



Happy New Year from the
Board of Directors and your
Publication Team!

JANUARY 2021 | VOLUME 1 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

WALKABOUT: THE HAMILTON FARMER'S MARKET

SUBMITTED BY KEN HIRTER

Who doesn't love taking a stroll throughout the "Good Ole Farmers Market" whether it be indoors or outdoors in any given town or city. This month's Walkabout has me strolling throughout the Hamilton's Farmers Market that has been serving Hamilton for over 183 years now, on a sunny Saturday afternoon.

This Farmers Market is rich in diversity, multicultural farming dating back to 1837, located where York Blvd meets McNab Street adjacent to Andrew Lloyd Jackson Square. Changes throughout the decades are displayed on the wall of yesteryear located on their lower level. Built next door to the Hamilton Public Library, it has been at home here since 1980. Newly renovated in 2011, it now displays an architectural sleek design with 2 levels nestled under the beautifully restored 1930's Birks Horsemen's clock which chimes every 15 minutes. Absolutely delightful! Nestled below this beautifully restored clock awaits a wonderful close knit community.



CONTINUED ON PAGE 4

Brusey Awnings | Just a shade better

Between You And The Sun Since 1929!

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SEEING THE NORTH END

We truly live in a picturesque neighbourhood! We have water, sky, birds and beasts, homes and people. I am familiar with a few Facebook sites that feature photos, both new and old, by amateurs and professionals. Many of them feature views of the North End and its people. We would love to have you share your favorite North End photo. Maybe you caught a shy heron fishing in the shallows at Bayfront Park. Maybe it's a sailboat scudding along on the Harbour, white sail and blue sky. Or perhaps it's a neighbour's Christmas decorations that stand out. Whatever, if you want to share, we'd love to help. We can't promise to publish every single one in the monthly issue of The Breezes, but we can also post on our Facebook page. Just be sure that if you are sending us a photo of people you have their permission to



take the photo and to possibly have it published. Send the picture with your full name, something about the picture, location, etc. and a contact number for us if we have a question to office@northendbreezes.com.

And here's my shot of a gorgeous November sunset over Hughson Street. Even the Hydro wires don't really detract.

MAYBE IT'S COLD OUTSIDE

Are outdoor winter activities not your thing? Are you the cozy, sit by the fire type? Here are some thoughts to keep you warm this winter. How about digging out the slow cooker and filling the house with the warm smell of a stew? Make a big pot of soup – cheap and cheerful and a great meal with a hunk of bread. My favourite is Quebec split pea soup. Cheap, full of flavour and so easy to make a big pot. Enough for a lunch or dinner and plenty left over to freeze for another day.

Do you have a friend or neighbour who is alone or shut-in? Buy some overripe bananas at the grocery store and make a batch of banana bread or muffins and take them a warm loaf.

Your house will smell great and you will have helped 2 people – your friend and yourself.

Do you knit or crochet? Dig out that project you started 2 years ago and finish it. Knit scarves and mittens for the homeless, or caps for chemo patients in soft cotton. The Warm Squares programme collects knitted or crocheted squares to piece together into warm afghans for pediatric or cancer patients. Check to see if they are accepting donations during Covid-19 restrictions. <http://www.warmhope.ca/squares-program/> Alternatively, make your items and box them up ready to donate when agencies are accepting goods again.

Welcome Inn Senior's Lunch Programme is suspended due to Covid-19 restrictions, but they are continuing the Senior's Visitation Programme by telephone. Volunteer

here - Volunteer With Us | Welcome Inn Community Centre

Are you still paying Christmas bills? Or just looking for some free entertainment? Check out the free on-line movies, children's programmes and adult activities at the Hamilton Public Library Fun Stuff to do Online at Home | HPL, <https://kids.hpl.ca>.

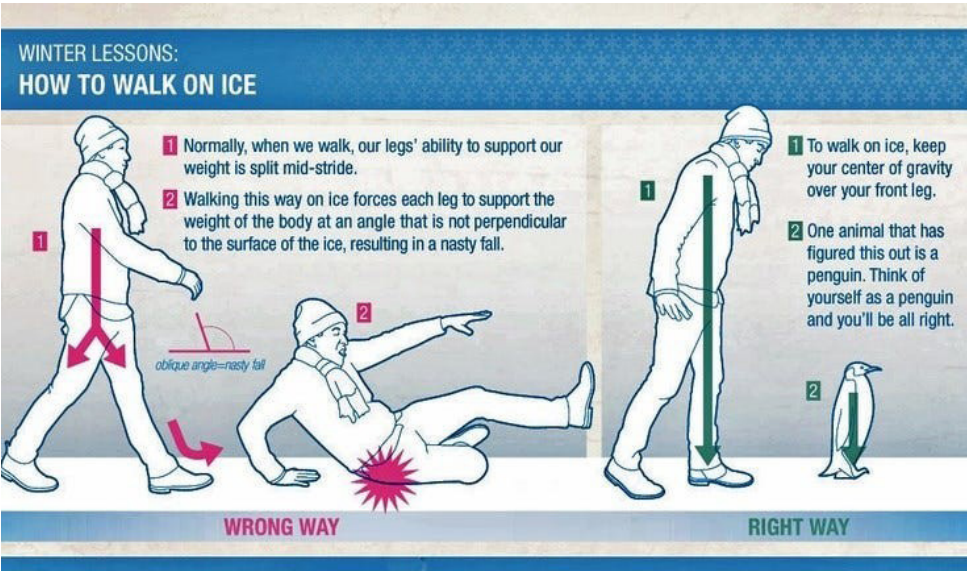
And every once in a while, put on some music and dance like no one's watching! (And in my case – I REALLY hope no one is!) And if dancing isn't your thing – sing!

And get outdoors! Bundle up and walk around the block or grab the kids and go for a hike on the many trails in and around our city; grab the toboggan, check Winter Activities in Hamilton | City of Hamilton, Ontario, Canada and have some fun. Check the outdoor rink on the wa-

terfront. Don't decide to skate on the harbour until it is posted the ice is safe. The Hamilton Conservation Authority offer many opportunities for outdoor activities Winter Activities - Hamilton Conservation Authority (conservationhamilton.ca)

If you have a shovel or a snow-blower, help out a neighbour, keep the sidewalks clear for seniors, moms with strollers or others with mobility issues. Just make sure to stretch first and warm your muscles before heading out. Push the snow with the shovel instead of lifting or, if you have to lift, bend your knees and use your legs. Turn, don't twist. Take frequent breaks and consider shoveling throughout the storm so that it's not such a big job..

And the warm up with a cup of cocoa – you just need milk, cocoa powder and a bit of sugar!



6 TIPS FOR DEALING WITH BLACK ICE

POSTED BY BLACKLINE SAFETY

With winter the risk of a slip, trip, or fall as a result of black ice increases. To help reduce this risk, follow the simple steps below:

BUT FIRST, WHAT IS BLACK ICE?

Black ice (also known as clear ice) forms when water freezes in such a way that it appears completely clear to the eye. The clarity of the ice frequently causes the pavement below to show through, creating the illusion that no ice is present. This poses a great deal of risk that pedestrians, bicyclists, and motorists may be unaware that there is a danger. Black ice can form even when the surrounding temperature is above 0°C. As such, areas across Canada and the United States of America can experience black ice conditions.

WHAT CAN BE DONE TO REDUCE THE RISK OF A BLACK ICE FALL?

In order to avoid a slip, trip, or fall from black ice:

1) Communicate the risk – If there is a risk of slipping due to ice, be sure to post some kind of warning notification. Not only will this keep the danger at the forefront of your employees consciousness, but it will also warn visitors to your facility of the danger.

2) Wear a robust tread – Leather-soled or shallow-tread rubber-soled shoes are not enough to reduce the risk of a slip under normal icy conditions, let alone black ice conditions. Avoid slips by wearing appropriate winter footwear with a friction co-efficient appropriate

to the circumstances. For more information on picking good shoes, check out the article

TIPS FOR AVOIDING SLIPS, TRIPS AND FALLS IN THE WORKPLACE

3) Manage walkways – Areas of traffic should be managed to help reduce the risk of slipping. Salt is an effective deicing agent down to temperatures of -18°C. Other compounds can help remove the ice at even lower temperatures.

4) Penguin-walk -Don't be embarrassed, it's about safety! When walking over icy surfaces, take very small steps in order to maintain balance. Do not put your hands in your pocket (this increases your risk of broken bones should you fall), and keep your eyes ahead of you.

Spread gravel over walkways to add additional grip or friction.

5) Scratch the Surface – Sometimes you cannot melt the ice, smash it, or shovel it away. If this is not possible, use a spade or ice-spade to mar the surface. Doing this causes black ice to become more easily visible and provides greater traction to those walking over it.

6) Avoid Walking on the Ice When Possible – It is possible that you or someone you work with may need to walk over an icy patch at some point. Until that moment arrives, try to avoid walking over riskier areas. Take non-icy routes.



NORTH END FOOD DRIVE!

POSTED BY SHERI SELWAY

Congratulations North Enders on the TERRIFIC response to the Food Drive on Dec. 12. Together we are amazing! We delivered many, many shopping bags of food... I didn't count them, but multiple car-trips were made to deliver the food! Welcome Inn reports that over 1500 lbs / 680 kg of food were donated!

On a fairly short notice, 23 residents volunteered to have drop-off sites for the Food Drive so we had locations from Ferguson to Bay and from Strachan to Burlington! Thank you! Thanks also go to Aly for helping make the signs that were posted on the lawns and to Chris and Judy for donating their garage for storage of the food. NENa started a social media blitz so advertising was done largely through Facebook and Twitter.

Then the day of the Food Drive it rained! Oh no! Some people had bins on their porches out of the rain, and others used bins with lids. But we were afraid we wouldn't do well. Some locations left their bins out another day. But donations arrived by bag and box! Then many people helped get the food TO Welcome Inn. Amazing! It was a collective effort and MANY people deserve thanks!

During this time of stress and uncer-

tainty, people are coping with job loss and lay-offs and decrease in income, along with high rent. People are struggling who have never been in need before. Welcome Inn told me that people are using the food bank for the first time. Often, because of lack of affordable or subsidized housing, rent is extremely expensive. (The average 1-bedroom apartment is over \$1400 and a 2-bedroom apartment is over \$2000. (That is more than I paid for a mortgage 15 years ago!) Because of high rent, and little or no rent relief, families are sometimes forced to use their food budget to pay the rent.

Our residents generously contributed everything from baby food to personal care items like toothbrushes and soap, and a wide variety of food! This will make a big difference to helping out Welcome Inn, only one of the food banks in Hamilton.

Welcome Inn reports that "since the pandemic, 30% of families who have accessed a food bank in Hamilton are families who have never had to do so in the past. The challenges facing our community are diverse, and this is especially true during the holidays when budgets are stretched thin. The 1,500 lbs of food collected in support of neighbours, acquaintances, and community members that we have yet to meet will go a long way this holiday season.

Thanks again from us and from our community - how lucky we are to be a part of the North End."

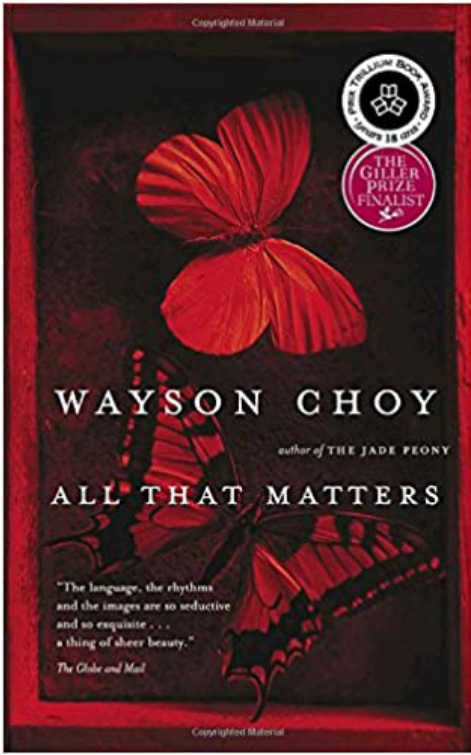
HUGE Thank you to everyone! You should feel North End Pride! You are AMAZING!



BOOK CLUB CORNER

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

At our December video chat, we discussed *All That Matters* by Wayson Choy. The companion novel to *The Jade Peony*, winner of the Giller Prize. The book follows the life of Kiam-Kim Chen from his arrival, aged 3, in 1925 at the Golden Mountain (Vancouver) with his father and Poh-Poh, his grandmother. Due to the restrictions of Canada’s Chinese Exclusion Act, they are travelling on “ghost papers”, giving them false identities to become the family of “Third Uncle”, a successful Chinese businessman who wants a family to replace the one he lost and to provide him with assistance in his warehouse. Like many others who were also on ghost paper, they had to maintain the fiction of their assumed identities in fear of discovery and deportation. After some time, Poh Poh and Third Uncle agree to bring a wife from China for the father



and to give Poh Poh her much desired Grandsons. This wife however, must be referred to as Step-mother, even by her own children so as not to offend the ghost of First Mother – Kiam-Kim’s mother who died when he was an infant. As the children become more westernized, the tensions between the old ways and the new echo the experiences of many new immigrants. Racism is also apparent in both subtle and overt forms. The Canadian armed forces refused to accept the young Chinese volunteers. The characters are richly drawn and we are given a glimpse

into the immigrant experience and life in Vancouver from the 1920’s through to the end of World War 2. A recommended read.

And here are some recommended reads available from the Hamilton Public To borrow them or place a reserve, go to <https://hpl.bibliocommons.com> .

The Horse Boy by Rupert Isaacson. This memoir chronicles a family’s ongoing struggle to reach & raise their autistic son. Rupert & Kristin Isaacson were devastated when Rowan was diagnosed with autism & they feared that they would never be able to communicate with their son. Rowan exhibited delayed language, tantrums, hyperactivity & incontinence. Rupert & Kristin tried various therapies of behavioral interventions, viral therapy and dietary modification, but nothing helped. Then Rupert, a travel writer and horseman, seemed to find a way to reach his son through a horse named Betsy. Interacting with Betsy left Rowan lucid and calm. What happened next in this family’s quest for healing is highly unusual, astoundingly adventurous, and utterly engrossing. Paige Turner

Rowboat in a Hurricane by Julie Angus. In 2005, Julie & her fiancé Colin Angus rowed 10,000 km

across the Atlantic Ocean in a quarter-inch-thick plywood rowboat. A journey of 145 days from Portugal to Costa Rica. Then they cycled the 8300 km from Costa Rica back home to Vancouver. However, the book’s focus is on the Atlantic crossing as that achievement established Julie as the first woman in the world to do so. Julie is an honours graduate from McMaster University and received her Masters of Science degree in molecular biology from the University of Victoria in BC and insists that she is “not an adventurer or an athlete”. But why did she face cyclones, hurricanes, 10-meter-high & 7-meter-long waves & near-death situations? This book offers insights into that question. It is also a white-knuckle adventure read with much information on oceanography, ecosystems, & marine biology. Paige Turner

Note: The bookmobile will be at Bennetto Community Centre on Thursdays from 4:30 to 5:15. There will be no access to the bookmobile to browse, but staff will be on hand for contactless returns and holds pickup.

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



WALKABOUT: THE HAMILTON FARMER’S MARKET

CONTINUED FROM FRONT PAGE

The shops are each individually unique to the services that they provide, their loves and passion from the list and the array of wonderful services they provide.

Some of the services provided include:

- Florist
- Grocery (prepared foods)

- Meat/Poultry & Eggs
- Produce
- Seafood
- VQA Wine and the Artisans & the Craftmaker’s too!!!

The odours of food and culinary delights, & baked goods makes your mouth water.

For the complete listing of the Shops in the Market please visit their website @ hamiltonfarmersmarket.ca. Please note that the Market will be closed from January 05th till January 21st. for maintenance work.

Did you know that the Hamilton’s Farmers Market has been rated one of the Best Farmers Market in On-

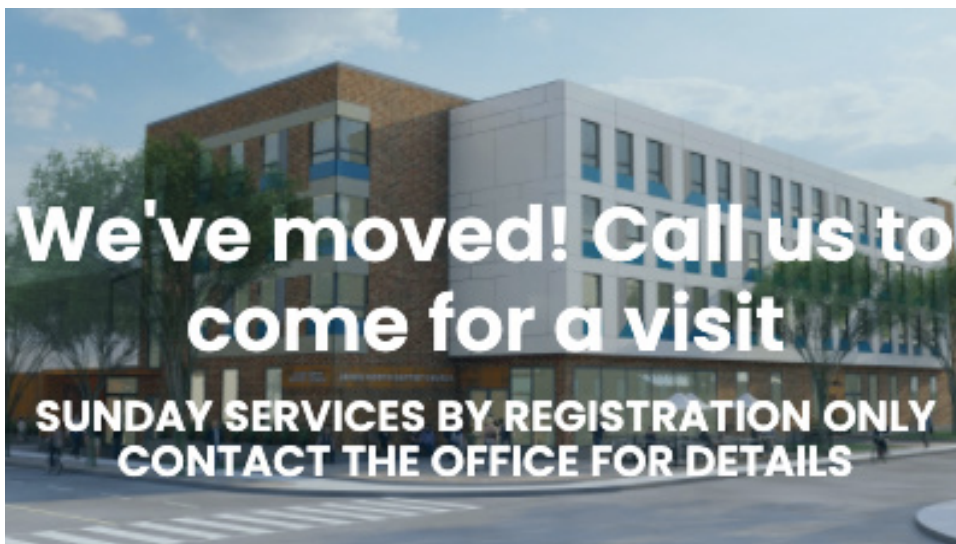
tario and Voted # 1 in the top 10 farmers market here in Hamilton.

So, when winter hibernation kicks in, bundle up, put on a scarf and head down to the farmers market in your neck of the woods today.

FREE PARKING is available adjacent to the market so please support the vendors and the family run businesses in your Community today.

Located at 35 York Blvd, Hamilton. ON., or they can be reached by telephone at (905) 546-2096

Cheers till next time.....



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

James North Baptist Church has been serving in the North End of Hamilton for over 130 years. Our church was founded in 1887 and from 1910 to 2020 we were known as Hughson Street Baptist Church.

We believe the Lord has called us to a very simple philosophy of ministry. We seek to bless the North End of Hamilton in Jesus' name. We minister to as many people during the week as we do through our Sunday worship times.

We believe the gospel changes everything. The good news of the gospel is that the death of Jesus Christ has paid the price for our sin, taking the penalty we deserve on Himself, saving us with certainty because of His resurrection. The gospel grants us purpose, hope and a new perspective on joy and fulfillment. Life may not always be easy, but our hope is in Jesus Christ.

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



St. Lawrence the Martyr Parish
'where faith builds community'

A MESSAGE FROM ST. LAWRENCE THE MARTYR PARISH

Over the last few months we've endured a long closure and the slow reopening of our church for Mass. There has been a lot of work involved but our goal has been to open the church, following the best health guidelines available to us so that those attending can feel safe.

Sunday Masses have resumed!
 11:00 a.m.

NB: Public Health Regulations require anyone entering the church to wear a mask. Please do not attend if you have traveled outside of the country in the last 2 weeks, or if you have had contact with anyone diagnosed with Covid-19, or if you have any symptoms consistent with Covid-19.

Contact Us

Please note: the office is currently closed due to Covid 19 restrictions.

For non-emergency issues, email the parish [click here to email the parish](mailto:office@stlawrenceparish.com) or Phone: (905) 529 3921 and leave a message.

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

For Sunday Masses we've been able to accommodate about 75 people. Unfortunately we have had to turn away a few people on some Sundays when we hit our capacity. Our Mass schedule has been amended to allow 72 hours between our Sunday Mass and our first weekday Mass to reduce the amount of sanitizing and cleaning we have to do, but the church is being fully sanitized in between our weekday masses and we've reduced seating at those masses to also make it easier to ensure surfaces are sanitized. Even confessions have added complexity. They've moved to the sacristy with a screen to allow for social distancing and to keep a barrier between parishioners and the priest. After each person that goes to confession, the chair is removed, sanitized and a new chair is put in its place. As things progress, we will perhaps see restrictions loosened, or if things go the other way, we may see additional closures but whatever the outcome, we thank our parishioners and benefactors for the ongoing support of the church during the last several months.

The North End Breezes Team

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

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The articles written represent the opinions of the individual and must meet the Mission and Vision of The Breezes and the Board of Directors as set out. Articles may be edited for length, tone, clarity and are subject to publication based on available space. We strive to publish articles based on these principles and the applicable time frame for the content.

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

NORTH END BREEZES MISSION:

The North End Breezes is a not-for-profit team of enthusiastic volunteers who produce a monthly newsletter in order to promote community connectivity and mutual support by engaging our North End Neighbours.

NORTH END BREEZES VISION:

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

Help us grow your Breezes.

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

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

HOPA

P O R T S



HOPA and Rev LNG Usher in LNG Bunkering at the Port of Hamilton, A First in the Great Lakes

For the first time ever on the Great Lakes, a marine vessel refueled with liquefied natural gas (LNG). Carrying a load of asphalt, the MV Damia Desgagnés docked at the Port of Hamilton’s Pier 22 to refuel before departing for Detroit. As a result of a new partnership between the Hamilton-Oshawa Port Authority and REV LNG, marine vessels will now be able to refuel with liquefied natural gas during any stopover at Hamilton Port. This is a major milestone in the energy evolution of the Great Lakes marine shipping industry, which is looking for new ways to reduce GHGs and advance environmental goals.

LNG is a cleaner alternative to conventional oil-based bunker fuel, which can achieve GHG reductions in the entire well-to-wake lifecycle by up to 21 per cent. It also improves air quality by eliminating 100 per cent of sulfur (SOX), 90 per cent of NOX and all particulate matter.

In 2020, the International Maritime Organization (IMO) set out new targets for marine fleets to cut GHG emissions (or carbon intensity per ton of cargo moved) by 40 per cent by 2030, and by 70 per cent by 2050. Shipping is a backbone of the global economy, and 90 per cent of world trade travels via ship on waterways across the globe.

The Great Lakes – St. Lawrence Seaway system is an important part of this international network. Although LNG supply chains are still relatively new in the Great Lakes, demand for LNG is growing as shipowners work to meet or exceed national climate targets for GHG reduction and improved air quality, in addition to those set by the IMO.



NENA Meetings are held monthly and can be accessed via Zoom. For updates and more information, please visit northendneighbours.blogspot.com and follow on Facebook at Facebook.com/NorthEndNeighbours

MATTHEW GREEN

Member of Parliament
Hamilton Centre



Matthew Green, MP
Hamilton Centre

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Do you tweet?
Do you have a couple of hours a week?
The Breezes needs someone to help with our social media platforms on Twitter and Facebook.
Please contact:
office@northendbreezes.com

PLANTY TO DO IN JANUARY



SUBMITTED BY CANDY VENNING

Wooot woot! This stimulating time of the year is prime time to pore over the online Dahlia & seed catalogs, I mean, what else ya got goin' on???

Dahlias have been one of my favourite cut flowers, they're stunning in a garden, easy to grow and last a long time in a vase. Last year I was late off the mark and completely missed out on purchasing Dahlias from my fave suppliers; flowerbulbsrus.com & creeksidegrowers.ca

PRO TIP: to help the bees while also skipping the staking and tying up huge floppy plants, choose 'singles'. ('Bishop of Llandaff' & 'Wishes and Dreams' for example) The big fat double 'dinnerplate' & 'pompom' varieties have no discernable center for bees and butterflies to reach the pollen.

In fact pollinators don't benefit from any type of double flowers, whether dahlias, roses, peonies or poppies. Basically, If you can't find the pollen then neither can they.

SEEDS: I did start more seeds last year than in previous years & as a result I was prepared & fully stocked up this year by trading packets with other gardeners via giant envelopes left in the mailbox. Unfortunately, we won't have our fabulous Seedy Saturday this year for seeds but there will be online classes & speakers –

check out greenventure.ca for more event info.

May I suggest the following suppliers to provide all you could desire in the seed category – some things are much easier than others to grow, follow instructions and learn about Winter sowing (more info coming the February article)

- Damseeds.com William Dam, for everything, from veggies & herbs to natives & flowers, organic & untreated
- Matchboxgarden.ca for organic veggie seeds and unusual heritage varieties
- Wildflowerfarm.com for native, perennial plant seeds
- Hawthornfarm.ca for organic & heirloom veg, flower, herb seeds

If you remembered to dig up Canna lillies & store the dahlias, January is a good time to check on them. An ounce of prevention can stave off disappointment in March, make sure they aren't rotting or drying out.

Hopefully you left your native plants untrimmed and may have been lucky enough to see chickadees, goldfinch-

es or Juncos feeding on the seed heads. Soon enough we'll have birds migrating back in early spring and they'll need all the fuel they can get – worth considering now, what kind of tree you'd like the city to plant in your front yard. (hint, native trees host native insects which feed those baby birds that can't eat seed)

Check on your houseplants – they may need a soak or treatment for mealybugs or mites – tremendous info and videos online. If you received plants as gifts – poinsettias or Cactus etc make sure they have adequate drainage, I once drowned an orchid that had no drainage holes in the pot. If you received a plant in terra cotta or clay, consider elevating the plant onto a glass plate or serving platter, combined with the application of some felted 'feet', it should protect any furniture surfaces

And finally, if you had a real tree and it's time for collection, check in with the RBG. They've taken Christmas trees in the past for creating habitat, and we hope they'll continue to do so – remember to remove all tinsel or any tiny decorations as these could prove to be a real hazard to wildlife.

WINTER BLUES AND SELF CARE

SUBMITTED BY MICHELE SECORD

We hope you had memorable gatherings and the opportunity to celebrate safely. With a few more months to go until spring, winter is the best time to start manifesting and visualizing what you want to do next or what project(s) you want to begin. Whatever it is, feel the emotion energize your vision and believe that you can do it, and that you deserve it.

Unfortunately, it is also that time of year where Seasonal Affective Disorder (SAD) affects many people at the same time each year, when the days are shorter and the nights are

longer. The decreased daylight, and warmth of the other seasons, can impact your quality of life by affecting your mood, energy levels, sleep, appetite, memory and your sense of self-worth. It can sometimes make it challenging to help yourself recuperate and feel better, however by making healthy changes and focusing on your self care, you will start to improve your quality of life.

Begin by getting outside during daylight hours and expose yourself to as much natural sunlight as possible. Open your curtains and blinds in your home and workplace. A daylight simulation light therapy lamp is also known to help you feel more awake and alert. Regular exercise and hot Epsom salt baths have beneficial effects on your health as well. Eat small, well-balanced meals to help increase your energy, improve your sleep and boost your self-esteem.

Practice daily relaxation techniques to help manage stress and reduce negative emotions by boosting feelings of joy and well-being. Try yoga, meditation, journaling, or even a spa day.

With all the things we can do to help ourselves feel better, remember that it is also important to make the effort to connect to family and friends, and participate in social activities. Being around other people will help boost your mood and manifest for the future. For instance, there are many things you can do in our very own neighbourhood.

Whatever the season, when you are feeling SAD or depressed, your problems may seem overwhelming and permanent. Just know that there are many people who want to



support you during good times and through the hard times. If need be, talk to a mental health care professional. In the meantime, work on your self care, stay connected to others, and start manifesting and visualizing your next move, one day at a time. After all, it is a new decade full of new beginnings and revelations to look forward to.

MAKING THE LEAP INTO PET OWNERSHIP

SUBMITTED BY JANICE ARSENAULT

During these times when we are cautioned to self-isolate we might be tempted to look for a safe companion that will encourage us to stay active. Choosing to bring a pet into your life is a big decision that requires careful thought and preparation. Whether you choose a dog, a cat, a bird or a fish they all have their own unique requirements when it comes to commitment and care to consider before taking the plunge into pet ownership.

The average lifespan of a pet can range from 2- 3 years for a mouse all way up to 65 years for a parrot. Did you know that a goldfish can live for up to 10 years, the lifespan of a rabbit is 7-10 years or that a cat or dog will be a part of your life for 10-20 years? That is too long of a commitment to make on a spur of the moment decision. It is hard to resist that adorable little kitten or the talkative cockatiel in the pet store but that kitten or bird will require a lot of ongoing care and attention for many years so you need to educate yourself before deciding to become a pet owner.

Before deciding on the right pet for you do your homework to make sure that your lifestyle is suited to the pet you want. Dog breeds such a Dalmatian, Retriever, Border Collie and Weimaraner are breeds of dogs that are best suited to people with an active lifestyle and make great companions for people who like to run, hike, and take long walks. Kittens are cute but they do grow up to be cats along with some unique needs such as scooping the litter box dally, making sure that they have appropriate surfaces to scratch and trimming their nails every two weeks so they do not damage your

furniture. Even fish have very specific requirements in food, water temperature, environmental needs such as salt water or fresh water and let's not forget cleaning the aquarium so that they have a healthy place to live.

One of the most important ongoing costs of pet ownership is pet food. No matter what type of pet you have the higher quality of pet food you feed your pet the better their health will be. While the lure of low cost grocery store pet food may be enticing to your wallet, the higher quality pet foods available at a pet store or your vet office will offer your pet the benefits of a diet that is best suited to your pets nutritional and life stage needs. There are many different brands of pet food available and your vet office or pet store personnel will be more than happy to help discuss your pets needs and direct you to the best choice for your pet so don't be afraid to ask questions before deciding on which food to feed your pet.

Along with the creature comforts that your pet requires they will also need ongoing vet care to ensure that they remain healthy and happy. Dogs and cats need yearly vet checks and immunization updates at a minimum but you also need to budget for spay/neuter and emergency vet costs as accidents do happen. Emergency care for your pet can be quite costly so you need to be prepared by either purchasing pet health insurance or by putting aside a little bit each month for emergencies. One example to show how costly emergency vet care can be is a urinary blockage in a cat that can result in a \$900.00 plus vet bill for blood work, x-rays and surgery to remove the blockage.

As you can see there are many factors to consider before making the commitment to pet ownership but with some advance research, being honest about your own lifestyle and financial abilities can be one of the most rewarding decisions you can make.

ADOPT THE BREEZES

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

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

donations and fund-raising activities.

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

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

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

Sincerely,
The North End Breezes Board



Just another reason to join our folding team!

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YOUR COMMUNITY! YOUR SUPPORT! MAKE A DIFFERENCE!

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

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



JOIN OUR TEAM!!

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

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

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For more information contact:

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



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Letters to the Editor



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

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

ICE HARVEST ON HAMILTON BAY

SUBMITTED BY BRIAN ROULSTON

Hamilton Bay has played an essential part in Hamilton's economic and recreational wellbeing since the 1700s, mainly in the moving of goods and people during the spring, summer and fall when ice was not a problem. Shortly after the first world war, when the bay was frozen over, planes were fitted with skis and would take off and land at Elliot Airport, located where Stelco sits today. People would take to the ice to ice-skate, ice fish or zip across the frozen bay up to 60 km/h while wind sailing.

From the 1800s through the 1920s, nearly every community of any size in the U.S and Canada near fresh-water harvested ice, this included Hamilton Bay. Ice was stored and used during the summer months for refrigeration and cooling. It was the first harvest of the year. For many, a chance to make extra money to tie them over until spring. The annual ice harvest took place from mid-January through February, when the ice would be 40 cm thick or more, usually the coldest part of the winter. A workforce of up to 600 men would grab their ice saws, picks, tongs, and head out onto the frozen bay.

Ice season was short, intense with long hours and was not without its dangers. The men would work between 10 and 12-hours days, often starting at 4:00 am. They worked seven days a week, until either the icehouses were full or when the ice became unsafe. Sometimes during the ice harvest, someone would accidentally slip into the cold waters of the bay. They'd be pulled out and rushed into a shed where a stove or fireplace was kept going and given dry clothes along with some hot liq-



CUTTING ICE ON THE BAY - IMAGE COURTESY OF THE HAMILTON PUBLIC LIBRARY

uids. While there have been some fatalities, this got them back on their feet again so they could rejoin the harvest. Usually, after that experience, they tended to be a little more careful not to repeat that ordeal. Horses fell in too. When that happened, everyone would drop everything and come to the rescue. Once the horse was out of danger, the animal was blanketed, then exercised without any lasting effects.

Hamilton's North End, from Wood towards Bay Street, was an ideal location for ice harvests because of its lack of trees at the time, which in the summer created humidity. Dampness was the greatest enemy of ice keeping; these houses were built where there was adequate air circulation. The low rise from the bay to the beach made it easier to haul the ice crop to the icehouses. Blocks of ice measuring a half meter long by three-quarters of a meter wide and a quarter meter deep would either be pulled by horse or placed on a conveyor belt that stretched from the bay to the icehouse.

Before building an icehouse, the sand would be spread out in a thick layer over the ground first. They are constructed mainly of brick or wooden planks with several rooms or compartments measuring 9 me-

tres x 12 metres and 9 metres high. Each room had double walls filled with either tree bark, straw, sawdust, charcoal or wooden shavings. Straw would be spread out over a wooden floor. Straw was also stuffed between each block of ice, making them easier to separate later on. When done, there was almost a meter (3 feet) of insulation surrounding the harvested blocks. The best-built icehouses would lose anywhere between 10 and 30% of the ice that was stored.

The weather could make or break a harvest by not being cold enough for long enough for the ice to reach optimum thickness for harvesting. A sudden thaw, windstorm or rainstorm could kill an ice harvest quickly.

In Hamilton, names such as Dewey & O'hare or W.B Foyster adorned the sides of these icehouses. In some communities the ice houses were owned by the railroads. Blocks of ice were either purchased at the ice-house or delivered by horse.

Farmers would often build smaller icehouses and harvest ice from their frozen ponds or streams.

Once modern refrigeration such as fridges or air conditioning became mainstream, or the bay and other waterways became polluted, ice harvesting came to an end. The last recorded ice harvest on Hamilton Bay took place in 1926



Ice Harvesting, ca. 1920, William A. Chatfield, Local History & Archives, Hamilton Public Library.

“What you do today can improve all your tomorrows” – Ralph Marston

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

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

Seniors

We continue to assist our seniors by providing hampers and supportive phone calls. It's a great way to make a new friend and help the long winter days feel less lonely.

The seniors support line can be reached at 289-260-3771.

Volunteer Opportunities:

If you would be interested in supporting seniors by phoning them on a regular basis, please contact ruth@welcomeinn.ca to talk about possibilities.

Food Bank

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

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

Donations are being accepting during our Food Bank Hours.

We are in a high need for baby food, baby formula, size 3-6 diapers and personal hygiene products.

Community programming

We are looking for tax volunteers that speaks Arabic and/or English.

Please contact Krista for more details, 905-516-0480.

LAF is Back!

Welcome Inn's Learning and Fun (LAF) after school program is back! This year, LAF will be delivered virtually. Mentors will help students with homework, play educational games, and provide a positive, safe and fun online environment. Program participants will receive focused attention, a chance to connect with peers, and interact with positive role models.

Registration is now OPEN! The first day of LAF will be January 25th, and registration will remain open until spots are filled.

To register and for more information, give us a call at 905-525-5824, or email Danielle at danielle@welcomeinn.ca.



Welcome Inn Community Centre
40 Wood St. E. 905.525.5824
info@welcomeinn.ca

NORTH END BREEZES FREE CLASSIFIED ADS

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

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

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

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

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

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

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

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

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

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

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

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

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

What's Cooking in The North End?

Easy Rosemary Garlic White Bean Soup

This incredibly easy Rosemary Garlic White Bean Soup takes only eight simple ingredients to deliver a bowl full of rich, bold flavor.

Prep Time: 15 mins | Cook Time: 25 mins | Total Time: 40 mins
4 servings (1.25 cups/serving) Total Cost: \$2.49 recipe / \$0.62 serving

Ingredients

- 2 Tbsp olive oil \$0.32
- 4 cloves garlic \$0.32
- 2 carrots \$0.30
- 3-4 stalks of celery \$0.40
- 1 medium sized onion \$0.55
- 3 15 oz. cans cannellini beans \$1.47
- 2 cups vegetable (or chicken) broth \$0.26
- 1/2 tsp dried rosemary \$0.05
- 1/4 tsp dried thyme \$0.02
- 1 pinch crushed red pepper \$0.02
- freshly cracked pepper to taste \$0.03

Instructions

1. Before you begin, pour one of the cans of cannellini beans (with its liquid) into a blender and purée until smooth. Drain the other two cans of beans.
2. Mince, carrots, onion, celery and garlic, add it to a soup pot with the olive oil. Sauté the garlic over medium for about one minute, or just until the mixture is very fragrant.
3. Add the puréed cannellini beans, the other two cans of drained beans, broth, rosemary, thyme, crushed red pepper, and some freshly cracked pepper. Stir to combine.
4. Place a lid on the pot, turn the heat up to medium-high, and bring the soup to a boil. Once boiling, turn the heat down to medium low, remove the lid, and allow it to simmer for 15 minutes, stirring occasionally.
5. Smash the beans slightly to thicken the soup even more. Taste the soup and add salt if needed (I did not add any, this will depend on the salt content of your broth). Serve hot, with crusty bread for dipping!

Sweet Potato Biscuits

Sweet Potato Biscuits are a unique and subtly sweet twist on a classic, the perfect fall touch for your weekend brunch or Thanksgiving dinner!

Prep Time: 15 mins | Cook Time: 25 mins | Total Time: 40 mins
Servings: 10 Total Cost: \$3.06 recipe / \$0.31 serving

Ingredients

- 1 lb. sweet potato \$1.29
- 2.25 cups all-purpose flour, divided \$0.23
- 1 Tbsp baking powder \$0.12
- 1 Tbsp sugar \$0.02
- 3/4 tsp salt \$0.02
- 1/4 tsp ground nutmeg \$0.02
- 8 Tbsp butter, frozen (1 stick) \$1.04
- 1 cup whole milk \$0.32

Instructions

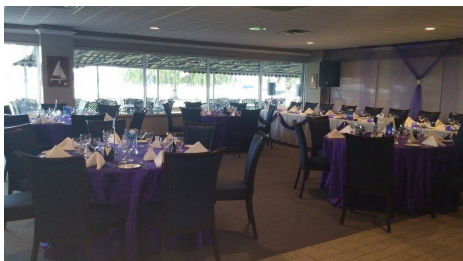
1. Use a fork to prick the skin of the sweet potato several times. Place the sweet potato on a microwave safe plate, then microwave on high for 5 minutes. After five minutes, use the fork to pierce the sweet potato in the thickest part. If it's not very soft all the way through, microwave for an additional 1-2 minutes, or until the center is very soft.
2. Carefully remove the sweet potato from the microwave (the plate will be VERY hot). Use a towel to grasp the sweet potato as you cut open the skin and scoop out the flesh. Scoop out one packed cup of sweet potato and place it in a medium bowl. Use the fork to mash the sweet potato until smooth. Set it aside to cool further.
3. Preheat the oven to 400°F. In a separate large bowl, combine 2 cups of the all-purpose flour (reserving the last 1/4 cup for later), baking powder, sugar, salt, and nutmeg. Stir until these ingredients are very well combined.
4. Use a cheese grater to grate the frozen butter into the bowl with the flour mixture. Take care to guard your fingers and knuckles when you get down to the end of the stick of butter. Stir the grated butter into the flour mixture until they are evenly combined.
5. Add the milk to the bowl with the mashed sweet potato. Stir or whisk the sweet potato and milk together until they are well combined. A few small chunks of sweet potato are okay.
6. Finally, pour the sweet potato and milk mixture into the bowl of flour and butter. Stir to combine the wet and dry ingredients until one cohesive ball of dough forms. Because sweet potatoes can vary in moisture content, you may need to add extra flour or milk to the dough to get the right consistency. The biscuit dough should be slightly sticky, but not so wet that it is glossy, and no dry flour should remain on the bottom of the bowl. If the dough is too dry (not forming a single ball of dough) add a couple tablespoons of milk. If it's too wet, dust it liberally with the reserved flour.
7. Turn the dough out onto a well floured surface. Press it down into a flat circle, about 1-inch thick. Use a biscuit cutter or a drinking glass to cut biscuits from the dough. Gather up the dough scraps, reshape them into a 1-inch thick circle, and cut more biscuits. Repeat this until no more dough remains. Place the cut biscuits on a parchment lined baking sheet.
8. Bake the biscuits for about 20 minutes, or until they are golden brown on top. Serve warm, with butter or maple syrup.

Soup's On!



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