



# NORTH END BREEZES

Community Newspaper

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JUNE 2026 | VOLUME 4 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

## DRAGONS BACK ON THE WATER AND PADDLING TOWARDS FRANCE



SUBMITTED BY VIVIAN MEDLEY

Hamilton and area dragon boat team, Knot A Breast (KAB) is back practicing on the waters of Hamilton Bay. After six long months of land training, this seventy-member (and counting!) team of breast cancer survivors, paddling out of Macassa Bay Yacht Club, is roaring to get back into their dragon boats and make some serious waves. While it's a cycle that has been repeated since the team's beginning in 1998, this season's return to the water is especially exciting as KAB is training to race in France this August. Oui, France!! Oh là, là!

You may wonder how Knot A Breast secured a berth in a dragon boat competition in Europe this summer. The truth is that this festival is an inclusive event, open to all three hundred and twenty breast cancer teams across thirty-seven coun-

tries around the world. It is part of the global, participatory, non-competitive dragon boat events that were started in 2010 under the auspices of the International Breast Cancer Paddlers' Commission (IBCPC). The first IBCPC festival was held not far from here in Peterborough, Ontario and included seventy-five teams. In subsequent years, it was held in Sarasota, USA, Florence, Italy, Cambridge, New Zealand and soon France. With each successive event, it has grown and this year there are over one hundred and forty teams registered.

In the breast cancer survivor dragon boat arena, these IBCPC events are playfully likened to the Olympics because they are held every four years (with a small disruption of one year during COVID) and include a stunning Parade of Nations and a grand Opening

and Closing Ceremony. Quite unlike the Olympics, however, every team in the IBCPC dragon boat festival is awarded the same medal. There are no Gold, Silver or Bronze medal performance distinctions. It is promoted as a participatory event not a competitive event. But we'll return to that momentarily.

The upcoming festival in France will include over four thousand and five-hundred breast cancer survivors from twenty-five different countries. These paddlers will all converge in the small town of Aix-les-Bains in Southern France to race on the glacial waters of Lac du Bourget. Imagine: thousands and thousands of people – all breast cancer survivors – all congregated in one small town of thirty-three thousand residents – to participate in this physically demanding, global sporting event. Celebrating life

CONTINUED ON PAGE 5

### 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](mailto: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 Scally ([maureenscally6@gmail.com](mailto:maureenscally6@gmail.com)).

### 50 Years

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# LETTER FROM THE INTERIM EDITOR

SUBMITTED BY INTERIM BREEZES EDITOR KIT DARLING

Well, it seems that June does bring some good news aside from better weather. (Although as I write this on May 20 – last night’s wild weather wasn’t better – different, certainly!)

We have welcomed a new voice – Rose Divecha has joined us as a columnist and occasional roving reporter. Our appeals for donations have borne fruit, including one that included a welcome cheque and a handwritten note from a reader and former North End resident now living in Richmond, B.C. Many thanks Patricia! Other donations have arrived via our website and Pets of the North End Calendar fundraiser. We have also developed a new design for our T-Shirts and are selling them at neighbourhood events. Thank you Cat McKay (designer) and Chris Pearson – our dynamic sales team.

We are planning more new initiatives, including a donor wall online to recognize those who have supported us. As well, we are still looking for a new Coordinator/Editor as well as a few more Board members. If you are new to the ‘hood – this is a great way to meet other newcomers as well as some life long North Enders.

And finally, as of July, I am stepping back from my temporary role and taking a break.

## WHAT MAKES ELECTRIC CARS GO? (FROM A CANADIAN PERSPECTIVE)

SUBMITTED BY PROFESSOR ROWR (WITH HELP FROM BRIAN ROULSTON)



Rowr! Electric cars aren’t just a global trend—they’re part of Canada’s transportation story. From the first electric vehicle built in Toronto in 1893 to today’s Teslas, Leafs, BYD models, and Canadian-made electric buses and trucks, the science behind them is surprisingly simple and endlessly fascinating. Let’s explore how they work, why they matter, and how electric vehicles fit into Canada’s future.

**A Steed Ahead of its Time** The Fetherstonhaugh Electric, built in Toronto in 1893, was a true pioneer. This 700-pound carriage had a padded bench seat, a 4-horsepower motor, and could reach 24 km/h for about an hour on a charge. It even had electric headlights and rubber tires—luxuries for the era. Its inventor, Frederick Fetherstonhaugh, drove it for 15 years and proudly showcased it at the Canadian National Exhibition on two occasions, 1893 and 1898.

**A Brief Canadian History of Electric Cars** In the late 1800s, electric carriages were more common than gasoline cars in parts of Ontario and Quebec. They were quiet, clean, and easy to start. But by the 1920s, cheap gasoline and the invention of the electric starter pushed these so-called electric carriages aside. Their limited range—about 40 km—also made them better suited for short in-town delivery trips. Interest returned in the early 2000s as climate concerns grew. Quebec and British Columbia led with early incentives, and Hydro-Québec invested in charging technology. Today, Canada is a hub for electric-vehicle innovation. Lion Electric builds electric school buses, Edison Motors develops hybrid heavy trucks, and CanEV produces the Might-E Truck. International players like BYD have also established a strong Canadian presence.

**A Fast-Changing EV Landscape** The EV world is shifting faster than a squirrel spotting a peanut. As global trade tensions rise and EV prices fall, Canada is adjusting its strategy to keep vehicles affordable and attract investment. While the U.S. imposed steep tariffs on Chinese EVs, Canada kept its 6.1% rate, encouraging companies like BYD, NIO, and XPeng to explore Canadian partnerships. At the same time,

provinces and municipalities are racing to expand charging networks and upgrade electrical grids. A new federal strategy focuses on stricter emissions standards, time-limited rebates, and support for Canadian battery production and recycling. The landscape is evolving quickly—but Canada aims to stay competitive while keeping EVs within reach for families and seniors.

**Types of Electric Cars: Powering Up Our Future!** When people talk about electric cars, it can sound like there are dozens of kinds. Really, the main star is the All-Electric Car, also called a Battery Electric Vehicle (BEV). These cars run only on electricity stored in a big battery under the floor. No gas tank, no exhaust pipe, no engine noise—just smooth, quiet driving. Other cousins include: Plug-in Hybrids (PHEVs): Short trips on electricity, longer trips on gas. Hybrids (HEVs): Gas engines with small electric helpers—no plugging in. Fuel-Cell Vehicles: Hydrogen-powered, but rare in Canada. But for most drivers, BEVs are the cleanest, simplest path forward. Vroom, vroom!

**The Battery: Our Future Gold Mine?** The battery pack is the heart of every electric vehicle. Lithium-ion cells store energy as chemical potential, ready to be released as electricity. Canada is rich in key minerals—nickel, cobalt, and lithium—giving us a major advantage in the global EV supply chain.

**Canada’s “Battery Valley”** In Bécancour, Quebec, companies are building a cluster of battery-material factories in an area nicknamed Battery Valley. Ford and its partners are constructing a major cathode plant, while GM is building its own facility nearby. These projects mean Canada isn’t just mining minerals—we’re turning them into high-tech components right here at home. Rowr! Jobs, innovation, and clean energy all in one place. Hydro-Québec also leads the world in motor and power-electronics research, helping shape the EV technologies used globally.

**Giving EVs a Second Life: Recycling Batteries and Cars** Rowr! EVs can recycle their energy and their parts. Most of an EV’s body—steel, aluminum, plastics—is recyclable, with recovery rates around 95%. And despite myths, EV batteries are recyclable. Up to 95% of valuable minerals like nickel, cobalt, and copper can be recovered. Because EV batteries last 10–20 years, large-scale recycling is still growing. Canada is becoming a leader: Glencore’s Kingston plant is one of North America’s major bat-

tery recyclers. The NextStar Energy plant in Windsor even includes its own recycling centre, creating a “closed-loop” system that keeps minerals in Canada. Rowr! A never-ending cycle of clean energy.

**The Motor: Silent but Strong** Rowr! No rumbling engines here—just smooth, silent power. Electric cars work a lot like things many of us already know: mobility scooters, golf carts, and e-bikes. A battery stores energy, a motor turns the wheels, and a pedal controls the speed. No gears, no exhaust, no fuss. EVs feel quick because their motors deliver instant torque—power the moment you press the pedal. Even everyday models accelerate confidently at traffic lights. Quiet, clean, and surprisingly zippy.

**Where EVs Are Going** EVs have fewer moving parts and tend to last a long time. Many modern EVs can reach 300,000 km or more. Gasoline cars have improved too, but EVs avoid wear on engines, exhaust systems, and transmissions. Rowr! Fewer parts, fewer problems.

Electric trucks are also arriving in Canada. Puro-lator and FedEx are testing electric delivery vans, and cities like Brampton are trying electric garbage trucks. These early projects help fleets learn how EVs perform in real Canadian conditions. Windsor rolled out Canada’s first electric streetcars in the 1880s, and Hamilton wasn’t far behind — our own electric streetcars arrived in the 1890s and stayed on the streets until 1951. After that, HSR kept the wires humming with electric trolleybuses right up to 1994. Today, cities across Canada are circling back to electric transit with new battery-electric buses. Hamilton is getting ready too: a new Birch Avenue facility is being built to support electric buses whenever Council gives the green light. Rowr!

**Power Electronics: The Brain of the System** The inverter is like the EV’s brain, converting the battery’s Direct Current (DC) into Alternate Current (AC) for the motor. A controller manages how much of that current or power flows to the wheels, keeping everything smooth and safe. Without these components, the car wouldn’t move. Canadian companies like Dana TM4 design advanced inverters and motors used worldwide.

**Regenerative Braking:** When you slow down, the motor reverses and sends electricity back to the battery. In hilly areas like Hamilton and Dundas, regenerative braking can noticeably extend your range.

**Charging in Canada** Most Canadians charge over-

# CALLING ALL CANDIDATES

Are you running for Mayor, Ward 2 Councillor, or School Board Trustee this fall?

North End Breezes is a community newspaper delivered to homes and businesses throughout the North End and beyond. Advertising with us puts your name in front of the neighbours you’re hoping to represent.

Our rates are competitive and available in a range of sizes to fit your budget. View our rate sheet at [northendbreezes.com/advertise](http://northendbreezes.com/advertise) or reach out to [office@northendbreezes.com](mailto:office@northendbreezes.com).

Please submit your paid and finished ad to [Office@northendbreezes.com](mailto:Office@northendbreezes.com) by the 15th of the previous month. Submit payments via e-transfer to [northendbreezes.com](http://northendbreezes.com) or mail cheques to Northend Breezes, 190 Picton Street E., Hamilton, ON, L8L 3W9. Include your name and contact information.

night at home using a Level 2 charger installed by a certified electrician. On the road, Canada’s charging network is expanding quickly. FLO and Tesla Superchargers stretch from coast to coast, and Petro-Canada has built fast chargers along the Trans-Canada Highway, spaced roughly every 250 km.

**Brrrr! EVs and Canadian Winters** Cold weather reduces range by about 15–30%, mainly because the battery and cabin need extra heat. Pre-heating the car while it’s plugged in helps a lot, and modern EVs automatically manage their batteries to stay efficient. EVs also handle winter roads well. Their heavy batteries sit low in the vehicle, improving traction and stability. Many drivers say “one-pedal driving” makes icy roads easier to manage. The Canadian Automobile Association (CAA) even offers mobile charging for stranded EVs, giving enough power to reach the nearest station.

**How Long Does It Take to Charge?** Charging can take 20 minutes to 12 hours depending on the charger. Level 1 (wall outlet) is slow. Level 2 (home or workplace) takes 4–12 hours. DC fast chargers can add up to 300 km in the time it takes to grab a coffee.

**Fueling Up for Less!** Charging at home is usually the cheapest option—often \$6 to \$15 for hundreds of kilometres. Fast chargers cost more, typically \$15 to \$36 for a full charge. Still, most drivers save money overall. Clean, quiet, and budget-friendly!

**Etiquette for Charging** Rowr! Good manners matter. At a public charging station move your car when charged and never unplug someone else’s vehicle without permission. Sharing the plug keeps everyone moving.

**Why It Matters for Canada** We are blessed with clean electricity—hydro, wind, nuclear, and other renewables. EVs help reduce smog in big cities and support new jobs in mining, battery production, and vehicle manufacturing. A cleaner, quieter future is within reach.

**A Final Word** From early electric carriages to today’s cutting-edge electric vehicles, Canada’s journey is one of curiosity, ingenuity, and steady progress. As we continue this electric transition, we’re not just changing how we get around—we’re helping build a cleaner, more energy-independent, and prosperous Canada for future generations. Rowr! That’s the science behind EVs... so let’s zoom into the future together.

## HOPA UPDATE: A SWEET ADDITION TO HAMILTON'S GROWING AGRI-FOOD HUB

Hamilton's waterfront continues to evolve, and in May, HOPA Ports marked an important milestone with the opening of a new sugar refinery at Pier 15 in the Port of Hamilton. Developed by Sucro Can Canada in partnership with HOPA, the facility represents a significant regional investment and a strong signal of confidence in Hamilton's role in Canada's agri-food sector.

The \$135-million refinery has been purpose-built to support long-term growth and strengthen supply chains. It will receive raw sugar by vessel and distribute refined products across Ontario, Quebec, and the U.S. Midwest, enhancing domestic processing capacity and improving access to a key ingredient for food manufacturers. At full capacity, the facility is designed to refine up to one million metric tonnes of sugar annually, with production scaling over time.

Beyond its size, the project reflects a long-term, collaborative approach to growth. It builds on more than a decade of partnership between Sucro Can and HOPA, which began with operations at Pier 10 in 2014. Today, that relationship has expanded into a next-generation facility supporting the evolving needs of Canada's food manufacturing sector.

Hamilton is well positioned to sup-



RIBBON CUTTING CEREMONY AT SUCRO CAN CANADA'S NEW REFINERY, HOPA PORTS

port this growth. With access to marine, rail, and highway networks, and located within a day's drive of millions of consumers, HOPA enables businesses to move goods efficiently and reliably. This connectivity continues to attract investment across a broader network of food production and processing industries.

For the local community, the benefits are tangible. The refinery supports skilled employment, with approximately 65 people working on-site, and contributes to the continued growth of Ontario's food and beverage manufacturing sector. Increased refining capacity also provides greater supply certainty, enabling local businesses to plan and invest with confidence.

"Strong supply chains are built through collaboration across sectors; agriculture, logistics, manufactur-

ing, trade, and government," said Larissa Fenn, VP of Corporate Affairs at HOPA. "Projects like this also highlight the role HOPA plays in building a connected, sustainable network where businesses can grow."

Through strategic infrastructure investments and partnerships that unlock private capital, HOPA supports efficient, resilient supply chains and long-term economic development.

As Hamilton continues to strengthen its position as an agri-food hub, the opening of Sucro Can's new refinery reflects what can be achieved through shared vision and sustained investment. It is an investment not only in infrastructure, but in the people, industries, and communities that keep goods moving and contribute to Canada's success.

## SPRING: A SEASON OF FIRSTS

SUBMITTED BY ROSE DIVECHA, COLUMNIST AND OCCASIONAL ROVING REPORTER

Spring carries with it anticipation, new beginnings and fresh starts—the first blossoms, the first family of geese in Bayfront Park, and this year, the first Art Crawl that saw James Street North closed off to vehicular traffic. Following the likes of Locke Street and Ottawa Street initiatives, this will be a common occurrence for Art Crawl in the warm weather months. Based on the number of attendees, and the vibe on the street, it was an event that reinforced the North End's energy and sense of community. It also highlighted the connection between community and craft, and demonstrates the value of art, to not only enhance an environment but also to bring its inhabitants together. Whether visual, performance or musical, art can be the bond between diverse people, sharing a common interest.

Recently, my husband introduced me to a new musician. Soulful and bluesy, I was sucked in by the male vocals. The lyrics hit a chord with me also. Speaking to aging and the passing of time, I thought, "this guy gets me." The only problem, I soon discovered was he wasn't a guy at all. He wasn't a girl either.

"Who is this?" my daughter asked, one afternoon as music played in the background. I told her the artist's name

and she immediately did a search on Apple Music. I thought she was asking because she was impressed by my musical selection (which for the record, she was) but it turns out, she had an ulterior motive.


"Mom, this isn't a real person," she educated me, "it's an AI generated vocal artist."

"What?!" A staunch advocate for creative integrity, artistic merit and genuine talent, I had been duped. I couldn't believe I had unwittingly supported AI generated content.

She then went on to explain her suspicions to me. The artist profile page showed an older man yet he had only new music, four entire albums in fact, all released in the same year. She explored further and sure enough, there it was, "his" description as an AI Artist. How had I been so gullible?

Going forward, it's something I'll be a little more cognizant of, but as things get even harder to distinguish, I imagine there will come a day when we stop asking "is this real?" For now, I still have the ability to make a choice. I deleted the download. (My husband did too.) I will always choose supporting the local artists who show up on the street, seated behind a rickety old table covered in handmade wares, or the musician strumming a beat-up guitar hooked up to a 20 watt amp. The value they bring is quantified by visible, tangible community support. That, at least, I know is real.

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 Cory Ma, Registered Dietitian  
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 [www.hamilton.ca/PrenatalGroups](http://www.hamilton.ca/PrenatalGroups)

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PLEASE JOIN US FOR THE

# NORTH END GARAGE SALE

**SATURDAY JUNE 27 2026**

MORNING - THROUGHOUT THE NORTH END

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IN PARTNERSHIP WITH



**Welcome Inn**  
Community Centre



**WWW.NORTHENDGARAGESALE.COM**

## North End Garage Sale is Back!

The North End Garage Sale is back on Saturday, June 27 in the morning and it's one of the neighbourhood's favourite summer traditions! Wander the streets of Hamilton's North End and discover treasures, vintage finds, household goods, plants, toys, and more as neighbours host garage sales across the community. You can participate at your home or in the Welcome Inn courtyard.

To sign up please fill out this form <https://forms.gle/EmmUxgxvNZhiX8639> or email [northendgaragesale@gmail.com](mailto:northendgaragesale@gmail.com).

Please look to [northendgaragesale.com](http://northendgaragesale.com) for all updates and join and share this page for more updates to come.





## LIBRARY UPDATE

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

**Dive into Summer Reading Club Launch Parties** - Get your beach towels, water wings and goggles ready for another fun summer of reading, water-themed! Visit your local Branch or Bookmobile site, including West Harbour (10am-2pm) on Saturday, June 27, to splash into a summer filled with special performances and events, prizes, reading challenges, and much more.

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

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

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

**Study Halls** are on pause in July and August. They will return in early September.

**Lendporium** - Borrow Unique Items from HPL Your Hamilton Public Library card lets you borrow anything in our Lendporium, including Art Gallery of Hamilton and Royal Ontario Museum (ROM) passes, birding backpacks, early year engineering kits, and home support devices. NEW Board Games are now available (up to two games can be placed on Hold per Library card) for a fun time!

**LinkedIn Learning and BrainFuse for Students and Job Seekers** - From online studying and tutoring services to job search tools, visit Brainfuse and LinkedIn Learning.

**Online Resources at HPL** Save with your HPL library card! From magazines to movies to music, access a variety of online resources including Kanopy, Hoopla and Acorn TV for your entertainment on a budget.

**Our virtual branch at hpl.ca is always open.** Questions? Call 289.779.7588, email [askus@hpl.ca](mailto:askus@hpl.ca), or chat with Staff at hpl.ca.

## DRAGONS BACK ON THE WATER AND PADDLING TOWARDS FRANCE - CONTINUED FROM FRONT PAGE

Demonstrating that there is life after a breast cancer diagnosis. Rejoicing in the camaraderie which transcends borders and languages. Their presence in town will be bold and inspirational and their energy will be palpable. As a past participant in these international events, I get goose bumps just thinking about it.

Knot A Breast has two crews registered for France. The crew of one boat are experienced paddlers who recently underwent a competitive selection process among their teammates including physical testing to earn their seat on the boat. The crew of the second boat are intermediate and newer paddlers, two of whom have yet to paddle on a dragon boat! Every single KAB teammate, regardless of crew assignment, will paddle to the best of her ability and is excited, proud and eagerly waiting to be a part of this global event. Those teammates who will be paddling in their first IBCPC dragon boat event cannot possibly fully appreciate what an unforgettable and memorable experience awaits them; truly an experience of a lifetime! And returning paddlers are stoked to once again be a part of this meaningful and exhilarating event!

Now back to the non-competitive aspect of these festivals. Races in IBCPC festivals are timed and teams are seeded based on those times. As a result, there is definitely an undercurrent of competitiveness. There is no question that some of the over one hundred and forty teams that will be at the 2026 event in France will be 'in it to win it'. They will participate with intense determination, commitment and a focus on achieving victory. In keeping with that fact, you should be

aware that Knot A Breast participated in the first three IBCPC festivals (2010, 2014, and 2018) and earned the bragging rights for the fastest performances in each of these three consecutive events. Macassa Bay Yacht Club, proud long-time sponsors of KAB, recognized their performance by hanging a banner on their clubhouse that reads "Where World Champions Come Together to Train". With that kind of track record and local acclaim, you better believe that one of the two KAB crews will be keeping a very close eye on the clock during races in France!

Until then, thoughts of savouring a croissant and pastry along with a café au lait at a small outdoor café or a baguette with some local cheese and a glass of wine (but only after the Closing Ceremonies!) will help to fuel the fire of KAB over the next three and a half months as they train down by the Bay, where dreams of France are never far away.

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



# NORTH END BREEZES PET CALENDAR

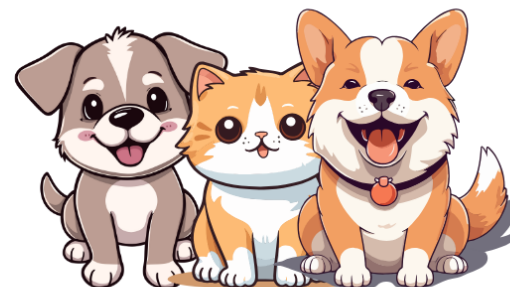


AN INITIATIVE TO SUPPORT YOUR COMMUNITY NEWSPAPER

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



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



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



## 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

**Children's liturgy** - Children's Liturgy is now  
available at our Sunday Masses. The liturgy will  
be suitable for any children aged 4 and up who  
have not received their first communion and will  
take place during the liturgy of the word.

**St. Lawrence  
Parish Garage Sale**  
Saturday, June 6  
from 8am to 1pm

Several households taking part!

Hot Dogs, Hamburgers, and Refreshments  
available for purchase.

Hall Rentals are available! Call the office or  
visit [stlawrencehamilton.ca/hall-rentals](http://stlawrencehamilton.ca/hall-rentals) for more information



## 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>



1966-2026

## COMMUNITY IS \_\_\_\_\_

What does community mean to you? Over the next few months, **Welcome Inn** will be sharing some of your answers to this important question!

## LOOKING FOR WAYS TO CONTRIBUTE TO YOUR COMMUNITY???

We are always looking for volunteers. If interested, contact our Volunteer Coordinator at [ruth@welcomeinn.ca](mailto:ruth@welcomeinn.ca)





**Welcome Inn**  
Community Centre

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

 **Hamilton**  
hamilton.ca/recreation


## Summer Registered Swimming Lessons

Session #1 Monday - Friday (June 29 - July 10)				
Program	Time	Ages	Code	Fee
Parent & Tot 1/2/3	5-5:30pm	4m-3yrs	51288	\$72.90
Swimmer 1	5-5:30pm	6-12yrs	51307	\$82.08
Splash 1/2/3	5-5:30pm	3-5yrs	51303	\$82.08
Splash 1/2/3	5:30-6pm	3-5yrs	51304	\$82.08
Swimmer 2	5:30-6pm	6-12yrs	51309	\$82.08
Private	5:30-6pm	3yrs+	51299	\$337.05
Adult 1/2/3	6-6:45pm	12yrs+	51283	\$72.45 - \$90.54
Splash 4/5/6	6-6:30pm	3-5yrs	51305	\$82.08
Session #2 Monday - Friday (July 13 - July 24)				
Program	Time	Ages	Code	Fee
Swimmer 3/4	5-5:45pm	6-12yrs	51016	\$90.54
Splash 1/2/3	5-5:30pm	3-5yrs	51064	\$82.08
Swimmer 7/8/9	5-6pm	6-13yrs	51050	\$90.54
Swimmer 1	5:45-6:15pm	6-12yrs	50965	\$82.08
Splash 4/5/6	5:30-6pm	3-5yrs	51085	\$82.08
Swimmer 2	6:15-6:45pm	6-12yrs	50986	\$82.08
Swimmer 5/6	6-6:45pm	6-12yrs	51032	\$90.54
Private	6-6:30pm	3yrs+	51130	\$337.05
Registration Information				
<b>Registration Date: June 10, 2026 at 8:00 am</b> <b>Ways to Register:</b> Online - <a href="http://hamilton.ca/recreation">hamilton.ca/recreation</a> or in-person at your local recreation centre Be sure to obtain your <b>USERNAME</b> and <b>PASSWORD</b> prior to registration day. Go to <a href="http://hamilton.ca/recreation">hamilton.ca/recreation</a> or in-person at your local recreation centre				
 If you require this information in an accessible format, please contact <a href="mailto:accessiblerec@hamilton.ca">accessiblerec@hamilton.ca</a>				

SWIMMING SCHEDULE - SPRING 2026 - April 7, 2026 - June 28, 2026							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 18+	10:00-11:15am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:00-11:15am	1:30-2:30pm	
Open Swim	7:15-8:45pm	8:00-9:00pm		7:15-8:45pm		2:30-3:30pm	
Open Swim FREE					6:45-8:15pm		
Open Swim (Family)		9:30-10:30am 5:00-6:00pm		9:30-10:30am	5:00-6:30pm		
Water Fit	11:15-12:00pm	7:15-8:00pm	9:45-10:30am		11:15-12:00pm		
Length Swim Swims marked with a * 2 lanes only	12:15-1:30pm 7:15-8:45pm*	9:30-11:30am* 11:45-1:00pm	11:45-1:00pm 8:30-9:30pm	9:30-11:30am* 11:45-1:00pm 7:15-8:45pm*	12:15-1:30pm	12:15-1:15pm	

GYM SCHEDULE - SPRING 2026 - April 7, 2026 - June 28, 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio, Balance & Strength (55+) 10:30am - 11:30am *\$3.18 per visit	Open Gym (Parent & Tot) 10:30am - 12:00pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Open Gym (Parent & Tot) 10:30am - 12:00pm	Cardio, Balance & Strength (55+) 10:30am - 11:30am *\$3.18 per visit	Open Gym (Under 17 w/parent FREE) 12:30pm - 1:30pm	
Volleyball (16+) 7:00pm - 8:45pm	Soccer (18+) 8:00pm-9:00pm	Basketball (18+) 8:15pm-9:45pm	Pickleball (18+) 12:30pm - 2:30pm	**School Gym - FREE (Bennetto School students only) 1:15-1:45pm	Pickleball (18+) 1:45pm - 3:45pm	
			Open Gym (Under 17 w/parent FREE) 5:00pm - 6:00pm	Open Gym (13-17 yrs) 5:15pm - 6:45pm		
			Pickleball (18+) 6:45pm - 8:45pm	Volleyball (18+) 7:00pm - 8:30pm		

**NOTES: Centre will be Closed on Monday May 18, 2026 (Victoria Day)**  
 Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.  
 For information on swim admission criteria and supervision requirements:  
<https://www.hamilton.ca/things-to-do/recreation/customer-service/swimming-policies-guidelines>



**HELP SAVE EASTWOOD, A UNIQUE AND VALUED ASSET. KEEP IT OPEN!**  
 Scan this QR code to sign the petition to save Eastwood Arena today! Or, visit [change.org/p/eastwood-is-a-unique-and-valued-asset-it-needs-to-stay-open](http://change.org/p/eastwood-is-a-unique-and-valued-asset-it-needs-to-stay-open)



# JOIN OUR BOARD

NORTH END TOGETHER

## NOW RECRUITING



**Treasurer**

Basic bookkeeping and accounting tasks.  
QuickBooks an asset.



**Secretary**

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



✉ **APPLY NOW**  
[office@northendbreezes.com](mailto:office@northendbreezes.com)

Be part of your community newspaper. Volunteer today!

## JOIN THE BOARD!

Not sure you want to be a treasurer? You still might be a great fit for the North End Breezes Board! If you're new to the neighbourhood, want to learn more, and make new friends - This could be the right position for you. We need new perspectives, ideas, and help in fundraising. Help us to learn more about what is going on in \*your\* North End!

## The Library's Coming!

Those words were certainly heard in Kentucky during the Great Depression when librarians on horseback brought books and ideas to remote homesteads in the Appalachians. They rode in rain, snow and mud through the mountains to promote literacy.

Hamilton Public Library isn't arriving by horseback (which could be exciting!). HPL is opening a small, temporary library branch in the Discovery Centre this summer in order to provide library services in that location while long-term planning for the new branch is in progress. There will be books, programs and more!

Keep an eye open for its arrival!

## 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](mailto:office@northendbreezes.com), on our website: [www.northendbreezes.com](http://www.northendbreezes.com), or visit our socials @northendbreezes.

### BOARD OF DIRECTORS

- Maureen Scally, Interim Treasurer
- Chris Pearson, Community Connector
- Kelly Noseworthy, Marketing
- Laura Farr
- Julie Maue

### PUBLICATION TEAM

- Kit Darling, Editorial Assistant
- Katie Fitzgerald, Layout and Design
- Marie Mushing, Website Design
- Cat McKay, Marketing & Socials
- 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](mailto:office@northendbreezes.com) or call 905-869-8185 | Website: [www.northendbreezes.com](http://www.northendbreezes.com) | Visit our socials @northendbreezes

# FISHER'S PIER 4



554 JAMES ST NORTH



**REGISTER TODAY**

CrossTrainers 2026 Registration Open Now!

**POWER UP!**

WEEK 1: July 6th-10th  
 WEEK 2: July 13th-17th  
 WEEK 3: July 20th-24th  
 WEEK 4: July 27th-31st

For more information: [jamesnorth.church](http://jamesnorth.church)

Kids' Summer Day Camp  
 Going into SK - Grade 5

**james north**  
 JAMESNORTH.CHURCH

**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](mailto:articles@northendbreezes.com)

**KELLY FISHER**  
 Sales Representative

**905-648-4451**  
[kellyfisher@royallepage.ca](mailto:kellyfisher@royallepage.ca)  
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