

Lund **BARNACLE**

October 2004

All proceeds to the Lund Community Society.

\$ 2.00



Photo courtesy of Ann Snow

A new landmark on the horizon.

This summer home overlooking the harbour is being built in the Quakiutl longhouse style. Ben Bouchard is the builder and George ~~Robert~~ fitted the logs.

The First Annual

Lund Alight

Enjoy the lights of the festive season at the first annual Lund Alight being held at the SunLund Campground and RV Park.

Sites will be lit and open to the public from 6pm - 9pm nightly from December 12th to 23rd.

Businesses wishing to adopt or sponsor a site, please call 604-483-9220.

**The Voice of Lund and
the Region**

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The Lund Barnacle

Publisher:
The Lund Community Society

Editor:
Ann Snow

Writers:
Rianne Matz
Ann Snow
Neil Gustafson
Darcie MacFronton
Saundra Olson

Photography:
Jeff Shuster
Ann Snow
Lawrence Nazar

Cartoon:
Saundra Olson

Layout and Design:
Ann Snow

Sales Representatives:
Ann Snow

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 annsnow@telus.net.

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.

Are you interested in biking on Sunday mornings?

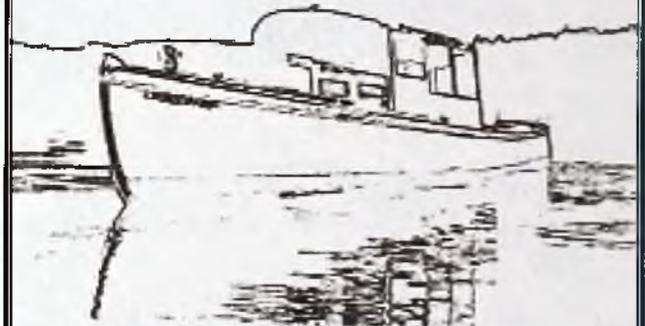
Francois is looking for companion cyclists to casually ride the trails around Lund for exercise and fun. Nothing too strenuous or muddy.



Call him at 414-4079 for start times and location.

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We got rid of the kids -- the cat was allergic!

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Letter from the Editor

Hmmmm. It was sketchy for a while. I thought I was going to be the only one contributing to this edition, however Rianne, Neil and Darcie came through with articles so the show goes on.

It would be nice, though, to hear from others out there. If you want to contribute an article, I would be pleased to publish it. Perhaps you would prefer to write a letter and maybe I'll start a "Letters to the Editor" section.

Either way, thank you for purchasing this copy. Read on and enjoy!

Ann Snow



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Lund Historical Society

by Ann Snow

Great news! The Lund Historical Society is now officially registered and is raising funds to repair the boardwalk and waterwheel. Donation tins are located at the pub, the general store, the water taxi office, and the campground. Please donate some change if you can. The repairs will be done in stages and will begin when enough funds are raised to start phase one.

We are still putting together a proposal for funding through Community Futures. One stipulation for receiving funding is that the project should economically enhance the community and employ someone. We will be having another meeting soon so feel free to come if you have any suggestions on how this can be accomplished, We welcome your input.

Earthquake Safety - The Triangle of Life

by Ann Snow

Excerpt from article by Doug Copp, Rescue Chief and Disaster Manager of the American Rescue Team International (ARTI).

I have crawled inside 875 collapsed buildings, worked with rescue teams from 60 countries, founded rescue teams in several countries, and I am a member of many rescue teams from many countries. I was the United Nations expert in Disaster Mitigation (UNX051 - UNIENET) for two years. I have worked at every major disaster in the world since 1985, except for simultaneous disasters.

The first building I ever crawled inside of was a school in Mexico City during the 1985 earthquake. Every child was under their desk. Every child was crushed to the thickness of their bones. They could have survived by lying down next to their desks in the aisles. It was obscene, unnecessary and I wondered why the children were not in the aisles. I didn't at the time know that the children were told to hide under something.

In 1996 we made a film which proved my survival methodology to be correct. We collapsed a school and a home with 20 mannequins inside. Ten mannequins did "duck & cover", and ten mannequins used my "triangle of life" survival method. After the simulated earthquake collapse, we crawled through the rubble and entered the building to film and document the results. The film showed there would have been a zero percent survival for those doing "duck and cover". There would likely have been 100 percent survivability for people using my method of "triangle of life".

Simply stated, when buildings collapse, the weight of the ceiling falling upon the objects or furniture crushes these objects, leaving a space or void next to them. This space is what I call the "triangle of life". The larger the object, the greater the probability that the person who is using this void for safety will not be injured.

1) Everyone who simply "ducks and covers" WHEN BUILDINGS COLLAPSE is crushed to death - every time, without exception. People who get under objects, like desks or cars, are always crushed to death.

2) Cats, dogs and babies all naturally often curl up into the fetal position. You should too in an earthquake. It is a natural safety-survival instinct. You can survive in a small void. Get next to a large bulky object that will compress slightly but leave a void next to it.

3) Wooden buildings are the safest type of construction to be in during an earthquake. The reason is simple: the wood is flexible and moves with the force of the earthquake. If the wooden building does collapse, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks. Bricks will cause many injuries but less squashed bodies than concrete slabs.

4) If you are in bed during the night and an earthquake occurs, simply roll off the bed. A safe void will exist around the bed. Hotels can achieve a much greater survival rate in earthquakes simply by posting a sign on the back of the door of every room telling occupants to lie down on the floor next to the bottom of the bed during an earthquake.

5) If an earthquake happens while you are watching television and you cannot easily escape by getting out the door or window, lie down and curl up in the fetal position next to a sofa or large chair.

6) Everybody who gets under a doorway when buildings collapse is killed. How? If you stand under a doorway and the doorjamb falls forward or backward, you will be crushed by the ceiling above. If the door jamb falls sideways you will be cut in half by the doorway. In either case, you will be killed!

7) Never go to the stairs. The stairs have a different "moment of frequency" (they swing separately from the main part of the building). The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. The people who get on stairs before they fail are chopped up by the stair treads. They are horribly mutilated. Even if the building doesn't collapse, stay away from the stairs. The stairs are a likely part of the building to be damaged. Even if the stairs don't collapse from the earthquake, they may collapse later when overloaded by screaming, fleeing people. They should always be checked for safety even when the rest of the building is not damaged.

8) Get near the outer walls of buildings or outside of them if possible. It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building, the greater the probability that your escape route will be blocked.

9) People inside of their vehicles are crushed when the road above collapses in an earthquake and crushes their vehicles, which is exactly what happened with the slabs between the decks of the Nimitz Freeway. The victims of the San Francisco earthquake all stayed inside their vehicles. They were all killed. They could have easily survived by getting out and sitting or lying next to their

Lund Community Association

by Rianne Matz



A very generous donation from the Vancouver Foundation to the Lund Community Society for \$35,000.00 was received this week and will allow Lund to now have a permanent Community Centre. The Society has been working with the Regional District for several years now with the goal of having a permanent facility for the community. Since the referendum last fall the Regional District was given the green light to go ahead and borrow funds towards this project. The total amount the society has donated will be \$39,700.00 in actual funds and unlimited time and resources from its volunteers and staff.

The school was formally closed in June of 2000 and parents and volunteers worked for the past four years to see homeschooling take place in the building. Due to a lack of enrollment this year an education program will not be taking place. The building will however be available in future should the community see the need.

The Regional District will own and maintain the building while the Lund Community Society will be in charge of daily affairs, bookings, events and any programs the community wishes to see take place.

The Lund Community Society is very excited about the finalization of this portion of the community centre project and wishes to get its volunteers mobilized to do some general repairs and changes around the facility. Meetings are the fourth tuesday of every month at 7pm so bring your expertise and see what we can accomplish together.

Pets Rule

*It's my dog's world. I'm just here to open cans.
Cats regard people as warm-blooded furniture.*

Earthquake Safety - The Triangle of Life continued

vehicles. All the crushed cars had voids 3 feet high next to them, except for the cars that had columns fall directly across them.

10) I discovered, while crawling inside collapsed newspaper offices, and other offices with a lot of paper, that paper does not compact. Large voids are found surrounding stacks of paper forming the "triangle of life".

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Career Links

by Darcie MacFronton

Short term interruption of Employment Services in Lund Community.

Tuesday, September 28, (3-5 pm) was the last day for Career Link employment services in Lund, but it is hoped that they will be resumed after the Lund Community Society has done some planned work on the building.

Between June and September this year, Career Link has served several Lund area residents at the Lund Community Centre (LCC), formerly the Lund School. A number of people took advantage of these Tuesday afternoon services to:

- look at up-to-date job ads;
- learn about Career Link workshops;
- get information about Malaspina University College courses and programs;
- access help and guidance to create resumes;
- find info on free on-line computer courses;
- learn about education funding options, including Student Loans, EI support for retraining, etc.
- get information about Community Futures & other self employment programs;

Until in-person service is resumed (hopefully in late fall) Career Link will maintain a bulletin board in the LCC, with information about our services, including a "Driver-Rider Board" for car-pooling into town. There are also 2 resource binders in the LCC office which people can look at when the Centre is open. One binder is the "Job Book". The other, "Steps on the Way to a Job You Want", offers information and websites to help people:

- figure out what jobs they'd like or be good at
- find the education needed
- explore the funding needed for education
- learn new ways to do a successful job search
- obtain resources for self employment
- and acquire info about doing well on the job.

Career Link looks forward to continuing services once the Lund Community Society has finished the planned improvements and renovations, and has set out a schedule of activities and times the building will be open. Meanwhile, folks should feel free to use the Career Link office at Marine Ave and Courtenay St in town. Any questions? Call Career Link at 485-7958.

Advertising Rates

Business Card Size: \$ 7.50

Double Business Card Size: \$ 15.00,

Full Page : \$ 80.00

All proceeds support the Lund Community Society

Next deadline for submissions is
December 15th, 2004.

From the Bottom of the Burlap Bag

by Sandra Olson

(Found scrawled in pencil, unsigned, on the sides and bottom of an old shoe box used as a parcel crate. Destination: Vancouver.)

...an speakin a his kind I gotta ask ya, what kinda opinions was that man solicitin when he posted that first notice up there on the billboard... or wherever an whenever he first wrote up an held up his own personal opinions of hisself fer public viewing? An innovative idea ain't it, blowin yer own horn around town like that? I gotta ask ya, what could be goin through a man's head when what comes out about hisself is so inflated an bent up an autta? "Whoop-dee-dee! Hey look it me! An ain't I great!" Well, I got this to say about that: "If you gotta tell 'em who you are, believe me you ain't". Somebody else famous once said that, an it weren't me. But seriously, don't all this cause one to git to ponder'in about where the current horn-tooters' assigned caretakers was off to when he were first hangin out around the playground, still green enough to mold into a more positive survivalistic-humanistic direction? Guess he an a lotta them self-assigned upper-crusty folks figures that the lives of us unfortunates, the lives of us homeless ain't worth too much in the general scheme a things. An maybe it's true an maybe it ain't, but the problem here as I sees it is HE jist ain't gettin with the program! HE ain't gettin the real drift a things. Really, look at him there, walkin around all puffed up an important like, prouda hisself fer his back-scratch'in, progressive, innovative ideas, his magnificent dreams an goals, when jist a leakless roof over my head'd be awful super fine. An would you say he's support'in us an our country with all his high-falutin ideas, in all this postur'in an manipulatin? Ballderdash! He's support'in hisself. He still be out in the proverbial playground pull'in fragile wings offa little flies. You remembers the type? He ain't growed up a blasted inch. Some folks heads an the way they works is simply way too much to even begin to contemplate. It's interest'in for sure, noticin where a man's true foundations lie, to which stone they is firmly anchored, an what's reflected in the pool a 'doin', as opposed ta 'fruitless words'. But then what duz I know, what duz any of us know about a man, c'ept watch'in an see'in what a man do, er what a man say, an whether them two things matches at all or not, see'in whether a "yae" er a "boo" be in order here. All I knows is there's gotta be some upsettin times in every nations history, an this here country Canadas' various crops a creeds an colours, our "vertical mosaic" a people, ain't too numb er too blind yet that we ain't been pay'in some attention to stuff what goes on further on down the line...as well as way up there. No doubt a fella figurin the lives of the unfortunates an the homeless ain't worth much hasta have a pretty good opinion a hisself, justified er not. He autta have a sister er a friend er a Mother that's bin beat up fer years by a drunken Daddy Wharton, er a brother that's too disfigured an is too scarda everybody to reach out an find help fer hisself an he cain't work an the medical system won't cover him an he ain't got no money an the shrinks is all too busy tak'in care a the real-life pay'in folks. Er maybe nature shoulda begot him an innocent inflicted child what cain't find his own way autta the dark a his own head, becuzza a some politico-governmentally approved Flaggelwhomppacillum pills his wife got issued when she were in that womanly state a glory. The bless'in of a whacked-out chemical imbalance might offer him a little personal learnin thing er two about how the depressive-schizo-bipolar unconscious mind can insidiously assault the conscious, toss'in the brains an thoughts an feelin's a the afflicted around like they wuz a teapot in a tempest. The resultin cacaphony of thought that is iggorantly misunderstood an judged by the minds a the judicial, autta be re-assigned a little more appropriately. That might get rid a some a the deep, formless blank spots currently present in that kinda horn-blower noggin mentality. He autta be ashamed a hisself. Considering all the thoughts an opinions on the matter, fer what it's worth here's another one. "A good opinion of one's self and ones' country is fine to have, but the true greatness of a nation is reflected in their treatment a there own poor". Now, to my way a think'in, there's only one thing a person autta do with a blind pimple on their arse. An I don't gotta tell you what that is.

Ego Booster

*If you think nobody cares,
try missing a couple of payments.*

Local Hikes - A Series

by Ann Snow

Have you been to Hurtado Point recently? It's an enjoyably short hike with a rewarding view. The fall colours are starting to hint at the leaves, the undergrowth is still lush and green, the birds are actively fattening up for their flights south, and the air is fresh and crisp.

The Hurtado Point Trail, an extension of the Sunshine Coast Trail, begins on Highway 101 exactly one kilometer south of Larson Road. It's on the ocean side of the highway right beside a driveway that has a big wooden sign which reads "Cladoch". Parking is tricky as there is very little shoulder and the trail entrance is a little obscure. Look for the yellow "Hurtado Point Trail" sign stapled to the telephone pole.

The trail winds through fairly open and majestic stands of trees and parallels the driveway before suddenly turning left and becoming steep for about twenty feet. If unsure which way to go, look up and follow the flagging (ribbons) on the tree branches.

The trail winds, the trees thin out and more bushes take over as you make your way to an open grassy area atop the cliffs and take in a beautiful view of Savary Island. From here the trail follows the coastline toward Dinner Rock, affording great views and picnic spots along the way.

When the trail veers inland again, it signals the end of the views and heralds a comforting blanket of trees. The return leg of the circle route is about a half kilometre further along. For a longer hike, it is worthwhile to continue on the Browne Creek. The trees and terrain are just awesome and worthy of many photos.

Either way, it is an enjoyable and rewarding hike for everyone.

Report from the Harbour Board

by Neil Gustafson

Several contracts are coming up for maintenance and upgrades to Lund Small Craft Harbour such as;

- Upgraded fire protection systems on the floats,
- Driving four pilings for mooring float chain replacement,
- Additional fire hydrant with pumper capacity for Service Area,
- Repair main beams on harbour floats as required,
- Maintenance to breakwater anchor system,
- Development of cash flow business plan for two new harbour wash rooms to be completed this fall.
- Holding tank pumping system still on hold due to budget shortfall (\$10,000).

The Grant application for funding to expand the Harbour Access and Service Area was denied by the approval board that felt it did not contribute to the increased employment requirement.

Washroom facilities, parking, and the ability to supply adequate vessel mooring continue to be a serious problem for our community for those working in Lund, visiting tourists and public travelling via Lund to other destinations,

If you would like more information on any of these contracts, contact Neil Gustafson at 483-9690.

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Photo courtesy of Jeff Shuster

STEP RIGHT UP! The salad booth at the Sunshine Coast Music Festival was a great success. Several types of salads were offered to hungry patrons and the proceeds went to the Lund Community Association. Many thanks to the volunteers who donated salads and/or worked at the booth.

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Report from the Water Board

by Neil Gustafson

Some necessary work was done on the dams this last summer to improve Lund's downstream consequence. In its previous condition, the Water Board was unable to obtain any type of liability insurance for Lund.

An inspector has approved the changes made to the catwalk, gravel areas, etc, and Lund is now rated to have a much lower downstream consequence. The Water Board was finally able to obtain an affordable insurance package for Lund with even better coverage than the previous policy.

The following are excerpts of a letter which will be going out to property owners in Lund from the Water Board:

"...the Lund Water Works system is handled by volunteers, three of whom are certified in water treatment and distribution. With the introduction of the new BC Drinking Water Legislation... Water Handlers must certify to the Qualification required for the size of System they operate, and must take regular training to maintain their certification. This situation is an onerous requirement for Volunteers. As the new regulations begin to take effect, it will become necessary to have a paid water handler who can afford the time and invest the time and effort required to maintain certification. For Lund, the cost of a paid Operator would double our operating budget. The alternative would be for the Regional District to take over the local Water Districts, and utilize a Certified Operator to oversee more than one operation.

"...If we convert, the Regional District is eligible for infrastructure grants, and can borrow the Capital costs through Government sources.

"... A conversion to Regional District would bring the water system under the umbrella of their insurance, thereby reducing the overall cost.

We would like to have the public's input on this important decision and invite Lund property owners to a meeting to be held within the next few months. Date and time will be posted."

Signs of a Stroke

by Ann Snow

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say that any bystander can recognize a stroke by asking three simple questions:

- * Ask the individual to smile.
- * Ask him or her to raise both arms.
- * Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions.

They presented their conclusions at the American Stroke Association's annual meeting recently. Widespread use of this test would result in prompt diagnosis and treatment of a stroke and preventing brain damage.

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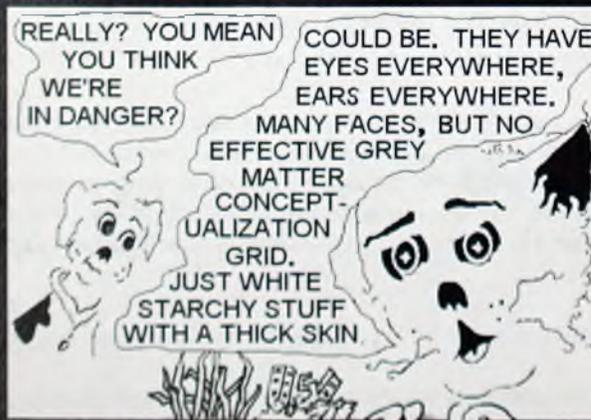
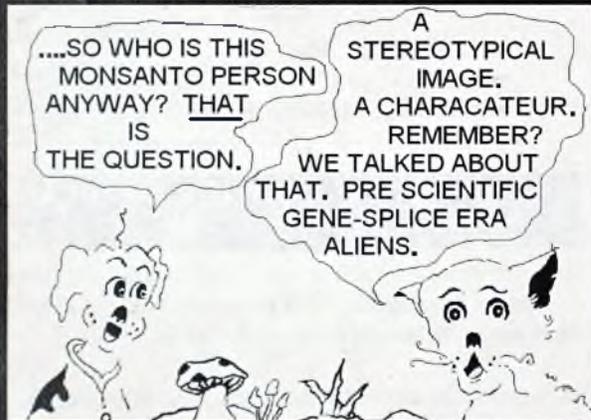
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if you didn't know how old you are?*

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S.B.