

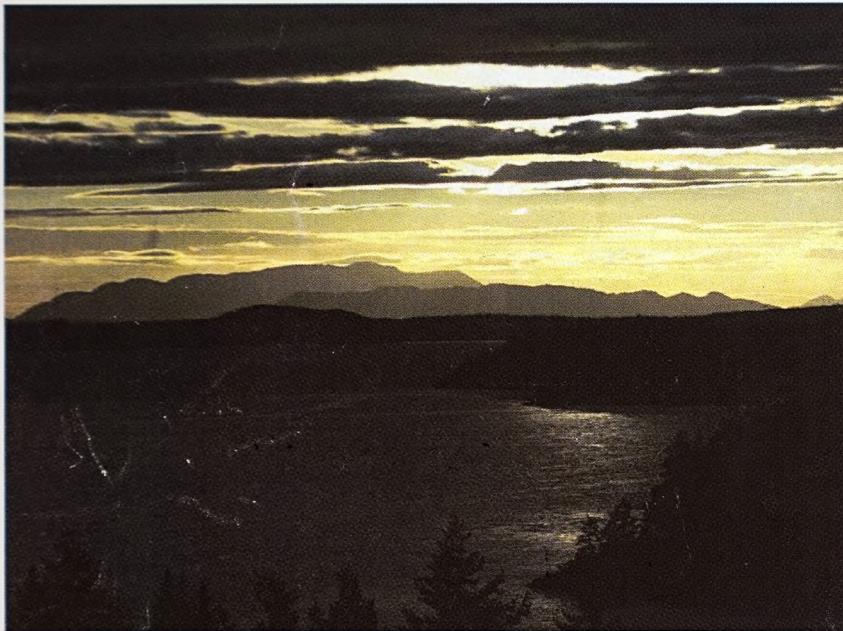
LUND BARNACLE

FALL 2010
\$ 2.00

ALL PROCEEDS TO THE LUND COMMUNITY SOCIETY.

The Voice of Lund and the Region
a 9-1-1 community

www.lundcs.org



Northwest facing sunset above the Lund Harbour

INSIDE

NORTHSIDE FIREHALL

CROSSWORD

PUDDLEJUMPERS PRESCHOOL

HARBOUR BOARD UPDATES

LUND SEWER SYSTEM REFERENDUM

FALL RECIPES

GOODWILL SOCIETY REPORT

BIRTH ANNOUNCEMENTS

JACK'S BOATYARD UPDATE

THE POWER OF YOUR INTENT

2010 Advertising Rates

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

All proceeds support the Lund Community Society

Next edition is January 2011.
Deadline for submissions is the 15th of December.

The Lund Barnacle

Publisher:
The Lund Community Society

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Cylis Lilly

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Court Cressy

Proof Reader:
Cylis Lilly

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 Eve at 483-4050 or email barnacle@lundcs.org.

****We will now be invoicing annually for advertising. Invoices will be sent out at the end of the year.****

Editorial Policy

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

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

EDITORIAL

FALL HAS ARRIVED WITH ITS CRISP COOL MORNINGS AND SHORTER DAYS. LUND IS QUIET AGAIN AFTER A SEEMINGLY QUICK SUMMER. IT'S A TIME FOR HARVESTING THE FRUITS OF OUR LABOUR AND A TIME FOR GOING INWARD (AND INDOORS). IT'S A TIME OF CHOPPING WOOD AND STOKING THE FIRE. IT IS A TIME OF INDOOR PROJECTS AND RAINY STORMY DAYS. AUTUMN IS A TIME OF GRATITUDE AND THANKS FOR ALL THAT WE HAVE.

LATELY I'VE BEEN REMINDED OF ABUNDANCE. ABUNDANCE IS NOT ONLY RECEIVING THE POSITIVE THINGS OF LIFE, BUT RECEIVING EVERYTHING. ABUNDANCE IS BEING GRATEFUL FOR ALL THE PHYSICAL, MENTAL, AND EMOTIONAL EXPERIENCES THAT WE HAVE BECAUSE EVERYTHING THAT HAPPENS DOES SO FOR A REASON. I FIND THAT THIS TIME OF YEAR REALLY BRINGS EVERYTHING THAT I HAVE HIDDEN FROM MYSELF (AND OTHERS) TO THE SURFACE AND MORE CLOSELY INTO MY PERSPECTIVE. SO THIS IS THE TIME OF YEAR FOR ME TO DO SOME INTEGRATION OF THOSE ASPECTS OF MYSELF THAT I DON'T ALWAYS LIKE TO ACKNOWLEDGE. I AM TAKING RESPONSIBILITY FOR MYSELF.

WITH LOVE AND GRATITUDE, EVE



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604-483-9160.

What's up Jack?

Eve

There has been a lot of goings on at Jack's Boatyard this summer as many in the community are well aware. So, what is actually going on at the boatyard? There is a large demand for do it yourself dry storage for boats. They always have a waiting list for the winter and with the closing of the north harbour in Powell River the boatyard decided to do something about it.

The blasting to increase the land space to store boats is done. Now they are sorting the rocks; spreading and packing. The boatyard has gone from being able to house 40 boats to 80 boats this year and next winter they will be able to store 100 boats. They are also upgrading the power system to a 30 amp connection. There are plans to build a long shed building along Finn Bay Road.

This in demand Lund business is forward thinking and preparing for the future. For more updates and information see the website www.Jacksboatyard.ca.



Larry's WoodShop

Carved Signs
House Numbers

Tel: 604 483 9619
email: twolarry@hotmail.com

FALL RECIPES

SEND YOUR RECIPE IDEAS TO BARNACLE@LUNDCCS.ORG

SPAGHETTI SQUASH PIZZA

CUT 1 SPAGHETTI SQUASH IN 1/2 LENGTH WISE. BAKE FACE DOWN IN OVEN UNTIL SQUASH CAN BE PEELED AWAY WITH FORK.

MIX SQUASH WITH 2 EGGS, PARMESAN OR ROMANO CHEESE (OR ANY OTHER KIND OF DRY CHEESE) AND PESTO. SPREAD OUT FLAT ON BAKING PAN AND BAKE UNTIL MOSTLY FIRM.

ADD PREFERRED TOPPINGS AND CHEESE (I'VE USED SUNDRIED TOMATOES, ROASTED VEGGIES (ROAST THEM WHILE ROASTING THE SQUASH), ARTICHOKE AND BLACK OLIVES). BAKE AGAIN UNTIL CHEESE IS MELTED.

POTATO PANCAKES

GRATE 2 LARGE POTATOES COARSELY. RINSE GRATED POTATO, DRAIN, PAT DRY AND TRANSFER TO BOWL.

GRATE 1 ONION OVER POTATOES. SPRINKLE WITH 1 TBSP FLOUR, ADD 2 BEATEN EGGS, SALT AND PEPPER TO TASTE. STIR TO COMBINE.

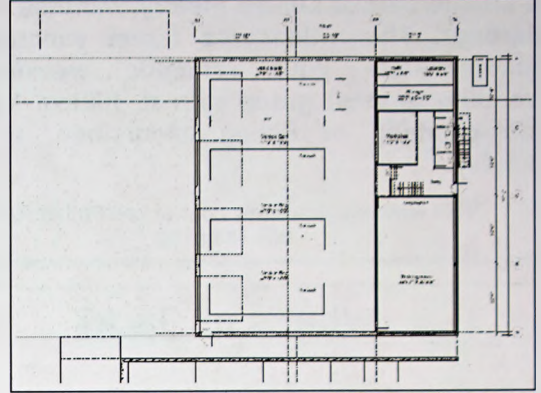
POUR ENOUGH OIL IN THE PAN TO COVER THE BOTTOM AND PLACE OVER MODERATE HEAT. ONCE OIL IS HOT, PLACE TABLESPOONS OF POTATO; FLATTENING WITH SPOON. FRY UNTIL PANCAKES ARE CRISP AND BROWN (ABOUT 3 MINUTES).

ENJOY!

EVE

New Northside Fire Hall

Ann Snow



On July 17, Northside Area "A" residents voted 80% in favour of borrowing a maximum of \$645,592 to build a new fire hall. The new hall will replace the existing Craig Road Hall which is located at the centre of the Northside Fire Protection Area.

The project is going out to tender and, once a contractor has been selected, construction will begin. The new hall will house Northside's newest pumper truck and two tanker trucks, with room for a future Emergency First Response Vehicle.

The new hall has sufficient space for proper training so Northside can continue its ongoing Fire Fighter Certification process and other training as required. Volunteers are always welcome, either as fire fighters or for tasks such as filing, record keeping, hall maintenance, equipment inspections, grounds keeping, etc. Please call the Regional District at 483-3231 if this interests you. We could use your help!



Pollen Sweaters

Lund...

We want to be your bookstore!

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the love of power then we will know
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Our Power of Intent

I have become well aware of the power of intent. I have recently been exposed to the books and website of Masaru Emoto (www.masaru-emoto.net). He has, for some time now, been conducting experiments with water. I, as a massage practitioner, have been well aware of the effect water has on us. We are mostly made up of water. It is no surprise to me that as we become toxic so does the water of this planet. We continue to contaminate our water not realizing the impact it has on us and the earth, our home while we are here in these bodies.

Emoto's research suggests that the power of intent effects water. He labels water with words, prays and then freezes the samples to find how the water is affected by the words. For example, the words "thank you" produced a beautiful crystalline structure. The words "you fool" produced an unstructured mass, not at all crystalline. I've always noticed how words affect people. The other day I witnessed a mom telling her child "if you disappear like that again I'll cut your legs off". In my experience words like this damage the emotional body. Water, I believe, is the emotional body of this planet we call earth. We are mostly water, making us a walking talking emotional body. The thing is that we've been taught to believe that emotions are bad things. Emotions are simply energy moving, e-motions. Our words are projections of our thoughts, we are affected by our thoughts and the words we use. Our thoughts and our words are our intent. "Oh I'm having a crappy day" as an intention has as much power behind it as "I am at peace in this moment".

Seeing the power of our words makes me more careful of the words and thoughts that I choose.

Blessings to All with Gratitude Cylis

***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.

Lund Puddle Jumpers Preschool

Amanda Zaikow

Lund has a preschool once again! After much planning, cleaning, preparing and organizing, Lund Puddle Jumpers Preschool started up in September. We are a licensed preschool, with a certified Early Childhood Educator, Deborah Meier. Deborah seems like a great fit for our school, having worked previously in a Parent Participation Preschool in Robert's Creek.

We have a great group of kids, ranging from being second or third generation Lund school students, to brand new additions to the community. Parents will be involved in the daily running of the program, as well as administration, cleaning, craft preparation, fundraising and helping on field trips.

We hope to have members of the community helping out by volunteering in the class-puppetry, music, storytelling... Anyone interested in being a part of Lund Puddle Jumpers Preschool can contact Amanda at 483-7928 or Francine at 414-0154. Keep your eyes open for a raffle coming up featuring a coveted Pollen Sweater!



Harvest Halloween Potluck on October 30th at the Community Centre at 5pm.

Historic Lund Hotel

open year round



Your resort and marina at
Desolation Sound.

Experience the sunsets, scenic beauty and
pristine waters surrounding this fully restored
oceanfront property.

Kid's Korner

ORCA bus is at the Community
Centre every Monday from 9:30-
11:30

Playgroup has resumed on Fridays
from 10-12

Young children and their caregivers
welcome at both!



Once again the Cops for Cancer were on the road. On the weekend of Sept 25 & 26, they cycled from Vancouver to Lund and back again to raise money for cancer research. Here are some of the group resting at the Mile 0 marker in Lund.

Ann Snow

Birth Announcements

Ronnie and Peter Uhlmann had their own baby boom in the last three months, with the births of three grandchildren! Tai Uhlmann and Theo Angell named their little girl Wrenwin Thraebird, born July 1st. Then Tai's sister Tanya and her partner Eben Burr gave birth to a boy on July 20th. They named him Banks Uhlmann Burr. Not to be left out, their brother Sasha and his wife Wendy Kerr gave birth to their second child, Avi Phoenix, on September 11th. Way to create a future of great family get-togethers!

Emma (Behr) and Darryl Hansen gave birth to a little girl, Tianna Elizabeth, on July 26th. Peter and Margaret Behr are beaming.

A boy named Shilo Lion was born to Cynthia Souce and Darrel Tanant on August 8th.

Congratulations everyone!

Baby
Wrenwin
(born July
1) and
mom Tai



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*An artistic getaway at the doorstep to
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Answers to July's Crossword

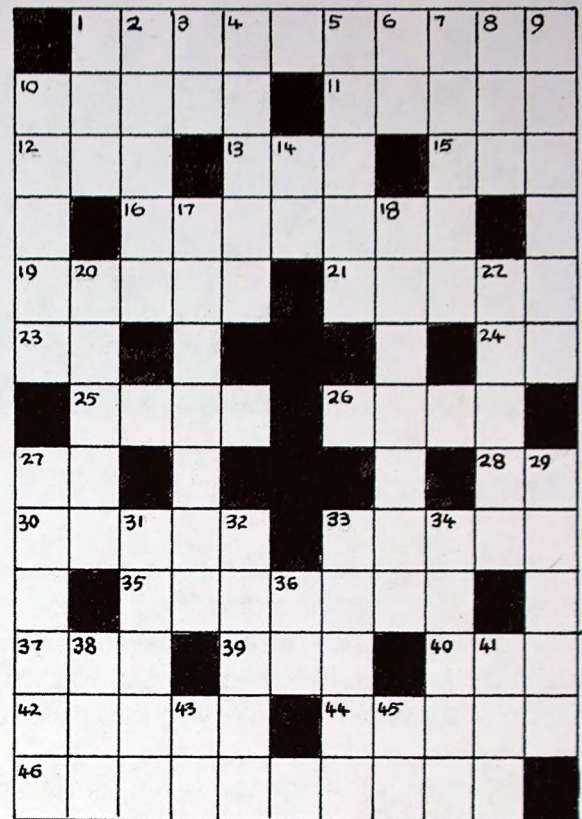
S	U	P	E	R	T	A	N	K	E	R
C	R	U	D	E		L	E	E	C	H
O	A	R		A	V	A		P	O	E
O	N	E	U	P		S	A	I	L	S
P	I		S	E	E	K	S		O	U
S	U	P	E	R		A	P	I	G	S
	M	O	D		A		S	T	Y	
	S		S	T	E		E			
	C	E	E		E		E	M	Y	
F	O	R	D	S		E	N	S	U	E
I	M		G	E	R	M	S		C	P
S	P	I	E	L		I	O	T	A	S
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E	S	T	R	O		E	S	P	A	M
S	T	O	R	M	D	R	A	I	N	S

ACROSS

1. WALKING WOUNDED
10. ACCUMULATE
11. TO SUCCEED
12. CHOOSE
13. FORMERS
15. OF IT
16. EAR PENDENT
19. SEA BIRDS
21. FRUIT PULP
23. A RADIO SIGNAL
24. HOSP. PRO
25. NEWSPAPER PAGE
26. DESPOT
27. A THING (PRON.)
28. SP. ARTICLE
30. NO WAY
33. EXCEED
35. HELPER
37. LODGING PLACE
39. 3 LESS THAN X
40. FRIEND (FR.)
42. TAKE BY FORCE
44. SACRED HINDU TEXT
46. PRETENDS TO BE ILL

DOWN

1. ELEC. MEAS.
2. MOTHER (LAT.)
3. BULL
4. REGULAR TAKERS
5. FABLE FELLOW
6. SOUTHERN STATE
7. BASKET WILLOW
8. IN A ---
9. TOADIES



10. BLOOD LINE
14. OVERSIZE
17. FOREIGN SUBSTANCE
18. BLUNT (FR.) OOPS! SPELT WRONG
20. SHOW FEELINGS
22. WRONG AGAIN!
27. FEEBLE
29. REASON
31. EASILY BRIBED
32. SALISH TRICKSTER
33. OIL SOURCE
34. EXCHANGE
36. HAVING TWO (PREFIX)
38. TEACHER ASSN.
41. RUS. COMMUNITY
43. ROMAN HALF/DOZ.
45. ADVERB SUFFIX

LUND SEWER

Remember to Vote ~ in person on October 6 and 16 ~ or by mail ballot

The Lund Sewer treatment plant experienced a major breakdown in November, 2009. The Regional District has been investigating options for correcting the problem and an upgrade plan is now in place.

The total estimated upgrade cost is \$462,195. Some funds are available in the sewer service reserve and the Regional Board has authorized a generous contribution to this project from its Community Works Fund in order to minimize borrowing and the associated debt payments which users will have to cover. (Community Works Funds are provided to local governments by the federal government from its Gas Tax revenues.) However, Regional District must borrow \$25,000 to finance the balance of the costs.

On October 16, electors in the Lund Sewer Local Service Area will vote on the following question:

"Are you in favour of the Powell River Regional District adopting Bylaw No. 438 to borrow up to \$25,000 over an amortization period of up to 15 years to upgrade the Lund Sewer Treatment Plant?"

Financing & Taxation Information associated with this borrowing bylaw:

The estimated annual debt payment is \$2,670.

The estimated parcel tax increase to cover the debt payment is \$26.

The maximum borrowing term is 15 years.

For more information on the upgrades, financing and costs, see the flyer mailed to the service area on September 16. The flyer is also posted on the Regional District's website.

WHO CAN VOTE

The only electors who can vote are those who are, on October 16, Canadian citizens, at least 18 years of age and who have lived in BC for 6 months and who have also lived or owned property in the Lund Sewer Area for 30 days.

VOTING OPPORTUNITIES

General Voting is Saturday, October 16, 8 am – 8 pm at the Lund Community Centre, Larson Road

Advance Voting is Wednesday, October 6, 8 am – 8 pm at the Regional District Office, 5776 Marine Ave., Powell River

Mail Ballots are available for qualified electors who will be away on October 6 and 16; or who cannot access a voting place due to a disability; and for non-resident property electors.

How to request a mail ballot:

- Requests can be submitted in person or by mail, phone, fax or email: fax: 604-483-2229; phone: 604-483-3231; email: mailballots@powellriverrd.bc.ca.

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Lund Community Society

Goodwill Committee Fall 2010 Report

All five of the cards sent by the Goodwill Committee since our last Barnacle were to express our congratulations for new baby arrivals.

The welcoming of new residents to Lund with a package available at the post office is going well. Recipients have expressed their thanks. The package now contains a welcoming letter from the Goodwill Committee, a free issue of the Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a gift certificate from The Lund Hotel (thanks Colleen), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on Lund (thanks tax dollars?). Welcome to Lund!

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



Take the bus

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

Departs Lund Hotel 10:55am

Departs Town Centre Mall 4:05pm

Lund Harbour Updates

There have been some technical delays in the gangway installation. Once this is figured out it will be completed.

The new breakwater is scheduled for the end of 2010.

Stay tuned for the upcoming AGM



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Lund, BC

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free online community bulletin board

Lund Art in Prudeaux Haven



Summer arts program, Grace Harbour and Prudeaux Haven.

Shirley, Ursula, and Sherry

Yoga in Lund

Lund Community Centre

September 14- November 11th (8 weeks)

Tuesday 6:30-8:00pm Core focused Hatha

Thursday 9:30-11am Gentle Hatha

4:30-6:00 Hatha for everyone

Drop in- \$10

1 class/week- \$70

Unlimited- \$140

Eve is a certified Yoga Instructor with Yoga Alliance, taking the 200 hour teacher training with Open Door Yoga. She is also a certified laughter leader.

604-483-4050

Community Northside Fire Department's Halloween Party

October 31

7pm

at Craig Park



Free hot dogs
& pop



Candy
for the kids



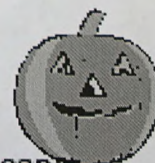
Bonfire

Fireworks



Everyone welcome!

(bring a jack o' lantern if you can)



Lund Christmas Craft Fair

Annual Christmas fundraiser for the Lund Community Society



November 20th

Italian Hall in Wildwood

10am-4pm

Delicious food by the Lund Community Society



Volunteers needed for set-up, baking, serving, children's area, and clean-up. Contact Rianne 483 9605 or Caitlin 483 4238.
(If you haven't received your application for a booth please call Caitlin)