



SEPTEMBER 2021 | VOLUME 8 | OFFICE@NORTHENDBREEZES.COM | WWW.NORTHENDBREEZES.COM | @NORTHENDBREEZES | FACEBOOK.COM/NORTHENDBREEZES



SUBMITTED BY ALLYSON WENZOWSKI

The Sunset Cultural Garden on Bay Street North is situated right across from the entrance to Bayfront Park. It is not a stretch to say that Sunset Cultural Garden is the entrance to Bayfront Park. It's a quiet place, a little oasis of shade, pollinator plants, bees, birds and folk in quiet contemplation.

Bayfront Park is a Hamilton gem. It is accessible by foot, bicycle, car, to most folks but it is not accessible to everyone by foot (and not everyone has access to a car or is able to ride a bicycle). For some folks going up or down an incline

is impossible due to medical conditions and thus for these folks Bayfront Park is inaccessible. The Sunset Cultural Garden, however, is accessible – it is on flat ground – there is no steep incline!

As well, some folks may find the constant noise and activity at Bayfront Park overwhelming and threatening to their wellbeing – whether it is the myriad of speeding cyclists, runners, or multi dog walkers, Bayfront Park can, for some, be a sensory overload trigger. Sunset Cultural Garden, at the top of Bayfront Park, is none of these things – it is a circle of quiet and calm where outside noises appear to dissolve and disappear

as one contemplates bright coneflowers and sunflowers swaying in the breeze, and the delightful gentle shades of mauve and purple of Russian sage, verbenas and phlox. This little garden on a little square of soil is a powerful place to sit and quiet one's mind, and watch pollinator plants and insects at their miraculous work.

The Sunset Cultural Garden is a working example of Hamilton as an inclusive place for everyone to live – regardless of their ableness. Let's keep it that way. As wise folks often say, "good things come in small packages!"

VIEW FROM HERE: LIFE AFTER COVID

SUBMITTED BY ROBYN GILLAM

Covid 19 has brought change to the North End. Although the pandemic is not over, with vaccination rates rising, it's a good time to look back over the past 18 months.

The sudden lockdown in March of last year made for an eerie quietness in the neighbourhood. Ducks, geese and swans had the water front to themselves. The temporary absence of people has led us to reflect about our impact on the world around us. We have become more aware of the warming climate and the importance of the coolness and shade produced by trees as well as the vital role played by pollinator insects in our food supply. There are now many pollinator and rain gardens, like the Sunset Garden at Bay and Strachan, which could still be lost to development.

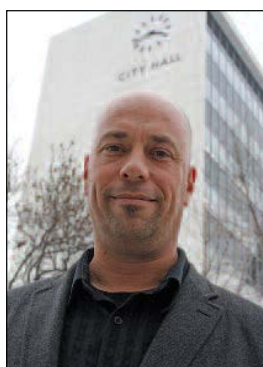
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VIEW FROM HERE: LIFE AFTER COVID

CONTINUED FROM FRONT PAGE

Not everybody reacted well to isolation. Children, without school or other social interaction, became depressed or acted out. The elderly were cut off from essential supplies and services. Losing work left many unable to support themselves and their families. Long lines formed every weekday at the Welcome Inn Foodbank. Closing the New Horizons thrift store strained its finances, but the community stepped in to help with donations and food drives. The thrift store will be relocated and the space used as a community centre. This is important, as the Benetto Recreation Centre remains closed, after being used as an isolation centre during the Pandemic.

However, essential workers remained employed in health care, food distribution and basic retail. Construction never stopped, creating infrastructure for the Pier 8 development and converting former social housing at 500 McNab into a mixed income, environmentally passive housing site. Mixed income housing is planned for the former Jamesville social housing site, but requires the removal of most of the trees. Meanwhile the buildings sit empty, while people really need to be housed.

Home workers moving out of Toronto pushed up both housing prices and rents in the North End, as elsewhere. Many tenants have faced “renoviction” to attract higher income renters or have been displaced by redevelopment. Gordon Smyth who lived at the former Clarke’s Tavern on James St. North became homeless, like many others on low or fixed incomes who cannot afford market rents or access social housing. There are more tent cities, like the one that appeared at Ferguson last summer. More affordable housing like Indwell’s supported living units at James and Picton is needed. The neighbourhood association is pushing for this at Pier 8.

After a slow start to vaccination, people are beginning feel safer and are coming out to play in the splash pads, fish in the harbour, roller skate at Pier 8, working the community gardens or just enjoy the waterfront and the parks

The North End is a welcoming place, now even more accessible by all day Go Train service at West Harbour Station. Covid 19 has both ended and changed lives and it has altered the way we do things, but it hasn’t stopped us from trying to make this neighbourhood the best it can be, just that we might do it differently.

The author would like to thank Larissa Fenn for permission to take pictures from the HOPA building on James North.

HOPA
P O R T S

PORT
UPDATE

Congratulations to the Supply Chain Management 2020/21 HOPA Ports Scholarship Winners

Congratulations to two recent graduates of the Mohawk College Supply Chain Management Graduate Program, and this year’s HOPA Ports scholarship winners, Amit Vasudeo Fulsagar and Christilyn Laguidao Mercader. The fall winner, Christilyn, and winter winner, Amit, were pleased to accept \$2,500 each as an acknowledgement for their dedication during a turbulent, isolating time while away from home. Both students finished the program, entirely online, during one of the most disruptive periods in the industry’s history.

Hamilton Welcomes Theodore the Tug Boat

Theodore Too has made the long journey from Halifax to the Port of Hamilton, the tug’s new home port. You can visit Theodore at his new permanent residence on Pier 8 when he is not traveling on the Great Lakes!



Visit Theodore at Pier 8 near Williams Cafe when he’s not travelling on the Great Lakes!

LINDA'S CHATTY WALKABOUT

SUBMITTED BY LINDA BENSON

I have missed my daily, chatty, walkabouts this past year. I am so happy to be able to get out and about again. My normal routine is to walk around a neighborhood, find a stranger to chat with, take photos of anything that takes my interest and really get to know the community around me.

I am not a North Ender, per se..... although I may as well be. I often find myself walking from my Central Hamilton location and finding new and exciting streets and pathways that inevitably lead to the "North End".

On my last walk, just a couple weeks ago, I decided to visit the West Harbour Train station. After lots of talk about it reopening, on a daily & hourly basis, I thought I needed to see how long it takes me to walk from my home to the station. Only 20 minutes actually, not bad!! I was amazed at how developed the station is, and, it got me wondering why we hadn't used it more often, much earlier. Seemingly it had to do with sharing the tracks with CN rail....

All doors were locked, so I was unable to walk inside, but looking though the glass doors, it all seems so polished and pristine. All I have to do now is hop on board and take a trip into Toronto, where my son and family currently live.

I was amazed to find out there are great fares for seniors. I went to Shoppers Drug Store, uploaded my old Presto Card, and now I am ready to ride. I believe a round trip is just over \$12, not bad for a day out. I do hope that many in our community take advantage of this train service. We need to keep it going. What a bonus for all of us who live close to this station. There may be days when I am unable to walk the distance, however, I live on the #2 bus

route, which goes to Barton & James St N, and I believe from the Bay front, it would be the #4 bus. Please let me know if I am incorrect....

As I was wandering around the Go Station, I noticed a beautiful building that I have never seen before, apparently a theatre. I was fascinated by the building itself, quite magnificent. I hope this theater starts up live performances soon; I'll definitely be the first in line.

It's quite amazing, as I have lived in Central Hamilton for over 13 years, but because I am a driver, I never go down these streets. On foot is a different story. I am finding some wonderful sights to photograph and enjoying some of the beauty of the North End.

One day I hope to move to the North End, I have my name on the list, for a Cooperative housing accommodation, not too far from Williams Café. Well my name has been on the list for a number of years now, so hopefully something will come up soon. When my dog, Missy, was alive, we went every day to the Bay, I loved being down by Williams, we would sit by the sails and stare across the Lake, our favorite place to be.

I met a man, who was doing pushups on the side walk, right outside the GO station entrance. I was fascinated, so being who I am; I approached him, at a distance, and asked why he was doing pushups in this area. Apparently, he walks from his home, on Tisdale at King, every single day, and he has done this for 15 months, during the pandemic. Why? He had a heart attack and his doctor told him to get out and walk and exercise, not only for his heart but to strengthen his legs and hips as well. He would have normally walked the stairs at Bay front Park up to Dundurn, but one day he found those stairs inaccessible due to closures. So he did a set



of pushups at the GO station instead, it was quiet, no road traffic and he felt safe. Consequently he has been coming back over and over again. I love these stories. During my return home, I decided to sit on a bench at the Liuna Station, where I started chatting to a wonderful young lady. Working as a Social Worker, she told me some sad stories of life for many of our community members, during this challenging time. She was an amazing person, and we hit it off splendidly, even though we are at least 40 years apart. We will remain friends I am sure. That's what happens in the North End, strangers become friends and the community bands together.

Please enjoy my photos. I hope to be back soon, to talk about the development along the bay front and some of the wonderful chats I have had along the way.

A little bit about Linda....

"When the boys moved out of our West Mountain home, I was elated, now I could move! After a brief stint on Locke Street, an opportunity came up to move closer to Barton Street, within a nice walk to James street North. One of my favourite pastimes was to walk along the Bay front, with my dog, or alone. My kids and I used to visit the museum on a

regular basis, and they loved to visit the Haida, when it came into port.

My bank branch was situated on Burlington Street at that time too, so I was a regular visitor to the North End of Hamilton. When I turned 65, I put my name on a housing cooperative list, so my eventual goal is to become a resident of the North End. I have seen a lot of change over these past few years to the bay front, and I notice many more changes are yet to come.

I walk for exercise, and for mental health, I love to chat with strangers and friends alike, I enjoy a good cup of coffee, while reading or writing my stories. I have been volunteering for over 30 years, mostly in the health sector, but more recently with those most vulnerable in my community.

I have been writing blogs and articles for a number of years now, and I recently teamed up with McMaster University as part of their Senior Memoir Writing Project.

My passion is my community. I love to roam about, taking photos and chatting with strangers. My goal would be to reintroduce other seniors to what our city has to offer, and, help get people back out again, whether for short walks or long treks. I hope you will join me on my journey....."

BOOK CLUB CORNER

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

September: A Month of Beginnings and Endings

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>.

First Snow, Last Light by Wayne Johnson. "Ned Vatcher, only 14, ambles home from school in the chill hush that precedes the first storm of the winter of 1936 to find the house locked, the family car missing, and



his parents gone without a trace." This is the opening sentence of a rambling story, part mystery, part character study set in Saint Johns, Newfoundland with brief diversions to Boston and New York. His search for the 'Vanished Vatchers', Ned's father Edgar and his mother, consumes Ned for decades until a final, surprising revelation. This rambling tale is peopled by a cast of misfits, tragic characters and sly main-characters. For many readers – including

this one, the character of Fielding, enigmatic and tragic becomes the most interesting. I am wanting to read more by this author. Kit Darling

The Invisible Life of Addie LaRue by V. E. Schwab "There are a hundred kinds of silence. There's the thick silence of places long sealed shut, and the muffled silence of ears stoppered up. The empty silence of the dead, and the heavy silence of the dying. There is the hollow silence of a man who has stopped praying, and the airy silence of an empty synagogue, and the held-breath silence of someone hiding from themselves. There is the awkward silence that fills the space between people who don't know what to say. And the taut silence that falls over those who do, but don't know where or how to start. Henry doesn't know what kind of silence this is, but it is killing him." At the centre of this genre defying novel is a Faustian bargain, a curse that affects the adventures of Addie across centuries and continents. In 1714 Addie makes a deal with the "darkness, dark God, shadow". She is cursed to be forgotten

by everyone she meets. Lonely and abandoned, she is strong, tough, and fearless, not willing to give up her soul. She strives to leave her mark and be remembered through her art, her music and her ideas. Everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore who remembers her name. Their unfolding relationship and her gradually developing one with the devil, both simple and complex will captivate you entirely. Hauntingly beautiful and compulsively readable. Paige Turner

Note: The bookmobile will be at Benetto 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 bayareabookclub@bell.net

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



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.

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

Pre-registration is needed due to attendance restrictions. You can register for the services by visiting our website at www.jamesnorth.church and following the link.



500 James St N, Hamilton

Contact Phone: 905.527.3972

Email: office@jamesnorth.church

Office Hours: Mon to Fri 9AM - 4PM

www.jamesnorth.church

We are enjoying in-person worship services, following the Covid19 protocols of face masks and social distancing. Pre-registration is preferred as we are limited in numbers, but you are still welcome to just walk on over and we'll find a space for you! Check our website (www.jamesnorth.church) for registration and service times as they change according to the protocols and attendance. If we have 2 services they are at 9am and 11am. If we have one service it is at 11am.

James North Baptist Church (formerly Hughson Street Baptist) has been a part of the North End for the past 134 years. We have been more than just a worship gathering on Sundays as we minister to as many people during the week as we do through our Sunday worship times. Under the leadership of Pastor Dwayne Cline, we believe the Lord has called us to a very simple philosophy of ministry – we seek to bless the North End of Hamilton in Jesus' name.

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

We've been in our new building now for just over a year – have you dropped in for a look yet? We would be glad to welcome you any Sunday or check out our live-stream. You could also come by on Fridays from 9-11am for Coffee's On where our Food Bank is open to help those who need a little boost. Our website is the place to go for up-to-date information



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 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 or on our website: www.northendbreezes.com

Published by:

North End Breezes Board of

Directors: Paul Havercroft, Ian McDonald, Chris Pearson

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Co-Ordinator: Brenda Duke

Layout + Design: Katie Fitzgerald

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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

A CANAL AND A HARBOUR

SUBMITTED BY BRIAN ROULSTON

The piers of the Burlington Canal, lighthouse and the Beach Strip are popular for walking, sightseeing, picture taking and fishing. Long before the arrival of Europeans and the Empire Loyalists, centuries-old oak trees, weeping willows and wildflowers covered this narrow 4km-long sandbar. The ridge of sand was a seven-metre-high divide between Lake Ontario and the calm blue waters of the Macassa, also known as, Onilquition, Washquarters, the Geneva of Canada and Burlington Bay. It is now known as Hamilton Harbour. For hundreds of years the sandbar has been one of the best fishing spots in the area. Known to the Indigenous people as “Daonasedao,” used in their search for food and as a trading ground. Daonasedao became known as Long Beach when the area was surveyed by Augustus Jones in 1791.

In 1823, the Port of Hamilton was barely a village. Five things needed to happen before this sleepy little village could grow into the city we know today as Hamilton: the building of the railroad, immigration, electricity, enterprise and the building of the Burlington Canal. The Beach Strip restricted any chance for Hamilton to grow in a meaningful way. Large vessels were forced to moor along the Lake Ontario side, offload and store their freight in small wooden shacks they called warehouses. The freight was then carried across the sandbar from the lakeside or floated through a shallow 5-metre-wide natural outlet and loaded onto smaller vessels to go to the village. The John By, a former Rideau Canal steamer, became the first steamer to operate in the waters of Burlington Bay. It was small enough to navigate this waterway on its regular freight and passenger runs to and from Toronto, a 24-hour round trip. Some flat bottom boats such as the bateaux built by Abel Land, son of Hamilton’s first settler, were also able to take advantage of this tiny outlet. Freight was directly offloaded from larger vessels onto bateaux, saving merchants

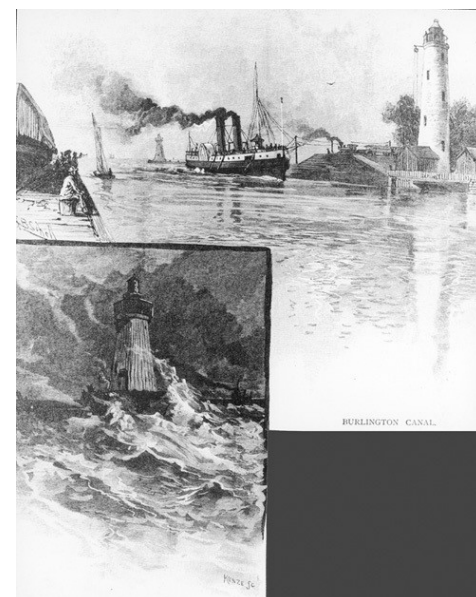
both time and money by not having to warehouse their merchandise. The little outlet was filled in once the canal was finished.

In 1824 work started on the Burlington Canal. Hundreds of men and their families from across Canada, the U.S. and Europe had settled in Hamilton’s North End. Armed with picks, shovels, and their bare hands; many of these workers even brought their own team of horses and wagons. Little is known about the men except that they were a hearty bunch. To blow off steam after a long work week, the men loved to brawl in the streets, drink, gamble and see who had the fastest horse. Horses and plows were used to make the initial cut above the waterline. A primitive dredge, that cost at least a quarter of the canal’s budget, sat nearby and was rarely used. Pile drivers sat idle too, simply because they found it difficult to drive the piles into the sand. Most of the work in the water was done by hand during the warm summer months. During winter, large heavy stones, hauled across the frozen bay by horse and cutter, were piled into the wooden cribs that were built the summer before. The work was hard, and the setbacks were plentiful. Sand continuously filled the canal and had to be dug out again and again. Arguments between the contractors and the commissioners over money and other construction issues often broke out, sometimes delaying projects.

Finally, on June 4th, 1826, the new \$94,000 canal was opened for business along with a wooden pedestrian bridge between the two piers. Sadly, this bridge didn’t last long. A year later, a small schooner, the Elsie Hope, rammed the bridge, damaging it beyond repair. For the next six decades, a ferry-scow would be used to take pedestrians, horses and buggies and even cattle at no charge across the canal.

The schooner Rebecca and Eliza became the first ship to transit the canal after it had wintered along the sandbar. Hamilton was finally accessible to the world and soon Dundas would be too, with the opening of the Desjardins Canal in 1837.

On July 1st, 1826, the townspeople and the canal labourers made their way on a hot and sticky afternoon to one of the many docks that lined the beach strip. They were in a festive



mood and looking forward to seeing the General Brock, a small schooner, lead a flotilla through the canal with Lieutenant Governor Sir Peregrine Maitland standing on the ship’s bow saluting a guard of honour. A military band played in the background. As the schooner approached, a gust of wind caught the ship’s sails, causing her to be beached on the Lake Ontario side. Several smaller boats were ordered to her side in the hopes of extricating her swiftly, but were unsuccessful. After a considerable delay, Maitland, practicing damage control, commissioned a small six-oared rowboat and continued on with the opening ceremony. A gala event later that evening did more than make up for the day’s frustrations with plenty of good food and music.

The new canal was a definite improvement, allowing some great lake vessels into the bay for the first time but it was much too small for larger lake steamers to pass through. Initially 18.5m wide and 3m deep, the canal was obsolete from the beginning. Sand drifting into the canal continued to be a major problem, partially obstructing the waterway. Navigating through the canal became so treacherous the commissioners could not justify collecting tolls. Strong gales off Lake Ontario repeatedly lashed at the canal structure and the wooden bridge during the unusually brutal winter of

1828–1829. The cribbing along the south pier was completely destroyed along its full length. A new larger one was constructed the next summer out of heavier stones inside more heavily reinforced cribbing with 3-inch-thick planks, iron bolts or 22” long tree nails. Part of the north pier was washed away and repaired as well. A problem arose as steamers navigated through the canal. Cinders from the ships’ wood-fired boilers would float upwards through the smokestacks where a strong breeze could carry them towards the canal structure, setting it ablaze. A cinder from the Ranger burned down the original wood-frame lighthouse. Often ships rubbed against the woodwork, causing friction, which created sparks that caused fires. It was one of the many duties of the canal’s ferrymen to extinguish those flames.

The government of Upper Canada set aside £100 annually for maintenance. When Hamilton reached city status in 1846, the responsibility for the waters of Burlington Bay and the canal was transferred to the city. A few lingering problems were fixed and the canal widened to 36.5 metres.

THE BEST TIME OF THE YEAR FOR PLANTING IS NOW!

SUBMITTED BY CANDY VENNING

If you aren't seeing any perennial blooms in the garden right now – you definitely have a shortage of Asters, Hydrangeas, Coneflower, Dahlias, Canna lily, Chrysanthemums and Monkshood / Aconitum. So what's next? Glad you asked; planting, yes planting – hit up the garden centres and get stuff in the ground because you'll forget what's where, come spring, and you'll probably buy a bunch of early flowering things (because that's what looks good in the garden centre in spring)!

Skip the peonies (unless you don't have any....wait...why don't you have peonies???) and get some hardy plants on sale, they may look rough right now but my fave plants for fall plantings are the 'bones' of many of my gardens; Liatris, Hydrangea, Scented Roses, Clematis, Butterfly weed/Asclepias, Blue Asters, Coneflowers.

Think a bit about what your winter

view may include - is it time to finally get a beautiful multi stemmed Birch out front, plant that yew hedge, get some prostrate junipers in the rockery - now is the time.

And while you're at it, scatter some Aquilegia canadensis seeds around or buy other native plant seeds or trade/gather, ask friends etc. and prepare thyself for some winter sowing (Google it) especially great for hard to find native plants and fun as well as easy (no grow lights or window sills needed). Winter sowing is exactly what many native plants need to germinate, remember, they evolved to adapt to snow, frost and thaw. I have had great success with Zizia, Pussytoes, Asclepias, Aquilegia, and shade tolerant ZigZag Goldenrod/ Solidago flexicaulis.

Also – time to think about bulbs – and if you didn't order in advance from @flowerbulbsRus or a similar mail order company – don't take your chances at a Home Depot or other non nursery. I think this is one of several reasons that folks don't plant more – squirrels get a lot of the blame but there are multiple factors.

Go for more than just tulips. Why, yes, tulips are the preferred food of squirrels and deer so go for Daffo-

dils. 'Daffs' or Narcissus come in loads of colours and sizes, and unlike tulips, tend to multiply vs fading out. Muscari are amazing along the edges of boxwoods or yews or adding a bright blue highlight along the edges or beds and pathways. Crocus is short lived but what joyful colour mixes there are! and bees like them too. Eranthis, AKA Winter Aconite, for earliest colourful flowers resembling short necked buttercups (another pollinator fave and quite shade

tolerant). Fritillaria/crown imperial if you want a big bold showstopper, combine it with huge Alliums for a 'WOWSA' effect. (and nevermind that the other name for this Fritillaria is 'Skunk lily' because that is what stops critters from eating it!) There - you've been told. Buy LOTS of bulbs, keep 'em cool and dark and stay tuned! I'll give you some tips and 'Do's and don'ts' for planting next month.

North Ender of the Year Award Presentation

It's been far too long since we could gather as a community to celebrate but that will soon happen. On September 25th, 2021, The Breezes and NENA will partner to bring our neighbours together to honour our North Enders. Join us at the Compass location on Hughson Street to meet up with friends, enjoy light refreshments and help to honour those who make the North End great! Please help us monitor safety regulations by registering at office@northendbreezes.com

North Ender of the Year Award Presentation

When: September 25, 2021 12 noon – 3 pm

**Where: Compass Health Centre,
438 Hughson Street North (outside)**

All COVID precautions for distancing and masking will be followed

VOLUNTEER AT THE BIRGE PARK COMMUNITY GARDEN

Birge Park Community Garden has been happily partnering with 541 Eatery and Exchange this summer, and Compass Community Health is incredibly grateful for the hard work that has gone into helping BPCG bloom again. To keep this momentum going, we will begin hosting weekly volunteer drop-ins on Saturday, August 28th, from 9 am until 12 pm. If you would like to come join us on Saturdays and get your hands dirty, for just 20 minutes or a few hours, we would love to have you! We are working towards improving the garden landscape to make way for new beds in the fall. Volunteer orientations will be provided on-site; for more information, please contact Mariko at mrown-kai@compassch.org or 289-684-4015.

WALKABOUT COMMUNITY

SUBMITTED BY KEN HIRTER

Our Walkabout column is on a Walkabout! After years of consistent contributions, our valued writer is taking a much deserved break to enjoy his roof top paradise. Stay tuned in October for his return.



FROM THE NORTH END BREEZES ARCHIVES...

We’ve been taking a look back in time by sharing some of The North End Breezes’ archives. This month, we have some content from September issues in the 70s and 80s! Do you remember when the Breezes looked like this?

Bennetto Recreation Centre 529 2948
450 Hughson St. N.

Swim Lesson Registration. Saturday, September 22. 9:00 a.m. Membership plus aquatic fee required. \$3.15 aquatic fee.

1984 - 85 Memberships are now on sale. \$42 Family. \$26.00 Adult. \$8.25 Students. \$6.25 Child.

Adult Pool Speciality Programs: starts October 3, 1984. Adult Fraidy Cat Lessons, Stroke Correction, Adult Masters Diving, Award of Merit & Bronze, Ladies Water Exercises, Grandparent Swim, Ladies Lessons, Mixed Adult Lessons. Tues. & Thurs. 11:30 - 12 a.m. Wed. 8:45 - 9:15 p.m.

Daytime Tiny Tots - 1:15 - 2:00 p.m. Wednesday, starting Sept. 12, 1984.

Children's Hallowe'en Party - Oct. 26.

Open House (for everyone) Oct. 31.

Dances -Senior 11-15 yrs., Oct. 5, Nov. 2. Junior 8-11 yrs., Oct. 19, Nov. 16. (to be announced = T.B.A.)

Register now for Goodwill Tours!!

Oct. 25 - Mountavin Champagne

Nov. 29 - Amstel Brewery

Jan. T.B.A. - Bacardi Rum

March 1 - Buttery - On The Lake

March T.B.A. - Molson Brewery

April 25 - Andres Wines

May 23 - Barnes Winery

Super Specials - Register Now!! Nov. 24

Whitehern Tour & More. Dec. 13, Family Night Special - Gym, Club & Pool Fun, and lots more!!!

Adult Introductory Workshops. Cost \$2. Thursdays 7:30 - 9:30 p.m.

Microwave Cooking -Nov. 1, Flower Arranging -Nov. 22 and more to be announced.

Adult Individual Development Courses Cost \$3. Thursdays 7:30 - 9:30 p.m.

Basic Forms - Oct. 4, Project Planning Oct. 11, Basic Photography- Oct. 18, Parliamentary Procedures -Nov. 8, Report Writing -Nov. 15. Register now for the above courses!! Register for Hamilton Basketball Association, boys & Girls, 7-15 yrs. Thurs. Sept. 27. Please drop in and pick up our Fall & Winter Leisure Guide, for plenty more fun & interesting programs. Look for our October announcements!!

WOW! Look at the programming at our rec centre! Can't wait to get back to this!

This type of support is vital to the survival of a volunteer organization like The North End Breezes. Advertising dollars generate the income and without fail, North End Supermarket ran a full page ad every issue. We'd like to acknowledge and thank the owner for helping to keep our Breezes alive to continue for 50 years.

PORTER'S PLACE
504 JAMES ST. N. 522 3405

PLAZA OPENING
AUGUST 25, 1977

CELEBRATE WITH A STRAWBERRY SUNDAE
"BUY 1 - GET 1 FREE"

ALSO MANY OTHER IN-STORE SPECIALS

SEPTEMBER IS BACK-TO-SCHOOL MONTH

WE HAVE THE LARGEST SELECTION OF SCHOOL SUPPLIES

COME AND BROWSE IN THE NEWEST AND MOST SPACIOUS STORE IN THE AREA

YOUR ONE-STOP STOP

CLASSIFIED ADS

HOUSING:

3 or 4 bedroom home for rent on "Cordoba" St. Immediate possession. rent only \$150 plus utilities, call 547 0133.

2 apartments for rent at 79 Burlington St. W. both apts. have 1 bedroom or will rent all of the house for \$300 monthly call 560 9337

2 bedroom apt. for rent has stove & frig., also back balcony, newly decorated \$155 includes gas & heat pay own hydro. Phone 528 6163 or 522 8010.

4 room apt. for rent \$160 month Phone 529 9862 Rent includes util.

1 bedroom pat., furnished suitable for pensioner, east end. 544 2810

A Sr. Citizen is look for an apt. close to a church and low rent, Call 529 8483

A father with 2 teen aged daughters is seeking a 2 bedroom apt. 529 8483

Housing was still an issue 50 years ago but there was a very different rental rate back then for sure. Wouldn't it be great if you could get a 2 bedroom now for \$155??

SEE NORTH END SUPERMARKET AD ON BACK PAGE



Gino Giuditta Sr. advertisted his business, The North End Supermarket with a full page advertisement in the Breezes.

We received this message from his son Gino Giuditta and we'd like to share it with you, our readers, some who may even remember Gino Giuditta Sr.

"It's with great sadness that my Papa has left us and gone to heaven on Thursday June 3rd 2021. He was the owner of North End Supermarket and he proudly served the local residents for close to 30 yrs. RIP"

+++++
RECIPES

Green Tomato Relish

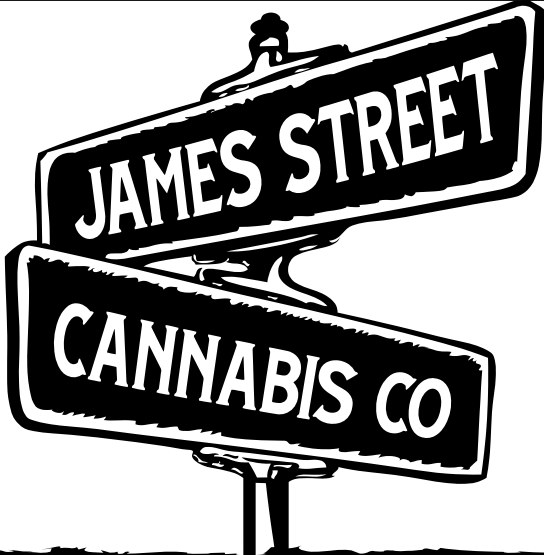
6 quart basket green tomatoes
1 quart cider vinegar
5 1/2 cups brown sugar, packed
3 tsp. ground cloves
5 onions, sliced
3 tsp. ground cinnamon
1 tbsp. salt

Remove stem ends of washed tomatoes, but don't peel. Slice tomatoes into large preserving kettle. Add rest of ingredients. Bring to boil and then turn down heat so mixture boils gently. Stir frequently until mixture is thick. Towards end of cooking you will need to stir it almost constantly. Pour into sterilized jars and seal.

+++++

A RECIPE THAT STANDS THE TEST OF TIME

I remember days of preserving the vegetables grown in our garden and the rows of jars lining the pantry shelves. And the taste of homemade relish in the cold winter months... heavenly and worth the work This was a favourite.



Friendly and knowledgeable staff here to help with your questions and curiosities - First timers are always welcome.

We carry a wide mix of categories including edibles, drinks and the city's largest CBD and wellness section.

Come visit us in the James and Burlington Plaza!
905-308-9444
www.jamesstreetcannabis.com



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/



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.

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



SENIORS PROGRAMS AT WELCOME INN ARE STARTING TO OPEN UP!

We are excited to begin welcoming back our Seniors Diners Club on Tuesday's. Some of the details are different this year, but the warmth, wonderful food, and friendships will be just as wonderful. All COVID safety precautions will be followed.

We are thrilled to be expanding our Seniors visitation program. Our volunteer team is keen and ready to connect with you for regular phone visits. We offer friendly check in phone calls, and/or support with navigating the details of life. Please call Ruth on our Seniors Support Line 289-260-3771 to find out details, book your spot at Diners Club or sign up to receive phone visits



VOLUNTEERING WITH SENIORS

Throughout this pandemic, it is well known that seniors in our province have been impacted in particularly harsh ways by COVID-19. Perhaps one of the most difficult realities for many older adults is the on-going isolation they are experiencing. The pandemic has revealed so much about the loneliness, vulnerability and resilience of our seniors.

During the pandemic Welcome Inn has seen a have seen a 245% increase in the number of seniors who are connected to our visitation program.

As restrictions in Ontario begin to ease, we are excited to announce that we are expanding our Community Visitation Program, by introducing a "life navigation" component, with a specific focus on food security, safe housing, positive mental health, and peaceful relationships.

If you are someone who is interested in volunteering with seniors, we want to meet you!!
No experience necessary. Welcome Inn will provide all training and support needed. If you are interested in joining our Seniors Volunteer team, please email ruth@welcomeinn.ca or call our Seniors Support Line @ 289-260-3771 to get the conversation started.



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 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

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

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



UPCOMING PARENTING WORKSHOPS

Right From the Start - In this 8-session workshop for moms and dads of babies under 24 months, participants watch video clips, learn how to read and respond to infant cues in order to foster infant attachment security, and discuss these issues with the leaders and other parents. 8 weekly sessions on Zoom, 9:30-11:30 a.m., Thursdays, starting September 16, 2021

COPEing with Toddler Behaviour - In this 8-session workshop for moms and dads of toddlers 12-36 months old, parents watch video clips, learn strategies to prevent and respond to challenging behaviour, and discuss these issues with the leaders and other parents. 8 weekly sessions on Zoom, 6:00-8:00 p.m., Tuesdays, starting September 28, 2021

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, 9:30-11:30 a.m., Saturdays, starting October 16, 2021

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

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



Celebrations
of Life

Pre-Planning

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Full Service
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Circle of Life

Cremation and Burial Centre Inc.

Simple Cremation, No Hidden Fees

\$2,676.45

Includes: Coordinating Activities - \$455. Documents - \$425.*
Shelter of Remains - \$275. Transfer Vehicle - \$415.**
Cremation Container - \$195. Cremation - \$560.
Death Registration - \$47. Coroner's Fee - \$75. HST - \$229.45

905.628.8558

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

100 King St. E, Dundas • www.circleoflifecbc.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

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

COOKING IN THE NORTH END

FRESH TOMATO SALAD



Ingredients

Salad

- 5 medium whole fresh tomatoes
- 5 shallots, coarsely chopped
- 1/2 cup olive oil
- 1/4 balsamic vinegar
- 1 loaf French bread for dipping

Directions

Core and slice the tomatoes, and arrange them in a serving dish. Sprinkle the shallots over the tomatoes. Whisk the olive oil and balsamic vinegar together with a fork, then pour over the tomatoes. Let stand for 5 minutes before serving, or refrigerate, covered, for up to 3 days. Eat with French bread, and dip the bread in the marinade when finished with the tomatoes.

BING CHERRY AMARETTI NO-BAKE DESSERT

Some of the most popular summer desserts include no-bake cakes, fruit shortcakes and tarts, smoothies, ice cream, and sorbet. In the summer heat, few people want to use an oven to bake desserts. Popular summer dessert ideas include cakes and pies that do not require any cooking.

Ingredients

- 1 envelope unflavored gelatin
- 1/3 cup cold water
- 1 cup sour cream
- 1/2 cup sugar
- 1 tablespoon lemon juice
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 cups coarsely chopped fresh Bing or other dark sweet cherries, divided
- 1 cup heavy whipping cream
- 1 cup coarsely crushed amaretti cookies (about 16 cookies)
- Optional toppings: Fresh mint leaves, Bing cherries and additional crushed amaretti cookies

Directions

1. In a small saucepan, sprinkle gelatin over cold water; let stand 1 minute. Heat and stir over low heat until gelatin is completely dissolved. Let stand 5 minutes.
2. Place sour cream, sugar, lemon juice, extracts, 1 cup cherries and gelatin mixture in a blender; cover and process until cherries are pureed. Transfer to a large bowl.
3. In a small bowl, beat cream until soft peaks form. Remove 1/2 cup whipped cream; reserve for topping. Gently fold remaining whipped cream into cherry mixture. Fold in crushed cookies and remaining chopped cherries. Divide mixture among 8 dessert dishes. Refrigerate at least 2 hours.
4. Serve with reserved whipped cream and optional toppings as desired.




RESERVATIONS RECOMMENDED

FISHERS PIER 4 PUB
554 JAMES STREET NORTH
905 526 9622

RE-ELECT

MATTHEW GREEN

NDP • HAMILTON CENTRE



MATTHEWGREEN.CA
365-336-2315
matthewgreen@ndp.ca

Paid for and authorized by the candidate's official agent.

SIMPSON & WELLENREITER LLP

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David Reid Simpson (905) 527-1174
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Websites that Work!

www.peopleinconnection.com

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**Even if you don't own a boat,
 YOU can be a member.**

Our membership is open to everyone!

RHYC was established in 1888, Our club provides a year-round facility offering an exceptional waterfront experience. Social memberships are available to enjoy our beautiful pool, dining facilities, meeting rooms and patio.



For membership information or a visit please contact us at **(905) 528-8464** or email: **sail@rhyc.ca**