

Lund **BARNACLE**

Summer 2021

\$2.00

The Voice of Lund

Proceeds to the Lund Community Society



Artwork by Prash Miranda

Post-pandemic Lundies Emerge Awkwardly from Their Cozy Caves

Kathryn Colby

A couple of months ago, I noticed a significant shift in pandemic-related messaging: governments began to draw our focus from physical health to mental health. Predictions around isolation having lasting effects on our communities remains to be seen; but our public health folks seem prepped and ready to help us all re-join society and cast off any lasting effects of isolation.

Cave Syndrome (CS) is quickly becoming a catch-all term for post-pandemic life to describe those of us who are apprehensive to re-join society. Now that the world is opening back up, some of us would actually really rather stay home.

CS is a gradient, with people who have or have developed real agoraphobia at one end and those at the milder end who are experiencing increased feelings of awkwardness with social contact and a reluctance to emerge from their

Inside this issue...

Community Society Update.....	4
What's Happening in Lund?.....	7
qathet Regional District Update.....	10
Let's Talk Trash.....	11
Puddle Jumpers Preschool.....	22
How Did You End Up in Lund?.....	24
Lund Reads.....	26
Summer in Lund - the Kids' View.....	28
Lund Kid Revisionist History.....	37
Speaking in the Barnacular.....	38
Prashbear Cartoon.....	39
Community Page.....	40
Crossword Puzzle.....	42
...and so much more!	

Continued on page 3...

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

Editorial Policy

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

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

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

Editorial

OMG, was this ever a crazy issue to keep on track! Was a celestial retrograde happening? Brainwave interference? Or??? In any case, here it is for your reading pleasure. Welcome to the summer 2021 issue.

We're getting to welcome back a lot of things now, eh? What's that like for you? Socializing after isolation can feel both wonderful and unpleasantly weird. This issue talks about that, both seriously and with humour. It's not a small deal, though. I think we're all a bit disoriented. Post-pandemic PTSD.

In this issue, we also continue to explore how we can create a new way of living together, in Lund and all over the world. How we might share the planet and its resources differently. How we might rethink our relationship with everything and everyone. It's a huge topic and our *Barnacle* is relatively small, but I'm going with the ripple effect. We are all contributing to a new world.

There's a lot of other wonderful things in these 44 pages. I hope you enjoy this issue and have a great summer.

-- Sandy

In respect and gratitude, we recognize that this publication was created on the traditional homelands of the Tla'amin Nation and Coast Salish People.

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 2021.****

Advertising Rates

Business Card Size: \$10.00

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

Quarter Page: \$30.00

Send to: barnacleadvertising@twincomm.ca

Next edition is October 2021

Deadline for submissions is October 10, 2021;
 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...

oh-so-very-cozy caves. Who feel more sensitive and get their feelings hurt more easily. Who, in no time, feel overwhelmed and just want to run home.

So many of us for so long were looking forward to the new 'normal' so we could once again hug, dance, eat inside with others, and be in a crowd! It's okay if, after all we've been through, plus a gnarly heat wave that essentially caused emergency services to collapse around the Province, we just aren't quite there... at least not yet. And why should we be?

I'm a lucky person - born extroverted, which is a trait that is generally rewarded in our society; but we are in an unknown era that feels confusing and especially pressurized to 'get back to it'. Introverts, and the people who love them, would be smart to ease in reeeeeaaaaalllllyyyyy slowly and ALL of us need to reject all pressures to gather if we just aren't ready.

There is, however, a fine line between the need to rest and move at a comfortable pace back to socialization, and the need to seek support around mental health concerns. Cave Syndrome is fine when mild, but if you are experiencing severe avoidance due to anxiety about seeing people you care about, get rising panic that gets worse when trying to leave your home, experience feelings of unknown loss or hopelessness for many days in a row, or feeling overwhelmed at the idea of caring for yourself in basic ways, reach out! All these feelings are fleeting, even when they don't feel that way, and can be done away with much more quickly with support.

And hey, our loving family and friend relationships lasted even without physical sharing, and they will continue to exist and be important while we fumble through this weird period of post-pandemic life, so go easy, be kind to yourself, and be extra gentle with each other.

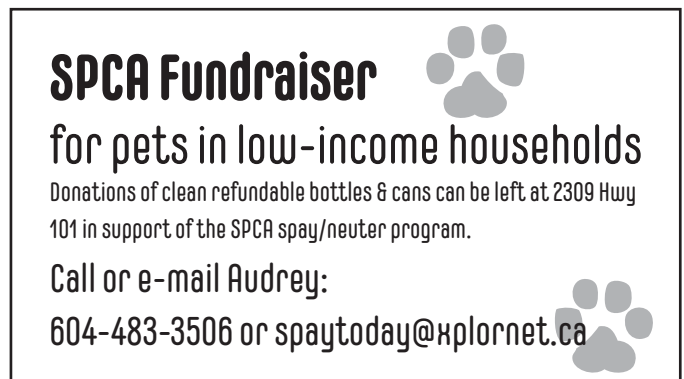
If you are looking for free/low-cost support and/or counselling, you don't need to be in crisis to reach out for it. Whatever you are feeling or experiencing is valid and important. You matter and are loved.



- Call 310-6789 for emotional support, information, and resources specific to mental health.
- Call 1-800-784-2433 if you are experiencing feelings of distress or despair, including thoughts of suicide.
- Call 1-800-588-8717 for culturally-aware crisis support for Indigenous peoples in B.C.
- Call 1-800-721-0066 for Indian Residential School Society Help and a 24/7 crisis line.
- Call 1-800-663-1441 for Alcohol and Drug Information and Referral Service resources and support.



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

Lund Community Society Update

Ronnie Uhlmann

We held our regular general meetings on May 18 and June 15 outside, masked, and seated apart. It was great to be together again. Our programs *Bike Lund*, *Puddle Jumpers Preschool*, and the *Barnacle* all continue to function successfully.

The building committee has also been meeting again and there's lots of enthusiasm and ideas. Patrick Devereaux, our qathet Regional District (qRD) partner, wrote two grants for the addition but we've not yet heard if the applications were successful. We are hoping to have the entire addition cost covered by grants. We are an Emergency Centre which should help. The qRD has now placed a large container at the Centre with emergency supplies including a generator, water, food, cots, blankets, and medical supplies. We will have space for a helicopter to land.

At our last meeting on June 15 before the summer break, we discussed items to be included in next year's budget and the building addition, as well as decided on a date for the annual general meeting (AGM). With COVID conditions cooperating, the AGM is now scheduled for October 1.

The AGM will start with a potluck dinner (COVID willing) at 5:00 pm and the meeting will follow at 7:00. Board jobs will be posted, and elections held for new people to occupy these posts. We will have an ideas sheet for the new addition, a model, and temporary plans. As always, we hope many community members are able to come and participate. If you don't have the time or inclination to be a board member but can attend meetings, that would be great. If you don't want to regularly attend meetings but have an idea you think would be good for our community, please come to just one meeting and run your idea by us. That way, your idea can be heard by all and discussed.

What I am trying to say here is that the Lund Community Society is open to new ideas and new people and we would love to see more community participation. The more people who participate the stronger our community will be. Our Society meetings are at 7:00 pm on the third Tuesday of every month with the exception of July, August, and December.

With love and gratitude for living in this beautiful community and in this amazing place. And a big thank you to everyone who followed the COVID protocols and helped keep our community safe. See you at the next general meeting on Tuesday, September 21 or at the AGM. 🍷

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Debra Bevaart's studio gallery is a showcase for more than 40 local artists with Debra's stone sculptures brought to life on site

Tug-Guhm Gallery & Studio open
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Help Create The Future



qathet Pride invites you to share your pride

As we emerge from lockdown we're encouraging a series of mini-pride events in August throughout the region.

At our recent AGM we elected a new board including youth and experienced pride organizers to create a more inclusive caring community. We also voted the name change from Powell River Pride to qathet Pride. Working together.

We need a new logo so invite ideas and submissions from the queer and allied community. The full changeover may take a while.

Information is available at qpride.ca and qathetpride.ca

Tidal Arts Centre is hosting a queer film night in mid August, there's also queer picnics, pride decorating and craft events, maybe drag bingo, along with support for LGBT2QIA+ folk throughout the region.

What the Plus art show is on at The Art Centre July 22 to August 7
Vancouver Queer Film Fest online across BC August 12-22

Come celebrate with us : qathetPride.ca

HAPPY PRIDE !

Foodie B&B Retreat in Nature Help Fulfill a Dream



Amazing northwest views, enjoying the sunset from the deck.

A retreat: get away from it all to connect with nature.

Kayaks to explore by water, trails to hike.

Soak up nature's beauty all around.

A great kitchen to share delicious feasts.

Cozy, rustic, big fireplace. Comfortable beds. Hearty breakfasts.

Even a separate production kitchen to share good local food.

Possibly a studio, workshop, creation space.

Ideally room for guest cabins and trechouses, a soaker tub too.

Gardens to grow fresh food and beautiful flowers.

Room for friends and family to stay.

Space to heal, relax, rejuvenate, create, connect, be at peace.

Conversations that affect change and make a difference.

Does this space exist? Might you know someone with a vacant home or room to create this dream vision? Is this possible?

My experience as a foodie in the hospitality world, now two years in Lund, looking to create this here on our coast.

Happy to do the work creating and running the B&B sharing rewards with partners in the land. Open to a profit share equation.

Is there a property in need of TLC, care taking, and using to help the outside world connect to nature, taking the experience home aware of our fragile planet, wild places, nature's glory and their own nature stirring deep within.

If you see possibility in this, please call or text, and feel free to leave a message with your name & number, so I can call you back. Thank you.

Cheers John 604 318 3745



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Summer Hours:

Noon - 8:00 pm

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Reservations required for parties of 6 or more

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Reservations recommended for holiday dining!

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What's Happening in Lund?

All Lund businesses are open! although not the Lund Resort Hotel (soon to be called The Village at Klah ah men – see page 33 for more info) due to the ongoing COVID-19 pandemic and its effects. **The Stockpile Market** is open however - 7 days a week from 7:00 am to 7:00 pm. Check all the business ads in this issue and their websites for more info.

One thing that is happening partly as an effect of the pandemic, and not just in Lund, is a shortage of employees. This causes some businesses to have to shorten their hours. Sorry about that. Anyone looking for a job?

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

Artists in Residence

- July and August: Liliana Kleiner – printmaker, bookmaker, tango lover
- September: Donna Lytle – sound artist

Shows

- July 23-August 16: Megan Dulcie Dill – *Painting with the Pacific Wild*
- August 24-September 7: Ryan Mathieson – *Night Pollen* photography

Workshop

- August 12-September 9: Megan Cole – *Writing the Senses*

Special Events

- August 10: Children's Program with Megan Dulcie Dill and the ORCA bus
- Children's Art Camp with Shivaun Gingras and Prashant Miranda, August 16-19 10:00 am - 2:00 pm
- Beginner Wheel Throwing, July 24/25 - August 29
- Life Drawing, Tuesdays starting up again soon

Northside Community Recreation Centre (NCRC)

Playgroup – Mondays 10:00 am–noon. Also at Craig Road Park, Thursday mornings, 10:00 am–noon for the summer. A great way to get out, meet other parents, and let your babies and toddlers play together. We meet outside and there is extra hand and toy washing, and sanitation in line with current COVID guidelines. We ask \$1.00 donation as drop-in fee to cover costs and supplies. Call Ria at (604) 414-0383 or email Esther at terpomter@hotmail.fr for info

Puddle Jumpers Preschool – Tuesdays and Thursdays 9:00 am–1:00 pm, starting in September
See page 22 for more information

Tai Chi – Saturdays 9:30–11:00 am - outside in the back covered area or on the playing field

Lund Community Society General Meetings – Next meeting is September 21 at 7:00 pm
Meetings are on the third Tuesday of every month except July, August, and December. Everyone is welcome. Any COVID protocols necessary at the time will be in place

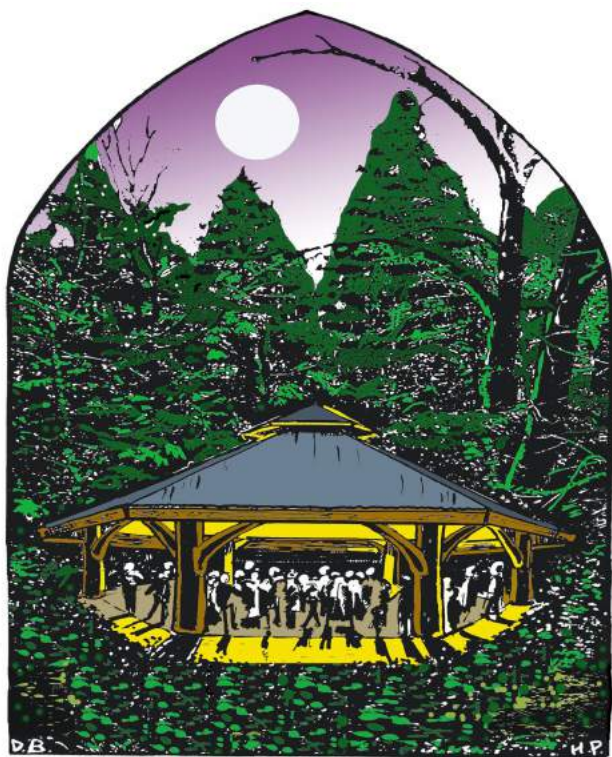
Lund Community Society Annual General Meeting – October 1

AGM will start with a potluck dinner at 5:00 pm and the meeting will follow at 7:00 pm. Music and hanging out has been known to follow the meetings

Please come! Any COVID protocols necessary at the time will be in place here too. 🍷

See Lund Community Society Update on page 4 for more details.

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



To book events at the Northside Community Recreation Centre, contact Niki at (604) 483-2353. 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

Thank you for recycling!



Summer Lund Bus Schedule (Route 14)

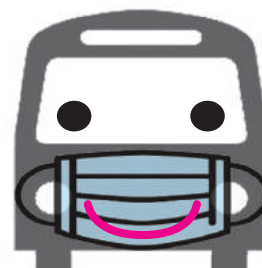
Tuesday, Wednesday, Friday, Saturday & Sunday during July & August

Leave Lund: (Mile 0 Marker)	9:41 am	4:10 pm
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Leave Town Centre Mall (North End)	8:50 am	3:25 pm
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Fare: \$2.25 (Children under four ride free with an adult.)

BC Transit continues to recommend the use of face masks.



New!

Connection through to Saltery Bay Terminal now available Tues, Weds, Fri, Sat.*

Did you know that pick up and drop off service is available upon request?*

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

* Some conditions apply

“Pee-dicament” in Downtown Lund

Barnacle Staff

When the summer crowds first arrived back in Lund this year, Nancy's Bakery was the only place in downtown Lund that had a toilet available for public use. With their reduced hours due to staff shortage, however - another story - that left lots of hours without any public toilet access at all.

Many months ago, some of the local businesses got together and proposed a solution: the Hotel would offer up the old Sea Kayak room by the laundry to be converted into a pay washroom/shower facility. Nanette got her "grant guy" working on accessing money to pay for it. Months later (maybe fast by grant-getting standards) she had a partial grant secured and a second is in the works. It became apparent, though, that wasn't going to solve the problem for this summer.

And so early summer 2021 in downtown Lund was difficult to manage for anyone in need of relief, and for a lot of people, that's often.

Eventually, Nancy Bouchard decided to grab the bull by the horns, and had Rural Septic install two Porta-potties under the big tree in the lower parking lot. They don't even take up a parking space, and they were immediately in use. All the downtown Lund businesses agreed right away to pay a share of the costs.

Let's hope a more attractive and permanent solution can be found soon! 🌱

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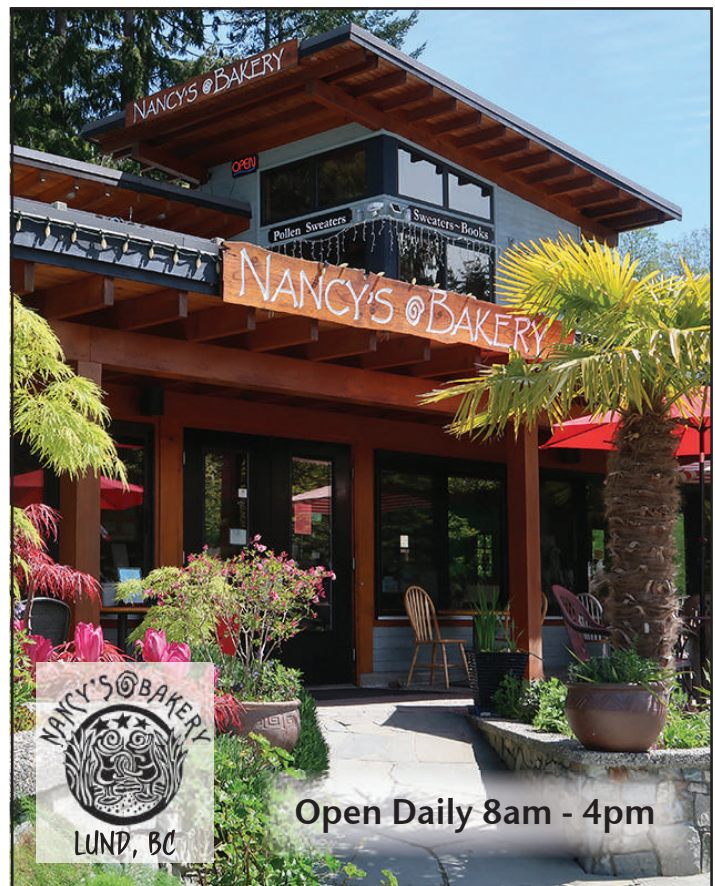
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qathet Regional District Update

Patrick Brabazon, Director, Area A
qathet Regional Board Chairman



qathet
REGIONAL DISTRICT

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

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

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www.powellriverrd.bc.ca

When TELUS originally proposed to place a cell tower on the hill up Larson Road, the neighbours were very upset and vocal such that the proposal was withdrawn. Although the qathet Regional District (qRD) had not been consulted and was not involved in the planning, I considered the handling of the proposal and its demise as a serious setback in our community's drive for good cell phone coverage and improved internet access. No, we weren't offered a cable connection but many in the area had no cell coverage and no internet.

Soon I was being advised of other possible sites on private and public land. One public-spirited person even offered some land rent free. In all, I came up with five possible sites and went to TELUS to ask them to come back up and start afresh. They did so.

As always, the starting point for such a survey is the best possible coverage. Then the issues of neighbours, power, access, etc., come into play. The initial survey indicated that the site offered by the Lund Water Improvement District offered the best balance of considerations. However, when the survey team got on the ground, they spotted a slightly better site close by. This new spot was just within the Klah Ah Men Lund Gazebo Regional Park. Now qRD was involved.

Subsequent negotiations around access, power, and money were successful; TELUS will lease the land from the qRD with the money going to the park service. TELUS is still testing the results, but I am hearing from Savary and folks down the highway of a good signal where none existed before. One person on Savary has internet access for the first time. This is a win for all of us. 🍀



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Let's Talk Trash

Ingalisa Burns, of the
Let's Talk Trash team

Re-inhabiting the Village

If nothing else, our recent times of isolation have taught us the importance of relationship. Even the most reclusive of characters has an inner knowing that we need each other on some level. Living through a time when sharing space, childcare, meals, and belongings were discouraged has led many of us to appreciate these aspects of community more deeply than ever. We are not designed to do it all on our own. We thrive when we tap into the abundance of the commons - our friends, neighbours, co-operatives, and even strangers.

Village living is a mindset that leads to actions fostering community. It is an acknowledgment that we are all interconnected and have something to offer the collective. Many of us are (re)inhabiting a village way of life, perhaps with more openness than ever having felt the imbalance of life without it.

When we all lived in actual villages, resources were shared. Tools, gardens, and animals often belonged to no one



Photo courtesy Ingalisa Burns

and instead were enjoyed and cared for by all. We still recognize the many benefits of sharing resources. Car sharing co-operatives, clothing swaps, co-housing, tool lending libraries, and special event clothing rental being some modern manifestations.

Commonly owned resources not only cost less for the individual, but often make possible what would otherwise be inaccessible. A

group can buy much more land together than they ever could alone. Maker spaces and textile co-operatives offer access to tools and machines that most people would never invest in. Beyond this, sharing goods can mean less personal responsibility for maintenance, as is the case with co-operatives that dedicate part of membership fees to needed repairs and upkeep of machines, tools, and facilities.

Many of us are already in the habit of being good neighbours and generous friends - lending a lawnmower, giving away garden abundance, and passing along clothing that kids have outgrown. Naturally, we have limits on what we are willing to loan out and this comes from past experiences of generosity or collaborations going sideways. Tools get broken or are not returned. Shared land can lack privacy and members may not contribute equally to its stewarding. Lack of easy access to sharing hubs and cooperatives may also prevent us from participating in an otherwise enticing community service.

Continued on page 12...

Continued from page 11...

Without acknowledging the inherent challenges of sharing goods and spaces, we are unlikely to be open to them on a larger scale where the impact to the planet is the greatest. Most of us would have a lighter footprint if we expanded our participation in the commons. So, the question is, how can you do just that?

There is no shortage of opportunities to join or create a community hub, be it a tool lending library, sewing collective (e.g.: Fibre Space), Community Supported Agriculture collective (e.g.: Blueberry Commons), medicinal herb garden, land-share (e.g.: Hearthstone Village), car-sharing network, bulk food ordering group (e.g.: Skookum), free store, office space, child play circle, or even simply the local public library. You might want to start close to home with a shared garden plot with a housemate, weekly potluck with family, or monthly clothing swap with friends.

Individual ownership fosters individualism, rather than the glue of come-unity. Now is the time to remember the beauty and importance of sharing. Let's be cautious about getting too comfortable with isolationism. Now is the time for us all to wake up to the sober realities of our over-consumption and our great capacity to affect positive change. Humanity's appetite for the planet's resources has eclipsed its capacity to provide. Knowing what's at stake can motivate us to revisit the power of the collective.

Just as we have rights to and responsibilities for the things we own, we have rights to resources and responsibilities for stewardship of the earth. The word Canada, it just so happens, comes from the Huron-Iroquois word for village, Kanata. What better way to honour the place we live than by embodying the sharing spirit of the village? 🌱

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

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Paegge Maltais
Harbour Manager

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What Shall We Share Next?

Charlie Latimer

Recently, upon a visit to Craig Park, I saw two tennis racquets attached to the tennis court fence with this note attached: "Feel free to use these to play". A simple and generous gesture that opens the possibility for park visitors to take full advantage of the courts. The act of sharing things and trusting the community to use and take care of them allows us all to do more with less.

I've always disliked buying stuff to then just have it sit unused for most of the time. It just seemed wasteful. Back in my "Vancouver days", this trait of mine led to the beginning of the Beer Cat Brewing Co-op. I had realized that my newly purchased brewing equipment was sitting around gathering dust between brews and decided I needed to share it. A few friends gathered and found a community kitchen that would host us and before you know it fifteen people were brewing twice a week, and we had more beer than we knew what to do with. So, we threw dance parties!

And that's the thing about sharing things, it's not just the material use that's a benefit; inevitably it brings people together. Seeing groups of folks go on bike rides to Diver's Rock or the Gazebo with the Bike Lund Community Fleet proves it. Every aspect of that project got people involved and together: the bike donations, the bike stripping, the repairs... all are excuses for neighbours to meet and give a bit of themselves back to the community.

If you think about it, we already have lots of shared assets. The Northside Community Recreational Centre (old Lund School) can be booked for as little as \$10 by anyone in the community for meetings, workshops, or use of the kitchen. The Gazebo, which was purposefully built to host music and dance parties, is free to book. Diver's Rock and the many beach access sites give everyone a little bit of waterfront to enjoy the Salish Sea. You can also consider the trails and huts as shared pieces that continue to make life just a bit sweeter for all of us without everyone needing their own cottage.

I think folks would be hard pressed to find anyone that doesn't appreciate these things that we all share. Now, there's nothing revolutionary about parks and community centres; they exist in almost every community, but is it possible for us to stretch our imagination a bit further with this idea of community assets? Can we apply the idea of pulling our resources together to benefit the community as a whole with other things?

Continued on page 14...

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Continued from page 13...

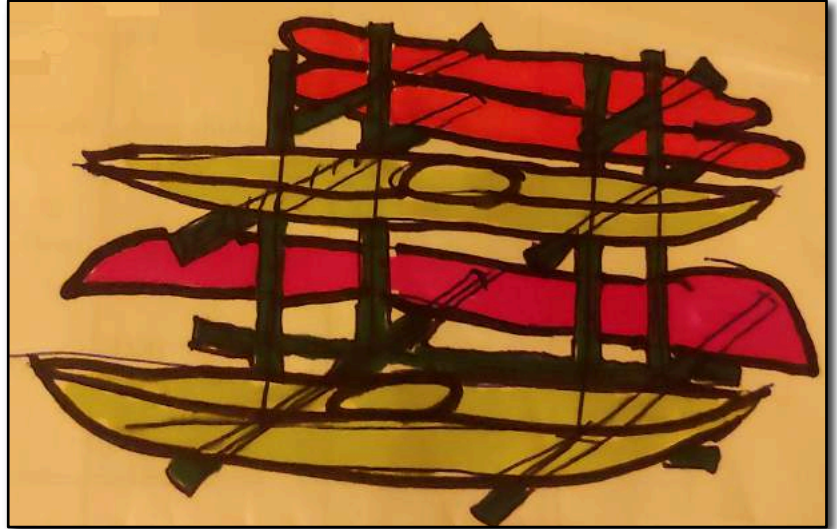
In cities where folks are in very close proximity, there's been a revolution in "organized-sharing" from car-shares to tool libraries. Are such ideas feasible in a small community like ours? Hearing folks talk in town, I think that they are. Here are a few ideas that are starting to get discussed around Lund:

Communal wood fire pizza oven

Over a year ago, after some unwanted upgrades by the qathet Regional District took place at the Gazebo, the community had a meeting there to discuss what we wanted the park to be moving into in the future. Many great ideas were shared, but a few stood out. Folks had mentioned that if we were to build a wood stove oven and a large harvest table, it could make regular potlucks that much easier to hold there. Who doesn't want a monthly (weekly?) pizza party?

Paddle co-op

Another idea that is being floated around is making small boats - kayaks, stand-up paddle boards, and canoes - available near the water to borrow and bring back. In Vancouver, such a place exists. Near the waters of English Bay, Vancouver Ocean Sports make available a number of paddling boats to members for a low yearly fee. They are secured close to the water and available 24/7. A paddle co-op makes it easier for folks to get on the water, in a variety of ways, and explore our area. The Hotel already has such a thing available to their staff; what is keeping the community from making it happen too?



Art and photo by Charlie Latimer

Lending library

The Thingerys (<http://thethingery.com/>) are little lending libraries popping up in neighbourhoods all over Vancouver. From camping gear to power tools to sports equipment, you can easily borrow all kinds of items which allows more people to get out and have fun! The brilliance of this is that every community gets to decide what is in the library. A pressure washer, for that spring cleaning you do once a year? A headlamp for your friend who forgot it at home while visiting? An extra cooler or two for that bigger than expected, trip to Savary?

There are so many options on how we can pull together to make things more accessible for everyone. If you're interested in making any of these happen or have other ideas, do get in touch! 📧

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Paramedic Perspective

BC Emergency Health Services

Brian Bomprezzi
Community Paramedic

Calling 911

As a paramedic for 18 years, including time as a community paramedic, and in teaching CPR to the public, one question always comes up: What's it like to respond to someone's home for an emergency?

I'd like to share some insight on both what it's like and how you, as a potential patient or helper, can make it easier for paramedics and ultimately safer for the patient.

The pager goes off and a dispatcher's voice breaks the silence. The paramedic on the phone holds their breath for a second listening to the emergency details: Two-two nine alpha, purple call. Paramedics know that a purple call is categorized as immediately life-threatening and time sensitive. One paramedic will open the station door while their partner drives the ambulance out of the station. The paramedic does a quick push of the button again to close the station door and climbs into the passenger seat. "Where are we going? Lund, for a 68-year-old male with chest pains and a history of heart problems." With lights and sirens, the paramedics navigate their way through traffic, stop lights, and stop signs. On the way, the paramedics discuss the location and if either of them has been there before and how easy or hard it might be to find the home. As they drive, they are hopeful there is an address sign at the road or someone to guide them in.

All too often paramedics are called to residences that don't have addresses clearly marked and it delays the paramedics' response. As the paramedics get closer, they start calling out the addresses they see as they approach the destination. When they find the driveway, they determine whether they can drive in and turn around or will need to back down the driveway to allow them the quickest departure to the hospital. Sometimes a driveway is overgrown or in poor condition and paramedics need to park at the road and walk in on foot.

As paramedics approach a home, they are looking for activity, lights on, front door or doors that are used for the main access, or if there is someone there to escort them in. They are looking for hazards and dangers such as animals running around, muddy terrain, loose or broken deck boards, snow, ice, or algae on stairs and decks.

They are thinking about what equipment they are going to need to get the patient out of the home. If dogs are loose, paramedics will want them to be locked up, preferably prior to their arrival. They may be friendly dogs under normal circumstances but remember this is not a normal circumstance and the emergency can stress the animals out and paramedics do get bitten.

A patient gets assessed for pertinent information so paramedics can provide appropriate treatment. Paramedics will want the patient's care card, medication, and to know about any current or past medical issues. They will also ask, if relevant, whether there is a do-not-resuscitate order (DNR) or a MOST form - it stands for medical orders for scope of treatment.

Paramedics will ask what happened prior to the event and how long has there been symptoms. As they are doing this, they are considering the equipment they are going to need to get the patient safely out of the home. This includes what furniture or items will need to be moved in order to transport the patient. Can they move the

Continued on page 16...

Continued from page 15...

person out safely by themselves or will they need to call for help to move furniture or to help with the awkward turns around corners and downstairs? If they need to call for help, how long will this delay?

There is a lot to consider when responding to an emergency medical call and it's understood you can't plan for every emergency but please consider these suggestions:

- Have a clearly marked address (preferably reflective) at the road and on the home.
- If possible, have someone meet the paramedics at the road to guide them to the residence and the patient.
- Have a clear, preferably level, driveway free of obstacles such as overgrown tree limbs and bushes that would make it difficult for an ambulance to arrive.
- Put dogs away prior to paramedics' arrival.
- Have the injured or sick person's care-card, their medications, and any do-not-resuscitate orders or MOST form ready to give to paramedics.
- Try to have a past medical history you can share with the paramedics.
- Keep a safe, well-maintained path for getting in and out of the home with entrance and hallways free of clutter and bulky furniture.
- When possible, the patient should remain in the larger room of the home and not retreat to a back bedroom or bathroom as these are tight spaces and can increase the difficulty for paramedics to get to them. 📍



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Finding Balance

Krystle Mitchelitis

WildSafeBC qathet Regional District Coordinator

With the approach of the global 'new normal', I have been asking myself what it would be like to create a new normal regarding our relationship with wildlife?

Many of us are ready to get back to how life used to be before the pandemic, but was everything about that life really what we want to go back to? If the pandemic has taught us anything, it's what is truly important to us is connection. Connection to our family, friends, communities, and even our connection with nature and wildlife.

I believe that finding balance between humans and wildlife starts with our connection to them. Let's think about one of the provincial-wide top three wildlife attractants: residential fruit and nut trees. There is a flawed perception that a black bear feeding on a fruit tree in our yard is 'natural'. The truth is that most likely the tree was planted by a human and therefore should be maintained by a human. We often allow the bear to continue receiving food rewards in our yard because we like to take photos, give it a name, and build a connection with it. All too often I hear "oh, Bruno is back again".

What we need to understand about this connection is that we are assigning anthropomorphic personalities and traits to the wildlife, which means we are giving human characteristics to something that is not human. This then causes us to believe that the wildlife will act like a human, which is not the case. Bears will act like bears and humans will act like humans.

When bears start to frequent our yards, they are often seeking food sources and once they receive a reward they will continue to return to that spot for as long as they are receiving a reward. We might think that allowing wildlife to feed in our yards is natural, but once they are food conditioned to that area, they will start to search for other sources, like garbage or livestock and pets. I think we can all agree that these other top wildlife attractants can quickly cause community safety issues and property destruction.


This is why early calls to the Conservation Officer Services are so important. If there is dangerous wildlife in a populated area, an early call could help to identify and remove the attractant before the wildlife becomes food conditioned or habituated. By waiting to phone in the sighting or conflict, we are allowing the wildlife to continue to receive a reward, and once again, creating a community safety issue, which then can lead to the wildlife having to be destroyed.

If we truly want to have the best connection possible with the wildlife that lives in and around our community, we must stop naming them, reduce or secure our personal attractants (including garbage, birdfeeders, dirty bbq's, fruit or nut trees, and livestock and pets), and call in the sightings early. The earlier the call, the higher chance of survival that wildlife has, not the other way around.

As we proceed with our new normal, let's create a new normal with wildlife!

For further information on wildlife and how to reduce human-wildlife conflict and personal attractants, visit our website www.wildsafebc.com, find [WildSafeBC on Facebook](#), or contact your local Community Coordinator, Krystle, at qrd@wildsafebc.com or 250.898.7451.

About British Columbia Conservation Foundation:

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

New Fire Hall for Lund, Upgrade for Savary

John Johansen
qRD Communications Advisor

Northside Volunteer Fire Department (NVFD) Lund Satellite Fire Hall



Photo courtesy Ann Snow

The former Northside No. 2 Fire Hall located on Larson Road was in extremely poor condition, presenting safety issues with regard to building conditions, site access, and egress. Initially, plans were to replace the former two-bay hall in kind, and then further considerations directed the design to a facility that will last the community well into the future with required provisions for fire and first responder volunteers.

Chief Jim Brown and qRD staff worked with local professionals to create a design that will meet the needs of the service area while capturing the look and feel of the community. Obtaining the site for the new facility was the result of the generosity of three local families who donated the new 2.5-acre site located at Highway 101 and Roots Way.

The project received Province of BC COVID Relief funding for landscape berms and for the fire hall's accessible washroom. Grant funding also supported the addition of a fire training structure that will provide valuable training to NVFD volunteers as well as other regional fire departments.

Sights are set on having the NVFD move into the new facility near the end of summer 2021.

Savary Island Volunteer Fire Department Upgrade Project

qRD Asset Management planning had identified the Savary Island Volunteer Fire Department (SIVFD) hall as requiring upgrades to the covered deck, stairs, and accessibility ramp. Subsequently, the project was planned for 2020-21 in the five-year budget for the Fire Service.

Now having been successfully completed, the project initially was scheduled to mitigate risk of detected wood rot and decay. During the pre-design phase, qRD staff and SIVFD members had uncovered additional repairs required for both the upper floor and the fire bay entrances. The design required coordination with a structural engineering firm to meet the BC Building Code's post-disaster standard. Through the tendering



Photo courtesy qRD

Continued on page 19...

Continued from page 18...

process, the contract was provided to a local builder specializing in Savary Island properties.

Further consideration directed design of a facility that will last the community well into the future, with an accessible, safe, post-disaster facility, complete with additional areas for dry storage, covered amenity space in support of training, and other activities for the department's hard-working volunteers.

"This upgrade project ensures Savary Island residents have an excellent facility that is safe, functional, and adaptable for future needs," says Mike Wall, qRD Manager of Asset Management and Strategic Initiatives. "Our communities are fortunate to be supported by these volunteer fire fighters, so it's important that they have a facility that supports them."

This project was funded from capital reserves within the Savary Island Fire Department's five-year financial plan and a generous building material donation from a Savary Island family. 🍌

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Stinky Bouillabaisse

Chris Roberts and Andre Comeau

We live at the end of a long dirt road, near the head of Okeover Inlet. Far from the summertime hustle of Lund, sometimes other than the people who farm near us we may not see another soul for weeks. Our farm has a wide beach and up until now the warm water we get during a normal summer hot spell has always been a treat. This year all that changed, after 27 years and a perfect storm of conditions, the heat has become too much.

There have been many horrifying statistics to come out of the unprecedented heat wave southern B.C. just suffered through. Air and water temperature records were broken all over the place. It was certainly way hotter for longer than we have ever seen in all the years we've lived here. Unfortunately, it coincided with a series of low tides, really the lowest of the year, including two days of 0.0 foot tides.

As much as land creatures have ways of dealing with the extremes, the low intertidal organisms have no such ability. The long periods of time the tide was out basically cooked the intertidal area, then the upcoming tide covered them in a layer of incredibly hot water. The mussels and moon snails, cockles and clams, oysters and barnacles were all covered in water that offered no respite from the heat they'd been subjected to. The surface water out thirty feet from shore was recorded at a high of 27 C. Inshore the water was uncomfortably warm on the incoming tide, like a hot bath. The beach began reeking of death, the water no better. Still two weeks after it all began the smell lingers as the longer-lived sea life succumb to the hits they received during the event.

Some parts of our beach have been struck hard, rocky areas where the incredible heat was stored and then radiated to the shellfish. Sandier areas fared better but

no place was left spared. Culture methods saw differing levels of mortality, with surface culture being the hardest hit, a staggering 90% death rate. Really the true extent of the devastation will be months in reckoning. I have heard numbers from farmers in the region of 75 -90% across the board. Miserable statistics for an

industry already knocked down by the pandemic.

All signs point to climate change as being the culprit in this heat dome event. Those in the know are warning of a future where such happenings become normal. I fear it will sound the death knell for some farmers. It will take the reinvention of the wheel for others as it will make some aquaculture sites unfeasible and some

growing methods impractical. We can only hope that new science and farming methods can help mitigate the effects of the changes to come.

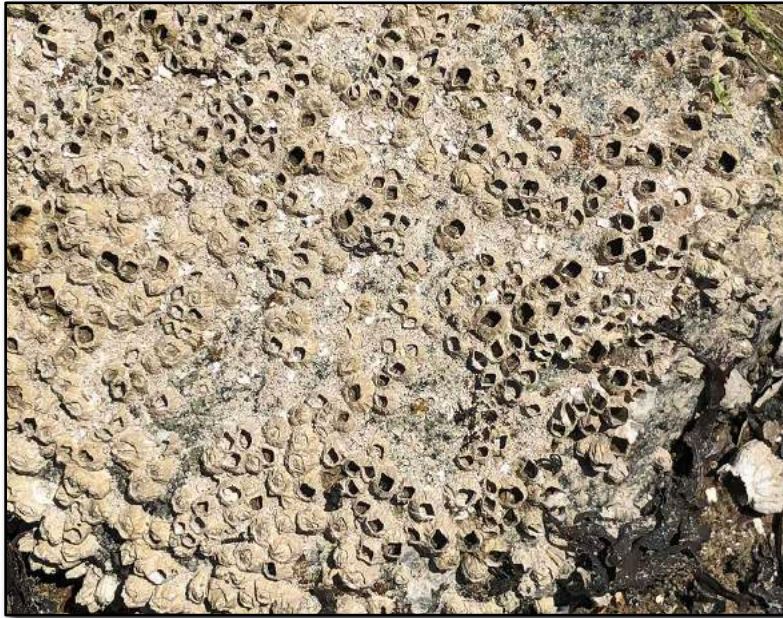


Photo courtesy Chris Roberts

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From the Office of Our Member of Parliament

Drewen Young
Constituency Assistant
Powell River Community Office

On June 22, 2021, Bill C-12 - the *Canadian Net-Zero Emissions Accountability Act*, passed its third reading and adoption. It is an Act respecting transparency and accountability in Canada's efforts to achieve net-zero greenhouse gas emissions by the year 2050.



Rachel Blaney
NDP MP
North Island-Powell River
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For years MP Rachel Blaney and the NDP have made climate accountability a key priority. Jack Layton, the party's former leader, was the first to propose Canada's climate change targets be enshrined in legislation. His 2006 *Climate Change Accountability Act* passed in the House of Commons before ultimately being killed in the Senate.

Canadians have made it very clear: they are tired of governments setting long-term emissions reduction targets without any intention of meeting them and without mechanisms to hold them accountable when they are off track. That is why the NDP welcomed the government's *Canadian Net-Zero Emissions Accountability Act* and committed themselves to working collaboratively with all parties to address flaws within the bill - as those in the environmental community and civil society have urged them to do.

While some parties threw in the towel and others outright fought the bill, MP Rachel Blaney and the NDP used every lever they could reach to ensure Canada finally gets a climate accountability law that is able to hold this government and future governments to account for the climate commitments they make. To their credit, Minister Wilkinson and his team welcomed the feedback and engaged in good faith towards making Bill C-12 better for Canadians.

The most significant shortcoming of Bill C-12 has been its lack of near-term accountability measures on the path to 2030. That is why during the clause-by-clause at Committee, the NDP will be proposing amendments, which the government has agreed to support, that will put in place a 2026 interim emissions objective as well as progress reports in 2023 and 2025. Other amendments have been agreed to as well, including making the advisory body more independent, reviewing the 2030 target in 2025, and enshrining the role of Indigenous knowledge.

From the beginning, MP Rachel and the NDP's objective was to ensure that Bill C-12 provides more than just empty words. With these amendments in place, the bill can now play a meaningful role in providing the accountability measures Canadians deserve. In order to avoid this bill suffering the same fate as Jack Layton's bill, MP Rachel and the NDP will work in good faith to ensure the bill is sent to the Senate before the end of this session.

The climate crisis remains an urgent priority and an existential threat. It calls on all of us to be courageous, act decisively, and be accountable. Future generations are counting on us. Let's show that we are equal to the challenge. 🌱

Puddle Jumpers Preschool

Alisha Van Belle

Wow...our spring went by so fast! Before we knew it, it was graduation day.

We started April with exploring the forest and learning about some plants we find there. A few children showed their worried parents that the flower of Oregon grape is edible! We also celebrated Earth Day by picking up trash and visiting the Recycling Center.



With all the baby animals arriving, we got to see baby goats at Alisha's farm and everything else at Pat's farm. The children were particularly enthralled by a calf that had just been born a few hours before. We also explored popular songs, rhymes, and stories about farm animals.

One sad thing was that we had to say goodbye to our friend Zoe at the end of April.

May brought out our green thumbs and we planted our peas, carrots, lettuces, and kale. The "sour leaves" and chives were flourishing and eaten up every day. We also made our fairy houses and fairy gardens as well as making lots of different fairy potions.

May and June were action-packed with two farm field trips and all of the summer fun we could pack in. June was rather cold, but we did have warm sun for our annual Water Fun Day. Lots of fun was had in the little pool and on the slip 'n slide.

The game of the year (there is always one)? Vampires was the consistent winner...where these little monsters "sink" your blood.

A new structure was built in our play yard in June. We received a Health and Safety grant which we used to make a permanent covered area so now much more of our program can be outside in all kinds of weather. A big Thank You to the qRD for expediting the process and to Carsten, Sandra, and Kristi for building it. We hope to keep expanding on our play yard to include more "loose parts" and outside adventures.

And then it was the day I dread: graduation, where I have to say goodbye to the ones going to kindergarten. This year is especially painful as I say goodbye to my granddaughter, Ruby. The graduates this year are Allyster, Tessa, Rosie, Ruby, and Lennox.... all of them special jewels!

Every year brings something new, and I am looking forward to seeing what the next group will look like. At this moment, we



Photos courtesy Puddle Jumpers Preschool

Continued on page 23...

Continued from page 22...

have space for just one more child for next year. If you would like to fill that spot or be put on the waiting list, please email me at jomommadesigns@gmail.com.

Have a great summer everyone! 🌞



The graduates



*Photos courtesy Puddle Jumpers
Preschool*



How in the World Did You End Up in Lund?

Julia Elliott

There and back again

Once upon a time, longer ago than I like to think, a girl was born in Powell River to two parents who had moved here from across the world. She grew up exploring all the beaches along this beautiful coastline; many hours spent looking for crabs under rocks and running through warm ocean water as the tide moved back in to hug

higher land. Salty water flying wild around her, seaweed getting stuck between her toes as the eagles soared high overhead riding wind currents above swaying trees, and snow-dusted mountains endlessly reached for the stars. On other days, bumpy dirty roads were driven towards

endless lakes. Some days for swimming, other days for canoeing across silently, looking for rainbow trout and watching beavers work on their dams surrounded by waving reeds and the song of black birds.

In the autumn, after the warm summer days had faded away like another one of our beautiful sunsets taking with it the smell of ripe blackberries, the rains would come and with them, mushroom foraging. Slipping past drenched ferns, squishing on soft moss, balancing along fallen trees, the pat pat of rain on leaves above an endless rhythm, as cloth bags were filled and hot sweet tea was sipped, warming cold fingertips and toes. After autumn, in winter, the backroads were used for sledding, down and down again until legs gave out and a quick break in front of a fire with roasted hot dogs was needed, clothes steaming.

This magical piece of the world was home. And she

knew it was special, heard her parents talk about the luck of getting to live here, raise a family here. But she wanted something more, something different. So, the moment she could, she left.

Left for bright lights and concrete, no quiet nights and only seeing a handful of stars even in the middle of the night. Life seemed to move faster here, no more time

for forest wandering or a full day laying in the sun and swimming in the cooling ocean. She heard of friends who had also left that were moving back, and she thought to herself, "Why?".

The years moved along, and a handful of days were spent back where she had come from, often on a boat speeding from the shore to an island with an

empty beach, warm summer wind hugging from all directions. Life away got busier, she began to miss tall trees and then to miss just anything that was green. What did a forest smell like again after a rainstorm? She missed silence in the middle of the night, everything bathed in moonlight, not in streetlights. Returning became more and more special, and the city started to feel lonely even with all its business and noise.

She had seen many corners of the world, but no place could leave her this happy to return to as here, her old home. The time came when, like her parents, she had to decide where her own children would grow up, and she knew to where she must return. More friends had also returned and family was there, a wonderful community.

She began to build a home north of town, where she

Continued on page 25...



Josh, Finnley, Hugo, and Julia, photo courtesy Julia Elliott

Continued from page 24...

spent many days of her childhood jumping off rocks into the ocean and boating to the surrounding islands. Her kids would also grow up as she did and she hoped that if they ever felt the need to leave, they would

realize what they were leaving behind and would one day also return home, to Lund.

I would like to acknowledge that we live on traditional Tla'amin Territory. 🍓

Monique Labusch - Painter



Influenced by the beautiful colours of nature around her.

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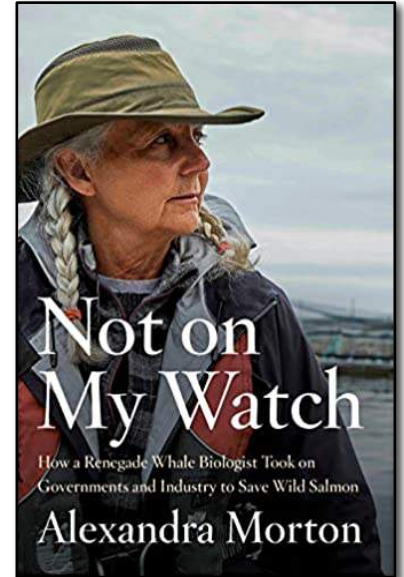
Ev Pollen

Hello *Barnacle* readers!

Alexandra Morton's new book, *NOT ON MY WATCH*, is so important that I wish everyone would read it. She is an excellent writer and explains things so concisely that you will not only become clearly informed about the lives and ways of wild salmon and their essential role in the life of our planet, but also begin to understand the loss of a value system that happens to people when they become politicians.

You will see through her eyes the process by which a female sockeye digs her nest, and how the strict parameters of bringing sperm and egg together must be met. How nature provides for enhanced genetic diversity by providing smaller males that risk the wrath of the big male in order to leave a bit of their sperm on the eggs the big guy is guarding.

I am trying to see past the rage I feel about so many issues: wild salmon, old-growth forests, the site C dam debacle, etc., etc. While I sit here in my ordinary life, Alexandra walked out of hers and stepped into a life of activism and actually getting things done! Her relentless drive to do the science and prove the truth to bureaucrats whose job it is to be blind has inspired many and caused some positive moves in the world.



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For instance, it now appears that all open-net salmon farms will be removed from the Discovery Islands waterways next year, and the wild salmon numbers will rebound. The struggle is not over and there are many areas of our "garden" that need tending; but maybe this memoir will help us to group-think in ways that will produce a more planet friendly society. 🌱



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Eyes Opening to Racism in Books

Amanda Zaikow

I loved reading the *Little House on the Prairie* series when I was a kid. Growing up in a log cabin overlooking a meadow, I could easily see myself in the stories of Laura Ingalls and her pioneer family. We heated our home and water with wood and worked together to plant and harvest the garden.

I was oblivious to the racism in the book, which I started to recognize years later when I read the books to my own children. We discussed the fact that it was a settler perspective, from the 1860s, and I conveniently skipped some offensive phrases as I read it aloud. We talked about why the “Indian drumming by the river struck fear into their hearts”, contrasted with how First Nations drumming makes us feel when we hear it now - grounded, and connected. We are so fortunate to hear drums at many important community events, especially through our school community of James Thomson.

I recently introduced the first book, *Little House in the Big Woods*, to a group of young readers in my class. The students, from Lund, Tla’amin, and Wildwood, immediately connected with the themes of playful kids, storytelling, working as a family, and living and working in tune with the seasons. It was not until some students independently started the next book in the series that I started to question whether we should be reading them at all. Since I wasn’t guiding them through the book, I couldn’t skip or challenge racist stereotypes, but I asked them to call me over to discuss any racist material they came across.

When Laura describes the scary experience of having Osage people come into her home to take food and furs, it was an opportunity to talk about the agreement that the government had made for settlers to pay rent to the Osage, which was not being upheld. The



students discussed the differing viewpoints; the Osages discovering settlers illegally occupying their land, and the settlers acting on the encouragement of government officials to claim “unused” land.

I am still debating whether there is enough value in these deep conversations on racist perspectives of the past to warrant exposing children to racist stereotypes.

I don’t want to discourage any reader from exploring the series as long as they see how important it is for it to be only one of the stories told. It is so important for students to be able to see themselves in the stories we explore, so the students reading the series were also introduced to *Fatty Legs*, a story of a strong, intelligent Indigenous girl from the Arctic. I have recently discovered the *Birchbark House series*- set in the USA in a similar time period to *Little House* but focussing on a young female Ojibwe protagonist. I see this as a valuable companion read if students choose to read the Laura Ingalls series.

I will ensure there are copies of the *Birchbark* series in my classroom and the school library. I think it would perpetuate stereotypes to read the *Little House* series without digging deeper or questioning the values of the time period.

Students in my class know that Tla’amin culture is valued, vibrant, and current; they know that these lands have been inhabited by Indigenous people for over 10,000 years, and we have discussed the impacts of settlers over the past 140 years. I hope that this background means that when they encounter racism, in books or elsewhere, they can identify it, challenge it, and question the romanticizing of the pioneer narrative. 🌱

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Summer in Lund – From the Perspective of the Kids

Kiran Hollmann Prichard

Personally, I love summer in Lund. It feels like a celebration of “yay we made it through the winter!” I feel really fortunate to have spent all my life this far north of town and I have nothing but fond memories of the summer here. I really appreciate how friendly everyone is and it is so fulfilling to get to know the neighbours and fellow residents of our beautiful little village. I find that I meet a lot more people who live around here in the summer because everyone is out and about. It’s always nice to see people in Lund. You can feel the energy and the mood lift when school gets out and everyone shifts into summer mode. Plus the fact that thankfully the COVID restrictions may have lifted for good, and everyone can explore and make up for lost time.

Another reason why I love summer in Lund is that there is so much more to do! As a teenager, the “go-to” hangout place is wherever there are things to do, and in the summer, Lund is an ideal spot. With the beautiful weather we’ve been having, there are so many options! From an economic standpoint, Lund as we know it would not exist without tourists coming here and supporting our local businesses, allowing most of them to stay open year-round. I recently started working at Nancy’s Bakery and the amount of people who come through that door every day is amazing! From my time there so far, I absolutely love it; the work environment is so positive, friendly, and encouraging - a further testament to our great community.

One of my favourite memories of this time of year is when I used to have a lemonade stand down beside Nancy’s Bakery and I would get to spend time with all the other Lund entrepreneurs. There would always be some in-depth conversations about Star Wars or some other movie with Mack from SassyMack’s and Leif from the bead stand, and ice cream for lemonade trades were plentiful!

If I were to associate feelings to my memories of Lund, it would be freedom and a sense of community. That is just my thoughts, though. To get the perspective of different age groups, I talked to a few kids about their summer experiences in Lund. This was a really fun little project because it was nice to talk to some of the kids in the community and hear what they had to say. I hope everyone has a great summer.

What is your favourite part about living in Lund in the summer?

- **Hayden Mallery**, age 11 - being close to the ocean
- **Serena Mallery**, age 9 - being close to the ocean, lots of swimming
- **Max Turner**, age 8 - lots of fishing, kayaking, biking, and swimming
- **Reed Worthen**, age 13 - access to the ocean, SassyMack’s, Savary, good blackberry patches
- **Rupert Thoms**, age 10 - swimming, eating fresh seafood
- **Nile Worthen**, age 10 - my friends, SassyMack’s, Savary

What do you do most on your summer break?

- **Hayden** - I like to swim, bike, and ride horses
- **Serena** - the things I do most in the summer are go swimming and play outside in the sun
- **Max** - biking, fishing, spending time on Savary
- **Reed** - mountain biking, swimming, hanging out with friends
- **Rupert** - play soccer, badminton and baseball, swim, visit family, camp, bike
- **Nile** - swim, trampoline, read, camp

What is one thing that you wish Lund had that would make it better or more fun?

- **Hayden** - I wish Lund had bike lanes
- **Serena** - I wish Lund had a public sandy beach so it would be easier to get in the water
- **Max** - a skate park or bike park
- **Reed** - better public transit and bike paths
- **Rupert** - bike trails, day camps, and activities
- **Nile** - a bike park, access to sandy beach in Lund 🌊

Plants, you say?

Trish Keays

A professor of child psychiatry and pediatrics, after forty years of working with children, describes them as two types: dandelion or orchid. Most kids are like dandelions - resilient and able to cope with stress and deal with adversity. A smaller number are like orchids - more sensitive and reactive to circumstances, challenged to deal with stress.

This analogy started me thinking about how often we use references to plants to describe or make sense of what people do. The more I looked, the more I found. Plants have rooted themselves in our language as well as in our gardens.

Everyday language is full of links to different parts of plants: family tree, branching out, stumped, stemming from nothing, bad seed, gone to seed, seed capital, bear fruit, deep-rooted beliefs, get back to our roots, relationships that flower, unable to see the forest for the trees.

Plant comparisons describe colours - rosy cheeks, beet red with embarrassment, brown as a nut or a berry, as yellow as buttercups, red as a cherry or raspberry, green as grass; and characteristics of people - as thin as a string bean, fresh as a daisy, solid as an oak, pretty as a peach, wrinkled as a prune, as alike as two peas in a pod, cool as a cucumber, bland as vanilla, thick as a turnip or a stump, looking like you swallowed a lemon, lily-livered, not giving a fig, hot tomato, making corny jokes and having a corny sense of humour, nutty, bananas.

That truck is a lemon. You're a peach. What a plum job. Enough with the sour grapes. Those were salad days. This problem is a hot potato. That person was dropped like a hot potato. One child is full of beans, another doesn't know beans, and a third one spilled the beans. Forbidden fruit - say no more, get on with enjoying the fruits of your labours. Pass the olive branch.

Basic qualities of a plant can quickly sum up an experience. Plans go pear-shaped. The top banana rules, especially in a banana republic. We compare apples with oranges, say an apple never falls far from the tree, upset the apple cart, get into a pickle, cherry-pick and are happy when life is a bowl of cherries, have to choose when carrots are dangled in front of us, or we are given a carrot-or-stick alternative. COVID has moved being a couch potato to a new level.

The plant world is a treasure chest for authors, now and in the past. William Shakespeare, writing in the 1600s for instance, used the word "flower" more than 100 times in his plays and sonnets. More examples: "In the land of rotting grapes, a raisin could be queen." (Tom Robbins in *Even Cowgirls Get the Blues*). "Plant and your spouse plants with you; weed and you weed alone." (Jean Jacques Rousseau). "Weeds are flowers too, once you get to know them." (A.A. Milne)

The language of flowers or "floriography" spans thousands of years, in religions and social exchanges. Using flowers and plants to send coded messages was popular in Victorian England, France, and the US during the 1800s. "Talking bouquets" conveyed what could not be said aloud; people wore nose gays or "tussie-mussies" for fashion as well as code. Where a bouquet was placed on the body for public outings was part of the response to receiving one. What a great way to combine some pithy messages!

Continued on page 30...

Continued from page 29...



Illustrated postcard printed in England/The Regent Publishing Co Ltd., in Dumbarton Oaks Archives, featured in article by Catherine Boeckmann May 3, 2021 "Flower Meanings: The Language of Flowers in The Old Farmer's Almanac.

Different colours of the same flower can mean different things: Roses: Red – intense love; Pink – “a lesser affection”; Yellow – friendship or devotion; White – virtue and chastity. Carnation: Pink, “I’ll never forget you”; Yellow – disdain, disappointment, and rejection. Zinnia: Magenta – lasting affection; White – goodness.

A long list of symbolic meanings of plants is in *The Old Farmer's Almanac* link at the end of this article, with links on how to grow them, useful if you are sick of talking but have some things you'd like to say. A quick internet search yields many more lists of symbols and code in the language of flowers. ➡

Reference links:

[https://en.wikipedia.org/wiki/Language_of_flowers#:~:text=Floriography%20\(language%20of%20flowers\)%20is,use%20or%20arrangement%20of%20flowers.&text=Plants%20and%20flowers%20are%20used,and%20for%20the%20coming%20Messiah.](https://en.wikipedia.org/wiki/Language_of_flowers#:~:text=Floriography%20(language%20of%20flowers)%20is,use%20or%20arrangement%20of%20flowers.&text=Plants%20and%20flowers%20are%20used,and%20for%20the%20coming%20Messiah.)
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Reckoning With Our History and With Our Present

Jesse Firempong

How can settlers continue to live in a country built on genocide? What do we do with feelings of guilt or complicity?

So many questions have surfaced in the wake of the “discovery” of more than 1,000 unmarked graves of Indigenous children left to die, or killed, in the assimilation camps we call residential schools. Suggestions from Indigenous thought leaders abound in my Twitter feed: Donate to Indigenous-led organizations. Read the 94 Calls to Action of the Truth and Reconciliation Commission (TRC). Insist the government and Catholic Church compensate survivors. If you're a property owner, will the land our homes are on back to the Nation on whose territory it's located. Educate ourselves. Don't bother Indigenous communities during this time of grieving.

When it comes to truth and reconciliation, “we're at the truth part,” says Caitlin Bryant, a community organizer living in qathet (born and raised in Lund). There is some settler-to-settler learning that needs to happen before getting to reconciliation, she explains.

Caitlin noticed a need for people to be able to unpack their feelings about the mass graves, as well as a groundswell of desire to implement the TRC Calls to Action. She came together with co-organizer Jeremy Buhay and H̓eh̓ewš̓in co-founder Phil Russell to create a sharing circle for people to talk things out.

“Settlers need to take responsibility for this, too, but there are no containers. We haven't created the space for working through this”, says Caitlin, who hopes to open up the space in a more formal way.

So far, the circles have grown through word of mouth. While they have attracted largely white settlers, Caitlin notes that they are thinking more about diversity in their outreach. A recent circle engaged Tla'amin members John Louie and Cyndi Pallen, who do healing and spiritual work.

Another new initiative is called “The Name Matters”. It's a group aiming to educate settlers and advocate for inclusive and decolonized place names. The group is organized via a committee made up of settlers and Indigenous People.

“[Canada's] whole foundation is on dispossession, so we need to start framing how we see our relationship to the land, with people, and with the community in a different way, one that's Indigenous centred,” says one of the group's founding members Kirsten Van't Schip, an anthropology graduate student and mother living in qathet. She says we settlers need to do more listening, believing, and understanding so that we can come to reconciliation work “not from a place of guilt, but a place of knowing”.

It was earlier this year, when Kirsten got embroiled in an online discussion about changing Powell River's name, that she couldn't believe how “grotesque” and “hateful” the comments she saw were. Later, she felt she owed Tla'amin an apology for the emotional and heated debate — after all, they hadn't asked her to speak for them. Not sure what to do but in reaching out to the administration with an apology and openness to talk, she ended up meeting with Tla'amin representatives to talk about what it means to be a good ally.

“I wouldn't recommend everyone reaching out the way I did,” she cautions, despite the positive outcome. Getting inundated with requests can be a lot to manage, which is why they are now routing such inquiries to Kirsten's group.

Both groups are just getting up and running, still figuring out how they will connect with the H̓eh̓ewš̓in reconciliation project and the Tla'amin Nation. To attend a sharing circle, you can reach out to Caitlin at cait.a.bryant@gmail.com. The Name Matters is also looking for members and volunteers. They are especially looking for research and community engagement skills. To get involved, you can message them on Facebook or find more info at thenamematters.org.

In Caitlin's words, addressing the gaps in how we make things right is an “opportunity for major social disruption”. Right now, our society's systems are not built to care for one another. But we can start to change this. 🌱

The Next Chapter

Margaret Leitner

The 34-foot, 7-ton *Anthony J. Watty* left its birthplace on Malaspina Road for its new home in Lund in June. The junk rig sailboat was named in honour of the craftsman who conceived the original design and spent nearly four decades drafting detailed to-scale plans and building his dream using local fir and yellow and red cedar. Influenced by Allen Farrell, there are two fir masts, and the custom-made sails have battens made of Sitka spruce. The hull is a cross between a schooner and a dory.

Sadly, Tony was unable to finish and launch his masterpiece before he succumbed to illness in 2018. Hugh Prichard and Christine Hollmann, the new owners, are dedicated to carrying on the boat's legacy and spirit. They intend to complete the remaining work and rigging on dry land before ceremoniously launching it.

Moving the boat out of the boatshed onto a trailer, transporting, and settling it at Hugh and Christine's took two long days. The move was a Lund community effort undertaken by family and friends and included everything from photo and video documentation, to borrowing a Hiab, to weeks of preparation and planning, to on-the-spot problem-solving.

The next chapter of the *Anthony J. Watty* has begun! 🍷

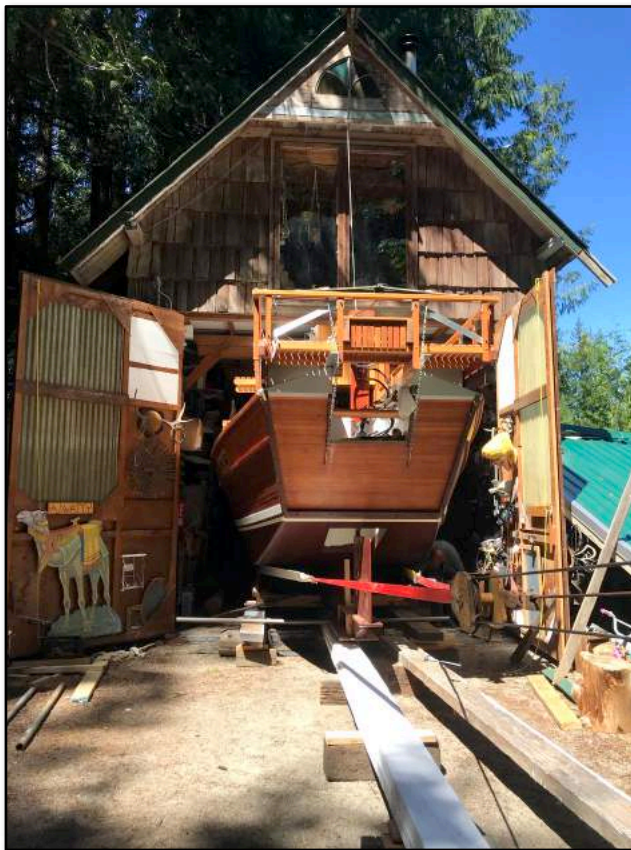


Photo courtesy Christine Hollmann



Photo courtesy Margaret Leitner



Hello from the New Operations Manager for the Village at Klah ah men

Eric Hargrave


My family and I are coming from Cortes Island. We have spent the past nine years there, where I was the General Manager for the Cortes Natural Food Co-op. The Co-op was going through a financial and existential crisis in 2012 after trying (and failing) to open a year-round café, and the Board decided to hire me as the first manager. During my tenure, we built three separate but interdependent departments (store, cafe, and bakery); purchased the land the Co-op was previously renting; completed renovations throughout the building in order to improve operations; and made the Co-op profitable.

We decided to leave Cortes because my children (aged 12 and 15) are ready to go to high school. At the beginning of the new year, we started looking for the place we wanted to be, and we picked Powell River for several reasons, including the excellent high school and similarities to Cortes in terms of community and outdoor activities. When I started looking for a job in March, I saw the posting for the Operations Manager, and I was excited because it was such a good fit. I understand the trials of running a retail business that depends on tourism in a remote area; and I look forward to the new challenges of leading the hotel and marina along with the store and restaurant. Most importantly, I am honored to work on behalf of the Tla'amin Nation.

Before Cortes, we lived in the State of Washington (yes, I am a US citizen – just waiting to take the Canadian citizenship test – hopefully later this year but everything is behind because of COVID). My education is in science; I have a Master of Science degree in Geology from Arizona State University.

When I'm not at work, you can look for me hiking on the trails or paddling on the water or playing on the soccer field. We look forward to meeting all of you. 🌟

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Arts in Lund

Monique Labusch

Have a look at what kind of refreshing and exciting new “waves” the tides brought to the Tidal Art Centre here in Lund this time!

In March, artist-in-residence, printmaker, and multimedia artist Brigitte Potter-Mae presented her show *How to be a Humanist*, which honoured Rosa Luxemburg. This was followed by her artist talk and classes, including a printmaking - intaglio course.

Another interesting and colourful show, *Goodbye / Hello*, by local painter Barbara Langmaid, with a sound installation by Donna Lytle, opened in May.

Tessa Reed was the next artist-in-residence. She not only showed her beautiful and sweet ceramics, but gave an interesting workshop as well.

At the end of June, Su Bornstein taught a Pueblo Pottery Technique class for four weekly sessions. Parallel to this was an exhibition kick off showing paintings by different artists and with the theme *Flora – Precarious Bounty*.

A two-day flora drawing workshop with Doris MacDougall took place in July and, as always, Shivaun Gingras is giving pottery workshops on the weekends. These are sooo much fun!

I can't wait to see what Nancy and Gordon bring next to their Tidal Art Centre. I am sure it will be as exciting and entertaining as always! Aren't we lucky to have these cultural events happening right at our doorstep?

See you there! 🍷



Photo courtesy Brian Voth

Continued on page 36...

Continued from page 35...



Photo courtesy Brian Voth



Photo courtesy Monique Labusch



Photo courtesy Monique Labusch



Photo courtesy Monique Labusch

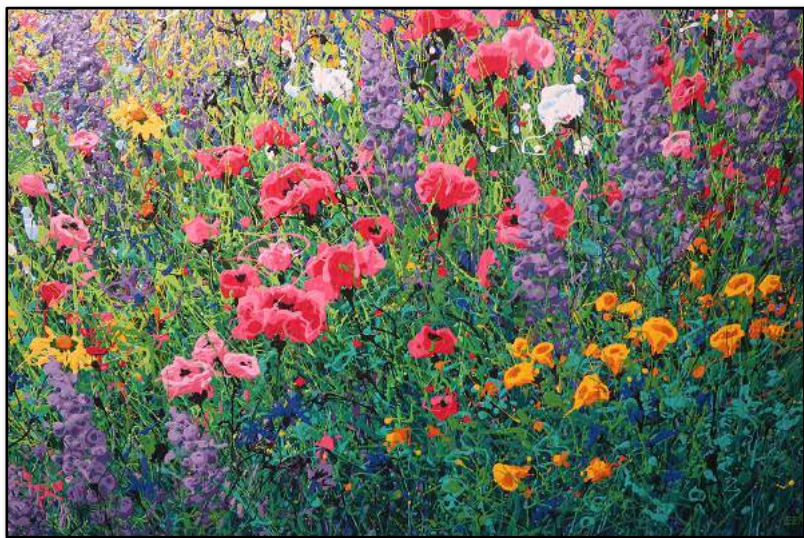


Photo courtesy Brian Voth



Photo courtesy Monique Labusch

Lund Kid Revisionist History

Anna Gustafson

Lake vs. Ocean

Lockdown has lifted. LOCKDOWN! HAS! LIFTED! I haven't felt this free since 1984 when I moved from Lund to Vancouver. That's less about Lund and more about me not feeling prepared to wedding plan at 18. Domesticity was highly transmissible back then, so I was doing my part to stop the spread.

It's been a very long time since we've been able to move freely about the cabin here in Toronto, so when a friend offered their lakeside cottage for a couple of days, it seemed like a good... START THE CAR!!! The thought of cozy mornings on a dock sipping my flat white was irresistible. *Yes, I brought my bougie espresso appliance to the cottage.* If other cottagers can breakfast buzz the dock on a jet ski, I can throttle a milk steamer at dawn.

This wasn't my first lake stay but it was the first one on the heels of being locked down with one human for over a year. And bringing that human with me. It is "Relationship Thunderdome" and if you're reading this, we made it out.

We're spending time in Ontario's Algonquin Highlands on the Lake of Bays. The same amount of genius went into naming the lake as it did into naming my coffee. A "bay", according to Cambridge Dictionary, is *where the land curves in so that the sea is surrounded by land on three sides*. Two points of contention for me here. I'm looking out but I don't see sea as I know sea to be. Second, while considering this water, I see lake surrounded by land *on all of the sides*. If it was surrounded by three sides only, wouldn't it be empty? Perhaps a more fitting name would be "Lake of Waze" since that's how most of the renters are able to find it.

It should be noted that Waze is a map app for driving directions, live traffic maps, and road alerts. If you drive into Powell River, for example, you could get notifications for when the light is green or when hockey gets out at the complex and makes left turns onto Joyce difficult.

"It must be so familiar for you to wake up by the water." Not so much and here's why. It's not that I'm "anti-lake" but I'm fiercely "pro-ocean". I get my back up when I see blatantly ocean-centric cottage tackle alongside a body of water that does not move. Really? A lighthouse? Ships getting into trouble in two feet of water, are they?

Ocean. Now there's a rockin' body. You can hear it. It makes your skin salty and your hair wild. And quite

delicious, says the Lund Kid who was often scolded for sucking her braids at the dinner table. It's unpredictable. It can rage out of nowhere and has massive highs and lows in sync with the moon.

That seems more me.

Lake. Predictable. Calm. Some able to be controlled.

Less so, me.

Back to cottage life. Clearly, "cottaging", as it's done here in the east, is not my lane. Sure, I can drive in it and enjoy the ride, but it's not the on-ramp I'm looking for. By and large, you take a load of stuff from your nice house in the city, jam it into your car with all the sports equipment, children, and pets associated with your address and set out on a JOYFUL three-hour drive. Seven hours later, you arrive at a shittier house that you've paid a stranger for. It initially appears to be a change of pace, but then you end up doing the same amount of cooking and cleaning and meeting everyone else's needs as you do in your nice house. And by "nice" I mean with water pressure, beds without cavernous middles, and toilets that you're allowed to flush without rules listed on framed shiplap above the toilet.

Cottaging isn't a vacation. Cottaging is cheating on your house.

The fit is off. Imagine me, a fisherman's daughter, watching a proud lake fisher putt by, proudly holding up a two-pound bass like he's Ernest Hemingway. I want to congratulate him for catching such skookum bait, but lake people don't get ocean people sarcasm. I know that now.

Swimming is the best barometer. Lake water feels slippery and impotent. Ocean water feels energized and rowdy. Saltwater holds you up like nature's underwire where lake water is as supportive as a saturated men's t-shirt. Yes, there are dangerous creatures swimming the ocean. And with movie genres and nature channel feature weeks to prove it. It's the murk I don't trust. The indecipherable depths the colour of steeped tea. Things are concealed in murk and those things are named Jason.

There's glory in a shark bite scar. There is no glory in getting stabbed by a wet goalie. 🦈

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

Speaking in the Barnacular

Ted Durnin

You see? There...in the bushes. It's hard to make out against the background, but if you look carefully, you can spot the outline of a Lundie. Ssh. Don't spook her. She's getting ready to come out of her COVID isolation cave.

She's been in there for over a year now. With making food and eating being one of the only pastimes available, she might be quite chubby. She might also be relatively fit because she's probably been out wandering in the surrounding forests often during this time. But she will likely be unable to talk coherently, not having had the need to do so and being thus out of practice. And she'll be wary of potential dangers, like...well...other people, anyone outside her cave bubble. She'll have to come out sooner or later though. She needs some necessities to continue her natural existence.

Oh look! Shh! Look quietly. She has a brood. It looks like two, no three young. I wonder if there is a male about? Lundies don't usually mate for life, but they do mate often. Over and over. All the time. There! The male: a fine specimen of a bearded hipster, a species closely akin to the bearded hippies that used to be plentiful in these parts. None of them will have had haircuts in nearly two years. It's interesting to see that they remembered to wear clothes.

Ok, here she goes. She's leading her young onto the road. They have to get to their car. This is a journey fraught with peril, as many species are in fierce competition for the limited parking spaces here. As well as keeping her brood together and seeing they don't get run over by people who read the speed limit signs in miles per hour, she must avoid sudden door openings, cyclists, and let's not forget actual wild animals.

All right, one of the young has crossed his legs. This is a classic moment in any trip out of the den. Now, listen...yes, there it is: "I told you to go before we left! You know there's no place to go in Lund." Wonderful! A complete chiding call. Did you get a recording? What? Yes, you're supposed to be recording! What do you think we're doing here? What? Don't you sass me, you little __?

Oh, damn. She's heard us. Yes, she's turning around. The pressures arrayed against her were too great. She'll have to try again another day. Still, they all appear to be healthy, and, yes, still together. The male has joined them and is carrying the two younger ones by their feet. He appears to be voicing a so-called "placatory song", which you sometimes hear in place of the "cry of apology".

If he succeeds, he may be able to segue into the mating dance, which is of course the main reason he is here in the first place. Indeed, unable to multitask as the female can, the male leads a life of single-minded purpose, although he can sometimes appear interested in something else for a few brief moments. I would not be surprised if we see another youngster in this family next spring.

Until then, this has been Natureman Whose Zoo. Tune in next time when we'll observe the running of the stop lights in Westview. 📺



Photo courtesy of Brian Voth



Community Page

Birth Announcements

On May 26, **Quinn Machin** was born to Ashley and Dan Machin and joins brothers Allyster and Wyatt. Welcome to Lund, little one!

Sympathy and Condolences

Dan Wingerter – April 13, 1949 – May 21, 2021

We are sad to announce that Dan passed away at the age of 72 after suffering a stroke. He will be missed immensely by family and friends. He leaves behind three kids: Craig, Candice, and Racquel, as well as four grandkids, and many good friends and family members.

Danno was a logger, road builder, machine operator, and carpenter. He built homes, barns, a nine-hole golf course, and developed and sold acreage on Glenrosa Road. Dan was a great athlete. He played hockey, soccer, and lacrosse (and coached lacrosse). He also taught a lot of kids to water ski, starting in the shallows with a beer in his back pocket and a cigarette out the side of his mouth. Dan was generous and loyal and helped a lot of people out. He was always up for a visit, a beer, and a B.S. He was charming and funny and well-loved for this. He spoke his mind (he may have pissed a few people off because of it). It's a cliché, but Dan worked hard and played hard - and sometimes that was hard on him and the people who loved him. Danno was a legend. A celebration of life will be planned, date to be decided. We'll have a few beers and tell stories. We love you, Danno. Have a good one.

Patricia Lee Chess - September 2, 1938 - March 18, 2021

Patricia passed away at 4:20 am on March 18. She went to join her sons (predeceased) Michael and Danny and their father Kent Nelson. She moved to Powell River from California and the family lived on Craig Road. More recently, Pat was often sighted driving around town visiting her favourite spots or volunteering for Better at Home. She is survived by her eldest son Jim Nelson, her grandchildren Kaley, Arin, Joshua and Taylor, and great-grandchildren. Pat was a warm, loving person and a loyal friend. She will be greatly missed by her family and friends. Thank you to the Willingdon Creek Village staff, their loving care cannot be overstated. A celebration of life will be announced at a later date.

Congratulations

Hip hip hooray for the three Lundie June graduates of Brooks Secondary: Inti Bergeron, Kailie Keays, and Esteban Lapointe.

And a big cheer for Nancy's Bakery, now thirty years in business. That's a lot of buns.

Continued on page 41...

Continued from page 40...

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. We're getting body parts replaced, treatments for this and that, and dealing with injuries due to falls. Please remember to take good care of yourself and each other during these crazy times.

Or maybe you are a Lundie who is not part of the aging population but is struggling to see any hope in the future and desperately missing social interaction. Big hugs go out to you. We're going to have such a celebration in the future when we can safely do so, and that time is getting closer and closer. How about an old-fashioned be-in at the Gazebo? See you there?

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 have any news you think should be acknowledged.

Among other things, this Committee is responsible for sending cards to people for congratulations or sympathy and more. Thanks to volunteer Peg Campbell for looking after that these days. We also put together welcome packages of wonderful donations from some of our local businesses for newbies to Lund. Our volunteer for this task has moved on so we're looking for another. Want to help?

Northside Community Recreation Area Resident List

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

 <p><i>Fun Bay, Lund</i></p> <p>B & Be Guest Stays Women's Personal Retreats SOUL FIRE Coaching Sessions</p> <p>Bobbie-Jo Harris Owner & Host</p> <p> www.bandbehome.ca  B and Be Home  bandbehome</p>		  <p>STUDIO TOUR 2019 Saturday & Sunday August 24 & 25 10 am - 5 pm</p>	<p>Websites, logos, business cards, ads, brochures, signs, packaging & layout</p>  <p>skeenastreetstudio.ca</p> <p>Nicole Narbonne Designer & Artist 604-414-8003</p>
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Crossword #59 by C.Cressy

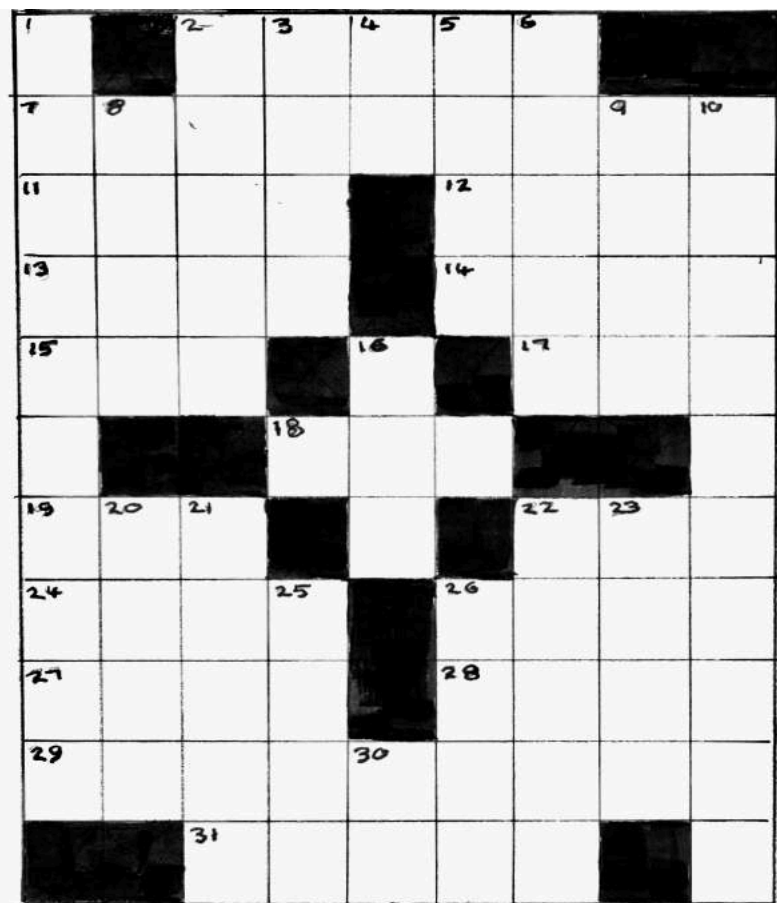
Edited by S. Dunlop

ACROSS:

- 2 with Domingo
 7 we've had a few
 11 car (prefix)
 12 reaction to touching nettles
 13 small drink
 14 voice range
 15 a long time
 17 who finds and aids those in distress (abbr.)
 18 July weather
 19 health resort
 22 to weaken or tree blood
 24 drop kick
 26 town near Mt. Rainier
 27 famous sandwich cookie
 28 kind of hammer
 29 ephemeral
 31 to respond to something

DOWN:

- 1 precious on a hot day
 2 the devil
 3 tiny particle
 4 compass point (abbr.)
 5 Tibetan Buddhist goddess
 6 flat shapes of an egg
 8 European coin
 9 this one (Span.)
 10 summer wear
 16 uppermost
 20 sound from a happy cat
 21 opposite of afar
 22 nasty winter weather
 23 end of prayer
 25 shade of colour
 26 heroic story
 30 neighbour continent (abbr.)



Answer Key for #58 Crossword

R	A	I	N	C	H	E	C	K
A	L	D		A		M	O	D
G	O	O	D	T	I	M	E	S
	E	L		S		Y	D	
N		S	T	A	R	S		A
A	A			N			N	Y
Y		M	O	D	E	L		E
	F	A		D		O	R	
F	R	I	V	O	L	O	U	S
R	E	Z		G		F	E	E
S	E	E	K	S	H	A	D	E



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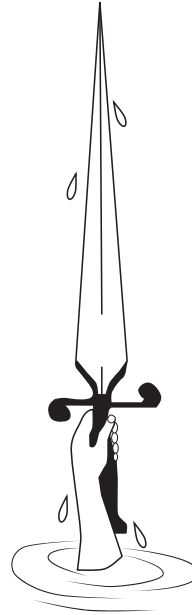


Monday - Friday 9:30 - 5 pm
Saturday 9:30 - 3 pm
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(Behind Westview Hotel)

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604-414-4699
curtis@cadamconstruction.com
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