



Belcarra Barnacle

November 2025

Belcarra's Community Newspaper

Volume 46 Issue 09





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 We do not publish in January and August.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

Welcome to your community paper.

Thank you to everyone who took the time to write and share what you want from your community paper. We are a better paper — more reflective of our community — when we hear from you. For those who preferred not to have their words printed, we hope that the next time you write, you will consider sharing with everyone. And we do hope that there will be a next time! Really, it's just nice to hear from you. Whether you like what we are doing or you think that we could do it a little better, we are happy that you are reading and telling us about it.

See you on the trails,
Dayna

**Sasamat Volunteer Fire Department
Board of Trustees Meeting
Wednesday, November 5
7 PM at the Anmore Hub**

ADVERTISING RATES:

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Card (2" x 3")	\$24	\$90	\$144
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COLOUR			
1 Page (Back Page)	\$270	\$1200	\$2280
1 Page (Centre)	\$240	\$1080	\$2100
1/2 Page (Centre)	\$180	\$840	\$1680

To Advertise, contact Sandra at:
srietchel422@gmail.com

BELCARRA DIRECTORY

Belcarra Village Hall 604 937 4100
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
 Emergencies 604 917 0113

SVFD Recruitment:
sasamatrecruitment@gmail.com

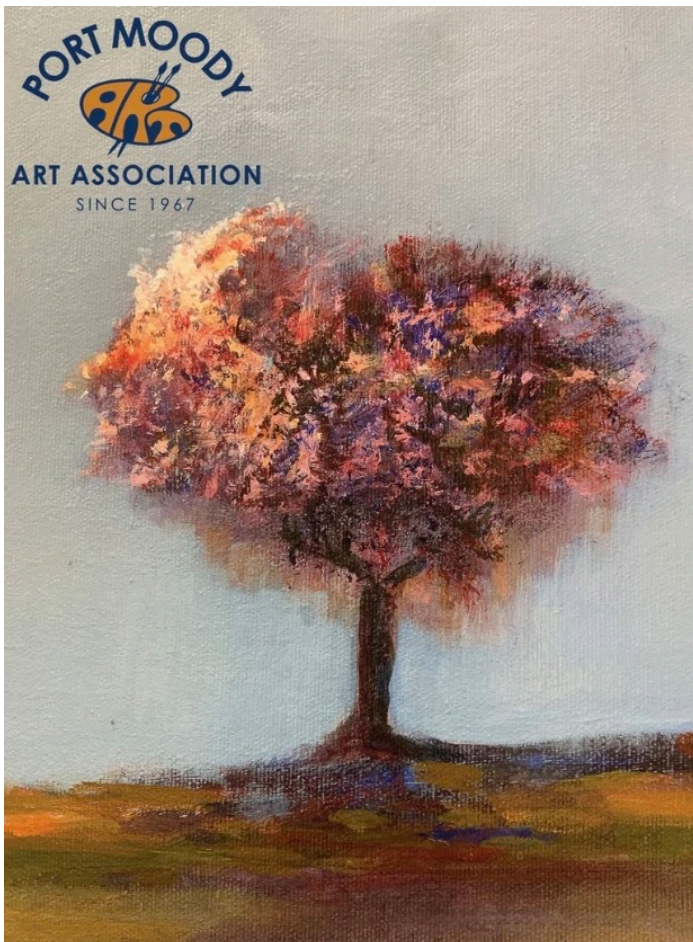
**IMPORTANT DATES
NOVEMBER**

1 World Vegan Day
 2 Daylight Saving Time Ends
 2 Day of the Dead (Mexico)
 3 Regular Council Meeting
 5 SVFD Board of Trustees Meeting
 5 Full Moon
 8 Indigenous Veterans Day
 8 SVFD CPR Awareness Course
 11 Remembrance Day
 with a Ceremony in the Park
 14 Board of Variance Application Deadline
 20 New Moon



On our cover is a photo of Nora and Peter Boekhout's granddaughter enjoying the magic and bounty of fall. Do read Nora's article about pumpkins on page 20 and try her recipe for muffins on page 21.

We love sharing your photos. Keep sending them, Belcarra!



Port Moody Art Association's
 2025 Annual Art Show will be held on

Saturday November 8 & Sunday November 9
 10:00 am – 5:00 pm both days

Port Moody Rec. Center (300 Ioco Road)

October Council Meetings Editor's Notes

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.

October 6 Council Meeting

Councillor Ruzycki spoke to a resident's email regarding private use of public property within the Village.

Sartaj Grewal, Building Official, reported on the remedial action requirement for Twin Island Lot A and the work completed to date by the property owners. He reported that all conditions have been met. Future bylaw changes to better manage these situations are under consideration, including stricter enforcement and increased fines.

Stewart Novak reported on a new process to include interested Indigenous communities in the Village's emergency management planning. The Provincial Government provided a \$40,000 grant through the Indigenous Engagement Requirements Funding Program. These funds were used to hire KPMG consultants. KPMG identified 29 Indigenous Governing Bodies (IGB) that could potentially assert traditional territory over the Village. Three of the 29 Nations attended or responded to an invitation to a workshop or consultation meeting. The Village's consultation obligations are ongoing, and KPMG has developed a process chart to assist staff with future contact.

Council approved a revised 2026 – 2030 Financial Plan/Budget Schedule.

Council approved that the following proposed tax and user fee increases be presented for public consultation/feedback:

Property Taxes

3% increase in property taxes in 2026

4% increase in property taxes for the years 2027 to 2030

Water User Fees

4% increase in water user fees in 2026

4% increase in water user fees for the years 2027 to 2030

Waste & Recycle Depot (WARD) User Fees

5% increase in WARD user fees in 2026

4% increase in WARD user fees for the years 2027 to 2030

The CAO reviewed staff work since the September 15 Council meeting. Ongoing work included flail mowing, preparing the fleet and equipment for winter, collecting water-quality samples, and preparing applications for TransLink grant funding. The CAO discussed the damaged bus shelter on Bedwell Bay Road at Senkler. Transit shelter replacements are a recommendation in the Active Transportation Network Plan. Staff will investigate replacement options for all shelters and present a report to Council.

October 20 Council Meeting

The Village received an announcement for the launch of Freshet News (www.freshetnews.ca).

Council approved a motion (brought forward by Councillor J. Ruzycki) to work with residents and staff to prepare an application for the Village of Belcarra in the Home Town TakeOver (TV show) contest hometowntakeover.ca.

Council approved the 2026 Regular Council Meeting Calendar and the acting Mayor appointments for December 2025 to October 2026.

The Chief Administrative Officer reported on the status of the strategic plan and key infrastructure projects for the second quarter.

The CAO reviewed staff work since the October 6 Council meeting: flail mowing, roadside and catch basin cleanup, vegetation trimming to improve sight lines, and repair of the potable water line.



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October 21, 2025

BOARD OF VARIANCE MEMBER VOLUNTEERS WANTED

The Village of Belcarra will have two vacancies on its three-member Board of Variance as of January 2026. We are looking for applications from residents to serve on the Board as volunteers for a three-year term running from January 2026 to the end of December 2029.

The Board of Variance is a statutory committee that has the power to grant minor variances in situations where compliance with the Zoning Bylaw respecting the siting, dimension or size of a building or structure would cause a person undue hardship.

Board members are volunteers appointed by the Village of Belcarra Council for a three-year term. An officer or employee of the Village of Belcarra is not eligible to be appointed to the Board of Variance

The Board operates independently from Council and is regulated by bylaws, the *Community Charter* and the *Local Government Act*.

The Board meets according to the schedule approved by the Board of Variance at its first meeting in each calendar year.

If you are a Village of Belcarra resident and would like to volunteer to serve on the Board of Variance, application forms and detailed information are available from the Municipal office or online at <https://belcarra.ca/municipal-hall/board-of-variance/> and can be emailed, mailed or hand delivered once completed.

Applicants are requested to submit a brief resume to:

Village of Belcarra
4084 Bedwell Bay Road
Belcarra, BC V3H 4P8

Email: aseibert@belcarra.ca (include the text "Board of Variance Application" in the subject line.

Please call Amanda Seibert, Corporate Officer at 604-937-4100 if more information is required.

Applications must be received no later than 4:00 pm November 14, 2025

Sasamat Volunteer Fire Department SVFD Service Review

On October 9, 2025, Mayor Ross sent a letter to Mike Hurley, the Chair of the Metro Vancouver Regional District (MVRD) Board, notifying him that Belcarra proposes to “end the service review process”.

A brief history —

June 19, 2024. The Village of Belcarra initiated a service review. The goal of the service review was to find agreement between Anmore and Belcarra on the apportionment and recovery of capital costs for the SVFD service. The existing arrangement is a 50/50 capital cost apportionment. The authority for MVRD to operate the SVFD service comes from a series of Supplementary Letters Patent (SLP) given by the Provincial Legislature in the 1980s.

September 27, 2024. At the preliminary service review meeting, Mayor Ross (Belcarra), Mayor McEwen (Anmore), and MVRD Board Chair Mike Hurley agreed that a service conversion bylaw should be drafted based on existing terms set out in the SLP. A service conversion bylaw is a Provincial requirement to replace the SLP.

The participants agreed to review and consider three options as a basis for their discussions:

- apportionment based on the net taxable value of land and improvements for each municipality
- apportionment based on the size of the geographical area of each municipality
- apportionment based on the population size of each municipality

October 2024. At a Board of Trustees meeting, MVRD staff reviewed the possible outcomes of the service review:

- an amended bylaw
- an unamended bylaw (services continue as per the current agreement)
- parties withdraw from the service agreement.

February 28, 2025. The Metro Vancouver Regional District (MVRD) Board gave third reading to Bylaw No. 1402, 2024 (the service conversion bylaw).

April 25, 2025. Bylaw No. 1402, 2024 received approval from the Inspector of Municipalities and was presented to the MVRD Board for adoption.

May 23, 2025. The MVRD Board adopted the Metro Vancouver Regional District Sasamat Fire Service Conversion Bylaw No. 1402, 2024. (Replaces the SLP).


The letter from Mayor Ross to Mike Hurley, titled Sasamat Volunteer Fire Department (SVFD) - Service Review Conclusion is posted on the Village website under Municipal Hall/Reports & Information/SVFD Service Review.


<https://belcarra.ca/assets/media/2025/10/2025-10-09-Belcarra-Ltr-to-Anmore-and-MV-SVFD-Service-Review-Conclusion.pdf>

A public report is expected at the November 3, 2025, regular Council meeting to “provide background information and supporting rationale for the service review as well as outlining next steps to move things forward in a positive direction.”

As your representative in Victoria

I'm here to help





RICK GLUMAC, MLA
Port Moody-Burquitlam

2708 St. Johns Street
Port Moody, V3H 2B7

Rick.Glumac@leg.bc.ca
604 936-8709

Table 1: Data provided (October 20, 2025) by MVRD for the three allocation options discussed in the SVFD service review

Option 1 - Net Taxable Value of Land			
Anmore	Taxable value of land and improvements for Anmore	\$202,754,101	70%
Belcarra	Taxable value of land and improvements for Belcarra	\$85,084,448	30%
Option 2 - Geographical Area			
Anmore	Size of geographical area of Anmore (ha)	3,218	72%
Belcarra	Size of geographical area of Belcarra (ha)	1,277	28%
Option 3 - Population			
Anmore	Population of Anmore (2022 Census)	2,356	77%
Belcarra	Population of Belcarra (2022 Census)	687	23%




WINTER
Coats for Kids Drive

THIS IS A WORTHY CAUSE THAT WILL WARM YOUR HEARTS!

Liisa Wilder is once again collecting children's winter items as part of the *Coats for Kids* campaign until December 1st, 2025.

The Coats for Kids campaign is sponsored by HAVAN (Home Builders Association of Vancouver) in support of the Lower Mainland Christmas Bureau.

If you have any new or gently-used coats, boots, scarves, or hats in good condition, please contact Liisa for donation pick up.

P. 604-341-0383 Email: lwilder@belcarra.ca

Frederick Michael Prime (1927–2025)



Frederick Michael Prime (Mike) passed away peacefully on September 24th, 2025, at the age of 97.

Mike lived on Kelly Avenue in Belcarra for over 60 years and spent his final years at the Shaughnessy Seniors Community in Port Coquitlam.

Born in London, England, Mike spent his early teenage years in the Channel Islands off the coast of France. During World War II, the islands were occupied by the German army and many of Mike's stories stemmed from this period.

At the age of 17, following the war, Mike enlisted in the Royal Air Force (RAF), where he was issued a wool uniform and sent to Singapore for two years.

Due to a lack of vacancies in London's medical schools after the war, Mike traveled to Canada in search of opportunity. He was accepted into the University of Toronto's Medical School. During summers, he would ride his motorbike across Canada to work in British Columbia's forestry industry as a fire spotter.

While studying medicine in Toronto, Mike married Jean McKenzie. After graduating as a psychiatrist, the couple moved to British Columbia to be closer to Jean's family. Mike began his career at Riverview Hospital, working in the Crease Clinic, where he remained for the duration of his professional life.

An avid sailor, Mike spent countless summers exploring British Columbia's Gulf Islands aboard his beloved sloop, Rozel, accompanied by Jean, two dogs, and a cat. He also enjoyed boat building and successfully completed two dinghy designs in the basement of their Belcarra home.

Mike is survived by his three children — Elizabeth, Ted, and Christopher — and five grandchildren: Jack, Ryan, Tim, Emilie, and Finley.

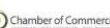
A "Celebration of Life" will be held in Spring 2026. In lieu of flowers, the family kindly requests donations be made to the BC SPCA at spca.bc.ca.



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LaVaun Alice Johnson Willms
March 29, 1942 — October 18, 2025



Eulogy by John Willms:

I was 10 years old when I first laid my eyes on LaVaun. I had just moved from our home in Coaldale, Alberta, to the rural outskirts of Lethbridge, Alberta, to live with our father, who had recently left our mother some months before. My older brother and I had just walked to the corner where we were catching the school bus to start the new year of school and there was LaVaun. Every day for the next five years, I would sit at the back of the bus, and LaVaun would sit in the front. We very seldom talked to each other, but I became in awe of her beauty and some months later told my older brother that someday I was going to marry that girl. The feeling for her never left me, but something happened to both of us when we turned 16 years of age. We started to see each other every moment of every day that we could, and soon became known to everyone as LaVaun and John; we became joined at the hip, as the saying goes, and we were so in love.

As I turned 21 years of age, LaVaun and I got married. A year later, our first son, Cameron Lee, was born; 22 months later, our second son, Darren Lamar, was born; and then four years later, our baby, Lonny John, was born.

One year after Lonny was born, we moved to New Westminster, B.C., and soon after purchased our first home in Coquitlam, B.C., where we raised our family for the next seventeen years.

In the past forty-some-odd years, we've been fortunate enough to have lived in the beautiful Village of Belcarra, B.C.

Cam today is married to Alice Leathwood, Darren is married to Lana Johnstone, and Lonny is married to Michelle Perrett.

It seems like yesterday, we soon were blessed with six grandchildren: Kyle, Brittany, Karli, Kayla, Michael, and Brody.

Today, Kyle has married Serena Patel, Brittany has married Travis Bell, Michael has married Racheal George, Karli has married Jon Paynter, and Brody has married Danyka Wadley; and just like that, we soon were blessed with four great-grandchildren: Savita, Lynden, Landon, and William.

During all those years, LaVaun never wavered and supported me throughout the years.

It was LaVaun who convinced me to start our Electrical contracting company, which today is run by Kyle (the third generation). It was LaVaun who guided me through some of those hectic moments that drove my aggressive ways; it was LaVaun who looked after me during my cancer treatments; and it was always LaVaun who was there for me when I needed her.

Today, when our family says our final goodbyes to my beautiful Lady, I would like to close with a song which LaVaun loved to listen to, especially in those last crucial months ("Going Home"). LaVaun would ask me many times the question, "When are we going home?"

<https://youtu.be/Oylg6HCeyPA?si=cvT1arXBG6uPruOq>





Sasamat Fire Department Presents

CPR Awareness Class

taught by a Heart and Stroke Foundation Instructor



This is an interactive 1 hour CPR awareness class that will focus on the importance of early activation of the emergency response system (calling 9-1-1), initiating hands-only CPR, and the use of an AED (Automated External Defibrillator). The goal is to help people feel comfortable to get involved if someone is showing signs of cardiac arrest by getting hands-on experience with CPR and using an AED.

Saturday November 8th, 2025

Session 1: 11am-12pm (24 available spots)

Session 2: 1pm-2pm (24 available spots)

Location: Anmore Fire Hall
2690 East Rd, Anmore

Admission: Free

Scan with your phone to register

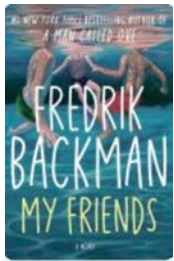
Or go to
<https://www.svfd.ca/cpr-awareness>



Book Reviews

My Friends by Frederik Backman

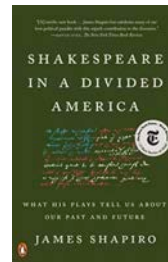
Imagine a painting of the sea with a small wharf where three teenagers are sitting. You can barely make out their images, but you can imagine that they will jump in the water and play any minute. Friends! Louisa, a homeless girl, was obsessed with this painting and the figures she saw there. Then, quite by accident, she meets the artist and one of the boys. From here on her life is intertwined with those people in a funny and moving story of friendship at its best. Fredrik Backman has an extraordinary skill at describing people who are "different" with charm, humour, and attention to poignant details of everyday life. This is the best book I've read in a long time. In fact, I would recommend any of Backman's books: *A Man called Ove* or *Us Against You* (a hockey story). CG



Shakespeare in a Divided America: What his plays tell us about our past and future

By James Shapiro

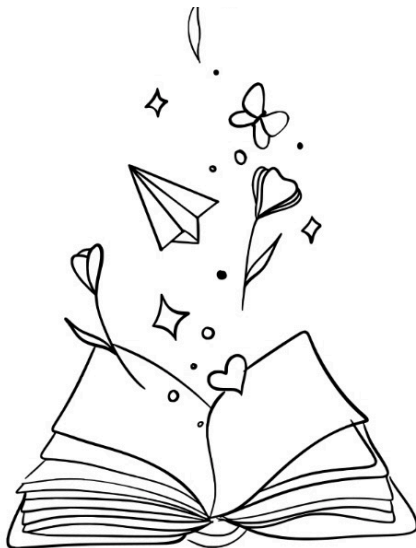
No writer in America is more widely read and cited than Shakespeare and this is almost certainly the case in Canada. His writings have long been on school curricula and his plays are widely and consistently presented on stages of all sorts. Think of our local "Bard on the Beach" festival and our children's and grandchildren's encounters with Shakespeare in school. James Shapiro, an English professor at Columbia University, explores the fate of Shakespeare in a polarized America. He convincingly makes the case that the plays and the rigorous debate and discussion around them, both historically and contemporarily, vividly illuminate the past and the present. Referencing, for example, Lincoln and Trump, he brings to life two very different historical figures who easily fit this thesis in striking fashion. JS



Note: The Knowledge Network is currently running a very good series on Shakespeare.

Shakespeare: Rise of a Genius tells the surprising and tumultuous life story of one of history's most celebrated writers: William Shakespeare.

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Karen Hall

CRAB AGM

Holiday Social

It's that time of year again!

Time to celebrate with friends, make holiday plans, and reflect on the year gone by.

The Community Recreation Association of Belcarra (CRAB) will host its Annual General Meeting on December 11th, at the Village Hall. Please join us for an evening of wine, cheese, and friendship as we come together to share ideas, discuss community concerns, and elect our executive for the coming year.

I especially encourage members of the younger generations in the Village to get involved - your voices and energy are vital to keeping our community vibrant and connected. This event is family friendly so please feel free to bring your children.

Come at 6:30, before the meeting, enjoy a glass of wine, some treats, and good company with your friends and neighbours. It has been a pleasure working with such a dedicated CRAB team, all committed to making life in our community a little more fun and social.

**11th
DEC**

Wine + Cheese

6:30pm

AGM 7:00pm



BELCARRA VILLAGE HALL

Penny Moen
CRAB President

PORT MOODY
POWER & SAILING SQUADRON
ANNUAL

REMEMBRANCE DAY
NOV 11 2025
EST WE FORGET

10:30AM CEREMONY

TƏMTƏMÍX˘TƏN/BELCARRA REGIONAL PARK PIER
with WFD Honour Guard

MAIN VIEWING AREA ON THE PIER - HELD ON LAND AND WATER
LUNCH WILL BE SERVED AFTER THE CEREMONY - BY DONATION.



Mama and her three little bears by Tracy Causton

We've heard that these four have tested and demonstrated that our mixed recyclables bin is not bear-proof. We hope they are safe.



Mushrooms by Cheryl Papove: These are commonly known as the red spotted mushroom but the actual name of this species is Amanita muscaria. It's important to know that this is a poisonous fungus.
Photo taken near the tennis courts

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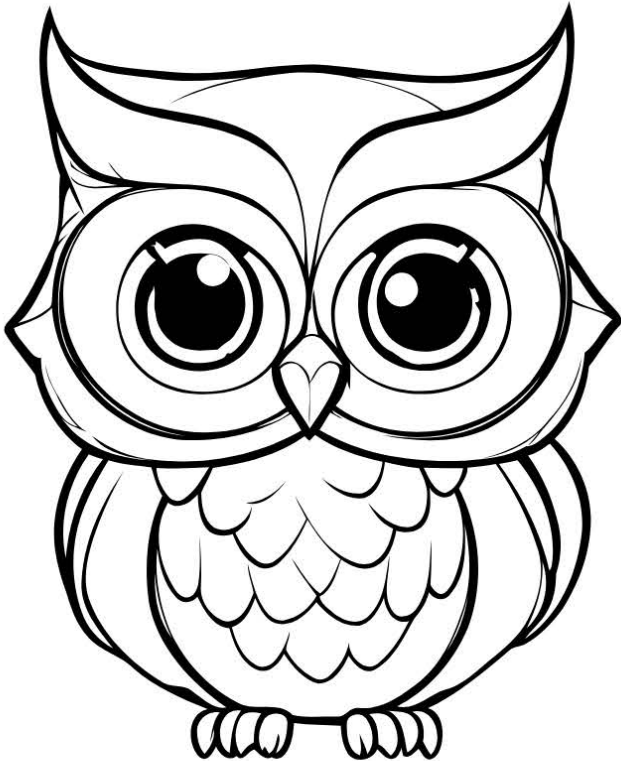
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SAY TO THE NOSY
SQUIRREL?

1. A-Corny One!
2. For Rest
3. Root Beer
4. There's nuttin' to see here.

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Saskatchewan A Letter to a Friend In Belcarra

By Klaus Bever

A change being “as good as a rest” applies to both going to and leaving the great province of Saskatchewan.

Saskatchewan is a joining of two Cree words meaning “warm winds” and “swift flowing spring waters”. As the popular local t-shirt says about this Canadian province, it is “Easy to draw, hard to spell.” And... impossible to avoid... when leaving family in Ontario for home in Belcarra on the west coast of British Columbia. Saskatchewan is where my father was born, his folks homesteading in the northeastern part, on the Carrot River. About forty years ago, my dad toured me and my little Bevers around his birthplace. Coming home this fall, we visited Nipawin on the way to Prince Albert, after touching Tisdale and Ridgedale, and ended in Lloydminster.

Tisdale and Ridgedale were very small communities in the 1920s when my father was growing up on the prairie. The Bever farm was very close to Ridgedale, which had the nearest branch line rail stop and elevator for the farm's grain. Tisdale, a few miles further south, was the closest stop on the main rail line. Since my last visit, Ridgedale has shrunk from about 150 in 1986 to a hearty 65 inhabitants in 2021. Tisdale, in the meantime, has grown into what appears to be an active transportation boom town of 2,900 with all the trappings of modern commerce: a Tim Hortons, a McDonald's, and a bright new Co-Op gas bar and confectionery.

Nipawin is a bit north of the former Bever farm and little changed. It is a clean and orderly place with a Pharmasave on the main street. Our Belcarra friends/neighbours and former Port Coquitlam and Thunder Bay (Fort William) entrepreneurs, Jim and Irene Fenton, have history there. This part of Saskatchewan seemingly influenced some fine folks over the years.

Prince Albert is home to the Diefenbaker House Museum, striking in its smallness and lacking an air of importance.

John Diefenbaker was, I thought, a successful lawyer here before being elected Prime Minister of Canada in 1957. His work was of substantial importance and stature to the evolution of the Canadian political landscape. His house has not kept up these appearances, despite the Prime Ministerial opportunities, during both the Mulroney and Harper administrations. Progressive Conservatives seem to have such little enduring faithfulness in one another. My impression had been that John D. may not have had politics that many would ever agree to die for, but that he was firmly and convincingly a Canadian of sincerity. Am I wrong in this thinking? The museum was closed. We pushed on to Lloydminster.



Diefenbaker House Museum, Prince Albert





Jason Polnau
(Owner / Operator)

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crownlinedesignsltd@gmail.com



Belcarra Blessings By Deborah Struk

Wow! Counting down the days until 2026. Don't blink... 2025 has gone by so fast. I am thankful that we still have American Thanksgiving. Yes, my family is dual, so we get to celebrate Thanksgiving twice. So much to be thankful for.

Remembrance Day is a day of deep reflection; many remember what our ancestors endured in Canada, North America, and countries abroad. We remember and honour veterans who have passed, and those who are with us. More than that, we honour those who serve now.

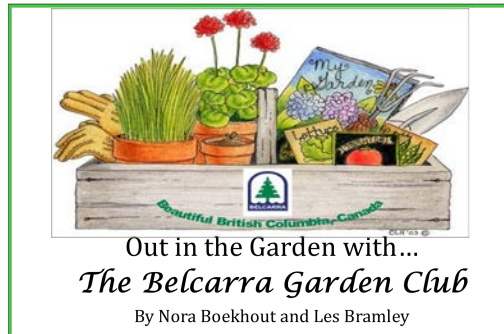
May we faithfully honour those in the Canadian Armed Forces, Search and Rescue, our own SVFD members, RCMP, and Port Moody Police, and so many more who lay their lives on the line for our safety and freedom. Thank you.

On a close-to-home note, our family had to say goodbye to the last of our "Three Little Kittens", Prince. He was our short hair who showed us, yes, cats do have more than one life. Pets are such a blessing. We certainly do miss him, our little cuddle monger, who loved cuddles more than his food. That was after living outdoors for 17 of his 20 years! Harper has always adored Prince, and just days before he passed, he was cuddling and crawling all over Harper. Such a precious sight. She adds, "I really liked Prince's snuggles, and he really liked my snuggles. I will miss him."

Which brings me to one of "my favourite things"; waking up to Harper's notes slid under the door in her precious printing: "Nana wak up soon can I pleez sugl with you". Warms my heart. What are your favourite blessings in life? What warms your heart? May November bring many wonderful, warm moments, regardless of the weather.



Submitted by Brian Hirsch



Pumpkins by Nora Boekhout

It's "pumpkin harvest time" again, on the coattails of Canadian Thanksgiving, Halloween, and the yet-to-come American Thanksgiving on Nov. 27. This seems like a good time to revisit my November 2011 article (Oh, how the years fly by)!

Did you know that people have cultivated pumpkins for over 8000 years? Pumpkins are a type of winter squash in the Cucurbita genus and are native to North America. Indigenous people used pumpkins in many ways. The four main types are Cucurbita pepo (the classic orange Jack-o'-lantern), Cucurbita moschata (oblong, smooth, and sweet for cooking), Cucurbita maxima (the largest, used for competitions), and Cucurbita mixta (ornamental with unique shapes and colours). Pumpkins can be so varied! Guess what else... they are a type of fruit, a berry known as a pepo! (Culinary experts still treat it as a vegetable.) The record for the largest pumpkin was 1,246.9kg (2,749lbs) in October 2023. The largest pie weighed 1,678kg (3,699lbs) in 2010. In 2023, the world production of pumpkins, squash, and gourds was 23.7 million tons! Whew!

Pumpkins are a warm-weather crop and take 60 to 130 days to ripen. (See webpage!) They have both male and female flowers. Their large pollen particles need strong little bees to fertilize them, and the decline of insects is a concern in some areas.

People value pumpkins as an excellent low-fat source of food energy, vitamins, and minerals. I see them highly recommended for both my toddler and doggie recipes!

You can roast them, mash them into soups and purees, and bake them into breads, cookies, and pies. There are even recipes for the leaves, the flowers, and pumpkin seed oil! The toasted seeds are delicious too, and what about pumpkin spice lattes! That's not all... folk medicine used them to treat intestinal worms!

Ever heard of "pumpkin chunking"? That's a competition where mechanical devices throw pumpkins! The West Coast Giant Pumpkin Regatta has costumed racers paddle boats made from hollowed-out giant pumpkins. What about pumpkin bowling and golf, and a "London Vegetable Orchestra" which features pumpkin drums!

Of course, our favourite use of pumpkins is at Halloween, a tradition dating back to the mid-1800s. Irish and Scottish immigrants brought this custom and adapted it to pumpkins. Carrying turnip, beet, or potato lanterns to scare away the wandering soul of "Stingy Jack" originated in Ireland. The tradition became linked with the ancient Celtic "Samhain" on Oct. 31st, when souls would travel.

Searching online for "Pumpkin Patches" shows just how popular pumpkins are with families of all ages. One highlight of October for me was taking my class to the Pumpkin Patch. After selecting our pumpkins, we dove into the noisy fun of scooping out the seeds and voting on faces to carve. We even baked pumpkin slices in my toaster oven,

letting the kids taste their harvest. My favourite part was the big Math Competition: each table counted their pumpkin's seeds (by 10s in egg cartons) to see who had the most. These moments captured the joy and excitement that pumpkins bring during the season! What a fun time!

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





My memory of pumpkin recipes while growing up is... zero! We never ate pumpkin dishes! (As an adult, I might have one slice of pumpkin pie every 1 or 2 years!) However, in the last year I have been constantly trying out supposedly “extra nutritious” pumpkin recipes for both my doggie and my granddaughter! LOL! So, with this month’s “pumpkin article” I went hunting for pumpkin muffin recipes to go with my cute new silicone mini-muffin trays. Surprise...the muffins were delicious (family and friends agreed) and we now have a new appreciation (and use!) for that big 796ml can of pumpkin puree. (Leftovers are packed into ½ cup silicone muffin cups and frozen for future biscuit recipes.) Now I even know how to make pumpkin spice... pumpkin lattes will be next! (This recipe is a blend from several websites, listed in “Pumpkin” blog.)

Ingredients

2 cups all-purpose flour
 1 Tbsp. pumpkin spice
 1 tsp. baking soda
 1 ½ tsp. baking powder
 ½ tsp. salt (option: sea salt)
 1 ½ cups pumpkin puree (not pie filling!)
 2 eggs
 ½ cup vegetable oil
 1 tsp. vanilla extract
 ½ cup milk (option: buttermilk)
 ½ cup brown sugar (light or dark)
 ½ cup white sugar

Optional

½ cup chocolate chips or raisins
 or add Maple Glaze after cooling.

1. Mix all dry ingredients.
2. Mix all wet ingredients with the sugars.
3. Fold dry ingredients into wet until well mixed.

4. Fold in chocolate chips or raisins if desired.
5. Fill greased muffin tins or silicone cups (2/3 full).
6. Bake at 400° for 15 to 20 minutes (I did 18 minutes).
7. Let cool in pan a bit before moving to wire rack.

Pumpkin Spice

3 Tbsp. ground cinnamon
 2 Tbsp. ground ginger
 2 Tbsp. nutmeg
 1 ½ tsp. ground cloves
 1 ½ tsp. allspice
 Mix ingredients. Store covered in cool location.

Maple Glaze

1 cup powdered sugar
 1 Tbsp. milk (+/- for thickness)
 1 Tbsp. Maple Syrup
 ½ tsp. Maple extract (if you have it!)
 Note: I just put it in a baggie and drizzled on top.



RECIPES WANTED:

We love a great recipe, especially when it comes with a story. Email us at belcarrabarnacle@gmail.com to share yours!

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Letter to the Editor Thank you, SVFD!

By John Willms

October 5, 2025 — As on most mornings, our first thoughts have always been about the medical condition of LaVaun Willms and how she had managed the night before. Our friend and caregiver arrived at 8:30, and together we decided that we should call 911, as in the past two days, LaVaun had suddenly become totally immobile. It was not the first time that we had to call 911 for help, as she had had a major stroke some nine years before.

As before, the first responders were the SVFD, and once again I watched our skilled volunteers and neighbours put me into the comfort zone. I cannot thank them enough. Thank you, thank you!

We would also like to thank the ambulance service, which showed up very soon after.

Once again, I would like to advise all our friends and neighbours in Anmore and Belcarra on how important it is to support these volunteers, because sooner or later, it could be you.

The Willms and Bell families thank you all!

Letter to the Editor Building A Healthy Society

By Arun Garg

My sincerest congratulations on keeping us connected to our own community through *The Belcarra Barnacle* as the vehicle. It takes lots of dedication and commitment to do that, so thank you.

I was very moved by Zara Naing's article in the September issue. It was an amazing piece by a budding author. She raised a topic that is very close to my current work of building a healthy society.

The role of self-awareness and self-realization is not emphasized in our current training program. In my opinion, the role and interaction between body, mind, and intellect are critical, as is meditation as a practical tool for connecting the physical, manifested body with the subtle, unmanifested body. I am a trained scientist and clinician with over 40 years of practice experience. The last 15 years have been devoted to connecting with individuals and the community and empowering both to understand healthy processes. By gaining insight and understanding, both take a greater interest in their health. The article by Zara (Sept 2025 *The Belcarra Barnacle*) confirms that perspective. To this end, I have embarked on an educational effort titled "You, Your Health — The GAP". The key emphasis of the effort is the synergy between biochemical precision, evidence science, and individual cultural precision science. www.thecins.org

We plan to release nine short monographs covering philosophy, principles, and practices. The first of the series, *Gita and Health*, was published last week and is available on Amazon Canada for \$6.95. It takes the reader into our interpretation of the ancient classical text, the Bhagavad Gita, and gives insight into the body—mind—wisdom triangle. Next in the series will be the biochemical basis of physical metabolic science, connecting ancient and modern.

Once again, thank you and congratulations to Zara for sharing her thoughts on a very important health issue.


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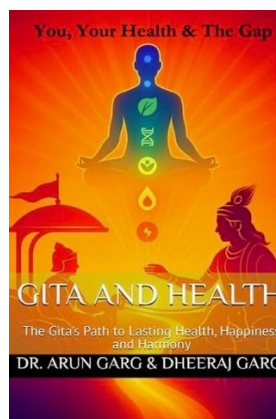
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Letter to the Editor
Update — Fire in Port Moody
 By Karen Hall

I had a fire at my office in Port Moody, Dynamic Mortgages, due to arson, and I would like to give an update: The fire on September 3rd, 2025, was due to arson at the shop next door to my office, Manny's Barber Shop, which resulted in extensive fire and smoke damage to my office. As of today, no charges have been laid; however, the investigation continues. I want to extend my gratitude and thank all of you for your continued support, business, and friendship! Belcarra is not only a beautiful place to live, but "we are family and support each other in tough times!"

I also want to show my beautiful mom, who passed away in my arms just weeks before the arson fire. I will miss her cutting the turkey this Christmas.

Love your family folks and never give up!



Letter to the Editor
Just Turn the Page
 By Michele Babineau

I want to comment on Deborah Struk's "Letter To The Editor" contribution in the October edition of *The Belcarra Barnacle*.

I thought it would "ruffle some feathers".

Good!

Everyone has the right to their own opinion. Especially in a "community" newspaper. The author is part of the Belcarra community and is expressing her views. Period.

If you disagree with her views... or if you feel she is using the Barnacle as a platform... then stop reading and move on to the next page.

Or send in an article or letter expressing your views. It really is that easy. Life is too short.

And I don't like sharing this one item with you all... but... case in point... I, for one, skip every "Stories from the Archives" article (yes... even when doing my job proofreading the Barnacle... shhh... don't tell my editor...) because they so truly bore me that I can't get past the first line... so... I stop reading and move on... sorry Dayna!... sorry Ralph!

Thank you all for reading this.



Letter to the Editor
One Small Suggestion
 By Janet Robertson

I appreciate the work you do on the newsletter, I know it's a volunteer role and not an easy one. While I realize there aren't always many submissions, I felt the "Thoughts on Truth" letter wasn't really suited to a community publication. It relied heavily on biblical references and focused on U.S. politics. We live in Canada, and many readers here don't know or need to know who Charlie Kirk is. A more local and inclusive approach would better reflect the spirit of our neighbourhood.

Thank you for all the time and effort you put into keeping the newsletter going.





Letter to the Editor The Right to Express our Views

By Penny Moen

As a long-time resident and someone who has been actively involved in our community, I would like to share a few thoughts about the importance of open expression in our local newspaper.

The Barnacle has always been more than a bulletin board for events and notices; it is a reflection of the people who live here. It's a place where residents can share their ideas, stories, and experiences, even when those perspectives differ from our own. That diversity of thought is not something to be feared; it's something to be valued.

Lately, there has been some concern about articles or letters that touch on political or religious topics. While I understand that not every viewpoint will appeal to every reader, it's important to remember that personal opinion pieces are just that - personal. The expression of one's beliefs or values does not constitute an endorsement by the paper, nor does it threaten the inclusivity of our community. Rather, it demonstrates that we live in a place where individuals are free to speak their minds respectfully.

A healthy community doesn't silence differing voices, it listens to them, discusses them, and sometimes disagrees. That's how understanding grows. Suppressing opinions because they make us uncomfortable risks creating an atmosphere where only certain views are acceptable, and that's not who we are.

Our shared goal should be to maintain a publication that is open, balanced, and welcoming - a forum where thoughtful dialogue can happen. I encourage everyone to keep reading, keep writing, and keep contributing. After all, a community newspaper belongs to all of us.



Letter to the Editor Spirit of Connection

By Colleen and Ian MacDonald

We want to start by thanking Dayna for the tremendous work she has done in bringing *The Belcarra Barnacle* back to life. The newsletter has once again become a place for newsy stories, local photos, recipes, and updates about village events. Her efforts — including helping organize potlucks and community gatherings — have added real warmth and energy to Belcarra life.

That's why it's disappointing to see the letters section becoming dominated by personal rants and lengthy religious commentary. These submissions — sometimes written in capital letters or filled with anger — distract from the spirit of connection that the rest of the newsletter promotes.

Freedom of expression matters, but editors everywhere use their judgment to ensure community publications remain inclusive and relevant. Many small-town papers set simple guidelines that limit letter length and keep content focused on local life, rather than politics, personal grievances, or proselytizing.

The Barnacle plays an important role in helping neighbours feel informed and connected. To preserve that role, perhaps it's time to gently reaffirm what belongs in a community newsletter — and what doesn't.

If the letters can once again reflect the same tone of friendliness and balance that Dayna brings to the rest of the paper, *The Barnacle* will continue to be something Belcarra can take pride in.

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Letter to the Editor**It's All Over Now****By John Snell**

You will have no doubt read elsewhere the letter from Mayor Ross to Chair Hurley of Metro Vancouver regarding Belcarra's ending of the SVFD service review process.

The letter reads much like an essay generated by AI (artificial intelligence), somewhat skinny on facts, and with an emphasis on an illusion that Belcarra had no option other than to capitulate, and needed to be seen as an underdog by doing so.

Those who have been following the saga know the truth is quite the opposite. Consider this: Belcarra had a perfect opportunity to commence discussions on SVFD funding concerns back in 2019 when engineers were first engaged.

In 2020, when our financial consultant recommended planning for a replacement fire hall upon the release of the engineers' report to trustees.

Again in 2022, when trustees from both Villages went on a field trip to inspect Bowen Island's new fire hall with local SVFD personnel.

And again in 2022, when the SVFD hosted an "open house and fire hall show and tell".

And in 2023, during an SVFD trustees meeting, when the villages were officially encouraged to start planning.

Belcarra mayor and trustees chose to remain silent and avoid engagement at every opportunity when discussion on fire halls would have been appropriate.

Dialogue was invited but rejected.

Instead, the Belcarra trustees in 2024 chose to lawyer up and start correspondence on the subject through carefully drafted legal letters.

Likely, they were trying to maintain popularity within the village by avoiding any dealings on a matter that would inevitably impact taxpayers. Many will recall the months of work by Metro and Victoria in converting the "letters patent" into a servicing bylaw.

All this was done to accommodate Belcarra's so-called wish for a service review, a process that could only be described, and has since proven to be, a "fools' errand" from the get-go.

It's all over now, as if nothing ever happened, but rather than taking responsibility for having accomplished nothing at considerable expense, your trustees are playing "hard done by", "screaming foul", and trying to heap shame on others for the outcome of their failed representation. The Belcarra trustees masterminded their own downfall, and no amount of posturing and grandstanding can change that now. The time they wasted would have been better spent creating initiatives to recruit SVFD volunteers to actually meet our obligations in that regard. An alarming number of Belcarra callouts are slowed while waiting for Anmore volunteers to make their way here to make up the numbers for a response.

Despite our trustees' credibility now being in a state of ruin, Villagers can put their faith in Metro Vancouver and our Fire Chief, together with the expert engineers and consultants at their disposal, to configure the design and specification of our new Fire Hall.

They envision a WorkSafe, seismically safe structure capable of housing our precious trucks, machinery, and paraphernalia, and more importantly, a facility that can reduce response time and provide a proper working environment for our volunteers.

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**Stories from the Archives —
“Towing Steamer was in a Perilous Position
Off Bedwell Bay”**

**Researched By: [Ralph Drew](#),
Belcarra, BC, October 2025.**

Source: [Vancouver Daily World, Monday, February 24th, 1902, page 5.](#)

“The small towing steamer [tugboat] ‘S.S. Halifax’, belonging to this city [Vancouver], was brought to the ‘Heatley Avenue Wharf’ yesterday afternoon [Sunday, February 23rd, 1902], from the North Arm of the inlet [‘Indian Arm’]. Last week the ‘Halifax’ ran into a ledge of rock [‘Charles Reef’] at [the entrance to] Bidwell Bay [sic. ‘Bedwell Bay’], when the tide was high, and remained there for several days in an extraordinary position.”

“She struck when the tide was high, with three feet of water over the rock, and when the ebb [tide] came, she was almost perpendicular, with her bow in the water almost to the engine room. She was so situated that at any time she was liable to drop off and become a total loss, and the skill and judgement of Captain Johnson of the steamer ‘Reliance’ [‘S.S. Reliance III’], who floated her and brought her down [to Vancouver], is highly commended. A couple of other tugboats examined the ‘Halifax’ but the captains were of the opinion that she should not be touched, as it seemed if an egg had been thrown against her, she would have fallen off. The ‘Halifax’ is stove-in at the bow, and repairs will cost about \$500 [about \$15,000 today].”

The wood vessel ‘S.S. Halifax’ was built at New Westminster in 1897. She was 45 feet long, 12 feet wide, with a draft of 4.9 feet, and powered by a 6 hp upright high-pressure compound steam engine. (Source: nauticapedia vessel database)

Photo Right: The wood vessel ‘S.S. Reliance III’ was also built at New Westminster in 1897. She was 54 feet long, 12.4 feet wide, with a draft of 6.1 feet, and powered by an 8 hp steam engine. (Source: nauticapedia vessel database)

**Belcarra Environmental / Climate Club
BECC**

By Les Bramley

As the majority of us know, our World Climate is changing slowly. Many of our scientists, professors, doctors, politicians, farmers, and everyday people are well aware of this and are taking steps to help the situation and to improve things for the future.

As we have seen over the last five years or so, climate change has brought new terms into our everyday language, such as Atmospheric River, Heat Dome, and Air Quality Risk. These intensified events are causing us longer hot spells, more forest fires, water shortages, and more medical issues, with the end result being higher property insurance premiums and hundreds of millions of dollars spent dealing with one environmental incident after another.

The reason for putting this note in the Barnacle is that some of us think it's a good idea to start a Belcarra Environmental / Climate Club. We hope people of all ages will get involved and share both new and old ideas to help the environment.

If you are interested in joining us in this endeavour, please contact us at lesbramley@shaw.ca.



‘S.S. Reliance III’, circa 1900

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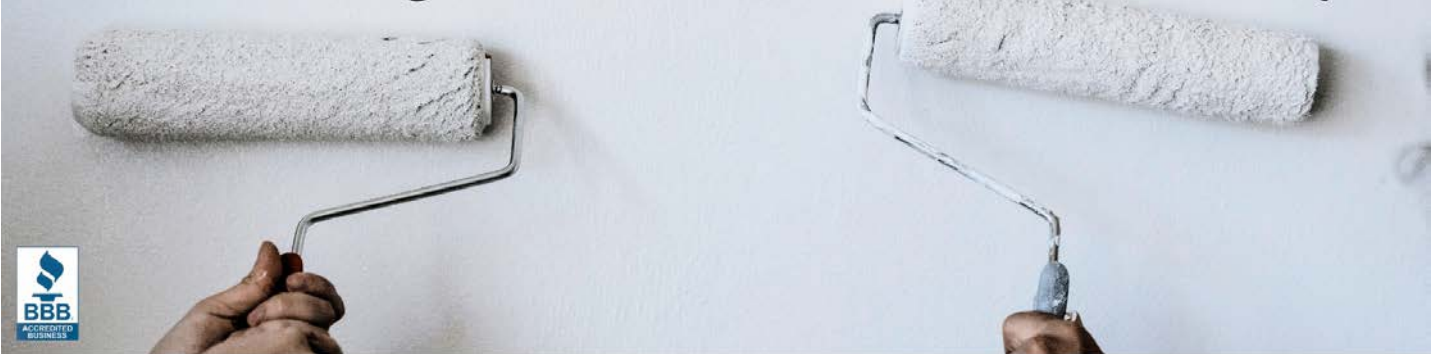
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Lest We Forget

On November 11th, we come together as neighbours, friends, and families to honour the brave souls who served our country with courage, compassion, and unwavering dedication. Their sacrifices have shaped the freedoms we enjoy and the peace we strive to protect.

To our veterans, active service members, and the families who stand beside them — thank you. Your strength and resilience continue to inspire us all.

As we wear our poppies and pause in reflection, let us carry forward the spirit of remembrance not just today, but every day. May we live with gratitude, walk with kindness, and build a future worthy of their legacy.

With heartfelt respect and remembrance,
Zoë Royer, MP



ZOË ROYER
Member of Parliament
Port Moody — Coquitlam
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