The Voice of Lund

Proceeds to the Lund Community Society

Fall Flooding, Watery Winter

Ryan Thoms PRRD Emergency Management Coordinator



After a long and beautiful summer, this fall saw a series of storms that delivered significant amounts of wind and precipitation across our region.

On the afternoon of Friday, December 12th, the Northside Volunteer Fire Department, RCMP, Ministry of Transportation, and BC Hydro all responded when heavy rains led to a landslide that brought trees and soil down across the lower portion of Atrevida Road. The slide debris damaged private property, blocked road travel, caused a localized power outage, and the ensuing concerns for public safety led to an evacuation of several

residences along the bottom of Atrevida Road.

Even though the evacuation was lifted the following day, the Ministry of Transportation has advised that the saturation of the soil limits the remedial work that can be done along the roadside in the vicinity of the landslide.

This same week saw several other landslides in other areas of the PRRD. Earlier in the fall, flooding and damage to the Sliammon hatchery occurred when large amounts of debris were

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washed downstream creating a log jam against the hatchery gates.

There were fortunately no serious injuries attributed to these events, but this is an

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The Lund Barnacle

Publisher:

The Lund Community Society

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Jim Armstrong, Sheila Butts, Wendy Drummond, Alanna Graham, Terra MacFronton, Clint Monson, Juliet Potter, Hugh Prichard, Brian Voth

Crossword:

Court Cressy

Check out the Lund Community Society website!

http://lundcommunity.ca

The Lund Barnacle is published quarterly and is available for distribution at the following businesses: Lund Post Office, Lund General Store, Nancy's Bakery and Ecossentials. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and region. Signed submissions are welcome in the form of articles, news items, letters to the Editor, graphics and photographs. We reserve the right to edit for clarity, length, and sensitivity. To submit articles and photos for the Barnacle, send to: barnacle.articles@gmail.com

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 in 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

Happy New Year and welcome to the first anniversary issue under the present editorial staff. Many thanks to our advertisers (we know some of you are just being supportive of the community paper), and to our contributors (for allowing me to nag you into writing articles and submitting photos). As editors, we are learning to produce the Barnacle with increasing quality and less stress on us. We even made a net profit in 2014 of just over \$1000.00!

We have applied for a grant from the Irving K. Barber Learning Centre at UBC Library to digitize all of the Barnacles from the first issue in 1988 onward, and make them available online on our website. We are excited to hear back in February as to the success of our application. It is a matching funds grant, and if we get it, we will be able to cover our share of the match with the profit we made. Of this we are proud.

Continued on page 5...

We sincerely appreciate the support of our advertisers and encourage readers to support our local businesses.

We invoice annually for advertising, unless alternate arrangements are made. Invoices are sent out after the Fall issue 2015.

Advertising Rates

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

All proceeds support the Lund Community Society

Next edition is April 2015. Deadline for submissions is April 10, 2015



Lund Community Society Report

Roy Blackwell

Our Annual General Meeting is on January 27th, and there I will give a President's Report on our activities over the last year and initiatives for 2015. So, if you attend the AGM or not, here it is.

Our past year saw a lot of things happening in our community, some were celebrated and some were mourned and all were met with that plucky community spirit that makes me so proud to be part of Lund.

We celebrated Lund's 125th anniversary with signs and songs, food and races, music and merrymaking. We had some of Lund's published authors meet their public on the deck by Pollen Sweaters, and a Shellfish Festival to be remembered with great music and food. We had a multi-day Lund Dayz celebration that was fun for all ages. Our Christmas Craft Fair was a big hit by all measures. The volunteer committees who put on these events did us all proud.

We have had babies born, families move into the village, and more than a few of our neighbours pass away, some after long illness and some very unexpectedly. Our Goodwill Committee did a fine job of marking the comings and goings with heartfelt cards mailed to the people who mattered.

Our Puddle Jumpers Preschool operated at capacity all year with children getting just the right stimulus to help them grow into loving, respectful, adventurous people.

The Barnacle Committee has been especially busy this year and has brought us a beautiful reflection on our village.

We have a new and improved community website, lundcommunity.ca, to keep us informed.

The directors of the Community Society kept all the government agencies that need to know things properly informed, and funded what needed to be funded with integrity and maybe a little wisdom.

It is part of Lund that these people don't want to be named or acknowledged, and with two exceptions I won't do that here but only write my thanks, respect and joyful gratitude that I have for all the hundreds of hours you bring to make Lund happen.

I will embarrass Rianne Matz by acknowledging the huge part she has played in our Community Society. Rianne has been wearing pretty much all of the hats of our Society for a very long time, and now it's time for her to pass them along. Rianne has been divesting herself of the many accountabilities she has taken on for our community with great care, kindness and love over the past year, and in such a responsible way that no one would ever know she wasn't doing everything anymore. In fact, I don't think that anyone really knew that Rianne was organizing and supervising and generally making happen just about everything that our Community Society did for a very long time. That's the way she wanted it, I suppose. Sorry to blow your cover Rianne, and thank-you.

The other person I choose to point to and acknowledge is Amanda Zaikow. Amanda has been the power behind our Education Committee, which looks after the kids in the Preschool and playgroup. As everyone knows, no one works harder or smarter than a young mother, and Amanda has been a mother to many, many more than just her own little brood. It's time for Amanda to mentor the next crew of moms and dads that it will take to do all that she does for the kids and parents of our village. Thanks Amanda, you are amazing.

The Lund Community Society is comprised of the folks behind the Community Centre at the old school, the Gazebo, the Lund Shellfish Festival, Lund Dayz, the Christmas Craft Fair, Puddle Jumpers Preschool, the Lund Barnacle newspaper, and much, much more. To get involved, and I encourage everyone to get involved, sign up with a Volunteer Lund sheet at the post office or join us on the fourth Tuesday of every month, except July, August and December, at 7:00 PM. You'll have fun. And come to our AGM on January 27th.

Lund Community Society Financial Summary

Martha Allen and Judy Hicks

2014 was a very busy year for the Lund Community Society. Income from all sources was more than \$55,000. Puddle Jumpers Preschool accounted for almost 50% of that total through enrolment fees, provincial funding, and raffle sales. Expenses incurred to operate the Preschool, including the teacher's salary, roughly offset this revenue.

Like the Preschool, other ongoing community-based projects and programs, such as Lund maps and brochures, Mile 0 tiles, and the Barnacle newspaper, essentially pay for themselves through product sales and advertising revenue. Any income after all costs are covered goes to the general account for ongoing and future projects. The newspaper itself earned a net of \$1,000 in 2014.

The costs of Lund 125th Anniversary t-shirts and advertising were covered through the support of Tourism Powell River. The sale of shirts will continue into 2015. Lund Dayz was paid for

from general revenue. The composting and Lund Eats! projects received funding from the Regional District.

The ever-popular Christmas Craft Fair and Shellfish Festival were both highly successful fundraisers, with table rentals and food sales resulting in a net revenue of over \$4,000. Income from these events, as well as from LCS memberships and donations, goes into general revenue. These activities provided the main source of funding needed for liability insurance, licenses and memberships, office materials and equipment, postage, and Goodwill Committee costs, all of which amounted to \$2,800 in 2014. Janitorial services for the Community Centre and the cost of facilitating the Gazebo activities were mainly covered through facility rentals and a Regional District contribution. Total expenses to cover all activities in 2014 were \$48,000.

Thanks from an LCS Fan

Even though the Lund Community Society receives considerable "outside" funding from government grants and allowances, none of these activities would happen without the contribution of countless hours of volunteer labour. Parents and others volunteer many hours at the Preschool, and much time is volunteered by community members to pull off Craft Fair and Shellfish Festival fundraisers and other projects and programs. Society Board members dedicate a lot of time to coordinate all of the activities and make sure the necessary funding will be available. They attend monthly meetings, keep the books, apply for grants and other funding, prepare reports including those required to satisfy various government agencies, and organize the major fund raising events. I, for one, send a big thank you to all our volunteers, Society and otherwise, for keeping the "community" in Lund.

The Annual General Meeting of the Society will be held at 7:00 p.m. on Tuesday, January 27, 2015, at the Lund Community Centre. Please make a note to attend.

Regional District Update

Patrick Brabazon, Director, Area A

Well, this is a winter to remember! What with massive rainfalls, flooding, and landslides, the Regional Emergency Service was greatly taxed. All areas except for Lasqueti were affected to some degree. In our Area A, the worst was a landslide on Atrevida Road which resulted in the temporary evacuation of several homes.

Immediately after the flooding began in the southern areas, an emergency operation centre was opened at the Regional District office. An EOC is the "nerve centre" of any disaster response, and it is there that provincial and local resources are directed as needed. Working alongside the "hard hats" are the volunteers of Emergency Social Services who assist displaced people with temporary shelter, food, and other necessities. These volunteers are our neighbours; like the volunteer fire fighters and first

responders, they quietly go about their everyday lives until called upon to turn out and place their skills, training, and compassion at the service of the distressed.

Now, with the winter half over [?], perhaps we can turn our thoughts to other matters.

The planning process for the new Official Community Plan is still underway. The advisory planning committee last met in early December and then took a break through January. Given the Christmas and New Year's holidays and all the social events associated with them, it seemed advisable to pause and allow the RD staff time to incorporate the feedback received to date and prepare an updated copy for the committee. Meetings will resume on the first Monday in February at the Lund Community Centre. As always, the public is welcome to attend.





Continued from page 2 Editorial...

Margaret Leitner has joined our staff as a proofreader and was our grant-writer for the above application. Thanks, Margaret! She was a Barnacle staff member and contributor twenty years ago. When the Barnacle was highlighted in a 1994 pan-Canadian survey of "rural community innovations" ("Where the Grass Thrusts Through the Concrete" published by Voluntary Action Directorate, Canadian Heritage - Government of Canada) as one of only six models from BC that were selected, Margaret wrote the contribution. You can read it on our lundcommunity.ca website by going to

the Barnacle page.

Our Winter 2015 issue is a slightly smaller, Lund-in-winter-size issue of 24 pages, still fat with content and ads. We hope you enjoy it!

Coping with the effects of weather and circumstances of life has made for an intense end to the year. May the rest of 2015 be peaceful, healthy, playful, and satisfying.

P.S.: Can I mention that I am over-the-moon with being a grandmother?!! Sandy

Official Community Plan (OCP) Update

Laura Roddan, Manager of Planning Services Powell River Regional District

Regional District staff have been busy working on the Draft OCP. Monthly Advisory Committee meetings will resume Monday, February 2nd and continue to be held the first Monday of each month in the Lund Community Centre from 7 to 9 pm. These meetings are open to the public to attend as observers, and there is time at the end of each meeting for question period.

For more information, please visit the Area A OCP website at http://www.powellriverrd.bc.ca/area-a-official-community-plan/. This site is updated monthly with new information as we move through the process. You can also contact Laura Roddan or Jason Gow with any questions you have about the planning process. Contact by phone 604.485.2260 or email planning@powellriverrd.bc.ca.

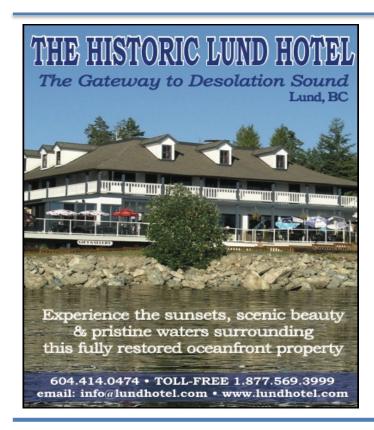
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important reminder that winter frequently brings high winds and heavy rains, and we should all be prepared. Property owners should ensure that downspouts and culverts are kept clear to avoid water damage. Your house number should be clearly visible where your driveway meets the road so emergency responders can find you on that dark and stormy night. Ask yourself if you

and your family are prepared for prolonged power outages? What if the road to your home is blocked by fallen trees or a landslide? Do you have a first aid kit in your home? How about a first aid kit in your car?

The PRRD website has lots of emergency preparedness guidance at:

http://www.powellriverrd.bc.ca/community-services-2/emergency-preparedness/





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Lund 125th Celebrations Report

Roy Blackwell

We celebrated Lund's 125th Christmas with a Swedish Christmas Buffet, or Yulebord if you're Swedish, at the Boardwalk Restaurant, with over thirty different dishes in seven courses of traditional Swedish Christmas Cheer. Colleen Cox and George Huber provided the beautiful music. It was a magical couple of nights.

The Lund 125th Committee thanks the many volunteers that made this celebration a year to remember, and thanks to the Powell River Regional District and our Area A Representative, Patrick Brabazon, for the money to fund the party. Also, a

big thank you to committee member Tara Thurber for

organizing the best Lund Dayz we've had in years.

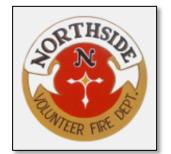
That's a wrap, folks. Rest up for the Lund 150th and we'll do it up again.



Northside Fire Department

Ann Snow

The annual "Anything But Turkey" Fundraiser was once again held at the Boardwalk Restaurant on New Year's Day. All items on the menu were by donation and the event raised \$557.00.



A couple of new members are taking the Medical First Responder Course and expect to be certified sometime in February. If you are interested in becoming certified to assist at a medical emergency, consider joining the fire department. We

meet Monday evening and training is free.

If you have not checked your smoke detectors in the last six months, please do so.

Smoke detectors save lives.



Take the bus



Only \$2.50 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 \$2.50 you can catch the bus back. Cheaper than driving!

Tuesdays and Fridays ---- Departs Lund Hotel - 10:55 am -- Departs Town Centre Mall - 4:05 pm

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- January 16-25 "Summer Down Under" a unique Australian & New Zealand menu.
- January 26 Annual "Burns Supper" with the serving of the haggis on Monday - call for tickets.
- February 14 and 15 "Lund is for Lovers" this Valentine's Day, join us for a romantic lunch or supper
- March 14 & 15 "Get your Irish Up" St. Patrick's weekend
- April 4 and 5 "Easter Brunch Buffet"

We are open Friday 4-8 PM, Saturday 12-8 PM and Sunday 12-6. Call us for a reservation or pick-up order.

Call if you'd like to join us when we are not scheduled to open and we will make it happen!

604-483-2201

Lund Christmas Craft Fair

Ria Curtis

Another fantastic Craft Fair was enjoyed by all on Saturday, November 15, 2014. Many quality vendors and a truly fantastic lunch and goodies service made the event a hit with all comers. Like Dave's Record store, "we're not big, but we're small", our little Craft Fair has maintained that community feel and become more than a shopping opportunity. The Lund Christmas Craft Fair is a destination, anticipated by many, enjoyed by all. Not only that, it is the Lund Community Society's biggest yearly fundraiser, this year netting \$2,056.42.

Many thanks and adulation to the many



volunteers who helped organize, bake, cook, set up, take down, move stuff, and feed people. (You know who you are and that you are loved.) I truly believe that this is the essential ingredient that makes our Fair so wonderful. We are a community, coming together, supporting our local artists – and whoever made the lemon meringue pie, you are an artist! – showing the rest of the peninsula how we get things done "out here".

Thanks also to the vendors who provide us with interesting, unique items to look at and choose from. We appreciate that you choose the Lund Christmas Craft Fair over others,

bringing top-shelf work and talent. Always nice to see the familiar faces, and just as enjoyable to welcome a few new folks. The more, the merrier.

It really is just like one big party, not too much stress, a vortex of goodwill, happy reunions, and a time to just chat with



friends. Now we can settle into the long nights of winter and get creative for next year's Fair. There are things to be made, thoughts to be dreamed, passions to be turned into art.

Until next year.....



Puddle Jumpers Preschool

Alanna Graham



How are our little Preschoolers doing as 2014 has come to a close? Great and growing fast! Enjoying the season and the big mud puddles that it brings. Our first fundraiser this year was a raffle at the Lund Christmas Craft Fair, and it was a great success. By the time this Barnacle hits the streets, there should be some happy raffle winners! Thanks to all the local businesses and artisans that donate fabulous prizes year after year to help our Preschool!

continued...



Debra Bevaart's studio gallery is a showcase for more than 40 local artists with Debra's stone sculptures brought to life on-site.



Winter Hours: 10 am - 4:30 pm Closed Tuesday

1436 101 Hwy, in the Historic Lund Hotel 604.414.0474 • aartcreations@shaw.ca "A unique stop at the end of the road"







The kids spent December learning about the spirit of giving and receiving, about cultural diversity and family traditions. Lots of fun is planned for the new year too. You may see a gang of cute kids getting a tour of the post office or making pizza at Nancy's Bakery. The kids will get a truly Lund experience with plans for local artisans to come by and teach the kids to tie-dye and make candles this coming month.

Also in the works for February is a Winter Festival! This will be another fundraiser, and the children have just begun rehearsals for a special performance they will put on. More details to come!

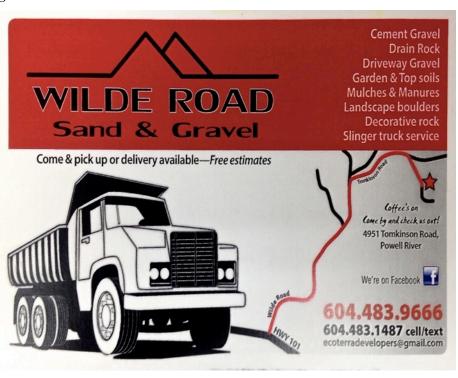
Another BIG thanks to all the parents, grandparents, volunteers, local businesses, and community members who get involved to enrich the lives of our kids and make our Preschool so super special! And to Sheila, our beloved teacher, we are so lucky to have you teaching at the school! Thank you!

For more information about our Preschool, contact us at the Community Centre

(604) 483-9000 or visit us online at

http://www.lundcommunity.ca/PuddleJumpers.html





Lund Reads

THE

PAINTER

Evelyn Pollen

Hello Lund Bookworms!

The novel I want to tell you about this time has one of the best opening lines ever: "I never

dreamed I'd shoot a man, or become an artist." This is the protagonist of The Painter, by Peter Heller.

In first person narrative you have glimpses of the teenager he was, the struggle he has with the violence in his nature, his love of beauty, and his unwillingness to bend to the demands of society. He never acts or expresses himself purely to put others at ease. He secludes himself in order to devote his life to painting, but finds his inherent violence leaps out of him in defense of beauty.

He is a passionate fly-fisherman, always seeking the perfect river, delighting in the trickery of catching (and releasing) the wily trout. I know, he doesn't sound like a perfect guy, does he? You might not want to be his buddy, but to observe him from the pages is fascinating. The story has a great cast of characters including his

> young art model, the local brothers who become his enemies, his privileged art agent, a couple of cops, the common townsfolk and the ultra-wealthy patrons who buy his art. There is wit, insight into human nature, regrets that haunt him, and suspense as the drama unfolds. I found all the characters to be well developed by the author. They behave in ways that are consistent, and show compassion and morality. I found the plot so compelling, speeding towards.... how's this gonna end? On the other hand, the writing is so beautiful you don't

want to skim through it. You might want to read it twice. I did.



Health and Healing

Rebalancing Bodywork by Pete Tebbutt

"Awareness is the beginning of all transformation" - Osho Hammer on the Rock

Osho Rebalancing is a dynamic hands-on approach to integrating and energizing the

whole person. With our understanding of the body as both a creation of what the mind believes and what the heart feels, Rebalancing releases muscular and psychological holding

continued...

patterns and brings about a more coordinated harmony between body and mind.

There is an intimate interdependent correlation between the three aspects of our being (body, mind, and heart). It is a very sensitive equilibrium, which can easily be disturbed; if only one out of these three aspects becomes unbalanced, the other two will be affected, distorting the overall harmony.

The core of Rebalancing is the emphasis on body awareness as a first step towards a "tuning-in", a reorientation of our awareness towards an inner space of emptiness and silence in our innermost being. Seen from this point of view, this form of bodywork is a preparation for a profound transformational process – towards a state of meditation – an inner alertness, a process of becoming dis-identified from all the three peripheral aspects of our reality.

Rebalancing works with a unique synthesis of individual body analysis, deep-tissue work and joint release techniques. As the body softens and lets go of muscular rigidity, energy is released, and old emotional holding patterns and psychological attitudes emerge. Freed-up energy is worked with creatively to give you more understanding and insight into your own potential and your ability to relax into your being. This allows you to respond to your life in an increasingly spontaneous and meaningful way. A loving skillful touch is the essence of Rebalancing. It treats the body as a gift of tremendous value, not as a mechanism to be put right. In this way Rebalancing emphasizes the

sensitivity to tune into the uniqueness of each person – the beauty and indestructibility of our individuality.

In Rebalancing Bodywork, I offer a ten session series and work systematically through your whole body. Sessions 1 to 3 are the introductory phase, and your individual body's needs are determined here. Sessions 4 to 7 can be called the "core" sessions of the process, and in sessions 8 to 10, focus is on the integration and harmony of all parts of the body. Besides addressing specific body needs, the ten-session process can be considered a basic course in body awareness.



MUSICPLAY FOR TODDLERS 8 months to 3+ years old

Thursdays, at the Lund Community Centre in the small room off the kitchen

drop-in okay -- 10:00 to 11:00 a.m.

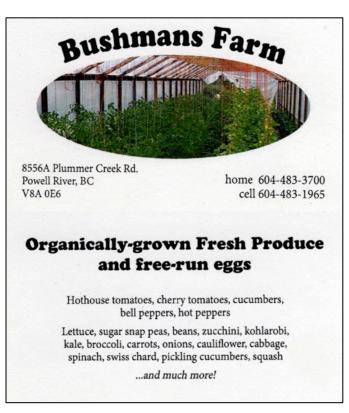
the basics of music, including rhythm, pitch, tempo, volume control, listening, developing a singing voice, using the whole body to move to a rhythmic beat, and playing simple instruments

features age-appropriate songs, rhymes, games, and puppets

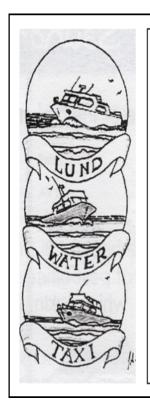
develops and encourages musical interest, awareness, and enjoyment - helps children develop a sense of rhythm and "an ear" for music

\$5 per child per class / price negotiable for siblings

for more information call Sandy at (604) 483-2395







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Pith and Vinegar

...a column for writers

poems by Don MacKay (Lund's own)

Lullaby	Fade to Black
May you always be surprised	Woke up in the dark
keep the rabbits in your eyes	the next morning
your pockets full of rocks	with a hole in my soul
walk on tiptoe in your socks	that the tears ran through –
	my old shadow, now gone
and with the magic that we gave you	
may you ride with the circus	just a limpness in my waiting arms
see the circus in the wind	floppy dog, soft as your ear
and the world will always echo	
how you are within	and we lay you round the rock
	in the bottom of the hole
May you move with the waves	your nose on your paws
your hands upon a lover's back	and a cloth toy full of treats
and never feel the lack	for your journey gone far
of what it is you crave	
	so lost and primeval in death's
and when you're older	orchestration
and you hear your baby cry	we two weeping lovers
may you always, even in the dark time, may you always	of both Kirby and each other
have rabbits in your eyes	run free little boy

How in the World Did You End Up in Lund?

Francine and Joel Ulmer

If you ask locals how they found their way to Lund, you will hear more than one story about people coming for a visit with no intention of staying, but who never left. Joel and I are no exception. It all started in the remote Northern California town of Hat Creek where we were working for Oregon State University, studying the effects of fire and forestry on mammal populations in the ponderosa pine forests. As the snow set in for the winter, data collection ended, and we decided to embark on our next adventure. Looking at a map of western North America, Joel pointed to Desolation Sound and remarked, "that looks fun!"

It was a dark and foggy winter solstice in 2004 when Joel and I first drove down the Lund hill. "This is it" Joel said, convinced he was home. I was skeptical in the foggy darkness, but after finding the artistic hand-drawn map of the village of Lund, complete with trails and the Community Gazebo, I had hope that I would find community here.

Being a Canadian citizen, Joel soon landed a job researching Marbled Murrelet mortality rates and their correlation to forest disturbances. This job allowed us to fly in a helicopter around Desolation Sound, Toba Inlet, and Powell Lake. The beauty from above was astounding, and I did not want to leave, thus over-staying my sixmonth visitor visa.

When finally returning to California for a friend's wedding, I was told that I would not be allowed back to Canada for one year. The Lund dream went from extremely hard to impossible, so we hatched a plan. Picking up a marriage certificate in Humboldt County, and asking a reverend friend to do the service, we got married and headed north. Joel had gotten BC plates for my car, so all that remained was to get back to Lund, with only a minor sticky border in our way. On the way, I fell asleep under a blanket, and the rest is history! Like so many draft dodgers and eccentrics before us, Lund became home and I, a Canadian citizen. Joel and I would like to thank all those who helped us along the way

- this is the third of a series of tales; what's your story?

Just Call Me The FLASH

Ria Curtis

Nobody can strip off a sweater or flip back the bed covers faster than me. Like many women of a "certain age", I frequently find my internal temperature control is unpredictable or just plain wacky. I didn't think my nightly thrashings were noticed by any but the cat, who would suddenly find herself catapulted from my feet as I whipped back the covers. Recently, however, I was complaining the house was too cold and instead of going downstairs to add another log to the wood stove, my husband just chuckled and said, "just wait five minutes." Sure enough, a few minutes later I was shucking off my sweater and muttering about how hot it was.

I've decided that these temperature anomalies are not just something to be endured stoically. I prefer to imagine I'm walking on a hot sandy beach in an island paradise or having a desert adventure on camelback. This is nature's gift to me during these cold days of winter. So, if you see me out and about on a cold frosty day in nothing but shirtsleeves, I'm not having a hot flash, I'm having a mini tropical vacation.

Life is all about perspective.

How to Cook a 34-Pound Turkey

Ria Curtis, Little Wing Farm

This year, we raised a new variety of turkey and were caught by surprise by how big they grew. By Christmas we had several male turkeys that weighed in at 34 to 39 pounds. Just before I was due to head down to a family dinner in Vancouver, I sold a 36-pound turkey to a local family. They took it home and called me exclaiming that it wouldn't fit in their oven! As I was providing the turkey for my family, I got on the phone and had my mother and then my sister measure their ovens. This was going to be a problem.

Problem solved! We cut all the enormous turkeys in half with a saw. I would simply cook the two halves in separate pans. Unfortunately, once we got there we realized that both pans wouldn't fit side by side in the oven. After debating whether to cook half at my sister's and half at my mom's, we decided to try one half in a barbeque. My mother has a small, apartment-size barbeque so we first had to find a pan that would fit it and also be big enough to hold the bird, as even half the turkey was 17 pounds!

Eventually we worked out the logistics, and with the stuffing split in half and placed in muslin bags under the half-breast cavities, the turkeys were underway. The one in the oven cooked just like a whole turkey would, as did the stuffing nestled underneath, just a bit quicker than normal. The one on the bbq was a bit slower to start but with frequent basting, became the clear winner for flavour, aroma and delicious crispy golden skin. The stuffing, however, not so much; it was a bit burnt on the bottom. I think wrapping it in a layer of foil next time around might solve that problem.

So don't be intimidated by a big bird. Cut in half by the local butcher, the birds can be just as tasty and it cuts down on cooking time. I now think that turkey in our house is not just for Christmas and Thanksgiving anymore. I'm looking forward to a nice summer turkey bbq.

Maybe I'll try brining it first in something with Cajun or Persian flavours.

Yumm!





A Letter of Gratitude

from Clara Montoya

As an immigrant, I will not pass up this opportunity of sharing with you my recent experience. My family chose this country in which to live for many reasons, the most important of which was the Canadian Health Care System. Now, eighteen years later, I can assure you that we were right, very much so.

I spent the last three years with my partner, Chris Day, visiting doctors and hospitals due to Chris' illness. During that time, we experienced immense support and personal care from hospital staff. He got the best attention, medical care, treatment, and love in this final stage of his life. I am a very proud Canadian and grateful to have made the decision to live here.

Not only did I choose the best country, I chose the best part of it, with an incredible community in Powell River and Lund. During Chris' illness, Powell River General Hospital became our second home, and when we needed help, we found in the community all of the support we needed.

Chris always wanted to write this letter, and he would have been better at it than me, but I am doing what he never got the opportunity to do. I want to say Gracias...Thank You...to the medical system as it is practiced in Powell River, to the doctors, the nurses, the x-ray team, radiologist, administrative staff, kitchen team, Vital-Air, and the ambulance, fire department, home support and the home nurses.

I love my country and I love my town. Thank you everyone!





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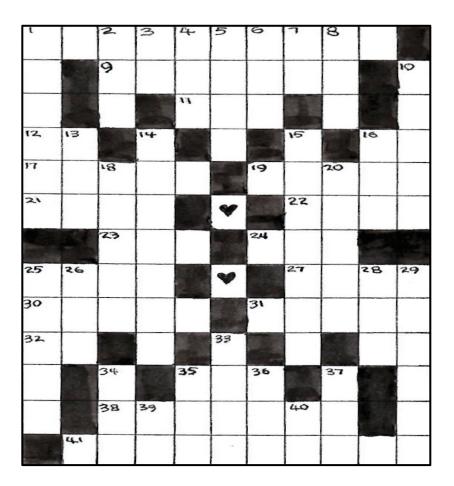
Crossword #34 by C. Cressy No Holds Barred

ACROSS:

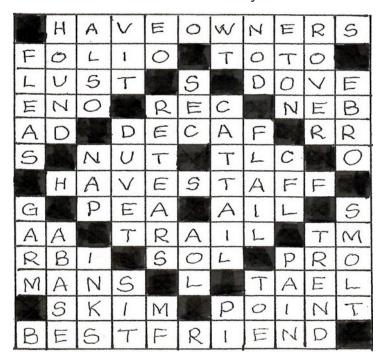
- 1 PART #1 OF QUIP (with 41 across) (3 wds)
- 9 A SHY MARSUPIAL
- 11 TREE SPIRIT
- 12 ONE MILE (Jap.)
- 16 HOSP. ESSENTIAL
- 17 MORAL NATURE
- 19 POR (Span.)
- 21 CLEANSER
- 21 CLEANSEN
- 22 CEREMONY
- 23 AVAIL
- 24 SAGACITY
- 25 RUDE OR BARBARIC
- 27 POISE
- 30 CURRENT (Gr. elec.)
- 31 ADMIRE
- 32 EXISTS
- 35 HIGH IN PITCH
- 38 CRAFTSMAN
- 41 PART #2 OF QUIP (with 1 across) (3 wds)

DOWN:

- 1 IDOLIZE
- 2 UNPAIR
- 3 IBERIA (abbr)
- 4 ENEMY
- 5 AN ASS (Span.)
- 6 FOLLOWER
- 7 ARTIFICIAL LANG.
- 8 YOUNG RASCAL
- 10 STYLE
- 13 JAPANESE ADMIRAL
- 14 FUZZ HANGOUT
- 15 MARRIED LIFE (adj.)
- 16 ERODE
- 18 ____ COUTURE (Fr. fashion)
- 20 MORTAL
- 25 FOR THE MILL
- 26 AND AHS
- 28 SIGNAL
- 29 SORE
- 33 JAI (Pelota)
- 34 TRUTH (Chin.)
- 35 DINED
- 36 SPORT CHAN.
- 37 COMPASS DIR.
- 39 CAMPER VAN (abbr)
- 40 TOWARD (Lat.)



Answer key for #33



Community Page

Birth Announcements

Breanne Marlatt and Nigel Dingwell had a son, Hunter, on September 18th. Nigel grew up in Lund and the family now resides in Powell River. Hunter has four very proud grandparents: Sue Stapleton, Mike Marlatt, and Terry and Kerry Dingwell.

Willow Dunlop and Brendan Clark had a baby girl, Hazel, on November 19th. Willow was born and raised in Lund, even went to Lund School, and the new family now live in Powell River. Baby Hazel's proud grandparents are (paternal) Brian and Sandra Clark, and (maternal) Sandy Dunlop and Jeff Chernove. Jeff was able to wait for the birth of his new grandchild before he left this world.

This just in: John Meilleur and Natasha Gee had a baby boy, as yet unnamed, on January 15th. John grew up in Lund. Proud grandparents are Louie Meilleur and Jenny and Dennis Gee.

Sympathy and Condolences

Christopher Day - November 19, 1951 - November 7, 2014

After a lengthy battle with lung cancer, Chris is remembered with love, sadness and heavy hearts by his partner Clara (Daniela, Susanne, Marianne), sons Nicholas (Robin) and Daniel (Sarah), daughter Amy, and grandson Benjamin. He will also be missed by his sister, Anne (Chris) and extended family in the UK, and by his many friends in Lund.

Jeffrey Owen Chernove – August 30, 1947 - December 9, 2014

Jeff passed away peacefully at home after he heard the fishing was better somewhere else. He will be lovingly remembered by his wife Georgia (Jamie, Amanda, Emily), his three children Tannah (Tara/Caelan & Evan), Tristen (Carrie/Bronwyn & Morgan), and Willow (Brendan/& Hazel). He also had a rich extended family, and a lifetime of dear friends. He will be missed by many.

Alfred J. Carsten – April 14, 1935 - December 16, 2014

Alfred was born in Massachusetts and passed away in Powell River. He died of a major brain hemorrhage leaving his family to always remember the joy of his love and being a part of his life. He is survived by his wife of almost 58 years, Arlene, and his son Jonathan (Mitz) who continue to live at Okeover, his son Christopher who lives in France, his sister Phillis (Richard) Meier and many nieces and nephews, and many friends the world over. Al attended university in New York and graduated with a bachelor of science in ceramic engineering. During his lifetime he created several companies, the last one being building conveyor ovens and other major equipment for the semi-conductor industry, giving employment to many families. In 1992, Al and Arlene moved the company from San Diego to Okeover. Al enjoyed jazz, cooking and entertaining, as well as bird watching, the Blue Jays, and women's basketball. He always had a warm smile and a happy disposition.

The Goodwill Committee of the Lund Community Society sent cards expressing get well, thinking of you, baby congrats, and sympathy. The Committee continues to source a package to welcome new residents to Lund, available at the post office. Call Adrian Redford at 604-483-4766 or Colleen Cox at 604-483-9752 with any news you think should be acknowledged.

Peter Luca Demiris - January 3, 2007 - January 9, 2015

Surrounded by his family and friends, our beloved Peter earned his wings. Happy, vibrant and energetic, Peter loved nature, books, gardening, cooking, and playing with Lego. Peter possessed strength, perseverance & determination. His courage made us all believe that anything is possible. Peter's life will continue to be honoured by his loving father and mother, Bill & Terra, cherished brother Eli, great-grandmothers Hope and June, grandparents Peter & Tassoula Demiris, Jeff & Darcie MacFronton, aunts Sousana, Toula (Ivan), Shanti (Jamie), uncle Dallas, cousins, family, friends and supporters. In lieu of flowers donations can be made to Canuck Place Children's Hospice at https://payment.csfm.com/donations/canuck_pla ce/donate/

Thank you for being a part of Peter's journey. We are honoured and blessed to have had you on his TEAM. Peter's memory will live on forever.





Before It Was Lund

It was called Kla ah men, the People's Village, by those who had lived here since "time out of mind". The Tla'amin had a rich and vibrant culture, with a population of upwards to 60,000 people. Their lands extended from Stillwater and part of Texada Island northward along the Malaspina and Gifford Peninsulas to the southern area of Homfray Channel and part of Cortez Island, and

included Hernando, Savary, and Harwood Islands, as well as Powell, Goat, and Haslam Lakes. Every flat spot was inhabited and the land was used to feed, clothe, house, nurture, and lay to rest their people. These places had names: Lund - Kla ah men, Hurtado Point -Kah Kahk ghe, Bliss Landing - Jeh jish chee um, Emmonds Beach -Sheh eyes ton, Savary Island - Ihos, Indian Point (on Savary) -Thah tek, Copeland Islands - Koo kwah thys, Hernando -Koop klatch.

Lund was a good place to dry clams, herring, and salmon because of the favourable winds. Savary was a huge clamming area, extending all the way to Hernando. Medicinal plants were

harvested from Savary's meadows, and from the mountains behind Lund. At Indian Point on Savary, there are still to be seen large canoe skids, which were like driveways to their home. They fished for porpoise, seals, and sea lions in Thulin Passage, as well as salmon (their main staple), cod, herring, and eulachon. They hunted deer, mountain goat, bear, and smaller animals. They harvested and dried all



kinds of berries found here, as well as numerous other plants. They planted gardens to grow food, and also created clam gardens (rock walls), and actively farmed for thousands of years. Many of these walls still stand Sandy Dunlop

today. They made tools out of stone and quartz crystal.

Trade routes, called "grease trails" because of the fish oils that were carried, extended up to Toba Inlet and all the way to Williams Lake, and the Tla'amin would walk these trails and bring what they had hunted, fished, gathered, and dried, and trade with other tribes. The Tla'amin were self-sufficient with plentiful resources and

were willing to trade and barter with their Chilcotin neighbours for different foods and roots, and different grasses and fibres for basketry.

They lived mostly in longhouses, so extended family members could be together. When traveling from one spot to another for hunting, fishing, or gathering, they lived in cedar cabins built all along the coast for that purpose. The remains of these structures can still be found in various locations throughout the Tla'amin Territory.

There were large villages at Trevanon Bay, Grace Harbour (Kah kee ky), Portage Cove, Emmonds Beach, and Theodosia (Toh kwon on), as well as the current Tla'amin village site (Tee shoh sum). Winters were

continued...

spent in Grace Harbour and Squirrel Cove, often with Tla'amin "cousins", the Homalco and the Klahoose.

The Tla'amin were not known for being an aggressive people. They were, however, often the target of the fierce Haida of Haida Gwaii and the Lekwiltok of Johnstone Strait, who came looking primarily for slaves. The houses in Lund were often raised on stilts and built near the water so people could see who was coming down Thulin Passage. Cochrane Bay, however, became a massive grave site, and there was a massacre at Emmonds Beach of about 150 people sometime in the mid-1800's.

By the end of the 1700's, the Tla'amin were having contact with non-Indians, primarily from England and Spain. Trading was brisk, but contact brought disease. Epidemics such as smallpox, measles, tuberculosis, and flu decimated the coastal native population, including the Tla'amin, who had no natural

immunity, from the late 1700's and continuing on for the next 150 years. The greatest wave of smallpox deaths occurred in the summer and fall of 1862, when many thousands died within those weeks. Many Tla'amin died at Emmonds Beach, in particular.

By 1875, land was being made available by the Crown through the Homestead Act of 1872 to white settlers free of charge, a practice called pre-emption or homesteading. These were methods of acquiring land by claiming it for settlement and agricultural purposes. Application had to be made to settle and "improve" the land, up to 160 acres per person over 18 years old (i.e. 320 for a couple), plus whatever they could afford to purchase. It was not an easy thing to make the required improvements, and the area in and around Lund was preempted or homesteaded by hardy white settlers. Tla'amin people, by law, were not permitted either option, and

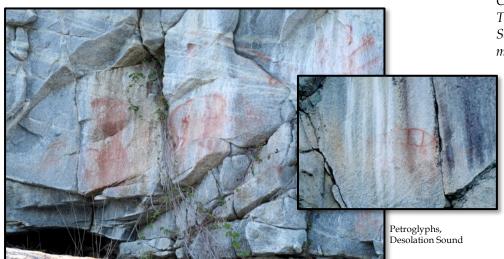
were forced onto the current Tla'amin village site. No negotiations or consultations ever took place and no compensation was given Tla'amin for taking these valuable lands.

In 1885, the Indian Act outlawed potlatches and it became an indictable offense to engage or assist in ceremonies. Tla'amin's rich cultural activities were prohibited and public punishments were strictly enforced. In the 1880's, the Federal Government imposed residential schools and many children were taken from their families.

By the time Kla ah men became Lund in 1889, the Tla'amin population had dwindled to less than 1000, with drastic changes to their way of life.

Editor's Note: In April of 2016, the Treaty between Tla'amin and federal and provincial governments will take effect, granting them outright ownership of their lands (previously lands set aside for Indians but owned by Canada), and 100% say in their Territory. The Tla'amin will be a Self Governing Nation with lawmaking authority over its lands

and no longer subject to the Indian Act. Outside of this arrangement, it is important to the Tla'amin that it be acknowledged their people have always been here, and these lands and resources have sustained their people for thousands of years.



Winter, Lund-style











