

Lund **BARNACLE**

October 2006

All proceeds to the Lund Community Society.

\$ 2.00



The Old and The New

The old waterwheel will soon have a new neighbour. The Shojis are building their summer home overlooking Lund Harbour and are looking forward to spending more time here next year.

The 2300sq ft, two-bedroom home was designed by Open Space Architecture and is being built by Ben Bouchard and his team. It features a curved cedar picture wall with floor to ceiling windows. The central fireplace is designed to heat the whole house efficiently.

**The Voice of Lund and
the Region**

www.lundcs.org

INSIDE

Crossword

**July's Crossword
Answers**

Jokes

**Historical Society
Update**

**Tried & True Helpful
Hints**

Dragon Boat Gold

**Signs of Ovarian
Cancer**

**Birth
Announcements**

What's For Supper?

**It's A Small World
After All**

The Lund Barnacle

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The Lund Community Society

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The Lund Barnacle is published seasonally. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and Region. Submissions are welcome in the form of articles, news items, letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submit to the Barnacle in the Lund Community building or contact Ann Snow at 604-483-9220 or email barnacle@lundcs.org.

Editorial Policy

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

Editor

Ann Snow

What a hot, busy summer! Great for tomatoes, fruit, and berries of which there was no shortage this year.

Well things are winding down as we head into fall and those in the hospitality industry can breath a sigh of relief for having made it through another hectic summer. Congratulations! You made it!

Many of you are heading off to warmer climes, leaving the rainy season for sunnier skies. Enjoy yourselves and we look forward to seeing you 'round about the time the trees blossom. Others will carry on locally, enjoying neighbourly friendships, savouring the crisp mornings, cool evenings and everything green and wet.

Whatever your plans, take a moment to look around and appreciate the beauty and serenity of Lund.

Ann

Advertising Rates

Business Card Size: \$ 7.50
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All proceeds support the Lund Community Society

Next deadline for submissions is
Dec. 15th, 2006, for January 1st edition.

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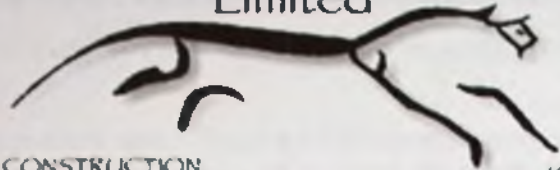
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BIRTH ANNOUNCEMENTS



To Francine Nogash and Joel Ulmer, a daughter, Estelle Eva Ulmer, born August 6, 2006, weighing 8 lbs. 2 oz.

Pot Luck

The Sep 30th Pot Luck Dinner was great. All who attended put out their best recipes. Fresh organic produce, homemade apple cider, and a family setting. It was so nice to see our young families so passionate about the centre. The Committee is working very hard trying to bring young families and our seniors together. What better way than to have a meal together.

There will be another Pot Luck later this year. Hopefully more of Lund will partake! Keep your eye out for posters around the community.

Colleen Cox
Lund Senior

To Simone Meilleur and Graydon Tisdall, a daughter, Kiah Helen Tisdall, born August 14, 2006, weighing 7 lbs 12 oz.



To Jasmin and Chris Marshman, a daughter, Gabrielle Mackenzie Marshman, born August 30th, 2006, weighing 7 lbs., 10 oz. Brandon welcomes his little sister.

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What's For Supper?

By Donna Hubert

Either the world is getting to be a rotten, corrupt, dangerously insane sort of place, or it's always been that way, and I am just now noticing it. (Gosh, how stupid of me!)

Perhaps I am myopically nostalgic, thinking that 'things' were better forty years ago. (Weren't they, though?) I insist that they were, and now my mind is, a bit alarmingly, a bit against my better judgement, starting to fish around in the past for 'new' ideas on how to live life today.

I suspect others are back-tracking also. Take food, for one happy example...have you noticed that women's mags are featuring things like chicken and dumplings, cream pies, fruit fools and triple layered cakes?

"Everyone loves to see a layer cake coming to the table for dessert." Martha Stewart advised in the May or June issue of her mag. We do? I thought we loved to see grilled figs with a drizzle of Topelo honey. Linzer torte? Schlosserbuben mit schlag?

On a recent Oprah re-run I saw Tim McGraw and his beautiful singing wife buying, get this, sliced white bread, Kraft mayo and bologna sandwiches at a corner store in a hick town near the massive ranch where they live. They ate the sandwiches standing up, chatting to the 'chef' who stood there beaming from behind an ancient chrome cooler case. I have to say, as I watched those sandwiches being made, when the fat chub of baloney was being cut into uneven pink rounds, a sort of weird and delicious feeling came over me. I remember you, bologna. You used to sit in my mother's round-shouldered fridge, always there for the slicing. Always there, along with the bright yellow mustard and the Miracle Whip. (But no, I didn't run out and buy some. I just enjoyed the fleeting shudder of happiness).

I, too, have been thinking lately of dumplings. Mom used to drop them on top of beef stew, glop, glop. On went the lid, and twenty more minutes cooking, then you could split them open and slather on the butter. Or perhaps what I am longing for is the five other people around that table, all slathering up the dumplings, all chattering and arguing and kicking each other in the shins.

Last May we were in Victoria visiting our tidy, modern family, two grown boys, (since when are two kids enough? See what I mean about my mind going backward?) who live jaunty lives with their stunning girlfriends in the downtown core. They sometimes like to eat in a Vietnamese restaurant, one of those gems everyone looks for, tiny and tucked away between a dry-cleaner and an instant loan place in an ugly mini-mall.

Celebrity chef Anthony Bourdain has often announced his love of Vietnamese food. The cuisine seems to achieve a perfect balance between the sweet and not sweet, the crunchy and the smooth, hot and sour, hot and cold. Whatever, Tony's right, it all tastes very good.

It was Mother's Day, and the place was full of Asians, taking mom and grandmom, along with babies and children of all ages, out for supper. At our cramped table for six we ate communally from gaily patterned, minutely chipped oval platters. The room was decorated with silk flowers, paper lanterns and green plastic fern fronds. The colour of the paint on the walls was Kool-aid bright. The ladies bathroom (behind the kitchen) was too small and a bit too...close...smelling. (As a matter of fact, the whole dining area was close smelling, as though the air had been filtered through fish-sauce and plums.)

Of course, spicy Vietnamese soup and bowls of crisp noodles don't bring back nostalgic memories for me. But the families crowded in together in a carelessly decorated room, really did. It was a great meal.

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FOR SALE

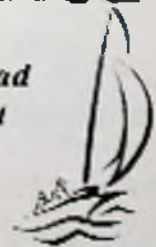
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What's For Supper? - continued from previous page

I guess I am longing for home, the mythical one that does not exist. Bad news, constantly streaming into my house, makes the longing more acute. Food helps. Real food, that is...the stuff mom used to stand at the stove and make. Recipes from her mom. Warm things made to fill more than the stomach.

Do you remember this? Try it again, it's wonderful and your tiny family will love it.

Applesauce Cake

- | | |
|---|--|
| 2 cups all-purpose flour | 2 teaspoons baking soda |
| 1 teaspoon baking powder | 1 and a half teaspoons ground cinnamon |
| 1 teaspoon freshly ground nutmeg | 1/4 teaspoon ground cloves |
| 1 cup raisins | 1 cup chopped walnuts |
| 8 tablespoons unsalted butter, softened | 1 cup granulated sugar |
| 1 large egg | 2 teaspoons vanilla extract |
| 2 cups unsweetened applesauce | 1 tablespoon confectioner's sugar, for topping
(or you can ice it with a rich butter icing) |

Oven rack in middle of stove, oven set at 350. Grease and flour 9x13 baking pan. In a medium bowl, stir together flour, soda, b.powder and spices. In a small bowl combine raisins and walnuts, add a quarter cup of flour to coat.

In a large bowl, with an electric beater, cream the butter until fluffy, add sugar, and then beat in the egg and vanilla. Alternate stirring in the applesauce and the flour mixture, beginning and ending with dry ingredients. Then gently stir in the nuts and raisins. Turn into pan and smooth the top. Bake 35 to 40 minutes, or until a toothpick comes away clean. Cool and sift icing sugar on top, or ice with icing.

* (Schlosserbuben mit schlag: an Austrian battered and fried plum dessert, served with grated chocolate, and whipped cream.)

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Housekeeping Tip

Always keep several "Get Well" cards on the mantle . . . so if unexpected guests arrive, they will think you've been sick and unable to clean.

BUFFALO BUILDERS



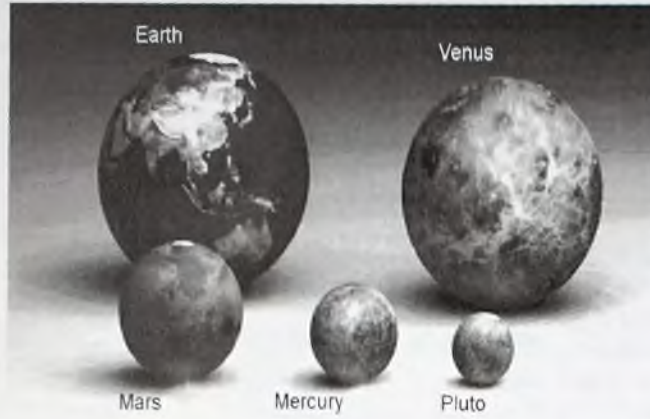
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Kids In Church

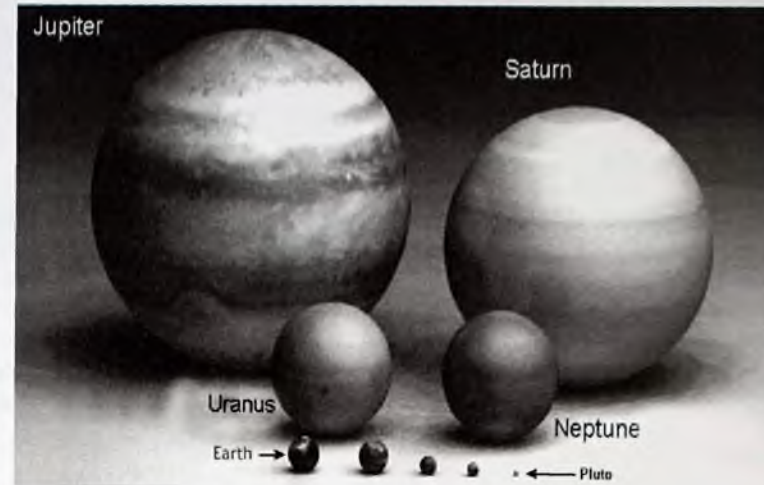
A little boy was overheard praying "Our Father,
Who does art in heaven, Harold is His name".

It's a Small World After All

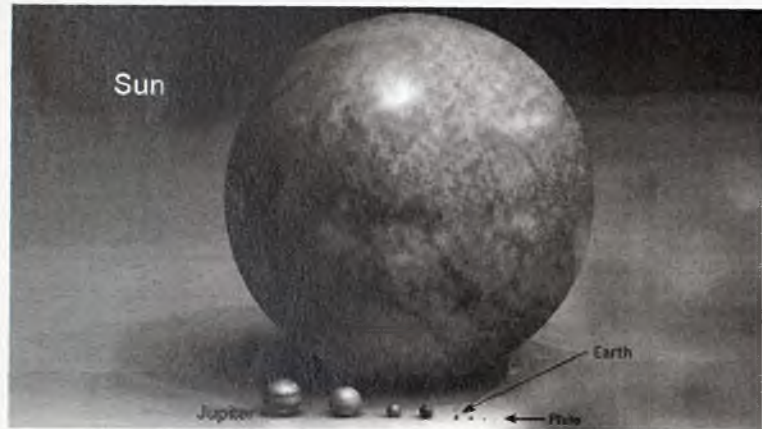
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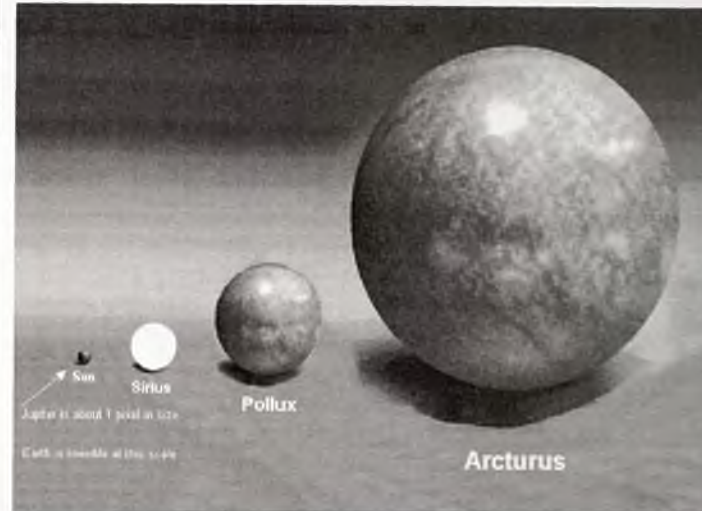
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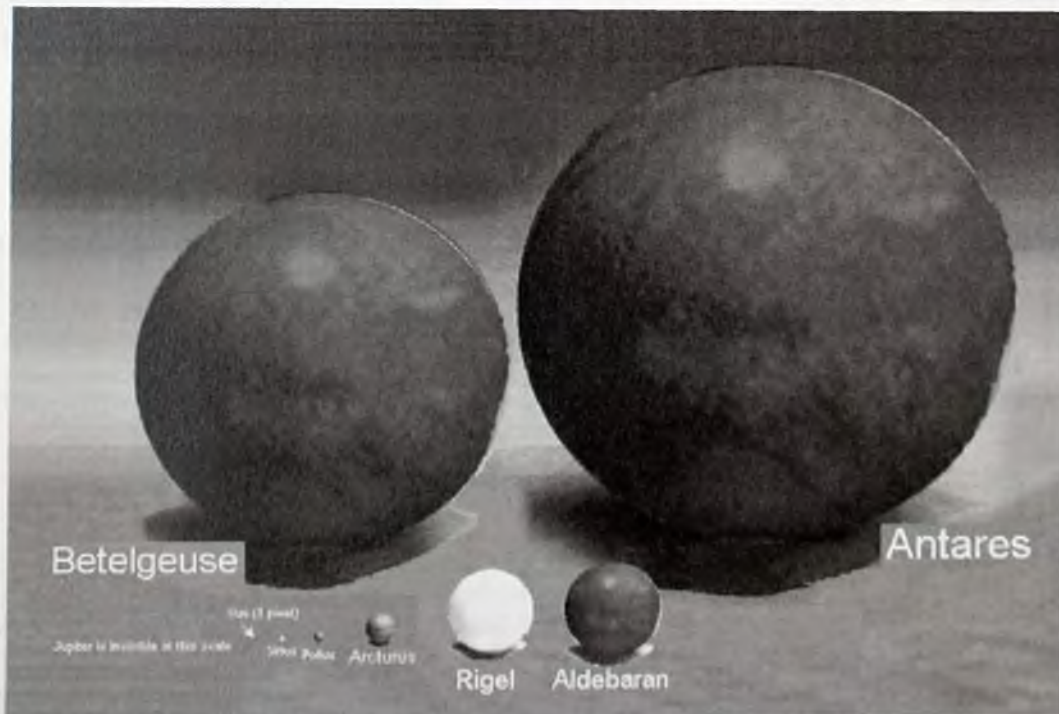
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Dragon Boat Gold

By Amanda Zaikow

Local Wins Gold (and gold and gold and gold and silver...) at Dragon Boat World Championships.

Tristen Chernove, born and raised in Lund, had an amazing showing at the Dragon Boat World Championships in Ontario this August. His team won five gold medals and one silver at the event, the highest level of competition for dragon boating.

In this sport, a team of 18 to 20 paddlers work together to power a 12.5m long boat with a dragon-shaped head and tail. A caller drums at the bow to keep everyone in time, and a helmsman controls the boat with an oar at the stern. Tristen was competing in five of the six events that his team placed in. Dragon Boating is not an Olympic sport, although it is practised by millions around the world.

On September 23rd, 2006, Tristen married his long time sweetheart Carrie McRae in an outdoor ceremony at his family home on Old Mine Road. The couple reside in Vancouver, where Tristen works in security at the Vancouver International Airport.



Lund Christmas Craft Fair

Saturday, November 25
Italian Hall in Wildwood
10 am to 4 pm



Always fun to browse, visit with friends, and support local crafters and artists. Tea, baking and lunch available. See you there!

Volunteers also needed to run the fair, our community's best fundraiser. Call Sherry at 483-9897 or Amanda at 483-2298.

An RCMP pulls over a car on the highway. In it are four nuns, the driver being Mother Superior. The other three nuns are praying on their rosary beads.

Mother Superior rolls down her window and tells the officer that she has no idea why she was pulled over. "I'm an excellent driver and I always adhere to the speed limit. You couldn't have pulled me over for speeding," she said.

"Sister, I pulled you over because you were driving too slowly," said the officer. "Impossible," replied the nun, "I was driving the speed limit. The sign says 9".

The officer smiles and says, "Sister, that's the highway number not the speed limit. The officer looks at the other three nuns who are still feverishly praying. He says, "Sisters, it's all right, you can stop praying. I'm not going to give you a ticket." One nun turns to the officer and says, "You don't understand . . . we just got off Highway 101."

To the community of Lund:

Thank you! Thank you! Thank you! Thank you!

We would like to thank everyone for all their help and best wishes during our recent trials with illness and injury. Special thanks for the anonymous gift we received, and to Ben Bouchard and his crew for their "random acts of carpentry".

Don is doing so much better and seems to be on the road to wellness. It's great to live in a small community where people are so generous with their time, gifts and love.

Don and Sherry Worthen

An Eye Opener on Ovarian Cancer

I hope you all take the time to read this and pass it on to the women in your life that you care about.

Years ago, Gilda Radner died of ovarian cancer. Her symptoms were inconclusive and she was treated for everything under the sun until it was too late. This blood test finally identified her illness but alas, too late. She wrote a book to heighten awareness. Gene Wilder is her widower.

KATHY'S STORY: this is the story of Kathy West

I have Primary Peritoneal Cancer. This cancer has only recently been identified as its OWN type of cancer, but it is essentially Ovarian Cancer. Both types of cancer are diagnosed in the same way, with the "tumor marker" CA-125 BLOOD TEST, and they are treated in the same way - surgery to remove the primary tumor and then chemotherapy with Taxol and Carboplatin.

Having gone through this ordeal, I want to save others from the same fate. That is why I am publishing this message to you and hope you will give it to everybody you know.

One thing I have learned is that each of us must take TOTAL responsibility for our own health care. I thought I had done that because I always had an annual physical and PAP smear, did a monthly Self-Breast Exam, went to the dentist at least twice a year, etc. I even insisted on a sigmoidoscopy and a bone density test last year. When I had a total hysterectomy in 1993, I thought that I did not have to worry about getting any of the female reproductive organ cancers.

LITTLE DID I KNOW. I don't have ovaries (and they were HEALTHY when they were removed), but I have what is essentially ovarian cancer. Strange, isn't it?

These are just SOME of the things our doctors never tell us: ONE out of every 55 women will get OVARIAN or PRIMARY PERITONEAL CANCER. The "CLASSIC" symptoms are an abdomen that rather suddenly enlarges and constipation and/or diarrhea.

I had these classic symptoms and went to the doctor. Because these symptoms seemed to be "abdominal", I went to a gastroenterologist. He ran tests that were designed to determine whether there was a bacterial infection; these tests were negative, and I was diagnosed with "Irritable Bowel Syndrome". I guess I would have accepted this diagnosis had it not been for my enlarged abdomen. I swear to you, it looked like I was 4-5 months pregnant! I therefore insisted on more tests

They took an X-ray of my abdomen; it was negative. I was again assured that I had Irritable Bowel Syndrome and was encouraged to go on my scheduled month-long trip to Europe. I couldn't wear any of my slacks or shorts because I couldn't get them buttoned, and I KNEW something was radically wrong. I INSISTED on more tests, and they reluctantly scheduled me for a CT-Scan (just to shut me up, I think). This is what I mean by "taking charge of our own health care."

The CT-Scan showed a lot of fluid in my abdomen (NOT normal). Needless to say, I had to cancel my trip and have five pounds of fluid drawn off at the hospital (not a pleasant experience I assure you), but NOTHING compared to what was ahead of me. Tests revealed cancer cells in the fluid. Finally, finally, finally, the doctor ran a CA-125 blood test, and I was properly diagnosed.

I HAD THE CLASSIC SYMPTOMS FOR OVARIAN CANCER, AND YET THIS SIMPLE CA-125 BLOOD TEST HAD NEVER BEEN RUN ON ME, not as part of my annual physical exam and not when I was symptomatic. This is an inexpensive and simple blood test!

PLEASE, PLEASE TELL ALL YOUR FEMALE FRIENDS AND RELATIVES TO INSIST ON A CA-125 BLOOD TEST EVERY YEAR AS PART OF THEIR ANNUAL PHYSICAL EXAMS.

Be forewarned that their doctors might try to talk them out of it, saying that it isn't necessary. Believe me, had I known then what I know now, we would have caught my cancer much earlier (before it was a stage 3 cancer). Insist on the CA-125 blood test; DO NOT take "NO" for an answer!

The normal range for a CA-125 BLOOD TEST is between zero and 35. Mine was 754. (That's right, 754!). If the number is slightly above 35, you can have another done in three or six months and keep a close eye on it, just as women do when they have fibroid tumors or when men have a slightly elevated PSA test (Prostatic Specific Antigens) that helps diagnose prostate cancer.

Having the CA-125 test done annually can alert you early, and that's the goal in diagnosing any type of cancer - catching it early. Do you know 55 women? If so, at least one of them will have this VERY AGGRESSIVE cancer. Please, go to your doctor and insist on a CA-125 test and have one EVERY YEAR for the rest of your life.

Lund Historical Society

by Ann Snow



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July Crossword Answers

Y	A	W	L		C	R	E	A	M		A	N	T	I
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R	E	S	T		F	O	G	G	Y		T	E	S	S

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It was a busy summer at the Info Booth by the waterwheel. This year the booth was open seven days week from 10am - 3:30pm and over 2,000 people dropped in for information. Visitors included locals, BCers, Canadians, Americans and folks from as far away as New Zealand and Switzerland.

The Info Booth employed five part-timers this year. The Historical Society did not get a wage subsidy so the staff were paid directly from revenue raised earlier through boardwalk plank sales. We are proud to say that the money raised locally was spent locally.

Tourism Powell River once again supported the Info Booth by providing maps, brochures and post cards. Our thanks to the local businesses who registered with us and provided brochures and information for us to pass along to visitors.

The Second Annual Taste of Lund was successfully held in late August. The flea market, while smaller than last year, was well attended. The food tasting was set up differently than last year. Participants were encouraged to visit the food vendors' establishments for a taste of their food, decor and service. It was too bad that the El Nopal and Sunset Restaurants were unable to be open. Next year?

The Historical Society's next long term project is to erect a "Mile 0" marker somewhere in Lund. Consider becoming a member of the Lund Historical Society so you can support the community and have input into our projects. Next year's memberships go on sale November 1st for \$10.00 each. Contact Ann at 483-9220 or Adrian at 483-4766. our next meeting is scheduled for Thursday, October 26th, 7pm at the Community Centre.

NOTICE

The Play Group has resumed for the season. We meet every Friday morning from 10 until 12 at the Lund Community Centre. As well as toys, games books and activities, we offer a nutritional snack, and the opportunity to meet with other parents and caregivers. Everyone is welcome to take part in this free weekly event. Call Ria for more information at 604 414 0383.



Well the holiday season is almost upon us, and I'm busy looking for ideas and methods for quick holiday preparations, to be used with little effort, but effective. Here are a few to try.

Fruit Zest

The aroma of the holiday home greets family and friends with a boiling pot of Fruit Zest. Purchase your fruit when they are at a reasonable price. Grate the skins of lemons, limes and oranges. Put in zip lock bags and freeze (don't throw out the pulp or juice; use in your fruit cake). Now you're ready for any occasion, a stick of cinnamon adds a bit of spice.

Children's Craft

This craft is a joy to make, keeps children busy and makes a very inexpensive gift. Materials Needed: Paper doilies (coloured or festive design) glue, scissors, pipe cleaners, and candy, hole punch.

Method: fold your paper doily in half. Roll it into a cone shape. Glue along the edge and seal shut. Punch a hole near the wide end of the cone, and a second hole across from the first. Feed your pipe cleaner through the holes to make a handle. Fill the cone with candy. Hang on your Christmas tree or take to your Christmas party.

Cookie Exchange

Host a cookie exchange with friends. Invite your friends over for tea and request they bring a tin with their favourite holiday cookies. Put their name on the container. Have all your guests put their name in a hat, draw the name, and choose container. You can all enjoy the fruits of your labour and friendship.

Mistletoe

Did you know that the mistletoe is a symbol of future hope and peace. In ancient times enemies who met under a sprig of the plant were said to have dropped their weapons and embraced each other (don't know where the kissing part came in).

Pomander Balls

It's been a couple of seasons since I made Pomander Balls. It's not too late to start this delightful craft. You need a lemon, a lime, an orange, 3 to 4 ounces of whole cloves, 1 tablespoon of cinnamon, 1 tablespoon of orrisroot powder (purchased at a health food store).



Method: Wash fruit and dry thoroughly. Using a metal skewer, punch holes into the fruit, starting at one end and, as you progress along, push your whole cloves into the holes (can be juicy and messy). Cover the entire surface from end to end. Mix your cinnamon and orrisroot together. Sprinkle each fruit well, shake and cover again until well coated. Wrap each fruit in tissue paper and place on a tray. Store in a dry warm place until fruit hardens (3 to 4 weeks). Turn fruit every other day. When set, tie two pieces of ribbon around fruit with bow on top. Glue the pieces of ribbon at the bottom (as shown on photo). Hang in any room. They last for months. If the scent is weak, take some vanilla and dab with a cotton ball to revive the cloves. Makes a nice holiday gift.

Quick Inexpensive Gift - Tropical Fruit Punch Jelly

One 6oz can frozen red Hawaiian punch concentrate
3 tablespoons lemon juice

$\frac{3}{4}$ cup white sugar
 $\frac{1}{2}$ of a 6oz bottle of liquid pectin

Prepare punch concentrate according to can directions (makes about 1 $\frac{3}{4}$ cups). In a pot. Combine punch and sugar, bring to a rapid boil, boil hard for one minute stirring constantly. Remove from heat and add lemon juice. Stir in pectin, skim off foam with a metal spoon. Pour into sterilized jars (decorate your jars).

Take pieces of festive fabric, cut out a circle and cover the lid, holding the fabric down with an elastic band. Use Christmas labels to mark your jars. Take a jar to friends when visiting over the holidays. Makes a delightful presentation.

continued on next page

***Euchre* . . . every Tuesday at 7:00pm at the Lund Pub.**

It really does not matter how good a player you are, it is always a fun night out. Come join in if you want to learn how to play euchre.

Tried & True Helpful Hints continued

If your favourite vase is stained at the bottom, soak tea leaves (loose tea) in warm water and pour the unstrained mixture into it. Shake the mixture around inside the vase, pour it out, then rinse with cold water. My vase was in bad shape, so I used this method twice (soaking for approximately 20 minutes).

You'll be bringing out your velvet garments for the Christmas holidays and they're usually covered in lint. Well the best brush for velvet is another small piece of velvet. Rub down the nap for success.

I put my last year's telephone directory in my car. It will come in handy when looking for an address or phone number while shopping.

Winter is definitely here, the hanging baskets are still lovely but what to do with them? Use your laundry room or a reasonably sunny room. Anchor a very strong hook at each end of a wide window and extend a decorative rod or chain between the hooks. Hang plants along the rod. Mist from time to time and continue to enjoy your plants

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The Shortest Fairy Tale Ever

Once upon a time a guy asked a girl "Will you marry me?"
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went golfing, fishing and hunting a lot, and drank beer when-
ever he wanted.

The end.



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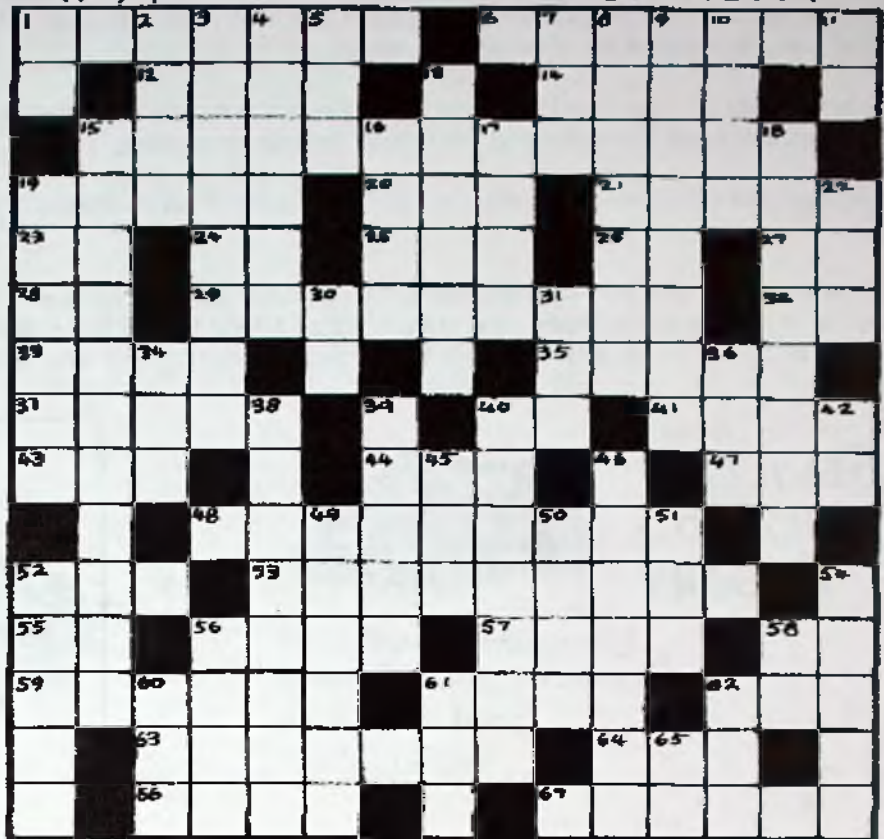


TRUTHFULNESS

C. CRESSY

ACROSS

- 1 TAKES OFF
- 6 MARKED WITH THIN LINE
- 12 NESTED BOXES
- 14 NAV. SYSTEMS
- 15 PART ONE OF QUOTE
- 19 METAL TAG
- 20 TOPPER
- 21 SUCKER
- 23 BEYOND A BA (ABBR)
- 24 CHEM. SYMBOL
- 25 ENGINEERS ORG.
- 26 SON OF MILED
- 27 MIL. BOSS
- 28 MANY (ABBR)
- 29 PART 2 OF QUOTE
- 32 HOUSE CURRENT (ABBR)
- 33 STRINGED INSTRUMENT
- 35 UPSET
- 37 MUSICAL TERM
- 40 FED. DEPT.
- 41 TILT
- 43 PERCH
- 44 GARDEN TOOL
- 47 WORD BEFORE FACE OR EYED
- 48 PART 3 OF QUOTE
- 52 RODENT
- 53 END OF QUOTE
- 55 TIME ZONE
- 56 DAY OF THE WK.
- 57 SOFT MINERAL
- 58 GET --
- 59 BIGGER THAN A ROWBOAT
- 61 WEB-LIKE
- 62 PICNIC PEST
- 63 SMOOTHERS
- 64 LEE. AREA
- 66 SKILLS
- 67 TUNIC OR COW



DOWN

- 1 ROMAN 501
- 2 IN A PICKLE
- 3 DRY
- 4 DEPRESSION
- 5 PLAYTHING
- 7 INDIAN CYMBAL
- 8 ROUSER
- 9 INSIDE
- 10 TENNIS GREAT
- 11 ALIEN
- 13 HIDING PLACES
- 15 GLUE TOGETHER
- 16 GO AWAY
- 17 SWORD
- 18 AN ASSEMBLY
- 19 FORBIDDEN FRUITS
- 22 LUSTFUL
- 30 BRITAIN
- 31 BY WAY OF
- 34 EXCLAMATION
- 36 HINT
- 38 WASTE
- 39 BRAKE PART
- 40 DOWN GRADES
- 42 CHEM. SYMBOL
- 45 NOT IN
- 46 SET APART
- 49 GIVES WAY
- 50 HEREDITARY RIGHT
- 51 TWITCH
- 52 SLANT
- 54 LIKELY
- 56 DESPOT
- 58 PREFIX NOT
- 60 U.S. DOLE
- 61 THREE
- 62 LAT. ART
- 65 BIBLICAL NAME

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4pm - 8pm
Saturday, October 28th

Lund Gazebo

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Games



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Costumes

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Lund Library

By Amanda Zaikow

On Tuesday, October 3 a bunch of residents got together at the Community Centre to organize the books and start setting up the library. It was great fun and a lot of progress was made. The opening date for the library has not yet been decided however we do plan to open it one or two days per week and will be looking for volunteer librarians to help out. So give some thought to volunteering a few hours once a week, enjoy some quiet reading time and learn about books.

These photos were taken of the "work" party.



NOTICE BOARD

Thanks to Rja for all her worthwhile effort at organizing the Lund Play Group.

I am interested in organizing a Book Club that meets once a month. If this interests you, please contact me.

*Robyn Scoville
483-2252*

Scoop the Poop!