



NORTH END BREEZES

Community Newspaper

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

NEW LIFE FOR AN OLD CHURCH



SUBMITTED BY SARAH ROBINSON

When the new residents of 454 John St N started digging up their front yard, someone asked if they were digging graves. To be fair, this was the spring of 2020, when our fear of Covid-19 was fresh. And this yard is right beside a church: St Luke's, at the corner of John and Macaulay.

But the young adults who had moved into the old rectory were not digging graves. They were building gardens. Who is planting at a church that closed in October 2017? In fact, you may have noticed that more gardens have sprung up. If you were walking down John Street in April 2025, you might have seen people lugging wooden garden boxes from the Grub Club at Compass Community Health and arranging them in the lot on Macaulay where a parish hall used to stand. No, no one was stealing. We were just receiving the old boxes as a gift from the Grub Club, who had themselves received a grant to

replace their infrastructure. The former parish hall was rotting with mold, so the Anglican Diocese of Niagara (who has owned the property since 1882) tore it down in 2024. Perhaps one day something else will be built behind the church, but for now, there's a bit of land in the urban fabric – and there's a community at St Luke's who are eager to see what might grow there.

The current St Luke's community started to form in the fall of 2019. At first in the kitchen of the house, and then in the church sanctuary, a few friends and neighbours started praying every Tuesday and Thursday morning at 6:30am, and Wednesday evenings at 7:30pm. These people came from diverse Christian backgrounds but found they could pray together through the Anglican tradition of Common Prayer. They are still praying on Tuesday mornings and Wednesday nights. In October 2023,

with the blessing of the local Anglican bishop, St Luke's began Sunday morning church services. If you've heard a church bell at 8:30am on Sunday, that's what's going on. The people who gather are not the same as when St Luke's closed in 2017. Now we are mostly young working professionals in our late 20s and early 30s. However, we keep significant continuity with those who worshipped here before us. St Luke's is still part of the Anglican communion and the style of our services is still in the Anglo-Catholic ("high church") tradition. And we remain distinctly a North End community. The original parish was created because it was challenging to cross the railway tracks to get to Christ's Church Cathedral on James Street. North Enders specifically asked for their own place of worship. Today, the roads are more reliable, but all the same, many who gather at St Luke's arrive on foot or bike, and with a desire to invest in the life of this neighbourhood. **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

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).

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LETTER FROM THE INTERIM EDITOR

We have managed to bring another issue to your doorstep – and one that’s full of happenings, history and news. As ever, we are still watching the bank account. Printing costs money, so we are trying to keep the number of pages to 8 – no easy task I’ll tell you! There’s always something going on in the North End and as summer rolls in – we know there will be many more things to do, to complain about and to celebrate. It’s municipal election year and we anticipate hearing lots about candidates and their plans.

And finally, add your pet to our pet calendar, donate to help us keep on bringing you The Breezes for another year. -- Kit Darling

Community Cooks!

BROWN BEAN AND LENTIL SOUP

SUBMITTED BY MARIE MUSHING

In February I shared the recipe for delicious baked brown beans. Well just in case you have any leftovers, this brown bean and lentil soup is amazing and made all in one pot. Use your leftover homemade brown beans or a can of Brown beans in tomato sauce.

Ingredients:

- 1/2 cup each: red pepper, celery, onion, carrots, potato; finely chopped
- 3 cups of chicken broth
- 1/2 tsp onion powder
- ¼ cup of lentils (I love the split red lentils myself)
- 1/4 tsp celery salt
- dash of pepper

Instructions:

- Finely chop pepper, celery, onion, carrots and potato
- Sauté lightly in a large pot with 1 tsp olive oil for about 3 minutes over medium heat
- Add 3 cups of chicken broth and bring to boil, cook for about 10 minutes on medium heat
- Add a can of brown beans in tomato sauce, (or 1 ¼ cup of your leftover home made beans)
- Optional: Sriracha sauce to taste for those that like a little extra heat
- If the soup seems too thick, add a little extra broth at this point (1/2 cup)
- Continue to cook until the vegetables are soft (about 5 more minutes) and serve



THE WATCHERS OF THE WATER: FROM CANADA'S COASTS TO HAMILTON HARBOUR

SUBMITTED BY BRIAN ROULSTON

Lighthouses have stood as beacons of hope for sailors and early aviators navigating oceans, lakes, and rugged coastlines. These towers—sometimes elegant, sometimes stubbornly plain—were built for one purpose: to keep people alive. On the Great Lakes, where storms rise fast and visibility can vanish in minutes, lighthouses were often the only thing standing between a ship and disaster. The Burlington Canal Lighthouse was one of these quiet heroes.

Long before GPS or radar, sailors relied on tools like the sextant and astrolabe to navigate open water. The instruments helped them measure the height of the sun or stars to determine their position. But once they neared land, celestial navigation wasn't enough. Coastlines hid rocks, shoals, and sandbars that could tear a ship apart. At night, everything became even more treacherous. Lighthouses filled that gap—bright, dependable, and visible from miles away. They were the last guidepost before safety.

From Ancient Fires to Modern Lights The earliest lighthouses were simple bonfires lit on cliffs. The most famous early example of a lighthouse was the Pharos of Alexandria, built around 280 BCE. Roughly 120 metres tall it could be seen nearly 60 kilometres out to sea. For centuries, this was the gold standard. The Romans later built their own network of stone towers to guide merchant ships. Some still stand today. But after the fall of the Roman Empire, lighthouse construction slowed for centuries until trade revived in the 18th century and new technology sparked a renaissance in lighthouse design.

Lighting the Way Before electricity, lighthouse keepers relied on whale oil to fuel their lamps. It burned brightly and steadily, but the growing concern over whale populations pushed keepers to switch to lard oil for a time. Eventually, kerosene

became the preferred fuel—cleaner, brighter, and easier to manage. Later came vaporized oil lamps, and finally electricity, which transformed lighthouse lighting forever. Early lighthouses used mirrors and reflectors, but much of the light was lost. That changed in 1822 when French engineer Augustin-Jean Fresnel invented a new type of lens made of carefully cut glass rings and prisms. This Fresnel lens captured nearly all the light from a lamp and focused it into a powerful beam that could reach astonishing distances. But the invention had a hidden danger. To help the massive lens rotate smoothly, it was often floated on a pool of mercury. The vapors were toxic. Many cases of “Lighthouse Keeper’s Madness,” once blamed on isolation, were likely caused by mercury poisoning.

The Life of a Lighthouse Keeper Despite the technology, it was the keeper who made the lighthouse work. The job was demanding, lonely, and often dangerous. Rogue waves could smash into the tower, sometimes destroying them. Ice storms coated ladders and railings. A missed step or a moment of carelessness could be fatal. In Canada and the United States, lighthouse keeper positions were often political appointments and many had no maritime background - farmers, carpenters, or even lawyers—anyone reliable, sober, and steady. A failure to tend the light could mean a shipwreck, so expectations were strict; daily trimming wicks, refilling fuel, cleaning soot from the lens, and winding the heavy clockwork that rotated the light. In fog, keepers had to activate the foghorn, sometimes by hand. As technology advanced, they also relayed weather reports and distress calls using Morse code and later radio. Lighthouse keeping often became a family tradition. Keepers passed the role down through generations, and women played a significant part in this history. When a keeper died, his wife or daughter often took over, already familiar with the routines and responsibilities.

Canada’s Lighthouse Story Canada’s vast coastlines and inland waterways made lighthouses essential. The first Canadian lighthouse was in Louisbourg, Nova Scotia, in 1734. After Confed-

eration, Canada expanded its network, including the impressive Imperial Towers on Lake Huron. These stone towers were built by Scottish mason John Brown, who also constructed the Burlington Canal Lighthouse.

The Burlington Canal Lighthouses When the Burlington Canal was dredged a second time and reopened in 1832, two small lights marked the entrance. but the shoreline stayed dangerously dark at night. According to local legend, “wreckers” sometimes set up fake lights along the beach to lure ships aground and steal their cargo. A new lighthouse, a five-story, octagonal wooden tower was constructed by American John L. Williams. George Thompson, the keeper of the lighthouse, was responsible for more than just the light. Strong currents scraped ships against the wooden piers, and sparks from steamships often set the piers on fire. Thompson and the ferryman sometimes had to rip off burning planks with their bare hands and throw them into the canal. A fire in 1856, started by a spark from the steamship Ranger, destroyed the wooden lighthouse and keeper’s house. The current lighthouse, a tall, round limestone tower 90 feet high with seven-foot-thick walls, was built in 1875 for \$10,479.98, a huge sum at the time.

George Thompson: The First Keeper George Thompson, a retired sailing master, became the first keeper of the current lighthouse in 1858. He served until 1875, and his diaries, kept at the Joseph Brant Museum, offer a rare look into his life. He earned \$75 every three months. The Burlington Canal Lighthouse was one of the first in Canada to switch from whale oil to coal oil. Coal oil freezes easily. Thompson wrapped the lamps in flannel and rope yarn, yet the oil still sometimes froze solid.

The Last Keeper As technology improved, the role of the keeper slowly faded. By the late twentieth century, the last man to see the job through was Peter Coletti until automation in 1987. Locals remembered him as a colourful character with a “pirate aura.” He had never worked at sea, but he was a self-taught handyman who found his calling later in life. His two parrots—Foghorn

and Gasbag—became part of his legend. Even after the lighthouse was decommissioned in 1961, Coletti continued tending the canal’s lights and bridges. Through the 1970s and 1980s, he remained a familiar presence on the pier. He was the last person to live in the keeper’s cottage before it was vacated in 1991. Later, he worked at lighthouses on Lake Erie and in New Brunswick, before retiring to spend his days enjoying life on his small fishing boat.

Navigation Today Modern ships still pay attention to lighthouses, but they no longer rely on them the way they once did. Today, most navigation happens through electronic systems that show a ship’s exact position, speed, and surroundings in real time. GPS provides constant location updates, and radar helps crews “see” other vessels and obstacles even in fog or darkness. Electronic charts have replaced paper maps, and they warn captains automatically if they drift too close to shallow water or a restricted area. Many harbours, including Hamilton, also use automated beacons, sensors, and traffic-control systems. They work a bit like the guidance systems you’d see at a busy airport, directing traffic and keeping everyone in their proper lanes no matter the weather or visibility. These signals go straight to the ships and help coordinate safe movement through narrow channels.

The old lights still shine, their glow softened by time, now part of a broader network that keeps ships on course. They stand as reminders of the days when a single keeper’s hand made all the difference.

A New Role for the Burlington Canal Lighthouse

Today, the Burlington Canal Lighthouse is a protected heritage site. Though no longer an active aid to navigation, plans are underway to move and restore the lighthouse and its cottage. The goal is to create a public space that preserves this important landmark and honours the people who kept its light burning. Lighthouses may no longer guide ships the way they once did, but their stories—of danger, duty, and determination—continue to shine.

HOPA PORTS WELCOMES FIRST VESSELS OF THE 2026 GREAT LAKES SHIPPING SEASON



HOPA welcomed the first vessels of the 2026 Great Lakes shipping season to the Port of Hamilton in late March, marking the opening of navigation.

Each year, HOPA recognizes this milestone with the ceremonial presentation of a Top Hat to the captain of the first arriving vessel, a tradition that began in Hamilton in 1947 and continues today as a symbol of respect for the mariners who navigate the Great Lakes–St. Lawrence Seaway System.

“The arrival of our first vessels is always a meaningful milestone,”

said Vicki Gruber, Harbour Master and Director of Safety & Security at HOPA Ports. “In Hamilton, we’re proud to mark the 79th annual Top Hat Ceremony, nearly eight decades of celebrating the people who navigate our waters and keep the supply chains moving safely.”

This year, the MV Florence Spirit, operated by McKeil Marine, was the first vessel to arrive in the Port of Hamilton. The vessel and its crew were formally welcomed by HOPA Ports, with Captain Michael Rodaway receiving the ceremonial Top Hat in recognition of opening the season.

“Being recognized at the Port of Hamilton’s Top Hat Ceremony is especially meaningful to McKeil Marine as we mark 70 years as a Hamilton-based company,” said Scott F. Bravener, CEO of McKeil Marine Limited. “It reflects the professionalism of our crews and our long-standing commitment to safe, reliable, and efficient operations.

Hamilton has been home to McKeil since the beginning, and we’re proud to continue supporting Great Lakes trade.”

For Captain Rodaway, the recognition is a point of pride for the entire crew. “This will be my third Top Hat for Hamilton,” he said. “It’s always an honour for the ship, the crew, and myself.”

The start of the shipping season signals the movement of essential materials that support manufacturing, construction, and food production across Ontario and beyond. As Canada’s largest Great Lakes port by tonnage, the Port of Hamilton plays a critical role in regional and national supply chains, handling cargo that supports steelmaking, agri-food, and industrial activity.

With the first ships now underway, HOPA looks ahead to another safe and productive shipping season for the communities it serves.

To learn more about HOPA visit: www.hopaports.ca

HELLO NORTH END, IT’S NICE TO BE HERE

SUBMITTED BY LAURA FARR

I mean that, truly. You see, when my now-husband and I realized we would need to find a place to make our home together, fit our combined three children and have a spot for bicycles that isn’t our front hall, we absolutely thought we would end up at Westdale.

His two children went to Westdale and McMaster respectively, and mine went to Cathy Wever, in catchment for Westdale, so this made sense on paper. The reality, though, was a lot of really bad student flips that would need a lot of work to make them workable, and no real change to my husband’s commute times.

Both of us had homes not far from each other in the Landsdale neighbourhood, and we had begun to think we were looking for a unicorn - 4-5 bedrooms, a decent yard, and a place to put the bikes, (It was a serious issue in both our homes!), and within our budget.

Then we started seeing homes in the North End. We found our unicorn-house and had an accepted offer within a week of looking and moved here in November 2024.

You’re here, so you already know this neighbourhood’s charms and challenges. It’s close to the waterfront and known for being a tight-knit community. I worked for a few years at Bennetto Rec centre, so I had seen that sometimes that idea of a “tight knit” community is usually insular, stagnant in belief and not open to new people,

who may be viewed as outsiders no matter how long they live there.

And much like when I moved to Landsdale from Strathcona, that preconceived notion couldn’t have been more wrong. When I moved there, I had written an article wondering if I was being neighbourhood elitist due to the negative reputation of the area. Was my worry about moving there all in my head, or the reality? I challenged myself to get to know my neighbours, get involved, and those are people that will be lifelong friends.


The North End is no different - the reputation for being closed and not being a “real” North Ender is not the reality. It is a community where people say hello when you pass on the sidewalk and stop to chat. A community where neighbours are looking out for each other in many ways. It’s also a community that cares and shows up for each other.

A community at its very core is its people, and the people here definitely have shown us this is a community with a deep sense of belonging. We have found that by being open and reciprocating that friendliness, we feel that we belong here.

The North End is so much more than the waterfront, the train tracks and the industry. It’s more than GrandDads, and Fisher’s Pub and Bonanza (does Bonanza count if it’s past the tracks?). It’s more than Bayfront and the Strachan Linear Park and the Sunset Cultural Garden. You see where I am going with this - the North End is its people.

And we are happy to call the North End home.

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2026 AROUND THE BAY RACE



The Around the Bay Road Race passed through the North End again this year, bringing runners along the waterfront between Pier 8 and Pier 4.

Earlier in the morning, along Guise Street near John, runners began moving toward the 5K start area and before long had filled the road. As they got closer, the scale of the race became clear. Thousands of runners were moving through the course. The road stretched back as far as you could see, a continuous line of athletes heading along the harbour.

All along the route, people held up signs and waited for runners they came to support. The weather stayed cool and grey, with light rain through the day, but families, kids, neighbours, and visitors still lined the waterfront.

By the time runners returned to the finish area later in the morning and into the afternoon, the space around Pier 8 was loud and full of energy. People were cheering, whistling, calling out names, and using horns. Signs stayed up as people watched for familiar faces coming in.

Runners came through at all paces. Some slowed right away to catch their breath, while others kept moving as they finished and looked around. Their expressions were a mix of being tired, focused, relieved, and sometimes already smiling as they searched for familiar faces.

Near Pier 8, many of those moments came together. People spotted each other, waved, and made their way over. Hugs followed, along with smiles and quick conversations right after the run.

One of those moments was with Patrick Mouaikel, a North End runner, who had just finished the 30K when he spotted his running group nearby. His face lit up as he saw them and he went over to join them. He described this group as something that recently started, saying, "We had a long run group that started this year with a few very fast runners, they included me for some reason! They're a great group that is helping everyone try to get better at their goals, some are trying to improve on the marathon like myself and a few are training for some longer ultra marathons."

Throughout the day, there was a steady mix of people with connections to the North End, as well as those visiting from outside the area, all sharing the same waterfront space.

That sense of connection came up in conversation as well. Joe Curto, the president of the Fratellanza Racalmutese Italian Club, spoke about growing up in the North End and how much the waterfront has changed over the years. He remembered when the area was far more industrial and talked about how much it has improved since then. His words carried a lot of pride in the neighbourhood.

The Around the Bay race has long been part of Hamilton, but along the North End waterfront it becomes more than just the run. It brings people together, gives them a place to reconnect, and fills the area with energy for a day.

For those who call the North End home, it is a chance to see the neighbourhood full of life and to share it with others, even if just for the day.



LIBRARY UPDATE

Victoria Day Closure - All HPL Branches are closed on Sunday, May 17, and Victoria Day, Monday, May 18. Bookmobile is off the road. Extended Access and Study Hall services are not available. Regular service hours resume on Tuesday, May 19.

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

Study Halls Study or work quietly at Dundas, Red Hill, Terryberry, Turner Park, Valley Park, and Waterdown branches after hours Monday through Thursday, 8pm to midnight. Full details can be found online. (Central Library's Study Hall returns in Spring 2026.)

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 in!

LinkedIn Learning and BrainFuse for Students and Job Seekers - From online studying and tutoring services to job search tools, visit BrainFuse and LinkedIn Learning for free with your HPL library card.

Online Resources at HPL Save with your HPL library card in 2026! 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, or chat with us at hpl.ca.



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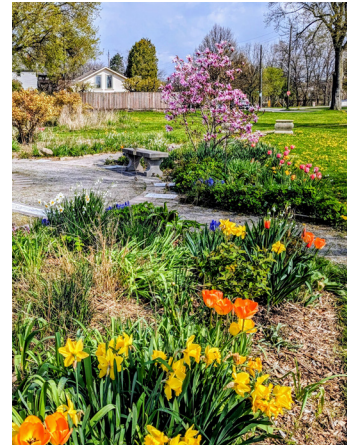
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SUNSET CULTURAL GARDEN
 Bay North & Strachan West



NEW LIFE FOR AN OLD CHURCH CONTINUED FROM FRONT PAGE



PEREGRINE FALCONS RETURN TO DOWNTOWN NEST

SUBMITTED BY MARY ANNE MCDOUGALL

Once widely distributed in the Ontario wilderness, Peregrine Falcons disappeared due to exposure to pesticide DDT. Breeding programs began in 1977 introducing six hundred captive-raised juveniles. They have adapted very well to urban life where cities with tall buildings replicate the cliffs usually used for nesting. An adult Peregrine Falcon was identified in downtown Hamilton in 1994 and the following year a pair were discovered nesting on a south facing ledge of the Sheraton Hamilton Hotel 18 floors above busy King Street West. In what is known as nest fidelity the site has been home to many different pairs. With its location and easy access to prey (i.e. pigeons) it is a prized location for an urban pair of Peregrines. Territorial battles have displaced older or weaker adults over the years.

McKeever and Judson began their fifth season together with the first egg appearing on 22 March 2026 and over the next few days McKeever laid three more eggs with the final one evident on 29 March. Peregrine Falcons incubate the eggs for approximately 35 days, so we can expect to see chicks in early May.

The Hamilton Peregrine Community Project and Falconwatch monitor the nest site with a live webcam. Information is available on the website detailing the history of the Sheraton nest site. Current news and updates will be posted there. Banding will take place at about 21 days after hatching and will be live streamed on our Facebook page, Hamilton Falconwatch (Official Group).

Peregrine Falcons will develop flight feathers by about five weeks,



taking their first flights at approximately 40 days of age. Falconwatch volunteers position themselves around various locations downtown to monitor the chicks. Initial flights can be hazardous for these young falcons as they navigate the tall buildings and develop the skills necessary to land and take off successfully. Last year four Peregrine Falcons eventually fledged successfully after an eventful Falconwatch involving five rescues.

Hamilton Falconwatch will begin our "Feet on the Street" watch in early June. For more information on volunteering or donating please visit our website. A volunteer Orientation session will be held in May (TBA). No previous experience is necessary. Binoculars will be provided.

Which brings us back to the gardens. The land where the parish hall stood is heavy and sticky with clay. There's old asphalt in other places. But there's also the possibility of life here. There's life as we grow food. The garden boxes are filled with fresh soil. Last summer we harvested tomatoes, Swiss chard, and squash. This spring we've already enjoyed spinach. There's also life here as people come together. Not everyone feels comfortable stepping into a church. But we hope that every neighbour feels able to enter our garden and experience it as an oasis. We especially want to invite our neighbours to gather at the turn of each season. In the last year and a half, we've marked each solstice and equinox with a backyard potluck, open to everyone. Yes, we sat outside in late December – a perfect time for roasting chestnuts!

And there's life here for our spiritual journeys. The sprouting seeds, the revival of damaged soil, and even the decaying compost piles are teaching us about what it means to be fully alive. After all, Jesus himself often taught through garden metaphors. Just as Jesus' stories about planting, harvesting, and pruning are coming alive for us as we garden, we want to keep learning by engaging with other ordinary activities. This year we're hosting three free community events. Each evening will centre the stories and wisdom of practitioners who work in the areas of hospitality, ecological sustainability, and creativity. It is an invitation to listen, consider together, and dialogue about what helps people and communities flourish. The first one, a panel of (and for!) people in the service industry, is happening on Monday May 11th from 6:30pm to 9:00pm in St Luke's church, 454 John St N. All are welcome. Whether or not you can join us, we pray that St Luke's – its place and people – contributes to the flourishing of the North End.

Beautiful Alleys

In honour of **Brenda Duke**

You're invited to celebrate the renaming of her greenspace.

Sunday May 3rd
 12pm-1pm

Brenda Duke Greenspace
 171 Birch Ave, Hamilton ON

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 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.

Upcoming Sacraments

Confirmation - May 9, 2026

Garage Sale! - The St. Lawrence Mens Club are
renting tables for our Parish Garage Sale on
Saturday, June 6 from 8am to 1pm. Tables will
be rented for \$20 each. Please come out, rent a
table, get rid of some stuff and make a few
bucks! Please call or email the parish to reserve
a table.

Hall Rentals are available! Call the office or
visit 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



Welcome Inn
Community Centre



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

For real time program info:
hamilton.ca/gym



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.

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	

NOTES: Centre will be Closed on Monday May 18, 2026 (Victoria Day)

For information on swim admission criteria and supervision requirements:
<https://www.hamilton.ca/things-do/recreation/customer-service/swimming-policies-guidelines>

Registered Programs for 3 to 5 Year Olds at Bennetto Community Centre

SportsBLAST

Run! Jump! Throw! Kick! These fundamental movement skills are the building blocks to developing your child's physical literacy. Each week will introduce new skills that will help your child build confidence and strength in their physical abilities.



Tuesdays from 5:00pm to 5:30pm
 Starting April 7th
 9 Sessions
 \$28.98
 Course Code: 31672

Exploring Art

Themed play to introduce your little ones to the wonders of the visual arts. Children will engage their artistic side through a variety of art media.

Thursdays from 5:15pm to 5:45pm
 Starting April 9th
 9 Sessions
 \$28.98
 Course Code: 31587



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

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!

Hamilton Students and Community Members Transform Jamesville Redevelopment Site into Outdoor Gallery

Head to the corner of James N and Strachan to check it out today!



NORTH END BREEZES TEAM

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses in print and reaches across the City on-line. Contact us at 905-869-8185, by email at office@northendbreezes.com, on our website: www.northendbreezes.com, or visit our socials @northendbreezes.

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

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses in print and reaches across the City on-line. Contact us at 905-869-8185, by email at office@northendbreezes.com, on our website: www.northendbreezes.com, or visit our socials @northendbreezes.

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

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

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

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

NORTH END BREEZES MISSION

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

NORTH END BREEZES VISION

The North End Breezes is a vital resource in the North End that promotes harmony, pride and collective community action in a diverse and ever-changing neighbourhood. For over 50 years we've been a resource for the community and rely on our volunteers to keep the information flowing for years to come. Help us grow your Breezes. Please email your thoughts to office@northendbreezes.com or call 905-869-8185 | Website: www.northendbreezes.com | Visit our socials @northendbreezes

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

Kids' Summer Day Camp
 Going into SK - Grade 5



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






Neighbourhood soccer league running for over 30 years!

NORTH END SOCCER LEAGUE

Partnering with EPIC & Onside

DIVISIONS FOR U6, U8, U10, U12

10 WEEK SEASON - MAY 19TH TO JULY 21ST
 GAMES ARE PLAYED AT EASTWOOD PARK ON TUESDAY NIGHTS, 6:30 - 8:00 PM
 EACH NIGHT INCLUDES:
 PRACTICE - GAME - BIBLE TALK

COST: \$119 (Includes Jersey, socks, player cards, awards & BBQ)

For more information about registration or the league please email: office@jamesnorth.church or call 905-527-3972
 *sponsorships are available, please contact the church for more information.






JAMESNORTH.CHURCH

AGES 6-12 REGISTER FOR **GRUB CLUB**

Wednesdays
 5:30pm-7:00pm

RUNS FROM MAY 20, 2026 UNTIL AUGUST 26, 2026

Compass Community Health
 Main Site
 438 Hughson St. N.

FREE PROGRAM

SEE YOU THERE!

For more information contact Health Promotion at 905-523-6611 x2084 or mbohn-kai@compassch.org









NORTH END GARAGE SALE

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 the North End and discover treasures, vintage finds, household goods, plants, toys, and more as neighbours host garage sales across the community. It's a great chance to declutter, hunt for bargains, and connect with neighbours while exploring the North End. Please scan the QR code to fill out the survey to sign up.

All details will be published at northendgaragesale.com. For any questions and to volunteer please contact: northendgaragesale@gmail.com



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