

On October 24

**VOTE**

**Andrew Smyth**



**HWDSB Ward  
2 Trustee**

[www.andrewward2.com](http://www.andrewward2.com)

- Progressive
- Experienced
- Passionate

OCTOBER 2022 | VOLUME 9 | [OFFICE@NORTHENDBREEZES.COM](mailto:OFFICE@NORTHENDBREEZES.COM) | [WWW.NORTHENDBREEZES.COM](http://WWW.NORTHENDBREEZES.COM) | FOLLOW THE NORTH END BREEZES ON INSTAGRAM @NORTHENDBREEZES

# WALK THE BLOCK



SUBMITTED BY KEITH THOMPSON

On August 28th the neighbourhood participated in its first-ever Walk the Block event. This was an opportunity for North Enders to park the car, get

out onto the sidewalks and connect with our community. As the person somehow responsible for this event, I woke up that Sunday pretty stressed. Did we have enough food for the bar-becue? Did I put up enough posters?

Deliver enough postcards? Would anyone come? Did anyone care? I'd soon come to find that my stress was unwarranted.

**CONTINUED ON PAGE 3**



## WALKABOUT: BACK TO THE WELCOME INN



SUBMITTED BY KEN HIRTER

This month's Walkabout finds me back at the Welcome Inn Foodbank where I once again met up with the enchanting and wonderful Krista Rao. Krista has been a team member and wearer of many hats since 2015. Presently her role at the Welcome Inn Community Center is that of Foodbank Coordinator and Community Program Coordinator. Krista, Hamilton born and raised, and feels privileged to be able to raise her family in this amazing city, especially here in the North End. She shares her love for creativity, love of Community and an ability to see the potential in all.

**CONTINUED ON PAGE 12**



**LIUNASTATION**  
EXTRAORDINARY EVENTS

## WE ARE HIRING

PLEASE SUBMIT RESUMES TO  
[LIUNASTATION@LIUNASTATION.COM](mailto:LIUNASTATION@LIUNASTATION.COM)

360 JAMES ST. N | HAMILTON  
L8L 1H5  
(905)-525-2410

*Brusey Awnings | Just a shade better*

Between You And The Sun Since 1929!

**497 Hughson Street North, Hamilton  
L8L 4N8  
Ask for Rick Brusey**

**905-522-5625**





## NEWS FROM YOUR NORTH END NEIGHBOURHOOD ASSOCIATION

**Walk the Block Thank You** • A BIG thank you to everyone who made Walk the Block 2022 such a great success!

We want to thank all our friends and neighbours who participated in the Walk the Block 2022 event on Sunday, August 28. Whether you joined us for the BBQ at Welcome Inn, participated on your street or helped volunteer with the event THANK YOU! We look forward to continuing to grow and improve this event for next year.

If you have any feedback or suggestions, please email Keith Thompson at [thompskeith@gmail.com](mailto:thompskeith@gmail.com)

**Discovery Centre Feedback** • The City of Hamilton wants to hear from you! The city has begun an Opportunity Study as part of defining a new vision for the site. Your feedback is an important part of assessing options and will be considered as part of the decision-making process in developing a strategy for the site. Go to [www.engage.hamilton.ca/discoverycentre](http://www.engage.hamilton.ca/discoverycentre) to take the community survey.

**Monthly Meetings** • NENA is currently meeting online and everyone is welcome. We meet the first Wednesday of the month at 7pm. If you would like to receive notification and meeting links for our meetings sign up for our newsletter at [northendneighbourhoodassociation.com](http://northendneighbourhoodassociation.com). Sign up is at the bottom of the home page. We look forward to seeing you there!

# 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





# HOPA PORTS

## PORT UPDATE

## HOPA SUSTAINABILITY REPORT

HOPA Ports is proud to present its Summary Report of Sustainability Actions in 2021. The report outlines HOPA's ongoing commitment to transparency, and explores what the port does, how it interacts with our community, and how decisions are made to support social, environmental and economic sustainability. It is also an opportunity to celebrate our successes. HOPA's network of sustainable ports are the product of the hard work and collaboration of our HOPA staff, neighbourhood partners, non-profit organizations, government and industry colleagues.

### Sustainability Highlights:

- **Electric Vehicle Charging:** HOPA's EV charging station saved a total of 11,163 kg of greenhouse gases in 2021. This is equivalent to planting 185 trees!
- **LNG Ship Fueling:** In 2021, 16 more vessels refueled in Hamilton using LNG, reducing GHGs by 21% over traditional fuels.
- **Charitable Sponsorships & Donations:** HOPA Ports cash & in-kind donations in 2021 totaled \$269,000.
- **Capital Investments:** HOPA is mandated to reinvest its earnings in Canada's port infrastructure, helping to build a competitive and efficient national transportation system. Recent years have seen an acceleration of our capital infrastructure program, with 2022 expected to be the biggest investment year ever.

Read the full report at [www.hopaports.ca](http://www.hopaports.ca)





CONTINUED FROM FRONT PAGE

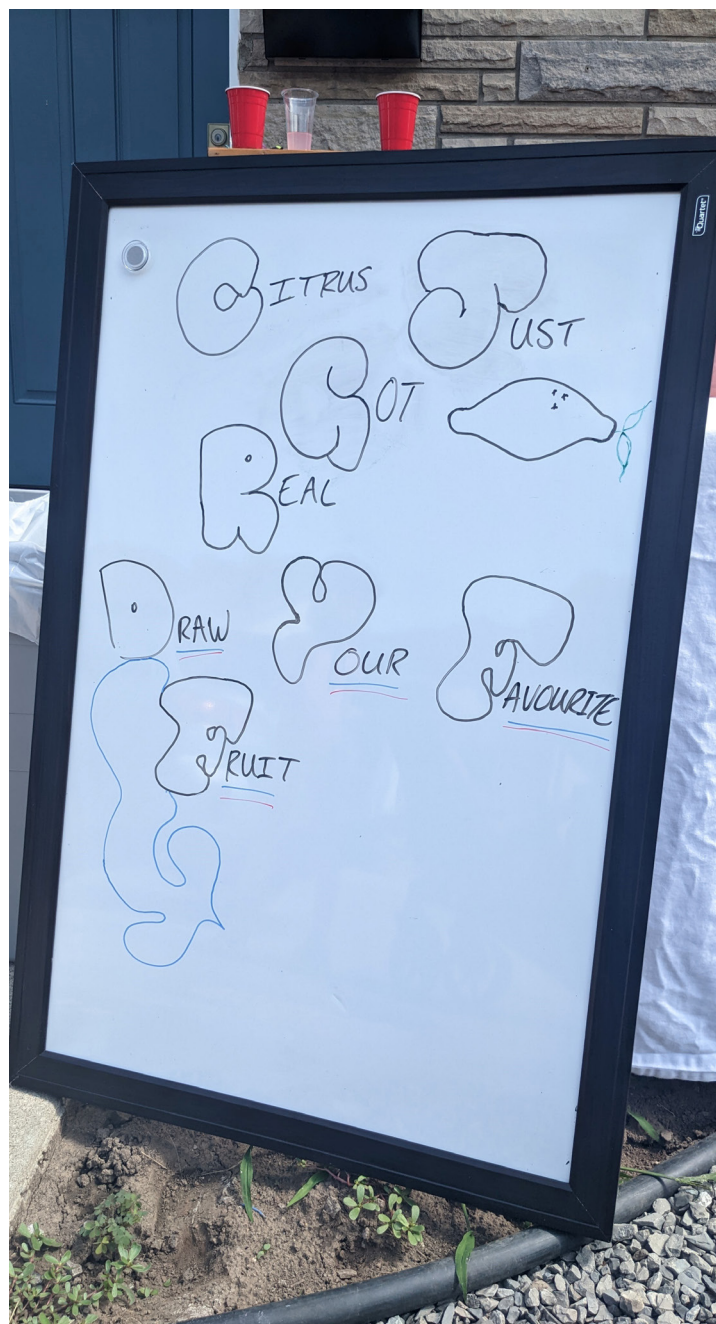
# WALK THE BLOCK

I fussed with setting up a box of free posters on the yard to relax. With half an hour left before kick-off, I began to notice activity on the street. There they were! The neighbours! Soon our sidewalk was busy with families, neighbours, and friends making their way through the streets for the free barbecue at the Welcome Inn. There was plenty to see as neighbours participated from the comfort of their front porches, driveways, and yards.

On Catharine Street, we were treated to a porch concert featuring acoustic covers of Simon & Garfunkel, Bob Dylan and (if I remember correctly) some Peter, Paul and Mary. At McNab and Wood Street, thirsty neighbours could stop for lemonade and home-baked cookies. Of course, there was a fee; a chalk drawing of your favourite fruit to add some colour to the sidewalk. After a quick stop at Grandad's Donuts, you could head over to see JC and Chrissy of Murphy's Treats fame. By all measures, this was one of our dog's favourite stops, a close tie with the beautiful "stick library" set up on Picton Street East. Of course, the barbecue was the main attraction; who doesn't love a free lunch? It was a great opportunity to meet new neighbours, participate in lovely conversations, engage with different perspectives and most importantly, participate in the community.

And that's really what this was all about. So, to all of you who participated in thought or action, thank you. If you came to the barbecue to break bread with your neighbours, thank you. If you participated by setting up something in your yard, thank you. If you participated from the cottage with good vibes and positive thoughts; thank you. If you were one of the volunteers who made this day possible, thank you. I learned a lot organizing this event, and I'm thankful for everyone who provided feedback. I hope to make this an annual event and look forward to improving it and growing it over the years. Thank you all for making Walk the Block 2022 such a success!

If you've got any feedback or want to be involved in Walk the Block 2023, email me at [thompskeith@gmail.com](mailto:thompskeith@gmail.com).



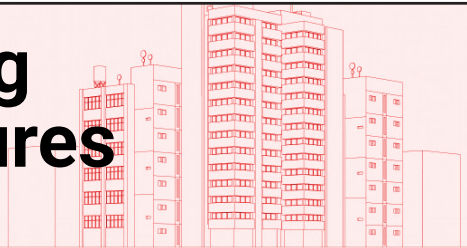




**The North End Breezes Board of Directors is looking for eager volunteers to bring new ideas and skills to the table!**

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 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](mailto:office@northendbreezes.com) to learn more.

**Designing New Futures**



**Are you 60+ years old, fluent in English and living in Hamilton? We want to hear about your current experiences and hopes for aging and accessing housing & supports in Hamilton.**

Participation entails a 1-hour interview, and two arts-based focus group sessions. Participation in all activities is not mandatory. You will receive a \$20 grocery gift card for each activity you participate in.

This study has been reviewed and received ethics clearance by the McMaster University Research Ethics Board (File #5606)

**Research will start in June 2022 and will run for 6 months. Please contact the researcher at (647) 451-7197 or [futures@mcmaster.ca](mailto:futures@mcmaster.ca) for any questions.**



**OUR CORNER**  
*♦ Bar & Grill ♦*



**905-523-0584**  
**496 James St N,**

**MATTHEW GREEN**  
Member of Parliament  
Hamilton Centre



**Matthew Green, MP**  
Hamilton Centre  
905-526-0770  
[matthew.green@parl.gc.ca](mailto:matthew.green@parl.gc.ca)







**Sunday Worship**  
**10:00 – 11:30AM**

**Children's Ministry**  
**Nursery to Grade 5**



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

James North Baptist Church (formerly Hughson Street Baptist) has been a part of the North End for almost 135 years. We have been more than just a worship gathering on Sundays as we minister to as many people during the week as we do through our Sunday worship times. 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.

With the easing of Covid19 protocols we have returned to one worship gathering as we can set up to accommodate a full house. There is an area where seating will still have physical distancing in place for those who want to ease back into crowds a little more slowly. We'd be glad to welcome you any Sunday.

We believe the gospel changes everything. The good news of the gospel is that the death of Jesus Christ has paid the price for our sin, taking the penalty we deserve on Himself, saving us with certainty because of His resurrection. The gospel grants us purpose, hope and a new perspective on joy and fulfillment. Life may not always be easy, but our hope in Jesus Christ gives us strength for the journey. At James North we strive to continually offer the hope of Jesus to others through our ministries and programs.

Perhaps you haven't had a chance to visit us in our new building at the NE corner of James St N and Picton Ave. It still feels new, although we've been here since August 2021. We would be glad to welcome you any Sunday or you can check out our live-stream to watch from home. You could also come by on Fridays from 9-11am for Coffee's On where our Food Bank is open to help those who need a little boost.

Check our website for up-to-date information (www.jamesnorth.church)



## St. Lawrence the Martyr Parish

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

stlawrencehamilton@hamiltondiocese.com  
www.stlawrencehamilton.ca

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

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

### Weekday Mass Schedule:

~No Mass Monday~

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

Wednesday - Mass 12 noon (new)

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

Friday - Mass 9:00 a.m.

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

*Please check our website for most up to date schedule*

### Sacraments of Marriage or Baptism:

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

## St. Lawrence Church Nibbles and Bids Loonie and Toonie Auction

**Friday November 4th, 2022**  
**Doors at 6pm Auction at 7pm**

Mystery prizes, cash prizes, prizes of all shapes and sizes,  
gift baskets, gift cards & certificates 50-50 draw

**Admission \$5 125 Picton St. E**

Admission includes snacks, light refreshments and door prize draw entry

### Coming Events - Save these Dates!

November 26 - CWL Penny Sale

December 2 - Turkey Roll

December 11 - CWL Bake Sale

### Hall Rentals are available again!

**Call the office or visit our website for more information.**

Please keep an eye on the bulletin or our parish website for further updates.  
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 in print and on-line. 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:** Kristina Santone, Chrissy Chrzan, Chris Pearson and Elizabeth Poynter

**Chair:** Elizabeth Poynter

**Secretary:** Kristina Santone

**Co-Ordinator:** Brenda Duke

**Editorial Assistant:** Kit Darling

**Layout + Design:** Katie Fitzgerald

**Social Media:** Chrissy Chrzan

**Web Site Development:** Marie Mushing

**Marketing:** Keith Thompson

**Circulation & Distribution:** The Board, Sheri Selway, Steve Osborne and Chrissy Chrzan 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 volunteers who produce a monthly newspaper and online publications to promote connectivity, share community news and promote 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 50 years now 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. We are looking for ideas, submissions, and advertisers. Please email your thoughts to office@northendbreezes.com or call 289-933-4810. 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. Thank you*



# LINDA'S CHATTY CORNER

SUBMITTED BY LINDA BENSON

I usually enjoy the month of September, autumn being just around the corner, and my absolute favorite time of the year. This year though, the month has been filled with much sorrow. As a Brit, in my 7th decade, I was saddened to hear that our Monarch had passed away. Of course we all knew her time was fast approaching, being well into her 90s. But when the day arrived, like many other British baby boomers, I was deeply touched. Queen Elizabeth II has been a constant in my life. Throughout the trials and tribulations of the Royal Household, she has always been there. The end of an era for me.

Like many others in my age group, I have also been saddened by the many friends and family members, who have suffered from debilitating injuries, disease and anxieties this year, and it seems, as our season changes, their conditions have become more acute. Or, is it that since the pandemic, we notice these things more? Are we more in tune to what is happening around us?

I attended Super Crawl this year; I hadn't been since before the Pandemic. I felt I needed to support them this year, and welcome many of the vendors back. I walked down on Friday, early evening, tents were being set up.....it was like a ghost town to be honest, but it felt so good to walk down the street without the traffic and general hustle and bustle. Then I went back on Saturday morning with a friend, and we walked from Liuna Station to Gore Park. Again it was fairly quiet, but I could see they were gearing up for some great activities for all ages, including musical bands, dance troupes, and many artists offering small events. I met a few really interesting vendors and I participated in a couple of artistic "openings" and "Blessings". There were many food trucks this year, closer to Gore Park, which was great to see. Although I am not a fan of food trucks myself, I certainly appreciate the need for them, and I am so happy these owners and cooks had a chance to show off their skills and earn some money at



the same time. Of course I have to say, I'm a great fan of Ola Café on James north. This is where I took my friend for a wonderfully delicious treat and coffee. Have you tried their Canadian Coffee yet? It is a normal coffee but comes with hot milk, which makes it taste amazing, and for just over \$3, you can try one of their amazing pastries. Take a trip down there, during the week and meet Carla, she is a lovely lady. I was also saddened to hear that the owner of Gorilla Cheese had passed away. His food truck was the very first one I came to know. I took photos of some of the artists and vendors I met. Next month i'll introduce them in more detail. Thanks to everyone for chatting, it was a pleasure getting to know you all.

Next month I will probably regale you with news of my Thanksgiving visit to see my grandson. It's been far too long and I'm already getting excited.





# THE HOW AND WHAT OF VOTING IN THE MUNICIPAL ELECTION

Last month we shared the list of candidates for Mayor, Ward 2 councillor and School Trustee. Now let's talk about who can vote, when and where you can vote and some things to think about and to ask your candidates. For details go to <https://www.hamilton.ca/municipal-election/election-information/voters>

pal-election/election-information/voters

Who can vote? If you are 18 yrs. or older and a Canadian citizen, a resident, property owner, tenant (or spouse) of land in Hamilton and are not legally prohibited from voting you are eligible to vote. You need to provide identification with your name and address. To confirm that you are on the voter's list you can check online at [Voterlookup.ca](https://voterlookup.ca), at City Hall or at a Municipal Service Centre.

When and where can I vote? Election Day is Monday, October 24th. If you prefer voting in advance, the advance poll is at Bennetto Community Centre, 450 Hughson Street North. Advance poll dates are Friday October 7, 2022, 10 am to 8 pm; Saturday October 8, 2022, 10 am to 5 pm; Friday October 14, 2022, 10 am to 8 pm and Saturday October 15, 2022, 10 am to 5 pm.

On October 24th, polls are located at Bennetto Community Centre, St. Law-

rence Elementary School and Central Library. You can find additional poll locations for Ward 2 at [www.hamilton.ca/municipal-election/election-information/poll-locations](https://www.hamilton.ca/municipal-election/election-information/poll-locations).

What do your candidates have to say about the issues that concern you? There are many issues that concern us and we need to determine where a candidate stands on those issues that are important to us. These include:

- The Environment – what should we do as a city to address climate change, clean air and clean water?
- Urban boundary expansion – do they support the decision by the current council to hold growth within current boundaries?
- LRT and Transit – what do they propose?
- Affordable housing – how do they plan to address the needs of resi-

dents in a range of income brackets? What is affordable for me may not be affordable for you.

- Homelessness and addictions – More than shelters; supportive housing; other strategies and supports
- Schools – what do the candidates for your school board trustee believe are the critical issues in education?
- And of course the many issues being debated in our own neighbourhood!

If you can't talk to them at your door, many candidates have web pages outlining their platforms. The Hamilton Spectator has posted an article about the Ward 2 council candidate debate which includes a Cable 14 video of the debate – <https://www.thespec.com/news/municipal-election/2022/09/16/hamilton-downtown-ward-2-debate.html>

## SECOND SATURDAYS

Our FREE drop-in  
Family Day at the museum.  
Join us the Second Saturday of  
every month! 1 - 4 PM

**SAT OCT 8**  
**SAT NOV 12**  
**SAT DEC 10**

**WA&HC**  
Workers Arts and Heritage Centre

51 STUART STREET

email: [tara@wahc-museum.ca](mailto:tara@wahc-museum.ca)  
905. 522. 3003 x23

**ART. MUSIC. PLAY.**





MARY STREET BRIDGE

**VOTE** on OCTOBER 24

**CAMERON KROETSCH**

FOR **WARD 2** COUNCILLOR

[cameronforward2.ca](http://cameronforward2.ca)





**Sabreina Dahab**  
**HWDSB Trustee**  
**Ward 2**

<https://www.sabreinaadahab.com>  
[sabreinaadahab4trustee@gmail.com](mailto:sabreinaadahab4trustee@gmail.com)  
om  
Twitter:sabreina\_dahab  
Instagram:sabreina\_dahab

Electing the right trustee is vital to the overall health and wellbeing of Hamilton’s students, parents, caregivers, and the broader community. Trustees create school board policies, and act as a bridge between the school board, students and their parents and caregivers. I’m choosing to run for Ward 2 HWDSB Trustee because I know what it means to have leadership that listens to and believes in the experiences of students and parents. Visit my website to learn more. VOTE FOR YOUR TRUSTEE ON OCTOBER 24, 2022. To find out what school board you are eligible to vote in, visit: [www.voterlookup.ca](http://www.voterlookup.ca)

# Pathways to Education

## Seeking Volunteer Tutors

Academic Tutoring for High School Youth

Make a long-lasting, positive difference  
3 hours each week is all it takes.



Learn More • Register

905-523-6719

[pathways@compassch.org](mailto:pathways@compassch.org)

**Pathways**  
to Education

Pathways to Education Hamilton  
is proudly hosted by  
Compass Community Health



**COMPASS**  
COMMUNITY HEALTH



Re-Elect

# Jason Farr

Councillor For Ward 2

## EXPERIENCE & RESULTS

905-318-3192

Farr4Ward2@gmail.com

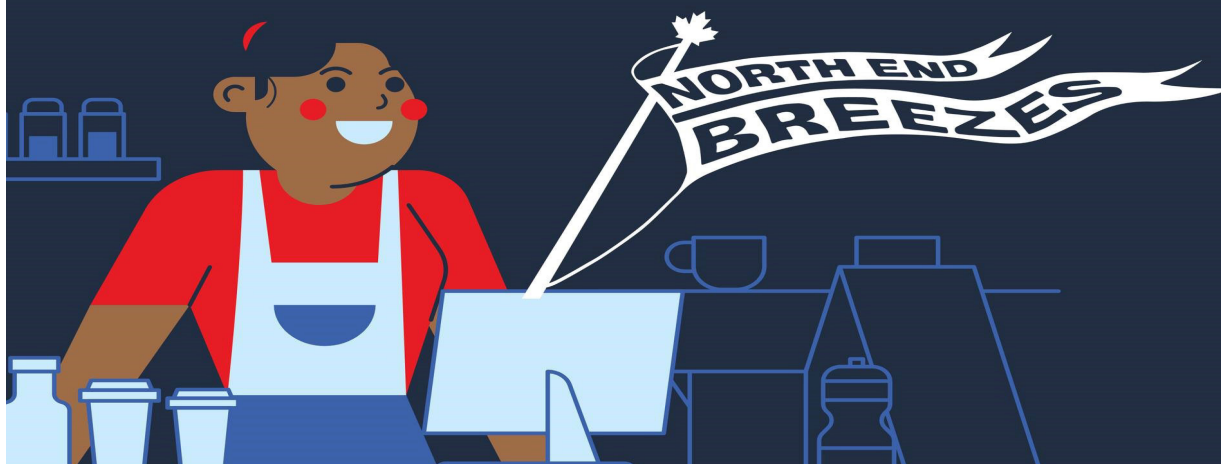
[www.jasonfarr.ca](http://www.jasonfarr.ca)



Residents who live South of Picton/West of MacNab; vote at the Central Library on Election Day October 24, but can vote at the Advance Polls at Bennetto.

**Are you a North End business or organization? We're looking for more amazing partners to distribute the Breezes.**

Contact us at [office@northendbreezes.com](mailto:office@northendbreezes.com) with location and # of papers wanted monthly to be added to our upcoming deliveries. 👍



## TOWN HALL TOUR

WITH HAMILTON  
MAYORAL CANDIDATE  
KEANIN LOOMIS



SEPT 14	STONEY CREEK
SEPT 21	BINBROOK
SEPT 29	ANCASTER
OCT 6	DUNDAS
OCT 12	HAMILTON
OCT 18	FLAMBOROUGH
OCT 23	HAMILTON MOUNTAIN



MEET YOUR MAYORAL CANDIDATE KEANIN LOOMIS.  
ASK QUESTIONS. HEAR HIS VISION FOR HAMILTON.  
FREE TO ATTEND - ALL WELCOME.

[LEARN MORE AT VOTELOOMIS.CA/EVENTS](http://VOTELOOMIS.CA/EVENTS)



# THE HAMILTON AREA'S FIRST DOCTORS

SUBMITTED BY BRIAN ROULSTON

The practice of medicine in colonial Canada was governed by the French or British authorities. Medicine and surgery were two distinct branches of the profession. Physicians were regarded as the elite; they believed it was beneath them to operate; they received higher education, held the most significant posts, and earned the most money. Surgeons, on the other hand, generally acquired their training in the navy or army, or as an apprentice to other surgeons. There were more surgeons than physicians in Canada. With few exceptions, the first surgeons in the country were known as Barber-Surgeons and Apothecaries. They not only cut hair, they also performed surgeries. Many of these men, however, were dismissed as little more than quacks. Barber-Surgeons had to be adept with a saw and a blade to amputate limbs. They often set broken bones and extracted teeth using nothing more than a shot of whiskey, forceps or a pair of pliers. They also performed bloodletting, a practice that originated some 3000 years ago in Egypt. Leeches or a lancet, a small double-edged surgical knife or blade with a sharp point or a sharpened piece of wood were used to cut a vein. In the late 18th century, bloodletting was a panacea for various diseases such as smallpox, migraines, epilepsy and gout, as well as spiritual problems.

Surgeries were limited to the limbs and skin tissue. Deeper operations, such as appendectomy or a hernia repair, were extremely painful and resulted in serious infections, lasting impairments, or death due to the lack of anesthetics and of sanitation of medical instruments. Recovery was frequently more a question of luck or God's will than of a surgeon's or a physician's skills.

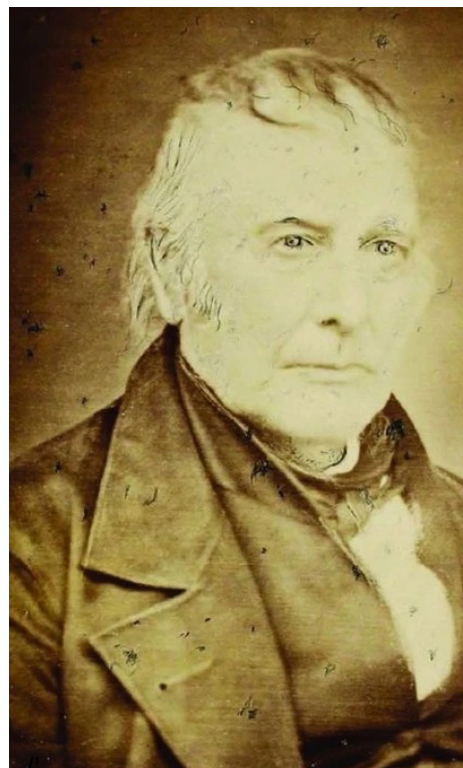
During this period, Canada's few hospitals took in the poor; they conducted very few procedures, the majority be-

ing performed in the patient's home. Hospitals also turned away infectious patients and expectant mothers. Midwifery was thought a separate branch of medicine.

Early settlers were also afflicted by ailments that barber surgeons did not treat, such as rattlesnake bites, injuries, malnutrition, and malaria. Settlers frequently used homemade cures, often obtained from the farmer's almanac. Newspapers advertised cure-all liniments, tonics, and elixirs that were essentially watered-down bourbon or brandy along with other ingredients. They all claimed to heal sore throats, gout, cholera, backache, stiff necks, and frostbite. Botanicals based on Indigenous medicines were often used successfully. At first, when the United Empire Loyalists were driven from the American colonies, very few physicians were forced out. Gradually more and more competent army surgeons, mainly retired regimental surgeons and civilian physicians began moving into the area from the United States and from along the St. Lawrence River shoreline.

In 1798, Dr. Oliver Tiffany became the first licensed physician and surgeon to settle in the area and begin a medical practice. The presence of a trained medical practitioner must have come as a huge comfort to the early occupants of the Head-of-the-Lake. He would soon be joined by another doctor, William Case, often regarded as Hamilton's first physician and surgeon.

Dr. Tiffany was born in Norton, Massachusetts in 1763. His father, Gideon, served alongside soldiers as a physician on the battlefield during the American Revolution. Before choosing medicine as his profession, Oliver Tiffany with his brother George taught at the first school ever established in Albany, New York. He graduated from Dartmouth College in New Hampshire in 1786 and then went to the prestigious Philadelphia Medical College, where he practiced medicine until 1796. At 41, Oliver immigrated to Canada and settled in Grimsby before moving to Mohawk Road in Ancaster, where he opened his medical practice. The Tiffany family's property is now known as Tiffany Falls, one of the premier tourist attractions in the area.



Dr. Oliver Tiffany, 1763-1835

Dr. Tiffany served the Port of Hamilton, Dundas, Ancaster, Barton Township, Galt, and Guelph. His patients included Richard Beasley, Jean Baptiste Rousseau, Augustus Jones, Nathaniel Hughson, members of the Land, Ryckman, and Springer families. Many of the newborns he brought into the world were named 'Oliver Tiffany' in appreciation of Tiffany's help. Dr. Tiffany passed away a wealthy man in April 1835. Six hundred people attended his funeral at St. John's Church in Ancaster. Tiffany left his medical books to his brother George and his medical office furnishings, bag, surgical and other tools to his namesake and nephew, Oliver, who became an exceptional doctor in his own right.

Dr. Tiffany was the lone doctor in the region until Dr. William Case and his wife, Ruth Donaldson, arrived in Ancaster with their four children around 1805. Born in Piermont, New Hampshire July 14, 1775, William Case, like Dr. Tiffany, attended Philadelphia Medical College where he met Ruth who also attended medical school in Pennsylvania; she became Hamilton's first female nurse while they treated injured troops from both sides of the fight during the War of 1812. The Case family briefly moved to Burlington, known as Wellington Square, before coming to Hamilton.



Dr. Case

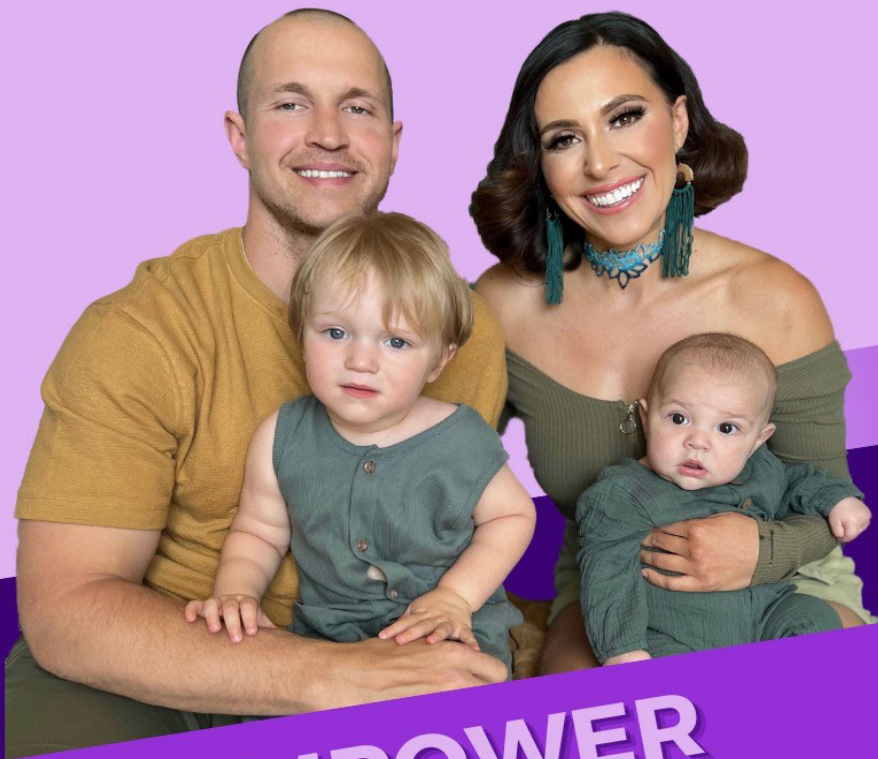
Dr. Case set up a clinic on 200 acres of crown land near the intersection of Lottridge and King Streets today. For the first two years, his farm served as a military hospital under the command of a regimental physician until after the Battle of Stoney Creek in 1813. Following that, he cleared and farmed his land in the same way as any farmer. It wasn't uncommon for him to be working in the field, then mount his horse and ride for miles to see a patient before returning to his fieldwork. Case practiced medicine from 1810 until his death. He wasn't as well off monetarily as Dr. Tiffany was when he died. Most of Cases' patients paid with products or services. His son, William Ira Allen, assisted his father for years before opening his own practice at King and Walnut Street in the 1840s. The junior Case practiced medicine until he died in 1884. Dr. Case's daughter Ruth Pauline Case would marry Hamilton's first City Physician, Edwin Henwood, who served during the cholera epidemic in 1854.

William Case died on March 29, 1848, at the age of 72. An agnostic, he was refused burial at any of the local churches or cemeteries. George Hamilton took pity on Case and granted him a private burial place on John Street, close below the mountain that was originally part of his land. His remains were transferred to Hamilton Cemetery when the Jolley Cut was widened to 4 lanes in 1950. Case Street, between Lottridge and Sherman Avenue, is named after Dr. William Case.



# Raquel Rakovac

For Ward 2



EMPOWER  
CHANGE  
TOGETHER

VOTE OCTOBER 24

 [WWW.RAQUELFORWARD2.COM](http://WWW.RAQUELFORWARD2.COM)



Welcome Inn  
Community Centre

## OUR FOOD BANK Needs Your Support!



The rising cost of *EVERYTHING* means more people are accessing the food bank, *AND* it means that it's harder for some people to donate food.

Our shelves are getting empty!



Food donations are gratefully accepted!

Food donations can be dropped off at  
**Welcome Inn (40 Wood St. E.)**  
on Mondays, Wednesdays, Thursdays  
and Fridays, from 10:30am to 2:00pm.

Call 905-525-5824 for more details.



# WALKABOUT: BACK TO THE WELCOME INN

CONTINUED FROM FRONT PAGE

SUBMITTED BY KEN HIRTER

Welcome Inn community programs include:

- Income tax preparation in English and Arabic
- Referrals to community services
- Free access to the Sobi Bike Program
- Newcomer peer support
- Settlement assistance

Welcome Inn would like to welcome two new additions to the team, Newcomer Support Workers Safaa and Yaima to assist Arabic and Spanish speaking community members.

With Thanksgiving on Monday October 10th the Food bank, cash and food donations are welcomed. To make a cash donation please visit the Welcome Inn website <https://welcomeinn.ca>, select Food Access programs from the drop-down Fund and hit the donation button. For Food donation drop off please call 905-525-5824 during business hours Monday to Friday.

“The best gift you can give is food, love and company.”

I would like to thank Krista and her two Greeters and In-take volunteers, Lynne and Khaled for making my visit a wonderful experience. Welcome Inn is a jewel nestled in the centre of the North End, serving residents since 1966. Welcome Inn is at 40 Wood Street East and can be reached by phone at 905-525-5824 or visit <https://welcomeinn.ca>.

“The Welcome Inn Community Center is building resilience, promoting wellness and connecting people with in the Northend.”

Thanks to all who took part in Part 1 and Part 2 of my Walkabout at the Welcome Inn Community Center and Foodbank.

Till next month, cheers



Krista Rao, Foodbank Coordinator and Community Program Coordinator



Lynne and Khaled, Greeters at the Welcome Inn (pictured with a copy of the Breezes!)

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

## Bennetto Community Centre: *TEMPORARY CLOSURE*

Bennetto Community Centre will be temporarily closing October 3, 2022, due to a major roof project. At this time, we do not have a re-open date, as the project is very weather dependent.

The scope of this project includes:

- Replacement of the roof
- Removal and reinstallation of existing HVAC duct work units related to roof replacement
- This project was identified and funded through the Investing in Canada Infrastructure Program (ICIP)

We are encouraging residents to participate in programs that have been relocated to Norman Pinky Lewis Recreation Complete and Ryerson Recreation Centre.

Bennetto will be open to accommodate advanced and election day polling stations for the 2022 Municipal Election on October 7, 8, 14, 15 and 24.

The City of Hamilton and Bennetto Recreation Centre staff thank residents for their patience as we complete these important maintenance upgrades!

For ALL City of Hamilton Drop-in programs, please visit: [www.hamilton.ca/recreation](http://www.hamilton.ca/recreation)

### SIMPSON & WELLENREITER LLP

**Anthony Wellenreiter (905) 525-4520**  
**David Reid Simpson (905) 527-1174**  
\*Wills \* Estates \* Real Estate  
\*Mortgages \* Litigation \*Business Law

**950 King Street West, Hamilton**  
**In the Heart of Westdale Village**



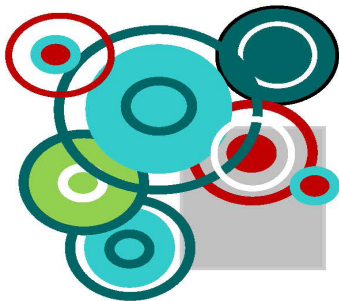
# St. Lawrence Church Nibbles & Bids Loonie Toonie Auction

**Friday November 4<sup>th</sup>, 2022**

**Doors Open - 6 pm**

**Auction Starts - 7 pm**

**St. Lawrence Parish Hall**  
125 Picton St. E., Hamilton, On (Corner of Mary and Picton Streets)



**Join us for a chance to win!**  
Cash Prizes  
Gift Baskets  
Gift Cards & Certificates  
Prizes of all shapes & sizes  
? Mystery Prize ?

**Admission - \$5**

(includes light food, refreshments, program and chance to win door prizes)

**\* To guarantee entry, please purchase your tickets in advance of the event.  
Capacity limits will be in affect at the door.**

For tickets or for more information, call Alissa at 905-308-1576 or  
Contact the Parish Office at (905) 529-3921 E. stlawrencehamilton@hamiltondiocese.com

Funds raised from this event will help us to continue to operate and maintain our 132 year old church; allowing us to service our North-End community.

**DON'T FORGET TO BRING YOUR LOONIES & TOONIES TO PLAY!**

**50/50  
DRAW**

**\$2 each or 3 for \$5**

Get your 50/50 tickets!

Available to purchase in advance or during the event.



**WEST HARBOUR PHARMACY**

**554 John St. N, Hamilton**

**Phone: 905-529-7997**

**Fax: 905-529-7996**

**Hours**

**Mon-Thurs 9-6 Fri 9-5**



- Tele-Health Appointments with Physician
- Home Health Care
- Hearing Clinic with Specialist
- Diabetic Education
- Specialty Compounding
- Compliance Packaging

**FREE DELIVERY~ PET FRIENDLY**

*Supporting our Community!  
We host an Art Gallery for Local Artists*



**North End  
of the Year Award**

The North End Breezes and NENa will be supporting the North End of the Year Award for 2022. Start thinking NOW about who you want to nominate. Applications will open September 15, 2022. Email [office@northendbreezes.com](mailto:office@northendbreezes.com) for information or follow the link to the application [NEY AWARDS Nomination Form \(google.com\)](#)



# GATHERING THE GARDEN UP

SUBMITTED BY CANDY VENNING

**BULBS:** A quick primer, if you’ve had your tulips stolen or nipped (literally, in the bud) by squirrels then switch to daffodils (there are loads of varieties) and plant deeply, tamp any loose soil down, helping to hide the irresistible scent of fresh soil from critters looking for an easy snack. Don’t skip over the tiny, magical bulbs such as Crocus and Muscari/ Grape Hyacinth which are easily planted amongst the roots of any annuals you had growing (just cut the tops off the annuals or allow to rot in place) even amongst the roots of your existing perennials. Planting deeply and or amongst roots, even amongst dense foliage that you know won’t be up in early spring (Hostas, Peonies, etc) will help keep the critters from stealing them.

**SEEDS:** No one wants to accidentally spread destructive, invasive species through sharing soil and cuttings – species like the ‘jumping worm’ – impossible to detect eggs means growing from seed is more important than ever. Fortunately, fall is ideal for gathering seeds. Whether you’re gently harvesting na-

tive Asters, Milkweed and Goldenrods, seeds from your own annuals like Nasturtiums, Cosmos or as part of garden club ‘seed exchange’ or ‘Seed library’ –perhaps start one in your neighbourhood, learn to make wee envelopes from scrap paper and write the date as well as the plant name to contribute your own. **REMINDER:** If you’re growing native plants from seed then you’ll want to gather all your potting supplies & have the seeds ready for winter sowing. Also known as cold stratification, it’s the process most native plants must go through to trigger germination. (unlike annuals and veggies which we sow in spring) To learn about winter sowing visit the Halton Master Gardeners Website

**LABEL:** Label any plants you might not remember come spring – lately I’ve taken to using the Lee Valley copper tags; about \$0.50 each and ‘classy’ – nearly invisible amongst the foliage (unlike white plastic tags which always bother me as looking like windblown garbage) This is especially great amongst native plants which may flower later in the season or look like similar to an invasive species when first emerging. Using a garden diary, it’s a great time to draw up a little map (only you need to understand it) or a complete inventory plant list. (The number of species may surprise you!) And finally – don’t forget to label the Dahlias, the Crocosmia

and the Canna lily – come spring those wrinkly little nuggets can be hard to differentiate.

**LEAVES:** Don’t bag yer leaves! Well... er... maybe, or... some of them, uh... depends on the type... If you’re concerned about saving the moths and other insects in the leaves, don’t shred – if you’re concerned about the leaves breaking down too slowly, do shred (Norway maples and some other leaves may take longer to break down) If you’re not sure then at least give it a try it by lightly scattering some leaves into your perennial beds – you can add more each year as you get comfy with the concept. **BONUS:** Any leftover organic, non-soluble fertilizer or manure can be added in amongst your leaves to improve soil & percolate down via rain/snow/frost/thaw.

**HARVEST:** We always think of the veggies and pumpkins in October but don’t forget herbs can be used up before the hard frost to make pesto, fragrant vinegars and oils, even immersed in honey. Dry herbs - mint, marigolds or sage for tea and herbs like chives, thyme, oregano can be used as blends for everything from pizza to popcorn. Fall is such a bountiful time! Give away as lovely holiday presents or share with your neighbours when they offer you apples, and discuss, again, relieving them of their leaf bags

# THE NORTH END FOOD DRIVE IS BACK OCTOBER 15<sup>TH</sup>

SUBMITTED BY LEAH BIEHLER

Our neighbours, my family and I have been doing a food drive for as long as I can remember. This year my father has passed down the organizing duties to me. The North End Food Drive will take place on Saturday, October 15th in support of The Welcome Inn. We hope all of our North End neighbours will contribute to make this the best year ever! Inflation has caused the price of food to go up and more people are using food banks. Together our small donations make a big difference. Welcome Inn’s food bank is a place for individuals and families to access food and personal hygiene items. It is also a community gathering place to connect with neighbours. The hours of the food bank are Monday to Friday 10:30 AM to 2:00 PM. For more information visit [www.WelcomeInn.ca](http://www.WelcomeInn.ca).

For those living west of James Street, please leave your items on your porch by noon on Saturday October 15th as we will be walking door to door and picking up donations. There will also be a “Donation Location” at the corner of Bay and Burlington.

For those east of James, look for a “Donation Location” box to put your items in before 3:00 PM. We hope to have donation boxes located throughout the neighbourhood. Recommended items include non-perishable food items and personal hygiene products. If you would like help volunteer or be a “Donation Location” please email me at [leahbiehler@gmail.com](mailto:leahbiehler@gmail.com). We are lucky to live in a great neighbourhood. Going door to door also gives us a chance to meet our neighbours and give back to the community.

Thank You, Leah Biehler  
[leahbiehler@gmail.com](mailto:leahbiehler@gmail.com)



Hello from your Hamilton Crime Stoppers

From time to time the articles we submit may be looking for tips trying to assist Law Enforcement in regards to crimes that have been committed and this is one of those times. I want to remind you that Crime Stoppers is an anonymous tip program. We do not ask for any personal information and we do not subscribe to caller I.D. Should a tip be successful and a cash reward is provided we still protect anonymity during the reward process.

We are looking for your help in regards

to an unprovoked stranger assault Hamilton Police are investigating.

On Wednesday, July 13, 2022, shortly before 9:00 a.m. the female victim was walking the trail in the area of Upper Paradise and Donnici Drive in the City of Hamilton. An unknown male suspect came out of the bushes grabbing the victim from behind, covering her mouth while dragging her off the path, assaulting the victim.

The suspect, interrupted by witnesses walking by, fled on foot toward Upper Paradise, last seen in the area of Stone Church Rd W and Julie Beth Drive.

The suspect:

- Black male
- 18-24 years-of-age
- 5’8” to 5’10”

- 175 pounds lean athletic build
- Black short curly hair on top and short/shaved on the sides
- Navy blue V-neck t-shirt, black/dark jogging pants
- White socks
- Grey shoes with a white emblem
- Black sweater/jacket around his waist
- Wearing a Black COVID mask

HAMILTON, your VOICE fights crime so take part in having this criminal answer for their actions, call Crime Stoppers with your tips at 1 800 222 TIPS or submit a tip via the web and TOGETHER let’s continue making our community STRONGER and SAFER!



# LIBRARY EVENTS FOR OCTOBER 2022

All HPL branches are closed on Sunday October 9 and Monday October 10 for Thanksgiving Day.

Sunday Service Hours resumed at Central Library: 12pm-5pm, Dundas, Terryberry and Valley Park: 1-5pm. HPL Staff can assist by telephone (905-546-3200), email (askhpl@hpl.ca) or chat at hpl.ca between 1pm-5pm. [www.hpl.ca/hours](http://www.hpl.ca/hours)

Day & Time	Description	Location
Sat. 15 2:00 - 4:00	<p>Hamilton Votes: A Panel Discussion</p> <p>Join CBC Hamilton and a team of guest election columnists as they share unique perspectives on the city, discuss their vision for the future and look at the candidates hoping to lead over the next four years.</p> <p>Guest panelists</p> <ul style="list-style-type: none"><li>· Mohamad Bsar - Lawyer, runner, abolitionist.</li><li>· Shayyan Husein - Grade 12 student at Orchard Park in Stoney Creek, first-time voter, volunteer with Elections Ontario.</li><li>· Rain Hye - Former HWDSB student trustee, researcher on the experiences of BIPOC political candidates.</li><li>· Sonia Hill - Director of the Indigenous Sustenance Reclamation Network.</li><li>· Gavin Stephens - Comedian and co-host of the podcast, Uncolonized.</li></ul> <p>October 24 is election day. Have your say.</p>	In-person at Central Library
Sat 8 & 15 10AM- 4PM	Shop for one-of-a-kind items made by talented local Indigenous artists and makers at Central Library. Markets feature an array of items from jewelry to ceramics to leatherwork and literature.	In-person at Central Library <a href="https://hpl.ca/indigenous-market">https://hpl.ca/indigenous-market</a>
Oct. 2022	<p>Hamilton Reads Online Finale</p> <p>Norma Dunning is a writer, scholar, researcher, professor and grandmother. Her previous short story collection, <i>Annie Muktuk and Other Stories</i> (University of Alberta Press, 2017) received the Danuta Gleed Literary Award, the Howard O'Hagan Award for short stories and the Bronze Foreword INDIES award for short stories. She lives in Edmonton, AB.</p> <p>Meet the author at the Hamilton Reads Online Finale in Fall. Details to come soon.</p>	<a href="http://www.hpl.ca/Hamilton-Reads">www.hpl.ca/Hamilton-Reads</a>

## Did you know you can access Hamilton Civic Museums for free with your library card?

A physical or digital Hamilton Public Library card gives you free admission to Hamilton's nine City-owned museums. Each person over age five must have a physical or digital library card for free entry at each museum except at the Children's Museum, where each person over age one must have a library card for free entry.

Get a library card and visit these museums for free: Dundurn National Historic Site, Hamilton Military Museum, Fieldcote Memorial Park and Museum, Griffin House Museum, Whitehern Historic House and Garden, Hamilton Children's Museum, Battlefield House Museum and Park, Hamilton Museum of Steam and Technology



## School's in at HPL!

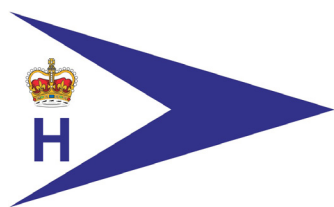
Students, educators and caregivers can help themselves to a collection of activities, book lists, tutoring help, online courses and more.

Visit <http://www.hpl.ca/learning-at-hpl>

## Condolences

The Board of Directors of the North End Breezes offer heart-felt condolences to volunteer Sandra Hudson and her family on the passing of their husband and father, Ian Hudson. A long time resident of our neighbourhood, sailor and friend, Ian will be missed by many and remembered with fondness by all.





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**

**Website Design & Support Services**



**Marie Mushing**  
16 Anson Ave.  
Hamilton, ON L8T 2X3

**905-387-1883**  
marie@peopleinconnection.com

**Websites that Work!**

**www.peopleinconnection.com**

# FISHER'S PIER 4 PUB

## Casual Family Dining



554 James Street North  
905-526-9622



**FISH & CHIPS**  
**HAND DIPPED**  
**LIGHTLY BATTERED**  
**IN-HOUSE SLAW & TARTAR**



**WE WILL BE CLOSED**  
**SUNDAY OCTOBER 9th**  
**MONDAY OCTOBER 10th**

**HAPPY THANKSGIVING**  
**TO OUR COMMUNITY,**  
**CUSTOMERS,**  
**FAMILY AND FRIENDS**