



Spring 2025

\$2.00

Random Voices of Area A, qathet

Proceeds to the Lund Community Society



Photo courtesy Wendy Drummond

## Sunrises, Sunsets, Sans Politics

A sunset without politics - how special! In the brilliance of mid-April sunrises and sunsets, these uniquely Lund moments help alleviate the weight of the tumultuous times we are living in.

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Photos courtesy Cinci Csere

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The Lund Community Society

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**Publication Schedule and Distribution**

The *Barnacle* is published quarterly in winter (January), spring (April), summer (July), and fall (October), and is available for sale at the following locations: **Stockpile Market/Lund Store, Nancy's Bakery, Pat's Farmers Gate, and Ecosentials**. It also can be read at the **Powell River Public Library** and is available online at the Community Society website:

<https://www.lundcommunity.com/barnacle>

**Editorial Policy**

Our policy is to print what people submit in their own words as much as possible, reflecting the paper's purpose to provide a forum for expression of ideas on topics of interest to our community members. We reserve the right to edit for clarity, length, and sensitivity. Articles submitted will be included based on available space and compatibility. Opinions expressed or implied in articles and stories are those of the authors and not the editors of the *Barnacle* or board members of the Community Society.

Signed submissions are welcome in the form of articles, stories, news items, letters to the editor, graphics, and photographs. Send to: [barnacle.articles@gmail.com](mailto:barnacle.articles@gmail.com)

All proceeds from sales and advertising go to the Lund Community Society, a non-profit organization providing community services and programs to Lund and the region. The editorial staff of the *Barnacle* are volunteers, as are the board of the Community Society. No editor, contributor, or member of the board receives a salary or wages.

**Editorial**

Hello again! Here is our spring 2025 issue, and it's another beauty! I am, no doubt, more than a bit biased, but if you only knew all it takes for our little team of volunteers to produce each issue, you'd understand my awe. It's a minor miracle that occurs four times a year. I am honoured to be at the helm, and happy to share another *Barnacle* with you.

There are a lot of important happenings that are not in this issue, due to timing. We will be going to print just as the long-awaited groundbreaking on the renovation to the Northside Community Recreation Centre (NCRC) - now affectionately known as "The Hall for All" thanks to Theo Angell - takes place on Friday, April 25. There is a federal election on Monday, April 28, in which we will choose our country's Prime Minister and assorted officials, including our Member of Parliament, voting choices that are, perhaps, more significant than ever. Busy times.

We tried to keep politics out of this *Barnacle* to give us all a break from the currently incessant barrage of news. Instead, we offer up an assortment of articles - several of which mention miracles - keeping you informed and entertained in our little miraculous corner of the world.

I hope you enjoy this issue.

- Sandy

*In respect and gratitude, we recognize that this publication was created on the land of the Tla'amin Nation and Coast Salish People - We are  $\lambda a?amin$ .*

We sincerely appreciate the support of our advertisers and encourage readers to support our local businesses.

**\*\*We invoice annually for advertising, unless alternate arrangements are made. Invoices will be sent out after the fall issue 2025.\*\***

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Next edition is July 2025

Deadline for submissions is July 10, 2025;  
 but reservations for article space are needed in advance and ads need to be submitted by the fifth of the month.





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*Nanette Kapitan*

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## Community Society Update

Kristi McCrae

Have you gotten your Community Society membership yet? This small donation of \$5 per person or \$10 for a family gives you the privilege (if you want it) of receiving our events newsletter. More importantly, your membership provides funds to the Community Society for its continuing efforts to support community-building opportunities, including the current programming at the Northside Community Recreation Centre (NCRC), and new programming and equipment for the expanded NCRC. If you haven't yet made your annual contribution, you can check [lundcommunity.com](http://lundcommunity.com) for the Canada Helps donation link, e-transfer through [lundtreasurer@gmail.com](mailto:lundtreasurer@gmail.com), or put it in the drop box at the Lund Post Office during business hours. Thanks in advance for your support.

On Friday, April 25, representatives from the qRD, Dawn Construction, Tla'amin Nation, and the LCS, as well as community members, gathered at the building site to officially break ground for the NCRC Expansion!! This was a long-awaited day! Construction is about to begin in earnest. By this time next year, we will have a new gym/hall, commercial kitchen, and gathering space to meet the musical, theatrical, athletic, recreational, and culinary dreams of Northside residents. This Centre will be hosting regular programming but also be available for private and public events. If you are interested in joining a group to support program development, reach out to [lundcommunity@gmail.com](mailto:lundcommunity@gmail.com).

The groups gathering around community-supported aging-in-place and dying in Northside continue to meet, having now created smaller working circles for aging-in-place, accessible and supported living opportunities, death care, and a green burial cemetery. If any of these groups appeal to you or you have questions or inquiries, please feel free to reach out to either the address in the following article or to [kristimccrae@xplornet.ca](mailto:kristimccrae@xplornet.ca).



Love this community? So do we!

The Lund Community Society welcomes your donations of any size.

Choose to support Barnacle, Bike Lund, Building Fund, or general expenses and receive a Charitable Tax Receipt.

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## Aging-in-Place Working Circle

Chelsea Keays

Long in the tooth with snow on the roof? Determined to stay in your home for as long as you can? An aging-in-place working circle has formed to support people who live north of town and wish to stay in their homes as long as possible. We are one of several interconnected groups working on different aspects of aging and dying at home and in community. You will hear more about the others in forthcoming *Barnacle* issues.

We are gathering information and ideas, and we have a few questions for readers who are getting on in years and planning to stay put:

- What are the challenges you are currently experiencing, or that you anticipate, in your home, garden, and yard as you get older?
- What sorts of community support would make it possible for you to stay in your north-of-town home?
- What kinds of social/community events would you like to attend north of town? (music nights, shared meals, exercise classes, games night – this one, in fact, began this past winter, thank you Ria!)

You can email your responses to [aginginplacenorthside@gmail.com](mailto:aginginplacenorthside@gmail.com). As well, if you would like to be added to the Aging-in-Place working circle email list, send us an email. 📧



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# What's Happening in Lund?

Sandy Dunlop

## Downtown Eateries

The **101 Bar & Grill** (aka the Pub) at the **Lund Resort Hotel** is open Friday through Sunday, from noon to 8:00 pm. Full menu; full bar. 604-414-0478.

The **Lund Resort Hotel** is open! Check Facebook for updates. It's not an eatery, unless you eat in your room, but food is close by.

The **Stockpile Market** is open daily from 7:30 am to 7:00 pm. As well as their grab and go take-out, open whenever the store is open, there is the 101 Café, where you can get coffee, tea, and eggos. That is also open daily; same hours as the Market, but the eggos go quickly!

The **Boardwalk Restaurant** is open Friday, Saturday, Sunday, and Monday until the end of April. Then, starting May 1, it will be open every day except Wednesday, noon to 8:00 pm. On Sunday, May 25, from 8:00 to 10:00 am, the Northside Volunteer Fire Department will be cooking up their annual fundraiser pancake breakfast. Yum!

**Nancy's Bakery** is open daily from 7:00 am to 4:00 pm. Maybe open later as summer approaches. Seriously good scones.

Check the websites of all our businesses for up-to-date info. For those of you reading the *Barnacle* online, check the ads for these businesses as many have hyperlink connections to their websites to make your browsing easier.

## At the Lund Firehall

On Saturday, May 24, from 6:00 pm to 9:00 pm (doors open at 5:30 pm), the Northside Volunteer Fire Department is hosting the Chowder Challenge at the Lund Firehall. This year, there's live music too! Tickets go on sale May 1. See psa on page 11 for more information.

## At Northside Community Recreation Centre (NCRC)

**Les Petits Phoques** – a French playgroup for Lund kids. Fridays, 11:00 am to 1:00 pm. Free and open to everyone. On really nice days, we might move to the Gazebo. Please text Charlie and Meroë at 514-206-0671 to participate.

**Playgroup with Ria** – Mondays from 10:00 am to noon. Ria will be taking the summer off, as usual, but parents are welcome to meet together at the usual spot without her.

**Puddle Jumpers Preschool / Lund Community Daycare** – Tuesdays, Wednesdays, and Thursdays from 9:00 am - 4:00 pm. Both will be closed for the summer, starting with the last week in July. See page 23 for more information.

**Search Centre Tai Chi** – Saturdays 9:30 am - 11:00 am. 604-414-5003.

**Community Society Meetings** – We always meet on the third Tuesday of the month, except July, August, and December. The next ones are May 20 and June 17, at 7:00 pm. All are welcome. Come check us out!

## At Klah ah Men Lund Gazebo Regional Park

**SD47 Strong Start GO** and the **ORCA Bus** - The Early Years Planning Table is hosting a **qathet Play and Connect** at the Klah ah men Lund Gazebo Regional Park in Lund on Tuesday, May 13 from 10:00 am to 11:30 am. This is a free drop-in event for families with children 0-5 to meet early childhood professionals who support Lund. There

Continued on page 9...

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Continued from page 8...

will be games, give-aways, snacks, and resources. See poster on page 25.

**At Tidal Art Centre** - Lots of great stuff going on. Check out their ad on page 32 and their website at [tidalartcentre.com](http://tidalartcentre.com).

\*\*\*\*\*

*If you have an event that you would like to announce, please contact the Barnacle at [barnacle.articles@gmail.com](mailto:barnacle.articles@gmail.com).*



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**REGIONAL DISTRICT**

**LUND RECYCLING DEPOT OPEN DURING CONSTRUCTION**  
The Lund Recycling Depot remains open with regular hours during the construction of the new Northside Community Recreation Centre.  
Please follow any posted signs for safety. Any disruptions will be communicated in advance. Thank you for your understanding and cooperation.  
For more information, and to view current operating hours, please visit [qathet.ca/services/waste-management/recycling](http://qathet.ca/services/waste-management/recycling) or contact [environmentalservices@qathet.ca](mailto:environmentalservices@qathet.ca)

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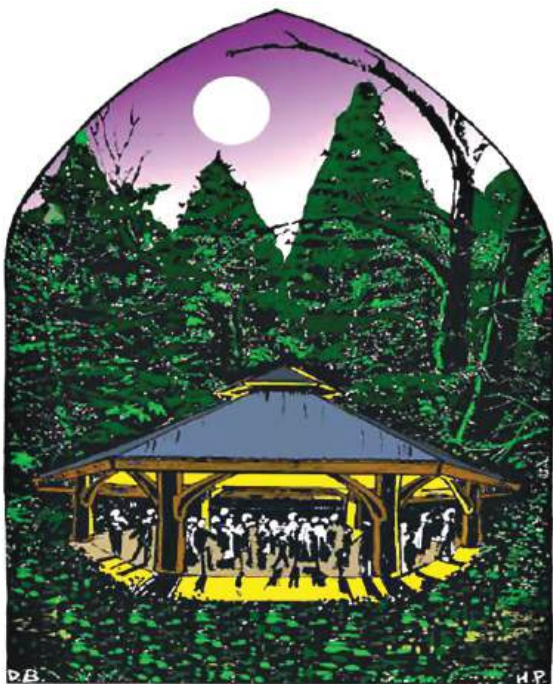
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To book events at the **Northside Community Recreation Centre**, contact Ria at (604) 414-0383.

For events at the **Klah Ah Men Lund Gazebo Regional Park**, call qRD Operational Services Clerk Caroline Visser at (604) 485-2260 (local 406).

## Lund Recycling Depot

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(Next to Northside Community Recreational Centre)

Regular hours (September - June)

Wednesday - Saturday

10:00 am - 4:30 pm

Summer hours (Canada Day - Labour Day)

Thursday - Monday

9:00 am - 5:00 pm

Closed Statutory Holidays

**Thank you for recycling!**



Post Office Hours:

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*Closed for lunch from 12:30 - 1:30 pm*

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### Current Lund Bus Schedule (Route 14) – Fare: \$2.25†

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9:41 am

4:10 pm

Leave Town Centre Mall (North End)

8:50 am

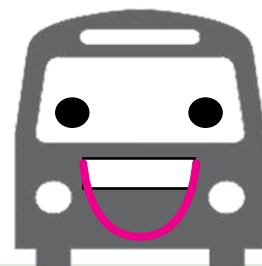
3:25 pm

† Children 12 and under ride free on BC Transit, however children five and under must travel with an attendant over 12 years old.

Additional summer runs to be announced - check BC Transit website for updates.

Download current Rider's Guide for details: <https://bctransit.com/powell-river/schedules-and-maps/riders-guide>

† Some conditions apply





# Northside Fire Department Association Update

Simone Monckton

A new refundables building, located behind the Lund firehall, will soon be ready to receive your donated beverage bottles and cans; watch for notices! Place your bottles and cans next to the building under the rain protection of the overhanging roof. The Northside Fire Department Association will use the funds raised to support the Northside Firefighters and for some Northside community events, such as the Easter Egg Hunt and Halloween Party.

Special thanks go to Mike Burge, Ron Cochrane, Andy Horsburgh, and Mark Johnston for their extraordinary effort in constructing the building, and to Ben Bouchard for donating gravel. The finishing touches, such as cladding, signage, and porch, will be completed this spring.

## Lund Harbour Authority



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### Weekend of great food & community fun!

#### Annual Northside Fire Department Association Chowder Challenge Saturday May 24

Northside Volunteer Fire Department annual Chowder Challenge at the Lund Firehall Saturday May 24 @ 5:30 (doors) – 9 pm.

Join us for a night of delicious competition as local favourites like the Boardwalk, Nancy's Bakery, and Laughing Oyster, as well as Powell River restaurants, serve up their best chowders at 6pm!

Featuring live music performed by local firefighters. Cash bar.

Tickets available in advance only \$40 at Nancy's Bakery, The Stockpile & qathet Tourism Office on Joyce Ave.





## Who's in that Helmet?

Frank Chapman, NVFD volunteer  
Ann Snow, interviewer



Photo courtesy Ann Snow

Thirteenth in a series: an interview with each of the Northside Volunteer Fire Department (NVFD) volunteers as a way of introducing them to our community.

### Who am I?

My name is **Frank Chapman**, married to Amy Chapman and father to five children, grandfather to two grandchildren spread between Seattle, Washington and Cleveland, Ohio. I'm the oldest son of Warren and Barbara Chapman.

### How long have you lived in qathet's Northside Fire Protection Area?

We began our connection with Lund in 1970 when my parents fell in love with the village on a sailing trip to Desolation Sound. They found a magical place they named Cladoch, where they began caring for the land and spending vacations from the city over the years. My parents became full-time residents in the mid 1990s as they immersed themselves in the Lund community and planted gardens, planted and nurtured Coastal Redwoods and Giant Sequoia groves, and cared for the land.

In 2014, I retired from a career in the US Navy Medical Corps and began helping my father and mother as they aged and needed help to remain in their own home. I moved to Lund to live with and care for them in 2016. My wife joined me full time in 2017. It was a real privilege to live here with my parents in their final years - my

mother passed in 2019 and my father in 2023. My wife and I have grown roots by sharing energy with the land and people. We are proud Lundies.

### Why did you join the Northside Fire Department?

Kimberly Burge, who helped us care for my aging parents, encouraged me to check it out. Given my background, she thought I would be another person to help with the local emergency response and help as a First Responder.

### What surprised you most about joining?

The number of people who volunteer their time and contribute to our first responder and firefighting capabilities in the area. Jim Brown, Chief, and Norm Penner, Deputy Chief, have provided thoughtful long-term leadership that has forged a trained, qualified group of volunteers who are truly committed to serving the community.

### What one thing have you learned that stands out in your mind?

We are very lucky to have an organization like the Northside Volunteer Fire Department. There are areas that are not far from here that do not have the resources we have.

### What benefits you personally by being a member of the fire department?

The friendships that I have made with the other volunteers. It is rewarding to be a part of this department of good people who work hard to look out after each other and our community. 🍷

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## Savary Island Volunteer Fire Department Utilizing Rainwater Collection for Future Fire Practices

Ryan Thoms  
Manager of Emergency Services

The qathet Regional District is pleased to announce the recent completion of the Savary Island Volunteer Fire Department (SIVFD)'s installation of a 5600-gallon water tank, to collect rainwater runoff from the Department's West Satellite Hall. Thanks to a minor capital investment, the SIVFD has now gained the ability to passively capture and store rainwater for SIVFD use throughout the year.

This additional firefighting water supply will complement the other water storage tanks distributed throughout the Island. Using rainwater passively collected from the firehall roof minimizes

some of the workload on volunteer firefighters to manually fill tanks. With no rivers or ponds on Savary, the Fire Department is limited to well water and rainwater collection. Although Savary is surrounded by water, the use of saltwater can be hard on equipment and trucks, not to mention that seawater can be difficult to access on a low tide. SIVFD is planning on expanding the water capacity of rain collection by installing more tanks, primarily at the West Hall and at the Main Hall. As the eastern end of Savary Island is supported by hydrant distribution, efforts can be focused on these underserved areas.

The qathet Regional District (qRD) extends its appreciation to the project contractor and the dedicated Savary Island Volunteer Firefighters who made this installation possible. SIVFD looks forward to tracking water collection over time and sharing updates on the project's expansion.

Residents on Savary Island can help do their part to protect their homes and community by installing a 3,000–5,000-gallon rainwater collection tank on their property. These water sources offer volunteer firefighters an additional water source in the event of a fire on or near your property. While not potable, it can improve emergency response capabilities and help protect yourself and your neighbours.

The qRD operates four volunteer fire departments made up of a committed group of people who volunteer their time and energy to help protect our communities. The installation of SIVFD's rainwater collection tanks is an expansion on the existing initiative to store rainwater in the event of a fire. Rainwater collection tanks have already been installed at the Northside Volunteer Fire Department as well as the qRD's Community Services Office, south of town. 🌧️



Photo courtesy Ryan Thoms

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## Nancy Passes the Rolling Pin

Nancy Bouchard  
Part 1

I have been obsessed with baking from an early age, partly to satisfy my own sweet tooth, but even more as a way to delight my family. In 1986, while caretaking on Hernando Island, I baked to order several times a week and got much satisfaction filling every inch of counter space with pies, cookies, fruit pizzas, and bread. I did take note that cinnamon buns were particularly popular...

After five years of island life, I arrived in Lund as a newly single mom of two little girls. I was determined to make my own way and worked many jobs at once to accomplish that. My kids swam on the beach as I unloaded prawn boats in Finn Bay; I was the teacher's assistant in their classroom in little Lund school; I baked and served at Carver's cafe on the boardwalk, expanding their menu with some baking and again, noticed how quickly it sold.

I approached the owners of the Hotel with an idea to open a little bakery in a tiny space under the Pub. It had a glass patio door facing west, and one very small window on the north side. With an ancient mixer, and an even older small oven, Nancy's Bakery opened for business in June 1991. I had to hire a nanny for the summer, and I worked 7 days a week, 15-hour days, through Labour Day. It was exhilarating, exhausting, and incredibly hot, but very satisfying to see the shelves emptying every day, with tourists and locals sampling my wares. Every day I turned my take over to the Hotel owners, but when I went to collect, they (literally) cried poverty and stiffed me! So, I signed up for the following summer, but paying rent, and as soon as possible moved to bakery site #2, beside the Lund Water Taxi.

That summer Ben arrived in Lund. This is true, and miracle #1: the first time he entered the bakery, my oven caught fire! but that's another story...

With only room for one indoor table, the bakery soon outgrew that spot. When the rumour mill hinted that the harbourhead property was up for sale, we imagined building a proper bakery at the edge. And that's when miracle #2 happened.

I grew up in Vancouver. My mother's friend lived across the lane, and I had heard many stories about her

beautiful red-haired, brilliant daughter, whom I never met as she was at boarding school and older than me. That woman's daughter and her husband now had a place on Sonora Island, north of Desolation Sound (which sounded like a mystical, magical place, and I had no idea where it was).

One day I was at the bakery and selling tee shirts to raise funds for the Crohn's disease foundation, which my eldest daughter suffered from. I was chatting to a very nice man and asked him where he was off to. When he said "Sonora" my mind dredged up the only thing I'd ever heard of the place, and I asked him if he knew Ed and Julia Levy. His reply was "well, I'm Ed, and this tee shirt is for Julia!".

And so began our friendship. One year he mentioned that they were in a position to offer help to a coastal community, and if the opportunity arose, I should call them. So, when the harbourhead property was for sale, I did call, and without even coming up to check it out they loaned us our half, and we became partners! Thus, Ben was put to work building not only bakery #3, but a home for them.

While Ben and his crew were building the bakery, I spent months digging out all the rocks and morning glory from the edge of the seawalk. The palm trees, maples, hazelnut, and magnolia trees all went in as babies, and now they provide welcome shade in the summer and wonderful colour in the fall.

Because knitting Pollen sweaters had been one of my jobs, we decided to create a shop space for their fledgling business, and Terracentric soon hopped on board as well.

We opened in June 2004, just in time for the first crazy-busy summer, and committed to staying open year-round to provide a place for locals to meet.

Now, hundreds of employees later, close to a million cinnamon buns consumed, it's time to pass the rolling pin. Enter Paul Baines, a Liverpoolian with bakery dreams, young and energetic and ready to put his own stamp on the newest iteration of the bakery dream!

I planted a flowering cherry tree on the seawalk in memory of my mom, as there was nothing more

Continued on page 15...



Continued from page 14...

terrifying than touring Vancouver streets in blossom season with her at the wheel! My dear friend Bob Lacey, who I met at the bakery, recently passed and I've added some wallflowers from his mother's garden, to remember his sweet nature by. This could become a tradition for Lundies, to add a memorial plant for loved ones passed. Anyone interested could contact me on Facebook (Nancy Bouchard).

I would like to thank the many loyal supporters we've had over the years - the recipes shared, the helping hands when needed. Thank you to all the hard working, dedicated, and fun-to-work-with staff members we have had, especially Christy Krebber, Shanti Payne, and Pip Hendy. Thank you too, the Thursday regulars, the every-Sunday folks, the every-morning-before-work crews!

Big thanks to Charlie van Vleet, for always stepping up with a helping hand; Bob Riczu and Al Stepanuk with their mechanical skills and kind natures; Ed and Julia, who made it all possible;

And, of course, best husband ever: Ben!



Thanks go as well to the sceptical Lundie who once asked, "do you really think anyone is going to walk all the way over there for a cinnamon bun?" Challenge accepted!

I can't wait to see what new heights Paul and wife Meghan reach!

Paul Baines

Part 2

I first arrived in Lund back in 2018. It was then I met Nancy and Ben for the first time.

I was travelling solo, taking a career break, and getting myself as far removed from my life in Liverpool as possible.

Being so close to my parents and being away from them was always going to be difficult. This was made somewhat easier by the arrangement of a birthday cake being made at Nancy's. I'd mentioned how good the carrot cake was and so, my parents arranged for a birthday carrot cake to be made at Nancy's and delivered to me where I was working at the time.

Little did I know this was the beginning of my adventure with Nancy and the Bakery...

As an outsider, I feel very honoured and thankful to be in the position of helping lead Nancy's Bakery into a new era, and to build on the legacy that Nancy has built. I'm also very thankful for my parents, and the sending of that birthday cake.

I'd like to take this opportunity to invite everyone to stop by and say hello, as it's my hope to gain the trust of the local community in bringing them what they want from Nancy's Bakery and focus on it being an additional hub for events, community, and hope in a somewhat turbulent period of time. 🍪

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Send your info to [ourlives@qathetliving.ca](mailto:ourlives@qathetliving.ca), call 604-485-0003, or drop in to 7053E Glacier Street by about the 15th of the month.



Photo courtesy Brian Voth



# qathet Regional District Update

Jason Lennox, Director, Area A  
qathet Regional District (qRD)



**qathet**  
**REGIONAL DISTRICT**

**Jason Lennox**  
Electoral Area A Director  
jlennox@qathet.ca ■ 604.414.8183

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Tel: 604.485.2260 Fax: 604.485.2216  
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Spring is definitely in the air in Area A. With it comes lots of activity for many people, for the qRD, and for me.

I cannot begin without acknowledging the tragic event last weekend on Savary Island. Thank you so much to RCMP, BCAS, and especially to our SIVFD members for the very difficult work that you did to help the victims. I understand what you go through and please know that you have citizens' respect and appreciation. We offer our sincere condolences to family and friends.

Many things are underway in our region:

- Groundbreaking ceremony to be held for the Northside Community Recreation Center (old Lund School) upgrade April 25 at 2pm.
- The 2025-2029 Financial Plan has been adopted. Mainland Area A Total Requisition = 12.84% increase. Savary Island Total Requisition = 11.13% increase. The main services that drove increases were 1. Administration 2. Waste Management 3. Northside/ Savary Volunteer Fire Departments. A property tax calculator is available on the qRD website. As I have said before, the decisions we make now can have profound effects years later.
- Recent C2 (Community to Community) social brought Tla'amin Councillors and qRD Directors together for the first time since the Nation's election. It was great to gather over food and get to know each other better. We look forward to meeting again asap.
- Nice to see the feds investing in Okeover, and Lund harbor docks receiving upgrades and improvements.
- Recent harvesting activities (aka logging) in Okeover have degraded Crowther and Malaspina roads. Please contact MOTT, Mosaic Forest Products, and MLA Neill to demand remediation. Our calls and emails do matter and help local managers to obtain resources.
- A recent barge load of road mulch went to Savary by MOTT. It was much too late for winter but I'm really hoping that this did improve the conditions for our Fire Department responses and residents.
- A Savary Island Groundwater Assessment has been completed and is an important part of the body of knowledge that the OCP Advisory Committee will consider as we ramp up work to complete the update. The next meeting of the committee is April 14 at 6pm. The latest OCP Background Report is also available.
- Area Directors are involved with 3 separate Service Reviews - 1. Malaspina Volunteer Fire Department 2. Sub-



**qathet**  
**REGIONAL DISTRICT**

qathet Regional District holds regularly scheduled Board and Standing Committee meetings at #201 - 4675 Marine Ave, Powell River, and webcasts of meetings are available for public viewing online.

For a schedule of public meetings, scan the QR code or go to: <https://www.qathet.ca/about/meetings/schedule-locations/>

Members of the public are welcome to attend meetings, virtually or in person.



**GET INVOLVED IN YOUR LOCAL GOVERNMENT**

Continued on page 18...



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#### Regional Recreation 3. Social Planning.

- Area A, B, and C Directors voted in favor of contributing \$241K to the City of Powell River for the Recreation Complex operations. We plan to meet with them asap to work toward a longer-term agreement.
- On April 11, I will attend the Association of Vancouver Island and Coastal Communities convention in Nanaimo. We meet local elected officials and BC Ministry people. Many of our issues are shared in other areas of the province.
- I will be helping to facilitate a workshop on small water systems and the mounting challenges many of them face, including in Lund. I hope to come out of it with actions we can take, as a team, to reduce the burden on users to provide safe water.

A quick reminder to FireSmart your property before summer is here to reduce the ability of wildfire to spread and impact structures.

Go to [www.qathet.ca](http://www.qathet.ca) to find information on all these topics and more.

I'm looking forward to seeing folks out on the water or on the beach as the summer approaches! Take care of each other. 🐾

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## From the Office of Our Member of Parliament

Sophie Ponsford, Saverio Colasanto, and Drewen Young  
Powell River Community Office



It has been almost ten years that Rachel Blaney has served as the Member of Parliament for North Island – Powell River. As we head into an election, we are taking the time to reflect. “I am looking back on my time in this riding with immense gratitude and pride. It has been an absolute honour to serve as the representative of this region,” said Blaney. “I’m deeply thankful for every conversation, every idea shared, and every moment of collaboration. From the fight to bring back [spot prawn sales](#), to making sure those who needed the Disability Tax Credit during the pandemic could access it, to securing vital resources for our region, I’m proud to have collaborated with so many wonderful people in this region. I’m also immensely proud of the dedicated team I worked alongside. Every day, we stayed focused on what mattered most to the people of this riding.”

Nationally, Rachel Blaney had the opportunity to push for change on behalf of people who often go unheard or ignored in Parliament. One of the milestones Rachel Blaney is most proud of is initiating [Invisible No More: The Experience of Canadian Women Veterans](#), the first

Parliamentary study to focus on the unique challenges faced by women who serve. Tabled on June 12, 2024, this groundbreaking report exposed the discrimination, harassment, and mistreatment women Veterans experience during and after service. She hopes this work continues to spark real change in the Canadian Armed Forces and ensures all Veterans are treated with the dignity they deserve. In 2024, Blaney was honoured to be named one of the [Top Women in Defence by Esprit de Corps](#) for her work in initiating the Invisible No More report. The award recognizes women who make an outstanding contribution in support of the Canadian defence sector.

She also introduced legislation to establish a national framework for [animal-assisted services for Veterans](#). Built in collaboration with Veterans and nonprofits, this bill calls on Veterans Affairs Canada to fully fund the cost of service animals, support proper training, and remove the many barriers Veterans face when travelling or relocating with their service animals.

Blaney also continued to [fight to end the so-called “Golddigger Clause”](#) – an outdated, sexist, and ageist policy that denies surviving spouses of Veterans access to benefits if they married after the age of 60. Blaney launched a formal study in the Standing Committee on Veterans affairs and introduced Private Member’s Bill C-221 to finally end this unjust policy.

There have also been many other important issues that Rachel Blaney brought to light during her time in Parliament. You can [see more of her work here](#), under the Work tab.

Thank you once again to all the amazing people who live here and make our communities great and a huge thank you to the *Barnacle* which has allowed us to share our updates with you all these years. It’s been a pleasure. 🐾

### SPCA Fundraiser

#### for pets in low-income households

Donations of clean refundable bottles & cans can be left at Audrey's (2309 Hwy 101) driveway off Hrompocher in support of the SPCA spay/neuter program.

Call or e-mail Audrey:

604-483-3506 or [spaytoday@xplor.net.ca](mailto:spaytoday@xplor.net)



## New Project Launching: qathet Carpool

Paddy leFluffy

There's a new qathet-wide community project that might interest Lundies: a carpool.

The idea of a carpool is that when a few people are all driving in the same direction, they may as well go in as few cars as possible, rather than everyone driving themselves. Of course, this already happens among friends to some extent. The carpool project aims to make it much more common, by making it much easier to organise. There's a website, [qathetcarpool.ca](http://qathetcarpool.ca), that gives access to the software developed by another excellent non-profit website, Carpool World. You just type in your journeys, whether they are regular or a one-off, and how much of a detour you are willing to make. Then Carpool World connects you with other people making similar journeys. Easy!

This can have multiple benefits. It can decrease our transport emissions, helping to fight global warming. It can save us money on gas. And it can connect people who might not otherwise know each other or chat much. Regular drives into town together are a great way to make new friends and catch up with old ones!

The project is being launched by the qathet Climate Alliance (funded by a grant from First Credit Union), who have a powerful statistic that shows why carpooling is so important for this... The UN's IPCC

calculates that a responsible personal carbon footprint is about 2 tonnes of emissions a year, and this works out as just 17 litres of gas – \$30 – \$35 – a week. So trips into town and back add up to a serious portion of a responsible carbon footprint.

Another positive of joining the carpool as a Lundie is that we can easily pick people up as we head into town – people from Sliammon, Wildwood, and so on. That would be really useful for the people south of us but north of town who don't have a car.

In short, by carpooling you can make friends, cut pollution, and save money. It's a win-win-win idea.

So let's get carpooling, Lund! Head to [qathetcarpool.ca](http://qathetcarpool.ca) and sign up now! 🚗



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# Hidden in Plain View

**Tom Kiddey**

**Gregory J. Cran**

Remember Tom? He was the talkative guy who helped us with our recycling - always eager to chat while waiting for the next vehicle to show up. He had a habit of reading everything on site, with a curiosity that extended far beyond his immediate surroundings. Tom has a history, like all of us do, though I suspect few know just how interesting his story is.

## **A Serendipitous Start in Geophysics**

Tom began his undergraduate career as a pre-med student at the University of Western Ontario, seemingly destined for a future in medicine. However, during his first summer break, he took a job at a nursery owned by Salvatore Grimaldi, a geophysicist with an intriguing background. Grimaldi, whose primary work involved exploring for mineral deposits using geophysical tools, introduced Tom to the field of geophysics during the offseason. Whether it was the scientific complexity or the hands-on nature of the work, something about geophysics clicked for Tom, altering his career trajectory.

Tom's second year at university proved challenging, and his academic performance was not as strong as he had hoped so he dropped out. However, his aptitude for mathematics did not go unnoticed. He was hired by Scintrex, a Canadian geophysical instrumentation company. The company assigned Tom to work with a prospecting group just south of the Arctic Circle. This job involved living in a remote bush camp, with only a tent for shelter and the vast northern wilderness surrounding him.

## **The Arctic Challenge**

While conducting surveys, Tom noticed a flaw in the cut-and-grid analysis - the measurements appeared to be off by several degrees. Determined to find the source of the error, he stayed alone at the camp until Christmas, poring over data and calculations. However, when the time came to leave, he faced an unexpected obstacle: there was no way to contact the pilot to arrange a pickup. With no other options, Tom embarked on an 18-hour trek through the rugged, frozen landscape to reach a location where he could communicate with the outside world.

## **A Career Spanning the Globe**

Having abandoned his medical aspirations, Tom returned to university with a renewed focus on

geophysics. Upon graduation, he was hired by McPhar Geophysical, a company specializing in geophysical instrumentation. This position opened doors to international exploration and sales, leading him to Australia in search of uranium and to numerous locations around the world in pursuit of other geo-resource opportunities.

From Turkey to Russia and back to Panama and numerous places in between, political upheaval and changes in industry led the geotechnical world to evolve. Like many geophysicists, oil and gas exploration became the pursuit, with Tom finding himself in Calgary, conducting seismic work to map underground geological formations.

However, by the late 1990s, seismic activity had raised significant environmental concerns, particularly among First Nations communities and environmental advocates who decried the destruction it caused to ecosystems.

## **A New Chapter: From Geophysics to Goats**

In 1994, Tom was ready to leave behind the volatile world of exploration in favor of a more grounded lifestyle. He joined a consortium to import South African Boer goat embryos into Canada, aiming to establish a goat meat industry. With his family in tow, he developed a farm south of Powell River, where they spent the next ten years navigating the challenges of rural life.

Packing away his geophysical equipment, Tom turned his attention to golf course management - an industry that not only engaged his analytical mind but, as he liked to say, also improved his golf game.

Tom's journey from an aspiring physician to Arctic explorer, global geophysicist, environmental observer, and finally, exotic goat breeder and golf enthusiast is a testament to the unpredictable paths life can take. He and his wife, Pamela, and their sons and daughters found their place on Savary Island and here in Lund. So where to from here? Tom now gets to focus his attention on local matters, such as our Lund water system and his passion for fishing.

Hidden in plain view, his story reminds us that behind every familiar face is a lifetime of experiences waiting to be uncovered. 🌟



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*We set our plow and seed with furor  
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 Will come Tomorrow.*

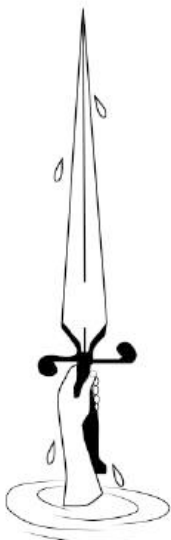
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## Puddle Jumpers Preschool and Lund Community Daycare

Alisha Van Belle

Spring has sprung! We are so happy about the warmer days with more time spent outside seeing the natural world unfurl again.

We have done much over the past few months. We experimented and studied weather in January. A favourite activity was making boats and sailing them in puddles!

The snow waited until February, but we made the most of that snowy week or so. Although the snow was too powdery for snowmen, the favourite activity in that seemed to be shoveling it. Future helpers being made here!

Space dominated February's theme. We created and painted a cardboard rocket (thanks to Kim Gray and my new washing machine for boxes), and learned about planets, stars, the sun, and the moon. Best of all, we made jet packs and took a rocket ride to outer space to explore.



*Photos courtesy Puddle Jumpers Preschool*



March was a shorter month because of spring break, but we planted seeds, watched the birds at the feeder, and looked for all the signs of spring's return. The children always love learning about insects, and they made some beautiful artwork around insects and seeds.

We also tried a new field trip to Gibson's Beach and the kids loved looking for crabs, pouring water, and playing in a discarded driftwood fort. It went so well with our little ones that we did another trip to visit our favorite places in Lund (Nancy's, the docks, and our little secret beach where the "Seaweed Café" operates).

Now we are at the most gorgeous time of the year, when the flowers bloom, we start our fairy gardens and plant our veggie patch. Baby goats are being born, and the woods are coming alive with leaves and flowers ready for our woods-based scavenger hunt.

Daycare has integrated two more children into the program. It is lovely to see the gentle ways the older preschoolers deal with the younger children. This brings a lot of extra fun and extra

Continued on page 24...



Continued from page 23...

work into the daycare! I am currently taking enrollment for both daycare and preschool for the 2025-2026 school year. Please email Alisha at [jomommadesigns@gmail.com](mailto:jomommadesigns@gmail.com)

Did I mention that our parents are the BEST!?? The parents of the preschool/daycare children gathered on a cloudy Saturday afternoon and cleaned all the gardens, fixed our willow tunnel, and got the space ready to put up our play net again. This is community in action! I am so proud of what we have built here in our small community. 🌱



*Photos courtesy Puddle Jumpers Preschool*

Continued on page 25...

Continued from page 24...



Printmaking workshop - photo courtesy Doerte Barker

## Qathet Play and Connect in Lund

**May 13: 10:00am–11:30am**  
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# Through the Eyes of a Local Teen

## Scholarship Season

Reed Worthen

Hello all! Spring at Brooks secondary school means one thing for grade twelve students: scholarship season. Last month, the school administration handed out the local scholarship package. It is full of scholarships from local businesses, community members, and our local school district. I have been filling out applications and writing essays nonstop; so for this issue's contribution, I figured I would share one here. This is an essay I wrote reflecting on my memories of James Thomson Elementary school.

Even though I have spent the last five years at Brooks, I still consider myself a James Thomson kid first and foremost. The school's amazing language programs, along with its forests, playgrounds, connections with Indigenous culture, and school-wide events, all hold a special place in my heart. But what truly makes JT memorable to me is the strong sense of connection—between students, across grades, and throughout the entire school community.

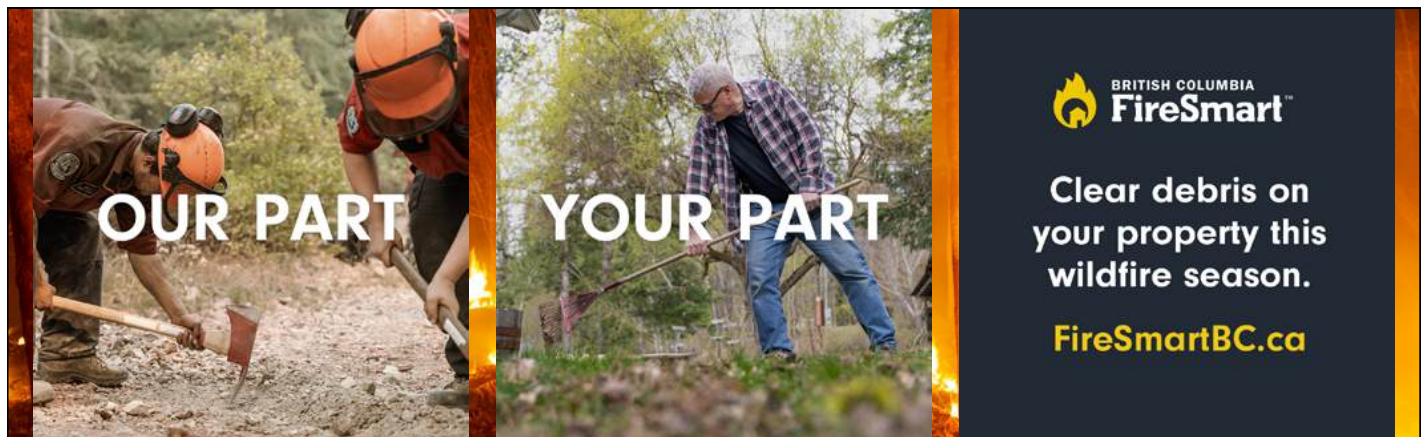
Starting in kindergarten, we used the buddy system to build those connections. At least once a week, older French Immersion students would come into our class to help with reading. While the program definitely helped us improve as readers, it also gave us early examples of leadership and mentorship. When we reached Grade 5 and became intermediate students, we got to take on that role ourselves—returning to the kindergarten classrooms as reading buddies, continuing the cycle we'd grown up with.

Beyond the buddy system, school-wide events brought us together in fun and creative ways. Two of the most memorable were the Halloween carnival and May

Day. I was lucky to participate in four different Haunted Forest productions, playing everything from the Big Bad Wolf to the back half of a centaur. Each year's forest took a ton of effort—students, teachers, and parents crafting, rehearsing, and setting up—but the end result made it all worth it.

And then there's May Day. It's a tradition that continues to bring me joy, and I've returned to take part in it even after moving on to high school. Whether it's the parade, the May Pole dance, the games, or the ice cream at the end of the day, May Day is packed with memories. It also taught me what it means to be part of a team—and to be a leader. Each year, I'd watch the student ambassadors on stage delivering their speeches, and it inspired me to apply. At the end of Grade 6, I was chosen as a JT ambassador and had the honour of speaking during May Day in both Grade 6 and Grade 7. In that role, I worked closely with the student council and helped carry out projects like bringing all the Grade 7s to WE Day, a youth empowerment event in Vancouver.

Even now, returning to James Thomson feels like coming home. Whether I'm attending a big event or just helping my mom shelve books in the library, every visit is full of conversations with teachers who remember me—and students I remember as kindergarteners. There's a beautiful cycle of learning and leading at JT, one that continues long after Grade 7. I know this school has shaped many generations with the same lessons of teamwork, mentorship, and community that I carry with me today. 🌲





## Creative Klah ah men

Monique Labusch

Happy spring time for you all!



Photo courtesy Yeonmi Kim

I can't wait to introduce you to another amazing artist here in Klah ah men : **Yeonmi Kim**.

When I saw her wonderful show at the Tidal Art Centre, I was very impressed by Yeonmi's variety of creative talent. Here she is talking about her imaginative process, the inspiration and passion behind her work. Enjoy!

*My name is Yeonmi Kim. I was born and raised in Korea. When I first experienced nature in Canada after I immigrated, it felt like I had discovered a new planet. Lush forests with tall trees that seemed to cover the sky, unfamiliar moss and wild plants, and wild animals that I could easily encounter – it felt like being in a huge zoo and botanical garden to me, coming from a small, densely populated country. Soon, I was captivated by the vast nature of Canada, which contrasted with the concrete-gray city life.*

*After moving to Lund, where the end and beginning of the road intersect, I spent more time with nature, learned about plants that were unfamiliar in my daily life, and had many opportunities to prepare meals with foraged and harvested foods. It may have been a common diet for our ancestors, but it has become a delicacy for most city dwellers living in the modern era, so I am grateful for the special experience of this generous bounty of nature. As I spent more time in nature, I naturally became interested in consuming less and reusing more on a daily basis. I began to value sustainable living. The generosity of nature is like an ancient temple for me. I have learned throughout my life that nature is no longer a place to visit, but an entity with which I must coexist.*

*I sometimes think that creating something while feeling the sensation of my hands seems to be the most natural thing in my life. While creating, I feel comfortable, familiar, and my mind is clear. In the process of my body, head, and mind each doing their own thing and relying on each other, something new is created.*

*Plastic Couture refers to the use of plastic materials, especially recycled or upcycled plastics, in the creation of unique pieces of art. Most of the materials I use in my work are discarded plastics, scrap wood from housing construction, and scrap fabrics. As such, if you look around, you can see the materials for my work scattered everywhere. It doesn't matter what materials I use. My work is created by what the materials tell me. What I prioritize is adding my own authorship to the unique character of the materials themselves and giving them a new story.*

*I am interested in all forms of art, including fine art, design, fashion, furniture, architecture, and film. These diverse experiences have a great influence on my creativity and become important motifs for my work. My recent works are made by sewing plastic packages, and for me, the sewing machine is like a brush to a painter.*

Continued on page 28...

Continued from page 27...

One day, I realized by chance that most of the trash thrown away at home was disposable plastic. It was a shocking moment for me to realize how much plastic is being wasted and how deeply it has infiltrated our lives. Since then, I have started using discarded plastic packages in my work. Recently, I have been making 2D clothes panels using plastic packaging, inspired by the process of making the clothes I wear. Through this process, I talk about the problem of mass production of fast fashion that we face and its negative impact on the environment, while emphasizing the importance of sustainable living. We breathe and live every moment, but we often forget that air sustains our lives. Many of the precious things in our lives are things that we cannot see or touch but are with us. We need a correct understanding of the essential elements of life that do not last forever.



Photos courtesy Yeonmi Kim

Isn't she amazing and interesting? So versatile! I can't wait to see what she comes up with next and what form of art she will use. This is just the beginning. And to you all out there again: Please share your love, and like sunsets, the beautiful returning birds, and the blossoming flowers, stay colourful! 🌈

To an artist, art is a window to the abyss. Artists look at the world through that window and communicate with the world. What artists see is illusion, and they constantly pursue newness. Also, artists are people who break boundaries. The life of such an artist is like a long journey. In the process of passing through an unknown path and finding another new direction, the artist faces their true self and also faces the world.

<https://kimyeonmi.com/>  
k\_yeonmi Instagram



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## Benediction



*Photo courtesy Peter Behr*

It'll be a long bonding  
slow as the earth turns  
through its seasons.

Today the wild currant  
has begun to bloom, crimson  
outside the kitchen window

and the herring are running  
silver through the wide reaches  
of open sea.

I watch the thin spring sun  
angle across the planes  
of your body here in bed,

shoulder, spine and the hollow of the low back  
I trace gentle and slow,  
easy with my hands.

Spring light. We are just married  
and face the dazzled sea.

An eagle  
turns and turns above the house  
soundless, wings wide. 🦅



*Photo courtesy Brian Voth*

- Margaret Behr

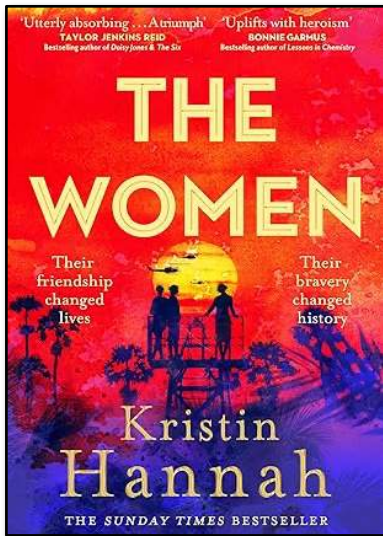


*Photos courtesy Cinci Csere*



## Ev's Book Review

Ev Pollen

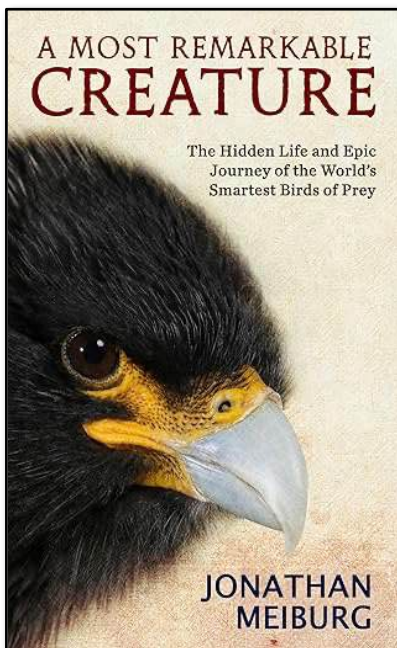


Hello fellow readers! I have two excellent books to recommend this time, so I will tell you just enough about each to intrigue you.

The first is *THE WOMEN*, by Kristin Hannah, author of *THE NIGHTINGALE* and *THE GREAT ALONE*. The title might not be a draw to some prospective readers, but trust me, this Vietnam war story will keep your attention!

The main character, Francis (Frankie) McGrath is the daughter of a wealthy family who worship war heroes, and gave a gala send off for her older brother Findley when he left for Vietnam with the navy. She misses him terribly so decides to complete nursing school and sign up with the army as a field nurse, hoping their paths will cross. The words “Women can be heroes, too”, said to her during the send off, ring in her head, and she believes that her family will respect her for her service. She is treated as the rookie she is at first but is quickly thrown into the reality of trying to save the lives of horrendously injured soldiers. The surgery scenes are gruesome, but throughout her two tours of duty she becomes a very competent nurse, forms lifelong friendships, and earns the respect of her colleagues. Revelations that come to her are mirrored by the growing awareness “back stateside” of the atrocities committed and the deceptions perpetrated on the public.

This book is a masterpiece, a sensitive analysis of that episode of American history, and a cast of deeply human characters.



The next brief review:

*A MOST REMARKABLE CREATURE*, by Jonathan Meilburg.

Here is a non-fiction book written in such beautiful prose and featuring such different settings that it feels like a novel. The author recounts his own examination of a species of raptor called the Striped Caracara as well as the study of that bird by a different ornithologist a century earlier, and both were fascinated by the bird's character, boldness and curiosity. One reviewer took issue with the earlier scientist who carried one of the caracaras back to England and created shows for the public, essentially keeping the bird captive, but also educating the public to understand the intelligence of a rare and endangered creature. That intelligence is truly impressive, as you will learn.

I'm reminded of the shift in public opinion of orcas when they were introduced in captivity. Remember that fishermen routinely shot orcas, or Blackfish, as they were known before we fell in love with them. I certainly don't want orcas to be captured anymore, but we now live in a culture that values a form of marine life previously detested.

*A MOST REMARKABLE CREATURE* is a thoroughly enjoyable read or listen! 🎧

# The *Barnacle* – Securely Stuck to This Rock

Gregory J. Cran

For those new to the community and as a reminder to those who have grown roots too tight to notice, the *Barnacle* was established back in 1988. As it says on the *Barnacle* website: One day in the early summer of 1988, a crowd formed on the Lund dock to see the 11'6" 300+lb six-gilled mud shark that had been recently caught. Among the gawkers were Bill Smith and Claire Heffernan, who took a photo of it. Bill said, "we should have a newspaper here where we could put stuff like this". Claire agreed, and the *Lund News* soon hit the stands.

The *Lund News* transformed into the *Lund Barnacle* that same year. It soon became a platform for sharing local news, community events, stories, and opinions. It claimed to be the "voice of Lund" and drew on the eclectic and artistic nature of the village, as well as its historical record. Over the years, it has documented the constantly evolving shifts in Lund's social and cultural landscape, from grassroots activism to celebrations of local traditions. It's provided a platform for raising awareness of issues impacting the community and has served as a photo journal and placeholder for numerous Lund children's activities and the arts in the local community scene.

The *Barnacle's* role as a community connector cannot be overstated. It has chronicled the stories of old-timers and newcomers alike, sharing tales of resilience, humor, and creativity. It has also been a source of practical information – from *What's Happening in Lund?* to shared recipes, how-to tips, and a researched *Life from Here*. Each edition serves as a time capsule, capturing not only events but the essence of community spirit. Its endurance is a testament to strong local support and a genuine need for hyper-

local journalism and storytelling.

Sandy Dunlop came onto the *Barnacle* scene several decades ago as a writer, and then in 2014, she became the editor, along with an initial team of Martha Allen, Brian Voth, and Wendy Drummond. Together, they picked up the ball and ran with it. Their collective effort infused new energy into the publication, ensuring its continuity and growth both in print and digital formats to reach a broader audience, blending tradition with modern accessibility. It continues to evolve. In the summer 2023 issue, the masthead became colourful, and the word "Lund" was removed to reflect the true scope of the area it covers: all of Area A



Photo courtesy Charlie Latimer

qathet. Instead of being just "The Voice of Lund", it became "Random Voices of Area A qathet".

Since childhood, Sandy has been associated with journalism. In elementary school, she wrote for the "Little School Tattler", then later for local (to her area) newspapers, and for a year she majored in journalism at Temple University in Philadelphia. She says she stopped pursuing a career in journalism because she felt she hadn't yet had enough life experience to be a successful free-lance magazine article writer, which is what she wanted. She has spent the last 50 years changing that.

As she recently reported at the Lund Community Society's AGM, her reasons for carrying on this long as editor (now in her 12<sup>th</sup> year) stem from a "sense of purpose and a lot of community connection and comradery", which she feels is vital to her well-being. The positive feedback from both contributors and readers keeps her believing she's on the right track.

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When she and her colleagues began in 2014, the paper had just 12 pages. It bounced around in size for a while – once up to 48 pages in the spring 2019 issue which featured the colourful past of the old Lund Hall – before finally settling down to a consistent 44 pages. As a kind of political statement, the paper still sells for \$2.00 and is mainly supported by very inexpensive advertising. Nevertheless, the *Barnacle* has generated over \$20,000 for the Lund Society since Sandy and her editorial team began, showing the community's commitment to sustaining this valuable publication.

She shouts out heartfelt gratitude to her fellow editorial staff - Wendy Drummond, Martha Allen, Margaret Leitner, Malerie Meeker, Brian Voth, Nicole Narbonne, and Barbara Hill - as well as all the talented photographers, writers, and artists who contribute to each edition. She made special mention of Prash Miranda for the delightful cartoons,

occasional covers, and assorted illustrations. Sandy acknowledged that without this dedicated team and the support of local advertisers, creating the *Barnacle* as it exists today would not be possible.

For those wanting to know more about the history of the *Barnacle*, the website offers a detailed and charming retelling of its story, also written by Sandy. <https://www.lundcommunity.com/barnacle>

*Gregory Cran is a 'retired' academic who currently serves as an adjudicator on both the Health Professions Review Board and the Law Society of British Columbia Tribunal.*

## Spring at the Tidal Art Centre

**Artists in Residence:**

**April** - Donna Lytle **May** - Marylou Wakefield  
**June** - Tiffany Royrock **July** - Rachel Grenon

**Events:**

**April 4-13** Barbara Langmaid - Borderland  
**April 18-27** Donna Lytle - Just Listen  
**May 7** Life Drawing 6-8pm \$10 (Join Mailing List)  
**May 10-18** Annie Robinson - qathet Colour: an Invocation  
**July 17-Aug3** Tidal Art Centre's Annual Show - TBA

**Workshops:**

Annie Robinson: Art Therapy May 17  
 Faro Sullivan: Slip Decorating July 19  
 Faro Sullivan: Handles and Knobs July 20  
 Community Event: Rachel Grenon's Ceramic Boat Building - Thursdays in July 10-12:30

**For more info or to book an event please contact**  
[tidal.community@gmail.com](mailto:tidal.community@gmail.com)

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# Learning ʔayʔajuθəm - the language of the ʔaʔamun (Tla'amin), kómoks (Comox), χ<sup>w</sup>emałk<sup>w</sup>u (Homalco), and ʔohos (Klahoose) people

Alisha Point

Tla'amin Nation language teacher

ʔimot t<sup>o</sup>ok<sup>w</sup>, ʔaʔečχ<sup>w</sup>ut (Good day, How are you?). Listed below are the names of some birds and plants we see here in qat<sup>o</sup>at (qathet). To hear our ʔaʔamun elders pronounce the words in ʔayʔajuθəm, go to the First Voices website ([firstvoices.com/tlaamin](http://firstvoices.com/tlaamin)). If you have a cell phone, the QR code will take you there too. 📱



čūčū chu-chu	wren	
čəqčəq chuck-chuck	robin	
kíkík keek-keek	crow	
k <sup>w</sup> ak <sup>w</sup> awatəx <sup>w</sup> kwah-kwah-texw	woodpecker	
poqpoq poke-poke	blueberries	
čitox <sup>w</sup> an chit-oh-xwun	blackberries	
qagən kaw-gun	rose hips	
q <sup>w</sup> asəm kwah-sum	flower	

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## Life From Here

Trish Keays

### English Ivy

We have our share of invasive plant species in qathet region: Scotch broom, morning glory, yellow iris, Canada thistle - just to name a few. Three cheers for Broom Busters who try to control broom by cutting it before it seeds. The Invasive Species Council of BC notes that invasive species are “one of the biggest threats to global biodiversity”, prevention the most effective management tool. <sup>6</sup>

We haven't been able to prevent much in terms of one of the more aggressive invasive species in our region – English Ivy (*Hedera helix*). One reference sums it up: “English Ivy is a bully – aggressive, pushy, ruthless, unruly, destructive, unhealthy, and expensive.”<sup>7</sup>

English Ivy starts as an evergreen vine and can grow into a shrub. It has star-shaped, wavy and leathery leaves, and produces clusters of small flowers, white or yellow green. The flowers turn into clusters of black, shiny fruit that birds love; one reason the plant spreads so widely. And does it grow, covering surfaces fast! The plant can reach lengths of “99 feet” and each tendril can grow up to 6 feet a year. <sup>7</sup> Aerial rootlets help anchor it to trees and it roots in most soils. <sup>9</sup>

Legislation for invasive plant management is in the BC Weed Control Act, Integrated Pest Management Act, and Range and Forest Act. “Allowing invasive plants to remain uncontrolled puts us in contravention of provincial and federal laws.” <sup>4</sup> Negative effects include pushing out native plant species.

The qathet Regional District (qRD) in 2017 adopted an Invasive Plant Management Strategy. Hopefully all *Barnacle* readers can support implementing that strategy. <sup>1</sup> According to that source, we seem to be in the third of three stages with English Ivy here – naturalization, when plants are abundant over much of the area. “Eradication requires a long-term strategy for control.”

What to do?

First, we have to recognize it's a problem, and the scale of the problem. Look around as you drive to and from town; once you see it, it's hard not to see it, the coverage is so extensive. Wildwood Hill. Along sections of the highway. Browne Creek trail head road. My garden. Probably your garden. Anywhere on public and traditional lands where people have taken the plant from their gardens and tossed it into the forest. It has spread through rainforest understories throughout the region. Check out the link to a FB post made by Erik Blaney about the spread throughout Tla'amin. As Erik says, “The ivy situation in our region is completely out of hand”.  
<https://www.facebook.com/share/r/126PESWk2yp/>

Second, we each have to be willing to control English Ivy where it grows on our properties and make sure we dispose of it safely.

The qRD is currently promoting a **Free Invasive Plant Drop Off event in May. Residents can drop off invasive plant material for free at the new Resource Recover Centre during operating hours throughout the month of May.** They ask that all invasive plant material be kept separate from clean yard waste and be transported securely to the site, either in garbage bags, totes, or under a tarp. Check out the website for more information on the event:  
<https://www.qathet.ca/services/waste-management/invasive-plants-in-the-region/>

Recommendations for action on English Ivy include: <sup>7</sup>

- If a tree is covered, cut vines at the base and at shoulder height, carefully pulling them away from the lower

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Continued on page 35...

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tree trunk. Vines on the tree will die. Dig up Ivy roots to two metres out from around the tree and keep that circle Ivy-free.

- Rip out plant tops and roots and replace with other groundcovers or cover the area with landscape cloth that breaths and lets water through but prevents roots in the ground underneath it from growing.
- If you can't eliminate it, prune it heavily, regularly, and try to keep it away from trees. Prune before it flowers and sets seed to minimize spread.

PlantWise is a provincial programme that encourages gardeners and the horticulture industry to transition to being invasive-free. Many of the invasive species were introduced as garden plants, and some are still being sold. English Ivy became popular because it gave quick cover for walls and buildings, and ground cover in commercial landscapes. It continues to be used in hanging baskets even when not sold as a ground cover.<sup>9</sup> It would be great if we could all commit to rehabilitating some of the negative effects of our passing on the local ecosystem and refuse to buy invasive species. Support invasive-plant-free nurseries!

The plant genus to which English Ivy belongs has ten species, and not all of them are as invasive as this one. Ivy was an important plant in the Druid way, as well as in early Greece and Rome. The God Bacchus wore an Ivy leaf crown, speculated to be because Ivy leaves were thought to prevent drunkenness. The Ivy plant has been a symbol of fidelity, and if your name is Gordon, the Ivy leaf is your "badge".<sup>8</sup>

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Photo courtesy Trish Keays



## Birding and Becoming a Birder

Bill McKee

Birdwatching is a way to observe the natural world. For those of us who live in this area, it's easy to find a quiet spot outdoors in somewhat natural surroundings where we can take the time to pause our thoughts and be still to look and listen.

As you tune in, you will most likely notice at least some bird life by sounds and movement. Birds don't like to be seen. Be patient. Look closely on the ground, in the bushes, in the trees, and in the air. It's surprising how suddenly there can be so much life around you! Study the different shapes, colours, movement, and flight patterns. Listen to the quiet voices and songs. Try to identify as many as you can. Looking at a good local bird book will help. Do some research. Get to know them better: what do they eat?, where do they nest?, what does the nest look like?, are they residents or migratory? Keep notes and expand the number of species you can identify. Deepen your awareness. Bird watching is fun, challenging, and a pleasure. They are interesting and beautiful.

By observing and increasing our knowledge of this world, the realization comes that to ensure bird populations survival, we must try to preserve their habitat. 🌿

ayajuthem word and  
pronunciation:

tətəstəs - tet-us-tess

English translation:  
any bird



*Pine Siskins, photo courtesy Monique Labusch*



*Cedar Waxwing, photo courtesy Monique Labusch*

## Swimming with Turtles

Ria Curtis

For the last two years or so I've been on a spiritual journey, or going through an existential crisis, depending on the day. It started when I quit my full-time job and bought a hot tub and evolved from there. At first, I was rudderless without the routine of regular job hours. I over involved myself in all kinds of projects to fill the time and stressed myself out. I travelled, I hiked, I went camping and threw myself into the garden.

As a hard-core atheist, the spiritual part of this journey was very difficult for me. Everything "spiritual" smacked of organized religion and I often had a knee jerk reaction. Someone says "god" and I say "door!" (I got that phrase from my son). Eventually I found a way to balance these reactions by getting in touch with the natural world. I started to follow the cycles of the moon, not the whole astrological mumbo jumbo, but basic observance, although I did pull in some of the old wisdom. New moons are for wishes and setting intentions; full moons are for celebration and acknowledging progress or outcomes. How great is that? Every two weeks I do a little check-in with my life.

I took a course to become a certified forest bathing guide. What? The Japanese inspired practice of shinrin yoku takes you out into the forest to ground yourself and be healed by the trees. It was good to wake up my brain with the course work, and hanging out with the trees on a regular basis made me feel sane, calm, and relaxed. You can get as woo woo as you want with this but at its core, it's communing with nature.

So here I am into my third year of semi-retirement. The government just sent me a letter saying I can start collecting my pension. What? I've built some coping skills now and I go wander in the trees when I need to chill out. The new moon just passed, and I've set some intentions for the next full moon where I will check in and see how I'm doing. Recently I returned from holiday somewhere warm and tropical. We were camping, eating rice and whatever protein and veg we found along the way. Get up at dawn, jump in the water every afternoon. Simple life. My favourite times were spent snorkeling amongst the coral and rocks. Just floating along, watching the fish get on with their busy lives and watching the turtles eat sea grass.

One bright morning I went very early to swim and found myself almost alone out in the water, and the turtles were swimming, or flying really. They would swim by the cleaning stations where other little fish would come and clean them by nibbling off the algae and other hitchhikers. Then flap away on other business. It was a magical moment to be immersed in this very foreign world, and yet to be so unimportant. The waves keep washing in and out, the turtles and fish keep swimming. Politics and family drama became less important. Questions of "What am I going to do with the next part of my life" seem less important.

I don't do new year's resolutions, but the closest I've come to maintaining balance and perspective is this year. Less "not my circus, not my monkeys" and more in the way of being mindful of the ripples I'm making in my pond. Spring is well on its way, new greenhouse going up, almost time to start the tomatoes. March full moon is the moon of winds, storms, ash, worms, and crow. Yup. The crows and ravens are figuring out how to steal my eggs; let's hope we are mostly done with wind and storm; and I should get those piles burned before the burn ban. When my back aches and I'm on my hands and knees weeding, I can think about swimming with turtles.

Happy spring everyone. 🐢



*How many turtles do you see? Photo courtesy of Alisha Point*



## Lund Kid Revisionist History

### My Mormor's Sondotter

Anna Gustafson

This story comes to you from the County of *Careful-What-You-Wish-For*, a toponym which may resonate with some of the newer residents of Lund and who have my permission to use it when writing home.

I've done it again and raised my hand to look after a dog for the opportunity to escape into solitude. A knee-jerk reaction I blame entirely on being a Lund Kid. Equal parts puffed up on survival capabilities in the wild and determined to prove that I'm not city-born as is the owner of this house.

Gunhild "Sara" Holmstrom, my maternal Grandmother (Mormor), was known to strap on her skis as a young girl in Sweden and head out alone to visit her Aunt (Faster), who lived a full day away. I am my Mormor's Sondotter.

Last night, after a few hours of heavy snow, it started to blow. *Blow is "Lund" for high winds*. Tucked in under a pile of soon-to-be-extinct Hudson's Bay blankets and recently lulled to sleep by a softly snoring beast, a generator kicked in. My immediate instinct was to jump into Helly's and get in the stern. Generators firing up are as loud as sleeping on top of an engine room, which I learned today at about 1:00am EST.

The power was out, but then, magically, it wasn't. A nice perk of the north. What a luxury not having to look for candles.

Hours later came the pre-dawn plot twist; I awoke to a freezing cold and dark house teeming with silence. No power and no generator, which meant horror of horrors, no coffee. There 'ain't no Nancy's Bakery on the way to North Bay, Ontario.

Thanks to Google, I could fortify myself with some generator knowledge before calling the owner. He was once a Toronto neighbour, where he'd lived his whole life, and I can say with certainty that I was better equipped to handle this rural reversal than he was from the Caribbean.

As the internet and I had suspected, drifting snow had clogged an air intake, and after some vigorous morning shovelling, I was able to reset the heart of this cold home.



Photo courtesy Anna Gustafson

Yes, I'm bragging, and I'm going to continue. Pride is pride.

Imagine for a moment my posture. Damn, my spine gets straight when I face a perplexity in nature with a townie as my witness. This is how I win at life.

The best part about this story is that a dog is in it. Like most things I've written lately, I rarely make it out of a first act without a dog showing up as expositional proof of a character's humaneness.

Over time, I've learned not to do this with humans, but the moment I'm in charge of your animal, it gets nicknamed. Evidently, a very male thing to do, as my partner has lifelong

friends who I only know as Teets, Big-Bad, and Huge. My charge is a Bouvier des Flandres, now known as The Big Bouv, Groovy Bouvie, or simply BOOV! It's hilarious in my own mind but of no use when trying to get her to come out of the forest.

Remember now, I've not had the best sleep here. I could not for the life of me remember this dog's name, and she was having none of it with the nicknames. Caffeine helps with clarity of mind, right? How could such a resourceful Lund Kid be so screwed?

I'm here for a few more days of writing with my

Continued on page 39...

Continued from page 38...

*Anonymuse.* This story has been my first stab at the horror genre, but thankfully, I've made significant progress with the comedic stories I hope will become films one day.

That's what solitude is best for. Hoping. Especially around non-compliant dogs. 🐕

*Anna Gustafson is a comedian, producer, writer, and forever Lund Kid now living in Toronto. Talk to her at [annagustafson.ca](http://annagustafson.ca)*



Photo courtesy Cinci Csere



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# Speaking in the Barnacular

Ted Durnin

"We live in an age of casual miracles." I think Spider Robinson said that. Of course I can't find the actual quote. Thanks for nothing, Google. But it's true. There are things in the world now that would have been miracles 100 years ago.

I was present for a miracle five months ago. My sister got a double lung transplant. I went along to take care of her during her recovery. Four months in Vancouver in a really nice apartment (thanks, you know who you are) with frequent visits to the hospital. It was my job to navigate the parking garage and do the dishes. I'll let you imagine which one I screwed up.

For the first few days, I mostly sat in the hospital by her bed watching the medical workers slowly remove more and more tubes. I think there were eight different IVs, a breathing tube and monitors for every single organ and fluid in the body. I wrote a best-selling novel while I was waiting. No, really. It's just not published yet.

I'll tell you something: she was in better shape on day three than before the operation. There was more air in her new lungs. She could talk. A couple of days later she could walk. And so on until she had climbed the mountain toward recovery.

OK, just to be clear, she did not actually climb a mountain. That was a metaphor. But it gives you the idea and it's better than saying she climbed the metaphor toward recovery.

Anyway, we had a quiet existence in a noisy city while she got acquainted with her shiny new lungs. They were shiny, too. Everyone kept saying what a great set of lungs she got. They kept X-raying them like they couldn't really believe it. No one can see them shine because they are inside, but I'm sure they do.

Back in the apartment (thanks again) I cooked until she couldn't stand it anymore and recovered enough to take over. I kept doing the dishes though. And the cat litter box. Enough said.

By the way, I'm not the hero of this story and neither is she. The real heroes were family. My own family,

who got by for four months without me and even came to visit at Christmas. None of this would have been possible without my wife and children buying in, stepping up, and otherwise metaphorically excelling.

There were also other heroes: more family, pulling together and sending help: mom, dad, sister, brother, cousins, uncles, in-laws, partners, friends, cats. And the health-care workers — kind, not cold, gently professional. All of you, I salute you, which looks weird but I'm doing it anyway.

My sister hit the milestones one by one. OK, once again, that's a metaphor, unlike me in the parking garage. In any case, there were a few false starts and aches and pains but mostly progress: walking, showering, shopping, driving, Costco. It culminated in a full weekend on her own while I went off to get debauched at a convention. No, I'm not giving any details on that.

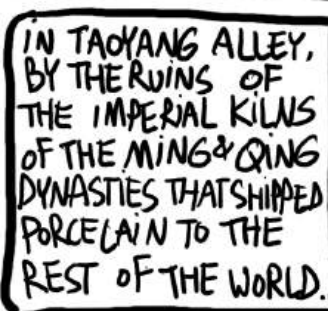
She said one of the best things was the thrill of lacing up shoes to actually go somewhere — an important step, I guess.

So, she got to where she could do almost all of it and it was time to go home. And when she got home, she climbed the stairs to her door on the first try, without stopping or needing to rest, and after four long years, walked back into her life. Just like that. I'm told she eventually recovered the ability to do the dishes as well, though I was not there to witness it.

She has to be careful. She goes back to the hospital in Vancouver frequently. She did that before, too, and I drove her and carted around oxygen tanks and heavy equipment, and we figured out how to manage long trips on short breath. The difference is, now she goes without me, no tanks, driving her car, making the trip. Like I said, a miracle. 🙏

*Editor's Note: Ted's sister is none other than Val Durnin, the editor of 14 issues of the Barnacle from April 1999 up to the winter of 2000/01.*







## Community Page

Sandy Dunlop

### Birth Announcements

**Arlo Roux Milone**, 8lbs. 6 oz. of joy, was welcomed by **Casey and Sharon Milone** on January 9, 2025 in Victoria, BC. Casey was born in Lund, went to the old Lund School, and lived in Lund up to his teenage years.

Loving grandparents are Charley (Caryl) Lyons of Vancouver and Bob Milone of Salt Spring Island, both former Lundies, and Beverly Craig and Lucious Hadden Jr. of Greenville, South Carolina.



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### Sympathy and Condolences

**Elaine Sandra Emmonds**

**April 18, 1961 - February 5, 2025**

There was a Celebration of Life for Elaine on April 18 at the Laughing Oyster Restaurant where she worked for years. Our condolences to her daughters Paige and Anne.

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### Thinking of You

Hello out there! Whether you've just moved here, have lived here for decades, or grew up here and then moved away, you're a valued part of our community. Healing thoughts and much love go out to you all, wherever you are, and especially if you are struggling for wellness in any area of your life.

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**The Goodwill Committee** of the Lund Community Society exists to help create and bolster a sense of community in Lund with the knowledge that people here care about each other. Please email [barnacle.articles@gmail.com](mailto:barnacle.articles@gmail.com) to let us know of any births, deaths, or announcements you think should be shared.

Among other things, this Committee sends cards to people for congratulations or sympathy or thank you and more, if we hear about it. Thanks to volunteer Peg Campbell for sending cards when asked for over five years. Thanks also to Karyn McLaurin for taking on this role now. We also put together welcome packages of wonderful donations from some of our local businesses for newbies to Lund. Many thanks to Margaret Leitner for looking after this, to the generous businesses who donate, and to the post office for making it easy.

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### Northside Community Recreation Area Resident List

The Lund Community Society has a group email for all Area A residents who wish to learn about information and events in our community. It's called the Northside Community Recreation Area resident list. If you wish to be one of those bcc'd on this list, send your contact info to [lundcommunity@gmail.com](mailto:lundcommunity@gmail.com). 📧



*Photo courtesy Cinci Csere*



*Photo courtesy Monique Labusch*



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*Photos courtesy Brian Voth*

