

Lund Barnacle

July 2009

All proceeds to the Lund Community Society.

\$ 2.00 (free to members)

NEW SPEED LIMIT TAKES EFFECT



Be warned! The speed limit as you enter Lund has been reduced to 30km starting at Larson Road. The Lund Community Society successfully lobbied the Department of Highways to reduce the speed limit due to the high number of pedestrians, parked vehicles, and blind intersections. Being proactive will prevent accidents and perhaps save a life.

Advertising Rates

Business Card Size: \$ 7.50
Double Business Card Size: \$ 15.00
Quarter Page: \$ 20.00
Half Page: \$ 40.00
Full Page: \$ 80.00

Colour ads multiply by 1.5

All proceeds support the Lund Community Society

Next edition is September 2009.
Deadline for submissions is two weeks prior.

The Voice of Lund and the Region

www.lundcs.org

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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 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.

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

EDITORIAL

By Ann Snow

Summer has arrived and it promises to be hot and dry. Already burning and campfire bans are in effect. Please be extra cautious when working outside because metal on stone can create a spark and - well, there goes the neighbourhood. And you smokers out there - be extra careful!

Lund is becoming a busy place. The boardwalk and waterwheel were repaired a few years ago and the waterwheel building hosts a Community Visitor Info Booth which is now open for the season.

The Mile "O" project is almost complete. A new business bulletin board will soon be built down at the Harbour and the sign posts for the "Lund Loop" walking route will be installed shortly. It's little projects like this that make Lund such a pleasant place to live and work.

And these projects were all done by committees through the Lund Community Society. Grants were granted, volunteers volunteered, things got done.

Speaking of done, I've been publishing Lund's Barnacle for the past few years and I feel it's time to move on. If anyone else out there would like to try their hand at publishing this periodical, please give me a call (483-9220). I'd be happy to show you the ropes, hand you the reins, and let you run with the ball - so to speak.

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 walk to your appointments. Then for \$2.00 you can catch the bus back. Cheaper than driving!

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Lund Sports Day 2009

By Sandy Dunlop

On Saturday, May 2nd, the Lund Community Society hosted the 6th annual May Day Sports Day and community potluck lunch at the community centre. The weather started out with a bit of sun in the morning, and the organizers were hopeful. Operating on "Lund Time", the



eager participants began arriving and were organized into teams, and the marvelous potluck offerings were organized in the kitchen. The games began just as the weather took a downturn, and after half a dozen or so relays and lots of laughs and ribbons, the rain began in earnest. Finally the wind knocked over the scoreboard, and it was taken as the sign for the hungry crowd to move



inside. Warm and dry and presented with an array of pasta salads and other luncheon treats and ice cream, the fun continued on into the afternoon. Another good time was had by all.



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No library card required

Birth Announcements

A baby boy, named Ryan Alexander Marshman, was born to Jasmin and Chris Marshman on May 16th. Congratulations to Jas, Chris, Brendon, and Gabrielle, and welcome to Lund, Ryan!



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Microwaving Water!

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for, but he wanted to bring the water to a boil.

When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the water was not boiling, but suddenly the water in the cup 'blew up' into his face. The cup remained intact until he threw it out of his hand, but all the water had flown out into his face due to the build up of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring.

He also may have lost partial sight in his left eye. While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc., (nothing metal).

General Electric's Response:

Thanks for contacting us. I will be happy to assist you. The e-mail that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it.

Here is what our local science teacher had to say on the matter: 'Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup).

What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point.

What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.'

If you pass this on you could very well save someone from a lot of pain and suffering.

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. . . squids have the largest eyes in nature - up to 16 inches across

. . . robins become drunk after eating holly berries and often fall off power lines

. . . a mouse has more bones than a human

. . . whales can communicate with each other from over 3,000 miles away but the message takes over an hour to get there.

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The Raccoon Story

By Pernell Harris



I am a camper and student helper at the beautiful campground, SunLund. During the night I sleep in a cot in a tent.

My first few nights were . . . interesting. The first night I awoke in the middle of the night to raccoons scratching at my tent. Their cute little sounds came from all around.

The second night I had my cot along the side of the tent and my foot hung over the bed and it was poking into the tent wall! I was startled by small little clutchy hands grasping my foot. I pulled it back almost immediately!

But they have now gotten used to my being there, but I have seen them randomly during the day!

Did you know . . .

the world's largest manufacturer of female apparel is Mattel. They make Barbie's clothes.



May 5th saw these kayaking students learning and practicing their skills in the cove behind the Lund Hotel.

Yet Another Dirty Trick Foisted On Legitimate Drivers

While my car was in to have the front brakes renewed recently, one of the mechanics commented that someone had stolen my sticker. When I asked what he was talking about, he took me to the back of the car to show me where someone had removed my newly applied vehicle validation sticker.

Most of us simply clean off the surface of the previous sticker and put the new one on top of it. That way, all a thief has to do is to pry off the layered stack, clean up the back and glue your sticker onto their license plate, or worse, sell it to someone else to apply it to theirs. This allows them to avoid the need to bother about paying for an Emissions Test, paying the renewal fee, and, by extension, probably drive uninsured. Next year they will simply repeat the process with another stolen sticker. Unless they are stopped by the police for some reason and the ownership validation sticker number is checked against the number on the sticker on the license plate, they may well get away with it for years.

On Monday I went in to obtain my new sticker. They indicated that this is quite common. I paid the replacement cost - once again the victim takes the hit!

This time I scraped the sticker location completely clean of old stickers, washed the site with lighter fluid, and then applied the new one and rubbed it down well.

The lady that served us indicated that once the site is cleaned off and the new sticker is applied and well rubbed down, if you take a sharp utility knife or something similar and score lines vertically and horizontally across the sticker, it guarantees that it can only be removed in small, useless pieces. This tip came from a customer who had been hit, as we were. Our new sticker is now in place and well scored. Incidentally, as the license plate is aluminum, there is no risk of rusting due to the scoring.

Whenever you replace your validation sticker my advice is to completely remove all traces of the old sticker(s) and follow the process above. At least then the thief will steal someone else's sticker.

Please advise your friends and relatives. Note: While this happened in Toronto, it could happen anywhere in the province or for that matter anywhere that uses a similar validation sticker.

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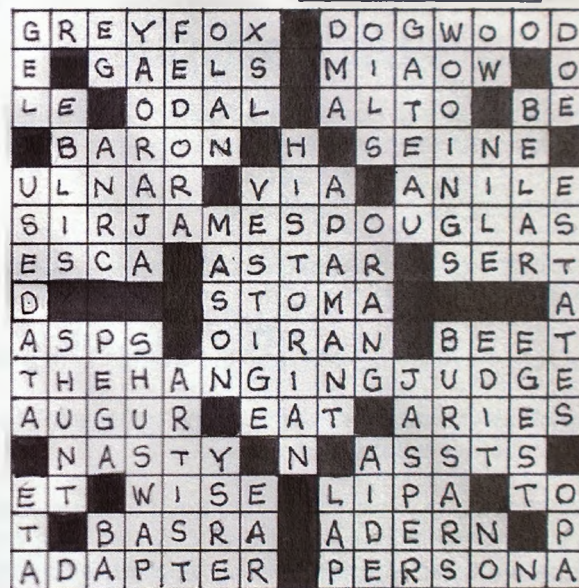


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ANSWER TO #14



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.

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A unique part of Lund's history, minutes from the Harbour. This wilderness forest sanctuary will accommodate your romantic weekend, (or wedding guests) group retreat, hiking, kayaking, rock-climbing or diving excursions, or family holiday.

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Myth - A limb 'falls asleep' because its blood supply gets cut off.

Fact - This feeling of numbness (called neurapraxia) happens when a major nerve is pinched against a hard object or bone. This causes the harmless temporary sensation of numbness, but the blood continues to flow normally.

Myth - Hunger is triggered by an empty stomach.

Fact: Hunger is set off when nutrients are absent in the bloodstream. In response to this, the brain begins rhythmic contractions of the stomach and intestines, which causes stomach grumbling and the feeling of hunger.

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Lund Community Society

Goodwill Committee Summer 2009 Report

In the last three months, the Goodwill Committee sent cards to six community members. We expressed our congratulations for a new baby arrival, sent several get well wishes and thoughts, and a couple thank you cards of appreciation.

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.

JUST A MOTHER?

A woman, renewing her driver's license, was asked by the woman recorder to state her occupation.

She hesitated, uncertain how to classify herself.

"What I mean is," explained the recorder, "do you have a job or are you just a . . . ?"

"Of course I have a job," snapped the woman. "I'm a Mum."

"We don't list 'Mum' as an occupation, 'housewife' covers it," said the recorder emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our own City Hall. The clerk was obviously a career woman, poised, efficient, and possessed of a high sounding title like, "Official Interrogator" or "Town Registrar."

"What is your occupation?" she probed.

What made me say it? I do not know. The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations."

The clerk paused, ball-point pen frozen in midair and looked up as though she had not heard right.

I repeated the title slowly emphasizing the most significant words. Then I stared with wonder as my pronouncement was written, in bold, black ink on the official questionnaire.

"Might I ask," said the clerk with new interest, "just what you do in your field?"

Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, (what mother doesn't) in the laboratory and in the field, (normally I would have said indoors and out). I'm working for my Masters, (first the Lord and then the whole family) and already have four credits (all daughters). Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 14 hours a day, (24 is more like it). But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money."

There was an increasing note of respect in the clerk's voice as she completed the form, stood up, and personally ushered me to the door.

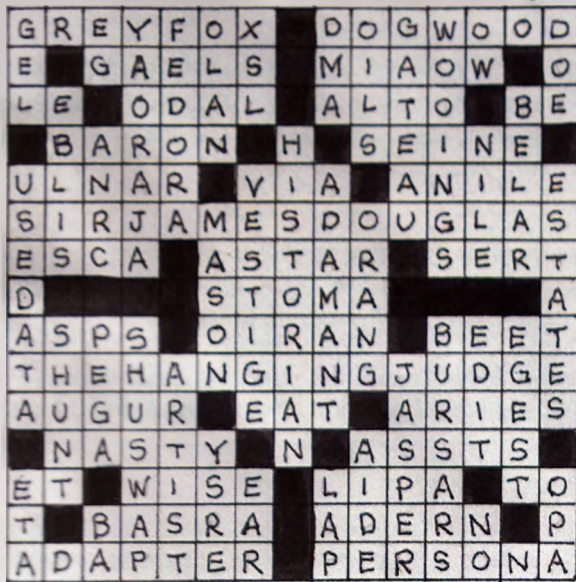
As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants - ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a 6 month old baby) in the child development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy!

And I had gone on the official records as someone more distinguished and indispensable to mankind than "just another Mum." Motherhood!

What a glorious career! Especially when there's a title on the door.

Does this make grandmothers "Senior Research Associates in the field of Child Development and Human Relations"? And great grandmothers "Executive Senior Research Associates"? I think so!!! I also think it makes aunts "Associate Research Assistants."

ANSWER TO #14



Repeat after me "I will not complain about my job
EVER AGAIN!!"



* THE PIPER *

As a young bagpiper, I was asked by a funeral director to play at a graveside service for a homeless man, with no family or friends.

The funeral was to be held at a cemetery way back in the country, and this man would be the first to be laid to rest there.

As I was not familiar with the backwoods area, I became lost and being a typical man did not stop for directions. I finally arrived an hour late. I saw the backhoe and the crew, who were eating lunch, but the hearse was nowhere in sight.

I apologized to the workers for my tardiness, and stepped to the side of the open grave, where I saw the vault lid already in place.

I assured the workers I would not hold them up for long, but this was the proper thing to do. The workers gathered around, still eating their lunch. I played out my heart and soul.

As I played the workers began to weep. I played, and I played, like I'd never played before: From "My Home" and "The Lord Is My Shepherd" to "Flowers of the Forest". I closed the lengthy session with "Amazing Grace" and walked to my car.

As I was opening the door and taking off my coat, I overheard one of the workers saying to another, "Jeezuz, Mary'n Joseph, I never seen nothin' like that before - and I've been putting in septic tanks for twenty years."



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A farmer decided he wanted to go to town and see a movie. The ticket agent asked, "Sir, what's that on your shoulder?"

The old farmer said, "That's my pet rooster, Chuck. Wherever I go, Chuck goes."

"I'm sorry sir," said the ticket agent. "We can't allow animals in the theatre."

The old farmer went around the corner and stuffed Chuck down his overalls. Then he returned to the booth, bought a ticket and entered the theatre.

He sat down next to two old widows named Mildred and Marge. The movie started and the rooster began to squirm. The old farmer unbuttoned his fly so Chuck could stick his head out and watch the movie.

"Marge!", whispered Mildred.

"What?", asked Marge.

"I think the guy next to me is pervert."

"What makes you think so?" Asked Marge.

"He undid his pants and he has his thing out." whispered Mildred.

"Well, don't worry about it," said Marge. "At our age, we've seen 'em all."

"I thought so too," said Mildred, "but this one's eating my popcorn."

BLEACH VERSUS PEROXIDE

"I WORKED IN A PHARMACY FOR 18 YEARS AND WE USED PEROXIDE TO WIPE EVERYTHING DOWN." This was written by Becky Ramsey of Indiana (a doctor's wife), and I want to share it with you. She was over recently for coffee and smelled the bleach I was using to clean my toilet and counter tops. This is what she told me. "I would like to tell you of the benefits of that plain little ole bottle of 3% peroxide you can get for under \$1.00 at any drug store. What does bleach cost?

My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide. Have you ever smelled bleach in a doctor's office? NO!!! Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late 40's? It's chlorine, folks! And it was used to kill our troops. Peroxide was invented during WWI in the 20's. It was used to save and help cleanse the needs of our troops and hospitals

Please think about this:

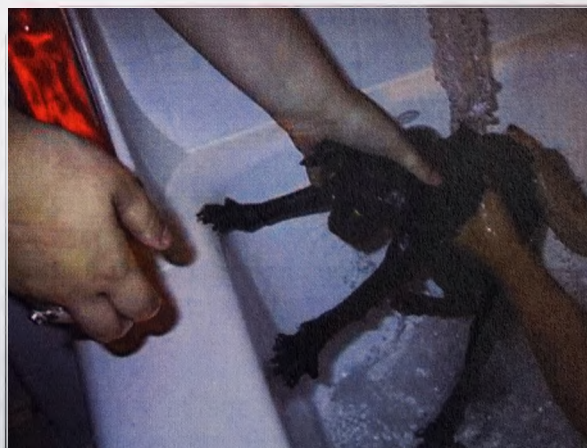
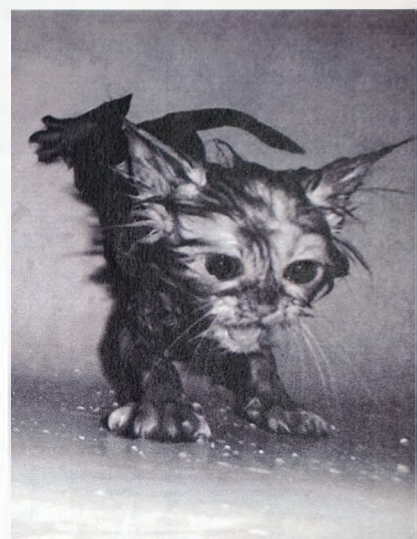
- 1 Take one capful (the little white cap that comes with the bottle) and hold it in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
- 2 Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
- 3 Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
- 4 After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
- 5 I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
- 6 Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.
- 7 Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
- 8 Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.
- 9 If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day and spit it out. The pain will lessen greatly.
- 10 And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.
- 11 Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
- 12 You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
- 13 I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much for this.

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner!"

This information really woke me up. I hope you gain something from it, too.



Wet Cat Photos



Word-o-Ku

Game play is the same as Sudoku but using 9 different letters instead of numbers 1 to 9. The complete Word-o-Ku puzzle contains all of the letters in every row, column, and 3x3 box. The word for the puzzle below is **Copelands**

1. Fill the grid so that the all of the letters appear in each row.
2. Fill the grid so that the all of the letters appear in each column.
3. Fill the grid so that the all of the letters appear in each 3x3 box.

	D	N			S			L
S				N				
E				C	O			
					L	O		N
	S	P				E	A	
N		D	P					
			E	L				P
A				P				O
D			O			A	C	

THE WORLD ACCORDING TO AMERICANS



Mile "0" Highway 101



Construction is almost complete on the Mile "0" marker in Lund. Al McKenzie has been working diligently every day to complete the stonework. Very shortly

bollards will be installed around the perimeter of the marker area then the personalized tiles will be laid around the base.

Did you know that a Time Capsule was inserted into the marker on May 12, 2009. Someday, when they

twin Highway 101 through to Sevilla Island and Cortes Island, they'll knock down the marker and discover it.



The capsule was made by Court Cressy and items of interest were gathered by Anne Cressy. They include a 2009 Canadian coin set, photos, maps, newspapers, calendar, Barnacles, and other items which may be of interest to future generations of Lundies.



TEQUILA AND SALT

This should probably be taped to your bathroom mirror where one could read it every day. You may not realize it, but it's 100% true.

1. There are at least two people in this world that you would die for.
2. At least 15 people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you.
5. Every night, SOMEONE thinks about you before they go to sleep.
6. You mean the world to someone.

7. You are special and unique.
8. Someone that you don't even know exists loves you.
9. When you make the biggest mistake ever, something good comes from it.
10. When you think the world has turned its back on you, take another look.
11. Always remember the compliments you received. Forget about the rude remarks.

And always remember . . . when life hands you lemons, ask for gin and tonic and call me over!! Good friends are like stars . . . you don't always see them, but you know they are always there.

I would rather have one rose and a kind word from a friend while I'm here, than a whole truck load when I'm gone.



Northside Volunteer Fire Department

By Ann Snow

Certification training is finally almost complete for most of our region's firefighters. For the past several months volunteer firefighters, including some of your friends and neighbours, have been learning the safest and most efficient way to deal with emergency situations - particularly fighting fires.

The fire department responds to 9-1-1 calls including medical, vehicle, fire and other emergencies, and covers the area north of Sliammon to a portion of Sarah Point Road.

This area includes properties in Okeover, on Pryor Road, Craig Road, Emmonds Beach, Atrevida and Southview Road, to name a few.

Contrary to popular belief, being a volunteer firefighter is not too physically demanding. There are a few "petite" women in the department who are just as proficient as some of their "huskier" male counterparts.

If you've ever wondered how to handle an emergency situation (medical, fire, or vehicle accident) come on out and learn. Training is free and the instructors are very patient. We meet Monday evenings from 7pm to 9pm. The department needs your help and you will be welcomed by all.

Is This Just A Coincidence?

2007 - Chinese year of the Chicken - Bird Flu Pandemic devastates parts of Asia

2008 - Chinese year of the Horse - Equine Influenza decimates Australian racing

2009 - Chinese year of the Pig - Swine Flu Pandemic kills hundreds of pigs/humans around the globe.

It gets worse. Next year . . .

2010 - Chinese year of the Cock - What could possibly go wrong?

ACROSS

- 1 THROW ROCKS AT
- 9 COMIC TRIO
- 13 TO POUR DOWN
- 14 A CONJUNCTION
- 15 SON OF AGRIPPINA
- 16 WRATH
- 17 SCANTY
- 19 DIGITAL DISC
- 20 MANTRA
- 21 TRIPLES
- 23 SLANGY AFFIRMATIVE
- 24 ENGLISHMANS HOME (ABBR.)
- 25 _ _ LATE (TO SWELL UP)
- 26 THE RATIO
- 28 ONE-TWO _ _ YOU'RE OUT
- 29 PAINTER JACKSON'S INITIALS
- 30 ON OR ABOUT (ABBR.)

- 31 WIRING EXPERT (ABBR.)
- 32 BATHROOM MUST
- 34 GONE BAD
- 37 UNTRUTH
- 39 DEVOUR
- 41 BRANCH OF MATH (ABBR.)
- 42 WITH LOVE & CARE
- 43 LASTING AFFECT
- 45 AMER. STATE
- 46 REGION
- 47 DOUBLE THIRTY PLUS
- 50 10% OF A BUCK
- 51 ANIMAL SIGN

DOWN

- 1 PILL PLACE (ABBR.)
- 2 GREAT LAKE
- 3 AUTHOR DEIGHTON
- 4 CHEM. SYMBOL

- 5 UNPLEASANT ODOR
- 6 LONG TIME
- 7 ELDERLY
- 8 IMPUDENT
- 9 THREE VOICES
- 10 RELIABLE WORD (2 WDS)
- 11 A BELIEVER
- 12 SOFT DRINK
- 17 ELDER (ABBR.)
- 18 N.E. STATE
- 21 PAIR OF THREES
- 22 SCOUTED FOR
- 24 A SUPPORT (ABBR.)
- 27 POST-WAR PRES.
- 32 HARDY HEROINE
- 33 MEASURED OFF
- 35 EXTRA WORK (ABBR.)
- 36 FOR EXAMPLE
- 37 SHEEP'S CRY ?
- 38 EXAMINE CLOSELY
- 40 HIRED RIDE
- 42 THREE IN OLD ROME
- 44 FLOCK LEADER
- 46 ELEC. DISCHARGE
- 48 GIANT CORP.
- 49 EQUALLY (ADV.)

