



MHBPNA NEWS

Mt. Hope-Breithaupt Park Neighbourhood Association

BLOG: <http://mhbpna.blogspot.ca> website: <http://sites.google.com/site/mhbpna> email: mhbpna@gmail.com

Introducing Your Neighbourhood Association

By Lane Burman, President, MHBPNA

I've lived in the downtown core for more than 15 years and at my current address for the last 12. Up until a year ago, I didn't know that my 'hood' was called Breithaupt Park (the name on the sign that I couldn't pronounce.) I also didn't know that directly across Weber St. is Mt. Hope and that these two neighbourhoods are collectively known as Mt. Hope-Breithaupt Park. In the past year, I have gotten to know my neighbours.

I joined the Mt. Hope-Breithaupt Park Neighbourhood Association (MHBPNA) in November of 2012 along with Kathy Mortimer, Chris Dewar, and Ralph Erdman. We found some common ground after

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attending a culture walk and meeting with regional staff over the Weber St. widening. We knew that with the changes that were occurring, the neighbourhood needed a strong voice. Since that time, things have been very active at the MHBPNA.

Here's a brief introduction to our current executive members:

Please see *MHBPNA executive* on page 4

Jane's Walk is a Yearly Event

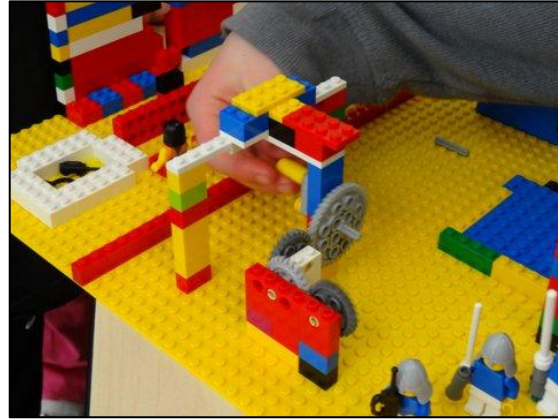
Jane Jacobs was an urban activist in the United States and she wrote books on how to build livable and creative downtown environments. In mid-life she moved to Toronto and continued her literary and activist work. She is remembered for being part of a group that managed to get the Spadina Expressway stopped.

In honour of Jane, and of walking in cities and establishing a sense of community,

Jane's Walk was started in Toronto in 2007; by 2011 it had expanded to 75 cities in 15 countries with 511 individual tours.

In our Mt. Hope - Breithaupt Park neighbourhood we have led walks for the past four years and they keep getting more popular. Last year we hosted two walks and we had about 60 people at each one. In fact, we have had to rent a megaphone so everyone can hear the historic details we

Please see *Jane's Walk* on page 3



MHPNA Lego League by Kathy Mortimer

The *First Lego League* was founded in the US in 1989, and its mission is: “to inspire young people to be science and technology leaders, by engaging them in exciting mentor-based programs that build science, engineering and technology skills, that inspire innovation, and that foster well-rounded life capabilities including self-confidence, communication, and leadership.” *FIRST* (For Inspiration and Recognition of Science and Technology) has two programs, Junior First Lego for children aged 6-9 and First Lego for youth aged 9-14.

Through the MHPNA, my husband and I piloted the Junior First Lego program for two groups, in February-March at the Extend-a-Family facility on Moore Ave.

The starter Lego kits include gears, pulleys, a motor and enough bricks to keep 6 youngsters busy. Over 7 weeks, children learn about building simple machines with gears and pulleys. Two of the children in the

program actually had a school test on gears and pulleys in February, but our classes didn't feel like school work! An Extend-a-Family volunteer helped organize our meetings.

In addition to learning about building machines, we also invited a “senior partner” (over 60) to talk with the group about changes in technology over her lifetime. Our neighbour Joan answered questions and shared some stories from her childhood. We compared Joan's allowance during her childhood in wartime England - 3 cents/week - to the allowances the children in our program received, ranging from \$0 to \$10/week. Joan thoroughly enjoyed visiting the program, and wondered if there might be a Senior Lego program for seniors!

The MHPNA is interested in continuing, and expanding this program, so more children/adults/seniors can enjoy building with Lego. We'd like to expand into Lego robotics, where you can learn how to program Lego machines with a computer.

If **you** are interested in being a leader, participant, or if you have Lego you would like to donate to the program, please contact mhbpna@gmail.com

The Lego program is structured over seven weeks to introduce children to engineering, technology and group fun

Our Neighbourhood is Online and Alive #mhbp

<http://mhbpna.blogspot.ca> is where the most recent neighbourhood news can be found. Our Blog was started at the end of 2008 and has had over **6,300 visitors** (you can look at the current count on the main page). We post about 40 - 50 articles per year and many of them include photos. We have documented over four years of Jane's Walks, Art Walks, picnics, political action, dances, neighbourhood news, Pumpkin gatherings, construction and meetings and all of this is **searchable** from the main page where you can also **subscribe** to the Blog's updates.

MHBPNA also has a **facebook** page here:

www.facebook.com/mounthope.breithauptpark



A Blog can be about many things, but ours is about community.

Please "friend" us if you have a facebook account. A link to all Blog updates is posted to facebook.

We are also on **Twitter** and use the hashtag #mhbp to announce our presence. If you have a Twitter account, please use that as well.

Our **website address** is:

<http://sites.google.com/site/mhbpna/Home>

(there is a link to it on the Blog's front page). The website contains our Neighbourhood Association's constitution, meeting minutes, association history and an archive of our newsletters in PDF format. Please send us an email (mhbpna@gmail.com) if you would like a community event posted to the Blog. **Ted Parkinson**

Jane's Walk from page 1

dispense!

We are lucky in MHBP to have so much history to talk about. Last year we discussed the movement from an industrial past to a future with a mixture of technology and urban farming.

This year, Jane's Walk will take place on May 4 and 5th. The meeting places and times for our walks will be announced on our Blog. In fact, if you go to the Blog you can find photographs and descriptions of our past walks.

Our Jane's Walk is run by a collection of volunteers who spend a few days each year

2012 Jane's Walker: "My wife and I came to your walk because we live in a different part of town and have never been here, so we wanted to learn about it."

researching our neighbourhood's history. I think the best things about the walk are learning from each other about the area and meeting people from our neighbourhood and elsewhere.

For information about Jane's Walk in general, go to www.janeswalk.net. By mid-April you will be able to search for scheduled walks in our area and elsewhere.

Ted Parkinson

MHPNA Executive continued from page 1

Ralph Erdman is our new Program Director. Ralph is creating athletic-conditioning courses at the Breithaupt Centre that include baseball, basketball and hockey.

Kathy Mortimer has joined as Secretary. She's running the Lego Robotics Program at the Extend-A-Family facility on Moore St.

Colleen Burbach continues as Treasurer.

Ted Parkinson is our Communications Director, a role he has filled for years. He edits and formats our newsletter, updates our Facebook page, our blog and our website - lots of 'techie' stuff.

Chris Dewar has joined as Partnership Director. His professional expertise has been invaluable to our team.

In January, our request for a pedestrian activated crosswalk at the corner of Weber and Wilhelm was accepted by the Region - no small feat.

And Trudy Beaulne, our past president, serves to guide us on the protocols of a neighbourhood association.

There will be a tremendous amount of change occurring in our neighbourhood over the next couple of years and we have a unique opportunity to give input into how these changes will unfold. In January, our request for a pedestrian activated crosswalk at the corner of Weber and Wilhelm was accepted - no small feat. We are now looking ahead to participate in the landscape design of the Weber Street widening as well as give our input into the proposed transportation hub at Victoria and King. Now is the time to have your say in the huge developments that

are taking place in the area. You cannot effect change unless you participate and we invite you to volunteer along with us.

Here is how you can get involved:

Read our Blog at <http://mhbpna.blogspot.ca/>. And comment on the articles.

Friend us on Facebook - Mount Hope Breithaupt Park- for event updates like the Jane's Walk and meetings.

Go to public consultations and give feedback. Your opinion counts.

Come to a MHPNA meeting which are held the first Saturday of each month from 10 am - 12 pm at the Breithaupt Centre. Email us to confirm.



Soupstock 2012

Soup can be one of the most nourishing meals, especially on a chilly fall day, but what makes it truly satisfying is sharing it with friends and neighbours outdoors. The first ever Dekay Street "Soupstock" was an amazing success with 27 different and delicious soups to sample and of course Joan's famous cherry squares. Each family brought their favourite soup to share and in order to reduce our footprint the event was BYOB- bring your own bowls! Many great recipes were exchanged but most of all a strong sense of community was felt by all and we are planning for "Soupstock 2013" already!



The Mt. Hope - Breithaupt Park Neighbourhood Association has teamed with Abitibi Paper to raise money for worthwhile causes.

We Take:

Newspapers	Magazines
Envelopes	Catalogs
Mail	Office Paper
Folders	Flyers
Fax Paper	Text Books
Paperbacks	Phone Books
Shredded Paper	

Please bring all your papers to our Abitibi bin located at the Breithaupt Centre (350 Margaret Ave.)

WALES, EAF and other neighbours

Do you ever wonder what goes on in the old Catholic School Board offices on Moore Ave? Well, 91 Moore Avenue is the home to Extend-a-Family (EAF) Waterloo Region's staff and the Working Adults Learning Empowering Skills (WALES) group. We have been here since 2006 and in 2012 we decided to do two things: get to know our neighbours better, and start a relationship with MHPNA.

EAF was started in 1980 by a group of parents in our community who were concerned about the lack of friendships in the lives of their children who had disabilities. Over the years, the organization has grown and the WALES group is one part of EAF which serves adults with disabilities who are looking to be included in community life. Some folks have paid jobs, volunteer, or own small businesses. Additionally, participants host a radio show at WLU, participated in a documentary entitled "Count Us In", sing in choirs, and shovel snow for neighbours. For more information: www.eafwr.on.ca

October 2012 saw what will hopefully be the first of many WALES neighbourhood BBQs.

Maybe it was the offer of free food (generously donated by Central Fresh Market), or the dynamic band Organic Groove, or the children's entertainment--we were pleasantly surprised when 200 residents showed up! Mayors Carl Zehr and Brenda Halloran were also in attendance. Thank you to everyone who came. Last December we hosted a holiday cookie exchange and we have more events in the works. Please contact me if you would like to get involved or have other ideas for events that will bring people together at mriehl@eafwr.on.ca.

We hope to build more relationships between EAF and you. Please consider attending our events. Consider approaching WALES when looking for someone to shovel your driveway or when advertising your block party etc. I speak for EAF and WALES when I say we are fortunate to be situated within the MHPNA. This community is clearly one that has strong connections, and includes everyone. We look forward to getting to know you better and, like any friendship we hope that it evolves naturally.

Matt Riehl, Extend-a-Family Waterloo Region



'Tis the (Pre)Season

The sounds of youth training for the gridiron have taken over the gym at the Breithaupt Centre on Saturday afternoons. Thanks to the cooperation of the Kitchener Minor Tackle Football Association and its Director of Football Operations, Lee Deline a **Football Training and Conditioning Program** has taken shape. Together with volunteers from the community a weekly 2 hour skills and conditioning regiment is available to kids ages 7-12.

As part of the MHBPNA's commitment to provide low cost, quality programs for our residents, this off season training provides players with outstanding coaching with top notch equipment at a fraction of the cost of private facilities. Football stands out as a very inclusive sport. Kids of all shapes, sizes and abilities can find a position and contribute to the game. This program also allows children to try the sport without signing up for a season.

This program will be followed on April 5th with a **Baseball Pre-Season Training Program**. It will also be designed to teach and practice fundamentals in order to warm up for the season or try-outs. Utilizing the gym, outside fields and batting cage, all aspects of the game can be covered. As with the football program, kids can have a chance to try out the sport fundamentals to see if they feel comfortable with it.

By Ralph Erdman

More information is available on our blog, or email mhbpnaprograms@gmail.com

Neighbourhood Bike Tour

Chris Dewar

I have been an avid BMX rider and Mountain biker for over half my life, and most of my enjoyment on 2 wheels has come through launching me off of ramps, jumps and stairs on my BMX bike, or buzzing through trees at maximum speed on a mountain bike. While providing a great deal of excitement and adrenaline it has also given me with several broken bones, concussions, stitches and trips to the emergency room (and plenty of headaches to those around me).

As I get older, and perhaps a bit wiser, I have been trying the more conventional forms of 'cycling' that most people think of when they go for a bike ride. This has included commuting to work, some road riding, touring and even leisurely cruises around the neighbourhood streets, paths and multi use trails with my fiancée on our hybrid bikes.

I have discovered that our city and neighbourhood has many trails and other routes that are all very accessible by bike. From the historic architecture that can be found in the 'warehouse district' along Breithaupt Street, the natural beauty of the woodlots in nearby Breithaupt Park, to the major urban redevelopment that is happening along Weber Street, there are plenty of things to see in our neighbourhood! Covering ground on a bike takes less time than you think so you can see many sites in a short period of time.

Bike travel gives you a better understanding and appreciation of your surroundings than you get when speeding



past in a car, but you can see a lot more than you would while walking.

The Mt. Hope - Breithaupt Park Neighbourhood Association is planning their first '**Neighbourhood Bike Tour**' on Sunday, June 2, 2013. We will explore the neighborhood by bike (hopefully travelling to all its corners), see what is happening in the future and hear some stories about some of the history of the area. You definitely don't need to be an expert cyclist to join in; riders of all skill levels and ages are encouraged to drop by. We plan to keep most of the route on quiet roads. If you aren't comfortable riding your bike on the road, I would be happy to provide some tips on how to ride properly on the road and feel confident and safe!

When: **Sunday, June 2, 2013**
 Where: Meet at the Breithaupt Block parking lot near King & Breithaupt
 Time: **1:00-2:30 pm**
 Who: Everyone is invited, kids, teens, adults

We have several stops in mind, but if you have any ideas about where you would like us to ride, please send us your thoughts at mhbpna@gmail.com

FamilyHome Opportunity

Ordinary Lives. Extraordinary People.

Extend-A-Family Waterloo Region is seeking people who are interested in welcoming an adult with a developmental disability to live in their home.

- Build a relationship with the individual, be a part of each other's family, social and community networks.
- Focus on abilities and community inclusion.

Call 519-741-0190 x238
for more information

eafwr.on.ca



FamilyHome

Ordinary Lives. Extraordinary Rewards.



Extend-A-Family
Waterloo Region

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MHPNA Spring 2013 newsletter is assembled by Ted Parkinson, Communications Director MHPNA.

Thanks to our writers and content resources which include: Kathy Mortimer, Lane Burman, Chris Dewer, Ralph Erdman and Matt Riehl.

This newsletter is written, formatted and delivered by volunteers. If you would like to write an article, tell us about an event you are having in, or volunteer to deliver the newsletter, please contact us at

mhbpna@gmail.com

You can also leave a note or letter for us at the Breithaupt Centre.

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