

A brainstorming to make Blueridge better

By Ruth Hanson

Once again, we will be hosting a super-fun few hours for our neighbourhood's movers and shakers to get together to develop brand new creative ideas to make our beautiful neighbourhood even better!

We did this nine years ago and had a few wonderful hours of facilitated brainstorming that yielded some impressive and lasting results. Some of our ideas evolved into Blueridge Sharing Garden, Blueridge Little Free Libraries, Dîner En Bleu, and the Blueridge Scholarship Fund and more. We also got a free lunch courtesy of the Blueridge Community Association!

We have so many new and wonderful neighbours

since that event and of course everyone from the 'hood is welcome! We would love to have you join us!

We would greatly value your input and ideas and enthusiasm for this exciting half day (4 to 5 hours including a free lunch) to bring even more new ideas to our community for the benefit of everyone here.

Would you like to participate? Date, time and location TBA, dependent on number of participants.

Let us know your interest by emailing: info@blueridgeca.org



Fall swap meet planned

Have your kids outgrown their snowsuits? Do you have soccer balls or snowshoes you would like to see in the hands of someone who can use them? Want to relocate some of Grandma's knick-knacks to someone else's home?

Or are you crafty and have bake goods, soaps, candles, artwork, specialty craft items or other things that you would like to display or sell during a co-operative group garage/tailgate sale?

Look no further and get ready for this! We are contemplating, sometime in September, a group garage sale/sport swap/parking lot-tailgate swapmeet or garage sale. We are still working on the details but our goal is to have you enjoy selling or swapping stuff with your neighbours and meeting your neighbours and friends over a coffee. Along the way, we hope you can introduce your friends and neighbours to your skills as a craftsperson/baker/painter or what have you. And, as a final bonus to the community, we hope the event can serve as a fundraiser for the Blueridge Community Association's many activities.

If you are interested and want to participate, please let us know at info@blueridgeca.org. We will update you on this fun and social opportunity to display and sell or swap your items!

by Ruth Hanson



Donna Sacuta (left) presents the Blueridge Spirit Award to Colleen Mah, recognizing Colleen's work creating and supporting the Blueridge Sharing Garden. (see story page 5)

Published by the Blueridge Community Association for Blueridge and Seymour Heights residents

Editor: Michael Bernard

Volunteers make us strong!

By Eric Andersen

Blueridge Community Association Chair

When our newsletter editor asked me to write a piece for this newsletter, the theme was immediately obvious to me: I would write about volunteerism in Blueridge, the absolute forte of the Blueridge Community Association (BCA). The one and only reason that we have a strong community association in Blueridge is because of our many volunteers.

Let me start with some good news on this topic: we have a new Volunteer Coordinator! Michelle Leroux was our first volunteer coordinator, but when she moved from Blueridge last year, Stacie Graham took over, stressing that she was doing this on an interim basis. That interim basis lasted nine months, for which we warmly thank Stacie. Now Elmira Nazar has stepped forward to take on the role. She will be in touch soon with all our current and future volunteers. If you are not already a volunteer and want to become one, she can be reached at: volunteer@blueridgeca.org

Regretfully, we have had to cancel our two major perennial events—Blueridge Good Neighbour Day (BGND) and the Diner en Bleu, our dinner on a Blueridge Street—due to COVID and the fear that another wave would come over us in June.

Both events require much preparation and planning, and by the time things started looking a bit better on the COVID-front, it was far too late to get going, even with mini-versions of these events.

We hope to be back with a vengeance in June of 2023. But this will very much depend on getting volunteers to help plan these activities and help out on event day.

Since our BGND and Diner en Bleu last took place in 2019, a number of the experienced volunteers for these events may no longer be available nor living in Blueridge, so we are hoping new ones will step forward to plan and assist with both these events. It's never too early to sign up, so let us know now if you want to be involved!

One event volunteers have created and supported

during COVID is called Blueridge Cares. It was born in 2020 to relieve the financial strain the pandemic was imposing on families in our own community and to help them realize a brighter holiday season. Last year, the Blueridge Cares Committee managed to raise \$5,600 and gather items such as gift cards, toys, beer and other goodies for seven local families who applied to get a helping hand before Christmas. We will be working again on Blueridge Cares before and during Christmas this year. If you are interested in helping out, please contact Elmira at volunteer@blueridgeca.org



Eric G. Andersen

I hope that everyone will read BCA director Ruth Hanson's article 'A Better Blueridge' featured elsewhere in this newsletter. The association will be hosting a brainstorming event in the fall and inviting all Blueridge and Seymour Heights residents to come share their suggestions for new activities that benefit the community. The last brainstorming in 2013 gave life to many new activities, including the Blueridge Sharing Garden. Many of those activities are still hugely popular in Blueridge. We have no doubt that each of you would conjure up new and fresh ideas. Date, time and location are still to be set, but please contact us (info@blueridgeca.org) if you are interested in joining your neighbours for this event.

Finally, a huge thank-you to everyone who has volunteered their time to the association and its many activities, especially during the pandemic. It bears repeating again and again that the BCA could not operate nor function well without the assistance of our many volunteers.



Elmira Nazar

Say hello to our new Volunteer Co-ordinator!

Elmira Nazar wants to get involved in Blueridge. And by the way, her new job is to get you involved as well. *"I have volunteered for the Volunteer Co-ordinator position because I am eager to get involved in my community, and to organize events for other volunteers to partake within their community. My goals are to create events that will allow for volunteers to meet others and to improve the community we live in."* If you want to contact Elmira, you can email her at volunteer@blueridgeca.org or fill out the volunteer form at blueridgeca.org

Supporting local Automated External Defibrillators: the life you save could be your own

By Michael Bernard

Each year in Canada about 40,000 people die from suffering a cardiac arrest, making it one of the leading causes of death in this country. Sadly, only about one in 10 who suffer cardiac arrest survive it and even fewer if the cardiac arrest occurs outside of a hospital. And unknown to many, cardiac arrest isn't limited to elderly people. It can happen to everyone, including teenagers and healthy middle-aged people.

These depressing statistics have prompted many communities, including sports clubs, schools and other institutions across Canada to consider buying and installing Automated External Defibrillators (AEDs) to improve on that dismal survival rate. The city of Vancouver, for instance, approved last December buying and installing 1,000 AEDs to be placed in public places throughout the city. Dozens of communities of different sizes across Canada have taken the same step, which begs the question: Could and should Blueridge do the same thing?

So *what is an AED?* It's an electronic device that can help restart someone's heart if they're experiencing a cardiac arrest. Combined with CPR (Cardiopulmonary Resuscitation), these machines, which come with simple voice instructions, can double the survival rate, says the Canadian Heart and Stroke Foundation. With more and more media stories about emergency crews taking longer to respond to 911 calls, it seems timely for Blueridge residents to consider purchasing and installing machines in our neighbourhood.

With strokes and cardiac arrest, seconds count as the heart, brain and other vital organs are

damaged from not receiving enough oxygenated blood. With each passing minute, it is estimated that the chances of death increase by 10%. AEDs and CPR can change that. An international study of 49,555

out-of-hospital cardiac arrests in Canada and the U.S. found that victims who received a shock from a publicly available AED administered by a bystander had 2.6 times higher odds of survival and 2.73 times more favourable outcomes (including recovery from stroke) compared to victims who first received an AED shock after emergency responders arrived.

I would like to explore with other Blueridge residents what is involved in buying and placing AEDs throughout our neighbourhood by talking to experts such as the St. John Ambulance, and to communities that have installed publicly available AEDs to learn from their experience. I would also like to research the sources of funding available to community groups if we pursued such a project.

If you are interested, please send an email to me at michaelwrbernard@gmail.com or send me a voice mail or text message a 604-606-5742. I will then arrange a time and place for an expert speaker to address a group of us this fall.



Did I miss something?

With COVID receding and rising municipal costs, Windsor Grads took a pass on holding a neighbourhood motorcade to celebrate their graduation this year. In the past two years, the grads, with help from their parents and others, hooted and hollered their way through Blueridge with a motor parade, to equally enthusiastic brothers, sisters, parents and neighbours along the route. What many don't know is that the events take a lot of planning on the part of the District of North Vancouver, which absorbed thousands of dollars in costs incurred in the first two annual events. The DNV indicated this year that it was unable to do that. So word has it that the grads reverted to more traditional ways of marking their exit from high school. Good luck and best wishes to them!

BEARS: Keeping them away and keeping them alive

By Jodene Wood

Most of us moved to Blueridge because we wanted to be close to nature, with forested trails connecting many of our streets. Blueridge residents have been reporting lots of bear sightings, which makes sense because bears are part of our local environment, along with coyotes, owls, eagles, skunks and raccoons. I'm no expert, but I've been learning a lot from the North Shore Black Bear Society (NSBBS), Fur Bearers and BC Bear Alliance, about how these animals keep being destroyed and how we can better co-exist with them.

Many people think black bears are nocturnal; in fact, they are most active during the day. Problems happen when they start accessing food sources with high-calorie rewards such as smelly garbage, improperly composted food, bird seed and unpicked fruit. Many think that reported bears are relocated and feel comfortable calling wildlife authorities. Unfortunately, when people report bears to B.C. Conservation Service, many animals are deemed 'food conditioned' or 'habituated,' are inhumanely trapped, and killed. While some cubs under one year are sent to the Critter Care Wildlife Society in Langley to be rehabilitated and eventually re-released, a recent report noted that officers killed 77 cubs last year for unknown reasons.

The District of North Vancouver has reviewed concerns from the bear society and local residents, and to protect bears, it has changed rules about when and how to put out refuse carts to protect bears. However, there is more we can do, including:



- Freezing our food waste in brown bags and adding them to our green bins to address the smell problem.
- Cleaning our bins out with a vinegar solution to reduce the smell that attracts bears and rats and makes it possible to keep the bins indoors.
- People with fruit trees should harvest often and remove windfall fruit from the surrounding ground and store it in a secure place.

As a community, we can easily live with our local black bears. We need to manage our attractants properly, including unnatural food sources. When we encounter bears, we need to use our firm voices to tell them they need to move along.

The dangers posed by bears are more myth than fact, including a major one about getting between a mama bear and her cubs, which applies to grizzlies, which inhabit other parts of B.C.

Many cubs have been captured in the presence of mama bears without being attacked. Statistics on black bear attacks show that fewer than 36 people have been killed by black bears in the last 100 years, with most of those occurring in remote areas.

We can allow them to move around our neighborhoods without harming anything or anyone. If we recognize that they are not here to eat us, our children or pets, and respect them rather than fear them, we can peacefully co-exist.

Ed Note: A longer version of this article is available in the June 2022 Blueridge Bulletin.

You're Invited Blueridge!

To celebrate their second year in business, United Strangers' owners Christine and Joe are planning a block-style party at the café on the July 9-10th weekend. Christine says they will have free sampling of food items, along with artisans showing their works each morning. Each afternoon they also plan to have some sports activities, including badminton. They hope to also hold a bike drive to collect bikes for kids. Two previous drives, last spring and fall, managed to receive about 20 bikes.



Colleen Dahr Mah chosen as Blueridge Spirit Award winner

By Donna Sacuta

Every three months the Blueridge Community Spirit Award is passed on from one deserving Blueridge resident to another. Recipients show passion and commitment to the community.

My spouse Brian and I have chosen Colleen as the next recipient.

Colleen was instrumental in the establishment of the Blueridge Sharing Garden, located southwest of Seymour Heights elementary school. In fact, it may well have been her idea! She gained the support of the Blueridge Community Association, the District of North Vancouver, the neighbours and local businesses and community-minded groups to see it through to construction and completion in 2015. And, she continues to volunteer and contribute to our success!

This was not the first time our paths had crossed. A random question Colleen posed in the Blueridge newsletter about the property to the east of us propelled me into a year-long research project and my eventual publication of the history of the Blair Rifle Range and the establishment of a heritage plaque on Mt Seymour Parkway.

We have also become good friends.

Dates to Remember

- July 9-10: United Strangers Block Party
- July 16, Aug 13 & Sep 10: Work parties at Blueridge Sharing Garden at 9 a.m.
- July 19: Firesmart meeting, 7 p.m. United Strangers
- July 31: Deadline for tickets for Aug. 14 Concert in the Cul-de-sac
- Aug. 31: Deadline for nominations for 2022 Blueridge Good Neighbour awards
- Date/Place TBA: Fall Swap Meet
- Date/Place TBA: Brainstorming for a Better Blueridge

(Please visit blueridgeca.org or consult Blueridge Bulletin for updates on TBA events)

Recognizing Blueridge's good people

You know them. They are those special neighbours who go beyond the call of duty to help their neighbours. It may be as simple an act as taking out their garbage or gathering their mail when their neighbour is away. Or it could be nursing them back to health when they are ill or grieving.

And they ask nothing in return. The Blueridge Community Association last year established a suite of awards that recognizes what makes Blueridge special. And thanks to local resident, Toby Barazzuol of Eclipse Awards, we now have beautiful trophies to present to the recipients.

Potential recipients of the following annual awards can be nominated by any Blueridge resident. Please do so by visiting www.blueridgeca.org or scanning the QR code at the the end of this story and downloading the nomination form.

Nominations will stay open until 5 p.m. Friday, Aug. 31, 2022. Winners to be announced in the October issue of this newsletter. In future years, we hope to announce the winners each June when we resume holding our popular Good Neighbours Day! *Please note, current BCA board members are not eligible to be nominated.*



Outstanding Neighbour Award- Recognizes a resident who goes above and beyond in supporting their neighbours.

Dedication Award- Recognizes a resident who has contributed to the community in a substantial way for a prolonged time.

Volunteer Award- Recognizes a volunteer who makes a special contribution to the community.

Sponsor Award- Recognizes a sponsor or donor who makes a special contribution to the community.



Meeting called to discuss fire prevention in Blueridge

By Ted Bancroft

An information meeting has been scheduled for July 19 to discuss FireSmart, a professionally-managed program designed to help communities prevent wildfires and minimize their potentially devastating effects.

Blueridge is highly vulnerable to wildfires that start in our forests or on someone's property. The heat dome of last summer will no doubt be repeated at least to some extent in the years to come, adding to the danger of fire.

The July 19th information meeting will be held at United Strangers Coffee Shop at 7:00 pm at Emerson and Mount Seymour Parkway. This meeting will introduce the key players, describe the program, and listen to questions and suggestions. It is your first chance to air your concerns and hear from your neighbours on this important issue.

If you would like to know more in advance of the meeting, you can visit www.firesmartbc.ca



FireSmart®

Recovery work on Seymour River paying off

Seymour Salmonid Society

by Reece Fowler

The Seymour Salmonid Society continued to work hard in 2021 to mitigate the effects of the 2014 Seymour River rockslide, with rock works undertaken during the summer. The aim of the rockslide mitigation program is to break down the larger rocks during the summer low flow period, so that the higher flows in the fall and following freshet can move these rocks downstream of the rockslide and improve fish passage for returning adults.

Last year Mother Nature played her part in the rockslide mitigation program, culminating in multiple significant flow events in fall 2021, which, in turn, led to sustained high flows through the Seymour Canyon and rockslide area.

The Nov. 15 flow event coincided with significant flooding in the Sumas Prairie region of the Fraser Valley. The following images, left to right, show before, during and after photos of the rockslide during the highest flow even of the year. This series of high flow events last year resulted in mobilization of significant material within the rockslide area. Early indications suggest that these high flows have aided fish passage through the Seymour canyon and rockslide area.

We confirm that approximately 800 adult salmon and a small number of summer run steelhead successfully migrated through the rockslide to spawn within the river upstream last year during elevated flow conditions. We continued to monitor the rockslide and canyon throughout winter 2021/22 and will again post-freshet in summer this year to better understand whether fish passage is possible during all flow conditions.

The year ahead is expected to be as busy as last year for the Society. Survey works will include underwater water drift river surveys during the winter/spring and above-water surveys following freshet in spring/summer 2022. These surveys will help us understand the improvement in fish passage through the canyon and their use of the upstream habitat for spawning and juvenile rearing. In addition, we will continue our fry and smolt releases in the upper watershed during spring, along with our radio telemetry monitoring program and wider population estimate surveys during the fall. This work will aid understanding of how opening of the fish passage through the rockslide is influencing the returning adult salmon. We are also continuing with our restoration activities for existing and new aquatic habitat in the upper river during summer to further improve spawning and rearing habitat for juvenile salmon.



PROJECT COMMUNITY: strength and savings in numbers

Managed by Lauren Gorgouinis

Here is this season's Project Community business.

As a Blueridge resident, I am honoured to offer the services of my company, Canadian Doormaster, at discounted rates to the Blueridge and Seymour Heights communities. My company sells, services, installs, and repairs all makes and models of residential garage doors and operators, as well as driveway gates, commercial overhead and rolling doors and gates, and associated operators and access controls. You can view our website at www.canadiandoormaster.com



Please call or email to discuss any of your garage door needs. We provide free estimates for new garage doors and garage door replacements.

Our discounted residential garage door preventive maintenance rate is \$160 for the first door, and \$50 for an additional garage doors on site. Tax additional. Our regular price is \$185 for the first door, \$67.50 for additional doors. Preventive maintenance includes lubrication, checking of all door components for wear and tear, tightening of nuts and bolts, alignment, and other minor adjustments. Any parts required will be at an additional fee for materials and labour. Discount pricing applicable only on monthly pre-scheduled days in the area.

Please contact Colleen Mooney for information on dates available. Offer valid until Aug. 31, 2022.

Colleen@canadiandoormaster.com Tel: 604-421-3603

Recipient named for 2022 Blueridge Community Association Scholarship

By Anni Danielson

It should come as no surprise just what Maya Aubron-Albert plans to study at university this fall. The Grade 12 Windsor Secondary grad, who oversees the Give-One-Take-One Free Plant Stand in front of her house on Berkley Road, is all set to explore the world of Biology. And she will get some help with the costs from the BCA annual scholarship of \$500.

The award is given annually to a graduating student who has volunteered for activities in the Blueridge-Seymour Heights neighbourhood. Maya is involved in Windsor School's Green Team Club, and she has also served as a volunteer for the Canadian Wildlife Federation, helping with beach and park cleanups and planting a pollinator garden.



Maya Aubron-Albert



Anyone for Bridge?

I am looking for a few non-Covid, friendly, intermediate players who wish to play American Standard, Chicago-style bridge in a large well-ventilated room in a private home. I would prefer playing once a week on a Monday or Tuesday but I'm flexible. Please email me at picklefun@shaw.ca and include your phone number if you wish.

Diana Marr

Come to the concert in the cul-de-sac. Sunday, August 14 at 3 p.m.

by Helen Moore

Dear Blueridge neighbours,

Come and enjoy a performance by the Orca String Quartet in a quiet Blueridge cul de sac! Bring your own folding chair and beverage of choice and enjoy some diverse and beautiful string music on a Sunday afternoon

Tickets can be purchased until July 31, 2022. Surplus proceeds to Blueridge Community Association. Payment made by e-transfer should be sent to helenm_moore@hotmail.com, or by cash or by cheque made out to the "Blueridge Community Association." Please drop cash or cheque in the mailbox at 1979 Dunstone Place, with your name and contact details attached to the payment.

\$20 for adults, kids under 12 free.

Address for concert: 1979 Dunstone Place, Blueridge. Weather dependent. In the event of a deluge, ticket prices will be refunded.

For further information email Helen Moore at helenm_moore@hotmail.com or call 236-889-4355 or 604-986-0301.



The Orca String Quartet

The Orca String Quartet is an ensemble of high-calibre professional musicians in Vancouver. Its members perform music of a diverse array of styles from traditional Baroque, Classical and Opera to more contemporary such as show tunes, waltzes and tangos, jazz, swing, and pop hits, and engage our audiences in a relaxed way by discussing the repertoire we perform.

The musicians have performed at music festivals and concert halls around BC. The current quartet members have all been involved in playing not only quartet music, but also symphonic, opera and solo repertoire. Members of the quartet have accompanied a wide range of well-known artists, including operatic tenor Ben Heppner, jazz great Cleo Laine, and Motown legend Smokey Robinson.

The Orca String Quartet also performed for the Canadian Prime Minister, BC Premier, Prince Philip, and Her Majesty Queen Elizabeth. We look forward to sharing our music with you!



BLUERIDGE
Community Association


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