

THE NEW BAMFIELDER

It's rainy out here folks! Don't forget to check on your boats!

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www.bamfielder.ca

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The Aurora Borealis around 4:00 am on January 20th, 2026. Photography by Amaya Black.



A New Bamfielder!

Congratulations to Laura and Scott Cheyne who welcomed Eli Robert Cheyne (6lbs 8oz) into the world at 7:47 pm on Jan 7, 2025!

Winter Wellness: Compassionate Goal Setting

New year, new you?

We have made it past winter solstice and the spell of sunny days has been a welcome reprieve.

As it works out with the solar Grego-

rian calendar, our new year starts in the dead of winter. With it comes customs of resolutions. But the winter is a time of dreaming, resting and planning! It's worth noting different cultures have new years that sync with harvest seasons or based on the moon cycle - Rosh Hashanah the Jewish New Year is the fall for the harvest. The nuučaanuł lunar calendar has a name for each of the 13 moons of the year, including yaxšišumł (yah-shik-cloomth)* sweeping moon, preparing winter homes for the colder stormier season. The nuučaanuł New Year is December 21 which is also winter solstice.

But back to resolutions:

Set yourself up for success; instead of saying I'm going to declutter and clean out my entire house (a nebulous, elusive task), set a goal that is S.M.A.R.T.

Simple: I'm going to clean out my sock drawer

Measurable: the sock drawer has a finite number of socks (unless you've hit an infinite sock glitch, then we will have to re-strategize.)

Achievable: make your goal 80% achievable. But Amaya! If I don't push myself with unrealistic goals, how will I ever prove to myself I'm better than my expectations, even though I'll move the goal post as

soon as I achieve it? Which leads us to making a goal that is...

Realistic: is organizing one drawer in a sitting realistic for me? If not, break it down into a smaller task

Lastly, and the most lightbulb aha moment for me, is that the goal is:

Timebound: I will spend 20 minutes decluttering my sock drawer on Tuesday from 4:00 to 4:20.

If you don't finish your goal in the allotted time, congratulations! You now get to set a new SMART goal. Bonus points for setting yourself up with success by being fed, watered etc. when you attempt your goal.

Insert meme about being essentially a house plant with more complex emotional needs.

Some self compassionate resources for goal setting and at home:

Book: How to Keep House While Drowning: A gentle approach to cleaning and organizing by KC Davis
App: Finch: Self Care-Pet

Visit the nuučaanuł Living Archive to see the lunar calendar and names for each moon. <https://nuuchahnulthlivingarchive.com/word-list/nuučaanuł-lunar-calendar>

*Nuuchahnulth spelling from naasʔałuk (John Rampanen)

Amaya



Photography by Mateusz Walczuk

Officially Canadians!

Congratulations to Dr. Jasmin Schuster and Dr. Julek Chawarski on receiving their Canadian permanent residencies!

Amaya

The BCSA Community Library

Ready to get cozy with a new book this winter? The Bamfield Community School Association (BCSA) has a library open to community members in Bamfield and Anacla! The library is in the Community School and has books to borrow, as well as wifi and printing services. Open every 2nd and 4th Tuesday of the month, 4:30-6:00pm. Or by appointment!

Caitlin

Fire Chief Passes the Torch

I am Dan Zayonc and I am the new Bamfield Fire Chief. Deputy Chief Phil Lavoie stepped down from his 9 year stint as Fire Chief. I'd like to thank Phil for his tremendous contributions to the Bamfield Volunteer Fire Department (BVFD) as well as the broader community. Phil has been a member of the BVFD since 2011. I'm fortunate that Phil will continue to support the department as I transition into this new part time position through the Alberni-Clayoquot Regional District (ACRD). I will be

at the BVFD Fire Hall three days a week coordinating operations, implementing training, and reporting on our activities. I joined the BVFD in 2016 and it has been a big part of my life here since. The BVFD has 24 active volunteer firefighters and first responders who put in many hours (sometimes in the middle of the night) to support the Bamfield and Anacla community.

Dan Zayonc

Berry Cake Recipe

Ingredients:

- 1 ¼ cups flour
- 1 tsp baking powder
- ¼ tsp salt
- 1 stick butter, melted
- ¾ cup sugar, plus 1 tbsp
- 1 egg
- ¾ cup milk
- 1 tsp vanilla
- 1 ¼ cup mixed berries

Preheat the oven to 350F and grease an 8-inch cake pan. Mix together flour, baking powder and salt. Mix butter and sugar together, then add egg, milk, and vanilla. Add in flour and stir until combined, then fold in berries. Pour the batter into a pan and bake for 40 minutes.

Caitlin

Bamfield Film Project

Do you have a story to tell? I'm excited to announce a new community-led film project, and we want you to help bring it to life! We are currently in the development stage and looking for participants of all interest levels.

How you can get involved...

Share a Story or Idea: Pitch a mini-documentary idea, a local history piece, a profile on an artist, a visual poem or even experience or observational piece.

Join the Creative Team: Currently we need story editors and a lead writer to help shape the vision.

Stay Informed: Want to just follow along? Join our mailing list to follow the process and vote on which story we produce! We will need crew members and music composers in

Community Events

Feb 14: Valentines Day

Feb 16: Family Day

Feb 18: Community Lunch @ BCS

Feb 28: Concert @ The Wreckage

Mar 6-8: Winter/Spring Derby

News

There are plenty of community sports to check out! There is Tuesday basketball and Thursday ball hockey at the House of Huu-ay-aht, Monday sports at the School, several yoga classes around town, and the Anacla Fitness Centre is open too!.

Hacas Inn is now connected to the HFN sewer line!

Open Burning ends on March 1st!

production. One Quick Catch! It will all be shot on a 16mm film camera!

The Vision: The final film will be 3-6 minutes long and must be rooted in life here in Bamfield/Anacla. It will be featured on the Neighbourhood Small Grants website later this year. This project is about keeping film alive and still accessible to rural communities.

The Timeline: Mid-February: Community vote to select our story/script. Mid-March: Production begins! We will be looking for crew members to help film.

Interested? Email bamfieldfilmproject@gmail.com and let us know how you'd like to participate (or send us your story idea!).

Andrew Miller

The Weathered Verse

I dreamt of Friends and Canadian geese
and so many freshly hatched goslings swimming together
I dreamt of community and birth
and you were all there
dreamt of water and lushness
dreamt of green and we stood together

I dreamt of the fresh and fragile
and we were all mothers

Siobhan Gray

Submissions are welcome. Please send them with the author's name to thenewbamfielder@gmail.com. *The New Bamfielder* is funded by donations. We appreciate anything you can contribute. Any extra funds will be donated to the Bamfield Community School Association's youth programs. **Editors: Taylor, Amaya, Caitlin, Hannah**