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WALKABOUT GOES ON A RIDE ABOU

SUBMITTED BY KEN HIRTER

This month it was BIKING 101 with the "Compass Cycling Group" I had the pleasure of joining this summer. Compass Community Health Center in association with "EVERYONE RIDES" and "HAMILTON BIKE SHARE" wheeled out this wonderful program. They are offering the "PEDAL PASS" for only \$15 a year plus HST. For more information you can contact them at 289-768-BIKE (2453) Ext 2 or E-mail @ everyonerides@hamiltonbikeshare.ca

Our group met up at beautiful Bayfront Park at the Waterfront Trail. It was a scenic ride and I must say they have the best 5K to 10K of laneways, path lanes and trail paths. It was wonderful riding past the picturesque Hamilton Harbour. Safety helmets were provided along with safety tips and bike adjustments.

Did you know that the city of Hamilton publishes the Hamilton Bike Map, the edition for 2023 is now out. An extensive guide of all the biking trails and road maps from the parks and the streets, it is a must have for bicyclists. To find biking maps online or for more information on cycling routes: hamilton.ca/cyclingroutes or at hamilton.ca/cycling

They say, you never forget how to ride a bike, so climb aboard a 2 or 3-wheeler. Socially oriented, it gets you outside and exercising too. Going for a bike ride is good for your heart and muscles and it may improve how you walk and with your balance and with climbing stairs as well. The consensus from the group after every Rideabout through this beautiful park - it was fun for all.

I would like to thank our wonderful biking instructors here at Compass Community Health Center; Leah Janzen and Christine Sorbara and the delightful McMaster students Elizabeth Rylaarsdam and Sarah Balloch.



Center for yet another wonderful program rolled out this summer.

Forthcoming, starting up in October from Compass look for "The Senior Walking Group" for more information please contact Christine Sorbara at 905-523-6611 Extension 2059

For a list of their other wonderful programs

Thanks to Compass Community Health and services please visit their website at https://www.compassch.org

> Summer will soon be past and the mists of autumn upon us. So venture out to discover the paths and laneways in your neighborhood. Catch the colorful pockets of fall, whether biking, scootering or just walking by foot. Saving goodbye to Summer and saying Hello to Fall.



VISIT THE SUNSET **CULTURAL GARDEN**

Sunset Cultural Garden extends our utmost appreciation and best thanks to our incredible volunteers. Thank you for your dedication and hard work. Thank you for sharing your knowledge and skills. Thank you to our supporters for visiting the Garden and for your encouragement.

We have had a lovely summer. A children's day camp from Welcome Inn came for their lunch. The swallowtail and monarch butterflies, bees, birds and lady bugs made appearances. Some campers recognized their languages in the poems in the first circle, some watered the plants.

Be sure to come by and walk through Sunset. See the sparrows having dust baths in the pathways. The asters will be in bloom soon. There are more pollinators than ever. Come and sit for some respite from the busy intersection of Bay and Strachan.

Make Sunset Cultural Garden a regular go-to destination!

Sunset Cultural Garden wishes to thank Keep Hamilton Clean & Green for its imitative supporting team cleanups, beautification and environmental stewardship.

IT ISN'T LIKE IT USED TO BE

SUBMITTED BY BEV HILL

As a child growing up in the North End, I remember the 60's well. I was born in 1948 and lived on Simcoe Street with my parents and grandparents. I think back and recall that we felt safe. Safe to explore our neighbourhoods, play in the parks and go on adventures. Parents sat on their front verandahs while we played and doors were left unlocked in the front and the back.

At night, we would walk to Hammys Variety Store or the Eat More Restaurant. We never heard of anyone being attacked when they walked home in the dark. People talked to their neighbours without worrying about being hassled.

Some of my friends, Charmaine and Donald Pierce and Jean Bromely would go to the back of McIlwraith School on Murray Street and play for hours. No one bothered us. We would go on hikes to Dundurn Park, along the hills and we were safe. We all went to church with our parents at MacNab Church. If my dad saw someone in need he would help them and they would say "thank you".

My friend Helen Marriage worked night shift in a nursing home. She would walk home down Keith Street to the Mary Street bridge in the dark and alone. On weekends, we travelled by boat to Burlington Beach, LaSalle Park, and Port Dalhousie. People shared their picnic lunches with everyone. Sometimes when people went for Chinese Food after a night at the Genesee Tavern, they might forget to pay but Tommy Wong, the owner, always knew they'd be back.

I and others will always hold the North End in our hearts because of the friends we made and the adventures we had. If you are new to the North End, visit some of our anchor businesses like Our Corner, Fishers Pier 4, Brusey's awnings or Grandads Donuts to learn more. We're always happy to share our memories.



Find Out What is Happening in Your **Community**

with the North End Neighbourhood Association

MEETINGS EVERY MONTH

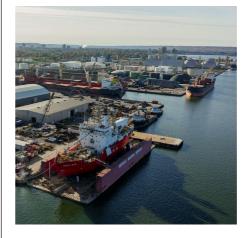
We meet the first Wednesday each month at 7pm. Meetings are currently on zoom.

Everyone is Welcome!

This is the place to meet your neighbours and hear about what's happening in the North End.

Follow us on Facebook and Twitter www.facebook.com/NorthEndNeighbours www.twitter.com/nenhamilton

Check out our website and sign up for our e-newsletter at www.northendneighbourhoodassociation.com



HOPA UPDATE - CAMP CITYKIDZ

Only smiles at CityKidz this summer! For the second year in a row, HOPA Ports had the pleasure of collaborating with CityKidz for their Summer to Remember Camp program.

The CityKidz Summer to Remember Camp program is a transformative initiative, providing children from underserved neighbourhoods with a unique opportunity to take part in enriching summer activities while creating long-lasting memories. By supporting this program, HOPA Ports and its Partners demonstrate a shared vision of building a strong, inclusive and vibrant community by investing in the well-being and potential of our youth.

This year, HOPA Ports and its Partners raised more than \$15,000 for Camp City-Kidz, making camp accessible for children in grades 1 to 6, living in Hamilton. Camp CityKidz includes meals, snacks and door to door transportation for 200 children.

"On behalf of our generous Port Partners, HOPA Ports is honoured to renew its support for the CityKidz Summer to Remember Camp program," said Larissa Fenn, VP of Corporate Affairs. "We firmly believe every child deserves a chance to create cherished memories and develop valuable skills, regardless of their socio-economic background. We are proud of CityKidz' dedication to empowering youth in our community and creating unforgettable experiences this summer."

The CityKidz Summer to Remember Camp program aligns perfectly with HO-PA's mission to be a catalyst for economic and community growth. By investing in initiatives that promote positive change, HOPA Ports and its Partners contribute to a stronger, more resilient society.

Thank you to all of the supporting partners who made this program possible:-Supporting Port Partners:

- **Amalgamated Trading East**
- HCE Energy Inc.
- Heddle Shipyards
- Lazier Engineering Services Inc.
- McKeil Marine
- Parrish & Heimbecker Limited
- Stanpac Inc. (Hamilton Warehouse Crew)
- Travelers Transportation Service Inc
- Trillium Support Services

GARDEN READY

SUBMITTED BY CANDY VENNING

September is a great time in the garden the weather is warm enough to stay interested in things growing while its cool enough to remind us (on some days) that winter is

Prep now, makes spring more fun. I prefer to divide perennials in late summer or early fall - If I know I'm planting bulbs I'll wait until October - but I can still eye up who will get the mighty slice and where my perennials will go.

Garden centres are usually clearing out stock but don't go crazy – only buy as much as you have room for and as much as you're prepared to get into the ground. Ideally you

experiment with a few plants that were too expensive to lose when they were full price.

Weed it! - weed it now before those seeds all drop and you don't know what they are next spring so you leave them and then they take over - true story, happened to a friend

Collect the seeds - especially of harder to find native plants - whether to share and trade or grow intentionally for yourself in labelled pots (so you know what they are) If you have friends with lots of something lovely - don't be afraid to ask for seeds or a division- most gardeners will happily share and see the query as a compliment.

Mulch – after you're finished weeding – a good deep layer will help some plants overwinter and prevent roots being overly affected by drought and or extreme temperature fluctuations. Mulch should break down and improve your soil while keeping out many of the airborne and poop-borne (by birds) unwanted seeds that land on the soil surface, at the very least make them easier to pull. Please opt for natural, undyed Cedar mulch or arborists woodchips if you 'Know a guy/

Get rid of underperforming plants - especially if you've had them for years and they're always disappointing. Do the slugs eat all the Hostas? (if you love Hostas then try a blue variety with no white or light green, pretty slugproof) does that Delphinium always wilt just before blooming, are the Japanese beetles eating all your Asiatic lilies...let them go. There are so many fantastic plants to try in a lifetime it seems utterly sad to hang on to lame plants (there is a native plant for every situation, add a few

more this year)

Order your bulbs – clean your garden tools – sharpen your blades – organize your garden implements and give away any you haven't used or are 'just missing a screw, spring etc' Gardening is hard enough without having good tools you treasure – I get by with 3 or 4 tools I use regularly. Loppers, Pruning shears, hori hori knife, gloves, 2 good pointy shovels that I can dig a decent hole with – and sometimes a pry bar.

I'm asking you to be your own garden 'bestie', take care of some problem issues now and lessen your spring workload. Better yet, take a break from the madness of hitting the garden centre all crazed and frothy in May to simply enjoy what you've set in motion this year.



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 more than 135 years. We have been more than just a worship gathering on Sundays as we meet as many people during the week as we do at our Sunday worship times. We believe the Lord has called us to a very simple philosophy of ministry - we seek to bless the North End of Hamilton in Jesus' name.

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

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

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





St. Lawrence the Martyr Parish

125 Picton Street E., Hamilton, Ontario L8L 0C5 905-529-3921 stlawrencehamilton@hamiltondiocese.com

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. Wednesday - Mass 12:00 noon Thursday - Confession and Adoration 6:00 p.m., Mass 7:00 p.m. Friday - Mass 12:00 noon Saturday-Confession 9:30 a.m., Mass 10:00 a.m. Please check our website for weekly updates/changes

Sacraments of Marriage or Baptism:

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

Parish News

Save the Dates! As we enter September we are starting to look forward to our annual fundraising events. Mark your calendar - you don't want to miss them:

> Nibbles & Bids Loonie/Toonie Live Auction Friday November 3, 2023

CWL Fall Penny Sale

Saturday November 25, 2023 Penny Sale, 50-50, Bake Sale & Lunch Items for Sale

Christmas Turkey Roll

Friday December 1, 2023

Hall Rentals are available!

Call the office or visit stlawrencehamilton.ca/hall-rentals for more information. Please keep an eye on the bulletin or our parish website for further updates www.stlawrencehamilton.ca



HAMILTON PUBLIC LIBRARY SEPTEMBER FUN

HPL Closures

All Hamilton Public Library branches are closed on Sunday, September 3 and Monday, September 4. The Bookmobile is off the road. Extended Access is unavailable. Regular service hours resume Tuesday, September 5.

Back to School with HPL

Students, educators and caregivers can browse a collection of activities, book lists, educational and tutoring resources, online courses and more at our website hpl.ca/ articles/read-watch-listen.

The 15th Annual Telling Tales Festival

https://www.hpl.ca/articles/telling-tales-festival at Royal Botanical Gardens features a full schedule of over 40 Canada's leading children's authors, illustrators, and storytellers presenting on five vibrant stages. Look for Team HPL on Saturday, September 16 and Sunday, September 17, 10 am-4 pm, for story times and hands-on activities.

29th Annual Power of the Pen Creative Writing Contest

https://hpl.ca/articles/power-pen-creative-writing-contest The writing competition invites writers ages 12-18 to submit original poetry and short stories in English, French or both languages. Prizes are for 1st and 2nd place in seven age groups in poetry and short story categories. Submit your work via the official entry form at https://teens.hpl. ca/forms/power-pen-contest-entry-form before or on Friday, September 29.

The Short Works Prize Writing Contest

Recognizing Excellence in Writing: The Annual Short Works Prize (https;//hpl.ca/swp) for Hamilton-area writers is now open. Entries are being accepted until Saturday, October 28, 2023. Presented in partnership with Hamilton Arts & Letters Magazine and Hamilton Public Library.

After Hours Study Halls

Resume Tuesday, September 5 Looking for a guiet study space or space to work? The Dundas, Red Hill, Terryberry, Turner Park, Valley Park and Waterdown branches offer this after-hours service from Mondays-Thursdays, 8pm-Midnight (except on statutory holidays).

2023 Hamilton Reads Title Choice is Unveiled

Read Nothing The Same, Everything Haunted: The Ballad of Motl the Cowboy by local author, Gary Barwin, this summer. Pick up a tic tac toe card at any branch or bookmobile visit, complete the activities and win yourself a stylish HPL Reads belt bag to sport around town. Visit our website for full details.

Send Postcards to Someone Special

Pick up postcards at https://www.hpl.ca/Postcards and send special greetings to seniors living in long-term care homes and socially isolated residents. Complete the mailing address from the list and drop off at any branch – we'll take care of the postage.

WARD 2 UPDATE

SUBMITTED BY WARD 2 COUNCILLOR CAMERON KROETSCH



It was a busy summer at City Hall. Many City staff and members of Council used vacation time, so Standing Committee Council and meetings were compressed into a single

week in each of July and August.

July saw public meetings on the proposed encampment protocol, the kickoff of the Biodiversity in Action series in the North End, and the launch of the Ward 2 Community Grants program. August saw the conclusion of this year's James Street North art crawl pilot, ratification of the new encampment protocol, the advancement of new bylaws to protect renters from renovictions, and the approval of a site for the Hamilton Alliance for Tiny Shelters (HATS) site on Strachan Street.

The approval of the HATS site by City Council has generated a lot of discussion in the North End, Ward 2, and across the city. Many have contacted the Ward 2 Team to express their support for the HATS pilot but we've also received feedback from nearby neighbours expressing concerns about the choice of the location. We've also unfortunately received some serious threats from a few Hamiltonians who have told us that if the pilot is set up in the North End they'll not only harm encampment residents but



engage in an ongoing campaign of harassment against them to force them out.

As Ward 2 City Councillor, I will not tolerate threats of physical violence or harassment. Violence is not the answer and the North Enders I know would never condone it. Now that Council has ratified the site location, let's work together to make this 2 year pilot a success. There will be ongoing meetings to discuss the pilot and a liaison committee set up so that neighbours will always have an open line of communication with HATS.

I have heard, loud and clear, what nearby neighbours are concerned about. I have also heard, many times, from Hamiltonians who are frustrated with the lack of progress the City is making on housing. As many of you know, the City has been left to manage a crisis that was perpetuated by generations of neglect on the part of the Provincial and Federal governments. I will continue to do everything I can to advance the City's

housing programs, strategies, and goals.

In other news, plans are still being made for a fall date to plant trees along the east end of Strachan Street and at Jackie Washington Park but that date hasn't been confirmed vet. I will likely have more information, including a date, in time for the August edition of the Ward 2 Newsletter.

If you'd like to connect in person, our fourth Ward 2 Neighbourhood Town Hall will be held in the Durand neighbourhood at the Central Presbyterian Church on Thursday, September 14. It will start with the Durand Neighbourhood Association AGM at 6:00pm followed by the town hall at 7:00pm. This year's North End Town Hall will take place on Tuesday, November 14 at 7:00pm and I will provide more information about the location when I've confirmed it.

If you need anything from the Ward 2 Team, please reach out to us anytime at Ward2@ hamilton.ca or through our office phone number at (905) 546-2197. We're in the office Monday through Saturday and are happy to continue to serve the North End community.

- Camepon Kroetsch

PARENTING WORKSHOPS

RON JOYCE CHILDREN'S HEALTH CENTRE

Ready, Set, Smile! is all about Creating Meaningful Social Routines at Home with Toddlers. Participants will learn the importance of shared smiling, how social routines can increase interaction and promote communication and, get ideas and strategies to try out. Opportunities to ask questions and receive resources will be provided.

Single virtual session on Zoom.

Dates: Tuesday September 26, 2023 7:00 - 8:00p.m

Thursday November 21, 2023 1:00 - 2:00p.m.

Circle of Security Parenting Group

- In this popular 8-session in-person workshop for moms, dads and, caregivers of children up to 6 years of age, participants watch video clips, learn strategies to enhance the parent/caregiver-child relationship and improve child behaviour, and discuss these issues with the leaders and other participants.

8 weekly sessions, beginning Thursday September 21 through to November 9, 2023, 9:30a.m.-11:30a.m.

Location:

Ron Joyce Children's Health Center, 325 Wellington St. N. Hamilton ON.

Transportation assistance & limited onsite childcare

Register at https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/ family-resources/course-offerings/

For more information please call 905-521-2100 extension 77406 or email ipp@hhsc.ca

CRIME **STOPPE**

OF HAMILTON

CRIME STOPPERS OF HAMILTON UPDATE

Lock it up

Trevor McKenna, Crime Stoppers Coordinator Summer is in full tilt and many of us are flocking to beaches, gyms, and Recreation centers to manage our summer bodies. Unfortunately, Hamilton currently is experiencing a rash of locker room thefts at these facilities.

How does it work:

Thieves enter the locker room and scout out the lockers that are not secured by locks. They then target keys and use the fobs to locate the vehicle in the lot. From there, they steal the vehicle and use it for other crimes – some of which are

So what can you do to so you don't become a victim?

- 1 Start by leaving unnecessary valuables at home when going to the gym or recreation centers.
- 2 Bring a lock with you so that whatever you do bring is protected

- 3 Don't leave valuables in your car, especially in plain sight and lock your car doors.
- 4 Call police or Crime Stoppers if you see anything that appears criminal in nature.

There's no reason why someone would need to open multiple locker doors or spend more time in the change room than they do on the gym floor itself. If you see something that triggers your gut instincts – then it's worth the call!

At Crime Stoppers, you remain completely anonymous and could earn a reward of up to \$2000 dollars. We don't subscribe to caller ID and we never ask your name or information.

Have a safe and happy end of the summer.

As always Hamilton, Stand up Stand Together.

CONSULTING WITH NEIGHBOURHOOD NEVER CONSIDERED IN DECISION TO PUT TINY SHELTERS ON STRACHAN STREET

SUBMITTED BY KATHY RENWALD

In the middle of August, North End residents learned that Strachan Street between James and Hughson would be the location of a new project to house the homeless. The housing is described in a variety of ways - tiny homes, tiny shelters, and tiny sheds.

Up to 25 of them will be located on a city owned parking lot on Strachan, and will be paid for and managed by the Hamilton Alliance for Tiny Shelters (HATS)

The announcement caught many off guard. Residents for sure, and how many others we are unsure, because finger pointing of who knew what when has already started.

While there will always be charges of NIMBY-ism, there are hard facts that support the unsuitability of the site. Yes, people support the concept but in a place it has a chance to work.

The HATS organization have 14 criteria for a successful location for Tiny Shelters - Strachan street ticks few boxes-it's paved, close to support services, and has some shade. Otherwise the HATS people have always preferred a location NOT in a residential neighbourhood, not in the downtown core and be up to two acres in size.

In a very limited time residents near the Strachan Street location expressed their reasoned concerns with the site to council but the project was approved as part of a wider set of policy changes known as encampment protocols. Included in that document is also a provision allowing encampments in parks - it comes with a set of regulations and measurements and numbers that are best viewed on the city website.

There are already about 30 tents on Strachan between Bay and John streets. Residents living nearby detailed to the city that open drug use, public sex acts, discarded needles and garbage accompany the encampments. The city says the encampments will be cleared out when the Tiny Shelter project begins. It's unclear when that would be, but the pressure is on to get some or all of the units built before winter.

As described on the HATS website the cluster of 25 Tiny Shelters would be fenced, lit and entry allowed only through

a gate. Security would be on site. Whether the small Strachan site would have room for items on their "wish list" that make the village look less like a security compound such as gardens for flowers and food crops is unknown.

The Jamesville Development Consortium developers of the Jamesville project, which will include affordable housing units also wrote the city asking this issued be deferred to allow consultation. They called the decision to locate on Strachan a "short-term, rushed solution not worth putting the future of the community at risk without proper consultation." That appeared to carry no weight at council.

Questions about the possibility of a CN appeal of the shelters are unanswered and questions about normal zoning regulations being bypassed remain unexplained at least in terms that 99 percent of the population can understand.

Having watched the lengthy meetings at city hall that led to their decision my impression was city staff felt Strachan Street was an inadequate location, weakly endorsed but offered up as a band-aid, temporary solution.

Ward 2 Councillor Cameron Kroetsch who supports the Strachan Street location saysnow the neighbourhood will be consulted. To find out when and where meetings are to take place, he suggests following social media, and look for notices in mailboxes.

The Bay Observer at https://bayobserver.ca has written extensively on this story.

For more information look for updates on the city website:

https://www.hamilton.ca/people-programs/housing-shelter/preventing-ending-homelessness/city-hamilton-encampment-protocol

Encampment protocols -

https://drive.google.com/drive/folders/1L_ KT3JcvSQ-O0-mcKPOHLO6Dn5kAk-NcK

Cameron Kroetsch-answers to questions-

https://drive.google.com/file/d/1BML-71Doi0ewsnmBoV936YXIAf9JOawR_/



John Howard Society of Hamilton, Burlington and Area Community Service Program!

Our organization has a community service program where individuals are looking to make a positive impact in our community. Individuals in this program can assist non-profit organizations in Hamilton, Burlington and area with a variety of tasks.

Examples of tasks our individuals can assist with include but are not limited to:

- Park clean up and maintenance
- Program and event set-up/take down
- Food preparation
- Donation sorting
- And much more!

Contact us: CSO Coordinator—Holly Tasker 905-979-6880 htasker@jhshba.ca

CSO Community Worker—Hailie Tozer 906-979-6954 htozer@jhshba.ca

LINDA'S CHATTY **CORNER**

SUBMITTED BY LINDA BENSON

It's about time I revisited the North End, and what a difference a half a year makes. Of course the Williams Pub Café is still bustling; at least it was when I visited this past week. Lots of seniors, from various Retirement residences were visiting at the same time. Although a very breezy day, and slightly foggy over the water, (or was that smoke from all the past fires?), the walk from Williams to the Haida was really pleasant, what a nice pier it

I haven't been able to get out to the Salsa nights, which takes place at the skating rink, behind Williams. Normally they have it on Tuesday evenings, but because of inclement weather it has had to be canceled a couple of times. I hear it's quite a blast, and if you like dancing, it's definitely the place to be. This is a free event, although donations are accepted, and it kicks off at 8pm. This event is put on by the Salsa Soul Productions; a Hamilton based Latin Dance School. They also offer some events on Saturdays on the Waterfront. I believe they wrap up at the end of this month, August, so like myself you only have a couple of weeks to get out and boogie. #SalsaOnTheWaterfront #HamOnt #SalsaSoulProd





Because Williams was just too busy for me,

I ended up walking over to Grandads Donut Shop. What a surprise as I entered. It's so

much more spacious now and bright, I love

the new look. Of course, the coffee and do-

nuts were an absolute treat as always, and,

it seems to me, that there are a few newer

varieties, although for me, it was the Apple

Fritter that drew my eye!! I noticed, on line,

they have a newsletter, which I thought was

very interesting, have they always had this?

On another bright and sunny day, (which

we've only had a few of this summer) I took

a walk along James St. north. I haven't been

there for a while either, and I was equally

surprised when I entered the newly renovat-

ed OLA Café & Gourmet Bakery. They still

have the same menu, maybe added one or

two items. Their baked goods are delicious

and I'm glad to see they still offer their Ca-

nadian coffee, which I prefer with hot milk. I

did buy a couple of their wheat buns to bring

home, and although they were good, I did

detect a slight change in taste. Perhaps the

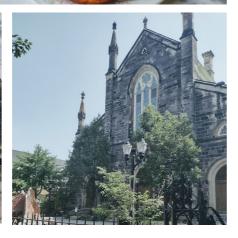
new owner has changed part of the recipe,

I'm not sure but I did prefer the former style.

I noticed they have a different soup special,

https://www.grandads.ca/news





THE NORTH END BREEZES NEED YOUR HELP!

Since 1972 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.

But now, we need your help. Costs have increased just as we've grown. Our advertising support that we relied on has dropped; some because after 50 years of support, they are retiring - go figure and some have decided to dedicate their advertising budget in other ways. That means that we are working on a month to month basis.

Our small volunteer publication team works tirelessly to find and publish the news but we could use more people. Our Board of Directors is active in their jobs and community and their time is filled. We have ideas for fund raising but no help to

We know that The Breezes is appreciated by our readers in the North End and beyond. We wouldn't be here 50 years later if that wasn't the case.

We hope that you continue to support us. Your donation, whether small or large allows us to continue to bring the news of the community to the community.



HAMILTON TRILLIUM AWARD WINNER

SUBMITTED BY SHERI SELWAY WITH THANKS TO IAN AND KATHLEEN FOR THEIR HELP AND CONVERSATION

A vibrant oasis nestled within the North End has recently captured the attention of the

Trillium Award committee. This lovely garden isn't just a feast for the eyes, but a living

testament to the power of community and the evolution of a shared vision for a sustainable urban environment.

What makes this garden truly stand out is its journey of growth and transformation over the years was driven in large part by the practice of sharing plants with neighbours. Through these friendly exchanges, the garden has evolved from a modest collection of greenery into a diverse tapestry of colors, textures, and native species that reflect the area's unique ecosystem. This collective effort symbolizes not only a sense of camaraderie among local residents but also the gradual weaving of a community narrative into the garden's very fabric.

The Eastern Prickly Pear Cactus finds its home here, reminding us of the significance of preserving native flora. This cactus species, indigenous to Southern Ontario, thrives as a result of the garden's commitment to showcasing the beauty of the region's natural plant life.

Perennials dominate the garden's landscape. A careful selection of plants that minimizes

upkeep and ensures low maintenance while guaranteeing a vibrant and lively display year after year. The intentional inclusion of pollinator plants that bloom at different times during the season gives constant colour and space for bees and other insects.

The garden's transformation is further underscored by its participation in the City of Hamilton's Free Street Tree program. This strategically placed tree not only adds to the garden's aesthetic but also mirrors the city's broader efforts to enhance its green spaces and improve air quality and shade canopy. The city offers 40 different species to choose from making it easy to select the right tree for each garden.

The garden's hardscape owes some of its charm to Candy Venning's creative touch. Venning's hardscape design has contributed to an aesthetic that harmonizes with the garden's broader narrative of a place to relax in the city with some separation from the street.

It's worth noting that anyone can be nominated for a Trillium Award, and you can even nominate your own garden! Encouraging more individuals and communities to take the initiative in crafting green spaces that contribute to the local ecosystem.

As seasons change, the garden's ongoing evolution serves as a reminder that every plant, every exchange, and every effort leaves an indelible mark on both the land-



scape and the community it supports. With the Trillium Award as inspiration, we look forward to witnessing the growth of similar endeavors across the city.

The Trillium Awards program was established in 1956 to promote community pride and encourage and promote excellence in landscape design and maintenance making a positive contribution to Hamilton.

As you walk through the neighbourhood, you might notice the small trillium awards in several gardens. White Trilliums are awarded to the top 20 gardens in each ward. White trilliums are judged again and the top scoring garden is awarded a Pink Trillium, one per ward.

Congratulations to the people in Ward 2 and in the North End who received an award.

REVISIONING THE DISCOVERY CENTRE - OPEN HOUSE NOTICE

The City is holding an open house for information and feedback on the future use of the Discovery Centre on Pier 8. Learn about an option that includes a multi-use space including a library, Indigenous community gathering area, exhibits and gallery space, café, and other visitor amenities, and to provide your feedback about the future of the building.

You are also invited to provide feedback through the Engage Hamilton website for this project: https://engage.hamilton.ca/discoverycentre

When: September 12, 2023, 6:00-8:00PM

Where: Discovery Centre, 77 Harbourside Way (Formerly 57 Discovery Drive)

Meeting Format: Short presentation will be provided at 6:00PM, followed by an Open House. You will have the opportunity to view displays with information about the concept and the project process, and ask questions of the project team.

More information about this project is available at the City's project website. https://www.hamilton.ca/build-invest-grow/planning-development/waterfront-redevelopment/discovery-centre-site-strategy#reports-studies.

For more information about this Community Open House, and/or if you have accessibility requirements, please contact Andrea Smith, Senior Development Consultant (West Harbour), Municipal Land Development Office, email: westharbour@hamilton.ca, PH: (905) 546-2424 x.2085.



NORTH ENDER OF THE YEAR AWARD NOMINATION FORM

Join us in presenting the 2023 North Ender of The Year Award to two of our deserving residents. Complete the on-line form at NEY AWARDS Nomination Form 2022 - Google Forms or email us at office@northendbreezes.com. Nominations close October 30, 2023.

For over 25 years, members of the North End community have been recognized for their contributions and dedication to the North End. The North Ender of the Year Award was first introduced in 1996 by Ed Stewart to honour individuals and groups who have made a significant contribution to the protection and/or enhancement of the North End.

In selecting the recipient(s) of the awards, a panel of judges will consider the nature of the community involvement undertaken by each nominee and the resulting achievements, using the materials submitted to support the nomination form.

Who can be nominated?

Individuals, groups, students, businesses or service providers who live or work in The North End can be nominated.

- Reside or work in the North End
- Has contributed to the social or cultural needs of the North End
- Has made this commitment without thought of personal or financial gain
- Is not a previous recipient of the award

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Nominator Name:

Which Award? (Circle one)

Ed Stewart Legacy Award

The Ed Stewart Legacy Award is presented to an individual, group or business in recognition of an outstanding contribution to the North End through community engagement, service or leadership. The nominee should have demonstrated a long-standing, significant commitment to the improvement of the neighbourhood through professional or voluntary efforts. Normally this award is presented to recognize efforts spread over a period of ten plus years, however, a single outstanding achievement may be considered.

The Community Builders Award

The Community Builders Award is presented to recognize the efforts by the nominee in the North End neighbourhood. The individual should embody the community spirit and have dedicated their time with measurable impact on the North End and its residents. demonstrated compassion in ways of touching or enriching the lives of others, showing ongoing leadership and initiative, or sustained and selfless voluntary service. An impact visionary who is making a difference of the future of our neighbourhood.

No	om	in	ee	Na	me	

Nominee Mailing Address:

Nominee Phone Number:

Nominator Address:

Award Information:

To help the judges evaluate your nomination, please answer all questions in depth (feel free to attach additional sheets should you need more room), and attach relevant materials and documentation that will support this nomination, including letters of support.

- How long has the nominee been involved in the North End?
- How many activities and areas within the North End is the nominee involved in?
- How has the nominee contributed to the North End community?
- How has the nominee demonstrated community commitment?

Add any supporting photos, documentation, testimonials and share. Please send scans or photos of any supporting documentation via email or mail to the following addresses:

Email - office@northendbreezes.com

Mail - 28 Fullerton Avenue, Hamilton, Ontario L8L 6G8



BENNETTO COMMUNITY CENTRE

450 Hughson Street North | 905-546-4944 | www.hamilton.ca

Bennetto Community Centre will be closed on Sept 4, 2023 (Labour Day)

Gym and Club - Fall Registered Programs

Starting week of October 2, 2023

Starting week of October 2, 2023								
MONDAY								
Program	Time	Ages	Code	Fee				
Tumble Playgroup (with parent)	10:00-11:30am	1-2 years	00058868	\$54.99				
Girls Who Move	4:00-5:00pm	9-12 years	00058872	FREE				
Girls Who Play	4:45-5:45pm	9-12 years	00058874	FREE				
Girls Who Play	5:45-6:45pm	13-17 years	00058875	FREE				
Yoga Hatha	6:00-7:00pm	16+ years	00058882	\$83.61				
Cardio, Balance & Strength	7:15-8:15pm	16+ years	00058884	\$70.11				
	TUESDAY							
Program	Time	Ages	Code	Fee				
Sports Blast Fundamentals	5:00-5:30pm	3-5 years	00058887	\$25.11				
Soccer	5:45-6:30pm	6-8 years	00058890	\$28.26				
Recreational Basketball	6:45-7:30pm	6-8 years	00058893	\$28.26				
Recreational Basketball	7:30-8:30pm	9-12 years	00058898	\$37.62				
	WEDNESDAY							
Program	Time	Ages	Code	Fee				
Tumbling Fundamentals (with parent)	5:00-6:00pm	1.5-2 years	00058910	\$36.63				
Tumbling Fundamentals	6:00-7:00pm	3-5 years	00058913	\$50.22				
	THURSDAY							
Program	Time	Ages	Code	Fee				
Sports Blast Fundamentals	10:00-10:30am	3-5 years	00058921	\$25.11				
Exploring Art	5:45-6:15pm	3-5 years	00058923	\$25.11				
Art	6:30-7:15pm	6-8 years	00058926	\$28.26				
SATURDAY								
Program	Time	Ages	Code	Fee				
Tumbling Fundamentals	9:00-10:00am	3-5 years	00058915	\$50.22				
Tumbling Fundamentals	10:15-11:15am	3-5 years	00058918	\$50.22				
Exploring Science	10:30-11:00am	3-5 years	00058931	\$25.11				
Science	11:15-12:00pm	6-8 years	00058934	\$28.26				

Aquatics - Fall Registered Programs

Starting week of Oct 02, 2023

MONDAY						
Program	Time	Ages	Code	Fee		
Parent and Tot 1/2/3	6:00-6:30pm	4m-3yrs	00057759	\$60.93		
Splash 1/2/3	6:00-6:30pm	3-5yrs	00057765	\$68.58		
Swimmer 1	6:30-7:00pm	6-12yrs	00057762	\$68.58		
Swimmer 2	6:30-7:00pm	6-12yrs	00057768	\$68.58		
	TUESDAY					
Program	Time	Ages	Code	Fee		
Splash 1/2/3	5:00-5:30pm	3-5yrs	00057771	\$68.58		
Swimmer 3	5:00-5:45pm	6-12yrs	00057783	\$75.69		
Swimmer 2	5:00-5:30pm	6-12yrs	000577801	\$68.58		
Swimmer 1	5:30-6:00pm	6-12yrs	00057774	\$68.58		
Splash 1/2/3	5:30-6:00pm	3-5yrs	00057808	\$68.58		
Swimmer 4	5:45-6:30pm	6-12yrs	00057788	\$75.69		
Splash 4/5/6	6:00-6:30pm	3-5yrs	00057777	\$68.58		
Swimmer 2	6:00-6:30pm	6-12yrs	00057815	\$68.58		
Parent and Tot 1/2/3	6:30-7:00pm	4m-3yrs	00057780	\$60.93		
Private Swim Lesson	6:30-7:00pm	3yrs +	00061906	\$253.35		
Swimmer 1	6:30-7:00pm	6-12yrs	00057820	\$68.58		

Aquatics - Fall Registered Programs

Starting week of Oct 02 2023

Starting week of Oct 02, 2023 WEDNESDAY							
Program	Time	Ages	Code	Fee			
Splash 1/2/3	5:00-5:30pm	3-5yrs	00057867	\$68.58			
Swimmer 1	5:00-5:30pm	6-12yrs	00057887	\$68.58			
Splash 1/2/3	5:30-6:00pm	3-5yrs	00057870	\$68.58			
Swimmer 2	5:30-6:00pm	6-12yrs	00057889	\$68.58			
Bronze Medallion	5:30-8:15pm	13yrs +	00061862	\$135.71			
Adult 1/2/3 Swim Lesson	6:00-6:45pm	12yrs +	00057873	\$85.50			
Swimmer 7/8/9	6:45-7:45pm	6-12yrs	00057882	\$75.69			
Private Swim Lesson	6:45-7:15pm	3yrs +	00061907	\$253.35			
Private Swim Lesson	7:15-7:45pm	3yrs +	00061908	\$253.35			
Private Swim Lesson	7:15-7:45pm	3yrs +	00061910	\$253.35			
Private Swim Lesson	7:45-8:15pm	3yrs +	00061909	\$253.35			
	THURSDAY						
Program	Time	Ages	Code	Fee			
Splash 4/5/6	5:00-5:30pm	3-5yrs	00057915	\$68.58			
Swimmer 1	5:00-5:30pm	6-12yrs	00057927	\$68.58			
Private Swim Lesson	5:00-5:30pm	3yrs +	00061911	\$253.35			
Swimmer 2	5:30-6:00pm	6-12yrs	00057918	\$68.58			
Swimmer 3/4	5:30-6:15pm	6-12yrs	00057930	\$75.69			
Splash 1/2/3	5:30-6:00pm	3-5yrs	00057921	\$68.58			
Bronze Cross	5:30-8:15pm	13yrs +	00061868	\$115.09			
Swimmer 2	6:00-6:30pm	6-12yrs	00057942	\$68.58			
Splash 1/2/3	6:00-6:30pm	3-5yrs	00057939	\$68.58			
Swimmer 5/6	6:15-7:00pm	6-12yrs	00057933	\$75.69			
Splash 4/5/6	6:30-7:00pm	3-5yrs	00057924	\$68.58			
Swimmer 1	6:30-7:00pm	6-12yrs	00057945	\$68.58			
	SATURDAY						
Program	Time	Ages	Code	Fee			
Swimabilities Beginner/Intermediate	9:00-10:00am	3-17yrs	00057948	\$67.14			
Swimabilities Intermediate/Advanced	10:00-11:00am	3-17yrs	00057951	\$67.14			
Swimabilities Adult	10:00-11:00am	17yrs+	00057954	\$67.14			
Splash 1/2/3	11:00-11:30am	3-5yrs	00057957	\$68.58			
Swimmer 1	11:00-11:30am	6-12yrs	00057963	\$68.58			
Private Swim Lesson	11:00-11:30am	3yrs +	00061914	\$253.35			
Parent and Tot 1/2/3	11:30-12:00pm	4m-3yrs	00057960	\$60.93			
Swimmer 2	11:30-12:00pm	6-12yrs	00057966	\$68.58			
Splash 4/5/6	11:30-12:00pm	3-5yrs	00058125	\$68.58			

Registration Information

Registration Date: September 13, 2023 at 8:00am

Ways to Register: Online - hamilton.ca/recreation

Be sure to obtain your USERNAME and PASSWORD prior to registration day. Go to hamilton.ca/recreation or in-person at your local recreation centre

our drop-in programs please check on-line at www.hamilton.ca/recreation

If you require this information in an accessible format, please contact accessiblerec@hamilton.ca



Website Design & Support Services



Marie Mushing

16 Anson Ave. Hamilton, ON L8T 2X3

905-387-1883

Websites that Work!

marie@peopleinconnection.com

www.peopleinconnection.com

Breakfast Club

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

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

Contact Mariko at mbown-kai@compassch.org to register!



See you there!



SUMMER ISSUE CORRECTION NOTICE

The name of the artist profiled in "Machinery, Towers and Birds" in the Summer issue was misspelled. The artist's name is Sandra Crisante. The author regrets the error.

Are You **Pregnant?**

Join a weekly free prenatal nutrition group that's close to where you live!

Compass Community Health

438 Hughson Street North

(Between Macauley Street and Picton Street) Date: Thursdays 12:30pm - 2:30pm

Bus Route: 02 or 04

Register at group during your first visit or call Cory at 905-523-6611 Ext. 3047.

Talk with a Registered Dietitian and a Registered Nurse about:

- Pregnancy
- · Labour and delivery
- · Eating well and cooking healthy food
- Breastfeeding

You will get:

- · Grocery gift card
- Bus tickets
- Prenatal vitamins gift card
- Vitamin D for your breastfed baby
- Child-minding for your children under 6 years of age



Cory Ma, Registered Dietitian 905-523-6611 ext 3047



www.hamilton.ca/PrenatalGroups



/HealthyFamiliesHamilton

Hamilton





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



Pathways to Education Hamilton is proudly hosted by Compass Community Health



DIABETES EDUCATION PROGRAM COMPASS COMMUNITY HEALTH

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

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

We provide Individual Counselling and Group Programs.

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





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Interested in quitting smoking or helping someone quit smoking?

Have a cough and/or trouble breathing?

Are you sure your inhaler is working?

Would you like education on Asthma or COPD?

Ask about our CRE program (Certified Respiratory Educator) **Jay Beaupre** 905-523-6611 ext 3005

Are you experiencing shortness of breath? Do you have COPD?

Join our FREE 10-week program to help you better manage your breathing. To find out more call Meridene at Compass Community Health 905 523 6611 ext. 3005

OUR CORNER

* Bar & Grill *



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







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 289-933-819, by email at office@northendbreezes. com, on our website: www.northendbreezes. com or social@northendbreezes.com.

Published by North End Breezes Board of Directors: Kristina Santone. Chris Pearson. Elizabeth Poynter, Keith Thompson, and James Vanderberg

Chair: Elizabeth Poynter

Financial Officer: James Vanderberg

Secretary: Kristina Santone Marketing: Keith Thompson

Community Connector: Chris Pearson

Co-Ordinator: Brenda Duke Editorial Assistant: Kit Darling Layout + Design: Katie Fitzgerald Web Site Development: Marie Mushing

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

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

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

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

NORTH END BREEZES MISSION

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

NORTH END BREEZES VISION

The North End Breezes is a vital resource in the North End that promotes harmony, pride and collective community action in a diverse and ever-changing neighbourhood. For 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. Please email your thoughts to office@ northendbreezes.com or call 289- 933-4810.

Follow us here:

Facebook - facebook.com/northendbreezes Instagram - instagram.com/northendbreezes Twitter - twitter.com/northendbreezes



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**

NORTH END BREEZES TEES ARE BACK!



Show some Breezes love and support. \$25/shirt.

Available in Royal Blue and White. Limited stock available. Email northendbreezes1@gmail. com to order your shirt.

Free drop off in the North End.

