



Mid June Bulletin!

I hope everyone has been managing ok! While it's a bit early to celebrate the lifting of regulations just yet, I hope that we as a community, and as a province have taken pause to both congratulate and thank each other for obeying restrictions and following guidelines... perhaps we've each had a part to play in keeping the virus contained, and certainly in keeping each other well stocked, well supported, and encouraged during these long weird "groundhog" days

of the months past. With more and more people returning to work, to shopping for themselves, to school, to everyday activities, hopefully we are all feeling a bit like our lives are becoming a bit more regulated and "normal" and settling into familiar routines, even as we do keep up with virtual meetings, etc. Anyone else feeling zoned out of zooming in? With summer on it's way, and promises in the long term forecast of sunny hot days ahead, I hope that spirits are lifted and worries subside. Let's continue to look out for one another, be neighbourly, and remember we are all in similar situations striving to find a new way forward. And of course, let's continue to exercise some caution in the days ahead; we must continue to listen to our authorities and not get too eager to get up close and personal with a million people... We don't want a phase 2 repeat of the same or worse Covid-isolation situation! We have a great community - I for one am proud to live in Blueridge!



Haircuts for Hedges!

Save \$\$\$\$ on tree trimming and hedge cutting through Project Community!

After having successfully completed the cleaning of fireplaces, furnaces, heat pumps, vents, gutters and also chimneys for interested parties in Blueridge & Seymour Heights over the last 12 months, we will now be offering tree-cutting and hedge-trimming in early June.

The BCA is joining forces with Take A Bough Tree Care, which is a family owned and operated tree service company based in North Vancouver.

The company is prepared to give participants in this program a 10% discount, however, in addition to this, Take a Bough **has agreed to also donate 5% to the LGH's North Shore COVID-19 Emergency Response Fund!**

They introduced themselves as follows:

"We work with maximum care and respect for nature.

We aim to protect our environment by prioritizing recycling. We transform most of our trimmed branches into fresh organic wood chips which are used in residential garden beds and in most city parks here on the North Shore. We cut large slabs of wood from removed trees for those customers who choose to repurpose it into a beautiful piece of furniture for their homes.

Each of our crew members is fully insured (WCB, Commercial insurance) to carry out all work with peace of mind for you.

Our team is trained in the latest arborist techniques, and furnished with state-of-the-art equipment to ensure that your tree work is carried out to the highest standard, quickly, and with maximum safety."

Services include (but are not limited to):

- hedge trimming
- tree removal
- tree pruning
- crown reduction
- spiral pruning
- 24/7 emergency tree service
- tree planting
- stump grinding/ cutting
- animal rescue
- storm damage clean up
- free wood chips and slabs

- hedge maintenance

If you have any questions and/or inquiries regarding this information, or if you wish to have your trees cut or hedge trimmed, please contact us at: **info@blueridgeca.org**
We hope to see good participation also in this project.



Blueridge Community Care Packages - THANK YOU!!!!

Once again, we want to say a tremendous thank you to every donor, sponsor, volunteer, and helper that made our thank you efforts to the Lions Gate Hospital,

Berkley Care Centre, RCMP, North Shore Rescue, and Lookout Society so incredible. Together, we made it possible to really send a message of gratefulness and support to those essential workers.

Volunteers & donors:

Agneta Eineigel
Alana Duckett
Amy Pankratz
Anita Montgomery
Anne Stobart
Anni Danielson
Ariyanna Pascuzzi
Ashley Baker

Ayesha Hirji
Barb Butterfield
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Mark and Tracey Porter
Marnie Armstrong
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North Vancouver Child Development Center Ltd. c/o Nasrin Jannatifar
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Solar Connect Company c/o Jennifer Johnson
Stacie and Syd Graham
Stewart Martin
Special Times Out of School Care c/o Fariba Leilaby
St. Simon's Church
Susan Scott-Twarog
Tammy and Martyn Shaw
Ted Bancroft
Wendy Love
Plus 12 anonymous parties

Our in-kind sponsors included:

The Arm Group c/o Jasmine Broad
Bad Dog Bread
BlueShore Financial
Bucha Brew
Central City Brewers & Distillers, Red Racer Beer
Deep Cove Kayak
Dollarton Liquor Store
Howe Sound Brewing Co.
Infinity Printing
Isobel Rennie
Judy Killeen
Kate Bourdon
Kim Cairns & Vanessa Lewis
Lush Cosmetics
M1 Sports Management
Mira's Happy House c/o Mira Borejszo
Nesters Market
The NSMBA
Parkgate Farm Market
Pure Integrative Pharmacy
Rene Rey Swiss Chocolate LTD
Room 6
Special Times Out of School Care c/o Fariba Leilaby
Stong's Market
Toby's Pub
United Strangers Coffee
Vancouver In The Box, Packing Services
Wild Trails Coffee



How have you kept occupied in the long dull months of isolation? While gardens are looking awesome and kids are having fun outside, there are some epic bike ramps and obstacles around.... Send us your photos of how you (or your kids!) have kept occupied! Show and Tell time!



Solar panels Update?

-Eric Andersen

As a firm believer that we should all do what we can in our fight against climate change, I decided that the time had come for us to get solar panels on our house. We are among the first homes in Blueridge & Seymour Heights to install solar panels on our roof in order to generate our own electricity.

The way it works is that we are part of BC Hydro's Net Metering Program which allows BC Hydro residential customers to connect a small electricity generating unit, like solar panels, to its distribution system.

When a Net Metering customer generates more electricity than they consume, they receive a credit to their account that is applied against their future consumption.

The start has been good, as the sun has been out a fair amount since our system was hooked up in the middle of April, but knowing the North Vancouver weather, we expect, of course, to have days with far less power generation.

Many local residents have asked us questions about the solar panels, so our intention is to host an information session (as we did last summer) later in the year, when the COVID-19 restrictions will hopefully have been lifted, so we can have interested neighbours over to ask questions and find out more about solar panels. Our service provider will, of course, be available that night to answer any and all of your questions.

If you are interested in joining us for this solar panel Q&A session hopefully later this summer, or if you already have solar panels on your roof in Blueridge (I would love to talk with you!), please contact us at: info@blueridgeca.org





CONGRATULATIONS IS IN ORDER!

Graduation is an event many highschool students look forward to and eagerly plan for even years before grade 12 even starts. This year has been upsetting and unsettling for many students as their usual grad events, once excitedly anticipated, are now not possible. No large convocations, no dinners and galas, no banquets, no parties, no dances. In light of this, students and PAC associations are getting creative! As indicated in the poster above there will be a grad parade on June 17!

Please come out and cheer!

And if YOU have a graduating student in your home, grade 12 or otherwise, send us their photo and a write up! We will proudly feature our local graduating students on facebook and IG... emails can be sent to info@blueridgeca.org!

A poem by a local senior featured in the [North Shore News](#)

Seniors' shopping hour

I never thought I'd see the day
when I'd be up at break of day.

Wearing a mask, biding my time
to purchase my groceries, standing in line.

When items I sought were rarely there,
I chose something else, trying not to despair.

My basket half empty, but happy to leave.
when a dilemma occurs, for what do I see,

A queue that's so long, waiting to pay.

My question now, should I go, should I stay?

The groceries are needed, so I stay in the line
hoping to be home by half past nine.

Slowly moving forward to each marked spot.

Happy to have the few items I got.

Upon reaching the checkout all nice and clean,

I bag my own groceries, and now I am keen
to get to my car and head for my home.

Feeling so odd, but not really alone.

There are people around, but we only smile.

The two-metre distance feels like a mile.

When reaching home, where groceries are washed,
and packages wiped with a sanitizing cloth,

are put in their places and I take a chair,
to ponder the "new normal" that doesn't seem fair.

But keeping our distance in these worrisome days

Hopefully will return us to "old normal" ways.

J.M.Callaghan
North Vancouver

If you need support, there are many free and low cost support systems in place to support you. Below are some resources, both government and private.

Please note the crisis hotline: 1-833-456-4566 toll free

<https://www.crisisservicescanada.ca/en/>

<https://cmha.ca/mental-health/finding-help>

<https://cmha.bc.ca/covid-19/>

<https://bouncebackbc.ca/>

<https://livinglifetothefull.ca/>



**BE FREE
LIVE LIFE TO THE FULL**

4 FREE SESSIONS

With the outbreak of Corona virus, the world has become an increasingly stressed and anxious place to be. However, one way to view this extra space and time is as a 'gift'. Could this be a time to tackle those issues that prevent you from being the best version of you?

We are offering 4 FREE sessions of coaching at **www.think-change.org**

Please quote '4FREECOACH' when you get in touch

THINKING YOUR WAY TO BECOME A BETTER YOU



Many ways to contact us! we'd love for you to drop us a line, give us a like, retweet our feeds, and follow as we post! We now are connected through email, instagram, facebook, and twitter! Find us at info@blueridgeca.org, on twitter @blueridgeCA, instagram at [Blueridge_Community](#), and facebook under [Blueridge Community Association!](#)

Blueridge Is My Home

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My Dedicated Blueridge Housing Market Page:
www.maQrealty.ca/blueridge





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General Info: 1-888-COVID19

Visit: bccdc.ca

Health Questions: *811

Follow: @CDCofBC @PHSAofBC



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