

Lund BARNACLE

Summer 2020

\$2.00

The Voice of Lund

Proceeds to the Lund Community Society

Time of the Great Pause: An Opportunity

Sandy Dunlop



Nature takes a great breather by Prashant Miranda

landing spot in a much different way. I feel hopeful we can respond with transformative solutions to the many crises resulting from how the world has been.

We all have been given a glimpse through this pandemic of another way to be in the world. Many people report deep realizations or downright epiphanies about what's really important and what's not in terms of society/government/family, our relationship with the planet and the creatures who live here with us, about our gratitude for all we have, and about how we can make the world up differently and better.

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If ever there was a time to re-focus our attention and re-create our world differently, this is it. Everything became unhinged and ungrounded very quickly and everywhere, and it sent us all spinning in various ways and to varying degrees. Before we fully land, it seems crucial to me that humanity see the

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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

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 community services and programs to Lund and the region. The
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 Lund Community Society. No editor, contributor, or member of
 the Board receives a salary or wages.

Editorial

Welcome to the summer 2020 issue. It has a theme for a
 change, which is the tremendous opportunity available right
 now to re-create our world differently and build it back better.

Someone told me once that being a small-town newspaper
 editor brought a lot of power with the job. I hope it's
 superpower, just for this issue, because I want it to help save
 our world. Seriously. I see this issue as a big opportunity to
 contribute to the worldwide momentum for positive change.
 Yes, the *Barnacle* is a little publication and Lund is a little
 village; but there's a ripple effect at work here and a
 widespread feeling of possibility pushing against the walls of
 outdated thought. I want to help push. Plus I have to try, at
 the very least, so I can live with myself later.

As the Lund community begins to slowly and carefully re-
 open our doors, we have here the words of some of those
 Lundies telling how it's been, how it is now, and how they'd
 like it to be. Telling of the things they have learned about
 themselves, this community, and elements of the much bigger
 picture of the world in which we live. I think it is an
 interesting and important assortment of articles encouraging
 us to think outside the box. I hope you not only enjoy reading
 it but join the push to build a world in which all of us, humans
 and non-humans alike, can survive and thrive. Let's do this.

-- Sandy

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 encourage readers to support our local businesses.

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 arrangements are made. Invoices will be sent out after the
 fall issue 2020.****

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Send to: **barnacleadvertising@twincomm.ca**

Next edition is October 2020

Deadline for submissions is October 10, 2020;
 but reservations for article space are needed in advance and
 ads need to be submitted by the fifth of the month.


 **Lund Barnacle Printer**

Continued from page 1...

We have proof of how quickly Mother Nature can heal and bounce back from the devastation we impose on her. What are we going to do with this information? What do we hope for? What are the changes we want to see? What if we all thought "This is what I hope for in a new world order and **this is how I might contribute to achieving it**"? Never has "think global; act local" seemed so appropriate or applied so widely, and maybe, hopefully, we're just getting started.

What's possible and what people are feeling here is the same as what similar communities are feeling all over the world. The momentum is hard to miss. What kind of local and regional economy can we build, what jobs do we regularly need done and what products and services do we really need in our lives to sustain a dynamic and vibrant regional economy? With "global to local", what does the contact/supply chain look like that we want and can afford? Should we push for a guaranteed annual income, the need for which seems obvious at the present time? How do we create an infrastructure of care?

What if we learn to think about the planet, all of humanity, and all other species as equally deserving of kindness, consideration, and sustainability, and ourselves as just one part of a network of life? Can any of us survive if we don't? What if we connect with gratitude for the smallest things and notice the smallest little shifts that can bring something positive? Isn't it one of life's laws that whatever you focus on gets bigger?

Consider this: Maybe every time you say "that will never happen" you put a sort of curse on that idea. That can't be helpful! Please don't do that right now. Let the momentum for positive change take us as far as we can go while adding whatever you and I can to further it. As go the lyrics to the song *Turn it Around* by Lucius, we've been "...looking through the wrong end of the telescope. Turn it around. Turn it around". 🌱



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Lund Community Society Update

Ronnie Uhlmann

The Lund Community Society (LCS) has only hosted two meetings since our Centre was closed in late March due to COVID-19. On June 16, a well-attended meeting was held outside at the Northside Community Recreation Centre (NCRC). Aside from the usual business, it was decided to organize a meeting at the Gazebo to talk about what the community is interested in seeing happen there in the future.

This meeting occurred on June 30 with over 25 people in attendance. Many ideas came forward to discuss with the qathet Regional District (qRD). Charlie Latimer facilitated, and people shared ideas, suggestions, and issues regarding the Gazebo. The information from the meeting will help guide future plans to create more community input on park infrastructure and address any barriers to park usage for area residents. Charlie will gather all the info that was shared and write a synopsis to present to the community and the qRD.

Puddle Jumpers Preschool was re-opened at the NCRC at the beginning of June, with all safety measures in place. The kids were able to finish the term and have their traditional year closing at Okeover Provincial Park with a picnic for kids and parents and graduation for those going on to kindergarten.

Our website is working well and there is information on contributing to a fund for people needing some assistance during this time: lundcommunity.com

The LCS doesn't meet during the summer months so our next meeting, if all goes well with the pandemic situation, will be September 15 at the NCRC. We welcome all community members to join us at monthly meetings and give your thoughts and consider joining us on the Board. We hope everyone is safe, healthy, and able to enjoy the summer in our beautiful community. 🌞

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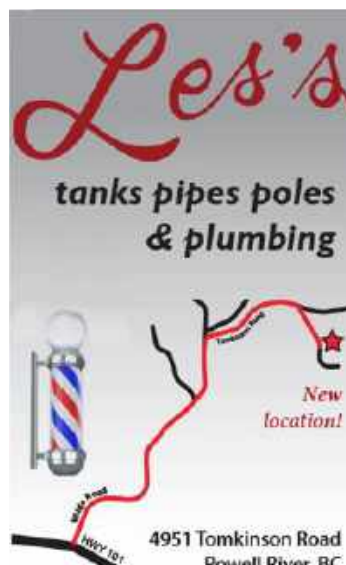
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What's Happening in Lund?

Although no events are scheduled as of yet for this summer, Lund businesses are re-opening! Check their ads in this issue and their websites for more information.

Stock Pile Market – open daily 7:00 am – 8:00 pm

Back Eatery and Pub – open Wednesdays and Thursdays 12 noon – 7:00 pm; and
Fridays, Saturdays, and Sundays 12 noon – 8:00 pm. Closed Mondays and Tuesdays.

The Boardwalk Restaurant – open daily 12:00 noon – 8:00 pm

Nancy's Bakery – open daily 8:00 am – 4:00 pm

Pollen Sweaters – open daily 10:00 am – 3:00 pm

Terracentric Coastal Adventures – office open daily 9:00 am – 3:00 pm except Wednesday
Kayak and zodiac tours and kayak rentals available

Tug Guhm Gallery & Studio – open daily 10:00 am – 5:00 pm

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

Tidal is hosting two Artists-in-Residence duos this summer: Annie Robinson and Joshua DeGroot, natural dyes and paint, show opens July 31; and Rebecca Chaperon and Jamie Smith, paint and ink, show opens August 16. Life drawing classes have begun.

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. We are meeting outside for the summer. Extra hand and toy washing and sanitation is in line with current COVID guidelines. Call Ria at (604) 414-0383 for info.

Best Friends Dog Training – Outside at the NCRC for puppies, adolescents, and adult dogs. For more information call (604) 483-DOGS or email sandy@bestfriendsdogtraining.ca.

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



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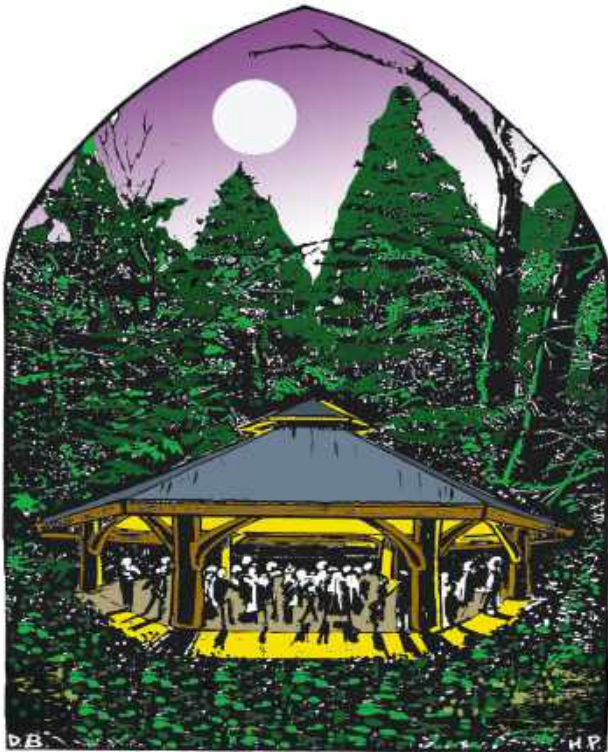


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To book events at the Northside Community Recreation Centre, contact Kristi at 604-414-0628. For events at the Klah ah men Lund Gazebo Regional Park, call qRD Operational Services Clerk Caroline Visser at (604) 487-1380.

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

Summer hours (Canada Day - Labour Day)

Thursday - Monday

9:00 am - 5:00 pm

Regular hours (September - June)

Wednesday - Saturday

10:00 am - 4:30 pm

Closed Statutory Holidays



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Leave Town Centre Mall (north end) 10:05 am 4:05 pm

September: Tuesday and Friday Only (same times)





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qathet Regional District Update

Patrick Brabazon, Director, Area A
qathet Regional Board Chairman

Oh dear, what can the matter be . . . ? Well, the matter is that our world is in distress and yet the mundane daily tasks continue unchecked and sometimes unfulfilled. Each day confronts many of us with questions unthought of a *Barnacle* ago: to mask or not, to visit in person, to Zoom? Who knew what Zoom was? Now some of us struggle with meeting codes and mute buttons.

However, the message behind the qathet in qathet Regional District is *working together* and so we do. We all begin the new day burdened with the cares and anxieties of yesterday but strengthened by the knowledge that we are indeed "all in this together." This is especially true of small communities where faces are familiar, needs are recognized, and neighbours care.

At qRD the work carries on, although under conditions not thought of before now. Staff are separated in time and space, directors slip through quietly for consultations ruled by social distancing. The field workers carry on in the expectation that the public will allow them that same space required in a store. We work together.

This too shall pass. And when it is but a memory, we will be able to look back and say yes, we were kind, we were calm, and we kept safe. We were together. 🌱



qathet
REGIONAL DISTRICT

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

Questions?
Comments?
Give me a call!

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Living with Wildlife

Krystle Mitchelitis
WildSafeBC qathet Regional District Coordinator

With many people in isolation due to the COVID-19 pandemic, we've had time to reflect on what is truly important in our lives: our connection with each other, our connection to the community, and our connection to the natural world. Although humans have been in lockdown during this time, wildlife has carried on as usual. Black bear and deer sightings have been steady throughout the past several months.

We live in a place where our home overlaps with the home of many species of BC wildlife. As long as humans and wildlife share a landscape, there will be human-wildlife interactions. When wildlife quits moving through the community and starts using the community as a foraging area for human-provided foods, then conflicts develop.

WildSafeBC is the provincial leader in preventing conflict with wildlife through collaboration, education, and community solutions and is delivered by the BC Conservation Foundation in communities across BC.

Here in the qathet Regional District (qRD), I am the current WildSafeBC Community Coordinator and I'll be working with you to reduce human-wildlife conflict.

More time at home has increased household garbage, compost, and other attractants. This has increased the potential for conflict in the community. We can reduce human-wildlife conflict in our community by taking simple steps to ensure we each have a WildSafeBC-friendly yard. Storing garbage and recycling indoors is one of the best steps we can take. You can also freeze any organic compost in newspaper or brown paper bags until your next compost drop off day. Other best practices include feeding pets indoors, putting away bird feeders between spring and fall, and collecting fallen fruit and dropping it off for composting. Town Centre Recycling Depot and Sunshine Disposal on Franklin Avenue have free compost drop off bins. Early management of fruit trees will also help maintain a healthy crop.

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Reports to the Conservation Officer Service RAPP line (1 877 952-7277) can help identify where high activity areas are. By identifying these areas, we can work to reduce the attractants and protect our property, family, pets, and the wildlife. Reports to the RAPP line also get uploaded daily, to our Wildlife Alert Reporting Program (WARP) <https://warp.wildsafebc.com/warp/>. Keep an eye on the website for any sightings in your area or sign up for email alerts.



Photo courtesy Robert Colasanto

WildSafeBC offers bear spray workshops and wildlife safety presentations and they also have a special program geared towards school aged children: the WildSafe Ranger Program. Physical distancing measures will be in place and presentations can be offered online. In addition to giving safety presentations, I can be found around the qRD offering tips and knowledge from our WildSafeBC information booth. Watch the Facebook page for updates and locations at @WildSafeBC qathet Regional District.

The qRD WildSafeBC program is supporting the innovative research of University of Victoria PhD. student, Lauren Eckert. This research study is focused on human-black bear conflict in the qRD and participants are needed to complete a survey. Check it out at <https://www.surveymonkey.ca/r/BlackBear>.

WildSafeBC is grateful for the generous support the program receives from its funders including the qRD,

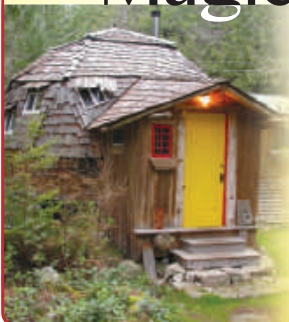
the Powell River Community Forest, the British Columbia Conservation Foundation, and the BC Ministry of Environment and Climate Change Strategy.

For more information on the program, tips to reduce attractants, and wildlife safety,

check out the WildSafeBC website <https://wildsafebc.com/>.

Finally, as the WildSafeBC Community Coordinator, I can be contacted at qrd@wildsafebc.com or by phone at 1.250.898.7451. Please reach out if you have questions or are interested in a presentation. Let's work together to keep wildlife wild and communities safe! 🐻

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Let's Talk Trash

Ingalisa Burns, of the
Let's Talk Trash team

Pandemic-ing our Way to a Healthier Planet

Here we are on the brink - that knife-edge cusp between the way things were and the new realities of physical distancing and travel limitations. Amidst the changes, you've likely been wondering how all this pandemic-ing is affecting the planet.

As we witness provincial plastic bag bans on hold, cafes refusing reusable mugs, restaurants moving to take-out only, and thrift store hours changed - it might feel disheartening. Seemingly, we have taken a step backwards from the culture of zero waste. Added to all this has been the deluge of single-use consumption of wet wipes (not flushable, or compostable - fyi), disposable masks, and plastic wrapped sanitizers in every form possible. While all of this may make the skies look ominous, there might be some silver linings yet.

Almost overnight, our lives became much more 'local.' As a result, some have started sourcing all their needs from their community. Don't pandemic - garden! This was the response of even the more reluctant gardeners among us. Lawns have been transforming to veggie patches, reminding some of the Victory Gardens planted during the world wars. Our habits around food create a big impact on the earth and aiming for more local sources - meaning less transportation and often less packaging, is a great start.

The local sharing economy has also gotten a boost. Social media platforms lit up with free and for sale items when thrift stores temporarily shut their doors (MCC, Auxiliary, and Salvation Army are all now re-opened). With no garage sales happening, roadside items for 'free' seemed to pop up with more frequency and better quality than ever.

We all know that travel accounts for a significant part of greenhouse gas production (GHG). Now that nearly all travel outside of the country, let alone the province, has been massively slowed, we have seen notable GHG reduction - at least from that source. Even if things shift back to old patterns, we will still have had the unique opportunity to consider a new way to live and relax more locally. Holidaying in BC certainly isn't the worst way one could spend the summer months. Massive swaths of parkland and coastline can easily absorb our relatively sparse populace. By getting to know our forests, rivers, and animals, we are more likely to feel a connection, respect, and desire to advocate for their wellness, too. Offices around the world have turned to

tele-commuting, Zoom conferencing, and webinars, further lightening our need to hop in a car or on a plane.

To turn the tide of climate change and over consumption of global resources, massive changes are needed. Habit change, apparently, is most effective when done amidst changes in our surroundings. We

couldn't have asked for a better set up for recalibrating a lot about our day-to-day lives.

Here is our list of some big impact, planet-friendly recalibrations for this time of pandemic-ing:

1. Energy-efficient changes to our homes. Winterize single-pane windows, cold cycle wash laundry, hang clothes to dry, or go big and invest in a heat pump this year.
2. Localize your food sources. Plant some seeds (it's not too late for some crops), glean from a friend's fruit tree, explore the farmers' markets and stands, or get a box prepared for you by a low-packaging grocery store. Consuming less meat also gets global wellness gold stars.



Backyard garden courtesy Ingalisa Burns

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3. Explore BC on foot, canoe, sailboat, and bike, rather than gas-powered vehicles. Continue asking if you can consolidate trips into town or shop for friends. Set up a home office space that will encourage tele-commuting, even when restrictions lift.

4. Reduce consumption - always the best route to care for the planet. Continue with 'COVID-safe' clothing exchanges, thrift store fun, shop 'n swap treasure hunting, and free roadside giveaways. Beyond this, reconsider your relationship with online shopping. Shop with companies that are nearby, use natural materials, and aren't obscene with their plastic packaging. You can also reduce by bringing your own basket or bags to a store - many are allowing this once more. Always carry a reusable water bottle. Get in the habit of keeping reusable cutlery for any spontaneous


take-out meals and let the restaurants know you don't need any cutlery.

5. Compost. Most of you are already on this train, but if not, this is a good time to make your own backyard system or use the free drop off programs at the Town Centre Recycling Depot, Tla'amin Recycling Depot, or Sunshine Disposal on Franklin Avenue.

Happy planet-friendly pandemic-ing! 🌱

Let's Talk Trash is the qathet Regional District's waste reduction education program. Contact us at info@LetsTalkTrash.ca and check out our free resources online at LetsTalkTrash.ca.

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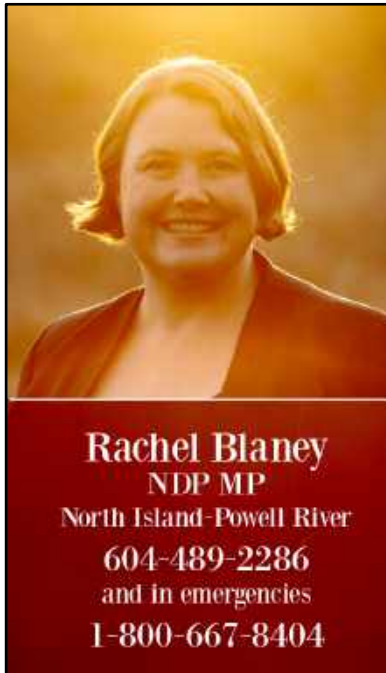
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From the Office of Our Member of Parliament

Drewen Young
Constituency Assistant
Powell River Community Office

This is a message from my heart to the community of Lund. It is addressed to the First Nations people who have called Klah-ah-men home for thousands of years. It is addressed to the Finnish settlers who left familiar shores to venture to a new continent. To the old-timers who tamed the land, fished the waters, and harvested the forests. It is addressed to the wave of beautiful hippies and idealists who sought Nirvana while escaping from wars on foreign lands. And to the country folks, the builders, and developers. It is addressed to the magical gardeners, wild forest foragers, and fabulous chefs. To the artists, authors and poets, musicians, and storytellers. It is addressed to the clever entrepreneurs, small business makers, the uplifting mystics, visionaries, and the necessary resisters. You are the heart of Lund.

We are living in weird, uncertain times, facing a most chilling opponent. We are at war with an invisible virus, being stalked by an enemy we cannot annihilate by conventional means. It has been a taxing, tiring, demanding time for all of us. While some have lost their jobs, other essential workers are doing double-time. All levels of government have been working steadily to help people and businesses in need. The state of our faltering economy is frightening and there is worry many small businesses will not bounce back. As Canadians we are holding our own, but the world is in chaos. Four months into the pandemic, we are coming to the realization this is something we will have to deal with for some time. We are learning more about how to protect ourselves physically and mitigate the worst health outcomes. We are cautiously expanding our social circles and resuming some semblance of our former lives. We are rebuilding; and everywhere, everyone is aware of the planet's collective strength and need to establish a better, more equal and just world.



We are standing on this precipice together. While it is scary it is also exciting. It reminds us that we can make change, that good springs from bad, that forward movement can bring loss but also gain. What we are facing now is exactly what those who came before us faced so we are not alone. Our experiences inform the next generation who pick up the banner and push onwards.

So, with our future so unpredictable and unknown may I remind you, Lund, just what you mean to me? You represent time long past, you hold memories of lifetimes, you enrich the dreams of newcomers, and carry collective hope for our future. Please take care of yourselves so we can visit again and enjoy the beauty of your community. Keep your good hearts and convictions strong. 🌱

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Bike Lund

Charlie Latimer

Community Fleet Update

With social gathering restrictions relaxing somewhat, the Bike Lund mechanics have been able to meet-up again and finish repairing the community fleet for Lund. In total we now have 11 bikes ready to go. With any luck (and a bit of work), we'll have a bike rack located in the Lund harbour with the bikes available for use by the end of July.

Spokes for qathet Folks

Bike Lund is initiating a new program to provide low-income individuals living in our regional district with free, working bicycles to meet their transportation needs. These bikes will be built by volunteers and distributed to people in need with the help of community partners. Bike Lund has recently received funding from the Powell River Community Response Fund (United Way, Powell River Community Foundation, and First Credit Union) and expects to have 20-25 free bikes built by next summer (2021).



Map courtesy Charlie Latimer

HWY 101 Upgrades

Bike Lund has been tracking progress on highway upgrades since last year. The good news is that since June 2019, we have seen the amount of highway with a paved shoulder go from 4.3km to 9km, effectively doubling it. The bad news is that there is still 12km (over 50%) of HWY 101 north of Powell River that still has no paved shoulder. Even worse is that the Regional Transportation Plan (2014) for Area A sets out a timeline that only completes the needed upgrade by 2040. That's right, we are potentially looking at another twenty years of dangerous road conditions for cyclists and pedestrians.

Because of this, Bike Lund presented at the qathet Regional District on July 16. Among other things, we asked for a much-accelerated timeline for upgrades that will provide a safer cycling route. Since this is under provincial jurisdiction, the Board agreed to write a letter to the Minister of Transportation in support of a more ambitious timeline. 📧

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

Puddle Jumpers Preschool

Alisha Van Belle



What a treat! After all the time away, we got to have our Preschool open for the month of June. We were all so happy to see each other. There were no arguments (well, almost none) and some serious playing happening. The weather was not so delightful, but we still managed to have most of our days totally outside. We walked to the beach to find crabs, visited our forest across the street, made tie-dye T-shirts, made fairy houses and fairy gardens, played with baby chicks, excavated treasure from the ice, and managed to get a sunny day for our water fun day (and one of the best water gun fights I ever had). Not all the children were back, but we gained an older sibling or two along the way.

On our last day, we met at Okeover Provincial Park to play on the beach, play parachute games, eat a picnic lunch, and see

our “big kids” graduate. We say goodbye to five children; Talia, Eden, Caleb, Oscar, and Bear will be going to kindergarten next year! I am so proud of our little Preschool and the children who make it a special place.

We have some space for children aged 30 months to 5 years (and potty trained) in September. Please call me (Alisha) at (604) 414-0091 to reserve a spot for 2020/2021.

Two of our metal Tonka trucks (a dump and an excavator) went missing over the COVID “holiday”. If you know where they might be, please contact me. 📞



All photos courtesy Puddle Jumpers Preschool



Puddle Jumper Grads photo courtesy Ashley Machin



Photo courtesy Puddle Jumpers Preschool



Playgroup - photo courtesy Ria Curtis



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How in the World Did You End Up in Lund?

Nicole Henri

A dream brought us here. It's an old dream, one I think is like that of many people in Lund. We wanted to create a homestead, raise our family, and grow food. Over the years we saved what we could, met with land groups, and looked at real estate. To be honest, after our third child was born and the cost of property was so high, I really didn't see this happening for us until we were ready for retirement when we would no longer have the physical energy to do it.

But then something shifted.

Sebastian's mom wanted to retire. The cost of living and the pace of life in Vancouver were getting to be too much. She wanted to buy property with us.

We looked on the lower coast, which is where we had been living for twelve years and couldn't find a match. Then I suggested Powell River and almost put my hand over my mouth as soon as the words came out. I knew that moving to a new community and leaving our current one would be tough. I grew up in Port Coquitlam and knew that being yet another ferry ride away from my hometown, from family and life-long friends, would be hard too.

As we began looking in Powell River, we quickly realized that this was an opportunity. Our search took us to a property out in Lund. We both left that day feeling as though the property held so much potential and possibility. It felt good.

We hadn't originally planned on building our own home but now we were considering it. With three young kids, we had some figuring out to do. One part crazy, one part ambitious, and one part inspired; we decided to move forward with this. We made sacrifices and lived in our fifth wheel for fourteen months. We worked hard as a family.

Throughout the build, we would go over to our neighbours for a Sunday night bath. We'd have tea and our family would get clean for the week. We have really amazing neighbours! Through their kindness, generosity, insight, knowledge, and friendship, they have helped us make it through some really challenging times.

We have been here a little over two years and this time has held love and loss, pulling through and letting go, learning and growing.

To quote Elisabeth Kubler-Ross:

"There are dreams of love, life, and adventure in all of us. But we are also sadly filled with reasons why we shouldn't try. These reasons seem to protect us, but in truth they imprison us. They hold life at a distance. Life will be over sooner than we think. If we have bikes to ride and people to love, now is the time." 🍷

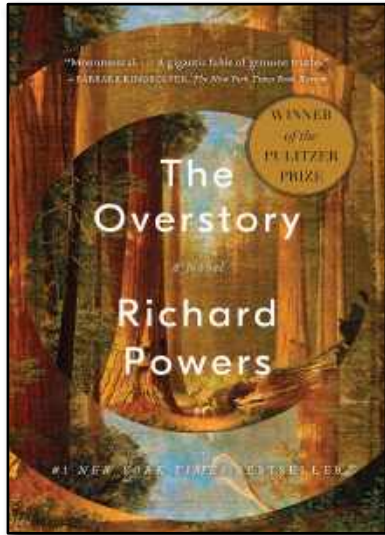


Photo courtesy Nicole Henri

Lund Reads

Ev Pollen

I wish 2020 was our eyesight instead of the year, but there are silver linings to having life slowed down a bit, such as being absorbed in a great book. *THE OVERSTORY*, by Richard Powers, is not a quick read but worth every minute spent in its world. The novel is compiled of eight characters' stories, each set in a different time and place, and each in some way tree centric. One is the child of westward-moving American pioneers, one a futuristic game designer (a sort of SIMM City, but you build your own planet), one the daughter of an agriculture agent who teaches her to be curious.



Each of these stories is a character and plot-driven revelation that addresses big questions about humans and the natural world. In what ways has society improved human life? In what ways has human life changed the natural world? What drives science? What drives activism? What impetus can change unseeing into caring?

One character refutes the notion that we are all trapped in our social identities by listing things that have gone from being property to being persons: children, foreigners, prisoners, women, blacks, people who are disabled or have a mental illness. Surely this is growth in societal consciousness.

One character discovers that the gasses exhaled by a tree contain a pesticide, the amount of which dramatically increases when the tree is under attack or when a nearby tree is attacked and emits the pesticide. Her paper on this suggests that the trees are sharing information. The scientific community scorns and discredits both the paper and its author. But advances are made when someone steps outside the group thought and years later the paper, the author, and maybe the community, are redeemed.

I hope this has piqued your interest because this book is rich with so much more. This is a crazy year. We all know that inevitable changes are coming in so many aspects. Here's a book that will really give your brain and soul something to chew on.

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Silver Linings Kidsbook

Paul Shore

Even a pandemically dark cloud can offer up silver linings! These odd and challenging times have certainly reminded many of us of the importance of spending time doing things that matter deeply and feed our souls. For me that means projects and activities that might inspire or uplift others, especially children. This can range from exposing family and friends to the awe of nature in Desolation Sound to writing kids' books about polar bears, electric cars, and boogers.

I write as a hobby that fuels my soul. Though, like most writers, I dream of writing for a living...or even just to fund my kids' Sassy Mack's ice-cream habits. When I embarked on yet another writing passion-project a couple years ago, I thought to myself "again, you dreamer?... really?... again?". But, I have lived by a "why not try" mantra for at least 30 years, so why wouldn't I follow my heart and try to write an uplifting and comical kids' book series about climate action that might inspire the children who will inherit the challenges that we are handing down to them?

The vision for *Steve & Eve - Planet Hero Kids* can be summed up as *Jungle Book* meets *Herbie the Love Bug* with an environmental twist. Steve is a kooky polar bear wearing a life ring (need I say more?) who is imbued with magical power of the Northern Lights. His new pal Eve is a feisty electric car who wants to change the world. Together they learn that spreading kindness can heal the planet and that they need to enlist creatures all over the globe to help – and so their travel adventures begin.

Deborah, my writing partner, and I started pitching publishers a year ago and quickly entered the cycle of rejection-tweak-rejection-tweak. We had put the project aside when serendipity started to strike this past February as a friend teased some major story arc improvements out of us. Then the global pandemic descended and other friends started to push us hard, saying "you have to get this out there... this is a message for these times". But how would we ever pull this off? For starters, how would we ever find an illustrator?! We reached out to art students – too green or simply not interested. We reached out to accomplished illustrators in major cities – too busy or too expensive. And then Lund intervened!

I had canvassed everybody I knew in the environmental and writing worlds. Lundie Charlie Latimer of

Greenpeace reached out saying he knew an illustrator right here. My inside voice said, "shut the front door... ya right, a guy who can illustrate kids' books is in Lund, during a global pandemic", my outside voice said, "great, I'd be happy to speak with him." Turns out that Prashant Miranda isn't just any old illustrator; he's an accomplished children's book illustrator, who drives an e-scooter, doesn't possess a phone number, and has a heart and soul the size and depth of the Salish Sea. Deborah and I clicked with Prash right away and we are now working together. The road to publication is fraught with gigantic obstacles, though that doesn't seem to faze us in the least – let's put quality work out to the universe and see where things lead!

Our journey together is just beginning, and success is uncertain, though it is starting to feel like the planet, or at least our little mystical region, keeps whispering to us "try... try... try... find silver linings... spread kindness... have some fun... NOW." Silver Linings?... time will tell! 🌟



Draft character design of Steve courtesy Prash Miranda

A Letter from ROME...HOME

Monique Labusch

To whom it may concern: family, friends, community, Lund, BC

Greetings from HOME!

No travelling this year, it was going to be ROME,
With no other choice, we holiday at HOME.

An easy journey, nothing to pack,
A change in attitude, nervous smile on the back.

No planes, no jet leg, no expenses, no stress,
No lineups, no strangers, no need for a dress.

We'd been HOME before, not long ago,
But now it had changed; it was starting to show.

New rules to be followed; it made sense to obey,
All came to a hold; the world changed in a day.

Before, life was busy, that's what people admired,
If you wanted to feel accomplished, you had to look tired...

You would never say no when meetings were planned,
When things needed organizing, you were there, on command.

Running 'round all day, the children too,
Filling up the week's schedule, that was you...

Always on the go, never doing without,
Attending the parties, events, no missing out...

Re-balancing turned what seemed important before,
To fading memories as simple pleasures came fore.

Now you love your new life and not doing a thing,
You know what you were missing and feeling the sting.

You now enjoy gardening; you've time to bake,
The family loves you back 'cause there's sourdough bread and cake!

Now you stay home and can't BE on the go,
A freedom comes over to feel relaxed and say no.

Finally, you feel you've got your life back,
This is what life is all about; Now I'm on track!

To tell you the truth, your life was always there,
Just covered by stuff; you were just not aware!

Please stay aware how everyone's life is precious and short,
So treat it with respect, love, and the kindest thought.

With love from your happy home-tripper. 🍷



An Imagined Letter from COVID-19 to Humans

Kristin Flyntz

Stop. Just stop.
 It is no longer a request. It is a mandate.
 We will help you.
 We will bring the supersonic, high speed merry-go-round to a halt
 We will stop
 the planes
 the trains
 the schools
 the malls
 the meetings
 the frenetic, furied rush of illusions and "obligations" that keep you from hearing our
 single and shared beating heart,
 the way we breathe together, in unison.
 Our obligation is to each other,
 As it has always been, even if, even though, you have forgotten.
 We will interrupt this broadcast, the endless cacophonous broadcast of divisions and distractions,
 to bring you this long-breaking news:
 We are not well.
 None of us; all of us are suffering.
 Last year, the firestorms that scorched the lungs of the earth
 did not give you pause.
 Nor the typhoons in Africa, China, Japan.
 Nor the fevered climates in Japan and India.
 You have not been listening.
 It is hard to listen when you are so busy all the time, hustling to uphold the comforts and conveniences that scaffold your lives.
 But the foundation is giving way,
 buckling under the weight of your needs and desires.
 We will help you.
 We will bring the firestorms to your body
 We will bring the fever to your body
 We will bring the burning, searing, and flooding to your lungs
 that you might hear:
 We are not well.
 Despite what you might think or feel, we are not the enemy.
 We are Messenger. We are Ally. We are a balancing force.
 We are asking you:
 To stop, to be still, to listen;
 To move beyond your individual concerns and consider the concerns of all;
 To be with your ignorance, to find your humility, to relinquish your thinking minds and travel deep into the mind of the heart;
 To look up into the sky, streaked with fewer planes, and see it, to notice its condition: clear, smoky, smoggy, rainy? How much
 do you need it to be healthy so that you may also be healthy?
 To look at a tree, and see it, to notice its condition: how does its health contribute to the health of the sky, to the air you need to
 be healthy?
 To visit a river, and see it, to notice its condition: clear, clean, murky, polluted? How much do you need it to be healthy so that
 you may also be healthy? How does its health contribute to the health of the tree, who contributes to the health of the sky, so that
 you may also be healthy?
 Many are afraid now.
 Do not demonize your fear, and also, do not let it rule you. Instead, let it speak to you – in your stillness,
 listen for its wisdom.

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What might it be telling you about what is at work, at issue, at risk, beyond the threats of personal inconvenience and illness? As the health of a tree, a river, the sky tells you about quality of your own health, what might the quality of your health tell you about the health of the rivers, the trees, the sky, and all of us who share this planet with you?

Stop.

Notice if you are resisting.

Notice what you are resisting.

Ask why.

Stop. Just stop.

Be still.

Listen.

Ask us what we might teach you about illness and healing, about what might be required so that all may be well.

We will help you, if you listen. 🍄

Editor's Note: In printing this piece by a Facebook/Twitter-contributor and not a Lundie, my intention is to give the virus a place in the conversation. I certainly do not want to discount all the pain COVID-19 has caused in so many ways to so many people, yet the message here is critical and I haven't heard it said at all before and certainly not with this impact.

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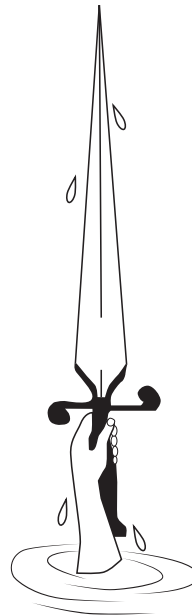
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So, What's New?

Trish Keays

The flights of finches are exuberant, exhilarating, and buoyant. The bird books say so and now I see it's true, as they carve the air with hip-hop like sweeps, touching wings at the bird feeder.

The clarity of the air is almost crystalline, psychedelic, especially when the northwest wind pushes through and whips up whitecaps.

Hummingbirds are heart-stopping when they come close, make eye contact, and wing away. I want another one to come wash-dance in the sprinkler.

Chipmunks have eaten almost all the seed heads from salad burnet plants, piling up little stacks of seeds on paths, scurrying around with that infectious dart-dash-zip energy.



Photo courtesy Brian Voth

The smell of the forest after rain fills my lungs and reaches through to my heart on every forest walk. Vanilla leaf is blooming, salmonberries are maturing, bear sign triggers a song to keep them away.

Time alone, time for uninterrupted reflection is a gift to us introverts caught up in gerbil-cage running.

Not having to travel is a gift to me for whom travel used to be a dream, an adventure, morphed into a necessary hard commute to get to and from work, became one big grind, and now seems like deep history.

The cycle of summer following spring is reassuring in a wider context of bleak uncertainties, knowing fall and

winter will come around again too. Gardeners are optimists, believing that speck of seed going into the ground will actually grow into farewell-to-spring or lettuce.

Why write about these? Because they are a counterpoint to what else is going on these days.

As I write this, 9.7 million cases of COVID-19 are confirmed globally and almost 500,000 deaths, with actual deaths known to be higher than reported. A 2019 report prepared by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services says that species extinction rates are 'accelerating', with over 1 million animal and plant species threatened with extinction. Ecosystems, species, wild populations, local varieties and breeds of domesticated plants and animals are shrinking, deteriorating, or vanishing. The very foundation of our economies, livelihoods, food security, health, and quality of life worldwide is being eroded... by us.

And for what? An economic system that is unsustainable, extractive, consumer-driven, blindly capitalist, and destructive. For lifestyles that are greedy, individualistic, and irresponsible. For lives that for many are rat mazes, gerbil wheels, materialistic, unfulfilling, and empty of meaningful connections – and for many others, focused on bare survival in terrible circumstances and conditions.

Maybe the price of unrelenting development is this: hundreds of thousands of people dying. Planetary ecology has an equilibrium we can hardly guess at and we've been pulling and poking at it for centuries. If we don't stop, we can expect more previously unimaginable pandemics.

Maybe it's too late for us, a footnote in geological records because we couldn't de-link our curiosity and inventiveness from our greed, arrogance, and selfishness. "Oh, that's not me," one thinks. But it is. The evidence is in tatters all around us. The author Martin Amis was asked by an interviewer whether he didn't think his latest book was "very dark". His response was, "What I'm feeling is species shame and species rage." I'm feeling that too.

Awesome is a word hollowed out by overuse, like a

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husk of its original meaning. But research suggests that a sense of awe, being full of wonder, can influence depression, diminish anxiety, sharpen decision-making skills, connect us to something bigger than ourselves, and increase positive health and life expectancy.

We have to seek sources of wonder and the exploration is part of the uplift. We live in such an amazing place; we can watch ravens chase bald eagles, track the V-shape of an otter in the water, watch a humpback whale sound or a pod of transient orcas feed, hear loons call. But only if we are out there, watching and listening, open to “winning the nature lottery”, as my son says.

It's work and a life practice to choose the things that bring positive emotions and feelings – a forest walk, time at the beach, gratitude for love, art, and music, being generous to someone without expecting thanks or recognition.

The Provincial Health Officer repeats the mantra: “Be calm. Be kind. Be safe.” How great it will be if these orientations and behaviours bridge us into a future that is calmer, kinder, and safer. Tumultuous times, yes. Big change always is. But the recession triggered by COVID-19 and related measures is predicted to be even bigger and longer than the pandemic itself. Can we “build back better”?

While we can't control the big picture, we can reframe the pictures of our lives. What does it look like to see ourselves content? What is enough? Can we be satisfied with what we have, or will we always want more? Expand, consume, and in the process, push into the last vestiges of wilderness to release the next as-yet-unknown virus, fail to address climate change, add more millions of species to the extinction list (yes, we're up to millions), replace more forest ecosystems with monoculture? As Einstein said, “We cannot solve our problems with the same thinking we used when we created them.” So where will new thinking come from?



I can grow anywhere - photo courtesy Brian Voth

On the big picture, the pandemic forces us to rethink why we have governments, who we can trust, the purpose of a nation state, who holds an economy accountable to people. Here's a shout-out Yeah! to public safety, public health (clang those pots for health care workers at 7:00 pm every evening!), public education, and accountability for the public good. Here's a plea for accurate and timely information, a well-funded science and evidence base that informs policy and action, and a guaranteed annual income so that building back better leaves no one behind.

I hear you now, over the wind:
Bah, humbug. Where would we possibly find the money? Oh, so many places. Remove public subsidies to sunset industries, support sustainable livelihoods instead of jobs, give the lobbying industry a polite funeral, lower the cap on political donations, practice zero tolerance for corruption and conflict of interest, divert the funds that go into military-style policing to meaningful justice, close private for-profit prisons, assign real costs to “externalities” like pollution and unpaid care work and force adjustment to how we show we value those things, de-colonize governance structures and delegate more real decision-making as well as resources to local communities and citizens, shrink the bloated over-structure that feeds itself and creates wealth to the point that it destabilizes societies and economies. That's a start.

Now I have to go look for something that brings me back to a state of wonder. 🌱

<https://www.un.org/sustainabledevelopment/blog/2019/05/nature-decline-unprecedented-report/>

<https://www.livehappy.com/science/news-trends/sense-awe-may-fight-depression>

<https://psychcentral.com/blog/how-awe-can-diminish-anxiety/>

What Can We Do?

Sandy Dunlop and
Trish Keays

- Smarten up, grow up, and as a species, get over ourselves.
- Suspend our “that will never happen” voices for a while. Inside voices too.
- Notice serendipity and incredible coincidence. Acknowledge the little miracles all around. Lean into that. Notice the opportunities for positive change and jump on them.
- Be grateful and encourage the smallest little shifts that can bring something positive. Recognize and acknowledge the positive shifts that others make, building a new way together.
- Think about the changes you would like to see in the world that would make it calmer, kinder, and safer for everyone and everything. What do you hope for?
- Think of something you can do, no matter how small, to bring that vision to reality. It may not have worked before, but everything is different now.
- Consider the planet, all of humanity, and all other species as equally deserving of kindness, consideration, and sustainability, and ourselves as just one part of a network of life. How would that affect your day?
- Listen better; hear more. Look closer; see more. There is so much going on in our natural world that we miss and so much going on inside us that we ignore.
- Practice being content, joyful even, with what you have and where you are. Buy less; “need” less.
- Spend time alone in the forest for rejuvenation.
- Take time to be with children and learn to play like one.
- Be kind/er. Flex the heart muscle more. Notice any of your unkind behaviour. Own it to try to avoid repeating and don’t beat yourself up about it. Skip the shame and guilt part.
- Follow a passion that doesn’t hurt anybody or anything else.
- Do something generous and good for someone else without expecting recognition.
- Be part of civil society movements for a better world. Flex being a citizen over being a consumer.
- Re-think everything: what an education is for, the purpose of one’s life, why we have nation states and public institutions and what we expect from them, how we choose to spend our time, what is privilege and how has yours played out so far?
- Be grateful for the magical mystery of being alive at all.
- Stop making excuses. 🍄



Photo courtesy Brian Voth

Always Look on the Bright Side of Life

Kiran Hollmann-Prichard

My oh my, what a year it's been so far. In my previous article, I spoke about what it was like growing up in this day and age. I admit to focusing heavily on some of the negatives of being a young person today during this rather crazy and historic time. In this article, I intend to focus on some of the positives of our situation here at the end (or start) of the road during the great pause otherwise known as COVID-19.

March 18. Does it ring a bell? If it doesn't, that is the day when everything shut down and restrictions and daily health warnings were laid out by the BC government led by the passionately committed Bonnie Henry. Since then, there have been many casualties and the global pandemic has taken a considerable toll on the global economy. However, being stuck at home has not been that bad. Everybody's situation is different but considering the fact that we probably live in one of the best places to survive a global pandemic, I believe that you can definitely put a positive spin on our current predicament.

There are many opportunities that we have now but that we didn't have before because we were too busy with the normal hustle and bustle of our lives. You may have used this time at home to learn a new skill, discover a passion, or find a hobby that you enjoy. The great pause has also provided an excellent time to connect with family or friends in your immediate bubble. I have heard from a few of my friends saying that they have actually gotten along better with their siblings during this time. I think that with more time together, you learn how to get along and you definitely learn more about the people in your family. I have also been feeling very grateful for everything we have and paramount to that, where we live. We can easily go outside and escape from it all in the serene beauty of our surroundings and at the same time alleviate some of our cabin fever. Because our population is more spread out, we have been less hard hit in our immediate area. I know that in places such as the United States and Europe where the population density is very high the impact of COVID has been catastrophic. We are very lucky because we live in an isolated and also a very loving and tight knit community.

One thing that I have considered with my new-found free time is how different life will be once this pandemic is officially behind us. There is no doubt that

the world will be a different place. Our daily lives and our society could be impacted heavily. Things that have become a reality over the past few months may become a normal in our society and others may depart with the virus. Washing our hands is a good practice to continue. Perhaps people will continue to use online formats of services such as shopping, banking, and other things that you used to do in person but are now encouraged to do from home. This so called 'holiday' may have made people realize that they can get by while working less and by doing that, open up the chance for more activities that they enjoy and which increase their mental and physical well-being.

Another major change is in the education sector. Over the past few months, students have been completing their learning online. For me personally, it definitely felt like less work and it feels wrong that it is already summer and I am done the school year. I learned how to be more disciplined and motivated as it was up to me to create my daily schedule. In the future, I think that there will be a larger portion of classes taken online either from home or at school. All this time at home is definitely proving advantageous to gaining additional life skills – cooking, gardening, and some woodworking are things I did – that will help me in the rest of my life. All in all, there have been many positive aspects of the great pause and if we take time to appreciate everything that we have, I think it will make our world a better place.

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Where Do We Go From Here?

Alisha Van Belle

Like many of you, my life was shut down in March...in the middle of a practicum...in the middle of a test...in the middle of a busy, busy life! My first reaction was relief that the pressure of my life was off. It was after that initial relief that the "great pause" became hard. Perhaps many of you, like me, started rethinking what you wanted LIFE to look like. Once I had a moment to catch my breath, normal did not seem so normal anymore. I started to feel very dark about the future and the stories about the future in social media appeared dark as well. But when I gardened in my yard, dealt with my animals, cleaned out my messy spaces, and spent time on the phone with family and friends, it all seemed so beautiful. This strange feeling of dissonance kept happening. Problems with the outside bureaucracy created resolutions within community. Having no paycheck still seemed to result in abundance of everything I needed. The feeling of anxiety always gave way to a feeling that everything was totally fine. And all that "empty" time seem to fill up magically in a flow that was much truer to myself. Questions of "How did I ever do this all before?" gave way to "How do I want to do this now?".

It became so clear...stuff doesn't matter...achieving endless goals doesn't matter...relationships do. The most rewarding parts of my life take place in relationship. Not only with people, but with dirt, animals, plants, insects, and water. This led me to think further about all the broken things in the world; the climate crisis, farming, logging, pesticide use, disappearing animals and bees, food distribution, our human health, the economy, race relations, power structures....oh, that list can go on. Maybe the same thing I realized in my personal "great pause" is also the answer to these problems. Relationship, interdependence, community, and looking with a holistic lens at how the parts all relate to the whole...maybe this is how we get out of this mess? Maybe a new story of interdependence can make our world more resilient? If we take a look at all the things we are involved with in our little corners of this planet with a new lens of interconnectedness, maybe we can slowly build a "new normal" that cares for the planet, the animals, and each other.

This pandemic experience has led to lots of divisiveness, but I think it has led to an even greater feeling of being part of a human family. If we can extend this out to thinking about our animal family, insect family, tree family, soil microbe family, even your own body's gut microbiome family, maybe we can find better solutions to the problems that face us all. My little farm makes little economic sense in our current system, but it gives me joy to nurture all the creatures that live here. It gives me joy to know that I help feed people. It gives me joy to know that I am leaving it much better than when I received it. It gives me joy to know I am part of a vibrant community that dares to try things a different way. I realize I live in paradise! 🌱

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My Tai Chi Pandemic Journey

Ria Curtis

I have been a practitioner of Tai Chi for over 25 years now and an instructor for nearly seven. When the world shut down and everything was cancelled, I found myself at home a lot more. I had more time to work on things around the house including building a veranda with my husband and now I'm working on a stone and cordwood house to hold my studio. The garden has never looked so good and I have more time for long hikes alone. I miss swimming and friends and my tai chi students, but I have really enjoyed the unusual ability to focus on a task until it is finished or I'm too exhausted to continue on.

So, I've been working very hard physically, but I've also found a lot more room in my head for thoughts and feelings, both mental and physical. As I was picking up rocks for my rock wall foundation or placing the heavy rocks in the puzzle that is rock wall building, I found my tai chi training bubbling through each thought and movement. I became fascinated how each deep knee bend to lift a heavy rock was affected by being centered and mindful of balance. As I focused on the movement and balance in my body, I was fascinated to find connections to everything I did. How much, I wondered, do tai chi and my regular daily chores affect each other?



Photo courtesy Ria Curtis



Photo courtesy Ria Curtis

Soon I was finding tai chi in every movement of every day. Hoeing a row, vacuuming, washing windows, and even spinning a salad – I had incorporated the basic principles of tai chi into it all. Balance, mindfulness, center. I felt connected to all of it, every rock, every strike of the hoe. The more I paid attention, the more I felt connected to the world around me. It is a magical perpetual motion machine!

Now I know I'm more fortunate than many. I live out in the bush on a farm and I have lots of room to move and be outdoors. Those who are holed up in their city apartments have a lot more to contend with during this worldwide isolation period. But what if we all used the time to look deeper and notice the world around us, no matter how small that world may be right now. Be present in every action and

thought. Find the center and balance in everything, no matter how mundane, and the world can expand to an enormous universe.

Or maybe I've just lost my mind, but at least I'm content and happy. I'm getting stuff done I have wanted to do for years. We have been given the gift of time; enjoy it. Be kind. Be present. Find balance. What could be simpler? 🌱

The Gift of Friendship

Sandy Middleton
Best Friends Dog Training

I love and appreciate dogs, but during the pandemic I have come to understand, on a deeper level, the gift of their friendship with us.

We take dogs for granted but think about how special our relationship is. Another species, with a totally different culture, chooses to live with us so closely. When you go for a walk, your dog follows you. When you leave the house, your dog waits for you to come home and greets you joyfully when you do. When you are sad or upset, chances are your dog sits or lies quietly beside you or rests his head on your knee. When you go to sleep at night, your dog is nearby, sleeping when you sleep and waking when you wake.

Day after day, your dog is there, choosing to be with you. She willingly stays in your home, by your side, and does what you ask, for little more than the price of her meals and a safe place to live. Yes, you trained her to do your bidding but that isn't the only reason she does what you ask. Your dog wants to live in harmony with you. Your dog wants to be your friend.

When I walk in the woods with my dogs, I walk in solitude, but I am not alone. My dogs are with me and their joy in the walk is infectious as they smell the smells, roll in the mud, leap in the water, and jockey for sticks. I am grateful I have the power to make these lovely creatures so joyful, as they explore and run free. And I am also grateful that they always have one eye on me, ready to follow my lead and go where I go. The pandemic recedes and all is right with the world when I am walking with my dogs in the woods on our shared adventure.

During the pandemic, rescue groups and breeders have reported an increase in the number of people looking for puppies and dogs. People get dogs for many reasons: to do dog sports, to guard the house, because families have dogs, and other reasons. But during the pandemic, when our physical connection with friends and family was broken, I think people looked for a relationship when they got a dog. I think they looked for connection with a friend they could touch and they could trust. And that's the best reason to get a dog.

For those of us already living with dogs, they have helped us through these strange and difficult times as they always do – by being our friend. And that's a gift. 🐾



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After You

Debra Bevaart
Tug-Guhm Gallery Studio

"After you". "No, after you". It's become a bit of a throw-back to the old days: acknowledging people's place and space compared to the recent past where our rushed heads were strictly down and forward.

Life has now slowed down...with lots of time to think and reflect on the new world, at least that is what I will call it. Life as we know it has changed and it may be we never get back to "the way we were". I also think that perhaps people have benefited with a new appreciation on all we do have. Or at least that is my wish. We, as Canadians, live in such abundance here on the west coast, especially our sunshine coast, and maybe, hopefully, with our new-found appreciation, we'll take care of it all a bit better than before.

Planting and harvesting your own garden, something perhaps started for the first time in your life, now reaping the benefits with fresh veggies grown yourself! This creates a tremendous sense of accomplishment, pride, and also a better appreciation for the foods we eat and those who grow them. Maybe even a better sense of gratitude for what this beautiful land supplies when it's given a little tender loving care. This empowers us: learning a little "get back to the land skills", getting to know your kids better, yourself better, hey - even your pet! There's always a silver lining if we only take the time to seek it.

We've been somewhat forced (even if we don't know our neighbours) to care about them for all our safety. A lot of terrible cause-and-effects have happened in the last few months; things have been learned; things have been seen that are needing to be changed for the good of us all. And I believe we're having a good effect on each other. Even though we have to live in a smaller bubble, it has crafted a whole new connection to everyone.

Now for our small businesses (and I run one of them), we are only beginning to see the adverse effects it will have. Brace yourself. ☹




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.

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Reflections on a Pandemic

Sasha Uhlmann, MD, MPH

When the pandemic first hit BC, it was a stressful time to be a health care provider. I had visions of our hospital inundated with sick and dying patients, many of whom I would likely know. I was worried about bringing COVID-19 home to my family and wondered about moving out of my house. And I felt our local health care system was unprepared for an outbreak of this magnitude. But over the following weeks, as the public did their part through social distancing and quarantine, the masses of sick did not come. This gave us time to prepare our hospital and clinics to safely treat COVID-19 patients. It was inspiring to see how our local health care professionals came together and worked tirelessly to make our community safe. As the weeks turned into months, and we can now say we flattened the curve, I think most health care providers are settling into what appears to be a long road ahead. We now breathe a bit easier but know we cannot let our guard down. The last few months of dealing with this pandemic has highlighted a few important points for me:


It has shown that to deal with a pandemic of this magnitude, countries need a cohesive public health system and a government funded health care system, as we are lucky to have here in Canada. It has highlighted the importance of having leaders who are empathic and listen to the best evidence. It has also shown the importance of having more female leaders. It reminds us that already marginalized people are always the most affected in time of crisis. For example, more people have died from drug overdoses in BC than from

COVID-19 in the past few months. It has also shown that, immediate, radical change **is** possible, despite what governments have been saying for decades about climate change. We should expect no less of a response to climate change as there has been to COVID-19. And, as with climate change, this pandemic is a global issue that requires a coordinated response from our global community. It does not work for one country to stockpile drugs or monopolize a vaccine. We will all suffer from this type of behavior.

Although COVID-19 has already taken so much in terms of lives lost and economic hardships, it has also given us something...the chance to re-examine what is truly important in life. As we cancel trips, extracurricular activities, and social activities, for the first time in a decade, I have had continuous, uninterrupted time with my family. It makes me wonder if "back to normal" is all that normal?

My hope from this pandemic is that countries realize the importance of collaboration when it comes to issues of global health. That we realize the importance of socialized medicine and social welfare. That we elect leaders who are empathic and collaborative, not divisive. And that we slow down a bit and enjoy our small blessings.

I would like to thank the public for doing their part to flatten the curve and my colleagues for their continued efforts to keep our community healthy. 🙏



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BLM in a Small Town

Jesse Firempong

I grew up as one of a handful of Black people in an Ontario town of 3,000. As a teen, I worked hard to be popular to avoid racist bullying. I didn't talk much about my African heritage -- not because I struggled with my mixed-race identity (I didn't) but because it was irritating (at best) and offensive (at worst) to hear people talk about Africa.

Twenty-odd years later, I surprised myself by moving to Lund, a more progressive town, with perhaps work still to do (judging by the BLM graffiti wars off Malaspina Road). I notice that White, homogenous communities tend to take for granted that their experiences are universal, making it important for them to learn about what people of colour experience.

If you feel threatened by "Black Lives Matter" ask yourself why, since it simply means that Black people

should be treated with the same respect as White people. If calls to defund the police scare you, consider the frequency with which police mental health checks end in the deaths of Black and Indigenous people. Police are proving they can't do their jobs safely when it comes to people who look like me. So, we need to reduce the size/scope of bloated police forces to fund social services addressing the root causes of crime and

distress calls. The task of responding to truly violent threats can fall to a much smaller group.

I love Lund. Yet I wonder if, when I start a family, my bi-racial children will be lonely, alienated, or targets of violence. I wonder if the day would come when my child is catastrophically ill, and I would

stand phone in hand, poised to dial those three numbers, not knowing whether my child would leave our home in an ambulance...or a body bag. Would you make the call? 📞



Photo courtesy Brian Voth



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Lund Kid Revisionist History

Anna Gustafson

The Centred of the Universe

From the moment I realized I was free to go, I did. Once out of diapers. Lund wasn't a life sentence as I had assumed. There were lifelong residents down every dirt road and their surname was attached to it. Folks who've had the same phone number for nearly a century. But I pointed my dreams "beyond the mill". When you're breaking up with someone, it's easier to justify the exit by throwing shade on what you're leaving behind. It's not you Lund; it's me. Neighbours in your business... gross. Quiet...*get away from me*. Highs and lows of the tides...*Ugh! Sooooo repetitive*. Enter comedy.

Getting thrown into the icy deep end of city living was neat! Nobody knew me. I had nowhere to be, really. Peace, abundantly accessible by shutting myself in a tiny apartment, certain no one was coming over to borrow the chain saw.

At two decades in, I'm feeling pretty okay with the self-isolation so far and solitude remains quite attractive. But Holy Husqvarna am I glad I snapped out of Lund being the villain in my story! It's what's getting me through this wildly uncertain time.

Back when I was still feral, I would lay in the grass and look up at the sky and trees. Just an eight-year-old relaxing and contemplating. A particularly eccentric substitute teacher made us do this while listening to Nana Mouskouri and then draw what we saw in the clouds. We couldn't get over how whacky this was and now I hire people to do similar workshops so artists can jimmy their stories out the crevices in their minds.

And here I am now, laying out in my backyard, listening to digital birds chirping out of my meditation app, looking up at the trees and sky. It's more "weighing my options" than "relaxing", but that's Toronto. Wishing I was under a western sky. Wondering how I could collapse the 4730 km between me and Lund. Realizing that not everything was left behind.

We cultivate community as best we can 5.2km south of the country's busiest highway. Neighbours' kids are excited to see us in the driveway and run through our sprinkler like we meant to water them and not the grass. They know to keep their distance during this particular global crisis, but thankfully their parents

have taught them it's still safe to say, "I'm Spiderman" and "Gonna go get Barbie". The other direction neighbours have a giant indoor cat that takes the morning shift in his mesh tent to preside over the yard. I start my day saying, "Good Morning, Lloyd", his tail corroborating how he digs my community vibe. There isn't an ocean here, but there is a sail in my yard adding shade to my al fresco work experience. With proper braided nylon rope cleat-hitched to the pergola. I'd put up a zunga in a heartbeat but, you know, liability.

The hippie in me is convinced that the planet, while laying there looking at her own sky, has realized that we're not the boss of her and refuses to take any more of our shit. I respect that and can stay put in a social bubble to help protect her, and our, future.

The sentence I'm serving now is missing being in Lund. And because it's not advisable to travel unnecessarily, I don't know how long I'm in for. I would never bring what currently lurks in the Toronto air out there, like black cat hair riding undetected on a black sweater. I respect that too. And every human between here and there except Jason Kenny. I bring enough impatient driving and 5G dependency when I visit; don't need to bring a plague.

So, I'll just lay here. Continue to stab at peace. *Try to remember the kind of September, when life was slow and oh so mellow*. Thanks Nana. Thanks Mrs. Sorenson. 🍷

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



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Community

Cora Scott

I want to start by saying thanks to all those who came to see me in hospital and helped me out in so many ways when I had, for lack of a better term, my “cardiac event”. Friends didn’t just give platitudes but gave practical help, like Barbara, who cleaned up cat damage and Jim who fixed the cat damage to my bathroom. Thanks to Margaret and Ray who showed up with home-baked bread and soup. People also gave me rides, like Jack and MaryAnn. Karen and Andrew took a long list to town and got me groceries. A whole crew cut, mowed, and trimmed my back yard to garden status. Sonny and Cindy helped with planting and mowing. Tracy and others fed the cats and Selena got Truffles once again.

When I was first admitted to hospital, word of the tragedy in Wuhan was headline material. When I was released, it was to a strange, empty world where vehicle traffic was stilled, stores had line-ups, and it was “no cash please”.

The whole experience has brought to my mind how many Lundie seniors there are, both male and female, who live alone and value their privacy and independence. I think it occurs to many of us that we could die or be seriously ill or injured and no one would know.

I think we should have checks - wellness calls – where seniors phone and check in once or twice a week with a pre-arranged someone. If there’s no word from the senior in a week, there is a home visit from either members of the community or from police or fire department. If this fits for you, let the Barnacle or the Lund Community Society know at lundcommunity.com.

Another option is through the Better at Home program run by inclusion BC and the United Way. The senior sets up phone check-ins by calling (604) 485-4008. Both volunteers and staff make the calls once or twice a week and you can even get a daily check-in if you request that.



Monique Labusch - Painter

Influenced by the beautiful colours of nature around her.

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Remembering Barry Randle

Ted Durnin

Barry Randle is gone. He had his 51st birthday and the next day that was it. I will miss him. Did you know him? He probably knew you.

Who was he? What sort of person have we lost? He moved away from Lund ten years ago, from the Pacific to the Atlantic. In his new home among the close-knit people of Nova Scotia it took him all of a few moments to break through their insular reputation and befriend them.

Actually, it was faster than that. He told me a story about his neighbour at his new house who watched people come look at it and scared off the “wrong” ones with noise and dogs and subtle yet in-your-face dis-enticements. When Barry and Camille arrived, he waved and introduced them to the dog and insisted that they buy the place.

Barry and family took a great house and made a fine home there. He and Camille had a wonderful restaurant called the Stone Soup Cafe. It’s still there. I recommend it. It wasn’t their first restaurant, or second, or third either. It’s not easy to be a restaurateur. They stuck with it and now everybody benefits.

Barry’s new community held him in sufficient esteem that he garnered a respectable 3478 votes in the 2019 federal election running as a Green Party candidate. But I’m getting ahead of myself.

How to sum up Barry? There were so many parts to him. He was definitely a character. Just one look at his picture will tell you that. You see that beard and moustache? He wouldn’t shave them off for anything. I think he would rather have cut off his arm. I don’t think I ever saw him in a suit. He had a pretty firm idea of who he was.

I keep thinking of this one time. Barry was working on someone’s roof on Savary Island. He fell off. He was injured. People helped him to the water taxi and then to the hospital. There was no doctor to see him, so they sent him back home. There was a party. Barry attended the party on the couch,

unable to stand, drinking a beer with his one good hand. I’ll never forget.

Now I have to say that the reason he was unable to stand was not the beer. Barry could hold his beer. It was because his leg was broken. Also, his wrist. The return trip to the hospital proved that true.

He was a husband. A father. His wife Camille and his kids, Elaine and Quinn, are fine people and my heart goes out to them. A brother. A son. His sister Jackie and his mother Barbara must carry on without him. I’m pretty sure that a majority of his immediate family were at that party. Barry liked a good party.

He was a community builder. A Lund Gazebo builder. He was neck-deep in that project and he and Camille did a lot to make it happen. Barry personally did a lot of work on it. He was a hard worker. He laughingly described to me what he called “Crapentry”, which is a lot like carpentry except you don’t have proper tools or materials, so you have to make do with crap. I’m not saying the Gazebo project was like that. I love the Gazebo. But I can’t speak for what he was doing on Savary that day.

He brought people together. Barry and Camille were a driving force behind the Lund School and Lund Community Society. They saw something that was needed and got people on board and made stuff happen. And we’re talking about Lund people here, so it was a bit like trying to be president of the Individualists Club.

He was an activist. Barry put in a lot of time going door to door for Greenpeace before he moved to Lund. He had the courage of his convictions. Depending on the neighbourhood, he had just plain courage. He got involved. He got out there and cared. He told me that the only reason he was running for office federally was because he really believed that climate change had to be stopped and he had to try.

He loved the country. Barry wasn’t born in Canada. He was born June 14, 1969 in Leicester, England. He never completely lost the English accent. I kind of liked the way he



Photo courtesy Barbara Sheriff

Continued on page 36...

Continued from page 35...

would begin sentences with, “waarl.” But he was Canadian through and through. He espoused Canadian values. In particular, he espoused west coast values, BC values, Lund values. He loved the place. As a sort of neo-hippie, it was a great place for him.

He lived in cabins, in crash pads, in his van. There was the trailer for awhile, when the kids were little. It always seemed much bigger than it really was because of the big deck. There was the house in Wildwood, around the time when a lot of Lund people moved toward town. Barry’s house was the closest one to Lund.

There always seemed to be a hot tub, wherever he was. It may seem frivolous but it was important to him. He liked to invite people to enjoy it. There was nothing of the miser in him: he was a giver.

He was a teacher. Some teachers you remember. Barry was one of those. He was never one to phone it in. He would engage. He had a youthful mind and could talk to younger people like they were people. That contribution will last a long time, maybe longer than the Gazebo. That kind of contribution can’t be measured but it can be felt.

He was an artist. A musician. A drummer. There’s nothing Lundier than drumming. He liked to play the full set and he liked to play it loud. When asked to act, he took the stage. I think he hadn’t done much acting before but he never let it stop him. Scripted or improv, he was willing to get up on that stage and make fun, and he was fun to watch. Me and him and Boris. It was a good time.

One of the last times I saw him, he was setting off fireworks for my kids in his bathrobe. I suspect he was exhausted and the weather wasn’t too good and we’d already been there for several days. I’m sure it would have been easier for him to just say forget it. But he dragged out the box of fireworks and let each child choose one and took them outside and set them off. They loved it.

I’m not sure how to end this. There are a lot of stories. I’d rather not end it, to be honest. It doesn’t seem fair to have to stop in the middle like this. But that’s what happened. As his daughter said, you never know when it’s going to be the last time. Thank you, Barry. You were a great friend. The only thing that I can do is try to be a bit like you.

If you want to remember him, send a donation to the food bank or to Trees for the Future at trees.org.



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Community Page

Birth Announcements

No babies were born to Lundies, that we know of anyway, since our last Barnacle.

Sympathy and Condolences

Barry Randle - 1969 - 2020

See tribute on previous page.

Barry Beer - After a battle full of love, grace, strength, and bravery, Barry passed away peacefully on May 19, 2020 in Ajijic, Mexico where he had been living with his long-time partner, Cindy. In the words of Cindy's sister, Tracey, he lived a life full of adventure, exploration, kindness, and love. He experienced great beauty, amazing fun, plenty of laughter, and an abundance of love. Barry spent his life pursuing and achieving his dreams. Barry will be greatly missed by Cindy, his Lund family (Joseph, Robin, Kyle, and Laura), and his friends around the world.

Congratulations

Lund's favourite mechanic, Gary Bartlett, and his sweetie, Chris Browne, Lordco's favourite employee, got married on July 25 at Myrtle Rocks. Big smiles all around!

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 Mary Ann Lammersen at malammersen@gmail.com or (604) 483-2419

Update on Paralympian Tristen Chernove

Malerie Meeker

In lieu of competing in the Tokyo 2020 Paralympics, part-time Lundie Tristen Chernove undertook another challenge: BC's Epic 1000, in hopes of raising funds for the Paralympic Foundation and awareness of disability and sport. As Canada's top para cyclist, it is important to Tristen to set goals and challenge himself to stay in top form, pandemic or not. He also hoped his ride will inspire other para athletes to challenge themselves and raise money for causes they believe in.


The BC Epic 1000 is a 1,066 km ride with 11,600 m of elevation across South-Central British Columbia. This off-road, self-supported ride is the ultimate ultra-challenge with a previous course record of 3 days 15 hours 33 minutes. On July 18 - 20, Tristen, the only para cyclist to undertake the gruelling ride, crushed the record in 3 days, 7.5 hours.

Donations are currently at \$10,000 - including the government's matched contribution and can be made up to July 31 via the Facebook page: Tristen Chernove's BC Epic 1000 or this link: <https://www.canadahelps.org/en/pages/tristen-chernoves-bc-epic-1000/> 

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Crossword #55 by C.Cressy

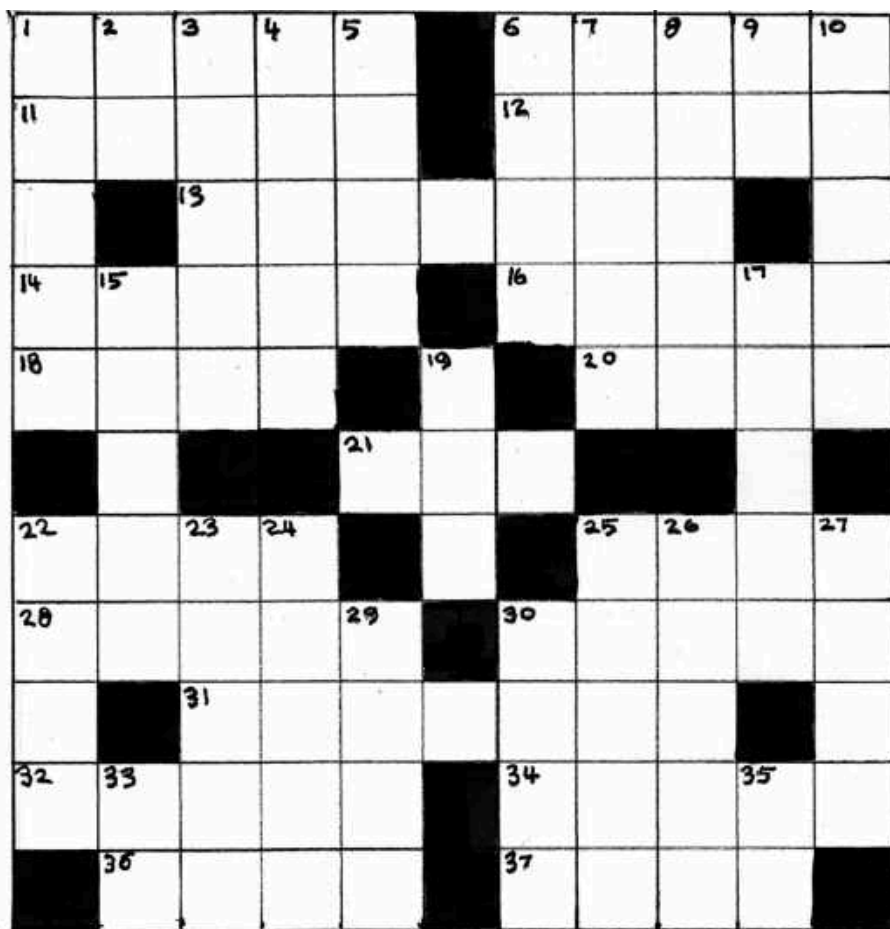
Edited by S. Dunlop

ACROSS:

- 1 spring flower
 6 pleased feature
 11 harden
 12 laser printer ink
 13 an omen
 14 limitation
 16 extras
 18 cravings
 20 in or of olden days
 21 amusement
 22 seed covering
 25 foolish
 28 dugout
 30 artery
 31 refuse
 32 strict Mennonite sect
 34 music for nine
 36 Texas city El ____
 37 streetcar

DOWN:

- 1 slightly drunk
 2 organization of sovereign nations (abbr.)
 3 like a wolf
 4 smooths out
 5 neat and jaunty
 6 a pace or stride
 7 banknotes
 8 introduce (comb. form)
 9 Fr. article
 10 expunge
 15 tropical fish
 17 tough wrapping paper
 19 not rain
 22 court proceedings
 23 neighbour of Nepal
 24 windblown dust
 25 one who gives
 26 sports stadium
 27 sour
 29 resound
 30 am not (slang)
 33 military police (abbr.)
 35 printers' measure



Answer Key for #54 Crossword





All photos courtesy Brian Voth

