



# *Beechwood Park Homes Association*

INCORPORATED

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PO Box 22016  
Westmount Postal Outlet  
Waterloo ON N2G 6J7

*Recreation Centre:*  
293/5 Shakespeare Drive

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

## FALL NEWSLETTER

October 2014

### **BPHA DIRECTORS & OFFICERS**

<b>President</b>	Nader Mohazab	<b>Legal &amp;</b>	
<b>Vice President</b>	TBA	<b>Tennis Director</b>	Kathryn Craig
<b>Secretary &amp; Bookkeeper</b>	Sue Edwards	<b>Maintenance Director</b>	Don Capes
<b>Treasurer</b>	Luke Eret	<b>Social Co-Director</b>	Tammy Chalk
<b>Pool Co-Director</b>	Susan Rosenbloom	<b>Membership Director</b>	Casi Zehr
<b>Pool Co-Director</b>	Christy den Haan-Veltman	<b>Member-at-large</b>	Mark Church
<b>Past President</b>	Joanna Armbruster		

BPHA ANNUAL GENERAL MEETING - Monday Dec. 15<sup>th</sup> Time and Place T.B.A.

BPHA FALL REC CENTRE CLEANUP- Saturday November 8th, 9:00a.m.

MUNICIPAL ELECTION: Monday October 27th

### **MESSAGE FROM BPHA MEMBERSHIP DIRECTOR CASI ZEHR**

My husband and I made a great choice ten years ago to move into this beautiful neighbourhood and raise our two young boys here. What a vibrant and friendly community Beechwood Park is! One of the main attractions for our family was the Beechwood Park Homes Association (BPHA) pool and tennis court facility. Our now teenage boys learned to swim, met neighbourhood friends, and had hours of fun on the tennis courts. Although we aren't using the facilities as much as we used to, we continue to support our BPHA as many families do. We all want to ensure that our 46 year old BPHA continues to be a focal point of our neighbourhood that fosters a welcoming sense of community and provides a powerful political voice when required to address issues that might affect our long term well being. In my opinion, Beechwood Park is a unique community, ideally located near both universities and uptown Waterloo, visually stunning with its abundant mature trees, stream and pond, and home to our hidden gem of a community recreation centre. It is important for all local residents to know that we need your support.

This year, BPHA has 160 member families comprised of 125 Local families and 35 (maximum) Associate families. We would like to encourage more local residents to support our valuable association by considering joining the BPHA at an annual cost of \$390. Your involvement in helping to run our programs, serve on the Board and maintain our facilities will ensure that the BPHA will continue to thrive and be run solely by local residents. Consider how you can participate in some capacity in our organization. (At the moment, we are looking for someone to fill the role of Vice President of our Board of Directors.) Please take a minute to look at our website, [www.bpha.ca](http://www.bpha.ca), where you will find all sorts of information and email contacts if you have any questions. Supporting the BPHA is a group effort, as we all benefit from a thriving neighbourhood association!

### Editor's Note

The cover story of MacLean's Magazine's August 18<sup>th</sup> issue was entitled *Stop Ignoring Your Neighbours. How our Increasingly Closed-Off Lives are Endangering our Health*. The article explains that "humans need face-to-face contact, as they need air and water. We have evolved for it, to the extent that those surrounded by a tight-knit group of friends who regularly gather to eat-and, crucially, gossip- live an average of 15 years longer than loners. Quality face-to-face contact is essential for a social species....People with the most integrated social lives have the best prognoses with the most life-threatening diseases". Ironically, our own Dr. Muzumdar, later on in this newsletter, confirms this same idea of frequent social interaction as being one of his keys to a healthy life. From my own personal experience, "gossiping" with neighbours while walking our dogs, sitting at the Produce Stand, or swimming at our rec centre, definitely makes me feel much more energized and happy. One could argue therefore that by keeping Beechwood Park vibrant and healthy as a community organization as Casi talks about above, we are helping to keep ourselves in tip-top shape as well. Food for thought!

### **NEIGHBOURHOOD YOUTH JOB ADS**

- Jenn Czekus (Longfellow Dr. [jennifer.czekus@gmail.com](mailto:jennifer.czekus@gmail.com)). I am a recent mathematical physics grad from UW and current graduate student available for elementary and high school tutoring in math and the sciences. I am also available for piano lessons.
- August Knibutat (Shakespeare Place, [augikay@gmail.com](mailto:augikay@gmail.com) 519-504-6557) Need a babysitter? I am 16 years old, certified with Red Cross life saving, and was an assistant tennis instructor at our rec centre this summer. I love kids and fun. Feel free to get in touch with me.
- Oscar and Hannah Judelson-Kelly (Hiawatha, [judelsonkelly@gmail.com](mailto:judelsonkelly@gmail.com), 519-342-4764). Are you in search of someone to look after your kids? Well, you're in luck! Hannah (15), and Oscar (13) Judelson-Kelly, are friendly, local, responsible and reliable babysitters.(certified by The Red Cross and St. John's Ambulance). Oscar is also available for gardening work such as weeding and lawn-mowing, as well as snow shoveling when the season arrives.
- Ryan Ellis ([rdne13@rogers.com](mailto:rdne13@rogers.com), 519-884-9896) I am a local student who attends Camerson Heights IB Program. I am available for both leaf raking and snow shoveling. I am hardworking and dependable. If you wish to contact me please do. If we are not home, please leave a message and I will get back to you.
- Danny Marshall ([danieljmarshall01@gmail.com](mailto:danieljmarshall01@gmail.com), 226-929-1825) I offer snow shoveling, lawn care, and fall cleanup services. Feel free to call me. Thank you.
- Shannon, Megan and Daniel Nairn (Marlowe, [tgnairn@gmail.com](mailto:tgnairn@gmail.com), 519-747-0827) Need a babysitter? The Nairn sisters (Shannon 16 and Megan 14) are here to help. We are both experienced with our St. John's Ambulance

Babysitter training. OR. Going away for a day or several? Need your mail picked up or your pet taken care of? The Nairn children have helped neighbours with this and can help you too!

### **HOUSE FOR RENT**

House available for rent in Beechwood from late November until early April. Ideal for professional couple or visiting professor. Please inquire by email to [mapletree123@bell.net](mailto:mapletree123@bell.net). Thank you.

### **YOUTH JOB OPPORTUNITY**

The past 10 years or so, Nicholas, Daniel, and then Alison Penner have been delivering the Waterloo Chronicle and Flyers in our neighbourhood. With all 3 Penners now in University this job is now available to an enterprising teenager in our community. It involves delivering The Chronicle Wednesdays, and Flyers Wed./Thurs./Fri. If interested, please email Kathleen Bauer at [KBauer@therecord.com](mailto:KBauer@therecord.com).

### **NEW NEIGHBOUR ARRIVALS IN BEECHWOOD PARK**

On behalf of the entire neighbourhood we welcome the following new families who have moved into our community recently. We know they will enjoy living here as much as we all do.

- 339 Coleridge: Goran Rakita, Erin Smith, and their 3 yr. old daughter Angela
- 190 Mohawk: Tarik Mohamed, Jun Xing and their 8 yr. old daughter Emily
- 203 Mohawk: Ken Leslie & Shannon Reynolds, and their two children Journey 4 and Phoenix 1. For Ken, this is a homecoming of sorts, as he grew up in the neighbourhood. Ken and Shannon have moved back to the family home from the remote islands of Haida Gwaii, off the northwest coast of British Columbia. It's interesting that there are about a dozen families in our area where one of the spouses grew up in Beechwood. Who said you can never come home?
- 258 Shakespeare: Quite often families move from smaller to larger or larger to smaller homes within our community. This has happened recently with long time residents Don and Linda Edwards moving from their home on Coleridge to Paula Cosgrove's home at 258 Shakespeare which they are in the midst of renovating.
- 303 Shakespeare: Don Capes and Marion Marshall and their 2 children Ryan 9 and Jenna 7. Don is a residential home contractor who has already done a large renovation in our neighbourhood for Bill and Dianne Ratcliffe up on Algonquin. Don also recently jointed our BPHA Board as Maintenance Director.

### **LOOKING FOR...**

Divy and Yajna Patel ([yajdiv@rogers.com](mailto:yajdiv@rogers.com)) are looking for a tutor for piano lessons by a student. Their kids have a formal piano teacher but are looking to learn at their home.

### **INVITATION TO A HALLOWEEN SPOOKTACULAR PARTY**

Long time resident Ron Weiler wanted to let the community know about a fabulous Halloween Party being held to raise funds for the charitable activities of Ron's Rotary Club of Waterloo on Friday October 31<sup>st</sup>. It sounds like a great time for a great cause so if you are interested in buying tickets just visit their website at [www.spooktacular.ca](http://www.spooktacular.ca) for more details. It's being held at the new Medical Centre on the Boardwalk of Ira Needles Drive.

### **THANK YOU TO THE BOARD**

On behalf of Sherry and the other adult tennis players we would like to thank the Board for accommodating adult tennis 8:30-10:00a.m. weekday mornings this past summer. The courts were well used and greatly appreciated. Sincerely, Gary Hauser

### **GREEN BIN TIPS FROM SHERRY HAUSER**

Sherry is an ardent food waste recycler in our community. She has kindly shared a few of her collection tips with us. They include:

- Keep a small green bin with plastic lined brown bag insert in the kitchen, & scrape all food scraps, paper products (napkins, Kleenex, paper towels) coffee filters/grounds, tea bags etc. into it.
- Remove waste frequently to the larger green bin kept in the garage that is put at the curb each week.
- Keep brown paper bags (or ones you can make from newspaper yourself) in bedrooms and bathrooms so Kleenex and used toilet paper rolls can be easily collected.

Thanks Sherry.

**PRODUCE STAND WRAPUP** Our 7<sup>th</sup> season of The Beechwood Produce Stand has come to an end and Dolores Penner and Steve Singer would like to thank the many adults and children who volunteered this summer to make our stand such a great success. Special mention goes out to Dianne Ratcliffe, Trudy Dey, Lorraine Stillaway, Maria Brzowzski, Myrna Singer, Bruce Frayne, Daniel Nairn, Theo Van Der Kooy, Kimia, and “A.J.” Zach and Josh for their tremendous efforts.



*(Dolores, Ajay, and Dianne loading up our produce at the Mennonite Auction Centre)*

We believe that we accomplished the 3 major goals we have always had in mind since our Stand's inception:

- Support local agriculture by buying fresh produce for our community direct from area farmers .
- Create a “village square” each Wednesday afternoon where our community could congregate.
- Raise funds for worthwhile social/educational initiatives in our community. Proceeds from the stand go to Keatsway and Centennial Public Schools to help needy students and programs like Out of The Cold, K.W. Habilitation, and The Working Centre, as well as to our own BPHA.

In addition, the leftover produce each week was donated to The Food Hamper Program at Our Lady of Lourdes Church as well as Mary’s Place Women’s Shelter. We hope to return next summer when the strawberries begin to sprout. If you wish to support the growth of more temporary markets and community gardens in Waterloo Region please check out the Food Spaces/Vibrant Spaces campaign at [www.wrfoodsystem.ca](http://www.wrfoodsystem.ca). On the site you will have the opportunity to sign an online petition that goes to our mayoral and council candidates asking them to support more local/healthy food alternatives.

### **BLACK ISLAND BAKERY OPEN FOR BUSINESS IN OUR NEIGHBOURHOOD**

Black Island Bakery (the same folk who supply the BPHA summer market) has a community bread share which is now active. Organic, long fermentation sourdough is available by order for collection on Saturdays, from 10.30am onward at the bakery at 291 Hiawatha Drive. To order, drop Bruce and Alison an email at [blackislandbakery@gmail.com](mailto:blackislandbakery@gmail.com) or visit the website at [www.Blackislandbakery.com](http://www.Blackislandbakery.com).

### **A LITTLE LIBRARY COMES TO BEECHWOOD**

Some of you may have already seen the little street side libraries mounted on poles or trees that are popping up all over K.W. Well, thanks to Raegan Little’s initiative and a donation from our Produce Stand Beechwood Park will soon have one too. A local Boy Scout troop will build and install our mini library once it is painted by our local artists and the right location is found. After installation, our community will be able to voluntarily stock our Little Library with books that the whole community can share/exchange and enjoy. If you would like more information feel free to visit [www.llkw.ca](http://www.llkw.ca) (Little Libraries of K.W.) If successful, we hope to put more Little Libraries in several places in our community. We hope to have our library installed this fall in a central location.

### **ROBERT “STARBIRD” DORNEY 1928-1987**

Close to the outlet dam at Clair Lake sits a large boulder with a plaque the City of Waterloo erected in 1991 dedicated to the vision and influence of Robert “Starbird” Dorney who lived at 124 Amos Avenue across from Centennial School. It reads:

*Long time Waterloo resident, a leading Canadian environmental planner, ecologist, educator, and one of the earliest advocates for the retention of creek valley lands as open spaces. The surrounding trails and valley lands are dedicated to his vision and environmental leadership.*

Our whole community owes a debt of gratitude to Professor Dorney’s influence in convincing local developers and politicians to incorporate the natural features of the Clair Creek watershed into the design of our neighbourhood almost 50 years ago. A native of Milwaukee Wisconsin, he became a professor in the U. of W’s School of Urban and Regional Planning in 1967, specializing in the area of applied ecology, environmental and resource management. For twenty years he educated students, politicians, developers, and the general public on the value of the science of ecology in improving the design and liveability of urban environments. For Professor Dorney, this ecological

commitment was both public and private. At his home on Amos Avenue he transformed his front and rear yards into mini ecosystems of natural vegetation incorporating native grasses and forest species that were studied by students and gardeners alike. Remnants of this legacy are still visible in front of his former home. His groundbreaking Landscape Evolution Model (LEM) provided planners with an understanding of technologies and their uses that helped them steer away from practices that would debilitate communities. He was also a founding member of Waterloo Region's Ecological Environmental Advisory Committee and was a major force in identifying environmentally sensitive areas for inclusion in the Region's Master Plan. In recognition of his life's work, the University of Waterloo created The Bob Dorney Ecology Garden to ensure his legacy continues. On behalf of our community we thank you posthumously, Professor Dorney, for providing us such a wonderful natural environment in which to raise our families.

### **CLAIR LAKE UPDATE**

Work on rehabilitating Clair Lake continues. The city has commenced some additional planting work in the bare wet meadow cell on the north side of the lake. A green exclusion fence has been put around this area to protect the plants from being eaten by the ducks which will stay in place about a year. In order to help, please stay out of the area and ensure children do not play there. The fence is only temporary so it's flimsy. Also next spring the low areas in the green belt will be filled to prevent flooding. We look forward to a clean, worry free greenbelt and lake by the end of 2015! Thanks for your cooperation.

Brian Dixon, on behalf of the Clair Lake Citizens Task Force

### **WATERLOO REGIONAL POLICE SERVICE MESSAGE RE: SEXUAL ASSAULT SEPT. 5 IN FISCHER HALLMAN-CRAIGLEITH AREA**

*Thanks to Sherry Hauser, Our Neighbourhood Watch Captain, for getting us this information from the Waterloo Regional Police Dept.*

As described below, there was an incident recently that we thought our neighbourhood should be aware of so that we all can take normal precautions when walking alone at night. The details are described below.

At approx. 2:30a.m. on September 5, a 19 year old female was walking alone on Fischer Hallman Road near Craigleith Crescent in Waterloo when she was approached by a male and sexually assaulted. The victim received minor injuries during the incident. The male fled after the assault. He is described as a brown skinned male, with a deep voice. He had a muscular build and was approximate 5'10" tall. The public is reminded to be aware of their surroundings at all times and to report any similar incidents or suspicious activity to police. For additional personal safety tips, please visit our website at <http://www.wrps.on.ca/stay-safe/your-personal-safety>. Police are seeking information relating to this case and are asking members to call Detectives in the Major Case Branch at 519-653-7700 Ext. 8644 or Crime Stoppers at 1-800-222-TIPS(8477)

### **ANNUAL POOL AND PATIO PARTY**

Thanks to everyone who attended our Brazilian themed FIFA patio party on June 21<sup>st</sup>. We had an amazing turnout, close to 100 people! We had a blast and hope you did as well. It was so nice to meet all our new members and to get together with those "old" neighbours we haven't seen for a while. It's your support and attendance at these events that keep our BPHA community social, active and desirable! Events like these cannot take place without a

lot of assistance. Therefore, we have a few people we would like to thank including Tony Antunes at Bella Vista Catering, the Arthur Murray Dance Studio, our BPHA lifeguards who acted as servers and assisted with setup/cleanup, and last but not least our own Raegan Little for taking time out of her evening to get photos of all of us. Thanks again for helping make this year's Pool Party a huge success!

Sincerely: Tammy Jordao Chalk, Shannon Down, Charlotte Schwartzentruber-Holmes, Monica Furniss

### **BPHA TENNIS MEN'S TENNIS TOURNAMENT**

It was a great ending to the men's Wednesday evening round robin tennis group, with Mike Singh organizing a popular singles and doubles tournament. Brad Stephenson outlasted Scott Brubacher-Zehr in the singles competition while Mike Dickson and Scott were champions in the doubles. Thanks also to Dave Marshall who cooked up a 13lb. brisket for the party afterwards at the pool gazebo.

### **WORRIED ABOUT WIRELESS BY DR. ANNE MARIE MINGIARDI ([273 Shakespeare Drive](#))**

On September 12<sup>th</sup> I went to Toronto to a symposium on health issues associated with exposure to electromagnetic fields and microwave radiation. Notable speakers included Dr. Devra Davis, a founding Director of the Center for Environmental Oncology, University of Pittsburgh, and author of a book on the issue, and Dr. Magda Havas of Women's College Hospital. I learned that we are being bombarded by what is now called "electrosmog" in the form of electromagnetic fields, radiofrequencies, ground current and dirty electricity. What we also are seeing in the scientific literature is that these frequencies cause biological effects on humans and animals. Items in our homes such as mobile and cordless phones, routers, smart meters, and CFL bulbs all are contributing. All of the talks and information on the effects, which are particularly damaging to children and developing babies, is on the website [www.c4st.org](http://www.c4st.org) along with suggestions on how to avoid risks. Interestingly, Canadians for Safe Technology (C4ST) was founded in part by Frank Clegg, longtime president of Microsoft Canada, now the country's leading advocate for wireless radiation safety.

At our house, we use a hardwired network for most of our computers. We moved the router away from sitting areas and turn it off at night. Our children are aware of the danger of smartphones held close to the body and are switching to airplane mode when they carry them around. I am avoiding the cordless phone, and likely will replace it.

### **WHO ARE THE PEOPLE IN OUR NEIGHBOURHOOD? Dr. Venkatary Muzumdar M.D. F.R.C.S. – "A Man for All Ages" (310 Coleridge Drive)**

I've always been intrigued by the question of why some people remain mentally sharp most of their lives while others become afflicted with memory loss as they age. One morning recently, I broached this question to Dr. Muzumdar while he was walking his Chihuahua, Echo, around the block; because it was apparent that at the age of 87 he was still "sharp as a tack". Without hesitation he launched into a melodic 15-line rendition of Percy Bysshe Shelley's famous poem Ozymandias in full British accent. "*I met a traveler from an antique land, Two vast and trunkless legs stand in the desert.....My name is Ozymandias, king of kings*". When he finished, he said simply that people must exercise their brains and one of his methods was to read and recite Romantic British poetry from the likes of Coleridge, Wordsworth, Longfellow, and Keats; many of whom ironically reside as street names in our neighbourhood. I decided then and there to find out more about Dr. Muzumdar, who has lived in our neighbourhood since 1976; first at 188 Mohawk and now at 310 Coleridge. It turns out that he was born into the Brahmin class in the town of Karwar, India and grew up in a family steeped in education and culture. His father was

an art teacher and painter. Their home hosted weekly music concerts and religious Hindu ceremonies. At the age of 9 Dr. Muzumdar read the Life of Napoleon Bonaparte and learned to play the flute. Like his 4 brothers, Venkatary received his medical degree in India, winning a gold medal in the field of Ophthalmology. However, after coming under the influence of a famous gynaecologist, Schirodikar, he went on to specialize in Obstetrics, married his wife Lila (who became the driving force in his life), and moved to England in 1957 where he practiced general surgery and obstetrics for ten years in several London area hospitals. In 1967 he moved with his wife and three children to Corner Brook, Newfoundland to take the position of the only obstetrics-gynaecologist in the area. (He still receives Christmas cards from Alexander Muzumdar Ryan whom he delivered during his time there.) In the mid 1970's, having braved the snow, bugs, and workload in Corner Brook for eight years they moved again, this time to Waterloo region where he practiced obstetrics at St. Mary's hospital until his retirement in 1994. His wife Lila passed away in 2004.

#### **DR. MUZUMDAR'S IDEAS ON PROACTIVE MEDICINE**

One day, while watching a nurse at St. Mary's giving her floor patients their prescribed drugs he wondered why people become so dependent on pharmaceuticals as they age. He reasoned that while most of us are born healthy, over time our bodies degrade, mostly due to loss of cell structure. Since then, Dr. Muzumdar has come to believe that if our immune system stays healthy and can retard our bodily cell losses, the aging process will be retarded dramatically as well. For Dr. Muzumdar, maintaining a healthy immune system is the key to long life. Below is Dr. Muzumdar's prescription for keeping our immune systems healthy which he enumerated during our interview and which he practices faithfully:

- Do not ingest toxic chemicals if at all possible.
- Be socially inclined with a good web of friends to interact with. Social interaction induces the brain to produce endorphins which latch onto our immune cells to make them "powerful soldiers" in fighting Bacteria, Virus, and Cancers.
- Exercise regularly. Dr. Muzumdar, besides dog-walking, still does 100 squats daily and lifts 10lb weights. Exercise releases growth hormone into the blood which the liver converts to the growth factor ILGF that strengthens muscles which in turn burn calories much more efficiently.
- Don't Overeat. His rule is: Before you feel full at a meal, stop eating. Overeating produces excessive Free Radicals which latch onto cell walls with harmful effects. Not being overweight is essential to a healthy immune system.
- Take natural supplements. Dr. Muzumdar takes daily doses of Ginko, Fish Oil, and Vitamins D3 and C. While some of us might be skeptical of his prescription for a longer life, it is clear that Dr. Muzumdar, who still lives on his own, drives a car, and winters in Arizona is living proof that there may be some truth in his beliefs. I'm sure he wouldn't mind if you engaged him in some "healthy social interaction" during one of his daily walks with his dog around the neighbourhood. He'll be the small, trim, man wearing a plaid Sherlock Holmes hat and carrying a short cane.

That's about all for this issue of the Beechwood Newsletter which hopefully will keep you abreast of the goings on in our great community. Thanks as always to my able editor, Andrew Beamish, who converts my words into a readable organized document. I can be reached at [singercutt@golden.net](mailto:singercutt@golden.net). Sincerely, Steve Singer.

