

Lund Barnacle

Fall 2011

\$ 2.00

All proceeds go to the Lund Community Society.



Courtney, Mae, and Ruby at Lund Days
enjoying the puppet show

The Voice of Lund and the Region

a 9-1-1 community
www.lundcs.org
www.lundbc.ca

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2011 Advertising Rates

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All proceeds support the Lund Community Society

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The Lund Barnacle

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The Lund Community Society

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One

The Lund Barnacle is published seasonally. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and Region. Submissions are welcome in the form of articles, news items, letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submit to the Barnacle in the Lund Community building or contact Karen Eve Lynne at 483-4050 or email barnacle@lundcs.org.

****We will now be invoicing annually for advertising. Invoices are sent out after the fall issue.****

Editorial Policy

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

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

Editorial

Has anyone noticed that there seems to be major life changes occurring in their lives and in the lives of those around them? It makes me wonder about a greater force bringing about these transformative changes. I also notice that many of us seem to be in an uncomfortable state of limbo and may have feelings of anxiety. We seem to have a knowing that we are in the midst of a shift which we are unable to see with our eyes. We can, however, feel it with our energy bodies and see it in the reflections of our physical world. It often comes out in waves of intense emotions and moments of being overwhelmed with confusion.

Changes don't normally "feel" comfortable. As we personally develop we shed skins; masks, aspects of our ego and our belief systems. The only way to move through these changes is to envelope them; this will bring us closer to our true self. This feels like riding each wave of emotion in its fullness. It is being confused and surrendering to not "knowing". It is being okay with where you are right now, in the present moment. It looks like seeing the reflections around us and acknowledging them as mirrors of ourselves. It is allowing yourself to be SEEN.

It seems as though things that aren't serving us any more are leaving (whether it is in relationships ending or the physical death of things around us). It also seems to me unresolved issues which we think we may have resolved or have been unwilling to delve into are coming to the surface. And it feels as though we are being relentlessly tested on values, beliefs and boundaries.

Remember that in all challenging times we come out having learned things about ourselves and are able to use these as opportunities for deepening our personal spiritual growth. This is the light at the end of the tunnel that keeps ME going.

Thank you,
Eve

Larry's WoodShop

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email: twolarry@hotmail.com

Halloween Party

Lund Gazebo

Saturday Oct 29th
2 pm on

Family Friendly

Fingerfood Potluck
bonfire...

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SPORTS DAY 2011

The Lund Community Society's eighth annual Sports Day finally happened on July 24th, after having been postponed twice. Earlier scheduling for May 1st and 15th were cancelled due to the gameskeeper being down with bronchitis, the building having its windows replaced, and the weather not being conducive to outdoor games (remember May ??). By the end of July, summer seemed like it might actually arrive.

The weather that day turned out to be perfect for games: not too hot or cold or windy, and no rain until after we cleaned up. Two young dads, Vincent and Zion, stepped in as the excellent new gameskeepers. We ended up with about 22 kids, which made the teams a good size with a fairly even distribution of ages. When our original numbers were totalled, we had about half that amount, but just then a truck full of kids rounded up at Sunlund Campground arrived and we were good to go.

As usual, we began about 10:30 am-ish by distributing players among the three traditional teams of Chinooks, Eagles, and Cougars. Then we started the races. Events are always relay or a cooperatively competitive style, and include the shoe-pile search, the dress-up relay, and the faulty tower construction, just to name a few. This year, we added a sack race. Ribbons were generously awarded. The final event, a tug of war, brought in the spectators too, who jumped in on whichever side was losing at the time. Then we called it a day and enjoyed snacks and ice cream.

Sports Day is always a hoot. We're going to keep it as a summer event, when our chances at good weather are better. See you next year!

Puddle Jumpers

Amanda Zaikow

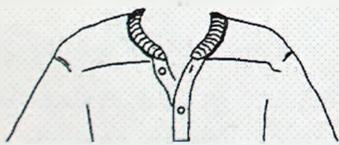
July Crossword Answer Key

Lund Puddle Jumpers Preschool is up and running again... although I can't think of a time when these kids weren't up and running. We have a happy and busy group of nine preschoolers, who have been exploring indoors and out this fall. We have been taking advantage of nice weather to spend as much time as possible outside. Our big trikes and outdoor play areas are being well used. It has been especially exciting harvesting the carrots that we planted last spring in our garden boxes. Parents have been taking turns assisting our teacher, Brandi Harry, as we continue the parent-cooperative preschool format.

We hope to get out into the community again this year, with field trips near and far, and also are excited to bring the community into the class room. If you have interest in participating in our preschool (music, stories, puppetry...) please contact Amanda (604 483 7928) or Francine (604 414 0154).

ANSWER TO NO. 23

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



Pollen Sweaters



Lund...
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We are carrying a modest yet carefully chosen selection of fiction and non-fiction books. Please come visit us for books, sun hats, felted hats, dolls, ponchos, socks, toques, scarves and of course.....sweaters!

OPEN EVERYDAY FROM 9:30 TILL 5:00
ABOVE NANCY'S BAKERY 604-483-4401

Northside Firedepartment Halloween Party
Monday, October 31 7:00pm
CRAIG PARK

Free hotdogs and soda pop

Candy for kids

Fireworks



Orca Bus Schedule for November 2011

Mondays 7, 14, 21, 28

ORCA (On the Road with Children's Activities) Bus will be parked from 9:30 to 11:30 am at the Lund Community Hall. For more information, readers can call 604-485-2132

Playgroup is back on Fridays 10:00- 12:00

Sandy's music class for babies/ toddlers is starting
Thursdays at 11:00.

Take the bus



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

Tuesdays and Fridays

Departs Lund Hotel 10:55am

Departs Town Centre Mall 4:05pm



*Finn Bay
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The Annual Lund Christmas Craft Fair

Fundraiser for the Lund Community Society

November 19, 2011

10am-4pm

Italian Hall in Wildwood

Delicious Food

Local Artisan Crafts

Good Company and Community

The Lund Community Craft Fair has been coined "Powell River's craft fair to attend" by both vendors/artists and attendees, likely due to the warm atmosphere, full lunch and dessert menu, kids crafts corner, excellent variety and craftsmanship of locally produced goods, and the community spirit felt throughout the building.

Volunteers are always welcome for setup, baking, serving, children's area and clean up.

Contact Rianne 483-9605 or Caitlin 483-4238.

Please see lundcs.org for your vendor application (due Nov 1)

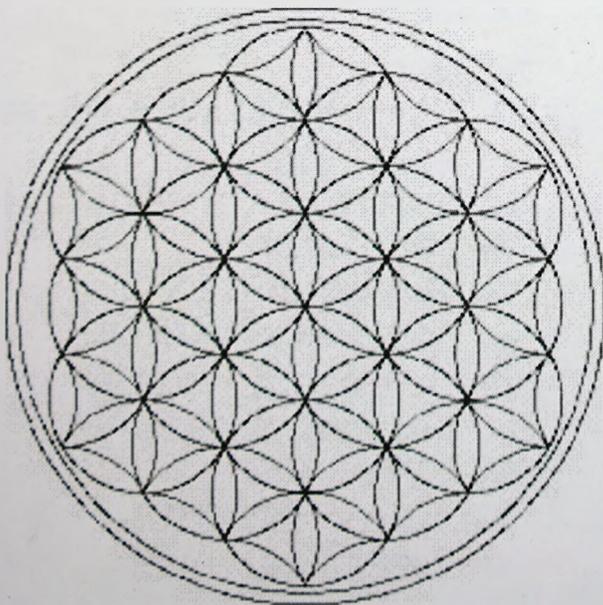
Heart Centered Consciousness

Michelle Lea McCann

Heart centered consciousness is absolutely necessary in order to know what is right or not for any given person. When a person stops using their rational mind and pays more attention to their heart and the feelings that they have around any and all issues then they have ascended (raised their consciousness); they now realize that they can simply tap into the feeling; when something feels good it's true and when it doesn't it's not. It is as complicated as it is simple. Once one starts to clear their chakras on a daily basis and protect themselves with shields of color and do their personal spiritual inventory (like looking into their astrological sign; their sun, their moon, their ascendant, their numerological configuration, life path number, look at loved ones around them for reflections) to have a better idea of what's really going on during the quickening. At this point time as we know it has sped up so much that it's becoming obvious that when the Mayan's said it was the end of "times", they meant that it was the end of "time" as in "throw your watch away and go with the flow" in the fifth dimension. The flow is when what you do feels good, when you do not feel good you are deviating from your heart's desire, you are deviating from heart centered consciousness, and you are denying yourself from your life path and whatever you came here to do.

In order to keep your being centered in your heart and grounded during the elevated consciousness that we are currently in remember the following: Love yourself. Meditate everyday at least once, even for one earth minute, breath very deeply. Call upon your angels and guides. Protect yourselves with shields of coloured light from any negative energy that you may pick up when you are out and about.

If you wish to learn more about the raising of consciousness/vibration that we are currently in, about your astrology or numerology or to simply have a reading please contact me on facebook (Michelle Lea McCann) or at aquamich8@hotmail.com.



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Crossword

by Court Cressy

CROSSWORD BY C. CRESSY No 24

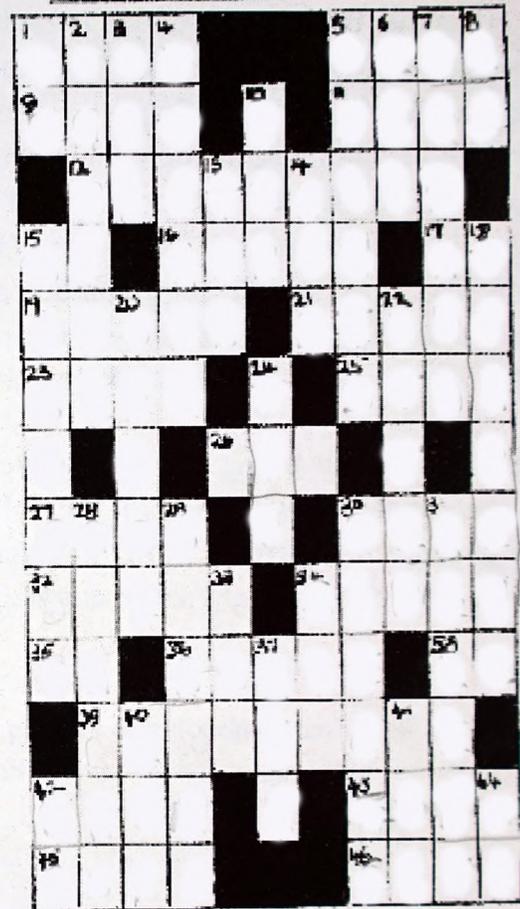
ACROSS:

- 1 SPOTTED COBE
- 5 LOUD OUTBURST
- 9 SEND OUT
- 11 0.405 hb.
- 12 ACTIVE IN YOGURT
- 15 PREFIX: HAVING TWO
- 16 WADING BIRD
- 17 DENOTING DIRECTION
- 19 NORWEGIAN PLAYWRIGHT
- 21 MUSICAL STUDY
- 23 FRIENDLY QUAFF
- 25 PRINCIPAL PLAYER
- 26 CHOOSE
- 27 PALM STARCH
- 30 FRENCH FATHER
- 32 NEUTRAL
- 34 SEA-NYMPH
- 35 PIOUS ARMY (abbr.)

- 36 HIGH NEST
- 38 FR. DEF. ARTICLE
- 39 WHINE A LOT
- 42 VILE
- 43 ETERNITY
- 45 NILE COBRAS
- 46 TO GLUT

DOWN:

- 1 PREFIX: AWAY
- 2 TO ABSORB
- 3 SPY GUYS
- 4 METAL ARTIST
- 5. CREATES
- 6 A SHIELD
- 7 NAVAL FORCE
- 8 FR. ARTICLE
- 10 THROUGH
- 13 X
- 14 CAVIARE
- 15 DOUBLE BASE
- 18 EARTHY
- 20 MARSH GRASS
- 22 ABSOLUTE



- 24 SPIRE
- 28 FISH THAT LEAVES WATER
- 29 SILK VIELS
- 30 PARTS
- 31 TO YIELD
- 33 PREFIX: DISTANT
- 34 KERESAN NATIVE
- 37 A CEREAL GRAIN
- 40 SIXTH SENSE
- 41 CRY OUT
- 42 UNIV. DEGREE
- 44 OPPOSITE NW

Birth Announcements

Well, the boys are up in numbers since our last issue: six baby boys and no girls this time.

Congratulations to Joseph MacLean and Katie McLean , and welcome Ryan, born July 4th.

Noah Chaikel and Nicola Dietz gave birth to Benjamin on July 3rd. Best wishes from Lund to Whitehorse.

Francine Nogash and Joel Ulmer brought home to daughters Estelle and Jaida a little brother, Reef Otto, born August 20th. MaryAnn Lammersen and Jack Anderson are happy grandparents.

Kim Burge and Mike Pilon gave birth to Gus on August 16th, thereby making Lori and Mike Burge grandparents and Neil Gustafson a proud great-grampa.

Jai Laycraft and Ken Sanderson gave birth to Sawyer on September 20th.

And, this just in: Genevieve Tremblay and Zion Lapointe birthed a little boy on October 14th. No name yet, of course, just mister adorable.

And there are still more babies coming soon!!

BUFFALO BUILDERS



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Lund Community Society

Goodwill Committee Autumn 2011 Report



MACHINERY WORK
(backhoe, flat deck, excavator, dump truck)

Serving the Malaspina Peninsula

The Goodwill Committee sent out eight cards since the last Barnacle. Most of these were new baby congratulations, with one sympathy card and one thank you. We also want to thank the many local volunteers who worked at the Gazebo on the stage floor, but the postage to do so would have eaten our allotted budget. So, thank you, thank you, thank you to Sheila, Dave Shurger, Carsten, Eric, Daniel, PJ and Solene, Marc, Dillon, Pierre, Chris Matz, Nick and Tanya, Jesse and Kayla, Joel and Francine, Pat and Christine, Lawrence, Victor, Ann Cressy, Ben Bouchard, and anyone else whose name was missed. You've built a safe and solid stage for our musicians. Now we move on to installing the dance floor!

Thanks also to Rianne, Sherry, Rosie, Ronnie, and Juliet for painting the little multi-purpose room off the kitchen. It looks so much better!

The Goodwill Committee also sources a package to welcome new residents to Lund, available at the post office, containing a welcome letter from the Goodwill Committee, a free issue of the latest Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a gift certificate from The Lund Hotel (thanks Vanessa), a gift certificate from The Boardwalk Restaurant (thanks Rayanna), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on Lund (thanks Lund businesses). New residents moving to Malaspina or Craig Road or anywhere else in Lund can pick up their package at the Lund post office. Just stop by and let Ruth know you're here.

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

The Lund Hotel will be open all year

Pub hours: closed Mondays

1-6pm Tues-Sun

Bar service only

General Store: Mon-Fri 7:30-8pm

Sat 8-8

Sun 9-8

Gas dock hours: Mon-sat 8-4

Sun 9-4

LONG NIGHTS COMMUNITY CHOIR



Lund Community Center

Mondays @ 6:30 (When the nights are longer than the days)

Mostly merriment with some singing

All ages and abilities

Enthusiasm and song ideas

483-7928 Dillon

Lund Dayz in Review



Above: A crowd gathers for the puppet show



Above right: Sheila Butts, the organizer, shows off her pirate self with some local vendors

Right: Puppeteers, Sandy Dunlop and Kate Gasparetto, prepare for "The Mermaid's Key"



Below: Leif shows children his tickle trunk



Below right: Children are engaged in the show

