

# Lund Barnacle

April 2010

All proceeds to the Lund Community Society.

\$ 2.00

## IT HAS BEGUN



Work has begun on Lund's harbour expansion project. Late March saw the commercial finger being extended.

### **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 June 2010.

Deadline for submissions is the last day of March.

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

[www.lundcs.org](http://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](mailto: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

*The rumours are true! Shaw Cable is negotiating with BC Hydro to use Hydro's poles to bring cable service out to Lund.*

*Soon we will be inundated with "Special Introductory Offers" for programming packages we've never seen before and offers of reliable internet services.*

*Be aware that the further along the line that a signal travels, the weaker it gets. Given the distance from Powell River, we may not receive the same quality of service as those in town but cable service would bring us into the 21st century.*

*So, for those of you who enjoy watching TV or surfing the net, this is something to look forward to. The rest of us will carry on with our gardening, baking, piping, running, hiking, and other hobbies and hopefully resist the temptation to become couch potatoes.*

*By the way, after many years of publishing your favourite periodical, the Lund Barnacle, I am retiring. This is my last one. It has been a pleasure.*



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604-483-9160.

## Spring Is Cougar Time!

By Ria Curtis

More than just crocuses are popping out right now. Little lambs are being born and that means cougars. Here are a few things to keep in mind.

**Look up.** Cougars like to wait in branches or bluffs above game trails so that they can jump down on their prey, usually deer. A child, small person or dog will fit the menu too. Keep dogs and young children within reach and keep an eye out for overhanging branches or bluffs.

If you do meet a cougar, **make yourself look big.** A 9 year old boy I knew escaped from a stalking cougar by putting a piece of bark above his head and walking backwards, slowly.

**Never run.** Pick up small children and leave the area immediately.

**Be alert, be aware.** The best way to avoid conflict is to avoid situations where the cougar has the upper hand. Stay away from bluffs, walk in groups and keep an eye on overhanging branches.

Remember, enjoyment of nature starts with respect. Happy trails.

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## Birth Announcements

The last Barnacle omitted announcements of two baby girls. Hayden Isabella, was born to Colin Mallery and Kassidy Sharonovsky on December 24<sup>th</sup>. What a Christmas present! In the new year, a baby girl was born to Cama Anderson and Brent James on January 16<sup>th</sup>. Elias now has a little sister, named Kaya Rosa.

Since that Barnacle, a baby boy named Flint was born to Kristy McRae and Paul Keays on January 27<sup>th</sup>. A soon-to-be-named baby boy was born on March 27<sup>th</sup> to Amanda Zaikow and Dillon Worthen. A baby girl named Morgan Abigail was born to Carrie McRae and Tristen Chernove on April 5<sup>th</sup>.

It's a baby boom! Congratulations everyone!

## SATURDAY, MAY 1

Lund Community Society hosts the 7<sup>th</sup> Annual

### MAY DAY SPORTS DAY and community potluck lunch

**Relay-style Events      Fun for Everyone!!**

Registration to participate on a team starts at	10:30 a.m.
Events begin at	11 a.m.
Potluck lunch	noon
More events	until 2 (ish)

at the Lund Community Society Centre  
(formerly Lund School)

**EVERYONE WELCOME !!      FREE !!!**

For more information, call Sandy at (604) 483-2395



Can you see  
the two faces?



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### A STORY FROM VANCOUVER ISLAND . . .

A woman from Vancouver, who was a tree hugger and anti-hunter, purchased Acres of timberland near Lake Cowichan on Vancouver Island. There was a huge tree on one of the highest points in the tract. She wanted to view the natural splendor of her land, so she climbed the Tree. As she neared the top, she encountered a spotted owl. It attacked her!

In her haste to escape, the woman slid down the tree to the ground. The ensuing fall incurred several splinters of wood: in her crotch. In considerable pain, she hurried to the doctor, 35 minutes away in Duncan. She told him she was an environmentalist and anti-hunter and how she came To receive all of the splinters. The doctor listened to her story with great patience. He then told her to go into the examining room and he would see if he could help.

The impatient patient sat, and sat, and waited for three hours before the Doctor reappeared.

The angry woman demanded, 'What took you so long?'

He smiled and said , 'Well, I had to get permits from Environment Canada, The BC Forest Service and Worksafe BC before I could remove old-growth timber from a recreational area.

I'm sorry, but they turned me down.'



Pollen Sweaters

## Lund...

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# Yoga in Lund

## Yoga that flows

Lund Community Centre

Wed, Apr 21 - Tues, June 22

Tuesday	Wednesday	Thursday
		10 ~ 11:30am Yoga Gently
6:30 ~ 8pm Hatha (core focus)	5:30pm ~ 7pm Hatha	

Please Call Karen

483-4050

*A woman is incomplete until she is married.  
Then she is finished .*

*Saturday morning I got up early, quietly dressed, made my lunch, grabbed the dog, and slipped quietly into the garage.*

*I hooked up the boat up to the truck and proceeded to back out into a torrential downpour. The wind was blowing 100 km/h so I pulled back into the garage, turned on the radio and discovered that the weather would be bad all day.*

*I went back into the house, quietly undressed, and slipped back into bed. I cuddled up to my wife's back, now with a different anticipation, and whispered, 'The weather out there is terrible.'*

*My loving wife of 10 years replied, 'Can you believe my stupid husband is out fishing in that?'*

*My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table.*

*My wife asked, 'Do you know her?'*

*'Yes,' I sighed, 'She's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since.'*

*'My God!' said my wife, 'who would think a person could go on celebrating that long?'*

### Never Argue with a Woman

*One morning, the husband returns the boat to their lakeside cottage after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, puts her feet up, and begins to read her book. The peace and solitude are magnificent.*

*Along comes a Fisheries Officer in his boat. He pulls up alongside the woman and says, 'Good morning, Ma'am. What are you doing?'*

*'Reading a book,' she replies, (thinking, 'Isn't that obvious?')*

*'You're in a Restricted Fishing Area,' he informs her.*

*'I'm sorry, officer, but I'm not fishing. I'm reading.'*

*'Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up.'*

*'If you do that, I'll have to charge you with sexual assault,' says the woman.*

*'But I haven't even touched you,' says the Game Warden.*

*'That's true, but you have all the equipment. For all I know you could start at any moment.'*

*'Have a nice day ma'am,' and he left.*

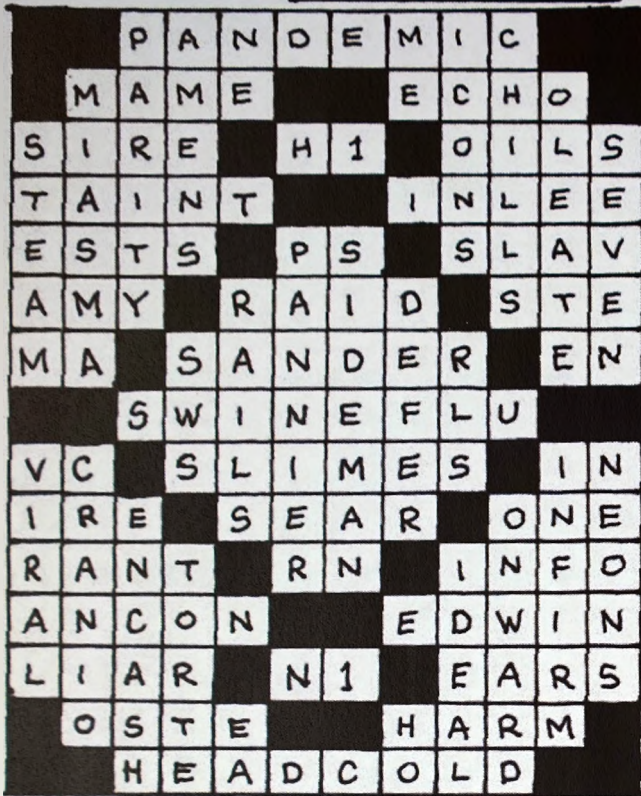


### **Euchre . . . every Tuesday at 7:00pm at the Lund Pub.**

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.



## ANSWER TO NO. 17



This should boggle your mind!! And scare you as well!!

- 1) At Wal-Mart, Americans spend \$36,000,000 every hour of every day. This works out to \$20,928 profit every minute!
- 2) Wal-Mart will sell more from January 1 to St. Patrick's Day (March 17th) than Target Stores sell all year.
- 3) Wal-Mart is bigger than Home Depot + Kroger + Target + Sears + Costco + K-Mart combined.
- 4) Wal-Mart employs 1.6 million people and is the largest private employer. And most can't speak English.
- 5) Wal-Mart is the largest company in the history of the World.
- 6) Wal-Mart now sells more food than Kroger & Safeway combined, keeping in mind they did this in only 15 years.
- 7) During this same period, 31 supermarket chains sought bankruptcy. Wal-Mart now sells more food than any other store in the world.
- 8) Wal-Mart has approximately 3,900 stores in the USA of which 1,906 are Super Centers. This is 1,000 more than it had 5 years ago.
- 9) This year, 7.2 billion different purchasing experiences will occur at a Wal-Mart store. (Earth's population is approximately 6.5 billion.)
- 10) 90% of all Americans live within 15 miles of a Wal-Mart.
- 11) The value of product for Wal-Mart passing through the port of San Diego each year is a larger sum than 93% of ALL countries' Gross National Product (GNP) . . . and that is only ONE port, just one way that Wal-Mart gets its stuff.
- 12) Of the 1.6 million employees, only 1.2% make a living above the poverty level.
- 13) Wal-Mart's head office is located and centralized in Bentonville. Due to this fact, there are more millionaires per square mile there than any place on Earth.
- 14) The official U.S. Government position is that Wal-Mart's prices are no lower than anyone else's when compared to a typical family's weekly purchases. That's the view of the statisticians at the Bureau of Labor Statistics (BLS) responsible for calculating the consumer price index (CPI).
- 15) 92% of everything Wal-Mart sells, comes from China. Another 4% comes from Chinese-owned companies in the U.S. or in third world countries.
- 16) Wal-Mart, and MOST large companies, take out life insurance on its employees without their knowing. If an employee dies, ALL the insurance moneys go to the companies (i.e. An employee making \$18,000 per year, dies, and the company might make as much as \$1 million). Most often these moneys, coming from what is commonly referred to as "Dead Peasant Life Insurance Policies", is paid out to executives as bonuses. (A common practice, unknown by the common man)
- 17) Wal-Mart now averages a "profit" (not sales) of \$36 billion per year.
- 18) Let Wal-Mart bail out Wall Street. If not, consider shopping someplace else.

The Canada Revenue Agency has now developed HST seminars for BC. Check it out at

<http://www.cra-arc.gc.ca/vnts/hrmnztn/bc/menu-eng.html>

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## LEFT OVER ONIONS

I have used an onion which has been left in the fridge, and sometimes I don't use a whole one at one time, so save the other half for later. Now with this info, I have changed my mind . . . will buy smaller onions in the future. I had the wonderful privilege of touring Mullins Food Products, makers of mayonnaise. Mullins is huge, and is owned by 11 brothers and sisters in the Mullins family.

Questions about food poisoning came up, and I wanted to share what I learned from a chemist.

The guy who gave us our tour is named Ed. He's one of the brothers. Ed is a chemistry expert and is involved in developing most of the sauce formula. He's even developed sauce formula for McDonald's.

Keep in mind that Ed is a food chemistry whiz. During the tour, someone asked if we really needed to worry about mayonnaise. People are always worried that mayonnaise will spoil. Ed's answer will surprise you.

Ed said that all commercially-made mayo is completely safe.

"It doesn't even have to be refrigerated. No harm in refrigerating it, but it's not really necessary." He explained that the pH in mayonnaise is set at a point that bacteria could not survive in that environment. He then talked about the quaint essential picnic, with the bowl of potato salad sitting on the table and how everyone blames the mayonnaise when someone gets sick.

Ed says that when food poisoning is reported, the first thing the officials look for is when the 'victim' last ate ONIONS and where those onions came from (in the potato salad?). Ed says it's not the mayonnaise (as long as it's not homemade mayo) that spoils in the outdoors. It's probably the onions, and if not the onions, it's the POTATOES.

He explained, onions are a huge magnet for bacteria, especially uncooked onions. You should never plan to keep a portion of a sliced onion. He says it's not even safe if you put it in a zip-lock bag and put it in your refrigerator.

It's already contaminated enough just by being cut open and left out for a bit that it can be a danger to you (and doubly watch out for those onions you put in your hot dogs at the baseball park!)

Ed says if you take the leftover onion and cook it like crazy you'll probably be okay, but if you slice that leftover onion and put it on your sandwich, you're asking for trouble. Both the onions and the moist potato in a potato salad will attract and grow bacteria faster than any commercial mayonnaise will even begin to break down.

So, how's that for news? Take it for what you will. I (the author) am going to be very careful about my onions from now on. For some reason, I see a lot of credibility coming from a chemist and a company that produces millions of pounds of mayonnaise every year.

Also, dogs should never eat onions. Their stomachs cannot metabolize onions. Please remember it is dangerous to cut onions and try to use them to cook the next day. They become highly poisonous over even a single night and create toxic bacteria which may cause adverse stomach infections because of excess bile secretions and even food poisoning.

## Lund Community Society

### Goodwill Committee Spring 2010 Report

Since our last Barnacle, the Goodwill Committee sent cards to three community members, expressing 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 contains a welcoming letter from the Goodwill Committee, a free issue of the Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on 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.



There's a face  
in the picture.  
Can you see it?

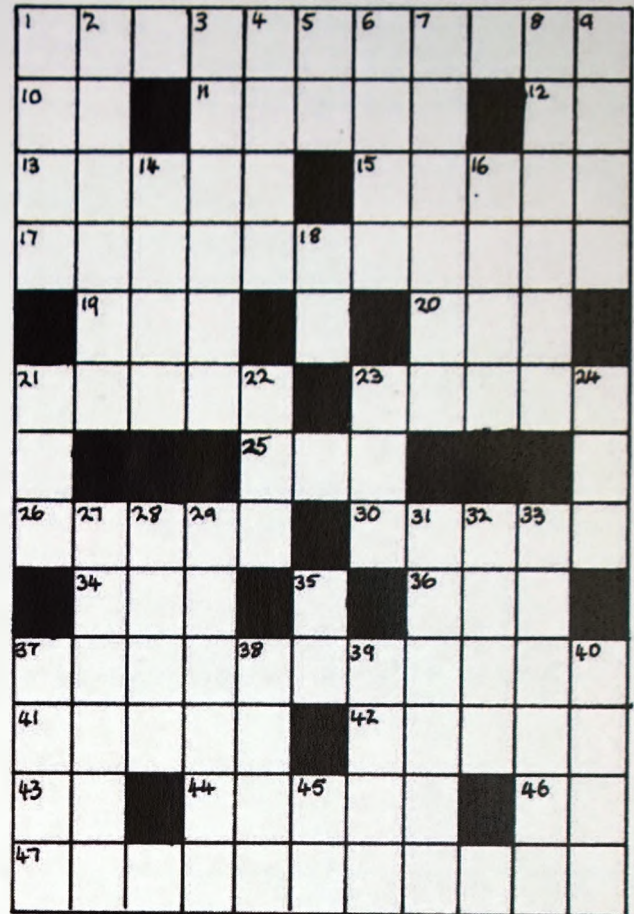


ACROSS

- 1 AN ASSEMBLY  
 10 OPUS (ABBR.)  
 11 WORSHIP  
 12 NOT ANY  
 13 COME TOGETHER  
 15 GOING IN  
 17 HAVING EQUAL SIDES  
 19 AMER. WARSHIP  
 20 HORTONS 1ST NAME  
 21 RHYTHM  
 23 WETTENS  
 25 ONE (COMB.FORM)  
 26 CARTOON CHIPMUNK  
 30 SKIN INFECTION  
 34 NUCLEAR AGENCY (ABBR.)  
 36 MOSES TO HIS BUDS  
 37 PREVIOUSLY  
 41 SUN DRIED BRICK  
 42 DILL  
 43 PUBLIC SPEACH  
 44 FULL GROWN  
 46 EXTRA HRS.  
 47 SLIGHT INDICATIONS

DOWN

- 1 CENTER  
 2 OBTUSE  
 3 SUITCASE  
 4 ALLEDGED FORCE  
 5 PREFIX ADDED TO  
 6 RECKON  
 7 PRINCIPLES  
 8 FREEWAY SIGN  
 9 FIBER KNOT  
 14 DESIRE  
 16 THREESOM



- 18 HOUSE POWER  
 21 EXTINCT BIRD  
 22 TAKE OFF  
 23 DIRECT AT  
 24 BRING A LAWSUIT  
 27 4 WHEEL CARRIAGE (GER.)  
 28 REJECT  
 29 COOLER NEED  
 31 IDIOTIC  
 32 ITALIAN GRANNY  
 33 BOARDS (2 WDS)  
 35 FRENCH ARTICLE  
 37 FACELIFT ASSN.  
 38 YIELD  
 39 FOSTER CHILD  
 40 PLACES  
 45 OBJECTIVE CASE OF WE



# The Amazing Cucumber

This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.

- 1) Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.



- 2) Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide a quick pick-me-up that can last for hours.
- 3) Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror. It will eliminate the fog and provide a soothing, spa-like fragrance.

- 4) Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.



- 5) Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
- 6) Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache-free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish lost essential nutrients the body, keeping everything in equilibrium, avoiding both a hangover and headache!!
- 7) Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and

often used by European trappers, traders and explorers for quick meals to thwart starvation.

- 8) Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe. Its chemicals will provide a quick and durable shine that not only looks great but also repels water.
- 9) Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge and, voila, the squeak is gone!
- 10) Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water. The chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
- 11) Just finished a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
- 12) Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
- 13) Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. Also works great on crayons and markers that the kids have used to decorate the walls!!

*There comes a point in your life when you realize:*

*Who matters,  
Who never did,  
Who won't anymore...  
And who always will.*

*So, don't worry about people from your past,  
There's a reason why they didn't make it to your future.*

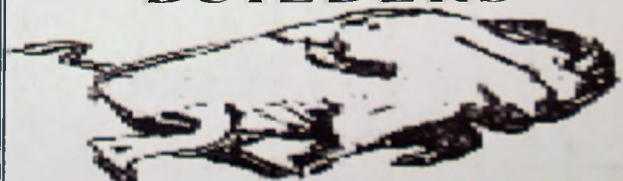
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## POWER OUTAGE

At my recent assault trial, I offered a plea of "Guilty with an explanation." The judge asked me what my explanation was, so I told my story.

"Your Honour," I said, "I had a mammogram appointment, which I actually kept. I was met with: 'Hi! I'm Belinda!' This perky clipboard carrier smiled from ear to ear, tilted her head to one side and crooned, 'All I need you to do is step into this room right here, strip to the waist, then slip on this gown. Everything clear?' I'm thinking, 'Belinda, try decaf. This ain't rocket science.' Belinda skipped away to prepare the chamber of horrors.

With the right side finished, Belinda flipped me (literally) to the left and said, 'Hmmm. Can you stand on your tippy toes and lean in a tad so we can get everything?

'Fine', I answered. I was freezing, bruised, and out of air, so why not use the remaining circulation in my legs and neck and finish me off? My body was in a holding pattern that defied gravity (with my other breast wedged between those two 4 inch pieces of square glass) when we heard, then felt, a zap!

Complete darkness and the power went off! 'Oh, maintenance is working. Bet they hit a snag.' Belinda said, and headed for the door. 'Excuse me! You're not leaving me in this vise alone are you?' I shouted. Belinda kept going and

said, 'Oh, you fussy puppy . . . the door's wide open so you'll have the emergency hall lights. I'll be right back.'

Before I could shout 'NOOOO!' she disappeared. And that's exactly how Bubba and Earl, maintenance men extraordinaire, found me . . . half-naked with part of me dangling from the Jaws of Life, and the other part smashed between glass!

After exchanging a polite 'Hi, how's it going' type greeting, Bubba (or possibly Earl) asked, to my utter disbelief, if I knew the power was off. Trying to disguise my hysteria, I replied with as much calmness as possible 'Uh, yes, yes I did thanks.' 'You bet, take care' Bubba replied and waved good-bye as though I'd been standing in the line at the grocery store.

Two hours later, Belinda breezes in wearing a sheepish grin. Making no attempt to suppress her amusement, she said, 'Oh I am sooo sorry!' The power came back on and I totally forgot about you! And silly me, I went to lunch. Are we upset?'

And that, Your Honour, is exactly how her head ended up between the clamps . . ."

The judge could hardly contain her laughter as she said 'Case Dismissed!!'.



## North Side Volunteer Fire Fighters Dedicated men and women – serving our community.

By Ria Curtis

The call comes in at 3 am – somehow these things often do. An ear splitting screech from the pager followed by a message from dispatch. Someone, somewhere in our community needs help.

Sometimes it is a chimney fire or a full structure fire, more often it is an accident on the highway, or someone having heart pains or in distress. Sometimes, help is needed carrying a stretcher up from the dock when someone out on the water has been injured. It doesn't matter what it is, these dedicated men and women leave their beds, their jobs, their homes and families to come to our aid.

The North Side Volunteer Fire Fighters are just like you and me, you see them in the store, on the road, at work. They are fathers, husbands, wives and mothers, they are somebody's brother, sister or grandparent. The difference is that they go to practice every week, and special training courses on weekends, on their own time, on their own dime. That's right, they don't get paid to come out in the middle of the night. Volunteers drive their own vehicles, take time off work for training and risk their lives to serve their community.

Our Volunteer Fire Department needs our support too. Money from the collection of bottles and cans goes to equipment and training costs. Pancake breakfasts, garage sales and silent auctions, often organised by the fire fighters themselves, or their families, all help to make the volunteers more prepared, more equipped to help the community. Let us ask what we can do as a community to help them. Give generously, go to events and fund-raisers. Better yet, join up. A commitment of some time and a willing heart is all that is required. It might be your home, garage or loved one next time.

Tonight it is a false alarm - thank goodness. Our volunteers still got out of bed, jumped into gear and drove to investigate .... while we slept on. In peace.





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for info**

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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



Can you  
see the  
baby?



Can you see the three ladies?



*buy it ~ sell it ~ rent it ~ say it*

free online community bulletin board



Can you  
see the  
lovers?



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Located in Lund, BC

Open May 1 to Sep 30



# Lund

## Shellfish Festival

May 28 - 30  
2010



**Food Booths**



**Entertainment**



**Live Shellfish Sales**



**Ocean  
Activities**



**Arts & Crafts  
Booths**



**Children's  
Activities**

See [www.lundbc.ca](http://www.lundbc.ca)