

DON'T MISS...
BLUERIDGE GOOD NEIGHBOUR DAY!!!
SUNDAY, JUNE 3RD FROM 10AM TO 3PM

Everyone is invited to join your neighbours at this year's 21st annual Blueridge Good Neighbour Day. Sunday JUNE 3, from 10am to 3pm.

This year's theme....

Retro!

Pull out those old bell bottoms and hot pants, throw a bandana around your head, backcomb your hair, grab your boom box or walkman, don some Go Go boots and come join us representing whatever Retro style you choose!

THE PARADE: 10:45am start at the corner of Berkley and Hyannis. Parade travels to Blueridge Elementary. All kids are welcome to decorate their bikes and take part!
 Live Music: come support a local band, Wishbone!

FOOD & ACTIVITIES: Food trucks, concession stands, beverage garden courtesy of Deep Cove Brewery (ID mandatory), Kids Carnival, bouncy castles, rides and games, silent auction (cash/credit) and our famous pie eating contest, and awesome cake walk!

GREEN INITIATIVE: Bring water bottles and washable dishes to help us eliminate unnecessary waste!! Blueridge Good Neighbour Day is brought to you by a group of dedicated neighbours and our valued sponsors. Interested in sponsoring, renting a community table, volunteering at the event, or donating an item to the silent auction? Please contact us at bgnd@blueridgeca.org.

We hope to see you all there!!

Written by: Amy Pankratz



IMPORTANT DATES

Saturday, June 2 – at 6 PM – 10 PM – Dîner en Bleu – at a secret location in Blueridge! (Page 3)

Sunday, June 3, at 10:45 AM – 3 PM – Blueridge Good Neighbour Day

Parade starts on the corner of Berkley and Hyannis (Page 1)

Saturday, June 9, at 9 AM – 12 PM – Blueridge Sharing Garden work party

Saturday, June 9, at 10 AM – 12 PM – Electronic recycling at the Blueridge Sharing Garden, north end of Lytton Street (Page 8)

Friday, July 20, at 6 – 9 PM – 'Cruise the Shore for LGH' –in front of Blueridge Elementary School (Page 6)

HELPING KIDS HAVE A SAFE AND FUN GRAD 2018!

Written by: Lauren Gorgounis

Windsor Secondary School parents and the Windsor Student Council have been working diligently to plan a safe after grad party for the graduating class. We've had incredible support from our Community. To our sponsors, please accept our sincere thanks! BC MLA Jane Thornthwaite, CBRE Real Estate Company Vancouver, McNeney McNeney Spieker Law firm, Fawcett Insurance Parkgate Village. With your generosity we are confident the 2018 Graduating students will have a safe, fun evening celebrating the milestone of completing 5 years of high school. We wish them the best for continued success in life!

If you would like to make a contribution to help make this night a memorable one for the Windsor's 2018 graduating class, donations are graciously accepted. Please contact Lauren Gorgounis by email at gorgounisfam@gmail.com.

We hope this 2nd Annual safe event will become a Windsor tradition.



YOUNG AND INVOLVED!

INTRODUCING....QINTU TAO!

My name is Qintu Tao. I immigrated to Blueridge from China about two years ago. I am currently a grade 11 student at Windsor Secondary. I love the peaceful environment and friendly neighbourhood here. Sometimes I wander around and enjoy the sunshine in the natural environment of the community. It is my pleasure to assist with the website of BCA for such a good community which I love. I usually post or update contents on our BCA website, such as newsletters and baby sitting directory. Also I sometimes have a great time collaborating with other groups in BCA. Being very interested in computer science, I really enjoy contributing to BCA's website. Hope we can make our community better and better.

Young and involved...cont'd

INTRODUCING....JORDAN GORGOUNIS!

Hi there! I live in Blueridge and feel lucky to be involved in my community. I've never written for the newsletter but thought maybe this could be considered.

I'm involved with the BCA, BGND and the Sharing Garden. I'm in Gr. 12 at Windsor Secondary. Years ago when I was babysitting and when the Blueridge Sharing Garden was being developed I would often share the progress with the young kids I took care of. By taking the children to the community garden, I hoped to make them feel part of a community and in turn, be inspired to support it as I have. A garden represents growth and new beginnings. For me, it also represents the power of caring community connections. This garden is located just south off Carnation Street along the walking path taking people from Mt Seymour Parkway through the Seymour Heights area and in to Blueridge.

I learned first-hand the power of taking initiative in strengthening a community. After seeing our community at work, I was inspired to support the launch of the Blueridge Sharing Garden in 2015. As a young teenager working along side some incredible adults it was powerful to come to understand how one idea and a few simple steps could motivate a group of people to take charge of an area that was once unsightly to see it now as clean, safe and forward moving in growth. I am writing this in the hopes that it might inspire kids my age and younger to get involved in our community. Reach out to me and I can share other opportunities.



How to contact us:

Web: www.blueridgeca.org

Email: info@blueridgeca.org

Twitter: @BlueridgeCA

Facebook: Blueridge Community Association

EMERGENCY PREPAREDNESS

Written by: Carol Donohoe

North Shore Emergency Management (NSEM) is a group that was started in 1978 and represents the three North Shore municipalities. They are taking the lead ahead of the provincial government by developing their own plans and protocols for emergency and disaster management for the entire North Shore.

The North Shore has been divided into 8 zones – we in Blueridge are in Zone 7 which is everything east of Lynn Creek, except Woodlands. NSEM are trying to figure out how best to train and deploy volunteers in each Zone to be the first point of organization and assistance when a disaster strikes. They have lots of training programs and resources available.

They have a new program that they are rolling out which is called Affiliated Volunteers. This is the summary information which was provided at the introductory session I attended:

What are Affiliated Volunteers?

- A “force multiplier” of organized groups
- Agencies that adopt a role in emergency management
- Agencies that support a role in emergency management
- Agencies that encourage members to join emergency management
- Liaisons link to membershipParticipate as an organized entity

What is NSEM asking and offering?

- Attend basic training a couple of times per year, either through your regular meetings or as extracurricular meetings
- Share additional training opportunities with your team
- Support emergencies in your area as schedules permit
- Help us promote emergency preparedness
- Help us build community resilience
- Service groups to adopt a role
- Using existing structure, leaders share training and engagement opportunities
- Using existing structure, leaders conduct member call-out of enrolled members to support response
- NSEM assigns trainers to attend group meetings to provide basic training

So what can we do? What SHOULD we do?

The first thing everyone can do is to make a family emergency kit – no excuses!! This is something we all should do right now if we haven't already done it. It doesn't take much time, and it doesn't cost that much

when you consider the value to you and your family in an emergency. Resolve to do this – put it on your calendar on a free day in the next month, and make it a family project. If you want to read more, here is the link to NSEM's get prepared page:

<https://nsem.info/get-prepared/make-kit>

The other thing we can do is for as many people in Blueridge who can spare the time and effort is to attend the NSEM courses. If you send me your contact information, I will organize distribution of the information once it is available. My email is caroldonohoe@shaw.ca.

What we SHOULD do, as a community, is to commit to organizing and training as many people as we can to be the ones who are able to support the goals of NSEM in our community in the critical first hours after a disaster, and beyond if needed.

From NSEM:

Your basic family emergency kit should contain these items:

- Food that doesn't spoil, such as canned goods, energy bars, or dried foods
- 2L of water per person per day, preferably in small, easy-to-carry bottles
- First aid kit
- Flashlight and radio (battery powered or hand cranked)
- Manual can opener
- Cash (small bills)
- Prescription medication, baby formula
- Your emergency plan and contact information
- Extra keys to your home and car
- Food and water for your pets

UPDATE ON DINER EN BLEU EVENING!

Written by: Annelly Greene

The Dîner en Bleu evening on Saturday, June 2, has **been Sold Out and the waitlist is growing.** With such a tremendous community response the evening is sure to be the event of the season.

For more information about the event or waitlist please contact:

info@blueridgeca.org



UBC Reading Week 2008 - Blueridge Community Association

Written by: Esmée Colbourne and David Li

UBC is a place of mind. It teaches you how to learn through structure and theory, secluding the student and overwhelming them with exams and essays. The UBC Reading Week Programme offers students a chance to engage with different communities, learning through hands on experiences and the wisdom of community NGO partners. We were lucky enough to partner with you, Blueridge Community Association (BCA)! With only 3 days to get to know the community, Eric, Anni and Leslie walked us through the key projects and values of the BCA. We learned a lot. For example, we learned about some ways to build community through projects and group events. A place with households from many parts of the world, we learned that community associations like BCA foster international connections by facilitating dialogue and providing contact details to key members of the community. Our Reading Week started off with the Sharing Garden and the Little Free Library and a Hike to Hyannis Point. Anni and Eric gave us the 'low down' on some of the structural and emotional elements of urban redevelopment of creek land and planning new activity spaces within the Blueridge community. Some of the key points were water leakage problems, a recent vandalism case, and connecting with more local volunteer gardeners with the garden. It was amazing to see just how much work was put into finding partner organisations and community sponsors. The Little Free Library, unfortunately vandalised, is connected to the garden.

Day 2 started off with a visit to Eric's (BCA's chair) to learn more about a the community association. After having thoughtful conversations about future events and what being part of a community is about, we visited a meeting organized by the North Vancouver Community Associations Network (NVCAN). We were lucky enough that it coincided with the UBC Reading Week Programme. We learned how some members of different community groups are dealing with issues regarding to policies and the municipal government. Some of us found it very interesting that until recently, there were overlaps between some community organisations. What seemed hardest for some of these organisations was attracting young volunteers. Most of their debates were about local policies and issues. It felt like they could fall into the same cycles of conversations for hours on end.

UBC Reading Week....con'td

We thought BCA is quite a unique community association. What is so important to note is that all 1500 homes can be a member of Blueridge Community Association through a free membership, which is very inspiring, especially after obtaining 25 years of Continued Involvement. It's a testament to how dedication and a passion for community sustains involvement. The Community Association's effort shows in the warmth and welcome we felt when being invited to participate and plan elements of community events like Diner en Bleu and Blueridge Good Neighbour Day. Eric and the Association are always fielding good suggestions, so if you have any thoughts please contact: info@blueridgeca.org



RECIPE CORNER!

Written by: Sonia McLeod

Carnation Street Triple Fruit Scones

From Cooking Light Magazine



- 3 cups all purpose flour
- 1/3 cup sugar
- 1 tablespoons baking powder
- 1/2 teaspoons baking soda
- 1/4 teaspoons salt
- 6 tablespoons chilled stick margarine or butter
- 1/3 cup chopped dried apricots
- 1/3 cup sweetened dried cranberries
- 3/4 cup low fat buttermilk
- 2 teaspoons grated orange rind
- 1 large egg
- 1 large egg white

Preheat oven to 400°

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 1/3 cup sugar, baking powder, baking soda, and salt; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in apricots and cranberries. Combine buttermilk, orange rind, egg, and egg white; add to flour mixture, stirring just until moist. Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Roll dough into a 12 x 6-inch rectangle. Cut dough into 8 (3-inch) squares using a dull knife or a dough scraper. Cut each square into 2 triangles; place on a baking sheet coated with cooking spray. Sprinkle with 1 tablespoon sugar; bake at 400° for 12 minutes or until golden. Serve warm.

TIME TO VOTE!

Written by: Lesley Brooks

As we know, there will be a municipal election in the Fall here in North Vancouver District. The decisions made by our Municipal politicians have direct and often immediate effects on our lives, perhaps more so than other levels of government.

With this in mind I encourage all Blueridge residents to familiarize themselves with the issues that effect us all and insure that you are aware of our present Councillors' voting history in council meetings. We will be voting for a new mayor this time round.

I have attended occasional council meetings recently and it has been apparent to me that Councillor Muri and Councillor Hanson would like North Vancouver to continue to develop but at a slower rate than has been taking place over the last four years. At least four of the other five

Councillors rarely vote against any large development application. Councillor Matthew Bond, referring to all our single family dwellings as "luxury housing", expressed some dismay that over the last years there had been about 1000 applications approved for new "luxury houses" or expansion of our current "luxury" dwellings. Large multi family developments would seem to be his preference.

To obtain more information about future plans, visit District of North Vancouver website, Development and Projects that Impact Traffic and then to Major Development Applications. All this is not very user friendly but it is worth the effort. I spoke to a very helpful woman at the District offices called Jody who agreed to answer any questions that we may have on this topic. Her name is Jody, 604 990 2343.

We will have all candidates meetings closer to election time.

Please inform yourselves of the many issues - and vote!

A café near Blueridge?

Written by: Eric Andersen

As you may have heard the Seymour Estates (904-944 Lytton St.) on the south side of Mount Seymour Parkway is about to be redeveloped. The developer is proposing to triple the density from 114 units to 333 units (including 599 parking stalls).

What kind of amenities are the current residents getting out it (other than a lot more density and cars on the roads...)?



Café in Blueridge...cont'd

Perhaps it is time to ask for a café to be included as part of this redevelopment?

Since this project is likely to go to public hearing soon, please let us have your views if you would like to have a café included as part of the redevelopment. This would allow us to have a place to go and enjoy a coffee and meet friends and neighbours. It would also be a great place for the new residents to meet and have a chance to get to know each other. This is called community building!

Currently we have to drive to Parkgate or Maplewood to find the nearest coffee shops. Thoughts, feedback, questions and general comments can be directed to info@blueridgeca.org.

A NEW LOCAL PAPER

Written by: Eric Andersen

Some of you may have discovered that there is a new local paper on the North Shore, 'The Global Canadian'.

Published in Squamish by the editor, Gagan Ghuman, it covers quite a variety of issues in all the North Shore municipalities. It is a very interesting paper with in-depth articles and we suggest that you pick up a hard copy of this new local paper at any of the following locations:

Ron Andrews Rec Centre (right next to North Shore News stand), outside Safeway at Parkgate, outside the butcher shop at Parkgate, at the library and the community centre across from the library and it is also available in Deep Cove in a box on the street on Panorama Drive, Deep Cove Liquor store, Nesters, Pomegranate Grillhouse and Café, and Deep Cove Osaka Sushi.

'The Global Canadian' will happily accept ads in their monthly paper.

You can also access the Global Canadian's website at:

<http://theglobalcanadian.com/>

Or you can find this local paper On Facebook:

<https://www.facebook.com/theglobalcanadian/>



Crosswalk safety and cross, walk safely

Written by: John Richmond

Back on one of the dark, wet December evenings, I had a terrible fright while driving down Berkley. At the Layton intersection (or very close to it as I recall), I suddenly saw a female figure in black clothing less than a few feet from my front bumper. I braked, swerved and thankfully missed what would have been a fatal impact. In those fractions of a second, from what I could tell, the woman didn't even seem startled. It was raining, there were cars coming towards me with glare from their headlights, but I was in complete disbelief that a person could be crossing Berkley at a cross walk and that I could not see them. In my work, a near miss like this would result in a broadcast to all employees and a thorough investigation.

The next day I studied the scene. What I noticed was there is a Cobra light at each intersection on the full length of Berkley - except at Layton. At Layton, the light is just a few metres away, over Layton, not Berkley. I looked at it again in the dark and it was noticeable, the crosswalk at Layton was one of the darkest intersections on Berkley. This didn't make any sense, so I contacted the District after reaching out to the BCA for advice on how to approach DNV.

One week after I sent an email to the District, I noticed a robotic sign was put out on the west side of Berkley, just north of the Layton intersection. I sent a follow-up email to ask again if this has anything to do with my original query. I subsequently received a response from the District within one day stating that they had looked into the situation and were going to be adding a Cobra light over the Layton crosswalk. WOW.

I did not expect this to be that easy. I had expected to have to do some door knocking and petitioning for the lighting improvements.

My apology to any of the local residents who are not happy about the new light and markers. I trust that all will appreciate this safety improvement.

I'd also like to suggest we all pay attention, look both ways and cross when it is safe to do so. ...and yes, this unfortunately means take your ear buds out and don't look at your phone!

Some clothing with reflective trim wouldn't hurt too...

Our sitter directory

Written by: Eric Andersen

If you are attending our big Dîner en Bleu in June, why don't you use the sitter directory on our website (blueridgeca.org) to find a babysitter for your kids? This way you will help local kids find a local job – a win-win situation for all.

As we advertized in our March newsletter, our website is now not only offering babysitters, but we are now also offering petsitter and housesitter services. Go to our website and find out which local persons can help you with any of your baby-, pet- or house sitting requirements.

Currently 17 different sitters are listed.

ADVERTISE IN THE BLUERIDGE BULLETIN!

Written by: Eric Andersen

Our monthly Blueridge Bulletin (sent by e-mail) reaches nearly 500 residents living in Blueridge/Seymour Heights. If you own a business and would like to advertize in our neighbourhood, please contact us at info@blueridgeca.org. We will include your small ad in the Blueridge Bulletin (BB) which goes out at the beginning of each month.

The costs for advertizing will be \$30 per issue and we will need your logo or brief text to include in the BB. If you wish to subscribe to 12 consecutive issues (the text can be changed during the course of this period), the costs will be \$250. The cheques are payable to the Blueridge Community Association. Interested? Please e-mail us today at info@blueridgeca.org.

This funding will help defray some of the many costs the BCA has.

Cruise the Shore for LGH!

Written by: Eric Andersen

Lions Gate Hospital Foundation will present the 2018 "Cruise the Shore for LGH" fundraising event on Friday July 20th and Saturday July 21st.

The Friday night event will be a cruise throughout the streets of the North Shore. A pre cruise dinner will assemble 4:30pm at The Tomahawk BBQ. Owner, Chuck Chamberlain, has graciously agreed to keep his restaurant open, the staff will volunteer their time and all dinner proceeds from the drivers will be donated to the LGH Foundation. It is confirmed that part of the evening cruise will be into the Blueridge residential community and the cars would stop in front of Blueridge Elementary School for residents to review and encourage to attend the Saturday activities in West Vancouver. There will be a cruise route map prepared into an event pullout section of the North Shore News.

Dear BLUERIDGE / SEYMOUR HEIGHTS COMMUNITY,

YOUR PHYSICAL HEALTH DOES NOT *NECESSARILY* EQUAL YOUR CELLULAR HEALTH

INTRODUCING THE WORLD'S ONLY NUTRITIONAL LIE DETECTOR

Pharmanex® is the exclusive owner of the patented BioPhotonic Scanner technology. The scanner was developed by doctors and physicists at the University of Utah, a top U.S. research university in the field of physics. The BioPhotonic Scanner is the first measuring tool that uses laser technology to measure carotenoid antioxidant levels using Raman spectroscopy—methodology that has been validated since the 1930s. By placing the palm of the hand in front of a safe, low-energy blue light laser made operational by the scanner, an individual can obtain an immediate reading of carotenoid antioxidant levels — an antioxidant score.



A `FREE' - NON INVASIVE, 30 SECOND SCAN TO GET MEASURED

WHAT THE SCANNER IS INTENDED TO MEASURE

The Pharmanex BioPhotonic Scanner is a non-medical device, useful for helping people make an informed decision about diet and lifestyle habits that can improve health. According to the USDA, the recommended daily allowance of fruits and vegetables needed to achieve optimal nutrition is 5-10 servings per day. The nutrients contained in fruits and vegetables are critical in helping promote optimal cellular function and helping counteract the negative effects of free radical damage. The new technology offered by the scanner provides consumers with information they can use to determine their need to maintain or increase their consumption of antioxidant nutrients. Consumers who are not satisfied with their antioxidant levels can choose to make lifestyle modifications—from eating more fruits and vegetables, or stopping smoking, to taking an effective antioxidant supplement.

SCANNER LINKS:

https://www.youtube.com/embed/5n_Q7_x8rdE

<http://www.youtube.com/embed/TnlaZwSkKY8> (Dr. Oz show)

For additional information or to arrange to set up your own Free, Non Invasive, 30 second scan, please contact:
Marco Mastrantonio (604) 782 4999 marcom@shaw.ca

BLUERIDGE COMMUNITY ASSOCIATION CLEANUP

PARTNERING WITH ERA TO DISPOSE OF YOUR UNWANTED ELECTRONICS

Get rid of the electronics cluttering up your home, garage or workplace and help the environment at the same time. Open to the public.

SATURDAY, JUNE 9TH 2018

10 AM - 12 PM

DROP OFF LOCATION: BLUERIDGE SHARING GARDEN AT THE NORTH END OF LYTON STREET IN NORTH VANCOUVER



**FREE E-WASTE
RECYCLING: HOSTED BY
BLUERIDGE COMMUNITY
ASSOCIATION**

What is accepted:

Consumer Electronics (gaming consoles, iPods etc) **Desktop Computers** (PC & Mac, monitors, parts, motherboards etc) **Handheld devices** (smart phones, cell phones, tablets etc) **Laptops** (PC & Mac, docking stations, parts, cables etc) **Printers** (Inkjet & LaserJet, plotters, copiers, scanners, fax machines etc) **Peripherals** (Keyboards, mice, CD/DVD roms, cards, accessories etc) **Phone Systems, Racks and miscellaneous** (Server racks, lab equipment, disk arrays etc) **Servers** (Rack mount, stand alone, all brands etc) **Software** (operating system, editing, design etc) **Specialty items** (Cisco networking, switches, routers etc)

*Sorry, no appliances, light bulbs or batteries will be accepted



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electronic.recycling.association