



# Blueridge Community News

Editor: Sonia McLeod

## BLUERIDGE GOOD NEIGHBOUR DAY SUNDAY JUNE 7 11 AM TO 3 PM



Everyone is invited to join the party at the 18th annual Blueridge Good Neighbour Day 2015, on the grounds of Blueridge Elementary School. Kids, decorate your bikes and arrive at the intersection of Berkley and Hyannis for a 10:45 am parade start. The parade will travel down Berkley towards the school. Once on the school grounds you will enjoy Live Music, Food Trucks, Kids Carnival, Face Painting, Photo Booth, Cotton Candy, Bouncy Castles, Pony Rides, Gyros, Pie Eating Contest, Silent Auction (cash & credit cards accepted), Meat Draw, and much, much more. This year's theme is Wild West and we've got Blue Smoke BBQ, the Backspin Bluegrass Band, and a Mechanical Bull Ride. Adults, bring your ID if you wish to attend the Beer Garden.

Blueridge Good Neighbour Day is brought to you by a group of dedicated neighbours, with the support of generous donors who value this community. Would you like to sponsor an activity on the day, rent a community table, volunteer at the event, or donate an item to the Silent Auction? Please contact us at [bgnd@blueridgeca.org](mailto:bgnd@blueridgeca.org).



### IMPORTANT DATES

**Sunday, June 7 at 11 AM – 3 PM** - Blueridge Good Neighbour Day at Blueridge Elementary School

**Saturday, June 13 at 1 PM** - Blueridge Elementary School - Electronic Recycling Association clean-up event for old desktops, printers, TV's and electronics

**Saturday, June 13 at 9:30 AM to 4:30 PM** – Blueridge Sharing Garden

**Sunday, June 14 at 10 AM - noon** – Soapbox Derby on Carnation Street

**Wednesday, June 24 at 6.30 PM to 9 PM** –Seymour River Canyon Trails Connections meeting–Holiday Inn

**Saturday, July 11 at 9.30 AM – 4.30 PM** – Blueridge Sharing Garden

### TRAFFIC CONGESTION - WILL IT END?

Written by: David Davey

At 3:30 in the afternoon, when you are sitting on The Cut or on Keith Road or on the Low level Road and now on Mountain Highway, you have to wonder if it will ever get better. First the good news - things are starting to happen. Now the bad news - it will take several years for the improvement work to be completed.



One major hurdle has been crossed. Funding has now been promised by the Feds, the Province and the DNV with a total estimate of \$150 million for the reconstruction of the three interchanges from Main Street to Mountain Highway. Without this funding in place very little could be done.

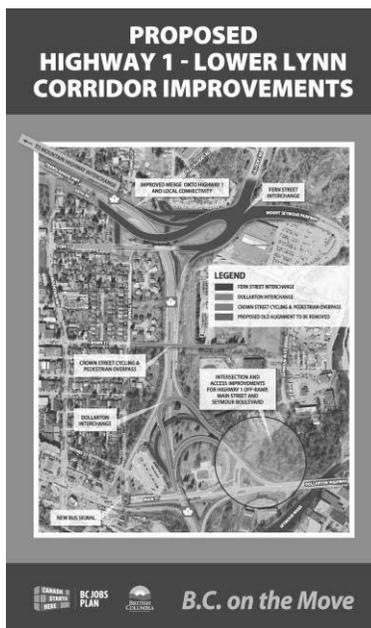
The conceptual studies on traffic flow improvement were effectively wound up in 2013. These highlighted the very significant constraints on new construction, which limit the ability to eliminate traffic delays. These include no possibility of widening the Ironworkers Bridge and restrictions imposed by land ownership as well as the usual factors such as safety, topography, geography, the environment, future development, transit plans and, of course, financing. Currently, work has started on the replacement of the Keith Road Bridge over Lynn Creek with a five lane structure. Completion is scheduled for the end of next year. This work was conceived by the District some years ago and is being paid for by the District. It is pretty obvious to all those who travel this route to reach the Seymour side of the Highway that this will make a huge improvement in travel time and should eliminate the back-ups on Keith Road and Mountain Highway at least for now.

The Highway interchange program is being planned in three phases. Phase One covers the Mountain Highway / Brooksbank interchange of which the new Keith Road Bridge is the precursor. Design work of Phase One by the Highways Ministry is in process with preliminary design completion expected this summer. This work will join Mountain Highway with Brooksbank at Keith Road and will provide highway access, both north and south, from Mountain Highway

and Keith Road. When complete, the existing highway southbound exit at Fern Street will be closed. There will be a busy intersection on Keith Road at Brooksbank. The preliminary cost estimate for this work, including the Keith Road Bridge over Lynn Creek, is \$50 million. No completion date has been set.

Phases Two and Three, which were covered by the additional \$100 million funding announcement in April, are the Mount Seymour Parkway / Keith Road connector, the Crown Street bike and pedestrian overpass and re-arrangement of the Dollarton / Main Street Interchange. Details for Phases Two and Three are not available but conceptually they include a new flyover to connect the Parkway directly to Keith Road, a direct connection, separate from the Highway, between the Parkway and Mountain Highway and a rearrangement of traffic flow to accommodate an updated Phibbs Exchange. The existing highway on and off ramps to the Parkway will remain. Many questions remain, such as:

- Will the new Mountain Highway interchange force more traffic on to Keith Road and create a bottleneck at the Brooksbank / Keith Road intersection ?
- How will development of the Lower Lynn Town Centre affect the intersection at Lower Mountain Highway and Keith Road ?
- Can we separate Bridge bound traffic and Seymour bound traffic both going down the Keith Road hill ?
- Will there be any improvement in traffic using the new Low Level Road and Main Street, or will it be transferred to Keith Road ?



There is no doubt that the reconstruction of the interchanges will improve safety, maximize the capacity of the Highway and thereby reduce the existing back-ups but we still need to be concerned about the effects of growth and development and look for ways to reduce traffic on our local streets.

## HOGAN'S POOLS PARK

Written by: Donna Sacuta

Recently, long-time Blueridge resident Anni Danielson led a group of hikers to the area known as Hogan's Pools Park, sharing its history and anecdotes.

Tucked in the northeast corner of Mount Seymour Parkway and Riverside Drive, the park is named after Terrance Hogan, a herbalist who developed a garden there in the 1950's. He and his family lived on the other side of the road with his talking many birds. He also had horses, exotic birds and a crocodile (which got too big and had to be given to the Stanley Park Zoo).

During cold winters Hogan's Pond froze and the whole neighbourhood went skating there. Mount Seymour Parkway (opened in 1967) was built over much of the pond, but a small portion can be seen from the sidewalk. Some of the exotic trees and plants survived. Thanks to Lynn Hardy for some of these details.



### *Are you having trouble meeting people in Blueridge?*

Written by: Angela Duso

Metro Vancouver has sometimes been identified as a place where it is difficult to make friends [1]. And yet recent research suggests that social capital is the key to living long, happy, and productive lives - even more so than exercise and a healthy diet [2]. But, given that we increasingly live our lives in an individual and self-sustaining manner, how do you go about making new friends? Here in Blueridge, if you have kids it's pretty easy to connect with other families at the schools, but if you don't have children, or they aren't school-age, how can you make connections? Here are some ideas:

- Come out to a work party at the Blueridge Sharing Garden. There's always lots of stuff to do at a work party and it's very easy to meet people when you are working side by side on a garden bed, or

shoveling a pile of dirt. Personally, I find leaning on a rake and watching other people work very conducive to productive conversation. Come by when you can - even if you can't do any physical work, stop by for a cup of coffee and a chat, or bring some snacks down for the workers.

-Attend the next BCA Wine & Cheese Tasting. It's always easier to meet people when you have had several helpings of cheese [3]. Look for the 2015 edition of the Wine Tasting coming up this Fall.

-On Thursday evenings at 7 pm, July 16, 30 and August 20 with the grand finale on Sunday August 30, Katrina Carlucci is going to host a baseball fundraiser for Parkinson's Disease in Blueridge Park. Donate a toonie and join your neighbours in a fun, NON-competitive, baseball game at the Blueridge Park diamond. Check out our website ([www.blueridgeca.org](http://www.blueridgeca.org)) or join our email list ([info@blueridgeca.org](mailto:info@blueridgeca.org)) or follow us on Twitter (@BlueridgeCA) so you don't miss out.

-Anni Danielson is holding guided walks (on weekends) in the neighbourhood - she regularly gets a number of people both new to the neighbourhood and old who join her. Once again - check out our website to find out when the walks will occur.

-Blueridge Good Neighbour Day - Sunday June 7th 11:00 am - 3:00 pm on the grounds of Blueridge Elementary School. Always a great way to meet people - in the line up for Cotton Candy, while enjoying a Gyros, or by taking part in the Pie Eating contest. We always need volunteers on the day of - which is another great way to meet people, even if you can only make it for an hour.

[bgnd@blueridgeca.org](mailto:bgnd@blueridgeca.org)

#### References:

- [1] "Connections and Engagement" A survey of MetroVancouver. Vancouver Foundation June 2012
- [2] The Loss of Happiness in Market Democracies. Robert E. Lane. 2001, Yale University Press
- [3]"Was it the Wine or the Cheese, I don't know? A study on the Enhancement of Social Interactions at Wine Tastings". Professor Monty Boffin, University of Sillywalk, August 2014



## EXCITEMENT GROWS AROUND NEW BLUERIDGE SHARING GARDEN

*Written by: Donna Sacuta*

Take the family for a saunter along Carnation Street across from Seymour Heights Elementary School and you are in for a big surprise! The brambles and years of trash have been cleared and a new garden space is springing up next to the trail that runs south to Violet Street.

The Blueridge Sharing Garden is a project spearheaded by the Blueridge Community Association. Three work days so far have brought out scores of volunteers of all ages to construct our shed, raised garden beds, as well as composting and rainwater collection facilities.

We have received financial support from VanCity Credit Union, the Rotary Club, Vancouver Coastal Health and the Vancouver Foundation. We are also extremely grateful to Miura Properties for donating equipment and labour for site clearing and the District of North Vancouver for their support.

Our greatest contribution by far has been from Blueridge and Seymour Heights residents who have provided their time and energy. The best way to keep up to date on this exciting project is to join the Blueridge Sharing Garden Group on Facebook.



## BLAIR RIFLE RANGE PLAQUE PROPOSED

*Written by: Donna Sacuta*

The District of North Vancouver's Heritage Consultation Committee responded very positively to a presentation made to them in March by some members of the Blueridge Community Association regarding the history of the Blair Rifle Range.

The presentation, originally shown at our association meeting last November, was presented at District Hall by the author, local resident Donna Sacuta. She concluded by asking the Committee to consider some kind of heritage recognition, such as a plaque, to commemorate the Rifle Range site which is located adjacent to Blueridge. The property was used as a military rifle range from 1920 until 1968 and also housed an unemployed relief camp during the Great Depression of the 1930s.

The Heritage Committee asked for some time to consider their options. We will keep you notified of developments in the future. Donna can be reached at 604-924-0553, or [donna.sacuta@shaw.ca](mailto:donna.sacuta@shaw.ca).

## WHO'S WHO IN THE COMMUNITY

*Written by: Angela Duso*

Here is a new feature in the Community Newsletter. In each edition of the newsletter, we will interview someone from our Blueridge community who is doing something interesting.

This edition, meet Mr. Herb Spiral.

### 1. How long have you lived in Blueridge?

I came to Blueridge from West Van, only a few weeks ago. I moved in on May 2, 2015.

### 2. What is your favourite thing about Blueridge?

Well, I've only been here for a few short weeks but what I've noticed so far is that there are lots of trees here, and the birds sure do wake me up early. I've also noticed that people are really curious about me and they want to know more about what I do.

### 3. What sort of work do you do?

I'm going to be growing herbs this spring and summer down in the Sharing Garden (across from Seymour Heights Elementary). I provide support for the herb beds, I keep them warm and watered, and I allow easy access for people to pick their favorite herbs - so instead of driving down to Superstore or Save-On when they realize that they need some cilantro in a salsa recipe, they can just pop over to the Sharing Garden with a pair of scissors and take what they need.

### 4. What is your favourite trail?

I'm pretty immobile, so I'd have to say that my favorite trail (or connector) is the one that runs right in front of me - the Lytton Street road allowance (between Carnation and Violet Streets).

### 5. If you could change something about Blueridge, what would it be?

For drivers to slow down on Carnation. I think many parents would feel better about their kids walking to and from school if the traffic wasn't going so fast on Carnation Street - it's a 30 km zone between 8 am and 5 pm - but I see lots of cars passing by faster than that.

### 6. If you could have the ability to travel in time, or be invisible - what would you choose?

No question, I would choose time travel. I'd love to travel back in time, to the Paleolithic era, over 60 000 years ago. Archeological evidence shows that herbs were used as medicine back then - and I'd want to go back and see what herbs they were using and how they used them (and if they resembled any of the herbs we use today).

## OUR MAIN SPONSOR FOR BLUERIDGE GOOD NEIGHBOUR DAY!

Seylynn Village is proud to be sponsoring the Blueridge Good Neighbour Day 2015 at Blueridge Elementary School on Sunday, June 7. The event is designed to bring the community together, and we are thrilled to be involved in the ever-evolving community. Seylynn Village will play an integral part in the revitalization of the area of Lower Lynn, kick-starting development with three high-rise towers, which will be followed by the opening of various local amenities – grocery stores, retailers, restaurants and coffee shops. Come join us in the festivities and be a part of this burgeoning community. For more information about Seylynn Village, please **call: 604.980.500** or visit our **website: [www.seylynn.ca](http://www.seylynn.ca)**

### HELP WANTED!

Two people with "Food Safe" certification to serve food at Blueridge Good Neighbour Day, Sunday June 7th from 11 am - 3 pm. Previous food service experience an asset. Wage is \$25/hour. Please contact [info@blueridgeca.org](mailto:info@blueridgeca.org) for more info or to apply.

### PARKING ISSUES ON YOUR STREET?

*Written by: Eric Andersen*

On February 17 a Public Hearing took place at the District of North Vancouver Hall regarding a subdivision on Violet Street. The BCA had not been informed that some of the local residents had severe issues with local parking on Violet Street. We sympathize with these residents and wish this had been brought to our attention earlier. Indeed, there are many cars on Violet with many lots having been subdivided over the years and with many houses with secondary suites. Council showed interest in the parking issue on Violet, so we would like to know if residents in Blueridge/Seymour Heights – other than Violet Street - find that they, too, frequently and consistently have issues with parking on their own street.

If you do, please drop us a line at [info@blueridgeca.org](mailto:info@blueridgeca.org). We will then bring this to DNV staff's attention so they can address it.

### IMPORTANT!!

**We want to hear what YOU have to say!  
Come and join the growing number of  
informed Blueridge/Seymour Heights  
residents! Join our mailing list!**

**Please visit our website at  
[www.blueridgeca.org](http://www.blueridgeca.org) or  
contact us at  
[info@blueridgeca.org](mailto:info@blueridgeca.org)**



### DID YOU KNOW?

*Written by: Donna Sacuta*

The Blueridge Community Association has a very active Good Neighbour Greeting Team. Lesley Brooks has been doing an excellent job of welcoming new residents to the community. Lesley volunteers her time to personally visit as many new 'Blueridgers' as she can and spread the word about the fantastic neighbourhood we share.

If you know of a new family moving into Blueridge -- whether they be owners or renters -- please let us know ([welcome@blueridgeca.org](mailto:welcome@blueridgeca.org)) and we will pass the information on to Lesley.

### BCA DIRECTORS

During the May 12 AGM the following residents were voted in to be BCA directors for the next 12 months: Anni Danielson, Barry Fenton, Ruth Hanson, Lesley Brooks, Rhoda Irwin, Colleen Mah, Graham Gilley, Donna Sacuta, Alberto Trujillo Gonzalez, Sonia McLeod, Stephen Parker, Angela Duso and Eric Andersen

We welcome Donna and Alberto as our new directors. Jim Hanson stepped down a few months ago once he was elected to the District of North Vancouver Council.

## Twin Bridges Update!

Written by: Angela Duso

### **Public Meeting Wednesday June 24<sup>th</sup> and Thursday June 25<sup>th</sup>.**

Many have been lamenting the loss of Twin Bridges, especially now that the weather is good and the runners, cyclists, hikers and fishers among us would like to access the west side trails in the Lower Seymour Conservation Reserve (and even Lynn Headwaters and beyond).

*MetroVancouver will hold two public meetings Wednesday, June 24<sup>th</sup> and Thursday June 25<sup>th</sup> from 6:30 PM to 9:00 PM  
Capilano University  
Multi-purpose Room (Sports Complex)  
2055 Purcell Way, North Vancouver*

You need to register (it's free) for the meeting. To register, go to [eventbrite.ca](http://eventbrite.ca) and search events for Seymour River Canyon Trail Connections Public Meeting.

The meeting will be about the possible options for a pedestrian/cycle crossing at/near the old Twin Bridges site.

In addition, on Tuesday Sept. 8<sup>th</sup>, Mike Mayers (Superintendent of Environmental Management for MetroVancouver) will speak at the BCA meeting about the replacement plans for Twin Bridges, so mark that one in your calendars, 7:00 pm at Blueridge Elementary School. The more people who come out to the meeting the better, as we want MetroVancouver to know that we are missing our bridge!



Photo courtesy of: The Province Newspaper  
Photo taken by: Arlen Redekop, PNG

## **What to do with your old desktop, printer, monitor, TV and electronics?**

Written by: Eric Andersen

We have all at some point been asking ourselves that very question: what do we do now with the old computer or TV etc?

The BCA has a solution for you! We will be partnering with the Electronic Recycling Association (ERA) which is a not for profit organization that has been reducing unnecessary electronic waste since 2004.

ERA will work with us by supplying a truck at our clean-up event as well as electronic recycling staff to help with the collection and provide information to attendees as necessary, and informing the community about where their unwanted and even broken electronics go. This service includes prompt removal of all equipment collected in a fully insured 5 ton truck.

The following items will be accepted:

Desktops - PC & MAC partials, parts, motherboards, etc.

Notebooks/laptops/tablets - PC & MAC docking stations, parts, cables, etc.

Other handheld devices - MP3 players/CD/Cassette players/ipod, etc.

Printers - Inkjet & Laserjet plotters/copiers, scanners/fax etc.

Peripherals - Keyboard, mouse, CD/DVD roms, cards/accessories, etc.

Servers - rack mount, stand alone, all brands, etc.

Phone Systems - voicemail Nortel/lucent, parts/accessories, etc.

Mobile phones - chargers, headsets, etc.

Monitors & TVs - CRT&LCD Plasma, projection etc.

Software - operating systems, editing, design, etc.

Racks & misc. - server racks, lab equipment, disk arrays, etc.

Specialty items - Cisco networking, switches, routers, etc.

Not acceptable items include: kitchen appliances, as there are different processing requirements for them, and personal electronics (ie: electronic toothbrushes/razors etc.) for sanitary reasons.

ERA will provide their truck on Saturday, June 13, at 1 PM at Blueridge Elementary School.

In the meantime, please save your old electronics for our clean-up event in mid-June.

## Separated glass recycling collection comes to the North Shore in July.

Written by: Aaron Bichard

Beginning in July, North Shore residents will use a modified three-stream recycling system of Mixed Paper, Containers, and Glass.

The Newspaper and Mixed Paper streams will be combined, while Glass will become its own stream. Residents with Blue Box curbside recycling collection will receive a new Grey Box for collecting glass bottles and jars. Delivery of the new Grey Box to homes will begin in June.

On July 1, North Shore residents can start using the Grey Box, as well as co-mingling their newspaper and mixed paper in either their Yellow or Blue Bag.

A designated cart for glass will be made available for residents in apartments, condos and townhouses with shared cart recycling beginning in July.

Residents with shared cart recycling can also put newspaper in the Mixed Paper carts starting July 1. Collecting glass separately prevents broken glass from contaminating other materials and complies with changes to the provincial recycling regulations that took effect May 19, 2014.

Multi-Material BC, the industry-led non-profit group responsible for the provincial Packaging and Printed Paper stewardship program, requires glass be collected separately at the curb or recycled at a depot to ensure more of the collected materials can be recycled safely and without contamination.

These changes coincide with the introduction of Smithrite Disposal Ltd. as the new residential recycling collection contractor. The North Shore municipalities thank residents for their patience during the transition. Residents who will be away during the curbside Grey Box delivery period can call North Shore Recycling Program and arrange pick up or box delivery at a later date.

For more information please call North Shore Recycling Program at 604-984-9730 or visit [www.northshorerecycling.ca](http://www.northshorerecycling.ca).

Key Dates:

- \* **June:** Grey Boxes are delivered to 40,000 homes across the North Shore.
- \* **July:** Apartments, condos and townhouses begin receiving designated Glass carts in their recycling areas.
- \* **July 1:** Residents can start using their Grey Box for glass, and combining newspaper and mixed paper in their Yellow or Blue bags.

Recycling instructions:

- \* Caps and lids must be removed from glass and recycled in the Blue Box or Containers cart.
- \* The Grey Box and Glass carts are for glass bottles and jars only. Window glass, mirrors, and glass dishware is considered garbage.
- \* Glass drink containers with pre-paid deposits (Refundables) are best recycled at a depot.

To set up an interview or photo, please contact:

Aaron Bichard

Communications and Community Programs Coordinator

**North Shore Recycling Program**

148 East 2nd Street, North Vancouver, BC

V7L 1C3

t: (604) 984-9730 f: (604) 984-3563

e: [aaron@nsrp.bc.ca](mailto:aaron@nsrp.bc.ca)

[www.northshorerecycling.ca](http://www.northshorerecycling.ca)



## Block Watch

Written by: Eric Andersen

The Block Watch office no longer provides precise statistics listing exactly in which block and on which street any local b&e may have taken place.

More general statistics are provided monthly. If you do not know who your Block Watch Captain is, please contact us and we will let you know who it is and provide his/her contact details. Please e-mail us at the following address: [info@blueridgeca.org](mailto:info@blueridgeca.org)



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city of north vancouver  
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### Parkgate Soap Box Program

Written by: Eric Andersen

Over the last couple of years many youths in Blueridge/Seymour Heights have participated in the Parkgate Soap Box Program



You can read more about this great program on their own website:

<http://www.myparkgate.com/youth/youth-centre/>

The soapbox derby will start at 10 AM on Carnation on Sunday, June 14. Don't miss that!

### Program Emphasis

The Parkgate Soapbox Program offers youth the opportunity to construct and design their very own soapbox vehicle in a safe and controlled environment. Participants will:

- Get involved in the community
- Customize their own Soapbox
- Feel a sense of accomplishment
- Interact with youth their age

### *Blueridge Energy Bars*

Recipe provided by: Sonia McLeod

Are you looking for a healthy, home made energy bar? Here is recipe that I pulled together from items in my cupboard. My kids love them and I love that my kids are eating something healthy and yet so easy to make!

- |   |                                |
|---|--------------------------------|
| 1/2 cup raw pumpkin seeds   | 1/8 cup cocoa nibs             |
| 3/4 cup raw almonds   | 1/8 cup of organic Coconut oil |
| 1 cups pitted dates   | 1/4 cup organic cocoa          |
| 2.5 scoops Vanilla protein powder   | 1/8 cup Chia Seeds             |
| 1/4 cup hemp hearts   | 1/8 cup honey                  |
| 1/4 - 1/2 cup Earth Balance w/flax peanut butter (use more or less depending on the taste and stickiness) |                                |
| 1/2 cup unsweetened coconut   |                                |

Place pumpkin seeds and almonds in a mixer and chop until fine. Next add the dates and all other ingredients. Place the mixture in a pan lightly sprayed with non stick spray. Press down until firm.

Place in fridge to set, at least 2 hours, then cut into squares.

Keep stored in fridge in airtight container. Will last for 2 weeks in Fridge!

Hope you enjoy!