

SUMMER 2021 | VOLUME 7 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES

# NORTH ENDER OF THE YEAR AWARD

## COUNCILLOR UPDATE

It's construction season in the North End and you will soon notice a residential road to avoid; Strachan from James all the way east.

Following consultation with residents, and your Ward 2 office over the last few years, some obvious candidates for full on road and infrastructure rehabilitation has emerged. You will recall last year we tackled Ferguson; this year the bumpy mess that is Strachan.

With funding from our Ward 2 office capital program, construction is scheduled to commence on or about Monday June 28, 2021 and be substantially completed by November, 2021, weather permitting. The work involves: Road Reconstruction, Storm Sewer Construction, Water main Replacement, Street Light Improvements, the long-awaited Multi-Use Path Construction, and associated works.

**CONTINUE READING ON PAGE TWO**



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.

To access the nomination form, please visit: <https://forms.gle/NuTLKvPT-JpiMFfgK7> or email office@north-endbreezes.com

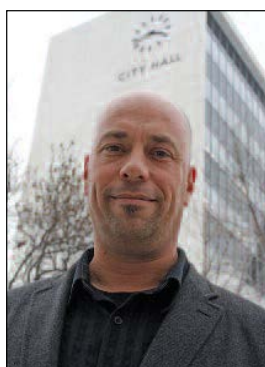


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# LETTER FROM THE EDITOR, BRENDA DUKE

Well readers it's summer time again and that means holidays! We'll give our writers a break and there will not be an August issue of The Breezes. Your Publication Team will be working on new ideas, new projects and getting ready to come back full force in September. Here are some of things we'll be doing:

Hold your breath, cross all your digits and put the kettle on..... we're planning to (COVID permitting) PRINT the September issue. We need to recruit more delivery people to hit the homes and possibly a driver to drop off at the businesses that are open.

Who do you know...or is it you....that supports, promotes and makes the North End better? We think you're amazing and we want to show everyone! Together with NENA, we are celebrating you with The North End of the Year Award. You can visit us on line to nominate in one or both of

the categories at <https://forms.gle/NuTLKvPTJpiMFfgK7> or send us an email. We'll close the nominations at the end of August and present the award at a gathering in September.

A lot of us have been shopping on line during the pandemic and we want to make it easier for you. We're looking for an eager volunteer to help us complete an on-line shop to showcase our new merchandise.

Have you checked out our website [www.northendbreezes.com](http://www.northendbreezes.com)? Our on-line readership has doubled and what better way to get news on the go or promote your business. You can sign up for an email copy too!

And of course, every month brings us closer to celebrating our 50th Anniversary. We hope you are enjoying the archived articles and perhaps reliving or discovering the history of the North End. If they tweak a memory, let us know. We'd love to share your stories.

So to all our loyal readers and the ones who are discovering The North End Breezes, enjoy your summer, have fun and follow us on Facebook and Twitter. See you in September!

# COUNCILLOR UPDATE

## CONTINUED FROM FRONT PAGE

It will be worth a few short term construction head-aches.

For homes located between James and Hughson Streets connected to a temporary water bypass system, water consumption will not be metered and instead your water consumption will be based on your average daily consumption during the same period last year. Once the water portion of the construction work has been completed, the bypass system will be discontinued so that your water service will be restored, allowing your water consumption to be metered again. Your billing will return to be based on your measured water. Any questions, you may call or email my office at any time or reach out to our very capable City of Hamilton Project Manager John Cowperthwaite 905-546-2424, ext. 4314. Emails can be sent to the general construction mailbox at: [constructionservices@hamilton.ca](mailto:constructionservices@hamilton.ca)

Residents along Strachan should have already received a few notices that, among other details, remind you that construction of this magnitude can be disruptive. You may experience some inconveniences such as noise, dust, and temporary disruption of water service.

For North Enders who regularly travel Strachan as an east west connection, your best move is to choose a replacement until the construction ends.

In order to complete the work safely, a combination of lane restrictions and multi-block closures will be established at various stages of the project. Local access, where practical and emergency access will be maintained.

Every effort will be made to do the work in a timely manner and to keep any inconvenience to a minimum. As always, we ask for your patience during this period.

For the duration of the project, the City of Hamilton on-site inspector will be made available to explain the sequence of work and answer any construction-related questions.

Yes, there are other good candidates lined up for similar near future North End residential street rehabilitation (Simcoe and Hughson get honorary mention here).

Until next time, Breezes Readers!! Have a safe and happy summer.

Councillor Jason Farr  
Ward 2  
9055462711  
[Jason.Farr@Hamilton.ca](mailto:Jason.Farr@Hamilton.ca)



## Hamilton Port Partners Launch Container Ship Service

Almost 300 containers were loaded onto the M/V Sedna Desgagnés at the Port of Hamilton, as part of a new short sea shipping service launched by Hamilton Container Terminal (HCT) in collaboration with Desgagnés. On route to the Port of Montreal, this new container service was developed by HCT, in partnership with the Hamilton-Oshawa Port Authority (HOPA Ports), Desgagnés, Federal Marine Terminals and the Port of Montreal.

This shipment is the first of what is expected to

be an increasingly frequent service for container movements on the Great Lakes. This trip will be followed by other Hamilton-Montreal voyages later this year, building up to 20+ sailings in 2022.

## Hamilton Officially Welcomes TS Playfair

An arrival celebration for the TS Playfair took place virtually on June 13th. The sail training vessel was officially welcomed into the Hamilton community and the city flag was hoisted.

TS Playfair is a 33 tonne, steel hulled, two-masted, square-rigged, 72-foot brigantine. She was christened in Kingston, where she was built in 1972, by Her Majesty Queen Elizabeth II making her the only Canadian ship to be commissioned by a reigning monarch.

The volunteer run charitable foundation, Brigs Youth Sail Training, formerly known as Toronto

Brigantine Inc., owns and operates TS Playfair, which has been taking generations of 13 to 18-year olds on sailing training courses for the past 48 years. The ship operates with a crew of 28, which includes 18 new sailors called trainees, 10 youth officers and two adults — the first mate and captain.

Starting in 2021, Brigs will offer weeklong and weekend sailing training courses on board the Playfair. Learn more at [www.brigs.ca](http://www.brigs.ca)

## Vessel Tracking

Did you know you can see what vessels are coming in and out of the Port of Hamilton? Each year the port welcomes over 600 vessels carrying approximately 10 million MT of cargo. Visit the vessel tracker at [www.hopaports.ca](http://www.hopaports.ca) to see what's coming and going at Ontario largest port.



# WALKABOUT IN COMMUNITY

SUBMITTED BY KEN HIRTER

This summers Walkabout finds me in the coolest and the most colourful pocket in town, profiling Brandon Agnew, making a difference in the community and highlighting SUMMER, MUSIC and COMMUNITY.

Brandon is a Hamilton musician who makes music in various shades of blue. His new album “Mave’s Variety” with the Pockets 4 was launched & released on May 20th. “Mave’s Variety” is a collection of 10 songs written during the first few months of the COVID19 pandemic. The album is named after the convenience store on James Street North, flanked by the Portuguese & Italian shops still selling fresh produce, plants & flowers on the sidewalk, the best olives, tarts & espresso that you’ll find here in the Steel City. As Brandon says, “It feels like the heart of downtown to me, inside the pocket of Little Portugal ...I wanted to name the album after the place I was living during the time (pandemic) and it also turns out that the album is like a variety store in that there’s a variety of music on it”. The Album was recorded live off the floor with friends over a two day period in October of 2020. The band rehearsed once the day before.

I asked Brandon his favorite quote: “Done is better than perfect”

His source of Inspiration: “Everyday people, doing

awesome things. Brandon believes in neighborhood building, tactical urbanism and gardens.

Brandon, a Board Member of the Niagara Falls Soup Kitchen made a donation to the community foodbank from the proceeds of “Mave’s Variety”. He and The Pocket 4’s are presently working on a follow up to “Mave’s Variety” titled: “Aquarius Moon” with release slated for early 2022. They would love to entertain at live shows in Hamilton and support other artist & causes. His music is available to stream and/or for purchase and for more information on “MAVE’S VARIETY” you can visit [www.brandonagnew.com](http://www.brandonagnew.com)

So with the summertime upon us, let the sun shine and let the music play; catch the vibe, strum along with the tunes in your neighborhood, jam and sing around the campfire or simply unplug and let the music play.

I would like to thank Brandon Agnew for sharing his love of community, plants, drums, photos, family, euchre, BBQ, markets, stories and water and making a difference in his community.

Take time to enjoy summer 2021, get out and about, take in the sights & sounds and catch the colors and the merriments of summer.

See you in September and till then take care. Cheers!





# BOOK CLUB CORNER

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



## ♪ Summertime, and the readin’ is easy...♪

The Club doesn’t meet over the summer, but that doesn’t mean that we stop reading. So here are some recommended reads available from the Hamilton Public Library. To borrow one or place a reserve, go to <https://hpl.bibliocommons.com>.

All Together Now by Alan Doyle  
Doyle, Great Big Sea’s frontman and musician, actor and writer, was born in Petty Cove, Newfoundland. In his book, All Together Now, he asks the reader, “Why don’t we imagine we are in a pub---all together now---and

the stories are flying?” And what humorous and entertaining stories they are. Stories from his childhood, his adventures while touring in foreign lands, and from his experiences as an actor. As these stories unfold the reader cannot help but being drawn to Doyle’s outsized personality filled with sincerity, self awareness, humor, and modesty. A great uplifting read. Paige Turner

The Dig by John Preston  
This exciting, beautifully written novel is based on the 1939 archeological dig that took place at Sutton Hoo in Suffolk as England is preparing for WWII. Basil Brown, a local arche-

ologist, is invited by the owner of an estate, the widow Mrs. Pretty, to excavate several earthen mounds on her land. Little did they suspect the enormous historical impact and magnificence of what

Basil found or the turmoil, controversy, and ferocious academic and legal battle that it would unleash. Author John Preston keeps a grip on the reader’s attention by vividly describing the sheer excitement of the discovery along with the foibles and emotions of the people involved in the dig. Paige Turner

City of a Thousand Gates By Rebecca Sacks  
The Washington Post review describes this as “an imperfect book, unbothered by a few loose ends”. Sack’s debut novel about the lives of people affected by the Palestinian and Israeli conflict does serve as a good introduction and makes

the reader ponder her statement that “all nations sustain themselves on violence”. Her cast of characters are Jews, Arabs, mothers, teachers, students, soldiers, wives and husbands. People trying to navigate the business of living in a country possessed with fear and obsessed with the power of control. Her characters are varied and have unique voices that reveal opposing perspectives about the complicated and painful truths about life in Israel today. She successfully brings the characters and their stories together without judgment. A tense and emotional read about the eternal sorrow of an endless conflict. Paige Turner

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

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

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

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

We hope to bring back printed issues for September!

## Let The Breezes Help You Promote Your Business!

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

Email [ads@northendbreezes.com](mailto:ads@northendbreezes.com)

## MATTHEW GREEN

Member of Parliament  
Hamilton Centre



Matthew Green, MP  
Hamilton Centre

905-526-0770  
[matthew.green@parl.gc.ca](mailto:matthew.green@parl.gc.ca)





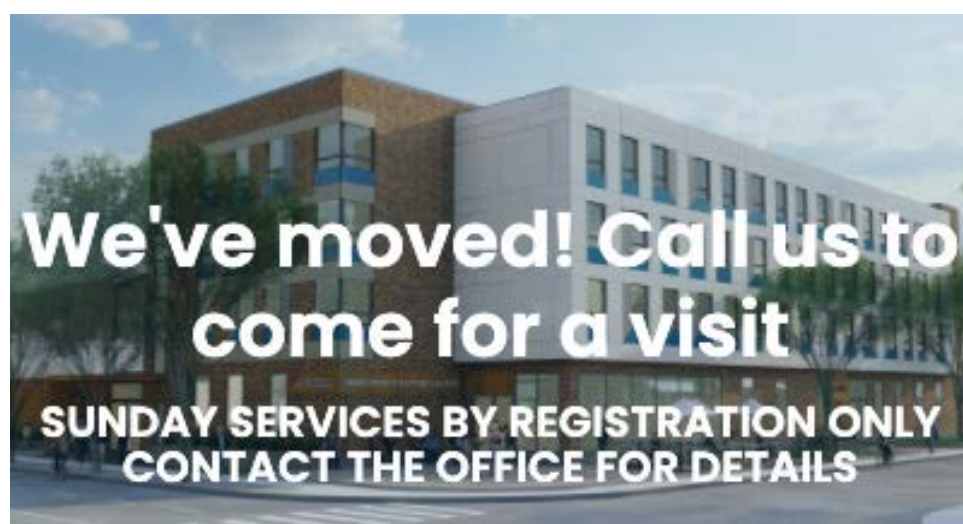


**UPDATE: In-person services on Sundays, following the Covid19 protocols of face masks and social distancing**

**Services are at 9am and 11am and pre-registration is needed due to attendance restrictions.**

**You can register for the services by visiting our [www.jamesnorth.church](http://www.jamesnorth.church) and following the links.**

**There are also Good Friday services at the same times.**



**500 James St N, Hamilton**

**Contact Phone: 905.527.3972**

**Email: [office@jamesnorth.church](mailto:office@jamesnorth.church)**

**Office Hours: Mon to Fri 9AM - 4PM**

**[www.jamesnorth.church](http://www.jamesnorth.church)**

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

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

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

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



## **ST. LAWRENCE THE MARTYR PARISH**

### **UPDATE:**

Weekly Mass Schedule

Wednesday 7:00 p.m.

Thursday 7:00 p.m. (Confession and Adoration at 6:00 p.m.)

Friday 9:00 a.m (except for March 26 which will be 7pm)

Saturday 10:00 a.m. and 5:00 p.m.

Sunday 11:00 a.m.

The parish office is open by appointment only. Please call or email for all inquiries.

### **Contact Us**

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

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

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

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



## **The North End Breezes Team**

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

### **Published by:**

**North End Breezes Board of**

**Directors:** Paul Havercroft, Ian McDonald, Chris Pearson

**Editorial Assistant:** Kit Darling

**Co-Ordinator:** Brenda Duke

**Layout + Design:** Katie Fitzgerald

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

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

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

### **NORTH END BREEZES MISSION:**

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

### **NORTH END BREEZES VISION:**

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

### **Help us grow your Breezes.**

*We are looking for ideas, submissions, advertisers. Please email your thoughts to [office@northendbreezes.com](mailto: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*



# CONTROLLING COVID IN THE NORTH END: BETTER LATE THAN NEVER

SUBMITTED BY ROBYN GILLAM

Covid 19 has ravaged Hamilton for months. Although numbers are now falling, the positivity rate remains well above the provincial average. There have been deadly outbreaks in nursing and retirement homes, workplaces and large apartment buildings.

Readers may be familiar with the widely publicized outbreaks at Rebecca Towers, 125 Wellington and 151 Queen Street North. Especially at Rebecca Towers, there has been serious illness, death and fear gripping residents afraid to leave their suites. Public pressure from community activists, health workers and the media finally led to mobile testing and free rides to the mass vaccination clinics, but the situation is far from resolved. If you live in this type of building, you should be aware of some important health and safety issues.

All apartment buildings have similar features, where tenants share common areas, laundry, halls, and elevators. The City recognizes that these buildings can be a problem. In addition, the Provincial Vaccine booking website is often hard to use and there is often a long time waiting, needing more than an hour to book a vaccine. If you don't have a computer, or recent operating system, getting a vaccine can be challenging. There are also additional difficulties for those not used to communicating in English. However, Welcome Inn, a local community centre on Wood Street has a community support phone number that will help. If you need assistance booking a vaccine, Community Support Line (905) 516- 0480 can help people navigate how to book their vaccines if they require assistance.

Working together, we can hopefully be meeting with friends, going to our Rec Centre, as well as attending programs at Compass and Welcome Inn, as we put Covid behind us. So, if you need help booking that vaccine, please phone the Community Support Number.

The author would like to thank community members involved for their help.

# NEWS FROM THE RETIREMENT RESIDENCE COMMUNITY

SUBMITTED BY MICHELLE FERRARA

I have been busy fighting the Covid battle in the retirement community and as we approach the light at the end of the tunnel I thought I would share what is happening now. In a word: BUSY. The regular Spring inquiries/tours/assessments/ move-ins are to the max. This is a direct result of many months elderly people have sat at home alone, and the resulting decline of everyone's mental health and patience. Here are some things to expect in the retirement industry...

Covid protocols in a retirement residence are on- going, and not what is permitted in the public community. Public Health directives change weekly, sometimes daily so you can expect to be screened before entry and there are many rules about who can come in and what is allowed. Know your proposed time- frame of decision to move-in, or, if you are just researching for now. It is important for staff to know as the need of those seriously inquiring is overwhelming, so if just browsing,

let us know. Why don't staff call me back/work Sunday afternoon and after 5pm? See the first word...busy. Most retirement residences are deluged with inquiries, you aren't the only one looking. Staff are wiped after some 16+ months with difficult work, super long hours, and no vacations, so current hours are controlled so that staff get the breaks they need.

I suggest that you are 100% honest about care needs for ADL's-activities of daily living- we can assist and quote in real time as to what services your loved one needs, but only if you tell us everything- you would be surprised at the number of families who hold back important information, like dementia. This is no favour to anyone, least of all a potential resident.

The number one issue I see: people wait too long to start the conversation and the process and many families are not prepared. In waiting too long, you remove a lot of choice in decision making because the individual may be in a post-medical crisis mode, the options are limited, and the time frame more urgent. I also see a lot of people, even in advanced years, who do not have their affairs in order or paperwork and information readily available. Copies

of both health and financial POA, lists of medications, lists of medical issues, lists of Dr's and contact info, financial planning in place- what can you afford and what are the state of your finances. Final arrangements and wishes and open dialogue with family so they are prepared.

Staff at retirement communities are prepared to help you find the best fit, so start by being clear about what you want and need and, if it isn't a fit for you, tell them so and move on so time isn't wasted for anyone. Can't find what you want? You can engage a Community Navigator to do the leg work, show you the pros and cons and help you to find what you truly want. Many also provide downsizing. Don't be afraid to put your name on a waiting list- you would be surprised at how fast it changes. Final suggestion... in general, when people are elderly the priority changes from luxury settings and amenities, to a stable, caring, consistent staff- be sure to ask your Senior what is most important to them!

Michelle Ferrara is a long- time elder advocate who works in Retirement Living, and has been on the front lines of the pandemic; she is excited to find the fresh air to contribute to the North End Breezes at long last.

# RETURNING TO NORMAL

SUBMITTED BY ROSE DIVECHA

I was fixated on her red stilettos kicking up a storm on the dance floor, juxtaposed to the guy in a green hoodie, equally entranced by the thumping music. I was a little tipsy and content to just sit and watch everyone pulsing together on the crowded dance floor. If I had known it would be the last time for a year and a half, I would have got up and joined in.

The ladies at Fishers Pier 4 Pub had so kindly fit us in that last Friday of the month, February 2020. Carving out a cozy spot at the end of a long table, they introduced my husband Rob and I to some of the regulars

sitting next to us. We soon learned Open Jam Night was a monthly occurrence at Fisher's and that most of them had been coming for years. Still relatively new to the neighborhood, we were thrilled to discover we could watch a live band while having a few drinks and all within walking distance of our house.

Following a night of live music, a satisfying meal and friendly conversation, we went home happy. Determined not to miss out on the fun again, I promptly marked my calendar for March and April - "Open Jam Night @ Fisher's". We didn't make it back unfortunately. Covid, it turns out, had other plans.

Like many people trying to fill free time, my husband and I took a lot

of walks in the neighbourhood this past year. Our strolls would often have us meandering past Fisher's wistfully looking to the locked door and finding encouragement on the message posted on the signboard. We wanted nothing more than a beer and the Baron of Beef in our favourite pub.

As Ontario reopens, I'm hopeful things will return to normal. That the places in our community that have come to mean so much to us will not only survive but thrive once again. And while we might be a few months away from crowding onto a dance for together, I'm going to run out now and buy a new pair of pumps, red perhaps. When the music returns, I'll be sure to hit the dance floor this time.

## CREATING A BUZZ WITH PLANTS... THE NEW POLLINATOR GARDEN

SUBMITTED BY CANDY VENNING

Looking back over my 20 years of professionally gardening it seems that many of us used to be divided between growing vegetables and fruits (homesteading) vs ‘Pretty gardens’. The pretty garden camp was further divided into perennials vs annuals and now the whole garden world has been tipped upside down with a movement to plant native Ontario species. (which is great!)

Let’s demystify and reunite all the garden peoples. No garden is an island, there are beneficial insects, insects that eat other insects and there are insects that eat your plants – turns out the caterpillars chomping through your parsley are excellent bird food (baby birds cannot eat seeds and parents must feed their young thousands of insects a day) not only is it GOOD to have something eating your plants but that caterpillar may turn out to be a gorgeous Swallowtail butterfly. If something is eat-

ing your garden then you’re contributing or at least participating in the life cycle of the planet we live on. Also, let’s mix our plants up. I like to grow some annuals, some perennial herbs, more and more native plants but still adore my tree peonies and climbing Hydrangea.

If you’ve read any of Douglas Tallamy (please do read ‘Bringing Nature Home’ via HPL or google some of his speaking engagements on youtube) he suggests we keep 30% of the garden to ourselves with zucchinis, roses, peonies, dahlias or other favourites while considering a slow turn over, of the rest of our plants as natives to feed the declining numbers of insects and birds that co-evolved with those plants.

This is a tricky process, best approached slow and steady, many native plants require cold stratification to get growing (easily done with a little research into winter sowing) are not readily available in garden centres and are hard to recognize when not in bloom. (could someone please invent an attractive, long lasting plant tag!) The plant names can be confusing like Milkweed vs Butterfly weed – some native species like common milkweed (that is used

to battling through tall grasses in a poor soil, dry meadow situation) can be aggressive in our cultivated soft beds. (choose well behaved *Asclepias tuberosa* instead) The Following is only a partial list that you might find helpful, a lot can be learned by observing what birds and insects come and for which plants (native trees provide the earliest flowers and nectar sources for our native bees yet many of the flowers are so insignificant – to us- that we don’t consider them)

Annuals that pollinators enjoy; *Nicotiana* – the tall white variety not the multicoloured dwarf varieties (hummingbird and sphinx moths come for this evening scented white flower) *Cosmos*, *Borage*, *Parsley*, *Dill*, annual *Sage/Salvia*, *Sunflowers*, *Nasturtiums*, *Cleome*, *Tithonia*, *Zinnias*, *Lobelia*, *Canna lily* (particularly for hummingbirds) and *Artichoke* if left to flower (a very beautiful annual if you’ve got some space and full sun)

Perennials that are native-ish (there are many cultivated varieties in garden centres but all can be found as a true native species from a specialty nursery or seed supplier); *Black eyed Susan*, *Liatris*, *Solomon’s seal*, *Tiarella*, *Asters*, *Tradescantia*, *Mo-*

*narda*, *Cranesbill*, *Columbine*, *Echinacea*, *Penstemon*, *Coreopsis*, *Phlox*

Non native Perennials that seem to create a lot of buzz; *Russian sage*, *Lavender*, *Sage*, *Chives*, *Echinops*, *Hyssop*, *Sedum ‘Autumn Joy’*, *Veronica/Speedwell*, both *Creeping Phlox* and *Garden phlox* (tall)

Easy to grow native plants from seed (germination does not require cold stratifying) ; *Aquilegia canadensis*, common yarrow, anise hyssop, pearly everlasting, silver sage, harebell, lance-leaf coreopsis, purple prairie clover, blanket flower, blue flax, lupine, bergamot, dotted mint, evening primrose, white aster, mountain mint, Culver’s root.

Many of the nurseries have excellent links to plant lists or resources by soil type, sun or shade and plants that work well together. Nurseries and sources nearby or online for native plants or seeds; *Wildflower farm*, *Bee Sweet Nature* (Puslinch), *Kayanase.ca*, *Onplants.ca*, - also check out the *Monarch Awards* as well as *Hamilton Pollinator Paradise.org*

## SUMMERTIME IN THE CITY

SUBMITTED BY BRIAN ROULSTON

Everybody loves a picnic, even the ants and our beloved North End is one of the best areas in the city for one. The month of July is also considered the best month of the year for a picnic. So, grab some sandwiches or get takeout and visit the many great places in the area.

Please keep in mind, some or all the parks and recreation areas may have social distancing and mask policies still in place and some attractions may be still closed or cordoned off.

First, there’s Bay Front Park, it’s spacious with lots of green grass,

a naturalized area of wildflowers, shrubs and trees. There are also picnic tables to sit at and enjoy a summer afternoon or evening. Hutch’s on the hill serves some of the best fish and chips around and if you like ice cream cones, it’s a good spot to get one of those too. Hint, it’s a great place to bring a date, what better way to connect with your significant other than with an ice cream cone and a romantic sunset.

Follow the walking trail to Pier 4, sometimes referred to as Tugboat Park. There’s a bit of history here, the old building on the right once stood on the corner of Stewart & Catherine Streets and served as the offices of the Gartshore-Thomson Pipe Company which supplied most of the major cities across Canada, including Hamilton with the equipment and piping to install their initial water works and gas infrastructures.

Today, it serves as a public washroom for the park and city offices. There’s an old tugboat on the left, closer to the shore, that too is historical in a sense. It is two ships melded together CAPE TRANSPORT and the BAYPORT. It’s great place for kids to play in and around. It even has a splash pad and what goes better than kids and water on a hot, sticky afternoon. It’s the perfect spot to throw a blanket on the ground and look out over the bay as it glimmers on a bright and sunny summer day.

Finally, we come to Pier 8, which is undergoing major urban renewal. Some projects are underway, creating a new and vibrant community with residential and commercial units as well as institutional spaces. Here you can grab a coffee or lunch at William’s Fresh Cafe or take a stroll or a cruise by the Harbour Queen and the Hamiltonian. There’s

a roller-skating pad which is an ice rink in winter. Another great spot for a family a picnic. You could maybe do a little fishing and watch the Canada Geese as they stroll around the park, just don’t get too close. They can be meaner than a junk yard dog. The view here is priceless, lush green trees line the shoreline around the bay, LaSalle Park in Burlington is visible to the right as well. One could spend the afternoon watching the sail boats skim over the water and the pleasure boats leisurely trolling by. Often huge Great Lakes freighters come and go and they are worth watching. In the distance you can see Hamilton’s industrial sector too, the steel mills and the Hamilton Beach Strip.

We hope you have some great picnic memories and have a happy and safe summer.



# FROM THE NORTH END BREEZES ARCHIVES...

In an effort to include the diverse population of the North End, The Breezes often produced two issues. In August 1977, it was also published in Italian.



The Picton Library did join the North End neighbourhood at 502 James Street North, but closed its doors permanently back in 2009. There isn't a library anymore in the North End, but the Hamilton Public Library Bookmobile does frequent the Bennetto Community Centre.

**PICTON LIBRARY**

At long last, Hamilton City Council has given the go-ahead to open a branch of the Hamilton Public Library at 502 James St. North, in the new Elvia Plaza.

Picton Library plans to be a real community library. Books in three languages, toys and games, records, magazines, and large-print books will be available for borrowing as well as hundreds of paperbacks for children and adults. A busy fall of programs is planned.

The library promises to be a warm and inviting place where the public can relax with its honey-coloured walls and chocolate brown carpte. There will be spaces for study and for relaxation. The handicapped will be able to enter the library via a gently sloped ramp. Opening date will be near the end of September.

Watch for more details in the September issue of North End Breezes.

**CENTENNIAL PUBLIC SCHOOL**

This year, Senior Citizens' Week was celebrated in a unique way, by 2 classes in Centennial School.

Mrs. Verall's Kindergarten class and Mr. Wilson's grade 5 class potted beautiful begonia plants into cans. Then, on July 24, they went out in pairs, a big child and a little child. They delivered the plants and paid a visit to 20 senior citizens in the community. The children were thrilled by the welcome they received.

"She shooked my hand and she said, 'This is my lucky flower day!' "

Thaks to the seniors who made this such a valuable experience for the children.

Mrs. Verrall

**Bennetto Public School**

**Evening Classes of General Interest**

Again, summer has gone by all too quickly; now it is time to think about the fall term of classes.

Bennetto School is again open on Tuesday evenings for those of us who are interested in joining their evening classes.- Woodworking, Macrame and Sewing. The cost for these courses is just \$10 for 10 weeks, sr. citizens special rates are \$2 for 10 week course. Classes begin Tues. Sept. 27, 7 - 10 p.m. This is also registration night. Plan on joining one of these courses and bring a friend/neighbour with you, you'll be glad you did.

Messages from Eastwood Baptist Church, Picton Library, Centennial Public School and Bennetto Public School appeared in the North End Breezes. A 10-week sewing class at Bennetto for \$10? Sign me up!

14  
Notes from EASTWOOD BAPTIST CHURCH

Let us SING OUR SUMMER SONG to the tune of "The Church in the Wildwood" This is sincerely dèdicated to the North-end residents with the hope that heaven's "shower of blessings" will abundantly fall upon this neighbourhood bringing to everyone life, good health and joy in the Lord; further desiring that every heart and home be richly filled with the spirit of love, good will and a sweet sense of neighbourliness.

**\*\* THE CHURCH THEY CALL EASTWOOD \*\***

There's a church in the valley they call Eastwood  
No lovelier place in the dale  
She stands as a symbol of God's love  
To the people who live in the vale.

**CHORUS:**  
Come to the church they call Eastwood  
O come to the church in the vale.  
Help us pray that God's love will bring much good  
And bless all the homes in this vale

Beautiful Eastwood Church in the North-end  
Shall bloom like a garden of love  
As the seed of the gospel shall open  
And grow, then bear fruit from above

This is your most precious golden hour  
To come to the Lord of the light  
He calls and saves whosoever  
Arise to His sweet gift of life.

Give your heart and your life to the Saviour  
He will receive you as you are  
He will save you and keep you forever  
And adorn your crown with bright stars

Linger not O my dearly beloved  
Come now and be born in His love  
Born again as a child of the great God  
And heir of the mansions above.

**GOD BLESS YOU RICHLY**  
Rev. F.D. Dumaran, minister  
Eastwood Baptist Church  
40 Wood Street East



1977

No. 4

SPECIAL

The OFFICIAL OPENING of ELVIA PLAZA will take place on Thursday August 25 at 11 a.m.m

His Worship MAYOR MacDONALD will officiate at the special ribbon cutting ceremony.

Come out and be a part of this - another special happening in the North End Hamilton. Help celebrate

\*\*\*\*\*

From August 1977 ~ This one stumped me – anyone know where Elvia Plaza was located in the North End?

WELCOME INN NOTES

Summer Program is over and as I look back on the six weeks I see many successful events. The Summer Work Campers were a big help and enabled us to have two neighbourhood Improvement Projects, two overnight camps, five day camps and some smaller family camps as well as the larger family camp. Vacation Church School was a big success with some forty children attending. The family camp which was held at Silver Lake Mennonite Camp had over sixty campers. Some time was spent at some nearby caves as well as swimming at Sauble Beach and other camp activities.

September is just around the corner and starting the first of the month we will be receiving names for the Winter Clubs. These will be on a first come basis. Other winter programme groups will be starting as well. I hope to see a lot of people around Welcome Inn come September.

Thank you to those of you who supported us through the summer months and we will see you soon.

It was very common to have variety stores and services at almost every corner. Quite often, a homeowner would open a “store” in front of their home to sell produce, products or services that they had. The North End was no different. And competitive shopping was evident. If milk was \$1.39 at Picton Variety, you could just go another block or so and get it for \$1.23 at Ed’s. Everything from ice cream cones, to back to school clothes to freezer orders could be found in the neighbourhood.

NORTH END

SUPERMARKET

490 James St. North

529 2347

PICTON

VARIETY

492 JAMES ST. N.

PHONE: 522-3405

ED'S

VARIETY

553 James St. North, Hamilton

527 0422

PORTER'S

PLACE

504 JAMES ST. N.

522 3405

COMMUNITY

CUPBOARD

485 JOHN ST. N.

corner of WOOD St. E.

PROJECT T.I.C.K.

This part of the city is made up largely by citizens of Anglo-Saxon, Italian, Portugese background and various other ethnic groups. When a community is as rich of different cultures as ours, there exists the possibility of misunderstanding each other. Yet such a situation has great potential. We have an energetic body of people, full of ideas, strength and hope. Funneling this energy into constructive purposes would amount to great improvements in our little community. Most of us are proud of our community. This shows we care. This fact is also shown by the fact that there are many agencies in the area staffed mainly by volunteers, who are-trying their hardest to keep the community improving. To achieve this goal, NEIS has established a special project for the summer, "To Integrate Community Knowledge" (TICK)

The staff is composed of Tino Paolini, who shall be concentrating on the Italian speaking community and Maria-José Campos who shall be working with the Portugese speaking community. They shall help provide all the services offered by NEIS and other local agencies, in the appropriate language to their own people. If you have need of information, help with English, Portugese or Italian; don't hesitate to contact them at - North End Information Service, 485 John St. N. 1st floor phone 529 8483.

\*\*\*\*\*

You can make more friends in two months by becoming really interested in other people, than you can in two years by trying to get other people interested in you.

Dale Carnegie

\*\*\*\*\*

Hamilton Perimeter Industrial Road Feasibility Study

The Hamilton Perimeter Industrial Road Feasibility Study is in its final stage. The route alternatives have been completed and will be presented to the public through a full page advertisement in the June 18 edition of the Spectator. The public will be asked to choose what they consider to be the best routes and comment on their choices. A series of Open House meetings will be held to further examine the routes and the evaluation factors. Following are the dates and places where Open House will be held:

Bennetto Recreation Centre - Monday June 20, 6 - 9 p.m.

Perimeter Road cont'd.

Robert Land School- Tuesday June 21, 6 - 9 p.m.

Hamilton City Hall Thursday June 23, 2 - 9 p.m.

If you have any questions or require further information contact: Susan Goodman, our Citizen Participation Representative at 627 4537

GOING METRIC

Here's a rule of thumb guide for everyday use. Eyyuvakobts are approximate: 1 litre - 100c. 1 kilo = 1000 grams; 1 metre=100 centimetres 1pt. .6 litres; 1 gal. 4.5 litres 1 lb. 454 grams; 1 oz. 28 grams

The North End has always been active in community engagement to advocate for the best results.



# NENA UPDATE

SUBMITTED BY KATHY RENWALD



## Next Meeting: Thursday July 8 on Zoom

The North End Neighbourhood Association met June 2 via Zoom.

Concern about the future of Sunset Cultural Garden (also called Friendship Garden) at the corner of Bay and Strachan was discussed in light of the redevelopment of the Jamesville Social Housing site. At a June 15 public meeting called Reimagine Jamesville, developers of the site said that the parcel of land containing the garden “is on hold” and that the building of the housing is the priority that will take several years. More on the public meeting later in this article.

A petition with 1,000 signatures to save the park is circulating, and a sign campaign to “Save the Park” was discussed.

Miranda Burton of Green Venture presented to NENA and spoke about ways to manage rain water runoff in the garden with the use of plants and permeable paving. A design workshop is planned for later in the year. More information at [www.greenventure.ca](http://www.greenventure.ca).

A reminder that the North End of the Year Award nomination form is available on the NENA website at [www.northendneighbourhoodassociation.com/](http://www.northendneighbourhoodassociation.com/) The award will honour individuals and groups who have made a significant contribution to the protection and/or enhancement of the North End.

Report on Reimagine Jamesville public meeting on Zoom

Demolition may start as soon as this fall on the vacant and boarded up Jamesville Social Housing complex. With a homeless encampment growing just a block away, Jamesville has been a stain on the City of Hamilton for years. The 91 city owned

units, once home to a diverse population, are covered in plywood and graffiti. Revitalization of the property can’t come soon enough. But developers are asking for understanding.

“I asked for patience,” Anthony Di Santo pleaded to a Zoom meeting June 15th called Reimagine Jamesville. “This is a complex public, private partnership.”

When it’s done the 5.4 acre site north of the CN tracks, and bordering James Street North and Strachan streets will contain 46 units of geared to income housing, 120 units of affordable housing and 287 stacked towns at market rate.

The forward movement on Jamesville has the momentum of sludge for those witnessing a crushing lack of affordable housing in Hamilton. Di Santo, development manager from Fram + Slokker, one of the partners in the redevelopment, outlined some of the reasons why.

First on the list, an environmental clean-up looms large. The property is so contaminated from past industrial uses that 100,000 tones of soil laced with oil, metals, salt and other toxins, has to be removed. The entire site will be excavated to a depth of three metres. The complexity of the environmental clean-up has altered the underground parking capacity, now it will only be located under the market price townhouses.

Before the environmental cleanup the existing buildings need to be demolished. Di Santo predicted that demolition could start this fall.

Next up will be filing for approval of an Official Plan Amendment. Though Di Santo was pressed for an answer on when exactly construction could begin, he was reluctant to commit. We do know as stated at the meeting that construction of the affordable units will be done first. Frank Giannone, president of the Fram Building Group said those

units could be completed in two years.

Market rate stacked townhouses will be the last phase of construction. Those units will be on top of an underground parking garage. That garage has also contributed to the slow pace of progress after the discovery of a high water table at the site.

The Jamesville complex, built some 50 years ago, has been much maligned, but at the time it seemed to encompass some desirable features. Units had their own yards, and a central courtyard, was enhanced by the planting of many trees. Those trees, numbering about 100, mature and stately are nearly all being torn out due to the excavation of the site.

The Zoom meeting included North End residents, many supporting the concept, but concerned about the clearing of trees, the inevitable stream of trucks and construction vehicles entering and leaving the area, and increased stress on parking. Some of these concerns will be addressed at a future public meeting. That will happen after all zoning approvals are secured. At that time, the designs of the multi storied buildings will be revealed.

The partnership to redevelop Jamesville includes affordable housing specialist Indwell, City Housing Hamilton, Marz Homes, Desantis Homes, Fram + Slokker, and Melrose Investments. The city sold the valuable piece of land in the West Harbour district in order to raise money for other affordable housing projects. Nena’s Planning and Traffic Committee was thanked for their input.

The Reimagine Jamesville website ([reimagine-jamesville.ca](http://reimagine-jamesville.ca)) has more detail and will have the Zoom meeting recording posted at a later date.

For the newest NENA information go to:<https://www.northendneighbourhoodassociation.com/>

## Delivery volunteers needed!

We’re putting our plans in place to start print copies again in September!

If you love getting out and about in the North End and can spare an hour once a month, this one’s for you.

Walk or bike or drop off copies to our residents and businesses. They’ll be happy to see you - I promise!

Email [office@northendbreezes.com](mailto:office@northendbreezes.com)







Goal \$100,000

\$100,000  
\$90,000  
\$80,000  
\$70,000  
\$60,000  
\$50,000  
\$40,000  
\$30,000  
\$20,000  
\$10,000  
0

\$16,330

**One Heart One Soul**  
Progress Update

ONE HEART ONE SOUL

ST. LAWRENCE THE MARTYR

### One Heart One Soul Fundraising Campaign at St. Lawrence

St. Lawrence is one of the oldest parishes in the Hamilton Diocese. Our rich history began in November of 1890 with the first Mass and the official opening of St. Lawrence the Martyr. The magnificent stained-glass windows, paintings, pipe organ and altar are a real treasure to our parish. Now, over 130 years old, our beloved

church is in desperate need of repair. The One Heart, One Soul Campaign gives us an avenue and opportunity to make much needed repair to the church, but also strengthen our parish community and unite us with the entire diocese. To learn more about the campaign and how you can contribute please call the parish office (905)529-3921 or visit our campaign website <https://www.oneheartonesoul.ca/stlawrencehamilton>

## ADOPT THE BREEZES

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

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

donations and fund-raising activities.

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

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

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

Sincerely,

The North End Breezes Board



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

Please contact: [office@northendbreezes.com](mailto:office@northendbreezes.com)



**GRANDAD'S DONUTS**  
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289-700-0905

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**496 James St N,**  
**Hamilton, ON**  
**L8L 1J1**







Welcome Inn  
Community Centre




### Pandemic Relief Fundraiser

At Welcome Inn, we are working hard to keep everyone connected to services, support, and a sense of community. We need your help to keep up these efforts!



**DONATE NOW**  
[www.welcomeinn.ca/donate/](http://www.welcomeinn.ca/donate/)




Welcome Inn  
Community Centre

Welcome Inn Day Camp Needs Your Help!  
We are looking forward to eco-friendly art & crafts all summer long. That's where you come in!

If you have clean:

- toilet paper or paper towel rolls
- tin cans
- 2L plastic pop bottles
- water bottles
- milk cartons
- old magazines
- glass jars (with or without lids)
- egg cartons
- yarn or twine

Please consider donating them to us!



You can drop them off at Welcome Inn any time between 10:30am-2pm Mondays, Wednesdays, Thursdays or Fridays. Just come to the Appointment Pick-Up table located on the front left side of the building. Ring the doorbell on the table and someone will be happy to receive your donation!

We are located at **40 Wood St. East, Hamilton, L8L 3Y3**

**THANK YOU FOR ALL YOUR SUPPORT!**



Welcome Inn  
Community Centre

## Eco Adventures Day Camp 2021

Calling all campers! Avoid summer boredom and join us for a week at Welcome Inn for some environmentally friendly fun. Learn more about our Earth and how to care for it in a series of interactive activities including games, gardening, outings, crafts and more!



**Campers 5-10 years old**  
**\$80/week per camper**  
**Monday-Friday, 9am-3pm**  
**Registration weeks available:**

- July 5th-9th
- July 12th-16th
- July 19th-23rd
- July 26th-30th

\*North End residents will get priority.  
\*\*Only one week per camper to start. If spaces are still available then we will reopen registration on a first come, first served basis.

Contact Gladys at [gladys@welcomeinn.ca](mailto:gladys@welcomeinn.ca) or 905-525-5824 for more information  
Please note: If camp is unable to run in person, it will be available over ZOOM free of charge.



Welcome Inn  
Community Centre

## Welcome Inn's MOST REQUESTED ESSENTIAL ITEMS



**HOW TO HELP...**

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

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



*“Summer afternoon, summer afternoon; to me those have always been the most beautiful words in the English language.” – Henry James*

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

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



### SENIORS

We are here to help!

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

**Seniors Support Line: 289-260-3771**

### VOLUNTEER OPPORTUNITIES

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

### FOOD BANK

Welcome Inn's spring food bank hours are **Monday, Wednesday, Thursday, and Friday from 10:30 AM - 2:00 PM**. Drop-in or book an appointment in advance by calling 905-525-5824 to avoid waiting in line. All are welcome.

**\*\*Donations are graciously accepted during Food Bank Hours. We are in need of toilet paper, body wash, shampoo, dish soap, Boost/Ensure and laundry pods, as well as any dried or canned foods that are within date.\*\***

### COMMUNITY PROGRAMMING

We are looking for an Arabic/English speaking individuals who can help interpret for community members. We are looking for a 2 hours/week commitment. If you would like more details please contact Krista at 905-516-0480 or email her at [krista@welcomeinn.ca](mailto:krista@welcomeinn.ca)

### NEW HORIZONS THRIFT STORE

The Welcome Inn is looking forward to the grand reopening of New Horizons Thrift Store. Our goal is to reopen the store in the coming year, adding more community space and a lovely café. The store has been packed up and we are just waiting to re-open the store in a new location. We are currently not able to take donations until we obtain our new location.

### WELCOME INN DAY CAMP

Hybrid Day Camp: A little online, a little in person, A LOT OF FUN!!! Please email Gladys at [gladys@welcominn.ca](mailto:gladys@welcominn.ca) to see if any Eco-Adventure summer day camp spots are still available. \$20/camper per week. Camp runs for 4 weeks in July ONLY for campers ages 5-10 years old.

-Week 1: July 5-9 FULL-

-Week 2: July 12-16

-Week 3: July 19-23

-Week 4: July 26-30

### FUNDRAISING

COVID-19 has caused a great deal of changes across the globe. Here at Welcome Inn, we've been working hard to keep our community connected. As pandemic-restrictions begin to lift, we need your help to keep up our efforts. We can't wait to reconnect, together. Donate now at [www.welcomeinn.ca/donate](http://www.welcomeinn.ca/donate)



**Welcome Inn**  
Community Centre

## 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](mailto:events@northendbreezes.com) to be included in our monthly calendar and on our website: [www.northendbreezes.com](http://www.northendbreezes.com)**

Please join our 2nd Annual BOTTLE DRIVE in support of KNOT A BREAST, Hamilton's World Champion Dragon Boat Team

9 AM to 2PM, Sat July 10th

Where: Macassa Bay YC. 80 Harbour Front Dr. Just N of Bayfront Park (Turn Right at the bottom of the hill). Just Inside the MBYC gates. BBQ. Limited Free Parking for donors.

Contact: [markmackesy@hotmail.com](mailto:markmackesy@hotmail.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

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](mailto:voncsshamilton@von.ca)

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



# GOOD FOOD BOX

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

High quality, fresh produce at a fair price!  
\$15 for a large box (\$20 value)  
\$10 for a small box (\$15 value)

Order at NHCHC  
or Eva Rothwell.  
Call for info:  
905-523-6611 ext 3007

Brought to you by:

The Eva Rothwell  
Resource Centre  
at Robert Land



# YOUR COMMUNITY! YOUR SUPPORT! MAKE A DIFFERENCE!

The Breezes is supported by your generosity! Hundreds of volunteer hours go into each publication but we need your help to cover those essential costs of printing and delivery. A tax receipt will be issued to the address noted. Please send your cheque to North Hamilton Community Health Centre at 438 Hughson Street North or visit our website [www.northendbreezes.com](http://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](mailto: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 48<sup>th</sup> 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](mailto:office@northendbreezes.com)

# Are you Pregnant?

YOU'RE INVITED TO...

## Welcome Baby Program



### We provide the following at this program:

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

### Where?

Compass CH – 438 Hughson Street North

For more information contact:

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



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of Life

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**905.628.8558**

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

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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](mailto:office@northendbreezes.com)



# COOKING IN THE NORTH END

## GRILLED VEGETABLE PASTA SALAD

This classic Grilled Vegetable Pasta Salad features smoky fire kissed vegetables and a homemade creamy balsamic vinaigrette.

Ingredients	Directions
<p>Salad</p> <ul style="list-style-type: none"><li>• 1 zucchini \$1.05</li><li>• 1 yellow squash \$0.88</li><li>• 1 red bell pepper \$1.79</li><li>• 1/2 red onion \$0.43</li><li>• 1 pint grape tomatoes \$2.49</li><li>• 2 Tbsp olive oil \$0.26</li><li>• Pinch Salt and Pepper \$0.05</li><li>• 1 lb penne pasta \$1.00</li><li>• 1/4 bunch Italian parsley (flat leaf) \$0.25</li></ul> <p>Creamy Salad Vinaigrette</p> <ul style="list-style-type: none"><li>• 1 zucchini \$1.05</li><li>• 1 yellow squash \$0.88</li><li>• 1 red bell pepper \$1.79</li><li>• 1/2 red onion \$0.43</li><li>• 1 pint grape tomatoes \$2.49</li></ul>	<ol style="list-style-type: none"><li>1. Wash the zucchini, yellow squash, and red bell pepper. Remove the stems, then cut them into large slices or pieces (remove the seeds from the bell pepper. Slice the red onion into thick slices.</li><li>2. Place the zucchini, yellow squash, red bell pepper, red onion, and grape tomatoes on a large baking sheet and drizzle olive oil over top. Gently toss the vegetables until they are well coated in oil. Sprinkle a pinch of salt and pepper over top. (Grape tomatoes are generally too small to place directly on a grill, so if using a grill just add the tomatoes to the salad fresh.)</li><li>3. Grill the vegetables over an open flame until they are charred and tender. OR, adjust your oven's top rack to be about 6 inches below the broiler unit and turn the broiler on to high. Place the baking sheet under the broiler and watch it closely until the vegetable become charred and tender (about 10-15 minutes, depending on your oven and distance from the broiler).</li><li>4. Allow the vegetables to cool slightly after grilling or broiling. Bring a large pot of salted water to a boil to cook the pasta. Once boiling, add the pasta and boil for 7-10 minutes, or just until the pasta is tender. Drain the pasta in a colander and allow it to cool slightly (until it's no longer steaming).</li><li>5. While the pasta is cooking and the vegetables are cooling, prepare the creamy balsamic vinaigrette. To a jar or bowl add the olive oil, balsamic vinegar, mayonnaise, Dijon, garlic, basil, salt, and pepper. Whisk the ingredients together or close the jar and shake until combined.**</li><li>6. Once the vegetables are cool enough to handle, chop them into smaller, 1-inch pieces. Roughly chop the parsley leaves.</li><li>7. In a large bowl, combine the pasta, chopped vegetables, and parsley. Pour the vinaigrette over top, starting with half and adding more to your liking. Gently stir the pasta and vegetables until everything is coated in dressing. Serve immediately or refrigerate until ready to eat..</li></ol>

## BANANA FLAX MUFFINS

Mashed banana keeps these Banana Flax Muffins soft, sweet, and moist without using a ton of added sugar or oil. An easy, breakfast-worthy muffin!

Ingredients	Directions
<ul style="list-style-type: none"><li>• 3/4 cup mashed ripe bananas* \$0.34</li><li>• 1 large egg \$0.25</li><li>• 2 Tbsp brown sugar \$0.08</li><li>• 1/2 tsp vanilla \$0.14</li><li>• 2 Tbsp olive oil \$0.32</li><li>• 1 cup all-purpose flour \$0.11</li><li>• 1 tsp baking powder \$0.04</li><li>• 1/4 tsp salt \$0.02</li><li>• 1/4 cup ground flaxseed \$0.12</li><li>• 1/4 cup chopped walnuts (optional) \$0.57</li></ul>	<ol style="list-style-type: none"><li>1. Preheat the oven to 425°F. In a medium bowl whisk together the mashed banana, egg, brown sugar, vanilla, and olive oil.</li><li>2. In a separate medium bowl, stir together the flour, baking powder, salt, flaxseed, and walnuts.</li><li>3. Pour the wet ingredients into the bowl of dry ingredients and stir them together just until no dry flour remains on the bottom of the bowl. Avoid over stirring the batter.</li><li>4. Line six wells of a muffin tin with paper liners, then divide the batter evenly between the six wells. It should fill the wells almost to the top.</li><li>5. Transfer the muffins to the oven and bake at 425°F for five minutes, then reduce the heat setting to 350°F without opening the oven door, and bake for an additional 20 minutes.</li><li>6. After baking, remove the muffins from the tin to allow them to cool. Enjoy the muffins immediately, or allow them to cool completely and then store in an air-tight container in the refrigerator.</li></ol> <p><b>Notes:</b> Make sure the bananas are very ripe (approx. 2 bananas for ¾ cup)</p>





# North End of the Year Award

## NORTH ENDER OF THE YEAR NOMINATION FORM

For over 25 years, members of the North End community have been recognized for their contributions and dedication to the North End. The North End 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.

To access the nomination form, please visit:  
<https://forms.gle/NuTLKvPTJpiMFfgK7> or email [office@northendbreeses.com](mailto:office@northendbreeses.com)



### Circle of Security Parenting Group

In this 8-session workshop for moms and dads of children 6 months to 6 years, participants watch video clips, learn strategies to enhance the parent-child attachment relationship and improve child behaviour, and discuss these issues with the leaders and other parents.

**8 weekly sessions on  
Zoom,  
1-3pm Wednesdays,  
starting July 7, 2021**

For more information or to register, please call 905-521-2100 extension 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca)

## ONLINE RESOURCES TO ENTERTAIN YOUR BRAIN

SUBMITTED BY KIT DARLING

Well, here we are again! It's Summer and things are opening up piece by piece. Remember to stay safe – sunscreen, water safety and stay hydrated. But we'll still need some things to do indoors. Here are a few links to free things that can help dispel the blues, keep you moving and exercise your brain. There are some that are specifically for kids, other are more general or aimed specifically at seniors.

### Kids

**TVO Kids** (<https://www.tvokids.com/>) lists their program schedule for pre-school and school age kids to Grade 6, as well as resources, games and activities to support learning. They even have a section on Health and daily activities to stay healthy and active.

### All Ages

**Hamilton Public Library** has a range of resources for adults and kids for learning and fun. (<https://www.hpl.ca/at-home>) You can get a library card online – it's free and you can use that to borrow e-books, read magazine and newspapers on-line and more.

Go online to [Fun Stuff to do Online at Home | HPL](#) and explore ;

**Tumblebooks** offers online story books with audio, graphic novels for the older kids, e-books from early readers to advanced readers, videos and more.; Watch HPL staff story times and puppet shows online at <https://kids.hpl.ca/storytime> ; Kanopy gives you access to critical-

ly acclaimed movies, foreign films and documentaries.; Overdrive lets you borrow from a library of 100,000+ e-books and e-audio books.; [Magazines and Newspapers | HPL](#) gives you access to The Hamilton Spectator, The Globe and Mail and newspapers and magazine from around the world; In Movies and Music <https://www.hpl.ca/hpl-online/movies-and-music> you can find Summa and Summa Kids (information and videos featuring Canadian and Indigenous voices) and Acorn TV gives you access to old favourites and new series of British TV and Film.

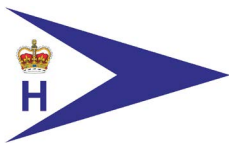
These are just a few of the resources that you can explore and enjoy through your public library.

Seniors and soon to be Seniors

McMaster University Optimal Aging Portal covers a range of topics for healthy aging. Have arthritis and miss the gym as much as I do? Want practical and research-based advice on a range of topics? This site covers it all. You can even get their weekly updates delivered to you email in-box. <https://www.mcmasteroptimalaging.org/>

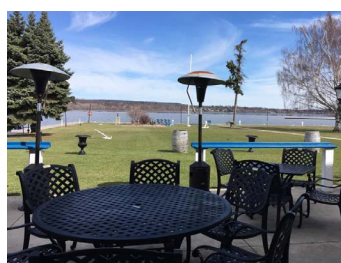
The Ontario Government includes advice to seniors on how to stay active, falls prevention, etc. <https://www.ontario.ca/page/seniors-stay-healthy-and-active#section-2>





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**(905) 528-8464** or email: **sail@rhyc.ca**

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