

Lund Barnacle

Autumn 2012
\$ 2.00

The Voice of Lund and the Region

a 9-1-1 community

www.lundcs.org

www.lundbc.ca



Above: Mysterious and spectacular lights appear over the Gazebo

Below: meteor shower in August over Okeover

Photos by Matthew Neufeld



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The Lund Barnacle

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The Lund Barnacle is published seasonally. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and Region. Submissions are welcome in the form of articles, news items, and letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submit to the Barnacle in the Lund Community building or contact Eve at 483-4050 or email barnacle@lundcs.org.

****We will now be invoicing annually for advertising. Invoices are sent out after the fall issue.****

Editorial Policy

The Barnacle is a forum for ideas in the Lund community. Editorial policy is to print what people submit in their own voices as much as possible, respecting the paper's purpose of providing a forum for the community on things that matter to its members.

The Lund Community Society is comprised of community volunteers. No member of the Board of Directors receives a salary or wages.

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CMG Printing
WHERE RECYCLED PAPER IS STANDARD

Editorial

We are in a very auspicious time right now. There are many planetary and star system alignments. The weather feels more erratic than it often is this time of year. It feels as though time is speeding up...because it is. Things are moving more and more quickly as we approach the end of this year. There is a lot of hype around December 2012. So what is really going to happen? Are planes and satellites going to fall out of the sky? Are we going to be swallowed up by the rising ocean? I would personally be surprised to see these things happen because of a date on a calendar, although stranger things have happened.

We are definitely undergoing a shift. Interestingly enough though, most major shifts are often very subtle. So subtle that we don't even realize that we are in the midst of a change, often because we are so close to it we can't see the whole picture. It's as though you were looking at a flower's stem so closely that you couldn't see the rest of the flower and the interconnectedness of that flower's parts. I feel very blessed to be around to be a part of this shift; to be aware that there is change occurring; to be conscious of the change.

The one thing that we can count on is change, either with or without our control, so we may as well ride the wave of change and enjoy it! Laugh a lot. Have fun. Enjoy every moment.

Peace be with you

Love,
Eve

2012 Advertising Rates

Business Card Size: \$ 10.00
Double Business Card Size: \$ 20.00
Quarter Page: \$30.00
Half Page: \$ 50.00
Full Page: \$ 90.00

All proceeds support the Lund Community Society

Next edition is January 2013.
Deadline for submissions is the 15th of December.

Lund Community Society

Goodwill Committee Autumn 2012 Report

The Goodwill Committee sent out only four cards since the last Barnacle, with a few more soon to be mailed. Once again, most of these were sympathy and condolences due to the passing of some dear community members. There was also one get well card. If there were any births, our committee didn't hear about them.

The Goodwill Committee also sources a package to welcome new residents to Lund, available at the post office, containing a welcome letter from the Goodwill Committee, a free issue of the latest Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a gift certificate from The Lund Hotel (thanks Vanessa), a gift certificate from The Boardwalk Restaurant (thanks Rayanna), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on Lund (thanks Lund businesses). New residents moving to Malaspina or Craig Road or anywhere else in Lund can pick up their package at the Lund post office. Just stop by and let Ruth know you're here.

The Goodwill Committee of the Lund Community Society exists to nurture a sense of community in Lund by acknowledging and sharing important events in people's lives and letting them know that we care. It's only possible to contact those people we hear about, so please call Sandy at (604) 483-2395 with any news you think should be acknowledged.



Take the bus

Only \$2.00 takes you right to the Town Centre Mall where you can do all your shopping, have lunch, meet friends, or get to your appointments. Then for \$2.00 you can catch the bus back. Cheaper than driving!

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Departs Town Centre Mall 4:05pm

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Puddle Jumpers Preschool

Hello everybody. I am happy to say that the Lund preschool is full and we have a waitlist. Yeah! It appears that many families with young children are currently living in our village and with that, lots of activity is moving in our community. My name is Sheila Butts and I am the new preschool teacher here in Lund. I am very happy to be working in the community that has helped make me who I am. Thank you for giving me the opportunity to work with your children. It is an honour and a privilege that brings me great joy.

I would like to acknowledge and thank all the parents who have worked so hard in the community to get this program started three years ago. This is a parent-cooperative, nature-based licensed preschool program that has been given a very good foundation. The dedication and ongoing commitment these parent volunteers have given to this program is commendable. The work they are doing for the children in time will benefit the whole community. I would like to give special thanks to Amanda Zaikow and Francene Nogash for all their hard work in the past and for volunteering again this year for the administrative positions that are vital to this parent cooperative program.

September has gone really smoothly considering all the adjustments the children and families have been going through. Many of our current families have several children and babies, which makes juggling new fall schedules challenging. Way to go parents, you did it! The children have been working hard too. They have been taking their first steps, some of them out of the nest and into the community. They are learning to build new friendships with both adults and children. This month the children have been learning about safety, as well as different types of families. We are looking forward to our fieldtrip to the fire hall and practicing our fire drills and emergency procedure plans. They have also started their scrap books for the year.

We have successfully completed our first fundraiser for the year at the Fall Fair. We painted faces, sold lemonade and played chicken bingo. We made \$450 in total. Way to go Lund! Special thanks to Jennifer Laycraft and family for supplying the chickens and Youth and Family services for sharing their face painting proceeds with us. We have lots of fun community events planned for the future. There will be posters up on the community Bulletin Board at the Community Center to let people know about current events. We would like to invite everyone to come and enjoy these gatherings and help support our communities future; the children. If anyone is interested in volunteering or helping out our young families, please contact me. There are many ways you can contribute to help build our community. We have a list of Community Involvement Opportunities which are posted on the community bulletin board in the school. We are open to new ideas as well. Come meet the youth in your community...they are amazing,

I would also like to thank the Powell River Librarians, Lorrain, Brownie and Jeanette for volunteering their time organizing our library. Yes, we have our own public library here in Lund. These books are available for everyone to sign out and borrow. It is currently operating on the honour system where you can sign your books out on the clipboard in the hallway marked Library and return them at your leisure. We would like to have a library day assigned once a week for an hour or two after the kids get off the school bus (date will be announced). At present the library is open Tuesdays and Thursdays during preschool, 9:00am til 1:00 pm.

If any of our elders or long term Lund residents would like to help create a Historical Lund bulletin board at the Community Center, we would greatly appreciate your stories and knowledge. I would like to teach the children about their community and its history. As we have been cleaning out the school in preparation for this September we discovered several interesting historical photos. Any information about these photos would be muchly appreciated.

I would like to give a special invitation to our grandparents to come and tell stories to the children. We have our circle time at 10:30 on Tuesday and Thursday mornings. We welcome you with open arms to share with the children your wealth of knowledge through storytelling. Please contact me if you are interested.

Sincerely, Sheila Butts

604-483-9000

Lund Community Center Fall 2012 Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Strong Start Outreach 10:00am-12:00pm	Puddlejumpers Preschool 9:00am-1:00 pm Sheila Butts 483-9000		Puddlejumpers Preschool 9:00am-1:00 pm Sheila Butts 483-9000	Playgroup 10:00am-12:00pm Parent led All welcome
	MusicPlay (toddlers) 11:00am - 11:45am Sandy Dunlop 483-2395			
	Hatha Yoga 4:30pm-5:45pm Eve 483-4050		Zumba 4:00pm-5:00pm Silvana 485-0801	
Volunteer Fire Dept. Practice	Flow Yoga 6:30pm-8:00pm Eve 483-4050		Tai Chi 6:00pm-7:00pm Bill McKee	

Local organizations such as the harbour board, fire department, water board and the Lund Community Society also use the center for their monthly and annual meetings.

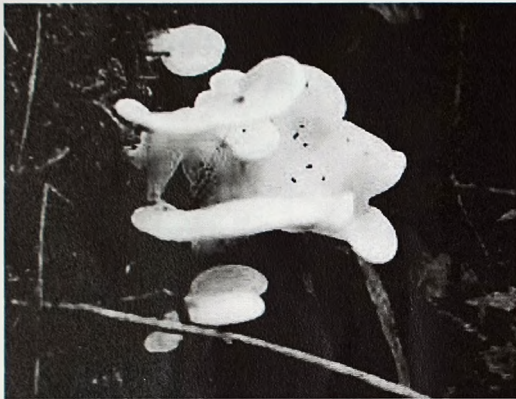
The Lund Community Society meets the last Tuesday of every month at 7:00pm. All are welcome.

If you would like to rent the Lund Community Center for your personal function or bring in a community program please contact Ray and Margaret Duscharme at 414-0698

It's Wild Mushroom Season! There are many wild edible mushrooms that naturally occur in our ecosystem. Mushrooms are high in protein and are good sources of vitamins and trace minerals. There are many types with varying flavor. Most mushrooms are not to be eaten raw, cooked is better. Here are a few common mushrooms to keep an eye out for.

****When mushroom picking please make sure to use a good pocket guide or someone who is very familiar with mushrooms as there are many mushrooms that look like the ones that you know and can make you sick.****

Angel Wings (pleurocbella porrigens)



Angel wings grow shelf-like on rotting conifers. Their small caps (1-2 ½ " broad) are fanned or tongue shaped and are bald and white when fresh. The stalk is absent or present as a stubby base. Thin gills, white, close together, shallow, running down the stubby base (if present).

They are a bit flimsier than oyster mushrooms and are often mistaken for their close relative, who is also edible.

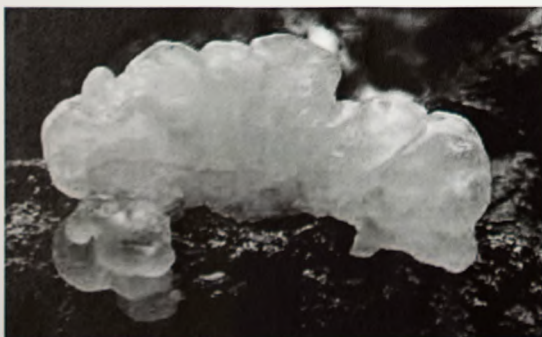
Chanterelle (Cantharellus cibarius)

The ground growing Chanterelle's are bright orange to yellow-orange cap, bald, usually concave or wavy when mature. The gills are often the same colour, running down the stalk and are well spaced, shallow, blunt edged and fairly thick. The stalk of the chanterelle is colored like the cap or slightly paler and solid (not hollow). Their flesh is white with a tinge of yellow.

Watch out not to mistake the chanterelle with the poisonous jack o' lantern mushroom which has thinner, more crowded gills and does not have white flesh. The false chanterelle has thinner, oranger gills and often a browner cap.



Witch's Butter (Tremella mesenterica)



This gelatinous jelly like mushroom is yellow to orange in colour. The shape is variable: usually lobed and wrinkled or brain-like, but can look blob like if they are swollen with water. There is no stalk and they grow on hardwoods.

These mushrooms are edible, but have little to no flavor. They can be eaten raw and are a good snack for those who are lost in a forest (or just hungry on a hike).

Sourced from "All That the Rain Promises and More..." David Arora

Fall Crossword

Court Cressy

28

FINANCES:

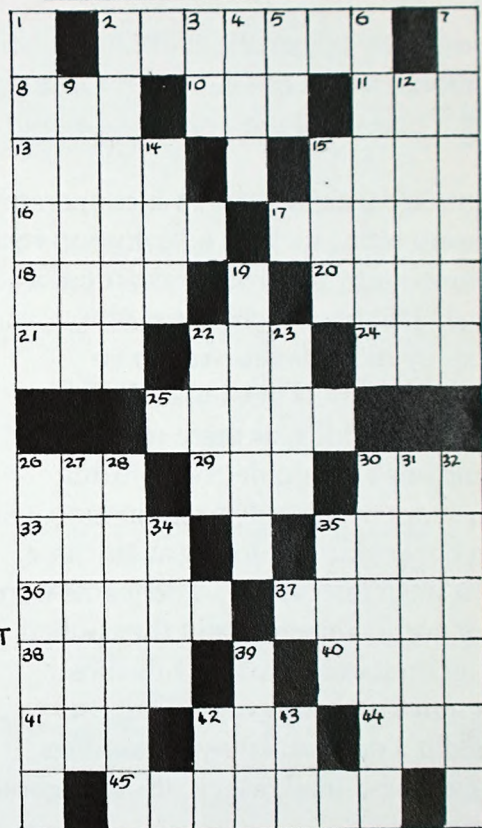
ACROSS:

- | | |
|------------------------|------------------------|
| 2 PUTS ASIDE | 26 MODERN (Slang) |
| 8 A CHEER | 29 SIOUX INDIAN |
| 10 FINISH | 30 HANDLE WITH CARE |
| 11 LEVY | 33 FRENCH ONES |
| 13 INWARD LOOKING | 35 LAYER COOKIE |
| 15 DULL PERSON | 36 PAYMENT RATES |
| 16 RUSTIC ENGLISH | 37 MONEY (Slang) |
| 17 TWO ELECTRODES | 38 FRESH-WATER MUSSEL |
| 18 FIRST ECONOMY | 40 SLACKEN |
| 20 LOVE (Sp.) | 41 INCREASE |
| 21 RESERVATION (abbr.) | 42 OFFER TO PAY |
| 22 STEEP FLAX | 44 DALLAS NICKNAME |
| 24 SHIPS REAR | 45 RESOURCE MANAGEMENT |
| 25 THE LOSS SIDE | |

DOWN:

- | | | |
|------------------------|----------------------------|---------------------------|
| 1 STOCK DEALER | 14 HEREDITARY (abbr.) | 31 LAND CONTRACT |
| 2 ONE DOWN SELLS THEM | 15 TRANSVERSE MEA. (abbr.) | 32 ANCIENT TEXT |
| 3 BIG DAY IN 1945 | 19 A DRAG ON INCOME | 34 HEAD DOCTOR (abbr.) |
| 4 INCOME GAINS (abbr.) | 22 OLD TRUCK CO. | 35 MINERAL ROCK |
| 5 NORTHERN ST. (USA) | 23 SPANISH UNCLE | 39 YOUR SECRET NUMBERS |
| 6 ORGAN TISSUE | 26 STOCK OF MONEY | 42 HOPE YOU DON'T HAVE IT |
| 7 ADEPT INVESTOR | 27 STAND UP | 43 PERFORM |
| 9 POSITIVE POLE | 28 RIDICULE | |
| 12 FOR THE BENEFIT OF | 30 AGREEMENT | |

CROSSWORD BY C. CRESSY



SPORTS DAY 2012

The Lund Community Society's ninth annual Sports Day was held at the Lund Community Centre this year on July 29th. It seems scheduling this event in the summer works much better than during the unpredictable weather of spring.

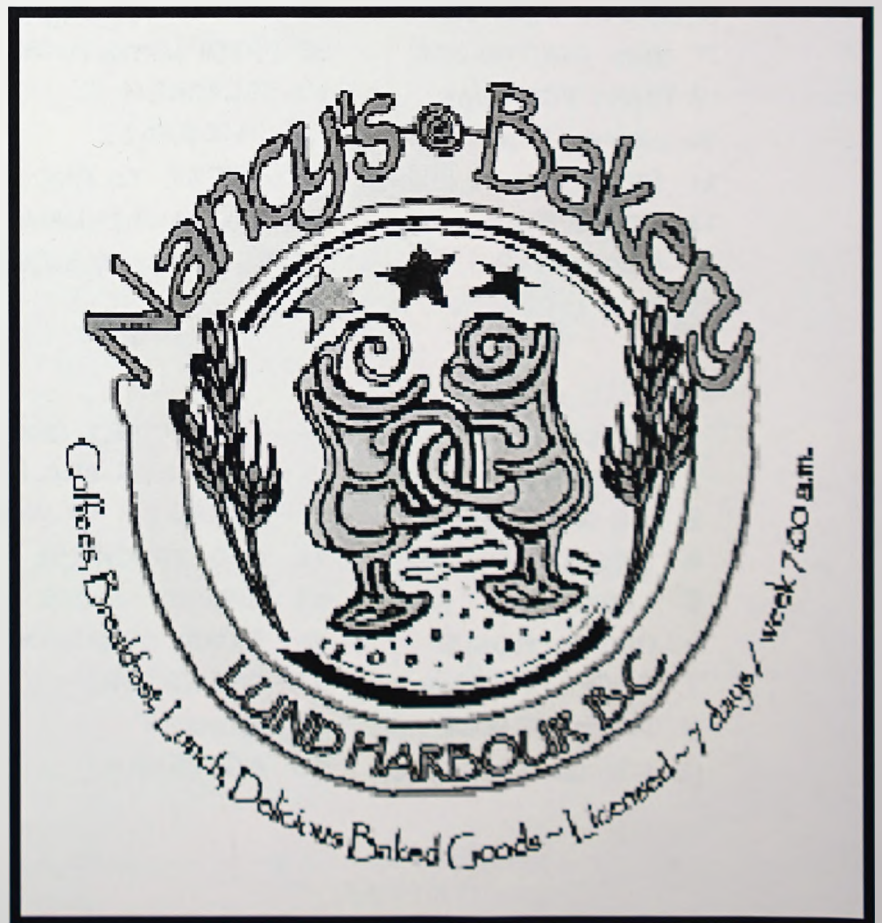
The weather this day was excellent. We ended up with about 16 kids, ranging in age from 10 to 2 years old.

As usual, we began about 10:30 am-ish by distributing players as evenly as possible among the three traditional teams of Chinooks, Eagles, and Cougars. Different colour arm bands were put on each team member, along with clips to hold their future ribbon winnings. Then we started the races.

Events are usually relay or a cooperatively competitive style, and include the shoe-pile search, the dress-up relay, sack race, leaky cup relay, and the faulty tower construction, just to name a few.

Ribbons were generously awarded, as usual. The final event, a tug of war, was set up by the kids this year in an interesting way. They insisted on big kids vs. little kids, as there were more young ones than older ones. Adult spectators were ready to jump in to assist whichever side was losing at any time, but it wasn't necessary. The teams were very evenly matched and they pulled for all they were worth. Only those present know who won. Then we called it a day and enjoyed hot dogs, veggie dogs, salad, ice cream, and good company.

Sports Day is always a hoot.
Hope to see you there next year!



Sympathy and Condolences

Sad to report, two more community members passed away in the last few months.

Joe Gagnon died on June 22nd. Our sympathy to daughters Nadine, Michelle, and Christine. Joe was a veritable fixture in Lund, and is missed by all those who knew him.

On September 14th, the matriarch of Emmonds Beach, Norma Emmonds, passed away. Our condolences to children Lorraine, Dan, Arlene, Ted and Elaine, and to many others who knew and loved Norma. It's hard to remember a time when she wasn't in her garden or supervising food production and sale.

Heart-felt wishes go to all friends and family members.

Summer Crossword Answers

ANSWER TO NO. 27



MACHINERY WORK
(backhoe, flat deck, excavator, dump truck)
septic tank cleaning and septic system repairs

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Woodstovetop Pizza Dough

There have been many many times that I have craved pizza. Living in Lund does not afford us the luxury of pizza delivery. Once I made pizza just once I realized how easy it is and how much better it tastes than delivery (especially with local produce, a variety of cheeses and wood stove roasted veggies from the garden).

2 cups of flour
 1 cup of warm water
 2 tbsp sugar
 2 tbsp yeast
 ½ tsp salt

Add flour and salt in a bowl and mix with hands.

Set bowl ontop of woodstove to warm up flour; make sure it doesn't get too hot.

Put sugar in another bowl, add warm water, mix until sugar is dissolved.

Sprinkle yeast ontop, also setting on the stove.

****If stove is really hot you can turn a cast iron pan upside down and then place bowls ontop to avoid breakage.****

When bowl with yeast and water are ready you will see a head on it, like a glass of Guinness.

Take both bowls off stove. Mix bowl with yeasty water into the flour. When well combined turn bowl over onto a counter and knead it until it's rubbery and sticky.

Make sure you flour the counter to avoid a sticky mess

Set it above the stove to rise (about 20 minutes... enough time for a glass of homemade stout)

Roll it flat and make pizza with desired toppings.

Lund Community Society Christmas Craft Fair

Italian Hall in Wildwood

November 17th

10am-4pm

Door prizes

Great food by the Lund Community Society

This is one Christmas craft fair not to miss. The artists, crafters and vendors is far exceeding the number of available tables to be sure to get your application for in ASAP. Form deadline is November 1st. Vendor application form can be found online at ww.lundcs.org.

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Beautiful Lund

Matthew Neufeld

