



HilltopNews

C O N N E C T I N G N E I G H B O U R S

Glenmore, British Properties, Chartwell, Canterbury, Westhill, Whitby Estates, Chelsea Park, Taylor's Lookout, Rodgers Creek, Cypress Park Estates, Panorama Village

Have a great British Properties & Upper Lands Summer!



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Bountiful snowfall and a late spring have brought our mountain views into sharper focus. For this issue of Hilltop News, Sentinel students have written about what it means to them to grow up in the British Properties and Upper Lands. See Page 7 for **Linda Qian's** winning story that begins with her looking down on the mist over the city of Vancouver. Runner up **Victoria Gidzinski** declared that we have the best "front yard and back yards in the world," which very nicely captures the essence of living between the mountains, the city and sea. **Photo by Mark Whitehead - gettheshot.ca.**

TO DO THIS SUMMER:

- Enjoy the many delights of the Harmony Arts Festival, July 29 - August 7.
- Picnic at Ambleside or Dundarave Beach
- Join the British Properties Area Homeowners Association!

Your Voice

Connecting the Neighbourhoods



Dear neighbours from Glenmore to Cypress Park Estates,

Once again we experience that special time of year where we come together to show our support for our community. June 4th marked West Vancouver Community Day and the Board of Directors and I were proud to represent British Properties Area Homeowners Association on the front lawn of the West Vancouver Recreation Centre.



The Board of Directors and I are striving to make a positive impact on our community at every given opportunity. Nowadays, as you are aware, our British Properties is bigger than ever, stretching to High Grove at the Rodgers Creek project and beyond that. Together we are looking forward to another purposeful and active year. But to achieve such an important target we need your support. If your neighbour is not a member we urge you to invite them to join the British Properties Area Homeowners Association and help us to accomplish our goal of being a strong voice in our municipality. If you are enthusiastic about working for your community, we appeal to you to join your board of directors and help the community you are proud of.

In addition, please remember that our Annual General Meeting is coming up in mid-October and a highlight of the evening is when your Homeowners association gives out two awards, **The Community Service Award** and **The Good Neighbour Award**. Please give some thought to identifying an exceptional neighbour you would like to nominate for these awards and call us.

As I have done for several years now, I attend every West Vancouver District Council meeting, and I'm happy to continue to represent your interests in our municipality. If you have any questions, concerns or suggestions, please do not hesitate to contact any of our directors or myself.

Sincerely,

Max Nikpay BA. MLIS, President BPAHA.

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BPAHA Joins the Gathering at West Vancouver Community Day



LEFT: BPAHA Directors **Alan Whitehead** and **Heidi Inman** and President **Max Nikpay**, welcome people to the British Properties Area Homeowners Association table set up at the West Vancouver Community Centre on Community Day. BELOW: Local schools participating in the Community Day Parade: top to bottom, Mulgrave School, Collingwood School and Cypress Park Elementary.



Letter from the Hilltop News Editor



Wherever I go these days I hear versions of the same conversation. What's happening to our community? Why can't our children afford to live here? Where are the young couples

who should be having children to renew the population? Why can't seniors afford to buy a place in the neighbourhoods they love when they sell their homes? While real estate is a popular topic all over the Lower Mainland, it's rarely been as hot as it is today. It has been reported in the media that the recent rush of homebuyers from Mainland China has driven prices and property assessments to unheard-of levels, and not everyone is happy about it.

West Vancouver has always been an affluent community, but it is a misconception that all who live here are wealthy. I have a friend who is a landscaper and many of her clients in the Properties are elderly and barely scraping by. She charges them reduced rates and occasionally does small jobs for free based on their long-term relationship. Others are students, new immigrants, and ordinary working people with good jobs who can't afford to stay here. Aside from soaring prices, many in our community also worry about the changing cultural landscape. They do not know their often-absent neighbours, or speak the same languages. Values and social norms are different, and there is real concern that the Upper Lands will

become a neighbourhood of strangers with little-to-no community spirit. Of course, the BPAHA is working hard to prevent that, but we can't do it by ourselves.

Secondary suites ease critical lack of affordable housing

The lack of affordable housing is one of the key factors keeping young people from moving into the community and establishing roots. Since real estate prices aren't likely to go down any time soon, the City of West Vancouver started promoting secondary suites in March of last year as a way of easing the housing shortage. To date, about 370 homeowners have applied to register their suites and 207 applications have been approved out of an estimated 800 according to the city (others estimate there may be as many as 3,000) existing suites. This housing has two-fold benefits: they offer renters an entry into the community, and provide mortgage boosters to owners. But as someone who has rented a home in the BP and encountered attitudes among some homeowners that were less than welcoming to "mere" renters, I hope everyone in the community will remember that without planned and sustainable growth, our well being is in jeopardy. Not everyone can afford, or even wants to live in huge houses or luxury condominiums. Many are content with less, and if encouraged, will likely choose to remain in the community and become homeowners if reasonably affordable options are available. That way lies the future and we should choose to embrace it.

Valerie Gregory, Hilltop News Editor

Protect Your Skin This Summer

With summer on its way, and skin cancer on the rise, protect yourself against the harmful effect of too much ultraviolet (UV) radiation. Every time you burn or tan, your body is responding to skin damage that causes wrinkles, sagging, age spots, cataracts and skin cancer. Many skin cancers, including the often-fatal melanoma, are the result of childhood sunburns. There are three types of skin cancer: malignant melanoma, squamous cell carcinoma and the most common, basal cell carcinoma. "All three types of skin cancer are caused mainly by sun damage," says **Dr. David McLean**, a noted dermatologist and Head of BC Cancer Agency Prevention Programs. The average person burns in about 20 minutes. Outdoor activities such as sports and gardening also expose us to the sun, even on cloudy days.

The best ways to protect your skin are:

- Limit sun exposure, especially between 11 a.m and 3 p.m.
- Wear protective clothing (i.e. long-sleeved shirt, pants, and wide-brimmed hat)
- Wear sunglasses and seek shade
- Use sunscreen with a minimum SPF of 30, or better yet, SPF 60
- Do not use tanning beds or sun lamps

(Continued on page 6.)

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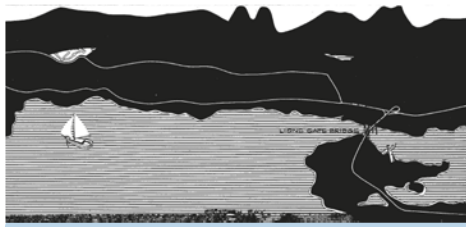
Pioneers of the Upper Lands



INTRODUCTION

In the last issue of *Hilltop News*, we told the story of **Jack Greenwood**, a colourful BC pioneer who started his career in furs and lumber before becoming a grocer, then founding a mining machinery business that became Nelson Machinery. Greenwood moved to West Vancouver so that his son, Jack Jr., could attend UBC, and before long, he was in business as a property developer.

The family settled in West Vancouver in 1955 in a home they built on Ottawa Avenue in the British Properties. But Greenwood didn't just build one house; he bought the whole street and built all the homes on the street. He built two sub-divisions – one on Ottawa Ave. and another nearby on Palmerston Ave. – with the encouragement of **Walter Hendricks** of S.G. Freeze Realty Co. Ltd. Cypress Park Estates was his next brainchild. The undertaking was massive, and the entire process was detailed in Jack Greenwood Jr's thesis for his Bachelor of Commerce degree.



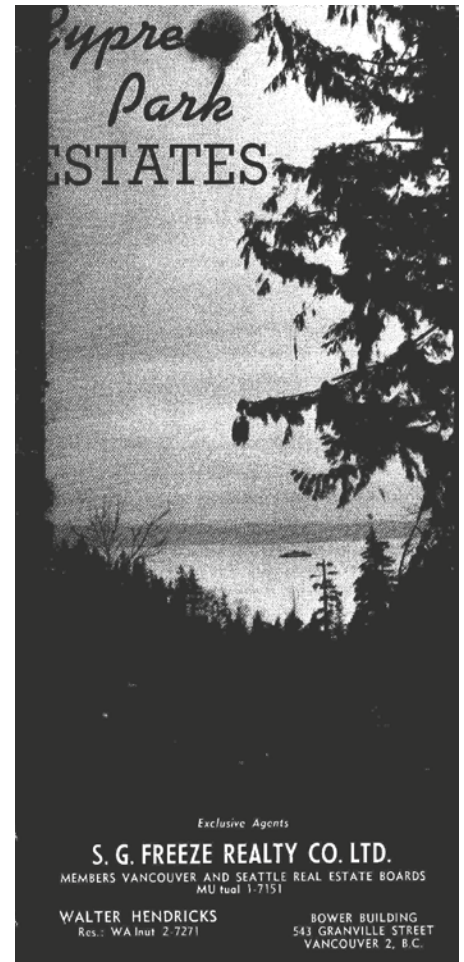
Depiction of North Shore waterfront in brochure.

The creation of Cypress Park Estates

Always a man with his ear to the ground, Greenwood leaped on the opportunity to build a sub-division in West Vancouver when he learned that the Upper Levels Highway was being built, extending to what is now known as Cypress Park Estates. In the same way that he married the idea of merchandizing and manufacturing, Greenwood saw the possibilities of raw land and building quality homes in the newly formed municipality (in 1959) of West Vancouver. He bought the 75-acre parcel of land from an Italian family who wanted to sell since it had no access to Marine Drive. Greenwood chose the land for its easy 350-foot rise, ocean views at that time, proximity to 80-acre Cypress Falls Park and the highway, which was under construction. He paid \$2,000 per acre, making it a huge \$150,000 purchase in those days.

Greenwood had to negotiate with the provincial government and the B.C. Electric Company for access across the new Upper Levels highway and over B.C.E.'s 100-foot right of way (which Jack purchased for \$1,850) to the property. The land was developed in sections with a 26-acre, 40-lot parcel first as the sub-division had to be fully complete before sales could begin. To access the 75 acres, however, Greenwood needed to purchase a section of land at the top and at the bottom of the British

Artwork is from the original promotional brochure for Cypress Park Estates.



Properties that would join the property to the proposed new highway. He and his two partners purchased an 18-acre parcel on the lower southeast side to allow the upper lots the optimum chance of ocean views. Greenwood also bought an 8 and 4/10 acreage at the top to allow a more efficient road system and to accommodate the considerably larger lot sizes. Both

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Jack Greenwood, Cypress Park Estates Founder

parcels were owned by the British Pacific Properties and purchased for about \$54,000 in April 1958.

Development ahead of its time

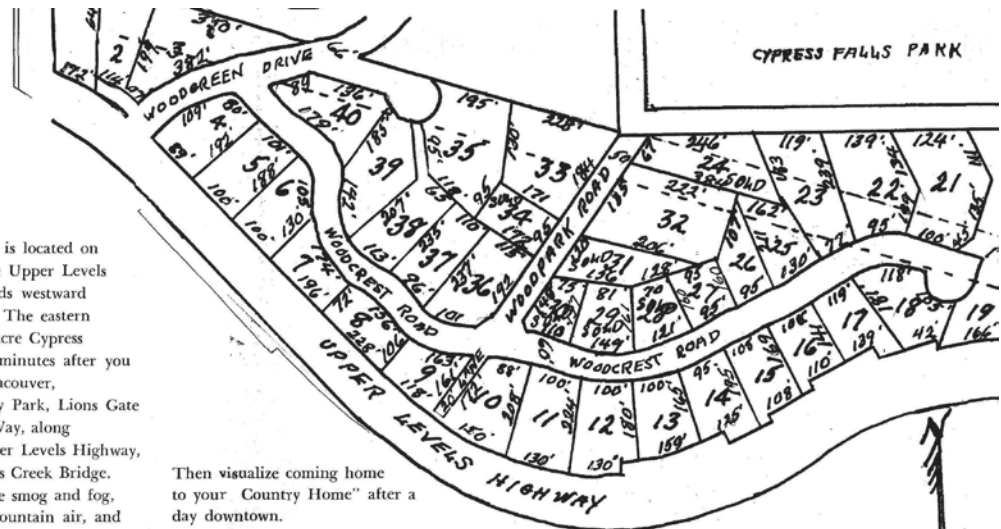
The \$1 million development would eventually become 108 acres that Jack, along with partner **P.M. Reynolds**, sold in several phases at prices starting at \$5,500. The sub-division boasted full municipal underground services (no overhead wires) and natural gas along with "contour-designed paved avenues." In the initial restrictive covenant, Greenwood and his company wrote a clause indicating that no homeowner was allowed to block the view of another with trees or shrubs, and that all restrictions in

the covenant were to be upheld by Cypress Park Estates Limited and/or the subsequently formed Homeowners Association to protect all the homeowners forever.

On a side note, if you've ever wondered why the streets are named Woodgreen and not Greenwood, it was because British Pacific Properties had already built a Greenwood Road. — **Penny Mitchell and Valerie Gregory**



FIGURE XVI
HOME BUILT AT CYPRESS PARK ESTATES
BY SPECULATIVE CONTRACTOR



Cypress Park Estates is located on the north side of the Upper Levels Highway, and extends westward from Cypress Creek. The eastern boundary is the 80 acre Cypress Falls Park. Twenty minutes after you leave downtown Vancouver, travelling via Stanley Park, Lions Gate Bridge and Taylor Way, along the new express Upper Levels Highway, you will be at Cypress Creek Bridge. Stand here, above the smog and fog, breathe the tangy mountain air, and let your eyes gaze on the panorama view stretching from downtown Vancouver in the east, past Stanley Park and English Bay, and as far south as Boundary Bay, and as far west as the mountains of Vancouver Island.

ABOVE RIGHT: One of the spec homes built at Cypress Park Estates. RIGHT: Cypress Park Estates lot layout.

Then visualize coming home to your "Country Home" after a day downtown. Think how your children will take to outdoor living, with its health-giving benefits, away from the crowded city. A spacious, well-forested estate lot can be yours — some of which are priced as low as \$5,500.

This property was laid out and engineered by E. W. Richardson, B.C.L.S., P.Eng., consulting engineer in West Vancouver who has been responsible for much of the layout of British Pacific Properties and many other areas.

Proposed Layout of First Phase of
CYPRESS PARK ESTATES
SCALE IN FEET

PANORAMIC VIEW OF VANCOUVER FROM PROPERTY

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Every Breath You Take



We assume breathing is a simple phenomenon over which we have no control, but this couldn't be further from the truth. We can accurately control our breath if we understand the intricate system of respiration. Whether you are an elite athlete requiring that extra edge, or you are someone who just wants to garden pain-free this summer, breathing patterns must be perfectly dialed.

Am I breathing correctly?

These are common dysfunctional tendencies you can assess on your own in front of the mirror:

- Significant upper chest movement with breathing
- Inward belly movement with inhalation
- Belly movement without ribcage movement (should be 360° of expansion around the spine)
- Sighing frequently (often indicates you are holding your breath)
- Noticeable upward shoulder movement with inhalation
- Rapid breathing (commonly associated with upper chest breathing)
- Neck muscle activation (commonly associated with upper chest breathing)

These abnormalities develop because of joint dysfunction, tight muscular tissue, pain, chronic anxiety and stress. Correcting these issues is an important step in re-training your breathing patterns.

Respiratory revelations

During exercise, your muscles produce more carbon dioxide that increases the acidity level in the bloodstream and other bodily fluids. Since breathing helps to regulate acid-base balance (pH level), the brain tells the body to draw in more oxygen to reach equilibrium. This system reverses when we require less oxygen during times of rest. Overly acidic or basic conditions can wreak havoc on our delicate biochemistry. For example, if we exhale too much carbon dioxide (hyperventilation), the pH level increases, decreasing blood flow to the brain,

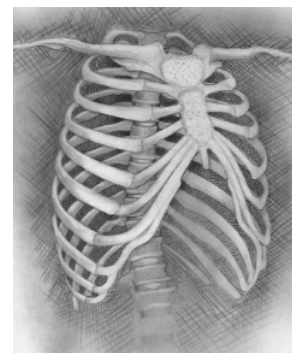
and resulting in reduced oxygen delivery to our tissues, increased muscle tension and nervous system excitability. As much as breathing affects our pH level, our breathing patterns are influenced by our pH. A few ways your acid-base balance can be thrown out of equilibrium are:

- Poor diet
- Kidney dysfunction (common in exceedingly high-protein diets)
- Hormonal dysfunction
- Diuretics
- Excessive vomiting, prolonged diarrhea
- Ketoacidosis (seen in people on high protein, low-carb diets)
- Chronic stress, anxiety and fear
- Hyperventilation

Getting started breathing from your diaphragm

Note how your ribcage moves as you breathe. Think about a balloon sitting within your chest cavity expanding as you inhale and deflating as you exhale. The balloon should cause 360° of ribcage expansion without excessive chest movement. This is challenging, so be patient. Lying on the floor or gently pushing the palm of your hand into your ribcage can function as biofeedback cues to guide your breath. Re-visit the abnormal breathing patterns and watch yourself in the mirror.

Dr. Carla Cupido is a chiropractor, entrepreneur, writer and professional speaker. She is a health educator and expert in neuro-musculoskeletal health. She owns Baseline Health™ in West Vancouver. www.baselinehealth.ca www.drcarlacupido.com.





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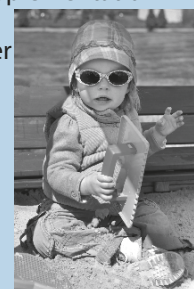
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Protect Your Skin From the Sun

(Continued from page 3)

Some worry that staying out of the sun leads to Vitamin D deficiency. Studies show good levels are important to bone and overall physical health, and in a climate as rainy as ours, the temptation is to get as much sun as we can while it shines. The current Health Canada guidelines recommend that adults up to age 50 should take supplementation of 600 to 800 IU/day. But both the BC Cancer Agency and the Canadian Cancer Society think that an adult dose of 1000 IU/day is probably more appropriate.

For more information, visit www.suntips.ca, an educational website for those who want to use sun beds, <http://www.dermatology.ca> or <http://www.bccancer.bc.ca/PPI/Prevention/default.html>.



Growing up in the BPs and Upper Lands

We asked students about to graduate from Sentinel Secondary School for their memories of growing up in the British Properties. They shared their appreciation of the natural beauty of the environment and how fortunate they feel to have lived here. Many thanks to English teacher Aaron Fuller for facilitating this project.



WINNER - LINDA QIAN

I find myself walking on clouds as I stand above Vancouver. Beyond me is a feathery ocean of fog, and I can feel the crisp winter wind blowing sprinkles of snow into my hair. Perched on a mountainside on the balcony of our new home, I can only see the tips of skyscrapers poking out of the mist. Looking out and beyond, I watch the setting sun dye the sky hues of rosy pink. Its descent marked the ending of one day, setting the tone for a new life in the beautiful British Properties. My move here took place in the snowy month of December 2004. We moved because my parents wanted to live close to good French immersion schools for me, and Sentinel and Pauline Johnson were the most ideal schools in the Greater Vancouver area. Living on the North Shore also cut my father's commute to work in the heart of downtown, but at the same we could still remain a good distance away from the hustle and bustle of city life.

I remember being an emotional wreck as we drove away from our old home. I watched through teary eyes as we travelled further and further away from our modest little two-bedroom house in Port Moody, closing the distance between us and the British Properties. My spirits felt icy and I had knots in my stomach; I had no idea what to expect from this unfamiliar neighbourhood. Once we exited the highway and started our ascent

up the endless winding roads, my anxiety quickly melted into amazement. The juxtaposition of the snow-covered rooftops of modern houses peeking through aging trees first grasped my attention. I saw timeless Victorian-style homes standing proudly beside unique contemporary structures, and my excitement of settling down here built like a rolling snowball. To me, it seems like the British Properties offers people a place where they can find themselves in the past, the present, and the future.

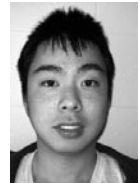
We came here for a good school and a shorter commute, but gained a whole new world and lifestyle basked in beauty and tranquility. I was a bit skeptical about being separated from downtown at first, but now I realize that living here is living in a little oasis. West Vancouver offers an escape to a laidback and serene life after a hard day at work in the city. My fondest memories of my formative years lie here, between the blue ocean and the magnificent North Shore Mountains. Nearing the end of high school, I'm about to set off to a broader world, starting yet another chapter in my life. But wherever I end up going, the British Properties will always be the most beautiful place to me: that place that I call home.



Also...

Here are some excerpts from some of the other students who made submissions:

It truly is a unique place to live – one where the natural beauty is awe-inspiring, the environment is unspoiled, and the people are genuinely friendly. **Kyle Yoshida**



The British Properties are like a giant maze; the pathways seem never-ending and the many twists and turns create a network of endless possibilities. **Matthew Butt**



We're lucky to have a peaceful environment where the only noises that are usually heard are the breaking of branches on the forest floor, or the tipping over of garbage cans by our fellow neighbours, black bears. We absolutely have one of the best front and back yards in the world filled with lush tall trees, vibrant green lawns, and a view of the city to die for.

Victoria Gidzinskii



It isn't every day that bears open the doors to your car and climb around inside searching for food, or an owl perches on a branch right outside your kitchen window. **Deanna Buchhorn**



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Traffic Blues



As our cool, wet spring winds down and warmer weather beckons, one issue that remains constant is speeding drivers, particularly on Stevens Drive and Southborough Drive. Of course speeding occurs all over the Upper Lands, but residents on those streets are increasingly fed up.

Staff Sergeant Shane Barber of the West Vancouver Police Department attended a BPAHA meeting to discuss the traffic woes, but he couldn't offer much help. Barber noted that calming circles work well, but they are expensive, and three would likely be needed to slow traffic on those routes. "The hard reality is that we probably won't be able to do more." He said traffic resources go where they are most needed on Taylor Way, Marine Drive and the Lion's Gate Bridge. Barber offered these statistics, which represent the past five years:

Stevens Drive

24 collisions total

- 1 fatal
- 2 minor injury

Southborough Drive

- 17 collisions
- 2 minor injury

Percentage of Total Collisions

Stevens Drive represented 0.72% of all collisions in West Vancouver.

Southborough Drive represented 0.51% of all collisions in West Vancouver.

Violation Tickets Issued

Stevens Drive – 255 (0.95% of all tickets issued in West Vancouver).

Southborough Drive – 566 (2.1% of all tickets issued in West Vancouver).

In the opinion of the WVPD collision analyst, traffic naturally adjusts to an 85th percentile (the speed at which 85% of the traffic is travelling). For Stevens Drive and Southborough Drive it is about 65 km/h with the odd "high flyer" travelling in excess of 75 km/h. This adjustment occurs no matter how much enforcement is done. While these figures don't offer much hope to people living on those roads, on the up side, Barber commented that about 1,000 tickets were issued in the BP for people using their cell phones while driving in the same time period.



Motorists love the sweeping drives in the Properties.
Photo by Mark Whitehead - gettheshot.ca.

Visit our website: www.bpaha.org



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