



Winter 2024

\$2.00

Random Voices of Area A, qathet

Proceeds to the Lund Community Society



Photo courtesy Brian Voth, *Crying Mother Earth* by Prashant Miranda

Inside this issue...

Community Society Update.....	5
What's Happening in Lund?.....	8
Who's in that Helmet?.....	13
qathet Regional District Update.....	14
Let's Talk Trash.....	17
From Our Member of Parliament.....	21
Puddle Jumpers Preschool.....	22
Ev's Book Review.....	28
Learning ʔayʔajuθəm	30
Life From Here.....	33
Lund Kid Revisionist History.....	37
Prashbear Cartoon.....	41
Community Page.....	43
...and so much more!	

We Need to Talk...

Jack Anderson, longtime Lund resident,
co-founder and board member of *qathet Climate Alliance*

www.qathetclimatealliance.ca

It is often said that all the solutions to the climate crisis already exist. Having been immersed in this movement for quite some time, I truly believe that. What's missing is the will to act, to change, to take responsibility and to come together and defend our planet, our only home.

The purpose of this article is to invite you to a community discussion taking place at the Lund Community Center on Saturday afternoon March 16. At this point, the gathering is still in the planning stages, but soon you will see posters with more details. The topic is climate change and its myriad issues and brainstorming how we can respond as a community. It will be designed for maximum listening and speaking, so that you have the opportunity for both.

Continued on page 3...

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The Lund Community Society

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Prashant Miranda

Publication Schedule and Distribution

The *Barnacle* is published quarterly in winter (January), spring (April), summer (July), and fall (October), and is available for sale at the following locations: **Stockpile Market/Lund Store, Nancy's Bakery, Pat's Farmers Gate, and Ecosystems**. It also can be read at the **Powell River Public Library** and is available online at the 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, reflecting the paper's purpose to provide a forum for expression of ideas on topics of interest to our 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 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 Community Society. No editor, contributor, or member of the board receives a salary or wages.

Editorial

When I took on the role of editor ten years ago, it was like reining in a wild horse (not that I've ever done that) to keep our page count to a figure our volunteer board could manage as well as pay for its printing. Well, we've moved on. Welcome to our winter 2024 *Barnacle*, the first regular 44-page edition. (Even that horse almost got away!)

This issue has a goodly number of articles on our climate, which, I'm sure you've noticed, has gone berserk. Our cover article by Jack Anderson invites you to a meeting on March 16 at the NCRC to talk about how this community is going to deal with that. I invite you to read *The Climate Book* by Greta Thunberg in my review on page 29. On the related topic of garbage in our ocean, we have an exciting contribution from the *Savary Island Trailhead Stewardship* program on page 15, and another impassioned contribution from Trish Keays' *Life From Here* on page 33 on whether our local plants can adapt to climate change.

The Lund Community Society is about to have an important AGM and community potluck on February 23 to which you are more than invited. The Building Committee gives an update on the new addition to the community centre, and we have great shots of the wildly successful Christmas Craft Fair.

There are also articles and photos intended to make you smile and laugh and be inspired. We all need that.

I hope you enjoy this issue.

– Sandy

In respect and gratitude, we recognize that this publication was created on the land of the Tla'amin Nation and Coast Salish People - λa?amin (Lund).

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 2024.****

Advertising Rates

Business Card Size: \$10.00

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

Quarter Page: \$30.00

Send to: barnacle.ads@gmail.com

Next edition is April 2024

Deadline for submissions is April 10, 2024; but reservations for article space are needed in advance and ads need to be submitted by the fifth of the month.



Printer of the Barnacle

Continued from page 1...

There will be tea, coffee, and desserts and some time for mingling. If you happen to be a young family, this is especially for you, even though you may think you are too busy.

We want to begin an inclusive process of meaningful action and build a resilient community for ourselves and the future generations in Lund, Tla'amin, qathet, and beyond. For too long the climate movement has not been inclusive. It has especially left out the marginalized, the vulnerable, the "busy", and to our disgrace and detriment, our indigenous neighbors. This beautiful land we now call home is their homeland and has been for thousands of years. We humbly acknowledge that reality and start from there.

This is why you will want to come to this meeting. We need to have the conversation include you.

We have great potential in our community compared to many places, but for too long we waited for government to take appropriate action. Clearly, they haven't done so. The outcome of the recent COP28 meeting in Dubai speaks volumes about that. It also says we need to mobilize our communities to do what we can. By educating ourselves and working together, we can begin to influence every level of society and be part of a worldwide movement that is now growing by leaps and bounds.

There is hope in action. There is hope in radical change. We all come to this realization in our own time and in our own way. There should be no judgment about where people find themselves now. It is a very scary situation. As Tseporah Berman and others have said, "If you are not terrified, you haven't been paying attention." Humanity has met major threats before. Think about World War II and the civil rights movements. Think about the treaty to repair the holes in the ozone layer. There are many other examples. This is our time, our challenge. 🌱

Hello Lundies! 🌈

I'm Jen Rollins, and I've just moved to this beautiful village with my digital marketing business - Lionra Agency.

The warmth and kindness you've shown to me and my family has been so welcoming and appreciated. I look forward to contributing to our vibrant community. Can't wait to connect with you all!

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Photo courtesy Brian Voth

Community Society Update

Sandy Dunlop

Our last update was in the October *Barnacle*, so the first big event that happened after that was the Christmas Craft Fair on November 18 at the Italian Hall. It was a huge success. Check out the photos on page 11. Since then, and even though the Lund Community Society takes a break from meeting in the month of December, we have been busy with our projects and programs. We just had a general meeting on January 16 and we're planning for the AGM and community potluck dinner on February 23.


The most exciting thing we're up to is the addition to the community centre, but as you will read in the *Building Committee Update* on page 6, not much can happen on our end until the request for proposals goes out from the qRD for bidding from contractors.

We're about to launch a big membership drive, so look for notices soon to appear in your mailbox and wherever else we can post them. A single membership for one year is only \$5, and \$10 for families.

We are updating our website, and it is looking good! In the near future, we are going to be changing website servers. Right now, we're shopping around for the best fit.

Our search for a more inclusive name for our society is not getting very far, as we have not yet come up with the perfect name. We want everyone in Area A qathet to feel part of our community society, and Lund includes only a small fraction of that populace. We're going to try to do some brainstorming at the AGM. Please come with any ideas you have.

Our next general meeting is on February 20, and I hope to see you there. If not, I certainly hope you come to the AGM on February 23. Bring a dish to share at the potluck dinner starting at 5:30 pm, with the AGM beginning at 7:00 pm. There will be reports on the finances, programs, and events of 2023, and an election of board members, as well as brainstorming on a name change for the Society. Come out and meet your community and share a meal together. Hear what we're up to and get involved. Communities are not as common as they once were; we're pretty special here because we have one and it's a great feeling to hang out and do things together. Come! 🍷



AGM February 23, 2024 @ NCRC

Bring a dish to share at the
community potluck dinner
starting at 5:30 pm
AGM begins at 7:00 pm.
Everyone welcome



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Building Committee Update on the Community Centre Addition

Kristi McCrae

Happy New Year Northsiders! These dark days are making me wish for a warm dance floor, abundant potlucks, perhaps games or movie night or a coffee house! For now, I will keep dreaming, but there is some fun in store for the future.

Before Christmas, the LCS building committee met with Arnold Schwabe, qRD project manager. He informed us the RFP (request for proposal) was in the draft review phase and would be posted early in the new year. As of writing this article, that had not yet happened, but perhaps by the time this is published it will be.

Interested contractors can find that posting in two places: the provincial "BC Bid" website or on the qathet Regional District website. The bid will be open for 4-6 weeks, in which time contractors or contracting firm/teams can submit a proposal that will then be reviewed by a panel of stakeholders. This panel will be primarily regional district staff, but one member of the LCS building committee is to be a part of this! The selection process is by consensus. The bids will be evaluated by many criteria through a scoring system. These criteria have been outlined through the project charter, which was reviewed by the LCS building committee in the fall, and all the material included in the RFP, including documents created with community feedback collected from the past couple of years.

Once a contractor is selected, a community consultation process will take place. This will mean an open house with the broader community and the LCS building committee. We hope that part of the consultation process will include a 'meet and greet' with potential local subcontractors to encourage incorporating local labor and resources, where suitable, into the project. "Coastal Community Procurement" (local sourcing of goods and services) is one of the qRD's running criteria in their RFPs.

So, heads up ethical, financially responsible, local, and environmentally minded contractors: the bid will be posted soon! Or if you know an appropriate contractor, pass on the message...

Check "bcbid.gov.bc.ca" or "qathet.ca" bid opportunities. 📍

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Next session starts Feb 21st – Wednesdays 3 pm - 4 pm
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What's Happening in Lund?

Sandy Dunlop

Downtown Eateries

The **101 Bar & Grill** (aka the Pub) at the Lund Resort Hotel (aka **The Village at Klah ah men**) is open Fridays 2:00 pm – 9:00 pm, Saturdays and Sundays 12:00 pm – 8:00 pm. Full menu; full bar. (604) 414-0478. The Hotel remains closed. Check social media for any changes.

The **Stockpile Market** is open daily from 8:00 am to 6:00 pm. As well as their grab and go take-out, open whenever the store is open, there is the **101 Café**, where you can get coffee, tea, and eggies. That is also open daily 8:00 am to 6:00 pm.

The **Boardwalk Restaurant** is open Saturdays, Sundays, and holidays, noon – 8:00 pm.

Nancy's Bakery is open daily from 7:00 am to 3:00 pm. Best chocolate chip cookies ever.

Check the websites of all our businesses for up-to-date info as we progress into spring. For those of you reading the *Barnacle* online, many of the ads for these businesses have hyperlink connections to their websites to make your browsing easier.

At the Klah ah men Lund Gazebo (Finn Bay Road)

Youth & Family Services ORCA bus – Drop in for families with children 0 – 8 years old (older sibs invited to come along). February, March, and April dates TBA, 10:00 am - 11:30 am. Family Enhancement Counsellor directed activities (in a heated bus!). Please visit youthandfamily.ca for the schedule.

At Northside Community Recreation Centre (NCRC)

Playgroup with Ria – Mondays 10:00 am – noon. A great way to get out, meet other parents, and let your babies and toddlers play together in an enriched environment, providing community, connection, and just plain fun. There is a \$1 drop-in fee that goes toward buying supplies. Bring a snack to share.

Puddle Jumpers Preschool – Tuesdays and Thursdays 9:00 am - 1:00 pm for kids aged 2.5 – 5. See page 22 for more information.

Lund Community Daycare – Tuesdays and Thursdays 1:15 pm – 5:00 pm and on Wednesdays from 9:00 am - 5:00 pm. See page 22 for more information on both the preschool and the daycare.

SD47 StrongStart GO – Mondays February 5, 19, March 4, and April TBA, 10:00 am – noon. Free drop-in outdoor play-based early learning program for families with children 0 - 5. Check out their website for more info.

Search Centre Tai Chi – Saturdays 9:30 am - 11:00 am. (604) 414-5003.

Yoga with Erica Jane – Tuesdays 6:00 pm – 7:15 pm and Thursdays 5:00 pm – 6:15 pm. Drop-in \$10.00. Intended to be accessible to people of all experience levels and bodily conditions.

Move It Health and Recovery with Ria Curtis – Wednesday 3:00 pm – 4:00 pm. \$10 drop in or \$40 for a six-week session. Next session starts February 21.

Lift Literacy Programs – Tech Tips – February 8, March 7, April 4, 1:30 pm – 3:30 pm. Free help with smartphones, tablets, and laptops. Please bring your device with you. See notice on page 3 or contact myfanwy@liftcommunityservices.org

Continued on page 9...

Continued from page 8...

Community Society Meetings – Our general meetings are always on the third Tuesday of the month, except July, August, and December. Our next meetings are February 20, March 19, and April 16, at 7:00 pm. All are welcome. Come check us out!

Community Society Annual General Meeting – Friday, February 23. Bring a dish to share at the all-community potluck dinner starting at 5:30 pm, with the AGM beginning at 7:00 pm. There will be reports on the finances, programs, and events of 2023, and an election of board members. We'll be brainstorming on a name change for the Society too. Join us for fun, connection, and involvement in your community.

Community Lounge – Open 8:30 am – 5:00 pm on Tuesdays, Wednesdays, and Thursdays. This is a place to hang out and visit with friends in the small meeting room, make a hot drink in the kitchen, connect to free internet, and browse the fledgling free-food program. You must sign in and clean up after yourself. No drug or alcohol use. Please be respectful of all other users of the building.

Al-Anon Meetings – Wednesdays 7:00 pm. This support group is for friends and family members of alcoholics. Info at 604-414-0383.

Lund Flea Market and Plant Sale – A much-loved event returns in April, date and details to be announced. Probably on a Sunday, probably 10:00 am - 2:00 pm. Call Alanna at (604) 483-4008 to book a table or space. Check the LCS Facebook page for updates.

Lund Seafood Festival – It's coming back! The annual Lund Seafood Festival will return on May 25 and 26 with the popular Chowder Challenge held on the 24th. Details and vendor application forms will be posted on the LundBC.ca website as they become available. Stay tuned!

At Tidal Art Centre - Lots of great stuff going on. Check out their ad on page 34 and their website at tidalartcentre.com.

* * * * *

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

AL-ANON MEETINGS

Wednesdays @ 7pm
Northside Community Recreation Centre
at 9656 Larson Road

Al-Anon family groups are for anyone struggling with a loved one who is an alcoholic. We who live or have lived with the problem of alcoholism understand as few others do.

In Al-Anon, we discover no situation is really hopeless and that it is possible to find contentment and happiness, whether the alcoholic is still drinking or not. The program has helped many of us find serenity.

Everyone is welcome and membership is anonymous.
 For info, call 604 414 0383 or just show up.

Yoga classes at the NCRC

9656 Larson Road

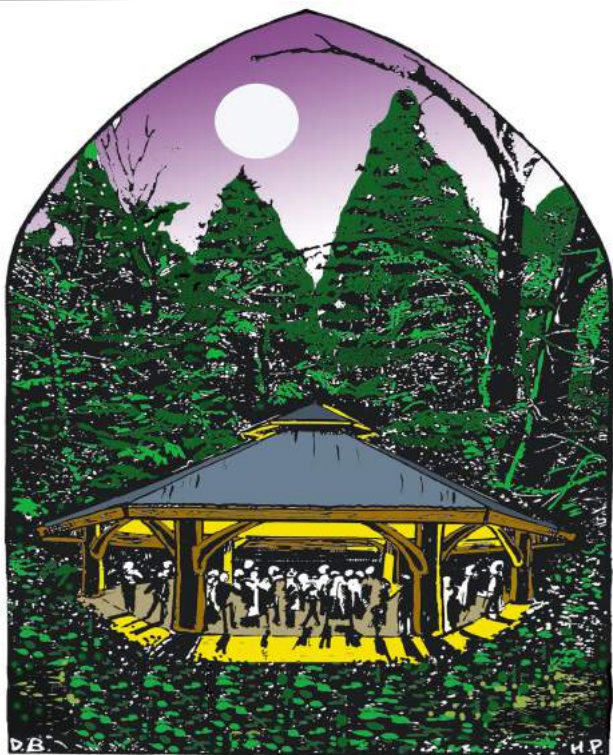
All are welcome. Focus is on deep breathing, relaxation and gentle poses.

Tuesdays 6:00 - 7:15 pm
 Thursdays 5:00 - 6:15 pm

Bring a mat or blanket
 \$10 drop in

Taught by Erica
erica_govier@hotmail.com





To book events at the Northside Community Recreation Centre, contact Ria at (604) 414-0383. 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 (9642 Larson Road)

Regular hours (*September - June*)

Wednesday - Saturday

10:00 am - 4:30 pm

Summer hours (*Canada Day - Labour Day*)

Thursday - Monday

9:00 am - 5:00 pm

Closed Statutory Holidays

Thank you for recycling!



Post Office Hours:

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Current Lund Bus Schedule (Route 14) – Fare: \$2.25†

Monday, Tuesday, and Friday

Leave Lund: (Mile 0 Marker)

9:41 am

4:10 pm

Leave Town Centre Mall (North End)

8:50 am

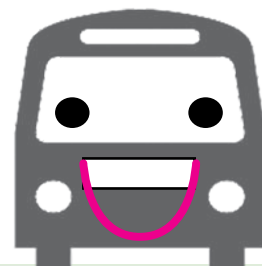
3:25 pm

† Children 12 and under ride free on BC Transit, however children five and under must travel with an attendant over 12 years old.

For updates check BC Transit website.

Download current Rider's Guide for details: <https://bctransit.com/powell-river/schedules-and-maps/riders-guide>†

† Some conditions apply



Christmas Craft Fair



Our Christmas Craft Fair on November 18 was a great success, with vendors reporting it was their best year ever. It was, as well, for the Lund Community Society. This Fair is our biggest fundraiser and we are pleased!.

Our profits will mostly go to the building fund for our new community hall.

A huge thank you to the generous donators and the many volunteer helpers. 🙏

Photos courtesy Judy Hicks



Northside Fire Department News

Ann Snow

Northside's Hallowe'en

Your Northside firefighters and associated volunteers enjoyed hosting the many adults and kids who came trick-or-treating through Craig Park's *Haunted Forest* on October 31. The free hot dogs were especially good this year.

Due to its popularity, the trick-or-treat stations in the *Haunted Forest* will be expanded next year, so expect to also see zombies, bats, vampires, and other themed stations in 2024.



Photos courtesy Ann Snow

Seafood Festival - It's coming back!

The annual Lund Seafood Festival will return on May 25 and 26 with the popular Chowder Challenge held on the 24th. Details and vendor application forms will be posted on the LundBC.ca website as they become available. Stay tuned! 🦞



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Who's in that Helmet?

Ann Snow, NVFD volunteer

The eighth in a series: an interview with each of the Northside Volunteer Fire Department (NVFD) volunteers as a way of introducing them to our community.



Photo courtesy Ron Cochrane

Who am I?

*I am **Ann Snow**, a captain with the Northside Volunteer Fire Department.*

How long have you lived in qathet's Northside Fire Protection Area?

My husband and I lived in Lund for 19 years but moved when we sold our business. We miss Lund and would love to move back.

Why did you join the Northside Fire Department?

I joined just after we moved to Lund because we wanted to contribute to the community and meet like-minded people.

What surprised you most about joining?

Almost half the firefighters are female.

What one thing have you learned that stands out in your mind?

What stands out in my mind is the thanks we get from area residents, whether we've helped them out or not. It's so great to know we are appreciated.

What benefits you personally by being a member of the fire department?

Other than the life skills I've learned, I appreciate the medical plan and the tax credit. Every little bit helps.

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qathet Regional District Update

Jason Lennox, Director, Area A
qathet Regional District (qRD)



qathet
REGIONAL DISTRICT

Jason Lennox
Electoral Area A Director
jlennox@qathet.ca ■ 604.414.8183

#202-4675 Marine Avenue
Powell River, BC V8A 2L2
Tel: 604.485.2260 Fax: 604.485.2216
E: administration@qathet.ca ■ qathet.ca

A happy, hearty, and healthy new year to everyone from my family and me! 2024 promises to be another busy but productive year and we have a lot of work to get done.

I hope you weathered the series of storms, power/water outages, blow downs, and mayhem that occurred over the holidays! We made the best of it, cooked the turkey on the BBQ and fixings on the camp stove, and it was as good or better than normal. Whatever that is! Got some decent firewood out of it too. Santa was good to the grandkids and the temperature was almost tropical.

Many thanks to the power crews, flaggers, and Volunteer Fire Departments who worked to get us back on the grid asap. Check out the qRD website www.qathet.ca for good information on emergency preparedness and resiliency.

As we begin the year's first committee and Board meetings on January 10, I am reminded of the many objectives being worked on by our staff and the community. Such as:

- The alterations/updates to the Northside Community Recreation Center.
- Krompocker Road proposed zoning public consultation.
- Work toward fire engine replacements for NVFD and SIVFD.
- Updating the Savary Island Official Community Plan.
- Supporting high speed internet service improvements in our area.

These are just a few examples. Please see the website for meeting minutes, agendas, policies etc.

Thanks to my Alternate, Lyn Adamson, who fills in admirably in my absence.

All Directors continue to meet and lobby those provincial ministries who are responsible for many of the issues that concern us all. Soon, we will be meeting with others at the Association of Vancouver Island and Coastal Communities yearly convention to discuss coordinated efforts that relate to our areas.

I have had a busy first year as your Area A Director. There are more issues that people are involved with than most would imagine, but I am privileged to have your trust to work with you on them. I remain fiercely proud to represent this area and will continue to be available to you. Please reach out. 📞

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qathet
REGIONAL DISTRICT

qathet Regional District holds regularly scheduled Board and Standing Committee meetings at #103 - 4675 Marine Ave, Powell River, and webcasts of meetings are available for public viewing online.

For a schedule of public meetings, scan the QR code or go to: <https://www.qathet.ca/about/meetings/schedule-locations/>

Members of the public are welcome to attend meetings, virtually or in person.

GET INVOLVED IN YOUR LOCAL GOVERNMENT



Savary Island's Trailhead Stewardship



Paul Leighton

A Pilot Project – It's not garbage!!! It's now a resource!!

Early this summer, Catherine Ostler of *Fishing for Plastic* and Paul Leighton of *Savary Solutions* got together with a number of volunteers interested in starting a Trailhead Stewardship Pilot Project. As an extension of The Great Savary Island Beach Clean-up, its aim is to support the reduction of microplastics and other toxic materials in the marine environment by providing logistical support for the daily efforts at cleaning up marine debris from Savary's beaches. Many hands make light work, so this project enables everyone's participation year-round. When you place marine debris in designated spots at posted trailheads, we collect it and divert the majority from the landfill via the Ocean Plastic Depot (OPD) in Powell River.

What is marine debris, you ask? Marine debris is human-made material that has landed on the beach via the wind and tides and is not accepted at regular recycling facilities, i.e.: Styrofoam, rope, tires, and aquaculture gear such as oyster trays, barrels, and floats. It's not things like food, diapers, lawn/beach furniture, and other items clearly brought to the beach by people and that we ask you take home with you. If you find marine debris requiring organized efforts to remove, please take a picture and send its location to your trailhead Steward. We'll put it on our project list.

The impetus for this project is the constant arrival of Styrofoam. Mainly used as dock flotation, expanded polystyrene (EPS) is particularly noxious because it breaks up into smaller pieces, the smallest of which is called a nurdle or microplastic. EPS becomes increasingly difficult to clean up and separate from the natural beach environment. Worse yet, it ends up in the food chain, contributing to the deaths of countless marine mammals annually, some starving on full stomachs of ingested marine debris.

You can help the growing effort to ban EPS from the marine environment by signing a letter at <https://canada.surfrider.org/ban-foam>. NOW is a good time to let our MP and the Minister of Environment and Climate Change know you care about this preventable pollution. Make your voice heard and thank you for your support.

While EPS is a high priority often found breaking up amongst the logs, similarly important are all forms of plastic. The sun, salt, sand, and beach dynamics break them down into microplastics (<5mm. dia.), thus becoming small enough to end up in our bloodstream. The Guardian reported in March of 2022 that "Microplastic pollution has been detected in human blood for the first time, with scientists finding the tiny particles in almost 80% of the people tested."

We recognize that it takes education and time to change human behaviour. The Savary neighbourhood Steward's contact information is posted at the trailhead for you to ask questions and/



Photo courtesy Paul Leighton

Continued on page 16...

Continued from page 15...

or alert them to any specific issues. These volunteers commit to maintaining the trailhead area in a tidy manner, and alert us as to when the volume of debris needs to be picked up. We appreciate your participation. If you have an issue with the project, its protocols or aesthetics, we ask that you contact them with your concerns rather than acting autonomously or at odds with this global effort. The signage is at our cost and, as part of the community, we want to work with you by addressing your concerns. Either way, we'd appreciate hearing from you.

The island's year-round property management company, Savary Solutions, has provided space for our very own satellite Ocean Plastic Depot (OPD) and Fishing for Plastic helps manage this year-round effort. The collected marine debris is brought to this venue, separated into categories, then bagged, and readied for transport to the main Ocean Plastic Depot (OPD) at Augusta Recyclers in Powell River. *(This depot is currently being relocated to the new Resource Recovery Centre facility and is scheduled to open in Summer 2024.)*

What's an Ocean Plastic Depot? It's part of Ocean Legacy Foundation's expanding national program. In 2021, the qathet Regional District entered into a partnership with Ocean Legacy that enabled the opening of the first OPD in Canada, right here in the qathet region! Since then, five more depots in coastal BC have been established. A super-easy fifteen-minute orientation enables you to deposit marine debris at the facility, free of charge! Check them out at oceanplasticdepot.ca.

Ocean Legacy is an amazing organization that enables us to consistently divert over 60% of Savary's marine debris from the landfill. YES, IT'S TRUE!!! That heart-breaking footprint of humanity on your beach walk ... IT'S NOT GARBAGE!! IT'S NOW A RESOURCE!!! And all you need to do is pick it up and drop it at the nearest posted trailhead. The Ocean Legacy Foundation has created a circular economy out of what we used to think of as garbage. Help us pick it up and mitigate the impacts. Check out that website at oceanlegacy.ca.

Dedicated volunteers are disheartened when they come across broken, and/or partially buried boats. These require more time, effort, and money than anything else we process. You can mitigate this, if not nearly eliminate the cost by taking all your boats, floatation devices, and beach furniture back to your cabin by the end of the Thanksgiving weekend and encouraging your neighbours to do the same. Do not assume you've stored it safely at the beach. The winds along with winter king tides bounce those logs around like a rubber ducky in the bathtub. The take-away here is that the shoreline is a poor, if not expensive choice for off-season storage, both practically and aesthetically.

At the end of this summer the stewards got together and shared anecdotes of islanders and visitors feeling encouraged to participate and beaches appearing cleaner. Overall, we feel the Trailhead Stewardship Pilot Project is a success, despite the household waste and recycling items left by a few. Interestingly, this appeared to be neighbourhood specific - Sutherland, Mermaid, Duck Bay, and South Beach. We're continuing the project and our efforts to develop attractive, positive, and inclusive signage that promotes an island culture of care for the ocean and Savary's beaches. If you would like to become a Trailhead Steward, please use the following contact information: Catherine Ostler: 604-317-4492 Paul Leighton 604-483-6987. 🌟



Photo courtesy Paul Leighton

Let's Talk Trash Exits the qRD Stage

Sandy Dunlop

As of December 31, 2023, the Let's Talk Trash team is no longer contracted by the qathet Regional District to deliver its waste reduction education program.

Over the thirteen years since its inception, the LTT team has done some amazing work in this community. To name just a few things: consulting on the Resource Recovery Centre, creating the first Ocean Plastic Depot in BC, regular publications about waste management, and resources developed for hosting Zero Waste events (reusable dish supply and portable dishwasher trailer used at PRISMA and the dishes used at the Sunshine Music Festival). They've assessed municipal waste composition through two local studies. They've done so much more.

Their very existence here has meant a lot to me and to many others, I'm sure. The waste management situation on our planet is horrifying. I was happy to see that my community was part of changing that. I hope that is still true.

This farewell comes with a huge amount of gratitude, and best wishes for their future work in improving the way we acquire, use, and dispose of things.

Tai Uhlmann, Abby McLennan, and Ingalisa Burns can be reached at team@letstalktrash.ca and you can check out their new website www.letstalktrash.ca. 🌱



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Sarah Point Road Slash Fire

Ryan Thoms, qathet Regional District
Manager of Emergency Services

Many readers will recall the fire that occurred on Sarah Point Road this past Thanksgiving long weekend. The fire response began on the morning of October 8, 2023. By the time the fire was brought under control, it had burned approximately 1.5 hectares. Fortunately, the fire only burned slash and smaller vegetation, though it's easy to imagine how it could have been worse.

I'd like to reflect on this fire to highlight some of the positives and the challenges so that when a fire or other emergency occurs, we'll be an even better prepared community by learning from this one.



Photo courtesy Jeremy Williams

- Everyone's safety: The most important takeaway is that nobody was hurt during the response to this fire. The safe and successful extinguishing of it is a credit to members of the Northside Volunteer Fire Department (NVFD) who responded with support from the BC Wildfire Service and the RCMP. Many hours of training, equipment checks, and practices all came together during this event.
- There's never a good time for a fire emergency: This fire occurred during the Thanksgiving long weekend and, even with several members out of town, the NVFD responded with 16 firefighters, many of them giving over 12 hours that day and then back out again the following morning to continue to ensure the fire was out.
- Fire hydrant access: Throughout this fire response, the NVFD water tenders made several trips to refill at nearby fire hydrants. Events like this remind us of the importance of communication between the fire department and water operator, and for appreciation of the water operator as another part of the community's emergency response team. The NVFD's fleet of water tenders each carry close to 2,000 gallons of water. In larger fire events, the water tenders need to refill their water supply, so it's very important that access to fire hydrants and fire department water tanks is always kept clear. Remember the BC Motor Vehicle Act prohibits anyone from parking within five metres of a fire hydrant at anytime. Also, please remember that fire trucks are very large and some of our rural roads are not so big – if you're aware of a fire response in the area, please stay off the roads as much as possible.
- FireSmart Community: None of us want to see an out-of-control fire near our community so it's everyone's responsibility to act responsibly with the use of fire and any activities that can cause a fire. Even with the best fire prevention, accidental or natural fires may still occur, so becoming a FireSmart Community is an important step toward keeping our community safe. The qRD operates a FireSmart Program to help residents reduce the potential impacts of fire on our properties. This program particularly encourages neighbours to work together on neighbourhood level FireSmart initiatives for even better resiliency. Wintertime is the best time to make these improvements to your home and property. For info on the qRD

Continued on page 19...

Continued from page 18...

FireSmart Program, check out the webpage: <https://www.qathet.ca/services/emergency-services/regional-firesmart-program/>.

- **Open Burning / Fire Restrictions:** There is no local bylaw in the Lund area to regulate open burning or campfires, so the regulations within the provincial Wildfire Act are to be followed at all times. These can be found online at <https://www2.gov.bc.ca/gov/content/safety/wildfire-status/prevention/fire-bans-and-restrictions/coastal-fire-centre-bans>. Provincial compliance officers are authorized to investigate non-compliance and enforce the Wildfire Act.
- **Community Evacuations:** While this fire did not result in a community evacuation, for anyone who witnessed its wind-driven aggressiveness, it is very easy to imagine how it could pose a risk to public safety and necessitate a property or neighbourhood evacuation, especially during the summer months. It's important that all of us have family emergency plans in place. Plans should fit our particular abilities and needs in case we ever have to quickly leave our home. Making plans with neighbours to look out for each other and making plans with friends or family for a temporary place to go outside your neighbourhood is a best practice.

The qRD has worked with the Northside Community Recreation Centre and members of the Lund Community Society toward the installation of a container with community evacuation supplies intended to provide some basic temporary supports for those in emergency need. Some of you may have attended the Evacuation Planning Workshop held at the community centre in March 2023. A follow-up workshop and release of an updated community evacuation guide is currently in the works for spring 2024. Stay tuned for a date and more info.

- **Community Information:** Fires can happen at any time, and the same goes for other types of emergencies. It can be tremendously challenging to provide accurate community information in such an unplanned and dynamic situation. Neighbours checking in on and informing neighbours is an important and positive community aspect that was on display on October 8.

On the afternoon of the fire, the qRD used its Community Notification System in order to provide some information regarding the fire event. The notification was only sent to those who'd registered for notifications and, unfortunately, many Lund area residents had not registered. Registration is free and can be accessed at <https://www.qathet.ca/services/emergency-services/emergency-preparedness/>

It's important to recognize that the fire on Sarah Point Road caused stress among the neighbouring residents and the wider community. This underlines both the importance for all of us to be careful to prevent fires as well as the importance of caring for one another during and after these stressful emergency situations. There's always room for improvement, but residents should appreciate there was a commendable community response on October 8. Now we can all keep working on FireSmart improvements, making our family emergency plans, and consider volunteering for the NVFD, or one of the other community groups that help support our community during emergencies. 🐾





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From the Office of Our Member of Parliament

Drewen Young, Constituency Assistant
Powell River Community Office

Dental care is health care and it's here! Soon, more than 9.1 million Canadians will be eligible for the Canadian Dental Care Plan program. Seniors, kids under 18, and people living with disabilities will not have to skip going to the dentist because it's too expensive. Starting in mid-December 2023, letters will be mailed to:

Mid-December 2023	Seniors aged 87 and above who may qualify for the CDCP
January 2024	Seniors aged 77 to 86
February 2024	Seniors aged 72 to 76
March 2024	Seniors aged 70 to 71
May 2024	Seniors aged 65+
June 2024	Children under 18 and people with disability tax credit certification

These letters will include a personalized application code and instructions on how to apply. It is estimated the new CDCP program will save families around \$1,300 a year. Coverage will commence as early as May 2024 and eventually all Canadians who meet the following criteria will qualify:

- Lack of access to private dental insurance
- Adjusted family net income below \$90,000
- Canadian residency for tax purposes
- Having filed a tax return in the previous year

Invitation letters will be sent out in phases and all letters are expected to be delivered by the end of March 2024. The letters will be sent to the address used in your 2022 tax return and will only be sent to those whose adjusted family net income is less than \$90,000. If you have not filed your 2022 taxes, you may not receive a letter in the mail. If your address is out of date, contact the Canadian Revenue Agency to update your file.

Once a letter is received, follow the instructions in the letter to apply by phone. Then, wait to receive a confirmation from Service Canada that lets you know whether your application was successful and that you qualify for the CDCP. Sun Life is the contracted service provider who will manage the CDCP on behalf of the Government of Canada. If you do qualify, wait to receive your welcome package from Sun Life before scheduling any dental appointments. The letter will further explain when you can start to get care paid for and how. People who are eligible to apply starting in May 2024 will be able to do so online.

Dental coverage will begin on the date provided in the welcome package you receive from Sun Life. Appointments with an oral health provider should be scheduled as of that date, and no sooner, for the eligible oral health care services to be covered under the plan. The CDCP will not reimburse you for oral health care services received before the start date. When booking an appointment with an oral health provider, make sure to ask if they have enrolled in the CDCP to limit unexpected out-of-pocket payments.

Our Community Office has received many phone calls and emails asking for updates on the Canadian Dental Care Plan. For more information, visit <https://www.canada.ca/en/services/benefits>. You can also visit MP Rachel Blaney's Community Office at 4683 Marine Avenue in Powell River or call us at 604-489-2286. ☎



Rachel Blaney
NDP MP

North Island-Powell River

604-489-2286

and in emergencies

1-800-667-8404

Puddle Jumpers Preschool and Lund Community Daycare

Alisha Van Belle

Here at Puddle Jumpers, we have had a very eventful fall. We explored Halloween and Christmas and did many crafts and learned many songs. All kids love the holidays! Halloween actually fell on a preschool day this year, so there were games, dress up, cookies, dancing, and frozen spooky hands to unmelt! In November, we explored feelings and learned language to describe our feelings. The weather was nice, and we spent time walking in the woods in both preschool and daycare programs. We are so lucky to have these trails. We welcomed a new child, Liam, into our program and he fit right in with our "truck obsessed" group.



This fall, the group seemed to get obsessed with digging in the sand box. So many different aspects to digging... How deep does it go? How do we share the hole? How do we make connecting tunnels? Can we make construction sites? Car parks? Art sculptures? Mud pies? It was fun to see this long exploration that may not even be finished yet.



Then there was Christmas. Christmas means more sugar and higher excited energy! We tried to spend as much time as possible biking it out. The children made cards and presents for their family... and gingerbread houses! Kim Gray has been bringing us gingerbread houses for the last few years and the kids LOVE decorating them. Thank You Kim!

We also had a marvelous visit with local artist, Prashant Miranda. He read some of his books and projected his beautiful illustrations on the wall as he read. The kids were enraptured.

We have a quiet January to look forward to, as a few children are

Photos courtesy Puddle Jumpers Preschool

Continued on page 23...

Continued from page 22...

travelling with family this month. We will explore weather and hope we finally get some snow to play in. It sure has not felt like winter yet! This new year, we will begin to integrate some of our Lund toddlers into the daycare program. We have a strong vision of holding and supporting the families of young children in our community by running playgroup, daycare, and preschool programs.

With this goal in mind, we are facilitating a free workshop from Youth and Family Services at the Northside Community Center based on the book *How to Talk So Little Kids Will Listen*. This will start January 12 – unfortunately, before this *Barnacle* comes out – on Friday mornings 9:45 am -11:00 am and is an 8-week commitment.

We are open to all suggestions of ways we can support families, but we are short on qualified staff. We are looking for someone with some childcare qualifications to help on Wednesday afternoons. Please contact Alisha at jomommadesigns@gmail.com for inquiries about getting your child on a waitlist, with suggestions, or if you want to be part of the team. This year we are full in both the preschool and daycare programs, but we are taking names for next year's program starting September 2024. 🌟

Photos courtesy Puddle Jumpers Preschool



Through the Eyes of a Local Teen

Reed Worthen

Artificial Intelligence's impact on my generation

On November 30, 2022, the technology developer OpenAI released the chatbot ChatGPT. By January 2023, it had gained 100 million users, making it the fastest growing consumer software application in history. ChatGPT is credited with ushering in a new era in the world of Artificial Intelligence which I have been able to see in my classes and through my own exploration.

Before we get into ChatGPT's effects on my generation, here's a summary of ChatGPT's history and some AI (artificial intelligence) information.

ChatGPT is a chatbot, which means that it's designed to mimic human interactions. It has been described as a super charged google search. Where google will give you links and snippets of articles, ChatGPT will give you information as a conversational response. ChatGPT has infrequent knowledge updates, so it doesn't always provide accurate information. Simpler chatbots have been around for decades but there have been huge advances in their capabilities in the past couple of years. Chatbots have gone from responding with pre-programmed phrases, to writing poems and full-length essays in a matter of seconds. For example, I asked ChatGPT to write me a poem about barnacles and in a split second it came up with this:

*Weathered and worn, each rugged hull,
Adorned with life, a seafaring skull.
In the ebb and flow, they find their rhyme,
Barnacles, guardians of maritime.*

This wasn't a groundbreaking work of writing, and it used a straightforward rhyme scheme, but ChatGPT can also write incredibly complex poems like sonnets or sestinas.

ChatGPT can do a lot more than write poems. It's great at explaining complex topics, writing code, and making up jokes. Its ability to write essays has really changed high school examinations. Since students can have an AI write their essays for them, lots of teachers have switched to in-class papers. This is the case for my English class. There are other ways teachers can prevent the use of AI by using project-based learning, asking open-ended questions, or asking students to show their work along the way.

At the university level, some professors say AIs are research tools and accept them in their classrooms. Others prohibit its use as ChatGPT is found to have biased answers. If you wanted to use ChatGPT for research, it doesn't show the source of its information so you can't cite it. ChatGPT will also provide direct responses, limiting what students will learn, "It's all the things that you see in the backgrounds, in the margins, all the things that you weren't looking for — that's part of the joy and excitement of learning," said a professor from Dalhousie University in an interview with CBC last year.

In conclusion, as ChatGPT rapidly integrates itself into various aspects of education, its impact on my generation is undeniable. The unprecedented growth of this chatbot marks a pivotal moment in the history of artificial intelligence. ChatGPT's unique ability to engage in conversational responses, generate diverse content, and aid in various tasks, from writing poems to explaining complex topics, has revolutionized the way we approach learning.

P.S. Another example of ChatGPT's abilities; it wrote one of these paragraphs. Can you guess which one? 🤖

Creative Klah ah men

Monique Labusch

Happy New Year to you all!

I am looking forward to bringing you more amazing art from Klah ah men in 2024!

Let's start with the multi-talented **Sandra López**. You might know her beautiful and interesting stone sculptures and will now be surprised by her new work. Let's hear what she has to say about it.

Art and Particles

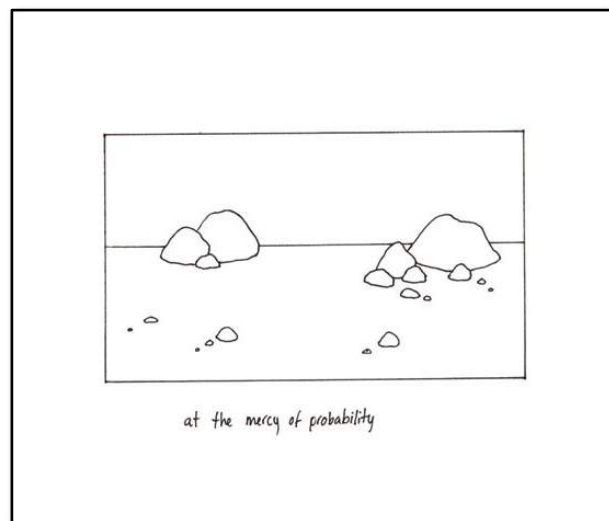
I like to think of humans as sacks of particles in constant search for balance, and this definition takes my mind in multiple directions.

From a cosmic eye, the story tells us that our ancestors, the free particles in space, were pushed by forces to engage in electrochemical exchanges in order to find some sort of stability, while the entropy of the overall system expands. This process supported chemical bonds that escalated into molecules capable of synthesizing new arrangements and reproducing the processes once and once again; in a constantly changing realm, giving space to variation and diversity.

To the frail human eye, being a sack of particles sounds so dry and meaningless. And yet, it can tell us something that has a profound meaning for our human nature.

We are born to bond with our caretakers, who are not always well-suited for the role, since they, themselves, were likely very lost particles in space. Many forces well beyond our control push us to behave in incomprehensible ways - we build, demolish, we bond and de-bond, here and there, in toxic relationships or loving pleasing associations. And we keep trying to find balance in what often looks like an abyss of entropy.

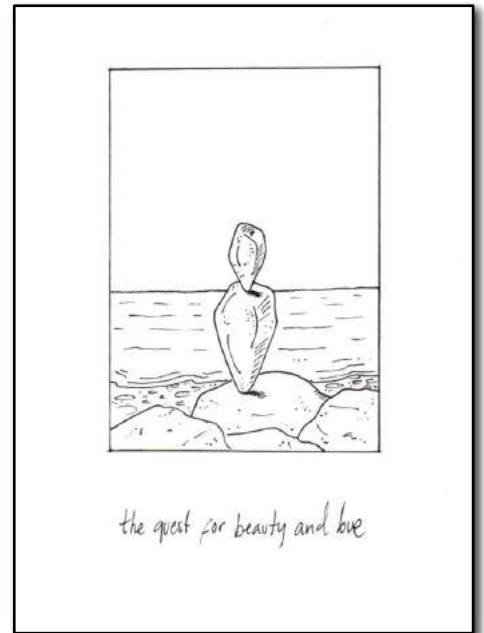
This is the metaphor I have been using as a gate to a world of visual poetry that allows me to express simple messages reflecting existence from a wider picture; while, at the same time, keeping alive the feeling of the experience from a sentient human perspective.



What I see as more valuable about the particle metaphor is that it makes a point about the importance of connection and bonding in order to achieve stable balance.

All humans have the neurological capabilities for experiencing what has been called "Religious Experience", the experience of "Absolute Unitary Being", or in modern secular times, the "Aesthetic Experience". This is an intense feeling of belonging accompanied by an extreme sense of pleasure that comes with a wonderful sunset, a song that deeply moves our emotions, a meaningful poem, etc. We find ourselves dissolved and at the same time fully identified within this experience.

"The Quest for Beauty and Love" is a visual poem on the fine balance of life. Beauty and love, being portals to that place of wonder where we can see each other with gentle eyes. Making these



Continued from page 25...

images has nurtured the roots that connect my mind to something that feels universally human; that is, it reinforces a sense of belonging to something way bigger than myself. And this, inevitably reminds me of Sagan's idea: "We are a way for the cosmos to know itself".

Creating is a way to connect with that feeling of oneness that I treasure inside me. And this has shown me that the more I explore inward, the more open I feel to the outer world, because when I see inside me, I see humanity, I see us all.
www.sandralopez.site. See the show at Crucible Gallery this spring, opening on March 16.

Thank you Sandra!

Being creative connects us not only to ourselves, but to one another. Oneness with the rest of humanity is what the world needs right now! I love what you wrote and can't wait to see your show! 🌟



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Whimsical Birdhouse Auction

brownie Brown

Who wouldn't want a colourful, locally made birdhouse for their garden or coffee table? Nineteen architect/builders used their imagination and worked wood into unique birdhouses that a further twenty-five artists painted into colourful birdhouse beauties.

These photos give you a peek at a few of them. These were created by some of the talented residents right here in qathet Regional District Area A! 🌱

Photos courtesy brownie Brown



*Architect/Builder: Gary Olson
Artist: Sharon Dennie*



Architect/Builder/Artist: Laurie Chambers



Architect/Builder: Gord Kennedy Artist: Sherman Pallen



Architect/Builder/Artist: Bruce McLeod



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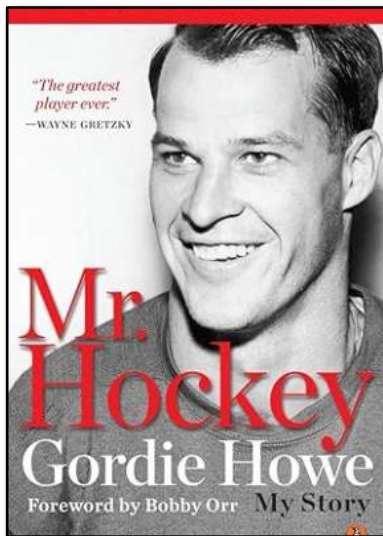
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#215 – 6975 Alberni Street



*This is an art creation dedicated to raising money for
the Sanctuary Gardens at Hospice House.*

Ev's Book Review

Ev Pollen



Hello *Barnacle* lovers! In this issue, I offer you my review of MR. HOCKEY, GORDIE HOWE. It is his memoir, and it is a wonderful read! I picked it up so I could learn more about the game that means so much to Canada and to my grandson. The book's forward by Bobby Orr got me hooked! How could a guy be so excellent? I had to read on, and I found the author's style to be clear, modest, and very informative.

Gordie Howe was born in 1928 and grew up in Saskatoon, Saskatchewan, one of nine siblings, in tough times. His childhood memories are really entertaining, as conditions in Saskatoon at that time were perfect for skating kids as the rutted roads became miles-long ice paths. A fortuitous act of kindness by Gord's mother brought a used pair of skates into the household.

When Gordie was a teen he played goalie for his school's team, and that experience taught him to see what the puck was seeing, which served him well as a scorer.

Gordie was only fifteen when he was asked to attend summer training camp for the New York Rangers. World War II was raging, and most able-bodied men were soldiering, so hockey scouts were watching junior players carefully. Gord describes the relationship between managers and players in the days when players were forbidden to disclose their pay amounts to their fellow players and were constantly threatened with termination or being traded.

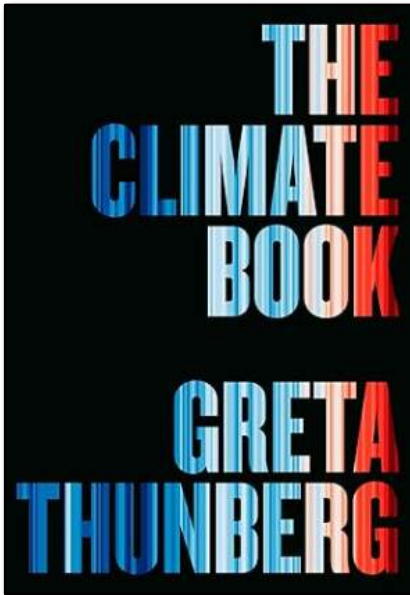
The highlights of his career, his love for his wife Colleen, and his pride and joy in playing professionally with two of his sons are all well reported, and some interesting details of his mind (slightly dyslexic) and body (perfectly proportioned for hockey) come near the end of the book. His honest and unapologetic handling of the violence of the game and his way of delivering "justice" on the ice were thoughtful, as was his remembrance of instances of classy conduct by other players.

If you want a deeper understanding of the game of hockey, I recommend this engrossing book. 🌟



Review of *The Climate Book*

Sandy Dunlop



Greta Thunberg's *THE CLIMATE BOOK* impressed me so much that I felt I had to write a review, especially in this issue of the *Barnacle* to accompany Jack Anderson's cover article, and especially now since there is no time to lose in the face of our radically changing climate. I hope I can encourage others to read it. It is extraordinary on many levels.

It consists of short essays by over 100 experts – geophysicists, oceanographers, and meteorologists; engineers, economists, and mathematicians; historians, philosophers, and Indigenous leaders; as well as Greta herself – and it is broken down into five parts – How Climate Works, How Our Planet is Changing, How It Affects Us, What We've Done About It, and What We Must Do Now. The essays are easy to understand and are short enough that you can read until you've had enough and take a break to digest before continuing. It is intense in its presentation of the current science (2022) and of our predicament. It is information we need to know.

As Greta states in the book, "... the most effective way for us to get out of this mess is to educate ourselves and others... Because once you understand the situation we are facing, once you get a sense of the full picture, you will more or less know what to do. And... what not to do." (page 326)

There is no doubt in my mind that we need to change our behaviour as human beings to avert disaster, and that this vastly complicated issue needs to be tackled from all angles and involve everyone in an overhaul of our whole way of functioning as a society. On this, Greta says, "Once we stop pretending that we can fix this without treating the crisis like a crisis and without fundamentally changing our societies, then action begins... If we are prepared to change, then we can still avoid the worst consequences. There is still time... we can still fix this." (page 427).

Please, read this book. 🌱

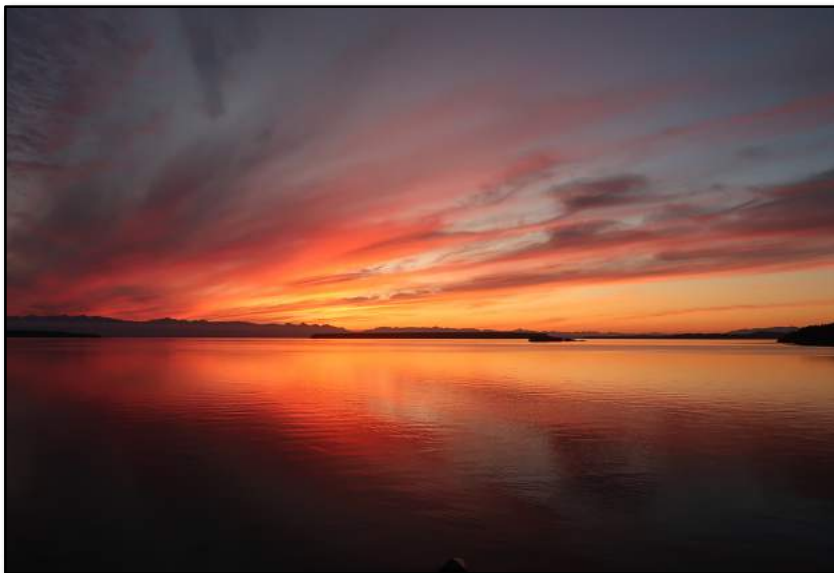


Photo courtesy Brian Voth



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Learning ʔayʔaʃuθəm - the language of the ʔaʔamin (Tla'amin), kómoks (Comox), χ^wεmałk^wu (Homalco), and ʔohos (Klahoose) people

Randolph Timothy Jr.

*Editor's Note: Many thanks (ʔimot) to First Peoples' Cultural Council for creating this website, which makes learning a few words seem way more possible. Have fun with it! **Are you interested in a language class at the Community Centre here in Lund? If so, contact dunlopsandy@gmail.com and I'll put your name on the list and contact you when it is set up.***

<https://www.firstvoices.com/explore/FV/sections/Data/Salish/Northern%20Salishan/Sliammon/learn/words?page=1&pageSize=25&sortBy=ecm:fulltextScore&sortOrder=desc&searchTerm=travel&searchStyle=match&searchByTitle=true&searchByDefinitions=true&searchPartOfSpeech=Any&searchByTranslations=false>



Photo courtesy Alex Sutcliffe

ʔaʃeχ^wot (How are you?) I hope this message finds our neighbors well.

I am excited to have been asked to again contribute this page to the *Barnacle*. If you go to the First Voices website link, it brings you directly to the Tla'amin page, where you will find the words being pronounced by Tla'amin Elders. It helps to hear the pronunciation. Tla'amin is part of the Four Sister Nation (Klahoose, Homalco, and Komox), and all have agreed moving forward that only orthography will be taught with the language, rather than phonetics, to help with pronunciation, as orthography is closer. At first glance, it probably is intimidating but speaking the language will come with time and practice. If you feel you need more help, email me at randolph.timothy@tn-bc.ca. Happy learning.

Try to pronounce these three words, using the orthography given, and then check out the way the elders pronounce them on the First Voices website at the link given above:

snow ʔawχw

wind puʔəm

cold čumčumm

this is the way the vowels sound:

a ah
e ay as in May
i ee
o oh
u oo
y y as in yell

this is the way the orthographic letters for the words in this lesson sound:

χ hhhh
ə uh
ʔ glottal stop: uh oh
č popping c

Changes, Adaptability, Epiphanies, and Gratitude what I learned during my trip to Scotland

Ria Curtis

I have spent my life hiking. It is more than a passion for me, it is a necessity. Like breathing. It feeds my soul. I have hiked the Rockies, the Andes, the Himalayas. Climbed mountains in Africa and Southeast Asia and Hawaii. I've even tried on occasion to make my living hiking, working in the forest industry, jumping out of helicopters on the top of mountains to make my way down to a river bottom for pick up at the end of the day. I LOVE hiking!

My adventurous life holds few regrets for me, but the mileage on my body is recorded in numerous injuries and creaky joints. **Changes:** This last summer I tried to climb Tin Hat Mountain with a full pack. I got about 2/3 up the thing and every step was like a knife being stabbed into my butt. But that wasn't the worst part. The worst part was understanding that this was my last back packing trip...ever. Every painful step was a reminder that this essential way of life for me was over, and I was leaving for a lifetime hiking trip to Scotland at the end of the summer. I cried my way to the top of Tin Hat.

I almost didn't go to Scotland. What was the point? I couldn't do what I wanted to do there. But being as this was a lifetime wish and being in my late 50s and possessing a general "F... it" attitude, I went. Here comes the **adaptability** part: I wasn't going to be climbing Ben Nevis or backpacking through the highlands for days at a time. I could still walk though, and Scotland is made for walking. I ended up renting a van, a small cargo van with no windows in the back. This was my perfect home on wheels. I could get to the more remote trail heads, dry my gear in the back, and sleep in it. Suddenly the whole of Scotland was open to me. I would drive along, see a sign for a trail or rock cairn or cave, and simply pull over to explore. One of my highlights was hiking up to an old Viking-era rock house half buried in the side of the hill. No one was there, just me and the heather.

Epiphanies: I have always been drawn to the empty places. Tops of mountains, deserts, the north. I feel grounded there, like I'm part of the land, part of the landscape. The vastness makes me feel small, but in a good way. Peace, contentment, these words are close.



Photo courtesy Ria Curtis

There is a sense of belonging, like I'm an integral part of the world, a part of the whole. Scotland had plenty of empty, especially the northern highlands. Nothing but miles of gentle - yet massive - hills, rock walls, sheep, and heather with a howling wind soundtrack. Bliss.

Along the way I met a woman, Alena, from the Czech Republic, who was doing what I had wanted to do. Ten years my junior, she was backpacking across Scotland. She had been walking solo through the highlands for over a week. She first saw me waiting at a bus stop with my backpack. She said she was drawn to walk across the street to meet me, another single woman with a backpack. We chatted for a bit, then she said she just needed to give me a hug, and away she went. It was a nice encounter, the kind you have when you travel solo and are open to it. A few days later, in another part of Scotland, in another bus stop, I saw Alena again. It turned out we were heading the same direction, and we shared a few lovely hours talking on the bus. During the journey, she shared with me that she had lost her son the year before and she was walking her grief. She wasn't going home until she felt better. I could identify with her as I had nearly lost my son a few months previous. We had a hug and a cry and went our separate ways.

Continued on page 32...

Continued from page 31...

A week later, we met again in a train station on the other side of the country. What kind of destiny / higher power thing was going on here? We agreed to camp together for a couple of days. We spoke of our journeys, our losses, being a woman getting old, we drank tea and walked together in silence. She told me a story of another woman she had met along the way. (here comes the **gratitude** part) She had spoken with a woman with dementia, who told her that she had never been able to have children. Alena explained to me, that in that moment, she felt gratitude that she



had been with her son for 18 years, had known that love and joy. Hearing this, I felt a wave of gratitude that my son had survived. Sometimes it takes another person to help us shift our perspective. Something in the universe had brought Alena and me together at a time when we were both slogging through grief and loss. Or were we drawn to each other because we recognized each other's state of being?

Who knows, that is a question for the philosophers and dreamers. I came home from Scotland with a new

Photos courtesy Ria Curtis



sense of being, a higher metabolism, and 15 lbs lighter. Hiking for miles every day and living on peanut butter can do that for you. I am open to possibilities again, and in being open, I see opportunities everywhere. Who says you can't teach an old dog new tricks! To quote David Bowie, "the world keeps turning, best keep walking". Maybe I'll see you out on the trails. Be well. 🌿



Life From Here

Trish Keays

Adapt or Die – Can Our Plants Adapt to Climate Change?

Most plants have evolved with the ability to adjust to seasonal changes in temperature, light, and water. Plants don't hibernate, the way some creatures do, but they have their own survival mechanism – they go dormant. Perennial plants rest in winter. By going dormant, plants avoid the risk of water freezing and killing them. Trees also protect their cells from freezing temperatures by moving water from inside the cell to tiny spaces outside the cells.

During spring and summer, plants use light and the process of photosynthesis to change carbon dioxide, water, and some inorganic salts into carbohydrates. The plant uses the carbohydrates or stores them for winter. As days get shorter and colder, plants move the sugars and carbohydrates from their leaves into the roots, to help sustain the plant over the winter. Fall colours of red, yellow, orange, and brown show as the plant moves green chlorophyll out of the leaves and into the roots before the plants drop their leaves. Conifer needles have a thick, waxy coating that reduces the loss of water from their surfaces. Conifers do shed needles, as deciduous trees shed leaves, but over a longer period in summer and fall, as older needles drop and make way for new growth.

Because most plants and animals have evolved to thrive in a narrow range of conditions, all species in our coastal ecosystems are at some risk of being affected negatively by climate change. Nobody knows for sure how, and the science is complex.

Climate change in BC is predicted to have a cascade of effects on watershed processes and in turn on everything about our lives, from public health to the economy and culture. 2050s projections for BC say the provincial annual average temperature is likely to warm by 1.7 degrees Centigrade. Annual rainfall is projected to increase by 6%, with a range of 3-11%. Warming is projected to be greater in the Interior than on the Coast. Southern and central BC are expected to become drier in the summer, and northern BC to become wetter. Overall, wetter winters are expected across the province. Snow declines are predicted mostly on the central and north coast of BC and at high-elevation sites along the south coast (5). The Lund Highway is just one example of infrastructure designed for less intense periodic rainfall that will now steadily require more maintenance because the earth cannot absorb or shed the amount of rain that falls at one time.

Some plants may thrive – especially ones adapted to many different conditions. More carbon dioxide in the air makes plants more efficient and they lose less water during photosynthesis so can grow faster, increasing crop yields. Ah, but – higher yields yes, but with proportionately lower protein and micronutrient content (11).

Higher temperatures affect the life cycle of plants. Plants such as grains mature more rapidly, and by the end of the season have not built-up leaves, collected sunlight to produce energy that produces grain, so the result is fewer grains and smaller crop yields (11).

One basic equation is simple: no water, no life. Water shapes our planet and our lives, as it cycles from air to land to sea and back again. A fanciful take on evolution is that all the splendid diversity of life is an array of containers to move water around.

The iconic Western Red Cedar tree has a profound place in First Nations cultures and was adopted as the BC provincial tree in 1988. However, it is “just not able to take” the hotter drier summers. A tree specialist is quoted in a CBC article: “recent studies conducted on Vancouver Island suggest the economic staple is under threat of endangerment.” (6). As a result, the range of the Western red cedar may shift or shrink because of changing

Continued on page 34...

Continued from page 33...

conditions. Different sources agree the cause is climate change, and every plant in every ecosystem will be affected, just as will every one of us. 38

Sources:

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WORKSHOPS
January
 27 & 28 January Dawn Myers basket workshop.
February
 Ongoing clay classes by Shivaun Gingras
March
 Ria Curtis, Pysanky egg decoration,
 21 March, 6:30 - 9:30 pm. 23 March, 1 - 4 pm.
 2 & 3 March, Dawn Myers basket workshop
April
 Sign up for Paper Extravaganza workshop
 With Sara Burgess from California

Surface decoration for Clay
 by Marla Benton from Nova Scotia

New gas kiln building workshop
 with Alan Burgess starting April

Salt firing workshop by Jackie Frioud

EXHIBITION
 Work from our Claywork students in **March**

TIDAL art centre

Sea Lion Kin

Sarah West

It's the depths of winter, and I've eaten through half of my precious canned pears. There's only a handful of dehydrated apple slices left in the glass jar at the back of the shelf, tucked in amongst the dried beans, bulk oats, and buckwheat. The gray of the season is so permeating, I forget, for a time, that the sky can be blue.

I feel like a pent-up terrier, with excess energy to burn, about to be let loose into the wild. I leave the house and hoist the kayak onto my car. Never an easy feat, but I can't get enough of the ocean, and it's one of my days off. Throw the straps over, tighten, check it's secure. Toss the life jacket, dry bag, and oar into the back. The biggest decision of the day is where to launch from in Lund.

Gliding across the steely gray blue waters, I watch for wind and tide and current. Listen for the sharp exhale of whale, seal, and sea lion. Marvel at the brilliant blue green revealed in shallow waters. I'm a recent transplant to qathet from the Interior, and I'm learning the ways of the ocean. Learning when and where and how to move with and about these waters which are thick with a personality that feels very much like a ferocious, loving, generous Auntie. I've been caught off guard before, and she suffers no fools.

Paddling across the waters, I notice my longing to actually be in them. Brave declarations of wanting to be a year-round ocean swimmer dashed in late November, I still miss the feeling of being buoyed up in her salty embrace. With energy left to burn and dwindling daylight, I run home to grab my wetsuit for a two-play day as the only logical way to close the afternoon.

I amble back down to the rocks with wetsuit, goggles, and flippers in hand (I won't say where, but you can certainly guess!). I wrestle to stretch on my seal suit, and the Selkie in my spirit rejoices. I tuck my fluffy bathrobe safely into a nook in the rock for later, adjust my goggles, and gaze at the water. A sea lion swims by, and I hesitate... for just a moment. Ever present in Lund, they have fast become familiar faces. I've been enjoying their ridiculous exuberance for life this last while, with their dramatic exhales and barks and bellows that echo from Hernando to Savary to Finn Bay and back again.

"No matter," I think, and step in.

Shockingly cold, my few inches of skin exposed to the wintery ocean burns. Cold water therapy is a mind game, where you must assure yourself that you'll be fine and remember to breathe. While I'm not great at playing the game yet, I roll the dice anyway, promising myself a safe and short frolic. Suspended in time, I am treated to a crystal-clear view of the ocean floor. Starfish, seaweed, oysters... more beautiful in real-time than any nature-documentary Netflix could offer.

I look up, and peer into the deep blue green.



Photo courtesy Sarah West

Continued on page 36...

Continued from page 35...

A giant flash of mottled brown and flippers streak before me, and before I know it, I'm out on the rocks, panting. The close encounter with a sea lion in her element, and me out of mine, jumpstarts my nervous system into flight mode so fast, I can hardly wrap my mind around what's happened. I looked like a seal, and rightly or wrongly, the ancient part of my mammalian brain instantaneously registered that I was a tasty snack at the bottom of the food chain.

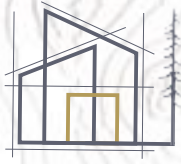
Standing, dripping on the rocks, and heart pounding, the environmental arts therapist in me remembers it takes about ten times longer for the reasoning of the neocortex to catch up to the ancient part of my brain that perceives danger. "Surely I was fine," I think to myself.

Wanting the last word, the sea lion pops her head up from below the surface, just ten feet out. Staring straight into my eyes, she begins to bark. Loud and long. Her nearby relatives rise from the depths to see what the clamor is about. I peel off my seal suit to remind her I'm human, and head home, rattled and gratefully bundled in fluffy bathrobe.

Later over a potluck meal of goat stew and fall squash, I quietly ask another seal suit wearer how they felt about diving with sea lions around. "Terrifying," he says, "I don't do it. Though the most they'll do is nibble on your flipper." Later, I confirm he's right, and I wasn't in any actual danger.

Now, dear reader, I'm no stranger to wildlife encounters, but something about this meeting was different. I could feel the energetic imprint of sea lion in my very bones. Still can. Not the fear piece, but the energy of sea lion kin themselves.

A beautiful and unnerving gift from these changeable gray blue waters I'm so grateful to live alongside. 🌊



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Lund Kid Revisionist History

Anna Gustafson

All Hail the Queens

As a reluctant Torontonian, it's not often I get to ride a BC Ferry. Even less frequently, to travel as a foot passenger. Toronto has a foot-passenger-only ferry that takes you to a fun island, but no sunshine breakfast is offered, so no thanks.

During a recent holiday visit to Vancouver, I got to luxuriate in four trips across assorted sounds, straights, and inlets. None as far as Lund this time, but riding a ferry is like a warm hug from home. That smells like diesel.

As far back as I can remember, catching the ferry was exciting. Even finding your number and driving between the assigned white lines seemed like a fantastic game. Buying a ticket at the booth was Powell River's original drive-thru. Above all, jumping around the back seat of a car as it drove into the belly of a boat was spectacular! My fundamental lesson in all this was "there's a way out."

My Dad had a way of indicating when something was put together with careful thought and ingenuity. He called it "rigging up a deal." e.g.: "You know what you've got to do? You gotta 'rig up a deal' where you tie a knot in a boat rope hanging off the skiff to pull yourself out of the stern." He wasn't wrong. I'm considering putting one above my tub.

Back in the late '60s, when the BC Ferry fleet started to serve more and more coastal communities and needed space, boats were cut in half and extended by 84 feet. As seen in the picture of 84 feet of ferry torso being towed by a tug. If that's not "rigging up a deal," I don't know what is.

As big as some of the vessels are, they were never a Princess Cruise or anything. More, Riding a Queen. Queen of Surrey. Queen of Burnaby. Queen of Nanaimo. All fun girls.

And those old girls sailed, no matter what! It's entirely something to travel across the Strait of Georgia in a storm, waves pounding the sides of the ship enough to make the hull shudder, and see Powell River disappear because the power had gone out. It's like coming in for a moon landing.

So, what's changed?

There is more attention to safety where the decision to squeeze one more car on is left to someone with a higher rank than the deck crew. There was a time when if you knew someone on deck, and drove a smallish car, you'd make the sailing with your ass-end barely held on by a net.

In most cases, you walked a plank to access the ship as a foot passenger. Not shuffle in with the cars, although the plank feature is still offered on some more minor crossings.

The safety announcements are now prerecorded rather than spoken live by someone whose voice you recognize. They used to have a curiously similar tone to the classic "Clean up in aisle six" at the Overwaitea.



Photo courtesy Maritime Museum of BC

Continued on page 38...

Continued from page 37...

For those of you who are new, Overwaitea was the name of a grocery store on Alberni Street that closed a few decades ago. Not because it was cancelled for having a name that punched down. It closed because... Powell River. The announcements are now a voice recording of an actor who warns, with much gravitas, that strong winds may knock you off balance on outer decks and that the butter-to-toast ratio in the cafeteria is dangerously high.

White Spot and Starbucks have shouldered out the unbranded and reliable soft fries and "a coffee". Be prepared now to know what Grandé means and only ask about the mysterious "Triple O" Sauce if you dare. If you know, you know.

There's jewelry! Big, sparkly costume rocks for when romance strikes, and you need to propose. If you really and honestly can't wait until you get to the Island, the Captain will marry you if asked.

A ball-less ballroom has been added for small children to share their germs in an enclosed space. These chambers were built as a courtesy to passengers to muffle the sound of screaming babies, and as a courtesy, I'm telling you they don't work. Stay in your car if you want quiet.

You are no longer allowed to stay in your car.

Dogs have their own area to hang out during the crossing. If you'd like peace and quiet, pretend you're a dog.

If you really, really love the experience, there are a couple from the former fleet for sale on Facebook Marketplace. Welcome aboard.

Anna Gustafson is a comedian, speaker, producer, writer, and forever Lund Kid now living in Toronto. Connect on twitter & Instagram @goosegustafson. 🐾



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Resolutions for Rascally Radicals

Miranda Nelson

With the calendar year rolling over, we say a hearty “goodbye” and perhaps “good riddance” to the overwhelmingly chaotic and also complete dud of a year that was 2023. As this is traditionally the time for new year’s resolutions, here are a few suggestions on ones you can adopt as we continue to adjust to a world that often feels a little more helpless – and absolutely more absurd – every day.

- Only wear your dress gumboots to public events and private parties.
- Take more time to go slow and appreciate the world around you – we’re on Lund time now.
- Always salute the mayor when you see her out and about. (That’s the turkey, of course.)
- Only commit to one conspiracy theory at a time.
- Limit your rock collecting to one pocketful per session. Okay, you can fill two but only if the rocks are *really cool*.
- Make sure your headlamp is always fully charged any time there is any kind of weather in the forecast, including darkness.
- Try not to laugh at lost and/or clueless tourists when you interact with them but if you must, at least wait until they are out of earshot.
- Do not make friends with the bears, no matter how many picnics they invite you to. Those picnics are almost always fronts for multi-level marketing events. You know you’ll end up joining some stranger’s downline and filling your garage with products you don’t use and you can’t sell. (You say that you won’t, but you always underestimate the persuasive powers of bears, and you know this about yourself, so stop going to the picnics, Linda.)
- Do make friends with the dogs – you never know when you might need a new friend who knows how to both hide and find bones. Plus, dogs are rarely if ever involved in predatory pyramid schemes.
- Stop tailgating folks on the highway. We all know it’s a narrow, twisty, poorly maintained stretch of road and which is sometimes inhabited by roaming packs of dogs and lost and/or clueless tourists. Also, apparently there are “rules” about “hitting pedestrians while yelling out an arbitrary points value”, so do with that information as you will. Besides, we’re in Lund – there is literally nothing out here that needs to be rushed to.
- Start stockpiling your wood in the spring. Your future self will thank you.
- Adjust the headlights on your vehicles so they aren’t so blinding bright. (This one is really just a personal favour to me as my night vision is terrible.)
- Tip as much as you can as often as you can. While tipping culture is ridiculous, until everyone is able to earn a living wage, let’s share what we have.
- Post more cute animal pics on the local FB group. 🐾

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Speaking in the Barnacular

Ted Durnin

I am writing fiction. Not in this article, mind you; every word here is the truth. I'm writing fiction in other places. Someday I might publish it, sell it, or burn it, not necessarily in that order.

It is an interesting process and very different from writing *Speaking in the Barnacular*. Instead of scrambling with less than 24 hours to go, I write a draft, let it sit, ask others to read it, take notes, write another draft and so on. Eventually, I send it to a professional editor. Soon after that, it's ready. Then I burn it. Or publish it.

The part that I find interesting - apart from the crackling dialogue, intriguing characters, clever plotting, and deep meaning - is that I don't know what the stories are about until I've rewritten them a few times. I get started with a specific notion, maybe a name or one conversation between characters, and build a story around that. Then I discover more story, more characters, cracklier dialogue, and dare I say, deeper meaning. Things I already wrote are changed or omitted or burned. I know I'm getting close to done when I discover the theme of my own work, just like I was required to do in school about other people's work. It often comes as a total surprise.

I've got two or three things that are almost ready for prime time. You might find my name on your Kindle or similar fairly soon. If you read them, you can try to guess what the theme is too. You can also make up all kinds of crap about imagery and literary references and whatever you decide to press onto my story. Bruce McAllister did a survey of working authors in 1963 on whether they put in symbolism on purpose or not that illustrates this better than I ever could. Look it up.

Anyway, pretty soon I will no longer write exclusively for the Barnacle as I have done for the last couple of decades. Yup, that long. I will hang my shingle much higher, like a beacon or a target, and see what comes of it. If you're interested in following along, you can. Warning: Shameless Plug incoming: Just go to my website at <http://www.durnindesigns.com>. If you want to help things along, join the mailing list.

Of course, I'll keep writing here as well. This is my bread and butter, the steady writing gig that supports my home and family. Oops. I promised at the beginning not to lie. Well, it's a steady writing gig, anyway; I'm lucky to have it. Thank you, *Barnacle*, and all of you, Lund, for being kind enough to continue reading these even though I have forsaken you for the garish lure of city life. I'll strive to continue to be just as relevant as I have been thus far, maybe even relevanter. 🌲





With the winter solstice comes new light in the midst of festive storms & power outages & as the days grow longer, I wish you all a year of great peace. ❤️

Les's

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Community Page

Sandy Dunlop

Birth Announcements

No new babies that we know of.

Sympathy and Condolences

Dometria Lanauze**January 19, 1948 – December 26, 2023**

Thinking of You

I hope you are staying warm this winter (brrrr) and that you know you are an important part of our community, no matter if you've just moved here or lived here for decades and then moved away. Healing thoughts and much love go out to you all, wherever you are, and especially if you are struggling for wellness in any area of your life.

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 email barnacle.articles@gmail.com to let us know of any births, deaths, or announcements you think should be shared.

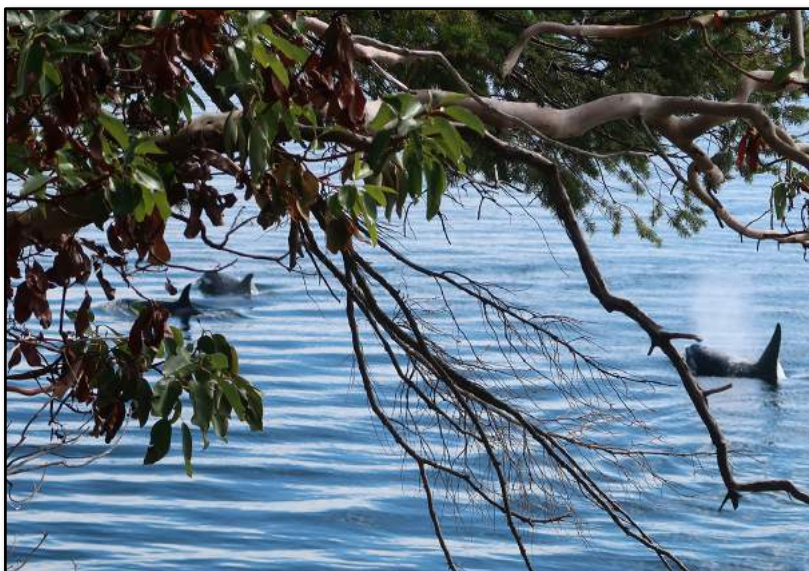
Among other things, this Committee sends cards to people for congratulations or sympathy and more, if we hear about it. Thanks to volunteer Peg Campbell for sending cards when asked. We also put together welcome packages of wonderful donations from some of our local businesses for newbies to Lund. Many thanks to Margaret Leitner for looking after this, to the generous businesses who donate, and to the post office for making it easy.

Northside Community Recreation Area Resident List

The Lund Community Society has a group email for all Area A residents who wish to learn about information and events in our community. It's 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.

Barnacle Sponsorship Program

As promised by our advertising editor, Martha Allen, here is an update on the sponsorship program she told some of you was being considered. She received an enthusiastic response to the idea as well as more advertisers. Your generous support has allowed us to fund our new 44-page format, and we will think more on the sponsorship idea. Huge gratitude!! 🌟



Photos courtesy Brian Voth