

JANUARY 2024 | VOLUME 1 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | FOLLOW THE NORTH END BREEZES ON SOCIAL @NORTHENDBREEZES

# NORTH ENDER OF THE YEAR AWARDS

SUBMITTED BY KEN HIRTER

On Saturday December 2nd friends, neighbours and volunteers gathered to celebrate those who volunteer and make a significant contribution to the North End.

Our Master of Ceremonies for this year's event, Elizabeth Poynter, Board Chair of the Breezes welcomed everyone with these words. "The North Ender of the Year Award was first introduced over 25 years ago by Mr. Ed Stewart who lived on Wood Street before his family moved. Over the years, he took part in what was happening here in the Northend and wanted to honor those who had contributed to the Community. Ed passed away in September, 2020 at 90 years of age. The Breezes recognize and welcome those who have made the Northend home and contribute, so in 2021 we introduced The Community Builder Award. In partnership with NENA we made the difficult choice of two of the many who have made the Northend great" Board member Moe Scally then introduced our guest presenter for this year's awards, our neighbour and wonderful Canadian actor, Jayne Eastwood. Jayne has appeared in over 150 feature films, television shows and animation productions in her many years in the industry. Jayne's first big break was the iconic Canadian film Goin' Down the Road, other credits are My Big Fat Greek Wedding, Wonderland, King of Kensington and the award winning Hey Lady. She has worked with Martin Short, Andrea Martin, Gilda Radner and Eugene Levy often appeared on Second City's creative offspring SCTV with John Candy and Joe Flaherty. She has lived in other parts of Hamilton in the past but says that the North End is where she belongs. "She not going anywhere".

The Ed Stewart Legacy Award nominees: Sandra Hudson (winner), Mrs. Beatrice Jeffrey, Chris Pearson and Maureen Maracle.

Sandra Hudson is a longtime resident of the North End and raised her family here. She has always been one of the go-to people in the North End and very welcoming of all the new people who have come to the area.

**STORY CONTINUED ON PAGE 6**



SANDRA HUDSON, ED STEWART LEGACY AWARD WINNER AND MARGARET KNEULMAN, COMMUNITY BUILDER AWARD WINNER

# NEW YEAR - EARTH'S REMARKABLE ORBIT AROUND THE SUN

SUBMITTED BY BRIAN ROULSTON

Our planet Earth has been on a remarkable journey over the last year, traveling at the speed of 30 km/sec for 940 million kilometers around the sun. We, as cosmic passengers on this 4 ½ billion-year-old ancient spaceship, believe it warrants a huge celebration. Relax and enjoy as we discover some of the diverse New Year's traditions of this amazing journey around the world.

Here in Canada, we are fortunate to have a great diversity of New Year's traditions, from all those who call Canada home. Some like to celebrate by going to upscale restaurants, traveling to popular destinations such as Ottawa, Niagara Falls, or Vancouver for their New Years festivities, and at the stroke of midnight, exchanging hugs and kisses. On New Year's Day, a few brave souls will venture into the cold Canadian waters for a Polar Bear Dip, although not this soul. Brr!

Thirty-two atolls make up the tiny island nation of Kiribati, home to 120,000 people. It is the first nation on this big blue marble to welcome the new year, with the Hawaiian Islands being the last. However, this joyous occasion is rarely observed in Kiribati. New Year's Day is well celebrated throughout the Land of the White Clouds, New Zealand, 45 minutes after Kiribati. The Kiwis are in the middle of their summer season. Visiting relatives and friends and taking part in outdoor activities like camping, swimming, picnics, and fireworks.

Filipinos in the Philippines celebrate the New Year with noise, using firecrackers, horns, music players, and pots and pans to signal the start of the new year to scare off evil spirits. They also believe that round objects bring good luck and prosperity, and so they serve round foods and wear polka-dotted clothes on New Year's Eve.

Due to the time difference between Greenland and Denmark, the 'Land of the Midnight Sun' gets to celebrate New Year's Eve twice! The first countdown is at 8:00 pm local time, which is midnight in Denmark. The next is, of course, their own midnight. Greenland's festivities involve drinking, watching fireworks, and giving hugs. In Denmark, the Danes have two truly unique rituals to celebrate the start of their new year. One of them involves jumping off chairs or low steps at the count of midnight. This symbolizes a leap from the old year into the new one.

Another custom that seems rather strange is that on New Year's Eve, Danes shatter old dinner plates on the doorsteps of their friends and relatives. The more dishes piled up on the doorstep, the luckier the new year will be for the homeowner.

In Siberia, it is tradition to plant a tree and take a plunge into a frozen lake, similar to our very own Polar Bear swim. Siberians plant what is known as the yolka (fir) or Siberian New Year Tree, a decorated tree that symbolizes the New Year holiday season in Russia and other countries. Sometimes they skip the tree planting part and go straight for the swim. According to them, these traditions symbolize new beginnings.

In Spain and Portugal, it is a tradition to eat 12 grapes, one for each month of the year, on New Year's Eve right at midnight. The challenge is to finish all 12 grapes before the final stroke of the clock. It is believed that if you're successful, you can look forward to a great deal of luck and prosperity in the coming year.

Throughout Japan, bells toll 108 times at Buddhist temples on New Year's Eve. This number represents worldly sins and desires according to their religion. By ringing the bells, they are purging their sins and ringing in good luck.

On the eve of New Year's, Brazilians wear white to attract peace and happiness. They also head to the beach to offer the Goddess of the Sea white flowers. White symbolizes purity, while the flowers are given to the goddess hoping that in turn, they will receive prosperity for the upcoming year.

The Hogmanay Festival is a New Year celebration with a Scottish flair that starts on New Year's Eve and can last for days. It is believed that the Scots inherited the celebration of Hogmanay from the Vikings and their celebration of the shortest day of the year. The name "Hogmanay" is thought to have come from the French word "hoginane," which means "gala day". The festival includes fireworks, torchlight procession, street parties, concerts, and ceilidhs (traditional Scottish dances and storytelling).

China and Italy both consider red to be a lucky color. During Chinese New Year, many people paint their doors red and wear red clothing to celebrate. Additionally, they give away small red envelopes containing money to spread good luck. Meanwhile, Italians wear red underwear for good luck in love for the coming year.

Junkanoo is a Bahamian festival that celebrates their African heritage and culture. It is often referred to as the 'Caribbean Mardi Gras' due to the many similarities of New Orleans. It's held on Boxing Day and New Year's Day, and there is also a Junkanoo on Independence Day on July 10th. However, the New Year's celebration is by far the largest. Bahamians wear colorful costumes that will capture your eyes and parade on the streets with music and dancing. Junkanoo traces its roots to the West African John Canoe Festival. It started in the Bahamas in the 17th century as a way for enslaved Africans to disguise themselves with flour paste and celebrate on the days after Christmas. It is a lively and festive celebration with rhythmic sounds of cowbells, goat skin drums, and whistles, accompanied by a large group of brass instruments, creating a happy and laid-back musical beat.

New Year's Eve in Jamaica is a time for unique traditions. The Jonkonmu parades feature animal headdresses, smoked salmon, vegetables, and oyster shells for good luck. The parties are ear-ringing affairs, aimed at driving away evil spirits. Families enjoy traditional Jamaican foods, such as curried goat meat and rice with red beans.

The Cubans love a good party and will find any excuse to have one, New Year's is no exception. New Year's Eve is celebrated with a lavish feast of slow-cooked pork leg, black beans and rice, cassava with garlic sauce, fried plantains, salad, and doughnuts for dessert. They also drink plenty of beer and Cuban rum to toast the occasion. Their celebrations are full of joy and energy, with music, dancing, and socializing from the early evening until midnight when they count down the seconds to the new year. Then they kiss and hug their loved ones and watch the fireworks along the Malecón, a favorite meeting point for lovers, poets, folk singers, philosophers, and fishermen. They also have various rituals to bring good luck and prosperity for the new year, such as cleaning their homes thoroughly and throwing away the dirty water, which symbolizes throwing out the bad. They also paint their homes with fresh colors, set fire to rag dolls that represent the old year, or toss notes with their wishes into the ocean at the Malecón. Some Cubans even carry a suitcase and walk around the streets at midnight, hoping to travel abroad in the new year.

Happy New Year to all the great North End Breezes volunteers who work tirelessly throughout the year and to our readers for loving what we do.

# ENVISIONING THE NEW DISCOVERY CENTRE

Hamilton Public Library (HPL) is embarking on an exciting Program Design and Development Study to test the feasibility of a new Discovery Centre (77 Harbourside Way) as part of the City of Hamilton's West Harbour Project.

The Discovery Centre would feature:

- A gathering place defined, led and staffed by local Indigenous peoples.
- A modern Library Branch with a full range of services.
- A showcase for captivating cultural heritage-based experiences and exhibitions.
- Shared spaces that create a welcoming, accessible building.
- A relaxing café to connect with friends, neighbours and colleagues.

HPL has identified one overarching goal for the site – the opportunity to advance social cohesion within the community by deliberately creating spaces, programs and services that attract people of all ages, cultures and economic backgrounds.

A successful Hamilton Discovery Centre will be:

- A free, open and vibrant space that welcomes residents and visitors from all ages and backgrounds
- An accessible space that keeps its doors open all week and all year long
- Engaging for residents of both new and existing North-end neighbours
- A place that helps us understand our individual and collective heritage
- A gathering place, where everyone comes together to learn each other's past, present and future stories
- Revitalized and animated with activity – inside and outside

Significant engagement with members of the Indigenous community and consultation with the public is part of the work ahead.

As HPL develops the core elements of the Program Design and Development Study, we will gather input from stakeholders and include regular community consultation and updates. We aim to select a consultant to begin work in mid-2024, with a completed Study ready for Council review in 2026.

To learn more about this exciting initiative and to hear about opportunities to provide feedback and support, please sign up for project email updates:

Contact Us (ask@hpl.ca with the Subject Discovery Centre) to share what you like about the concept, any questions or considerations.



**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](mailto:office@jamesnorth.church)**  
**Office Hours: Mon to Fri 9AM - 4PM**  
**[www.jamesnorth.church](http://www.jamesnorth.church)**

James North Baptist Church (formerly Hughson Street Baptist) has been a part of the North End for more than 135 years. We have been more than just a worship gathering on Sundays as we meet as many people during the week as we do at our Sunday worship times. We believe the Lord has called us to a very simple philosophy of ministry – we seek to bless the North End of Hamilton in Jesus' name.

We would be glad to welcome you any Sunday at our morning worship gathering. We believe the gospel changes everything. The good news of the gospel is that the death of Jesus Christ has paid the price for our sin, taking the penalty we deserve on Himself, saving us with certainty because of His resurrection. The gospel grants us purpose, hope and a new perspective on joy and fulfillment. Life may not always be easy, but our hope in Jesus Christ gives us strength for the journey.

We also offer the hope of Jesus to others through our ministries and programs. There are several weekly ministries that you and your family can attend. You could come by on Fridays from 9-11am for Coffee's On where our Food Bank is open to help those who need a little boost. We have children's programming running on Tuesday nights during the school year. Check our website for up-to-date information for programs ([www.jamesnorth.church](http://www.jamesnorth.church)) or give us a call at 905-527-3972.

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



## St. Lawrence the Martyr Parish

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

[stlawrencehamilton@hamiltondiocese.com](mailto:stlawrencehamilton@hamiltondiocese.com)

[www.stlawrencehamilton.ca](http://www.stlawrencehamilton.ca) | Office Hours: Tues-Fri 9am-4pm

In case of after hours emergency please call 365-888-1275

**Pastor: Rev. Peter Jurzyk**  
**Sunday Mass 11:00 a.m.**

### Weekday Mass Schedule:

~No Mass Monday~

Tuesday - Confession 6:30 p.m. Mass 7:00 p.m.

Wednesday - Mass 12:00 noon

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

Friday - Mass 12:00 noon

Saturday-Confession 9:30 a.m., Mass 10:00 a.m.

*Please check our website for weekly updates/changes*

### Sacraments of Marriage or Baptism:

Please contact the parish office to make an appointment to meet with Father Peter.

### Parish News and Important Dates

#### CWL Christmas Bake Sale

Sunday December 10, 2023 after 11:00 a.m. Mass

#### Advent Celebration

Thursday December 14 at 7:00 p.m.

#### Christmas / New Year Mass Schedule

Dec 24th 11:00 a.m. - Mass of the 4th Sunday of Advent

Dec 24th 5:00 p.m. - Christmas Vigil Mass

Dec 25th 12:00 a.m. - Christmas Midnight Mass

Dec 25th 11:00 a.m. - Christmas Day Mass

Dec 26th 7:00 p.m. - St. Stephen Mass

Dec 31st 11 am - Mass of the Holy Family Sunday

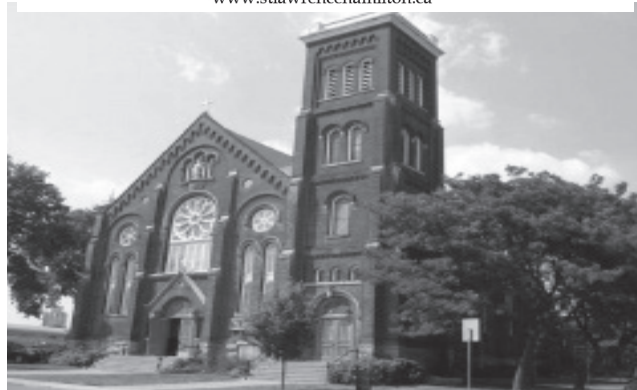
Jan 1st 11:00 a.m. - New Year's Day Mass

#### Hall Rentals are available!

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

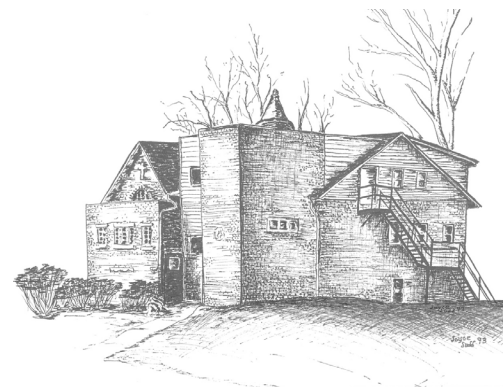
Please keep an eye on the bulletin or our parish website for further updates.

[www.stlawrencehamilton.ca](http://www.stlawrencehamilton.ca)



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

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



## That could be us.

It takes a lot to be welcoming.

## Living WELL Together

# WARD 2 UPDATE

SUBMITTED BY WARD 2 COUNCILOR  
CAMERON KROETSCH



Happy 2024 to everyone who calls the North End home. I'm excited to continue to represent you as your Ward 2 City Councillor over the rest of this term and I hope you had a restful and rejuvenating holiday break and are looking forward to the year ahead. I'm planning a number of exciting new initiatives this year that I hope to share in the coming months and I'll be shifting my focus in 2024 to continue to engage with you around the key issues you've told me are important to you. Part of that shift will be a change in engagement, moving away from neighbourhood town halls to meetings that are focused around key issues like the environment and climate change, housing and development, and traffic and pedestrian safety. I'll be holding these meetings across Ward 2, including in the North End, and I'll share the details with you as soon as they're finalized.

In neighbourhood news, at the end of 2023, the City installed a new railing along the Mary Street Pedestrian Bridge and attended to the graffiti that was there at the time. I hope this makes the experience of using this bridge safer for everyone over the winter months. In this term of Council, the City will be investigating the feasibility of replacing the entire bridge deck with

materials that provide better traction and are more sustainable. I also put forward a motion in December that was approved by Council to fund renovations to the Bennetto Auditorium to make it fully accessible and to upgrade its audio and visual equipment so it can be used more regularly. I'm hoping that work will begin later in 2024, but in the meantime, I'll be coordinating with City staff to ensure that we can hold meetings in the North End this year in spaces that are both accessible and have the audio and visual capabilities to deliver an experience that everyone feels they can fully participate in.

Stay tuned, this month, for more information about the next Ward 2 Community Grants process. Last year, we were able to give out \$175,000 in grants and we're hoping to do the same over the course of this year. If you're a group or organization in the North End who needs our support, please visit [ward2hamilton.ca/grants](http://ward2hamilton.ca/grants) for more information.

If you haven't seen it yet, I encourage you to read the 2022-23 Impact Report, which is available on the Ward 2 website at [ward2hamilton.ca/reports](http://ward2hamilton.ca/reports). It outlines what we've been able to accomplish over the past year, and what I hope we can do together over the next 3 years. If you need to reach the Ward 2 office, at any time, please reach out at [Ward2@hamilton.ca](mailto:Ward2@hamilton.ca) or through our office phone number at (905) 546-2197. The Ward 2 Team is in the office Mondays, Wednesdays, and Fridays from 8:00am to 4:00pm; Tuesdays and Thursdays from 8:00am to 8:00pm; and Saturdays from 10:00am to 2:00pm. As always, if you'd like to reach me directly, please contact me at Cameron.Kroetsch@hamilton.ca. Happy New Year!

- Cameron Kroetsch

# HOPA PORTS

## THE FEDERAL HAMILTON MAKES A GRAND ENTRANCE ON ITS MAIDEN VOYAGE

The Federal Hamilton, a ship named after our beloved port, made its grand entrance into the Port of Hamilton recently, creating quite a buzz in our waterfront town.

The new 35,000 tonne cargo ship, owned by FedNav, was on its maiden voyage from Japan where it was built. The ship Master, Captain Salil Chakravorty, and his crew were welcomed by staff from the Hamilton-Oshawa Port Authority (HOPA Ports) including Vicki Gruber, the ports' Harbour Master.

"We were thrilled to welcome the Federal Hamilton and its crew to the port," said

Gruber. It was such an honour to board this new vessel; to tour the ship, to see the advancements in technology and to hear stories from the crew about their journey from Japan."

The vessel travelled for over two months - across the Pacific Ocean, through the Panama Canal and up the Atlantic to the Gulf of St. Lawrence before arriving in Hamilton.

"This is the first of 10 new ships from FedNav," Gruber continued. "Each new ship represents the most efficient in the fleet, emitting 33% less carbon and 87% less nitrogen oxides, along with the capacity to burn biofuels. It's a testament to the continued efforts the industry is making to move goods in a sustainable way."

The ship's crew, all from India, are a skilled group able to handle a variety of cargoes. The vessel was destined to sail back overseas, loaded with grain from Ontario farmers.



# CRIME STOPPERS OF HAMILTON REPORT: VIOLENT INCIDENTS IN DECEMBER

SUBMITTED BY TREVOR MCKENNA,  
PROGRAM COORDINATOR

Happy new year to you all. Thank you for making 2023 - our 40th year in Hamilton - a successful year for Crime stoppers of Hamilton!

Thanks to your donations and anonymous tips, we have been able to surpass 6000 charges and 6000 arrests since our incep-

tion! We're closing in on 80,000 anonymous tips and almost 1 million dollars in approved reward money! Thank you from us all!

But our work is not complete. Unfortunately, December began in a troubling fashion as there were a handful of very violent crimes that we're asking for your help with.

On December 1st at approximately 5pm, Police responded to a plaza located at 65 Mall Road for a stabbing. A male was located with a wound caused by an edged weapon.

Later that day, Police attended the area of Bradbury Road and Penny Lane for a shooting into a residence. One party was struck and suffered non-life threatening injuries.

Lastly, On December 3rd at approximately

6am, Police were called to Radison Lane for another shooting.

As always, contact the Hamilton Police Service if you know something about any of these occurrences. However, if you wish to remain anonymous - contact Crime Stop-

pers. We never ask for your identity, you'll never have to attend court, and you could earn yourself a reward of up to \$2000.00!

Thanks again for your time and have the happiest of new years!

CRIME

STOPPERS

OF HAMILTON

# JANUARY... AKA OMG WHY IS THIS MONTH SO LOOOONG?

SUBMITTED BY CANDY VENNING

Did you know that native plants are awesome but can be hard to source, may be expensive, and that growing from seed is economical, and for many varieties, quite easy?

Get ready, get set, for winter sowing your native plant seeds – I’ve done this as late as February and still had good results – not so easy with frozen bags of soil – also it’s hard to find bagged soil in winter so you may want to re-use any leftovers from your potted annuals, urns or hanging baskets, the threadlike roots of annuals will turn to mush and shouldn’t affect your seeds. OR just drag frozen soil or pots into your house to defrost so you can make a huge mess in your kitchen like I have done.

Why am I planting things in January?

Native plant seeds need to go through a freeze/thaw process that mimics the conditions they would experience outside, in the wild – aka cold stratification.

Why grow native plants in pots at all? Mostly for the same reasons you’d grow anything else in a pot – so it can be labelled, so you know what it is/ what it isn’t and so you can move it around and protect it in its tiny and vulnerable stage. Providing some ideal conditions in a pot will get the best germination results vs scattering in the garden. Sometimes we forget all the things that can occur in the yard, seedlings may be walked on, eaten by critters, mixed with unwanted seeds via bird droppings, bird feeders or just mixed in with dormant seeds in your soil, peed on by pets, etc. Growing from seed also ensures you’ll not be getting any jumping worms, a transformative and unfortunate invasive species now spreading across north America.

Many folks use 2-liter pop bottles, or plastic milk jugs, I happen to have a lot of Clamato jugs (don’t judge!) Cut in half, hinged with duct tape, discard the lid and punch some holes for drainage – these will stay outside all winter. The reason to use jugs is the protection that the upper part of the bottle provides against windborne seeds & digging critters, mostly squirrels. Come spring, it’ll become important to regulate the temperature, so the seedlings don’t sizzle in their tiny greenhouses. If you happen to have somewhere that squirrels don’t get to (rare) then you can simply grow in regular plastic pots or grow in pots and add a protective mesh frame over them all to stop squirrels.

I’m pretty new to winter sowing yet had great success with Black Eyed Susans, Swamp Milkweed / Asclepias incarnata, Aquilegia canadensis /Native Columbine, and a really beneficial native that attracts all kinds of insects; Pycnanthemum / Mountain mint. (not the same as mint used in Mojitos, don’t judge!)

The lists of native plants for your area as well as Winter Sowers support groups on Facebook and Instagram make it easier than ever to source seeds and get helpful tips – come June, a few wee sprouts will feel extremely rewarding.

P.S. For alllll the details go here [www.rbg.ca/winter-sowing-part-one/](http://www.rbg.ca/winter-sowing-part-one/)



## LETTER FROM THE EDITOR

SUBMITTED BY NORTH END  
BREEZES EDITOR, BRENDA DUKE

2023 was an exciting year for The Breezes! I am always amazed and thankful for the contributions of interesting and informative news and our dedicated writers; Brian Roulston, Ken Hirter, Candy Venning, Crime Stoppers, Trevor McKenna, Ward 2 Counsellor, Cameron Kroetsch, Robyn Gillham and others that share their expertise with our readers.

We have so much talent in the North End that contributes to our continued success and I am forever grateful to the small group of people who make up our Publication Team; Kit Darling, Editorial Assistant, Katie Fitzgerald, Design and Layout and Marie Mushing, Web Site Designer. Our Board of Directors; Elizabeth Poynter, Chair, James Vandenberg, Financial Officer, Kristina Santone, Secretary, Chris Pearson, Community Liaison, Maureen Scally, Neighbourhood Connection/Event Planner. And of course, we couldn’t continue without the

support of Compass Health Centre and our Community Partners; NENa, Welcome Inn, HOPA, Bennetto Recreation Centre, St Lawrence Parish, James Baptist Church. To each of you that trust us to advertise and promote your business, know that you are valued and appreciated.

What we do, and have done for over 50 years is made possible by volunteers and thanks to our Delivery Team, we show up each month on your doorstep; Maureen Snowball, Chrissy Chrzan, and Sheri Selway, Delivery Leads, Barb Wight, Steve Osbourne, Sharon Strays, Tanya Richie, Sandra Hudson, Dave Van Heeswyk, Jodie Colbourne, Cameron Jolie, Jeff Glen, John Benjamin, Mike Hill, Ken Hirter, Kathy Pipe, Katie Fitzgerald, Karl Andrus & Tina Dort, Donna Stewart, Kristina Santone, Ian Fox & Kathleen Fox, Olivia Jolie, Victoria Dejong, Jon Davey, Ani Chenier, Annabel Krupp, Elizabeth Poynter, Chris Dejong, Emily Dejong, Carmen Cooper, Robyn Gillam, Barb Hale.

The dedication of these people inspires us to grow and improve and we promise that we will continue to work toward that with your help. Join us, support us, and enjoy The North End Breezes! Welcome 2024!

## EDITOR UPDATE

In January 2025, North End Breezes will introduce a revised editorial calendar. During that month, we will not publish our regular January issue. Instead, add an

additional issue for August. Historically, August has been our hiatus period, but in 2025, we’re altering our approach. More information will follow soon, but we wanted to provide this update in advance to keep everyone informed. Stay tuned for further details!

## OUR CORNER ♦ Bar & Grill ♦



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

STORY CONTINUED FROM  
FRONT PAGE

NORTH ENDER OF  
THE YEAR AWARDS

SUBMITTED BY KEN HIRTER

She dedicates her time and efforts to volunteer work and contributes to the betterment of our community. Her actions reflect a genuine desire to make a positive impact, demonstrating empathy and compassion in action. Through acts of kindness, she’s become a beacon of inspiration, fostering a sense of unity and shared responsibility within the community. She not only lends a helping hand but inspires others to join. The value she brings to the community extends far beyond the task they undertake, leaving a lasting legacy of kindness and goodwill. Over time, she has made many friends and supported the community in many ways. Among her many accomplishments, she has volunteered with the Breezes, New Horizons Thrift Store; she is a member and volunteer at Macassa Bay Yacht Club; a member of a community book club; supporter of the Welcome Inn Community Centre and the co-founder and steward of Sunset Cultural Garden.

The Community Builder Award nominations: Margaret Kneulman (winner), Kelly Oucherek and Michelle Urbanek.

Margaret Kneulman has volunteered countless hours picking up litter in the North End, removing over 80,000 thousand pounds of litter in the past 3 years, always with a smile on her face and a positive attitude that can’t help but brighten all of those around her. She has been a part of several community organizations dedicated to this cause including, A Drop in the Bucket, Beautiful Alleys and the CN Track Gang. She is an advocate for the people of Guatemala, fund-raising money and supplies over the years. Much of what she does is not an official volunteer position, she just sees a need and fills it as she is able. She has been known to buy groceries for neighbors who are shut in. It has been mentioned that she cooks large dinners and opens her home to anyone who wants to be there and will deliver delicious plates to those who

can’t make it out. It has been mentioned about her career in wound care. She has been known to help people and dress wounds, canine and human!

Both winners’ heartfelt acceptance speeches talked of the nostalgia, sentiment and love for the North End was evident.

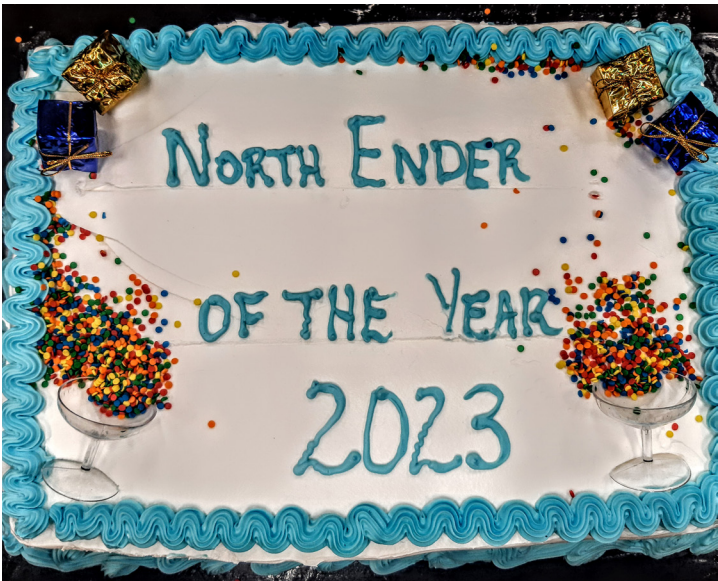
Congratulations to all the nominees. It takes people to build a Community and a Village - we thank you.

That brought us to a light, lovely luncheon and the conversations flowed. It was truly an homage to the North End.

The North End Breezes would like to thank the following:

- Darlene Billingsley and her crew at Our Corner Bar & Grill for catering yet again a delicious spread of finger sandwiches, fruit and veggies with dip. It was delicious.
- Paul Havercroft for letting us host this year’s event at the James North Baptist Church Reception Hall.
- Special thanks to the wonderful Jayne Eastwood for being this years presenter.
- This year’s Celebration Cake was from Metro.
- The North End Breezes relies on the contributions and support of our Community Partners to keep us afloat. Our thanks to:
- Bennetto Recreation Centre
- Compass Community Health
- Hamilton & Oshawa Port Authority
- James North Baptist Church
- North End Neighborhood Association
- St. Lawrence Church
- Welcome Inn Community Centre
- West Harbor Pharmacy

Congratulations to all those who make a difference here in the North End and beyond. So go out a make a difference in your Neighborhood today.



North End of the Year Award		
For over 25 years, members of the North End community have been recognized for their contributions and dedication to the North End. The North End of the Year Award was first introduced in 1996 to honour individuals and groups who have made a significant contribution to the protection and/or enhancement of the North End.		
Name Last	Name First	Awarded
1. Ballson	Morley	
2. Bratina	Bob	
3. Coomber	Mary	
4. Davies	Jim	
5. Davy	Ken	
6. Day	Bill	
7. Fisher	Ed	
8. Gleeson	Teddy	
9. Judd	Myrtle	
10. Long	Norm	
11. Nagy	John	
12. Passmore	Seenie	
13. Perniac	Sam	
14. Wilcox	Ted	
15. Winter	Pamela	2018
16. Smith	Margaret	2019
17. Pavlov	George	2020
18. Smith	Margaret	2021
19. Billingsley	Darlene	2021
20. Selway	Shawn & Sheri	2022
21. Walton	Holly	2022
22. Naon	Andrea	2022
23. Honorary Award	Cellar Dwellers	2022

We've been able to gather some historical information on the award winners from the past but our records are not complete. If you know of anyone who has received the award or what year, please help us update our records for posterity. We're proud to present these awards on behalf of The North End Breezes and NEiNa.

# RANDLE REEF - LET'S PUT A LID ON IT!

SUBMITTED BY KRISTIN O'CONNOR, HAMILTON HARBOUR REMEDIAL ACTION PLAN AND ROGER SANTIAGO, ENVIRONMENT AND CLIMATE CHANGE CANADA

Hamilton Harbour was identified in 1987 as an Area of Concern under the Great Lakes Water Quality Agreement because of significant water quality impairment, a legacy of intensive industrial and urban development. The Randle Reef Remediation Project is focused on isolating a site of historically highly contaminated sediment to stop the impact on fish and wildlife. With over 150 years of contamination at this site, a shared responsibility model was adopted in 2012 with the Government of Canada, the Government of Ontario, and the local community participating and funding equally in the design and implementation of a \$138.9M solution. ECCC leads this three stage initiative with our project partners to manage this Hamilton Harbour Remedial Action Plan priority.

Stage 1 (build the box) finished in 2018 with a 6.2 hectare Engineered Containment Facility (ECF) constructed around the most severely contaminated sediments within a double-walled sheet piling structure. This is equivalent to 7.5 football fields and close to 75% of the contamination was safely contained at this point.

Stage 2 (fill the box) activities were effectively completed in 2021 once environmental dredging and sediment capping ended. To reduce the potential for air emissions, most of the 450,000 cubic metres of contaminated sediment was sucked up into a pipeline and discharged under water within the ECF. The contaminated water in the ECF was then pumped to a specially built water treatment plant prior to discharging clean water back into the Harbour. Any remaining contaminated sediment outside the ECF were managed in place using a sand isolation cap.

Stage 3 (put a lid of the box) will involve constructing a multi-layered environmental top over the ECF to isolate the contaminated sediment. Construction began in September 2023 and is expected to be completed by the fall of 2025. Once completed, the site will be turned over to the Hamilton-Oshawa Port Authority who will own, monitor, and maintain the site as a port facility.

Environmental monitoring has been an important component of all stages. Monitoring will continue to evaluate the structure and capped areas for 15 years post-remediation. A long-term indicator monitoring study uses six lines of evidence with ten years of baseline data before work started and will continue up to 15 years after project completion.

We invite you to check out [randlereef.ca](http://randlereef.ca) for more information, including links for two informative YouTube videos for deeper looks into Stage 1 and 2.



McMASTER CHILDREN'S HOSPITAL | RON JOYCE CHILDREN'S HEALTH CENTRE

## CIRCLE OF SECURITY PARENTING



- ❖ **FREE 8-session** workshop for moms and dads of children up to 6 years of age.
- ❖ Learn strategies to enhance the parent-child relationship and improve child behaviour.
- ❖ Prizes, & limited on-site childcare & transportation assistance available.

### DATES

**Begins January 13, 2024**  
**Saturday mornings**  
**10:00 a.m. - noon.**

Note – No class February 17<sup>th</sup>  
due to Family Day weekend



### LOCATION

**Ron Joyce Children's Health Centre**  
**325 Wellington Street North**  
**Hamilton**



### Registration is limited!

Register online at

[www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/family-resources/course-offerings/](http://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/family-resources/course-offerings/)



## MATTHEW GREEN

Member of Parliament  
Hamilton Centre



**Matthew Green, MP**  
Hamilton Centre

905-526-0770  
[matthew.green@parl.gc.ca](mailto:matthew.green@parl.gc.ca)



# WALKABOUT TO COMPASS COMMUNITY HEALTH : PART 1

SUBMITTED BY KEN HIRTER

Did you know that on average a person can gain around 15 pounds or more between the months from November to January? This is not including what I like to call ‘Winter Hibernation’ when everything seems to slows down ending in March.

I sat down with the informative and insightful Cory Ma, Registered Dietitian at Compass Community Health and asked the following questions.

**Q. Why did you become a Registered Dietitian?**

A. I was always into health and nutrition, as I have a strong family history of Cancer and heart disease. My dad was a strong influential role model, as he quit smoking in his early 40’s and replaced the habit with exercising. I was about 13 years old at the time. But what really did it for me was although I was always active in sports and strength training. When I was 18, I worked at a local McDonald’s. When I got promoted to being crew chief, I was granted free food on my shifts. As a result, I gained 15 pounds in approximately 4 months and that shocked me!

**Q. What is an RD?**

A. Registered Dietitians (RD) undergo comprehensive and rigorous education. They need to obtain a specific university degree in human nutrition and dietetics, a period of practical training (about 1 year) and then pass the national exam. We provide nutrition education to clients using evidence-based knowledge of food and human nutrition. Due to the influence of social, cultural and economic factors on your relationship with food, RDs integrate this knowledge with that from other disciplines, including mental health, health and social sciences and rehab.

**Q. What are the other programs that you are associated with here at Compass?**

A. I started working at Compass Community Health, at the time our organization was known as North Hamilton Community Health Centre in September of 2008 solely as a diabetes educator. I have been working at CCH for > 15 years. I am now involved with the following programs:

- Diabetes education: one-on- one, group education, diabetes kitchen programming
- Primary care support
- Welcome Baby prenatal education program co-facilitated with City of Hamilton Public Health Nurses
- COPD and guest spot group education sessions as needed: Rehab - Falls prevention, Mental Wellness, Pathways, Health Promotion programs.

**Q. I asked Cory the Top 3 Vitamins most recommend and which diet would he most recommend:**

A. Multivitamins, Vitamin D, Psyllium and follow the Mediterranean Diet.

Please note that it is very Important to get your Annual Physical especially for men between the ages of 30-50. It starts with bloodwork when addressing your dietary needs

**Q. What are his favorite quotes and words to live by?**

- “You can’t change what you don’t acknowledge” “ Put some verbs in those sentences “ (Dr.Phil)
- “ A goal without a plan is just a wish “ (Anonymous at my Goodlife gym)
- “ If you set your goals without action steps, you are less likely going to improve anything. You’re just wishing for things to change, like wanting to win a lottery prize. Most likely nothing is going to change.”
- “ Know your limit, stay within it “ ( OLG )
- Lastly set realistic goals to set you up for success instead of failure. When something feels like work, you’re probably going to stop and not succeed.

In closing I asked Cory if he would like to send his thanks and to what is forthcoming for 2024 at Compass.

“I would like to give special thanks to Compass Community Health. Prior to working here, I worked in a hospital and long term care setting. Working at Compass Community Health, due to the structure of the organization, it’s mission, vision and values allow us to be impactful healthcare providers where we can all work as a team together to provide the community with services to be healthy, lower the risks of other preventable diseases, and improve the chances of breaking the chains of poverty in a kind and respectful manner.

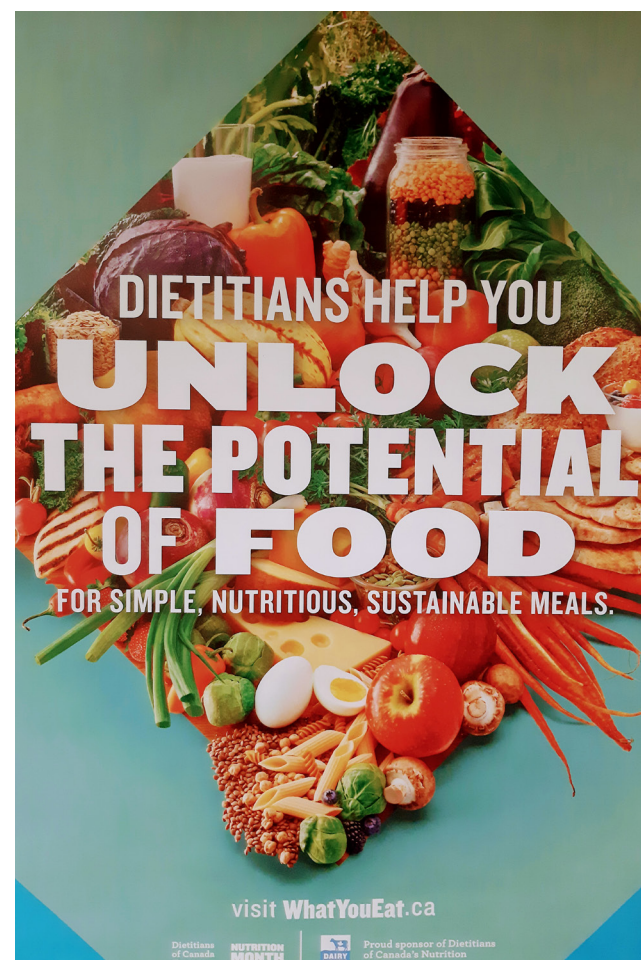
What’s new for me in 2024? I will be helping a new foot care program called Lower Limb Protection (LLP) program where folks high risk for amputation and wounds can be referred to us to heal their foot related wounds faster with proper nutrition, exercise and foot care specialist support in hopes of having to prevent and lower their risk of diabetes related amputations.”

I would like to thank the knowledgeable and informative Cory Ma Registered Dietitian for teaching me and for taking the time to talk about food, health, nutrition and much more here at Compass Community Health.”

For more information to these programs please call Cory Ma at (905) 905-523-6611 ext: 3047 or visit their website at <https://compossch.org> for a listing of all their wonderful services.

Start the journey begin to a healthier and happier you for 2024.

Look for Part 2 - Getting into a “New” healthier you for 2024 at Compass Community Health in next months Northend Breezes.



**BENNETTO COMMUNITY CENTRE**  
Hamilton 450 Hughson Street North | 905-546-4944 | [www.hamilton.ca](http://www.hamilton.ca)

**Hamilton**  
*Happy New Year!*  
**Bennetto Community Centre**

- **FREE** Girls Who Play Registered Program on Thursday starting this Jan. 11th!
  - Girls Who Play 9-12 years 4-5pm
  - Girls Who Play 13-17 years 5-6pm
- **NEW** PA Day Camp January 26th, 2024! Registration happening now!
- **NEW** Anime Art Class 9-12 years Monday 5:30-6:30pm
- **NEW** Drop-in Gym 13-17 years Friday 7-8:30pm
- **NEW** Open Tech Help 55+ Fridays 11am-1pm, starting Jan. 12th
- Spots still available in Cardio, Balance & Strength 16+ Class Monday 7:15 - 8:15pm!
- **NEW** Swim Abilities Registered Program for Adults available Saturdays mornings
- Starting January 8th 2024, Open Swim18+/Length Swim combination available
- **Reminder - Swim lessons are filling up quickly. Sign up NOW!**

[Hamilton.ca/Rec](http://Hamilton.ca/Rec) for more info, Drop-In Schedules and Registered Programs



SEASON'S GREETINGS

from the

**CENTRAL NEIGHBOURHOOD ASSOCIATION**

Email: [cnahamiltonw2@gmail.com](mailto:cnahamiltonw2@gmail.com)

## HAMILTON ARTS COUNCIL

SHORTLISTED AUTHORS FOR THE 30TH ANNUAL HAMILTON LITERARY AWARDS

Hamilton, November 2023 — Hamilton Arts Council is pleased to reveal the shortlisted authors for the 30th annual Hamilton Literary Awards. This year marks a significant milestone in recognizing and celebrating literary excellence in the Greater Hamilton Area and Six Nations of the Grand River. The awards ceremony was hosted in partnership with Hamilton Public Library, located at 55 York Blvd, Hamilton, on Thursday, December 14th, 2023, at 7:00 P.M.

Ceremony attendees had the opportunity to enjoy readings from the shortlisted authors, witness the announcement of the category winners, and reflect on the rich 30-year history of the Hamilton Literary Awards.

The Awards recognize outstanding works published in the calendar year of 2022 across five categories, including: Fiction, Non-Fiction, Poetry, Children's Books, and the Kerry Schooley Book Award. The Kerry Schooley Book Award honours the book that most vividly evokes the essence of Hamilton and its surrounding areas.

Anuja Varghese will return as the host for this special occasion. Anuja is a distinguished Hamilton-based QWOC (Queer Woman of Color), writer, editor, and recipient of the 2023 Governor General's Literary Award in Fiction for her debut short story collection, "Chrysalis". Anuja's remarkable achievements in the literary world make her a fitting choice to guide the ceremony.

The 30th anniversary of the Hamilton Literary Awards is a testament to the vibrant and thriving community of writers, readers, publishers, editors, and booksellers who have continuously contributed to Hamilton's cultural legacy. The Awards have played a crucial role in shaping Hamilton's identity as a culturally enriching and inspiring city. Hamilton Arts Council invited literature enthusiasts, supporters of the arts, and all members of the community to join us on this momentous evening of literary celebration to honour the literary talent of our region and commemorate 30 years of literary excellence in Hamilton.

The shortlisted authors for each category are:

### FICTION Category Shortlist for the Hamilton Literary Award:

- Hogarth for "Motherthing"
- Robert McGill for "A Suitable Companion for the End of Your Life"
- Sheila Murray for "Finding Edward"

### NON-FICTION Category Shortlist for the Hamilton Literary Award:

- David J. Forsyth for "Alice and the Machine Gunner"
- Joyce Grant for "Can You Believe It? How to Spot Fake News and Find the Facts"
- Rollie Pemberton for "Bedroom Rap- per:"
- Cadence Weapon on Hip-Hop, Resistance and Surviving the Music Industry"
- Carl Watts for "I Just Wrote This Five Minutes Ago"

### POETRY Category Shortlist for the Hamilton Literary Award:

- Gary Barwin for "The Most Charming Creatures"
- Fareh Malik for "Streams that Lead Somewhere"
- Chris Pannell for "The Fragmentarium and Other Poems"

### CHILDREN'S BOOK Category Shortlist for the Hamilton Literary Award:

- Joyce Grant for "Can You Believe It? How to Spot Fake News and Find the Facts"
- Lawrence Hill for "Beatrice and Croc Harry"
- Sylvia McNicoll for "What the Dog Knows"

### KERRY SCHOOLEY BOOK AWARD Category Shortlist:

- Darrell Epp for "Permanent Smoke"
- Carrie Snyder for "Francie's Got a Gun"
- Brent van Staaldunin for "Cut Road"

The 30th annual Hamilton Literary Awards Ceremony is made possible due to our community-centred partners and sponsors, which include; Hamilton Public Library, Epic Books, and A Different Drummer Books. About the Hamilton Arts Council Founded in 1969, and incorporated in 1973, Hamilton Arts Council (HAC) is one of the longest serving community arts councils in Ontario. HAC envisions a dynamic arts community that is innovative, impactful, diverse and professionally sustainable. We fulfill our mission by advocating for the arts as integral to a healthy community, and providing inclusive opportunities to build connection and sustainability.

For media inquiries including interviews, please contact: Megan Divecha (she/her) Programs & Community Engagement Coordinator Hamilton Arts Council [megan@hamiltonartscouncil.ca](mailto:megan@hamiltonartscouncil.ca)

# 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](http://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](mailto:pathways@compassch.org)

**Pathways**  
to Education

Pathways to Education Hamilton  
is proudly hosted by  
Compass Community Health



# DIABETES EDUCATION PROGRAM AT COMPASS COMMUNITY HEALTH

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

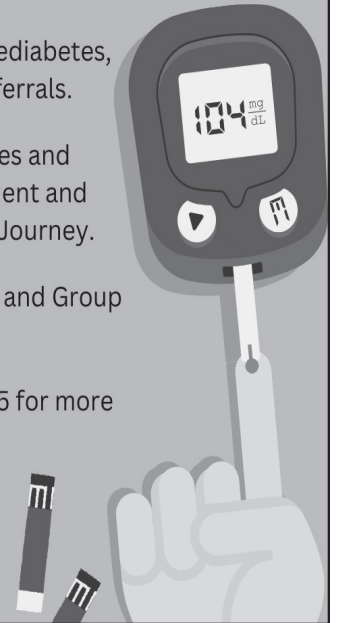
Our program consists of Nurses and  
Dietitians to assist in management and  
support through your Diabetes Journey.

We provide Individual Counselling and Group  
Programs.

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



**COMPASS**  
COMMUNITY HEALTH



# THE TRACKERS INDOOR WALKING GROUP FOR OLDER ADULTS

Join us for a  
weekly indoor walk!

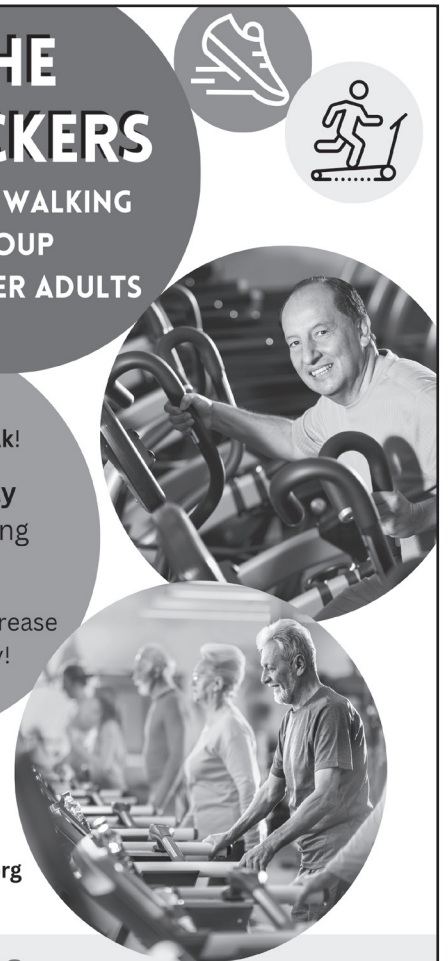
Every **Wednesday**  
from 2-3pm starting  
**October 18th!**

Meet others and increase  
physical activity!

To register, contact:  
Christine Sorbara  
905-523-6611 x 2059  
[csorbara@compassch.org](mailto:csorbara@compassch.org)



**COMPASS**  
COMMUNITY HEALTH



## NORTH END BREEZES CLASSIFIED ADS

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

## WHAT'S HAPPENING IN JANUARY AT THE HAMILTON PUBLIC LIBRARY

All Branches are closed December 24-26, December 31 and January 1, 2024. The Bookmobile is off the road, and Extended Access and Study Hall services are unavailable. Holiday hours will run from December 27-30. Regular service hours resume January 2, 2024.

Central Library will be open as a Warm Place (First Floor) from December 25-26 and January 1, 2024, from 1-5 pm.

Stay updated with the special events, concerts and program offerings HPL has lined up for the Holiday School Break (December 23-January 7). Visit [hpl.ca](http://hpl.ca) for our Daily Events Calendar or download a PDF of our What's Happening Guide. Sign up free to receive our monthly What's Happening eNews.

Spend your PA Day at HPL on Friday, January 26. From crafts to Lego fun to Storytimes, we've got something for everyone to stay warm and spend their day at the library.

Plan to attend Snuggle Up and Read Storytimes for National Family Literacy Day on Saturday, January 27.

Learning Resources at HPL Students, educators and caregivers can browse a collection of activities, book lists, educational and tutoring resources, online courses and more at [hpl.ca/learning-at-hpl](http://hpl.ca/learning-at-hpl) throughout the year.

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

Our virtual branch at [hpl.ca](http://hpl.ca) is always open. Questions? Call 905.546.3200, email [AskHPL@hpl.ca](mailto:AskHPL@hpl.ca), or chat with staff at [hpl.ca](http://hpl.ca).

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

## NORTH END BREEZES TEAM

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses in print and reaches across the City on-line. Contact us at 289-933-4810, by email at [office@northendbreezes.com](mailto:office@northendbreezes.com), on our website: [www.northendbreezes.com](http://www.northendbreezes.com) or [social@northendbreezes.com](mailto:social@northendbreezes.com).

**Published by North End Breezes Board of Directors:**

**Chair:** Elizabeth Poynter

**Financial Officer:** James Vanderberg

**Secretary:** Kristina Santone

**Community Connector:** Chris Pearson

**Neighbourhood Advisor:** Maureen Scally

### Publication Team

**Co-Ordinator:** Brenda Duke

**Editorial Assistant:** Kit Darling

**Layout + Design:** Katie Fitzgerald

**Web Site Development:** Marie Mushing

**Circulation & Distribution:** The Board, Sheri Selway, Chrissy Chrzan and Maureen Snowball along with a dedicated team of volunteers.

When submitting an article for the Breezes we also like to share the content on our social channels. Please include as many pictures as possible and a couple lines of copy we can use for Facebook, Instagram and Twitter posts. The articles written represent the opinions of the individual and must meet the Mission and Vision of The Breezes and the Board of Directors as set out.

Articles may be edited for length, tone, clarity and are subject to publication based on available space.

Deadline for submission is the 15th of the month prior to publication. We appreciate an early notice by the 10th of the month if you want to reserve ad space and early submission gives us time to edit your articles. Pictures and logos are accepted and will be included as space allows.

### NORTH END BREEZES MISSION

The North End Breezes is a not-for-profit team of volunteers who produce a monthly newspaper and online publications to promote connectivity, share community news and encourage mutual support by engaging our North End neighbourhood community.

### NORTH END BREEZES VISION

The North End Breezes is a vital resource in the North End that promotes harmony, pride and collective community action in a diverse and ever-changing neighbourhood. For over 50 years we've been a resource for the community and rely on our volunteers to keep the information flowing for years to come.

Help us grow your Breezes. Please email your thoughts to [office@northendbreezes.com](mailto:office@northendbreezes.com) or call 289-933-4810.

### Follow us here:

Facebook - [facebook.com/northendbreezes](https://facebook.com/northendbreezes)

Instagram - [instagram.com/northendbreezes](https://instagram.com/northendbreezes)

Twitter - [twitter.com/northendbreezes](https://twitter.com/northendbreezes)

Website: [www.northendbreezes.com](http://www.northendbreezes.com)

## SENIORS ANTI-FRAUD EDUCATION WORKSHOP

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

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



**Free Program**  
**Please Register.**  
**Contact:**

**Christine Sorbara**  
[csorbara@compassch.org](mailto:csorbara@compassch.org)  
(905) 523-6611 ext. 2059



**COMPASS**  
COMMUNITY HEALTH

**MOHAWK**  
COLLEGE

## Volunteers Needed

## ONLINE CONTENT CREATORS

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

### What we're looking for:

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

**APPLY NOW**

Send Your Info to:  
[office@northendbreezes.com](mailto:office@northendbreezes.com)

\*If student - can count towards volunteer hours



## Breakfast Club

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

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

Contact Mariko at [mrown-kai@compassch.org](mailto:mrown-kai@compassch.org)

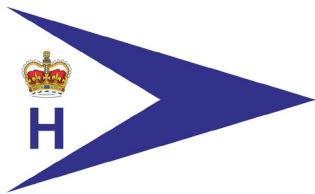
to register!

**See you there!**



**COMPASS**  
COMMUNITY HEALTH





**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](mailto:sail@rhyc.ca)

## Website Design & Support Services



**Websites that *Work!***

**Marie Mushing**

16 Anson Ave.  
Hamilton, ON L8T 2X3

**905-387-1883**

[marie@peopleinconnection.com](mailto:marie@peopleinconnection.com)

[www.peopleinconnection.com](http://www.peopleinconnection.com)

## NORTH END BREEZES TEES ARE BACK!




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

## FISHER'S PIER 4 PUB



**HAPPY NEW YEAR  
TO ALL OF OUR  
FRIENDS, FAMILY,  
NEIGHBOURS AND CUSTOMERS.  
WE LOOK  
FORWARD TO  
SERVING YOU  
IN 2024!**

  
**🙏 Thank You 🙏  
To everyone who donated money,  
toys and non perishable food items  
for our charities.**  
