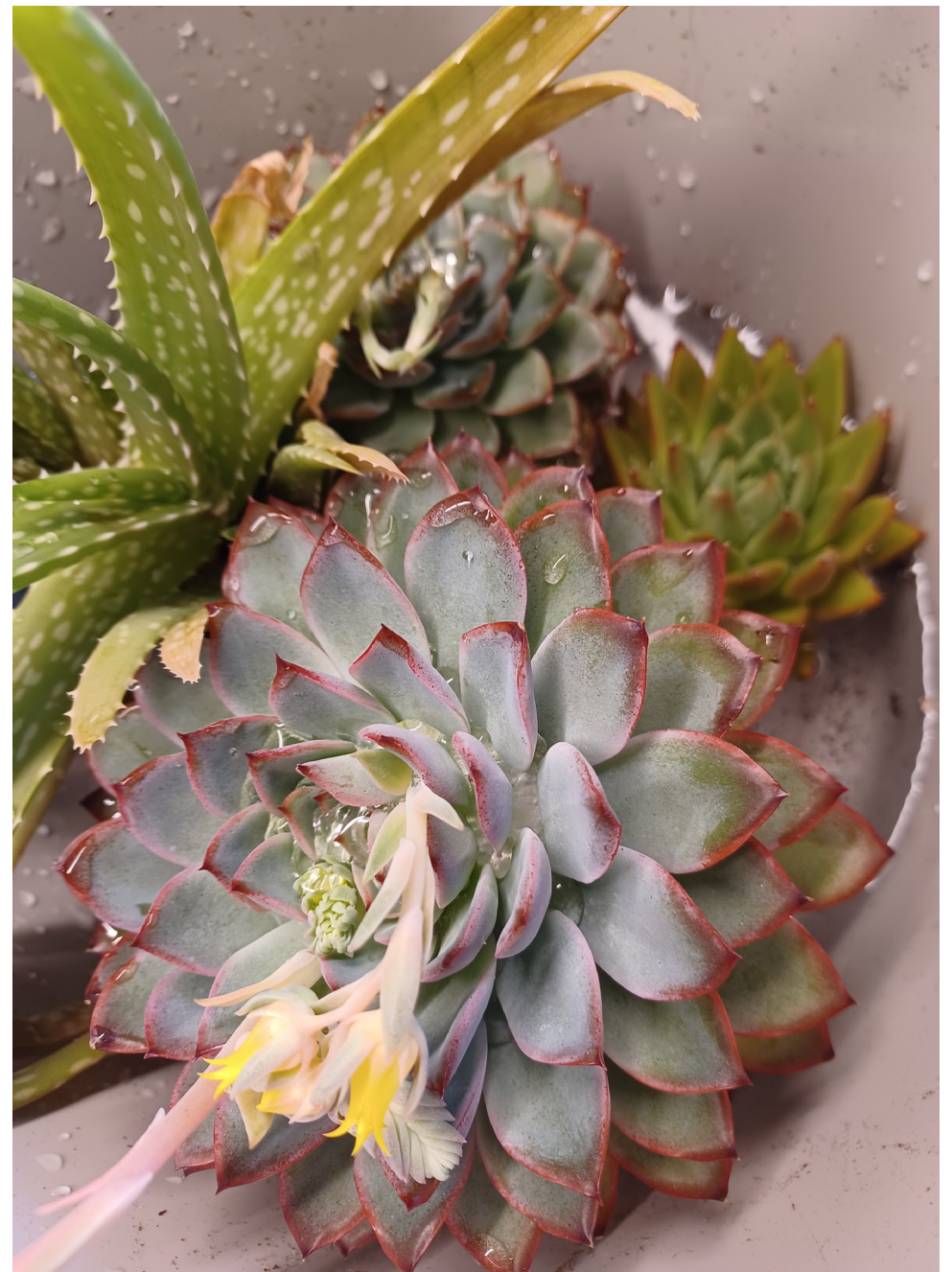
Pests – Ed Lawrence of CBC recommends this recipe for infestations of Aphids, Whitefly, and Spider Mites: 40 parts water: 1 part liquid soap – usually dish soap (need not be a particular brand or colour!) This is messy when

spraying, or even using a soapy washcloth, so applying the treatment in the bathtub (spray from underneath or wipe leaves) is recommended. Don’t be shy, your patient should be dripping wet. You can also cover the soil tightly with a bag and your hands as you flip it upside down and gently swish – rinse with clean water after you feel every pesky bug has expired. There will be insect eggs, so in a few days or as soon as you see new signs of crawly life — repeat!

Houseplant Appearance; I’m talking about that crusty dusty, scabby soil, no need for ugliness!

If you haven’t re-potted in ages or never plan to, just add an inch of fresh potting soil then cover with Sphagnum moss, use pine cones to make a pretty ‘mulch’ OR use pebble & shell collections around the stems of any plant, even marbles or glass beads, all with the added benefit of discouraging pets from using the soil as a toilet – clever, eh?

While I’m critiquing...there’s no excuse for yogurt container lids under your pots. Thrift stores have an endless selection of charming and ornate saucers and plates. Glass microwave trays / plates (also available in thrift shops) have little nubbly ‘feet’ which will keep a larger pot lifted off the floor preventing stains or mold from building up between a porous terra cotta or ceramic pot and hardwood floors/carpeting, also the clear glass makes it nearly invisible and lifting it off direct floor contact looks classy.



OUR CORNER ◆ Bar & Grill ◆



905-523-0584
496 James St N,
Hamilton, ON
L8L 1J1

HOPA

PORTS

SUCROCAN SOURCING AND HOPA PORTS ANNOUNCE PLAN TO CANADA’S LARGEST SUGAR REFINERY

HOPA Ports and SucroCan Sourcing recently made a ‘sweet’ announcement.

Together, the partners plan to build Canada’s largest sugar refinery located at the Port of Hamilton’s Pier 15.

The new sugar refinery will have an annual refining capacity of 1 million metric tonnes, equivalent to about 50 vessels annually, and representing an estimated investment of \$135 million CAD.

“The sugar markets in both Canada and the United States are experiencing steady, long term, sustainable growth, and Sucro is investing to supply these growing market demands,” said Jonathan Taylor, Founder and CEO of SucroCan Sourcing. “We have a customer base that is loyal and growing, benefiting from the new competition we are bringing to the market.”

Ontario’s food and beverage manufacturing sector is the third largest in North America with manufacturing revenues



of more than \$48 billion. The sector has more than 45,000 establishments in the province, employing over 104,800 people.

SucroCan’s focus on improving its customers’ supply chains is one of the keys to its success, and a key reason for choosing the Port of Hamilton as the location for its new refinery.

“HOPA Ports is thrilled to be working with SucroCan to make this historic investment a reality,” said Ian Hamilton, President & CEO of HOPA Ports. “We worked closely with SucroCan to understand its location and logistics needs, and those of its customers. The new refinery in the heart of southern Ontario’s food processing cluster, has access to

marine, rail and highway transportation options. The facility’s new capacity and reliability will give Ontario food processors the confidence to invest in their own operations. For us this is a huge win: driving a resilient and efficient supply chain, growing the economy and creating jobs.”

MY FAVOURITE MOMENTS

SUBMITTED BY BEV HILL

After the excitement and bustle of the Christmas season, I like to take time to reflect on some of the memories that were made. I remember the songs that stirred me. “We are The World” by Michael Jackson, Lionel Ritchie, Diana Ross and many others. To me, it means we should love one another. Christmas reminds us to love one another, not live

in a world of hate.

When we become a family of the world, we learn to share our bounty, lend a hand to others and avoid the tragedies and wars that plague our world today.

May we carry the words of another of my favourite songs. “Let there be Peace on Earth” as we move forward in this new year.



CHARLOTTE

CAT OF THE MONTH

SUBMITTED BY KATIE FITZGERALD AND DAVE VAN HEESWYK

Everyone who meets Charlotte loves her! She loves to be around people and will submit to the many kisses and hugs people insist on giving her without any resistance. She gives in to and embraces all the love that comes her way. She always chooses a cozy nap over mischief, except when there are fresh cut flowers to munch on. She’s simply the best!

COUNCILLOR UPDATE

SUBMITTED BY WARD 2 COUNCILOR
CAMERON KROETSCH



February is a busy month in our city, even with the colder winter weather. This month we'll celebrate both Black History Month and Hamilton Winterfest and, for the first time, February will also mark the end of the City's annual budget process.

This is the first year that the City is aiming to finish budget deliberations before the end of March, fingers crossed, after the Mayor issued a directive to City staff in August of last year to accelerate the budget timeline and find efficiencies in the overall process.

The original budget forecast, suggested to be a possible increase of 14.2%, has been whittled down to 7.9% in response to the Mayor's directive. Of that, 1% is earmarked for a municipal contribution to hospital renovations and 2.6% is related to direct costs downloaded to the City by the Province of Ontario. Combined, this makes up 3.6% of our budget increase being pushed onto us by the Province, adding to the pressures that already exist at the municipal level.

That leaves a remaining 4.3% increase that is being proposed by the municipality, about 1.5% less than last year's increase of 5.8%.

I think this context is important to share as the Province continues to withhold surpluses from municipalities while simultaneously giving them more responsibilities and, therefore, expenses.

Housing is a good example of this. In 2023, the City spent more on housing and homelessness than both the Provincial and Federal governments combined. Both senior governments have demonstrated they're not taking our housing crisis seriously enough and are not yet prepared to step up to do their fair share. I'm hopeful that the Mayor's efforts to work with other levels of governments will bear fruit in the coming years. The path forward is not sustainable for anyone.

On that note, this is a very difficult time for those in our community who have been deprived of housing. If you see someone suffering this winter, and are able to offer help, please do. If you want to reach the City over concerns for the welfare of unhoused individuals in our community, please email unsheltered@hamilton.ca. The City has consolidated its communication channels into this one email address to help expedite its service delivery in this area.

In other news, and as some of you may have seen on social media, I've recently been on an extensive tour of Eastwood Arena. I know that the arena has been the subject of much discussion in the North End, including public meetings, surveys, and feedback for many years. I've had a chance to review the work done on this and have met with City staff to start conversations about what to do going forward.

Now that the arena is no longer being used for ice hockey, and the chiller has been shut down for a number of years, there's an opportunity to begin the process of moving things forward. The building is in need of some repair and is currently being used 7 days a week for programming related to roller derby, floor hockey, and lacrosse, so the City will have to be thoughtful about next steps to ensure that those programs can continue to thrive.

Expect opportunities to weigh in on the future use of the arena this year, both online and in person. I've committed to moving things forward in this term of Council, and that includes making important decisions about our recreation assets. The decisions won't be easy but I'm confident that we can get there, together.

In the meantime, 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. If you'd like to reach me directly, send me an email at Cameron.Kroetsch@hamilton.ca.

- Cameron Kroetsch



MATTHEW GREEN
Member of Parliament
Hamilton Centre



Matthew Green, MP
Hamilton Centre

905-526-0770
matthew.green@parl.gc.ca



THE TOBOGGANERS OF HAMILTON: A SHORT HISTORY OF WINTER FUN AND ADVENTURE

SUBMITTED BY BRIAN ROULSTON

Tobogganing was at one time a popular winter-time activity here in the Ambitious City long before skiing gained prominence in the 1920s. There were several tobogganing clubs in the area during the 1880s. The two main ones were the Victoria Toboggan and Snowshoe Club and the Hamilton Toboggan and Snowshoe Club and they built massive wooden slides straight down the escarpment, comparable to a bobsled run or a ski slope. The Victoria Club's run stood near the top of Victoria Avenue South, at the foot of the escarpment while The Hamilton Club was located south of Aberdeen Avenue and Locke Street South, which was also at the bottom of the escarpment.

The clubs imposed a 100-member limit per season, despite the high demand from hundreds of others who wanted to join in on the fun.

The town was decorated by shopkeepers and other businesses for the inaugural Hamilton Winter Carnival in February 1887, where tobogganing was a major attraction. During the week-long festival both toboggan runs were open to the general public. Despite a snowstorm on the first day of the event, laughter and screaming could be heard far and wide from the thousands of people who raced down the mountain at breakneck speeds with snow flying in their faces and cold wind nipping in their ears. The Winter Carnival was a popular annual event well into the 1900s.

Twenty-five thousand people watched as the Hamilton and Victoria Toboggan Clubs, together with other clubs, marched along James Street South towards Gore Park with their decorated toboggans, past a decked-out arch at the corner of King and James streets, escorted by the 13th Battalion Band. Following the 7:00pm event William Hand's fireworks factory set off an impressive display of glitter in the night sky over Hamilton.

According to Wikipedia, in the late 1800s, tobogganing was considered an adult pastime, the gentlemen and the ladies would dress up in their Sunday best, complete with top hats and dresses, for the ride down the hill. There is no specific date when youngsters began to enjoy the sport, although it was probably not long after.

The word "toboggan" seems to have a few unconfirmed origins, one of them is from the North American Algonquian term "odabaggan", for a kind of man-hauled freight sledge made of bark, hardwood or whalebone, and deer or buffalo skin. The other from the Mi'kmaq term "to-



Image courtesy of Hamilton Public Library

bakun" and it too was made of whale bone and pulled across the snowy tundra.

The First Nations of North Eastern Canada also had a toboggan, which they called "Ubagaan," and it is thought that Henry Hudson of the Hudson Bay Company saw these toboggans used on James Bay during the winter of 1611.

No matter the origins, these sledges were the main mode of transportation for Native Americans in the Great Plains and the Great Lakes region from 3000 BCE onwards. Odabaggan's are thought to have been around long before the invention of the wheel and could carry people, goods, and hunting catches during their winter migrations. The Natives called a small and recreational type of sledge "Tom Pung". After viewing the indigenous' invention, the colonists borrowed the word and applied it to the low-profile wooden sledges they built.

Snowshoeing and sledding were essential for Canadians to survive the harsh winters before the railroad was built. After the railroad made transportation easier, these activities slowly became more recreational and enjoyable. The first winter carnival in Canada was held in Montreal in 1883, but it did not attract much attention or participation. However, it did pave the way for future winter festivals in Canada.

Hamilton itself has an award-winning Winterfest (Feb-

ruary 2-19, 2024) put on by the City of Hamilton and Cobalt Connections Creativity. You can check it out on the city's web page <https://www.hamilton.ca/things-do/festivals-events/hamilton-winterfest> for further information on planned activities and concerts.

Finally, the city of Hamilton maintains a website listing of currently approved toboggan hills in and around the city. It may be found under Parks & Trails, along with guidelines and safety instructions for a safe trip. Tobogganing is presently permitted in Waterdown Memorial Park, Dundas Driving Park, the Chedoke Golf Course's (Beddoe Course), the Garth and Stonechurch Reservoir, and King's Forest Golf Course in Stoney Creek. Check their website for the latest information. <https://www.hamilton.ca/things-do/parks-green-space/parks-trails/permittted-tobogganing-hills>

Have a safe and enjoyable winter.



PHOTO COURTESY OF THE HAMILTON PUBLIC LIBRARY



Bring your Family!

Special Family Day Programs at Bennetto Community Centre!

Special Family Day Drop-In Schedule	
Open Swim 18+	10:00 AM - 11:45am
Open Gym (Parent & Tot)	10:15am - 11:45am
Open Swim	12:00 pm - 2:00pm
Open Gym (Family)	12:00 pm - 2:00pm

Space Available in Girls Who Play <u>FREE</u> Registered Programs!		
9 - 12 Years old	Thursday	5:30pm - 6:30pm
13 - 17 Years old	Thursday	7:15pm - 8:15pm

Upcoming Camp Kidaca at Bennetto!		
March 1st	PA Day	\$28.58
March 11th - 15th	March Break	\$171.05
June 7th	PA Day	\$28.58



Hamilton.ca/Rec for more info, Drop-In Schedules and Registered Programs



Time well spent.

Welcome Inn is looking for donations to our food bank, volunteers for our Children's Programs, and hosting family programs with other community services!

We are accepting food donations Monday to Friday, 10:30AM to 2PM. Please email Ruth at ruth@welcomeinn.ca for volunteer opportunities, and check our Facebook for updates on our community programs.

Are You Pregnant?

Join a weekly **free** prenatal nutrition group that's close to where you live!



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:**

- Pregnancy
- Labour and delivery
- Eating well and cooking healthy food
- Breastfeeding

You will get:

- Grocery gift card
- Bus tickets
- Prenatal vitamins gift card
- Vitamin D for your breastfed baby
- 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

Pathways to Education

Seeking Volunteer Tutors

Academic Tutoring for High School Youth

Make a long-lasting, positive difference
3 hours each week is all it takes.



Learn More • Register

905-523-6719

pathways@compassch.org

Pathways
to Education

Pathways to Education Hamilton
is proudly hosted by
Compass Community Health



DIABETES EDUCATION PROGRAM AT COMPASS COMMUNITY HEALTH

If you have Type 2 Diabetes or Prediabetes,
we are currently accepting referrals.

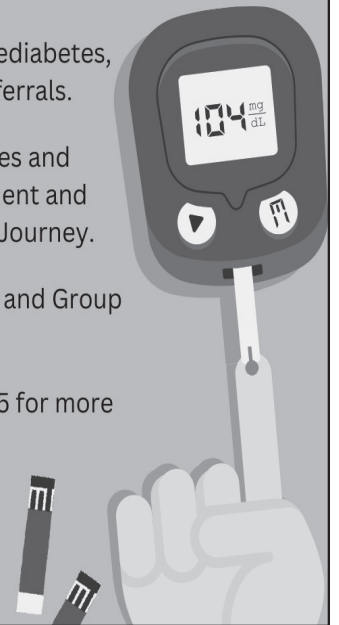
Our program consists of Nurses and
Dietitians to assist in management and
support through your Diabetes Journey.

We provide Individual Counselling and Group
Programs.

Please call 905-523-6611 ext 3055 for more
information.



COMPASS
COMMUNITY HEALTH



THE TRACKERS INDOOR WALKING GROUP FOR OLDER ADULTS

Join us for a
weekly indoor walk!

Every **Wednesday**
from 2-3pm starting
October 18th!

Meet others and increase
physical activity!

To register, contact:
Christine Sorbara
905-523-6611 x 2059
csorbara@compassch.org



COMPASS
COMMUNITY HEALTH



NORTH END BREEZES CLASSIFIED ADS

Three Canes for sale
Asking \$40 each obo
Please call: 289 389 3943

SENIORS ANTI-FRAUD EDUCATION WORKSHOP

Learn about:
Staying safe online and
on the phone from
scams and fraud

The next session is:
Tuesday, October 17th
1:30 - 3:00pm
at Compass Community Health



Free Program
Please Register.
Contact:

Christine Sorbara
csorbara@compassch.org
(905) 523-6611 ext. 2059



COMPASS
COMMUNITY HEALTH



MOHAWK
COLLEGE

Volunteers Needed

ONLINE CONTENT CREATORS

The Breezes is looking to add to the online content team. Are you a social media wiz? Photographer, Videographer? A roving reporter? Say hi!

What we're looking for:

- ✓ Content creation
- ✓ Writing/ photo/video chops
- ✓ Day-to-Day liason with partners and our community
- ✓ Ad buying/ Design skills nice to have.

APPLY NOW

Send Your Info to:
office@northendbreezes.com

*If student - can count towards
volunteer hours



Breakfast Club

FREE, FRESH BREAKFAST
EVERY DAY BEFORE SCHOOL AT
COMPASS COMMUNITY HEALTH

438 HUGHSON ST. N.
7:45 AM TO 9:15 AM

Contact Mariko at mborn-kai@compassch.org

to register!

See you there!



COMPASS
COMMUNITY HEALTH

WHAT'S HAPPENING IN FEBRUARY AT THE HAMILTON PUBLIC LIBRARY

All Branches are closed Family Day, Monday, February 19, 2024. The Bookmobile is off the road, and Extended Access and Study Hall services are unavailable. Central Library will be open as a Warming Place (First Floor) on Family Day, Monday, February 19, 2024, from 1-5 pm.

February is Black History Month. Attend special concerts and events and pick up commemorative bookmarks celebrating Black Canadians' experiences, contributions, and achievements.

Watch a series of educational talks on Hamilton Public Library's YouTube Channel about a variety of mental health topics presented by psychologists from St. Joseph's Healthcare Hamilton. February is National Psychology Month in Canada.

Celebrate Valentine's Day with our Storytime and craft programming. Visit hpl.ca for our Daily Events Calendar or download a PDF of our What's Happening Guide. Sign up free to receive our monthly What's Happening eNews.

Learning Resources at HPL

Students, educators, families, and caregivers can browse a collection of activities, book lists, educational and tutoring resources, online courses, and more at hpl.ca/learning-at-hpl throughout the year.

After Hours Study Halls

Looking for a quiet study space or space to work? The Dundas, Red Hill, Terryberry, Turner Park, Valley Park and Waterdown branches offer this after-hours service from Mondays-Thursdays, 8pm-Midnight (except on statutory holidays).

Postcards for Special People

Send winter wishes to seniors living in long-term care homes and socially isolated residents with our new postcard designs. (<https://www.hpl.ca/Postcards>) Pick up a free postcard or two at any branch. Place a stamp and mail the card(s) yourself or drop off at any branch, and we'll take care of delivery.

Our virtual branch at hpl.ca is always open. Questions? Call 905.546.3200, email AskHPL@hpl.ca, or chat with Staff at hpl.ca.

Discover the endless benefits that come with an HPL card. Borrow more, free passes and entry to local museums, free PRESTO cards for kids, create in Makerspaces, and more.

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 289- 933-4810, by email at office@northendbreezes.com, on our website: www.northendbreezes.com or social@northendbreezes.com.

Published by North End Breezes Board of Directors:

Chair: Elizabeth Poynter

Financial Officer: James Vanderberg

Secretary: Kristina Santone

Community Connector: Chris Pearson

Neighbourhood Advisor: Maureen Scally

Publication Team

Co-Ordinator: Brenda Duke

Editorial Assistant: Kit Darling

Layout + Design: Katie Fitzgerald

Web Site Development: Marie Mushing

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 289- 933-4810.

Follow us here:

Facebook - facebook.com/northendbreezes

Instagram - instagram.com/northendbreezes

Twitter - twitter.com/northendbreezes

Website: www.northendbreezes.com



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www.peopleinconnection.com

NORTH END BREEZES TEES ARE BACK!



Show some Breezes love and support. \$25/shirt. Available in Royal Blue and White. Limited stock available. Email northendbreezes1@gmail.com to order your shirt. Free drop off in the North End.

FISHER'S PIER 4 PUB



554 JAMES ST NORTH
905 526 9622



VALENTINES DAY

TUESDAY FEBRUARY 14th
Special menu items will be available
Reservations Recommended
905-526-9622



**WE WILL BE CLOSED
MONDAY FEBRUARY 19TH
SO THAT OUR STAFF CAN
ENJOY THEIR DAY WITH
THEIR FAMILIES.
HAPPY FAMILY DAY**