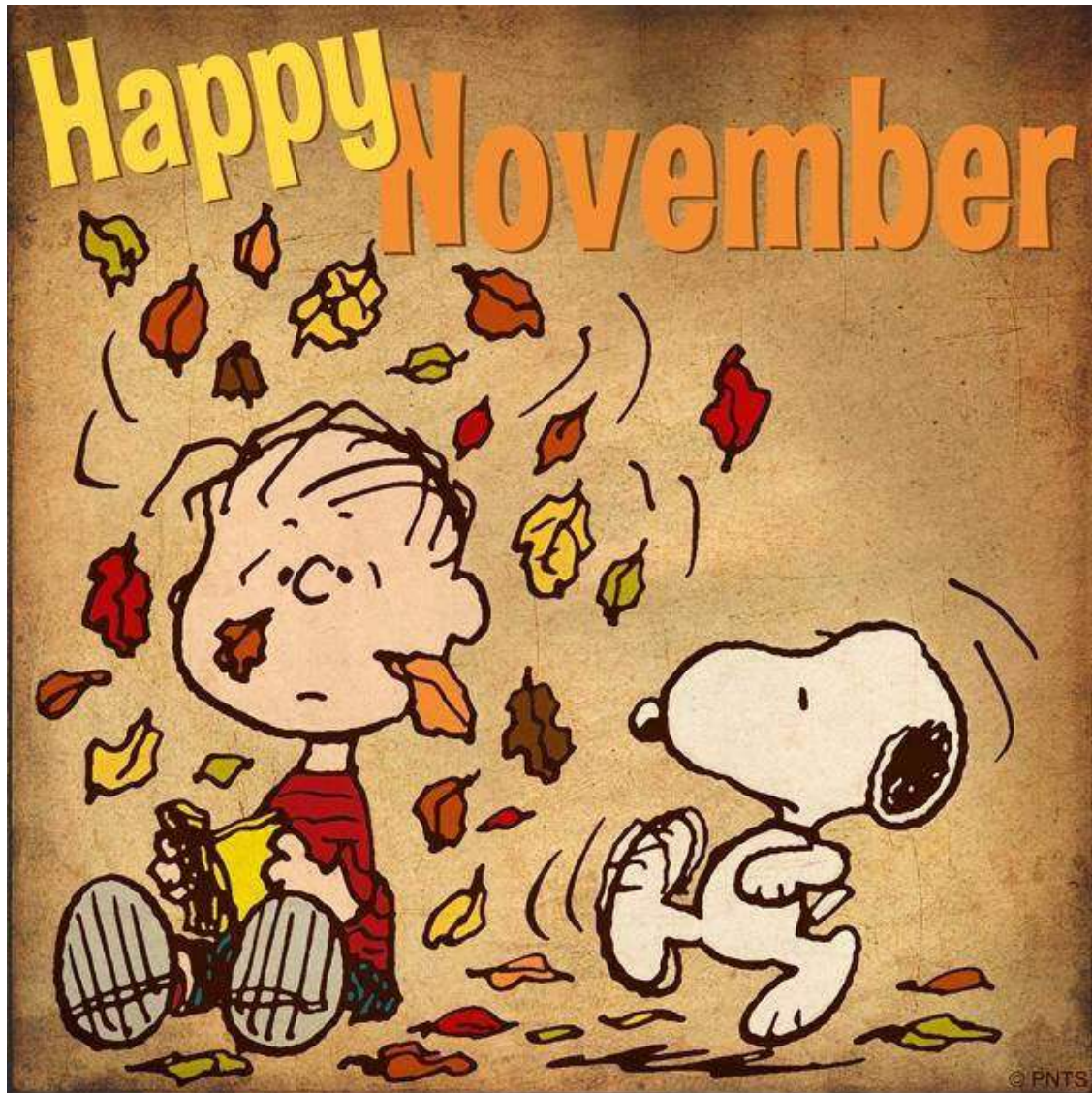


News from the neighbourhoods of Blueridge and
Seymour Heights in the DNV



It's Fall, Y'all! This November Bulletin is short and sweet, complete with a few local events and reminders, and even a tasty pumpkin recipe! Also, if you haven't yet checked out our Facebook page, look up Blueridge Community Association and be sure to "like" the page for updates and reminders!



Have you ever attended our Blueridge Community Association meetings? Come join us, all our neighbours are welcome! The next meeting is taking place at **7pm on November 13** at Blueridge Elementary in the Library (2650 Bronte Dr, North Vancouver). Our local **MP, Terry Beech**, has agreed to be our guest speaker that evening and will take questions from the audience as well. We hope to see you there.

Your vote counts! Still confused about the Yellow voting cards we received in the mail??

From October 22 to November 30 a referendum is being held to decide what voting system we should use for provincial elections. Check out **Elections BC** for more info.

Voters will be asked two questions on the referendum ballot.

- The first question asks if we should keep the current First Past the Post voting system or move to a system of proportional representation.
- The second question asks voters to rank three proportional systems: Dual Member Proportional (DMP), Mixed Member Proportional (MMP), and Rural-Urban Proportional (RUP).



Babysitters, Housesitters, Petsitters, Unite! Did you know we have our very own community babysitting board? Visit our Blueridge **Sitter Directory** and select from the list of candidates for your next childcare/petcare/homecare needs! If you'd like to have your name added to our list, you can email us at sitter@blueridgeca.org. Please note that The Blueridge Community Association is providing this babysitter directory as a service for Blueridge Residents only. We have not “vetted” the information provided by the babysitters.

A few years ago one of our directors, Alberto Trujillo González, suggested that we should embark on what he named 'Project Community'. In short, this means that we offer something that many residents would like to participate in, also known as bulk purchases. We have done it for cleaning of fireplaces and furnaces for the last couple of years, and we also offered the possibility for the BC Hydro box wrap where we easily managed to fill the five openings offered by the District of North Vancouver. With the weather getting colder we should all focus on our furnaces and fireplaces – who wants to host a Christmas dinner when the furnace just broke down? We will not be able to take advantage of the \$25 Fortis rebate for furnaces and fireplaces, as their cut-off for this was moved up to August 17, however, we still believe that by offering a certain number of residents we can obtain better prices, and the service provider loves the fact that the cleaning crew can work all day in Blueridge/Seymour Heights without having to spend hours on the North Shore going from job to job and be stuck in the infamous North Shore traffic jams. If you are interested in participating in this local project please contact the BCA (info@blueridgeca.org). Last year the prices were \$69/furnace, \$99/fireplace, \$119/heat pump and \$199 for vents with no GST because we had more than 10 local participants. We hope to have the same prices this year, but it will depend on the number of participants. We are also looking for NEW projects. What else can we work on to the benefit of local residents? Painting? Garden work? Bulk purchases (solar panels anyone?!)? If you have any suggestions and great ideas, please let us know!!



November 11, Remembrance Day falls on Sunday this year. While there will be many services and events taking place all across **Metro Vancouver**, here are two local events:

Veterans Plaza Service

Date: November 11, 2018

Where: Veterans Plaza
Time: 10:30am
Address: 3205 Institute Road, North Vancouver
Website: www.legionbcyukon.ca

Cates Park Service

Date: November 11, 2018
Where: Cates Park
Time: 10:30am
Address: Cates Park Road, North Vancouver
Website: www.legionbcyukon.ca



November is already here... can we still do pumpkin?? Of course! While you may not want to use your jack-o-lanterns for this soup (sugar pumpkins are recommended) it's a fave at our house and equally delish when squash is swapped in for the pumpkin! All credit goes to [Minimalist Baker](#).

SIMPLE PUMPKIN SOUP

A simple, 7-ingredient pumpkin soup that's savory and made completely from scratch! Healthy, satisfying, and perfect for chillier weather. **Author:** *Minimalist Baker*

PREP TIME 15 minutes

COOK TIME 1 hour

TOTAL TIME 1 hour 15 minutes

SOUP

- 2 sugar pumpkins (2 pumpkins yield ~2 1/4 cups (450 g) pumpkin puree)
- 2 medium shallots (diced // 2 shallots yield ~1/4 cup or 40 g)
- 3 cloves garlic (minced // 3 cloves yield ~1 1/2 Tbsp or 9 g)
- 2 cups vegetable broth (*DIY* or store-bought)
- 1 cup light coconut milk (or sub other non-dairy milk with varied results)
- 2 Tbsp maple syrup or agave nectar (or honey if not vegan)
- 1/4 tsp each sea salt, black pepper, cinnamon, nutmeg

GARLIC KALE SESAME TOPPING (*optional*)

- 1 cup roughly chopped kale
- 1 large clove garlic (minced)
- 2 Tbsp raw sesame seeds
- 1 Tbsp olive oil
- 1 pinch salt

Instructions

1. Preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper.
2. Using a sharp knife, cut off the tops of the sugar pumpkins and then halve them. Use a sharp spoon to scrape out all of the seeds and strings (see notes for a link to roasting seeds).
3. Brush the flesh with oil and place face down on the baking sheet. Bake for 45-50 minutes or until a fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.
4. To a large saucepan over medium heat add 1 Tbsp olive oil (amount as original recipe is written // adjust if altering batch size), shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent. Turn down heat if cooking too quickly.
5. Add remaining ingredients, including the pumpkin, and bring to a simmer.
6. Transfer soup mixture to a *blender* or use an *immersion blender* to puree the soup. If using a blender, place a towel over the top of the lid before mixing to avoid any accidents. Pour mixture back into pot.
7. Continue cooking over medium-low heat for 5-10 minutes and taste and adjust seasonings as needed. Serve as is or with Kale-Sesame topping.
8. **For the Kale-Sesame topping:** In a small skillet over medium heat, dry toast sesame seeds for 2-3 minutes, stirring frequently until slightly

golden brown. Be careful as they can burn quickly. Remove from pan and set aside.

9. To the still hot pan, add olive oil and garlic and sauté until golden brown - about 2 minutes. Add kale and toss, then add a pinch of salt and cover to steam. Cook for another few minutes until kale is wilted and then add sesame seeds back in. Toss to coat and set aside for topping soup.
10. Recipe serves 3-4 (as originally written). Leftovers keep in the fridge for up to a few days and in the freezer for up to a month or more.



We want your input! What would you like to see in the next Blueridge Bulletin?
We are open to submission ideas! If you know of an event or relevant issue taking place in our community, please email your thoughts and ideas to info@blueridgeca.org.



Rebecca Donald Visual Art

Studio Art Classes

Art classes for elementary age, teens, and adults in Rebecca's Riverside Drive private art studio. Small class sizes and lots of individual attention for fun and informative classes that range from drawing and painting to mixed media. Rebecca has taught drawing and painting at the Shadbolt Centre for the Arts, Emily Carr University, and the University of British Columbia. Please visit rebeccadonaldartist.com for more information on classes.



**Would you like to advertise your business in our
Blueridge Bulletin? For only \$30 per month, you can
reach upwards of 500 local neighbors through our
Blueridge Bulletin! Email us your request at
info@blueridgeca.org**



Copyright © 2018 Blueridge Community Association, All rights reserved.