



Belcarra Barnacle

September 2025

Belcarra's Community Newspaper

Volume 46 Issue 07



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

SUBMISSIONS

Email: belcarrabarnacle@gmail.com

Paper submissions can be placed in the Barnacle box outside the Village Office or sent by mail to:

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

Deadline for Submissions is the 20th of the month.

Out of Town Delivery is available at \$20.00 per year
Email the Barnacle to arrange.

PUBLICATION

We publish ten times a year, at the beginning of the month. We do not publish in January and August.

VOLUNTEERS

Editor: Dayna Fitz
Assist. Editor: Deneige Davis
Advertising: Sandra Rietchel
Treasurer: Clive Evans
Members: Michele Babineau, C Baptist,
Nora Boekhout, Bonni Marshall,
Deborah Struk, and Zara Naing

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FROM THE EDITOR

Happy last days of summer everyone. Whew. We are spending a couple of days in Manning Park and it is hot! This morning was lovely with a walk around Lightning Lake interrupted by frequent Farley swims. I hope, like Farley, you have found ways to stay cool this summer.

In this issue —

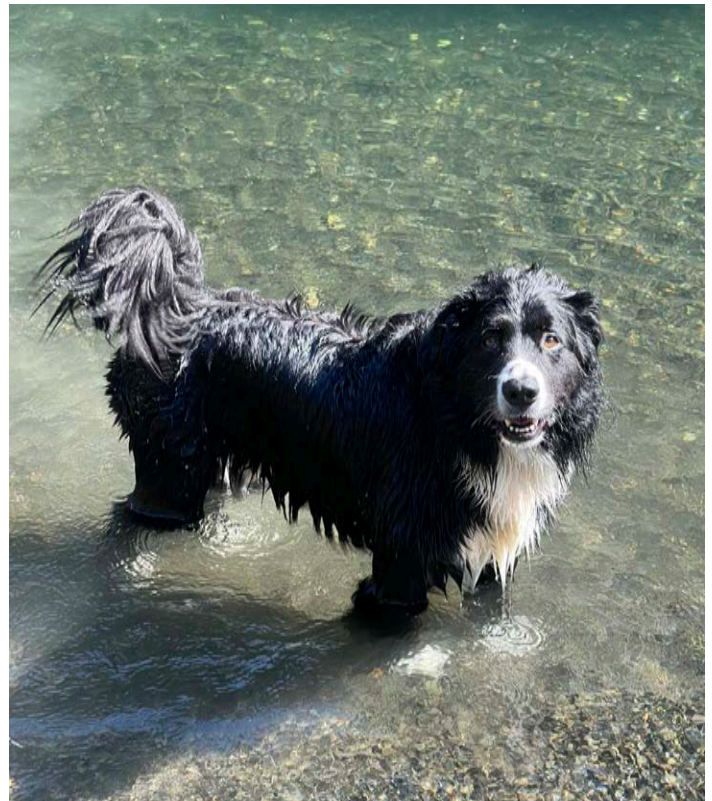
We welcome a new contributor! Zara Naing shares a Gen Z's take on meditation and will edit our Kidz Page. We are excited to have a new (and younger!) perspective.

We have updates on the Waste and Recycling Depot (WARD), what to do if you find a marine mammal in distress, and an article about Sandi Saunier's work for Fraser Health.

We say goodbye to one of our community members, Donna Hartford. We will miss sharing a walk in the neighbourhood with Donna.

Waiting for (slightly) cooler days...

Dayna
belcarrabarnacle@gmail.com



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www.belcarra.ca

CRAB (Penny Moen) 604-727-2510
CRAB4084@gmail.com

SVFD (Jay Sharpe) 604 765 2944
jay.sharpe@anmore.com

RCMP - Non-Emergency 604 945 1550

Village Road, Water, and WARD 604 917 0113
 Emergencies

SVFD Recruitment:
sasamatrecruitment@gmail.com

IMPORTANT DATES**SEPTEMBER**

- 1 Labour Day
- 2 Back to School (SD43)
- 6 Potluck Picnic in the Park
- 8 BGC Meet, 2 PM at the park
- 14 Terry Fox Run
- 15 Regular Council Meeting
- 21 International Day of Peace
- 22 Autumnal Equinox
- 30 Truth and Reconciliation Day
- 30 Orange Shirt Day

COVER PHOTO — Congratulations!

Ken Babineau (son of long-time residents of Belcarra - Michele and Don) and Laura Campbell (daughter of Shannon and Cal of Parksville) tied the knot on August 15th at the Babineau home. Congratulations and best wishes to the happy couple!

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Visit the Village website for the current list of activity restrictions.

Translink Service Change:

Seasonal service on the 182 (Moody Centre Station/Belcarra) will be rolled back starting September 1.

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Editor's Notes from July Council Meetings

For copies of the reports and detailed minutes, visit the Village website at www.belcarra.ca. Recordings of Council meetings are available on the Village YouTube site.

July 7 Council Meeting

Council approved a community grant in the amount of \$1000 to Coquitlam Search and Rescue (CSAR). Council has previously approved \$500 grants to CSAR. Mayor Ross and Councillor Elworthy voted in opposition to the higher amount.

Council approved the appointment of Lisa Zwarn, as Chief Election Officer, and Connie Esposito, as Deputy Election Officer, for the Village of Belcarra's October 17, 2026 general local election.

Melony Burton, Chief Administrative Officer (CAO), presented the report titled "Active Transportation Network Plan (ATNP) – Engagement Results." A summary of community feedback included: cost concerns; opposition to increased traffic, noise, and more visitors; perceived lack of community benefit from ATNP projects; negative views on improved cyclist infrastructure; and concerns about traffic safety and speeding, especially along Bedwell Bay Road. The CAO indicated that there is some support for widened shoulders and/or packed gravel walkways, trimming back encroached vegetation on road shoulders, maintaining existing trails, maintaining and making minor upgrades to foreshore trails, crosswalk safety improvements, transit shelter upgrades, and speed enforcement. A draft of the final report will be presented at a fall Council meeting which will be another opportunity for community input.

Mayor Ross attended a Sasamat Volunteer Fire Department Service Review meeting on Friday, June 27 after the Metro Vancouver Board Meeting.

The CAO reviewed the work by staff since the June 23 Council meeting:

- Quarterly variance and strategic plan reporting is underway
- WARD paving is complete. The gate requires replacement and a system upgrade is now underway.

- Watermain and hydrant flushing is complete
- Roadway crack sealing will start soon
- Drainage inventory work will start soon

July 21 Council Meeting

Council received a letter from Jay Sharpe, Fire Chief of the Sasamat Volunteer Fire Department, advising of an open burning ban in effect as of Thursday, July 17, 2025.

Ken Bjorgaard, Financial Consultant, provided a budget variance report for the second quarter to June 30, 2025. Ken summarized that the Village is "on track to meet its budget targets in the Water and WARD Operating Funds" and that the General Operating Fund "is experiencing lower projected reserve transfers due to lower interest earnings."

The CAO provided an update on the status of the Strategic Plan and key infrastructure projects for the second quarter to June 30, 2025.

Resolutions were released from the closed Council meeting held on July 7, 2025 to: terminate the current license agreement with Metro Vancouver for the West Road Recreation Site (Tennis Court), accept a proposal from Metro Vancouver to restore the Tennis Court site to passive regional park space and manage the area as part of t̃əmt̃əmíxʷt̃ən/Belcarra Regional Park, and return to the Community Recreation Association of Belcarra (CRAB) the funds received by the Village in the amount of \$15,321 for the demolition of the tennis courts. There is an understanding that a new agreement for the space could be considered in the future.

Council approved a budget of \$2500 to add parking signs and to paint a white curb line on the west (waterfront) side of a portion of Marine Avenue. The project is to address Council's concern that the recent Marine Avenue Road rehabilitation project reduced available parking by reducing shoulder width. Residents will be allowed to park with their tires on the road, inside of the painted white line.

The CAO reviewed the work by staff since the July 7 Council meeting:

- New bins and procedures at the WARD
- Drainage work currently underway
- Crack sealing starting soon
- Preparing for 2026 and 2030 financial plans

Donna Lynn Ruckert Hartford

5 July, 1964 – 15 June, 2025

Donna Hartford, a 20 year resident of Belcarra, passed away on June 15, 2025 after a two and a half year journey with ovarian cancer.

Donna was born in Chicago in 1964. She met her husband Tim while he was visiting Chicago on business, in 1995. Their many trips between Chicago and British Columbia (BC) led to their marriage in 1997 and a move to BC for Donna.

Donna, Tim, and Tim's daughter Tiffany, moved to Belcarra in 2005. Donna had fallen in love with BC and especially Belcarra where she felt instantly at home.

Living in Belcarra felt to Donna like living in cottage country and yet still close to the city. The mountains, forest, and ocean were paradise to her.

Anyone who had a dog became her friend. She loved to walk with her friends on Marine Avenue, swim in Bedwell Bay and Sasamat Lake, and sit on the beach to meditate or read. Donna would talk to anyone and a casual hello often led to an hour discussion, or a long walk and a new friendship.

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VILLAGE OF BELCARRA Waste and Recycle Depot (WARD) CHANGES TO BINS



July 17, 2025

We are pleased to introduce a new bin and other changes for improved functionality at the Waste and Recycle Depot (WARD):

- A new bin for mixed recyclables is located beside Bin A to keep the recycling containers in one area
- Bin A is now for cardboard only
- Bin C remains the bin for household waste only
- Bin B remains the bin for green waste and has been moved to a new location at the west corner of WARD.

Signage has been placed on each bin and residents are encouraged to review the information prior to depositing recyclables, green waste and/or household waste. Staff will also be available to assist on site during the transition period.

If you have any questions or concerns, please contact the office at 604-937-4100.

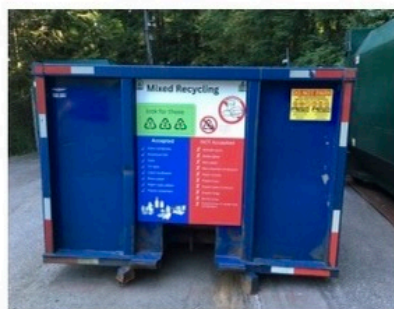
We hope you enjoy the improvements and appreciate your cooperation in making sure your materials are placed in the correct bins.

Thank you,

Stewart Novak
Manager, Municipal Services



CARDBOARD ONLY



**NEW BIN
MIXED RECYCLABLES**



**HOUSEHOLD WASTE
ONLY**



**MOVED TO WEST CORNER OF SITE
GREEN WASTE**

Changes at the WARD: The cardboard bin, the mixed recyclables bin, and the household waste bin are grouped together at the east side of WARD (to the left as you enter). The green waste bin has been moved to the west corner of WARD (straight ahead as you drive through the gate). New signs are installed to help users.

By separating clean dry cardboard into Bin A, the Village will receive a market value rebate for the cardboard (less \$30/tonne) which will help offset overall costs of the WARD.

A few questions answered by Stewart Novak:

Does Household Waste have to be bagged?

There have been no changes. There is reference to conventional garbage bags in our Recycling and Refuse Collection and Removal Bylaw to specify capacity, but **there is no requirement to bag garbage.**

"No person shall deposit more than 2 (two) conventional garbage bags, together totalling 0.61 cubic meters of domestic garbage at the recycle facility in any 4 (four) calendar day period."

A maximum volume is stated in the bylaw to prevent excessively large volumes of household waste being deposited by residents in a single day visit. This can cause the bin to fill early and result in an extra pick-up through the week, which can add about \$750 to our monthly billing. A related concern is the more frequent occurrence of banned materials like trade (construction) waste being deposited into the household waste bin, which also takes up a lot of space.

Biodegradable plastic bags are not accepted in organic waste. Are the compostable bags made of corn starch and vegetable oils accepted?

Metro Vancouver does not accept plastic bags in organic waste, even if the bags are identified as compostable or biodegradable. They advise that brown paper bags are acceptable or wrapping the product in paper. They also recommend "Bag to Earth" bags which look like paper bags but have a biodegradable liner. More information is available on the Metro Vancouver web page: [What goes in the green bin:](#)

Plastic and plastic-lined bags, even the ones labelled "biodegradable" or "compostable" are not accepted at all local facilities as they can cause operational problems, may not break down properly during processing, and may contaminate the finished compost. If the operator identifies plastic bags or other non-compostable materials in the green bin, the entire load may be rejected and sent to landfill.

Is a metal scrap/recycling bin still in the works?

Yes! We are currently working on options to create space for a metal bin, as well as providing more capacity for household green waste by collecting food waste separately from yard waste.

The metal bin will be for the collection of household metal items such as aluminum cans. It is not intended for scrap metal, construction materials, or other large metal waste. The bin is expected to have a 4-yard capacity which is about twice the size of our electrical bin tote.

Marine Mammal Rescue

To report a sick, injured or abandoned marine mammal, call VAMMR at **604-258-SEAL (7325)** or call **1-800-465-4336** for whales and other marine mammal incidents.



Meet Solo! A newborn harbour seal discovered this July on Janet Ruzycki's dock. Janet got in touch with the Vancouver Aquarium's Marine Mammal Rescue Centre (VAMMR) when it appeared he had been abandoned. The VAMMR folks wait 24 hours before mobilizing a rescue. Janet admitted she didn't get a lot of sleep that night worrying about the wee seal she affectionally named Solo. After the wait period, the seal was transported by VAMMR ambulance to their rescue centre in Vancouver. Solo has now been in their care over 50 days and he has demonstrated that he is "confident eating fish on his own and that he can compete for food with other harbour seals. He has been moved to a larger pool where he can further test and improve his skills." He is known at the rescue centre as "Barry Tran" named by one of VAMMR's donors.

For more information about "Barry Tran", the work of VAMMR, or how to donate, please do visit the [VAMMR.org](https://www.vammr.org) website.

They operate the only facility of its kind in Canada, and they are often the only hope for sick, injured, or orphaned marine mammals. VAMMR's goal for every rescue is a successful rehabilitation and release back into the ocean.

If You Spot a Marine Mammal in Distress

Your actions can make a difference. If you come across a marine mammal that appears to be injured, sick, or orphaned, following a few simple steps — and being Seal Smart — can help protect both you and the mammal.

Do not touch: Don't approach, feed, or attempt to move the mammal. Never pour water on it or try to return it to the ocean. In Canada, it's illegal to disturb a marine mammal.

Stay Back: If the mammal reacts to your presence, you're too close. Keep a safe distance and ask others — especially children and pets — to do the same. Giving space helps reduce stress and keeps everyone safe.

Observe: From a safe distance, note the mammal's size, colouring, body condition, and any visible injuries, entanglements, tags, or markings. Take photos, if possible, but only if you can do so without getting too close.

If it's a seal pup: Don't assume it's been abandoned. Harbour seal pups are often left on shore while their mothers forage nearby. Scan the water — you may spot mom watching from a distance. Always report the sighting so trained responders can assess.

Report: Call the Vancouver Aquarium Marine Mammal Rescue Society (VAMMR) at 604-258-SEAL (7325) or the Department of Fisheries and Oceans (DFO) at 1-800-465-4336.

Share the mammal's location including any landmarks or GPS coordinates. Include a description of the mammal's condition, and any photos or other details.

By being Seal Smart — keeping your distance, observing carefully, and calling the experts — you're giving these mammals their best chance at survival.



New tattoo program helps patients recover from facial cancers

Sandi Saunier's specialized work was recently featured in an article by Fraser Health: <https://www.fraserhealth.ca/news/2025/Jun/New-tattoo-program-helps-patients-recover-from-facial-cancers>

June 26, 2025 — By Carrie Stefanson, senior consultant, Communications and Public Affairs



Malcom Matheson and Sandi Saunier

The Facial Aesthetic Medical Tattoo Program at Eagle Ridge Hospital is available free of charge to patients recovering from cancers of the face, neck and throat.

Malcolm Matheson never imagined going to a hospital for a tattoo.

"Definitely not," laughs the Pitt Meadows father of four and grandfather of six. "I never had a tattoo, never wanted a tattoo and when I told my granddaughter I was getting a tattoo on my face, she was surprised."

The about-face came after Malcolm had cancerous tissue removed from his neck, throat and cheek. Doctors grafted skin from his arm onto his face.

"My first priority was to stay alive for my family," says Malcolm. "However, when my surgeon suggested I meet with Sandi to have the new skin colour-matched so the tissue would blend more naturally into surrounding skin, I thought, why not?"

Helping patients like Malcolm heal comes naturally to Sandi Saunier, a surgical nurse at Eagle Ridge Hospital. Tattooing wasn't on her radar until 2009 when a surgeon floated the idea of an areola tattoo clinic for breast cancer patients.

To date, Sandi has tattooed areolas on about 1,400 breast cancer survivors. Now, she is expanding her skillset to include patients recovering from cancers of the facial region.

The Facial Aesthetic Medical Tattoo Program operates two days per month, while the Areola Tattoo Clinic continues to operate one day per week. The remainder of the time, Sandi is employed as a surgical nurse at Eagle Ridge Hospital.

"When people look in the mirror, they see this visible reminder of how they've survived cancer," says Sandi. "Often, they've gone through multiple surgeries, chemotherapy, and radiation, so being able to help with that final piece that makes them feel better about themselves is gratifying."

Each tattoo session takes up to two hours. Because Sandi is a registered nurse with special training, she can provide a local anesthetic to minimize the pain that normally comes with tattooing. There is no cost to patients, thanks to ongoing funding from Eagle Ridge Hospital Foundation.

"For many patients, this program is the final step in their recovery journey—when they start to feel like themselves again. It's about restoring confidence, dignity, and identity. Because of our donors, the Foundation is able to provide this transformational care right here at Eagle Ridge Hospital, and we're incredibly proud to fully fund it," says Kristina Chung, executive director, Eagle Ridge Hospital Foundation.

Since facial skin is exposed to light, sunscreen, and other elements, tattoos often need touching up. About an hour after Malcolm checked in for his touch up, he had a new tattoo complete with a few tiny black dots mimicking his facial hair.

"It's probably not the skull and crossbones my granddaughter was expecting, but wow, it looks great," says Malcolm. "Having this service available has really helped me in my healing journey from cancer."

The Facial Aesthetic Medical Tattoo Program is available to cancer patients throughout the Lower Mainland referred by a surgeon. For more information on how to support this program, call 604-469-3128 or visit Eagle Ridge Hospital Foundation.

Clive Evans shares a "Story from the Belcarra Barnacle Archives"

A page from an old edition of the *Barnacle* date unknown. In the picture are Joyce Evans, Ralph Drew, Mike Cotton, and John Doerksen.

THE BELCARRA BARNACLE

Page 9

WINE OR WHINING?

Belcarrians were treated to a unique gathering of creative individuals this summer when the annual barbecue took on a new theme -- The Wine Tasting Festival. The scene was set with dozens of home-brewed wines covering the judging table.



The judges, gathered from around the globe, were impressive: **Rudolph Von Rottencork**, obviously a very important Deutschland official said "next time you havink a party und you pulling the cork remamber how many rotten nights unt lousy hangovers it took to brinkink you all dees very fine wintages." **Claude Sauvignon de Boozelais**, the French judge, discussed separation at length. His choice of the evening was the new "Wolverine" wine from Gustafson Lake Wineries: "a full and volatile wine". A surprise appearance was a judge with suspicious credentials, **William Wino III**. He sampled each wine many times to ensure each was given equal tasting.

Timothy T. Totaller thought Belcarrians were gathered to recognize *whining* in the Village. Few residents were spared from his observations. Nominated 'whiners' included Brian Whalley for whining about loggers working in the neighbourhood, Carol Drew for continuing to whine about getting Belcarra's first speeding ticket, and Sherry Chisholm for whining about the council meeting that was so exciting she dropped a stitch!

Judge **Gerte Vertstraminer**, the cluster of grapes from her hat falling in her face, gave a grape crushing demonstration that was the clifhax of the evening.

It is wonderful to be able to laugh at ourselves with the help of the community's many talented and creative individuals. Spurred on by encouragement, Belcarra's backyard stills are busy brewing with wine making tips. Remember Von Rottencork's advice: "never using the vater from Badvell Bay on a Monday. Your wine vill be too full bodied."



Gerte crushes grapes.



Beautiful Barred Owl submitted by Andrea Jauck



Setting Sun submitted by Deborah Struk

MONET TYLER

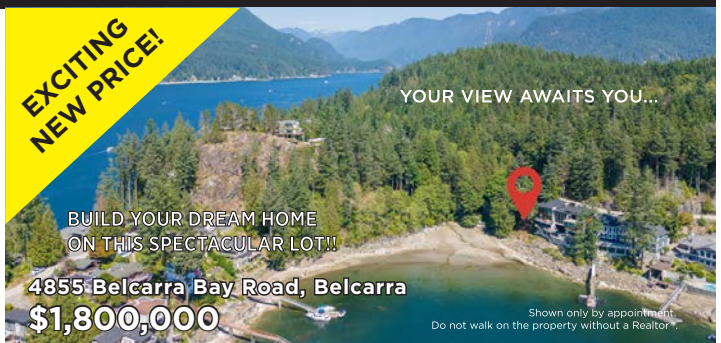
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2024

2025 Boulder Island Flotilla

Dan Greenwood and Shelley Herron started their Boulder Island event about five years ago. Originally they were just hosting a video shoot for a friend's band "Buddy and the Scarecrow". As Dan tells it "the video shoot turned into a bit of a party and five years later, here we are". The Flotilla includes a concert with food served from the "Hard Dock Cafe" (Shelley's culinary skills in action). Everyone is always welcome at the Flotilla. This year saw the event's best attendance with close to 100 people on the dock and many more on boats anchored in the bay. By all reports, Dan and Shelley, with help from Pete, Christine, and Seaforth Environmental Services, hosted a real shindig!



Flotilla Photos by Originelle Designs Photography



PICNIC POTLUCK



in the park!

**SATURDAY
SEPTEMBER 6
11:00 am-1:00 pm**

təmtəmix^wtən/
**Belcarra Regional Park
Picnic Area Shelter #1**



HOSTED BY C.R.A.B.

Bring a dish: Your choice -- sweet, savoury, homemade or store-bought.

Invite your family and friends: All are welcome.

Stay awhile: The picnic shelter is ours for the day. Relax and enjoy time with neighbours even after the food is gone.

Enter a draw: Block Watch volunteers will be at the picnic with treats, drinks, and a draw for a first aid kit. The draw will be held at 1 PM.

Reduce waste: Please bring your own plate and cutlery.

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& Tire Rotation



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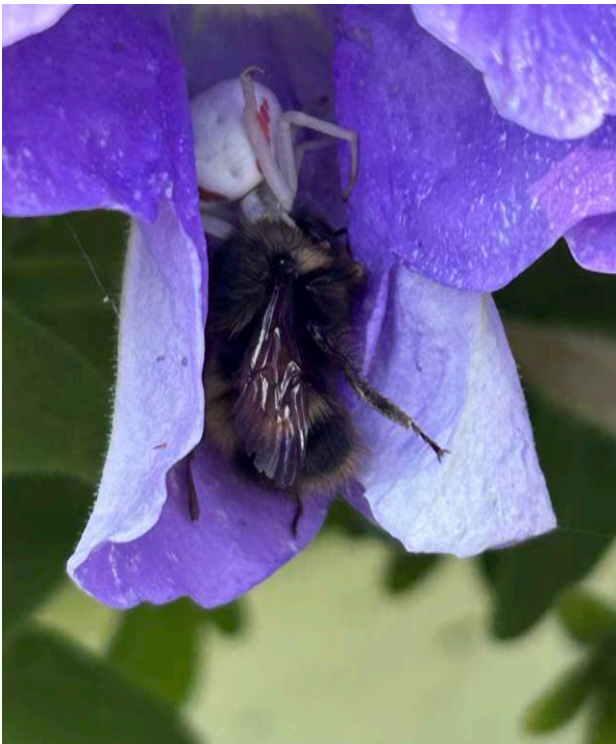
Left to right: SVFA Director Claire Heisler, SVFA Treasurer Ian Marchese, Cooper Hubbs, and SVFA Director Katie Golbey



Christina submitted by Klaus Bever (page 15)

The Sasamat Volunteer Firefighters Association (SVFA) is pleased to announce that the winner of the 2025 Student Bursary Award is Cooper Hubbs. Cooper is attending Paul Smith's College (of the Adirondacks) with a major in *Disaster Management and Response*.

Congratulations and good luck, Cooper!



Being a Bee submitted by Megan Shelly



Koko Loko Rose submitted by Deborah Struk

On the Belcarra Reading Table By Klaus Bever

The Comfort of Crows

There seems little to do when a wild animal living on the land, but close to you, looks to be reaching the end of its life.

Animals are friendly. They look to share their lives with the same events that upright-two-leggers are so familiar with. Animals enjoy food and drink. They strive to find comfort in partnership and offspring. Protection and guidance is given unreservedly to their young during growth and exploration. Freedom and opportunity seem fundamental to their lives. All of this whimsy developed with a growing friendship with the crow that now follows Farley, my dog, and me up and down Marine Avenue, most every morning. This is Christina the Crow and she is treated by us as a friend.

When our granddaughter Booboo became old enough to recognize Christina as a frequent visitor to our yard and front deck, she seemed to feel a kind of belonging or kinship with the crow, whenever and wherever she saw one. And Booboo would see our Christina everywhere. At Old Orchard Park in Port Moody, while being pushed about by her mom in a stroller or while riding on her dad's shoulders in a backpack at the North Vancouver's Maplewood Farm, Booboo saw Christina following her and watching over her. During the morning exercise break at the children's playground across the street from the preschool was a common place for her to see our Christina. Booboo would, on returning to the classroom, remind her teachers that Christina had been there at the playground. And hours later, while sharing a family meal in Belcarra, the visit Christina had made that day at the playground still caused excitement. Booboo reminded us that Christina watched over her while she was at play in Port Moody. It was, as though, Christina kept us all together, kept us thinking of each other.

Christina is resident in Belcarra and lives amongst us in Bedwell Bay. She has been here for more than five years and has given rise to many offspring.

Every spring she finds food for her young from amongst the many clams that are easy pickings on the tidal beaches.

She demonstrated that by dropping the clams on rocks or road-hard surfaces. The shells will break open and offer the treats inside. Her students, on some colder winter mornings, have numbered thirty or more Bedwell Bay crows. Christina remains at the top of the pecking order and her boisterous clan waits, watching while she finishes her meal.

This spring, Christina appeared unwell. The feathers about her neck and shoulders were thinning. Within a few more weeks her head was bare except for a prominent top knot. We watched her and we worried.

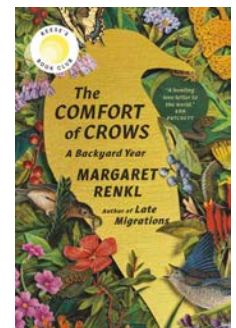
The book on my reading table at that time, happened to be Margaret Renkl's *The Comfort of Crows*. The melancholy, whimsy, wisdom, and simply beautiful prose of that book gave me, indeed, comfort. Renkl is no slouch about gardens and the wildlife found in them. In this book, Renkl, shares her love and knowledge of both. It rang a bell in me when she briefly commented on how various birds in her garden would moult. With a little exploration into the pages of "Google University", it all became clear. Christina wasn't dying, she was exhibiting her frustration at raising another group of demanding children and choosing therefore to moult. The moult may have made her a little less capable looking and may have had the desired effect of encouraging family members to give her a little domestic peace, directing them to find more of their food by themselves.

It is more than a month since the moult began and a new fuzz has appeared on her head.

Booboo is now closer to age four than age three and has painlessly recognized that there are many, many crows for her to admire.

The Comfort of Crows

By Margaret Renkl,
Spiegel and Grau, 2023.



Kidz Zone

Back To School Edition

My name is _____ and I
am ____ years old. I am
starting Grade ____ at
_____ school.

My favourite school subject
is _____. I am looking
forward to _____
this school year!



CAN YOU SOLVE THE RIDDLE?

Easy

What has holes, but still holds water?

Medium

What kind of dog never bites?

Hard

I have an eye but I am blind, a sea but no water, a bee but no honey, a tea but no coffee and a why but no answer. What am I?

E: Sponge M: Hot Dog H: Alphabet
GOOD JOB!

DID YOU HEAR? THERE'S A GREAT VET IN TOWN



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A Gen Z's Take on Meditation

By Zara Naing

As a teenager, during the summer, my sleep schedule is at its all-time worst. Filled with midnight snacks (realistically at 3 am, not midnight), Netflix binges, and long hours of staring at a dark ceiling thinking about a mistake I made in the 3rd grade (I am 16 now, sadly, and a major over-thinker).

This is a massive problem for me. So, as a Gen Z problem solver, I turn to the internet.

There are many different tips and tricks that others online recommend, but obviously not all of them work, for me at least. I tried the military muscles relaxing technique (also known as the Progressive Muscle Relaxation), daily runs, and stretching before bed, which all helped to relax my body, but my brain never shut off. Constantly thinking about anything and everything. The common problem for my generation is, yes, 'Those Dang Screens,' so I would sometimes lock that blue light in a different room so I can't get distracted by social media, texts or other notifications. Sadly, my mind still stayed distracted and hyper. Sleep would still not come easily.

Eventually, after many days of trying but just ending up lost in my thoughts, I came to a conclusion. My main goal is not to prepare JUST my body for a good night's sleep, but also my mind. But how?

This is when I stumbled upon meditation. Meditation is essentially an action you can do to achieve the end goal of mindfulness, which helps you focus on your current self and surroundings and not the past or irrelevant topics. The focus is on reality. Your breath, the sounds around you (like music if you choose to have it), and your body. This helps me be able to fall asleep easily afterwards, because after investing some time before bed to relax, recollect, and focus, my mind feels calmer, slowed down and grounded. I can focus on my breathing and not random, unrelated, useless things that come to mind, helping me fall asleep with no stress.

Meditation is super helpful and is my solution to my peaceful sleep problem. I love meditation because it helps ground me and snap me back to reality, to what truly matters. I can't do anything about the past, so stressing over it is a waste of time and energy, but there is a now. There is a me.

Overall, I would recommend everyone and anyone to meditate for at least five minutes a day. Start small, and it can have a big impact. Once again, meditation not only helps with sleep but also increases productivity, de-stresses, helps build patience, and finds a healthy balance in your life, not just for your mental wellbeing but also for your physical health and happiness!



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Book Reviews

Atmosphere by Taylor Jenkins Reid

Imagine being one of the few chosen to leave Earth behind and train as an astronaut. In *Atmosphere*, Taylor Jenkins Reid takes us inside NASA's space shuttle program, where only the brightest minds from across science and aviation make the cut.

We follow a remarkable cast of recruits:

Joan Goodwin, a professor of astronomy; Hank Redmond, a Top Gun pilot; John Griffin, a dedicated scientist; Lydia Danes, a mission specialist; and Vanessa Ford, an aeronautical engineer.

Their journey is more than just drills and technical tests—it's love, friendship, rivalry, and grit. Reid captures the awe of spaceflight while never losing sight of the human heart at the centre of the story. Then in December 1984, on mission STS-LR9, there's trouble in the shuttle that pushes the new astronauts to test their whole training.



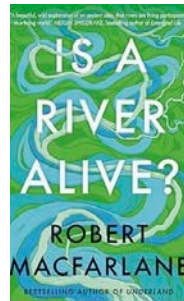
Atmosphere is a story of courage, wonder, and the bonds that hold people together when they reach for the stars. CG

Is A River Alive? by Robert McFarlane

Prompted by a question from his nine year old son about whether the water has died in a spring near their home in Cambridge, the author is on another quest to understand life in nature.

A poet, philosopher, and environmentalist, Macfarlane raises the question of whether or not rivers are living beings and should be understood/treated as such. His response is a resounding "yes" and he explores this theme with examples that he visited in Ecuador, India, and Canada.

Building on the fact that in New Zealand the Whanganui River has already been recognized by the Crown and the Maori people as both a legal person and a living being, he argues that this precedent is gaining momentum especially among indigenous people elsewhere.



Now, by extension and example, it is occurring close to home among Innus who live along the Mutehekau Shipu in north-eastern Quebec. Large philosophical questions and concerns about pollution come together in a demanding and stimulating book. JS

Logic will get you from A to Z.

Imagination will get you everywhere.

— Albert Einstein



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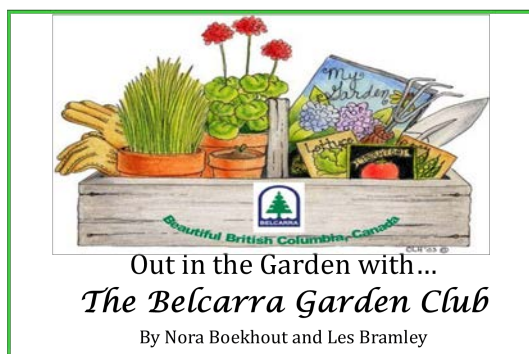
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West Coast Seeds Field Trip by Nora B



West Coast Seeds in Delta, was a treat to visit! The newly renovated retail store, located on their 10-acre farm, includes seeds (of course!), gardening supplies, unique gifts, and beekeeping products and equipment. "Urban Bee" has an aviary there.

Production manager Rebecca, and her co-worker Ian, gave us a full tour with lots of information. The company gears itself toward small commercial and home growers, and its mission is to empower communities. Sustainable gardening practices are a keynote. WCS donated 130,000 seeds last year to schools, organizations, remote communities, and 40 countries worldwide, as well as raising \$250,000 through their specialty packages. Kudos to them!

Rebecca explained that WCS does not grow the seeds themselves but does rigorous testing. WCS tests seeds from various producers for 2 years before including them in its catalogue, monitoring them for quality, desirable attributes, and diversity. Researchers monitor new varieties carefully and send the results to the providers and breeding communities.

Full article, sources, & links are on our webpage:
<http://tinyurl.com/rwcf9b85>

Rebecca searches out trustworthy companies. Saving seeds from only the best plants maintains the line. She looks for unique attributes such as flavour, colour, a 70-day to maturity instead of 80 days, or being easier to grow.

The "alternatives to lawn" garden plots included beautiful blends of wildflowers (such as a cut flower blend and a PNW blend), clover (which is good for the soil), and alyssum as an edging. We learned that in the "Canada 1 Standard for Seeds," only 1 or 2 clover seeds or weeds per 100 grams or number of seeds can result in rejection!

The heated greenhouse can hold 6000 seedlings. They sell these afterwards, but without profit. Produce goes to the staff but also to food banks. We learned that hybrids (opposed to open pollinator plants) are more expensive because the growers have to keep making the crosses. Some specialty seeds may only be sold by the developers.



Next year, Rebecca hopes to add more ornamental pumpkins and fun veggies, fast-growing dahlias from seed, and plants especially suited to containers.

It was certainly a most enjoyable field trip, thanks to Rebecca and Ian. We finished it off with a lovely picnic on the grounds. One last visit to the gift shop, and we headed back home with lots of new ideas and WCS seed packets as well!





Belcarra Blessings By Deborah Struk

Hello September! Is it already the 9th month of 2025? What a glorious summer it has been. As a gardener, and living in an area surrounded by forests, the intermittent days of rain have been thoroughly appreciated. It is a gift not to be concerned about watering and shutting off automatic timers. One must, however, remember to set a reminder to turn them on days after the rain stops. The Belcarra Garden Club continues to be a wonderful connection and support for gardeners of all levels. Thank you to Les and Kathy for all you do.

As we head into the school months Harper would like to share:

Hello everybody, I hope you had a great summer. I hope you have a wonderful time at school and you do some exciting things. I hope your teacher will be nice and you have a good time working hard.

Some things I loved this summer was when my friends came over. I went on a hike and I saw a woodpecker. We were one inch close (not really) and got to watch it for a really long time. I am looking forward to starting Grade One and starting tap dance.

Thank you, precious Harper. Ah, the joy of a child. It is a reminder for us to be blessed, slow down and enjoy the little things. Giving rest to our souls, being grateful and able to say, "It is well, well with my soul". It is well ... regardless of turmoil, uncertainties, and even evil about. Be blessed and have a wonderful autumn.



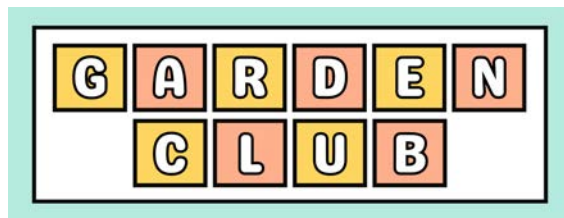
I hope everyone has been enjoying a wonderful summer! With the kids heading back to school and the leaves starting to turn, it's a good time to come together as a community.

Please mark your calendars for our Potluck in the Park on Saturday, September 6, starting at 11:00 a.m. We'll be gathering at Belcarra Park, where a covered picnic area has been reserved.

Bring a dish to share, catch up with old friends, and take the opportunity to meet a few new ones. It's always a fun and relaxed way to connect with your neighbours.

We look forward to seeing you there!

Oops! Our apologies to Jim Chisholm. We missed mentioning him in our Belcarra Day "thank you". Jim was on raffle ticket sales and this year was a big success.



Come join us at our September meeting at the Belcarra Park picnic shelters at 2 pm, on Monday the 8th. All are welcome.

We have completed three more road trips this year. They were all well received and, thankfully, we were lucky with the weather.

For gardening, plants, nature, BGC trips, pictures of flowers, take a look at our Belcarra Garden Club website done by Nora Boekhout. Nora puts a lot of work into this site. It's very good and we all appreciate her dedication. The BGC webpage: <http://tinyurl.com/rwcf9b85>

To become a member of the BGC — contact us at 604-937-7103 or email: lesbramley@shaw.ca Or just come to our next meeting on Sept 8th, and see what we are all about.

Happy Gardening Belcarra!

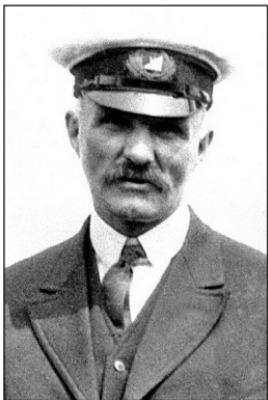


Stories from the Archives — “Inlet Skipper Delivers Anything Everywhere”

Researched By: Ralph Drew, Belcarra, BC, August 2025.

Source: [Vancouver Sun, Saturday, July 16th, 1949, page 25](#)

“The pioneer tradition of old river boats is being kept alive in Vancouver harbour by a tough little ship and gentle captain. For seven days a week this summer [1949], as he has done for upwards of 30 summers before, Captain [John Charles] ‘Andy’



Capt. J. C. Anderson

Anderson is guiding the nose of the ‘MV Scenic’ into private landings on the harbour’s North Arm [a.k.a. ‘Indian Arm’]. He is milkman, breadman, postman, florist, moving man, old friend of the family, and above all the friend of everybody who helps in spirit to pilot the little diesel-powered ‘MV Scenic’ through the tricky currents of the harbour.”

Floating Post Office

“A bluff and cheerful Yorkshireman, with ample but carefully trimmed moustache, Capt. Andy Anderson dispenses from his wheelhouse the services of a community shopping centre to the summer and winter population of 20 ‘landings’ up the North Arm.

“In the wheelhouse with him is a Post Office, making the ‘MV Scenic’ the only floating post office in the British Empire. The wicket of the post office is the open window of the wheel house, out of which Capt. Andy delivers the mail to the residents waiting on their floats, collects the return mail, makes change and delivers stamps.”

“From his vantage point, the captain is usually able to see over the top of the freight deck. The freight deck is the forecastle, a postage-stamp space that carries enough freight for a small tramp steamer. It is piled high with cans of milk, baggage, lumber, food, furniture and small boys who like to be on the business end of a boat.”

Sailing Man

“Somewhere among the chairs and baggage is First Officer Fred R. Springall, another cheerful man who came to B.C. around the Horn in a sailing ship. The First Officer is usually a little worried about the milk. The ‘MV Scenic’ carries about two dozen bottles of milk each day, and First Officer Springall marvels at the number of grades and brands that he has to leave at the right stop. ‘We’ve got to be experts’, he explains. It’s all different grades. There is one grade for two-year-old babies, another grade for the three-year-olds and four-year-olds, can’t leave the three-year-olds’ milk where the two-year-olds’ should be.”

Lots of Cargo

“The milk is one small problem. The summer crew of four have to look after canaries and lovebirds, dogs and cats, small children travelling alone and furniture. When one of the engineers moves from the Buntzen power plant, it means a two-way move of furniture for a six-room house. ‘One comes up and the other goes down,’ philosophizes the first officer. ‘Sometimes you can’t see the boat. We even carry pianos on the deck.’”

“Unruffled by it all, Capt. Andy collects the tickets and pilots his ship expertly. He has brought food and furniture to the pioneer residents, has carried shoes and toys for their children, and is now bringing the mail for their grandchildren.”

“One more bottle of milk or a piano is nothing new.”

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Recipe for White Sauce By Bonni Marshall

This White Sauce recipe was the very first thing my aunt learned to make in Home Economics class. My aunt will turn 87 in November, and she recalls (very fondly) making this recipe for the very first time. She has made the recipe numerous times since that first attempt in Home Economics class at her public school in Winnipeg, Manitoba.

My aunt tells me that they added green peas to the recipe to give it some colour and flavour. This also elevated it to something akin to what we might now refer to as *creamed peas*.

Ingredients:

2 Tbsps. Butter
2 Tbsps. Flour
1 cup milk
Pinch of salt and pepper

Directions:

Melt butter, add flour, and slowly add milk, salt, and pepper ... stirring constantly.

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We love a great recipe, especially when it comes with a story.

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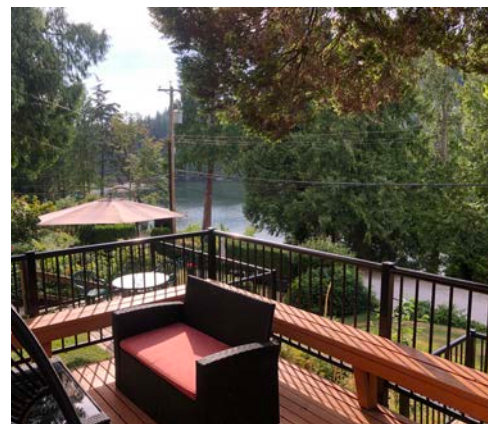
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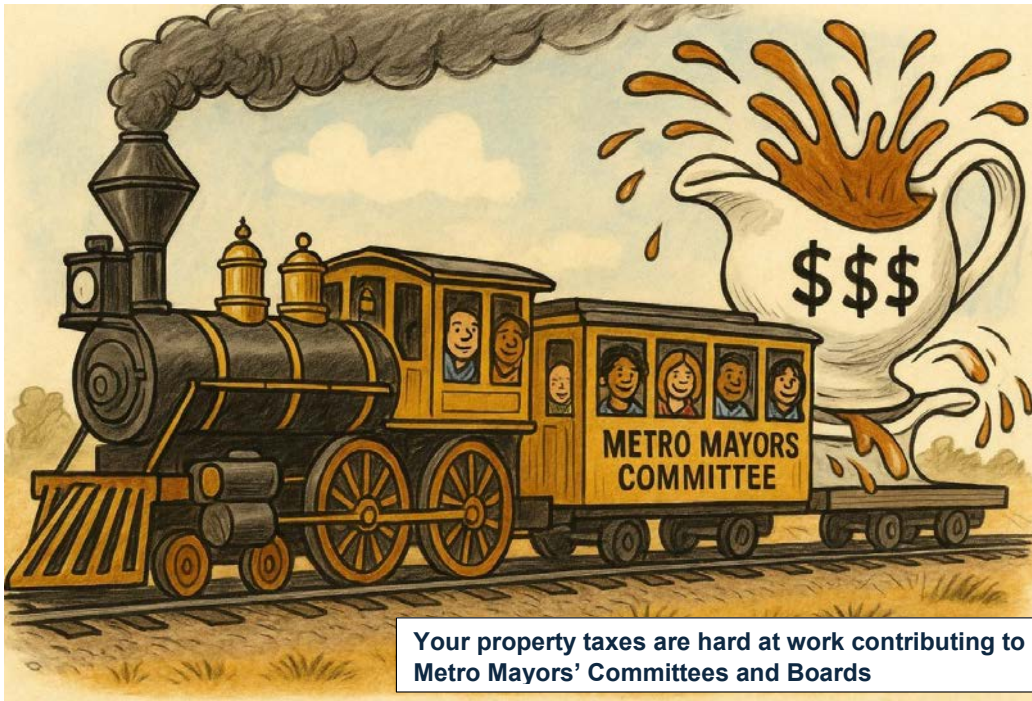
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Gravy Train By Brian Hirsch

The younger generation may need to refer to this QR code to help interpret the graphic; the older folks likely get the message, and it's just as well, because it's likely many seniors probably haven't a clue about QR codes.

Jus' sayin'



Read the article: <https://vancouver.sun.com/news/what-metro-van-mayors-councillors-get-paid>

Things we wonder about:

- What was the best thing BEFORE sliced bread?
- Why do people say "heads up" when you should duck?
- Why do we drive on parkways and park on driveways?
- Why do "fat chance" and "slim chance" mean the same thing?

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