



Beechwood Park Homes Association

INCORPORATED

Mailing Address:
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Westmount Postal Outlet
50 Westmount Rd N
Waterloo ON N2L 2R0

Recreation Centre:
293/5 Shakespeare Drive

Web Site: www.bpha.ca
email: info@bpha.ca

SPRING NEWSLETTER APRIL 2023

BPHA VOLUNTEER BOARD of DIRECTORS and OFFICERS

Co-President	Deborah Morden	Pool Co-Director	Lori Grant
Co-President	Joanna Cram	Pool Co-Director	Jenna Mooney
Vice President	<i>Vacant</i>	Tennis Director	Neil Malhotra
Past President	Luke Eret	Social Director	<i>Vacant</i>
Secretary	Steve Kobes	Community Relations	<i>Vacant</i>
Treasurer	Shenhui Lang	Bookkeeper	<i>Vacant</i>
Membership Director	Marina Gliksman	Payroll Officer	Jason Daly
Maintenance Director	Steve Singer	Program Officer	Laura Hewitson
Program Director	Dana Finestone		

MARK YOUR CALENDAR

BPHA Bottle Drive: Once again, the BPHA is doing its summer Bottle Drive to help fund its youth programming. Our first pickup of your winter collection of beer, wine and liquor bottles, cans and containers will be on Wednesday, May 3. Summer pickups will follow on Wednesday, July 5 and Wednesday, September 6. Please have your containers on your front porch by 6:30pm on pickup day. To sign up for the drive please go to www.bpha.ca. On behalf of our neighbourhood association, we appreciate your support. If you have any questions, please contact Steve Singer at stevesinger02@gmail.com.

BPHA Spring Rec Centre Cleanup: Saturday, May 6 10:00am-12:00noon. Given the great shape Paul Struck, our amazing maintenance volunteer, left the centre last fall, we may add some other activities to the cleanup this year including soil top dressing, some tree planting along the fence line, and some bench painting weather permitting. So, shovels, wheelbarrows, rakes, and paint brushes/rollers would be great additions to bring along. We hope to see you there!

Pool Opening Weekend: The pool is scheduled to open on Friday, May 26. The pool will be open from 4pm-8pm. The full schedule will be posted on www.bpha.ca in mid-May.

UPDATE FROM THE BPHA BOARD

Welcome Neighbours! Beechwood Park Homes Association is a vibrant volunteer-run organization that aims to build community by bringing neighbours together. Our Recreation facility at 293 Shakespeare Drive is the hub for many of the activities that take place throughout the year. Our community volunteers organize programs and events, operate the Produce Stand, publish the Newsletter, maintain the skating rink, assist with gardening and maintenance, and so much more. Help us to continue to strengthen our community by signing up to become a BPHA Member.

2023 BPHA Membership Registration is Open!

Thank you to everyone who has already registered for 2023 BPHA membership. We have an exciting year planned and can't wait to share it with you! Membership registration can be completed online at: www.bpha.ca/membership. Any questions about membership can be directed to Marina Glikman at membership.bpha@gmail.com.



Board of Directors and Officers.

We are grateful for the volunteer team of Directors and Officers who help ensure the successful operation of the BPHA. We are excited to welcome Joanna Cram and Deborah Morden as Co-Presidents, Neil Malhotra as the Tennis Director, and Jenna Mooney as a Pool Co-Director. Steve Kobes, Shenhui Lang, Lori Grant, Dana Finestone, Laura Hewitson, Marina Glikman, Steve Singer and Jason Daly will all continue in their roles again this season. Many thanks!

Interested in Volunteering? The success of the BPHA is dependent on volunteers! We are actively recruiting for the following positions: Bookkeeper (This is not a Director position), Social Committee Director (and Social Committee Members), and Community Relations Director. Please email us at info@bpha.ca to learn more about these opportunities. We look forward to seeing you soon!

BPHA POOL AND PROGRAMMING SUMMARY

We are very excited for the upcoming 2023 season!

Introducing our 2023 staff members

This season, our Recreation Centre is so lucky to have Patrick Benest returning as our Manager, and we welcome Zack Morden as our Assistant Manager. They are looking forward to providing a fun-filled summer for our members! We are also very fortunate to have the following staff be part of the BPHA team:

Head/Senior Instructor/Guards

- Chloe Taylor
- Clare Jacob

Instructor/Guards

- Tom Beamer
- Zoe Florizone
- Adrienne Hawthorn
- Mats Skuterud
- Courtney Scott
- Ben Taylor

Program assistant

- Julia Daly

Substitutes

- Hayley Topp (Instructor/Guard & Programs)
- Jude Hawthorn (Instructor/Guard & Programs)
- Claire Lennox (Instructor/Guard & Programs)
- Gisele Bast (Programs)

Pool Opening Weekend

The pool is scheduled to open on Friday, May 26. The pool will be open from 4pm-8pm. The full schedule will be posted on www.bpha.ca in mid-May.

Spring and Summer Programming

Program registration for the upcoming season is now open! Visit www.bpha.ca to learn more about the programs and events we are planning on offering this season. This year we have a registration program we will be using to sign up for programming. If you require assistance navigating the program or making changes to an existing registration, please email bphaprograms@gmail.com. Programs fill up quickly! We recommend registering early to avoid disappointment.

Tennis Court Opening and Tennis Programs

Given the fine weather we've been having, the courts opened for play on Monday April 10th. We hope you all enjoy the season!

Spring tennis programming begins May 2 Tuesdays & Thursdays after school. Spaces are limited so register early!

- Junior Fundamentals - (4:30-5:00)
- Youth Fundamentals - (5:00-6:00)

For more information or to register for Spring and Summer tennis programs visit the BPHA website.

New/Improved programs this year!

We are excited to offer a variety of new programming for 2023 based on feedback we received from our members.

- **Standard First Aid and CPR - Full Course and Recertifications available**
- **Assistant Instructors, Swim Instructors, Lifesaving Instructors** - For those looking to go above and beyond the Bronze programs we will now be offering Instructor courses.
- **Swimming Lessons** - We are continuing to offer private and group swimming lessons this year. For group swimming lessons we are piloting a new structure that will give the same great instruction with additional convenience to families trying to register multiple children. Families now sign up by time slot and participants will be divided up based on their skill level into their respective classes. Progress reports will still be given at the end of each session.

Visit www.bpha.ca to register!

Volunteer with BPHA programming!

Do you have great ideas or want to help with program execution? Do you need to complete your high school volunteer hours? We are always on the lookout for new people to assist our programs and to welcome back our previous volunteers! Please complete the volunteer application form at www.bpha.ca/about/ to let us know how you would like to help our recreation centre.



Outdoor Play Equipment Donations

Our summer day camp is back again this year. Our young campers as well as pool visitors really enjoyed the playground area at the back of our centre last season. So, if your children have outgrown your backyard playthings and they are in good shape please let us know and we'd be glad to pick them up. Just contact us at stevesinger02@gmail.com. Thanks.

ARTISTS IN NEIGHBOURHOOD BPHA FENCE ART PROJECT

The BPHA has applied for a City of Waterloo Artists in Neighbourhoods grant to help us fund the beautification of the chain link fence that borders our Recreation Centre. Under the guidance of Denise Strong, a long time Beechwood resident and accomplished local artist, the goal of the project would be to create hand painted wooden art pieces done by the youth and adults of our community. The wooden pieces, depicting animals, birds, insects, trees, etc. would be hung along part of our pool fencing to provide a pleasing view for all those visiting or strolling by the centre. The work would be done in multiple sessions at our Rec Centre Gazebo from mid-May into June. We should hear about our grant application in a few weeks. In the meantime, if you or your kids are interested in taking part, please email Denise at strong.denise@bell.net. Thanks.

BEECHWOOD BASKETBALL CAMP - SEASON 2

Hello! My name is Tim, and this summer I will be running the 2nd season of the Beechwood Basketball Camp. Last summer we had 10 athletes that came out on Saturday mornings, where we learned basketball fundamentals and had a lot of fun. This is a FREE 6-week camp for children ages 6 to 12, open to all skill levels, and hosted on my driveway court on Mohawk Ave. If you are interested in joining, please visit bit.ly/3K247aN for more details and to sign up, or email me at timdyck8@gmail.com. Looking forward to more basketball this summer!



BPHA ALTERNATE PROGRAMMING

In the fall newsletter, we asked if you might be interested in joining various interest groups. Here are the results:

- Walking Group - 2
- Wine Tasting - 2
- Bridge - 2
- Tai Chi - 3
- Cooking - 1
- Board Games - 1
- Role-Playing Games-1
- Online Gaming - 1
- Model Building - 1
- Book Club - 1

As you can readily see, we didn't attract enough interest in any one category to get it going. However, I still have everyone's names and would be delighted to put people together if I were to get - say - a minimum of five people interested in a particular group. If you are interested in one or more of these groups (or a different group for that matter), please contact me, Malkin Dare, malkindare@gmail.com, 519-884-3166.

WELCOME TO THE NEIGHBOURHOOD

- 353 Browning Place: Welcome to Mary and Jeff Steele and their children. Jeff grew up in the Beechwoods and is happy to be bringing his family back to our Beechwood to make a home.
- 102 Amos Avenue: Welcome to Adrienne Rinne and Mac McIntosh. Adrienne is a teacher and Mac works for UWaterloo. They are looking forward to moving into their new home and getting to know the neighbourhood.
- 326 Coleridge Drive: Welcome to Danilo Giacobazzi and Alik Divaris and their children Gia (age 3) and Rafael (6 months). They are happy to have found a home in a lovely, treed neighbourhood with so much community. Danilo and Alik are looking forward to meeting all their neighbours.
- 326 Marlowe Drive: Welcome to Judy and Aleksandar Popic and their children Elena (age 5) and Oliver (age 3). Aleksandar works for Sunlife. The Popic family are looking forward to settling into their new home and meeting everyone in the community.

NEIGHBOURHOOD ADS

Maryn Gilfillan - Hi. My name is Maryn Gilfillan. I live on Longfellow Drive. I am 14 yrs. old and will be starting grade 9 at WCI in September. I'm available to babysit! I love kids and dogs. I play many sports and I speak French. Call or email. Maryn - maryngilfillan@gmail.com or 226-989-1585.

Orin Cesarini (Shakespeare Dr) - I am 13 years old and trained in Emergency First Aid and CPR-B. Whether you have a fancy dinner or family gathering, I am available to babysit your children or take care of your pets while you enjoy an evening out. I can be reached by phone or text at 519-572-9730.

Sydney and Morgan Knibutat (Shakespeare Place) - Are you looking for a **babysitter** or a **dog-walker**? Well, you're in luck! Sydney and Morgan Knibutat have just finished the Red Cross Babysitting course and would love to babysit children of all ages. We are experienced dogwalkers and would enjoy walking your dog. Email carolaccounting@yahoo.com for more information.

Looking for someone to walk your dog? I'm Rivi, a 17-year-old student in the Beechwood area excited to meet all the neighbourhood dogs! I'm responsible and have experience from years of pet and babysitting. If interested, contact me at 519-502-5599 or rivifriedman21@gmail.com.

Landscaping services offered: Nick Suwalski, who looks after the rec. centre lawn is offering his services to the neighbourhood. His business is Tree Wise Man Landscaping, and he offers lawn mowing, outdoor/indoor painting, deck and fence staining and other indoor or outdoor jobs you might need done. You can contact Nick at nickster.suwalski@gmail.com or 226-750-3382.

SPRING 2023 UPDATE – BEECHWOOD PRODUCE STAND

We are excitedly anticipating the 16th season of our Beechwood Produce Stand. For those who are new to the neighbourhood and may not be familiar with our produce stand, we are open every Wednesday afternoon from 1-5pm from mid-June to early September, setting up in front of our neighbourhood rec centre on Shakespeare Drive. Each week reflects the seasonal changes in what is locally available, from asparagus and strawberries in June to squash, apples and sweet corn in September, and so many delicious items in between!

The produce stand exists because of volunteers of all ages and a community of very supportive customers. It reflects a commitment to conveniently provide fresh fruit, vegetables, bread and flowers, and thus support local farms and bakeries. It creates the opportunity to build community amongst neighbours and friends. It allows us to give back to the broader community by making weekly donations of any unsold produce to the Food Bank of Waterloo Region and by raising funds that are donated to our neighbourhood association, schools, and local charities.

After our very successful 2022 season, we were able to donate funds to the following organizations:

- Keatsway Public School
- Centennial Public School
- Supportive Housing of Waterloo (SHOW)
- Food Bank of Waterloo Region
- Nutrition for Learning
- Food 4 Kids
- St. Mary's Hospital
- Compass Refugee Centre
- Carizon
- University of Guelph Arboretum
- Pound Dog Rescue

Thank you for your support that allowed us to contribute to the work of these worthy organizations!

Our online pre-order system will continue in 2023. Beginning in June, BPHA members will receive an email on Sundays with a link to a pre-order form that can be submitted until Tuesday at noon. Pre-ordering ensures that your selection will be packed and ready for you to pick up on Wednesday afternoon. However, pre-ordering is not required! We make every effort to have a good variety of fruits and veggies available for walk-up customers.

We rely on adult and youth (age 13+) volunteers who are ready to help and have some fun as well! If you would like to return as a volunteer this summer or join our group for the first time in 2023, please email to indicate your interest and availability: beechwoodproduce@gmail.com.

Whether you are a customer, volunteer or both, we look forward to your continued support and can't wait to see you in June!

-Submitted by Dolores Penner on behalf of the Beechwood Produce Stand volunteer team



NEIGHBOURHOOD NEWS

Cameron Morrissey of Coleridge Drive has had a busy winter, participating in a series of swimming championship meets that concluded in mid-March at the 2023 Eastern Canadian Championships. Cameron (15) competed in the 14-16 Boys division and narrowly missed out on the podium by half a second, twice. He came 4th in both the 200 and 400m Individual Medley (IM) and finished in the Top-20 in the 100 and 200m Breaststroke and the 400m Freestyle. He also qualified for the 800 and 1500m Freestyle but did not swim these events but looks forward to swimming them in the summer provincial and national championships.

Cameron developed a love for the water at community pools beginning with “Mommy and Tot” sessions and has been swimming competitively since he was 7 with the Club Warriors Swim Club at the University of Waterloo. In addition to training and competing, Cameron and his brother, Connor, volunteer once a week to help CW's youngest swimmers learn the ropes in their Intro program. Last summer, both boys also received their Bronze Medallion and Bronze Cross certifications, and both are looking forward to getting their National Lifeguard accreditation this summer. Cameron's dream is to make Canadian Trials and to one day swim in the Olympics.

Nate's Curling Team - In January you may have read about Nathan Kim's curling team in The Record. Just after the article was published, Nate (Coleridge Drive) and his team competed and came in fourth in the U18 Provincials. Congratulations on a job well done!

Shout out from Mark Baetz (Hiawatha Drive) to the neighbour who brought over a snowblower and helped him dig out his driveway after one of the heavy snowfalls. This happened in several areas of the neighbourhood. If you were one of the generous helpers, thanks for your kindness!

Tom Paraschuk (Lions Gate) and his electrical engineering student group received the Norman Esch Entrepreneurship Award for their Capstone Design project. Tom will be graduating from the University of Waterloo this May.

Joanna Armbruster's Garden - Most of us know Joanna's Garden. It's the one we admire as we walk the path between Shakespeare Dr. and Clair Lake. Last summer, Joanna's daughter, Alina, submitted a short history of the garden along with pictures to Fine Gardening as a surprise to her mom for her birthday. You can read the article here: www.finegardening.com/article/joannas-ontario-garden

Jim and Carole Wilkinson are pleased to announce that their eldest daughter, Janelle, is engaged. She and her fiancé repatriated to Canada, and she is looking forward to working as a Hospitalist in Toronto. Our second eldest daughter, Christina, successfully challenged her professional architecture examinations and is looking forward to opportunities to advance within her firm in Toronto. Our son, Lucas, completed his Master's Degree in Machine Learning from the University of Toronto and is now working for a Machine Learning Company (Neural Magic) out of Boston, Mass.

Nick Penner, son of Dolores & Paul Penner on Longfellow Drive, is engaged to be married to Samantha Page. Both are currently working and residing in Ottawa and are planning an April 2024 wedding.

Congratulations to Marjah Tajibnapis on the birth of her first grandchild, Lennox Stewart Copp, born on October 7, 2022 to Marjah's daughter, Rosalind Copp and son-in-law, Greg Stewart.

From Deanne Hawes - KWMobile and Tiny Home Takeout Kitchen located in St. Mary's Lady of the Seven Sorrows Catholic Church in Kitchener provide food, clothing, footwear, bedding and toiletries for the homeless. This is an important social initiative to help those who are less fortunate. Donations would be greatly appreciated and can be dropped off at 243 The Lion's Gate or St. Mary's Church at 56 Duke Street West, Kitchener. As we transition to the warmer weather running shoes, and spring clothing are needed. Questions can be directed towards Deanne Hawes, deanne_alex@rogers.com, www.goingmobilekw.com or www.tinyhometakeout.com.

Congratulations to Dr. Christine McWebb (Amos Ave) on her appointment to Associate Vice-President in the Faculty of Planning and Policy within the Office of the Vice-President of Academic & Provost at the University of Waterloo. Dr. McWebb is the Director of the Stratford Campus School of Interaction Design and Professor of French Studies.

Winter Rink - Despite our best hopes and intentions, the Clair Lake rink was more of a constant work in process! The conditions just were never on our side this winter regardless of how many times we were out patching holes and flooding. We're sorry the rink was only usable for a short period. We'll be back next winter hoping for better results. Here is the list of volunteers for this year: Patrick O'Halloran, Nick Bayley, Bert Thomson (pictured), Peter Caesar, Steve Singer, Dan Scheerer, Duane Chris, David Lecourt, Heather Smith. – *Patrick O'Halloran*



THE SOUNDS OF SPRING CLASSICAL MUSIC RECITAL – May 21 3-5pm. Join us at Conrad Grebel Chapel (140 Westmount Rd) for a student-run music recital! Rivi Friedman (Hiawatha) along with a handful of talented grade 12 students will be featured performing classical pieces on piano, cello, violin, and vocals. The recital will run approximately one hour, with refreshments and snacks afterwards. Free admission.

RE-VISION KITCHENER ART SHOW – April 20-June 4. Thursdays from 5-8pm and Sundays from 1-4pm at 44 Gaukel Street, Kitchener. Denise Strong, a long-time neighbour on Shakespeare, along with a group of talented local artists, will be exhibiting her work at the RE-VISION art show starting later this month. The show will feature art pieces that have been creatively repurposed or revised from their original design. For more information about the exhibit, please visit www.artspay.org/revision.

From Richard Judelson-Kelly

Dear Neighbours and Friends,

I am fundraising this year for the Alzheimer's Society. After a long and incredibly courageous battle, my mum, Ruth Kelly, died of Alzheimer's disease last year and so I am using this opportunity to help give back. And along the way I plan to run the London Marathon in the UK.

As some may know, I do not run marathons! So this is quite the ambition. Feel free to encourage me if you see me out and about as I prepare. And if you feel inclined to support me in my fundraising effort, I will be so happy, however small or large you can give. Here is the page for donations:

[Richard's running for Ruth at the 2023 TCS London Marathon.](http://www.justgiving.com/fundraising/richard-judelson-kelly)

(www.justgiving.com/fundraising/richard-judelson-kelly)

I will also be very happy to simply receive your positive vibes as I try and plod around the course – and if you are in London on 23rd April, feel free to come and shout at me to “get those knees up, Kelly”.



In any case, thank you for your support!

Cheers,
Richard

WHY RUN?

Talking to Richard about his upcoming marathon compelled me to make a list of all the runners I know in the neighbourhood. The conclusion: I'm surrounded! On Hiawatha alone, we have six or seven households with at least one runner in the family and I can think of runners on Marlowe, Coleridge, Shakespeare, Browning, Longfellow, and Anatolin. I'm sure there are many others I don't know about. Why do so many in our community run? I posed this question to a few of my fellow runners. Unsurprisingly, almost everyone said they run for their overall wellbeing - physical, mental, and social. For Wendy and Peter Baxter (Hiawatha), running is the key to mobility. As Wendy says, “if you don't move it, you lose it.” John Craig (Browning), also retired, runs because it's the simplest way to stay fit, “You can do it alone or in a group, anytime, anyplace and almost any weather. You can increase or reduce your intensity to meet your goals at your own pace.” Michael and Lisa Stewart (Hiawatha) are elite runners. In

November, Michael finished the Philadelphia marathon (42.2kms) in 2hours, 26minutes! Both prioritize running to elevate their heart rate, and Lisa adds, “it has allowed me to explore the places that I have lived and visited in a way that is unique to this activity, going fast enough that I can cover a lot of ground, and slow enough that I can absorb details and immerse myself in where I am.” It also helps find community and for Michael, “It’s how I met my partner, and it’s how I’ve formed many valuable friendships.” For Jessica West (Coleridge Place), “It’s one of few things in my life that is just about me. It gives me time to myself, but it’s a chance to check in with how I’m feeling physically and emotionally. And it helps me to feel good about who I am. But it’s not all serious!” Jessica also runs with her dog, Nova, who likes to stop and “sniff things (not usually roses, but I’ll look for those this summer!)”

One of my favourite answers comes from Kathy John (Coleridge Place). She runs “because it is faster than walking! In my 40’s I had a friend living on Hiawatha Dr, Margaret Hutchison. We would go walking twice weekly around the neighbourhood and gab the whole time. When she moved away, I continued to walk by myself, but found that it was not so interesting anymore! I knew the exercise was good for me, but it was pretty boring. I realized I could “get the walk over with” faster if I ran. So, I gradually kept adding more and more running into my route and less and less walking. Eventually it was 100% running. Several times a week...Now I am 73. And while I’ve slowed down since my first running days at age 53, it still feels great to be able to cross that finish line!”

Whether for physical, mental or social wellbeing, running moves us! As Michael says, “it’s the perfect excuse to disconnect from screens and immerse myself in the fresh air” and as John reminds us, “We cannot expect our bodies to keep giving us more if we don’t continue to make deposits. Running does that.”

-Ivy Friedman (Hiawatha)

A LEAP OF LEGAL FAITH

The legal aid system in Ontario, funded by the Provincial Government’s Attorney General Office, provides low-cost legal assistance to individuals and families unable to afford conventional, more expensive legal support. For decades, legal aid offices across Ontario have provided assistance in Landlord/Tenant disputes, guidance in navigating Ontario programs like Ontario Works and the Ontario Disability Assistance Program, Immigration and Employment support, etc. The Executive Director of the Waterloo Region Community Legal Services Office (Legal Aid) is Shannon Down, a neighbour who lives on Shakespeare Drive here in Beechwood. On January 27th of this year, a landmark Superior Court decision culminated 6 months of dedicated legal effort by Shannon and her team who successfully argued that the eviction of unsheltered tent encampment residents from a regionally owned property at the corner of Victoria and Weber Streets in downtown Kitchener violated Section 7 of the Charter of Rights and Freedoms that guarantees persons the right to life, security, and liberty. This momentous court ruling has had significant legal ripple effects across Ontario and the rest of the country.

Shannon decided to apply for the position of Executive Director of the local legal aid office 10 years ago after 2 years of providing part time legal representation to psychiatric patients deemed a danger to themselves and the public, who were being held in hospital detention centres under Certificates of Involuntary Admission. Unlike commercial litigation, Shannon found tremendous satisfaction in helping “The Other”; disadvantaged, low income, marginalized individuals. Her prior litigation experience was to prove very helpful in the tent encampment case.

In early July of 2022, Shannon received a call “out of the blue” from the Region of Waterloo asking if her office would consider representing the tent encampment against an injunction they planned to argue before the courts that would confirm their right to evict the residents of the encampment from regional property. Legal aid offices rarely argue cases in court, and it would be a “Leap of Faith” for Shannon’s office to accept the case. However, Shannon realized that here was an opportunity not just to sustain people in poverty but to actually improve lives and pursue social justice. Despite their limited resources, within a week, her Board of Directors and office colleagues were “all in”. However, gaining the trust of individual tent encampment residents to sign on as defense appellants in the case proved a very difficult task given their prior negative experiences fighting the system. It took a lot of face-to-face reassurance to convince them that Shannon’s team would not just be a co-opted accomplice to the regional injunction but defend their rights to the best of their ability.

Once committed to the encampments defense, it was all hands on deck to prepare legal arguments, find expert witnesses, interview the tent residents, and submit their evidence to the court for review by August 31st last year. The case was argued before Superior Court justice Michael Valente 2 months later in November. According

to Shannon, Judge Valente was very even handed and respectful to both sides during the hearing making it difficult to determine whose sides legal arguments were more effective. On January 27th, 2023, after Shannon read his written 56-page decision in favour of the defense, she yelled out, “We Won!” Their hard work had paid off. Significantly, the judge’s decision leaned heavily on the tent residents’ own testimony regarding the accessibility roadblocks they faced with the standard shelter system compared to the autonomy and freedom to establish their own rules within their makeshift community. As a neighbourhood, we are grateful for the work that Shannon and her clinic did to help make KW a more humane and supportive community for everyone.

-Steve Singer

READING ON THE GO – Caroline, Morgan and Sydney Knubitat (Shakespeare Place)

Audiobook Review - Well, we have had a great year with audiobooks! Tired of the monotony of driving kids here and there? Well, here's a solution, audiobooks! Now we look forward to any and all drives and happy with a little extra traffic along the way!

Youth audiobooks - We are just finishing up the third book in the Gregor the Overland series by Suzanne Collins, Ages 9-13. The reader in the series is amazing, providing various "voices" for each character. This is a fictional story about a boy who falls into a world that is underground. Lots of action and adventure, with thoughtful, well explained characters. We also recently listened to Matilda by Ronald Dahl. Lots of kids know the story but the reader was Kate Winslet, she was utterly amazing. The above were available from the Waterloo Public Library.

Next for the adult in the driver seat - Lord of the Rings by JRR Tolkien, soundtrack by Howard Shore, narrated, produced, and edited by Phil Dragash. The actor/readers are great, and it includes music and background sounds from the motion pictures. The story, as we well know, is a classic and the movies of course add even more color to the books. But this audio book was so well done and easy to listen to, it rekindled the old story for me. It is offered as a free podcast, on podcast players or Spotify, just search for Lord of the Rings.

KEATSWAY PUBLIC SCHOOL VOLUNTEERING

If you are interested in volunteering at Keatsway Public School a few hours a week, we encourage you to drop by the office at 323 Keats Way and let us know. We have a number of activities you could get involved in, including lunch monitors, sports programs, special events, and one-on-one mentoring.

Thank you, Christine Hristov, Principal

KEATS WAY CONSTRUCTION

Wondering the reason for the yellow construction signs on the corner of Keats Way and McDougall? Starting late May/early June and continuing throughout summer, the City will be working on the Keats Way storm sewer bypass as part of the Clair Creek restoration to help control erosion and reduce flooding in the area. For more information, go to: www.engagewr.ca/clair-creek-at-keats-way.

PLEASE SLOW DOWN

Beechwood was designed with community in mind and invites walkers, runners, cyclists and most importantly, kids to wander through and onto the streets. Please slow down and drive carefully when making your way to or from home.

NEIGHBOUR SPOTLIGHT - DRS. YUSUF AND GULSHAN MNYUSIWALLA

Recently I asked Yusuf and Gulshan Mnyusiwalla if they had time to meet for a cup of tea and conversation. They warmly agreed and invited me into their lovely home on Browning Place where we sat for nearly two hours discussing their incredible lives while nibbling cookies and drinking tea.

During opening pleasantries, we discovered our mutual appreciation of turmeric and before even sitting down, Gulshan had handed me a generous sample of fresh ground, aromatic turmeric, which Yusuf's family had recently brought over from Tanzania when visiting. This became the theme of our visit. The more I learned about Yusuf and Gulshan, the more I understood the depth of their generosity and kindness.

Both were born in Tanzania and went to medical school in Uganda. In 1971, when Asians were expelled from Uganda by Idi Amin, Gulshan came to Canada to finish her medical training at the University of Toronto.

Yusuf completed his medical training in the United Kingdom at the University of Bristol. After one year of internship, he immigrated to Canada to start residency training in radiology. After his first year in Kingston, he was offered a position to continue at Mt. Sinai Hospital in Toronto. He didn't know anyone there, but a friend gave him the phone number of someone already at Mt. Sinai who might be able to help him out. The number belonged to Gulshan.

Yusuf trained in Radiology and Ultrasound at Mt. Sinai for 4 years and Gulshan finished her Medical Degree and worked in family practice. In 1980, the couple moved to Waterloo where Yusuf started ultrasound imaging at St. Mary's and trained technologists. He was there for 34 years before retiring recently. Gulshan worked in family practice in rural areas around the region until her retirement in 2019.

The Mnyusiwalla's first home in Waterloo was on Tennyson Place. But in 1985, the couple were visiting good friends who lived on Browning Place. The house next door was for sale and as they watched the kids playing in the backyard, they decided they would buy the house. After some renovations, Yusuf and Gulshan moved their family down the street and around the corner to their new home where they have lived since. During this time, they have raised three caring, talented, and successful daughters: Anisa, a radiologist working in Stratford and Grand River Hospital in imaging and IVF; Laila, a maths and science high school teacher who is passionate about helping students succeed; and Latifa, a manager at Accenture, public health advisor to IBM and adjunct lecturer at University of Toronto who lives on Hiawatha Drive with her daughter, Nadia. They are proud grandparents to 6 grandchildren between the ages 7-15.

What I found most remarkable about Gulshan and Yusuf is their limitless caring for others. Gulshan travelled annually for 11 years to Africa, spending time in Tanzania, Kenya, Uganda, and Senegal, as well as Peru in South America to provide medical services and supply medications. Yusuf organized the donation of an ultrasound machine and trained the staff in ultrasound scanning in Kenya and also donated a generator to an orphanage which has saved children's lives. Locally, Gulshan has worked *pro bono* for Sanctuary Refugee Clinic and Roof, Yusuf currently volunteers at Food for Kids. They have been and continue to be involved in many community initiatives within the region - the Clair Lake Playground, the Eastside branch of the Waterloo Public Library and of course, the BPHA Produce Stand just to name a few.

To top it all off, Gulshan hikes every Wednesday, Yusuf plays tennis several times a week, and they've recently picked up pickleball with what sounds like great instruction from their granddaughter, Nadia.

This just brushes the surface of what an incredible family the Mnyusiwallas are. We are fortunate to have such caring neighbours in the community.

-Ivy Friedman

Thank you to all who contributed to this spring's newsletter with special thanks to Steve Singer and Tracey Nairn for additions, ideas, and edits. Many thanks also to Gary and Sherry Hauser, Jan and Rob Phillips, Jim and Carole Wilkinson, and Bert Thomson for walking the neighbourhood to deliver the newsletter to the nearly 400 homes in Beechwood Park. If you have an idea or news item for the next newsletter, email me at ivyfriedman@gmail.com. I look forward to hearing from you!

-Ivy Friedman