Lund Barnacle

Winter 2011 **\$ 2.00**

All proceeds to the Lund Community Society.



The Northside Fire Department annual Halloween Party at Craig Park. More pictures on pg 9

2011 Advertising Rates

Business Card Size: \$ 10.00 Double Business Card Size: \$ 20.00

Quarter Page: \$30.00 Half Page: \$50.00 Full Page: \$90.00

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Next edition is April 2011.

Deadline for submissions is the 15th of March.

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

www.lundcs.org

INSIDE

Puddlejumpers...p10

Births and deaths...p11

Crossword...p12

Smile You are a Tourist Attraction...p6

Craig Park Halloween Party...p9

Fire Department Visits Preschool...p5

Shrimp Dip Recipe...p6

The Great BC Shakeout...p3

Lund Christmas Carnival...p8

Proposal for School upgrades... p10

You are What you Eat...p11

LCS 2010 Report...p7

The Lund Barnacle

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The Lund Community Society

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

We will now be invoicing annually for advertising. Invoices are sent out at the end of the year.

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

With all of the hustle and bustle of Christmas over we are now entering the light time. I can feel spring already. It may be the lengthening of the days, but there is also something in the air. A sense of newness.

I went to Vancouver for a while over the holidays and it reminded me why I love living in Lund. There's a lot about the city that I love and miss, but there's no place like Lund.

- >People make eye contact with you and smile (and/or wave) when you go by.
- >1 know the post lady's name (hi Ruth).
- >It's okay to wear whatever you feel most comfortable in that dayinsulated Gumboots!
- >I feel very connected to nature and the cycles of the moon, tide and sun.
- >I don't know most people's last name and don't need to.
- >I see Eagles almost every day.
- >The stillness, quiet and peaceful.
- >You can get a car, job and place to live by word of mouth

Enjoy this season's Barnacle and have a super new year.

Eve



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





Luxury Accommodations Desolation Sound Boat & Snorkeling Tours 604-414-688C

Lund Sewer Vote October 6 and 16 Was voted for by 24 to 1.

The Lund Sewer System will be included in the Powell River System with a tax increase for each impacting resident.



Winter hours: Thursday 4-8pm Friday-Sunday 11-8 Open most holidays

Great food

Thursday Pizza night Saturday Burgers

Great View

Sundays Pasta

Book your special events 7 days a week www.theboardwalkrestaurant.ca 604-483-2201

The Great BC ShakeOut!

At 10:00 a.m. on January 26th, 2011, people across British Columbia will simultaneously "Drop, Cover, and Hold On" in the largest earthquake drill ever in Canadian history! The Great BC ShakeOut, modelled after a similar successful event in California, has been gaining momentum across our province. As I am writing this article there are currently over 120,000 British Columbians registered to participate.

The goals of the ShakeOut exercise are simple:

Firstly, to remind us all that we live in a region that is prone to earthquakes – hundreds of small earthquakes happen in BC every year and although large earthquakes capable of causing significant damage occur with less frequency the seismic evidence indicates that a major earthquake will occur here again and we therefore should be prepared.

Secondly, the exercise aims to educate the public that the best reaction when indoors when an earthquake occurs is to **Drop** (get down on the floor quickly so as to not be knocked over by the shaking), Cover (get under a sturdy piece of furniture; ideally a sturdy table or desk to avoid being injured by falling household items, or broken glass), and Hold On (literally hold on to the legs of this furniture to keep yourself secured in this safe place).

Thirdly, when visiting the website at www.shakeoutbc.ca, people can access information on steps to take to make their home or workplace safer in the event of an earthquake.

So please take a moment to visit the ShakeOut website. While there you can register yourself, your family, or your workplace to participate on January 26th in this fun and educational exercise. It is hoped that the knowledge gained from this exercise could one day save lives.

£uchre . . . every Tuesday at 7:00pm at the Lund Pub.

It really does not matter how good a player you are, it is always a fun night out. Come join in if you want to learn how to play euchre.

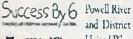
ORCA Bus Schodule 9:30 to 11:30 12:00 to 2:00 9:30 to 11:30 Larry Guthre Park behind Bruce Denni 9:30 to 11:30 12:30 to 2:30 9:30 to 11:30 9:30 to 11:30 9:30 to 11:30 on - If god ather. Beach in Fron eside Old Court of Church otherwise 9:30 to 11:30 9:30 to 11:30 12:00 to 2:00 9:30 to 11:30 arry Guthro Park shind Bruce De On board: 5 24 12:30 to 2:30 9:30 to 11:30 9:30 to 11:30 9:30 to 11:30 Townsits (Parking lot Alberta Street by beside Old Courthous Pre - D Day ORCA Bus Not in Service Children learn through play - play early; play often!

Visit the ORCA Bus for some FREE, FUN, QUALITY TIME with your child!



The ORCA Bus is On the Road with Children's Activities and is bringing fun and learning to your neighbourhood. Come and join us! There are stories, activities, songs, puppers, healthy snacks, and visits from local agencies and support groups! Call 604-485 -2132 or 604-414-8874 for more information Schedule is posted in "Around Town" in The Peak, as rell as an our website, were successive/powelleiver ca.





and District T KING TEMM United Way



StrongStart



Yoga in Lund

Lund Community Centre Winter session begins January 11

Tuesday 6:30-8:00pm Hatha-Core focus Thursday 4:30-5:50pm Beginners 6:30-8:00p Meditation and Mindful Movement (limited space) Drop in-\$10

Lve

604-483-4050

Lund Community Society

Goodwill Committee Winter 2010 Report In this issue of the Barnacle, we have no births to report for the first time in a long time. Since the last issue, the Goodwill Committee sent out a couple thank you cards, more than a few sympathy cards, a couple get well soons, and a thinking of you card.

The package to welcome new residents to Lund, available at the post office is growing. It now contains a welcoming letter from the Goodwill Committee, a free issue of the Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a aift certificate from The Lund Hotel (thanks Colleen) that will be honoured when the Hotel reopens in the Spring, a gift certificate from The Boardwalk Restaurant (thanks Rayanna), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on Lund (thanks tax dollars?). We've also discovered a glitch: this system only works if the new resident opens a mailbox in the Lund post office. New residents moving to Malaspina or Craig Road, for example, will have to go to the Lund post office and tell Ruth the situation to receive your package.

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

Be our Guest at The Magical Dome.

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

Visit www.magicaldome.com or call Phil or Roisin 604-483-9160.

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Pictured left to right: Front row – Jaida Ulmer, Francine Ulmer, Ray Brosseau.

Back row – Tanya Mason, Marie-Eve Barns, Jalian Elliot, Paia Elliot, Felan Elliot, Tyler Rankin, Maia

Pinsonneault, Estelle Ulmer, Carter Bourdais, Mae Morrison, Leo Brosseau, Reed Worthen, Deborah Meier, Kamden Bourdais, Rachel DeWynter, Courtney Robertson, Ruby Morrison.

The Northside Volunteer Fire Department was invited to attend the Lund Preschool in November. A fire drill was held under the direction of Lt. Snow after which the children were treated to a fire truck demonstration. The fire truck lights were turned on and everyone covered their ears during the siren demonstration.

Each child took turns wearing a child-size fire helmet and held a fire hose while their photos were taken. Firefighters Cochrane and Johnson then demonstrated how far and high the water shoots out of a fire hose.

When the fountain of water was turned off, children took turns hand-pumping water from a small portable tank. All the children were very talented at this and showed great potential as future fire fighters.

After a quick group photo in front of the truck, the children thanked the fire fighters and returned to their playschool. Shortly thereafter, the fire fighters were pleased to hear the children practicing their fire drill techniques on the playground.

Ann Snow

Last August, Lund had an opportunity to shine. The crew from CHEK TV came to feature Lund for a segment of their "Flavours of the West Coast", a show which airs weekly on Sunday evenings at 6:30pm.

Tourism BC made all the arrangements and the crew arrived late in the evening as planned. The following morning they eagerly went around to most of the businesses in Lund but found the staff unwelcoming and unhelpful. It seemed to them that everyone was friendly to the locals but not to visitors.

By noon they decided to cancel their plans and went to Powell River where they were greeted, unannounced, with friendly welcoming smiles. So the "Flavours of the West Coast" show featured Powell River instead of Lund.

The moral? Most businesses in Lund are in the Hospitality Industry. What can be done to leave a favourable impression on visitors? Be welcoming, friendly and helpful. Also, give them great service. Acknowledge them when they enter your premises. Make eye contact and smile. Make them feel appreciated. Thank them for coming to Lund and maybe, just maybe, we'll see them again and again and again.

Easy Shrimp Dip

250 g Philadelphia Cream Cheese (softened) Seafood Sauce

- $1\frac{1}{2}$ 2 cup canned or fresh shrimp (or crab) 1 green onion

- 1. Spread cream cheese evenly over serving plate
- 2. Cover with ample seafood sauce
- 3. Sprinkle with shrimp
- 4. Garnish with finely chopped green onion
- 5. Serve with crackers

Glenna McDonald

THE BAKERY WILL BE CLOSED JANUARY 31- FEBRUARY 18. NANCY'S SERVES FULL BREAKFAST UNTIL 11:30, HOMEMADE SOUPS, PANINI'S, ENTREES, PIZZA'S AND IS LICENSED.

Historic Lund Hotel

open year round



Your resort and marina at Desolation Sound.

Experience the sunsets, scenic beauty and pristine waters surrounding this fully restored oceanfront property.



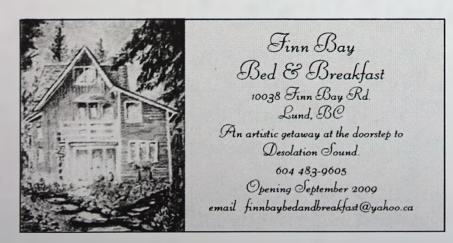
Lund Community Society Report 2010

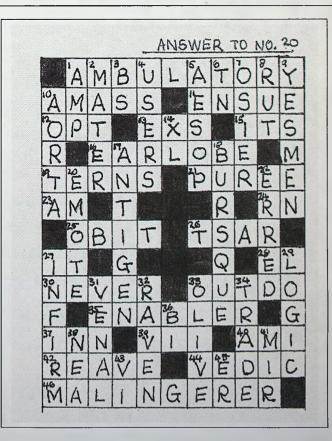
Another year has come to an end for the Lund Community Society, and it has been great to see the Community Centre being used by so many groups. Here are a few of the things we accomplished this year:

- 10 monthly meetings at which we made decisions, addressed community issues, shared information and planned events
- The fifth annual May Day Sports Day, an event enjoyed by all attendees, from toddlers to teenagers to grandparents
- Community Social/ Chowder Challenge and silent auction as part of the third annual Lund Shellfish Festival. Although this was the best attended challenge yet, it will not be run by the LCS next May if there are no new volunteers to organize it.
- Food Service at the Summer Muse, which raised \$1000 for the LCS
- Acting as the umbrella organization for the Lund Puddlejumpers Preschool to allow them to gain licensed status.
- Maintenance and meeting with the Regional District to keep the Community Centre and Gazebo available for different groups to use, including play group, yoga, tai chi, courses, meetings, potlucks, birthdays, ORCA bus, plays, weddings, dances, etc.
- Securing funds and overseeing projects to upgrade the building including roof repairs to the storage shed and gazebo
- Maintaining membership and obligations with Volunteer Canada, which allows us to insure the Community Centre at a fraction of regular fees
- Quarterly publication of the Barnacle
- Partnership with Lund Business Society to support its projects such as geo-caching, brochure production and supporting local businesses
- · Ongoing fundraising to keep programs going, in lieu of our gaming fund
- Cards sent to many community members in congratulations or condolence by the Goodwill Committee, as well as welcoming letters prepared and handed out at the post office to newcomers
- Library use continues whenever school is open for other events
- The annual Christmas Craft Fair at the Italian Hall, which raised \$1800, as well as showcasing local products and allowing people to shop in their community

This work was facilitated by our little Board of Directors: Director of Fundraising (and many other things!) Rianne Matz. Treasurer Judy Hicks, Co-Chairs Steve Ervington and Amanda Zaikow, Secretary MaryAnn Lammersen, Goodwill Committee Sandy Dunlop and other regulars at our meetings. Caitlin Bryant organized the Craft Fair, making 45 crafters and non-profit groups happy. Sherry Worthen continued to volunteer countless hours in food prep and service.

The Lund Community Society would love more input and help from you! We meet at 7 pm on the 4th Tuesday of every month, at the Community Centre on Larson Road, and you are always welcome to come and share ideas and participate in your community. The Chair position has been shared for a few years, which requires a commitment of coming to only 5 meetings over the year. The board is in need of new blood, and we hope to see you at the Annual General Meeting January 25th.







Photograph by Francine Ulmer

2010 LUND WINTER CARNIVAL

On Sunday afternoon, December 12th, Lund PuddleJumpers Preschool hosted a winter solstice celebration at the Lund Community Centre, with a play in four acts. Stars of the show were a couple dozen children dressed as bears and other animals, and about half a dozen adults also in costume, who sang and danced and performed the multi-generational play reminiscent of those held each year at the old Lund hall. The audience also became part of the show, joining in with enthusiasm on the songs. The performance ended with a frog and toad puppet show, kids' activities, and goodies and beverages, as well as a raffle to help support the Preschool, containing generous donations by many Lund businesses. The Carnival was both entertainment for the community by the kids, and a show for the kids. It's hoped it will be the renewal of the Lund School tradition of winter holiday performances featuring the children.

Many thanks go to Sandy Dunlop and Francine Ulmer for creating the event, to all the parent volunteers and community members who contributed to its success, and of course to the fine cast of characters: Sandy, Melanie, Esteban, Estelle, Maia, Mae, Tyler, Kamden, Cleo, Felan, Reed, Ariel, Ocean, Tanya, Christine, Emily, Coco, Sage, Kiran, and all the "animal" children from the audience who joined us on stage. Thanks also to puppeteers Sandy and Kate, and to Cameron for his piano accompaniment. It was all incredibly cute and tremendously fun for everyone!



Lund... We want to be your bookstore!

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

Goulish Fun on Halloween

On October 31st, the Northside Volunteer Fire Department hosted their Annual Community Halloween Party at Craig Park. The weather was windy but warm and attendance was good. Fire trucks were on display and children "trick-or-treated" from truck to truck and enjoyed candy, sparklers, free hot dogs and juice, a bonfire, and fire works.

"We do this every year" says, Lt. Snow, who organizes the event. "It's a chance for us to give back to the community and also do a little recruiting." Various businesses and individuals contributed toward the cost while the balance was covered by the firefighters' own honourariums. "We are happy to do it", says Snow.

Ann Snow



Kamden Bourdais as a skeleton



Can you guess who these spooky trick or treaters are?

Lund Puddle Jumpers Preschool...

would like to thank the businesses who donated to our raffle, and all of the people who bought tickets to support us! Houghton

The lucky winners are:

Pollen Sweater- Deane DeWynter Laughing Oyster \$100 gift certificate- Bobbie Cameron Boardwalk Restaurant \$100 gift certificate- Nicole

Lund Water Taxi trip for 4 to Savary- C. Mowat Nancy's Bakery gift certificate- Ken Fraser Lund Hotel \$50 gift Certificate- Dave Brindle Tug-Ghum Gallery starfish/seahorse duo- Donna Devine

And thank you to Cora Scott for making a fabulous gingerbread house which was raffled off for the preschool. The winners: Tyler and Lily Rankin

Chris Matz Construction

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10038 Finn Bay Rd Lund, BC VON 2G0



Powell River Regional District

REQUEST FOR PROPOSALS - LUND COMMUNITY HALL WINDOWS

The Regional District is seeking proposals to supply and install two new exterior steel doors and new, double-paned windows in all windows at the Lund Community Hall. Copies of the proposal document can be obtained by contacting of the Powell River Regional District at 5776 Marine Avenue, Powell River, B.C, 604-483-3231 or administration@powellriverrd.bc.ca. There is no deposit for proposal documents.

A site visit will be held at 9:00 a.m. on Tuesday, January 18, 2011 at the hall, located on Larson Road in Lund. A site inspection is mandatory. Tenderers unable to attend the scheduled inspection may contact Shawn Gullette before January 18th to make alternate arrangements.

Deliver sealed proposals clearly marked "Lund Community Hall Windows" to Frances Ladret, Administrator, 5776 Marine Avenue, Powell River, B.C. V8A 2M4. **Deadline for submission 4:00 pm on Tuesday, February 8, 2011**

For more information: Shawn Gullette, at phone 604-483-8201 or projects@powellriverrd.bc.ca

<u>Lund Puddle Jumpers Preschool</u>

The paint pots are full, the walls are adorned with colourful artwork, and the preschool room is a warm and inviting playspace. On Wednesday and Thursday mornings this fall, nine preschoolers have gathered to play, share, learn and explore together, and we're excited to head into 2011 full of energy (as always!) and new ideas. Thanks to the generosity of Lund businesses, and all those who bought tickets to our raffle, we raised over \$2000 which will enable us to purchase dolls, puzzles, science activities, musical instruments, art supplies, books and more. We aim to acquire new materials that help us reach our goal of being a nature-based preschool: non-toxic materials and tools that allow children to play creatively, explore the natural world and use their imaginations.

The Lund Community was welcomed to the hall to see some preschoolers (and friends) in action for our Winter Carnival, complete with little bears and other wild animals, dancers, musicians and more. It was a great chance for parents, grandparents and friends to see their kids perform, and reminisce about old Lund kids' events.

One highlight of the fall was our field trip to the fire hall. Firefighters Ann Snow and Ron Cochrane came to the class to teach us about fire safety, joined us on a fire drill, and lead us to the fire hall. After a demonstration of the fire truck's lights and sirens, each child was allowed to hold the fire hose, and then see it demonstrated full force. We sincerely appreciate the time of the firefighters and their caring and patient way of interacting with our children. Thank you to all the parents who came along. We hope to have more field trips in the new year, especially once the weather warms up.





Sympathy and Condolences

In the last three months, Lund lost four residents/former residents/part-time residents, who each will be well remembered by the many friends and family members whose lives they touched.

Roy Pence passed away on October 19th in London, England where he has lived for a number of years now. At one time, in 1973, Roy owned the Lund Hotel and was a very familiar face in the village. His two children, Sabrina and Graham, live in Kelowna and Vancouver, respectively.

Rod Schneider lived in the Penrose Bay neighbourhood, and died November 21st. Our condolences to his family and friends.

Gene Rottluff was living in the Comox Valley for the past year, but used to live here. He leaves behind wife Debbie, a large family and a great many friends. He died November 24th.

Kent Nelson died December 1st. He bought property on Craig Road in 1970, and probably lived here before that, being one of our original homesteaders. His face and colourful character will be missed in Lund. Our sympathies go especially to Jim, his son, but also to Pat Chess, and to his grandchildren.

Disease is rampant, epidemic in proportion to vital health. Our world has become toxic and seems only to be getting more so. Purification is becoming more and more important. Here's a few suggestions for you to explore to improve vitality and reduce the impact of our toxic world.

- Develop your own spiritual practice ie. Yoga, meditation, tai chi, 5 tibetans, etc.
- Receive the sun (the best time is sunrise or sunset, but anytime is good) breathing it in
- Eat raw food and juice
- Detox and fast
- Last, but not least EDUCATE YOURSELF.

Peace be with you, Silis Lily

You Are What You Eat

Eve

We don't often think twice about shoving something edible into our mouths to immediately satisfy our hunger. Food fuels our bodies. This is something we should be conscious of when it comes time to eat. I have compiled some "food for thought" and am offering some ways of finding out more for yourself.

- Today's doctors receive about 4 hours of training in nutrition.*
- Food travels approximately 1500 miles (2414.016 km) from farm to table.**
- The way we eat has changed more in the last 50 years than in the previous 10,000.***
- In the last 25 years there have been 10 alleged, unproven deaths related to vitamins.*
- 2,438,00 people have died in the last 23 years from prescription drugs.*
- Nutritional Therapy (vitamins, minerals, high fibre, plant-based diet) is cheap, safe and affordable.

Our bodies are self healing and we simply need to support it with proper nutrition and lifestyle.

Recommended DVD's

"Food Matters"*

"Sustainable Table: What's on Your Plate?"**

"Food Inc."***

"The Future of Food"

"Super size me"

"Sicko"

"Fast Food Nation"

And there are many, many more

CROSSWORD BY C.CRESSY

ACROSS :

- I A NOBLEMAN
- 5 SON OF SETH
- 9 TO CHEER UP
- 12 ELCT. CURRENT
- 14 CON GAME
- 15 QUEEN ELIZABETH (abbr)
- 16 WHAT OR WHICH
- 18 NUMERICAL (pref.)
- 19 TAKE CHARGE
- 21 INDIAN PRINCE
- 22 EXPRESS HESITATION
- 23 AMER. GUN GROUP
- 25 ARTIFICIAL LANGUAGE
- 26 INDICATE AN ALTERNATIVE
- 27 DETACHED
- 29 SLANG HELLO
- 31 STIMULATE
- 32 CHEM. SYM. SULFUR-LIKE
- 34 EARTHY
- 35 AND (latin)
- 36 SHIRT SIZE
- 38 OPPOSITE OF NNW
- 39 LIGHT METAL SYMB.
- 40 SE ASIAN COUNTRY
- 41 HAVE FUN
- 43 DANUBE TRIBUTARY
- 46 POWER ACCESSORY (abbr.)
- 47 NE STATE (USA)
- 48 TAKE IT EASY
- 51 SET A STANDARD (abbr.)
- 52 JOYOUS
- 54 A MODERATE PACE
- 55 UPLIFT

DOWN:

- 2 EXPRESS SURPRISE
- 3 C.S.A. SOLDIER
- 4 PRAISE
- 5 ENGRAVE WITH ACID

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- 42 UNION OF SPIRIT
- 8. 2 MASTER
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- II SOLO VOICE (mus.)
 - 45 JUST
- B APPLAUD
- 48 COLLECTOR TRUCK
- 15 TAKE PLEASURE IN
- 49 MIL. RANK
- 17 PADDLE
- 50 CXXXXIV : IX
- 18 MID-EAST REP.
- 52 FATHER (abbr.)
- 20 PUT FORWARD
- 53 PLURAL (SUff.)
- 23 PLANES FRONT ENDS
- 24 APART
- 26 KILN
- 27 COOKING FUEL (abbr.)
- 28 BEFORE (CON).)
- 30 FOOD BIT
- 33 PRAISE HIGHLY
- 35 LIFT THE SPIRITS
- 37 A LARGE AMOUNT
- 39 HIGH MOUNTAIN