

**NORTH ENDER OF
THE YEAR
AWARD PRESENTATION**

February 11, 2023
11:00am to 1:00pm

James North Baptist Church
500 James Street North

Everyone is welcome to attend

FEBRUARY 2023 | VOLUME 2 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

WHAT'S HAPPENING TO THE LAKE?

SUBMITTED BY ROBYN GILLAM

The little Mallard duck was picking her way through dried out mud and roots along the shore of the Bay-front on her orange webbed feet. Although her lovely brown and black plumage was offset by the purplish-blue streak under each wing, she looked worried.

Mallards are dabblers who feed on plants in the water and stuff on the bottom, but there was no bottom. The water had dropped, leaving only dried plants and hardened roots protruding from the mud. "What's wrong?" cried the little duck. She turned to the drake who had been following her around as part of their Winter courtship, but he was too busy admiring the reflection of his magnificently fluorescent green head in the inlet to notice. Looking up absently, he muttered "Hey babe, don't worry -it'll all work out."

On New Year's Day, I go for a long walk, admiring the scenery and looking forward to future prospects. This time I chose the Bayfront Trail to enjoy the view across the harbour and Cootes Paradise, but what I saw disturbed rather than calmed me. Last Summer there were luxuriant reeds growing out of the water near the boat ramp, where the swans had built their nests and raised their young. Now there was only a patch of dead straw protruding from the mud as the birds paddled around in the stagnant, shallow water nearby. In early Summer, the water has lapped the shoreline, but now stopped well below the bottom of the retaining wall. Further along the trail, evidence was even more dramatic. In 2017, record high lake levels completely submerged the mid section of the trail, so it had to be reinforced with rock and concrete fill, resulting in of trees and other vegetation. Now this fill, once mostly under water, stood stranded, separated from the bay by over a metre of dry sand and gravel. On an unseasonably warm but cloudy day, the prospect seemed desolate, even bleak. The water levels in Cootes looked a bit higher, but it hadn't been like that recently. I shouldn't have been surprised. By the end of the summer, all I could see of the Credit River from the Go train was a



July Shoreline

muddy stream trickling past a drying clump of reeds.

The year of 2022 saw the least precipitation for parts of the Lake Ontario region since 1966. In August, the



January Shoreline

Royal Botanical Gardens predicted that half of the Cootes marsh would dry up in the fall.

Story continued on page 7

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THE ROARING GAME

SUBMITTED BY BRIAN ROULSTON

As Wiarton Willie and his cousins across the land make their best prognostics for an early spring, old man winter continues to deliver us his best shivering sting. Rejoice, another popular winterish activity is being enjoyed across the country and in Hamilton too. It’s a sport called Curling, and it is related to the games of bowls, boule, and shuffleboard. Because of the audible roar made by the rocks as they glide over the ice sheet, curling is frequently referred to as the “roaring game.”

It is widely accepted that curling is a Scottish sport, however, Austria and Belgium have also laid claim to the sport as being their own. Scottish farmers first curled over the frozen marshes, ponds and lochs of old Scotia using “channel stones” naturally polished by the actions of the water. Handles were later added to these stones in the 17th century to improve delivery onto the ice, and brooms to remove snow became a permanent part of curling then as well. The earliest indication of the sport came when two curling stones bearing the year 1511 were unearthed when a pond in Dunblane, Scotland was drained. According to records found dating back to February 1541 in Paisley Abbey, the first recorded curling match came when a Scottish Monk challenged a Lay governor to a match in 1540. This was not perceived as a friendly match by any means as the two challengers despised each other.

The first recognized curling club in Scotland, the Kinross-Club was formed in 1818, the game became popular and it was exported to Switzerland, Sweden, Norway, and New Zealand. The Grand National Curling Club, subsequently renamed the Caledonian Curling Club, was founded in 1838. Four years later, during a visit by Queen Victoria, the Earl of Mansfield demonstrated curling on the ballroom floor of Scone Palace near Perth. The Queen was so taken with the game that she granted permission for the Club’s name to be changed to the Royal Caledonian Curling Club in 1843, and it became the sport’s ruling body until 1966, when the World Curling Federation was established. Curling is usually played in the coldest regions of the world, and according to the United States Curling Association, Canada has the most curlers on the planet, with almost 1.2 million of the estimated 1.5 million curlers worldwide. It was the British Troops that originally brought the game to Canada at the Plains of Abraham near Quebec City during the French and Indian War between 1754-1763. Unfortunately for the British,



The Thistle Curling Club.

From Ice Hockey Wiki

they were so humiliated by the Scots in a game on the Plains of Abraham that they temporarily gave up playing the sport. Curling was later introduced to the Americans in Pontiac, Michigan in 1832.

Curling was a great way for Scottish troops to pass the long Canadian winters. They melted down a few cannonballs and created the first curling stones in Canada. It was the Scots that popularized the game in this country.

Curling in Canada has traditionally been associated with the military, and it still is, with numerous Canadian Forces personal competing among various bases across the nation. When the early regiments in Canada were disbanded, many of them became the country’s first police forces, and its members were awarded parcels of land. The regimental officers often became the new community’s elite, and typically they created the first curling clubs. As the railroad stretched across the country and towns popped up, so did curling clubs. It didn’t take long for towns to start playing friendly games against one another, this later sparked provincial and interprovincial competitions which eventually led to the Winter Olympic games in Chamonix, France in 1924. Curling clubs were established in Ontario as early as 1820, in Kingston, and in Elora in 1825. The oldest continuously operating curling club in the province today was founded in Fergus, the location of the Highland Games, when the sport was first played on the streets and then eventually the Grand River in 1834.

Curling has been a part of the Hamilton sporting scene since 1853 when several young men first played the game on Robinson Street. People found it challenging to curl at the time due to the rain and the snow. Five hours of playing time would sometimes be the best you could hope for

because the ice would often melt before the end of their matches. The curlers re-located the following year to a creek just east of Markland and Bay Streets in the Durand neighbourhood. Another year went by and they moved to a covered shed on James Street South. There were originally 22 members, and they named their new curling club the Ontario Curling Club of Hamilton and; it was a men’s only club for many years. It was the 16th curling club in Canada and the 11th in Ontario. The first purpose-built stones used at the club were crafted of curly maple made in Fergus, and they were deemed as the very best in Canada at the time.

The name of the Ontario Curling Club of Hamilton changed numerous times when it merged with or purchased other curling and ice facilities in the region until 1871, when it became the Hamilton Thistle Curling Club until 1889. Its name was slightly modified to The Thistle Club. The club’s legal suffixes would change several times until 1978. A large red brick building with four curling sheets, affectionately called “The Thistle,” was built on the corner of Park and Robinson streets after paying \$2000 for the land in 1878. It opened its doors in 1889. They quickly bought the neighbouring property and built an outdoor ice rink for hockey and skating. Additionally, pool tables were added. Because lawn bowling was rapidly expanding in popularity as a summertime activity in the area, four lawn bowling greens were also added. Other games, such as squash, tennis, and badminton, along with organized hockey games were added when hydro was brought to Hamilton from Decewsville in the 1890s and electric lighting replaced gas lighting.

On Saturday, January 28th, 1905 the Hamilton Evening Times reported that signifi-

cant crowds attended The Thistle’s popular Friday afternoon skating sessions. The old indoor skating rink was converted into the second most modern indoor tennis court in the country behind Montreal sometime around the First World War, and it opened to large crowds featuring some of the best tennis players of the day, including World Champion William Tilden and Spanish Champion Manuel Alonso. For a short period of time, Hamilton was the top level of Canadian tennis.

By this time, the Thistle Club was well renowned throughout Canada as one of the best curling facilities in the country. The Thistle Club was officially incorporated on October 11, 1927, and artificial ice-making equipment was also installed that year. In 1934 women were allowed into the club. After that, the club was renovated several times. There were eleven racquetball courts in 1960, as well as air conditioning. The March 25th, 1960 edition of the Hamilton Spectator reports that, due to a surge in curling and with upgrades made at The Thistle it was then possible to curl and skate at the same time. Saunas and whirlpools were installed in both the men and women’s sections of the club.

In 1973 squash became extremely popular at the club, even among the ladies. The Thistle Club’s six curling sheets were shut down in 1987 when curling ceased to be played there due to the growth of racquet sports and the decline of curling. In 2002, a year before its 150th anniversary, the club folded for good owing to diminishing membership and financial responsibilities. The building was dismantled in 2004. Part of the Thistle Club’s original frontage has been incorporated into the City Square Parkside Condominium which now stands in its place.

COUNCILLOR UPDATE



Hasnain Khan with his mom Uzma Qureshi and Councillor Kroetsch

SUBMITTED BY WARD 2 COUNCILLOR CAMERON KROETSCH

January marked the first full year of this new Council term and we're excited about it! It's also the continuation of Council's budget deliberations, which will run through to the end of March, so I'll be spending a lot of time at City Hall until then.

In January we restarted the Ward 2 Community Council, launched our office website (www.ward2hamilton.ca), released our newsletter at the end of the month, and made plans for our first neighbourhood town hall. Our first stop on the town hall tour will be in the Beasley neighbourhood this winter. We'll be rotating through each of the neighbourhoods over the next 4 years, once per quarter, and plan to be in the North End later in 2023.

Stay tuned for an update about the exact date, time, and location. The town hall meetings are not only a chance for me to update you on

what's happening at City Hall but to talk about neighbourhood plans and to hear from you how we can make the North End better.

Since my last update, I joined Hasnain from the Ward 2 Team at the Hamilton Centre for Civic Inclusion's Annual General Meeting where he was voted in as its Treasurer. It was a proud moment for all of us and I'm glad I could be there with Hasnain and his family to celebrate his achievement. As some of you may know, I was on HCCI's Board before running in Ward 2 and have many fond memories of my time there.

As always, the Ward 2 Team is here to support you. We have fielded hundreds of resident calls, emails, and messages on social media since taking office on November 16 and would be pleased to hear from you. Please reach out to the Ward 2 Team at Ward2@hamilton.ca or through our office phone number at (905) 546-2197.



**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.

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www.twitter.com/nenhamilton

Check out our website and
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www.northendneighbourhoodassociation.com

LIBRARY EVENTS FOR FEBRUARY 2023

All HPL branches are closed on Family Day, Monday February 20, 2023.

Day & Time	Description	Location
All month long	Annex Gallery Art Exhibition - Sahra Soudi AGE GROUP: All Ages	Central Library – 4 th Floor Gallery 4 Annex
All month long	York Gallery Art Exhibition - Nicole Levaque AGE GROUP: All ages	Central Library 1 st Floor by York Blvd., entrance
Thu Feb 9 6:30 -7:30	Author Event: In conversation with Sheila Murphy, interviewed by Leon ‘Eklipz’ Robinson. AGE GROUP: All ages	Central Library – Hamilton Room
Noon Hour Concerts 12 pm – 1 pm Central Library – Hamilton Room		
Fri Feb 3	Hayley Verrall: Guitar, Voice	
Fri Feb 10	The Kaleidoscope Singers: Voice	
Fri Feb 17	Jackie Washington Day - Garnetta Cromwell & Band: Guitar, Bass, Drums, Voice A celebration of the legacy of the Hamilton-born blues master.	
Fri Feb 17 2:00 – 3:00	Jackie Washington Day - Mohawk College: Various Instruments, Vocals A celebration of the legacy of the Hamilton-born blues master.	
Fri Feb 24	HPO Strings Duo: Violin, Viola	Central Library – 1 st Floor, Living Room
Sat Feb 4 10:00 – 3:00	Hamilton Seedy Saturday AGE GROUP: All ages	Central Library – Hamilton Room
Sat Feb 4 10:30 - 11:30	Learn to make a seed ball with the Green Venture Education Team. Supplies provided. AGE GROUP: Kids, 0-18 years	Central Library – 1 st Floor, Living Room
12:30 -3:00		
Thu Feb 9 6:00 -7:00	Maker Cart Drop In AGE GROUP: Teens (12-18 yrs)	Central Library – 4 th Floor, Makerspace
Fri Feb 17 10:00 – 10:30	Winterfest Family Storytime: Music and Blues AGE GROUP: 0-4 years	Central Library – Hamilton Room
Mon Feb 27 2:00 -3:00	Hands-on Art Workshop - In-Branch Program AGE GROUP: Older Adults and Adults	Barton Branch

To find more programs, visit our monthly What’s Happening at [HPL.ca/guide](https://hpl.ca/guide).

Hop on the HPL Bookmobile for the latest novels, movies, and music. Plan your visit with our weekly schedule at hpl.ca/bookmobile. February is Black History Month and Psychology Months. Browse collection lists, programming, and resources on our website. <https://hpl.ca/black-history-month> <https://hpl.ca/psychology-month>

The Hamilton Public Library is a proud partner of the 2023 Hamilton Winterfest. Visit the Jackson Square Mezzanine Floor for fun library programming offered between February 2 – 20, 2023.



HOPA PORTS HELPS TENANTS REDUCE EMISSIONS WITH ENVIRONMENTAL FUND



Federal Marine Terminal (FMT) employees at the Port of Hamilton are zipping around in small but mighty four-wheel electric utility vehicles.

“The green initiative program from HOPA allowed us to accelerate the deployment of this solution”, said Mathieu Lacombe, FMT Reliability Engineer. “We purchased six vehicles and forecasted a 15 to 25 MT CO2 emission reduction and approximately \$20,000 (CAD) savings in fuel and maintenance costs.”

These “electric people movers” are part of a larger initiative at Hamilton-Oshawa Port Authority to encourage responsible environmental stewardship among the entire port community.

“Every year, HOPA Ports allocates a quarter of a million dollars for innova-

tive initiatives that are brought forward by our tenants that help them reduce their environmental footprint,” said Larissa Fenn, VP of Corporate Affairs at HOPA Ports. “Other examples of port tenants leveraging this program include waste heat reduction at Collective Arts, dust suppression at QSL and additional people movers at Heddle Marine. All of these are great uses of this program and examples of how it’s making an impact across the port lands.”

The Environmental Fund was created in 2022, awarding a maximum of \$50,000 per project. Tenants are required to submit an application that is judged by a cross disciplinary team. The fund supports projects that go above and beyond what is required by regulation.

“FMT and HOPA are partners in many endeavours, with environmental protection at the top of the list”, said Kristina Ernst, General Manager at FMT Hamilton. “We purchased the EVs as a trial in hopes of taking our green initiatives to the next level for our staff and community.”

“It’s really important to HOPA that our neighbours are proud to live in a port city,” said Fenn. “Part of that is having the confidence that the port authority is taking care of the air, water and land that make up the port lands.”

LETTER TO THE EDITOR

SUBMITTED BY MARILYN MANCHUK

Thank you for mailing me The Breezes. I am in my 84th year. I grew up in the North End, attended Bennetto School and worshipped at Calvin Presbyterian Church. I moved away many years ago and have lived in many places but when I think back my fondest memories were growing up in the North End, the friend I made and am still blessed to have in my my life to share our memories of the days we spent in the North End making them.



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



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WALKABOUT: WALKING THE BLOCK

SUBMITTED BY KEN HIRTER

This months Walkabout finds me “Walking the Block” starting with the Lister Block where James Street North meets King William Street. I must say this has to be one of the best restoration and revitalization projects in downtown Hamilton, starting with the Lister Block, built in 1924 and beautifully and lovingly restored in 2011.

Now over a decade later the restoration and revitalization continues along King William Street. It is the blending of modern with the architectural charm of yesteryear, where the late 1800’s to early 1900’s meet the 2020’s blending in perfectly with its surroundings. The “Old School Charm of Yesteryear”. It is where cafes, coffee and restaurants meet on King William strip which has a European look and feel of its own. King William Street is absolutely charming throughout the year. Spring and summer patio season brings the outdoor patios, their string lights, lighting the street as you stroll along the way.

My love of diners starts inside the Lister Block with The Electric Diner. The new kid on the block opened in 2022. It is a colorful cool retro throw-back back to the 1980’s and a real blast back to the past, playing 80’s movies and music on the big screen, so cool. I must say, they do serve a delicious burger and shake.

At the other end on King William Street, you’ll find the John Street Diner. It’s an artsy nook diner serving a good ole homestyle breakfast. Their menu is written on a chalkboard. It’s a staple in Hamilton and my go to breakfast diner for many years now.

So get out and stretch those legs, set forth and discover the laneways, passages and pockets along the way. Checkout the Lister Block and the King William strip as you stroll about. I must say this street reminds of Gastown in Vancouver. Here in Hammer Town the only thing missing is the Old Steam Clock .

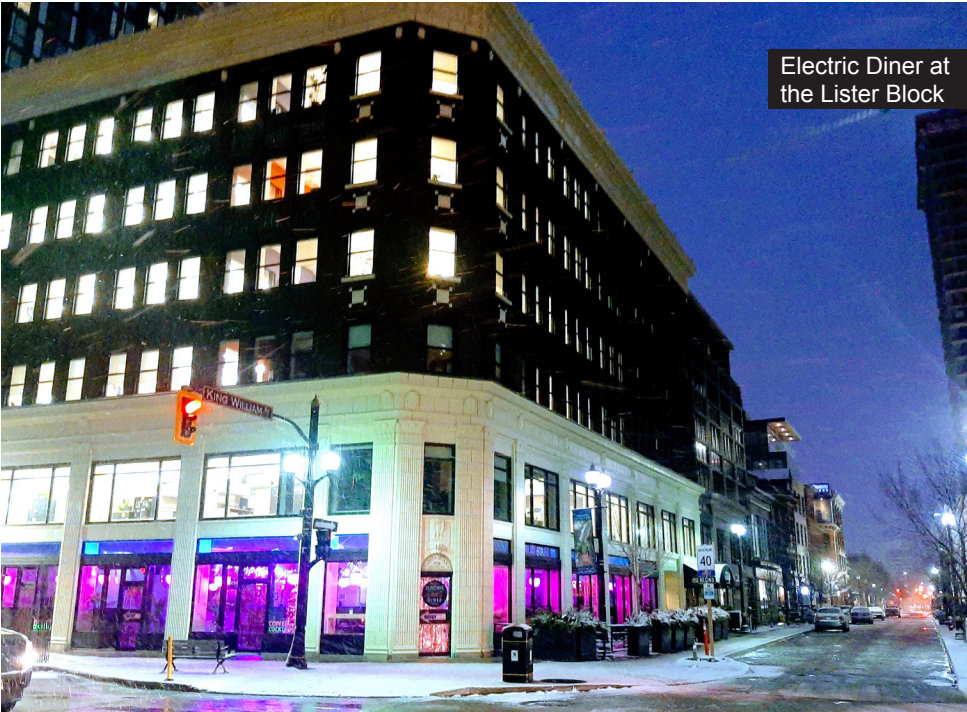
We will see where next months Walkabout Around the Block will find me. Cheers!



John Street Diner



King William Street



Electric Diner at the Lister Block

Authorized by the CFO for the Hamilton Centre PLA

A portrait of Deirdre Pike, a woman with short grey hair and blue-rimmed glasses, wearing a red polo shirt. She is smiling and looking directly at the camera.

DEIRDRE PIKE

ONTARIO LIBERAL CANDIDATE FOR HAMILTON CENTRE



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DeirdrePike



DeirdrePikeHC



DeirdrePikeHC@gmail.com

CONTINUED FROM FRONT PAGE: WHAT'S HAPPENING TO THE LAKE?

SUBMITTED BY ROBYN GILLAM

By October, Credit River Conservation had to declare Level 2 low water conditions, indicating a potentially serious problem and water restrictions for non-essential use. In September, the International Lake Ontario – St. Lawrence River Board had already taken mitigation measures to safeguard municipal water supplies and shipping and there were extra shipping and handling charges for cargo in the port of Montreal. Of course, heavy snowstorms in December and subsequent melting have brought everything back to near normal— or have they?

The Great Lakes Basin has always experienced cycles of high and low rainfall, but beginning about ten years ago, these predictable patterns have been replaced by erratic and extreme shifts

that are very difficult to predict. Most climatologists agree that a major factor is climate change that has upset existing weather patterns. While communities along the Great Lakes have agreed to work on infrastructure and conversation to mitigate this situation, the impact of this situation on wetlands and waterside environments is still serious.

Dry conditions can help marshes to regenerate, but extended drought can raise levels of pollutants and acidity, creating a potentially toxic environment for their many forms of life.



We know what is wrong, but what can we do about it?

Learn more about this issue online at pages for the Royal Botanical Gardens,

Credit River Conservation, the International Lake Ontario – St. Lawrence River Board and The Narwahl (July 2022).

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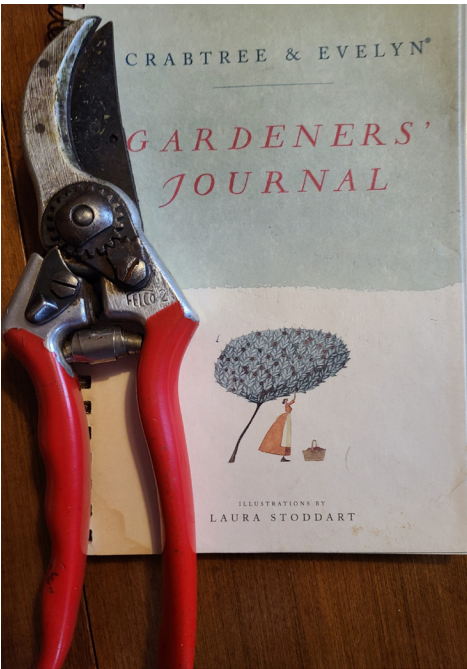
BEATING THE FEBRUARY GARDEN BLAHS

SUBMITTED BY CANDY VENNING

February – that weird ‘in between time’ where we begin getting excited about starting seeds inside (too early), or suddenly want to dig a hole, until you actually go outside and come right back inside again!

However, there’s still plenty of fun garden related things to do- here are my suggestions:

- 1. Winter sowing** is still an option for most native perennials and many self-seeding annuals like Cosmos or Nicotiana. What is it? Essentially, seeds go in a pot of soil and are left outside in the elements to go through the natural freeze thaw and spring sun/ natural warming that triggers germination. Some of the easiest native perennial plants to grow from seed are Swamp Milkweed (despite the name it’s a gorgeous plant) Black-eyed Susans and the lovely, hummingbird attracting ‘Aquilegia canadensis’ aka Wild Columbine.
- 2. Seed sorting;** Lately I’ve started prioritizing the seeds I really want to get started or identifying and sorting ‘the probably expired by now’, ‘these seeds need cold stratifying’ (Winter sowing), ‘these seeds need to be direct sowed’ (aka don’t like being started in pots or indoors e.g. Sunflowers, peas, beans, etc.), and ‘these seeds I have enough of’ or can get more so I can package them up and donate to a Seed Library (Kirkendall Garden club has one, The



- Dundas Valley School of Art is about to have one). Also, seeds are great since they store easily and can’t spread invasive species like the Jumping Worm (eggs can be in soil and are nearly impossible to find).
- 3. Cleaning, sharpening and or up-grading your garden tools.** The ones I use constantly are Felco Pruning shears, any decent set of long-handled ratcheting pruners/loppers (for bigger branches). Don’t have these tools? Maybe it’s time to treat yourself!
 - 4. Garden planning:** Now is the time to focus on that weird bit of garden that just ‘doesn’t work’ and find a solution. Maybe it’s the plants themselves (overgrown/ thorny or just non-existent?) or perhaps a space that is neglected and unused. Time to analyze what you could plant and why it’s unused. If it’s

overlooked by neighbours you might consider a table with a giant umbrella for privacy, even borrow one and see if it changes how you feel. The longer term solution would be something like a pergola – covered in vines or annual climbers like squash or Zucchini. If it’s a deeply shady spot under a tree, consider a lovely carpet of shredded mulch, lifting the tree branches (removing the lowest limbs) to allow better access and even add a hammock or put in place the clips, ropes and cleared space to allow a hammock to go up and down. Don’t forget to place a stump or two nearby as a side table for beverages, books and other devices. As a last resort, you could hire a garden designer to ‘solve your planning conundrums’ for you.

5. Garden Journal –I have a gorgeous, handmade, leather bound notebook in a dedicated location and it’s become a fabulous ally. It helps me track down plants I really want, all in one place vs on scattered notes all over the yard and house. I observe successes and, equally important to record for learning, failures. I write down my sources for certain seeds and tools I’ve bought or add them to the ‘wishlist’. Recording what’s in bloom at what time when you notice it in a friends’ garden can be a reminder to add those plants to your own. Getting rid of old garden magazines? I like to snip and paste the articles or photos that are relevant so I don’t feel the ‘loss’ of recycling the paper clutter. I find that having a designated book is becoming a real treasure trove of the garden information and ideas I deem important.

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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Layout + Design: Katie Fitzgerald

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:

Facebook - facebook.com/northendbreezes
Instagram - instagram.com/northendbreezes
Twitter - twitter.com/northendbreezes

SOUP’S ON!! CONTEST! PRIZES!

Who doesn’t love a bowl of home-made soup? If you don’t, this contest isn’t for you.

Submit your favourite soup recipe to office@northendbreezes.com

We’ll publish the winning recipe for each month to share with your neighbours – in our summer issue we’ll publish two. (There’s only 1 issue for July/August).

Rules:

1. Recipes must be fairly simple with ingredients that most of us will have in our pantry and/or fridge.
2. Seasonal ingredients.
3. Include measurements and clear instructions.
4. Inexpensive.
5. Indicate the number of servings and if it can be frozen. (That’s the ‘Soup Bank!’)
6. Indicate the month your recipe is being entered for.

7. Have your name attached and include an email or phone number where we can reach you.



If you have a photo – of your soup please attach it.

Judging Criteria:

- Preparation Time: Is it quick and/or easy to prepare
- Ingredients: Are they readily available or seasonal
- Number of servings: will it feed a family or will it be 1 or 2 servings
- Estimated cost per serving
- Prizes: North End “bling” – your choice of options TBD

Breezes Delivery Volunteers Needed



1. Volunteers are needed for Bay Street from Barton to the rail tracks, and Barton Street from Bay to James St & Park Street from Barton to Murray for monthly delivery.

2. Looking for a back-up delivery drivers (3-4 hours a month commitment)

3. We're always looking for more volunteers to deliver in the North End. Residents/ community partners or businesses, so reach out!



BENNETTO COMMUNITY CENTRE
450 Hughson Street North | 905-546-4944 | www.hamilton.ca

WE'RE BACK!!

BENNETTO COMMUNITY CENTRE RE-OPENS JANUARY 9TH, 2023!

Bennetto Community Centre is happy to announce our re-opening and return to programs. Our staff thanks residents for their patience as we completed these importance maintenance upgrades!

Winter 2023 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+) 9:45-10:45 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: (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	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		Water Fit: 10:45-11:30 am	Pickleball: (18+) 12:30-2:30 pm	Water Fit: 10:45-11:30 am	Pickleball: (18+) 1:45-3:45 pm	
Lengths: 11:45-12:45 pm 7:15-8:45 pm* *2 Lanes Only	Lengths: 11:45-12:45 pm 7:15-8:45 pm* *2 Lanes Only	Lengths: 11:45-12:45 pm 8:15-9:15 pm	Lengths: 11:45-12:45 pm 7:15-8:45 pm* *2 Lanes Only	Lengths: 11:45-12:45 pm	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		

NOTE: Centre will be Open for a modified daytime program schedule on Monday February 20, 2023.



SECOND SATURDAYS

for Families

Connect small people with big ideas!

Join us for **FREE** family drop-in activities at WAHC,
led by a special guest artist.

February 11, March 11 and April 8 1-4 pm

at the **Workers Arts & Heritage Centre**
51 Stuart Street, Hamilton www.wahc-museum.ca

PHARMASAVE®

WEST HARBOUR PHARMACY

554 John St. N, Hamilton

Phone: 905-529-7997

Fax: 905-529-7996

Hours

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Ug

- Tele-Health Appointments with Physician
- Home Health Care
- Hearing Clinic with Specialist
- Diabetic Education
- Specialty Compounding
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FREE DELIVERY~ PET FRIENDLY

Supporting our Community!

We host an Art Gallery for Local Artists

Your Neighbourhood Pharmacy

DROP IN and VISIT



OUR CORNER

♦ Bar & Grill ♦



905-523-0584

**496 James St N,
Hamilton, ON
L8L 1J1**

NORTH END BREEZES FREE CLASSIFIED ADS

Ad content subject to approval by the Board of Directors in keeping with the Mission and Vision of North End Breezes. Submit your ad - call 905-523-6611 ext 3004 or email office@northendbreezes.com

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LOST

\$100 REWARD

A blue Paramatta Eels
golf hat.

No questions asked.

Call 905 577 9227

MATTHEW GREEN

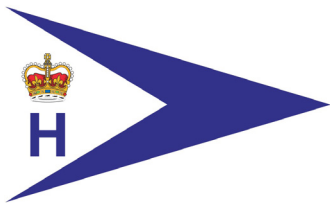
Member of Parliament
Hamilton Centre



Matthew Green, MP
Hamilton Centre

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





Even if you don't own a boat,
YOU can be a member.

Our membership is open to everyone!

RHYC was established in 1888, Our club provides a year-round facility offering an exceptional waterfront experience. Social memberships are available to enjoy our beautiful pool, dining facilities, meeting rooms and patio.



For membership information or a visit please
contact us at (905) 528-8464
or email: sail@rhyc.ca

HAMILTON'S BUSIEST MORTGAGE GUY!

APPROVED*

Contact **Steve Hencze**
Agent # M09002425
905-818-8947
steveh@mfco.ca

Mortgage Financial Corporation
License #10421

- ✓ Bank
- ✓ Private
- ✓ Reverse
- ✓ Emergency Loans
- ✓ No Income
- Equity Lending Solutions

* ONLY CRITERIA IS HOME OWNERSHIP

FAST SAME DAY SERVICE



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