



November 2018

Belcarra Barnacle

Belcarra's Community Newspaper

Volume 39 Issue 9



Lest We Forget



Published ten times yearly by

THE BELCARRA BARNACLE.

Our purpose is to inform and involve.

The Barnacle welcomes all contributions about our local community.

If you would like to submit an article to the Editor, please be advised that your name will be listed as the author.

We also reserve the right to edit for brevity, accuracy, clarity or taste.

Photos and original art will be returned if requested.

HOW TO REACH US:

Put submissions in the Barnacle Box outside the Village Office.

Mail: The Belcarra Barnacle, 4084 Bedwell Bay Road, Belcarra, B.C. V3H 4P8.

E-Mail: belcarrabarnacle@gmail.com

For Out of Town Delivery:

The Belcarra Barnacle is available for mail, for \$20.00 per year to cover mailing expenses. Please send cheque and mailing information.

DEADLINE: The 20th of each month.

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Isabel Wilson

Michele Babineau

ON-LINE: www.belcarra.ca

Words from the Editor:

Welcome to your Community Newspaper!

Thank you all for your continuing support of your local newspaper by sending us photographs and articles.

Please remember that the deadline for submissions is the 20th of the month!

Thanks to the residents who contribute, to the residents who proofread & to all residents who read the Barnacle!

Michelle Montico, Editor
(604 528 0659)

belcarrabarnacle@gmail.com

ADVERTISING RATES: (Ads must be copy ready)

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Please send ads by e-mail in PDF, jpeg, or tif format to

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Sandra at 604 931 4262 or srietchel@shaw.ca

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CRAB	Dave Warren 604 939 3010
Vol. Fire Dept.	Jay Sharpe 604 765 2944 jay.sharpe@anmore.com
SVFD Recruitment:	sasamatrecruitment@gmail.com
RCMP - Non-Emergency	604 945 1550 or 604 469 1599


IMPORTANT DATES

November 2018

Nov 4th	Daylight Savings Ends!
Nov 5th	Inaugural Council Meeting @ 7.30pm
Nov 5th	Guy Fawkes Day!
Nov 7th	New Moon
Nov 11th	Remembrance Day!
Nov 22	CRAB AGM @ 7:30
Nov 26th	Council Meeting @ 7.30pm
Nov 22	CRAB AGM @ 7:30
Nov 22nd	Full Moon
Nov 26th	Council Meeting @ 7.30pm

Save The Date:

Dec 8th Carol Ships!



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COVER ART

Our front cover this month is a photograph from the World Wide Web.

The back page features photographs submitted by Abby Pix.

Do send your favourite local photos and artwork to the Barnacle.

It is a pleasure to share them.

belcarrabarnacle@gmail.com



Mayor Neil Belenkic

Dear Neighbours

I am humbled and excited to begin the journey as Mayor of Belcarra. The first step of this journey however must be to recognize how we got here.

It is with profound gratitude that I wish Mayor Ralph Drew a relaxing and rewarding retirement from leadership of Belcarra. For more than 35 years Ralph led us to become the jewel that we are now. I'm certain I can speak on behalf of every resident when expressing our heartfelt appreciation for all of Ralph's time and effort.

Second, I would like to share how proud I am of Belcarra for having the highest voter turnout of any municipality in British Columbia. 85% of Belcarra's qualified voters cast ballots in this election, a staggering metric considering that the second highest turnout was Anmore with an impressive 52% participation themselves. Congratulations Belcarra for setting the Gold Standard for British Columbia!

Third, to our departing Councillors, I would also like to express gratitude on behalf of the entire Village for your contributions. There is a fitting quote attributed to Bernard de Chartres: "If we can see further it is by standing on the shoulders of giants". We are forever in your debt.

Fourth, I would like to share my respect and admiration for all candidates in this recent election. Public office is a family investment and commitment. Your offers to lead Belcarra and your energies during the campaign helped to educate, catalyze and define our way forward. I sincerely hope that you continue to contribute your expertise and energies as we go forward.

And lastly, I would like to congratulate our elected Councillors. I look forward to working with you all to support Belcarra for the next 4 years. We have been awarded an immense responsibility, one that I know you all embrace. I can't wait to get started together.

Moving forward, I would like to reconfirm my commitment to Belcarra of embracing transparency, engagement, respect and trust. Our entire leadership team will be providing ongoing communications of our progress during this period of transition and for all our steps forward together. Please note that our immediate priorities include:

- Completing a successful transition of responsibilities, information and training
 - Auditing Belcarra's economic position, water system, service providers, consultants, people, processes and projects under way
 - Setting up a new website that will support Belcarra-wide communications
 - Setting the schedule for the Town Hall open forums
 - Building relationships with our neighbouring municipalities, leaders, governments and partners
- Once again, and on behalf of our whole Council, thank you for trusting us to lead Belcarra forward.

Best Regards,

Neil Belenkie

Please Note: My cell number is 604 839 5313. My new village email will be published as soon as it is available.







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@ 7:30 pm

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light refreshments to follow

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"They shall grow not old, as we that are
left grow old.

Age shall not weary them, nor the years
condemn.

At the going down of the sun and in the
morning.

We will remember them."

(regularly recited as part of the ritual for
Remembrance Day parades)

Laurence Binyon (1869 – 1943)

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VILLAGE OF BELCARRA
New Parking Bylaw Information
& Resident Parking Permits



A 'Public Information Session' was held on June 7, 2018, at the Village Hall to provide an update to residents on the new 'Parking Enforcement Program' and new 'Bylaw Dispute Adjudication System' being implemented by the Village.

Village staff are pleased to advise that residents may now complete the 'Residential Parking Permit Application' form and receive the new 'Residential Parking Permit' (decal) for their vehicles. Application forms are available at the Village Office and on the Belcarra website www.belcarra.ca

A temporary, part-time 'Bylaw Enforcement Officer' has been hired for the summer to work on weekends and statutory holidays. Jas Waraich will begin work on the July long weekend and will work from the 'Waste and Recycle Depot' trailer. The role of the 'Bylaw Enforcement Officer' is to work with residents and visitors to assist with streamlining parking in the Village while ensuring that parking meets the requirements of the bylaws. One very important part of bylaw enforcement is to ensure the safety of Belcarra residents and everyone using Belcarra streets which includes pedestrians, cyclists and motorists.

To begin implementation of the program, a "soft" approach is being taken which means that, initially, warning tickets will be issued to ensure that everyone has the opportunity to learn of the new 'Parking Enforcement Program'.

The new 'Bylaw Enforcement System' being introduced by Belcarra is currently being utilized in over 50 British Columbia municipalities.

For more information on 'Residential Parking Permits' and the new 'Bylaw Enforcement System' contact:

- Belcarra Village Office
Phone: 604-937-4100
Email: admin@belcarra.ca

Please feel free to provide Council with feedback as the new program is implemented.

All related bylaws are available on the Village website at: www.belcarra.ca



VILLAGE OF BELCARRA
Residential Parking Permit Application



PURPOSE OF RESIDENTIAL PARKING PERMITS

The Residential Parking Permit provides a long-term solution to the issues associated with transient parking occurring in residential neighbourhoods and close to high use parking areas. The Residential Parking Permit is not a guarantee that a resident will be able to park in front of their residence, but does provide the resident with an opportunity to park for a longer period of time in a time-limited parking restriction area.

Criteria for Residential Parking Permits

Section 30 of Traffic and Parking Regulation Bylaw 518, 2018

- Permits are available to residents and those who have on-street parking affected by parking restrictions.
- Only vehicles driven on a daily basis are eligible for a Residential Permit. (Boats, RVs, ATVs, trailers and stored vehicles, etc. are not eligible for a Residential Permit).
- No vehicle of a resident may remain parked on any street for a continuous period exceeding 72 hours. Residential Permits do not exempt vehicles from any section of the Traffic Bylaw, with the exception of any section dealing with overtime parking.
- Permits are available in cases where a property was developed without onsite parking. (For example, where a resident cannot park on their property due to physical restrictions to access the property).
- All exemptions are subject to review and revocation at any time without notice. The total number of permits issued per resident may not exceed two (2) as per section 30 (f) iii) of the Traffic and Parking Regulation Bylaw No. 518, 2018.

APPLICATION INFORMATION

Full Name: _____ Phone No: _____

Address: _____

Proof of Residence (Driver License, Property Tax Receipt)

Vehicle License Plate Number:

Vehicle Description (Year, Make, Model, Colour):

STAFF ISSUANCE INFORMATION

Application Approved: _____ Denied: _____

Permit Number: _____

Permit Issuance Date: _____

Signature of Issuing Village Officer _____

News on proposed “no parking” for Bedwell Bay Road, Port Moody

Submitted by Liisa Wilder

Here's the link to the Tri-City News article:

<https://www.tricitynews.com/news/more-no-parking-zones-for-bedwell-bay-road-1.23446077>

More “no parking” zones for Bedwell Bay Road.

City to get rid of the equivalent of 240 spaces for dangerous stretch leading into Belcarra.

By Grant Granger, Tri-City News, October 2nd, 2018.

The proposed “no parking” zones for Bedwell Bay Road that Port Moody plans to implement next summer.

Port Moody will get rid of the equivalent of 240 parking spaces to improve safety on Bedwell Bay Road in the summer.

The city plans to ban parking on approximately 1,600 metres the road adjacent to Sasamat Lake that connects to Belcarra. Earlier this year, the village's council notified Port Moody and its police force, Coquitlam RCMP and Metro Vancouver (operators of Belcarra Regional Park) that it was concerned the road had become dangerous because so many visitors to the popular summer playground parked on the road's shoulder.

A report to Port Moody council said parking will still be available to about 475 metres, the equivalent of 140 stalls, where the shoulder is wide enough and far enough away from the start of any slope.

The report said no-parking signs will be installed next June to ensure the restrictions are in place for the summer months.

I pulled into a crowded parking lot and rolled down the car windows to make sure my Labrador Retriever had fresh air. She was stretched out on the back seat, and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, “Now you stay. Do you hear me? Stay!” The driver of a nearby car gave me a strange look and said. “Why don't you just put it in park?”

Submitted by Clive Evans

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Dear Villagers,

I want to thank my fellow residents for your support this election. I am honoured and humbled that you have placed your trust in me to serve you as your Councillor for the next four years.

During my campaign I had the opportunity to speak to many of you and I truly appreciate you taking the time to share with me your ideas, concerns and visions for our Village. I will do my best to translate your concerns into workable proposals. Your feedback is extremely important as we move forward and I will continue to seek your input during the next four years.

I would like to thank Mayor Ralph Drew and Councillors Jamie Ross, Jennifer Glover and Perry Muxworthy for their continuing service to Belcarra and I wish them all the best.

I'd also like to congratulate all candidates elected. I am very grateful to be able to work with a team of such amazing individuals. I am very excited and optimistic to find out what we will be able to accomplish together and look forward to beginning this important work.

Sincerely Carolina Clark

"I dream of giving birth to
a child who will ask,
"Mother, what was war?"

Eve Merriam



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Belcarra Blockwatch

Submitted by Diana Drake and
Carol Drew

Belcarra Block Watch is an organization committed to making our community safer. It is a program that involves neighbours watching out for each other during the workday, evenings, vacations or any other absences. Using simple crime prevention methods, it creates an 'alert' neighbourhood - one in which theft and vandalism is significantly reduced.

As well as notifying residents about automobile, boat and home break-ins, Block Watch also fans out bear, cougar and other predatory wildlife sightings.

There are 18 Neighbourhood Zones listed on the internet under "Village of Belcarra - Block Watch Zones Map." If you are new to the community please contact your Block Watch co-ordinator to get the name of your Zone Captain.

Once again, a big 'thank you' to all our many residents who, as Block Watch volunteers, contribute their time and energy to our mutual benefit.

Bear Alert:

Black bears are still out and about in Belcarra. There were several sightings on Turtlehead in the last weeks of October. Garbage or any other chance of finding food will draw bears from a great distance. Consistent access will often delay hibernation (or torpor) until late November. With this in mind please:

- keep trash - particularly smelly trash - inside at all times.
- keep bird feeders empty until December.
- do not leave pet dishes outside.
- ensure construction sites are refuse free at the end of the workday.



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Election Comment

Submitted by Bruce Drake

First, I would like to recognize the extraordinary voter turnout we had in Belcarra for our 2018 election. At 85% our small community exceeded all other municipalities by a very significant margin.

This demonstrates a degree of interest and engagement in Belcarra that speaks well both for our community's future and our continued independence.

Second, I'd like to compliment all nine candidates who had the courage and commitment to put their names forward. It is never an easy thing to take positions, explain them, and be prepared to defend them publicly.

In addition, I would like to particularly recognize the contribution of every candidate's family. The critical currency of high quality civic service is time. Openness and engagement are easy virtues to assert but to actually apply them demands constant accessibility and a willingness to be available to hear all sides of issues. This requires hours and hours of personal time.

Only the understanding and loving support of one's family can make that possible.

It has been both a privilege and an honour to work with Ralph Drew, Jennifer Glover, Perry Muxworthy and Jamie Ross. I have served on many boards but have never found colleagues who were as fair in process as they have been. I also have great respect for their extraordinary good grace when periodically subjected to vague insinuations about their judgement or personal motives. Such assertions, especially when anonymous, demean our political process but are, unfortunately, all too common. It can only discourage the talented candidates every community needs for renewal. I urge anyone who doesn't understand a position taken by any member of council to pick up the phone and talk to them first before jumping to conclusions.

Finally, I want to congratulate the new mayor and councillors. They will no doubt bring energy and fresh perspectives to municipal issues. Here's to a productive four years for the Village we all call home.





Congratulations Villagers!

You got involved and set a ground-breaking record for voter turnout.

Together let's continue to revitalize the character of Belcarra.

I thank you all for your support.

-Robert Begg

Deborah

Says

Thank you for all your support!

Amazing voter turnout, 85%. Belcarra voters rock!



Stories From The Archives —

Pitt River Road Construction Not In-Progress

Researched by Ralph Drew, Belcarra, BC, October 2018.

Source: British Columbian, Saturday, April 6th, 1861.

A letter will be found in another column [of this newspaper] from our esteemed friend, S.H. Atkins, Esq. How is it that the road promised by His Excellency Governor Douglas, while up here [New Westminster] a few weeks ago, is not in progress? The district through which this road is intended to run, is a most important one, comprising, as it does, a large amount of excellent agricultural land, which should at once be brought into market for actual settlers. The road in question would only cost a trifle, and could be paid for in land, if necessary, as parties in want of farms in the district would gladly avail themselves of the opportunity of paying for it in work upon the road. We trust the Governor will carry-out his promise, and have this road pushed through with all possible dispatch.

To the Editor of the British Columbian.

Quoquitlam [sic.], 6th April 1861.

Sir: — I take the liberty of adding my suggestions to yours, expressed in a late issue [of this newspaper], on the necessity of taking time by the forelock on the part of the working farmer, in respect to the Quoquitlam Valley and the Pitt River Meadows [on the west side of the Pitt River]. The road [Pitt River Road] is to traverse high and dry land, and consequently can be used at all seasons.

Of 20,000 acres, which runs in communication with the road at both sides of the Quoquitlam [River], I cannot say too much. All is light timbered, and grows no more pine [fir trees] than is necessary for farm purposes. No summer or winter freshets to interfere with cultivation: the land good and suited to every crop; remarkably grassy and of the best quality — very unlike the hill regions in that sense. Connecting roads can be made along both banks of the river at a trifling expense, the banks being high and dry and the timber as nothing; the land stumped this season is covered with grass the next. The aspect of the valley is open to the south, and the mountains in the background. This road will bring Pitt River Meadows into direct communication [road access] with the town [New Westminster], and enable the settlers to hold upland and lowland contiguous. If this district does not tempt a settler, there is nothing in British Columbia to do it.

The Governor [James Douglas] says it is his desire and is most willing to give every encouragement to the actual settler, and none to the speculator or land-jobber, of which I confess that this move is indicative. But if people will not take timely advantage of such an opportunity of locating themselves, there is no use in crying out against land-sharks and the Government, at least relative to this matter. Here is cheap land with facility of communication. What more do we want?

Your obedient servant,
S. H. [Stephen Hastings] Atkins.

MONET TYLER

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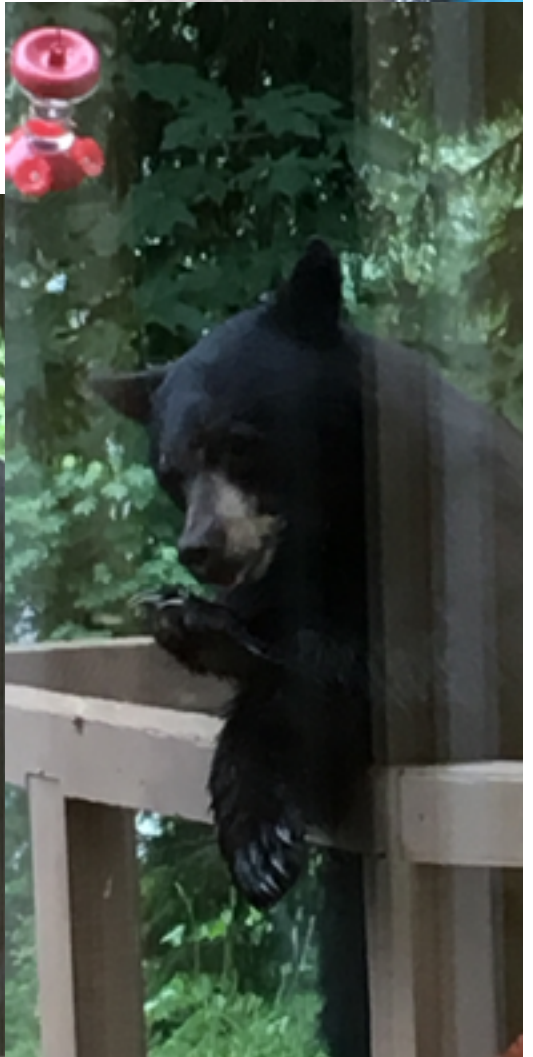
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BELCARRA NATURE

Submitted by Brenda Hogg



WHY DO I WEAR A POPPY?

Why do I wear a poppy?
I'll tell you if I may,
Because I believe remembrance
is not only for one day.

I wear it for the fallen,
And for those falling still.
For those who come back broken
In body or in will.

For the parents, spouses, siblings
Where bereavement takes its toll.
Whose pain will never leave them,
It eats into their soul.

For the wino on the corner,
Of his old life nothing's left.
Now he wishes when in battle
He had died a hero's death.

For the lad who loved a kick-about
In the park with all his mates,
But now his legs are held together
With pins and metal plates.

For the selfless men and women
Whose final journey home
Is in a Union flag-draped coffin
On comrades' shoulders bourne.

For all those marching proudly
In Remembrance Day parades.
My poppy's worn in gratitude
For the sacrifice they made.

Anne Starr.

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A glimpse into the life of a young lady who grew up in Belcarra.
Her mother asked me to pass this along.

Submitted by Deborah Struk

<https://www.sarahmariewiebe.com/bio>

Dr. Sarah Marie Wiebe grew up on Coast Salish territory in British Columbia, BC, and now lives in Honolulu, HI. She is an Assistant Professor in the Department of Political Science at the University of Hawai'i, Mānoa where she focuses on environmental sustainability. She has published in journals including *Citizenship Studies* and *Studies in Social Justice*. Her book [Everyday Exposure: Indigenous Mobilization and Environmental Justice in Canada's Chemical Valley](#) (2016) with UBC Press won the [Charles Taylor Book Award](#) (2017) and examines policy responses to the impact of pollution on the Aamjiwnaang First Nation's environmental health. Alongside [Dr. Jennifer Lawrence](#) (Virginia Tech), she is the Co-Editor of [Biopolitical Disaster](#). At the intersections of environmental justice and citizen engagement, her teaching and research interests emphasize political ecology, participatory policy making and deliberative dialogue. As a collaborative researcher and filmmaker, she worked with Indigenous communities on sustainability-themed films including [Indian Givers](#) and [To Fish as Formerly](#).

She is currently collaborating with artists from Attawapiskat on a project entitled [Reimagining Attawapiskat](#) funded through a SSHRC Insight Development Grant. Sarah is also a Project Co-Director for the Seascape Indigenous Storytelling Studio, funded through a SSHRC Insight Grant with research partners from the University of Victoria, University of British Columbia and coastal Indigenous communities.

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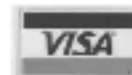
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VILLAGE NEWS

QUIPS AND QUOTES

Submitted by Barbara Shelly

The German Philosopher Nietzsche
said about truth,
that each man is entitled to as much
of it as he can bear.



BARNACLE TRAVELS!

The Belcarra Barnacle invites you to take your local newspaper with you when you travel, send us a photograph of yourself holding a copy of The Belcarra Barnacle we'll publish your photograph & donate \$25 to the Sasamat Volunteer Fire Department!



Bonni & Brian Marshall took the
Barnacle to Palm Springs!

"Man should forget his anger
before he lies down to sleep"

Mahandas Gandhi.



Bruce & Diana Drake took the
Barnacle to the Church of San
Pedro Claver, Cartagena,
Colombia.



Belcarra Blessings

Deborah Struk

'Enjoy living in Belcarra; paradise this side of paradise'

Oh my, as I was typing the header for this; 'November 2018', ouch! Seriously this year IS flying by. No, it can't really be November, can it?

This week of October 20th has been a gorgeous week with amazing sunsets, the reds absolutely so vibrant! I don't think I remember a fall with such gorgeous sunsets. I enjoy seeing fellow residents come to the park to watch the sunsets. If you have never done that, it is a "Belcarra Must Do"! The sunset behind the trees makes exquisite silhouettes. The intense colours of the sunset upon the water are stunning. It is truly a masterpiece to behold. Grab your cuppa and a blanket and head on down with your family, however big or small and enjoy the sunset. Oh, and bring your parking pass, you don't want to end up with a ticket. ;0

The month of October was very special with getting to meet so many fellow residents. Absolutely everyone has such beautiful enclaves in Belcarra from forested fairy-tale like yards, peaceful gardens, fountains, pathways, decks with spectacular peek-a-boo views to sprawling views. I did happen upon cougar-marked trees and squirrels running about. Belcarra truly is a beautiful place. It was very hopeful to see yards with new trampolines and tiny soccer nets, indicative we once again have some families with young children. It is such a wonderful place to raise a family.

I loved answering your questions and hearing your stories of living in Belcarra. It was wonderful to hear how this column is one you enjoy reading. Thank you so very much, your compliments are well appreciated. I plan to continue to write with the same intent as always. Thank you for all the wonderful feedback. As I encouraged each of you, please do write your own stories. We all have wonderful stories to share and we all live in one of the world's most beautiful places, don't we? The Barnacle is always looking for fresh ideas and stories.

Walking the streets and seeing most of the homes and properties confirmed we do live in paradise this side of paradise. Go into November with smiles, blankets, plaid shirts and hot cocoas, or, whatever warms your heart and soul.



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Kid's Space



Photos from Halloween Party

Submitted by Lísa Wilder



"Tell me and I Forget.

Teach me and I remember.

Involve me and I learn."

Benjamin Franklin.

Word Search

Submitted by Isabel Wilson

See if you can find all the Indian Arm's islands in the word search below!

D	J	L	P	P	F	N	P	G	E	B	S	O	E	R	K
N	X	D	N	A	L	S	I	R	E	B	M	A	H	X	J
A	Y	Q	A	L	M	Y	H	E	C	L	O	J	Q	A	B
L	Q	B	U	Z	P	W	L	Y	W	R	R	K	G	O	Z
S	N	Q	D	H	W	C	Q	R	P	I	W	A	U	H	U
I	C	O	I	N	F	P	B	O	B	G	Y	L	B	E	T
R	A	G	Q	R	A	R	K	C	B	X	D	D	Q	Q	I
E	T	U	Q	H	E	L	O	K	J	E	N	C	V	R	B
K	G	X	A	F	I	N	S	S	R	A	B	Z	U	B	Z
O	Y	A	C	P	W	U	J	I	L	K	Z	P	B	K	D
R	R	E	Z	T	C	O	S	S	N	I	L	X	R	O	I
C	X	A	U	H	J	L	I	L	N	O	P	U	E	M	X
P	B	K	R	X	A	N	H	A	I	I	O	Y	L	K	B
K	L	N	O	N	I	K	Z	N	M	C	R	C	A	F	N
V	R	G	D	W	V	C	G	D	K	X	H	O	A	B	L
T	P	D	T	J	U	G	I	S	L	A	N	D	Z	R	W

Boulder Island
Croker Island
Grey Rocks Island
Hamber Island

Jug Island
Raccoon Island
Twin Island



Underwater Alphabet

Fun factoids about local marine wildlife, one letter at a time

Written by Isabelle Côté, Belcarra's Professor of Marine Ecology

M is for... midshipman! The plainfin midshipman is, in my opinion, the most fascinating fish of Indian Arm. Their strange name comes from the lines of light-emitting organs that dot their body, and which the fish use to attract prey in the dark. These small white spots are reminiscent of the shiny buttons on the uniform of a naval officer. I've only seen this member of the toadfish family twice in 13 years of diving in the Arm, but they are actually quite abundant: one of every five fish caught in trawling surveys near Croker Island is a midshipman.

Adult midshipmen usually live near the bottom, 100s of metres down, but they venture into the intertidal in spring and early summer to breed. Large males excavate a nest under a rock, and then court females by making a low-pitched hum. When dozens of males hum together, the sound can be loud enough to keep people in nearby houses awake at night! Females choose the males with the best 'song' and deposit their eggs in their nests. The males then resume humming, hoping for more mates. They will guard their nest until the young hatch and mature. Interestingly, not all male midshipmen can sing. Some males have a different mating strategy: they remain small and quiet, and sneak into the nests of large males to fertilize eggs when females are spawning. These small, sneaky males never grow into large, egg-caring ones: once a sneaker, always a sneaker.

Fun factoid about midshipmen: Plainfin midshipmen have the uncanny ability to turn down their hearing when they sing. At the very same time as some nerve impulses from their brain stimulate their swim bladder muscles to contract and cause sound, other nerves lower the sensitivity of their inner ears. This way, the fish are not deafened by their own humming but they can still hear other animals while they sing.



The Journey to GENIUS

By Daniel Bissonnette



On a recent Monday morning, I returned to school from speaking at the Best You Expo in L.A. As I pulled up my chair next to Ian, he said to me, “Hey, Daniel. It’s not fair you get to travel to fun places and skip school!”

“Not fair?” I looked at him boldly and said, “Ian, when you get home from school, you grab a bag of chips and watch Netflix. When I get home from school, I make a meal and do more work!”

“But that’s different,” Ian protested. “You don’t hate your life like I do!”

“Well how are you supposed to love your life if you treat your body and mind like a garbage can and never develop your gifts? I’ve seen you in action, Ian. You are a genius. When you speak, the whole room lights up! You’re on fire! I even called your mom and told her that you have unbelievable talent! What if you’re the next Tony Robbins?! You do know who that is, right?”

“What? You called my mom? I’m not a genius?! I hate school!!!”

“Albert Einstein didn’t like school, either. He was a slow learner and didn’t even start talking until he was four. His parents were so concerned that they took him to the doctor. His teachers didn’t believe he would ever amount to much. But he became one of the world’s greatest geniuses. In fact, Einstein’s traits that worried his parents and teachers were the ones that helped him become a genius. See, everybody thinks genius is something you’re born with and that geniuses get straight A’s and are good at everything.

But the reality is that only a quarter of 1% are born genius (an IQ of 135 or higher). So what about the 99.75% of us?”

Ian looked sceptical. No one ever talked to him about his potential. No one ever suggested he was good at anything. And, when he looked in the mirror, he saw a mediocre student and a chubby soda-holic. Over the years, he got used to being bullied and began to believe the insults.

I looked him in the eyes, put my hand on his shoulder and shook him lightly as if to wake him up. I said, “Ian, you just need to learn how to ACTIVATE your GENIUS! Every one of us has a Genius Mode—that’s what I like to call it—an exceptional creative and intellectual power that we can unlock and develop. *The difference between those who achieve great things and those who don’t depends on whether they activate or de-activate their genius.* If you can turn it on, you can turn it off. And this is what most people do, without knowing! It’s what you put into your body and mind that turns your Genius Mode on or off. So genius is something you can become—if you know how.

With his eyes bulging out of his head, Ian exclaimed, “Dude, there’s lightning bolts coming out of your head! I swear, you’re crazy, man! How do you know this stuff?”

“Well, if you want to know something, learn from those who’ve already done it—or better yet—from the masters. *That’s what I did.* I learned from the ancient masters, who’ve been doing this successfully for over 500-million years. Ian, I’m talking about bees! The bees figured out how to activate and de-activate greatness with nutrition. They could predetermine the destiny of genetically identical larvae! By feeding one bee bread made of pollen and honey, she will develop into a sterile worker bee, with a short life span. The bee fed royal jelly will become a large, reproductive queen, with a long life expectancy. Royal jelly turns off a key gene Dnmt3, which silences a group of queen genes.

When Dnmt3 is turned on, the queen genes are epigenetically silenced and the larvae develop into workers. When royal jelly turns Dnmt3 off, the queen genes are activated, which turns larvae into a majestic queen.”

“Think of it like this, Ian. Let’s say that every time you eat a bag of chips, the lights turn off automatically. But every time you eat an apple, the mechanism that turns the lights off shuts down and the lights stay on. So instead of living in the dark, you’re living in the light! Now, I’m not saying we should eat royal jelly. We’re never going to grow wings or lay eggs. But what about finding the human equivalent of royal jelly?”

I could see that Ian was overwhelmed and, at this point, eager to escape the conversation. He begins to switch topics to Star Wars, as he always does. So, before I lost his attention, I quickly said, “Hey, take your phone out. Google me. I didn’t want to do this but you have given me no choice.” I now unleash my secret weapon—“Go to Google and type my name.”

In an instant, article after article appeared: “12 Year Old Vegan Takes Canada by Storm,” “Healthy Eating Superhero Says Kids Would Reject Junk Food If They Knew What Was in It,” “World’s Top 15 Most Influential Vegans of All Time.” Ian also saw a list of TV and radio appearances, magazine mentions and more.

“What? You never told me you’re on the list of the world’s top vegans, with Bill Clinton and Ellen Degeneres and that you were even on TV!!! That’s so Cool!!! WOW. You’re famous!”

"It's cool now, but it wasn't always. I used to be that bullied weird kid, who didn't like school and didn't know he had a Genius Mode. From preschool to third grade, I was ridiculed for being the only vegan in the entire school. I would try to hide my homemade lunches so nobody could see what I was eating. I wanted to avoid the daily "Hey, Daniel! What are you eating?" "How's that bird food?" "How come you never eat candy?" "Want some potato chips?"

"Then in third grade, my teacher said, 'Daniel, since the kids and I are so curious about your unusual diet, it would be great if you could do a talk about it!' At that moment, I wanted the earth to swallow me up. Have you ever been on a level-two roller coaster and just as they lock your seat, you realize it's actually a five? That's how I felt.

I was about to say no but then realized I could help people—maybe even just one kid—learn to eat healthier. So I went for it, not knowing if this would make things better or worse."

"After my presentation, kids started trashing their processed foods and reading food labels. Some even told me they asked their parents to switch to organic food. I was surprised and thrilled! But the big shocker came when they asked how I could talk about all this complicated science without notes. That was a good question. Why is it easy for me to outperform the entire school when it comes to memory and comprehension? I don't do brain exercises, nor do I train my memory. I don't even play brain games. What am I doing differently? That's when the light bulb went on, like someone flipped a switch, and I became even more fascinated with nutrition. When I went down that rabbit hole searching for answers, I discovered that the foods I've been eating every morning for breakfast are proven to boost memory, focus and concentration. I discovered that if you want to unlock your potential with nutrition, you need to eat the right foods, at the right time, in the right combinations."

"So my mission grew stronger. I started speaking on stages of leading health events across Canada and the US at nine years of age. But I wanted to do more. At ten, I launched my weekly YouTube program called Ask Daniel. When I first started, it would take me hours, sometimes days to film a decent episode. I would start off by yelling, "WELCOME to the Ask Daniel show!" Sometimes, I'd lose my voice. But no matter what, every Tuesday, I post a new episode.

By eleven, I became a Signature Speaker with Western Canada's Premier Consumer Health Shows, the largest health show franchise in Canada. And I published my best-selling book Daniel's BREAKFAST Burst. By twelve, I became one of the World's Top 100 Most Influential Vegans and joined the non-profit organization Borneo Wildlife Preservation to help save the severely threatened pygmy elephants and fund reforestation projects with proceeds from my book. Now at thirteen, I'm releasing my new book GENIUS Mode: 13 Biohacks to Activate Genius."

"Dude, I'm not like you! I can't do that." And Ian argued, "Besides, how do you know you're not born with it?"

"Oh, I know. Remember Mr. Brown, our teacher from last year? Well, he invited my mom for a meeting last September. Mr. Brown opened up my file and said, 'Ms. Bissonnette, we've tested Daniel and he's NOT a Gifted Child. Sometimes kids are not entirely gifted, but they show certain areas of strength. With Daniel, nothing shows up. In fact, if anything, his writing is so messy, I'm considering giving him a writing disability test."

Startled, Ian asked, "Mr. Brown said that?"

"YEAH! Can you believe it? I felt so humiliated. Luckily, I could shake it off. But the tests certainly did prove that I'm not a born genius. I probably wouldn't even be where I am today if I ate junk food. In 2011, an Australian study demonstrated that healthy people who ate junk food for five consecutive days performed poorly on cognition tests. They were slow, unfocused and moody. Junk food produces inflammation in the brain, the hippocampus, the region that's associated with memory and learning. So imagine if I were eating the wrong foods my whole life, de-activating my genius. Where would I be? Imagine all the kids who eat like this all the time."

"Ian, listen, I know what other kids and teachers say about you. They don't know that there's a genius in you! But you have to remember that your body is only as genius as what you put into it! The same goes for your mind!"

Ian looked distant. Did I totally overwhelm him? Did I get him thinking at all? Or maybe I waaaayyyy overdid it—as I tend to.

To my astonishment, the next day, Ian comes running, supercharged like fireworks, and says, "Daniel, you're nuts, man! I watched your YouTube videos. How do you do the #ICEKID Challenges? When you go in the freezing cold lake in the winter. And cover yourself with snow! That's INSANE! You're not human!"

"We'll get to the fun stuff later, I promise, Ian. One step at a time. There are many levels to activating your GENIUS. I'll show you, right after you master BREAKFAST."



CRAB's Halloween event featured Snakes!

Submitted by Bruce Drake



This one submitted by
Lísa Wilder.



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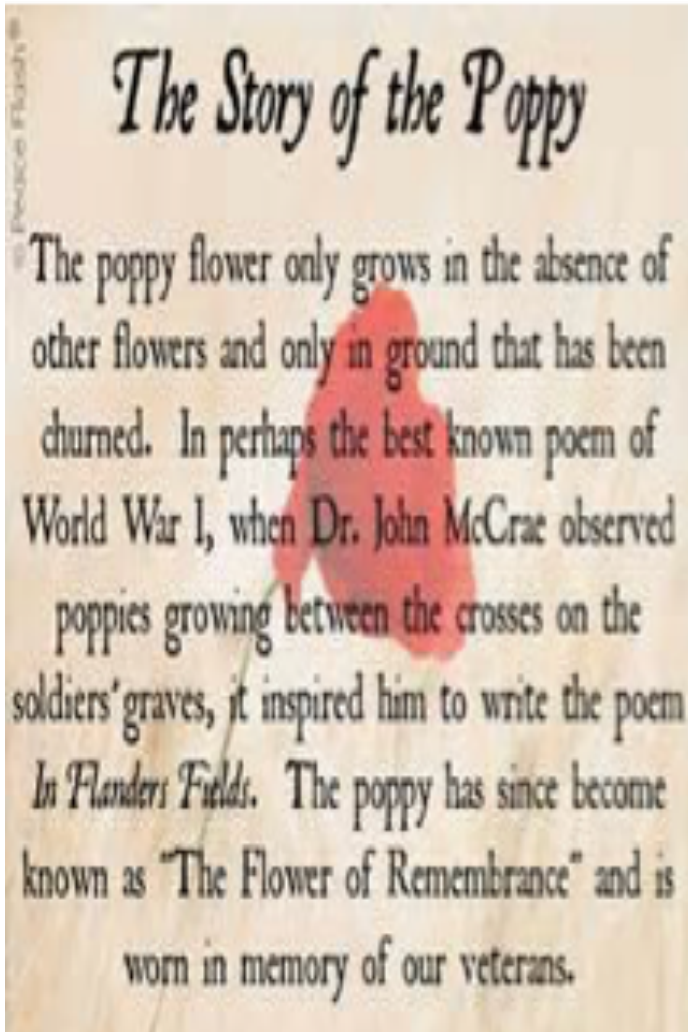
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Letter to the Editor

Dear Editor:

I attended a "New" Candidates meeting last and heard some of our aspiring councillors say that they expected the incumbents to come out with a last minute mailout. But guess what I found in my post box the day before the vote; several mailouts, none of which were from incumbents. One of these was a negative missile maligning the current and past councils. The authors of which were not identified. I certainly have had criticisms of actions or inactions of our council, but I don't do it anonymously.

Shame on you "Concerned Citizens of Belcarra" for hiding your identity while being so critical.

Don Reid





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Letter to the Editor

A Fed Bear Is A Dead Bear

Belcarra, our village which offers so much natural beauty, sits between the forest and the sea. Nestled as we are amongst the forest, the forest edges and the clearings, we as residents have chosen to live in a semi rural setting which locates us in the midst of wildlife habitat.

Black bears at this time of year are busily foraging for extra calories as they prepare for hibernation and they have become all too frequent visitors for Turtlehead residents. It is obvious that proper care, containment and disposal for garbage is amiss. Numerous food articles including turkey bones, food wrappers, boxes and bags with food remnants and ripped apart garbage bags have been retrieved. Fortunately there has been no face to face human/bear conflict/encounters as of this writing. But we have an habituated bear(s) visiting this area.

Bears have an acute sense of smell, seven times greater than a dog, and an incredible memory for food sources. Our residents and visitors must be responsible and keep all garbage inside and secure as well as keeping a clean yard free from any wildlife attractants. For more detailed information, visit the Village of Belcarra, A Guide to Co-Existing With Bears and Safety Advisory website.

Belcarra needs an enforceable Wildlife Control Bylaw to provide the means for the village to deal with parties who do not follow the guidelines for living in bear country. We chose to live in this setting so let's do our bit and not be the cause for dire consequences (death) of fed bears.

Donna Smallpiece





Letter to the Editor

**Sasamat Volunteer Fire Department**

2690 East Road, Anmore, BC, V3H 3C8

Ph. 604-469-0349; Fax 604-469-0349

Fire Chief, Jay S. Sharpe, 604-765-2944

jay.sharpe@anmore.com

Dear Belcarra Residents

On Friday October 19th it was brought to my attention that a mail out had gone out to most Belcarra residents that same day. This mail out had a photo of a burning house on one side and on the other side there was several paragraphs of information. Some of the information on this mail out is factually incorrect.

What upset me about this mail out is that it was written in such a manner that some Belcarra residents thought that I was taking a political position on Belcarra issues. Nothing could be further from the truth. My job as the Volunteer Fire Chief is to work with all staff and elected officials and to maintain positive working relationships. In my opinion the mail out was an unsigned political attack piece that never should have gone out. Whoever put out this piece did so without my knowledge.

A professional engineering firm assisted with the design of the Belcarra Water system to ensure it met the standards in the Fire Underwriters' Survey for a small community. The information on the Belcarra water system needs to come from the engineering reports that exist. These reports are based on the facts and not hearsay. I can confirm that the references to a restricted maximum flow rate of 13 litres per second are misleading. 13 litres per second is the refill rate at which the reservoir refills.

The part about a Wild Fire Community plan is also incorrect. I do not report to Belcarra Council. I report to a Board of Trustees that is made up of councilors and mayors from both Anmore and Belcarra. The Community Plan that I presented to the board was an Operational Wild Fire Preplan. This preplan is quite different from the plan that was being presented to Belcarra during the election. Currently the Wild Fire Preplan is still with staff from both Villages.

Neither the Anmore Fire Hall nor the Belcarra Fire Hall have been seismically upgraded however earlier this year the board of trustees instructed Metro Vancouver to proceed with a seismic study. The first report as to the condition of both fire halls will be presented at the next trustees meeting.

As Chief I have met with the then council to discuss the needs of the Fire Department to effectively service Belcarra and regularly meet with the Belcarra council members who sit as your Fire Trustees. I have found them very cooperative in assisting the Fire Department in meeting the needs of the Community.

If any questions or concerns remain, please contact your elected members of council or please feel free to contact me at jay.sharpe@anmore.com or you can call me at 604-765-2944. If I am not at work or on a fire call I would be happy to discuss any fire safety questions that you may have.

Jay Sharpe, Fire Chief

Classifieds

Wanted: Piano Teacher

We are residents looking for an in home piano teacher for our children. We are looking for beginner instruction, on Thursday afternoons weekly (during or after school). if you are interested please call Kristina at 604-614-4940

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November 2018 Tide Table

Day	High	Low	High	Low	High	Moon	Sunrise	Sunset
Thu 1		6.27 AM/3.7 ft	2.19 AM/15.0 ft	8.10 PM/9.6 ft			7.59 AM	5.49 PM
Fri 2	1.10 AM/11.3 ft	7.33 AM/4.4 ft	3.09 PM/15.1 ft	9.19 PM/8.4 ft			8.01 AM	5.48 PM
Sat 3	2.48 AM/11.5 ft	8.38 AM/5.1 ft	3.53 PM/15.2 ft	10.11 PM/7.0 ft			8.02 AM	5.46 PM
Sun 4	3.06 AM/12.1 ft	8.39 AM/5.9 ft	3.32 PM/15.2 ft	9.56 PM/5.7 ft			7.04 AM	4.44 PM
Mon 5	4.13 AM/12.8 ft	9.35 AM/6.7 ft	4.08 PM/15.1 ft	10.36 PM/4.5 ft			7.05 AM	4.43 PM
Tues 6	5.12 AM/13.6 ft	10.27 AM/7.5 ft	4.41 PM/14.9 ft	11.14 PM/3.5 ft			7.07 AM	4.41 PM
Wed 7	6.05 AM/14.2 ft	11.16 AM/8.3 ft	5.12 PM/14.6 ft	11.50 PM/2.8 ft		New Moon	7.09 AM	4.40 PM
Thur 8	6.55 AM/14.7 ft	12.02 PM/9.0 ft	5.41 PM/14.2 ft				7.11 AM	4.38 PM
Fri 9		12.25 AM/2.5 ft	7.44 AM/14.9 ft	12.48 PM/9.7 ft	6.08 PM/13.7 ft		7.12 AM	4.37 PM
Sat 10		1.01 AM/2.4 ft	8.31 AM/15.1 ft	1.34 PM/10.2 ft	6.34 PM/13.1 ft		7.14 AM	4.35 PM
Sun 11		1.37 AM/2.7 ft	9.18 AM/15.0 ft	2.22 PM/10.5 ft	6.59 PM/12.5 ft		7.15 AM	4.34 PM
Mon 12		2.15 AM/3.1 ft	10.07 AM/14.9 ft	3.15 PM/10.7 ft	7.24 PM/12.0 ft		7.17 AM	4.33 PM
Tue 13		2.56 AM/3.7 ft	10.56 AM/14.7 ft	4.16 PM/10.7 ft	7.55 PM/11.4 ft		7.19 AM	4.31 PM
Wed 14		3.41 AM/4.4 ft	11.47 AM/14.5 ft	5.30 PM/10.4 ft	8.55 PM/10.7 ft		7.20 AM	4.30 PM
Thur 15		4.31 AM/5.1 ft	12.36 PM/14.4 ft	6.51 PM/9.8 ft	11.19 PM/10.3 ft	First Quarter	7.22 AM	4.29 PM
Fri 16		5.26 AM/5.8 ft	1.21 PM/14.3 ft	7.50 PM/9.0 ft			7.23 AM	4.28 PM
Sat 17	1.03 AM/10.4 ft	6.25 AM/6.5 ft	2.01 PM/14.3 ft	8.30 PM/8.0 ft			7.25 AM	4.27 PM
Sun 18	2.20 AM/10.9 ft	7.23 AM/7.1 ft	2.37 PM/14.3 ft	9.03 PM/6.9 ft			7.26 AM	4.26 PM
Mon 19	3.24 AM/11.6 ft	8.19 AM/7.7 ft	3.07 PM/14.3 ft	9.37 PM/5.8 ft			7.28 AM	4.24 PM
Tue 20	4.20 AM/12.5 ft	9.13 AM/8.3 ft	3.34 PM/14.3 ft	10.10 PM/4.6 ft			7.29 AM	4.23 PM
Wed 21	5.11 AM/13.3 ft	10.03 AM/8.8	4.00 PM/14.3 ft	10.45 PM/3.4 ft			7.31 AM	4.22 PM
Thur 22	5.59 AM/14.2 ft	10.52 AM/9.3 ft	4.26 PM/14.3 ft	11.22 PM/2.5 ft		Full Moon	7.32 AM	4.21 PM
Fri 23	6.46 AM/14.9 ft	11.40 AM/9.8 ft	4.54 PM/14.2 ft				7.34 AM	4.20 PM
Sat 24		12.02 AM/1.7 ft	7.33 AM/15.4 ft	12.29 AM/10.2 ft	5.25 PM/14.1 ft		7.35 AM	4.20 PM
Sun 25		12.44 AM/1.3 ft	8.22 AM/15.7 ft	1.20 PM/10.6 ft	6.02 PM/13.9 ft		7.27 AM	4.19 PM
Mon 26		1.28 AM/1.2 ft	9.12 AM/15.8 ft	2.14 PM/10.7 ft	6.44 PM/13.5 ft		7.38 AM	4.18 PM
Tue 27		2.15 AM/1.5 ft	10.05 AM/15.8 ft	3.15 PM/10.7 ft	7.36 PM/12.9 ft		7.40 AM	4.17 PM
Wed 28		3.06 AM/2.2 ft	10.57 AM/15.8 ft	4.25 PM/10.3 ft	8.47 PM/12.0 ft		7.41 AM	4.17 PM
Thu 29		4.00 AM/3.2 ft	11.49 AM/15.7 ft	5.43 PM/9.6 ft	10.32 PM/11.3 ft	Last Quarter	7.42 AM	4.16 PM
Fri 30		4.58 AM/4.4 ft	12.39 AM/15.6 ft	7.00 PM/8.5 ft			7.44 AM	4.15 PM

Below please find a link to an interactive map of what ships are in port.
<https://www.portvancouver.com/port-dashboard/interactive-map/>

