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Winter 2009

MHBPNA news

Mt. Hope-Breithaupt Park Neighbourhood Association

contact.nma@gmail.com website: http://mhbpna.blogspot.com

I'll Huff and I'll Puff

A straw bale project in our neighbourhood

I can't write an article about building a straw bale house without some reference to the fairy tale so I might as well get it out of the way. So here it is. A house – or more accurately an addition – made of straw is being built in our neighbourhood. Nestled in the bend of the road on Duke Street near Waterloo Street sits Little City Farm. And though there are no pigs on site to help, the straw bale construction is taking place. There are a few glitches here and there, but none so dramatic as beset the owner in the fairy tale. Though co-owner Greg is quick to point out that the pig's fatal mistake was not putting plaster over the straw. Lessons learned from fairy tales.

Most people drive by without noticing Little City Farm, the discrete sign that marks it remains partially hidden by the natural flower garden at the front of the house. And those who step through the gate are surprised at the size of the back garden, the corn cob oven and cozy covered eating area, the outside bathtub, the greenhouse, and now the straw bale construction. Co-owners Karin Kliewer and Greg Roberts have been developing their property bit by bit realising their dream of becoming urban homesteaders. With the opening of their Bed and Breakfast and the arrival of their new baby Maya they needed more room. Both are committed environmentalists so a straw bale construction made sense.

When I first approached Greg about writing an article for the newsletter he invited me to take part in the some of the work bees to be held. So far I have helped sew the mesh wire to the bales after they had been stuffed between wall joists. This involved pairing up with another volunteer and using an enormous 'needle' made of steel with a hole and hook at one end and a sturdy wood handle at the other. I worked on the inside threading the string then pushing it through to my partner on the

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outside who then pulled it taut and made the next stitch pushing it back to me. Up and down and over we went so that the mesh hugged the straw, ready for the plaster. I had a chance to get my hands dirty at another bee, working the plaster into the straw and mesh, to form the wall with as smooth a surface as possible. Two more layers were later applied and then a lime wash which creates that lovely rustic feel characteristic of a straw bale house.

Straw Bale Building 101

Straw bales were first used in home construction in Nebraska in the late 1800s. With few trees, soil too sandy for sod buildings, and the invention of the baling machine, settlers turned to the great prairie grassland for help. Many of those early constructions still stand today and the basic principles are still being used. There are two styles of straw bale construction. Post and beam style uses a wood frame to support the roof and the bales are either wrapped outside the framework or in filled between the posts. This is the type that Karin and Greg are building. Load bearing style buildings use the bale walls themselves to support the roof.

Both the post and beam style as well as the load bearing style have been built in Canada with approved building codes, bank mortgages and regular home insurance. Testing has shown that straw bale constructions have outperformed standard built homes in many areas including structural and fire tests. Straw bale construction is cost efficient to build and with an insulation rating of R 40-45, more than double that of standard frame houses which means they tend to use less than half of the heating and cooling energy required by standard frame homes.

Problems/Lessons learned

For a project as unique as this there have been surprisingly few problems. And some would have been there if it was a standard building project. The first glitch was the delay in getting the permit. There is only one other straw bale house in Kitchener, so the permit process took five months. So the project was late starting and then came the rain. More rain this summer than we'd seen in decades, which was great for their abundant garden, not so great for the straw bale project.

As they started to dig the two feet required for the foundation they came upon bits of metal and old bottles, one a scotch bottle from the 1930s. Apparently, their property used to be part of the old city dump (the construction crew on nearby Guelph Street uncovered similar garbage). This meant having to dig down nine feet, past the garbage to solid ground, then truck in clean soil and tamp it down to return the foundation to two feet. Meanwhile the rain poured and the project was turning into a moat.

Passersby stopped, stared and some even strolled on to their property to ask what they were doing. Always welcoming, they were happy to talk about how the project was going. For Greg it was a mixed blessing. 'I hated being on stage but I loved that people were curious and wanted to know what we were doing. It felt like we were connecting to the community and the neighbourhood seemed to open up a little.

One day a group of teenagers whose leader was intent on poking fun at the house stopped by. They asked a few questions then went on their way.

Continued on page 3...

Later the group returned, apologizing for the cynical one who they'd abandoned, and were eager to find out why and how they were building the house of straw. This is what the project is all about, according to Greg. Capturing the hearts and minds of people in the neighbourhood, getting them involved and excited by the project. There has been curiosity on all fronts it seems. Even the farmer who supplied the bales no doubt shook his head when he was asked to measure the width of the bales. No cow had ever been so fussy. But the details are important according to Greg who had built his structure to accommodate 18 inch bales, the standard bale size, and he just wanted to make sure.

Stayed tuned

Karin and Greg have decided to wrap the outside rather than attempt to clad it in plaster at this late date. The night frost could cause cracks to form and the damage would mean starting the process over. So for now they are concentrating on the inside, getting the floors in, putting on the lime wash, the wood stove and perhaps even move in by Christmas.

For more information on the project visit www.littlecityfarm.ca. They have set up a blog to record the project and the website has a list of books related to straw bale construction, urban homesteading and related interests.

By Pamela Mulloy

Letters to the Editor

Re: Chicks, Rifles & Rods (fall '08 issue)

Living 2 blocks away on Moore Ave in the 1950's, 60's and 70's my dad would often take me and my two brothers to Schaefer Wholesale. It was there where I got my first hockey stick. I would frequently return to get more sticks, tape and hockey laces. Occasionally I would buy a gift for my folks or some household item.

The Schaefers had a warehouse across the street and part way up the lane. Out of season merchandise was stored there.

When I was a teenager I hung out with their son David. I became somewhat of a regular at their place. I got to know the entire family and found them most pleasant and cordial.

I truly miss this first class store and family.

Sincerely,
Wayne Krulick

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EXTEND-A-FAMILY

In your community

Extend-A-Family is a non-profit organization that is committed to enhancing the well-being of individuals with a developmental and/or physical disability, and their families through building partnerships; encouraging the development of friendships and relationships, and; promoting an inclusive community that ensures the full rights of all individuals.

Extend-A-Family (EAF) was started in 1980 by a group of parents in our community who were concerned about the lack of friendship in the lives of children who were mentally challenged. EAF was formed to assist parents in developing opportunities for their children to make friends. By 1981 the organization had become incorporated and shortly thereafter began receiving funding from Ministry of Community and Social Services (MCSS).

In its early stages the EAF program matched families with a child who was mentally challenged with a volunteer family from the community. While this arrangement continues to be an effective tool in providing opportunities for friendship, we have since expanded our services to meet the varying needs of individuals and families in our community.

There are many ways to become involved with Extend-A-Family. Visit our website at www.eafwr.on.ca for more information or drop by our office at 91 Moore Avenue, Kitchener.

WALES WALKING CHALLENGE

Some of the participants at WALES (Working Adults Learning Empowering Skills) were interested in learning how to stay healthy. We invited guest speakers to teach us about healthy lifestyles. Some things we were taught were how to eat healthy, drink water, exercise and meditate in order to have wellness.

We talked about how to make healthy lifestyles part of our daily life at Wales. We decided to challenge the staff at Extend-A-Family (EAF) and ourselves to start living healthily. To bring regular exercise into EAF, we started going for walks in the Mount Hope cemetery.

To make the walks fun and have a reward (other then becoming healthy) we decided to make it a competition to see who could walk the 2 km path the most in 4 months. Our first place winner walked 60 km in 4 months !! To celebrate we had a special award lunch (food chosen by our 1st place winner). Our second place winner said, “I liked the walk, it’s good for your heart, keeps it pumping and feeling good!!” We plan to walk again in the spring. `

We would like to invite the MHBPNA and every one who lives in the community to walk with us and feel good! If you are interested in joining our walking challenge please e-mail us at outreach@eafwr.on.ca. in the spring.

The Festival of Neighbourhoods Comes to a Finale

Snow on the ground means more than just the arrival of winter; it also means that the Festival of Neighbourhoods (FON) has come to an end for another year and was wrapped up in a finale celebration at Kitchener City Hall on Sunday, October 26, 2008. The finale was packed with community cheer, pumpkin painting, exciting door prizes and of course, a presentation of awards. Each neighbourhood that participated was also asked to create a scrapbook page of their event and received a hamper stuffed with fabulous goodies and resources.

Bill Bean, writer for The Record and emcee for the finale, quoted that Mount Hope Breithaupt Park has won awards 4 times in the 15 years that the FON has been running. This year, the Friday Night Movies run by Laurie Donaldson , won the Arts & Culture Award, which goes "to a group who has included the arts in their project or activity as a central aspect of the event in order to bring people together."

Along with a trophy, the award came with $40.00 in City of Kitchener gift certificates (a.k.a. 'citybucks') and a chance to work with John MacDonald Architect Inc. to create a Cultural Opportunities Evaluation (COE).

The grand finale winner of the $10,000 Capital Improvement Grant was the Chandler-Mowat Community Association who said they would like to use the grant to add an addition on to their Community Centre.

Though the FON has ended for another season, the connectedness and relationships between neighbours that come about as a result of the various festivals are sure to last.

This year, 3 festivals took place in our neighbourhood: a picnic on July 5, a street party on July 12 and a kids carnival on August 13.

Ken and Helen Lippert helped organize the picnic in George Lippert Park, which has been occurring every summer for the past 8 years and is looked forward to by neighbourhood residents from Victoria to Guelph streets. This year there was a skateboard park for teenagers, children's games, and a visit from the fire and police departments. The picnic also offered a BBQ, fun prizes for teens and adults and a karaoke and talent show contest.

In addition to celebrating community, Helen notes that the picnic has transformed the once neglected George Lipper Park from a hangout for nighttime undesirables, to an enjoyable place for kids to play, tennis lovers to serve and skaters to slice the ice.

The Dekay Street party encourages residents on Dekay St. from Guelph to Shanley and past residents and neighbours from nearby streets to come out for fun and fellowship.

Wayne Miedemas who has been a neighbourhood resident for one and a half years feels that "it has brought the neighbourhood closer together" as he was able to meet people he had not met before while getting reacquainted with others.

Organizers of the kids' carnival send flyers to everybody from Victoria to Union Blvd., King to the expressway and King Edwards School around Belmont.

Louis Burbach, who is President of the K-W Breithaupt Optimist Club that hosts the event, says that while this is the fourth year the carnival has entered the FON, it has been going on for about 13 and started out with a couple of rides and a BBQ and has grown into an expected annual event.

This year the carnival played offered hot air balloon, pony and carnival rides, and free gift bags, prizes and a BBQ that delivered 2,000 hot dogs in just 3 hours.

Money raised from the carnival gets put towards the family event at the Breithaupt Centre on Family Day in next month where attendees can participate in a free family swim and outdoor skating, among other activities.

As for the future of the FON, organizers all say they plan to host their events next year for neighbours to enjoy. And who knows, perhaps extending the FON season into winter, as was discussed at the October finale, will encourage additional neighbourhood activities, like sledding or skating parties and Christmas carolling.

By Carla White

John MacDonald Architect inc.

care communication
construction community

October 26, 2008

2008 Festival of Neighbourhoods,
Arts & Culture Award Winner – Cultural Opportunities Evaluation

Congratulations! on being the winning neighbourhood for the 2008 Festival of Neighbourhoods Arts & Culture award, sponsored by the Waterloo Regional Arts Council. This award and neighbourhood recognition also includes the chance to work with our firm in creating a Cultural Opportunities Evaluation (COE) for your neighbourhood.

Our firm has lent its assistance to the Arts Council to help facilitate the COE process. The intent is to work with yourself and your neighbours in an inclusive format to identify assets and opportunities.

This evaluation includes a walking tour of your neighbourhood to identify arts and culture points of interest, a short questionnaire for neighbours, and our evaluation and input. The idea of this COE is to identify opportunities for improvement within your neighbourhood as well as to provide the beginnings of road map for realising these opportunities.

The Festival of Neighbourhoods has been a Kitchener Tradition since 1994. The festival encourages neighbours to connect with each other through gatherings, activities and projects. These yearly entries into Kitchener's Festival of Neighbourhoods help build stronger neighbourhoods, and we're all winners when that happens!

Congratulations once again, on winning the Arts and Culture Award and thank you for your involvement with the Festival of Neighbourhoods! We encourage you to be part of the Festival again next year. To learn more about the COE process, and to start the conversation, please give me a call!

Yours truly,

John MacDonald OAA, MRAIC
John MacDonald Architect inc.

The Bonnie Stuart Building 141 Whitney Place Kitchener Canada N2G 2X8
email info@johnmacdonaldarchitect.ca tel (519) 579 1700 (519) 579 2046 fax

CULTURAL EVALUATION—HUH?

In addition to the Arts & Culture Award which our neighbourhood's Friday Night Movies event won, our neighbourhood has also won a Cultural Opportunity Evaluation (COE), provided by the firm of John MacDonald Architect Inc, an architect who is also one of the co-founders of Festival of Neighbourhoods.

This is a new initiative. What it means if that everyone is our neighbourhood can say "Hey, I'd like to see _____ happen." This newsletter has an article about the Central Art Walk. Well, that's a successful event which happened because someone had an idea and mentioned it to someone else, and the idea took off.
Our Cultural Opportunity Evaluation involves a walking tour to identify art & culture points of interest. There are short questionnaires which residents will complete, which we'll submit to John McDonald Architect Inc for evaluation and response.

Now is the time to think about possibilities. For example: industrial buildings transformed, to be used in a different way, businesses partnering with artists by providing display areas in lobbies, setting up a tree carving group to select which carvers get to create street sculpture on trunks of still standing (but dead) trimmed trees; in Mount Hope cemetery - a Spirit Walk wherein the lives of people buried there are re-enacted to bring local history alive.

The spring issue of MHBPNA News will have further information about this evaluation process. We're planning on including some questions for you to answer. Stay tuned.

What IS That SMELL?

Perhaps you have noticed a noxious smell sometimes when you're walking in our neighbourhood, near Krug Furniture Factory? Many of us who live near by have, and we're concerned about it; sometimes in the immediate area, the the air is unlivable, and residents must go inside and close their windows. At the monthly NMA meetings, we have been discussing that the smells are worse than 2 years ago.

So far we have learned that there has been an increase (as high as 30-40%) in the daily process of varnishing at the factory. NMA is trying to bring this issue before the Ministry of Environment (MOE) for corrective action. We have been collecting and submitting written complaints. Writing a complaint is required because it's part of the procedure for the MOE. NMA has the forms if you want one (contact.nma@gmail.com or drop a note to Breithaupt Centre). We'll be reprinting the form in the Spring issue of MHBPNA News, but didn't have room this time. Besides, when it's spring, we'll all be out walking around more, and we'll want to 'smell the flowers' not these fumes.

COMMUNITY OUTREACH PROGRAM

Our goal is to assist children and families to get services they need.

A Community Outreach Worker can help provide information and connections to:
*Fee assistance *Emergency services *Special programs & More

Contact Teresa Wikkerink, Breithaupt Centre at 519-571-7060 for more information.

11th Kitchener Scout Group

Weekly meetings at St. Mark Church, 845 King St. W.; 7:00-9:00 p.m.

Scouting: We help develop leadership skills, social skills, physical fitness, environmental awareness and spiritual growth through great fun activities emphasizing programs in the outdoors. Your child can enter the 5 level program at any stage without restriction. Scouting has been a co-ed program since 1994.

Scouts (ages 11 to 14)

Activities include individual development through badge program, leadership training, hiking, biking , canoeing, and all seasons camping. Summer camp opportunities.

Trained volunteer leaders support the program.

Beaver & Cub leaders needed! Kids are waiting for a new leader—without one, the program has been cancelled. Call today—be a leader!

Check the website at www.scouts-nw.com or contact Brian Reiner at 519-699-5410

SCOUTS CANADA

EYE TEST

Stare at the chart. If the lines appear straight and you can see the edges of the grid, this is good. If the lines look wavy, schedule an eye exam as soon as possible. This is important. Seeing wavy lines is a symptom of bleeding in the eye, a condition known as *wet* macular degeneration. This is very serious. *Wet* macular degeneration progresses very, very rapidly. Some people look at this chart every day as a way to test their eyes at home. Or look outside - notice if the sides of a building or telephone pole appear wavy. It's easy to check yourself every day.

Dry macular degeneration is different than *wet* macular degeneration. With *dry*, you have trouble distinguishing colours, may have a blurred spot in your central vision, or lose sensitivity to contrast. Sometimes people find it difficult to match the colours of their clothing.

Macular degeneration (*wet* and *dry)* is the most common cause of vision loss in Canada. It's most common if you're over 50, and then even *more* common if you smoke. There's no cure and no way to repair damage to your eyes, but some vitamin combinations can help delay onset.

10 Years Strong!

NEIGHBOURHOOD MOBILIZATION ALLIANCE (NMA)

The First Ten Years

Over the ten years of its existence, the Neighbourhood Mobilization Alliance, an affiliate of the Mt Hope - Breithaupt Park Neighbourhood Association (MHBPNA), has helped to bring about many important changes in our community. Following are several of these accomplishments.

One of the first things we did as a group in the Fall of 1998 was a safety audit of a portion of the total area, the neighbourhood bordered by Margaret Ave, Victoria St, Duke St & Guelph St. As a result of a group of your neighbours walking around this area, both during the day and after dark, and with much help from the MHBPNA and the Safe City Committee (now the Safe & Healthy Community Committee), many bushes and trees which were obstructing vision were trimmed, streetlights were added to areas which were poorly illuminated, and the first steps were taken to groom Huron Park, now George Lippert Park, on Weber St to make it a more inviting, public space.

To continue the improvements to the park, a community picnic was first organized in 2001. With the help of area businesses and residents, the Waterloo Regional Police, Kitchener Fire Department, the area Optimist Club, and the city of Kitchener Community Services Department, the picnic was a huge success and has continued on an annual basis ever since. A community garden was also organized to give local residents an opportunity to grow their own vegetables. The garden won the $10,000.00 capital improvement grant from the city through the Festival of Neighbourhoods in 2002. This gave a big boost to the improvements in the park. Both the garden and the picnic bring people into an under-used park, making it safer and a more inviting place to visit.

The primary reason that the NMA was formed was to deal with a number of houses where drug-dealing and prostitution were taking place. While it took several years to resolve the problems in the beginning, now, when such illegal activity appears, it is dealt with much more quickly. The main reason for our success is the network of officials from Waterloo Regional Police Service, and City of Kitchener including our Ward Councillor John Smola, and representatives from Property Standards & Bylaw Enforcement and Kitchener Fire Department, Fire Prevention Division. So much can be accomplished when neighbours work together with these officials.

Over the years, there have been many run-down homes in the area which have been renovated. Some of them were improved with the encouragement of the Property Standards and Fire Department officials. Many others have been bought by new residents who can see the improvements in the area and wish to come live in such an attractive, older section of the city.

Probably the most important accomplishment of the NMA is that it has brought together residents in the entire area, not just those neighbours living next door to each other. A communication network has been set up via email (contact.nma@gmail.com) which can spread news throughout the area quickly. Neighbours share ideas on how to improve the neighbourhood and work together to achieve these goals.

If the area residents continue to work together as in the past, the NMA will continue to bring about improvements in the community for years to come.

MT. HOPE - BREITHAUPT PARK NEIGHBOURHOOD ASSOCIATION

N.M.A. NEIGHBOURHOOD MOBILIZATION ALLIANCE

"People Helping People"

Who We Are:

- An association of your neighbours interested in strengthening and improving our community.

What We Do and Why It Works:

- We get help . . . lots of help . . . every month . . . from people like you . . . .
- We meet monthly to raise issues pertaining to public safety, crime, by-law infractions & community development.
- Attending are representatives from Waterloo Regional Police, Kitchener By-law/Property Standards, Kitchener Fire Dept & our City Councillor, John Smola.
- Thanks to everyone for their on-going support of our community.

Why We Are Contacting You:

- Because "We, the People" CAN make a difference!
- We want our neighbourhood to be friendly, welcoming and safe for residents of all ages.
- We need your support . . . get involved . . . as little or as much as you wish . . . no strings attached.
- Are you willing to be part of a group who can help our neighbourhood be a better place to live?

COME TO A MEETING - WE NEED YOUR INPUT!

Meetings:

We meet the third Wednesday of each month at Kitchener City Hall, in the Conestoga Room (unless otherwise stated) located on the main floor. Meetings are from 7:00 PM to 9:00 PM.

Upcoming Meeting Dates for 2009:

January 21	July 15
February 18	August 19
March 18	September 16
April 15	October 21
May 20	November 18
June 17	December 16

How to Contact Us:

- Email: contact.nma@gmail.com
- Phone: Rick or Rita at 519-576-9645
- Messages: Leave envelopes with Breithaupt Centre Office Staff addressed to:
  NMA MAILBOX
- Other: Constable Steve Tremblay, Crime Prevention Officer, Waterloo Regional Police Services, 519-653-7700, ext.8866

Central Art Walk a Success!

Saturday, October 25, 2008, marked the first ever Central Art Walk. This was an art tour and sale in the homes and studios of artists in the area from Union to Victoria and Belmont to Weber - our neighbourhood association area and then some!

The art was quite diverse and featured watercolour and acrylic painting, pottery, stained glass, hand made chocolates, reclaimed wood bowls, paper mash bowls, greeting cards, glass pendants, jewelry made with natural and recycled materials, hand knitting, and herbal products and soaps. The artists were quite pleased with the response from the public and enjoyed meeting many of their neighbours. The evening before Art Walk, they also got to meet each other. For everyone it was fun taking part in a wonderful community building event. We plan to make this a yearly event.

The following is part of a letter which we received from a resident who went on the Art Walk:

"Well, you and all who helped create the Central Art Walk are to be congratulated for your success and praised for a job well done. Attending this neighbourhood event made a perfect day for us.

With 2 friends, I was able to attend 10 of 15 locations, and would have continued except that it was 4:10 pm. Next year we shall start earlier, and move more quickly. One friend was from out of our neighbourhood; the other lives across the street. Together we purchased 15 Christmas presents. We were all very appreciative of the quality and uniqueness of the items shown and for sale. For the most part, prices were entirely reasonable.

Various artists offered us coffee and water to drink, and cookies, hand made chocolates and pumpkin tarts to nibble. The offer of food and drink was unexpected and much appreciated, since we did a lot of walking.

The leaflet which was available at all locations was thoughtfully designed, and if one wanted to follow ABC route to various locations, it was an efficient process."

At www.centralartwalk.ca participating artists' work is displayed and linked to individual artist's website. Any new interested in participating in next year's art walk, please send an email to centralartwalk@rogers.com.

FAMILY Day

MONDAY FEBRUARY 16, 2009

Join us at the Breithaupt Community Centre from 1:30—4:00 p.m.
Activities will include a snow sculpture contest, outdoor skating, barbecued hot dogs, the fabulous "plunger toss" game, and more!

Join Our Neighbourhood Business Directory!

Shamelessly this newsletter editor borrowed the following list from the Auditorium Neighbourhood Association's internet page. Our neighbourhood association wants to create a 'go to' brochure for home based businesses, retail businesses, employers (of our neighbours) and such. Spend your money in your neighbourhood. Patronize your neighbour. Boast about what great service you receive from your neighbours' employers.

Originally conceived of as a paper booklet which we could finance independently, we have realized that knocking door to door, business to business, takes more time than we have.

To which end, we're asking for your help to start our own Mt Hope-Breithaupt list! If your business falls in one of the categories below, please send us your name and contact information, including your phone number and email to: mhbpna.news@gmail.com or drop us a note to our mailbox at the Breithaupt Community Centre.

Administrative Services
Architects
Babysitting
Cars - mechanic, bodywork
Catering
Clothing
Computer & Internet Help
Crafts
Day Care
Editorial Services
Education - tutoring
Furniture - repair
Gifts - baskets, artisans
Graphic Design
Labels
Massage Therapist
Photography
Real Estate,
Shoe Repair
Tours
Other

CALLING ALL RUNNERS!

Basically, the message I would like to spread is that **I love running and it all started on Duke Street.** When a runner named Jen moved to this neighbourhood 2 1/2 years ago and we met, she invited me out for a run. I hadn't run since college 20 years ago and so I was pretty apprehensive and nervous about being able to keep up. In fact I had had 3 children, and was smoking at the time, so the first couple of runs were especially hard. Jen was 12 years younger and had been running for several years, but she had a gentle approach to getting me started. We walk/ran for the first month and about 5 weeks later I could actually run 4-5 km without slowing to walk.

I still recall the amazement I felt the first day that I ran 4 km. I went to work and told everyone that I was a runner. It was such a milestone and a great feeling. At that point I knew I was hooked. I signed up for a 5 km race in Waterloo. Jen and I ran it together and although she could have ran it at a faster pace, we chatted so much during the race that we stuck together.

Now 2 1/2 years later, I am running every other morning and running longer runs on the weekend.

Continued on next page...

I have completed a 30 km and 25 km race as well as four 'half marathons', and a 21.1 km, four 10 km and two 5 km races. The highlight was running a half Marathon in May 2008 in Ottawa.

I am planning to train for a marathon in Spring 2009. In order to do this, I will need to continue 3 - 4 morning runs per week. The morning runs vary in distance but generally consist of a 4, 5, 6 or 7 km run around the neighbourhood. I have several routes mapped out and I wear a GPS unit on my wrist so I always know precisely the distance covered and the time taken.

Running has transformed my life. My kids are 14, 12 and 9, and they all have attended several races; they started out volunteering - handing out water at aid stations etc. and eventually each one of them has run a race.

I will never, ever touch another cigarette and my diet has improved immensely. I eat to fuel my runs now. A few runners on my street are vegetarians - so we swap recipes while we run. We obsess about food actually. The thought of getting home to a freshly blended smoothie makes me run faster some mornings. On snowy days, the promise of porridge is what drives me home faster.

My daughter has discovered her "hidden sprinter." My oldest son is a long distance runner. He ran a 5 km race with me in October and I could have cried, I was so proud and elated that he wanted to run together. My youngest son spontaneously decided to join a fun run a couple weeks ago and he placed 2nd in a group of approximately 20 children. He surprised himself and all of us cheered him on. He was red faced and breathless, but so full of life and the satisfaction of finishing.

My children enjoy correcting me and saying that their mother is a jogger, rather than a runner. In some ways they are right. However, the term runner encompasses people of every pace and ability. I enter races regularly in order to be perpetually striving for a goal. It helps me to get out of bed at 6 am when I know that there is a race coming up.

I invite anyone of any ability to contact me if you are interested in joining us for a jog, or just a walk/run, like I did when I started out. Please email me at mhbpna.news@gmail.com, or drop a note to our neighbourhood association mail slot at Breithaupt Centre. Come on out!

~ By Cynthia Coulis

COOKING CORNER: Lots of Veggie Soup

I start out with 2 smoked pork hocks. Substitute 3 smoked turkey legs instead. Fill your large pot 2/3 full of water. Bring to a boil then lower the heat and simmer for a few hours on low.

Remove the meat to a plate and let cool. Now you can start adding the veggies. I like using 1 large onion. 1 whole head of garlic, 1 medium parsnip, 4 large carrots, 4 celery ribs, 3 large potatoes all cut up in similar sized pieces, and 2 packages of frozen okra. Next add 2- 28 oz cans of diced tomatoes and any combination of 3 cans of beans. I like chick peas, white beans and pinto beans. If you like barley throw some in.

Simmer for another few hours. When the carrots are tender the soup is done.

Gently remove the meat from the bones and add it to the soup. If you like your soup spicier, add pepper flakes. If the broth needs more flavour, or thickening, add tomato paste.

This may sound complicated but it isn't. You can just take the process and make the soup your own. If you make lots, freeze it in meal-sized containers and thaw for a meal when you just don't feel like cooking.

Recipe submitted by Meg Edelman

VOLUNTEER PROFILE: Matt

Matt has asked me to tell you the story of how he came to volunteer for your neighbourhood association and to tell you that he enjoyed delivering the newsletters and is looking forward to the next instalment!

Matt likes to work outside. He started his own outdoor maintenance business and cleans the outside of Extend-A-Family (EAF) once a week. He also has a snow shovelling business and delivers flyers to the homes in his community. Matt found that he was wanting to work more this summer, as there was no snow to shovel. He applied for some outdoor maintenance jobs, but did not get any concrete job offers. So Matt decided that he would apply for some volunteer jobs.

One of the EAF staff, who lived in the Mt Hope - Breithaupt Park neighbourhood mentioned that your neighbourhood association was looking for help distributing this newsletter. I placed a flyer on our outreach board stating that there was a volunteer position available. Matt sent an e-mail to our EAF staff contact and she forwarded it to someone who she said could help him contact the neighbourhood association. We're not really sure who talked to who, but what happened after that is that Natascha Voll phoned me to set up the first meeting . . . and the rest, as they say, is history.

By Angela White

TIME OUT: PARENT & CHILD DROP-IN

Wednesdays
9:00-11:00am
Grace Lutheran Church (back entrance) beside Margaret Avenue School

Donation of $1 per person (including children)

Call Laurie 519-886-5080

SENIOR FITNESS - AGE 55+

Join your neighbours this fall to get fit and have fun in this low impact fitness class.
Everyone of different fitness levels are welcome!

Tuesday mornings
9:30 a.m.—10:30 a.m.
Fellowship Hall

Glen Acres Baptist Church
223 Hartwood Avenue, Waterloo
www.glenacres.on.ca

For more information, please call (519) 745-3031 or email office@glenacres.on.ca

Outdoor Rink Volunteers Needed!

Position Summary:
To work with your rink committee to make a skating surface for the neighbourhood.

Hours:
Rotational schedule.
Varies (depends on the weather)
Approximately 3 hours per day, at anytime.

Reporting to:
Angie Fritz, Winter Rink Coordinator
519-741-2389

Responsibilities:
- Clearing the ice
- Flooding the ice (the fun part!)
- Reporting accideptns
- Reporting property damage
- Looking after shovels and hose
- Keeping the rink shack key, if issued one.

Qualifications:
- Live in the neighbourhood and be age 18 or older

Outdoor Winter Rinks

Located at Breithaupt Centre, Lippert Park and Guelph Park!

Come join the fun!

This opportunity for outdoor fun was initiated by your neighbours and supported by the City of Kitchener. All winter rinks rely on volunteers to maintain the ice surface. Please consider volunteering your time to make this rink a success.

For more information and to volunteer call Angie at 519-741-2389

Breithaupt Centre Annual Used Book Sale

April 1 & 2, 2009; 9:30 a.m. -7:00 p.m.
April 3, 2009; 9:30 a.m. - 4:00 p.m.
April 4, 2009; 8:30 a.m. -1:00 p.m.

Doing some spring cleaning? Starting in February Breithaupt Centre will be accepting clean used books. Please no textbooks, computer books, magazines, Readers Digest or National Geographic.

Donations can be dropped off in the Solarium at the Breithaupt Centre.

BREITHAUPT COMMUNITY CENTRE PROGRAMS

friday night drop-in

Friday Nights

7:00 p.m.—9:00 p.m.
Breithaupt Community Centre
$2.00 per visit

Come and hang out with friends and the staff at Breithaupt. Listen to tunes, play sports, and fooseball. Special nights will include: swimming, videos games,movies, pizza and MUCH MUCH MORE!

If you are in grade 6, 7, or 8
this is definitely the place for you!

WEEKLY AFTER SCHOOL DROP-IN PROGRAMS

We promote sportsmanship and fun!!
Cost is $2 per visit.

BASKETBALL
Grades 6,7, & 8
Wednesdays, 4- 5pm

DODGEBALL & FLOOR HOCKEY
Grades 4,5,6, & 7
Thursdays, 4-5 pm

Babysitting course

BREITHAUPT COMMUNITY CENTRE PROGRAMS

The Top Ten things Every Senior Should Know & Do

Wednesday, February 25
1:00 - 2:30 p.m.
Breithaupt Centre
$2.00/ticket (purchase in advance)

With over 10 years experience serving seniors, Kathy Hirsch has compiled a fun filled, 90 minute workshop offering her top 10 tips of things that every senior should know and do to: earn more money, live healthier and safer, plan for the future, avoid crisis situations common to seniors , record your history…and much more! This workshop focuses on basic common sense tips most seniors overlook. Please feel free to bring your own suggestions as well.

Two Dollar Tuesdays Classics Movie Series

The 4th Tuesday of each month the Breithaupt Centre Advisory Council will be showing a classic movie.

$2.00 paid at the door
Breithaupt Community Centre, Room 109

Tuesday, January 27 - State Fair
Tuesday, February 24 - An Affair to Remember
Tuesday, March 24 - The Trouble with Harry

Come out and enjoy some good classic fun!

Senior Fire Safety Workshop

Friday, February 20, 2009
10:00 - 11:00 a.m.
Breithaupt Community Centre

John Coish, a long time member of the Kitchener Fire Department, will provide an entertaining and informative session on Senior Fire Safety. This presentation will be performed with props and humor that will provide you with: the knowledge of common causes of fire, how to prevent them, how to safely escape from fire

This presentation will be fine tuned for seniors with a number of specific things to consider as we get older and wiser.

Please RSVP to the Breithaupt Centre main office at (519) 741-2502.

Breithaupt Centre Giant Indoor Garage Sale

Saturday, April 4
8:30 a.m. - 1:00 p.m.
Table space for rent $15.00 per 6 ft table. Register in person at Breithaupt Centre.
For more information call 519-741-2502

CORRECTION NOTICE

The fall issue described the free bus to Central Fresh Market. Twice weekly pick up is from the apartment buildings at 305 and 315 Margaret Ave, beside Giant Tiger. Incorrect address information was printed; thanks to Louis Burbach for pointing this out.

NEW TAG-AND-TOW BYLAW

No parking on the street during declared snow events

This winter there's a new tag-and-tow parking bylaw. It prohibits parking on any city street at any time when a "snow event" is declared by the city's director of operations. This will to provide safe and efficient access for the snowplow to plow the streets. When a minimum of eight centimetres is forecast to fall, expect this bylaw to be enforced. "When we experience a heavy snowfall, our goal is to clear all streets within 24 hours after the end of the storm," said Scott Berry, the city's manager of maintenance operations. "It's extremely difficult – if not impossible – for us to do our job when vehicles are parked on the street, blocking our equipment." Now in force, enforcement staff will be asked to attend locations where parked vehicles are impeding the snow-removal equipment from clearing the street. They will assess the situation and may tag-and-tow some of the vehicles on the street to help the equipment get by. "We will not be tagging and towing based on calls from the public," stressed Shayne Turner, the city's director of bylaw enforcement. Enforcement will only tow vehicles as necessary to allow access for the snow plows. Vehicles will be ticketed and relocated to another area in close proximity, at the owners' expense -- when it is possible and practical to do so. Owners of the vehicles that have been towed will be given a phone number to call. However, in the event that not all vehicles are towed, the remaining vehicles on the street will be ticketed. The fine is $80. Any tickets and towing charges issued will not be cancelled. "It's a serious fine," Turner said. "That's why we're hoping that people think twice before they park their vehicles on city streets during a snowstorm – or if one is predicted." Once the director of operations declares a snow event, the decision will be communicated in several ways including the city's website -- ww.kitchener.ca -- by e-mail to residents who sign up to receive the city's snow-event advisories and through local media.

For more information: Jana Miller Manager of Corporate Communications City of Kitchener (519) 741-2458 jana.miller@kitchener.ca

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❒ I would like to volunteer in the Mt.Hope-Breithaupt neighbourhood.

Name: _____ **Phone:** _____

Address: _____

Email: _____

Comments: _____

_____

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Please drop this off to Natascha Voll at the Breithaupt Community Centre