

THE LUND

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BARNACLE

WHO NEEDS BICYCLE PATHS? !WE DO!

Area residents interested in getting bicycle paths and trails established met Oct. 22 to talk about the idea. The 7 people at the meeting, held at the Work Opportunities for Women office, included Jill G. (chair), Pat S. (liaison person), Susan J. (speaking specifically for the interests of disabled people), 3 other interested community members plus reps. from Forestry and the Regional District. The local B.C. Hydro manager joined the meeting briefly to give maps and information, particularly about south-of-town options.

The idea of bicycle routes has been raised at different times in the past. The feasibility of such a project depends on the time, the place, the people, other transportation/recreation options, cost - mostly whether there's the political and public will to see it happen. Questions of easement, cost, maintenance, coordination, alternate routes, the main users and the amount of use such trails would get - to name only some - can seem overwhelming. But with a clear vision and community support, who knows what resources can be secured to make that vision real? That was the general feeling at the Oct. 22 meeting.

Continued on page 9

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YOU CAN HELP
MAKE SOMETHING GOOD
HAPPEN

DON'T IGNORE OR SAY NO
TO THE CHANCE
TO MAKE A DIFFERENCE
ON SOMETHING THAT
MATTERS

HELP MAKE
BICYCLE ROUTES and PATHS
A REALITY,

FROM LUND
to
SALTERY BAY

No. 8 Fall 1990

LIMITED
EDITION

*The Barnacle is
a forum for ideas
in the Lund Community.*

Got something to say?
! SAY IT IN THE BARNACLE!
Next issue - Jan/Feb 1991

Dear Editor:

I am tired of walking around looking at garbage on our playground from all the teenagers drinking and smoking and riding their motor bikes. They also slip the swings around the poles. Please stop it.

Thank you very much

Gary

Dear Editor:

We at Lund School are writing to you about all the garbage on the schoolground. Sometimes we come to school and there are broken beer bottles and other stuff left on the school ground left by teenagers the night before. We have to clean up someone else's mess and we really don't appreciate that. We would like it if everybody would clean up their own mess. We hope that you give this letter some thought and help keep the school clean.

Thank You Very Much From

Lund School

Writing by Sarah Stern,

Rachel Dewynter and Amy Dingwell

Support the Community Club

- * Buy copies of *The Barnacle* for friends and family - all profits go to the Community Club
- * Take part in the Christmas Craft Fair - November 10
- * Make a donation to the Community Club Building Fund - with your help, the fund can keep growing until the new facility is a reality
- * Get involved - donate time and energy if you have no money
- * Contribute an opinion, piece of writing or picture to the newspaper



The Lund Barnacle

The Lund Barnacle

The *Lund Barnacle* is published four times a year by the Lund Community Club. Submissions are welcome in the form of articles, news items, letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submissions may be left in the *Barnacle* box at Carver's Coffeehouse or given to one of the volunteer staff members (see list for this issue below).

Advertising Rates

Business card - \$10.00; 1/4 page - \$25.00; 1/3 page, \$35.00; 1/2 page - \$50.00;
full-page - \$100.00. Classifieds: personal - free; business - \$1.00 per column line.

Working on The Barnacle

Volunteer staff for this issue: Lyn Jacob, Siobhan James, John Keays, Patricia Keays, Margaret Leitner, Keith Matheson, Russ Morrison, Steve and Joanne Such (photos). If you're interested in helping in any capacity on the next three issues planned for winter, spring and summer 1991, your ideas and help will be welcome. Please get in touch with any of the volunteer staff or the Lund Community Club.

To the Editor:

My family and I are distressed by your paper's printing of Ms. Cameron's letter. Surely "The Barnacle" has a more constructive role than the publication of personal attack or revelation.

Suffice it to say that there is a good deal of misinformation out there and some of it is being spread maliciously. No doubt blame for the situation I find myself in can be apportioned to both sides but in the main I have only tried to preserve our home here in a community we value.

Sincerely
Alfred C. Butterfield

Special Thanks

THANK YOU, Bill and Donna for your vision, energy and effort in establishing the *Barnacle* as a forum for ideas in the Lund community.

And a special request

Come on, all you fledgling authors, closet poets, working artists, possible *Barnacle* contributors, hear this call: your community newspaper needs you! Upcoming issues will have the regular columns you've grown to love - The Bookshelf, Letters to the Editor, Neighbourhood News. Speak your piece! Make the *Barnacle* the place to express your opinion, share information, jokes and quotes, pass on unforgettable facts and figures, move thousands (well, at least a hundred) readers to action or tears. "Hey hey, don't delay, make up something else to say - and say it in the *Barnacle*!"

Lund Community Club

The Xmas Craft Fair is all set to go on Nov. 10th starting at 11 o'clock and running until 5. This year we will once again feature all the fine crafts and Xmas gifts that you could hope to find. As you mingle with old and new friends, between tables of pottery, jewellery, weaving and more, the spirit is sure to start flowing.

A decorating party will be held Nov. 7th to prepare for the fair. Come on down and get involved.

There will be the usual hot and cold refreshments, as well as delicious food to enjoy, or take home for a later date.

Negotiations are still underway with the Lund Water Works for land for the Community Club, and we hope to proceed to sub-division in the near future. With the recent student growth at the Lund School, the decision to add a 'portable unit' has once again raised the very real hope of a new Lund School. The Ideal situation of locating school playing fields and Hall/Gymnasium on the same site would be great for future generations of people in the area.

Our community club year ends Oct. 31st with the next meeting to be held Nov. 14th at 7:30 PM in the basement of the old hall. This meeting will include the nominations and election of officers as well as discussion of future activities of the club in the coming year.

Lund Breakwater Inn Update

by Russ Morrison

Once again, Lund Breakwater Inn has a new face among its several owners. Though some formal arrangements are yet to be finalized, Stephen Gould says the informal deal is done. Hopefully, his ownership share will become a fact because it appears his involvement will be a real asset to both the Hotel and the Community of Lund.

Stephen said he intends to expand the Hotel's efforts to enhance and assist the other entrepreneurs in the Lund area. That should catch the interest of many locals and they may find their contact with Stephen beneficial as he considers himself an entrepreneur as much as a manager, perhaps more so. An encouraging environment for cottage industries certainly will be

by Bill Smith

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Please come out and give some time, for the betterment of YOUR community as there is always more work than willing hands - and we'd love to see you at the next meeting.

The club is extremely happy to see and welcome the new staff for the Barnacle, and wish them the best of luck and fun.

New Arrival

Congratulations from all of us to Lisa Delgado of Murray Road who gave birth to her second son, Josh, on Friday October 26th at 5:39 pm. He weighed in at a shade over 8 pounds (3,670 grams to be precise) and is doing well and getting to know his big brother Brendan. A warm welcome to Lund's newest citizen!

 The Annual LUND 

Christmas Crafts Market

coming soon!

Saturday, Nov. 10 - 11:00 to 5:00

featuring local crafts and fine arts

Tea, dessert and lunch kitchen

at the Lund Community Hall

information: 483-4943 See you there!

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NEW HOMES - ADDITIONS -
RENOVATIONS

MICHAEL MAZUREK
RESIDENCE 483-4381

welcomed, and combine this with renewed efforts to attract out-of-town and casual visitors, we may see a blossoming of Lund unseen since the unenlightened paving of the Tulin's hotel gardens.

Though still on the youthful side of his thirties, with seventeen years of experience in various aspects of the hospitality trade, Stephen may be bringing new insights into the operation of Lund. Already there is a new manager of the restaurant, Ralph Windiner, who has it cleaner and the French fries yummier (so I've heard); the promise is that within a few short weeks there will be a significant improvement in the food service offered. This writer, for one, is interested to see what changes, if any are made to the uniqueness of Lund's Living Room, The Pub.

Speaking of pubs, Stephen and family have been owners and managers of the Frontier Pub for the last seven months and their efforts have begun to improve the image of that establishment as well. Though they are retaining their involvement with the Frontier, they are planning to move to Lund as soon as possible. Currently, Stephen is devoting his full-time efforts to Lund.

Perhaps in our next issue of the *Barnacle*, when things are firmed up a bit about Lund's ownership, we will do an expanded article about Lund's plans and the people implementing those plans. At that time we will try to confirm or bury some of the various rumors that are presently worming their way around. Talk to you then, meanwhile, let's keep up our hopes about a renaissance in Lund.

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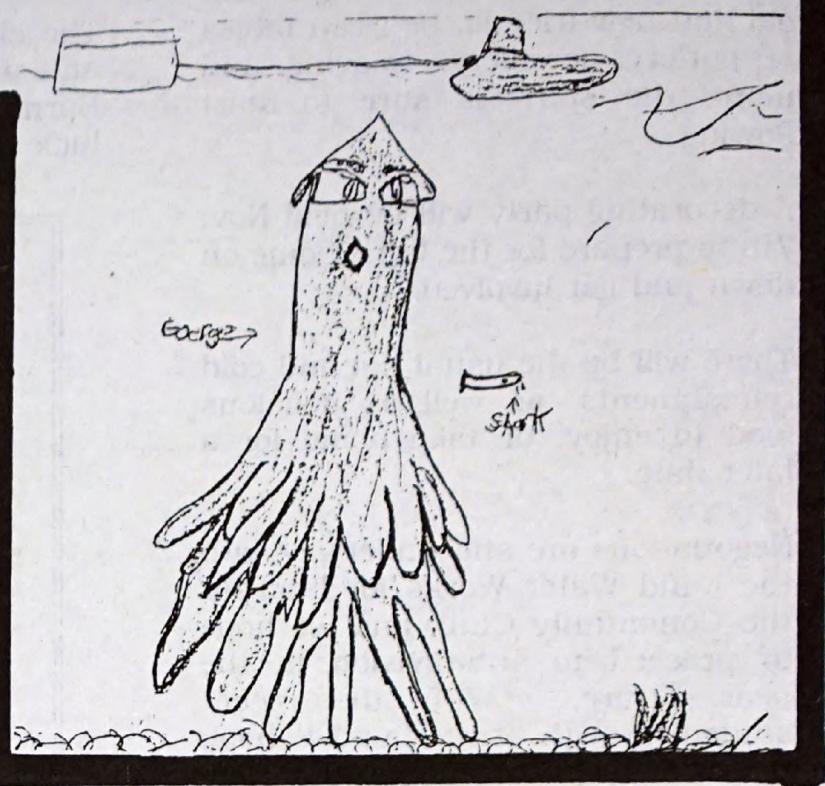
Students Join Barnacle

The editorial staff of the *Lund Barnacle* have requested participation and submissions from the Lund school populace. Through a nomination and election process, the intermediate class elected Chelsea Keays and Kimberly Burge to the position of school representatives. Their job will be to collect and process all school submissions to the community paper. It is further hoped that these individuals will be able to take an active role in the design and production of the community paper.

George is a nice friendly squid. Every Monday he comes at 2:00 and visits me on Finn Bay beach. He weighs about 15 tonnes and is ashamed of his weight. He is also 20 meters long. He's Swedish and he lives there and every Monday he swims across the ocean to see me. He is light orange and nice. But he is not nice to everyone. Once someone was just pleasure fishing when the hook got caught on his leg so he swallowed them whole, but he's my very nice friend. He is only mean to people that are mean to him.

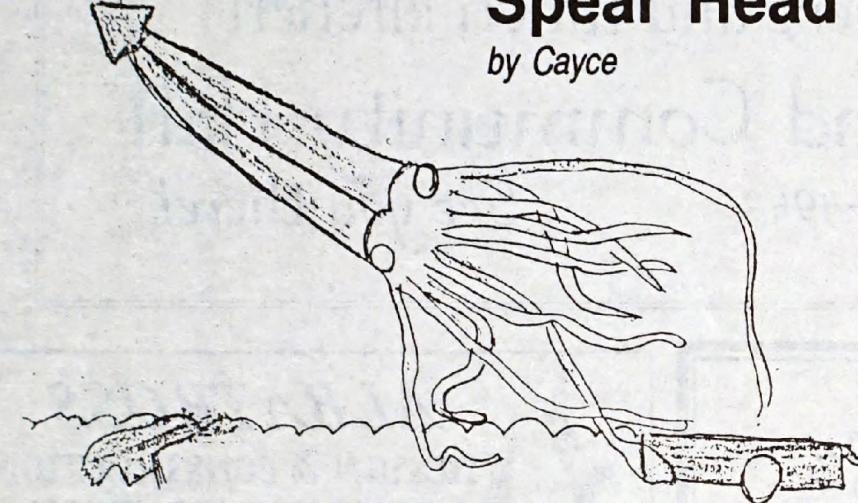
George,

by Rachel



Spear Head

by Cayce



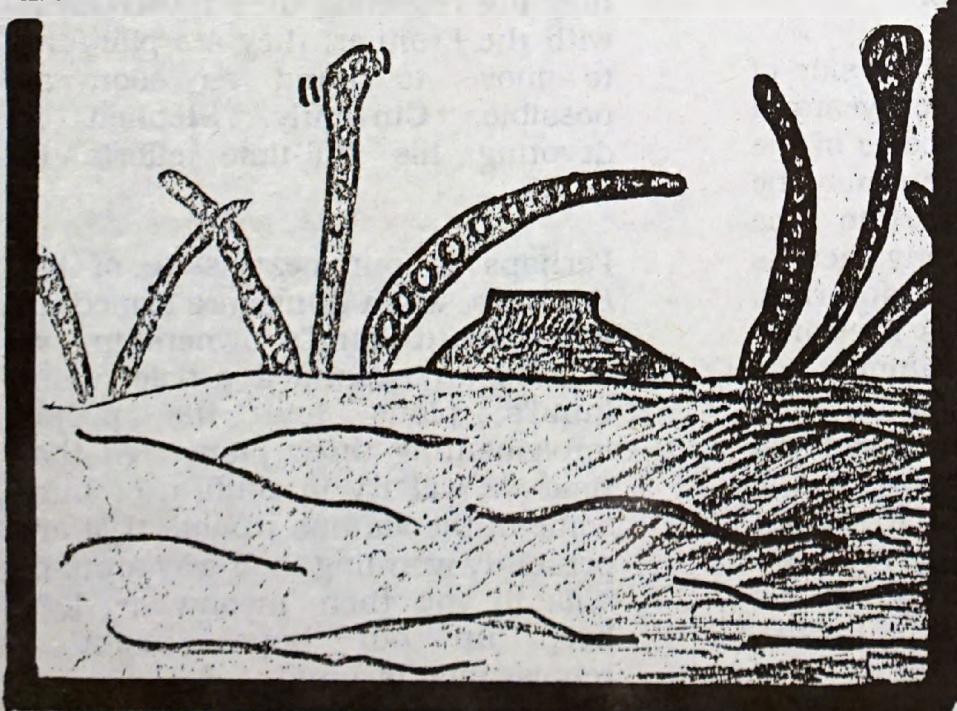
The Spear Head is a giant sea squid that lives under the cement breakwater in Lund Harbor. It seems to have a hate for tourists because of the amount of tourists that disappear while visiting Lund BC.

It has a furious temper so if you see it, tourist or not, don't go near it.

Shy

by Damien

This is "SHY". He goes around thinking it's Elvis and singing Elvis songs. When Shy gets shy he turns green. I always meet him under my grandfather's dock at night. This is a rare photo of the Shy. It doesn't sink boats, it raises them.



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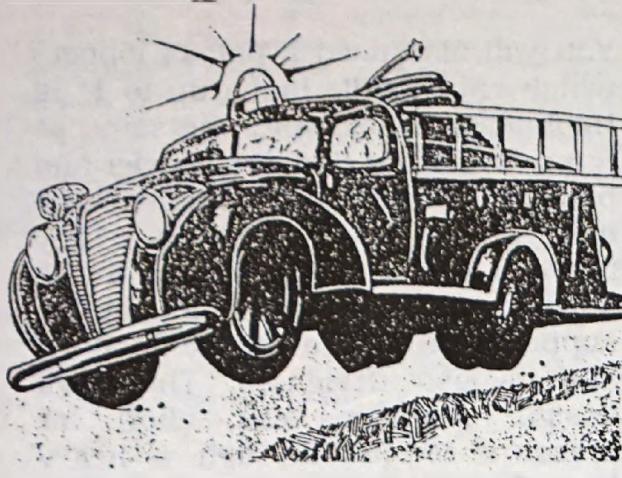
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Craig Road

by Dymph DeWynter

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This one will be short, as my mind has already started to wander into its hibernation mode.

Fall has been a very enjoyable time this year, such a beautiful warm September leading into a beautiful display of colors in the leaves. (Easy on the winter wood supply.) The blue jays have been having such a good feast on my over-ripe pole beans, and I'm in the process of filling up the wild bird seed feeder. The light bulbs are in the pump house, roto-tiller and lawn mowers stored in the shed. The potatoes, pumpkins and squash are tucked away in the root cellar, and the bulbs are snuggled away in their winter blankets. And best of all, the wood shed and canning jars are filled to the brim. Okay winter, I'm ready for you.

The water system at Craig Road has now been hooked up to the Fire Hall. Hopefully this will now mean the sound of people once again using the hall for functions.

Steve Lawn is once again having his annual pool tournament, so watch for news on this in the winter issue. We will keep you posted.

There will be a rummage and bake sale at Craig Road Fire Hall November 3/90, with plenty of coffee and tea served. See you all there.

The winds have definitely been busy weeding out the dead and dying branches, and reminding us to stock up on candles and kerosene. I bought some candles yesterday.

Til next time ...

Craig Road Fire Hall

Tuesday night at 7:30 is regular weekly fire practice for a group of people who volunteer their time and effort in order to be available and capable of responding to fire and other emergencies in the community.

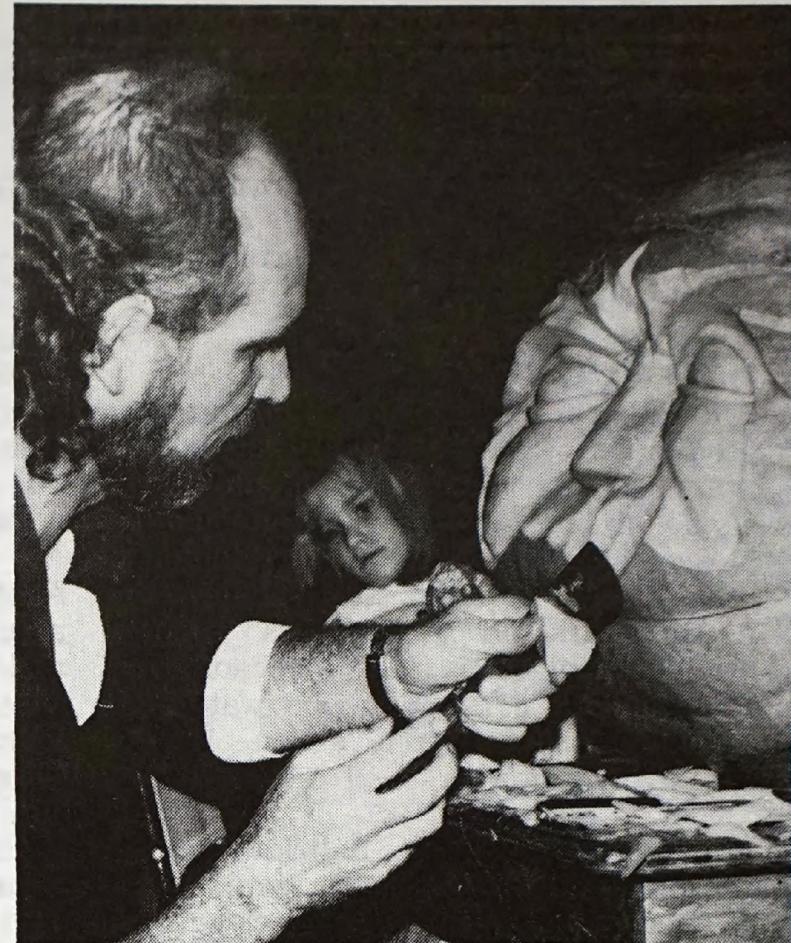
All of the effort has resulted in success stories. Low budget repairs and maintenance to our tanker truck have kept it ready to carry extra water. New stairs for the entrance have been built. At the time of this writing, our new water line, 650 feet of it, has been installed underground from Craig Park to the fire hall and will soon be ready for use. Thanks to all members of the work parties, Gord Cowie for donating back-hoe time, and especially the Flamingals for their generous donation of cash towards purchasing the pipe.

Responsibilities for duties at practices have been delegated and cooperation is excellent. More is learned each practice about handling the equipment properly and efficiently.

The community was fortunate to get through our hot, dry summer this year with only a few call-outs. This speaks well for community members having careful regard where fire is involved.

Sliammon fire department were called out to assist at a car accident on the reserve last month. They had a serious situation to handle, rescuing someone from a burning car. Our respect goes to these guys for a job well done.

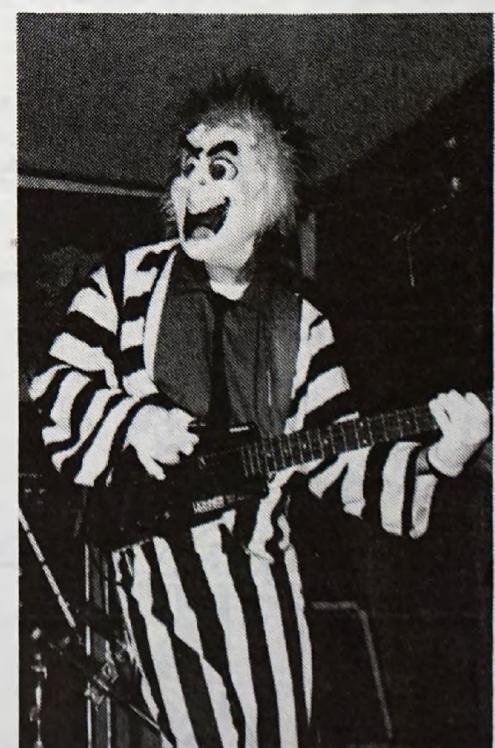
If there is anyone out there in the area between Wilde Road and Malaspina Road who is interested in joining the fire department volunteers, come out to a practice or phone Doug Turner at 483-9529. It would be great to get some ladies involved too, so that there might be capable people available when most of the guys are at work.



Dateline: Twin Islands

It was in the middle of the night at the end of August. Paul was asleep but Maggie was still awake when suddenly a lightning storm appeared. FLASH ---- its energy was released in one stroke. None before or after. It knocked out telephone antennas. It split open the battery in the basement. The generator went haywire.

Luckily, the only thing burnt was the fire alarm system.



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Giles Lease, Okeover

Trivial Pursuit Game. Two teams. 3 women: Frankie Kelner - Vancouver, Selena Smith - Okeover, Cora Giles - Okeover beat four men: the Guy Bentley - Lund, Axel Kelner - Vancouver, Dean Hathaway - Okeover, and Dave Giles - outer space, in (7) SEVEN, yes 7 minutes. This event was impartially witnessed by Jolene Giles and Sarah Stern. Is this a record or what? And is there a moral to this story?

GORDIE COLES

483-9708

RENOVATIONS
ADDITIONS
FINISHING

Cutting Back

An irregular pruning column by Rick Giesing

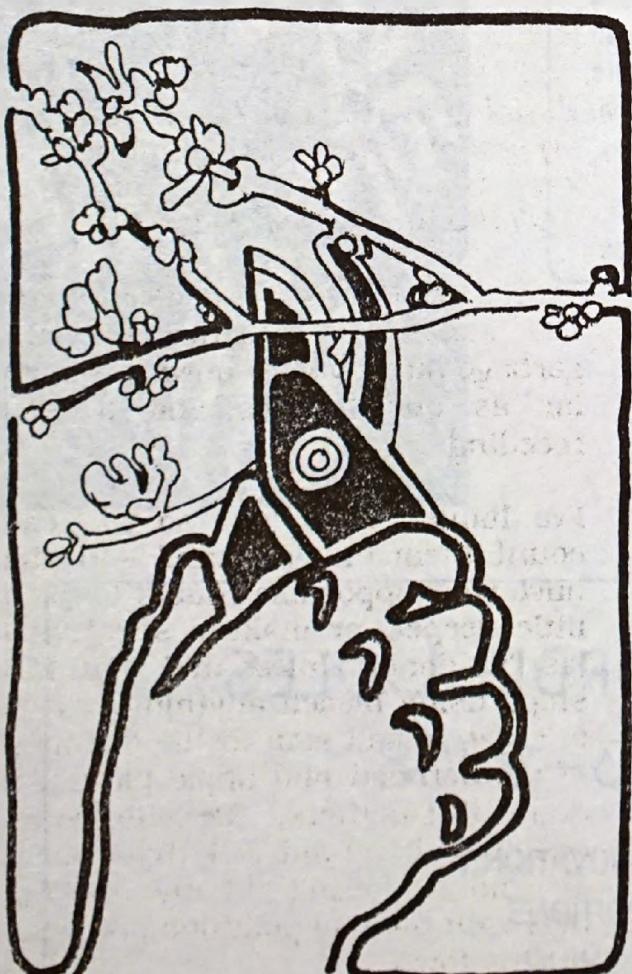
Another fall has begun and with it comes another pruning season. Here are a few pointers which might assist you with this chore.

Why Prune?

Pruning makes plants more productive. Taking off the ends of branches encourages leafiness in shade trees. Nipping off fading blossoms (called deadheading) will make flowering plants bloom again. A tree with fewer branches will produce bigger fruit, because ripening sun can get in and water and nutrients aren't stolen by spindly overgrowth.

Approach each tree individually. Pruning is more an art than a science. It's an act of cooperation and compromise between what you want the tree to do and what it wants to do.

You can prune all deciduous trees and shrubs after they have shed their leaves or before they have grown them. Early spring and late fall are the best times. When, where and how much to cut depends on the desired effect and is based on knowledge of the local climate and a plant's lifecycle. Even if you prefer a less groomed look, pruning will help to keep your plants strong and healthy. Dead, diseased or insect-infested parts should be removed as well as branches that are rubbing against others. Careful pruning of young trees helps them develop a strong framework (straight trunks and strong branch unions). Poorly formed, tight, "V's" between branches will weaken them, making them liable to break under heavy fruit.



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Fungus is often a problem with densely stemmed plants. Clearing out some central stems allows air and sunlight in and discourages fungi.

How to Prune - Do's

Prune flush to main branch or trunk; stubs invite disease and rot. Cover cuts over 1 inch in diameter or more with a tree wound dressing or at least tar. Paint too will work, but needs repeated applications to actually seal the wound.

Apply the tree wound dressing soon after the pruning cut has been made and definitely before it rains, since otherwise you'll be sealing in moisture. Also remember that many fungi are airborne. Observe the 3 D's: Dead, diseased, and damaged portions of the plant should be removed at any time. In general, prune weak plants hard and vigorous plants lightly since pruning does increase vitality.

Use the correct tool for the job. Make cuts with the understanding of what your cut will produce. In heading back or shortening a branch always make a slanted cut just above an outward-pointing bud, preferably a bud on the lower side of the branch. In this way low, spreading growth is encouraged. Burn all prunings, because they can provide good hosts for harmful fungi and insects.

Don'ts

Do not leave ragged cuts or stubs. Do not expect pruning to compensate for obvious defects caused by overcrowding, poor soil conditions or improper climate. Do not allow upright sucker growth inside the tree; suckers rob the tree of vigour. Prune these off carefully below soil-level. Do not allow branches to rub against each other as this causes injuries and thereby openings for disease.

A Word About Tools

If you have fruit trees, berry bushes, or vines some pruning tools will be needed. For light chores such as trimming flowers and bushes, you will only need a pair of hand shears. There are two types of handpruners: hook and blade (or bypass shears) and anvil shears. When looking for a pair of handpruners remember that thinner blades cut easier. Bypass shears allow you to make cuts more flush with a stem. The pointed thin blade and scissor-action is helpful for finer work especially when cutting next to a bud - the thick anvil tends to get in the way more when close cutting is required. Look for a pair held together with a screw and nut at the pivotpoint because they can be separated and easily cleaned and sharpened.

You will also need a pair of loppers which can handle limbs up to 1" in thickness. They work the same as handshears but they are heavier and because of their long handles have more leverage when cutting. They make it easier to reach into dense shrubs and up to higher limbs. Loppers are also available in anvil and bypass designs. The anvil design requires less effort or pressure to cut through a heavy limb, but closeness of cut is again harder to achieve. Look for dropforged steel blades and a good rubber bumper on the inside of the handles near the blades.

If this bumper is poorly constructed it might allow the handles to come too closely together at the gripend and your fingers will be painfully snapped.

For branches bigger than one inch a pruning saw will be needed. Look for a coarse blade 12 - 18 inches long with 6 to 8 well-set teeth per inch. When you look down the blade of a saw, the profile of the teeth should form a definite "V" shape. Bevel-filed teeth are better (the teeth are pointed and not flattened or crossfiled) since most pruning cuts involve crosscutting the wood fibers. I use a curved-blade saw with bevel-filed teeth, generously set. I like the 12" folding model because it's easier and safer to carry in a holster on a ladder or in a tree and cuts branches up to 3 inches in diameter.

Apropos ladders: use stepladders or fruitpicking ladders that are independently supported. Leaning a ladder into a fruit tree often leads to broken branches and unsafe situations for the pruner. If you can climb the tree without damage you can prune out some wood in the centre: for the whippy branch ends a stable ladder is desirable.

Polepruners are the combination of loppers and saw on the end of a long pole. Some have wooden handles 8-10 feet long; others have aluminum or fiberglass poles that telescope 12 feet or more. Anvil or bypass type is again available and a mechanical advantage such as a pulley is used. In any case, you stand at the other end and pull a rope or rod. High, thin branches can be snipped with the shears while more solid branches can be sawed since they would otherwise move out of the way.

Above all do not be discouraged and know that even some pruning is likely better than none at all. Therefore: "Happy Pruning!"

Local Landmarks

The Lookout

Have you got a favourite local landmark or special place? Why not write a note describing it or a recent visit? Celebrate the things that make the Lund area unique - and share them through the *Barnacle*.

In summer 1990 the hot days just went on and on. Summer brings visitors as well as sunny days - a good excuse to tromp around and visit places that are special but out of the way. This summer we took a friend to the lookout - the old B.C. Tel viewpoint - and were reminded again of just how beautiful a place this is.

From the lookout, the 'I' shape of Savary Island swings into the distance towards Vancouver Island. The white sand glinting against blue water looks too tropical to be real, here. The boats like toys bob in the same wind that moves in gusts, shifting the tree top cover around Arpano Lake. Major Rock is like a sentinel, with the Ragged Islands scattering off into the distance and the shape of the other close islands - Hernando, Redonda - more visible here than at Lund or the shore because of the height. From here, the ocean looks like it links and joins all the land masses instead of separating them.

On the day we went the pulpmill haze from Powell River and Campbell River wasn't too bad. On a clear day, even with the distance from here to Vancouver Island, the patchwork of new clearcuts is a wrench.

On Garbage

by George Sampson,
your candidate in training for Premier

With the decision to continue the newspaper was a need for various people to take responsibility for various topics. Amongst others I took garbage - with the observations that since the proper study of mankind is man, and since most things resulting from the use of his opposable thumb had some relevance, I was getting the easy topic.

There should be some mention of the facts that a) the garbage in Lund is up to your little toe (there still aren't adequate garbage tins), and b) you're going to be asked to contribute to a 6 million dollar recycling plant to try and deal responsibly with the garbage you've obviously got enough money to buy (vote and vote yes on the referendum), with some mention of what you can do to help solve the problem (4 pounds every day for every Canadian, the highest in the world) to give a positive note. Stop consuming so much that result in garbage. A few experiences to demonstrate the relevance.

7

The imposing mountains don't seem fazed by their mohawk clearing - Colonel Foster and the Golden Hinde seem to loom above the rest of the chain. Almost no snow on any of Vancouver Island mountains - made us wonder about changing weather, global warming, and what will happen around here if the planet heats up a couple of degrees. Maybe the lookout will be waterfront.

The moss on the rocky cliffs was dry and cracked - shore pine browning, manzanita with its leaves that look like mini-arbutus and arbutus itself able to live on rocks that bake in the sun. Underneath some of the arbutus we found clusters of rattlesnake plantain, rosettes of green leaves with their white center stripe. The middle of summer may not be the best time to search for native plantlife, but there's always something living and growing, even on bare rock (thanks be for lichen!).

A path from the end of the road to the lookout rocks is worn smooth, testimony to the numbers of local people who come to the lookout to enjoy the view. After all, who else would come, seeing how there are no signs?

For over 15 years, every year, I've identified the bugs in one of BC's largest rivers. They're getting sick - it would be as if every fourth person you met had a black mark covering 1/4 of their face or a head about 3 times as big as it should be. The government says it may be a natural cycle, the company refuses to pay for the work which damns their use of 4% of the river for a bleach-kraft pulp mill, the same thing is happening outside MB here and isn't being reported either, and the mayor of Vancouver is reported in the Sun as saying 'we' have the last clean rivers in these latitudes. Garbage.

Meanwhile MB is asking for 6 million dollars from the bad little workers who tried to protect their jobs, the bad little workers who, in some cases, have walked up the hill with blisters on their faces from TCMTB to a hospital which does not make the information public (probably recommends anti-depressants and then doesn't provide the autopsy report or makes it inconclusive) past the office of Mr. Bender (or whoever it is now) who says, when asked if it is true, that "it's clearly a question of worker retraining". Garbage.

The mill is going to pay 47% of the cost of the recycling plant with taxes. They should take 1/2 the money the little workers are being asked to pay back to pay for the rest, and the other 1/2 of the money to stop using bleach and clean up the mill and stop short term gains for profit that helps buy nuclear arms for Israel (how much shorter could you get?), and the consumerism you represent - unless the little workers can find a satisfactory answer with their opposable thumb.

One last point. The cost for an incinerator land-fill complex which meets government regulations won't be any cheaper in the light of which fact I don't even know why it's on a referendum. It's only the best of all possible worlds, however, so vote yes.

Based on what might be expected from these experiences and on what I've seen you do, here's what you will do:

- 1) Make it someone else's fault. The present owner of Lund will do just as well as Ewald.
- 2) Deny it. This takes various forms. One way is to direct attention to other things, as Harold Long tried to direct attention to sewage from Vancouver when the subject was pollution from this mill. The mediocrity of the civil service is working in your favour, here. Don't pay, in particular don't pay any attention.
- 3) Think of it as a natural cycle. A slightly more elaborate form is to assume some expert will come along and fix it, and if you fall into thinking about your children try the argument that it's presumptuous of you to suppose you can even understand the world they'll be in.
- 4) Get your head a little deeper into the sands of consumerism, the garbage already goes down about as far as our hairline and it isn't receding.

I've limited it to four so you can count them on one hand and still have your opposable thumb to dig a little deeper, or make a suggestion (as I've done). Unless and until MB stops using bleach anything you do is a very small step in the direction of motherhood and apple pie and I doubt if it matters. Recycling is an adequate band-aid but that's all it is, and it doesn't, in my opinion, deal with the real pollution problems in this town.

Point of View

This regular column features different writers and their points of view on everything and anything. Thanks to Anne Cameron, now of Wildwood for this excerpt from her Letter to the Editor of *The Barnacle*.

The Recent U.N. Conference on the World's Children

The leaders of the world met to discuss the problems of children. Mulroney, if you can swallow it, was chairman of this august gathering of fat cats. [Was the three year old who was kicked and injured in Restigouche represented? What about the little Mohawk kid who wound up on the ground, still in her mom's arms, with Army boots trampling everywhere and people scuffling and fighting? Was that kid represented? Were any of the kids in the cavalcade of refugees who were stoned, attacked with baseball bats and bricks while the Surete stood by watching and doing nothing represented?]

I guess the leaders of the world sat around in an air-conditioned room eating pate de fois gras and oysters rockefeller, some smoked salmon, a bit of brie, maybe some breast of quail or peacock stuffed with expensive rarity of some kind. I imagine when enough time was passed nibbling on those delicacies they broke for lunch. Roast beast, maybe, or something with a name few of us could pronounce. A bit of imported wine. Then back to work on behalf of the starving. Snacks all round at coffee time in the afternoon, then more toil followed by a hearty supper of expensive food. Doubtless all stayed in suites, they're too important to just have rooms.

Some entertainment to help them unwind and to aid their digestion. A good night's sleep, than another day of study and always the good food, good wine, and hearty hand shakes.

They all announced their good intentions, committed themselves to some kind of action, toasted each other repeatedly and, eventually, flew home in private jets. The discards from their banquets, snacks and photo opportunities would probably feed a thousand kids, but the kids won't get to see even a crust or a crumb.

The bill for security alone came to more than 16 million dollars because, of course, these noble leaders are so dearly beloved by the people they are busy leading that almost any of us would gladly blow their heads apart.

It has been estimated that what it costs for ONE DAY of military crap would feed, clothe, educate and provide health care for every needy kid on the face of this beautiful globe for that kid's lifetime. If any

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of the guys could, for even ONE DAY, put aside the caveman-with-club mentality we might start to do something about the 15 million kids every year who die needlessly of starvation in a world where we burn, bury, and destroy, 'surplus' food to keep the prices elevated.

And somehow it is particularly obscene that the man who has cut social programmes in Canada, the man who has closed day care centres and group homes, the man who has refused to fund programmes aimed at alleviating the misery of homeless children on the streets of Canada is the Honourable Chairman of a bunch of privileged rich men who gathered to parade around stuffing their faces and swilling alcohol while purporting to be concerned about the starving children of the world. More than ever it looks like a case of mind over matter: the fat cats don't mind and the kids don't matter.

Editor's Note:

So children are the original motherhood issue - who would dare say they aren't important, or speak in favour of child abuse? But what gets said and what gets done - two separate stories. For all the hearty handshakes and announcements of good intentions, not one country that participated in the recent U.N. Conference on Children has committed one more cent to alleviating children's poverty and pain - including Canada. The gap between the rhetoric and the reality Y-A-W-N-S wider, still wider. As K.D.Lang says, "The rights of the children have no-where to stand."

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A Perfect Alternative to TV

by Margaret Karibjanian

Wouldn't it be nice to have a little book room in Lund?

We would have 150 selections a month from the Powell River District Public Library. We would have magazines and newspapers to peruse; a place where books could be exchanged and given away; a place to hear a story most anytime.

It would be a pleasant, welcoming room for people of all ages. There would be some study tables with lamps and a comfortable chair or two.

Our geographical location makes it convenient for Savary Island residents and others living upcoast to borrow books.

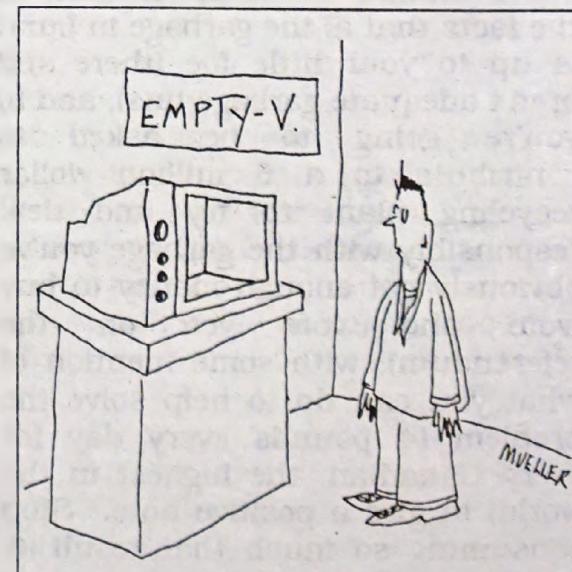
Wouldn't it be nice to have a room for seminars; a place to come and talk about books and share ideas?

All we need is a space and the interest and energy of a few people. Let's get together. Please phone Margaret K. at 483-2311.

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Who Needs Bicycle Paths?

Continued from page 1

9

The people who met all recognize that this is a complex and long-term project. A clear enough shared vision did emerge, at least for an initial meeting of an ad hoc working group preparing groundwork for a public meeting - the goal is to get a surface for alternate transportation (walking/hiking, bicycling) from Lund to Saltery Bay, accessible in sections where the terrain and opportunities present themselves to wheelchair access and perhaps parallel horse paths, linked to similar networks of connected routes on the Sechelt Peninsula and Vancouver Island - eventually. No motorbikes. Options may include a rough clearing of the whole route (Lund to Saltery Bay) for later work in sections, perhaps with different community or neighbourhood groups taking responsibility for obtaining resources or taking on the completion of a section themselves, or developing a comprehensive plan to go for the whole shot at once, hoping to educate and convince people about the need to be looking at these things differently at the same time as mobilizing support in the community. There are other options - the people at the working group meeting hope to hear any you might have, at the public meeting planned for January. Another aspect of the vision is that it be linked into a circle route/network of bicycle paths and alternative recreation/transportation up Sechelt Peninsula, down Vancouver Island, base of alternative ecotourism and outdoor recreation economy.

The working committee of people who met Oct. 22 took these decisions:

- a) for a subgroup mainly interested in MAPPING to meet at the beginning of November and consider what information is available on options, possible routes, potential problems ...
- b) for a second subgroup to meet first week of November to draft TERMS OF REFERENCE for the project of getting bicycle paths and routes established from Lund to Saltery Bay
- c) for everyone on the working committee to collect what information they can that will be relevant (statistics on accidents, best available maps, possible economic themes to be developed, report on feasibility of horse trails at Sechelt, etc.)
- d) for the working committee to meet again in mid-November to pool the information they've collected AND plan a PUBLIC MEETING for January.

Here are just some of the reasons why bicycle paths and realistic alternatives for transportation make sense - maybe the time is here when the arguments 'for' can be shown to outweigh the arguments 'against'.

Ride your bike for your lungs and for your health. What readers can say they couldn't use more exercise, wheeze cough sniff totter and ache? If you don't like to or can't ride a bike, you can make safe, regular walks a part of your routine. "Participation" style, minimal fitness as a human right and responsibility, especially on socialized medical plans where we all pay for lack of wellness.

Riding bicycles can reduce gas and oil use and resulting pollution. Sooner or later, we're going to get the message. When every gallon of gas releases a pound of carbon dioxide, and those pounds are now into the millions of tons, it's time to find another way of moving from place to place. Let's make bicycles one option.

If environmental impact doesn't finally force us to stop, cost might. If the mess in the Middle East goes on, you may be riding a bicycle or walking because you can't afford to drive your car. Let's plan ahead now, instead of putting off real alternatives in favour of band-aid, short-term, stop-gap measures.

Safe paths would mean children who live miles from each other could safely bicycle back and forth to visit, instead of needing to be driven or not being able to visit at all. The opportunities expand for neighbourhoods and communities to interact and strengthen.



What can YOU do? Give your support in any and all ways.

1. If you support the bicycle path concept, let us know. Send a note/signature of support for bicycle paths to the *Barnacle*, or to project liaison person, Pat, at the Model Community Project (5-6655).
2. If you can support the bicycle path project in a concrete way (no pun), get in touch with Pat (5-6655). Yes, we need you! the planet needs you!

Environmental clean-up measures in California have shown that when people are given realistic alternatives, they do use them - no matter how used to cars they may be. So bicycles as an alternative have to be realistic, which they aren't for as long as their use is dangerous as it is now. Networks of interconnected trails, some providing wheelchair access and surface, some connecting to back-country horse trails, all part of a regionally-supported alternative tourism and recreation focus - getting a bicycle path may be one more step along the way we have to take to learn to think and act differently.

Alternative, recreational and eco-tourism are on the rise and growing. In many parts of the world, what is possible is limited by how degraded the environment is. In this region, the damage isn't too great - we still have something to save. Adding bicycle paths to the regional recreational base will help us protect it.

Alternate approaches are needed for economic and regional development - and what better approach than small-scale, diversified, ecotourism opportunities that enhance the environment and access to it at the same time as diversifying the economic base, particularly strengthening enterprise opportunities in self-employed and small business sectors? The multiplier effects and spin-off benefits in the wider economy apply to the long-term future as well as the short-term - key to sustainable development.

So how is this going to happen? With your support and help, that's how.



3. If you're a student, raise the idea of your school (or at least your class) supporting a bicycle path project at a class meeting or to your teacher/principal - be persuasive and get your class or school involved. The more support and involvement, from everyone, the better.
4. Come to the public meeting - bring any information and suggestions you may have so the community of interested people can pool what we know and from there develop a plan for next steps.

Favorites for the Festive Season

Although it may seem early to be thinking about December holidays, "that time of year" appears to roll around again before we realize. A few of Lund's excellent cooks share their festive-season favorites below. Happy Holidays!

Ginger Shortbread

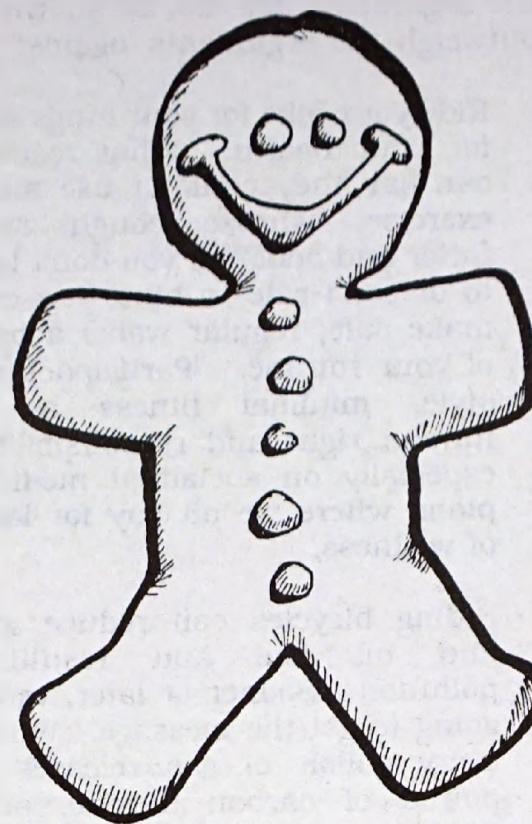
- by Jean MacKenzie

10 oz. soft butter
2/3 c. berry sugar
2 c. sifted wholewheat flour
2/3 c. sifted brown rice flour
2 tbsp. ground ginger or to taste
Optional: candied ginger

Cream the butter and sugar until fluffy. Sift the wholewheat and rice flours with the ginger and stir into the butter mixture. Knead the dough lightly (6-8 turns). The dough may be chilled and then rolled thin and cut with fancy cutters or it may be formed into 2" rolls, wrapped in wax paper, and chilled until shortly before baking when it is sliced 1/4" thick or less. Decorate with slivers of candied ginger. Bake at 300 on ungreased trays for 10 minutes or until lightly browned.

The cookies can be sprinkled with sugar immediately after baking, dipped in dark chocolate, or made into sandwiches with a dried apricot puree.

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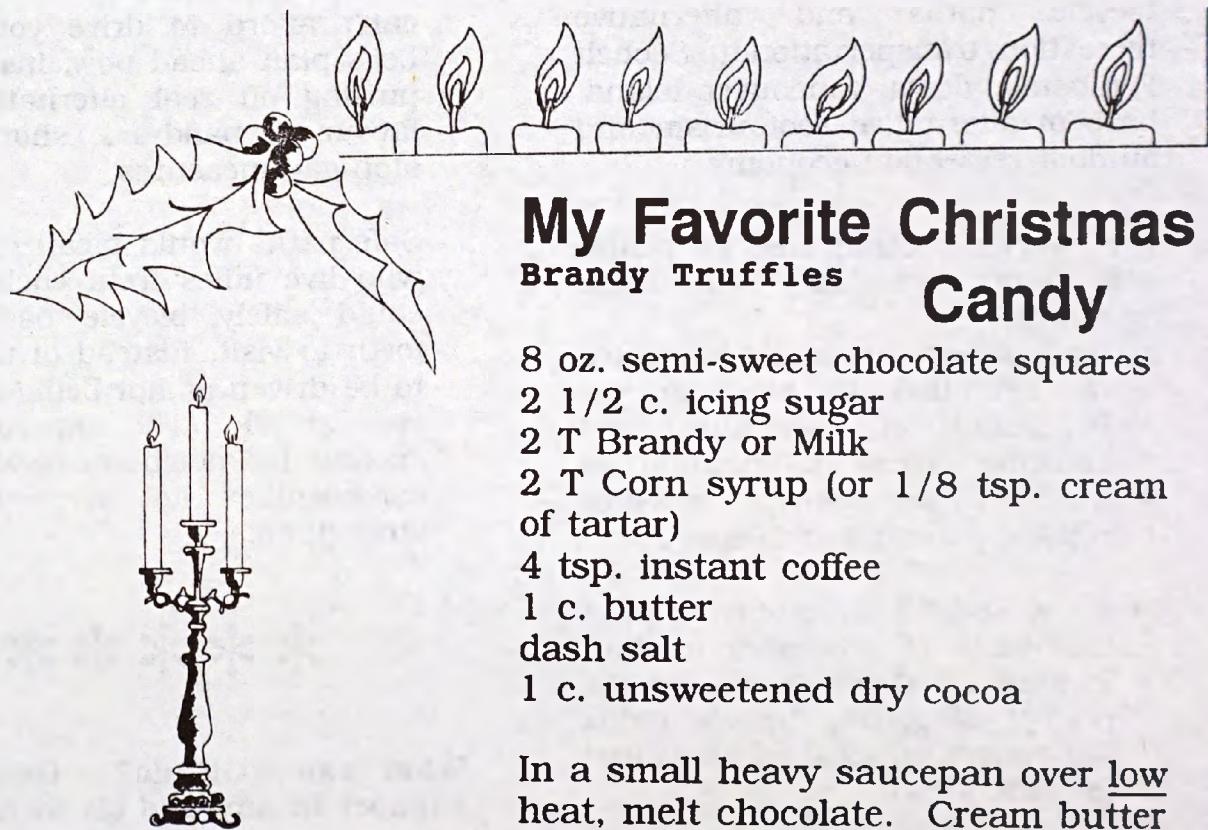
A Very Favorite Christmas Cookie

Mexican Wedding Cakes

by Susan Foot

1 cup butter
1/2 cup icing sugar
2 tsp. vanilla
pinch salt
2 cups flour
1/2 tsp. baking soda
1 cup chopping coarse pecans or walnuts
Cut butter and sugar together. Work other ingredients into dough. Form into thumb size pieces and bake 13 to 15 mins at 350.

After cooling completely, roll twice with icing sugar and store in tins with layers of waxed paper. Approximately 40-50 cookies.



Latkes

Because of the strong impact of the symbolism of the "magic jar of oil" story of Hanukkah (see separate article) it became customary to eat foods made with or cooked in oil. We offer here: the traditional potato pancakes fried in oil.

A blender recipe:

1/4 cup flour (or 2 tablespoons matzah meal)
2 eggs
1 small onion
1 teaspoon salt
2 tablespoons parsley
3 cups diced raw potatoes (approximately 2 large Idahoans)

1. Put everything except potatoes into the blender.
2. Cover and blend.
3. Keeping motor on, remove top and add potatoes. As last piece of potato goes in, turn blender off.
3. Ladle by half cup fulls onto greased griddle (frying pan). Brown on both sides.

ENJOY! ENJOY!

by Linda Chaikai

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**Claire's
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1
4
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My Favorite Christmas Candy

Brandy Truffles
8 oz. semi-sweet chocolate squares
2 1/2 c. icing sugar
2 T Brandy or Milk
2 T Corn syrup (or 1/8 tsp. cream of tartar)
4 tsp. instant coffee
1 c. butter
dash salt
1 c. unsweetened dry cocoa

In a small heavy saucepan over low heat, melt chocolate. Cream butter and icing sugar. Blend in melted chocolate, brandy, corn syrup, coffee powder, salt and 1/2 c. of cocoa powder. Chill briefly, very briefly. Candy has a tendency to get very hard fast so keep your eyes on your candy.

Shape into walnut-sized balls and roll in cocoa powder. Layer in tin with wax paper and cover. May freeze.

by Susan Foot

Food and Recipes

Thoughts on Food

by June Huber

Fall is here. Thank all the Powers that Be --- and Lund belongs again to the people who live here. Not that that comment has too much to do with food but it seems to me that once the silly season is gone I can once again think seriously about at least two things, food and home conservation.

At the beginning of 1990, one of my New Year's Resolutions was to cut the waste coming out of my house. I've had some good successes and some back-sliding. Our trips to the dump so far this year are down to three with probably two or three more for the year. Pretty good compared to last year. Since I started to save tin cans (washing and squashing), I realized that a large volume of my throw-away garbage was cans, mostly coffee cans and canned milk cans. I've switched to coffee in vacuum packaged paper and buy bottled milk which also got rid of all the milk cartons. The step that I am the most proud of is: no more plastic Safeway bags! I have four Safeway nylon bags now and actually use them.

The first weeks I was pretty erratic, sometimes forgetting them at home or already at the check-out and remembering the damn things were still in the car and that was at the far end of the parking lot. Now, as soon as I unload them at home, I put clean, washed plastic veggie bags inside one then put the rest all in one then put them back in my car. When I got to town I put them on top of my purse as there's no point in entering Safeway without my purse, I remember them both. One of the nicest benefits of re-using the veggie bags is that you don't have to desperately search around for a full roll with your hands full of something like brussel sprouts - they are right there on top of your stuff. Also, at home, I don't have a large mass of precariously balanced plastic bags ready to leap out from under the stairs if I so much as move the broom. B.C. consumers use fifty-five million plastic bags per week according to a spokesperson from Save-on-Foods, of course touting their particular brand of reusable bag.

I have also switched to baking soda for most cleaning chores such as the tub, the sinks etc. It's just as efficient as any cleaner, doesn't scratch and doesn't smell. And even better, cheap and can be used for a

multitude of different things from brushing your teeth to raising your biscuits.



So much for the successes. I still haven't given up plastic wrap. I bought elastic edged bowl covers for left overs but the annoying things keep breaking or I can't find the right size in the drawer (of course you recognize these are excuses). Well, I am working on it. What is needed is transparent topped refrigerator containers that don't cost an arm and a leg. Anyway, it is a revelation to find that deliberate frugality is, in a lot of cases, easier and less hassle than dealing with excess.

Now, back to food but still with a frugal touch. George spotted this recipe in a National Fisherman magazine. It should appeal to the "waste not, want not" in all of us. It's called "Parsley poaching stock". Ingredients are:

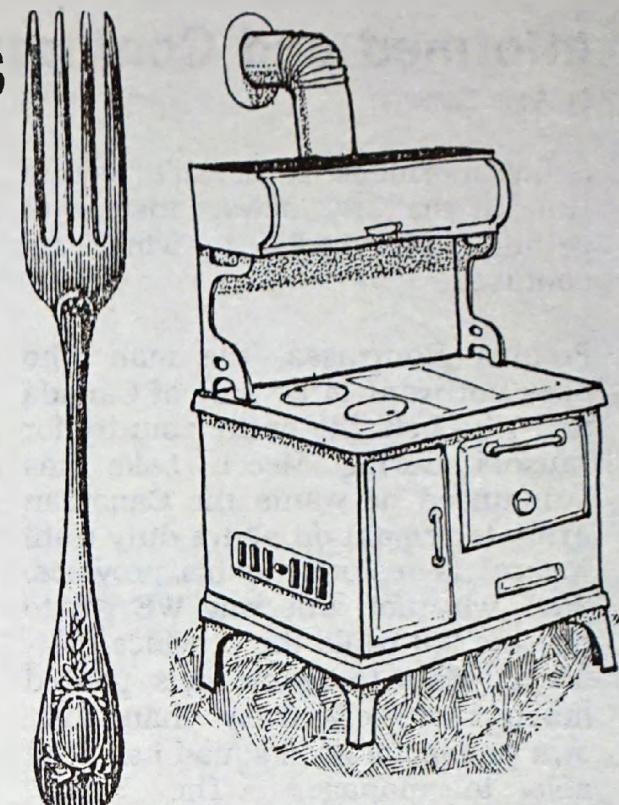
1 bunch of parsley stems cut into 1" lengths
1 handful of celery trimmings
1 cup of white wine (*bet you were beginning to wonder if anything good would show up*)
2 oz. white vinegar
1 quart water.

Simmer all ingredients for 1/2 hour or so then strain. Immerse any fish or sea-food in simmering liquid. Add boiling water if necessary to cover. Poach 10 minutes per inch of fish thickness. The left-over liquid is a great base for all sorts of soups or sauces.

And just for fun, if you feel like fooling around in the kitchen one of these rainy days, a concoction called Essence of Sweet Herbs. I haven't made this yet but I have bought one sweet potato to do this with and I must say that's the first sweet potato I ever bought in my life. They are the only vegetable I just can't gag down. Anyway here is the recipe. It is used to smarten up soups, stews, casserole, you name it.

1 carrot
1 onion
1 sweet potato
1 parsnip
1 shallot (chopped)
1 clove garlic (minced)
3 tablespoons honey

Peel and grate the first four vegetables. Mix all veggies together, spread one-third in bottom of an un-oiled baking pan. Drizzle 1 tbsp. honey over layer. Repeat twice again. Bake in 450 degree oven (watch this - perhaps 400 is better) until mixture becomes dark brown.



On top of the stove, add to the mixture

1/2 cup cold water
1/4 tsp. each cloves, allspice, cinnamon, and mace
3 bayleaves
1 tablespoon salt
Cover and simmer, stirring occasionally until the mixture forms a brown, thick, rich syrup. Strain. Keeps in the fridge for several weeks or may be frozen in small cubes. End note. The solids may be made into a mock chutney by removing the bay leaves and adding raw, diced apples, raisins and walnuts.

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*Clinging to the south shore of Lund Harbour
at the end of the boardwalk*

FLASH

Jill Goudriaan was elected by acclamation to represent Area A on the Regional Board.

"I will be drawing heavily on community members for direction," Gudriaan said in an exclusive interview with *The Barnacle*. "I will be representing the community, reflecting their concerns and their solutions."

Goudriaan said, "The waste management issue is paramount." She is concerned about CO₂ emissions as well, because studies show "This is the biggest threat to our quality of life. It will always be in the back of my mind when making decisions."

She supports the idea of a "multi-use path from Lund to Saltery Bay". Goudriaan said she "expects community members to take responsibility to help her fulfil her obligations to the community."

Informed and Confused **12** Letter-writers Voice Opinions

by Anne Cameron

Some mornings it doesn't pay to tune in the CBC news. Instead of getting 'informed', I wind up confused.

Premier Bourassa, the man who does not want to be part of Canada and who held the entire country for ransom during Meech Lake has announced he wants the Canadian Army to remain on active duty until "peace" is restored in his province. Well, why not, this way WE get to pay the bill while the province-that-doesn't-want-to-be-one gets policed much more effectively than their own provincial goon squad has been able to manage. The "peace" Bourassa wants restored is the kind which allowed the Surete Quebec to attack unarmed native women and kids at Restigouche, that "peace" was ensured I suppose when a member of the Surete kicked a three year old kid.

Mulroney and the Queen of England have given us a host of new senators. We were promised an elected Senate, but so much for the promises of the man with a chin. Obviously we aren't going to get to vote on Senate appointments any more than we got to vote on the GST or Free Trade. And yet we needed to call out the Army to protect Democracy ...

Why did we have that great big event they called the "repatriation" of the Constitution if the Queen of England can still make decisions about the Senate we were told we were going to get to vote on and now won't? If the Queen of England still has the power to inflict on us the cost of all these new Senators, why doesn't she have the power to honour the treaty obligations with the native people which say that at all times she will intervene ON BEHALF OF the native people in any dispute with either provincial or federal governments? Maybe if she had done that instead of this Senate thing we wouldn't need the Army standing on guard on behalf of Quebec.

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Have you ever wanted to tell the environment minister or your MP what you think?

A group of women in the Southview area discovered that getting together stimulates them to write those letters. "We wouldn't take the time otherwise to write," says one member. "We encourage and inspire each other through sharing our letters with each other."

The women bring their environmental and civic concerns to these meetings. "It's a good time to exchange ideas," Connie says. They tackle issues such as pulp mill pollution, recycling, and the proliferation of junk mail.

When they meet, the women agree on a topic, discuss the facts, and brainstorm to find solutions.

"We're not only complaining," says Connie. "We suggest solutions in our letters and say what we will personally do to prove our commitment, such as not buying bleached paper products."

The group was started last January and meets about once a month, "when the moon is right," says the astrologer in the group. About 7-10 people usually attend.



Pen Power:

The women want to encourage other people to start similar groups or write letters individually. "It doesn't matter if the letters are one paragraph or long and elaborate, as long as they are written," Mia says. No postage is necessary on letters to members of the government in Ottawa and the ministers personally sign their replies, she says.

Both the provincial and federal environment ministers are regulars on the mailing list. They are: John Reynolds, Minister of Environment, Government of B.C., Victoria, V8V 1X4 Robert de Cotret, Minister of Environment, Government of Canada, Ottawa, K1A 0H3

A big advantage to the monthly get-togethers, according to Sharon, is that "it's a neighbourhood activity. You don't have to drive to Westview to be doing something."

For more information, contact Sharon (483-4924) or Connie (483-4410).

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You want to run for WHAT?

In August of 1990, two area residents - Lynwood Jacob and Patricia Keays - announced their intention to seek joint candidacy for an elected Senate seat from British Columbia.

Since then, the Senate has certainly been in the news - embarrassing and disgusting us all. The question of an elected Senate seat from B.C. (even though Alberta got one, and a Reform Party candidate at that!) seems to have gone on the back burner ever since the NDP won in Ontario (no, no, the Zalm's handlers are too wily to call a B.C. election in this climate of unprecedented disenchantment with politicians). So what could be more timely than for *The Barnacle* to run an update article on why Jacob and Keays are not only planning to run, but are encouraging YOU to run for a seat in the Canadian senate in the next election.

"Most Canadians don't know anything about the Senate. We didn't know too much either. But what we could find out made the Senate look like a big fat trough of useless old boys, and it made us mad. With base salaries around \$70,000 a year - and occasional afternoon meetings - the Senators last spring voted themselves extra \$153.00 for each day they actually show up. And who could say what work they actually got done?"

We've had some experience trying to get changes made - and the political arena is such a joke anyway that the only thing that seems to work is straight guerilla theatre - be a little ridiculous, because it shows how ridiculous it is for a tiny group of people (white, male, middle-aged, rich and powerful, in the main) to make decisions supposedly "on behalf of the people" but which really only protect and strengthen their own privileged positions.

Keays and Jacob support direct elections to the Senate because they:

- would give people more say in choosing who governs
- are what a majority of Canadians believe we should have (according to a 1980's Canada West Foundation poll)
- have the advantage of being able to speak for the PEOPLE of a region, not the tribalized political party mouthpieces
- will increase the effectiveness of an institution that isn't effective now
- ensure a solid democratic base of people's involvement in the challenge of managing the global commons in a sustainable way.

Lund: Une Réelle Harmonie

pour Cedric Morgan

From the writer: "This text is an explanation of what Lund represents to me. It deals with the division between urban and country lifestyles and explains what makes this place so important on the map."

Ca fait plus de six mois que j'ai quitté la vie urbaine où s'entassent quotidiennement des milliers de gens qui s'ignorent et s'évitent. C'est là, qu'on leur apprend les mécanismes fragiles de la société et de son dit "système".

J'ai dérivé, ici, aux confins d'un système artificiel et m'en suis evadé. Je suis devenu un homme libre, du moins, en ai-je l'impression ...

La première fois que j'ai atteint ce bout du monde, BANG! mes yeux se sont écarquillés devant la beauté magnétique du paysage et par l'étonnante simplicité du décor. D'abord, il y a la Mer et les Cieux qui se divisent le panorama, puis, à l'avant-plan, un tout petit village de pêche et son port se profilent, tandis qu'à l'arrière, l'horizon est brisé par de majestueux sommets aux neiges éternelles. "Le Paradis!" me suis-je dit.

Avec les jours qui s'accumulent, les détails se précisent, les visages, puis les noms deviennent familiers et, alors, on prend graduellement sa place dans le quotidien du village.

À Lund, c'est la vie en communauté où tout ce sait (ou finit par ce savoir) et tous les membres de cette famille coexistent paisiblement au rythme des marées et de la lune.

Friends of Keays and Jacob think they're weird to run for any political office in the first place - but out of their minds to run for one that doesn't exist.

The two have come to believe, though, that not only is it essential to keep your sense of humour, active participation is a responsibility as well as a right.

"If you don't like the politicians you see, for senate or any other race, run yourself. We encourage everyone who's given up on tribalized party politics to present themselves as a candidate in every election that comes by, not necessarily to win but to influence the agenda so that the things ordinary people care about are the ones that get debated in public forums and ordinary people's experience isn't ignored totally in deciding matters of public policy."

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Ici, les originaux arrivent sous les quatres vents et les gens ordinaires se côtoient et vivent en harmonie. C'est un véritable oasis de contacts humains car, contrairement à la vie mécanique des villes, les relations avec nos semblables prennent leurs vraies places dans la balance ... Même l'éternel et faux-problème de la langue trouve une solution; tous y sont réellement égaux (la preuve, ce texte en français).

Pendant que nos frères dans les villes se battent, entre eux, pour survivre dans les entrailles du système, ici, à Lund, on prend ensemble notre café, on se raconte les dernières histoires, on rigole ... bref on vit vraiment.

Je garde espoir face à l'avenir parce que je sais qu'il existe des "Lunds" à toutes les extrémités du pays et que c'est de là, que silencieusement un changement prend naissance et que les gens se rendent compte qu'an a besoin de son voisin, desan prochain et que l'union fait la force!

À l'image symbolique des mousquetaires, un jour, Anglais, Français Indiens et toutes les couleurs de l'arc-en-ciel se réuniront sous le même toit et apprendront vraiment "qu'un pour tous et tous pour un" rendent la vie plus agréable que la primaire loi de la jungle.

Pour moi, Lund représente un monde à l'échelle humaine et constitue une preuve réelle que les gens n'ont pas besoin d'un système pour les guider. Il leurs faut fournir simplement un peu d'amour envers leurs prochains et un grain de bonne volonté. Que Lund reste toujours la même. Bien à vous, chers amis.



BOTH of you?

"Sure, running for a joint senate seat is weird - but then, so is being a willing victim of self-interested, greedy fools. We don't think people who want political power can be trusted with it. Maybe we can move towards a government-by-revolving-duty, like a jury. The people we know in the Lund community certainly couldn't do WORSE than what our elected politicians have done - our bet is they'd do just as well, and some would do a whole lot better."

by Court Cressey

14

This will be my last report as your regional director. It is with mixed emotions that I decided not to stand for a third term on November 17th.

At this writing I am not aware of anyone picking up nomination papers. (*Editor's Note: see separate article*). By the time this goes to print it will be too late. All I can say is good luck to the successful candidate and many thanks to those who elected me for two terms and gave me the opportunity to change the world. Okay, so I failed!

The district may be looking at a completely new board of Directors and they are facing a full plate of unfinished business.

1. A new E.C.V. Hospital that tendered well over budget and will likely be re-tendered early in the new year.
2. A Waste Management Plan, if passed by the voters on Nov. 17th, with much hard work down the road to make it a success.
3. In Lund, a sewer system to get on with now that the legal and financial work is completed.
4. Completion of the South of town official community plan with the Lund O.C.P. waiting in the wings.

Diction or Fiction

by Bill Smith

During my brief tenure as a newspaper baron in the province of Lund I found myself on more than one occasion referring to my Webster's Dictionary to clarify some matter of great or nil importance.

The end result of most of these exercises was a much better understanding of some words, and at least an ability to spell many others correctly.

As a contributor, my political leaning may have shown thru on occasion, but not today.

In political jargon, one word continued to rise above it's raisin (so to speak) - that evil word "Referendum". Say it loud and long, doesn't it sound bad?! Well it should, it's a terrible word and this is what it means - quoting from Bill's no B.S. dictionary: "You elect and pay us (the politicians) to make sound and knowledgeable decisions, but we don't have the strength or intelligence to make these decisions so would you please decide for us and take the weight off our shoulders...and by the way we have just decided to give ourselves a raise." Referendum - Bah - Humbug!!

People have asked me recently "What if the Waste Management plan fails at the polls?" If the reason it fails is the cost of the project then heaven help us because any further delays in implementing a recycling program will only drive the price tag higher. The B.C. Government has kicked in a lot more money than we could expect at a later date because they like the plan and want it for a demonstration project for all of B.C. to follow. Don't kid yourselves and dream of a cheap way to dispose of garbage - this is as cheap as it gets.

I have spent four years of committee meetings to bring this plan from incineration to recycling and this is a no-frills, sound recycling program that will work if the people get behind it. So when you go to the polls on Nov. 17th, bite the bullet and move into the new age of environmental responsibility.

The Lund Barnacle takes this opportunity on behalf of everyone who lives in the community to extend thanks and appreciation to Court for his time, energy, and willingness to represent us over the last four years.



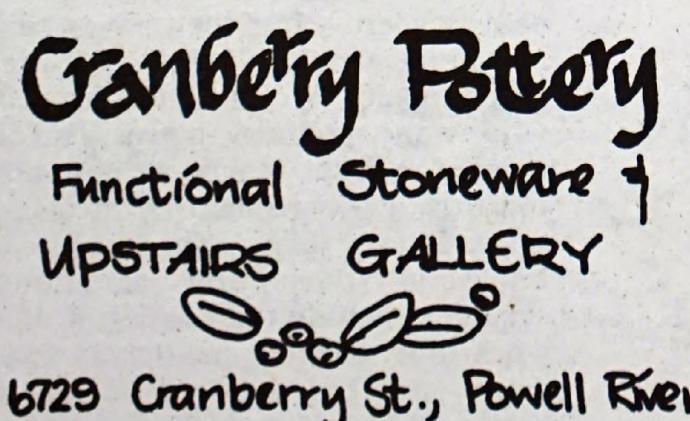
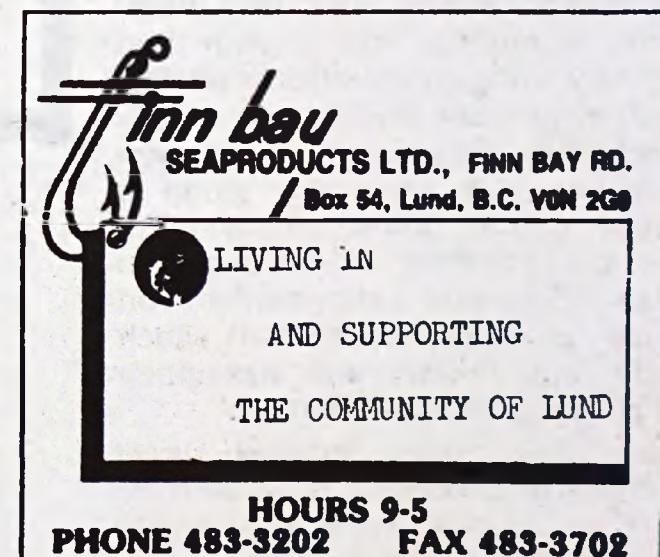
Thoughts on CIP

by John Keays

The community group working with people in Haiti has now been working for 5 years. A lot of energy from the community is going into the project and I think something should be said about it - better and hopefully next time in their words. For now, my impressions.

Every person on the planet uses about a cubic meter of wood a year, and 1/2 of this is used to cook food. How much of what is cut in BC is used to cook food? There are 6 million people in Haiti, the average wage is \$4/day, and more than a dollar is used to buy charcoal to cook their food. One of the projects CIP is working on is trying to find ways to cut these costs by using solar cookers. In April-May of this year, a test project will start which will result in about 100 women using a variety of solar cookers. By the end of this phase, they will have tested different designs, and different recipes.

On the island, all but 5% of the forest is gone. In the remaining 5%, wisps of smoke are rising from people burning the wood (illegally, I think) to get charcoal because they have no other choice. A picture of the island from the air makes me wonder how long it will take before BC looks the same, and it reminds me of Chateaubriand's comment that forests precede civilizations, and deserts follow.



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Health **15**

As the student progresses, s/he learns additional points in 45 main point areas, and how to combine these powerful points by pressing one or more 'distal points' while a point of tension or 'local point' is held. The distal points help to release tense, blocked areas more easily, deeply and pleasurable.

Another unique aspect of Jin Shin Do is that it remains true to classical acupuncture theory, and yet integrates important Western bodywork and psychotherapeutic tools. Advanced training includes an extensive background in bodymind release work and processing techniques, enabling students to work effectively with the whole being - body/ mind/ emotion/ spirit.

"Jin Shin Do" means "The Way of the Compassionate Spirit" or "The Way of the Heart". This sensible therapy outlines tension points associated with common physical problems and with distressing feelings like hurt, anxiety, depression, guilt and anger.

It teaches points and exercises that help release physical and emotional tensions. Best of all, it helps one learn to transform, rather than repress, painful feelings - leading to a more joyful way of life and the realization of one's full potential.

In Powell River, there will be an introductory Jin Shin Do evening and Saturday workshop offered at Malaspina College on Nov. 22 and 23.

Jin Shin Do acupressure sessions are available from Fran Calvert in Wildwood, 483-4564 and Sharon Dinnie, Southview, 483-4924. Gift certificates are available.

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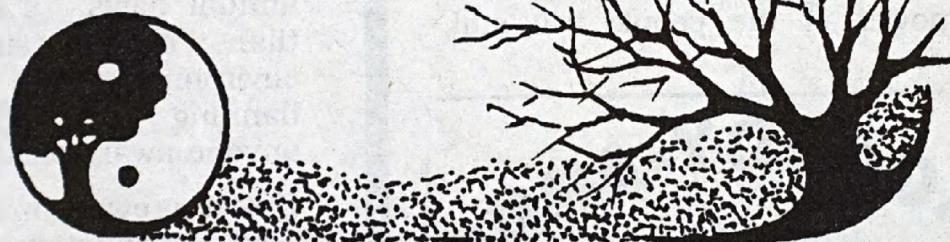
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Massage Therapy

by Margaret Behr and David Dressler, R.M.T.'s

Massage therapy has been very useful to many Lund citizens. With the wide variety of activities Lund people are involved in, it is no wonder that their bodies occasionally rebel from overuse or injury and we therapists find ourselves treating them at the Massage Therapy Clinic.

We have treated a broad spectrum of Lund ailments - from the boater's bad low back strain, to the ball player's sprained knee; from the waitress's shoulder tension to the Hernando patient's whiplash injury. We treat senior citizens for arthritis, asthma, and post-operative or post stroke conditions. Some patients come for massage therapy treatment of headaches, stress or anxiety. And, of course, we treat Lund pregnant mums for back and leg pain, and sometimes treat their children for muscular or joint complaints, or after the odd broken limb.

Massage has existed as a healing art for thousands of years in every known culture throughout the world, yet many in our culture have an unclear notion of what modern, technically-trained Registered Massage Therapists can do. Massage therapy is the application of scientific knowledge by trained, caring hands to the soft tissues of the body for therapeutic purposes. Massage therapists are trained to apply their knowledge of anatomy, kinesiology, pathology, assessment procedures, massage theory and clinical practice to a wide range of medical conditions.

B.C. has become acknowledged as the leader in a renaissance of therapeutic massage in North America. It is the only Canadian province to provide provincial medical services plan coverage of massage therapy. B.C. and Ontario require the most advanced technical training for their therapists outside of Europe and Russia. And recently

the B.C. Massage Therapists' Association published a breakthrough book, entitled *A Physician's Guide to Massage*

Therapy, by Dr. John Yates of Vancouver. Dr. Yates' book summarizes hundreds of recent scientific studies from around the world to establish the physiological basis for massage and to confirm its effectiveness.

On a day to day basis however, it is our patients who speak to us most positively about the effectiveness of massage therapy. There is nothing more rewarding for us therapists than to experience the gratitude of a Lund clamdigger whose back pain was relieved after a series of treatments, or the Lund mother whose severe headache disappeared after one session of massage therapy.

Editors' Note: Although Margaret and Peter have recently closed their practice and retired (for a while) to Mexico, massage therapy treatment is still available through the recently announced services of Dierdre Follett, Anthony McMoran, Dawne Briggs and Penny Chandler. Powell River Massage Practitioners are located beside the Westview Medical Clinic. For info. call 485-7085.

Information Bulletin re: B.C. Ferries' Service (or lack of same!)

by Adrian Redford

We are making a concerted effort for improvement of our ferry service. We are going to try a letter campaign. Our goal is 100 letters, but 1,000 would be better. We are targeting on all municipal and regional governments, and organizations where we think that we will get our message across to the most people. Any ideas or suggestions would be appreciated.

Some points to ponder:

It is now the time of year when they remove the following sailings:

1:30 PM from Saltery Bay
2:30 PM from Earl Cove
10:10 PM holiday sailing from Langdale

This means we are back to the four hour wait in the afternoons.

We need that afternoon sailing all year round, not just in the summer --- and more than that, we need hourly service all year round at both Jervis Inlet and Howe Sound. If that is impossible to put into effect immediately, we at least need hourly service all summer and on holiday weekends.

If we had the 10:10 PM sailing out of Langdale on a year round basis, Powell River residents would have a connecting ferry that left here at 7:30 rather than 5:30, and Sechelt Peninsula residents could attend some evening functions in Vancouver and return home on the same day.

As a comparison, did you know there is a free car ferry running a 45 minute trip across Kootenay Lake? They have hourly service, which requires two boats, and it is not on a major highway.

Residents should be entitled to some kind of priority service.

What happened to the commuter resident cards with reduced rates? If there was abuse to the service, could the programme not be policed a little better? Many residents cannot afford to lay out \$100.00 to buy the commuter tickets. But if you have the money, there is no requirement to be a resident.

Medical emergencies should not be required to contend with the 1/2 hour wait routine.

Food service and convenience for the elderly leave room for improvement.

The Comox ferry should be berthed in Powell River rather than Comox. Or a nice alternative would be two boats with two hour service. That would keep present employees happy: they would not have to move.

We are asking for your assistance. Please write letters to the Government of B.C. [local MP (Hon. Harold Long), the Minister responsible for highways and ferries (Hon. Rita Johnson), and/or the Premier (Hon. Vander Zalm), the municipal council in Powell River and the regional district. [Send copies to the *Barnacle* - we'll keep the community informed.]

We believe that with enough support, democracy is still alive and the power of the people will still prevail.

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Oyster Growing

by J. Shuster

1990 marked the first wild oyster set in Pendrell Sound in 5 years, an important factor in development and growth of the cottage-sized oyster industry in Okeover Inlet. All but 2 of the 20 or so growers caught wild seed to augment their remote setting. Remote setting is a process whereby under controlled conditions, a 1,000 gallon or so aquarium, oyster larvae produced in a hatchery can be metamorphosed into oysters at growers' sites anytime between May and September. Okeover Inlet contains 8 tanks, something local area growers have been forced into due to the inconsistency of the August Pendrell Sound set.

The most plausible theory explaining the return of the Pendrell set is linked to the recent Government banning of T.B.T., a deadly biocide that was widely used for about 4 years in the bottom paint of boats, many of which anchored in Pendrell during July and August, the time when oysters spawn in the wild. T.B.T. has been linked to every imaginable problem in oysters, such as chambering (malformed oysters), killing of oyster larvae, and the prevention of the hermaphroditic oysters from changing their sex, a phenomenon which happens on an annual basis. T.B.T. affects more than oysters in the marine environment of course, so its banning is widely applauded by anyone aware of its effects.

Oyster growing involves more than seed production, though, and marketing is the end of a 2-4 year relationship a grower has with an oyster, though since growers may sell as many as 500 dozen oysters per week, this relationship obviously is not too personal.

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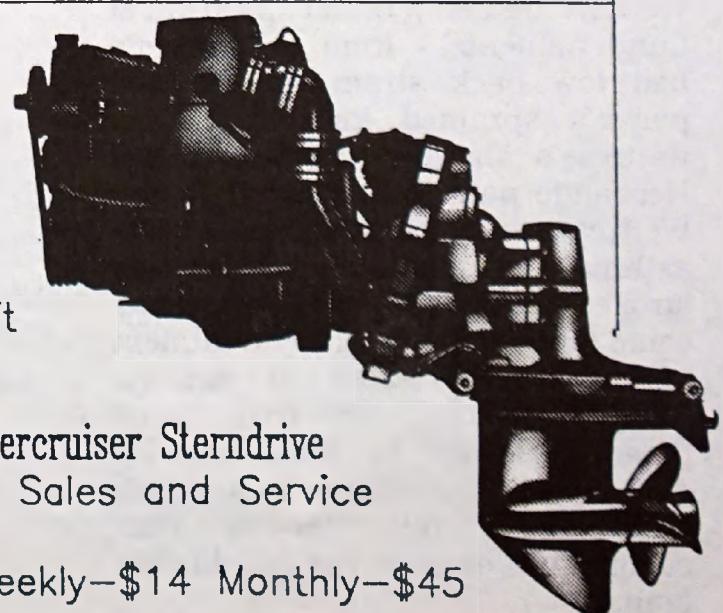
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Personal Perspective

by Connie Thurber

I've often voiced my theory that the more difficult something is for someone, the more the person can gain from it. Like the old adage, "every cloud has a silver lining."

This was really put to the test for me when, five years ago I was faced with the fact that I have multiple sclerosis, a disease considered incurable by the medical establishment. I was deeply afraid of what was happening to my life, and being a physically active single mother of two energetic daughters, I had a lot to be afraid for. But, this news came soon after having done the est training, and one of the things I learned there was that I always had a choice, I could use whatever came up in my life as an opportunity. So I began to say to myself, "This is going to make my life better." I had no picture of how that might happen, how this could possibly make my life better, all evidence seemed to be to the contrary. When a friend said to me, "Connie, you need to look at why you needed this illness in your life", I immediately replied, "I probably need to learn to ask for help". [I was independent to a ridiculous degree, I didn't need anyone, right?] That was in 1985, but, you know, I'm so stubborn that I never did ask for help until November, 1989, when I became confined to a wheelchair. Even then, I wouldn't say I so much asked for help, as that I agreed to let people help me when they offered. And I needed a lot of help at this point. Thank goodness, people kept offering their services.

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I have received many gifts in this time, some of them in physical manifestation, like money, many of them coming at a deeper level. Like, for one, having the time to experience myself and my life, in a deep, quiet place, something I have been feeling the need to give myself for at least twenty years, but never having [never taking] the time.

And finding out how much people really care for me! It makes it hard to keep up the feeling that resides deep inside myself, that no one really cares for me, I'm not loveable. This came to me as an amazing gift. Over fifty people in this community contributed money to send me to a course that I thought could help me to get better. On not much more information than that, these friends each contributed from \$5 to \$175 to the fund and on September 11 I arrived at Haven-by-the-Sea on Gabriola Island to do a 25 day program. By the time I arrived there, great chunks had already melted from the armour I felt was around my heart.

This process continued at Haven. There were lots of difficulties for me there, some of them physical, like the hills I had to get my wheelchair up and down. Up until 'blind day' [we wore blindfolds for an entire day], I was being helped a lot, but that day I became so saturated with dependency that for a few days following I refused to let people help me, as much as I possibly could.

I found a great sense of achievement in wheeling myself up hills that were steep enough that, if I wasn't careful, the front wheels would come

right off the sidewalk. Exciting, life on the edge, again!

And, of course, I ran into my emotional blocks. I had no idea how much joy and freedom there could be in fully expressing my anger in a safe, boundaried way. All of a sudden, there became a whole lot of other things I want to express, having dealt with some of that! Before, I never would have written this article for the Barnacle, even though I may have secretly wanted to.

I had been noticing, with some dread, that there was a stage in the room where our sessions were held. That stage represented, for me, some of what I have been most afraid of, being seen, taking the chance of making a fool of myself. But, I remembered Ben's words, that the fear gives you the juice to be really present and alive in what you are doing, and the experiences I had on that stage proved to be some of the high points of my time at Haven. What I learned, and this makes me more than a bit nervous, is that it seems that the more I fear something the more I might actually enjoy it - can you imagine what that could mean in your life? It scares the hell out of me! But, it is also exciting and intriguing. Like, I wonder what else in my life I have totally avoided because of this fear. So now I am on a path of self-search and self-discovery to find what else fits this pattern.

Something of particular interest to me was getting to know two women who do work at Haven, who have MS. One no longer has symptoms, and one deals with her symptoms when they show up by using a breathing technique that they teach at Haven. The breathing lets suppressed feelings come up, and as she deals with the feelings, the symptoms disappear. This technique is used for all kinds of physical symptoms, especially allergy sufferers in the group I was in. So, if you notice me breathing in a rather extreme way, don't worry, I'm not having an attack, I'm just practising my breathing. I also had acupuncture almost every day, thanks Jock. I'm feeling so good that it is quite frustrating that my knee isn't straight enough yet to permit me to do much walking, but it is getting better every day.

So, thank you, dear friends, for such a special gift. And thank you for believing in me that much. I seem much more able to believe in myself, now. Thanks especially to Yvon, Steve, Julliette and Sharon. Once again, in a very special way, it has become apparent to me what an amazing, supportive, caring, committed, beautiful community I live in.

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"SUSSAN"

What, haunts, & hollows, have led thee to this place,
has the dream withered, to crying, in the night,
or, does life still live, in, thy, breast,
beat, poem, poet, beat;
and she waits, - for, the master, of the - pen, -
of the moment, -
to breathe, - with quill, and ink, -
to breathe, - Oh - sight, visions, of the, tread-mill;
visions, of beauty & death,
and in between -- the poet; writes
he cares for Sussan;
but he loves Julia;
and the beat & the heat goes on;

-----SEARCHING-----

-- is the, spring, the poet, or life,
words, that, grow, patterns, glow
does the, ocean swell up, between your, legs, --Until--
full, hart, can hardly, hold head, ---glow, moon -, glow, -
across the - H2O), bring tears to corners of your, eyes,
tears, - that, make
the, shimmering, ocean shimmer, even more.
& would you sell your, soul to, the beauty,
and trust to, get it back,
does love, ride wild, wind; or does a man;
look across the, longing - beaches, - Sussan, -
I write, to you, for you; - but - I, Love Julia;
- oh - hart, will, you ever, stop this, time-less, ache,
- sitting, by fire, I look at you, as an, artist,
- as a lover, deep within, embers of echoes, -
- the echoes, of embers, - lays your, soul;

- I, write, to her, for - her, --But -
- I love, Julia -

*Written December 13/85
by M.N. Morrison*

**Book Reviews - from the Writer's Point of View**

by Anne Cameron

For those who wonder what it's like to be a full-time writer, I offer a true so-help-me-God vignette. Last week's mail brought me a beautiful example of what it is about spending half my life with imaginary characters that so intrigues and satisfies me I continue to do it even if it means the biggest aspiration of my life is to get within sight of, let alone rise above, that invisible barbed wire fence the statisticians call 'the poverty line'.

And God was on my side because She had me first open the envelope containing a Xerox copy of a review from the Toronto Globe and Mail. The reviewer, who shall remain nameless to protect the guilty, is a woman who shat all over my latest book "Bright's Crossing". Said all the men in the stories were horrible people (*I re-read the stories and actually few of the men are horrible people, there are far more nice guys than jerks but I guess you see what you want to see in fiction as in life).

The reviewer went up one side of the book and down the other, slashing and barfing. It was sheer self-protection made me decide she'd told me more about herself than about my book.

The next envelope contained a letter from a woman who works as a first aid attendant for a small logging company near Squamish. She was born in Courtenay, lived there for twelve years, then moved with her parents to Port Hardy. Got married at eighteen to a logger and has moved often ever since, going where the work was. Told me she'd just finished "Bright's Crossing". Said she loved it! Said she KNEW all the characters, had, in fact, grown up with them, gone to school with them, and still kept in touch with some of them. Said she laughed from beginning to end.

Can you guess which opinion I decided was the really important one?

This is a short note to let you know what is happening with the "New Lund Community Hall Project." This project has been ongoing for over ten years when it was decided our community had outgrown the old building. The club members felt the old hall did not meet community needs. It was hard to heat, did not meet present day fire safety standards, lacked any playground or playing field, and had NO parking. The plumbing and electrical system needed replacing. It was felt a new building on a new site was our only solution.

We have since sold the hall and through the "Lund Water Protection Plan" have acquired a terrific building site. We have a sizeable bank account and great hopes of funding from government community improvement grants.

Our problem is a lack of involvement and apparent interest by the citizens of this area. After years of fund raising and planning, the attendance at club meetings is very low. It is our feeling we cannot go ahead with this project without more enthusiasm. Government grants seem to go to communities who show a strong spirit and dedication to a plan. Right now we don't feel we have this.

It is our ultimate goal to have an attractive and efficient community centre built in a parklike setting. We are hoping to combine this with a proposed new school and recreational playing field.

This would give our little village a focal point and hopefully supply our kids with a safe and "positive" place to learn and play.

Our next meeting will be November 14th at 7:30 p.m. in the old hall. If you support our plans please show up and let us know. Should you choose not to attend we can only take this as a "no" or "who cares?" vote.

It is time to make a choice in this community. Please make the effort.

If you have any questions or concerns please contact a club representative.

President:	Bill Smith
Vice President:	Rosemary O'Neill
Treasurer:	Joanne Suché
Secretary:	Lori Burge



Bookshelf

by Donna Huber

How important is family? Have we "evolved" into self-realized individuals who no longer need the archaic, protective groupings of yesterday? Sometimes it seems so; but in a fresh book I picked up at the library called *The Power of the Family* by Paul Pearsall, attention is called to the idea that we are as much 'familial people' as we ever were, as we always were, according to Pearsall, family therapist, family man.

The book is extremely pro-family, basically pointing out that whether we love it or not, we all need our families, need to function as a healthy part of a group, even as we still strike out as individuals. There seems to be a lot of literature out these days on the subject of individualism versus functioning member, and I like this trend away from me-ism. Pearsall's book is excellent in that although he pushes quite fiercely some ideas that seem to go against popular theory, he never comes across as a fanatic. His book is a serious testament to the power of family in every life, how important and how very difficult it is to keep it all together in a healthy way. I think that almost anyone will find something useful in this book.

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Bill suggested I write about some magazines I enjoy. That means, right off, I'll have to admit to a shameful small addiction to *People* magazine. Don't ask me *Why*, except I would challenge anyone to stop once started on a copy, like peanuts you know.

Over at my sister's in-laws' (my sister's, in-laws, I have endless family) I found a new magazine called the *Utne Reader* (Chutney, Utne) which was a fat satisfying read, full of articles gleaned from alternate publications from all over the place. 'Can ecotourism spoil what it seeks to save?' 'Why Blue Velvet is obscene' 'Centralist bias of the U.S. media' are a few article titles. The magazine was started by Eric Utne, a good leftish-winged yuppie who lives on the obligatory acreage in New York State (or somewhere like that) and is conveniently married to a Rothschild, for God's sake, so the mag. has a little odor of that about it, if you know what I mean. But good, yes, quite good.

Meanwhile Eric's X-wife is the editor of yet another excellent magazine called *New Age* (such a teeny world). But in September's issue of *New Age* is an interview of Robert Bly. "The Secret Life of Men" is the title of this amazing article. Robert Bly is a poet who for ten years has also been conducting men's workshops.

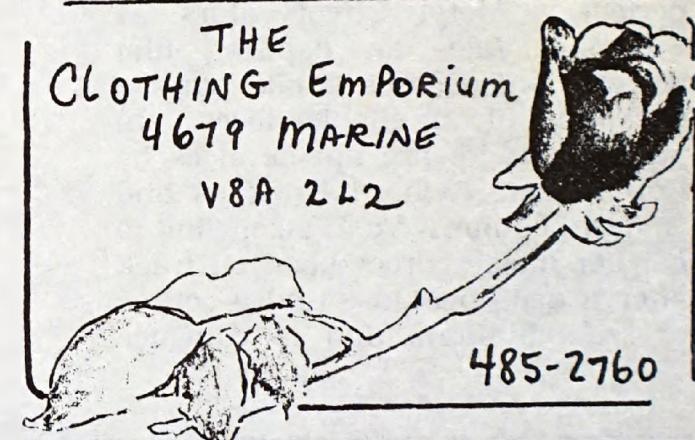
Bly delves into myths and into the deepest secret desires of men. He talks about making contact with 'the Wild Man' inside. He talks about the role of men in the rearing of boys. "When a father and a son spend long hours together," says Bly, "a substance passes from the older body to the younger. A physical change takes place. The younger body learns at what frequency the masculine body vibrates."

Bly also examines poetry. "Thoreau said 'In literature it is only the wild that attracts us.'

*What would the world be, once bereft
Of wet and wilderness? Let them be
left
O let them be left, wilderness and wet;
Long live the weeds and the
wilderness yet.'*
(Gerald Manley Hopkins)

Stuff like this lifts the heart, and gives hope a good watering.

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SMALL PLANET

A stylized illustration of a small planet with several figures standing on its surface, some of whom are raising their arms in excitement. Below this is the word "Whole Foods".

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Movie Reviews

by Siobhan James

'POSTCARDS FROM THE EDGE'

While in Courtney recently, I was treated to an evening at the movies and we decided to watch the above-mentioned feature directed by Mike Nichols. It's based on the best-selling, semi-autobiographical novel of the same name by Carrie Fisher, who (as you may or may not know) is the daughter of movie and singing star, Debbie Reynolds. Ms. Fisher also wrote the screenplay, and while she's a more than adequate supporting actress ('When Harry Met Sally', 'The Burb's, and 'The Blues Brothers') it's my opinion that she has a much greater gift for comedic writing.

This movie is an absolute gem: the performances are flawless, the dialogue sparkles and the pace is perfect. Meryl Streep stars as Suzanne Vale, an aspiring film actress, and Dennis Quaid plays a charming (if unreliable) lover. In addition, there are appearances by Rob Reiner, Richard Dreyfuss and Gene Hackman. Vale, struggling to get her movie career back on track after a drug overdose and a course of rehabilitation, (and to convince

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her producer of her desire to reform) must live with her mother for the duration of the picture being made. Needless to say, this appeals to neither party concerned and there are some lively arguments; but their very real affection for each other manages to triumph over scene-stealing, jealousy and alcoholic dependency on the mother's part. An upbeat ending, too --- if that's Meryl Streep's own singing voice, she's got another career option!

I've always considered Ms. Streep a greatly over-rated actress in the past, but that was before I saw her in a comedic role, and I think she should continue in that mode. She almost holds her own against the absolute genius of Shirley MacLaine (not that anyone could). Don't miss this movie, folks!

'THE DARK MAN'

Let me put it this way: when this is released on video, and Lund Store has it, and it's 99-cent day --- you'd be wasting your money.

Review of *Lonesome Dove*

by Anne Cameron

For anybody who has happy childhood memories of popcorn-scented darkness and the flickering beam of light from the movie projector, *Lonesome Dove* by Larry McMurtry is a good long read. McMurtry's laid-back yarn-spinning style works better in this book than in any other. The book is so easy to read and so consistently funny he just leads you gently from one page to another, from one chapter to the next, and somehow you just KNOW this guy has spent hours on a horse, eating dust and being bitten by bugs.

I'm on my third go-through of the book. McMurtry's style fascinates me. There are probably more grammatically technical 'mistakes' in this book than in any other I have read. He splits infinitives, kicks syntax all to hell, mixes metaphors, and writes sentences without subject, object, predicate, beginning middle and end. And gets away with it. The born-on-the-west-coast part of me raised to detest academia and all the stultifying things it represents feels totally vindicated because it is exactly this mashing of grammatical dictum makes this book so welcome; McMurtry writes the way most of us talk.



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