



NORTH END BREEZES

Community Newspaper

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NEWS TO YOUR
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HAMILTON, L8L 3W9

AUGUST 2026

VOLUME 7

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NORTH END COMES TOGETHER FOR ANOTHER UNFORGETTABLE COMMUNITY CELEBRATION



SUBMITTED BY CHRISSY CHRZAN

On Saturday, June 27, our North End came alive as neighbours opened their driveways, front lawns, and hearts for another amazing North End Garage Sale, followed by the North End Neighbourhood Block Party. Together, we welcomed hundreds of visitors, helped families find new homes for treasures, and celebrated everything that makes our neighbourhood so special -community. A heartfelt thank you goes out to everyone who participated:

- Every household and person that hosted a garage sale - this is the third year running these and we had over 60 households participate and approx 15 at welcome in - about 75 sales overall, huge and record breaking!
- Everyone who came out to shop and explore the neighbourhood
- Our volunteers who gave their

time before, during, and after the events

- The amazing team Welcome Inn Community Centre for once again partnering with us
- Everyone who donated supplies and their time to make the day a success

Thank You to Our Incredible Musical Guests The Block Party was filled with fantastic local talent. Thank you to B.A. Johnston, Tony T. Tortola (Elvis!) & Marie Pavlov, Felix and Matias, Jack Stearns Ley, Drones Over Dufferin, No Place For a Woman, Dr. Wig Dust, and Proof of Ghosts, and everyone else who helped fill the neighbourhood with music all afternoon and evening. Your performances brought people together and created memories we'll be talking about for a long time. Thank you as well to everyone who enjoyed the BBQ,

sang karaoke, participated in the open mic, brought the kids out for activities, and took advantage of the free bike tune-ups. Seeing neighbours of all ages spending the day together is exactly what this event is all about.

Support Welcome Inn Community Centre These events are only possible because of strong community partnerships, and Welcome Inn Community Centre is one of the organizations that helps make our neighbourhood stronger every day. If you enjoyed the Garage Sale or Block Party and would like to give back, we encourage you to consider donating to Welcome Inn. Your support helps fund programs for children, seniors, newcomers, food security initiatives, community gardens, and so much more. Every donation—large or small—helps strengthen our North End community. Donate here: <https://welcomeinn.ca/donate>

CONTINUED ON PAGE 4



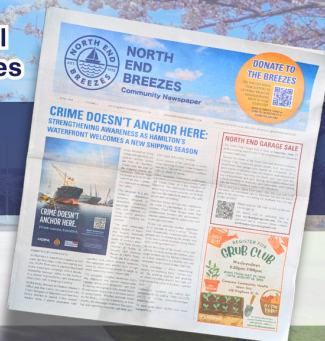
WE'RE HIRING

North End Breezes Coordinator

Help connect and tell
our community's stories

- Part-time
- Paid stipend
- ~15 hrs/week

Curious or interested?
Email us to learn more:
maureenscally6@gmail.com



COORDINATOR NEEDED

Committed to community engagement? Co-ordinating teams of volunteers (delivery, publication, online, etc.) isn't scary? Communicate with Board members, community organizations, supporters and donors? Help to create a budget and work with the Board Treasurer to monitor and manage finances? Spread sheets and word docs no problem?

This requires a 15 hour per week commitment. A small stipend is offered. For details, contact Maureen at maureenscally6@gmail.com.



JOIN US AT FUTURE MEETINGS

The North End Neighbourhood Association (NENA) has returned to IN-PERSON meetings and we meet on the first Wednesday of each month at Bennetto Community Centre - Community Room No. 1 at 7pm. Everyone is welcome as the space is fully accessible, we have updates from our committees and community discussion.

1903 OLD BOYS SUMMER CARNIVAL: A HOMECOMING LIKE NO OTHER

SUBMITTED BY BRIAN ROULSTON

Image courtesy of the History & Archives Department, Hamilton Public Library

Hamilton woke up on Friday, August 21st, 1903 looking less like an industrial city and more like Mardi Gras had wandered onto King Street. The celebration had been building since the Old Boys began arriving the previous Friday — and by Sunday, the real rush had begun.

Monday — Visitor’s Day : Out-of-towners poured in. Wrestling and boxing contests filled halls and empty lots as early-arriving Old Boys cheered local favourites.

Tuesday — Old Boys’ Day: Two thousand Old Boys marched proudly through the streets, followed by the Veteran Firemen’s Parade — polished helmets, gleaming trumpets, restored wagons, and spectators ten deep. The Hamilton Times even claimed the parade included camels with ladies typing on typewriters strapped around their necks — a detail too strange to invent.

Wednesday — Citizens’ Day: The Floral Parade turned the streets into a moving garden of blossoms, ribbons, and bunting. Horses wore wreaths; children tossed petals; the air smelled of roses and pine. Later, Old Boys and Old Girls gathered at Central School for a reunion full of warm handshakes and tall tales.

Thursday — Civic Holiday and Military Day: Offices closed, factories slowed, and Hamilton focused on the grand military review. Soldiers from across Ontario, Buffalo, and Detroit marched in perfect unison — the defining spectacle of the week.

A City Flooded: Hamilton’s population of 52,000 suddenly swelled by another 44,000 visitors. Hotels, inns, and private homes overflowed. Some houses squeezed in as many as twenty guests. People slept in barns, garages, and train stations — anywhere they could stretch out. Rain had been predicted daily, but aside from a brief shower one evening, the weather cooperated. Residents decorated streets, hung lanterns, and prepared for the crowds. The City of Hamilton contributed \$2,000 — a significant sum in 1903 — showing how seriously the celebration was taken. Naysayers had predicted a flop. Instead, even critics admitted the carnival was “gloriously successful.”

Empty Pews and a Transformed City: Sunday morning churches found their pews unexpectedly empty. By Monday, King Street was dressed like a parade float: evergreen arches, Japanese lanterns, bunting, flags, and electric



lights glowing after sunset. Businesses decorated storefronts, residents hung banners, and even the streetcars gleamed. Hospitals joined in too, draped in huge flags. Former Hamiltonians returned from across Canada, the United States, England, Ireland, and beyond. So many horses arrived that the city’s livery stables overflowed, forcing parks and nearby streets to serve as temporary corrals.

The Rush Into Hamilton: Railway platforms at Stuart Street, Ferguson Avenue, and Hunter Street were jammed with arrivals. Regiments had to detrain quickly and march straight to the armoury to keep the platforms clear. Concerts and military displays greeted visitors. By Wednesday night, King Street was “jammed from building to building,” a solid river of flags, horns, and cheering crowds. Music filled the city. Eighteen thousand people gathered nightly at Dundurn Park, while smaller concerts played across town. Gore Park, glowing with lanterns and coloured lights, earned the nickname “Fairyland.”

The Trolley Driver’s Lament: No one felt the crush more than the Hamilton Street Railway conductors. One later said: “I’ve driven streetcars through snowstorms, football crowds, and election nights, but nothing compares to the 1903 Carnival. I had people on the roof, on the fenders, on the steps — hanging off the rails like laundry on wash day.” Forty-eight cars ran non-stop, packed far beyond capacity.

The Military Spectacle: Nearly 2,500 soldiers marched to the Old Hamilton Jockey Club Race-track — now Centre Mall. The crowd, estimated between 12,000 and 15,000, was so dense the regiments could barely reach the infield. Feeding the visiting soldiers proved too much for local groups. A Toronto caterer stepped in — and the tough meat and slow service became the week’s main complaint among the troops.

Regatta, Lantern Boats, and the Carnival Mar-

ket: Crowds lined the Burlington Beach strip for a sailboat regatta. Later that evening, illuminated “Lantern Boats” drifted through the Burlington Canal in a glowing parade. The Hamilton Market was so busy it could have been renamed the Carnival Market. Farmers’ wagons lined McNab Street, while the Midway squeezed in beside them, creating a lively jumble of wagons, barkers, music, and machinery.

Fireworks and the Fish-Horn Finale: Each night, Hamilton Bay became a floating grandstand as hundreds of small boats — along with a few specially chartered steamers — gathered offshore. Crowds swelled along the shoreline as fireworks burst above Dundurn and Harvey Parks. Although no official events followed the final fireworks, the crowd wasn’t ready to go home. Up to fifty thousand people poured into the streets for one last

blast. Thousands of rubber fish horns bleated in chaotic waves as confetti drifted like snow.

Remarkably Little Trouble: Despite the crowds, the week remained good-natured. The Chief of Police reported that with only 40 officers, “everything passed off well.” Illegal gambling machines on the midway were shut down after complaints, but trouble was minimal.

Workhorses, Unions, and Trades: Hamilton was still very much a workhorse town, so the city and the SPCA staged a parade in the horses’ honour — decorated delivery horses and wagons from dairies, florists, meat packers, and coal companies. A scheduling mix-up merged the horse parade with the Union and Trades parade, creating a two-hour procession that spectators loved.

The Great Cleanup and Legacy: After the carnival, Hamilton buzzed for weeks before slowly returning to normal. Decorations came down, shops reopened, and City Works crews swept up evergreen branches, rocket sticks, fish horns, and ash. For many visitors, the celebration left such a strong impression that former residents began thinking of returning home. The 1903 Summer Carnival became the benchmark for every celebration that followed — four days when Hamilton turned itself inside out with joy and for one unforgettable week in 1903, Hamilton didn’t just throw a party — it proved it could out-celebrate any city on the map.

ROBIN LENNOX, MPP HAMILTON CENTRE - UPDATE

Over the past few weeks, Hamiltonians have been deeply impacted by the ongoing issue of poor air quality and industrial pollution. In early July, much of Hamilton’s lower city, Hamilton East-Stoney Creek, and the East Mountain experienced an increased volume of black soot fallout. Parents wrote to me that they were afraid to let their children play in the backyard because their feet would return covered in black grime. Homeowners painstakingly wiped down outdoor furniture, only to have it coated again in black grime hours later.

We know that the issue of industrial pollution and poor air quality is not new for Hamiltonians. For decades, successive Liberal and Conservative governments have failed to implement and enforce environmental standards that acknowledge the cumulative air quality impact of Hamilton’s industrial waterfront. Poor air quality is one factor thought to contribute to the significant disparity in life expectancy - a 21-year difference - between residents of Hamilton’s lower city compared to Hamilton’s more suburban neighbourhoods. And with this most recent event, nearly 500 Hamiltonians submitted complaints to the Ontario Minister of Environment, Conservation, and Parks (MECP) demanding investigation of the black soot.

Here’s the bottom line: Hamiltonians deserve clean air. As your Member of Provincial Parliament, I am committed to getting answers from the MECP about where the black soot fallout is coming from and any potential health risks for Hamiltonians.

But we need more than just answers; we need a plan. We need to know that the Ministry of Environment is going to enforce environmental protections and ensure that Hamilton’s air is safe to breathe now and for the next generation.

Please join me for a Virtual Townhall to discuss Hamilton’s air quality and action on the issue of black soot fallout on August 18th from 6-7pm. You can register on my Events page at robinlennox.ca.

In solidarity, Robin Lennox, MPP Hamilton Centre

DANCE SCOTTISH TOGETHER ON THE HAMILTON WATERFRONT

Scottish Country Dance is a fun and social activity. Please join us as we share our love of the music and the dances.

Waterfront Stage Pier 8, near Williams Café, 47 Discovery Drive

Every Wednesday from 22nd July until 26th August, 6:30 to dusk, weather permitting. The events are free. No experience required. Come alone or bring a friend.

- **Royal Scottish Country Dance Society.**



A SIGN OF THE TIMES

SUBMITTED BY ROSE DIVECHA

A few months back, on a walk through Bayfront Park, I noticed many of the memorial plaques around trees and on benches, were gone. With the exception of a few with tamper-proof screws, most of the little metal signs paying tribute to departed loved ones had been removed. All that was left was glue and empty spaces.

On a daily basis, I walked past the sad sights, one after another, until the realization hit me, perhaps city officials were unaware of the missing signs. I assumed they had been stolen and sold for scrap, but maybe just maybe, there was another viable reason for their removal. Hoping my cynicism might be disproved, I reached out to City Hall. Unfortunately, my suspicions were correct.

Ward 2 staff confirmed, “parks staff have

been working on getting them replaced in a replica plastic.”

Traditionally, metal symbolizes longevity, peace and everlasting love, and while I am uncertain of the City’s rationale behind choosing a synthetic material, I do understand the risk of replacing them with metal only to be potentially stolen again. However, I wonder how plastic will withstand sun, snow and possible vandalism



and more importantly, I wonder how those individuals who purchased metal plaques feel about their low cost replacements, especially when tamper-proof options are available and have proven effective.



Centre Name: Bennetto Community Centre
Address: 450 Hughson St. N.
Phone: 905-546-4944

BENNETTO COMMUNITY CENTRE RENEWAL & UPDATES TO AUDITORIUM, GYMNASIUM, AND WASHROOMS

Bennetto Community Centre will be closed from Tuesday, August 4, 2026, to Fall 2026, to undergo auditorium renewal work. Improvements will include the addition of interior and exterior ramps to enhance accessibility, audio-visual upgrades to support public meetings and performances, renewal of the gymnasium flooring, enhancements to the existing universal washroom, and modifications to two existing gendered washrooms to support broader non-gendered access.

The facility is anticipated to reopen with phased access to the

community rooms and pool available ahead of the completion of the gymnasium and auditorium.

During this closure, residents are encouraged to attend drop-in and registered programs at the following locations:

- Central Memorial Recreation Centre
- Norman Pinky Lewis Recreation Centre
- Kanétskare Recreation Centres

Victoria Park Outdoor Pool

100 Strathcona Ave N. | 905-546-3747

Outdoor Swim Schedule Summer 2026

June 26 – September 7, 2026



For the most current schedule information:
www.hamilton.ca/swimming

Day/Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Open Swim 18+ 10:30 am – 12:00 pm	Open Swim 18+ 10:30 am – 12:00 pm	Open Swim 18+ 10:30 am – 12:00 pm	Open Swim 18+ 10:30 am – 12:00 pm	Open Swim 18+ 10:30 am – 12:00 pm	Open Swim 18+ 10:30 am – 12:00 pm	Open Swim 18+ 10:30 am – 12:00 pm
2	Length Swim 12:15 pm – 1:15 pm	Length Swim 12:15 pm – 1:15 pm	Length Swim 12:15 pm – 1:15 pm	Length Swim 12:15 pm – 1:15 pm	Length Swim 12:15 pm – 1:15 pm	Length Swim 12:15 pm – 1:15 pm	Length Swim 12:15 pm – 1:15 pm
3	Open Swim 1:30 pm – 3:00 pm	Open Swim 1:30 pm – 3:00 pm	Open Swim 1:30 pm – 3:00 pm	Open Swim 1:30 pm – 3:00 pm	Open Swim 1:30 pm – 3:00 pm	Open Swim 1:30 pm – 3:00 pm	Open Swim 1:30 pm – 3:00 pm
4	Open Swim 3:15 pm – 5:00 pm	Open Swim 3:15 pm – 5:00 pm	Open Swim 3:15 pm – 5:00 pm	Open Swim 3:15 pm – 5:00 pm	Open Swim 3:15 pm – 5:00 pm	Open Swim 3:15 pm – 5:00 pm	Open Swim 3:15 pm – 5:00 pm
5	Open Swim 5:30 pm – 7:00 pm	Open Swim 5:30 pm – 7:00 pm	Open Swim 5:30 pm – 7:00 pm	Open Swim 5:30 pm – 7:00 pm	Open Swim 5:30 pm – 7:00 pm	Open Swim 5:30 pm – 7:00 pm	Open Swim 5:30 pm – 7:00 pm



Looking for a welcoming, down-to-earth church in the North End?

James North is a church where everyone is valued, no matter their background, education, or income.

We love being part of this diverse and vibrant neighbourhood! James North has been in the North End since 1887.

It is our desire to offer a place of hope and connection for individuals and families navigating life’s challenges.

We are more than just a church service on Sundays. Check out our website to see the various ministries and programs we regularly offer.



Sunday Morning Service

10:00 – 11:30AM

with Children’s Ministry for kids from birth to Grade 5

500 James St. North
905.527.3972
office@jamesnorth.church



<http://jamesnorth.church>

CONTINUED FROM FRONT PAGE:

NORTH END COMES TOGETHER FOR ANOTHER UNFORGETTABLE COMMUNITY CELEBRATION

Until Next Year- Events like these remind us why the North End is such a special place to call home. Thank you for making this year's Garage Sale and Block Party such a tremendous success. We can't wait to do it all again next year!

With gratitude, The North End Garage Sale & Block Party Organizing Team



HAPPY BIRTHDAY, MOE!

On July 25, friends and neighbours gathered at Moe Scally's home in the North End to celebrate her 65th birthday. Moe has been a familiar face around here for more than 30 years, going back to her many years working in Hamilton politics, including time with Sheila Copps and later her long run in Ward 2's office. These days she continues her work at the City and contributes her time to North End Breezes, which we value very much.

Happy birthday, Moe. Here's to many more!



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HAMILTON
OSHAWA
PORT
AUTHORITY

HUMBLE BEE AND HOPA PORTS ARE HELPING NATURE THRIVE ON HAMILTON HARBOUR

If you’ve never tasted honey produced on Hamilton’s working waterfront, you’re missing one of the city’s sweetest success stories. At first glance, a busy port and a thriving apiary may seem like an unlikely pairing. But along Hamilton Harbour, one of HOPA Ports’ most distinctive partnerships is showing how industry and nature can thrive side by side.

Founded by Hamilton beekeeper Luc Peters, Humble Bee manages hundreds of hives across the region and has earned a reputation for queen bee breeding, pollinator education and premium honey production. Since partnering with HOPA Ports in 2018, the company has operated breeding hives on port lands, taking advantage of a location uniquely suited to supporting healthy, resilient bee populations.

“The port provides a unique environment for our breeding program because it offers the space and isolation needed to develop strong,

resilient queen bees,” said Peters. “Those queens go on to support beekeepers and pollination services across Canada, helping strengthen local food production and healthy ecosystems.”

The partnership is part of HOPA’s broader commitment to sustainability. Pollinator gardens, native plantings and habitat enhancements across the harbour help create important corridors for bees, butterflies and other species that contribute to biodiversity.

“One of the things that makes this partnership so special is that it demonstrates how industry and environmental stewardship can coexist,” said Kelly Noseworthy, Communications Advisor at HOPA Ports. “The harbour is home to critical economic activity, but it can also support projects that contribute to ecological health.”

Students, visitors and community groups have toured the apiary, gaining a firsthand appreciation for the vital role pollinators play

in food production, biodiversity and environmental health. The partnership has also earned recognition as a model for collaboration between industry and conservation.

What began as an innovative partnership between a port and a beekeeper has grown into something much larger: a shared commitment to sustainability, education and community impact.

By providing a home for Humble Bee’s breeding program, HOPA Ports is demonstrating how economic activity, and environmental stewardship can create lasting value together. The result is a partnership that supports healthier pollinator populations, strengthens local agriculture and contributes to a more vibrant harbour.

Together, Humble Bee and HOPA are helping shape a legacy that proves Hamilton Harbour can be both an economic engine and a place where environmental innovation flourishes, one hive at a time.



NORTH END BREEZES TEAM

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

BOARD OF DIRECTORS

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- Kelly Noseworthy, Marketing
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- Katie Fitzgerald, Layout and Design
- Marie Mushing, Website Design
- Cat McKay, Marketing & Socials
- Rose Divecha

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

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

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

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

NORTH END BREEZES MISSION

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

NORTH END BREEZES VISION

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

NORTH END BREEZES PET CALENDAR

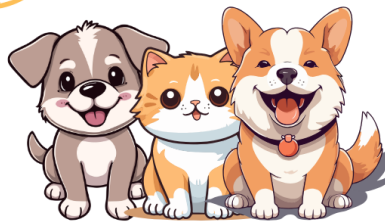


A FUNDRAISER TO SUPPORT
YOUR COMMUNITY NEWSPAPER

The North End Breezes, your community newspaper, is working on a fun initiative - and we need your help! In an effort to support The Breezes, we are launching the **Pets of the North End wall calendar for 2027!**



Interested in having your pet featured in the calendar? Visit bit.ly/NorthEndPets or scan the QR code to submit a photo of your furry friend today!
A \$5 donation is required with each entry.



Proceeds will help The Breezes team to continue bringing community news to your doorstep.



St. Lawrence the Martyr Parish

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

stlawrencehamilton@hamiltondiocese.com
www.stlawrencehamilton.ca

Office Hours: Tues-Fri 9am-4pm

In case of after hours emergency
please call the rectory 905-522-5272

Fr. Paul Mathew
Sunday Mass 11:00 a.m.

Weekday Mass Schedule:

~No Mass Monday~

Tuesday and Thursday 7:00 p.m. Mass
Wednesday and Friday 12:30 p.m. Mass

Confessions before Mass on Tuesday,
Thursday and Saturday.
Adoration before Mass on Thursday.

NB: Please check our website for
weekly updates and changes

Sacraments of Marriage or Baptism:
Please contact the parish office to make an
appointment to meet with Father Paul.

Upcoming Events and Dates



Celebration of the
Feast of St. Lawrence
Deacon and Martyr

Sunday August 9, 2026
Mass 11:00 a.m. followed by
community celebration
and pot-luck luncheon
Save the date!!!

Hall Rentals are available! Call the office or
visit stlawrencehamilton.ca/hall-rentals for more information

BIG CHANGES ARE COMING TO THE COMPASS BREAKFAST CLUB

NOW SERVING AT ST. LAWRENCE & BENNETTO TUESDAYS THROUGH FRIDAYS BEFORE SCHOOL INSTEAD

STILL FREE!

WE ARE NO LONGER HOSTING AT COMPASS MAIN SITE (438 HUGHSON ST. N.)

SPACE IS LIMITED
CONTACT MBOWN-KAI@COMPASSCH.ORG OR YOUR SCHOOL ADMINISTRATION FOR MORE INFORMATION

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:

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

You will get:

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- Bus tickets
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- 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

Funding provided in part by the Public Health Agency of Canada

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pathways@compassch.org

Pathways to Education
Pathways to Education Hamilton is proudly hosted by Compass Community Health

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Mortgages, Estate Administration, Notary Public
(905) 527-1174
950 King Street West, Hamilton

VOLUNTEER OPPORTUNITIES

If you're new to the neighbourhood or are a 3rd generation North End, volunteering is a way to meet neighbours, make friends and help the North End stay the vibrant and welcoming community we all love. Contribute the time you can, use the skills you have or learn new ones.

This month's opportunities:

Sunset Cultural Garden - Green or Brown, we need your thumbs! Well actually, we need all of you. If you are an experienced gardener or don't know a dahlia from a dandelion, we'd love to have you join us keeping this beautiful space at its best. If you are a novice, we will partner you with an experienced gardener so that you can learn. If interested, contact Sandra Hudson (sandraandian@live.com) or Nancy Hindmarsh (nancy.hindmarsh1951@gmail.com)

North End Breezes Board – Members Wanted
The community voice of the North End since 1975, we need you to come and sit around the table to help us steer into the future. Meetings are once a month in the early evening. If you are new to the neighbourhood, no problem. Your perspective is important. If you are interested, contact office@northendbreezes.com

NENA – North End Neighbourhood Association
- Our neighbourhood association is involved with the issues that affect us currently or plans that will affect us in the future, Their planning and environment committees always need more people, and if you are not certain about volunteering, go to the meetings, the first Wednesday of each month at Bennetto Community Centre - Community Room No. 1 at 7pm. Everyone is welcome as the space is fully accessible, we have updates from our committees and community discussion. https://www.northendneighbourhoodassociation.com/

BARC - Bay Area Restoration Council - is currently seeking new Directors to join its governance Board to help shape and guide our evolution. BARC is prioritizing professional and lived experience with finance and fundraising, engagement with governments, rightsholders, and stakeholders, law and policy, educational programming, volunteer management, and media, communications and public relations. BARC leads and engages in collective action to revitalize Hamilton Harbour and its watershed through education and collaboration for collective impact. To learn more about this opportunity, please email Chris McLaughlin, executive director, chris@bayarearestoration.ca. For other volunteer opportunities at BARC see-https://bayarearestoration.ca/volunteer-with-barc/

No time – Donate Community organizations always seem to run on a shoestring. If you can donate, please do. It helps your community help your neighbours.

Welcome Inn programs are supported through donations, grants and fundraising. https://welcomenn.ca/donate/

North End Breezes receives funding through community partners fees, advertising and occasional grants. We have one part time Coordinator position that receives a small stipend, the rest of the work is done through volunteers with the help of occasional grants. Despite that, the costs of printing alone often exceed our revenue.



**SATURDAY
OCTOBER 3, 2026
10:30am**

Welcome Inn is hosting our Walking WELL Together 5k. It will be a great opportunity to walk the neighbourhood and raise funds for Welcome Inn!

Do you want to be a Team Leader? Team Leaders:

- Invite friends and family to join to their team
- Register their team online and set a fundraising goal
- Encourage the team on the day of the walk

**SIGN UP TO BE A TEAM LEADER
BY SENDING AN EMAIL TO:
walkingwell@welcomeinn.ca**

THE RIGHT TO WIND IN YOUR HAIR

SUBMITTED BY VIVIAN MEDLEY

Remember the carefree days of jumping on your bicycle and pedaling toward adventure? That feeling of freedom and sense of being alive as you feel the wind on your face and in your hair? Some continue to experience that joy well into adulthood but what about those who can no longer cycle due to age or mobility challenges? Enter Cycling Without Age (CWA), an extraordinary international organization providing free rides on a trishaw to local seniors and those facing barriers to movement. Their tagline is Right to Wind in Your Hair. The very slogan conjures up those childhood memories and immediately puts a smile on one's face.

Cycling Without Age started as a single visionary ride by Founder Ole Kassow in 2012 in Copenhagen, Denmark, a city with a rich cycling culture. The story goes that while cycling into work, day-after-day, Ole would pass an elderly man sitting on a bench outside his nursing home with his walker beside him. Ole wondered if he missed cycling. One day, Ole acted on this thought and arrived at the nursing home in a rented rickshaw to offer residents a ride. Accompanied by a staff member, an adventurous woman volunteered to be Ole's first passenger. Word spread like wild-fire through the home and soon many residents wanted rides. Witnessing the level of interest and benefits of this activity, Ole soon proposed that the city of Copenhagen purchase a trishaw for the home. Believe it or not, five trishaws were sponsored and the entity Cycling Without Age was born.

Since that first ride in Copenhagen, CWA has grown into a thriving international volunteer-based, non-profit organization. With the seemingly simple offer of a free bike ride, it aims to reduce social isolation while increasing both the mental and physical health of those who can no longer cycle on their own. CWA is currently established in fifty-six countries around the globe and includes over 3,700 chapters, including forty-six in Canada. Thanks to the time, dedication and efforts of friends Nancy Gray and Jill Axisa, and in partnership with New Hope Community Bikes, the Hamilton-Burlington chapter was established and launched in July 2021 from Welcome Inn Community Centre. It too, has grown exponentially, from providing twenty-two trishaw rides in the first year to over two-thousand rides in 2025 and expanding into Dundas.

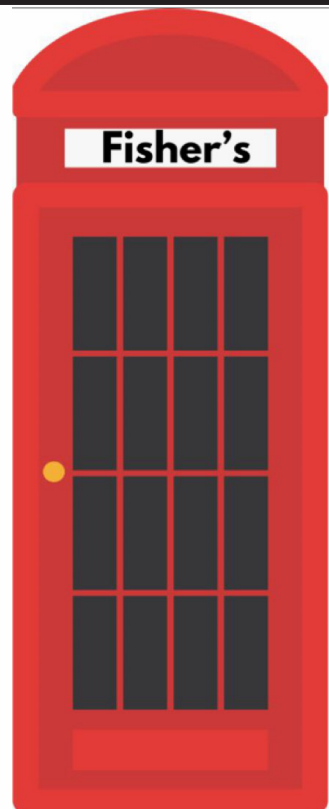
The local chapter of CWA operates from various seniors' apartments, retirement homes, assisted living programs, long-term care facilities and community centres. Weather permitting, rides are offered from May through October, five days a week in each of Hamilton and Burlington and three days per week in Dundas. It also offers Community Rides through participation in local community events (e.g., Bike for Mike, Dundas Cactus Parade and Open Streets). In addition to their fleet of standard e-assist trishaws, CWA Hamilton-Burlington has an accessible trishaw that accommodates wheelchairs and, thanks to the generosity of the Burlington Community Foundation, a second wheelchair trishaw will be added to the fleet this fall. Here we grow again!

If you wander along Hamilton's Waterfront Trail, there's a chance you may have witnessed a trishaw ride in action. You may very well have done a double take at the unusual sighting of a cyclist in a high visibility, fluorescent green vest leading a similarly clad cyclist on a trishaw transporting one or two beaming passengers but were unaware of any details or the



significance. Rides on this route originate from Welcome Inn Community Centre, Seasons' Retirement Home, William's Café or Shalom Village seniors' apartments. For many passengers, the waterfront trail is new to them and they are in awe of its beauty and wildlife (even those pesky Canadian geese!). In early spring, a highlight for these passengers (and pilots/bike buddies!) include the sight of a pair of majestic swans and their adorable fluffy cygnets. These rides are providing not only an opportunity to experience the joy of being outdoors in the fresh air but to engage in some fun conversations about landmarks, nature, wildlife and to reminisce about life experiences. They're about connection and creating relationships. And the enjoyment experienced by passengers is evident by their smiles and profuse words of thanks at the end of a ride.

The success of CWA Hamilton-Burlington can be attributed to those who volunteer as Site Co-ordinators, the amazing staff who coordinate the passengers at these sites and, of course, the pilots and bike buddies themselves. The unanimous feeling among volunteers is that it is one of the most rewarding volunteer gigs around, bringing as much joy and pleasure to them as it does to those using the service. CWA is only possible with the generous support of donors. While service fees are charged to agencies that are owned by for-profit entities, most costs (e.g., trishaw purchases and maintenance) are funded by donations and annual grants. If your curiosity has been piqued and you are interested in learning more, simply send an email to cwahamilton@gmail.com and/or visit their website at cyclingwithoutage.ca. The Right to Wind in Your Hair. It's truly remarkable to think that the simple act of taking someone on a bike ride can have such a profound effect!



Fisher's Pub



554 James St North
Hamilton, ON



LADY
HAMILTON

1 oz Dark Rum
2 oz Passion Fruit Juice
2 oz Orange Juice
2 Fresh Lime Wedges
Maraschino Cherry
Ginger Ale
Grenadine



BUFFALO CRISPY
CHICKEN WRAP

SHARE YOUR NORTH END STORY



North End of the Year Awards 2015



Celebrating Seniors Month



Walking With Together is an aspect of Williams Inn



Big Air in the North End

What can you share?

- ☒ A photo or small moment you noticed nearby
- ☒ A short note, idea, recipe, drawing, or creative piece
- ☒ Something local you've spotted, loved, or wondered about

Big or small, polished or casual. If it reflects life in the North End, we'd love to hear from you.

Send by the 15th
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KIDS' CORNER:

SUMMER IN THE NORTH END



Summer isn't over yet. We want to see what you've been up to! Draw a picture or write a few sentences about your favourite summer memory in the North End.

Who can enter? Kids ages 4 to 12

Submit by August 18th: Email a photo of your artwork or writing, along with your first name and age, to office@northendbreezes.com.

Selected entries will be featured in our September issue of the North End Breezes!



ELECT
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Your Councillor. Your Voice.

