

# *Beechwood Park Homes Association*

INCORPORATED

*Mailing Address:*

PO Box 22016  
Westmount Postal Outlet  
50 Westmount Rd N  
Waterloo ON N2L 2R0

*Recreation Centre:*

293/5 Shakespeare Drive

*Web Site:* [www.bpha.ca](http://www.bpha.ca)

*email:* [info@bpha.ca](mailto:info@bpha.ca)

## **FALL NEWSLETTER**

**OCTOBER 2022**

### **BPHA VOLUNTEER BOARD MEMBERS and OFFICERS**

President	Luke Eret	Program Director	Dana Finestone
Vice President	Paul Harrington	Pool Director	Lori Grant
Secretary	Steve Kobes	Tennis Director	Lorraine Stillaway
Treasurer	Shenhui Lang	Bookkeeper	Joanna Cram
Membership Director	Marina Gliksman	Payroll Officer	Jason Daly
Maintenance Director	Steve Singer	Program Officer	Laura Hewitson
Social Director	<i>Vacant</i>		

### **MARK YOUR CALENDAR**

**Fall Rec Centre Clean-up:** Saturday, November 5, 10:00am – 12:00 noon

**Fall Leaf Collection:** November 14 – 19 (More info below)

**Holiday Party and Cookie Exchange:** Wednesday, December 7th, 7:00-10:00pm

**Annual General Meeting:** Dec 14, Time and Location TBA – check [www.bpha.ca](http://www.bpha.ca) for updates

### **UPDATE FROM THE BPHA BOARD**

It was a successful summer thanks to the many volunteers who donated their time and energy to running the association, facility, and programming. There is a lot of behind the scenes work that takes place year-round to keep the site operating smoothly. As planning begins for the new year, The BPHA Board of Directors will be searching for new recruits to the team. If you or someone you know might be interested in volunteering on the board or a committee, please contact [info@bpha.ca](mailto:info@bpha.ca) and come to the AGM on December 14. In the meantime, we hope to see you at the Fall Clean-up on November 5, the Cookie Exchange on December 7, on the tennis courts and in the neighbourhood. The board continues to discuss how to make next year even better than this one.

## **BPHA REC CENTRE MAINTENANCE AND IMPROVEMENT SUMMARY**

Our Maintenance and Improvement Committee, consisting of a bunch of hardworking neighbourhood volunteers too numerous to mention, worked hard to keep our Rec Centre in tip top shape this summer. We really thank them for their collective efforts. Here are a few of the things we accomplished.

**Capital improvements:** A new solar blanket and a new pool heater were purchased and installed this spring. They helped reduce our heating and maintenance costs and provided reliable pool heating all summer. As well, the concrete coping ledge around the pool was repaired and repainted.

**Tennis courts:** A new net was purchased for court 1 and the back wall between the courts and the pool was repaired and repainted. We are planning to repair the surface cracks on Court 1 next spring.

**Tree trimming:** The apple and crabapple trees in the front of the Rec Centre were pruned.

**Rear gazebo area:** A new perennial garden was planted along the back fence border. As well, a kids playground area was created beside the gazebo with some of the equipment kindly donated by the neighbourhood. This playground was well used by our summer camp program! An access gate in the rear fence will be installed next spring to make it easier access the greenbelt for kid's activities.

**New seating bench by little library:** A kind donation by Jennie and Pierre Bernhardt in memory of their husband and father, Bill, enabled us to install a park bench and planter by the Little Library for our community to use.

**Ongoing maintenance:** Besides grass cutting, the seasonal yard work and planting as well as many of the maintenance issues that cropped up during the summer were handled by our volunteers rather than outside contractors.

We value any input you might have regarding future Rec Centre improvements you would like to see and look forward to seeing many of you at the FALL COMMUNITY CLEANUP ON SAT. NOV. 5<sup>TH</sup> from 10-12noon. Be sure to bring your gardening tools along.

*Thank you, The Maintenance Committee*

## **BPHA POOL AND PROGRAMMING SUMMARY**

### **Are you looking for a 2023 summer job?**

We are hiring! Are you interested in applying for a summer position with BPHA? We are recruiting enthusiastic staff for a variety of positions for the summer of 2023.

More information can be found on the BPHA website at [www.bpha.ca](http://www.bpha.ca).

All applications must be received by November 30, 2022.

### **What's on deck for next year?**

Registration for Summer 2023 programs will officially open on March 1, 2023, but here is a sneak peek at some of the upcoming programs:

## **Fun Day Camps**

Back by popular demand we will be offering half day and full day camp options for members aged 5 - 12 years. A limited number of spots will be available so be sure to register early.

## **PJ Parties**

Kids night out, parents night off! Drop your kids off at the pool for dinner, swimming and a movie every other Friday night throughout the summer (registration is required).

## **Leadership Programs**

- *Home Alone & Babysitting Courses - Spring 2023* -- Have a pre-teen that is looking to brush up on their skills and make a little money next summer babysitting? This may be the perfect opportunity for them to gain the valuable skills needed for the job.
- *First Aid and CPR Courses - Spring & Summer 2023* -- Basic, Emergency and Standard First Aid with CPR-C Full Courses and Recerts will be scheduled throughout the Spring and Summer.
- *New! Advanced Leadership Course offerings for Summer 2023* -- In addition to our regularly scheduled Bronze Star, Medallion and Cross courses we are looking to expand to include Lifesaving Assistant Instructors (minimum 14 years old), Lifesaving Swim Instructors (minimum 15 years old), Lifesaving Society Instructors (minimum 15 years old), and Bronze and National Lifeguarding Prep courses.

Visit the BPHA website at [www.bpha.ca](http://www.bpha.ca) in early January to learn about the exciting programs and events that are being planned for the 2023 season!

## **Have ideas?**

Do you have a program idea that you and other members might enjoy? Feel free to email your suggestions to [bphaprograms@gmail.com](mailto:bphaprograms@gmail.com).

## **Pool Co-Director Needed!**

We need someone to help share the responsibilities of the pool and programming. Our pool cannot offer all the wonderful programming and dedicated staff without the generous assistance of our community volunteers. Many hands make light work! We truly appreciate any time you would be willing to offer. If you are interested in helping our BPHA facility or wanting to chat to see if this is the right fit for your schedule, please send us an email [bphaprograms@gmail.com](mailto:bphaprograms@gmail.com), attention Lori.

## **BPHA ALTERNATE PROGRAMMING**

The BPHA would like to offer more programming for those of its members who don't take part in the rec centre activities. We would thus like to gauge the level of interest in our community for the following interest groups. If we get enough people showing interest in any of them, let's say 10 people, we will move ahead with making them happen.

- |                |                |             |           |
|----------------|----------------|-------------|-----------|
| ▪ Knitting     | ▪ Bridge       | ▪ Tai Chi   | ▪ Cooking |
| ▪ Wine Tasting | ▪ Tool Sharing | ▪ Book Club | ▪ Walking |

To learn more or to indicate your interest, please contact Malkin Dare, [mdare@sympatico.ca](mailto:mdare@sympatico.ca), 519-884-3166. Ideas for other interest groups would also be welcome.

## **THE COOKIE EXCHANGE IS BACK!**

Wednesday, December 7th, 7:00-10:00 pm

Please join us for the BPHA Adult Holiday Party and Cookie Exchange! This year, Heather Smith (254 Shakespeare Drive) has kindly volunteered her home for the evening.

After a two-year hiatus, we are thrilled to bring this much-loved event back to BPHA members! As in the past, the event is more than just a cookie exchange. It is an opportunity for neighbours to come out for a bit of holiday cheer, whether or not you wish to participate in the cookie exchange!

If you wish to participate, this is how it works:



--Bring 3 dozen (of one kind) cookies. Please separate your cookies into packaged half-dozens.

While the BPHA tradition is to have participants select 36 random treats to take home, we are opting to offer pre-packaged food this year.



--Bring a second (empty) container to put your NEW treats in to make it easier to take them home



--Option: you may wish to note the ingredients on a card in front of your treats in the event of allergies etc.

The exchange occurs around 7:30 p.m. so the length of time you wish to stay is totally up to you after that. Remember, you can only take treats if you bring treats! Refreshments and snacks will be provided by the Social Committee. If you have a neighbour (new or old) that is not a member of the BPHA, bring them out so we can show them how much fun we have! We look forward to reconnecting after two long years apart!

*(Note: In the unlikely event that the Cookie Exchange is cancelled due to changing health and safety precautions, an email will be sent from the BPHA)*

## **FALL LEAF COLLECTION**

Last year the City decided to maintain its November Fall Leaf Collection system. Each Waterloo community is assigned a specific week when leaves will be collected unbagged, curbside. Beechwood Park's designated week is November 14-19. However, in order to ensure the longevity of this system and to make it as safe and efficient as possible, the City has asked neighbourhoods to help them in the following ways:

- Homeowners and contract landscaping companies must not put leaves curbside prior to their designated collection week in November. This is to ensure driver/pedestrian safety as well as keep the storm drains from plugging up.
- Prior to their collection week, homeowners and landscape companies should bag and put out leaves for the biweekly Regional Waste pickup or keep them on their lawns.
- Homeowners should also try and mulch their leaves on their property to reduce the volume the City will have to collect.

Let's all try and help the City with their leaf collection this fall. Find out more here:

[www.waterloo.ca/en/living/loose-leaf-collection.aspx](http://www.waterloo.ca/en/living/loose-leaf-collection.aspx)



## **UPDATE ON THE 2022 BEECHWOOD SUMMER PRODUCE STAND**

The summer of 2022 was the 15<sup>th</sup> anniversary of Beechwood Produce Stand and we had a terrific year! Our recipe for success includes a strong foundation set by our founder Steve Singer, an amazing group of adult and teen volunteers, local farmers who supply us with delicious fresh produce, and very supportive customers.

Our goals continue to be: supporting the local agricultural community, providing convenient access to healthy produce, raising funds for schools, charities and our neighbourhood association, donating unsold produce to the regional food bank, and, in the process, building community among neighbours and friends.

Unfortunately, our co-manager Dianne Ratcliffe moved away from Waterloo this summer. Her energy and enthusiasm are missed. However, we are grateful that five people agreed to take on additional duties to cover Dianne's roles:

Sue Edwards - Volunteer coordinator

Myrna Singer - Pre-order packing

Joanna Cram – Order management and finances

Ivy Friedman – Special vendors

Katie Gibb – Coordinating non-bagged pre-order items, Food Bank contact



Our neighbourhood baker, Bruce Frayne, is on hiatus from the produce stand due to his new responsibilities at the university. After some taste-testing, we switched to sourdough from Golden Hearth Bakery in Kitchener, the closest we could find to Bruce's bread. We also offered some bread products from Grainharvest Breadhouse in Waterloo which were well-received.

Special thanks also go to our various volunteer crews for set-up and take-down, morning packing, afternoon sales, lamppost signs, product pick-up, apron washing, order formatting and email distribution. Please consider whether you'd be interested in joining the fun as a produce stand volunteer in 2023. It takes a small village to run our fundraising produce stand!

Our proceeds this year went to the following organizations: BPHA, Keatsway Public School, Centennial Public School, Carizon Family and Community Services (for Erb West community), Supportive Housing of Waterloo (in honour of Dianne Ratcliffe), the Food Bank of Waterloo Region, Pound Dog Rescue, Nutrition for Learning, Food 4 Kids, Compass Refugee Centre, U of Guelph Arboretum and St. Mary's Hospital. We are pleased to donate funds to the important work of each of these organizations within our community.

Our experience at the produce stand again this year has reinforced how fortunate we are to live in such a special neighbourhood, where people are generous with their time, volunteer efforts and shopping choices. We look forward to seeing you again in June of 2023!

Respectfully submitted,

Dolores Penner, Coordinator (on behalf of the Beechwood Produce Stand team)

## **WELCOME TO THE NEIGHBOURHOOD**

**310 Hiawatha Drive:** Welcome to Latifa Mnyusiwalla and her daughter Nadia. Latifa and Nadia have been living on Browning Place with Latifa's parents Yusuf and Gulshan Mnyusiwalla for the past 6 years (which is also where Latifa grew up), and they are so thrilled to continue to be part of this community. While Latifa and Nadia will miss their neighbours on Browning Pl. very much, they have been welcomed warmly by their new neighbours on Hiawatha Dr. Latifa is a manager with Accenture (a global management consulting firm), public health advisor to IBM, and is an Adjunct Lecturer at University of Toronto in their school of public health. Fun fact: Nadia's cat Starling went missing this past May, and was found in Sept at a University of Waterloo student residence! Nadia is over the moon to be reunited with her cat.

**311 Shakespeare Place:** Welcome to Ritu and Ritesh, they moved to Canada 3 months ago. They hail from India and have been fortunate to live in countries like the Philippines and Hong Kong. They are blessed with handsome twin boys who have started their High School in WCI this year. Ritesh is an IT professional and Ritu is a qualified financial analyst and teacher. They are very excited to be part of this beautiful community and are eager to support it in whichever ways possible.

**311 Algonquin Drive:** Welcome to Scott Craig and Beth deNijs. They have relocated within Waterloo to this neighbourhood and are excited to get to know their new neighbourhood!

**337 Coleridge Drive:** Welcome to Chengnian Sun, Shaojie Zhang and their 8-year-old son Ryan. They moved into their new home in late summer.

## **NEIGHBOURHOOD NEWS**

Congratulations to Bruce Frayne (Hiawatha Drive) on his appointment on July 1, 2022 as dean of the Faculty of Environment.

Congratulations to Douglas Stebila (Coleridge Place) on his engagement to Gilad Israeli, a software developer for the local firm, Axonify. Gilad recently moved in with Douglas. Welcome to the neighbourhood, Gilad.

Congratulations to Alison Arden and Shane LeRoux (Lion's Gate) on the arrival of a beautiful and healthy baby boy. Ashton was born on August 29, 2022.

Stefan and Anne Marie Steiner of 273 Shakespeare Drive left for an 8-month sabbatical at the beginning of September. This time it is without the kids, as Erik and Emily are continuing their studies at the University of Guelph and the University of Waterloo, respectively. Stefan and Anne Marie will be in Vancouver for 4 months and then in Alabama for the winter. They hope you welcome Michael Chorney and Patricia Hillas-Chorney who will be staying in their house. Michael and Pat lived for many years in Picton County and are now looking to move to the KW area. They have joined the Stork YMCA where Michael is a new convert to pickleball. Pat is living and coping well with Young-Onset Parkinson's Disease and loves to garden.





**Hi, my name is Elvis!**

We are fostering Elvis, a puppy in training to be a Dog guide for the Lions Foundation! You may see Elvis around the neighbourhood over the next 16 months and you are welcome to come over and greet him, he will definitely want you too. If he is wearing his green puppy in training vest, he has to wait until given permission to greet you and/or your dog. As a foster family for Elvis, we are asked to teach him basic obedience skills and socialization. When he is 18 months old he will go to school to learn how to empower his forever person to navigate their world with confidence and independence. -Tracey Nairn

The neighbourhood lost several trees this year to storms and dry weather. We have an amazing tree canopy in Beechwood Park, especially outstanding this fall in vibrant colour. It is up to us to protect our canopy, as well as our houses. It's a good idea to periodically check your yard for weak trees or signs of disease and maintain them in the interest of keeping them healthy and strong.

If you see fishing line (or any other litter) in or around Clair Lake and Clair Creek, please remove it from the area. The wildlife, particularly the ducks, get tangled up in the line. Your attention and help are greatly appreciated.

### **NEIGHBOURHOOD ADS**

**GARDENER WANTED:** Steve and Hope on Marlowe Drive are looking for an experienced gardener to help them maintain their property. If you or someone you know might be interested, please contact them at [hopekrempa@gmail.com](mailto:hopekrempa@gmail.com).

**LANDSCAPING SERVICES OFFERED:** Nick Suwalski, who looked after the rec. centre lawn this summer 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](mailto:nickster.suwalski@gmail.com) or 226-750-3382.

**LOOKING FOR SOMEONE TO WALK YOUR DOG?** I'm Rivi, a 17-year-old student in the Beechwood area excited to meet all of 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](mailto:rivifriedman21@gmail.com).

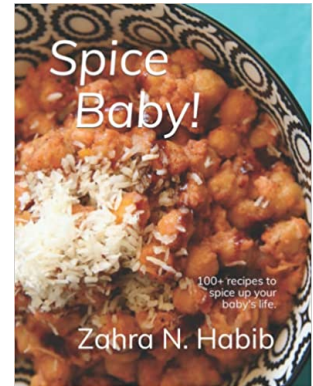
### **WINTER RINK AND A TURTLE NEST**

This summer you probably noticed the unkempt weeds and small mound where last winter's skating rink was located. As you may have already heard, the city delayed grading the site because our resident snapping turtle chose to build a nest there so the site was protected under the Ontario Turtle Conservation Centre. Now that fall has arrived, the city has said it will be out to grade the area in preparation for the rink and will re-sod in spring. A group of volunteers has already started organizing the rink for winter. If you or anyone you know can help out, it would be greatly appreciated. If interested, please contact Patrick O'Halloran at [patrickdohalloran@hotmail.com](mailto:patrickdohalloran@hotmail.com) and include your email, phone number and which night(s) you are available to lend a hand. The volunteer crew is generally out around 7pm/8pm to shovel and flood the rink. You can also contact Patrick with any suggestions for improvements as the committee strives to add value to our great community.

## **SPICE BABY BY ZAHRA HABIB**

I'm published!!! 100+ recipes to spice up your baby's life! This was years in the making. I am very thankful to a whole community of people who saw this through. It took a village to raise Spice Baby!

These are South Asian and East African influenced recipes, but it really is meant for anyone wanting to introduce their little ones to a variety of flavours as early as possible, such as cardamom, clove, cinnamon, coriander, cumin, fennel, ginger, garlic, mint, nutmeg, saffron, and turmeric. The recipes range from exotic fruit purées like peach and cardamom, to hearty lentil and meat curries, to manageable finger foods for toddlers like pillowy naan and much more.

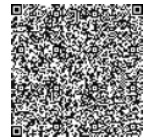


Included with this book is a 12 week day-to-day chart, showing how to give a baby their first super foods along with several herbs and spices that are widely used but also commonly associated with South Asian cuisine. There are vegan and vegetarian options too.

If you are past this stage, there are recipes for the whole family to enjoy regardless of age. This is a great baby shower gift too!

My mom Yasmin Habib was instrumental in the creation of this book. Both her and my dad Nadir Habib made sure my kids got a taste of all of the food we grew up with as Ismailis. And it's all in this book!

You can order a copy by scanning the QR Code or on amazon.ca.  
-Zahra Habib (Coleridge Place)



## **SPOTLIGHT ON A NEIGHBOUR - DR. JIM STEPHENS- IROQUOIS PLACE**

*NOTE: Almost every newsletter we highlight the life of an elder in our community. Hopefully their experiences and life story are an inspiration to us all.*

Jim Stephens, who has lived in his bungalow on Iroquois Place the past 25 years, is turning 95 on Saturday October 22. For most of those years he shared his life in Beechwood with his wife of 65 years Betty. And for most of those years Jim has lived completely blind. My connection with Dr. Stephens is quite personal in two respects. Firstly, in the mid 60's he suggested that my in-laws, Martin and Charlotte Levene, join the new Devils Glen ski club that was forming near Collingwood. It was at this ski club that I met my wife, Myrna. And secondly, in the early 1960's, being an avid lifelong sailor, Dr. Stephens cofounded the Conestoga Sailing Club. My in-laws became charter members of the club that eventually nurtured our son Alex's love of the sport. So, when Charlie Irwin, a friend and neighbour on Coleridge and a lifelong friend of Dr. Stephens, suggested I write an article about his life and career it seemed a natural thing to do.

Dr. Stephens, the middle child of 5, spent his early childhood in the rural southwestern communities of Elmwood and Chesley. His father was a family doctor and mother a schoolteacher. He vividly remembers



accompanying his dad on winter house calls along the windswept snowy winter roads, using their cutter pulled by their faithful horse Queenie. Perhaps this early exposure to medicine planted the seed for Jim's future medical career which began when he entered the Western School of Medicine in London in 1946. It was in London, while attending South High School, that Jim met and fell in love with his high school sweetheart Betty Costain. They married in 1952 and that same year moved to Buffalo New York where Jim began a 7-year surgical residency at the Erie County Medical Centre.

With 7 years of world class surgical training under his belt, in 1959, Jim and Betty packed up their belongings and 3 kids (2 more were born in KW) and moved to Kitchener Waterloo where Jim hung out a shingle as a General Surgeon at his first office at Weber and Frederick. For the next 34 years Jim became one of the most skilled and respected surgeons in the area. According to Charlie Irwin, who as a family physician assisted Jim in surgeries well over 100 times, Jim had a unique talent for surgery. He was smart, decisive, and made it look easy when it wasn't. A 2-hour gall bladder surgery in those days would take Jim 20 minutes. Stories abound as to his courage as a surgeon. A young 10-year-old Mennonite Boy who had ruptured his aorta in a buggy accident was saved by Jim's quick thinking as was a lady who was being administered last rites before Dr. Stephens was called to intervene and staunch her loss of blood. His only words to the lady's anxious husband after the surgery were "She'll be fine". And she was.

Besides excellence in his own surgical career, Dr. Stephens contributed much to the greater KW medical community. He built one of the first group medical clinics, home to various specialists, a lab, and x-ray facility all under one roof. He was instrumental in founding the first Intensive Care Unit (ICU) at St. Mary's hospital where he served as Chief of Surgery and Chief of Staff, as well as President of the K.W. Academy of Medicine.

Given the scope of his medical responsibilities and accomplishments one wonders how Dr. Stephens managed to find time for recreation. But he definitely did! He golfed, skied, curled, hunted, fished, and sailed; much of these with his lifelong partner Betty. He founded and was chairman of the annual KW Medical Bonspiel for which the trophy bears his name. He helped start several pheasant raising games farms in the area as well. But probably his most remarkable achievement in a life chock full of them, was how he responded to becoming suddenly and completely blind at the age of 76. Rather than retreating from his previous active life he continued to embrace it with the help of Betty, his 5 children and 6 grandchildren. He cherished his circle of many fine friends whose comradery nourished him and fueled his competitive instincts by winning 3 Ontario and 1 National Blind Curling Championship. Today 19 years later, Jim lives for the most part independently on Iroquois Place with a bit of daily help and assistance from a caregiver, neighbours, and close friends. And he still loves to host dinner parties for 8 at his home!

HAPPY BIRTHDAY JIM FROM ALL OF US IN THE BEECHWOOD PARK COMMUNITY!

*-Steve Singer (Shakespeare Drive)*

### **MUMS THE WORD IN THE DARE'S FALL GARDEN**

Like the geese flying south and the leaves changing colours, Brian and Malkin Dare's annual fall garden on Marlowe always tells us that the seasons are changing. Every year they plant a beautiful variety of mums along their front yard flower beds. For us and for many other neighbours who pass by their home, this colorful array of mums really brightens our community, and we thank them for it.

## **LAVENDER CREEK FARM**



Many of you have probably seen and purchased fresh or dried lavender from the Produce Stand over the last 2 summers. What you may not know is the lavender comes from Lavender Creek Farm, a hobby farm just south of Collingwood, owned by Yves Tetrault (an agricultural engineer) and Christine McWebb (a professor at UWaterloo). The couple live on Amos Avenue in Beechwood Park but purchased the farm in summer 2019 and started exploring options for crops. They considered soy and others, but ultimately chose lavender and within a year started to work the farm. In the summer of 2020, Christine and Yves prepared the grounds. Yves' background in agricultural engineering came in handy here, as he knew which farm equipment would create mounds of soil in straight lines for easier planting and healthier plants. Next, with some help, they planted over 4,000 lavender plugs consisting of nine different varieties. They carefully tended the lavender for a year, which included covering the field for winter. Then, in the summer of

2021, Lavender Creek Farm produced its first fragrant buds. These turned to flowers and were ready to be harvested. So, if you bought lavender last summer at the produce stand, you were buying some of the first bouquets to come from the farm. This summer proved to be equally successful, so another 1,100 plants were added, and operation is expected to grow. Christine and Yves are hoping to extract essential oil to bottle with next year's crop. What's really impressive about Christine and Yves is that the couple do all of this when not fulfilling their full-time careers. That means using vacation time and weekends, to prepare, plant, harvest and cover the lavender. It's truly a love of the farm and the ability to produce something naturally beautiful. If you want to learn more about Lavender Creek Farm, scan the QR code or go to [www.lavendercreekfarm.com](http://www.lavendercreekfarm.com) and don't forget to stop by next year's produce stand for your lavender bouquets!



## **FOR BETTER OR FOR WORSE, HERE IS THIS YEAR'S TENNIS SUMMARY**

They say April is the cruelest month. They are wrong. September is when dreams are crushed like empty beer cans on a sloping forehead. It is in September when we gather for the annual BPHA doubles tournament and compete for the truly horrific-looking trophy – a Bjorn Borg wooden racket impaled on a pike (like a Saracen's head). This year the contestants were Steve "oldies only" Singer; Joel "8-bit-byte" Blit; Karl "the spike" Czekus; Ian "the highlander" McGregor; "cool hand" Luke Eret; Mike "the wall" Dixon; Bob "six string" Gibson; Paul "thunder" Struck; Scott "the pulpit thunderer" Brubaker-Zehr; Neil "the farm assist" Malhotra; and Nizar "Moose" Moosa. Regarding the combatants, it was clear that, with the exception of Neil and Nizar, the hoary hand of age had paid a rather obvious visit over the last year. The creaking knees alone sounded like a barn door exhibit as the decrepit nine shambled on to the courts trying to keep up with the two newbies. In the round robin portion, first serves nestled harmlessly into the net, volleys were flubbed, and feathers flew. Then there were eight. In the first semi-finals Joel and Karl were up against it - facing a formidable pairing of Scott and Neil. One of the preacher's serves

hit Karl so hard, the ball, thinking assault charges were pending, went on the lam and jumped the 20-foot fence. Karl, seizing his chance to avoid defeat, opted to run head-first into the low crossbar of the southwest gate whilst retrieving the errant ball. He emerged even wobblier than his allotment of Pilsners would explain and had to be replaced by Luke. As Karl sat, meditatively bleeding from the forehead, Scott and Neil laid waste to Joel and Luke, and advanced to the finals after an epic (6-4) set. In the other semi-final Ian and Mike simply eviscerated Bob and Nizar 6-1, setting themselves up for some Lear-like Hubris. Cocky, strutting like reincarnations of Freud and Jung, the two psych pros thought this should be an absolute cake walk. Ian had mentally etched his name on the trophy and Mike gazed pensively skyward like a man wondering if he could pull off wearing a cummerbund. Then reality set in. Neil's forehand was smooth and his ballistic serves shattered rackets and shinbones. Scott's returns were Old Testament-like in their devastation. Neil rushed the net so quickly, that he once hit himself in the back with his own serve. Thankfully, for the two psychologists, it was soon over – a 6-1 good ole can of whoop ass. With the two head-shrinkers weeping openly Mike and Ian soon turned to making some less-than-sporting allegations. The members of the royal, and (definitely) ancient, listened thoughtfully, but ultimately decreed that the 6-1 slaughter was legit and Scott and Neil were crowned. Neil, showing the malice of forethought for which, he is known from Beechwood to Maple hills, had intentionally ridden his bike so that Scott was stuck once again with the truly offensive, and cumbersome trophy. Collectively, we engaged in a moment of silence for poor Mary, who having just retired, now has all day to sit in front of said trophy, staring vacantly, absently shooing away fruit flies, and mumbling under her breath “it's here again- how could it be here again???”. Many thanks to all who made this year's tournament happen: the samosa provider (Yusuf), BBQ chicken toters (Nizar) the club key chasers (Karl) the court-sweepers (Paul), the popper-preppers (Sue Dixon), the burger and wing purchaser (Sue Dixon), the potato salad and plastic plate purveyor (Sue Dixon) and the take-credit-for-organizing-whilst-doing-nothing (Mike Dixon). Another great tournament in the books! May the year go quickly for Mary's sake!

*Best, Mike (the Wall) Dixon*



## **COVID VACCINATION INFORMATION**

“This fall, many people are asking about vaccines. For COVID-19, there are two new fall “bivalent” boosters. The bivalent boosters are based on the original virus and the Omicron variant. The goal of the bivalent booster is to booster your immunity to Omicron. Moderna is based on the Omicron BA1 sub-variant. Pfizer is based on the Omicron BA4 and BA5 sub-variants. However, both bivalents are expected to offer similar protection.

**Who should get a booster:** The key advice this year from the National Advisory Committee on Immunization (NACI) is that everyone aged 12 and older should be offered a bivalent booster. NACI strongly recommends a COVID-19 bivalent booster for people who:

- Are age 65 and older
- Are pregnant
- Have a weakened immune system
- Have a serious health condition.

**Timing:** NACI advises that the best time to get a booster is 6 months after your last dose or last COVID-19 infection. If your risk of severe COVID is higher, or there is a lot of COVID spreading, they note you can get the booster as early as 3 months after your last dose or last COVID infection. To time a booster after an infection, you start counting from the first day of symptoms or the first positive test. Only delay if you had a positive test. If you've recently had a cold or flu and aren't sure if it was COVID, you do not need to delay.

Influenza vaccines will also be widely available in early November for people aged 6 months and older. NACI's influenza vaccine recommendations are similar to COVID vaccines, though influenza vaccines are also strongly recommended for children aged 6 months up to their fifth birthday. This risk of severe influenza is higher in young children.

You can get a COVID bivalent booster and an annual influenza vaccine at the same time."

*-Kelly Grindrod (Shakespeare Drive)*

### **THE WINDS OF CHANGE ARE BLOWING; LIVABLE 15-MINUTE CITIES IN WATERLOO REGION**

A front-page article in the August 9<sup>th</sup> KW Record, "Livable 15-minute cities getting closer to reality" really caught my eye. The Region of Waterloo, in their recently passed new Official Plan that will govern land use and urban planning for the next 30 years, has signaled that "new neighbourhoods should be designed and built so people can get everything they need within a 15-minute walk, cycle, or transit ride" and that "new neighbourhoods should be designed this way and that older neighbourhoods be retrofitted." This radical shift in urban planning philosophy will have huge repercussions for City Zoning Bylaws which for 70 years were designed to separate where we lived, worked, shopped, and played.

For Beechwood Park, the 15-minute neighbourhood will provide many opportunities to create the kind of community the Region and hopefully the City of Waterloo is aiming for. When you think about it, we have been partially living this kind of lifestyle since Abraham Wiebe of Major Holdings designed Beechwood Park 65 years ago. His urban design philosophy centered around walkability, connected pathways, greenspace, meeting places (our Rec Centre and Clair Lake), disconnected, winding streets to diminish car traffic, walkable/cyclable shopping areas like Westmount Plaza, Kwik Trip Plaza, and Beechwood Zehrs Plaza, local public schools, and a mix of housing options that included single family, townhouse, and apartments for a variety of income levels. Wiebe's affordable, equitable, healthy, and inclusive philosophy is a legacy we can nourish and continue to evolve. Some of this community nourishment has been going on for many years, perhaps without our realizing it. Initiatives like our Produce Stand, Summer Day Camp, Clair Lake Park, and Greenbelt Skating Rink, are all examples of our community self-creating more internal opportunities for shopping, enjoyment, and engagement right in our own backyard. This community nourishment was never more valued and apparent than during the 2 plus year Covid pandemic.

So it looks like what's old has become new in our region and Beechwood Park will have opportunities, now supported by local government, to further expand the livability of our neighbourhood. Community gardens, additional uses of our Rec Centre (think bakery, coffee shop, year-round meeting place and grocery market, day care centre) all may become possible as zoning bylaws change to reflect the Region's visions of the 15-Minute City. So stay tuned, our future is bright.

*-Steve Singer (Shakespeare Drive)*



## **BEECHWOOD PARK AND WARD 6 CITY COUNCIL REPRESENTATION**

Thank you to Sue Edwards and Dolores Penner for organizing the Ward 6 All Candidates Meeting that took place earlier this month. What a turnout with about 50 Beechwood locals in attendance to hear the candidates and participate in discussion topics important to the community. It was especially nice to see several interested youths in the audience, attentively listening and asking questions.



## **JEFF HENRY'S TERM AS WARD 6 COUNCILLOR**

*While many in our community did not agree with Councillor Henry's views on certain issues, we thought this retrospective article on his 12 years representing Ward 6 on council would be appropriate and should not be seen as support for or against his tenure.*

In 2010, Jeff Henry was elected as ward 6 councillor, which encompasses many Beechwood Associations, including BPHA, Maple Hills and the student-dominated Northdale neighbourhood. He says his goal has been to remain community oriented while working toward fairness, equality and equity for the area and the city along with supporting Climate Change initiatives like the City of Waterloo's active transportation policies.

During his three terms, Jeff was involved in a number of community projects in the Beechwood area. He worked with the Clair Lake Citizen's Task Force to dredge and revitalize Clair Lake, he secured city support for the neighbourhood-led Clair Lake Playground project, he spoke with neighbours to address parking issues on several streets in the neighbourhood, and he helped neighbourhood associations navigate city processes to secure Special Services Levy (SSL) as covenants expired. Most recently, he participated in the Longfellow sidewalk discussion and implementation.

This fall, we say goodbye to Jeff, wishing him well, and welcome our new Ward 6 councillor.  
- Ivy Friedman (Hiawatha Drive) and Steve Singer (Shakespeare Drive)

## **SUPPORTING OUR COMMUNITY**

**Carizon's Erb West Community Centre at 45F Amos Ave** is currently running programs such as youth recreational programs, tutoring for primary and high school students, food distribution, monthly potlucks and community events. They also offer drop-in supports including employment and resume support, community resource facilitation, computer, printer and phone use. There is no cost to attend any of these programs or access any services. Carizon has many other opportunities available so please feel free to check out the website: [www.carizon.ca](http://www.carizon.ca). **If you are interested in hosting an event, programming, sharing a skill, supporting us, or using the centre; please contact Jordan Wettlaufer (Community Development Worker) at [jwettlaufer@carizon.ca](mailto:jwettlaufer@carizon.ca), 519-497-8254, or stop by the Centre Monday – Thursday 1pm-4pm.**

## **DIAPER DRIVE**

One of the most requested items at the Erb West Community Centre is diapers, particularly sizes 2-6. Between November 1-15, I will be collecting diapers for the centre. If you can contribute, please drop off packaged diapers to 309 Hiawatha Drive. If no one is home, leave the package in the bin located on the porch. -Ivy Friedman (Hiawatha Drive)

## **TOY DRIVE**

Tis the Season to show our compassion and love for others. Many children in our region never experience the joy of receiving a gift during the holiday season. Salvation Army supports this cause and I have always been a part of their annual Toy Drive. It brings me great joy to know that I have contributed to those smiley faces. If you would like to participate, please drop off unwrapped gifts between November 22nd-December 6th to 163 Tennyson Place. Please text me before dropping off – 519-588-1834.

-Bess Assimacopoulos-Markou (Tennyson Place)

*Thank you to all who contributed to this fall's newsletter with special thanks to Steve Singer and Tracey Nairn for additions, ideas and edits and to Kyri Friedman for impeccable proofreading. Many thanks also to Gary and Sherry Hauser, Jan and Rob Phillips, Katie MacGuire, 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, you can email me any time. I look forward to hearing from you!*

*Sincerely,*

*Ivy Friedman*

*[ivyfriedman@gmail.com](mailto:ivyfriedman@gmail.com)*

*226-505-2662*

“Without diversity of opinion, the discovery of truth is impossible.” Alexander Von Humboldt