

from the **Dunbar Residents Association**
 Box 45572, Westside R.P.O, Vancouver, BC V6S 2N5
 www.Dunbar-Vancouver.org • 604-222-9824



DUNBAR



Berry Successful Salmonberry Days

By Helen Spiegelman

Dunbar's unique environmental festival, Salmonberry Days, has wrapped up for another year. Each year for a whole month, we can connect with the birds and plants and neighbourhood stories in this place we call home, by joining small informal groups of neighbours to spend a sunny morning (or rainy evening!) strolling through our neighbourhood and learning something new about the wildlife around us. The guides are all volunteers, local people who spent their childhoods in Dunbar, or people with expert knowledge in different fields of natural history. Thanks to all of them for sharing their time and expertise. Now more and more people in our neighbourhood can recognize the voices of local birds, trace the courses of Dunbar's buried



streams, and identify the common plants and trees growing in the lanes, streets and forest paths near our homes.

If you moved to Dunbar from somewhere else – across town, across the continent or even across the ocean, these walks and talks are a great way to connect with our neighbourhood. Kids enjoy tagging along on the informal walks, listening in and letting their imaginations roam. Events are free of charge (or nominal in cost) and go on all through the month of May. Volunteers organize the event. All you have to do is drop in! Keep an eye out for your calendar next April.

Planning for Salmonberry Days 2006 starts in January. It is lots of fun to plan events. If you are a parent and would like to introduce Salmonberry Days in your school, we'd love to hear from you. Phone Helen Spiegelman, 604-731-8464.

New Dunbar Idol

By Donna Dobo

Congratulations to Dunbar girl, Tookie Graham, aged 12, the new Dunbar Idol for 2005! At the Salmonberry Days Community Fair on Sunday, May 29, judges chose her over the two other finalists Chanel Stasiuk and Charlotte Fisher. They were selected from the original ten great performers whittled down from the 65 children from all over the lower mainland who originally tried out. A crowd of about 600 turned up at the outdoor Salmonberry stage in brilliant sunshine to see the final judging of Dunbar Idol '05. CTV News arrived just as the show began.

For her bluesy renditions of *Summertime*, and *Fell in Love with a Boy*, Tookie took home the coveted giant TY Teddy, a large trophy, a professional portrait from Raegan Pipkey, framed by Omega Gallery, Dunbar Theatre tickets and an invitation to sing the national anthems at Nat Bailey Stadium for the Vancouver Canadians Baseball game on June 30th. Tarlington Training has booked her for a course in Acting for the Lens. Tookie plans to make her career in the performing arts, and she's off to a great start. All ten finalists received trophies and the top finalists were awarded additional prizes as well.





In the new Pre-Idol category for children in grades 2 and 3, Amanda Na, Roan Shankaruk, and Brie-Anna Zaidel showed amazing confidence in their singing and stage presence and all earned Pre-Idol trophies.

All proceeds from the show go to Cystic Fibrosis Research. Producers at Just Imagine thank Dunbar residents, the Dunbar Community Association and all the local businesses that generously supported Dunbar Idol again. For more information, email dunbaridol@dressups.com.

DUNBAR RESIDENTS' ASSOCIATION

The Dunbar Residents' Association publishes this newsletter. The DRA is a registered non-profit society formed in 1989 as a forum for the concerns of the Dunbar community. Volunteers deliver over 5,000 copies of the newsletter three times each year (February, June and October) plus the Salmonberry Days calendar (April) to every house in Dunbar. If you would like to help deliver newsletters or contribute an article, call the DRA phone line, 604-222-9824.

Newsletter Committee

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(editor@dunbar-vancouver.org)
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Treasurer: Sonia Wicken
Secretary: Gerard Charlton
Web Site Liaison: Tilman von der Linde
Dunbar Patrol: Linda MacAdam
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DRA Membership and Meetings

Membership in the DRA is \$20/household/year (\$10 if a household member is 65 or over) and runs from October to September. Monthly DRA meetings take place the first Tuesday of the month in the Totem Room at St. Philip's Church and are open to the public. You can also see our website for the schedule (dunbar-vancouver.org). Dunbar residents are welcome to attend and raise issues at 8:30 p.m. To be put on the agenda, call the DRA phone line, 604-222-9824.

For Your Information

Do You Know Where Your Teenagers Are?

By Linda MacAdam, Chairperson, Dunbar Community Patrol

They may be vandalizing your neighbours' property or waking Dunbar residents!

In the last few months, several incidents of vandalism in Dunbar have been brought to the attention of the Dunbar Community Patrol. In every incident for which there was a witness, the perpetrators were teenagers. Most of the incidents occurred late in the evening or in the early morning, well past the time when teenagers should be out and about without supervision.

These incidents of vandalism have included articles thrown at houses with resulting damage, rocks and bricks thrown through windows, graffiti painted on fences and buildings, attempted arson, and in a recent case, uprooting of a newly planted boulevard tree. In one incident, a large cinder block was thrown through the window of a house – it could have seriously injured or even killed an occupant of the house if it had hit them on the head.

Some teenagers are not vandalizing property, but are being inconsiderate of residents. Vancouver city parks are



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closed to the public between 10 pm and 6 am, yet teenagers often use parks during these hours to socialize and drink alcohol – a bylaw offence. These teens are often noisy – and on a quiet night their voices carry, disturbing the sleep of nearby residents.

So parents – please be aware that if Dunbar Community patrollers see teenagers vandalizing property or drinking in parks, the patrollers will call 911. Please encourage your teenagers to be respectful of their neighbours and keep them off the streets and out of the parks at night. Or be prepared for a phone call or visit from a police officer.

Calling All Seniors

The Dunbar Residents' Association (DRA) has identified the need for a seniors' support network for the Dunbar area and is working on establishing a support network of volunteers called "Seniors Helping Seniors".

Our vision is that a seniors' support network will provide companionship and assistance to those who need a helping hand due to health issues and ageing.

Many people are ill prepared for the time when help with everyday tasks becomes necessary. They may be overwhelmed by a sudden decline in health or ability, not able to afford help, or too ashamed to ask for assistance. Whatever the reason, a volunteer network of seniors supporting seniors builds community and makes good sense.

The DRA is asking for your support in bringing this project to life by giving the members of our community the opportunity to become involved in this network.



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If you are interested in being a part of this network, please pass on your name and contact information to the Dunbar Residents' Association.

Contact Persons:

Linda MacAdam, Vice President of the DRA
Tilman von der Linde, DRA web liaison

DRA Telephone: 604-222-9824

Contact us through our web site: Dunbar Residents' Association: dunbar-vancouver.org

Snail mail: Box 45572 West Side R.P.O. Vancouver, B.C.
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Orphaned Lot Development Continues in Dunbar

By Mike Andruff

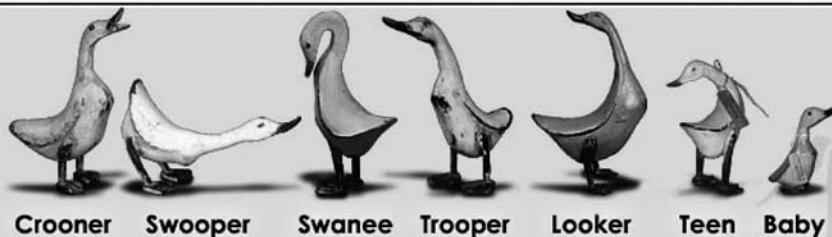
As this newsletter goes to press, a second development of orphaned lots is occurring in Dunbar. An "Orphaned Lot" occurs when one fifty-foot lot at the end of a block of thirty-three-foot lots is subdivided, i.e., into two twenty-five-foot lots.

This process is conditionally approved by Vancouver's City Hall without input from surrounding neighbours. It has occurred at 32nd Avenue and Collingwood and is now proceeding at 38th and Highbury.

The crux of this issue is that Dunbar residents have little influence over how their neighbourhood changes. Many years ago, City Council approved this category of use and only Council can change this land use classification. In the February 2005 issue of the "Dunbar Residents Association (DRA) Newsletter" the DRA published guidelines for residents on how to mobilize and deal with these intrusions (now on dunbar-vancouver.org).

The DRA is hearing from residents who are upset about these incidents and want help. You and your neighbourhood could be next. The civic election in November is an excellent

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opportunity for Dunbar residents to ask politicians where they stand on this issue. More importantly, why not tell the DRA where YOU stand. Go to our website dunbar-vancouver.org and get onto our Interactive Email List. If we get a significant response from you, the DRA will ask City Councilors where they stand on this important issue for our community. Your direct response will determine how our neighborhoods will be controlled!

Traffic Concerns

Traffic has long been a concern to Dunbar residents. Some issues include truck traffic on South West Marine Drive and on Dunbar, the volume and speed of UBC traffic, as well as parking by UBC students in our neighbourhood.

UBC has a traffic advisory committee, which includes representatives of neighbouring communities. This committee serves primarily as a communication forum, where UBC provides information on progress and initiatives, and the groups represented can raise concerns or issues. Representation includes neighbouring communities, as well as UBC staff, students, and residents, as well as staff from the City of Vancouver, Translink, and the GVRD.

Residents' representatives raised concerns such as high

daily truck volume, continued high car volume, the need for more traffic enforcement to limit speeding, limitations in the current method of measuring vehicle traffic, and parking spillover into surrounding neighbourhoods. DRA representative Hana Carbert has served on the UBC traffic advisory committee for the past two years. During the past year, major initiatives included input into the revised Strategic Transportation plan and a subcommittee on Truck Traffic. The UBC Draft Strategic Transportation Plan, as well as minutes of the committee's meetings can be accessed at: planning.ubc.ca/corebus/transportation.html.

Targets of particular relevance to Dunbar include:

- Maintain vehicle traffic at or below 1997 levels
- Reduce single occupancy vehicles by 30% from 1997 levels
- Plan for rapid transit to UBC
- Maximum average truck volume of 300 trips per day

The plan states that UBC has met all but one of its goals from the previous Plan – that is, reduction of single occupant traffic. It is hoped that constructive pressure from surrounding neighbourhoods has and will continue to be helpful in assisting UBC to achieve neighbourhood-sensitive transportation goals.

For more information, contact
Hana Carbert (604)263-0300
hcarbert@ca.inter.net

Summertime Tips

From Pacific Eye Doctors

Along with using sunscreen, hats, and lip balm, we need to remember to protect our eyes from the damaging rays of the sun. Sunglasses should have full spectrum UV coverage and lenses should be made from plastic or polycarbonate materials if being worn by children.

The incidence of ocular trauma increases with warm weather activities. Weed whacking, lawn mowing, and

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hedge trimming often result in foreign materials becoming lodged in the eyes. Summer sports can also be hazardous. Safety goggles worn for home and yard maintenance, and sport specific protective glasses are both inexpensive and sight saving.

Summertime is also a good time to focus on nutrition and your eyes. Recent studies continue to support the link between food and reduction of age related eye disease, in particular age related macular degeneration (AMD). Dietary Omega 3 oils (found in certain types of fish) have been associated with a reduced risk of macular degeneration. Take advantage of our access to fresh fish and try to increase your fish intake to at least 2 servings per week.

Lutein (a pigment found in dark green foods) has also been shown to improve visual function in AMD. Kale, spinach, chard, broccoli, and most other green leafy vegetables are the best dietary sources and should be consumed daily. Add them to your garden or simply take advantage of farmer's markets and the abundance of fresh local produce available during the spring and summer.

Bilberry is found in the skins of blueberries and is known to enhance microcirculation, (your eyes have a lot of very tiny blood vessels), as well as being a good antioxidant

or anti-aging food. Locally grown blueberries are plentiful and inexpensive during the summer. Eat lots and don't forget to freeze some for winter consumption.

Dunbar Community Association

By Simon Roberts, President

For those who don't know, we have approximately 7,000 members and have been serving the Dunbar community for 50 years. If you've taken a course recently or used the fitness centre at the community centre, you're probably a member already.

We jointly operate the Dunbar Community Centre with the Vancouver Park Board and share responsibility for most of the programming and services you see at the community centre. Any surplus revenue the association receives is re-invested, primarily into the community centre.

Last year, after public consultation and an intense workshop, we determined that "Health & Wellness" would be a priority for us in our future programming and facilities. We have invested some monies to upgrade existing space but more and better space is needed. We are striking a "Facilities Planning Committee" to focus on this ongoing problem.

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Demand for our courses continues to grow, especially in health and fitness as well as pre-school and children's.

We are also determined to do a much better job of communicating with our members; what are the benefits of being a member and why they might want to get involved. This is an exciting time for our Association. We see challenges and opportunities ahead. We are goal-oriented and outcome based and need people in the community to help us achieve the very best. We will give you more specifics in the months ahead.

We hope to re-energize our website soon so that's another place to learn more about us.

Just go to dunbarcentre.ca

Join Neighbour to Neighbour on the Internet

DUNBAR RESIDENTS' ASSOCIATION invites you to subscribe to our INTERACTIVE EMAIL LIST. This is a major communication tool for neighbours interested in the activities and changes in the Dunbar community.

Communicate civic affairs affecting Dunbar-Southlands, crime activity, block watch information, local non-profit events and ask your neighbours for information on things affecting our community, services and home.

Along with the quarterly printed newsletter and the DRA Website (www.dunbar-vancouver.org), this mail list will strengthen our voice in community matters. We need a strong voice in civic matters that affect Dunbar and these tools will greatly help in communicating Dunbar's point of view.

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Only members of the mail list can post.

Spam is controlled by non-members not being able to post.

Maximum message size is 100kb which discourages quoting an entire previous message in a reply.

All replies go to the sender not the list, which reduces the number of irrelevant messages to the general membership.

Neighbourhood News

Dunbar Community Patrol Kick-off and Other News

By Linda MacAdam, Chairperson, Dunbar Community Patrol

The Dunbar Community Patrol kick-off event on March 10, 2005 was a great success. Several patrollers turned out for a short presentation by members of the organizing committee and Inspector Axel Hovbrender, and Constable Ian Carter of the Vancouver City Police. Patrollers then put on their vests and headed out for a short patrol, while three members of the organizing committee were treated to a drive around in the back of Constable Carter's police car. It was an exciting evening for many of us - Constable Carter met a career criminal prowling the streets of Dunbar looking to do a car break-in, I got to see how police officers approach a suspect and bring up his record on the computer in their police car, and some of our bike patrollers also got to see this criminal as he high-tailed it on foot out of Dunbar. And everyone had a great time swapping stories at the Wolf and Hound on West Broadway after their patrols. Two members of the organizing committee were interviewed at the community centre and appeared on television news that evening, so the bad guys know we are out there.

On Saturday morning May 2nd, the patrollers did a "blitz" of the three Dunbar business areas. They spoke to store owners and introduced themselves to passers by, and handed out business cards.

We recently welcomed some new volunteers who are scheduling the patrollers, ensuring they submit patrol reports, and producing monthly summary reports for the Vancouver City Police. With these people on board, we will be able to utilize our volunteer patrollers to their maximum availability, which means there will be more patrols on our streets starting this month.

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We have already received feedback from two patrollers reporting that they had an enjoyable time with their patrol partners. Two people paired for a patrol were former pilots, so they swapped stories as they patrolled. And one of our patrollers is so entertaining that his partner said he had a

hard time keeping his mind and eyes on his surroundings. We envision that many new friendships will be formed among the patrollers, which will strengthen the sense of community in Dunbar.

If you would like to join us, please leave a message on the DRA phone line at 604-222-9824 or send us an email from the DC Patrol web page accessible from dunbar-vancouver.org

Check out the kick-off pictures there too!

Ultra Man sighted in Dunbar

Gerard Charlton may look like a quiet, unassuming guy, but in fact, he is an Ultra Man. This August long weekend, he will participate in the Ultra Man competition, involving a 10 km swim, a 418 km bike ride and a double marathon over a three day period in and around Penticton. It is two or three times the distance of an Ironman contest, which he has done ten times already.

Yet the most extraordinary thing about this goal is not the incredible physical commitment it represents, but the reason he is attempting it – to raise awareness for The Franciscan Sisters of Atonement and Covenant House.

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Returning to Vancouver after 23 years, Gerard was disturbed by the levels of hunger and homelessness he noticed. Looking for ways to make a difference, he was impressed by these two organizations in particular. The Franciscan Sisters of Atonement have supported the less fortunate since the 1930s, working mainly in the Downtown Eastside to provide food and clothing to more than 400 people a day. “They do not advertise,” Gerard said, “but depend on our charity and generosity to keep them going.” Covenant House makes a “covenant” or agreement with youth who find themselves on the street to support them as long as they sincerely work to improve their situations. “It works,” said Gerard, “and they have a great success rate at getting kids off the street.”

One way he raised money for them was through a birthday party for which he asked guests to donate instead of bringing presents. He even played guitar and sang for the evening and was able to raise \$1100.

At the moment, in addition to training for this unbelievable feat of endurance, Gerard is looking for a two-person crew to support him, and for other ways to encourage people to donate to these causes. For more information, contact Gerard at 604-224-0718 or email him at charmack@telus.net

Sonia's Notes

By Sonia Wicken

What a beautiful spring we have had – the neighbourhood looks very lush and green. SALMONBERRY Days was another successful event with the weather co-operating on most days and even when it didn't, most walks proceeded. The garden tours were most popular, and I must say there are certainly some very creative and beautiful gardens in Dunbar. Everyone who wandered through them must have gone home inspired to improve their yard. The windup fair at Memorial Park was well attended by families (the neighbourhood is certainly renewing itself.) A big thank you to the community center for organizing this event. Also a big thank you to the Dunbar Public Library for their Salmonberry Days display, which was enthusiastically received by all.

The Dunbar Soccer Association says over 1600 boys and girls on 123 teams participated this season. The season runs from September to March. Early registration has finished, but you can still register by printing out a form from their website: dunbarsoccer.ca.

The organization is looking forward to sharing the new synthetic turf field at Point Grey Secondary School for practices and games.

Dunbar Little League says their enrolment is up and

games are on schedule despite the rainy weather. Congratulations to Little Mountain for winning the third annual Ralph Stong Tournament on the May long weekend. District tournament playoffs run from July 1st to 10th, which everyone is welcome to attend.

Wishing everyone a most enjoyable summer!

Two Cents from the Editor

By Raymond Nakamura

Two scents: lilac and peach. But seriously, I'm filling space because someone who won't be named didn't supply us the material he said he would.

Thanks to all the other people who did what they said they would. Little things done or undone add up to make a difference.

Our next newsletter comes out in October. Over the summer, while you enjoy the climate, the air, the ocean and so on, consider the ways they all connect to the choices we make about energy, food, water and stuff. And try some random acts of kindness. Little things done or undone add up to make a difference. I hope these two cents haven't just been nonsense.

Peace out.



**Thanks to my ergonomic keyboard,
I can make twice the errors with half the effort.**