



Belcarra Barnacle

June 2020

Belcarra's Community Newspaper

Volume 41 Issue 5



Les and and Kathy Bramley's
50th wedding Anniversary!



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.

VOLUNTEERS:

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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)

	Per Month (In Advance)	5 Issues (In Advance)	10 Issues (In Advance)
<u>Black and White</u>			
Card (2" x 3")	\$20	\$75	\$120
1/4 Page	\$25	\$90	\$150
1/2 Page	\$50	\$200	\$300
<u>Colour</u>			
1 Page (Back Page)	\$225	\$1000	\$1900
1 Page (Centre)	\$200	\$900	\$1750
1/2 Page (Centre)	\$150	\$700	\$1400

Classified ads are free for Belcarra Residents.
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

BELCARRA DIRECTORY


Belcarra Village Hall	604 937 4100
Belcarra Website	www.belcarra.ca
Block Watch	Carol Drew 604 937 0143 Diana Drake 604 939 4946
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

June 2020

June 5th	Full Moon
June 8th	Council Meeting @ 7.00 pm
June 18th	Victoria Day!
June 20th	New Moon
June 21st	Fathers Day!
June 22nd	Council Meeting @ 7.00 pm
June 25th	Town Hall Meeting

July 1st Canada Day!



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The Belcarra Barnacle would like to know how many of our residents enjoy the printed issues that are made available at the Village bus stops?

Now that the Belcarra Barnacle is on the new Village website we are unable to ascertain how many residents view online, so please let us know how you enjoy your local newspaper!

DATES FOR 2020

All public meetings will be cancelled until further notice...

Council meetings are held at 7:00 p.m. - 9:00 p.m. at the Village Hall

Please check Village website for more information.

4084 Bedwell Bay Road

Coffee / Tea with Mayor is cancelled until further notice.

COVER ART

Our front cover features a photograph submitted by Les & Kathy Bramley.

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

It is a pleasure to share them.

belcarrabarnacle@gmail.com



Editor, Belcarra Barnacle

Submitted by Ralph Drew

Re: Belcarra's Grant Application For An
Additional Water Tank

The 'Village of Belcarra' has made application for a grant to construct a new water tank, and information regarding the funding program can be found here:

<https://www2.gov.bc.ca/gov/content/transportation/funding-engagement-permits/funding-grants/investing-in-canada-infrastructure-program/green-infrastructure/environmental-quality>

Project funding is shared between the Federal (40%), Provincial (33%) and Municipal (27%) governments and it is estimated that announcements regarding the latest group of applications will be made in Spring 2021.

The program is titled "Clean Water and Wastewater Fund" and does not speak to funding for enhanced fire protection. Belcarra's application describes the storage tank project as additional capacity for fire protection, in particular forest fire protection. Such a distinction will be difficult to reconcile against the program's stated objectives.

The grant funding is under a joint Federal/Provincial program which means that B.C. Municipal Affairs Minister Selina Robinson and MLA Rick Glumac will be invited to provide their "input" regarding Belcarra's application.

Belcarra's MP is Nelly Shin who is a Conservative sitting in opposition to the Liberal Government in Ottawa. As a consequence, MP Nelly Shin faces unique challenges advocating for Belcarra's application. Regardless, with these types of joint Federal/Provincial funding programs, the Federal government typically defers to their Provincial counterparts vis-à-vis funding decisions for municipalities.

Each grant application is considered against applications from other municipalities and the larger the "ask", the higher the hurdle for approval. Also, municipal size definitely plays a role as governments want to spread the largesse over as large a benefitting group as possible.

Lions Bay has made application for \$1.36 million for "Water Storage Facilities"; namely, replacement of a their storage reservoir which is a critical part of the Lions Bay potable water system. The Lions Bay "ask" is a lot less than the \$3 million "ask" by Belcarra, and Lions Bay is double the population of Belcarra.

Belcarra's application for \$3 million dollars is a very large "ask" by a very small municipality whose mayor has a very poor relationship with the B.C. Provincial government!

The "bottom line" is that the technical work of the Water Committee is more important than ever!



Belcarra Blockwatch

Submitted by Diana Drake and
Carol Drew

Crime in the Time of Covid 19.

The good news is that, overall, crime has been trending down during the last few years in the Coquitlam RCMP's jurisdiction. This is an area of 200 square miles and 200,000 residents which includes Anmore, Belcarra, Coquitlam and Port Coquitlam.

The physical distancing necessitated in recent months because of the coronavirus has furthered this decline, particularly with regard to certain types of property crime: residential break and enter, (not surprising with so many at home), vehicle theft, (fewer cars left in parking lots) theft from vehicles (no shopping bags in back seats!), shop lifting (fewer stores open). However, other criminal activities such as commercial property break-ins and cybercrime have seen an increase. The former because many businesses are shuttered and streets nearby virtually empty and the latter because, with more people working from home or browsing the internet, there is a heightened risk of security breaches, hacking, and fraud.

One new crime, unique to this time and considered now an assault, is deliberate spitting, coughing or sneezing on police, health care employees, clerks and other essential workers. (Incredibly, there have already been several charges and arrests due to incidents of this type in Coquitlam, one at the Panorama IGA.)

In spite of the lower crime rate, however, it is still very important for residents to remain vigilant and consistently follow RCMP tips to protect against theft.

Recently, we had a possible car break-in on Senkler Road in the Village. Nothing was taken; no report to the police was made. The glove compartment was opened and emptied out and several other areas of the vehicle searched. (The owner said it was not like the rummaging of a bear - there are many more dirt smudges and scratch marks when that occurs).

So, just in case we have a prowler about who is not four footed, please review these simple but effective RCMP tips:

- lock all vehicles, particularly overnight, and close all windows.
- remove all valuables easily seen by passers-by.
- never leave keys or coins , clothes, even sunglasses in a vehicle.
- lock your garage, or if parking outside, try to ensure the area you choose is highly visible and well lit.

Keep safe, keep social distancing - the Covid-19 case count in B.C. is, thankfully, low but we are far from out of the woods yet.





As your representative in Victoria
I'm here to help



Rick Glumac, MLA
for Port Moody-Coquitlam

Rick.Glumac.MLA@leg.bc.ca | 604.417.0490

 RickGlumacBC



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"A special thank you to our 'garden angels', Michael and Alyson Wall, who very kindly look after the beautiful garden beds at the Village Hall. They also planted the tulips by the entrance sign to the Village. The inviting array of colours of the different flowers in the flower beds are enjoyed by all who visit the Hall including Staff, the public, and resident hummingbirds."

Submitted by the Village of Belcarra



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Hi, Catherine here !

I have been an advocate and event speaker for natural health and green cleaners for most of my life and I have an online store to that effect.

I have numerous certificates in natural health and I do private consultations.

My company is doing a promotion this month to promote the green cleaners for our beautiful Belcarra Bay and surrounding areas..

These products represented the first ever Earth Day in history and were also exclusively used by Jacques Cousteau Odyssey on all of their expeditions ! You are in good company !!

The Get Clean and Green Kit includes all things necessary for laundry, general cleaning, oven cleaning, dish washer, hand dish washing concentrate , window cleaning etc. as well as the cloths and sponges etc.

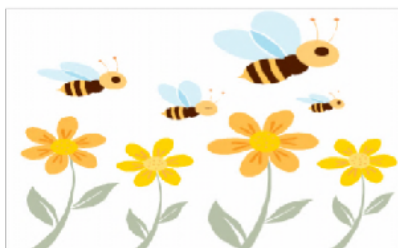
All of the products are ORGANIC, HIGHLY EFFECTIVE and INCREDIBLY CONCENTRATED. The kit comes with a caddy to store them all in and will last for at least 6 MONTHS TO A YEAR.




The main cleaner Basic H is so concentrated that one 473 ml of the concentrate makes 5,800 bottles of window wash (yes you read that right !)


This is normally \$115.00 plus shipping but we are offering it for \$106 plus shipping and a FREE lifetime membership to buy at wholesale and we are also throwing in some BONUSES.

If you want to read the story about how green cleaners can change and save an entire lake, please get in touch. 902 521 3067 (I just moved from NS so that is why the NS number) catherinesummerfield@yahoo.com

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Letter to the Editor

Sherry Chisholm

In answer to Clive Evans' letter in the recent Barnacle I am motivated to write this letter of correction.

Jim and I purchased our property in 1977 (two years before incorporation of the Village) and Jim immediately became a fire trustee. We attended many meetings about forming a village. We supported this action by Vern Barrett. Jim and I have continued to be interested and involved in the Villages activities. (politics and the social club CRAB)

Jim designed and donated the metal work and design of the bus stop shelters.

Many years ago when the Vancouver Port license renewal came due we hired a lawyer and improved the contract. It is not perfect, however, it is better than it was.

We worked long and hard to bring Natural Gas into the Village and created maps and zones to assist the gas project.

We started BlockWatch and ran it for many years.

Jim has been on many committees in the Village with the aim of helping our Village.

We have both tried to be informed and helpful to Villagers. We always check our information and so far have been PROVEN correct in ALL cases. We have NOT spread false rumours or misleading information.

As to the conflict of interest with regard to some councillors I am absolutely CORRECT. The fees and fines of a B and B were voted on by a councillor who fully intends to operate a B and B, which appears to me to be a conflict. There has been no legal report to alter my opinion. The other conflict has been resolved by that councillor by recusing them self from discussion on road end sales.

Jim and I continue to try to help and give information to our fellow villagers. If this is seen as improper or in some way self-serving that is unfortunate. We are trying to work WITH and FOR the Village. We hope that villagers will re-think what we have already contributed in the past and how we plan to continue in the best interests of the village with no personal self gain in any of these matters.

PLEASE DO NOT JUDGE US HARSHLY...LOOK AT THE FACTS AND RECOGNIZE THAT WE ONLY WISH TO INFORM AND ASK VILLAGERS TO GET INVOLVED AND FIND OUT THEIR OWN TRUE FACTS.



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My Belcarra...

Submitted by Janet Ruzycki

I want to start by apologizing to any new members of our community who may be trying to get to know Belcarra through the local paper and our young people who may have been exposed to the evidence of divisiveness in the village. What you have seen recently in letters to the editor is embarrassing and not at all reflective of "my" Belcarra.

My Belcarra is a community where I can go for a walk or run and greet every one of my neighbours by name (or at least their dogs' names).

It's a community where even those who live on the other side of the village introduce themselves if they've passed you more than a few times.

It's a community where neighbours support and help each other during trying times.

A community where younger residents offer help and assistance to older folks, buying or offering them groceries, helping neighbours lift or move things, or offering their driveway when yours is full as parking can be a challenge.

On a more personal note, it's a community where my neighbour offered up his boat lift when Rocky Point closed to anyone outside of Port Moody and where our local medical professionals have gone above and beyond to support our family.

My Belcarra is a place where our neighbours drop off sympathy flowers or cards when a family member passes or ends up in hospital, where we celebrate exciting accomplishments of others whether by our local triathletes, academics, or for major life events like announcing baby news or getting married in the middle of a pandemic.

My Belcarra is a community where the local fire department members follow up personally after a medical emergency to ensure that people in the community are healing.

My Belcarra is a community where our most brilliant young adults offer tutoring support to younger students struggling with subjects like calculus and where we celebrate our neighbours' successes and recognize their special events.

Sure, members of this community are still human and will sometimes disagree on how to address our local challenges but I honestly believe we are better than what has recently been reflected in the local paper.

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Stories From The Archives —

Chopping Accident!

Researched By: Ralph Drew, Belcarra, BC,
April 2020.

Source: The Port Moody Gazette, Saturday, April 12th,
1884.

Mr. Shannon, who lives near the North Road, was engaged on Friday of last week [April 4th, 1884] in chopping on a piece of land he has taken-up about a mile back of Tiffin's Shingle Mill [located at the mouth of Mossom Creek] across the bay [Port Moody Arm]. By some means he managed to bring the axe down on his left foot, completely severing the great toe and causing a great effusion of blood. With much difficulty he made his way to the mill and was conveyed to his home [on the south shore] in a boat. Dr. Heslop was sent for, and he promptly responded; the wounded member was amputated, and the sufferer was made as comfortable as possible. Mr. Shannon underwent the operation with great fortitude, and consoles himself with the reflection that "it was an old frozen toe, anyhow, and he never could keep it warm".

Nelly Shin, MP

Port Moody—Coquitlam,
Anmore and Belcarra



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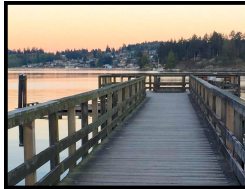


Please stay safe and healthy.
Together we'll get through this.

These are unprecedented times. Please reach out to my office by email or phone for assistance. My staff and I are ready to help you through the challenges of the COVID-19 pandemic.

Nelly.Shin@parl.gc.ca
(604) 664-9229

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Due to the pandemic, our physical office will be closed until further notice.
Please reach us by phone or email. Thank you for understanding.

Submitted by the Village of Belcarra



604-290-2750 or 604-464-5844
abledrain@shaw.ca



Submitted by Diana Drake, please read letter on Page 20
Photo Below Submitted by the Village of Belcarra..





Submitted by Nora Boekhout



VILLAGE NEWS

QUIPS & QUOTES

Submitted by Barbara Shelly

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

Due to the current COVID-19 health situation,

BELCARRA DAY

Scheduled for Sunday, June 14, 2020

has been **CANCELLED**



'Just a Taste':

Recipes from Belcarra Pantries

Submitted by Carol Drew

Like many of you, I am spending 99% of my time at home.

My biggest adventure these days is going grocery shopping.

Preceding my shopping excursion, I spend time looking through a treasure trove of favourite recipes.

I will be posting scanned copies of these recipes with smudges, drips, and notes — as you will see, some of the recipes look like they came from the "Dead Sea Scrolls".

'Just a Taste' will be a regular Barnacle Column, so I ask all of you if you have favourite recipes you would like to share please scan and send them to me at cedrew@shaw.ca

Hi fellow Belcarrians.

Wondering if there is any interest in starting a Belcarra Garden Club?

Plant swapping.

Seed swapping.

Knowledge swapping.

If so please contact Les Bramley.

e-mail. lesbramley@shaw.ca

Phone 604-937-7103 and we will get the ball rolling.

Happy gardening. Les

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 and we'll publish your photograph!

"Are you one of those residents who have yet to visit the new Village website online?

You really should!

www.belcarra.ca



CRAB CORNER

Submitted by Deborah Struk

It has been a very busy week with bear reports. We have several active bears of varying sizes (and shapes). One family were outside eating dinner and a small bear meandered across the bottom of their patio steps (only a few steps up to patio) and kept going by! That would have been a bit unnerving. Thankfully it was not interested in what they were doing.

Sightings have been throughout the village Main Ave, Marine, Turtlehead and Coombe Lane. Be bear aware and continue being diligent with not leaving ANY garbage or food outside. You are all doing a great job! Take photos, make noise and enjoy!

Residents can keep up to date on Facebook Belcarra Together.

"In the end, it's not going to matter how many breaths you took, but how many moments took your breath away!" (www)

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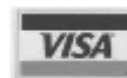
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Joan Doerksen

Oct 1932 – Aug 2018

Submitted by Gwen Chute /Jeff Chute

Joan and John Doerksen moved to their dream home in Bedwell Bay in 1967, and their neighbours and loved ones got to share in their dream with all its dramatic hospitality and joyful community spirit.

The year I was born my family began a tradition of going to Joan and John's for a Christmas and New Year's get-together which continued for every year after that.

As I grew older I began to realize we weren't the only neighbours who regarded them in-effect-as-family. In fact, the whole neighbourhood seemed to relate to them as special grandparents-to-all. Joan and John were the heart of Bedwell Bay. For a kid, it was kind of like living next to Santa Claus and the Easter Bunny.

If you recovered from Joan's Christmas rum balls there was a wonderfully decorated Easter stollen bread on your doorstep every spring. This was something she did for several households. An incredible amount of work.

I remember one time Joan was teaching a large group of Bedwell Bay kids how to make pizza in rectangular pans. I recall how well she mixed in with the kids of all ages and how much mutual love flowed between her and them.

Another time Joan made a fundraising cookbook for Como Lake Jr School with contributions from Belcarra residents. Even if you didn't contribute a recipe, you might find your name attached to a recipe for such n' such a dish you never knew about.

Joan had a large storage room filled with preserved food and various frozen foodstuffs she called the pantry. She told me if there is ever an emergency she's got enough provisions for all the neighbours to survive on. She wasn't joking either.

Joan and John began to enlist my help with their yard more frequently and taught me a lot about the right way to do things. And we became even closer friends. One project Joan had for me was to help her set up a series of pits for various stages of composting. We dumped masses of debris in the first one, let it breakdown some and moved it to the next. The happiest I'd ever seen Joan was when we got her first batch of rich black soil out of the final pit. You might've thought we had struck gold! Joan joked to John to forget diamond rings, this black dirt is what she always wanted. She used the super-soil to fertilize and revive all the flowers, plants, and trees around the garden. All the dead stuff went in the first pit and the life-giving soil came out of the last pit. If you worked with Joan in the garden and listened carefully you could always hear her humming away her quivering hum -she could not contain her joy at being in her element.

People would often bring her their dying plants and she would bring them back to life.

I remember every time we got Joan some flowers she would rearrange them and make them look even better than when you gave them to her. She would make them last five times as long too.

One time I thought I'd get her some especially nice flowers that she wouldn't have to improve so much. To my amazement, she could tell exactly where I got them just by how they were arranged! She said oh you got these at so-n-so's way out on West Broadway. Joan really knew her stuff.

Often Joan and John would reminisce about all the neighbours and young people of Bedwell Bay who would drop by to brighten their day, but who also came by to find comfort and solace away from their troubles. Joan would remind people to appreciate and have gratitude for what they already have and to let that love lead the way. This was something Joan and John practiced in their lives. They were always remarking on how thankful they were.

With great success, Joan could've ran her own bakery, her own flower garden centre, and her own school, I have no doubt, because she practically did all three at once, and cared for John, and everyone else she cared for, on top of it all.

But that's not all. One day Joan showed me some water colour paintings she had done years before. They were really good. She was obviously talented in this too. You should do more I told her. She said she was too busy and besides she paints with her garden. She took me out to the street and had me look at the garden from a distance and said see how I've got this plant here and that tree there and when this one blooms the colour will play off the blossoms over there, and this one balances with that one.

Joan had meticulously arranged a symphony of flora to work on people's senses all along.

So, whenever I'm gardening, whenever I'm cooking, whenever I'm trying to help someone or something that might be undervalued or neglected in some way, Joan is always with me.

I had never seen a walnut on our property before, but just after Joan passed away there was a walnut sitting at the steps to our front door. I knew for a fact that there were no walnut trees that close by, but some creature must have brought it up from the only walnut tree I knew of –Joan's favourite tree on their old lot. So, we'll have to plant it!

I was honoured to deliver this tribute at Joan's memorial in 2018.



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Kid's Space

Bats

Submitted by Angel Yin, Rainn is 6. Stephen is 11.

This year, we didn't have many mosquitos in our yard because we had fish in our pond to eat the larvae and bats in the roof to hunt mosquitos at night. I think the bats did the most work. I noticed the bats last year when I was playing outside. Then, something flew under our sloped glass roof and into the gap of the roof. At first, I thought it was a strange looking bird. But then, I knew it was a bat. I didn't know there were bats in Canada at that time, so I told my mom what happened. My mom didn't care last year but this year she got a bat expert named Debora. I figured out there were more than one bat. At night, I saw the bats fly out of the sloped glass roof. Usually, they would get stuck because they can't see the glass but they use echolocation to make a picture with sounds so they know where the glass is. I want the bats to stay because I want to have less mosquitos and I want to look at them whenever I want.



Deborah Struk has kindly provided the Belcarra Barnacle with a 4 page PDF all about bats,

Send us an email and we'll forward a copy to you.



Today, Debrah came to our house to check on some bats in the roof. She used some special lights to locate the bats. There were two bats in one spot and one bat in another. At night they will fly to eat some bugs. The bats are so cute!

Rainn





Belcarra Blessings

Deborah Struk

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

Everything is beautiful, in it's own way

Like a starry summer night

On a snow covered wintery day

There is hope.

Who all is thankful for things to be opening up?
Who is fearful? These are such trying times. Yet,
there is beauty in these trying times.

Living in this paradise is full of blessing. This last week alone it was to see a group of three gorgeous hooded mergansers, two pairs of goldfinches, rufous and Anna's hummingbirds, a pair of adult and two immature bald eagles, pine siskins, as well as several other forest birds. It lifts my soul. At sundown, when I sit in my lower patio a songbird loves to sit a few meters away and sing his heart out. So precious. I do hope you and your families are enjoying a lot of the beauty and peace Belcarra has to offer.

In going through old Barnacles I noticed Clive's delightful column listing the birds he had seen for the month. I do his amazing lists no justice. Maybe this friendly nudge will encourage a reintroduction to that monthly list.

There are stories of residents who, through this pandemic and 'stay at home' guidelines, have seen the beautiful. Some have grown closer to family members, started new hobbies, gained a greater appreciation for their surroundings, started dreamed of projects and learned new skills.

Yes, everything is beautiful, in it's own way.

My highest hope is for greater immunity, joy to abound and a sense of community to grow.

So very thankful for each of you. Have a jovial June as we prepare for a jubilant July.

Stay safe. Stay healthy.

Blessings,
Deborah



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A letter of Thanks.

Submitted by Diana Drake

April 19th to the 25th was National Volunteer Week in Canada. At that time we were in the early stages of sheltering in place and therefore unable to gather, as we usually do, to celebrate the contributions of Belcarra residents.

So here is a personal note of appreciation to all those unsung heroes of the Village, especially to those who have continued to contribute during these last months of quarantine:

Thank you to CRAB volunteers for thinking 'outside the egg hunt' and making the children's' Covid Easter a more colourful, 'chocolaty-er' one than it might have been.

Thank you to Alyson and Michael Wall for the wonderful Spring display of red tulips at the entrance sign and for their lovely baskets and gardening at the Village hall. These make for brighter days!

Thank you to Michelle Montico and all the Barnacle volunteers for consistently keeping us up to date on Village happenings and providing a monthly forum for questions, comments and ideas.

See Photo on Page 12.

Thank you to the Captains and co-Captains of Block Watch for keeping a vigilant eye on our homes and streets. We are safer because of you.

Thank you to neighbours and family members who have offered support and assistance to others while facing the unusual challenges of our new circumstances.

And, of course, thank you to SVFD volunteers responding, as always, to any and all emergency calls.

These are people who help to make Belcarra a better, kinder community.

Finally, Bole and the Bolettes are out in force this May and June to express how grateful we all are to those in essential services: to those whose jobs place them and their families in vulnerable positions, but who continue to work each and every day.

Kudos all!

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Work will be conducted on SCUBA. I will perform a complete visual inspection of your system including anchors, anchor connection, ropes, chains, and all linking components. You will receive a report noting the condition of the various components and if replacement or upgrades are recommended.

Initial dive, assessment, and report is \$320 which includes up to four anchor points. If additional work is recommended it will be detailed and quoted in the dive report.

Don 604-834-3106

dkbabineau@gmail.com

From "A Very Useful Cookbook" Published in 1985 by Joan Doerksen

QUICK BOUILLABAISSE (Creole Style) - Ann Patterson

1 tbsp. vegetable oil	1 bay leaf
2 chopped onions	4 tbsp. all-purpose flour
1 stalk celery, diced	28 oz. can tomatoes
1 green pepper, cut in chunks	1 1/2 c. chicken stock
1/2 tsp. parsley	1 lb. frozen fish or other seafood as scallops and shrimp
1/2 tsp. oregano	1 tsp. salt
1/2 tsp. marjoram	

Heat oil in heavy cooking pot; add onion, celery, green pepper, oregano, marjoram and bay leaf. Saute for a few minutes. Add flour; cook slightly, stirring well. Add tomatoes and chicken stock. Stir and heat until bubbly. Add fish, chopped into large cubes. Cover; cook gently about 15 minutes.

* Add some mussels or clams in the shell when you add fish.

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June 2020 Tide Tables

Day	High	Low	High	Low	Phase	Sunrise	Sunset
Mon 01	2:49 AM 4.56 m	9:47 AM 1.77 m	3:34 PM 3.53 m	9:21 PM 2.20 m		5:10 AM	9:09 PM
Tue 02	3:28 AM 4.54 m	10:35 AM 1.27 m	4:52 PM 3.82 m	10:25 PM 2.51 m		5:09 AM	9:10 PM
Wed 03	4:06 AM 4.51 m	11:22 AM 0.83 m	6:01 PM 4.13 m	11:22 PM 2.77 m		5:08 AM	9:11 PM
Thu 04	4:43 AM 4.47 m	12:09 PM 0.50 m	7:02 PM 4.40 m			5:08 AM	9:11 PM
Fri 05		12:16 AM 2.99 m	5:20 AM 4.42 m	12:55 PM 0.29 m	Full Moon	5:07 AM	9:12 PM
Sat 06		1:07 AM 3.15 m	5:58 AM 4.35 m	1:41 PM 0.23 m		5:07 AM	9:13 PM
Sun 07		1:57 AM 3.24 m	6:37 AM 4.26 m	2:25 PM 0.28 m		5:07 AM	9:14 PM
Mon 08		2:47 AM 3.28 m	7:21 AM 4.12 m	3:09 PM 0.45 m		5:06 AM	9:15 PM
Tue 09		3:40 AM 3.28 m	8:11 AM 3.93 m	3:51 PM 0.69 m		5:06 AM	9:15 PM
Wed 10		4:38 AM 3.22 m	9:08 AM 3.70 m	4:31 PM 1.00 m		5:06 AM	9:16 PM
Thu 11		5:46 AM 3.09 m	10:13 AM 3.46 m	5:10 PM 1.35 m		5:05 AM	9:17 PM
Fri 12	12:27 AM 4.66 m	7:07 AM 2.87 m	11:24 AM 3.24 m	5:50 PM 1.72 m	Last Quarter	5:05 AM	9:17 PM
Sat 13	1:08 AM 4.59 m	8:20 AM 2.56 m	12:46 PM 3.10 m	6:34 PM 2.10 m		5:05 AM	9:18 PM
Sun 14	1:45 AM 4.50 m	9:09 AM 2.22 m	2:19 PM 3.12 m	7:30 PM 2.47 m		5:05 AM	9:18 PM
Mon 15	2:17 AM 4.41 m	9:49 AM 1.88 m	3:49 PM 3.31 m	8:36 PM 2.78 m		5:05 AM	9:19 PM
Tue 16	2:44 AM 4.31 m	10:25 AM 1.56 m	5:00 PM 3.59 m	9:39 PM 3.01 m		5:05 AM	9:19 PM
Wed 17	3:09 AM 4.24 m	11:00 AM 1.28 m	5:57 PM 3.88 m	10:34 PM 3.17 m		5:05 AM	9:19 PM
Thu 18	3:35 AM 4.21 m	11:36 AM 1.03 m	6:45 PM 4.13 m	11:23 PM 3.27 m		5:05 AM	9:20 PM
Fri 19	4:04 AM 4.21 m	12:12 PM 0.83 m	7:28 PM 4.32 m			5:05 AM	9:20 PM
Sat 20		12:09 AM 3.33 m	4:36 AM 4.22 m	12:51 PM 0.67 m	New Moon	5:05 AM	9:20 PM
Sun 21		12:52 AM 3.37 m	5:11 AM 4.25 m	1:30 PM 0.55 m		5:05 AM	9:20 PM
Mon 22		1:36 AM 3.38 m	5:49 AM 4.25 m	2:09 PM 0.49 m		5:06 AM	9:21 PM
Tue 23		2:22 AM 3.37 m	6:31 AM 4.20 m	2:49 PM 0.48 m		5:06 AM	9:21 PM
Wed 24		3:12 AM 3.33 m	7:22 AM 4.10 m	3:29 PM 0.56 m		5:06 AM	9:21 PM
Thu 25		4:06 AM 3.24 m	8:31 AM 3.93 m	4:09 PM 0.74 m		5:07 AM	9:21 PM
Fri 26		5:06 AM 3.05 m	9:48 AM 3.72 m	4:51 PM 1.04 m		5:07 AM	9:21 PM
Sat 27		6:12 AM 2.75 m	11:05 AM 3.52 m	5:38 PM 1.44 m		5:08 AM	9:21 PM
Sun 28	12:34 AM 4.74 m	7:19 AM 2.34 m	12:30 PM 3.41 m	6:33 PM 1.93 m	First Quarter	5:08 AM	9:20 PM
Mon 29	1:13 AM 4.69 m	8:21 AM 1.88 m	2:06 PM 3.46 m	7:40 PM 2.41 m		5:09 AM	9:20 PM
Tue 30	1:52 AM 4.63 m	9:17 AM 1.41 m	3:44 PM 3.70 m	8:53 PM 2.82 m		5:10 AM	9:20 PM

"ALONE WE CAN DO SO LITTLE.
TOGETHER WE CAN DO **SO MUCH.**"

– Helen Keller



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