

# Lund Barnacle

Spring 2011  
\$ 2.00

All proceeds go to the Lund Community Society.



The Solstice Parade is coming again this year. For more see page 9.

## 2011 Advertising Rates

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All proceeds support the Lund Community Society

Next edition is July 2011.  
Deadline for submissions is the 15<sup>th</sup> of June.

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

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

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# The Lund Barnacle

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The Lund Community Society

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

Springtime is a season for change, growth and creation. This year feels a bit more intense because of the major shifting of the earth as we've seen in the earthquakes in Japan, China, New Zealand and other places (as well as other natural disasters). The reality is that we live near a major fault line and in a "high risk" zone for natural disasters. I've been witnessing a lot of fear around these changes lately; in myself and others. I have been getting a strong sense to leave and find safer ground.

So what is the difference between fear and intuition? I've been realizing that quite a bit of the urgency that I've been experiencing is fear; coming from my gut. Some of it is my own fear and I realize that quite a bit of it is from those around me. We are all connected, what we feel, think and experience is a reflection of and onto those around us.

Clearing unresolved emotional issues from the past helps with making clear decisions that are not based on past experiences and based in the present. Intuition comes from a place where decisions are based on clarity and from being fully in the present. There are emotions with intuition; however we are not driven to make decisions based on the emotions that we experience. I cannot tell you what your fear feels like and which emotions are clouding your decisions. We all need to take personal responsibility.

It is very important in this time that we be as clear as possible so that our actions be authentic. There are some articles around earthquake safety and emergency preparedness in this issue of the Barnacle and I invite you to read them from that place of clear intuition and not go into fear. What you create in yourself (mentally, emotionally, physically and spiritually) you emanate around you.

In Love and light, Eve

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## Lund Shellfish Festival

**May 27, 28 & 29**



May 27 7pm Chowder Challenge \$15/prsn  
at the Lund Community Hall

May 28 & 29 Shellfish Festival 12noon - 5pm  
along the Lund Harbour

## Lund Shellfish Festival

Ann Snow

The Lund Shellfish Festival is once again set to go on the last weekend in May. This year will feature more food booths, craft booths, and cooking demonstrations than last year.

For the safety of pedestrians, Festival parking will not be permitted in the gravel parking lot. The Lund Hotel is generously allowing Festival-goers to park behind the Hotel by the old machine shop.

The Schedule of Events is being updated on the Lund website at [www.lundbc.ca](http://www.lundbc.ca) on the "Events" page.

If you are interested in helping out with the event, contact Ann at [one.ann.snow@gmail.com](mailto:one.ann.snow@gmail.com).

The organizers are especially looking for someone to help out with the oyster shucking demonstration, prawn peeling contest, a brand new "Whale Calling" contest, and other possible events.

See you there!

**Birth Announcement** Congratulations to Jason and Jamie Ollson on the birth of their baby boy, Owen, born February 14<sup>th</sup>. A very happy Valentine's Day!

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

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



## Sports Day in May for the Whole Family

On Sunday, May 1<sup>st</sup>, from 10:30 a.m. to 2-ish, the Lund Community Society will host its eighth annual Sports Day and community potluck to feed all the hungry participants and spectators. Everyone is welcome. Everything is free, although donations to the Society are always appreciated.

We'll begin by distributing players among the traditional teams of Chinooks, Eagles, and Cougars. Since teams are made up of kids of all ages, it's most fun if we get a good mix of younger and older children. Adults are even welcome to join, and are often pulled in to balance out teams.

Then we'll start the races. Events will be relay or a cooperatively competitive style, including the shoe-pile search, the dress-up relay, and the faulty tower construction, just to name a few, and maybe some new activities for this year. Ribbons are generously awarded.

Get ready to exercise those smile muscles! By the end of the day, your face may hurt just watching the extreme cuteness of the little kids and the hilarious antics of the older ones. It's a real hoot and a wonderful community gathering. This is an outside event, so it is somewhat weather dependant. Let's plan on sunshine!

### Yoga at the Community Center

Tuesday 6:30-8:00pm Hatha-Core focus

Thursday 6:30-8:00pm Hatha (limited space)

Come to 8 classes and the 9<sup>th</sup> is no charge

Eve

604-483-4050

*"We are using the Barnacle to reach everyone North of town, please pass the code on to your neighbors"*

# LUND CLUB

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*Thursday Dinner Concerts and Buffets change to Mondays Nights when we start to open 7 Days a week.*

**Open Wednesday to Sunday at noon ... last reservations seated at 8 pm**



## Puddle Jumpers Preschool

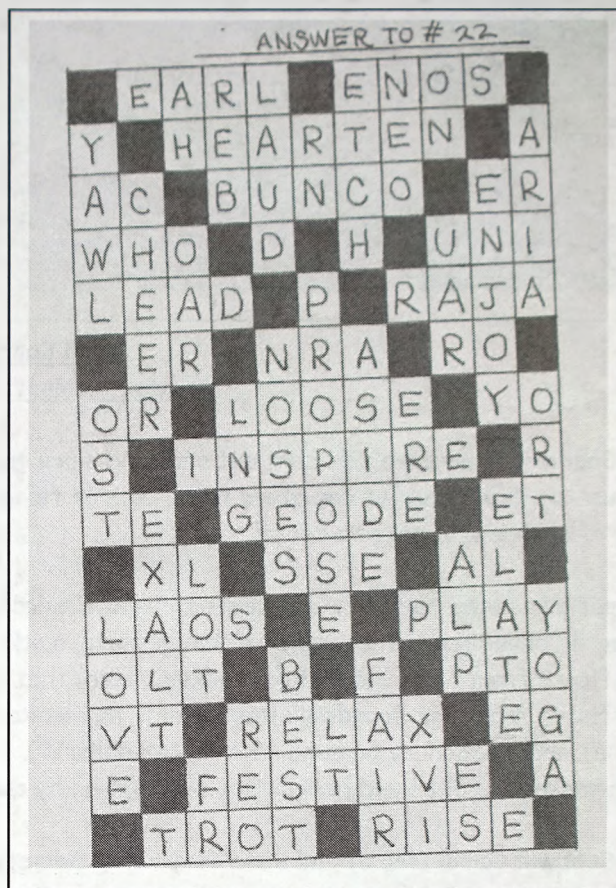
Puddle Jumpers Preschoolers are ready for springtime adventures, kicking the season off with an outdoor day at Terracentric Adventures' site at Lang Bay. Christine Hollman planned a wonderful morning for preschoolers, parents and siblings, with wagon rides, nature exploration, and thrilling rides on the zip-line. Parents planned crafts- t-shirt painting and printing, and pine cone bird feeders to welcome back the birds.

Many families gathered at the Community Centre on St. Patrick's Day to green up the outside play area, building a cedar sandbox with wood donated and planed by Jackson Cedar Products. Carla and Ray gathered materials and organized the work party, with kids and parents working together to improve the grounds. Thanks to Bill McKee for mounting a steering wheel on the top level of the kid's gazebo! Two garden beds were also built, and we plan to get some quick harvest crops in soon. We are starting vegetables in the classroom as well.

We obtained a capital funding grant to purchase some much needed items, and have attempted to buy many items locally. Paul Holbrook is making a play kitchen to match our little wooden stove. Our new tricycles will get plenty of use tearing around the old basketball courts. We are at capacity with ten happy preschoolers! Thank you to those who continue to drop change in the jar at Lund store, and to all the families and community members who continue to make Puddle Jumpers happen.

Amanda Zaikow

## Answers to January's Crossword



## **Larry's WoodShop**

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## Take the bus



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Lund Community Society  
Goodwill Committee Spring 2011 Report

The Goodwill Committee only sent out one card since the last Barnacle, congratulations on the birth of a baby boy, because we didn't hear of any other news. Lots of flu in our Village, but that's about it. Please let us know if you know of anyone who needs a boost!

The package to welcome new residents to Lund, available at the post office, contains a welcoming letter from the Goodwill Committee, a free issue of the Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a gift certificate from The Lund Hotel (thanks Colleen) that will be honoured when the Hotel reopens soon, 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?). New residents moving to Malaspina or Craig Road can pick up their package at the Lund post office by stopping by and letting 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.

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CROSSWORD BY C. CRESSY

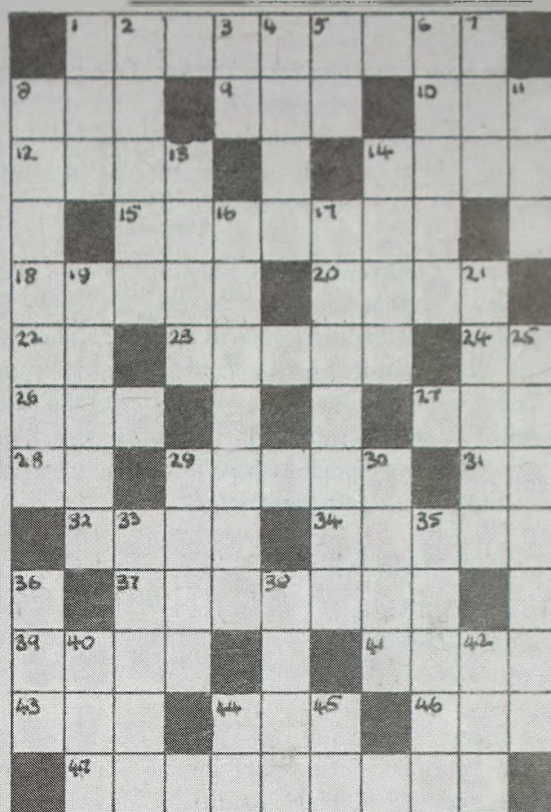
PAINS

ACROSS:

- 1 DISTURBED STATE
- 8 A HARDWOOD
- 9 A FRACAS
- 10 BACKTALK
- 12 S.E. ASIAN NATION
- 14 1st LADY OF JAZZ
- 15 ENDURE PAIN
- 18 IMPART MOTION
- 20 FOOD
- 22 SUFFIX FORMING NOUNS
- 23 LEANS TO ONE SIDE
- 24 ELEC. TERM
- 26 LOUSE
- 27 JAPANESE SASH
- 28 SLANG HELLO
- 29 AB EXERCISE
- 31 INCLUDED
- 32 PART OF SPEECH
- 34 LIST OF CANDIDATES
- 37 RECIPIANT OF WILL
- 39 MUSLIM RULER
- 41 VACANT SPACE
- 43 WASHROOM (ABBR.)
- 44 FOOD BIT
- 46 POSSESSIVE PRONOUN
- 47 BRAIN PAINS

DOWN:

- 1 PAIN PILL (ABBR.)
- 2 AN APPARITION
- 3 THANK YOU (Colloq)
- 4 EARLY GUY
- 5 IN DIRECTION OF
- 6 POTS (SP.)
- 7 NODA
- 8 PAINFUL PAYOUT FOR SOME
- 11 EQUAL STATUS



- 13 SPECIALTY AIRCRAFT (ABBR.)
- 14 FOR GUT PAINS
- 16 EMERGING
- 17 RELEGATE (VAR.)
- 19 HUNTER CONSTELLATION
- 21 HARD TO GIVE UP
- 25 THEATRES
- 29 SEEKS REDRESS
- 30 ENTREATY
- 33 POPEYES LADY
- 35 HIGH NEST
- 36 COMPANION
- 38 PAIN (LAT.)
- 40 — — — JONG
- 42 ALIENS
- 44 PAINFUL END
- 45 MINERAL SYMB.



## Lund Community Co-op

Kate Gasparetto

You may have seen signs regarding the Lund Community Co-op, so what is it all about? Inspired by the season of newness and creation, now is the time to assess resources, plan ahead and create goals. The intention of the group is to create a multi-stake holder co-op with the emphasis around the growing, harvesting, preserving and purchasing of food. We feel as though this will provide the community with more support towards local growers, and opportunity to potentially create our own bartering system to give locals more buying power.

The committee has held two public meetings to date. For those of who did not attend the meetings I would like to share with you some of my experience. Many people gathered to share food and ideas. At the first meeting individuals were asked to speak about what Lund could aspire to creating. The ideas flowed! Mostly surrounding sharing the work load and resources we currently have. We are able to start utilizing the Lund community centre further as the center houses a food safe certified kitchen. There was talk of a resource centre and the offering internet access. We could have an events board, which would post upcoming workshops, rideshares, or work bees. And there are great visions of a community garden! Together we can purchase processing equipment, share freezer space, and buy bulk food. Many more ideas were mentioned! We are in the ideas phase and planning the next action.

In the future we will post meeting minutes publicly and past minutes are available for anyone. We see that starting out in small steps in developing the structure to this co-op will make it more achievable. The ideas shared at these meetings (and elsewhere) can be the seeds we sow to create more dreams around the food growing culture in Lund. Individual's dreams followed through to reality create the collective conscience. We are co-creators.

We plan to attend the upcoming Skookum (Powell River food security co-op) meeting to assess partnering with them. Our emphasis for the year will be organizing a bulk buying group, organizing work bees, and helping to extend the market in Lund (expanding efforts that others have already started by following through on their own ambitions).

The steering committee of the Lund Community Co-op is made up of committed community members who are trying to help answer the question, how can we create a culture around food that supports us all? We are currently seeking advisors to our process and decision making and are asking for those wanting to volunteer or to share input to come forward at any time. [lundcommunitycoop@gmail.com](mailto:lundcommunitycoop@gmail.com) or you can call me, Kate, at 604-414-9481.



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## LUND FARMER'S CO-OP

Local farmers are getting ready for another growing season so keep your eyes open for notices of local markets starting up.

The Lund Farmer's Co-op is a group of farmers and gardeners that are working together to get their produce to the public. Anyone can join the co-op as a producer, we usually take turns taking our produce to market so that only one of us is at the market and the rest of us can keep working on those veggies. The person who goes to market gets 10% of everyone's final sales to cover gas and time. The only restriction is we want naturally grown, chemical free produce.

We are looking forward to seeing you again on the water taxi lawn in Lund, Fridays from 3-6pm just as soon as there are veggies to sell – look for posted notices at the Lund store and post office. In the summer we will be at Willingdon Beach with the hot summer nights market on Thursday evenings. I am looking for another venue in Powell River to take us through the spring – keep you posted.

If you are interested in selling your surplus produce with the co-op, call Ria 414 0383.

Happy Growing! Ria Curtis.

### Solstice Parade!

CoCo Hess

Save the Date!! June 19<sup>th</sup> will mark the Second Annual Lund Summer Solstice Parade and Festival and you're invited to join the procession or gawk street-side as we celebrate the longest day of the year in style with artful expression. Last year, we had wonderfully costumed parade participants, three floats with musicians aboard and even a bell-wearing goat. This year, we hope to have more children dressed as fairies, elves or some seasonally themed costume and more participants to stroll from the Lund Community Centre to the Lund Harbour. We were blessed with many talented musicians last year on the lawn of the Lund Hotel and we are considering moving the festival with music, food and activities to the Lund Gazebo. If you would like to get involved as a volunteer or coordinator, please email Coco at [lundsummersolstice@gmail.com](mailto:lundsummersolstice@gmail.com). We are looking for help with coordinating the music, kids activities and parade preparations and clean up at the Community Centre. The Lund Community Society sponsors this event and it was mentioned at the last monthly LCS meeting that years ago Father's Day was an annual pancake breakfast at the Community Centre. Perhaps this is an event that will also be revitalized with your interest and participation. ☺ We look forward to celebrating the Summer Solstice with everyone and are excited to see the variety of ways in which our community expresses itself artfully!



*The Lund Summer Solstice Parade and Festival was originally conceptualized from the very successful Fremont Solstice Parade. For more information on this historic event and stimulating ideas to creatively participate in Lund, check out <http://fremontartscouncil.org/events/summer-solstice-parade/>*

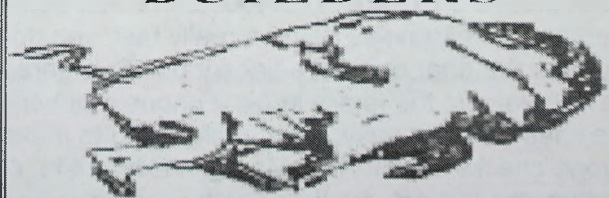
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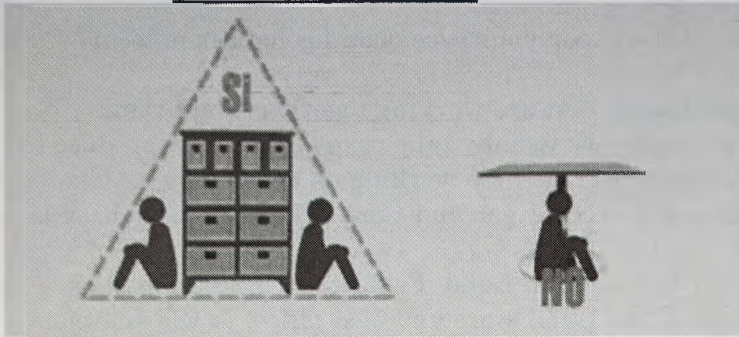
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### **Tips for Earthquake Safety**

Extract from "The Triangle of Life" by Doug Copp

Submitted by Ann Snow

- 1) Most people are who crawl under objects are crushed when a building collapses.
- 2) Get next to an object like a sofa or a bed and curl up into the fetal position.
- 3) Wooden buildings are the safest type of construction as wood is flexible and moves with the force of the earthquake.
- 4) Do not get under a doorway as the doorjamb often falls backwards and you could be crushed by the ceiling or by the doorjamb falling sideways itself.
- 5) Never go to the stairs as they swing separately from the main part of the building.
- 6) Get near the outer walls of buildings or outside of them if possible.
- 7) If you are in a vehicle get out and sit or lie next to it.

Try to remember "The Triangle of Life" during an earthquake.

<http://www.amerrescue.org/>

### **Are you ready for a big shake up?**

Ria Curtis

Recent events in Japan and New Zealand have me thinking about how we in the Lund area would cope with a big earth quake or similar disaster. Most of us are used to being isolated due to trees across the road, flooding and power outages, but does your family have a plan? Are you prepared to stay at home for 3 to 5 days – do you have enough food, water and a way to stay warm? Do you have a way to cook if the power is out for a week or more? What is the plan if some family members are stuck in Powell River and some are in Lund. Hmmm.....

The Lund Community Society has a new committee that is working with Powell River Regional District Emergency Plan co-ordinator and the Emergency Social Services PR to get the Lund Community Centre ready to be an emergency center in case of major disaster in the area. (Anybody interested in helping out with that should give Ria a call at 414 0383). But what can you do to get your family ready? Here are a few ideas to get you started:

-have a family plan- a place where everyone will meet up if phones aren't available to make contact. Make sure your plan includes a place or two in Powell River for family members at school or work can go if they can't make it home to Lund. My kids know of three friends in town that they should go to in an emergency and stay put, that way I know where to go look for them, and I know they will be safe, warm and fed. Make sure everyone in your family knows the plan and review it often.

-have at least a 3 day supply of food and water somewhere on your property, blankets to keep warm.

Remember, emergencies happen really fast, you don't have time to round up stuff. Keep a bag or a box in a closet near the door or in an adjacent building, garage or garden shed. Don't forget to include a can opener!

-have everyone in the family know a phone number for a friend or relative out of province. During a disaster phone lines are over busy with people trying to make contact. Out of province lines are usually less busy. If everyone checks in with Aunt Marge in Edmonton, chances of getting through are better.

Still interested? Check out these web sites for more information on how you can be prepared for the big one:

[www.shakeoutbc.ca](http://www.shakeoutbc.ca)

[www.ess.bc.ca](http://www.ess.bc.ca)

[www.powellriverd.bc.ca](http://www.powellriverd.bc.ca)

Don't be scared, be prepared!



## **Powell River Regional District Emergency Program** **Neighbourhood Emergency Radio Initiative**

Communications is key in all aspects of emergency management. There has been concern over power/phone interruptions frequently due to storm damage, or in major event (earthquake) ; how to communicate with outside world and how to call for assistance in times of emergencies if traditional phone lines are down. There are a network of amateur radio operators who communicate via ham radio regularly throughout our region and neighbouring regions so they are already set up and proficient at relaying messages throughout the region. Amateur radio technology is a very resilient means of communication; more resistant to interruptions than land line and cell phone technology; therefore more likely to function when other means of communication fail.

### **How it works:**

- Participating amateur radio operators (hams) agree to act as a neighbourhood communications resource for local residents when power/phone interruptions occur
- Emergency Program has built the Emergency Radio Location signs and provided one to each participating radio operator who will put it out at the end of their driveway or other visible location at times when they are able to provide emergency communications for the public

### **Key message for community:**

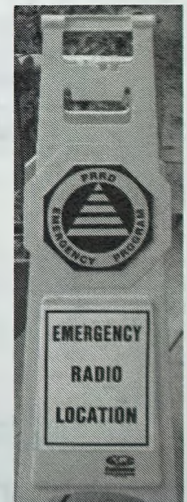
- This is an initiative cooperatively managed by RD Emergency Program and volunteer amateur radio operators with the aim of making our region safer and more resistant to major emergencies
- Residents are reminded that planning and preparing for emergencies is still the responsibility of every person.
- In major events emergency responders may not be able to provide services to your area for many hours or days. Every household should have an emergency plan to keep themselves safe for 3 to 7 days. After building a household emergency plan, residents should consider speaking with neighbours to build a neighbourhood emergency plan to pool resources and ensure that vulnerable people are not forgotten about during emergencies. This Neighbourhood Emergency Radio initiative can be a part of an effective neighbourhood emergency plan
- The first week of May is designated as Emergency Preparedness week – now is a great time to do something to prepare your home and family for emergencies

### **Current Locations:**

- 3 locations Lund - PR (Scotch Pt Rd, Hwy 101 just north of Krompocker, Hwy 101 north of Sliammon at Wilde Rd)
  - 2 locations south of PR (Zilinsky Road, Philips Road)
  - 2 locations on Texada (1 Gillies Bay, 1 Van Anda)
- We hope to have more locations soon


Emergency program website will soon be updated with info on this program and emergency radio locations: <http://www.powellriverrd.bc.ca/emergency.html>

For more info on this initiative, other questions about emergency planning in this Regional District, or how to get involved people may contact the PRRD Emergency Program Coordinator at [emergcoord@powellriverrd.bc.ca](mailto:emergcoord@powellriverrd.bc.ca), 604-414-4553





Earth Day Canada - Celebrating 20 years 1990 - 2010

A stylized illustration of a forest scene. In the upper left, there are several tall, thin evergreen trees in shades of green and yellow. In the center, a dark brown bird is perched on a branch. To the right, a large red sun or moon is partially obscured by a yellow circular arc. Below the sun, another dark brown bird is perched on a branch. In the lower left, there are two deciduous trees with green and orange foliage. In the lower right, there are two more deciduous trees with green and orange foliage. The background is a light beige color with a subtle pattern of small, stylized leaves or flowers.

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Saturday, April 23 11am to 5pm  
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Admission by Donation to Earth Day Powell River - suggested \$2  
Information: contact Ecosystems 604.485.7000 or [www.earthdaypowellriver.com](http://www.earthdaypowellriver.com)

Wanna carpool? Online carpool networking set up by Transition Town Powell River  
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