

**5th Annual Rain
Barrel Fundraiser**

Saturday, May 8

Details to follow



MARCH 2021 | VOLUME 3 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

SOCIALIZING ON WEST HABOUR: BAR OR PLAYING FIELD?



SUBMITTED BY ROBYN GILLAM

On a blustery late January day in Pier 4 Park, the wind blew loudly through the trees across a cloudy sky as water heaved in dark mounds in the harbour and ice fragments jangled.

However, on Macassa Bay, it was calm. A huge collection of water birds-- Canada Geese, Mallards, Trumpeter Swans and the odd Scoter--was parked comfortably on a sandbar stretching halfway to Bayfront

Park. Although the bar was pretty crowded and some small birds had to jostle for position, there was remarkably little fighting, only a low, contented hum of subdued quacks and honks.

It's the location that brings so many different birds together. Outside of the boating channel, the unusually shallow waters provide plenty of easy meals located between the nesting sites of Pier 4 and Bayfront park. The bar is great place to socialize going into breeding season. Unnaviga-

ble for boats and sheltered from the strong currents and winds that sweep across the harbour, this is the perfect place to grab an easy meal, meet prospective mates and raise a family. By later in the year, when there are more people around, most of the young are hatched and growing up fast.

A couple of weeks later, the temperature had dropped sharply and the bay and west harbour were covered in a layer of ice, topped by snow. Only Canada Geese could be seen flying around in formation. Mostly,

though, they were congregating just off the northern shore of Bayfront park, a favourite location for most water birds. As they marched across the ice, they walked, as well as flew in single file, or in pairs. They might stop to drink at a thawed puddle on the surface, or just sit quietly. However, it didn't stay quiet for long. There was a crescendo of honking as a formation burst above the treetops and the geese out on the ice answered with many different types of voices.

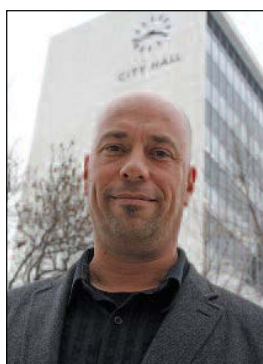
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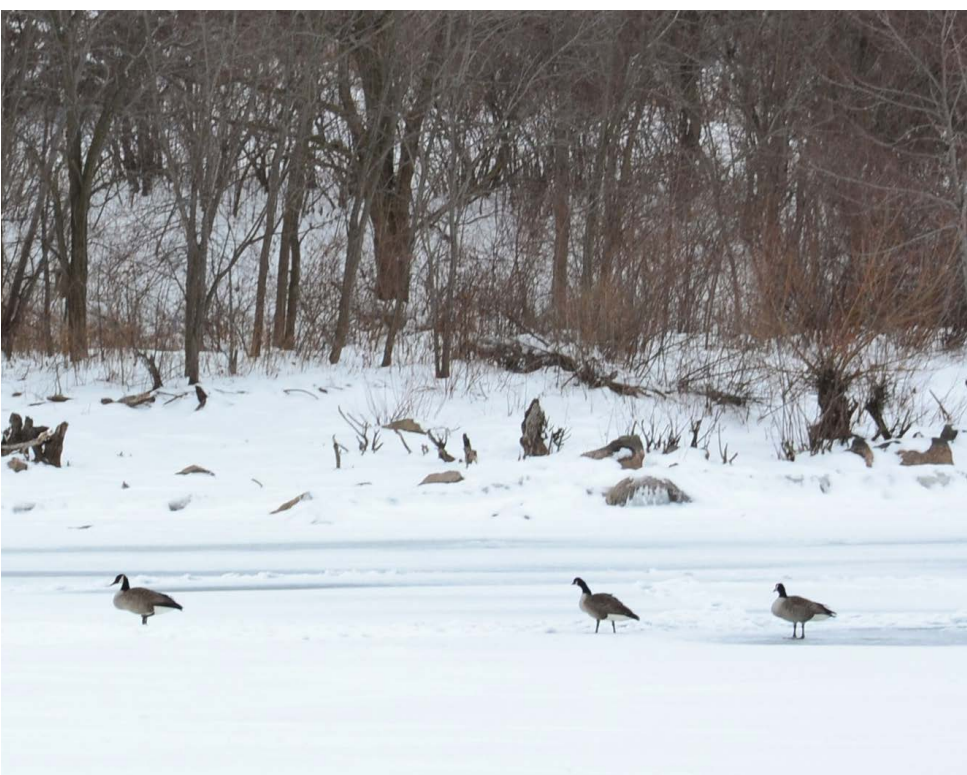
SOCIALIZING ON WEST HABOUR: BAR OR PLAYING FIELD?

CONTINUED FROM FRONT PAGE

While Canada Geese like to socialize in close proximity, they also communicate at a distance, through these sounds. Out on the ice, or nearer the shore, they take advantage of different conditions and fewer people to fan out all over the bay as the sun becomes warmer and the spring approaches.

The birds mesh well with their environment, as they have done for millennia. During a thaw there is plenty of food in the shallows and the sandbar provides a place to rest those webbed feet as well as an opportunity to socialize: there is room for all types of birds. A cold snap is particularly congenial for the geese, who can fan out over the snow covered ice, a surface both vast and intimate. A human needs skis or an ice hut, but the geese roam freely, able to walk or fly, if they so choose. The frozen lake is not so much a food source, as the site of play. There is more to adaptation than survival.

For more info see Cornell University's Website, "About Birds"



THE BOATHOUSE COMMUNITY OF COOTES PARADISE

SUBMITTED BY BRAIN ROULSTON

Sometime during the early 1900s, a community with about 100 boat-houses made mainly of tar paper and corrugated iron in various shades of decay popped up along the south shore of Cootes Paradise, not much more than a stone's throw away from Burlington Heights. This communi-

ty was interchangeably referred to as "Shacktown" or "The Boathouse Community."

The upper society of the day viewed the inhabitants as squatters, lazy and rough. City planners also viewed them as a problem as they stood in the way of making the area attractive, moral and orderly, in other words, a Beautiful City: Utopia. The city even went so far as to having a contest for making the area beautiful. The winning design featured a park with bandstands, fountains, boulevards, a zoo and an art gallery.

Many of those who settled in the

community were unskilled workers who were not qualified for any meaningful jobs. Shacktown residents enjoyed excellent access to fresh water fishing on the bay and catching turtles, muskrats, beavers,

squirrels, rabbits, deer, ducks and other wildlife found in the marsh. The Shacktown residents managed to etch out a small living by selling their catch to area restaurants and by trading furs.

Much of the area's bad impressions of its inhabitants stemmed from the rough crowd of regulars that often gathered at the local hotel in Cootes Paradise. They were said to be heavy drinkers, illegal poker players and gambled on blood sports. While there were squatters and transients among them, most of those who lived in the area rented or leased their land from area farmers, the City of Hamilton or the TH&B (Toronto-Hamilton & Buffalo) rail line.

On September 30th, 1932 TH&B



who was originally "given" the land by Crown Grant handed the land along with the leases or rents over to the city. This partially paved the way to the Aviary Sanctuary and the Royal Botanical Gardens as we know it today.

It was also the beginning of "The War on Squatters" where social and political leaders including town planners, nature conservationists and moral reformers tried to drive Shacktown residents from their homes. Some left willingly without a fight. However, most never budged for several years after the depression. Today Shacktown is nothing more than a faded Hamilton memory. (It is the subject of a novel The Fishers of Paradise by Rachael Preston.)



WALKABOUT:

ART GALLERY OF HAMILTON

SUBMITTED BY KEN HIRTER



Who doesn't love art, from the splashes of color and the vibrance that unfolds in art, in a sculpture and the storytelling along the halls, walls & corridors? Let forth the imagination and the art installations take you inside this month's walkabout and one of my favorite places to be, that place being the Art Gallery of Hamilton (AGH).

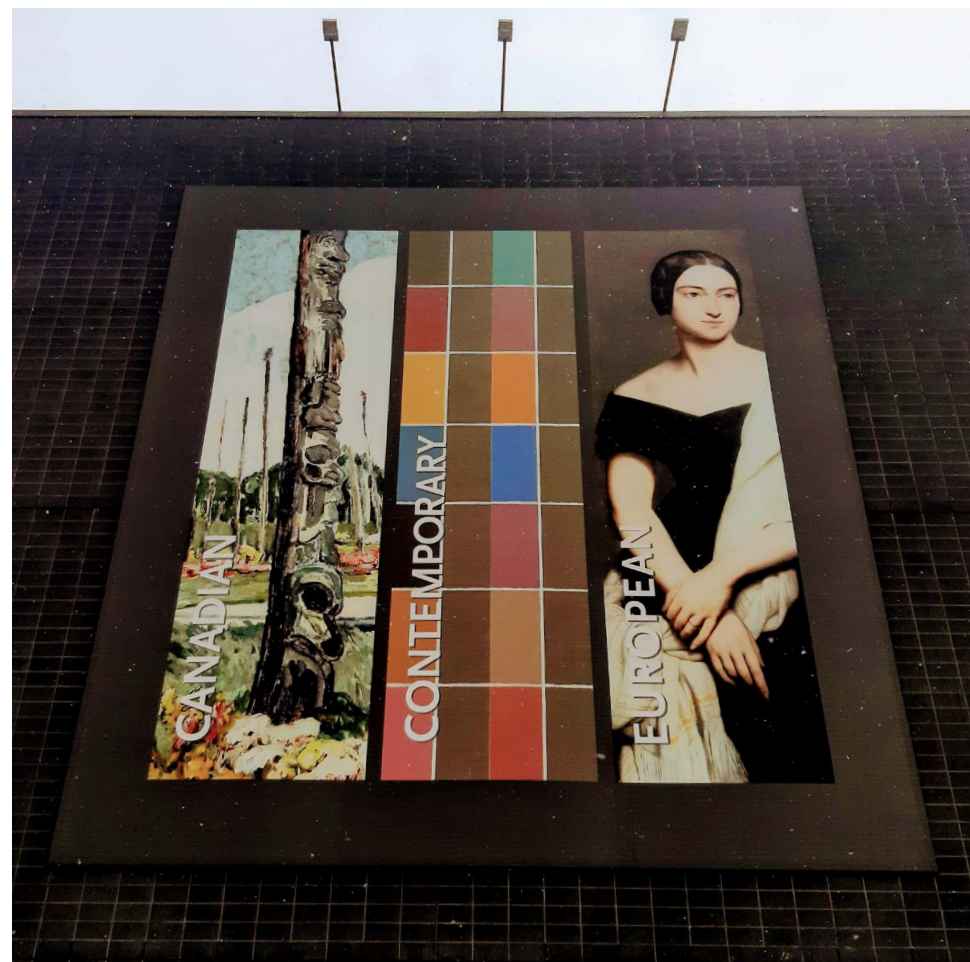
The definition of art: the expression or application of human creative skills and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power. A few examples range from the Renaissance through Art Deco to the contemporary fine and modern arts of today.

A Brief History of AGH

Founded in January of 1914 and opening to the general public in June of 1914 in a building previously occupied by the Hamilton Public Library. In 1953 the Gallery moved to its new building on Forsythe Avenue in Westdale. A new gallery was built as part of the City's Civic Square Project and opened in October 1977 next door to the Convention Centre and Hamilton Place. It was designed by architect Trevor P. Garwood-Jones. The premise is over 7000 square meters spread out and flows beautifully throughout their 2 levels. 2005 saw renovations by Architect Bruce Kuwabara throughout the halls, galleries, coffee & gift shops. The beautiful Joey and Toby Tannenbaum Pavilion - a gathering place for events from films to the music is enhanced by the beauty of the sculptures and lights in the Irving Zucker Sculpture Garden next door. Hopefully will be up and operating to the general public again and artwork for purchase along the way too!!!

Today the AGH is home to over 10,000 pieces including Canadian historical, international and modern art. The Gallery also presents outstanding exhibitions and provides accessible programming for all ages and interests.

Please note that of this writing the AGH is temporarily closed due to Covid19 restrictions, but provides on-line programming including tours, films, workshops and story times. For more information on these programmes and to register go to What's On - Art Gallery of Hamilton (<https://www.artgalleryofhamilton.com/>).



whats-on/)

Did you know, that the AGH has been ranked #9 of #168 things to do in Hamilton by TripAdvisor?

My fond memories of the Art Gallery of Hamilton are a few of the exhibitions that I have walkabout in 2019 including "Around the Bay", "Hamilton Now" and "Milli: A Celebration of Style" to name just a few.

With March break moving to April hopefully the doors will once again be open, so bring down the kids or simply go solo with earbuds in play and once again walk the corridors of this wonderful museum in the heart of downtown Hamilton.

AGH and away we go back to the colors, vibrance and the art - all the beauty that art gives to ease these stressful times. This spring go out and discover the museums in your neighborhood, just remember to call in advance to see if they are open.

For general information:

The AGH is located at 123 KING STREET WEST.

Their website is www.artgalleryofhamilton.com

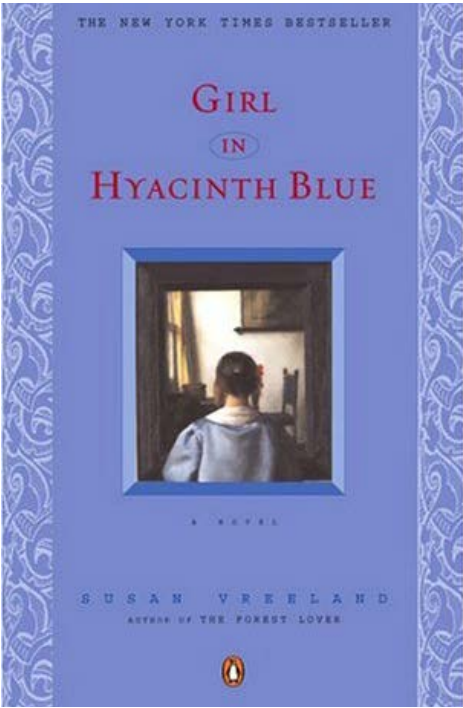
or you can reach them by phone at (905) 527-6610. Tickets range from \$4 - \$10 e-registernow.com.

Till next month, cheers and take care!



BOOK CLUB CORNER

SUBMITTED BY KIT DARLING AND THE MEMBERS OF THE BAY AREA BOOK CLUB



At our February video chat, we discussed **Girl in Hyacinth Blue** by **Susan Vreeland**. Comprised of eight stories, interlinked by the history of a painting, the book begins in current day with a mystery of sorts. After attending the funer-

al of a colleague, the math teacher, Cornelius Engelbrecht invites Richard, the art teacher to his home. He wants to show him something. That ‘something’ is a painting. “A most extraordinary painting in which a young girl wearing short blue smock over a rust-colored skirt sat in profile at a table by an open window.” Cornelius claimed that it was a Vermeer. And thus begins the mystery and the history. How did Cornelius father acquire the painting? The second story, titled ‘A Night Different from All Other Nights’ is set in Amsterdam during World War 2. The painting is in the home of a Jewish family and we gain insight into the theft of the painting and explains how it came to be in the possession of Cornelius in the previous episode. And so it goes through the book, each episode taking us further back through history and finally reveals the origins of the painting. Several of us found the transition between time periods disorienting. We talked about what the painting meant to the various characters in the book, and what art means to us. And the question remained at the end of the book – “What happened to the painting in the end?”. An interesting read, more like a series of related short stories. (Cover with permission, Penguin Books)

And here are some recommended reads available from the Hamilton

Public Library. To borrow them or place a reserve, go to <https://hpl.bibliocommons.com> .

Mafiaboy by Michael Calce & Craig Silverman. In 2000, 15-year-old Michael Calce, aka “Mafiaboy”, was arrested in Montreal by the RCMP & the FBI for hacking & shutting down the websites of CNN, Yahoo, eTrade, Dell, Amazon and eBay. His arrest ended the search for the most wanted “man” in cyberspace. The book takes the reader into the fascinating world of hackers; their motivation, their determination, and their goals. Calce walks the reader through his early life which seems to be pretty much that of a typical young boy going to school, hanging with friends, being part of a family; but there was something remarkable about his young life. His advanced computer skills were self-taught from the age of 6 when his father bought him his first computer. Calce speaks candidly about his attraction to computer-user clubs. It was a community built on an obsession with computers and the free exchange of information, however his actions went too far. He was subsequently charged and convicted. Luckily, he emerged a better person and is now a cyber security consultant. Calce says, “Mafiaboy is dead. You can call me Michael”. A good read. - Paige Turner

From the Ashes: My Story of Being Métis, Homeless, and Finding My Way. By Jesse Thistle

Abandoned by both parents as a toddler, Jesse shares the painful, often gut-wrenching but ultimately redemptive story of his journey through despair, addiction and homelessness. A school dropout and now a scholar at York university where he is an assistant professor ad PHD Candidate. His focus is on Métis history and the impact of intergenerational trauma. A Canada Reads 2020 contender defended by Canadian Country singer George Canyon. In Thistle’s own words, “I want readers to be left with a sense that I am, and people who are like me, who are in that situation and have addictions and cycle in and out of the justice system, we’re just like everybody else.” I believe that he has succeeded in this. An inspiring read, brutally honest and sometimes difficult, it is worth the effort. Kit Darling

Note: The bookmobile will be at Eastwood Park on Thursdays from 4:30 to 5:00. There will be no access to the bookmobile to browse, but staff will be on hand for contactless returns and holds pickup.

Have you read any of our recommendations? Liked any of the same books we talked about or disagreed totally? Let us know at bayareabookclub@bell.net .

Are You Missing That Printed Copy of The North End Breezes?

As soon as it’s safe for our volunteers to deliver, we’ll be printing again. In the meantime, our electronic version on the website www.northendbreezes.com is really quite good. We also offer a link to the paper that you can get by email. Send us your email at office@northendbreezes.com and we’ll add you to the list!

Let The Breezes Help You Promote Your Business!

Let’s get down to business.....We want to help you promote your business while you struggle with restrictions. Send us a quick email about how you are continuing to serve the North End and we will feature you in an upcoming issue free of charge. Email ads@northendbreezes.com

MATTHEW GREEN

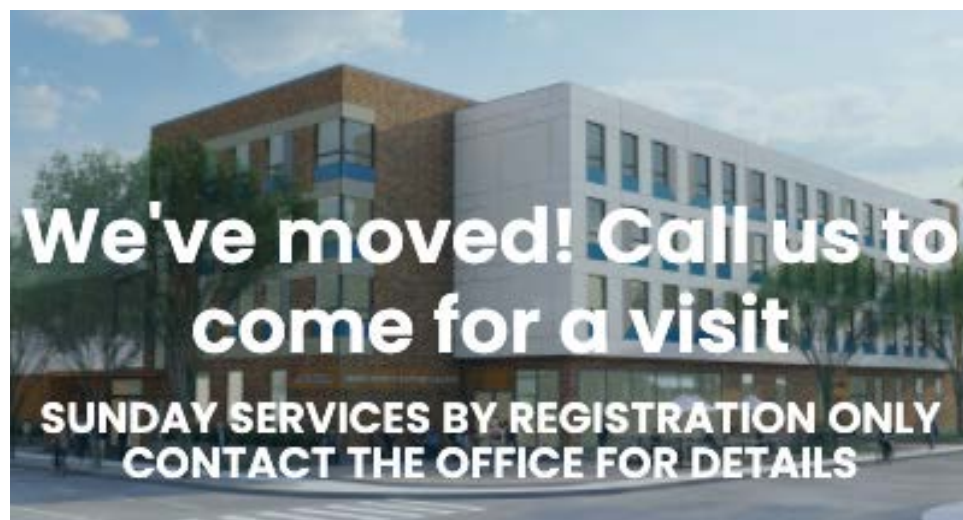
Member of Parliament
Hamilton Centre



Matthew Green, MP
Hamilton Centre

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





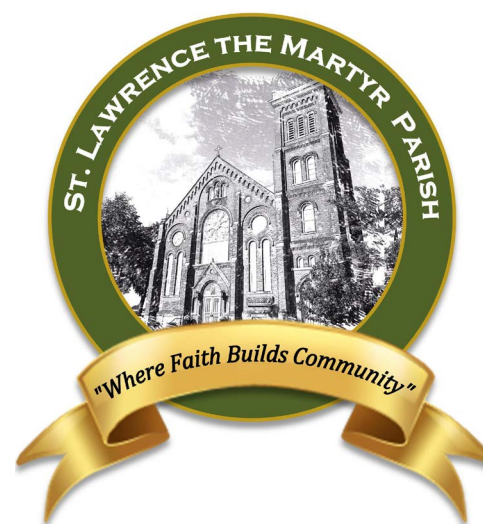
500 James St N, Hamilton
Contact Phone: 905.527.3972
Email: office@jamesnorth.church
Office Hours: Mon to Fri 9AM - 4PM
www.jamesnorth.church

James North Baptist Church has been a part of the North End for the past 133 years. Their congregation has been more than just a worship gathering on Sundays. Under the leadership of Pastor Dwayne Cline, we believe the Lord has called us to a very simple philosophy of ministry. We seek to bless the North End of Hamilton in Jesus' name. We minister to as many people during the week as we do through our Sunday worship times.

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 is in Jesus Christ.

At James North Baptist Church we strive to continually offer the hope of Jesus to others through our ministries and programs.

The church is looking forward to welcoming neighbours to the new building. During the Covid lockdown they are having live-stream services every Sunday at 10am. Once the lockdown is over they anticipate returning to live services at 30% capacity. Pre-registration for those services are required. Find all the details for joining in the services on their website at www.jamesnorth.church. On Fridays from 9:30am to 11am Coffee's On Food Bank is still operating, under the existing protocols.



AN UPDATE FROM ST. LAWRENCE THE MARTYR PARISH

Once again with provincial health restrictions our Sunday Masses are cancelled and our office is closed until further notice.

We are live streaming Mass on our facebook page at 11:00 a.m. on Sundays

Contact Us

Please note: the office is currently closed due to Covid 19 restrictions but our secretary is working from home. During the closure, the parish can be reached by email: stlawrencehamilton@hamiltondiocese.com or Phone: (905) 529 3921 and leave a message.

For PASTORAL EMERGENCIES ONLY please call the emergency number 365-888-1275

We thank our parishioners and benefactors for the ongoing financial support of the church during the last several months.

Parish updates are shared at <http://www.stlawrencehamilton.ca>



The North End Breezes Team

The Breezes is published on the first day of the month and delivered to 4,200 homes and businesses. Contact us at 905-523-6611 x.3004, by email at office@northendbreezes.com or on our website: www.northendbreezes.com

Published by:

North End Breezes Board of Directors: Paul Havercroft, Ian McDonald, Chris Pearson, Emily Graham

Editorial Assistant: Kit Darling
Co-Ordinator: Brenda Duke

Layout + Design: Katie Fitzgerald
Circulation & Distribution: The Board, JoAnn Osti, Sheri Selway, Sandra Hudson, Cameron Kroetsch and Steve Osborne along with a dedicated team of volunteers.

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. We strive to publish articles based on these principles and the applicable time frame for the content.

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 enthusiastic volunteers who produce a monthly newsletter in order to promote community connectivity and mutual support by engaging our North End Neighbours.

NORTH END BREEZES VISION:

The North End Breezes will be a vital resource that promotes harmony, pride and collective community action in a diverse and dynamic neighbourhood.

Help us grow your Breezes.

We are looking for ideas, submissions, advertisers. Please email your thoughts to office@northendbreezes.com or call 905-523-6611 x.3004. Leave your contact name and number and we'll get back to you.

Do you already contribute to our publication? Are you interested in sharing your thoughts about layout, design and content? Let's get together! I'd love to hear your ideas. Email or call and let me know. Thanks, Brenda



NENA UPDATE

NENA has a New Website: Thanks to a couple of enterprising volunteers NENA finally has a website that looks like it belongs in the twenty first century! The website is well organized to provide info on Upcoming Events, updates on our various Committees, Meeting Minutes, and

even a Shop to buy North End Merch! Check it out. The new address is: www.northendneighbourhoodassociation.com

Calling All Book Lovers!

NENa has a new subcommittee aimed at resurrecting a library branch in the North End. We are looking for people eager to help in this initiative. These early efforts will be focused on developing strategies and communicating with potential partners (ex. city planners, developers, library board). Skills in storytelling, planning, marketing, design, communications, fundraising, networking, and community engagement are all assets but equally valuable is someone who is eager to grow in these areas. Oh, and of course, if you can come up with

a snaggy campaign name, you're definitely in! This is a subcommittee open to all, neighborhood boundaries do not apply. Please contact Sarah Kam if you're interested or have questions. She can be reached at sarah.kam.babam@gmail.com.

Environment Committee Update:

Even though it is winter, lots is going on with the North End's Environment & Climate Change Committee. Featured this month on the brand new website, Downtown Sparrow, is Environment & Climate Change Committee member, Jon Davey. Along with Juby Lee from the Trees Please project their article looks at why urban forests are essential to our quality of life. It is well worth a read!

Coming up the City will be holding a Public Meeting on the new Urban Forest Strategy. People are encouraged to attend and provide comments. If this interests you, you should also fill out the survey and make sure your voice is heard! City of Hamilton's goal is 30% tree canopy; Environment Hamilton says it should be 40%; Ward 2 has about 12% tree canopy

Finally, two things to watch for: After a successful tree give-a-way this past fall keep your eyes out for another one this spring. We are also hoping to have an upcoming pollinator garden workshop...spring is just around the corner!

HOPA

PORTS

Extended Great Lakes shipping season saves up to 6700 long-distance truck trips in just one week

Shipping season on the Great Lakes closed on January 8, wrapping up its second week-long trial extension of the season. At the Ports of Hamilton and Oshawa, the extension allowed an additional seven vessels, carrying approximately 25,000-30,000 tonnes of cargo each, to come and go from port in the extra week, carrying steelmaking commodities, wheat and canola.

Ordinarily, ice buildup within the Welland Canal and Great Lakes forces an end to shipping season by New Years Eve of each year. The Seaway then remains closed to vessel traffic until the spring thaw, usually in mid-March. During the winter closure, commodities are either stockpiled in large quantity at terminals and factories in Great Lakes cities, or shipped by more CO2-intensive land transportation. The winter closure is the largest barrier to greater use of marine transportation on the Great Lakes, but this successful trial by the St. Lawrence Seaway Management Corporation raises the possibility of a bolder change, toward a substantially extended, or even a close-to year-round Seaway shipping season.

An extended season would allow more cargo to move using marine, the greenest transportation mode. Currently, some shippers see marine ship-



ping as impractical, because of the need for a completely different logistics model for the three-month shutdown period. With a longer season, more industries would be able to work around the closure, and choose marine for shipments year-round. On the land side, the ability to move cargo throughout the year would mean industrial operations could reduce their stockpiles, gain flexibility in their supply chain, and trim their physical footprints.

When substantially extending the Seaway season has been contemplated before, an increase in shipping business alone has never made enough economic sense to justify the necessary costs. A more comprehensive view may, however, include more: the reduction in greenhouse gas emissions versus land transportation, less road congestion, deferred highway expansion costs, lower supply

chain costs for businesses, and the freeing up of industrial stockpile lands for other urban waterfront uses.

“Looking ahead, governments are seeking economic restart ideas that achieve multiple aims: near-term employment; infrastructure for economic and trade stimulus; and environmental improvements,” notes HOPA Ports’ Ian Hamilton. “Further extending the shipping season stands out as a powerful opportunity to deliver a transformative impact to numerous industrial supply chains and local economies, while making a fundamental environmental improvement in Canada’s national transportation system.”

have come together in an unprecedented way to protect port workers, seafarers, and residents in our port cities.”

CREATING COMMUNITY DURING COVID

SUBMITTED BY SHERI SELWAY

During winter and especially during Covid lockdowns or “zones,” it is more difficult to see friends and neighbours. So how do we maintain that sense of community?

Shovelling! Yes, after the first February storm, Shawn and I went out to do our sidewalk. And so did many of the neighbours! We all were socially distant, shovelling the walks. Mine had already been done, so I helped out others. Very friendly and helping each other and chance to talk a bit.

My daughter Zoe lives in Macaulay West with her family. Her block has a strong sense of community. The strength of their community didn’t just happen. It was developed over time by organizing small block parties, backyard get-togethers, water fights or just casual evening porch get-togethers. It is common for one or two neighbours to clear snow from the block, and everyone takes care of

those who live alone or are disabled somehow. But it goes further than that. Using social media (Facebook, Texts), the MacAulay block communicates daily. Support goes far and wide – such examples include helping young families with childcare, helping in an emergency, grocery store pick-up, healthcare support, meals. They trade furniture, books, games and clothing. If someone is out of garlic, someone else runs it over. If someone needs to do a load of laundry, another household will help.

The North-End is full of communities just like this.

There are several “groups” on Facebook, search North End, and they will pop up (some are listed below). The Neighbourhood Association is forming a committee to get a Library in the North End, so find out how to get involved! There is also an app called Nextdoor, which another of my neighbours uses to share information. <https://ca.nextdoor.com/>

There are several “Little Free Libraries” in different parts of the neighbourhood. One is on Mary near Ferrie, another on Wood Street near James

and another on Macaulay near Bay. Great places to bring a book and borrow a book. I also notice that some people put out things to give away. One person on Ferrie E. often has a bin out with items in it. And randomly I find nice chairs, desks etc. that are free to pick up in different parts of the neighbourhood.

Spring is coming, we hope, and there are often people working in the front beds at Bayview and at the pollinator garden at Bay and Strachan.

There are a lot of small things we can do to foster a sense of community. Share a book or a jar of homemade soup with a neighbour! See if he/she needs anything at the store when you are going. It’s a bit harder during Covid, but it makes our neighbourhood a great place to live!

Sheri Selway with thanks to Robyn and Zoe for their ideas!

Facebook groups include: North End Neighbourhood Association, North End Information, Welcome to the North End and The North End Breezes.

10 FRONT GARDEN DESIGN GUIDELINES

FOLLOWED NEXT MONTH WITH
DESIGN TIPS FOR BACKYARDS

SUBMITTED BY CANDY VENNING

1) Going grassless or losing the lawn? Awesome! Skip the boxwoods; they’re not native, they’re all starting to succumb to box blight and there are other choices. Try for a 70% native mix (Liatris, Asclepias, New jersey Tea, Coreopsis) and save that last 30% of non-natives for your true faves I.E. Tree Peonies to tropicals, Japanese Maples to annuals.

2) Skinny concrete path? Consider mapping out a whole new walkway, a jaunty zig zag can add interest as well as updating a tired old standard. Building a wider path to the front door is more welcoming and to allows plants to flop and spread out a little.

3) Pee rocks, maybe you think I

made a wee (pun intended) typo there? Nope, I really meant Pee rocks & not pea gravel. Ever noticed shrubs that come up to the edge of a garden somehow don’t make it? Plants that are the regular target of the local canines ‘watering’ will die, rocks won’t die and you can stop shaking your fist at every passing Fido.

4) Repetition, I repeat, repetition. If a plant works in your yard and you like it then get several more and consider a ‘drift’ of them with a drift of something else in front or behind. Repetition is the easiest way to add calmness and organization to a busy yard – easier said than done because we are all out of control when we get to a nursery and want one of everything!

5) Bird bath to go with all those lovely native plants you’re growing so the birdies can eat your insects and grubs, seeds of your plants AND bathe and drink. If you go this route it’s important to be diligent with cleaning it out daily as diseases can

spread amongst birds and they will come to rely on it as a source.

6) Fencing – I will admit I’m partial to picket fences – they are low and charming – keep the neighbourhood off your plants and add great structure (especially great if you’re going to ‘lose the lawn’) – they suit so many of the older Hamilton houses and their low height makes them much more inviting than backyard fences (which are for privacy) plus if it means you’ll use the front porch more (especially with small humans and your own pups) then you’re adding to the neighbourhood vibe with eyes on the street as well as a friendly wave.

7) Have a bit of fun but also consider the ‘bones’ of your house and porch consider a ‘foundation planting’ (literally used to hide ugly foundations) with a yew hedge as a backdrop and dwarf Oakleaf hydrangeas in front, then grass or groundcover if going formal or structure like a fence if going wild and woolly.

8) Lighting & Irrigation – subtle lighting on porch steps, a motion sensor porch light or fairy lights around an arbour add a bit of charm and are especially lovely in winter with our shorter days.

9) Plant a Tree. The city has a free front tree program but choosing and planting your own native Ontario tree from a nursery is a lovely way to mark a birth or memorialize the loss of a dear one – it’s the number one thing you can do for improving habitat for humans – shade and cleaning the air, habitat for bees as they feast on the early blooms that we often don’t even notice, habitat for birds who feed on the grubs and insects in the tree and even habitat for neighbours - treed streets are more walkable and safer and add to your own property value.

10) And then plant another tree – they’re that important! (there are plenty of native ‘understory’ trees that will add interest and depth to your landscape.)



MAKING THE BREEZES WORK FOR YOU, VIRTUALLY!

We are constantly looking for ways to make on-line viewing better for you while we work through the restrictions of the pandemic.

With the valuable assistance of our web designer, Marie Mushing, we’ve updated the Breezes website.

We now have a state of the art “flip” version that’s just like reading a paper.

Our community partners needed more recognition so we added individual tabs to host all of their updates and articles. Ask us how you can be a community partner by emailing us.

Many of our articles and events have been archived but can still be found under the search option. Our current writers now have their own tab with a photo/logo and bio so you can follow all of their articles.

If the website isn’t your choice, we are now offering to email you a link to the current issue and if you follow Twitter, that’s active now too!

Your Board of Directors is closely watching the current social climate for the day we can safely deliver a printed copy to your door.

Visit www.northendbreezes.com or email us at office@northendbreezes.com

ADOPT THE BREEZES

We hear stories every day that touch our hearts and make us wonder how we can make a difference. Should we bring a new pet into our family? Is there a child that needs a loving home? Or perhaps there is a cause that could use your support.

Thank you for supporting your community newsletter. Since 1971 this newsletter has been published in a variety of forms, but it is the partnership with our readers that has always been at the heart of what we do. This is seen in the financial stability of the newsletter as in 2015 24% of our income came through

donations and fund-raising activities.

We’ve seen many changes over the past few years. Colour added to our newspaper, a website presence and Twitter bringing our social media presence to the forefront. Over the past few months, we have continued to bring the news of the community to you in a digital format but as soon as the situation warrants, you will have a paper copy to enjoy while you sit on your porch with your cup of coffee. The on line readership has increased over 57% so we know you are still looking

forward to the monthly edition of the Breezes. We continue to look for ways to balance our books and keep the Breezes sustainable as we approach our fiftieth year of publication.

We hope that you will join us with a financial gift that will allow us to continue to keep the people and resources of the North End connected. You will receive a charitable donation receipt for your donation. Thank you in advance for your donation.

Sincerely,
The North End Breezes Board



Do you tweet? Do you have a couple of hours a week? The Breezes would love your expertise! The Breezes needs someone to help with our social media platforms on Twitter and Facebook.

Please contact: office@northendbreezes.com



GRANDAD'S DONUTS
Hamilton, ON L8L 1J7
289-700-0905

Support our supporters!

OUR CORNER ♦ Bar & Grill ♦

905-523-0584
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Hamilton, ON
L8L 1J1



GOOD FOOD BOX

Pick up your box at Welcome Inn, or Eva Rothwell Resource Centre! Place your order by the second Wednesday of every month, and pick up on the 3rd Wednesday from 2-5!

High quality, fresh produce at a fair price!

\$15 for a large box (\$20 value)

\$10 for a small box (\$15 value)

**Order at NHCHC
or Eva Rothwell.**

**Call for info:
905-523-6611 ext 3007**

Brought to you by:

**The Eva Rothwell
Resource Centre**
at Robert Land



YOUR COMMUNITY! YOUR SUPPORT! MAKE A DIFFERENCE!

The Breezes is supported by your generosity! Hundreds of volunteer hours go into each publication but we need your help to cover those essential costs of printing and delivery. A tax receipt will be issued to the address noted. Please send your cheque to North Hamilton Community Health Centre at 438 Hughson Street North or visit our website www.northendbreezes.com to make a donation through paypal.

During this time of social distancing, we are still accepting e-transfers to:
office@northendbreezes.com



JOIN OUR TEAM!!

The Board of Directors is looking for eager volunteers to bring new ideas and skills to the table.

Now in our 48th year, The Breezes is looking to put some new wind in our sails that will lead us forward. If you have skills in technology, event planning or fundraising, we can use those skills to grow our team. The North End Breezes relies on our volunteers to bring the community news to you. We require minimal commitment of two hours per month. Contact us for details and to discuss how you can be part of the team! Email office@northendbreezes.com

Are you Pregnant?

YOU'RE INVITED TO...

Welcome Baby Program



We provide the following at this program:

- Access a Registered Dietitian and Public Health Nurse.
- Pregnancy and post natal education
- Meet other moms
- Healthy snacks and recipes
- Food vouchers
- Bus tickets
- Free prenatal vitamins.
- Free Vitamin D drops
- Free child minding for children under 6.

Where?

Compass CH – 438 Hughson Street North

For more information contact:

Cory at: (905)-523-6611 Ext.3047



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905.628.8558

* Incl. unlimited Proof of Death Certificate. ** 2 staff, 24 hr. availability

100 King St. E, Dundas • www.circleoflifecbc.com

Letters to the Editor



Did you enjoy an article? Was there something we missed? Is there something you don't like?

Or maybe you have an update we missed? The Breezes is YOUR paper! Help us spread the news you want to hear. Email office@northendbreezes.com



Welcome Inn
Community Centre

IS OFFERING
FOOD BANK
APPOINTMENTS

Avoid waiting in the cold -
Call **905-525-5824** to book

Drop-ins also available
Monday, Wednesday, Thursday & Friday
10:30AM - 2:00 PM

Welcome Inn's
**MOST REQUESTED
ESSENTIAL
ITEMS**



SHAMPOO
PROTEIN
BOOST/PROTEIN DRINK
BODY WASH
DISH SOAP
LAUNDRY PODS
TOILET PAPER

HOW TO HELP...

DROP OFF ITEMS AT 40 WOOD STREET EAST
*RING THE SIDE DOOR BELL FOR ASSISTANCE *

DONATION HOURS: MON, WED, THURSDAY & FRI 9:30-2:00.

DESJARDINS DISASTER

SUBMITTED BY BRIAN ROULSTON

When I walk the Bayfront Park trail, Waterfront Trail to Princess Point, or even along any of the other walks, I enjoy the beautiful vista looking west across to the “high level bridge” over the Desjardins Canal. I can see and hear birds, traffic and trains. And I often think about what it was like 160 years ago when a train tumbled from that bridge and fell onto the ice and into the bay.

March 12, 1857 a Great Western Train was traveling from Toronto

to Hamilton. It had made several stops along the way picking up and dropping off passengers. About 90 people were on board. As it neared the bridge, an axle broke. The train tipped and crashed onto the wooden frame of the swing bridge tumbling onto the frozen ice below. Fifty-nine or sixty people died and, it seems to me miraculously, 18-20 were rescued! (Numbers differ according to differing accounts)

At the time the railway was important to building Canada. Trains moved people and goods, linked communities, and served industry. There was a major switching yard just below Dundurn Castle. The story is that a railway worker was watching for the train, expected soon. He was watching the steam from the engine, then it suddenly stopped and a sort of “dust” appeared. He raised the alarm.

Hundreds of people, many employees of Great Western, rushed to the scene. Survivors had begun the rescue effort. The water was covered with 2 feet of ice. The engine, tender, baggage car and the 2 first class passenger cars were first to land. The engine and tender broke through the ice, the baggage car was thrown aside, the first passenger car fell on its roof and broke through the ice. The last car fell on its end and stayed that way.

Seventeen of the sixty dead were from Hamilton – including city alderman Donald Stuart. Adam Ferrie, the newly married son of Colin Ferrie, Hamilton’s first mayor was one of those on board and died in the crash leaving behind his young bride, who was 4 weeks pregnant.

A large public funeral was held and

March 16, 1857 was declared an official day of mourning by the City of Hamilton.

March 12 is the 164th anniversary of the train disaster at the Desjardins Canal Bridge.

Sources:

End of the Line by Don McIver – Dundurn Press 2013

Hamilton Public Library <http://www.hpl.ca/articles/desjardins-canal-disaster>

Canadian Encyclopedia <http://www.thecanadianencyclopedia.ca/en/article/great-western-rail-disaster-feature/>

“Soon when all is well, you’re going to look back on this period of your life, and be glad that you didn’t give up.” Author – Unknown

Even in these days, with wearing a mask, a smile can go a long way and be a highlight to your day and others.

Please see the following updates to the Welcome Inn Community Centres Programs



SENIORS

We know that this winter the days can feel long and sometimes isolating. You are not alone. We are here to help!

Please call the Seniors Support line if you are in need of food hamper deliveries or would like to be matched with a volunteer who would love to call you on a regular basis for a friendly chat. We will all get through this together!

Seniors Support Line: 289-260-3771

VOLUNTEER OPPORTUNITIES

We are looking for volunteers who would like to connect with neighbourhood seniors, by phoning them on a regular basis. These phone calls are a meaningful way to help seniors cope with the isolation they are facing during the pandemic. If interested in volunteering, please call our Seniors Support Line: 289-260-3771, to get the conversation started.

FOOD BANK

Welcome Inn’s Food Bank is now offering appointments, please call, 905-525-5824 to book ahead and avoid waiting in the cold.

Drop-in visits are still available. Winter food bank hours are Monday, Wednesday, Thursday, and Friday from 10:30 AM - 2:00 PM.

Donations are being accepting during our Food Bank Hours. We are in a high need for Toilet paper, Body wash, Shampoo, Dish soap, Boost and Laundry pods.

COMMUNITY PROGRAMMING

We are looking for Spanish, Somali and Arabic speaking interpreters for our virtual tax clinics. Please contact Krista for more details, 905-516-0480.

NEW HORIZONS THRIFT STORE

As this new year gets underway, Welcome Inn is looking forward to the grand reopening of New Horizons Thrift Store! We are looking forward to expanding it and creating an even more vibrant community space for everyone!

Our goal is to reopen the store in the coming year, adding more community space and a lovely café.

In these next months, we will be packing up the store and leaving its current space, with a goal of re-opening the store at a new location.

There are parts of 2021 that will still undoubtedly be hard, but Welcome Inn is stepping into this new year with a great deal of hope! The grand reopening of the thrift store excites us, and we look forward to doing all that we can to support community members through the pandemic and the tough months that might follow it.

NORTH END BREEZES FREE CLASSIFIED ADS

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

Send your upcoming events to events@northendbreezes.com to be included in our monthly calendar and on our website: www.northendbreezes.com

Roommate wanted to share an apartment. Reasonable rent plus shared responsibilities. Please call 289-389-1070

Lawn Mowing: I am a 14 year old boy looking to make some money over the summer by mowing lawns in the north end. If interested call Ezra Oucharek at 905-517-1661.

For Sale: BIKINIS: Hand crocheted, Made to order, Very daring. \$95.00. Call Beryle @905-540-4242 for an Appt.

Children’s Birthday Parties: Make your child’s birthday the talk of the neighbourhood. Earlee the Entertainer will make it happen Magic, balloons, paintable tattoos for only \$75.00 per hour North End Neighbours – special rate of \$65.00 per hour Call Earl Ross – 289-439-0166

Take off Pounds Sensibly (TOPS) meets Monday evening at 7pm-8pm at the Eva Rothwell Centre 460 Wentworth st. N Call 905-544-5088 . First night is free! Come and join us!

Community Garden, VON Hamilton – Show off your green thumb! Volunteers are required to assist with our garden on Tuesday and/or Thursday mornings for a couple of hours. Interested gardening enthusiasts can contact Janis at 905-529-0700 x2251 or voncsshamilton@von.ca.

Hamilton – Let’s Do Lunch! VON Hamilton is in need of volunteers to help deliver hot and frozen meals over the lunch hour. Driver and server spots are available for our downtown routes. Call 905-529-0700 or email voncsshamilton@von.ca to find out more.

Downtown Delivery Driver: Looking for a MATURE adult to do deliveries in the City of Hamilton’s lower city. Trips / tips / extras you keep. You should have a float of at least \$75 to make change for customers as a float will be provided to you to purchase items. If you are interested, please call 905-921-9339 and ask for Pearl.

Be a driving force in your community! Drivers are needed to provide transportation for seniors to get to medical appointments. Flexible schedule and mileage reimbursement. Please call 905-529-0700 or email voncsshamilton@von.ca

Part-time Dispatcher; Looking for a mature adult to answer phone and dispatch orders to drivers, Weekends only to start Saturday evenings and Sunday afternoon. Looking for some local here in the North End. As we are in walking distance. Training provided and after training you can work out of your own home. Please call 905-921-9339 ask for Pearl

Sewing & Dressmaking. Students and clients wanted. Lessons or alterations available. Ages 6 to 106! Expert in African apparel. Please call Hyacinth 289-308-6176

BURLINGTON HEIGHTS



There was a time when there were no cars or roads, only a trail left by horses through the dense forest. On a clear sunny day, the sky would be a heavenly blue. Free of smog and pollution which would not become a thing until the latter part of the 20th Century. In the absence of city lights, twinkling stars would fill the black velvety backdrop of the night sky. As you travelled you were more likely to run across a deer, a coyote or even a bear than another member of the human race. The only noise you would hear would be the birds, the wind and perhaps the waters of the Macassa (Hamilton Bay) crashing against this narrow span of land. For centuries the people we refer to today as The Mississauga's of the Credit First Nations traversed this land searching and hunting the once endless abundance of wildlife. This strip between bay and marsh is known as Burlington Heights and is historically significant.

During the War of 1812 Burlington Heights was a strategic position for the defence of the Niagara Peninsula and supply of the Navy on Lake Ontario. Under the command of General John Vincent, seriously outnumbered, with only 750 men they launched a successful night attack on June 5 1813 against opposing American forces of 3750 soldiers strong. General Vincent claimed possessing the heights was so vitally important, that without it he could neither defend the peninsula nor make a safe retreat.

Tragedy on the Heights

Burlington Heights is also famous locally for one of the most tragic railroad accidents in Canadian history; The Desjardins Canal disaster, on March 12th, 1857. On that day a Great Western Railway locomotive left Toronto and was running at a moderate clip when it passed over the ageing wooden trusses that for years

had supported the railway bridge. The trusses could no longer shoulder the locomotive's immense weight. According to the only witness, a lady who lived in Shacktown saw the train sway gently to one side and surprisingly, with very little noise, it crashed some eighteen metres (60 feet) below plunging through an additional half metre) of ice to the bottom of the canal. Ninety-seven people were aboard the train that fateful night. Thirty of them survived while the other fifty-nine passengers either perished instantly or days later. Today, trains still travel the same route over the canal at the same angle using the original wall. Iron trusses have since replaced those old wooden ones.

In 1885, a JB Anderson did a water colour painting of a fisherman from Hamilton's North End named Tom Cross. The painting featured a white-haired man with a thin beard in his late fifties wearing a well-worn beige boaters hat with a wide brim and a matching ribbon wrapped around the crown. He also painted the gentleman wearing a blue fishing vest, beige pants and brown leather shoes while he sat on a tree stump holding a simple fishing pole made from a tree branch and a string. Beside him on the ground sat an old can filled with worms. Born in Ireland Tom lived in Hamilton for 50 years on the corner of James and Guise Street which was then called Guy Street, next to the bay. He was a fixture on the waterfront for more than 40 years. He carved out a living as waterfront handyman and a jack of all trades. Over the years Tom became a local legend by saving the lives of dozens of boaters on the lake when those sudden storms appeared seemingly out of nowhere. Tom also wouldn't think twice about jumping into the icy cold waters of the bay to save someone who fell off one of the wharves.

Sadly on April 11th, 1893 Tom Cross's life was claimed by the very waters that he had saved so many from. On his last day, he rowed across the bay to Burlington beach where he visited an old friend, Captain Campbell. They sat and talked about things that most fishermen talk about, then loaded two 40lb. (18 kg) anchors into his small skiff, which were to be used to anchor a couple of buoys at the foot of James Street. Just after five-thirty that afternoon he headed out on the bay, never to be seen again. His boat with one anchor and a paddle was found at Burlington Heights just below where the train had crashed into the Desjardins Canal several decades before.

AROUND THE BAY RACE GOES VIRTUAL FOR 2021

We won't be hearing the murmur of hundreds of running feet in the neighbourhood this year. Participants will register on-line and run the 2K, 5K, 10K or 30K distances where they are (even on a treadmill)– and when they wish, any time between March 25 to April 25. There is a new addition, sponsored by HOKA called The Hammer with its own medal. It allows registrants to complete each of the 2K, 5K, 10K 15K and 30K distances and submit their times for each distance. Times for each of these events will be added together for their combined Hammer Time. Details and registration at <https://bayrace.com>

This year we also have a song celebrating the Race, by Newfoundland singer Abigale. Watch and listen here Around the Bay 2021 Race Song - YouTube (<https://youtu.be/5Akux42Pw3U>) .

Charity partners include, St. Joseph's Healthcare Foundation, Canadian Cancer Society, Teach for Canada, Autism Speaks Canada Team Up, and Cassie + Friends.



COOKING IN THE NORTH END

SPICY COCONUT VEGETABLE STIR FRY

This rich and spicy coconut vegetable stir fry is adaptable to whatever vegetables are lingering in your fridge, making it a great sweep the kitchen recipe!

Total Time: 25 Minutes

Ingredients

Spicy Coconut Sauce

- 1 13.5 oz can full-fat coconut milk \$1.79
- 1/4 cup natural style peanut butter \$0.28
- 2 Tbsp sriracha \$0.18
- 1 tsp brown sugar \$0.01
- 1 Tbsp soy sauce \$0.06
- 2 Tbsp lime juice (one lime) \$0.22
- 1 clove garlic, minced \$0.08
- 1 tsp grated fresh ginger \$0.10

Stir Fry

- 4-6 cups mixed vegetables \$1.93
 - Broccoli
 - Carrots
 - Red peppers
 - Spinach
- 1 Tbsp cooking oil (coconut) \$0.04

Instructions

1. In a medium bowl, whisk together the coconut milk, peanut butter, sriracha, brown sugar, soy sauce, lime juice, minced garlic, and grated ginger. If needed, gently heat the sauce in the microwave or in a sauce pot to help the peanut butter melt into the coconut milk. Taste the sauce and adjust the heat (sriracha), salt (soy sauce), sweetness (brown sugar), or tartness (lime juice) to your liking.
2. Chop your vegetables, if not pre-chopped. Heat the cooking oil in a large skillet over medium high heat. Once hot, add the vegetables to the skillet in order of hardest to softest to allow harder vegetables, like carrots, more time to cook and to avoid over cooking softer vegetables. Stir fry the vegetables only for about 1-2 minutes, or just until they begin to soften on the edges because they will cook further once the sauce is added. If using a tender green, like spinach, wait to add it to the skillet until after the sauce has been added.
3. Pour the prepared spicy coconut sauce over the vegetables, stir to combine, and allow the sauce to heat through (about 2 minutes). If you are using a tender green, like spinach, stir it into the hot sauce and stir just until it has wilted.
4. To serve, spoon the vegetables and sauce over a bowl of hot rice, or add pre-cooked noodles to the skillet and toss with the vegetables and sauce until combined. Top with chopped peanuts, cilantro, and serve with a wedge of lime to squeeze over top.

BLUEBERRY CORNBREAD MUFFINS

Cornbread makes a perfect backdrop for blueberries, which burst as they bake, creating little pockets of juice that keep these blueberry cornbread muffins tender.

Total Time: 45 Minutes

Ingredients

- 3/4 cup milk
- 1 tablespoon lemon juice (see note)
- 1-1/2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1/2 cup yellow cornmeal
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup blueberries (see note)
- 2 large eggs
- 1-1/2 teaspoons vanilla extract
- Zest of 1 lemon (about 1-1/2 teaspoons)
- 1 stick unsalted butter, melted

Instructions

1. Preheat the oven to 350°F degrees. Line a muffin pan with paper liners (don't skip the liners or the blueberries will stick to the pan).
2. Combine the milk and lemon juice. Let sit for 10 minutes.
3. In a large bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt.
4. Place the blueberries in a small bowl and toss with 1 teaspoon of the flour mixture. Set aside.
5. In a separate bowl, whisk together the eggs, milk/lemon mixture, vanilla and lemon zest. Add to the dry ingredients, along with the melted butter. Stir until just blended; and then stir in the blueberries. Do not overmix.
6. Spoon the batter evenly into the prepared muffin pan, filling each cup very full. Bake for 28 to 30 minutes, or until the tops are set and golden around the edges. Cool the muffins for a few minutes in the pan, then serve warm with butter or transfer to a wire rack to cool completely.

yum

It's time for a

Spring Clean Up!

Join your neighbours to clean
up the North End!
Two events are coming
up this Spring. Join both for
double the fun!

For more information about the Beautiful Alleys
Spring Cleaning Event on April 17, email
hamiltonalleys@gmail.com.



Wellington Street North
to
Emerald Street North

Meet up at
Victoria Avenue North
and Birge Street

CN TRACK GANG



For more information, email:
rocchi.francis1@gmail.com



SPRING
Clean Up
2021

9 am - 1 pm
May 1

- This is a rain or shine event.
- Safety boots are a good idea.
- Please, no children or animals.
- PPE (masks & gloves) provided.





Beautiful Alleys

SPRING CLEANING 2021

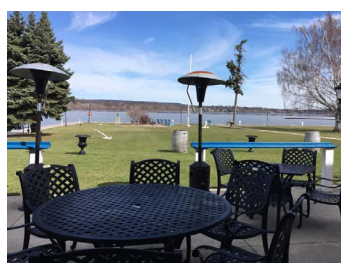
APRIL 17 **9 A.M. - 1 P.M.**





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

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