



NORTH END BREEZES

Community Newspaper

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JULY 2026

VOLUME 5

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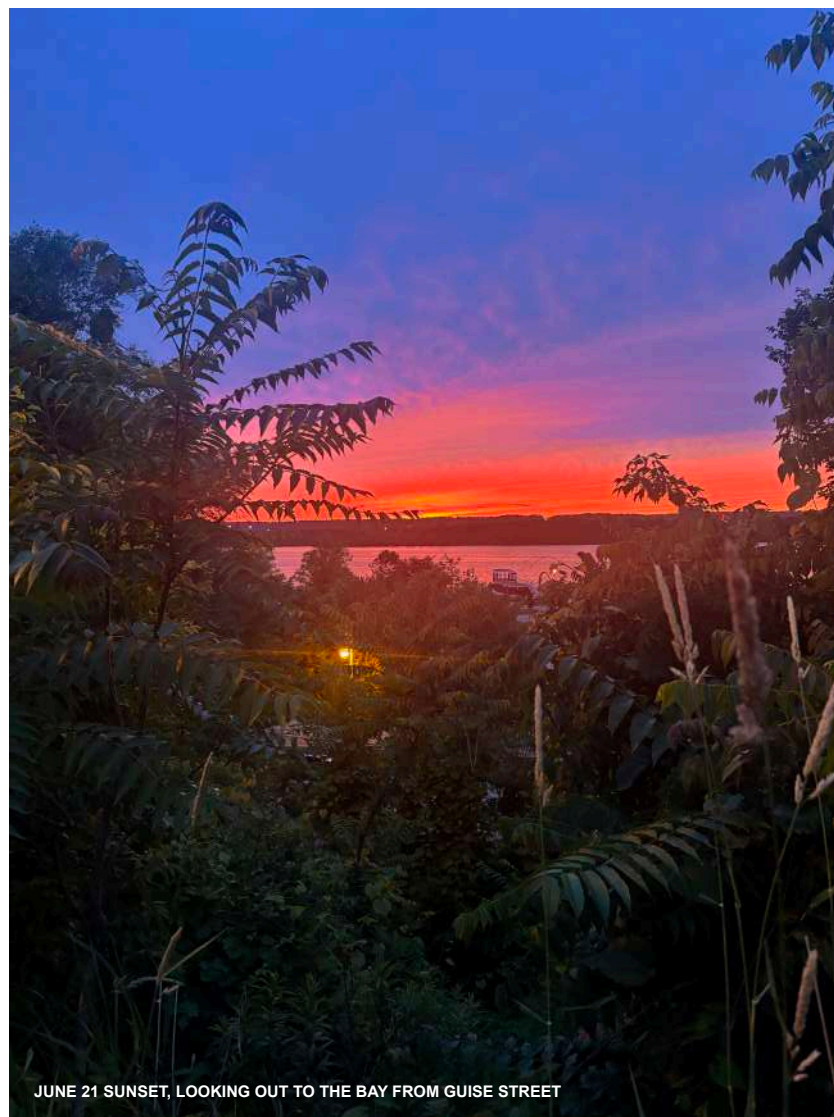
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THE ALIENATED PERSON'S GUIDE TO JOY: TOP TEN THINGS TO TREASURE ABOUT THE NORTH END

SUBMITTED BY ANNE MARIE PAVLOV

1. The orange, pink and purple sunset at Bay and Strachan. All year long.
2. The quiet lookout point at the end of Ferrie Street West.
3. Parking on streets that were designed before cars. We even had an iron ring for tying up horses in the sidewalk in front of our house on Wood Street when I was growing up, and it was only removed in the 90's.
4. The scale of our houses - compact, sustainable in their use of resources, closely built together, making it that much easier to know our neighbours. And porches! Home designers don't even include these anymore, since people don't tend to sit out on the front porch in their rocking chair in suburbia!!!
5. Bennetto Pool, which is always warm!
6. The fireplace at William's Coffee Pub. I have spent the winter playing Scrabble in front of it with my dear friend Tania. Drinking lots of peppermint tea.
7. The spectacular food and ambience at Fisher's Pier 4 Pub.
8. Our waterfront trails that took form in the Sheila Copps as Deputy Prime Minister years. I will never forget her in her scuba outfit in our own Bay, June of 1994, taking a dip to highlight restoration efforts. God love her. Thank you Sheila for believing in our town!!!



JUNE 21 SUNSET, LOOKING OUT TO THE BAY FROM GUISE STREET

9. The North End Breezes - the voice of our community, connecting us to services, businesses, people, folklore, and the feeling of belonging.
10. The colourful characters who line the street corners, holding court and sharing stories. They are the essence of true community.



WE'RE HIRING

North End Breezes Coordinator

Help connect and tell
our community's stories

- Part-time
- Paid stipend
- ~15 hrs/week

Curious or interested?
Email us to learn more:
maureenscally6@gmail.com

COORDINATOR NEEDED

Committed to community engagement? Co-ordinating teams of volunteers (delivery, publication, online, etc.) isn't scary? Communicate with Board members, community organizations, supporters and donors? Help to create a budget and work with the Board Treasurer to monitor and manage finances? Spread sheets and word docs no problem?

This requires a 15 hour per week commitment. A small stipend is offered. For details, contact Maureen at maureenscally6@gmail.com.



JOIN US AT FUTURE MEETINGS

The North End Neighbourhood Association (NENA) has returned to IN-PERSON meetings and we meet on the first Wednesday of each month at Bennetto Community Centre - Community Room No. 1 at 7pm. Everyone is welcome as the space is fully accessible, we have updates from our committees and community discussion.

HAMILTON’S OTHER CANADA DAY

SUBMITTED BY PROFESSOR ROWR
(WITH HELP FROM BRIAN ROULSTON)



Rowr! It’s a warm, sticky evening, and the stars are just starting to peek out. Maybe you’re in your backyard or down at Bayfront Park, waiting for the Canada Day fireworks. But as the sky darkens, another magical light show begins in the grass and trees around you: the gentle blinking of fireflies, like tiny living sparklers. These glow-bugs are one of the most fascinating parts of summer nights, and the science behind their light is a story everyone can enjoy. Fireflies have been around for a long...long time. The oldest fossils of their family are about 99 million years old, meaning they were flashing their lights when dinosaurs still roamed the Earth. Today, there are about 2,000 species worldwide, with 23 confirmed species in Ontario.

The firefly, or “lightning bug,” is one of the most loved insects on the planet. When you see them glowing, it’s a sign that our local environment is still healthy, kind of like a canary in a coal mine. But while they put on a beautiful show for us, fireflies are struggling, and here in Hamilton we have a chance to help keep their lights shining for generations. Rowr... those little sparklers need us.

The Firefly’s Secret: How They Glow - Rowr! Listen up, cubs! Ever wonder how a firefly makes its light? It’s one of nature’s coolest tricks. The glow comes from the lower part of their body, in a process called “cold light.” That means they can shine brightly without giving off heat—like a living glow stick. Inside their abdomen, they mix four ingredients: a chemical called luciferin, an enzyme called luciferase, oxygen, and a bit of natural energy. When these mix—flash!—a bright yellow-green light appears. Rowr! I wish I could make my tail glow like that!

Why Do They Flash? Fireflies use their glow as a mating signal. Each species has its own flashing pattern—its signature dance move. The males fly around putting on their best light show, while the females wait in the grass and flash back their replies. It’s a glowing dating game out there, and if they miss a signal, it’s a missed connection for the firefly Facebook page. Rowr! Poor fellas.

But the flash has another purpose: protection. Their glow is a blinking “Don’t Eat Me!” sign. If a bird, reptile, or toad takes a bite, the firefly releases a tiny drop of bitter-tasting blood. The taste is so awful the predator spits it out instantly—and remembers not to try again. It’s not poisonous, just unforgettable. Rowr! Imagine tasting the world’s worst soup and knowing you’ll never order it again. This powerful defense is one reason fireflies have survived for millions of years. Whatever hunted them back in dinosaur times, the trick worked. That same ancient superpower helps them survive today and light

up our Hamilton nights.

Home Sweet Home in Hamilton Fireflies need two things to be happy: darkness and moisture. Most of their lives—up to two years—are spent as larvae living in the soil. These little firefly babies hide in damp dirt, under fallen leaves, or inside rotting logs. These spots keep them safe and warm through the winter. As larvae, fireflies are great neighbors. They’re tiny hunters that eat slugs and snails, acting as free, natural pest control for your garden. Rowr! Kind of like little gardeners in glowing pajamas. When they finally grow up and start flying, adults like tall grass, meadows, and the edges of wooded areas. When the sun goes down, they come out to flash their signals across the night sky.

Why the Lights Are Dimming Fireflies are an indicator species, meaning their presence—or absence—tells us how healthy our environment is. Sadly, firefly populations are dropping worldwide, and parts of Hamilton are also seeing the same trend. Three main things are causing the decline:

1. Too much light Bright streetlights, porch lights, and the glow over cities can drown out firefly flashes. If they can’t see each other, they can’t find mates.
2. Loss of habitat When we pave over wetlands, mow lawns too short, or rake away every leaf, we remove the damp, sheltered places where firefly larvae live for two years.
3. Pesticides Sprays meant to kill weeds, mosquitoes, or other pests also harm fireflies. These chemicals kill the larvae underground and remove the slugs and snails they eat.

How You Can Be a Firefly Hero Rowr! ... and here’s the good news. Fireflies can bounce back quickly if we help them. Hamilton is already taking steps by limiting harmful lawn sprays and protecting green spaces. Here are three simple ways you can help right at home:

1. Turn off the lights If outdoor lights aren’t needed, especially in June and July, turn them off. Darkness helps fireflies find each other.
2. Leave some leaves Don’t rake up every leaf in the fall. Leave a small pile or let the grass grow a little bit longer in one corner of the yard. This creates shelter for larvae to survive winter.
3. Avoid pesticides Try natural pest control methods. This protects firefly babies living in the soil and keeps their food sources alive.

A Canada Day Reminder This Canada Day, while we enjoy the fireworks and celebrate our natural heritage, let’s remember the tiny wonders glowing in our backyards. Simple actions—reducing outdoor lighting, leaving some natural spaces, and avoiding pesticides—can make a big difference.

Rowr! That’s the science behind those little zappers in your backyard

Happy Canada Day!



Hamilton Public Library

LIBRARY UPDATE

Canada Day Closure - All HPL Branches are closed on Canada Day, Wednesday, July 1st. Bookmobile is off the road and the Extended Access service is not available. Regular service hours resume on Thursday, July 2.

Make a Splash with HPL’s Summer Reading Club - Be among the first to “dive in” to this year’s water theme with games, activities and fun for all ages. You can register for Summer Reading Club, pick up your reading tracker and get everything you need to read in July and August. Browse the daily list of special performers and events, concerts, family movies, crafting programs and more at our website.

Steel Town Love Returns July 11 - Join fellow romance readers for the second annual Steel Town Love, a full day of swoon-worthy events featuring author talks, signings, and a romance book market. Register to attend on Saturday, July 11 from 9am to 4pm at Central Library. It’ll be a lovely literary day!

Explore City of Hamilton Civic Museums

FREE with your HPL library card - Stay cool this summer by visiting the eight museums around town. Each person over the age of five must have a physical or digital Hamilton Public Library card to gain free entry.

Lendporium: Borrow Unique Items from HPL - Do you know your Hamilton Public Library card lets you borrow anything in our Lendporium? This includes Art Gallery of Hamilton, Royal Ontario Museum (ROM), Hamilton Conservation Authority and Ontario Parks passes, birding backpacks, early-year Engineering kits, and home support devices.

For those rainy or humid days, borrow NEW Board games from your local Branch for a fun day in. Or you may place a Hold for up to two games per Library card.

Linkedin Learning and BrainFuse for Summer Students and Job Seekers - From online studying and tutoring services to job search tools, visit Brainfuse and Linkedin Learning for FREE by using your HPL library card.

On a budget? Save with HPL’s Online Resources - Save by using your HPL library card this summer. From magazines to movies to music, access a variety of online resources, including Kanopy, Hoopla, TumbleBook, TeenBookCloud and Acorn TV for your entertainment choices on a budget.

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

BLOOMS FOR AFRICA GARDEN TOUR

Blooms for Africa, a Grandmothers to Grandmothers Group of the Stephen Lewis Foundation, is having a Garden Tour of Native Gardens the evenings of July 10th and 11th in Dundas and West Hamilton. Blooms for Africa is celebrating our 20th Anniversary; this will be our 10th Garden Tour. Our goal is to raise enough to push us over \$500,000 in our 20-year history.

All funds go to the Stephen Lewis Foundation whose grandmothers’ movement amplifies the voices and expertise of grandmothers in Africa. It shows the world that leadership by older women is critical in reclaiming hope and rebuilding resilience across communities. We will not rest until they can rest.

This is the only Garden Tour to offer evening tours AND the gardeners will be home to share their stories. For tickets: call 905-527-0470 (\$20 e-transfer available) or visit the Keeping Room or Ellenoire Hair, Body Bath in Dundas or Wildflower Spa on Locke St.

CALLING ALL CANDIDATES

Are you running for office, Mayor, Ward 2 Councillor, School Board Trustee?

The North End Breezes is a community newspaper delivered to all home and businesses in the North End and just beyond our borders. Our advertising rates are competitive and range in size and cost. See our rate sheet online at Northendbreezes.com/advertise or contact us for more information at office@northendbreezes.com.

DANCE SCOTTISH TOGETHER ON THE HAMILTON WATERFRONT

Scottish Country Dance is a fun and social activity. Please join us as we share our love of the music and the dances.

Waterfront Stage Pier 8, near Williams Café, 47 Discovery Drive, Hamilton.

Every Wednesday from 22nd July until 26th August, 6:30 to dusk, weather permitting.

The events are free. No experience required. Come alone or bring a friend.

Royal Scottish Country Dance Society.

REPORT FROM THE BREEZES INTERIM EDITORS

SUBMITTED BY INTERIM EDITORS KIT DARLING & CAT MCKAY

Yes, now there are 2! Cat McKay has agreed to join me as co-editor and co-ordinator. You have most likely met Cat at various events, usually selling Breezes T-shirts with Chris Pearson. Cat has designed and prints the shirts. She just recovers her costs and sends the remainder to the Breezes. We truly appreciate her time and energy. Now you'll get to experience her voice in print also. Here are a few words from Cat. "I'm joining Kit to share the coordinator role. She's still the editor, steering the Breezes like she always has, and I'm here to help with the rest. Mostly that means bringing people together and being an easy person to grab if you've got an idea, a question, or something you'd love to see in the paper. So if you spot me around, come say hi.

I'll be at the Compass Park N Party, probably trying to talk someone into a new North End Breezes T-shirt or 2." And so, if you meet Cat at the Park N Party, please say hello. We are of course, still attempting to shore up our finances as are many of our readers and neighbours. If you have a beloved family pet that is absolutely the cutest in the world – send in a picture along with \$5 (that helps us pay for the printing costs). The 2027 calendar will be available for friends, family and perfect strangers to purchase in October. Many of you have sent in donations this spring for which we are truly grateful. If you have donated \$20 or more and have not received an income tax receipt, please let us know

(office@northendbreezes.com). They are issued by Compass on our behalf and we don't know if you have received one. We continue the search for a part-time co-ordinator! If that sounds like you, please reach out and apply. We're a fun group who work hard, love this community, and care about building real connections. In the meantime, Jamesville is still dusty although the children's art on the fence is a welcome distraction. Eastwood Arena? On the good news side, the West Harbour Library Branch will open this summer with books, programming and much more. The branch will be in the former Discovery Centre – just a short walk away. No need to cross the tracks for a good read any more.



Name: Bennetto Community Centre
Address: 450 Hughson St N
Phone: 905-546-3747

For real time program info:
hamilton.ca/swimming



SWIMMING SCHEDULE - SUMMER 2026 – June 29 2026 – August 4, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	10:00-11:15am	10:30-11:30am	10:30-11:30am		10:00-11:15am	10:30-11:30am	
Open Swim	1:45-2:45pm		1:15-2:45pm 7:00-8:30pm	1:15-2:15pm 7:00-8:30pm	1:45-2:45pm 7:00-8:30pm	1:15-2:45pm	
Open Swim FREE					7:00-8:30pm		
Open Swim (Family)	7:00-8:30pm	9:30-10:30am		10:30-11:30am			
Water fit	11:15-12:00pm	7:00-7:45pm	9:45-10:30am		11:15-12:00pm		
Length Swim Swims marked with a * 2 lanes only	12:15-1:30pm	9:30-11:30am* 11:45-1:00pm	11:45-1:00pm 7:00-8:30pm*	11:45-1:00pm 7:00-8:30pm*	12:15-1:30pm	11:45-1:00pm	

GYM SCHEDULE – SUMMER 2026 – June 29, 2026 – August 4, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance and Strength (55+) 10:30 am – 11:30am *\$3.29 per visit	Open Gym (17 and Under with Adult) 10:30 am – 12:00 pm	Open Gym (17 and Under with Adult) 5:00 pm – 7:00 pm	Open Gym (17 and Under with Adult) 10:30 am – 12:00 pm	Cardio, Balance and Strength (55+) 10:30 am – 11:30 am *\$3.29 per visit		
Open Gym (17 and Under with Adult) FREE 5:00 pm – 6:30 pm		Basketball (18+) 7:00 pm – 8:30 pm	Pickleball (18+) 12:30 pm – 2:30 pm	Open Gym (9-12) 5:00 pm – 6:30 pm		
Volleyball (16+) 6:45 pm – 8:30 pm			Open Gym (17 and Under with Adult) 5:00 pm – 6:15 pm	Open Gym (13-17) 06:30 pm – 08:00 pm		
			Pickleball (18+) 6:30 pm – 8:30 pm			

- NOTES:
- Centre will be Closed July 1, 2026 for Canada Day
 - Centre will be Closed August 3, 2026 for Civic Holiday
 - Centre will close beginning Tuesday, August 4, 2026 to undergo renovations. The facility is anticipated to reopen in Fall 2026.

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.



Looking for a welcoming, down-to-earth church in the North End?

James North is a church where everyone is valued, no matter their background, education, or income.

We love being part of this diverse and vibrant neighbourhood! James North has been in the North End since 1887.

It is our desire to offer a place of hope and connection for individuals and families navigating life's challenges.

We are more than just a church service on Sundays. Check out our website to see the various ministries and programs we regularly offer.



Sunday Morning Service
10:00 – 11:30AM
with Children's Ministry for kids from birth to Grade 5

500 James St. North
905.527.3972
office@jamesnorth.church



http://jamesnorth.church



GET ‘READY, READY’ FOR A SPECTACULAR LOCAL EVENT

SUBMITTED BY VIVIAN MEDLEY

Did you know that Bayfront Park is home to the annual Waterfest Dragon Boat Festival? This spectacular regatta is hosted by Alkame Dragon Boat Services and is happening this year on Saturday, July 4th and Sunday, July 5th. For those of you who have attended this free, family-friendly event in the past, you know how sensational it is. If you have not, and want to experience something completely different, mark your calendar and get ‘Ready, Ready’ to watch this very cool, ancient Chinese sport in action! Just follow the sound of the beating drums and the roar of the crowds. You’ll be pleased you did!

Fifty-six teams are registered to compete in this year’s two-day Waterfest Dragon Boat Festival. On Saturday, racing will include thirty-two Mixed (men and women) Division teams. On Sunday, racing will include sixteen Women’s Division teams, six Breast Cancer Paddler Division teams and Two Open (typically all

male) Division teams. Crews in each Division will compete in four races: one 200 m (don’t blink or you might miss this blistering sprint!), two 500 m (a longer, more strategic race) and one 2 km (the infamous, final race of each day).

Simultaneously loved and dreaded by paddlers and steerspersons alike, the 2 km is a crowd-pleasing, endurance race that has dragon boats going up and down the 500 m racecourse twice, requiring three turns. The start times for this race are staggered, with one boat starting every 15 seconds, beginning with the teams who clocked the slowest times during their combined 500 m and 200 m races. This delayed start presents faster teams with the challenging opportunity to catch up and potentially pass a boat (or boats!). You can imagine the thrill of that rare moment, when steers people at the back of the boat yell at their crew for more power and the corresponding adrenaline rush that ensues as they try desperately to take the boat ahead. You might hear the banging of paddles from competing boats or witness the dramatic beheading of a dragon boat as boats attempt to pass, especially during the turns. Caution: dragon boat racing is serious business, and crews must adhere to the Canadian International Dragon Boat Festival Society rules and regulations for passing otherwise they may be penalized or, worse yet, disqualified! The top three crew

in each Division, based on times in this final 2 km race, will be awarded medals. You better believe competition will be stiff!

Knot A Breast (KAB), Hamilton and area’s breast cancer survivor team has competed in the Waterfest Dragon Boat Festival since its inception in 2007. It is often the inaugural festival for first-year KAB paddlers, lovingly referred to as our newbies. It is their first opportunity to experience the thrill of racing and possibly even medaling. More significant, though, is the moment of self-realization that often follows a newbie’s first race when she realizes just how far she’s come in her cancer recovery. Not only has she just clearly demonstrated that to herself but also to those friends and family who have come to support her. Priceless!

This year, KAB has two crews registered in the Festival: one crew will race in the Breast Cancer Paddler Division and the other will race in the Women’s Division. Competing in this later Division reflects the ever-growing competitive spirit of some KAB teammates and affords them the opportunity to compete as female athletes in their own right. They will be vying to bring home some hardware!

As is tradition at dragon boat festivals around the world with a Breast Cancer Paddler Division, there will be a pause in racing for the Pink Car-

nation Ceremony. It is a moving, heartfelt memorial and celebration where breast cancer paddlers toss flowers into the water to honour survivors, those fighting the disease and those who have passed. This is a grim reality for survivor teams. During the ceremony, survivor teams will temporarily suspend their rivalry, paddle to the middle of the channel and lock their boats together and float as one. There will be a guest speaker followed by a moving song and then a moment of silence after which paddlers will toss their flowers up and into the bay. This will be an especially poignant moment this year for KAB as they remember the recent passing of a dear friend and teammate. The crews in the survivor boats will then compose themselves, paddle back to shore and resume racing.

The colourful sight of racing dragon

boats and the lively and inspiring atmosphere of the 2026 Hamilton Waterfest Dragon Boat festival will be enhanced by the presence of on-site vendors. They will be selling everything from dragon boat accessories to locally made crafts to tasty eats and treats including ice cream and freshly squeezed lemonade. Come support local and be a part of this spectacular North End summer festival! Take note: this event is well attended and parking is extremely limited. If you are fortunate to live in the North End and can walk or cycle to the event, please do. Public transportation is another great option to consider. So, get your cheering voice ‘Ready, Ready’ and come watch dragons play on the waters of Hamilton Bay.

Be sure to follow the 2026 season of Knot A Breast on Instagram and Facebook.

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www.peopleinconnection.com

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AN EVENING ENCOUNTER WITH A PRIMROSE

SUBMITTED BY ROSA DIVECHA, COLUMNIST

We happened upon our neighbours, Tim Owen and Carrie Butcher, standing at the end of their driveway recently, seemingly engrossed in something just out of our sightline. My husband Rob and I approached. “Hey, what’s up guys?” Rob asked.

Tim and Carrie laughed, aware of how they must have looked, barely moving, transfixed on a small plant at the edge of their garden. “We were just watching our Evening Primrose open up,” Carrie replied.

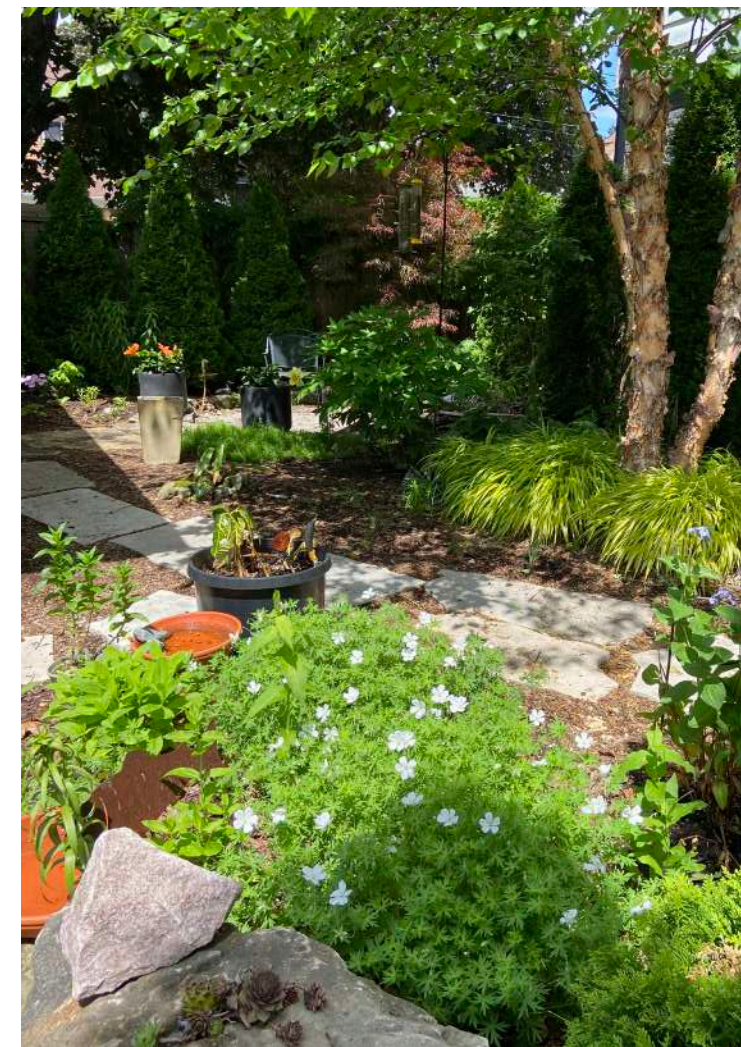
Rob and I looked down at the dandelion-like plant with one yellow, golf ball-sized flower at its centre. Sure, it was pretty, but it didn’t look exceptionally remarkable to us until Carrie explained that the Evening Primrose blooms at dusk and its flowers only last twenty-four hours. She checked her watch. “Come back tomorrow, around 8:35,” she said, “there’s two more buds that should open up then.”

The next night we returned at 8:35 and waited with our neighbours, for about ten minutes until finally, the plant’s buds began to quiver ever so slightly. What we saw can only be described as a real-time botanical eruption. Picture a time-lapsed recording of a bloom unfurling, except it happens right before your eyes within seconds. The satisfaction was immediate. The experience unlike anything I had ever seen before. How could something so small cause a group of adults to ooh and aww in sheer delight?

The encounter reminded me that unexpected moments abound in nature, even within the downtown city limits, especially with more homeowners returning to a natural approach to landscaping. I think that is what’s most impactful about Tim and Carrie’s garden and they recommend anyone thinking of doing the same, to start with plantings indigenous to the Carolinian 6B zone because they require less maintenance and are therefore more likely to thrive.

When they first moved to the North End, seven years ago, Tim and Carrie sought the guidance of master gardener, Bev Wagar to put a plan in place. They started with filling in the unused pool in their backyard. They added meandering pathways, flowers and shade trees in the reclaimed square footage. From there, they set their sights on their front lawn, eliminating the sod with a “lasagna” technique which required no digging. They simply laid down cardboard on top of the grass and then layered green organic material and mulch on top. The result is a complete transformation—from the flat, water-chugging, lawn-mowing sod—to a curated garden of mixed native plantings.

“The garden has taught us patience.” Carrie says of the process they’ve been working on for the past five years. From moving plants to general trimming, they do receive seasonal assistance from gardeners, James Honey and Alex Stewart who can often be seen moving through the yard incorporating new saplings and seedlings as they go. Together, they have even included name markers to identify the plants and trees—a great advantage for the horticulturally inept individual, like me, although Carrie admits they themselves often rely on the name tags to distinguish one



species from the next in their diverse landscape.

Last year, Tim and Carrie received a Monarch Award from the city of Hamilton recognizing their eco-friendly gardening. They remain committed to creating a green corridor for the butterflies, caterpillars and bees that travel across the region and their vision continues to evolve. I asked Carrie what she likes most

about her garden.

“The fresh air, birdsong and lush greenery” she said, “but also the passersby who stop to admire it and say they’re inspired.”

Speaking from personal experience, I can vouch for that. Even one nondescript plant can provide unexpected inspiration. You just have to take the time to stop.

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.

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- Rose Divecha

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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

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 bitly/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.



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 the rectory 905-522-5272

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 Paul.

Upcoming Events and Dates

Congratulations to all the Graduates!

Once again we were pleased to celebrate the
Graduations for schools in our area:

On June 17 we celebrated the graduation for the
grade 8 class at
St. Lawrence Catholic Elementary School.

On June 18 we celebrated the graduation and
accomplishment ceremony for St. Charles Adult
and Continuing Education's Notre Dame House
School and Regina's Place - Jeanne Scott Parent
and Child Resource Centre.

**We wish all of the graduates success in all
their future endeavors!**

Hall Rentals are available! Call the office or
visit stlawrencehamilton.ca/hall-rentals for more information

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BREAKFAST CLUB**

**NOW SERVING AT
ST. LAWRENCE & BENNETTO
TUESDAYS THROUGH FRIDAYS
BEFORE SCHOOL INSTEAD**

**STILL
FREE!**

**WE ARE NO LONGER HOSTING AT
COMPASS MAIN SITE (438 HUGHSON ST. N.)**

SPACE IS LIMITED
CONTACT MBOWN-KAI@COMPASSCH.ORG OR YOUR SCHOOL
ADMINISTRATION FOR MORE INFORMATION

**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

SIMPSON LAW OFFICE

In Westdale Village
David Reid Simpson, LL.B.

Wills, Powers of Attorney, Residential Real Estate,
Mortgages, Estate Administration, Notary Public
(905) 527-1174
950 King Street West, Hamilton

**VOLUNTEER
OPPORTUNITIES**

If you're new to the neighbourhood or are a
3rd generation North Ender, volunteering is a
way to meet neighbours, make friends and help
the North End stay the vibrant and welcoming
community we all love. Contribute the time
you can, use the skills you have or learn new
ones. Check out this month's opportunities:

**Sunset Cultural Garden - Green or
Brown, we need your thumbs!**

Well actually, we need all of you. If you are an
experienced gardener or don't know a dahlia
from a dandelion, we'd love to have you join
us keeping this beautiful space at its best. If
you are a novice, we will partner you with an
experienced gardener so that you can learn. If
interested, contact Sandra Hudson (sandraandian@live.com) or Nancy Hindmarsh (nancy.hindmarsh1951@gmail.com)

**North End Breezes Board – Members
Wanted**

The community voice of the North End since
1975, we need you to come and sit around the
table to help us steer into the future. Meetings
are once a month in the early evening. If you
are new to the neighbourhood, no problem.
Your perspective is important. If you are inter-
ested, contact office@northendbreezes.com

**NENA – North End Neighbourhood
Association**

Our neighbourhood association is involved
with the issues that affect us currently or plans
that will affect us in the future, Their planning
and environment committees always need more
people, and if you are not certain about volun-
teering, go to the meetings, the first Wednesday
of each month at Bennetto Community Centre
- Community Room No. 1 at 7pm. Everyone
is welcome as the space is fully accessible, we
have updates from our committees and com-
munity discussion.

<https://www.northendneighbourhoodassociation.com/>

No time – Donate

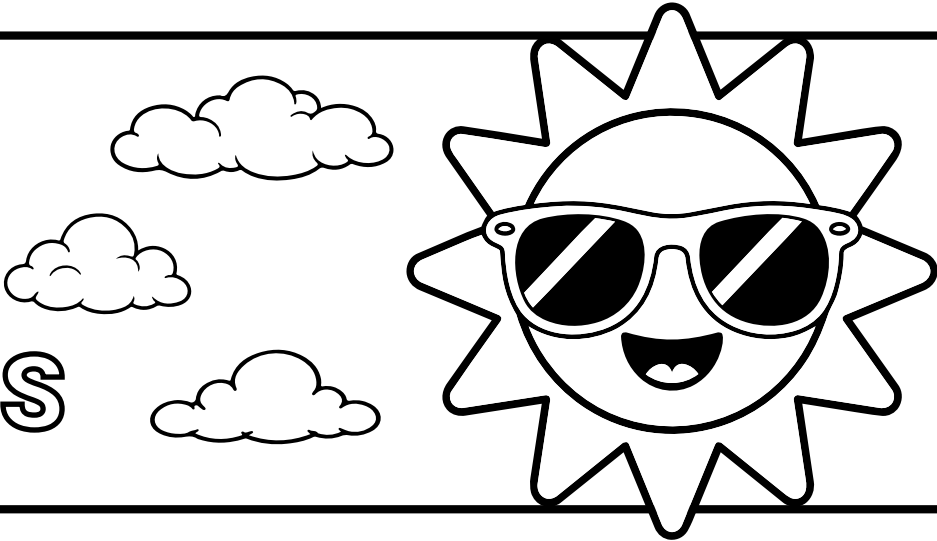
Community organizations always seem to run
on a shoestring. If you can donate, please do.
It helps your community help your neighbours.

Welcome Inn programs are supported through
donations, grants and fundraising. <https://welcomeinn.ca/donate/>

North End Breezes receives funding through
community partners fees, advertising and oc-
casional grants. We have one part time Coor-
dinator position that receives a small stipend,
the rest of the work is done through volunteers
with the help of occasional grants. Despite that,
the costs of printing alone often exceed our
revenue. <https://northendbreezes.com/adopt-the-breezes-2/>



NORTH END BREEZES



SUMMER FUN IN THE NORTH END



FIND THE SUMMER WORDS

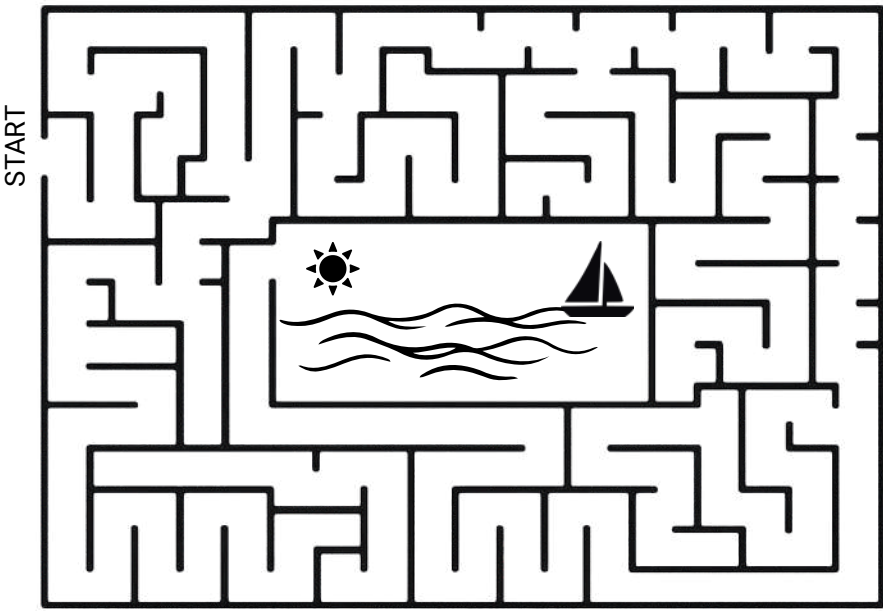
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S	E	I	F	Q	M	Y	H	A	G	K	V
P	I	C	N	I	C	F	U	N	E	X	G
L	P	E	R	E	G	R	I	N	E	Q	Q
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A	S	M	W	L	Z	I	C	S	L	B	Z
D	A	S	U	P	I	E	J	R	L	F	O

- SPLASHPAD
- PICNIC
- SUMMER
- FUN
- PEREGRINE
- HAIDA
- BAYFRONT
- PIER
- TUGBOAT
- EASTWOOD
- SUPIE
- BREEZE
- GEESE
- ICE CREAM

DRAW YOUR PERFECT SUMMER DAY!



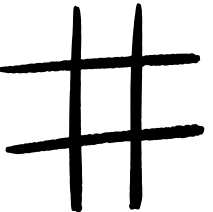
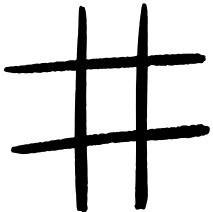
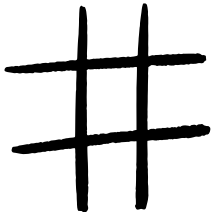
HELP GET TO THE SAILBOAT



PLAY WITH A FRIEND!



VS



FISHER'S PIER 4 PUB



554 JAMES ST NORTH
905-526-9622



FRESH BERRY MOSCATO
SANGRIA

FISHER'S PIER 4
GAME NIGHT
EVERY TUESDAY FROM 5 - CLOSE
50% OFF ALL KIDS MEALS
\$5.00 OFF POUND OF WINGS
JOIN US FOR OLD SCHOOL BOARD GAMES
Mouse Trap MONOPOLY Hippos
Jenga UNO AND MORE!!
CALL 905-526-9622 TO BOOK YOUR RESERVATION
Wings eat in only

**CLOSED WEDNESDAY
JULY 1ST
SO OUR STAFF CAN
ENJOY THE TIME WITH
THEIR FAMILIES!**

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

CELEBRATING 60 YEARS
1966-2026

**WELCOME INN
IS TRYING TO
RAISE \$60,000!!**

So... in 2026,
what is your generosity feeding???

LEARNING & FUN 66 children, 61 mentors	SUMMER CAMP 264 kids, 6 weeks of fun
VISITATION PROGRAM 140 seniors, 3261 visits	SENIORS DINERS CLUB 195 seniors, 3039 meals
PEER SUPPORT GROUPS 243 newcomers	PARENTING SESSIONS 212 newcomers
	FOOD BANK 41,087 visits, 9,473 unique individuals



Welcome Inn
Community Centre

KELLY FISHER
Sales Representative



905-648-4451
kellyfisher@royallepage.ca
http://www.royallepage.ca

ROYAL LEPAGE **STATE REALTY**
REGULATED INDEPENDENTLY OWNED & OPERATED

1144 Wilson Street West
Ancaster, Ontario,
L9G 3K9

**YouthRECWeek is
now all summer long!**

Join us for a summer filled with special events for youth 12 - 17 years old in Hamilton and learn about recreation employment and training opportunities.

Free Events

Sports Tournaments
Video Game Tournaments
Learn To Skateboard
Pizza and Paint Night
Innertube Waterpolo
Bubble Soccer
Archery Tag
and more!

Drop-ins welcome. Registration encouraged!

Summer Day Trips

Join us this summer for exciting day trips to live games and iconic attractions in Hamilton and Toronto!

Hamilton Tiger Cats VIP Experience
Forge FC VIP Experience
Toronto Blue Jays
Ripley's Aquarium and CN Tower

Trips are supervised and include transportation!
Registration Required. Fees Apply. Limited Spaces.

For more info and registration visit hamilton.ca/YouthRec or email youth.recreation@hamilton.ca