June 1999

The Lund Barnacle

Your Community Newspaper

# There's Lots to Do in Lund... by Valerie Durnin



The picturesque harbour at Lund

Have a cinnamon bun by the ocean - Nancy's Bakery 483-4180 Walk a trail - try the Gwendoline Hills trail from Malaspina Road. (see page 7 for maps)

Explore the shore - take the Lund Water Taxi to Savary and count the sand dollars and the clams

Dine on the deck of the Laughing Oyster in Okeover 483-9775
Sail the Strait - charters available from Hoeger Yachting 483-9002
Catch a Fish! Licenses available at Klahanie Variety Store 483-9567
Watch the sun set over the mountains from the deck of the Starboard Cafe 483-9705

Have a clam bake at Okeover's Provincial Park - fresh seafood available at Lund Seafood 483-3638

Watch Debra create an animal from stone, and take one of her carvings home. Tug Ghum Gallery 483-9695

Try a kayak - Good Diving and Kayaking 483-3223

Stroll on sandy beaches - take the taxi to Savary, Lund Water Taxi 483-9749

Learn to sail - Canadian Yachting Association Basic Sailing Course - Mystic Sailing Adventures 483-4047

Stop for a coffee and a chat - and take some Rene's fresh pasta home with you. 101 Auto, 414-0101 Fish and chips taste better outside - Lund Done Fish & Chips 414-8410

Fish and chips taste better outside - Lund Done Fish & Chips 414-8410

Tour the Copeland (Ragged) Islands - with Captain Vic Sroub of Cristy Cove Tours 487-0890

Visit the fishes in their own home - learn to dive from Gwyneth at Good Diving & Kayaking 483-3223

Double scoop in a waffle cone - Lund Market & Ice Cream Shoppe in the RV Park 483-4463

Shop for local artwork at the Tug Ghum Gallery 483-9695

Cappuccino by the sea - Nancy's Bakery 483-4180

Eggs Benedict and other specialties - Sunday Brunch at the Starboard Cafe 483-9705 Picnic at Dinner Rock

Be awed by Desolation Sound - Cristy Cove Tours 487-0890



Sunset in Lund - is anywhere more beautiful?

Cycle on the waves! Try the new water bikes at Good Diving and Kayaking 483-3223
Amble along Browne Creek - take the trail (see page 7 for maps)
Climb Mount Lund - a 15 scoop sundae - and win a t-shirt! Lund Market & Ice Cream Shoppe 483-4463

Camp out! - at the Okeover Provincial Park

Picnic in the woods - visit the picnic site ½ hour in to the Thunder Ridge Trail

Bike a Trail! - try the Toquenatch

Try a new restaurant - Portside Grill opens in June 483-3334 Read the Barnacle!

And if all else fails ... Rent a video - 101 Auto or the Lund Market & Ice Cream Shoppe

\* Note that some of these activities, especially lessons and charters, may require advance bookings. Please call the businesses listed for information.

Did we forget anything? Let us know and we'll print it in future issues of The Barnacle. Drop off at 101 Auto, mail to Box 67 Lund, or call Valerie at 483-4150.

### In this issue...

Trail Report

Okeover Pearls

Garden Gnomes Pt. III

Update on the E-Team
Thoughts on Food
And More...

The spectacular Sunshine Coast Trail - this

grove is on the Gwendoline Hills stretch

From the Editor: I like to walk. It's one of the reasons I moved to Lund, rather than staying in my busy but more sedentary life in New York. The trails, the roads, the harbour, all of them caught me in their siren's grip soon after I arrived and so far have not let go.

You can walk in New York, and they have built a park larger than Powell River in which to do it. And that's only one of the many parks in the city. Of course there are also streets aplenty upon which to stroll, though those in the money centers are best avoided if your pace is leisurely.

I have felt a strange parallel between walking the forests here and the streets of New York, different though the environments are.

In New York, there are tall buildings to obscure the sky. The sun shines down only in the middle of the day, in the few hours after the sun rises over buildings of the East Side (about 11:30am) and sets on the West (yes, you guessed it, about 1:30). The rush and swish of cars on the multi-laned roads, punctuated by bleats of taxi horns and the occasional screech of tires beset the ears, and the wind on the east-west streets can be piercing.

Now, it may seem a stretch to draw the comparison, but somehow as I walk in the forests here I feel an echo, like a transparency of one photo laid in the light over another; both images still visible but with a new, ethereal picture emerging. The tall trees sway in the wind. The noise can be as loud as traffic, and is accompanied from time to time by the whine of a massive trunk as it rubs on another or just

complains in the only language it knows. The sun peeks through the tree-tops, and if you are able to find a clearing, at just the right time (around noon?) you may feel the rays of our warming star.

Despite the occasional similarities, nothing in New York can compare to the sense of awe I feel as I walk between the tall trees, feeling the moist earth give beneath my feet and smelling the perfume created by life and death and eternity. Living in the City was wonderful, but, like a woman torn between two lovers, I have had to make a choice. And so here I am.

The enterprise I see in Lund also echos that of my former home. In the face of uncertainty, this community has moved and is shaking, creating something new. There are buildings being made, coops being formed, ideas coming to fruition with more in the wings. As the hotel languishes, the town around has come alive. There is hope in Lund, alive and well and evident in the new community Gazebo, the Wildlife Shellfish Co-operative, the Portside Grill, the new wharfinger's building, the Starboard Cafe. Businesses that have changed and expanded, like 101 Auto and the Lund Market & Ice Cream Shoppe, are also responding to the challenge. In the face of adversity we can lay down and let it roll over us, or we can stand up, and see what can be done. A friend in New York describes it as the difference between the self-posed questions "Why me?" and

Of course there is always more to be done. When we are finished, well, then we are finished. There is

no glory in coming to the end, only in doing the middle as best as we can.

One of my favorite haunts is a lane off Cannery Road. It is a country lane, bordered by young poplars that chatter in the breeze. The road seems to have fallen into disuse this year, so on the wheel-tracks bright green moss has begun to grow and the young shoots of the undergrowth creep higher and higher. A stream has formed in the road's ditches, and the dogs check out the rocks on either side, sniffing for the exciting traces of small animals have followed it's path. It is idyllic, reminding me of similar lanes in Ontario, where I grew up, though here the poplars are dwarfed by the firs and cedars of the older forest around them. Last week I was blithely going along, thinking about not much at all. We turn at the waterfall, one of those hidden treasures, like a fairy grotto. Only today, nestled between a wet brown rock and it's moss-covered brother, was a brightly coloured Dole drink'n'box, carelessly discarded in the lovliest spot on the walk. I was reminded of yet another similarity between here and New York - the sense of futility and disregard that allows people to toss garbage into the air and pretend that it will do no harm, or believe that someone else will do something about it. In this case that person was right, as I had the dog fetch it from the water and carried it out, easily, in my pocket. The person who left it there could have done the same. It was a small scar on the wilderness, but a scar nonetheless.

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1/3 page	4-7/8" x 10-1/8"	\$35.00
1/2 page	7-1/2" x 10"	\$50.00
Full page	10" x 15-1/2"	\$100.00

All proceeds go to the Lund Community Club.

DEADLINE FOR SUBMISSIONS AND ADS FOR THE JULY ISSUE: FRIDAY, JULY 2

# Today, May 28, I celebrated 45 years on this planet. I like to think that puts me about half-way thru my trip around, this time. It is enough at any rate, to make a guy think back, and do a little remembering. We (Donna, my partner of twenty-two years, and I) are, as you must know by now, preparing for a trip across this great land. Twenty-two years ago we did this very same trip, it was Donna's first time across. It was my best trip across, but not my first, with

many times I have been back and forth.

I can easily remember driving across in my first car, a '69 Ford Falcon, with a 289, and two long haired friends, ok, ok, I remember some of it

real effort I still can't remember exactly how

I remember on that trip I damn near drove straight off the road. Coming our of Calgary we saw this spectacular mountain (our first look at the Rockies), almost hypnotized it was all I could do to stay on the road.

Donna and I did it in my '67 Ford Pick-up, and I remember the story of donna's Mom, talking with my no sister-in-in-law Shelley. Says June - "Gee, you know I haven't seen Donna around for a couple of days, I wonder what she's up to?" "Oh," says Shelley, "Well, Agh, she's in Nova Scotia." "Oh," says June.

I also had great trips across in a Ford
Window Van, you know I always loved a Van.
On one trip in the Van I stopped and picked up a

trip would be nice. Hey Donna, twenty-two years or so, you and old shoes and take a little stroll?

# Barnacle Bill

hitch-hiker, this was just west of T.O. She was eighty if she was a day, and looked to be heading into the next town, or comer store. Once in the van I realized she didn't look so good, and we all realized she didn't smell so good, either. "Now where are you young boys off to?" she asked us. "Vancouver," someone replied. "Great so am I!" she beamed at us.

The best driving vehicle was a '67 Volvo Canadian, I drove across alone, Donna was pregnant at the time and decided to fly out. On that trip I was held up for three hours at the side of the Highway while the local detachment, debated if I was the real Bill Smith or not. Not far from there, (different trip), I had spent three days hitch-hiking in one spot, so I suffered this delay with my new friends quite easily.

The sights and sounds, the stories I do remember, make each trip a special time in my life. I like to fly, and it is quick and easy, but not overly rewarding. The train, for me covers too much ground in the dark, with the end result being memories of the "bar-car". I'm too old, I will admit, for hitchin' across again. A walking trip would be nice. Hey Donna, how about in twenty-two years or so, you and me strap on the old shoes and take a little stroll?

#### THE LUND BARNACLE

The Lund Barnacle is published monthly by the Lund Community Club. 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 by delivery to 101 Auto Service, on the corner of Hwy 101 and Malaspina Rd., or send to The Barnacle c/o Box 67, Lund, BC V0N 2G0. We prefer submission on a 3.5" floppy in a version of WordPerfect (Windows 95 or older) or in ASCII (DOS) test, with a printout included, though we can accept copy printed, typed or handwritten.

#### **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. If you have a problem with with something that appears in the paper or if you like something in or about the paper, we hope you'll say so - To The Barnacle, not just your neighbour. We'll print it.

#### THE BARNACLE STAFF

Editor for this issue: Valerie Durnin

Contributors:

Tim Connor, Camille Davidson, Margaret Ducharme, Roy Duggan, Valerie Durnin, Ted Durnin, Donna Huber, Cor Landman, Linda Nailer, Suzan Roos, Bill Smith

Photography:

Valerie Durnin, Cor Landman

Above-and-Beyond Computer Support: Len Ryan

#### Friends Say Goodbye to Sam Hunter



by Tim Conners

This is a small story about the Tribute given for Samuel Hunter, at the new Lund Community Center Gazebo.

The Tribute was a small gathering of Sam's friends, getting together to express their love and affection for his way of life. Sam was known to be somewhat of a comical individual, and each of the people present expressed their views on the matter. The laughter was an exceptional way of releasing the sorrows of his passing away from this life. As he will be sorely missed.

The local pastor, Firnie Corbel, conducted the service. And songs were sung by Darcie McFronton. It was just a simple service, just the way Sam would have liked it, as he was not a very religious man. But in his heart, as giving as he was, one would think he was blessed.

I thank everyone who was present, and not forgetting those who could not attend, my deepest thanks, for attending my Tribute to my best and dearest friend, "Samuel Hunter."

Thanks also to those who made this tribute possible. And not to forget, thanks goes out to all who made donations. The money will be sent to his sisters to help pay for Sam's funeral expenses.

# Community Events Noticeboard

### June

June 12 3pm	Welcome the E-Team Potluck & Snacks at the Gazebo	July 11 9ish	Pancake Breakfast & Yard Sale benefitting the NVFD
June 12 7pm	Theatre Troupe Potluck at Jamie Sherrit's - call 483-8909	July 17 2pm to 11:30pm	Okeover Music Festival at the Lund Gazebo Featuring Keith Bennet & his
June 20 7pm	The Great Chili Cook-off at the Lund Gazebo see ad page 5		band and Rick Bockner with special guest Ken Hamm (Juno winner - folk/blues)
June 28 7pm	Lund Community Club Meeting Fire Hall, Lund	July 31 8pm to midnight	Lund Dayz Dance at the Gazebo
July 1	Canada Day	Aug 1	Lund Dayz - Harbour Day

if you would like to book an event at the Gazebo call Jamie at 483-8909





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# Break-In at Gazebo

The tool shed at the Community Gazebo was broken into on the night of May 26. The tool shed was newly built, and the door was locked. In order to gain entrance, the door was shattered. Missing were two shovels, a rake, a small white propane tank and a newly purchased St John's Ambulance Level 1 First Aid Kit in a red nylon bag. There were many tools left behind, and the door was pushed back into place.

If you have information about the break-in, contact Cor Landman at 483-9471. The items taken may also be returned to the shed, and nothing will be said.

# **Brick Trip Successful**

Jeremy Duggan and his crew went out as scheduled on May 16, and were able to bring up 700 bricks for use on the Gazebo grounds. Jeremy would like to thank Len Ryan, David Cox, Susan Box and Gwynneth Taphouse, who have the thanks of the community as well.

In coming weeks there will be another venture, when Jeremy, Gwynneth and a team will dive for bricks. Retrieved bricks will be used to pave the grounds outside the Gazebo.





# Youth Team on Schedule

The Environmental Youth Team has been working on the grounds of the Gazebo for three weeks now, and work is on schedule and progressing well. The last week has been dedicated to the building of a rock wall, and about 20 feet is complete on a bank that runs along the clearing. Before that the team worked at levelling the area around the Gazebo so that grass can be put down. The trail that will go around the property is about half done.

Training sessions for the team have included first aid with Debbie Ivanec, proper lifting techniques with Peter Behr, and workplace communications skills and team building with Sandy Dunlop. Kim Beno came out to show the team the basics of surveying, and the building of the rock wall involved training by Towagh Behr.

The team was inspected last week by the Workman's Compensation Board and the Environmental Youth Team representative, and did well on both inspections.

In order to continue the landscaping, the team is in need of a variety of plants. They are looking for droughtresistant plants and low-lying ground covers to be used in a rock garden, as well as bulbs and other flowering plants. Towagh would like to put in azaleas, rhododendrons, and honeysuckle, and is also looking to lanscape the grounds with native plants such as native red currant. If you have any plants that you can donate, please contact Towagh at 483-9552.



# Community Club to Focus on Fund Raising

At the next Community Club Meeting, June 28, the focus will be on fund raising. The Club regrets to report that the Community Hall has been turned down for a Federal Millennium grant. Capital projects, such as the building project, are not eligible for this kind of grant, though this was not made clear on the proposal form.

The Fund Raising Committee, headed by Darcie McFronton and Deb Bryant, will continue to pursue other avenues, including foundations that offer grants for this type of project, and corporations with community support programs.

The committee welcomes ideas from the community, and is looking for volunteers to help find the necessary funding. Lund residents have already contributed ideas, like the t-shirt contest run by Hugh Pritchard in June. If you have any ideas, or would like to help, come to the next Community Club meeting at the Fire Hall, 7:00pm, June 28.

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#### 5

# The Great Chili Cook-Off

Synday, June 20, 1999 at the Lund Gazebo



2pm Start Cookin'

if you would like to cook, contact Jamie at 483-8909

5pm 6ish Chili Judgin' Start Eatin'

Chili will be sold by the bowl

Bring your own ... Buns, utensils, plates, napkins, cups, condiments, refreshments

Fun Stuff for Kids!

Badminton Treasure Hunt

2pm 4pm

#### Fire Department Responds to Fires in the Lund Hotel and on Wilde Road

On Saturday May 22 there was a small fire in the Lund Hotel. It began above the door of the laundromat and extended up into the kitchen. The fire was extinguished before the arrival of the Northside Volunteer Fire Department, when bystanders reacted quickly and put it out by throwing water on it. The Fire Department doused the site to ensure that the fire would not rekindle. The cause of this fire is under investigation.

The NVFD was also called out on Wednesday, June 2 to a trailer fire on Wilde Road. The call came in at about 10:50 pm, and the Craig Road crew arrived on the scene shortly after. They fire was extinguished, but not before injuring the occupant of the trailer, Dan Gordon. He was taken to the Powell River Hospital suffering from burns and smoke inhallation, and then taken to Vancouver by helicopter for further treatment. The cause of this fire is also under investigation, though NVFD chief Mark Sorensen believes it to have started in the kitchen, possibly by something left too long on the stove.

#### Volunteer Needed to Run Open-Air Market

The LCC is looking for someone to help in the coordination of our open ari market for the summer. The position is a volunteer one, and would entail scheduling volunteers to move and set up tables, makeing sure there is somebody to man the LCC table, collecting table rents, and liasing with the LCC Executive. As the contact person, your name & munber will be published on materials relating to the market.

The market will be held every Sunday from July 4 to August 29, either in the Lund Harbour or at the Gazebo. Anyone interested in volunteering their time, either for the position of coordinator of to help with set-up or manning the LCC table are invited to call Camille at 483-9029 or 483-4463. All people interested in participating can call as well. We're looking for gardeners, crafts people, artisans, musicians, etc.



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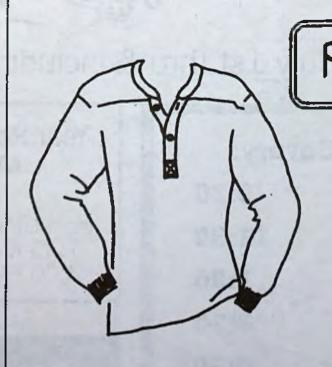
#### Water Outage Affects Larson Rd.

The water will be unusable for 5 hours on Monday, June 14, in a small pressure zone above Larsen Rd. The water board is asking that residents in that area refrain from using their water from 4pm to 9pm while an adjustment is made to the disinfectant in the system. The treatment in that zone will be increased, and then monitored to ensure proper distribution of disinfectant.

During the outage the water will still be on, but will not be suitable for cooking or drinking. The system will be flushed and the water will be potable by 9pm. All residents have been notified by phone.

There will be another short outage in the near future so that a hydrant may be installed at the trailer park. Residents whose water will be affected will be notified.

Neil Gustafson, of the Lund Waterworks District, reports that both reservoirs are full and usage is normal.



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# ©keover Pearls by R

Summer must finally be upon us: the tourists have begun to arrive! As of the 24th of May weekend, our usual deafening silence is exchanged for the constant sound of motors: whining, throbbing, growling, howling, of purring -- a melange which will continue until late August, when the wondrous flotilla will steal away, leaving us once again in silence.

On any given summer's day, the transient population of Okeover and environs is probably in excess of 1000 -- either on boats or camping -- a tenfold increase over the permanent population.

Unfortunately B.C., unlike Washington state, has no regulations regarding marine holding tanks (Not surprising, as there are very few dumping stations on the coast). So with up to a hundred boats anchored in Grace Harbour alone on a busy night, a high level of fecal contamination is to be expected. Fortunately, American boats over 25 feet are required by law to have holding tanks, which at least can be flushed in open water.

To discourage flushing into the Inlet, which has a very slow recirculation rate, the Active Malaspina Mariculture Association (AMMA) is in the process of erecting signs requesting "No Flushing". The signage will be clearly visible to all water traffic entering the area. In addition, a sign at Okeover wharf will spell out our water pollution concerns to the myriad kayakers and those on trailerable boats launching there.

We, or certainly I, have no problem with tourists, but as oyster growers, clean water is paramount, just as it is for those of you who enjoy the recreational opportunities Okeover affords.

Regarding fecal contamination, it is my understanding that public beaches are closed to swimming when coliform counts exceed 200 FC/100ml, a number almost double that permitted for commercial shellfish harvesting.

To date, coliform counts have, except for one or two sites, been well within acceptable levels. Needless to say, we strive to maintain these levels.

Sadly to say, there is much evidence to show that foreshore development is a major contributor to fecal contamination. As the Inlet is still unorganized territory, and hence has no regulatory by-laws, developers are not accountable to any official body, except B.C. Health or the Effluent Licencing Department of Environment Canada, who, it appears, does not have the means to carry on even a modicum of ongoing enforcement.

Hence our disappointment at our failed effort to bring the Okeover watershed under the aegis of a Community Plan, which could set and oversee bylaws to ensure a minimum of environmental degradation, before the fact.

True, we are presently coasting along without any devastating pollution problems, although naturally occurring red tide does seem to be increasing in both frequency and duration. (Recent investigations are showing links between red tide and contamination from foreshore development in heavily populated areas) Surely the daily examples of dead and dying environments locally and throughout the planet should make a case for proactivism.

A special Vancouver Sun supplement of June 5,

1998 titled "The Fate of the Strait: On the Edge" brings home the stark reality of the inexorable deteriorating eco-system of Georgia Strait, die both to over-harvesting and to rampant foreshore development in ecologically sensitive areas.

Some telling facts from the Sun supplement:
- Red snapper harvest dropped from 67 tonnes in 1987 to just 1 tonne in 1997;

- Lingcod catch fell to 5 tonnes last year, down from 74 tonnes in 1987;
- Periodic closures of Baynes Sound shellfish beds -the major production area on the coast -- due to fecal contamination both from septic tank seepage and from contaminated upland run-off exacerbated by the construction of new Island Highway;
- In Georgia Strait, "closed areas are increasing and increasing steadily," says a worried Hal Nelson, head of the Shellfish Division of Federal Fisheries

Hope must, I suppose, spring eternal. And evermore aware public coupled with reasonable (and inevitable) regulations could ensure the ongoing viability of Okeover both as a major contributor to B.C.'s non-polluting, renewable shellfish industry, and as a fun place to visit.

The Pearl

Variously attributed to either Jonathan Swift of Gulliver's Travels fame or to the renowned lexicographer, critic and essayist Samuel Johnson:

He was a bold man who did first eat an oyster. Roy Duggan



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from Lund from Savary 7:45 AM 8:00 AM 4:00 PM 4:30 PM

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#### 7

# Happy Trails to You ... the Sunshine Coast Trail Has Lots to Offer

by Valerie Durnin

The Sunshine Coast Trail runs from Saltery Bay to Land's End at Sarah Point, and was begun in 1992 by the Powell River Parks and Wilderness Society, or PRPAWS. Lund enjoys the benefit of easy access to several sections of the trail, offering inspiring walks through tall forests and breathtaking ocean views.

The trail was built in sections, and is mostly complete, though work on the trail never finishes. Each section was scouted, using aerial photos, forest cover maps, contour maps, and simply walking the route. As the route is chosen, features such as old growth trees, ocean views, or proximity to lakes are taken into account.

Once the trail route is set, volunteers from PRPAWS and other organizations, including BOMB (Bloody Old Men's Brigade), who specialize in wooden bridges, go to work to clear and build the trails. Signage is put in place, which for many trails is still limited to orange trail markers. The next improvement to be made is the installation of more complete and standardized signage. These could be expanded to be more interpretive, and may eventually show panoramas at views with descriptions or histories of the area.

Also on deck is the contruction of campsites, so that there are no stretches



#### **Gwendoline Hills Trail**

Access from Malaspina Rd, 1.4 km from Highway 101. At a sharp right turn there is a gravel road to the left. Park here, trail is on left. Trail is 24 km one way, or 10 to 12 hours one way, and is rated moderate, level 3.

Highlight: old growth, views of Thulin Passage, Savary, Hernando and Vancouver Islands, further along views from Manzanita Bluffs

#### **Toquenatch Trail**

Access from Plummer Creek Rd. Park uphill of the Indian Reserve gate and walk to the trail markers. There is another access on Southview Rd., 3.5 km from Highway 101.

Trail is 8 km return, or 3 to 4 hours return, and is rated easy, level 2. Highlight: the Toquenatch Fir, a giant of memorable girth (8' dbh), estimated to be 1200 years old.

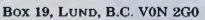
#### Atrevida Loop

Access from Highway 101, opposite Atrevida Road. Look for a small plank crossing the ditch on the east side of the road - the trail begins directly behind the plank.

Maps and trail information (except Atrevida Loop) reprinted from Powell River Hiking Trails, c. 1996, by permission of the author R.E. Walz. The book is a comprehensive guide to the Sunshine Coast Trail, and is available from the Visitor's Bureau in Powell River for \$10.

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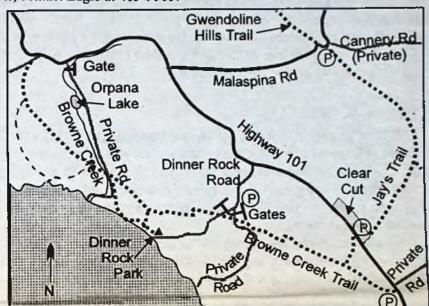
MICHAEL MAZUREK
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longer than 10 km that do not have a place to camp. Eventually, the plan is to make the trail 'hut to hut', so that there would be lodging about every 10 km.

Though the Sunshine Coast Trail has come a long way, there is still further to go. PRPAWS has tried to protect the trail, asking for 200 meter corridor wherever possible. They have not been successful, and currently there is a large clearcut planned at the beginning of the Toquenatch trail. But, says Eagle Walz of PRPAWS, the business community of Powell River is now realizing the opportunities the trail affords.

There are also new opportunities, and Eagle talks of the possibility of building a trail from the end of Pryor Rd in Lund to join the Gwendoline Hills trail. The trail could be built on public land, and would pass the watershed, though without damaging it.

Eagle invites the community to go out and try the trails, and adds that people can help by clearing the trail of sticks and debris as they walk. There are also work parties from time to time, which are announced in the papers. One will be coming up to move the Browne Creek Trail away from the cliffs in one section. Finally, if you are walking a trail and find deadfalls blocking passage on any of the trails, contact Eagle at 483-9565.



#### **Browne Creek Trail**

Access from Highway 101, look for a carved wood sign on the west side of the highway. Also accessible at the other end, near a sign that reads "Cladoch". Park on the highway, as the roads are private drives.

Trail is 10 km return, or 4 hours return, and is rated easy, level 2.

Highlight: views of the Georgia Strait & Savary Island (careful, the



485-0077 POWELL RIVER

#### 8

## GARDEN GNOMES - HOE, HOE, HOE by Linda Nailer

June is here and the garden gnomes are out in full force. I see them everywhere.

Sometimes I see them at my nursery, and other times they are sighted in gardens throughout the



neighbourhood. My favourites are the ...with their hands clasped together over the end of the hoe handle, chin resting there. You can rest assured, and look forward to a long detailed garden fairy tale or some good sound advice on the subject, when a nearby gnome strikes this pose. Get comfortable - he's taking a breath and this could take awhile.

"My" gnome is the colour of the earth with ageless features, and a strong healthy body. He must be will over 80, but you cannot believe it. As he weaves his tale around you, it is hard to ignore that weathered face - sun, wind, rain - it's all in that face - that handsome old face.

Shields, boomerangs, bark paintings, art & craft, didgeridoos

Phil Russell (604) 483-9160

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Suddenly the story is over. It is time to return to his task at hand. You walk away with 2 tomatoes, 4 onions, a perfect cabbage, and a bunch of fresh carrots. As you exclaim in appreciation and turn to say farewell you stop in mid-sentence. "Where did he go????" Then, faintly, you are able to make out his outline down at the far corner of the garden, bent with hoe in hand. He is the colour of the earth, and he is compelled to stoop to its' will. It is the way of the garden gnome.

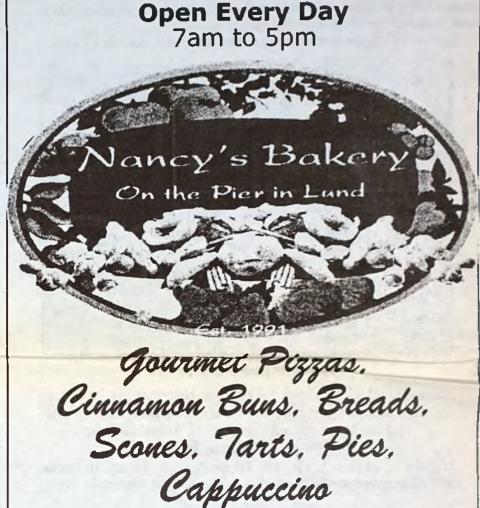
#### GARDEN KNOW'MS

I'll tell you what I like in the annual bedding plants this year. I grew 4 different colours of wave petunias, they are very healthy, robust plants that are low growing and will spread out in all directions an average of 2 feet. I use them in hanging baskets, border plantings and patio pots. If you haven't tried them, but you like to grow petunias, you will probably really appreciate their performance.

Of course, if you have been out to the nursery, you will know my passion for begonias. I have enjoyed watching them grow, the tuberous pendulas are exotic looking and great hanging plants, the nonstops won't stop looking amazing, and the wax begonias will do whatever you want them to. Grow wax begonias in the sun, shade, or as a houseplant. The just keep on blooming.

There are many others as well, but at this time I am in praise of the old standbys. Keep digging it! Linda Nailer





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Monday 1:00pm to 6:00pm

Tuesday to Sunday 9:00am to 6:00pm

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Peat Moss

Sunshine Soil Mix

Soil Amendments

Perennials

Moss Basket Frames

Garden Accent Pieces, Fresh Cut Flowers as available, etc.

# Lund Theatre Troupe Mounts New Production

by Ted Durnin

Sometime in July, the Lund Theatre Troupe will debut their new production, Closed for Renovations, by Roisin Sheehy-Culhane, Alexander Whelan, and Kaia Sherrit. The production is masterminded by Jamie Sherrit, Lund community booster and drama fan. He has already enlisted the support of a lot of talented locals, including Ron Robb, Russ Morrison, Linda Nailer, Gwyneth Taphouse, Tara Thurber, Sherry Worthen, Mike Robinson, Susan Box, Jeff McFronton, Darcie McFronton, Ben Bouchard, Hanna-Louise, Sheila Butts, Jim Nelson, Terri Beer, Jeremy Duggan, Sandy Dunlop, David Cox, Ted Durnin, Steve Ervington, Sonjya Franke, Saundra Olson, Grant Keays, Mara Kurtz, Marion Taphouse, Harvey Sexsmith, Hugh Pritchard,

Christine Hollman, Peter Uhlmann, and Lynn Lennox. The writing team should have the finishing touches put onto an already outstanding script by the time this paper is published.

The show is not so much a new thing as a welcome return of an old friend. The tradition of a locally written and produced bit of fun goes back a long way. The last time such a production was mounted was in 1985, to celebrate the 50<sup>th</sup> year of the old Lund Hall, and was written by Michael Freedman. The newly formed, or reformed, Lund Theatre Troupe will revive the spirit of that show.

Auditions will be held within a week, and all are welcome to try out. Those who want to act are welcome, as are those who wish to help behind the scenes. The emphasis is on fun, so if you have any doubts, show up anyway.

# CASTING CALL

for the

Lund Theatre Troupe's
World Premiere Production of

### Closed for Renovations

a satirical comedy set in Lund by Sheehy-Culhane/Whelan/Shenrit

#### June 9, 10, 11 from 8pm to 10pm

at Jamie & Kaia Sherrit's place (first left past Courtney Cressy on Baggi Rd) 483-8909

Technicians & other helpers also needed

# Thoughts on Food: Breakfast on Deck by Donna Huber

Sometimes during cod season our Father would take my brother Dan and me with him for the morning bite. (For me these trips were only for fun; for Dan it was training, as from the age of 12 onward he became Dads' paid deckhand).

The morning bite meant we rose from our warm blankets and dressed in a cold room, it being too early to light the woodstove in the livingroom. We dressed quickly in layers of old clothing and then pulled man-sized woolen Stanfield sweaters over top of everything. At the time those sweaters reached down to our knees and kept us warm from top to bottom.

We would then trot, breakfastless, after Dad as he long-legged it down the dark hill toward the wharf. The 'floats' always heaved under foot and you sometimes had to clamber through the cluttered sterns of two other fishboats to get on board your own. The shadowy sea water between the hulls always looked menacing to me.

Aboard, Dad would fire up the diesel engine, then cast off the ropes with our help, and away we would go out of the crowded black harbour. The motor would rev to a higher gear and we would be on our way to a favorite 'codhole'. Once there we would settle the boat and hook the weighted lines with live herring. The tethered herring would swim around in the deeps and we'd get a bite if we were lucky.

We kept herring in a live-tank, which was a flooded hold in the boat, divided into two compartments by planks set in wooden slots. On one side was the bait, herring, and the other was reserved for the catch of the day, which was taken to be sold to the 'fishpacker' at days end. (Housewives could purchase living fish from the wharf in the afternoon. In those days "fresh" cod meant floured fillets that were still jumping with nerves you could plainly feel in your hand before you laid them into hot fat.)

Dad would lubricate his cold morning with boiled coffee he laced with condensed milk and sugar. Dan and I drank cocoa. Compared to Mom's clean kitchen Dad's 'galley' was a grubby cubby hole stocked with strange rust-spotted pots and tins of vittles we never used at home. It smelled like an engineroom; no wonder, if you bent over the sink too far your rear-end felt the heat of engine-pipes.

Dad's coffee pot was a battered canister Mom would've tossed in the garbage. His coffee mugs were white and made of such thick pottery you could barely get your fingers in the cup handle. (Earlier mugs of this type had no handles at all.) When he'd had enough coffee he would tell my brother to hold the boat steady and he'd get down into his kitchen to start breakfast.

By this time the sharp sea-air would've stirred our ready childrens' appetites into wolvine proportions. While Dan held the wheel, I'd sit on the hatch and wait.

Below decks, Dad would keycrank open a corroded can of pink 'dogmeat' and start thick slices of it hearing in a greasy black frying pan. Next went in the eggs, three each. In another pan he'd heat up the contents of a tin of Libbies' Deep Brown Beans with Pork.

Out on deck, at last, the morning darkness would start dissolving. A Sister and her Brother could watch the black silhouettes of islands resolving themselves into soft pewter dimensions. See a pink stain seep onto white mountain-tops.

Presently Dad would emerge with three heaping plates and we would eat together, bathed in a rose and platinum dawn.

Kids raised in fishing families will recognize this breakfast, down to the accompanying slices of store-bread, which always tasted of dieselfuel. To Dan and me in those days, 'fine dining on board' meant salty puce rectangles of crispy-fried Spam hot-iced with egg yolk, washed down with cocoa.

Dad understood two things about making breakfast splendid; Fresh air and Delay. He would sometimes say, by way of a toast:

"A healthy dog bolts its' grub."
And we did.



# Lund Community Church

When we meet:

- ~Sunday, 10:00am, Lund School
- ~~Fellowship time Wed. 7:00pm
- ~~~Men's & Ladies' time-outs (tba) (Everyone welcome)

For Info:

call Pastor Corbel 414-0400 or coffee's on at 1530 Scotch Place



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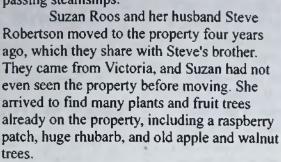
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#### Start Your Garden at Baggi Bottoms Farm

by Valerie Durnin

The whimsical gate to Baggi Bottoms Farm is made of two upended boats, with a stretcher over top supporting a hand-painted sign. The property is a hundred-year-old homestead, that was once a

functioning farm supplying fresh produce to passing steamships.



She had studied horticulture in Victoria at Camosun College, and left a career in

desktop publishing to pursue her love for growing things. She started Baggi Bottoms Nursery three or four years ago, and though she is the primary worker, she says "we all help out." In the yard outside the house are tables with neatly arranged pots in which young shoots soak up the light rain. There are annuals, though, Suzan says, "we're concentrating on perennials." Inside tiny greenhouses constructed by Steve are veggie starts, including lettuce, cabbage, tomatoes, and broccoli, and she plans to add cucumbers and squash. And there are several types of bamboo, imported from the Salt Spring Islands, which grow to heights ranging from six inches to forty feet.

The farm is organic, using non-chemical fertilizers only, and no pesticides. There is a chicken coop outside the farmed area, so they have chicken bedding readily available, which makes an excellent fertilizer for

the vegetables. Suzan also uses comfrey tea as a fertilizer.

Herbs abound at Baggi Bottoms Farm. Suzan knows a lot about herbs, having studied and read about them for years. Besides the comfrey, which grows in such abundance that she is giving plants away, she grows culinary herbs such as thyme, rosemary and parsley, and medicinal herbs including valerian and marsh mallow.

Herbs, perennials, annuals, all are available as young plants. You will also find a selectiong of ornamental shrubs, inclding colourful azaleas, vivid hollies, and voluptuous rhododendron. Veggie starts will give you a leg up on your vegetable patch, and look for Suzan's mature veggies at the Lund Market or other local retailers.

Suzan has become interested in the possibilities associated with growing hemp. It is a versatile plant, and she believes it would grow well in this area. Licenses are being granted to hemp growers in Canada, and the plants are being made into paper, seeds and seed oil. "It would be better to grow in a co-op situation," she says, and adds that there has been a fair amount of interest from people in the Lund area. If you would like to discuss the possibilities, call Suzan at 483-9532.



Suza's wooden gardening shoes

# Plant of the Month: Comfrey

by Suzan Roos

Love it or hate it. We happen to love it here at Baggi Bottoms Farm. As I wander into the bog where our vegetable garden is situated, the comfrey is in full bloom and looking incredibly lush and beautiful. It's one of the first things people notice when they walk the garden, as it is everywhere. It'll sprout from a small piece of root and is especially happy in a damp environment although it will grow equally well on dry ground without any irrigation.

Besides being a gorgeous landscape plant comfrey has a myriad of uses. Here at the farm we us it mainly for mulching, composting and the making of a green manure tea. The leaves are rich in potassium and are an excellent fertilizer for all plants especially tomatoes, root crops, cucumbers and squash. Use one part comfrey to three parts water and let it steep for a few weeks.

No article about comfrey would be complete without a reference to it's historical use as a medicinal herb. Knitbone is one of the names used to describe it's use as a poultice on broken bones, sprains, bruises, cuts and burns. The active ingredient for healing is allatonin which helps to rebuild tissue by promoting cell growth. At the farm we use it for minor cuts, burns and insect bites by chewing up a leaf and plastering it on the affected area. Pat Watkins of Viriditas Products of Lund uses comfrey in her creams, salves and soaps for it's soothing qualities and the ability to heal rough skin. She uses the root by chopping it up fine and then drying it.

Comfrey also has a long history of use as a potherb (vegetable). Presently there is much controversy regarding eating or drinking it (in teas). Studies with rats being fed massive quantities of comfrey have been linked with liver damage. Personally, I enjoy a nibble of a leaf now and then and feel that hundreds of year of usage testify to its safety in small doses.

We have had the good fortune here at Baggi Bottoms Farm to inherit many wonderful plants with comfrey being one of them. We'd like to share it with anybody who's interested in growing it. Come and have a look at our incredible comfrey garden and take some home with you on the house.



Young plants grow in pots sheltered by a hundred-year-old apple tree.



#### Open Tuesday to Sunday, 10 to 5

new shipments of bamboos & flowering shrubs native plants and perennials available seeds for sale veggie starts

483 9532

Baggi Rd, about 1 km from Hwy 101, on the left (follow signs from Finn Bay Road)



# Repairs, Groceries and Great Service at 101 Auto

by Valerie Durnin

Theirs is a community place, a place where people come to sit and chat, a place where you can



get a cup of coffee even if you don't have a buck. On the day of the interview for this article, we paused so that Margaret could be consulted by a young Lund resident, with swatches in hand, on the best colour to paint her room. That's the kind of place it is.

Margaret and Ray Ducharme came

to Lund in 1982, when Ray was offered a job by the Kelly Creek Logging company. Only three weeks after their arrival, to their great dismay, the company folded. But they were here, with the family, so they stayed. Ray drove a truck, and insulated houses, and Margaret worked at several business, including Lund Marine and City Motors. About six years ago they purchased their home, and Ray began to do repairs in his spare time.

Two years ago, they expanded that business, renting their shop on the corner of Highway 101 and Malaspina Road. 101 Auto Service opened June 1, 1997. In creating the business, they were filling a need. "We realized that Lund really didn't have somewhere reliable to get vehicles repaired, or tires repaired on weekends. Just the most basic repairs were 20 miles into town," says Margaret.

Over the two years that they have been in operation they have been able to greatly expand the services they offer. "Now we have everything - tire machine, brake lathe, hoist, air, most of the

equipment to do basic car repair," says Margaret. They are also a UAP Member/Installer, which "allows people to put large repairs on a timepayment basis through UAP credit card." They have a licenced mechanic on call, who is very good with tune-ups and front end work, and excellent on brakes. John Mentin also is an expert in wiring and is very good with carburetors. They offer full-line automotive repair. They are able to bring in all parts at competitive prices, and they sell tires.

Margaret and Ray also do the best they can to offer customers value for their money. They are able to get parts for almost any car, whether original or 'after-market' parts from a company other than the original manufacturer. "Sometimes it's just as cheap to go original, we try to do the best pricing, the best value for the customer," says Margaret. They also help the customer choose, taking into consideration what the vehicle is used for, which part is the best for them. If a car is used every day, for example, it may need a more expensive set of brake pads than one that is used only occasionally.

Margaret tells a story of an owner of a older Honda, who came in to have the timing belt changed. They found a part for the vehicle, and were also able to get some valuable information from the Honda dealer... the car need to be checked for leaking seals, and the water pump had to be looked at, both of which can damage the timing belt. "That's what we try to do, to give people what they need, but also to help them with what they need. I think the best thing we do here, is that we're honest with people. I think people want to know. We can explain why parts failed, why they

had to be replaced, and what is being done to the car." It is part of the service they offer.

The convenience store "was developed because of customer request, and gradually grew over the years," says Margaret. This summer they will add

more hardware, including a line of oils, fanbelts, engine additives, power saw files, glues, adhesives. Anyone who has been in recently will have seen that the assortment of food and snacks keeps growing as well. Margaret has brought in some great products, including Rene's Pasta, for whom she is the exclusive retailer north of town. She also carries Emmond's eggs and fresh produce, frozen Symbiotic farms organic chicken, whole roasters or friers, and frozen hormone-free beef from Andt Baka farms.

"We have had so much help from the community," Margaret is quick to add. They have continued their renovations, adding a porch last year and enclosing it this year. This was mostly to provide a gathering place for the community, especially during the winter when other businesses are closed. They have been able to help many people in the community over the years, and in return they were supplied windows, insulation, extra gyprock, leftover finishing compounds, even stained glass that was made for their outdoor lamps by Lynn & Ralph Paris. "We could not have done the renovation without the donations of the community."

In return, 101 Auto gives back, and will celebrate surviving their second year in business with the second annual Pancake Breakfast and Yard Sale. Margaret and Ray supply all the ingredients, and proceeds from the sale of the breakfasts will benefit the Northside Volunteer Fire Department.

"We feel like we're part of the family, says Margaret. "There is a family in Lund and ... it's alive and well and moving on. It's a growing community."

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# Pancake Breakfast & Yard Sale

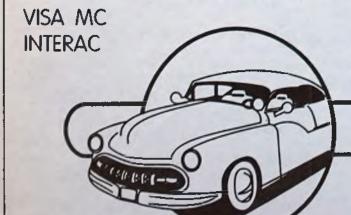


benefitting the Northside Volunteer Fire Department

Sunday, July 11, 9am-11am (thereabout)

Come help 101 Auto celebrate 2 years in business. Pancakes, sausage, bacon and coffee are all donated by Ray and Margaret. Tina Ferreira is collecting items for the Yard Sale. Proceeds from the sale of the breakfasts and from Tina's table will benefit the NVFD. Last year they raised \$500! Tables will be outside, with the enclosed porch will be available for seniors.

at 101 Auto, Hwy 101 & Malaspina Rd.



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Car for sale, 1984 Cadillac Seville, in good condition. Also 1977 1-ton Ford flat deck. 483-4999

#### Word of Yesterday:

Webster's New School & Office Dictionary 1943 defines a barnacle as a hanger-on. Another meaning from the same dictionary is - a contrivance for pinching the nose of a horse to keep him from backing or jumping!

#### Lund Rumor for Today:

Did you see ... "they're cutting the grass around the hotel'. Wonder what that means? Send us your best reply!

Jamie Sherrit



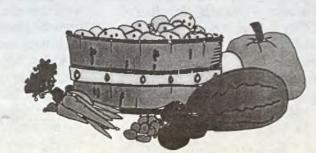
# Open 8am to 8pm, Every Day **Lund Market** & Ice Cream Shoppe

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dairy & dry goods bulk items snacks coffee, tea



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Manager: Flo Turgeon

### Lunch

#### Soup of the day, made from scratch 2.50 Soup & Sandwich Special 3.99 Warm Black Bean Salad, 2.95 with sour cream & tortilla chips Hummus & warm Pita Bread 5.95 Spinach & Feta Salad, when available Caesar Salad & Cheese Bread 3.95 Cajun Prawn Caesar, with cheese toast 7.95 Starboard Mixed Greens, oil & balsamic vinegar or creamy dill Chicken Club, with bacon, lettuce, tomato Shrimp & Tomato Pita Melt, 6.95 topped with 3 cheeses Cream Cheese B.L.T. 5.95 Oyster Burger, homemade tartar souce 7.95 Salmon Burger, with dill & lime sauce

All burgers & sandwiches served with choice of soup or salad

#### Starters

Daily Fresh made Soup	2.50
Warm Black Bean Salad, with sour cream & tortilla chips	2.95
Hummus & warm Pita Bread	4.95
Seafood Stuffed Mushrooms, baked with 3 cheeses, garlic toast	5.95
Coquille St. Jacques, scallops & mushrooms, creamy white wine sauce	5.95
Baked Escargot, with hot cheese bread	4.95
Oysters Florentine, on the half shell	6.95
Clams, in garlic & cream (when available)	5.95
Chicken Wings, screaming hot or Teriyaki	5.95
Caesar Salad, Starboard dressing, with fresh parmesan	3.95
Cajun Prawn Caesar, prawns delivered daily, fresh off the boat	8.95

# Dinner

#### Entrees

Dalata I Car	0.50	Pasta		
Daily Fresh made Soup	2.50	34 :		
Warm Black Bean Salad, with sour cream & tortilla chips	2.95	Marinara, ground beef, peppers & mushrooms in a rich tomato sauce	9.95	
with sour cream or formia chips		Starboard Cream, smoked salmon,	10.95	
Hummus & warm Pita Bread	4.95	artichoke hearts, spinach & black olives	10.93	
Seafood Stuffed Mushrooms, baked with 3 cheeses, garlic toast	5.95	Crepes		
bakea with 5 cheeses, garic roast		C. Cpcs		
Cognille St. Facques, scollops &	5.95	Chicken & Broccoli,	9.95	
Coquille St. Jacques, scallops & mushrooms, creamy white wine sauce		rich Bechamel source baked with 3 cheeses		
Baked Escargot, with hot cheese brend	4.95		10.95	
Oysters Florentine, on the half shell	6.95	Scallops & Shrimp baked with cheese		
Clause : 1:- 8 (-1 1.1/2)	5.95			
Clams, in garlic & cream (when available)	3.75			
Chicken Wings, screaming hat or Teriyaki	5.95	Chicken in Filo Pastry, spinach, cream cheese & mushroom dexell	11.95 e	
Caesar Salad,	3.95	B.B.Q. Back Ribs, basted in our	13.95	
Starboard dressing, with fresh parmesan		smoky sauce, laced with fresh ginger		
Cajun Prawn Caesar,	8.95	Madagascar Steak,	13.95	
prawns delivered daily, fresh off the boat		in a rich green peppercorn sauce		
Starboard Green Salad	7.95	Add a green salad to any entree for	1.00	

Check our blackboard for daily specials