

Lund BARNACLE

Fall 2020

\$2.00

The Voice of Lund

Proceeds to the Lund Community Society

Tourism in Lund: Are Visitors Really Welcome?

John Hewson



Photo courtesy Brian Voth

Who's really welcome here at the end of the road?

"Tourists and Yuppies Go Away" was a short-lived message painted on the highway as folks arrived in Lund. Is this our "official" welcome to tourists or the concerns of a few? Are tourists welcome here? If so, can we craft a collective voice and share paradise, or not?

We all pretty much came from somewhere else. These Tla'amin Nation lands are Coast Salish territory. We've all been drawn here by the magic and tranquility of natural forests overlooking the protected waters of the Salish Sea. I, for one, feel enormous gratitude for being able to live here; the peace and quiet are so healing. You have your reasons, we all do.

As a community, have we ever sat down to discuss the future, how we want this precious and idyllic place to grow; or must it stand still for time immemorial?

Lund and Tla'amin greatly rely on tourism for business, welcoming folks to restock for boating trips, connecting and supplying outlying communities, offering wilderness experiences to those who seek a taste of nature, and being a friendly stop on the tourist map.



Photo courtesy John Hewson

Inside this issue...

- Community Society Update.....4
- What's Happening in Lund?.....7
- qathet Regional District Update.....12
- Let's Talk Trash.....15
- Puddle Jumpers Preschool.....20
- How Did You End Up in Lund?.....22
- Lund Reads.....24
- Art in Lund.....27
- Prash Bear Cartoon.....37
- Lund Kid Revisionist History.....38
- Community Page.....41
- Crossword.....43
- ...and so much more!

Continued on page 3...

Publisher:

The Lund Community Society

Editorial Board:

Editor: Sandy Dunlop

Layout and Design: Wendy Drummond

Advertising: Martha Allen -- Graphic Design: Nicole Narbonne

Proofreaders: Margaret Leitner, Malerie Meeker, et al.

Writers in this issue:

Margaret Behr, Brian Bompreszi, Patrick Brabazon,
 Ingalisa Burns, Ria Curtis, Wendy Drummond, Sandy Dunlop,
 Ted Durnin, Anna Gustafson, John Hewson,
 Kiran Hollmann-Prichard, Erin Innes, Kathi and Ryan Johnsen,
 Trish Keays, Monique Labusch, Mary Ann Lammersen,
 Charlie Latimer, Emma Larocque, Aaron Mackee,
 Kassidy Mallory, feather Mills, Krystle Mitchelitis,
 Isabel Morganstern, Janet Newbury, Ev Pollen, Ann Snow,
 Jade Townson, Alisha Van Belle, Emily Walz, Drewen Young

Photo courtesies in this issue:

Peter Allen, Ingalisa Burns, John Hewson, Kathi Johnsen,
 Monique Labusch, Charlie Latimer, Aaron Mackee,
 Kassidy Mallory, Nicolas Marius, Puddle Jumpers Preschool,
 Ann Snow, Brian Voth

Cartoon: Prashant Miranda**Crossword:** Court Cressy**Publication Schedule and Distribution**

The *Lund Barnacle* is published quarterly in winter (January),
 spring (April), summer (July), and fall (October), and is available
 for sale at the following locations: **Stock Pile Market/Lund Store,**
Nancy's Bakery, and Ecossentials. It also can be read at the
Powell River Public Library and is available online at the Lund
 Community Society website:

<https://www.lundcommunity.com/barnacle>

Editorial Policy

Our policy is to print what people submit in their own words as
 much as possible, respecting the paper's purpose to provide a
 forum for expression of ideas on topics of interest to Lund
 community members. We reserve the right to edit for clarity,
 length, and sensitivity. Articles submitted will be included based
 on available space and compatibility. Opinions expressed or
 implied in articles and stories are those of the authors and not the
 editors of the *Barnacle* or Board members of the Lund Community
 Society.

Signed submissions are welcome in the form of articles, stories,
 news items, letters to the editor, graphics, and photographs. Send
 to: barnacle.articles@gmail.com

All proceeds from sales and advertising go to the Lund
 Community Society, a non-profit organization providing
 community services and programs to Lund and the region. The
 editorial staff of the *Barnacle* are volunteers, as are the Board of the
 Lund Community Society. No editor, contributor, or member of
 the Board receives a salary or wages.

Editorial

There are a lot of attempts at "gatekeeping" going on all over
 the world these days, and for many different reasons.
 Everything from trying to stop the spread of COVID-19 to that
 of invasive plant species, or that of too much tourism for our
 little village to handle, or that of whatever migrants and
 refugees are being seen as unwanted in that place and time,
 and so on.

Especially triggering was the mean graffiti that appeared one
 day spray-painted on some concrete pylons at the edge of the
 village: "Tourists and Yuppies Go Away". What?! There are a
 whole lot of local businesses whose tenuous survival is
 dependant on the tourist dollar. The acronym "Yuppie" stands
 for "young, urban professionals". Aren't a lot of those Lund
 kids who were born and raised here and came back from the
 city with degrees and professions?

It seemed like a good topic for a *Barnacle* and so welcome to
 the fall issue! So many interesting articles and most of them
 are about everything but gatekeeping - although the ones that
 are come at the topic from a wide variety of viewpoints,
 including a story about three encounters with mink this past
 summer, all clearly acting as gatekeepers of their territory.

Prashant Miranda joins the *Barnacle* as a regular cartoonist,
 and we have all our usual wonders and lots of new ones too.
 We're a big fatty again at 44 pages. Yikes!

I can't leave without a word about the rollercoaster ride we are
 all on right now. It's scary! Can we (virtually) hold hands
 please? I wish us all a healthy, respectful, peaceful, vibrant fall
 and future.

-- Sandy

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 will be sent out after the
 fall issue 2020.****

Advertising Rates

Business Card Size: \$10.00

Double Business Card & 1/6 Page Size : \$20.00

Quarter Page: \$30.00

Send to: barnacleadvertising@twincomm.ca

Next edition is January 2021

Deadline for submissions is January 10, 2021;
 but reservations for article space are needed in advance and
 ads need to be submitted by the fifth of the month.



CMG Printing
 WHERE RECYCLED PAPER IS STANDARD

Corey Matsumoto corey@coremediagroup.ca
 604 489-0133 4691 Marine Ave, Powell River

🌲 Lund Barnacle Printer

Continued from page 1...

Make no mistake, Sunshine Coast Tourism, Powell River Tourism, and Tourism BC know about Lund, the joys of unspoilt Desolation Sound and the hut to hut 180km Sunshine Coast Trail. Watch out, the flow of visitors will increase. Being on the national and international radar as an easy access to nature experience is what Canada sells to overseas visitors. Maybe fewer of them in these COVID times, but rest assured tourism is big business for Canada, so will be pushed once travel opens up again. Hard-working local businesses have adapted their services during COVID, sharing concerns for our small community. Tourism saw mostly BC folks being encouraged to vacation closer to home in our beautiful backyard.

Clearly not everyone agrees with tourism as a source of employment, income, and sustainability for the region. The aforementioned spray-painted message was quickly cleaned up. It replaced a sign taken down earlier asking "does your visit contribute to containing the virus?".

I'm assuming most of us enjoy the luxury of not having to drive to town for every little thing, as well as having a local place to go out or take visiting friends and family. Most Lund businesses need summer tourism to survive year-round in service of our community.

Not all locals like the impact of tourism business: not considering community values, concerns about bringing in COVID, parking, traffic, an irritation and interruption to daily life. This community is a mix of folks from many walks of life. Long-standing residents perhaps most self-sufficient, and some of us enjoying work from home privileges in paradise. This piece is not meant to get you all fired up over your point of view. It is hoped that you will share your thoughts/concerns/opportunities, clearly and respectfully, so we all understand.

One idea: Iceland, a nation of a few hundred thousand people, highly dependant on tourism, realized many tourists

Continued on page 4...




This is a difficult time for everyone. When it comes time to bring some beauty into your life, please consider supporting local artists. Stay safe my friends.

**Tug-Guhm Gallery & Studio open
10:00 am - 4:30 pm (except Tuesdays)**

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



Back Eatery and Pub
Wednesday/Thursday/Sunday Noon - 7 pm
Friday & Saturday Noon - 8 pm
Monday and Tuesday Closed

Stock Pile (Store & Deli)
Daily: 7 am – 8 pm
To order online email store@lundresort.com
Deliveries in Lund and to nearby islands upon request.

Gas Dock
Daily: 9 am – 5 pm
To ensure the safety of our guests and employees, our rooms remain closed indefinitely.
Please stay safe.

604.414.0474 • 1.877.569.3999 • fom@lundresort.com

Continued from page 3...

were not respecting local values. Too many came to experience raw nature leaving trash and human waste behind, ignoring basic rules of wilderness travel and common decency.

Iceland leads the world in gender equality, celebrating diversity on a number of levels, with zero tolerance for ignorance or unkindness toward anyone. As a result, they created a tourist quiz on their main webpage, designed to match the values of potential visitors to their own. If you score badly on the quiz, the response was simple: "maybe another destination is better suited to your needs". Check out The Iceland Academy and Pledge at visiticeland.com

Here in BC we see it too. Joffre Lakes, a two-hour hike to glaciers, north of Whistler, scrambling up past rushing streams. Whistler itself. Deep Cove and many secret BC special places changed forever by tourism and the lure of social media posts.

The concerns of community are real and valid. The needs of business are real too.

As a community, are we able to answer the question: "are we a tourism destination; are tourists welcome?" It seems we are not all aligned. And we could be. Might a community conversation be a useful exercise to set our own standards (like Iceland) and target our audience? A match between who we really are, what matters to us, and inviting folks of like mind? Pack it in, pack it out... all of it.

When others experience their own connection to nature, it helps the planet through lived educational experiences. It's our nature, a shared planet. Do we get to be gatekeepers?

Most interested to hear your point of view. Send it to lundcommunity@gmail.com 📧

Lund Community Society Update

Ria Curtis

Facility Manager of NCRC

The Lund Community Society has been busy through all this COVID mess and we recently met in person on September 15 and October 20 – outside, wearing masks, and 2m apart of course.

Many programs have resumed at the Northside Community Recreation Center (NCRC) with COVID measures in place. Puddle Jumpers Preschool and the Monday morning Playgroup are running safely with as much social distancing as we can manage with babies, toddlers, and young children, as well as lots and lots of toy and equipment washing and sterilization. Tai Chi with Bill McKee is still meeting, and Sandy Middleton's dog obedience classes continue. The NCRC kitchen has been rented for canning and other food creation. We hosted a child and infant First Aid course in September and a "how to use your fire extinguisher" course with the Northside Fire Department earlier in the spring.

The facility is open for rentals as long as there is a participant COVID plan in place and the program can observe the COVID protocols in place at the NCRC. Please be respectful of posted signs as they are meant to keep us all safe during this precarious time.

The Lund Christmas Craft Fair, our biggest fundraiser and running steadily since 1982, looked like it was going to be cancelled this year due to COVID complications. The Lund Resort, however, is interested in working with us to pull it off in the old Lund Store space. A committee was formed and we'll see what happens. We are also open to other forms of fundraising as long as they can be done safely. See below for some of our ideas.

Some members of the building committee have been meeting with the qathet Regional District and the wheels are slowly turning. Patrick Devereaux, qRD Manager of Operational Services, attended our October 20 meeting to give a rundown on the project plan, the grant, and the financial picture, and to answer questions. There was also a well-attended public meeting at the Gazebo this summer to canvas local residents on their wishes for the future of that

Continued on page 5...

Continued from page 4...

facility. We've had a few new folks move to Lund recently and join the Community Society, jumping in with both feet to help out. Thanks are not enough; we are all so happy to see new faces getting involved.

Remember, the NCRC and the Lund Community Society are here for everyone. Feel free to come to a meeting, the third Tuesday of every month except July, August, and December. Our next meeting is November 17. This is, of course, barring cancellations due to stricter COVID restrictions and/or terrible weather. If you would like to mentor a program or activity, we want to help you make that happen. We just need to have someone to facilitate the program, clean up whatever equipment is used, and make sure that it is run safely. We have a donated ping pong table that is ready to use. We have soccer balls and basketballs. Come on down and get involved. Stay safe and enjoy our beautiful community.

Fundraiser Ideas

We are thinking we'll have a cheesecake-a-month fundraiser, pre-ordered and pre-paid. Order one for yourself and/or one with a gift certificate as a present. Call Sherry Worthen at 604-483-9897 for more info or to order. We are also thinking of a main-course order fundraiser in the future, like enchiladas or spanakopita. Looking forward to comments and ideas.

An Invitation to Help Organize a Gazebo Committee

Mary Ann Lammersen
Lund Community Society co-chair

Dear Community Residents,

Everything we need to know about how to book the Gazebo and the Regional Park usage policies can be found on the qRD website along with the permit application form for events.

Sherry Worthen and I met with Caroline Visser, Office Clerk in the Operational Services office south of town on McCausland Road. We went over these policies and wrote a synopsis of the information on the website and posted it in the hallway at the Community Centre. This hopefully will help clarify some of the questions folks have been asking. The short version? Just call Caroline with your questions: 604-487-1380 or email operations@qathet.ca.

LCS is forming a Gazebo Committee to work on residents' concerns about park upgrades, accessibility, community input, etc. If you are interested in joining this group or would like a copy of "How to Book at the Gazebo" emailed to you, please let us know at lundcommunity@gmail.com.

This group will appoint a chairperson who will meet regularly with Patrick Devereaux, qRD Operational Services Manager, to give community input about what we would like to see happen at the park. If you have concerns and ideas about the park, please consider joining this group. Our park will only be as good as the efforts we make to keep it Lundish. Without input, the qRD will make decisions without knowing what is important to our community. 🌱

Be Ready for an Emergency

- Prepare now
- Know what to do
- Keep informed

Prepare Now.

Prepare your **emergency evacuation plan** and a **grab and go kit** in advance, to help you and everyone in your household act quickly in the event of an evacuation. Keep this guide in your kit or in a place where it can be found easily and review it annually.

Be Ready for an Emergency

Visit preparedbc.ca for resources on how to **make a plan**.

Make a Plan.

Visit preparedbc.ca to help you prepare your own **emergency evacuation plan**.

Register for community notifications today at qathet.ca

Make a Grab and Go Kit.



In an Emergency Dial 911

Community Evacuation Guides are now available at Northside Recreation Centre, Lund Water Taxi, Finn Bay Marine Group, Stock Pile, and Okeover Harbour as well as online at www.qathet.ca/services/emergency-services/emergency-preparedness/personal-neighbourhood-preparedness.

Community groups and agencies interested in small in-person evacuation planning sessions can contact the Regional Emergency Service at 604-485-2260.

Working together







Gazebo Consultation

Charlie Latimer

This past summer, residents of Lund met together at the community-built Gazebo to discuss our collective vision for the future of this park. Over 40 people came to the gathering to share their memories, experiences, and hopes for the Gazebo as the central public space for the community. Every person introduced themselves, mentioned how long they've lived in the community (ranging from 7 months to 43 years) and shared their favourite memory at the Gazebo. After the round of introduction, we asked folks four main questions:

What events would you like to see more of at the Gazebo?

What are the amenities you would most like to see at the park?

What are the aesthetics you would like to see at the Gazebo?

How would you like to see the Gazebo run?

We've compiled the result from what folks told us and will be sending the result to the qathet Regional District (qRD) shortly. You can find the full report, which includes further actions points, on our website at www.lundcommunity.org

EVENTS

The most popular events that people want to have happen at the Gazebo continue to be live music and dance parties, but other interesting ideas came up. Open workshops during the summer, a farmers' market, and even having plays there were mentioned. It was also noted that since the qRD has taken over the booking for the park it has become much harder to book the space. You'll see in this *Barnacle* that we've tried to simplify how to use the park (page 5) and will be forming a local Gazebo committee. Still, we think there are improvements that can be made, and we hope this will mean more fun events at our park.

AMENITIES

This is one is simple...running water and bathrooms topped the list of things people wished were at the Gazebo. Other ideas like tent platforms to prevent drunk driving after events and building a wood oven came up (for a time when we can have potlucks again). This priority list will be shared with the qRD to make sure they know what is most important to folks.

AESTHETICS

Through the conversation about the look and feel of the Gazebo, there was a consensus that the current aesthetics should be kept. This includes the wooden, locally-made amenities that keep a rustic "Lundie" feeling there through the use of natural (wood) materials.

COMMUNITY INVOLVEMENT

The values of independence, self-sufficiency, and community came through as folks said they wanted to have more say in how the park is run. The qRD is the owner of the park, but it was important to folks that it was recognized that the community built this park and is highly invested in it being run based on the community's needs. Three main themes came out of the feedback: The creation of a Lund Gazebo committee (also see page 5), a memorandum of understanding with the qRD, and further facilitation to lower the barriers to locals using the park for events.

Thank you to all the Lundies who participated! 🙌



Haul-outs to 50 tons
Dry land boat storage to 30 tons
D.I.Y. Boat yard with on-site supply store

Finn Bay, Lund, B.C.
www.jacksboatyard.ca • 604-483-3566

ctm contracting
residential and commercial construction

Colin Mallery
owner
ctmcontracting@twincomm.ca

P.O. Box 72
Lund, B.C.
V0N 2G0

ph 604 414 9947
fax 604 483 9429

What's Happening in Lund?

Lund businesses are open! – although with limited hours and services. Check their ads in this issue and their websites for more info.

The Boardwalk Restaurant –

- During the Christmas season, December 20 through January 1, the Boardwalk Restaurant will be open everyday from noon until 8 p.m.
- Christmas dinner with all the trimmings will be featured December 24, 25, and 26
- On January 1, 2021, they are offering anything on the menu by donation with all proceeds going to the Northside Volunteer Fire Department. This is the 11th year that the Boardwalk has undertaken this fundraiser

Tidal Art Centre – For info, go to info@tidalartcentre.com or call Nancy at (604) 414-5954

- October 24 – show opening “Commonalities” with Brigitte Potter Mael and Edward Fu-Chen Juan, artists in residence for October
- October 27 – life drawing
- November 7 – beginner wheel classes start – six weeks
- November 14 – contemporary and traditional baskets and things – on sale!
- November 23 – show opening “Social Fabric: When Colours Bleed” with Amber Friedman, artist in residence for November

At the Northside Community Recreation Centre (NCRC)

Playgroup – Mondays 10:00 am – 12:00 pm

A great way to get out, meet other parents, and let your babies and toddlers play together. Extra hand and toy washing, and sanitation is in line with current COVID guidelines. Call Ria at (604) 414-0383 for info

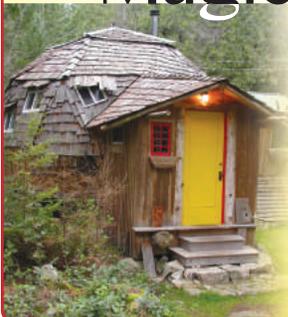
Lund Community Society General Meetings – Everyone welcome. COVID protocols in place

- November 17
- January 19

If you have an event that you would like to announce, please contact the Barnacle at barnacle.articles@gmail.com



Great Balls of Wool
for all your woolly needs!
4722 Marine Avenue
 For store hours
 or to shop online visit:
greatballsofwool.ca
604.485.4859
Home of Original Designs & Patterns



Magical Dome
 Forest Sanctuary Accommodation
as seen in the “End of the Road” documentary
 5 minutes from Lund Harbour
 Full Amenities • Secluded • Private
 604.483.9160
www.magicaldome.com

Lund electric 

Serving the top of the Sunshine Coast

On and off-grid residential and commercial wiring

Mark Long
604-414-8238
marklong@telus.net

Dillon Worthen
604-483-1110
dillonworthen@gmail.com

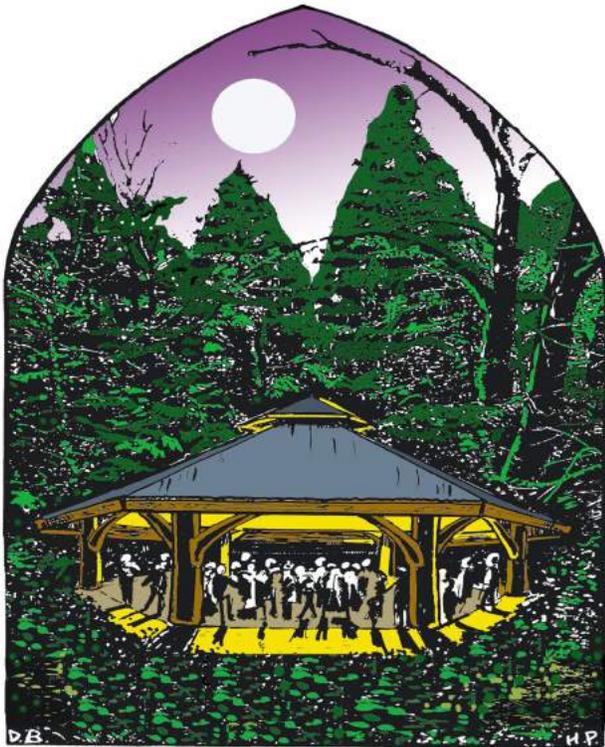
BOAT & TRAILER STORAGE
Launching & Haul-outs



Mary & Billy Brewer
604 414 0317

1 mile from Lund Harbour
on Highway 101

Secure, Valet, Long or Short Term Storage



To book events at the Northside Community Recreation Centre, contact Kristi at 604-414-0628. For events at the Klah ah men Lund Gazebo Regional Park, call qRD Operational Services Clerk Caroline Visser at (604) 487-1380.

Lund Recycling Depot
(Next to the Lund Fire Hall Larson Road)

Regular Hours (September - June)
Wednesday - Saturday
10:00 am - 4:30 pm
Closed Statutory Holidays

Thank you for recycling!



Lund Bus Schedule (Route 14)

Tuesday and Friday

| | | |
|------------------------------------|----------|---------|
| Leave Lund: (Mile 0 Marker) | 11:00 am | 4:50 pm |
| Leave Town Centre Mall (North End) | 10:05 am | 4:05 pm |

Face masks are now mandatory.

Fare: \$2.25 (Children under four ride free with an adult.)

For trips to and from Powell River, the Lund Bus continues to operate using the current schedule. Please see bctransit.com for updates.



Try-Athlon, Lund Style

Sandy Dunlop

On Saturday, September 19, Lund hosted a fully “do it yourself” Try-Athlon, an Olympic distance race of Lundie Charlie Latimer’s own design. It started at Diver’s Rock at 9 a.m. with a 1.5 km swim out and back; biking 40 km from Diver’s to Townsite, through Cranberry, down Padgett Road, to Serious Coffee; then a run of 10 km along the water to the finish line at Townsite Brewery. Participants were responsible for their own snacks, water, transportation, etc. but there were also no rules. Shortcuts, flippers, hitchhiking, etc. were all allowed.

Though not advertised much because of COVID, six people participated, and many other folks helped out, including a safety canoe and support at the bike-to-run transition.

Aaron Patterson, a newcomer to Lund, took first place. Charlie is threatening to do it again in the spring! Check out the course at www.dotank.org/tryathlon

Thank you to Jesse, Prashant, Jen, Nick, Tara, Shannon, Cheryl, Emma, Dave, Monique, Lauren, Jet, Simon, Jennifer, Max, Aaron, Lauren, and Louise for participating in some shape or form. 🍷



Artwork by Prashant Miranda

WILDWOOD PUBLIC HOUSE
CRAFT BEER • PIZZA • SPECIALS
** Eat in or Take out & Off sales**
Brand new patio!

For details follow us or visit our website
www.thewildwoodpub.com
 5987 Lund St (Hwy 101) in Wildwood P.R.

NANCY'S BAKERY
 LUND, BC

Open Daily 8am - 3pm

Lundie Wins at World Online Piping Championships

Ann Snow

I love playing the bagpipes. The volume isolates me from distractions, the sound resonates throughout my body, and my mind focuses on the tune and on the feelings that the tune intends.

Is it easy to pipe? Well, picture yourself blowing into a leaky balloon and keeping it the same size even when you take a quick breath while you are, let's say, playing a flute, all without looking at the music or listening to a metronome. This is piping: keeping the pipe bag inflated at a steady pressure while it leaks air into three drones and a pipe chanter, while playing a memorized tune and marking time with one foot.

Now picture a piper in a parade doing all this while marching in step, staying directly behind the person in front, staying in line with the pipers on their left and right, watching for tripping hazards, watching for the signal to turn a corner or halt, and listening for the signal to stop piping at the same time as everyone else.

Sorry for the rant. Just thought you would like to know how challenging it can be. If you are intrigued, however, the Clansman Pipe Band in Powell River offers free piping and drumming lessons. All learners are whole-heartedly welcome.

Anyway, I have been piping now for about twelve years and am often referred to as the "Lund piper" because of the many sunsets I have retired from the bluffs beside Nancy's Bakery.

I like to enter piping competitions and have done well these last few years. When the world shut down due to the pandemic, all highland games and competitions were cancelled. So, when some creative folks set up an international online video competition, I signed up for

the solo events. Among them was a category for a Service Member in Uniform. Being a firefighter with Northside Fire Department, it was a natural fit that I don my firefighting gear while piping. Lo and behold, the judges liked one of my tunes and awarded me the Best Video of a Service Member in Uniform - Canada!

Not to rest on my laurels, there is another competition coming up in November, so I need to keep practicing. Wish me luck! 🍀



Photo courtesy Peter Allen

Lund Water Taxi

604-483-9749

Reservations Required

Over 30 years providing total coastal service

Operating year round

Discover Beautiful Savary Island

Drop offs at Sarah Point, start of the Sunshine Coast Trail



Wearing a Mask and Hand Washing



Brian Bomprezzi
Community Paramedic

What's the latest information?

As part of my work as a paramedic, I train and fit test employees for the wearing of masks and mask respirators. My work includes mask testing for BC Emergency Health Services, Catalyst Paper, and Vancouver Coastal Health at the Powell River General Hospital. I've learned a great deal about how to properly put on and take off a mask. As the local Community Paramedic, I would like to share some of those lessons with you.

You and your masks

Before wearing or putting on your mask, please wash or sanitize your hands before touching it. Check your mask visually; look for any rips, tears, or broken straps.

When putting on your mask

Make sure the metal band is on the bridge of your nose. When bending the metal band, remember not to pinch it which causes it to bend into a point. Place your index fingers on the metal band and starting from the center, press down and form it to the bridge of your nose. This will alleviate any extra openings in your mask. Make sure the bottom of the mask covers your chin.

When taking off your mask

Remember not to touch the front of it while removing it. If possible, step outside, bend over slightly, hold your breath, close your eyes and pulling the ear straps off first, exhale and let the mask drop down and away from your face. This method will limit the risk of anything getting in your eyes or inhaling anything that might fall from the mask.

You and your hands

Moisturize: It's harder to get germs off your skin if your skin is callused and dry. So, to help remove germs easier, keep your skin moisturized. Wash your hands for 20 seconds or sing the happy birthday song - twice; allow the water to run onto your wrists and down off your fingertips and rub vigorously. Soap, running water, and vigorous rubbing are what remove the dirt and germs. When drying your hands, use a clean paper towel, leave the water running until you are done drying your hands then shut the tap off with the paper towel. Also, use the paper towel to open the door and exit the bathroom and then discard it in a trash bin. 🗑️

Keeping You in the Loop

Emma Larocque
Communications Officer
PR Division of Family Practice

Did you know the Powell River Division of Family Practice, an organization driven by the physicians and nurse practitioners in our area, is a great resource for reliable information and COVID-19 community updates? If you have questions or would like resources, you can find them on Facebook and Instagram at @prdivisionoffamilypractice, or visit our website at

www.divisionsbc.ca/powell-river and subscribe to Doctor's Notes, a regular email newsletter. 📧

qathet Regional District Update

Patrick Brabazon, Director, Area A
qathet Regional Board Chairman

Autumn is now upon us and for some the summer never happened. Last spring our world shifted into crisis mode, our familiar routines were replaced with a regimen of masks and social distancing. Our extended relationships became “bubbles” and even those shrank as fatigue replaced optimism. Yet we carried on.

And carrying on is what we do. If 2020 was the year that wasn't, then let us turn our minds to a brighter 2021 and put some positive thinking to work for the benefit of the community.



qathet
REGIONAL DISTRICT

Patrick Brabazon
Director, Area "A"
pbrabazon@qathet.ca

**Questions?
Comments?
Give me a call!**

#202-4675 Marine Avenue
Powell River, BC V8A 2L2
Office 604 485-2260
Cell 604-414-5673
www.powellriverrd.bc.ca

Positive thinking and hundreds of hours of hard work by our neighbours at the Northside Volunteer Fire Department resulted in NVFD becoming the first qRD department to achieve *full-service* designation. The certificate is nice but for you and me this means that our homes and families have a promise of increased protection and relief when we need it most.

Along with the new standard is a new auxiliary fire hall to replace the old garage in Lund. Work is already well along on the land just south of Larson Road donated by three local families. When completed, it will place an engine and water tender closer to homes in Okeover, bringing some of them into an improved situation with insurance.

A lot of plans got shoved aside this year so it's time to resurrect some. Improved internet/cell phone coverage is back on my agenda and I'm thinking positively for some developments in 2021.

Then there is the renovation of the Lund Community Centre. Overdue but not forgotten. I expect that 2021 is the year for this one.

Of course, positive thinking alone won't dismiss the coronavirus and who knows what else is lurking out there. That said, let's put 2020 behind us and get on with working together for the benefit of our community. 🍀



Fall Hours:

Monday - Friday: 5 pm - 8 pm

Saturdays, Sundays & holidays: noon - 8pm

From Dec 20 right through to Jan 1 enjoy extended holiday hours of noon to 8 p.m.

Dec. 24, 25 & 26th enjoy Christmas dinner with all the trimmings

Reservations or pick-up orders: 604-483-2201

Follow us on Facebook for special events

www.boardwalkrestaurantpowellriverlund.com



Lund Harbour Authority

PO BOX 78
Lund BC
V0N 2G0

VHF Radio Channel 73
Tel 604 483-4711
lundharbour-wharfinger@twincomm.ca

Paege Maltais
Harbour Manager

qRD Breaks Ground on Lund Fire Hall

qRD Media Release
and Ann Snow

Three local families gifted 2.5 acres of land located adjacent to Hwy 101 that will serve as the site of the replacement fire hall. Many thanks to land donors Nancy and Ben Bouchard, Ed and Julia Levy, and Paul Shore. Their generous gift to the community addresses all the safety and operational shortcomings identified at the former satellite fire hall site.

The larger property will mean ample parking space for volunteers as well as an opportunity for outdoor training on site, something that has not been possible in the past. The hall will have three bays: one for a pumper truck (aka engine), one for a tender (aka water truck), and one for an emergency vehicle. The new location, 700 metres south of the current fire hall, will help improve fire service coverage to areas in the Okeover portion of the NVFD service area and may offer more insurance opportunities for property owners.

The hall is expected to be ready for occupation around summer of next year. 🌱



Nancy and Ben Bouchard, Ed and Julia Levy, qRD director Patrick Brabazon, Paul Shore, fire chief Jim Brown. Photo courtesy Ann Snow

Ecosentials is Powell River's only sales outlet for Lund Barnacle and it's your one stop shop for local and organic foods

Featuring Wild Scoop Ice Cream!



Order online at www.ecosentials.ca

Get it delivered or opt for curbside pickup:

Tuesday - Saturday 11 am - 1 pm & 4 pm - 6 pm

6812 Alberni St @ Marine



11TH ANNUAL NEW YEAR'S FUNDRAISER



January 1, 2021, The Boardwalk Restaurant is offering anything on the menu by donation, with all proceeds going to Northside Volunteer Fire Department.

Our Perception of Living in Wildlife Country



Krystle Mitchelitis
Community Coordinator
WildSafeBC qathet Regional District
(250) 898-7451

qathet Regional District, BC – WildSafeBC reminds us that we can all do our part to keep wildlife wild and our community safe. Perceptions of human-wildlife conflict and the risks involved vary from person to person; it is important that we are aware of these risks and how we can reduce human-wildlife conflict in our communities.

Every year, hundreds of bears are destroyed in BC as a result of human-wildlife conflicts. In rare instances, people are also injured or even killed. Most of these problems begin when people allow bears to access non-natural food sources such as garbage and residential fruit or nut trees. Allowing wildlife to access attractants, with the perception of “letting nature take its course” can cause many issues.

When wildlife enters our community looking for food sources and find one, they will continue returning as long as it supplies a food reward. Some residents may feel like a black bear up an apple tree in their yard does not pose a risk, however, it allows it to become food conditioned, habituated, and less afraid of humans. As bears habituate to people, they often end up living much shorter lives. When it comes to the safety of our community, pets, livestock, and personal property, it is important to be well-informed about the consequences of allowing bears and other wildlife to feed on fruit or nut trees. It is also illegal under the *Wildlife Act* to feed dangerous wildlife. This includes leaving out attractants or not properly managing them.

This year, there have been numerous reports of black bears in residential fruit and nut trees. These trees are calorie-dense food sources. Unlike natural berries and fruit that are more widespread, domestic fruit and nut trees are very hard to resist for a bear that is consuming over 20,000 calories per day. Domestic fruit trees are not natural and should be maintained appropriately by those that planted or currently own them. If this is not possible, consider asking friends or family if they would harvest the crops or contact a local gleaner group.

If there is no access to a food reward, wildlife will continue to pass through and search for other food

sources, such as natural food sources outside of the community. We all enjoy viewing wildlife in our community. That thought pattern changes when the human-wildlife conflict happens to us personally. When a bear breaks into our vehicles, or our homes and sheds, it can cause costly damage to our property. This is when we often see the mindset change. Another time this occurs is when we lose a pet or livestock to wildlife conflict.

The good news is there is something we can actively do to prevent bears being destroyed and reduce wildlife conflict in our communities. We can use bear-resistant bins for garbage and recycling, harvest fruit or nut crops as they ripen, and pick up any windfall below our trees. In areas that have high bear encounters, harvest crops early and let them ripen indoors. We can also install an electric fence to prevent bears and other wildlife from accessing our property.

Early reports to the Conservation Officer Service’s RAPP Line allow us to identify and remove the attractants before wildlife become food conditioned or habituated. These reports are publicly accessible on WildSafeBC’s Wildlife Alert Reporting Program (WARP). When we have the mindset of “do not call, or the bear will be destroyed”, we allow the attractant to continue drawing wildlife into our community and create a safety risk. Often, when bears are destroyed by Conservation Officers, we would rather blame the Conservation Officer, when in fact, our attractants drew these bears into our community. Together we can break the cycle of bears being destroyed by preventing them from accessing attractants in our community.

qathet Regional District WildSafeBC is grateful for the generous support the program receives from its funding partners: the qathet Regional District, the British Columbia Conservation Foundation, and the BC Ministry of Environment and Climate Change Strategy.

qrd@wildsafebc.com

Website: www.wildsafebc.com

Find WildSafeBC on Facebook

Continued on page 15...

Continued from page 14...

About British Columbia Conservation Foundation:

The British Columbia Conservation Foundation (BCCF) is a not-for-profit organization. BCCF's mission is to promote and assist in the conservation of the fish and wildlife resources of the Province of British Columbia through the protection, acquisition or enhancement of fish and wildlife habitat. WildSafeBC is a program delivered through the British Columbia Conservation Foundation. To learn more about BCCF please visit www.bccf.com.

Let's Talk Trash

Ingalisa Burns, of the
Let's Talk Trash team

Butting In: Cigarette Disposal

Even the most tie-dyed, basket-totting, thrift store junky among us might have an undarned cigarette-butt-sized hole in our pocket.

Our oceans ever filling with plastic, taking up arms against the cigarette butt may seem like removing a mere drop from the bucket. It turns out, however, that not all plastic litter pollutes equally.

Pitching a butt into a puddle on a rainy afternoon is less innocent than we might assume. Sometimes referred to as the last acceptable form of litter, cigarette butts are more than an eye sore. Instead, they are a major threat to aquatic environments even after extinguished from being a fire hazard.

Whether and what we smoke is our business; how we butt out is everyone's. One improperly disposed butt can contaminate 7.5 litres of water with chemicals like arsenic, ammonia, and lead in just an hour. Given a little more time, 95 hours more to be specific, one butt can leach enough toxins to kill half of the fresh or saltwater fish closely exposed to the brew. On average, one butt in the water will eventually contaminate 750 litres of this former elixir.

Though small, the butt's so-called strength is in numbers, with an estimated 1 million tossed in Vancouver daily, and nearly 5 trillion worldwide per year. This pollutant has made its way to our shorelines, gaining notoriety as number two on the dirty dozen list by *The Great Canadian Shoreline Cleanup* project - meaning butts are the second most commonly found item.

Even worse, after toxins have leached out the remaining filter is going nowhere fast. Made of cellulose acetate (aka plastic), filters long outlive the paper surrounding them - as in over 500 years longer. Disappearing from visible sight after about 12 years, these filters break down into microplastics. While most of us have heard of these, studies are only just beginning to research their impact on the health of the planet.

We clearly can't butt out on this subject; so, what are the best short- and long-term solutions being put forward?

Redesign is at least one interesting angle. Entrepreneurs are riding this problem all the way to the bank, with natural, fully compostable filter patents. Made of a variety of materials, including unbleached wood, flax, cotton, or manila pulp, they are destined to break down in days, though toxins will persist. Green Butts is among a few



Photo courtesy Ingalisa Burns

Continued on page 16...

Continued from page 15...

businesses jockeying for a favoured position in this market.

Beyond filter alternatives, how can we best dispose of spent cigarettes? Most of us realize that flicking a butt out a car window is irresponsibility incarnate, and that tossing them on the pavement is careless. Thankfully, in recent years the options have extended beyond public ashtrays on garbage can lids and sand-filled buckets curbside.

Pocket ashtrays are the latest innovation for smokers. These soft, lightweight pouches have a fireproof lining that puts out the cigarette and also locks in odour. All this in a handy size that fits inside a pocket or on a belt. They come in a variety of looks, with some even donning inspiring works of art. One company tested out their pockets at Texada's Diversity Festival to reduce the litter and fire risks at this outdoor summer gathering. The City of Vancouver even launched a pilot project, distributing 3,500 pocket ashtrays to smokers in an attempt to address their litter issue. Locally, many fire halls have a supply of these that they may distribute upon request.

One surprising addition to managing cigarette residuals has been Terracycle's recycling program for them. The company accepts a variety of materials for free recycling, and in the case of cigarettes, even pays \$1.00 for every pound collected, after the first 3 pounds. Any adult or organization can sign up for free to become a collector, and once a shipment is ready, print out a free shipping label that UPS then picks up. Some municipalities are creating drop off bins throughout to assist with collection. Perhaps there is someone interested in championing this program here?

Once collected, the tobacco and paper are composted, while the acetate cellulose from the filters is cleaned, melted, and then made into pellets. These are then combined with other plastics to make products like ashtrays (talk about close looped!), and shipping pallets. Accepted items include: dry and extinguished cigarettes, ash, filters, loose tobacco, rolling papers, and the cigarette packaging foil. Everything must be collected in a resealable bag, disposable plastic container, plastic bag, or even garbage bag (that's a lot of smoke breaks).

Arguably a form of hazardous waste, cigarette butts are far from harmless. We can do our part by safely cleaning up this litter, placing a bucket of sand near common litter zones, and compassionately educating uninformed friends.

Let's Talk Trash is the qathet Regional District's waste reduction education program. Contact us at info@LetsTalkTrash.ca and www.LetsTalkTrash.ca.

Les's
tanks pipes poles
& plumbing

4951 Tomkinson Road
Powell River, BC

Good Service!
604-483-9666

CUSTOM HOME DESIGN, CONSTRUCTION AND RENOVATIONS

PROPERTY AND PROJECT MANAGEMENT AND MORE

Ben Bouchard
Contracting Ltd.

CREATIVE ARTISTIC DESIGNS

Licensed Residential/Commercial Builder
Member of the Home Warranty Program

604-414-5583 bbc@twincomm.ca

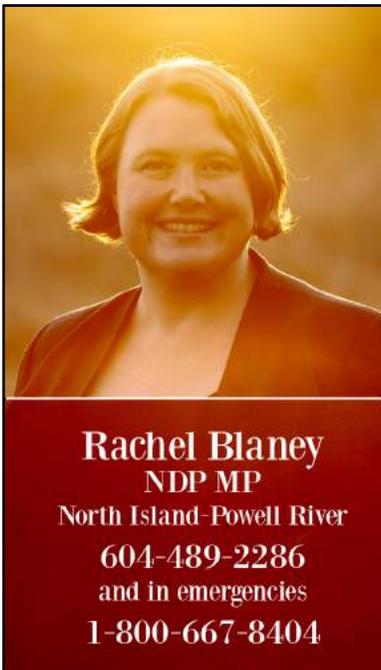
KITCHENS AND CABINETS • MARINE/DIVE SERVICES

CONCRETE ARCHITECTURAL MOLDINGS • LANDSCAPE DESIGN

From the Office of Our Member of Parliament

Drewen Young
Constituency Assistant
Powell River Community Office

While British Columbia prepares for a provincial election on October 24, North Island - Powell River MP Rachel Blaney continues her vital work in Ottawa reminding the federal government of their responsibilities towards all Canadians during this period of pandemic crisis. But, like the rest of the country, the capital city of Canada is not what it used to be. Everything has changed, including government - how they function, where they function, and who gets the job done. The House of Commons has gone virtual, a massive change that is still unfolding. Zoom meetings are now the norm. The NDP supported the Liberal government's speech from the throne, narrowly averting the call for a federal election. We continue to navigate through unknown territory both provincially and nationwide and MP Rachel Blaney has been on the front line throughout these trying times. As NDP Whip, she must ensure House proceedings are fair. She negotiates with the other parties to make sure all voices in Canada are heard. Here are some of the highlights of MP Rachel's work in the past few weeks:



- Sick pay. In exchange for the NDP's support following the speech from the throne, Canadian workers will get up to 10 days a year of paid sick leave.
- Expanded CRB (Canadian Recovery Benefits) payments. In the transition between CERB (Canadian Emergency Response Benefits) and CRB payments, the federal government announced a \$400/week CRB benefit but the NDP fought back and forced the federal government to raise the payments to \$500/week.
- Veterans and CERB. Many veterans are owed money by the federal government. MP Rachel Blaney presented a motion to ensure veterans are not required to repay the Canadian Emergency Benefit (CERB) they received until after their disability benefits have been processed and paid by Veterans Affairs Canada. Currently, there are more than 45,000 veterans waiting for their disability benefit applications to be processed. This motion was voted down in the House of Commons.
- Veterans service organizations. MP Rachel Blaney secured \$20 million for veteran service organizations, something she's been demanding for months. Community offices in Powell River and Campbell River have received numerous letters asking for support as offices were in danger of being closed.
- Missing and Murdered Indigenous Women and Girls. On October 5, MP Rachel Blaney stood in the House of Commons and during question period asked, "What will it take for this government to move past empty words and actually work to save the lives of Indigenous women and girls in this country?" It has been more than a year since the federal government said they would release their MMIWG inquiry. MP Rachel brought national attention to the Lil Red Dress Project and the team of volunteers who create beaded "red dress" pins and earrings to bring awareness to missing and murdered Indigenous women and girls. Proceeds from sales go towards the costs of creating and installing missing person/educational signage on Vancouver Island. For more information: <https://lilreddressproject.ca>
- Environmental petitions. MP Rachel tabled two environmental petitions in the House of Commons earlier this month. The first petition supported a made-in-Canada Green New Deal which was introduced by NDP MP Peter Julian last spring. The second petition was spearheaded by the group Pesticide Free Powell River and concerns the use of herbicides in the forestry industry.
- Disability payments. The NDP pushed for one-time payments for people with disabilities. It was just announced those cheques will be sent out starting October 30th.

Continued on page 18...

Continued from page 17...

- Town Halls. MP Rachel Blaney conducted a Town Hall meeting on the Disability Tax Credit program that was well received. More Town Halls are being planned, visit MP Rachel Blaney’s Facebook page for dates and details.
- Universal Pharmacare, dental care, and wealth tax. The NDP continue to put pressure on the federal government for universal Pharmacare and dental care and for a wealth tax so that the burden of weathering and recovering from the pandemic is carried more by the wealthiest and most profiting corporations.

To reach out to MP Rachel Blaney at the Powell River Community Office, call 604-489-2286 or email rachel.blaney.c2@parl.gc.ca



Rare Earth Pottery
 Hand Made Wood-Fired and Raku Pottery
Ron Robb and Jan Lovewell
 See our work at Tug-Guhm Gallery in Lund and in November & December at Artique Gallery in Powell River
 604-483-4806
rareearthpottery.ca

SPCA Fundraiser 
for pets in low-income households
 Donations of clean refundable bottles & cans can be left at 2309 Hwy 101 in support of the SPCA spay/neuter program.
 Call or e-mail Audrey:
 604-483-3506 or spaytoday@xplornet.ca 



LUND HARBOUR HOUSE
 • SUNSHINE COAST BC •
 CALL 604-483-7900 OR
TERRACENTRICADVENTURES.COM

 **“THE BELL’S ARE RINGING”** 
 One can only do so much in the garden!

Having retired to Lund five years ago, I have now completed my gardening projects, given up my gloves, and once again have put on my business hat. I would like to tell you a little about my new company, Bell’s Event Rentals:

Let’s say you are engaged to be married; next stage you decide on a wedding date. Then reality, excitement and stress, I’m sorry to say, all set in. Bell’s Event Rentals can offer a free consultation without obligation, to help you plan, using your ideas and within your budget.

With over 30 years wedding planning experience, we can turn your nightmare into a dream covering: catering, bar, marquee, tables, chairs, flowers, etc. We take over all the stress and mess, we set up, take down, and even clear up. We are privileged to live in this area among so many talented folk. Between us all, we can do the work to allow you and your family to enjoy your special day. However, if you wish to have a DIY wedding, we can meet many of your rental needs.

I was truly fortunate to meet some lovely brides and mums during our uncertain first season in business and we would like to wish them all good luck in the future. A big thank you for their support!

Bell’s is not only for weddings; we can supply for any occasion and will give a special discount for fund raising events.

Stay safe and take care.

Email: bellsrental2o@gmail.com Phone: 604-414-7097

Bike Lund

Charlie Latimer



Having the summer turn into fall did not slow down the folks behind Bike Lund. We've been busy building racks, writing grants, and, of course, fixing bikes. Here are some quick updates about what we have been up to in our continuing mission to make our community more bike friendly:

Community Fleet on the Go

By the end of August, we had a couple of racks built by amazing volunteers and had our first Bike Lund "shakedown" ride. What is that? you may ask.

Well, we invited the community out on a sunny evening to ride all our bikes from the Lund Community Centre down to Diver's Rock and back to really test them out. Every person and bike made it and I've personally never seen that many people on bikes in Lund before. Our fleet of 11 bikes was out and about for the end of summer and we saw them all over town. We heard some even made it to nearby islands. The bicycles are still available but have been moved under cover for the rainy season. They are now located behind the Lund Community Centre on Larson Road. Feel free to borrow and bring back!



Bike Drive

Bike Lund's program to provide low-income folks in the region with free bicycles is off to a roaring start.

We've been conducting a "bike drive" asking folks from Saltery Bay to Lund to donate their used bicycles. We've collected a ton so far. Thank you to all the generous folks who have already donated. If you are interested in donating your old bicycle to us, do get in touch: bikelund@dotank.org



Photos courtesy Charlie Latimer

We have so many bikes, in fact, we're running out of room! If you are aware of a shop or garage in or around Lund that has extra room, Bike Lund is looking to expand. Not only are we looking for extra space to store donations, we are also currently partnering with a distributor to purchase tools and parts, and so our biggest dream would be to have our own workspace.

Bike Safety for Puddle Riders

And for some more good news, Bike Lund received a grant from Vancouver Coastal Health that will go towards Bike Safety in Lund. Specifically, it will support a bicycle safety program for the kids at Puddle Jumpers Preschool and their parents as well as provide helmets for the Bike Lund Community Fleet.

To stay up to date, follow us @BikeLundBC on Instagram and Facebook
www.lundcommunity.com/bike-lund

Puddle Jumpers Preschool

Alisha Van Belle



We've all had a really fantastic start to this year and everyone is truly happy to be back at Preschool.

What started as a projected year with six students has quickly filled up to being a year with a small waiting list! There are some old faces and new faces this year. Two new families have moved to our idyllic corner of the planet...welcome Forbes and his family (Sarah and Kelly) and Rayna and her family (Kathi and Ryan) We also have a new little one starting, Fiona, and one who has come back to us (Rosie). After a long run of having mostly boys, we finally tip the balance in favour of girls. We have had so much fun exploring the woods, parks, and playgrounds. We have explored lots of paint. Fall crafts and Halloween are what is interesting these days.

Though our program looks a little different, due to COVID precautions, we still do try and do it all...and spend more time outside. The parents are working on a little "forest school" space out in the back of the play area with a stump circle, teepee, and net play. We are looking forward to having our beloved Sandy back doing music, outside, of course.

I finally have my ECE certificate finished and am moving on very slowly with our plan to create daycare spaces for Lund. It is a slow process that can only go as fast as I have resources available, but I think by next year we will have something licensed.

Puddle Jumpers can also be proud of getting a "contact-less clothing exchange" up and running at the back of the NCRC building. It's a start to help families clothe their kids while so many thrift stores are closed. The response of donations has been overwhelming. Right now, the only clothing we still could use are children's footwear and outerwear and boys' clothing in good repair (ages 8 and above...especially size 12). I love how we all try to support and care for each other!

I am thrilled to be back with the children, and we have a lot of great things planned for this fall and winter. 🍂

All photos courtesy Puddle Jumpers Preschool





Photos courtesy Puddle Jumpers Preschool

Cold Process Natural Soaps
Shampoo & Conditioner Bars



Available at:
The Farmer's Gate
The Westerly Studio
Powell River Visitor Centre

www.lundsoapcompany.ca



eunoia

Open Tuesday to Saturday
11 am to 4 pm
Townsite Public Market
COVID measures in place

On-line shopping: eunoiastudio3.com
Facebook: [eunoiafibrestudioandgallery](https://www.facebook.com/eunoiafibrestudioandgallery)

eunoiastudio3@gmail.com
604-578-8183

How in the World Did You End Up in Lund?

Kathi Johnsen and Family

Beautiful Lund, I might add. A place, as you would know if you're reading this, that is majestic and kingly in its very state of being. What a gift to "end up" here!

We're here from the middle of BC, but not the BC you're thinking of. Baja California. Baja California Norte to be even more specific. An almost desert land, actually lending itself to the more temperate climate of San Diego. Mediterranean, climatically speaking. Our family of six packed up our faithful Suburban, almost three months ago. Hmmm now let me think. We arrived here on the July 20, had an eight-day trek of driving which actually would have brought us to...yes, three months ago arriving here and leaving Mexico just a week before. We were and are still "walking by faith". Faith - the evidence of things hoped for. We had heard of the opportunity with the Stock Pile Market managerial position just weeks before deciding to land here in Lund. You see, Ryan's father had made his way for the *second time in less than three weeks to emergency*. Yes, amid COVID-19, at 85 years old and living something of a solitary life, he managed to wind up in that dreadful place, with the second time being a bit more serious. After the phone call that informed us of his situation, something switched.

For the past two years and a bit, our little family of six (Vann, Bjorn, Fredrik, Rayna, myself, and Ryan) had been tirelessly building a life in San Quintin, BC to be part of the community we lived in, and with the purpose of providing good food; something they could market and sell. We ventured in to build a farm using Aquaponics with a local commercial farmer, who didn't speak English and we, at the time, didn't speak espanol! We knew, if it was the right place, it would work out. In the "Valle de San Quintin", not all the food is of the best quality and the people have been exploited and lied to. A truly sad story. The food grown in that valley has had a load of pesticides and herbicides and the people of San Quintin

needed another option for their own food sustainability. Not to mention water, the water table being so low, has been predicted to run out over the next few years!

Aquaponics made a lot of sense for many reasons, but we didn't even know that before we arrived. We went by faith. Faith, the evidence of things hoped for, certain of things we cannot see.

When Ryan's dad went the second time to the hospital, Ryan knew he needed to get back to Canada. It was like the break of dawn, shining ever brighter until the full light of day. One thing in front of the other to lead us directly here, to your beautiful home. The six of us were in knee deep to the work we had started in Mexico and wanted to be good stewards of how it would proceed. The call came that there was one family who would be taking over so to speak, and we were totally thrilled at this; in fact, it was the perfect scenario. It didn't happen exactly as planned, but I know my plans are so very limited and that when they don't go "my way" I am really okay with that. We packed up just our Suburban and left everything else for the family to come, including our 26



Photo courtesy Kathi Johnsen

Continued on page 23...

Continued from page 24...

chickens and the harvest of tomatoes and potatoes. We started packing by faith. The next thing was to find a job and a place to live...in Canada, three countries away, amidst COVID and layoffs. Well, we found an opportunity and applied. We knew of Lund because of travelling previously but never dreamed of living here. We prayed, asked for the right direction and the job came, the place to live came, and we were on our way within a month!! Yes, a month! I still look back and see the guys packing up that 100-foot greenhouse, repositioning it in our old backyard, moving thousands of fish, and giving away a LOT of lettuce. The kids running to the sand pile next door to visit their friends. I was so thankful for that sand lot because at the time it was the only outing they had! When Ryan got the job, we had already decided we were coming back; we just didn't know where or exactly when. That answered those questions. A friend had a motorhome for sale up at Furry Creek, so it only made sense God would put that there for us to pick up along the way here. So, if you saw us in Lund down by the water, now you know the story.

For the first time in a long time on this Thanksgiving weekend, Ryan was able to put his arms around his father! Faith and family. Is there anything more valuable in life? If you live here, you have already decided that you would take the path less-travelled, that you would be good to the earth and appreciate the quiet, solitude, and beauty of simplicity. There are just a few unwritten laws of living in a place as serene as Lund. We are of that mind set too. We are of the mind that we are here for one another and whether it's a small fishing village in rural Mexico or in Canada, we are all in this together, with each other and for each other. We are connected more than we know... or as I'm learning, more than I know, but many of you can teach me.

In simple terms, we ended up in Lund, with a bit of luck and chance, some might say, but the events and timelines leading up leave me only to believe in a greater play at work. Already this community has shown its heartaches and its reasons to dance. My family and I are happy to be here and as we adjust and adapt, please be patient; we are learning as we go. Thank you to those who have made the move easy and warm. There are many of you who have helped greatly with your kind words and warm smiles in the past few months.

I hope we have something to offer. If I believe you do, I can believe we do too. Like I said, we are here with each other and for each other. All of us.

With excitement and anticipation of beautiful things,
the Johnsen family 🍁

Connie's Raw Crackers

Yummy Gluten-Free Snacks! ORGANIC, VEGAN

NO gluten, sugar, dairy or yeast

Find us at:

Uptown Winter Market at CRC,
Fair Weather Saturdays, 10-12

Available year round at:

Farmer's Gate

Ecossentials

or conniethurber1@gmail.com



APJ Services

Andrew Johnson

HOUSEHOLD WASTE PICK UP SERVICE FOR LUND AND AREA

\$5 for up to 11 kg (25 lb)

Tuesdays: Wilde Road to Krompocker Road

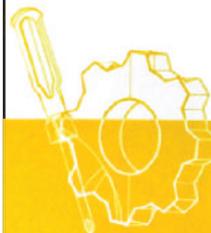
Thursdays: Malaspina Road (as far as Coode

Peninsula) to Northside Fire Protection boundary on
Sarah Point Road

For garbage drop off in Lund, please call or text for
arrangements.

Call or Text 604-414-6097

- Three ton dump with one ton hydraulic arm
- Small Equipment Maintenance
- Welding and Fabricating
- Basic Maintenance
- Site Cleanup



Just ask!
604.414.6097

Lund Reads

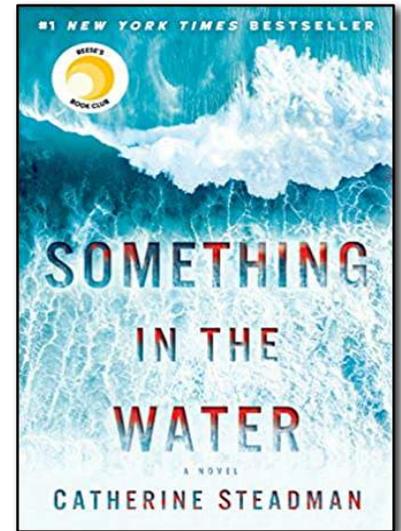
Ev Pollen

Hello book lovers!

My reading choices lately have all been murder mysteries. If you're someone who wants a character killed off in the first thirty pages, this one won't disappoint! **SOMETHING IN THE WATER**, by Catherine Steadman, gets you "dug in" immediately.

Erin is digging a husband-sized grave in the woods as we begin to hear her story. She is a documentary film maker whose first big project takes her inside a prison to record the stories of three convicts about to be released after serving their sentences. This is a sharp contrast to the posh life she leads with her adored fiancé, a securities trader who is about to lose his job just weeks before the elaborate wedding they have planned. While this news prompts them to scale down the wedding, they keep to the fabulous honeymoon plan in Bora Bora. This is where "something" throws a totally riveting moral dilemma into their lives. Their reckless moves will make you want to throw the book down, but you can't because you're rooting for an outcome you can't even imagine. The stories of the three convicts she has come to know now seem to be morality plays of the couple's options: will they be seduced by their passions; will they be good humans punished by their circumstances; or will they be common criminals?

The author deftly takes us through the machinations they go through, making the book resonate with realistic scenarios. Here's a writer who knows how to write great scenes and dialogue and ask good questions. I really enjoyed this book and I hope you will, too. 🍷



NOSING AND TASTING THE WATER OF LIFE:
Blue Collar & Scholar Guide to Whisky Pairing

2020 Gourmand International Drink Book Winner

Available at *eunoia fibre studio and gallery* in Townsite Public Market or from bluecollarandscholar.com

GREGORY J. CRAN & J. ADAM DRUMMOND

GUIDING **AMAZING ADVENTURES** SINCE 2001

TERRACENTRIC
COASTAL ADVENTURES

LUND BC *Discover Your Nature.* Above the Bakery!

Kayak Tours & Rental · Zodiac Boat Tours & Water Taxi
Hiking Tours & SCT Support · Marine Charts, Maps & Field Guides

DESOLATION SOUND
MITLENATCH ISLAND
COPELAND ISLANDS

CALL **604.483.7900** OR VISIT
TerracentricAdventures.com

An Ode to Pollen Sweaters

Emily Walz

Sweaters come and sweaters go
 But Pollens beg to differ
 Your new best friend and longtime pal
 Has hugs to make you quiver

The wool, you see, is magical
 The sheep and bees are friends
 A sprinkling of the pollen stuff
 And on the love does send

Woven by wool wranglers -
 "Fix machine! Cast that skein!"
 Ever changing lengths and widths
 Soon find your size to please

Then knowing fingers sew and sew
 And sew and sew and sew
 "We can do it!" rings in the air
 As they sew and sew and sew

Now your sweater comes to life
 The scraps, they make the Franken's!
 And even though results may vary,
 You're 50-90% more handsome. 🐶



TOP 10 REASONS TO WEAR A POLLEN SWEATER

1. No pop bottles were hurt making Pollen Sweaters.
2. You'll be helping sheep stay cool in summer.
3. The pure wool stays warm even when wet.
4. Non-itchy and soft enough to wear next to sensitive skin.
5. Machine washable and dryer safe at low temperatures.
6. We put the label on the inside where it belongs.
7. Designed to layer smoothly under or over other garments.
8. No offshore sweatshops. Ours is here at home.
9. If it ever wears out, compost it.
10. Makes you 50 - 90% more handsome (results may vary).



October - January Hours:
 10 am - 3 pm
 Tuesday - Sunday (Closed Mondays)

pollensweaters.com
604.483.4401 • 1-800-667-6603

Bushmans Farm



Organically Grown Fresh Produce

Hothouse tomatoes, cherry tomatoes, cucumbers,
 bell peppers, hot peppers
 Lettuce, sugar snap peas, beans, zucchini, kohlrabi,
 kale, broccoli, carrots, onions, cauliflower, cabbage,
 spinach, swiss chard, pickling cucumbers, squash
 ...and much more!

8556A Plummer Creek Road
 604-483-3700
 cell 604-483-1965



Best Friends
 DOG TRAINING AND BEHAVIOUR

Join us for Puppy Power and
 Teen Tyrant group classes in Lund!
 COVID-19 safety protocols in place.

bestfriendsdogtraining.ca
 604-483-DOGS (483-3647)

Sandy Middleton, BA, CPDT-KA, KPACTP
 e: sandy@bestfriendsdogtraining.ca | w: bestfriendsdogtraining.ca

Matsutake

Margaret Behr

It's been a fertile year for mushrooms
 pushing their heads up through the earth,
 forcing aside moss and loam.
 Curved, fluted, domed and flared,
 tender as flesh,
 they rise in families and rings.
 By our path a scarlet amanita
 butts its spotted head
 up through black soft soil.

The rare and expensive "pine"
 lures crowds to the woods.
 Under deeply shading firs
 they rake and tear aside the moss,
 seeking the tender whitish buds,
 veils intact.

The mushroom buyers
 on the corner of every wild road
 turn them in their hands,
 declare this one "grade one"
 that one a "three."

"The perfect mushroom buyer
 is blind" declares one buyer's sign.
 The choicest pines, the matsutake,
 are flown out
 to grace the tables of Japan.

We dine on the humble ones,
 the ridged golden chanterelles,
 creamy fluted oyster mushrooms.
 We eat them fried slippery in butter,
 savouring their taste.

After dark, a southwesterly
 brings rain,
 and the mild autumn night
 will draw more mushrooms up
 for the morrow.

We curl together in bed.
 Tan, purple, cream and brown,
 the mushrooms rise in our dreams,
 wet our mouths
 with the taste of earth. 🍄



Photo courtesy Nicolas Marius



Tidal Art Centre is hosting three Artists in Residence this fall:

Brigitte Potter Mael and Edward Fu-Chen Juan

OCTOBER: Brigitte and Ed are making hand made paper,
 and foraging for local plants to create ink for printing with
 woodblocks and silkscreen.

Opening Oct 24 "Commonalities"

Amber Friedman

NOVEMBER: Amber will be working with natural dyes,
 painting, dipping and dyeing and creating beautiful
 one-of-a-kind works.

Opening Nov 23 "Social Fabric: When Colours Bleed"

Life Drawing 10/27; Next Wheel Class 11/07; Basket Sale 11/14

Please call if you'd like to drop by. We'd love to see you,
 but we are not always in the studio.

604 414 5954 • info@tidalartcentre.com

Art in Lund

Monique Labusch

After a slow start this summer, art in Lund is more alive than ever with Tidal Art Centre being OPEN!

We saw artists-in-residence come and go, sharing their amazing talent. There were locals Annie Robinson and Joshua Degroot - she making beautiful abstract art with natural forged dyes and he painting landscapes in oil. Then came Rebecca Chaperon with her acrylic paintings and Jamie Smith and her floral drawings. Right now, Brigitte Potter-Mael with Edward Fu-Chen Juan are staying at Tidal Art, working on prints with natural dyes and even giving a workshop to share some of their skills.

There was a watercolour workshop again with the colourful Prash Miranda. Last month he also screened a National Geography India documentary outside the Centre. It was a film about his journey through central India.

Now there are ongoing wheel throwing and some kids' clay classes with the amazing Shivaun Gingras, weekly life drawing get-togethers, and more.

I am thrilled it's happening right at our doorsteps here in Lund. Keep your eye on Tidal Art Centre in Finn Bay and be ready for all the creativity and for what the next tide might bring. 🌊



Art by Joshua Degroot. Photo courtesy Brian Voth

Monique Labusch - Painter

Influenced by the beautiful colours of nature around her.

Thank you for supporting local businesses and for wearing a face mask in busy spaces and inside public places!

Let's keep a physical distance and a smile on our faces, to keep each other safe!

THANKS FOR BEING KIND!

604.483.3205 • 604.223.4478



Annie, Joshua, and Magnolia. Photo courtesy Monique Labusch

March Break is Finally Over!

Kiran Hollmann Prichard

Breaking news! This is not a drill! School is back. Yes, you read that right. School is back. The return to some sense of normalcy for youth has been a big talking point among many and has raised compelling questions about the future of the education system and how it may never be the same again. A certain virus has also added a whole lot more stress and logistics to the return of regular classes, and actually going to school is a very different experience.

Personally, I am very happy to be back at school. Learning at home can be challenging because it is easy to get distracted and lose focus. Learning everything through a computer can get boring and it sometimes just doesn't work, depending on how you learn best. Being back in a classroom setting has been very important on many levels. It comes with the benefits of having a daily routine and being able to see your friends regularly. For kids who don't have a great home life, I think that going back to school and getting out of a potentially toxic environment that is difficult to learn in and also simply damaging to a kid's mental health, are very important aspects of school restarting on a full time basis.

At secondary school, there have been a few big changes to how our school works. Firstly, we are starting at 10:30 am, something that is great for teenagers and has been done in some European countries for a while. Also, we are only taking two courses at a time for ten weeks and we are in cohorts to reduce contact. The masks are donned and the hand sanitizer is flowing!

We all know that our world will never be the same post-COVID. From the way we interact with others to how our society works and to our economy, nothing will be the same. I predict that the education system especially will change a lot after this is all over because the pandemic has exposed some major flaws in the system that need to be fixed in order to create a better and more sustainable future for our generation and the generations of the future.

Education is necessary for a functioning society where everyone contributes to the population. The original idea of the public education system was the idea of having a more civil, inclusive society that is accessible to a larger scale of kids. In my opinion, core values such as empathy and respect are very important in 2020. We live in a very different world from when the public school system was first introduced back in 1871, and what we teach kids should be ever changing to reflect the times, and also to prepare them for the new challenges that they will face in their lifetime. In the past it has been all about the fundamentals: math, science, socials, English, etc. The importance of these subjects should not be undermined; however, a revamp of the system is needed. New ideas such as creative problem solving and bringing together all the disciplines of the education system to inspire creativity in all different subjects would, in my opinion, be very refreshing. These changes in what the kids learn would also inspire change when these kids grow up. They might create a labour force with a vision to see things differently, be creative, be adaptive, and create a more progressive society for everyone. Problem solving and constructive thinking are needed to solve many of the most pressing issues of today (e.g. climate change). We need a vision as to what we want our future to look like in this crucial time in our history.

Overall, it has been great to be back at school but in these "unprecedented times", there may be some change needed across the board and particularly in the education system in order to adequately prepare for the future. 🌱

| | | |
|---|---|---|
| <p>Joel Ulmer Construction NOW BOOKING FOR 2021</p> <p>(604) 483-1480 lundcarpentry@gmail.com</p> | <p>Red Seal Carpenter Extensive local experience from site preparation to finish. Tools from scaffolding, crew boat, 1/4 yard concrete mixer, timber planer & more.</p> <p>Core values: Efficiency • Functional design • High quality work Minimal material waste • Local tradesmen & employees Clear communication</p> |  |
|---|---|---|

Some Roots Run Deep

Jade Townson

As a fourth generation Lundie, currently raising the fifth. I have witnessed this community change and grow tremendously.

My great-grandfather first purchased the 40-acre farm on Pryor Road in the 1940's. Selling it to my grandparents, Fred and Doreen Pihl, in the early 60's when the roads were still dirt. There they resided while raising their six children. Acting as sort of a self-proclaimed halfway house for those who flocked to Lund with dreams of a simple hippie lifestyle. Most of whom had little knowledge of the land and no actual idea how to survive. With the house always full. My grandmother taught them how to grow their food and preserve it through the winter. After a few years, the farm was sold and the family relocated. After raising the children, the property was sold to my father, Tracy, where he raised my siblings and me.

The most touching show of selfless love and generosity I have ever witnessed came in 2016, when the family home, built a hundred years prior, was completely destroyed by a fire, leaving nothing behind. It wasn't long before members of the community started to arrive to lend whatever support they could. From a clean-up crew bright and early the next morning to meals supplied for volunteers. Donations of supplies, financial assistance, and people's precious time. We were in a new home sooner than we ever could have imagined. There is no way we would have been so well off if we were not as fortunate as to be surrounded by such beautiful, caring people.

Residing in Lund for 20 of my 24 years on this earth. I grew up running, playing, and dancing with friends front-and-center at the Gazebo. In my teens, I danced there alongside the children. Now as I return as a young woman to dance with my husband and our daughter, I feel an overwhelming wave of nostalgia sweep over me, bringing an inescapable grin to my face and a tear to my eye.

A few things may have changed, like the quality of the roads and the cars on them. Some things, like the unparalleled sense of community and the way we celebrate it in this special little place we call home, never will. 🌱

UNLIMITED DATA

Get unlimited data with **DataXtend™**



Xplornet is designated as an essential service and Powell River Satellite Internet will continue to respond to service requests in a manner observing Covid-19 protocols.

Call today and get **FREE** installation!

604-223-0675

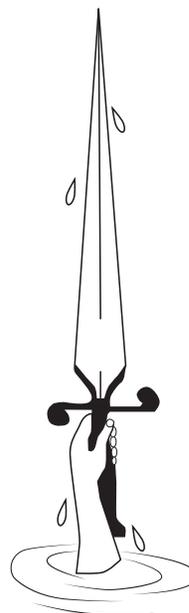
Large area WiFi • Cell boosters

Powell River Satellite Internet
Serving U ~ Since 02



Andtbaka Farm

Home of "The Farmer's Gate" produce stand
2440 Highway 101 North



Need fresh farm produce? Then come check out fresh, frozen, baked, dried or canned local food from local farmers.

See you at the farm ... from 6 feet away! One at a time in the store please.

We are at the Farmers Market Paradise Valley Quonset Hut on Sundays 12:30 pm - 2:30 pm

You can also order online through P.R. Farmers Market for pickup at the market or the farm or the Savary Island Dock.

604 483 9890

www.facebook.com/andtbakafarm
pingfarm@hotmail.com

Eight Takes on Gatekeeping

Trish Keays

A podcast *Radiolab* covers science topics from engaging angles. Check it out - "Investigating a strange world". <https://www.wnycstudios.org/podcasts/radiolab>.

I learned about it on - CBC, of course. Ten cheers! The show's host referred to "the humility of science". That chord reverberates. The humility of not knowing, of accepting evidence that contradicts what we believe, humility strong enough to admit a wrong or that a mistake was made. Seen much of that lately?! Hah!

The *Radiolab* podcast I listened to was on falling: from a plane, in love, cats falling from the 39th floor of buildings and walking away. This article adapts the approach and applies it to gatekeeping.

Gatekeeping is always about power. What power we have is so diffused through complex institutions, we have a hard time harnessing it. Writing crabby sentiments on highways curbs maybe makes those who are venting feel better; okay if they're twelve years old.

Gatekeeping decides "who's in, who's out." It sets up an "us and them" dichotomy that is itself false - we're all part of "us". That toxic, divisive approach to power is accelerating the speed with which some nations are heading into the pit.

Each of us can control what we do, sort of. Can we apply gatekeeping to controlling the chattering gerbil whine inside our heads, keep our flashes of frustration and inadequacy to ourselves? Now there's a goal worth striving for: inward gatekeeping for a civil society.

Carrying capacity is a key concept in ecology - how much life an ecosystem can support. Malaspina Peninsula has its ecological limits. Being the recreational backyard of a catchment area of millions means the qathet and Tla'amin Nation governments do need to think about how we care for what we have. Do we need to limit numbers of users, in time move to lottery and booking systems so we don't love another place to death? We can't even get people to wear masks that help avoid *deaths*, so co-managed control is a long shot. The current threat isn't too many people on the dock at Lund; it's how many locals and visitors are not wearing masks or practicing social distancing. "Ignore"

Continued on page 31...

| | |
|--|--|
| | <p>Websites, logos, business cards, ads, brochures, signs, packaging & layout</p> |
| | |
| <p>ARTISTS BY MEDIUM</p> <p>STUDIO TOUR MAP</p> <p>STUDIO TOUR 2019</p> <p>Saturday & Sunday August 24 & 25 10 am - 5 pm</p> <p>The Art Centre Public Art Gallery</p> | <p>Nicole Narbonne Designer & Artist</p> <p>604-414-8003</p> |

| | |
|---|--|
| <p>B & Be Guest Stays Women's Personal Retreats SOUL FIRE Series Sunday Sessions Creativity Workshops Micro-facility Rental</p> | |
| <p>1(604)223-7808</p> <p>B and Be Home</p> <p>bandbehome</p> <p>bharris@bandbehome.ca</p> <p>www.bandbehome.ca</p> | <p>Bobbie-Jo Harris, BFA, RD Interior Designer, Retreat Host</p> |

Continued from page 30...

is the root word of ignorance – too many people choosing to ignore what science tells us. Who’s minding the anti-science gate? Scary to think it may be the same people sending Dr. Bonnie Henry death threats.

Gatekeeping *theory* was developed first around communications and reporting – media agents deciding what the public hears and sees, out of the myriad “news” and “olds” happening every day, everywhere. With the internet, social media, digital viruses, trolls, fake news, disinformation, and algorithms that ensure users only receive what they agree with, further shrinking horizons, that kind of gatekeeping has morphed into more like navigating, fact-checking and curating. Who do you trust?

The chief digital officer of Taiwan is a transgender person who describes self as a “poetician” rather than a “politician” – studies Daoist poetry, sees democracy as a technology that along with digital technologies can help those who manage a state’s affairs be in touch with people, consult with them, engage them in their own governance. We need this kind of gatekeeper, now, at every level.

There are no gates to keep when it comes to the things affecting us most – climate change, environmental degradation, species extinction, a global pandemic, and migration crisis. Borders mean nothing, gates are meaningless.

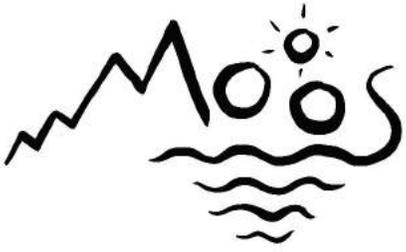
Who’s deciding who gets to gatekeep? When it comes to COVID-19, here are pictures of national leaders in seven countries most affected by the pandemic.



And here are photos of leaders whose countries have managed the crisis best.



Hmm. 🤔



Thank You

Closed for Winter
Final Few at Farmers Gate

moos.ca
604 318 3745



Top 5 Ways to Be a Visitor Who Gets Invited Back

Rin Innes

Depending on who you ask and on where your definition of Lund begins and ends, somewhere between 200 and 400 people live here year-round. But each summer, we see as many as three or four thousand visitors passing through our little town. Take a moment to imagine your very own house; now, imagine ten people for every single person who lives there showing up on your doorstep. Now, imagine that they stay for three months. No matter how much you love your guests, that would put pressure on any home, don't you think?

This place is our home and we live here because we like all the ways that it's different from the busier, more urban places that most of our guests come from.



Photo courtesy Brian Voth

So, here's a quick list of some of the things that visitors in Lund can do to make sure you're the sort of houseguest who gets invited back year after year.

1. Slow down. Whether it's heading for the water taxi, waiting for your coffee at the bakery, or driving through the village or down our narrow and winding roads, please remember that we live in Lund because we try to do things slowly here. Take time to chat with someone before you ask for directions and allow yourself extra time to do things so that you're not asking others to rush in order to accommodate you.

2. Be respectful with your vehicle. Parking on the highway might seem like a nice way to save a few bucks, but it's a serious safety hazard for the people who live here to have cars parked right up to the white line on both sides of our only access road. The shoulder is there for people to walk and bike on, and for emergency vehicles to have enough room to pass. Parked cars also limit visibility out of driveways and around corners. Remember that what looks like a great free parking spot to you might be somebody's trailhead or berry-picking spot; so unless you're invited to park there, don't just stuff your vehicle in anywhere you think it fits. Please use the parking services provided; it seems to me that if you can afford to be on vacation, you can afford to pay to park appropriately.

3. Respect our privacy. We all know what it's like to wonder what's down the end of a side road or where that unmarked trail goes. But many people live at the end of dirt roads because we want our privacy, and strange cars driving up and down our roads is not only invasive but throws up dust and noise pollution that we live in the country to get away from. There are lots of marked trails and other places to explore and any map will tell you where that road goes without having to drive down it. Please balance your desire to explore with residents' desire for privacy.

4. Remember that you're in the country. Lund probably isn't very much like the place you call home - and that's probably why you came here, isn't it? You won't find your familiar luxuries like abundant free Wi-Fi, 24-hour shopping, streetlights, trashcans, and endless hot water whenever you want it. You won't find good or perhaps any

Continued on page 33...

Continued from page 32...

cell phone reception. Coming to the country means being prepared to be a little more self-responsible; so please remember to take your trash away with you, bring a map if you don't know where you're going, and expect people to be just living their regular lives around you so try not to get in their way.

5. Be fire smart and wildlife safe. Our volunteer fire department are a damned fine bunch of hardworking folks who do a tough job for no other reason than that they want to help. Please make it easier for them by obeying fire bans and being EXTREMELY careful with fires and cooking and cigarettes. One stray spark could mean the loss of everything for someone who lives here. Also remember that wildlife lives here too and want to go about their lives just the same as everyone else. Store your food and trash appropriately and remember that whether it's in the woods or on the water, a wild animal's space is more important than your shareable photograph.

Most of all, please remember that while this is vacationland for you, this is home for us. Think about how you would want a guest in your home to behave and do us the same courtesy. Take time to notice how people who live here treat each other and try to emulate that. Making eye contact when we pass each other and saying "Hello" and "Please" and "Thanks for having me!" sure go a long way when you're a stranger in a town where everyone knows each other. Tread lightly, and you'll be sure to be the sort of guest that we'd love to have back.



Photo courtesy Brian Voth

TWINCOMM Internet
Connecting Lund, Savary and surrounding areas

- Home or Business Network Installations
- Web Cam Hosting/Installations
- WIFI Access @ Refuge Cove, Heriot Bay Ferry and Whaletown Ferry

For more information:
www.twincomm.ca
1-866-446-6004

We are at the NEW Powell River Farmer's Market, INSIDE in the Quonset at the exhibition grounds. (4365 McLeod Road) Sundays only 12:30-2:30

COTTAGE CREEK BAKE SHOP




Baking for your birthdays, celebrations and freezers.
Bread & baking deliveries to Lund and Savary on Mondays.
Christmas Baking, Panetonne, Tasty Stollen, Fruitcakes and NEW this year - Steamed Plum Puddings.
Our breads can be found at Andtbaka Farm Store
No contact delivery is available and encouraged.
Bake, drop & knock for you!



Cottage Creek Bake Shop
Voted BEST in Powell River 2020
Over 8 years serving the community
cottagecreek@telus.net • 604-414-0616

Not My Place

Janet Newbury

I come from a displaced people. My people, in turn, displaced others. And my uninvited presence on łaʔamun territory perpetuates this history.

I feel deeply compelled to continuously strive - with others - towards a collective shift in this trajectory of global occupation by more closely heeding the teachings that surround me, particularly with respect to Indigenous sovereignty. Colonialism is a powerful, pervasive, and ongoing force. It requires looking very closely at what is inside me, what I know, and how I know it. Regan (2010) encourages those of us who are settlers to “turn the mirror back upon ourselves” in order to meaningfully address Canada’s “settler problem” (p. 11). I agree. I believe it is my responsibility as a settler to engage in this conversation and related action to the best of my ability.



Photo courtesy Brian Voth

Fortunately, I have been finding many valuable sources of guidance in this process:

One such lesson comes from the important protocol of land acknowledgements. This is much more than a reminder of where I am. It is an entry-point into the sacred obligations I carry when I enter or inhabit a place – these are inherently relational and thus differ for each of us. The companion website to łaʔamun Elder Dr. Elsie Paul’s book, *Written as I Remember It*, begins with a pop-up box with the heading “Protocol for being a respectful guest.” It teaches visitors about canoe protocols that take place when Coast Salish people visit the shores of a new territory. Here is a short excerpt from it:

“When we visit another place, we identify ourselves, describe our relationship to the host, make clear our intentions, and ask to come ashore. When we serve as hosts, our role is to protect the community and territory, and to nurture and affirm our collective identity as qayəwmixʷ (human beings) through respectful conduct. Once a guest is invited to come ashore, they are fed and well treated, their obligations are explained to them, and for the duration of their visit they abide by łaʔamun laws.”

After reading the specific obligations regarding use of the website, visitors have a choice: to agree and continue, or to disagree and return to cyberspace. This protocol teaches me that as a newcomer living on łaʔamun land, *my primary responsibility is to position myself as a learner and guest*. This will enable me to uphold my sacred responsibility to discern what my obligations are and abide by łaʔamun laws. It also reminds me that even though I feel at home here (thanks entirely to the łaʔamun people), it is not my place.

A second lesson I can learn comes from plants – particularly those that have come from elsewhere. With her careful observations of our immigrant plant teachers, Robin Wall Kimmerer (2013) advises that plants can show me how to be a good newcomer to this territory: *a second responsibility is to offer my gifts and meet my responsibilities without being invasive*. She cautions, too, that some of these plant teachers will also show me “how *not* to make [myself] welcome on a new continent” (p. 214). By watching them as she does, I have much to learn. From this plant teaching, I see that *how* I show up matters. Finding out how I can engage responsibly without losing sight of my position as a settler on this territory becomes my work.

Continued on page 35...

Continued from page 34...

I have never been invited to be here and yet have made a beautiful home on the shores of this inlet. My ancestors paved the way for my presence with brutal tactics which my current government continues to enforce. Even so, I have experienced nothing but shocking kindness from laʔamin friends and neighbours: The people of this land.

You may notice I have been speaking from the 'I' (not 'we') throughout. This is because I will not presume sameness, speak for others, or give advice to anyone else. My journey is still in progress but as I reflect on the theme for this issue of the *Barnacle*, I draw on these two teachings to guide my personal response: The guest/host protocol and the plant teaching show me clearly that it is not my place to speak up in relation to whether or how (or which) others might come to these shores. This is someone else's place. 🌱

References:

- Paul, E. (2014). *Written as I remember it: Teachings from the life of a Sliammon elder*. Vancouver, BC: UBC Press.
- Paul, E. (with McKenzie, D.; Raibmon, P. & Johnson, H.) (2019). *As I Remember It: Teachings (ʔams taʔaw) from the Life of a Sliammon Elder*. Retrieved 24 June, 2019 from <http://publications.ravenspacepublishing.org/as-i-remember-it/>.
- Regan, P. (2010). *Unsettling the settler within: Indian residential schools, truth telling, and reconciliation in Canada*. Vancouver, BC: UBC Press.
- Wall Kimmerer, R. (2013). *Braiding Sweetgrass: Indigenous wisdom, scientific knowledge, and the teachings of plants*. Milkweed Editions.

**If you are interested in learning more about laʔamin self-determination or your relationship with this land and its people, here are a few links you might enjoy:*

<http://publications.ravenspacepublishing.org/as-i-remember-it/index>

<https://taxumajehjeh.ca/resources>

<https://www.youtube.com/watch?v=0ifmM8Yw-ss>

<https://www.tlaamination.com/>

Summer of the Minks

feather Mills

Every summer is different. We live on our sailboat for much of the summer, and each year seems to have a different theme, an incident that identifies it. When I am old, older than I am already, I may never remember the actual year, but I will certainly remember the summer of the wolves. Or the summer the butter, left out on the counter-top in the galley, never once became soft enough to spread. (Also known as the summer of the woolly long johns.) This year, 2020, was the summer of the minks. I've seen waterfront minks before, of course, but this past summer I had three close mink encounters, leaving me with a strong sense of their personalities.

The first started with an insistent mewling noise that brought me out of myself. I was paddling Little Blue, my trusty kayak, around a small island and I was totally absorbed by the conversation in my head. Whether it was the book I was reading or working out when the next tide change would occur, I don't know

for sure, but suddenly the distress apparent in the sound made me stop and listen. It was more than the usual background of birdsong and wind in trees. I turned the kayak and pulled carefully back towards the island, trying to locate the source of the crying.

It was low tide. A large expanse of wet rock was exposed below the overhanging trees, mats of moss hanging far above my head. In a tumble of broken rock, quite close to the water line, there was a small creature in a little hollow. About the length of my hand it was. I maneuvered my boat a little closer, a bit to one side... what is it? A rat? A weasel maybe? No, it was a tiny baby mink, dark reddish brown, with a blunt pink nose and small rounded ears. "Aww you poor little guy, are you hurt? Are you OK?" It continued to bawl like a baby, raw and shrill. "Ma, ma, ma!" It was quivering with fear and trying to hide. I was so close I could have reached out and touched it. I looked up and saw the

Continued on page 36...

Continued from page 35...

dark opening of a den in the moss and little pathways worn through the undergrowth, and out of the corner of my eye a sudden flash of brown fur a little further along the shore. A moment later a mink's head popped up between some leaves and vanished again. Then mother mink came running along the mossy edge and clambered down the broken rocks, stopping twice to stare at me as if she was not at all sure what I was. I backed off a paddle-stroke or two and spoke to her quietly while she gathered her baby by the scruff and attempted to pull it backwards up the rock. She slipped, adjusted her grip, and quickly turned and carried it up a sloping ramp, then disappeared into her den. The baby continued to cry all the while, continued to cry as I turned and paddled away from the island, continued to cry while I climbed out of the kayak onto the back of our sailboat. All the while I thought what a good mother she was. Guarding her offspring, keeping the gates of her own little realm.

Several days later, in Turnbull Cove, I was once again exploring the shoreline by kayak. Falling tide, about halfway out, low enough for me to paddle in under the branches of overhanging trees, and look up the skirts of the forest, as it were. I was just ghosting along on the ebb current; there were dangling branches heavily hung with mussels and barnacles; a kingfisher darted past. I felt I was being watched and so I stopped moving and scanned the forest edge. Something hissed at me. I caught a brief glimpse of a small muscular brown torso through the leaves, then a brown head appeared from behind a tree. In three leaps a young mink had jumped down the embankment and stood out on the end of a protruding rock to challenge me. It had a sharp

intelligent face, clear eyes, and seemed absolutely unafraid. When I spoke, it tilted its head in curiosity but didn't stir from its sentinel stance. It stayed there, a fierce guard of its own backyard, until I drifted away out of sight.

I paddled across the entrance to Turnbull Cove to the south shore, my objective this day being the kelp forest that throngs the narrow channel. I spent some time messing around there, trying to position Little Blue so that I had the light behind me and could see into the kelp. When I had finally had my fill of nudibranchs and starfish, I edged the kayak into the narrow passage between the kelp and the shore and looked up, right into the eyes of another mink. This one was bigger than the others I had seen; the biggest mink, in fact, that I have ever seen. He had a white spot on his chin, a hoary elder. He was not at all shy. He followed me along the shore as I paddled slowly along, stopping when I stopped, and moving on when I did. I turned the boat to face him directly, and he eased himself onto a fallen branch and reclined, one arm stretched out in front, quite happy to lay there and look at me for as long as I looked at him. We had a lovely long chat. Eventually he roused himself, scratched with one back leg like a dog does, and ambled – there is no other word for it – off into the forest, apparently having concluded I was no threat.

Each of these little creatures impressed me with their boldness, their territoriality. Each certain of his or her place, and of their right to defend it. 🐾

H. MACLEOD CONSTRUCTION

**BUILDER / RED SEAL CARPENTER / INTER-PROVINCIAL
DESIGN – BUILD / ENGINEERING / 40 YEARS EXPERIENCE**

NEW BUILD • RENOVATIONS • POST & BEAM • FINE FINISHING • KITCHENS • BATHROOMS • TILE

Will supply local REFERENCES upon Request • We will work the Islands or live-on

dr.macleod77@gmail.com • carpenter.tad77777@gmail.com

Tad 604.932.7841 • PO BOX 337 LUND BC • 604-414-0077 • 604.698.6936

The adventures of **PRASH BEAR** AT THE END OF THE ROAD

by **TRASH**



FOR THE LAST 16 YEARS, I'VE BEEN TRAVELLING THE WORLD & DOCUMENTING MY TRAVELS THROUGH MY WATER COLOUR JOURNALS.



Lund Kid Revisionist History

Anna Gustafson

Down to "Lund"

A common question among Lund Kids throughout history has been "Can I go down to Lund?"

Geographically flawed as that question is, considering we all lived somewhere in Lund, everyone knew it meant a trip to the store.

We'd walk down the hill, in the middle of the road like there was no such thing as cars, clutching a hard earned quarter and thinking about the bag of Old Dutch Salt & Vinegar chips and two black licorice whips it could afford.

That journey to the store, to this day, is how you tell the difference between locals and tourists. Locals always go down to the store; tourists, depending on the tide, came up from a wharf. That's how you tell. It's the only way. There is no data for those that arrive in cars because this science came to be before the road to town.

The original general store had its own smell that early Lund Kids can still find in the deep recesses of their brains. Made up of new fishing tackle odor, humpy wood floors infused from beneath, over almost a century, with low tides and sea lion farts.

Where the front entrance to the hotel is now, and long before the stretch of "upgrade" rooms and deluxe grocery were added, the original store was our Winners. Full of things that made no sense together, but you'd find a reason to need. Rubber boots and jam with a label. Gaff hooks and Harlequin Romance novels. Orange ear-flap hunting hats and light up Yo-Yo's, which may or may not have been sold as a safety bundle. And without fail, the classic disproportionate amount of hot dog buns to wieners.

And Nellie. Always Nellie. She was a sought-after brand that everyone knew.

The post office was inside the front door. A small corridor with a shiny wood portal at the end that was not unlike the Friendly Giant's window. Nellie was the post office lady and one of those special grown ups who let us call her by her first name. Back then, everyone had the same address: General Delivery, Lund BC. When we were bestowed a postal code, nothing changed except we now shared more legitimate looking

mail. V0N 2G0. If you are ever wanting to blend, say the postal code as one word - Von-to-go - like a Transylvanian count would.

Not only was she the post office lady, she was the candy counter lady. What? Yes! We'd get a boost up to peer into the candy showcase like it was Tiffany's, Nellie peering through the other side waiting to hear our choices.

Fat Emma. Wig Wags. Sen Sens. Thrills. Cherry Blossoms, when they were the size of a baby fist. Pixy Stix. Fun Dip, which we tried so hard to recreate in the garden by dipping dirty rhubarb into a teacup of sugar. Not quite.

It was a time of buying one thing at a time and well before case-lot. Nobody had twelve of anything in their house unless it was made in their house. Other than beer. When you bought one creamsicle, you ate one creamsicle. Steps away from the store, systematically licking the ice cream bubbles off the bottom, putting the paper back on like pants, and then devouring the rest before it melted.

We'd save up all summer for colourful acrylic block rings. The boys called them boob punchers in a threatening tone. Nellie would grill anyone with mischief in their eyes before agreeing to a sale. No boobs then, so no fear.

I get progress. I've seen the new store. I appreciate that a good-branded travel mug is critical to anywhere that a road starts; but I miss that creaky floored store full of items that sometimes wouldn't sell for three summers. That familiarity was comforting. Like Nellie was in her clamdiggers. Or pedal pushers. Or capris. Let's just say Nellie Pants. She was a fashion plate, a social butterfly, and one of the original residents of the hotel. She later moved up the hill but could always be found, until the end of her days, down in Lund.

Anna Gustafson is a comedian, speaker, producer, writer, and forever Lund Kid now living in Toronto. Connect on twitter @annakustafson & instagram @tooconvoluted and at annagustafson.ca. Always interested in connecting if you knew my parents and were part of their story. 🍷

Speaking in the Barnacular

Ted Durnin

That was a long hot summer. Lundie lazy luxury, day after perfect day. Enough rain to keep the fires at bay. Luck or design to keep the plague away. Help for those in need. Arms length yet close enough for the warmth of a smile.

And then the skies darkened and it was here. Thin layers of cloth standing between us and catastrophe. Neighbours to the south lurching closer and closer to disaster. Rich people building themselves rockets to escape the world they used up. What to do?

I am continually surprised by the balance we have here between rugged survivalists and gentle flower children. On the one side, meditation and yoga, sustainable farming and clean energy projects, composting toilets, bicycles, and hemp. On the other, milling the good stuff and bucking up the firewood, building a road, off into the woods on ATVs or out on the water in motorboats, shooting some deer, burning the slash, and drinking like a fish.

The interesting thing is that these are both the same person. The more you go out there one way, the closer you end up to the other. Can this be the recipe for life in these interesting times? I hope so because this is what we've got in Lund. We might just make it through all this. Because we're us. Happy Thanksgiving. 🍂

Giving Thanks in 2020

Isabelle Morganstern

There is nothing like your community bringing homemade dishes to your door, flowers, baskets of treats, words of encouragement, and prayers for you and your family in time of hardship to make you feel loved and supported.

It is with deep gratitude that I want to thank all of you for being there for us last spring. It has greatly helped me on my healing journey.

Special thanks to all of you who participated in the Meal Train, organized by our amazing, kind and generous friend and neighbor, Darcie MacFronton, who visited me every day and offered her help in various ways.

Thanks for the delicious meals and treats; they fed not only our bellies but our hearts! Thanks to Nancy and Ben Bouchard, Solene Chatain, Ria Curtis, Lynne and Mark Dalpiaz, Terra and Bill Demiris, Sharon Dennie, Margaret and Ray Ducharme, Sandy Dunlop, Chantal Foucher, Silvana and Alan Hernandez, Dave and Leona Hurford, Maggi Lindsay, Ron and Jan Lovewell, Darcie and Jeff MacFronton, feather Mills and Simon Brissenden, Juliet Potter, Annabelle Tully-Barr, Connie Thurber, Alisha Van Belle, Martha Allen and Brian Voth.

Thank you, my dear friends and healers, for your reiki, massages, physio, Qi-Gong classes, advice, wisdom, time, and patience. Thanks to Dana Angel, Lisa Marie Bhattacharya, Dawne Briggs, Sheila Butts, Ginette Cloutier, Holli Currie, Lyne Deschenes, Johanna Dureuil, Kathryn Final, France Gendron, Anndreyea Kylo, Dali Lin, Maggi Lindsay, Darcie MacFronton, Inge Tholen, Sandra Tonn, and Annabelle Tully-Barr and Turtlegranny Braun.

I also want to thank my beautiful family for supporting me (literally), loving me, encouraging me, and believing in me when I doubted myself. I couldn't do it without you: my loyal, understanding, loving, patient, sweet husband Stephan; our wonderful, compassionate, trusting, caring children and their partners - Ayana, Laura, Arael, Maayan, Marissa, Tao, Tonathiu, and Nahila; our amazing, devoted, generous auntie Jocelyne Kakou; my loving and affectionate brother Pierre Geoffray and my attentive, faithful, ever-present sister-in-law/friend Sheila Butts. I love you all more than words can tell.

Continued on page 40...

Continued from page 39...

And of course, I want to thank all of my friends and family from here and elsewhere, for being there in different ways - the Red Cedar Circle family for your prayers and love and the universe for sending me the right people I need on my journey. You all have found ways to be present despite the pandemic and its social restrictions!

Happy Thanksgiving to all of you, living and growing in this lovely community. I hope I can pay forward the love and support you have given me and my family. Warm blessings. 🍁

Tribute to Elaine Mackee - June 14, 1946 – September 18, 2020

On September 18, my incredible mother, teacher, and mentor passed peacefully in her home on Old Mine Road with my dad Brian, her husband of 50+ years, at her side.

To all her kids, community, and friends, we know she will be remembered for her magnificent energy and her dedication to art. We also know she will be mourned, but more importantly celebrated, for a fiercely authentic life lived fully and passionately.

Aaron Mackee



Photo courtesy Aaron Mackee

Wellspring

"Spirit Triumphant! Flame through the impotence of faltering, fainthearted souls! Burn up egoism, kindle compassion, so that selflessness, the lifestream of humanity, may flow as the wellspring of spiritual rebirth!" – Rudolf Steiner

When I went to visit and clean the home this morning, this was open in their study. It is so Elaine.

"For children between 3 and 14"

Elaine was a Waldorf teacher and had many children who loved her for her carefree, outgoing, imaginative ways. Hayden and Serena really miss her.

Kassidy Mallery

An incredibly vibrant, creative and indomitable soul, who is deeply missed.

Wendy Drummond

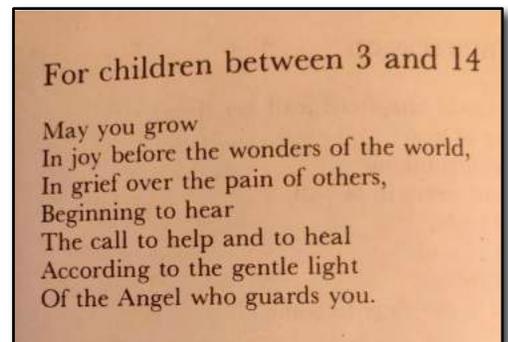


Photo courtesy Kassidy Mallery



Photo courtesy Monique Labusch

Community Page

Birth Announcements

Lundie elder Rosie O'Neill is a now a great-grandmother! Trent John Baillie Cline was born on September 2 to proud parents Gordan and Jade. Jade is the daughter of Rosie's daughter, Shannon Olsen, who grew up in Lund and went to Lund School. Welcome to our crazy world, little guy!

Sympathy and Condolences

Elaine Mackee - June 14, 1946 - September 18, 2020 See tribute on previous page.

Congratulations

Courtney Cressy turned 90 on September 29. A small group of friends, neighbours, and family gathered at his house to celebrate as best we could with COVID restrictions. Way to be, Court. Still going strong!

Thinking of You

Healing thoughts and much love to all Lundies, wherever you are, who are struggling with wellness in any area of life. Many of us are an aging population and our bodies are feeling the wear and tear of our wonderful lives. Take good care of yourself during these crazy times.

The Goodwill Committee of the Lund Community Society exists to help create and bolster a sense of community in Lund with the knowledge that people here care about each other. Please let a LCS member know if you're interested and have ideas for helping with this and to give any news you think should be acknowledged.

Northside Community Recreation Area Resident List

The Lund Community Society is creating a group email for all Area A residents who wish to learn about information and events in our community. It will be called the Northside Community Recreation Area resident list. If you wish to be one of those bcc'd on this list, send your contact info to lundcommunity@gmail.com.

Please Stop the Spray-Painted Graffiti!

Please stop the spray-painting. It is ugly and difficult to remove. The desecration of Diver's Rock was especially painful to see. Thanks to those who worked hard to clean it off. To whoever did it, please stop. You're hurting your community. 🙏



WILDE ROAD
Sand & Gravel

Cement Gravel
Drain Rock
Driveway Gravel
Garden & Top soils
Mulches & Manures
Landscape boulders
Decorative rock
Slinger truck service

Come & pick up or delivery available – Free estimates



Tomkins on Road

Coffee's on
Come by and check us out!

4951 Tomkinson Road
Powell River

Wilde Road
HWY 101

604.483.9666
604.483.1487 cell/text
ecoterradevelopers@gmail.com




Shuley Contracting Ltd

Licensed New Home Builder based in Lund
Renovations - specializing in 1900 to 1940 era homes
Project Design
Consulting

shuleycontracting.com
1-604-809-5140



CADAM Construction
Fireplace and Stove Centre

Come see our beautiful showroom
4463 Marine Ave (Behind Westview Hotel)

We offer wood, gas, electric fireplace and stove sales
Professional installation
Maintenance and service
W.E.T.T. Inspections
Chimney Cleaning



Monday - Friday 9:30 - 5 pm
Saturday 9:30 - 3 pm
4463 Marine Ave
(Behind Westview Hotel)

604-414-6112
604-414-4699
curtis@cadamconstruction.com
tiffany@cadamconstruction.com



Ecoterra
Septic Services

Registered Onsite Wastewater Practitioners (ROWP)

- Maintenance - pump outs, repairs, parts, new construction
- Complete land and grounds work design, construction and maintenance
- Excavator - Backhoe - Heavy equipment rentals and trucking services

Questions about your septic system?
Call for a free estimate

604-483-9560



Crossword #57 by C.Cressy

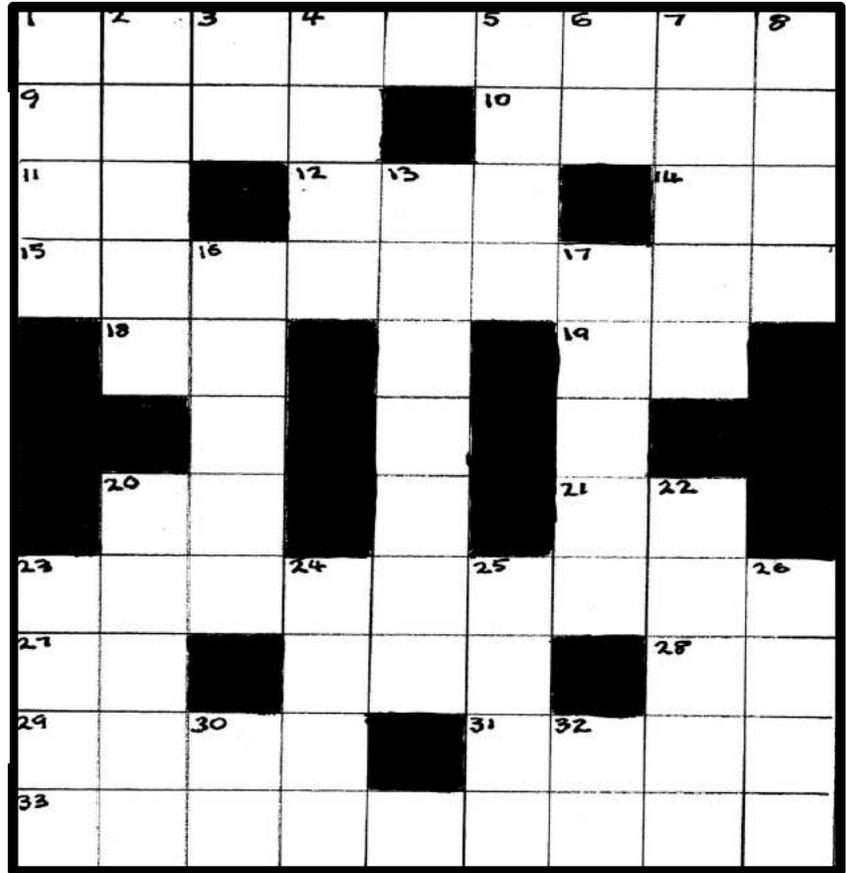
Edited by S. Dunlop

ACROSS:

- 1 those closest to a crisis (two words, with 13D)
- 9 of aircraft
- 10 he was (Latin)
- 11 whenever
- 12 under obligation
- 14 Brazil's base (abbr.)
- 15 living with COVID-19
- 18 not left-handed (abbr.)
- 19 masculine article (Span.)
- 20 complete work
- 21 delivers fluid directly into vein (abbr.)
- 23 COVID spacing rules
- 27 chlorine symbol (abbr.)
- 28 Roman numeral eleven
- 29 auditory or aural
- 31 particular unit
- 33 protective measure (two words)

DOWN:

- 1 willing or obliged
- 2 allude to
- 3 operating room (abbr.)
- 4 midday
- 5 ogle
- 6 infrared (abbr.)
- 7 twangy tone
- 8 and others (Latin abbr.)
- 13 akin to 1A
- 16 utter loud cries
- 17 entitled to award
- 20 alluvial deposit
- 22 annoyed
- 23 barge
- 24 a bridge spanner
- 25 operatic solo
- 26 reduces the light
- 30 exists
- 32 thoron (abbr.)



Answer Key for #55 Crossword





All photos courtesy Brian Voth