

Fall 2023 \$2.00

Random Voices of Area A, qathet

Proceeds to the Lund Community Society



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Artwork by Monique Labusch

New Water System Plan Floated by qRD

Lauritz Chambers

Lund's domestic water comes from small, shallow Thulin Lake, which is also the watering hole for every animal for miles around. Through various processes, the lake gets well fertilized, enhancing algae, insect, frog, snake, and bird populations that, in turn, lead to a multitude of bacteria, viruses, and parasites. Lake water must be filtered and chlorinated before we humans can safely drink it. Chemicals called THM's (trihalomethanes), considered to be

Continued on page 3...

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The Lund Community Society

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Publication Schedule and Distribution

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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, reflecting the paper's purpose to provide a forum for expression of ideas on topics of interest to our community members. We reserve the right to edit for clarity, length, and sensitivity. Articles submitted will be included based on available space and compatibility. Opinions expressed or implied in articles and stories are those of the authors and not the editors of the *Barnacle* or board members of the Community Society.

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

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

Editorial

As I write this, the rain is just a pelting down outside. It seems crazy how we were so desperate for rain just a month ago. I feel grateful that I get to live in a warm, dry house, and grateful for all the forest around me that made it through the summer drought, and that it's all still standing despite the scary fire season. When you look at the world around us, there is a lot to be grateful for here. Thanksgiving, Giving thanks.

Welcome to our fall 2023 *Barnacle*! Our cover article may curl your toes as you read about the state of the Lund water system, a situation not unlike the game *Snakes and Ladders*. Then, a cheerier article from the LCS Building Committee on how things are progressing regarding the addition to the Community Centre. There's a lot going on in and around our village, and we offer a sampler between these covers.

We have another *Learning ?ay?ajuθam* language lesson from our ła?amın neighbour, Randolph Timothy, Jr. Did you learn the three words in our summer issue? Well, here's three new words for you to play with.

This issue makes an even 10 years, 40 issues, under the current editorial board. It seems both not that long ago and like we've been doing it forever. We figure we'll continue on for a while more. The *Barnacle* itself is now 35 years old. In the words of Bill Smith, its 1988 founding editor, *Go Barnacle*!

I hope you enjoy this issue.

- Sandy

In respect and gratitude, we recognize that this publication was created on the land of the Tla'amin Nation and Coast Salish People - λa 2amin (Lund).

We sincerely appreciate the support of our advertisers and encourage readers to support our local businesses.

We invoice annually for advertising, unless alternate arrangements are made. Invoices will be sent out after the fall issue 2023.

Advertising Rates

Business Card Size: \$10.00 Double Business Card & 1/6 Page Size: \$20.00 Quarter Page: \$30.00

Send to: barnacleadvertising@twincomm.ca

Next edition is January 2024

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



Printer of the Barnacle

Continued from page 1...

cancer-causing are formed when chlorine meets decaying leaves and algae. Our Lund water THM count is at times triple the safe limit.

Our present infrastructure has major issues such as:

- No particle filtration (only chlorination)
- The two main storage tanks are shot (a tank inspection found heavy corrosion and blistering on interior walls and large quantities of organic matter, including bird carcasses on the floor)
- Disintegrating underwater fittings
- Lack of freeze protection

And there's lots more.

In January of 2019, the Lund Water Improvement District (LWID), together with the qRD, finalized a grant proposal for \$16,570,000. The application was not successful "due to the large ask and the limited pool of funds", according to Assistant Deputy Minister Tara Faganello.

Following this disappointment, the LWID declared bankruptcy and all but Harold Robertson stepped down. There was a perfect storm approaching of aged, rusting infrastructure with no money to fix it. The operation of the water system now fell to Harold and Shelly Cherry, who could sign cheques, and Courtney Robertson, our Water Operator.

Two years later, Tom Day was appointed Receiver of the LWID and in March 2022, a new grant was applied for, (based upon a respected engineering company's report), this time for approximately \$28,000,000. The Ministry thought this number a tad excessive for 124 lots and suggested the system be upgraded in phases. Tom and Courtney went to work, and the phase 1 grant application came forth as follows:

- The grant is 73.33% of eligible costs of the Improvement Project. As the grant has not yet been approved, we do not have a "maximum" grant amount at this time.
- The residents will be responsible for paying 26.67% of the eligible project costs, up to the total approved project cost, AND 100% of any non-eligible project costs, and 100% of any project costs exceeding the approved amount (if that was to occur).
- The latest estimated project costs submitted to the province is \$11,860,000. If this amount is approved by the province, the grant portion would be \$8,696,938, and the portion that will be required of the residents would be \$3,163,062.
- The parcel tax will be utilized to pay for the annual debt payments that will arise as we will need to borrow the resident portion of the project (the \$3,163,062). Currently, the parcel tax is being

Continued on page 4...



Tech Tips

at the Lund Community Centre Scheduled visits: Oct 5, Nov 2, and Dec 7. 1:30 pm - 3:30 pm

One to one support on a drop in basis.
Free help for tablets, computers and smartphones.

contact myfanwy@liftcommunityservices.org

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

Featuring Wild Soup!



Your Local Market

In store self serve (bring your own container BYOC) 10:30 am - 5:00 pm Tuesday - Saturday 6812 Alberni St @ Marine • 604-485-7000

Continued from page 3...

placed into a Capital Reserve which will only allow the parcel tax to be used for infrastructure improvements or debt payments for infrastructure improvements.

FIRE! On Sunday, October 8, we were faced with a large, threatening, slash fire. Local fire department volunteers were quick to engage, soaking down the perimeter of the large burn. They used up 55,000 gallons of water, depleting our two main storage tanks, as well as the emergency firefighting tanks up Alannah Road. Luckily the wind was blowing in a favourable direction away from power lines and structures and we are a month into a reasonably damp fall. We were reminded that an adequately sized, robust water system for Lund has enormous value in more ways than one.

As Mr. Day mentioned in a letter to the qRD, "The risk to those connected to the water system is obvious, but perhaps less obvious are the risks to the greater qathet community. Failure of the system will:

- Trigger a local government emergency as people look to obtain, store, and utilize drinking and household water
- Eliminate the most abundant water source for fire protection at the north end of qathet region
- Close/impact businesses that are relied upon and enjoyed by all
- Impact/close the Community Centre
- Impact the Sewage Treatment Plant
- Impact Lund Harbour services
- Impact property values"







Smoky sunset - photo courtesy of Brian Voth





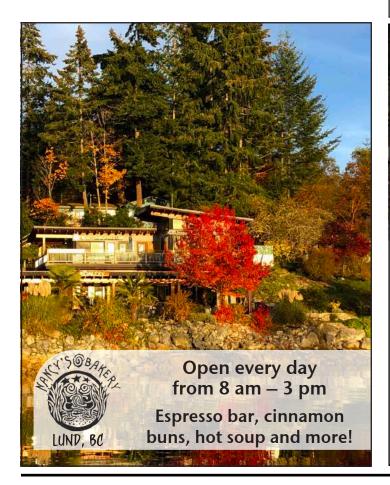
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Community Society Update

Ria Curtis

Well, looks like fall is here to stay now. Thank goodness for the much-needed rain and a return to routine. Puddle Jumpers Preschool and Community Daycare are up and running again Tuesdays through Thursdays. Playgroup has resumed on Monday mornings, Tai chi is running on Saturdays, and now we have yoga three times a week! We are a happening Centre!

There has been some sprucing up at the Northside Community Recreation Centre (NCRC) over the summer: trees and bushes were trimmed back from the fence (the preschool garden is still putting out some veggies!), carpets were washed, and floors waxed.

The Lund Community Society had their first post-summer meeting and is busy organizing upcoming events like the Christmas Craft Fair on November 18 from 10 – 4 at the Italian Hall (see poster on page 7), and the ongoing work that the Building Committee is putting in for the NCRC expansion project.

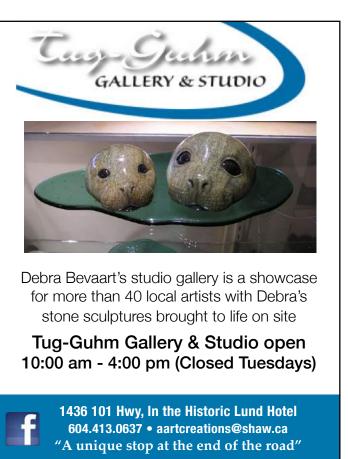
We are always ready to expand programming at the Centre. Some ideas so far have been to have a monthly lecture series, game night or cards, and pickup soccer. Have a program you'd like to see happen? Bring it in and set it up. The more, the merrier.

The Lund Community Society is also looking for a new, more inclusive moniker. There will be a community outreach program to determine a new name for the Society that includes all Area A residents - maybe even a naming contest. Lund is really only a tiny portion of a huge Area A. We would like all Northside residents - those in Okeover, Bliss Landing, Craig Road, Southview, and elsewhere to feel included and invested in our NCRC expansion. Stay tuned for updates from the

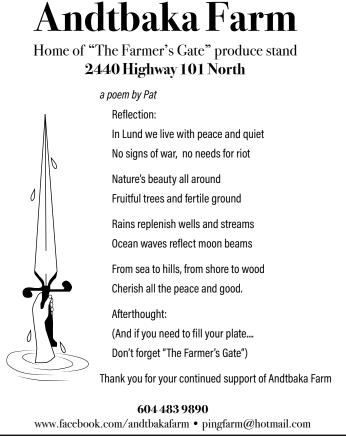
Building Committee, LCS members, and on new programming.

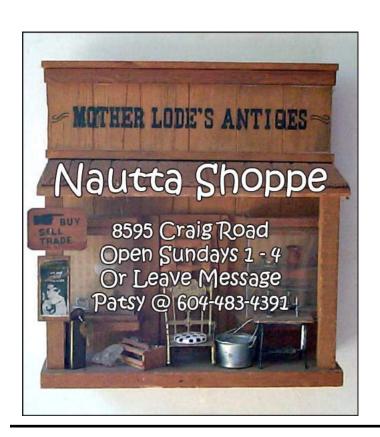
Let us connect, communicate, and support each other. Let's build a great community.















Building Committee Update on the Community Centre addition

Kristi McCrae

To quote our former Area A director, Patrick Brabazon, 'the wheels of bureaucracy turn slowly'. But they are turning. The building committee met in early September after our little summer break and have been meeting every two weeks since. In the past few months, a conceptual design by architectural designer Sue Webster was commissioned, intended to better reflect the community feedback and the functional needs of community programs that will take place in this facility.

That design was developed to a point, then the qRD requested that it be given to their staff so it could be officially included in the RFP (request for proposal) package they are putting together. An RFP is an open request for bids to complete a new project. This is the process required not only by this grant, but all government projects, to obtain a contracting team.

The package they are putting together will include all the documents created so far regarding this project, including several designs, community survey feedback, and the work of the LCS building committee to date, as well as the project charter outlining the building requirements, guidelines, and restrictions of the grant.

At this point, the qRD is aiming to have the package and proposal ready in the next month or so. Then the bidding process starts, where interested contractors will come forward and be evaluated for their suitability. Once a potential contractor is selected, they will start the consultation process with all stakeholders, as in, the residents of Northside Recreation Service Area, the LCS, the Tla'amin Nation, and qathet RD. Then we can expect some open houses hosted by the contractor and qRD to help complete the picture as the project moves into the final design phase. The timeline for this is not fixed in stone; the bidding process takes a couple months, then the consultation/design phase takes another couple months... then the final design will take shape.

I know I am personally anxious for this process to be rolling and for something visible to be happening, and I'm sure many of you are too!! But we all must breathe and trust that in good time something amazing will come into being. Right now is the time to ask the universe to unfold in the best possible way. However you do that. Wish, pray, or bet on getting the most creative, talented, and financially responsible contracting team who can make our collective vision and needs come true.





What's Happening in Lund?

Sandy Dunlop

Downtown Eateries

The **101 Bar & Grill** (aka the Pub) at the Lund Resort Hotel (now called **The Village at Klah ah men**) is open Fridays 3:00 pm – 10:00 pm, Saturdays and Sundays 12:00 pm – 8:00 pm. Full menu; full bar. (604) 414-0478. The Hotel remains closed. Check social media for any changes.

The **Stockpile Market** is open daily from 7:00 am to 7:00 pm. As well as their grab and go take-out, open whenever the store is open, there is the **101 Café**, where you can get coffee, tea, and eggers. That is open daily 7:00 am to 3:00 pm.

The Boardwalk Restaurant is open Monday and Friday 4:00 pm - 8:00 pm, Saturday and Sunday noon - 8:00 pm.

Nancy's Bakery is open daily from 8:00 am to 3:00 pm. Best chocolate chip cookies ever.

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

Halloween Fun

Halloween Party at the Pub (101 Bar & Grill) Saturday, October 28, 8:00 pm - ?. Dance to *Savage*. Tickets \$20 on sale at Tla'amin Convenience Store. 19 years and older. Kitchen open 7:00 pm - 11:00 pm. See poster on page 13.

Northside Kids Community Halloween Party at the Park (Craig Park) by NVFD. October 31, 6:30 pm – 8:00 pm. Kids can enjoy candy, haunted forest, juice, hotdog, bonfire, and fire trucks. Free or by donation. See poster on page 13.

Lund Christmas Craft Fair at the Italian Hall

November 18, 10:00 am – 4:00 pm. Local vendors with great crafts and Christmas present options, fabulous food from the kitchen, awesome raffle prizes, kids' fun craft area, and lots of community schmoozing - simply the best! See poster on page 7.

At Northside Community Recreation Centre (NCRC)

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

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

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

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

Yoga with Nicole Henri - Sundays 10:00 am - 11:30 am. Drop-in \$10.00. Call (604) 223-9344 to confirm your spot.

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

Continued on page 10...

Continued from page 9...

Lift Literacy Programs – Tech Tips – November 2 and December 7, 1:30 pm – 3:30 pm. Free help with smartphones, tablets, and laptops. Please bring your device with you. See ad on page 3 or contact myfanwy@liftcommunityservices.org

Community Society Meetings – Our general meetings are always on the third Tuesday of the month, except July, August, and December. Our next meetings are November 21 and January 16, at 7:00 pm. All are welcome. Come check us out!

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

<u>At Tidal Art Centre</u> - Lots of great stuff going on. Check out their ad on page 13 and their website at <u>tidalartcentre.com</u>.

Three Stone Soup Fibre Studio - Sorenson Road, Lund. Spots available in upcoming workshops:

November 4, 10:00 am - 4:00 pm Contemplative Stitch - Boro-Inspired Stitching

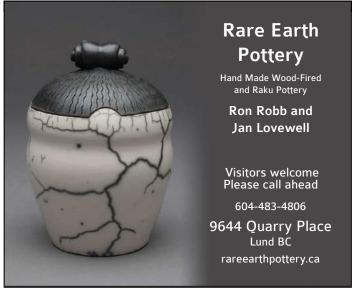
November 8, 10:00 am - 4:00 pm Contemplative Stitch - Embellishment and Expanding the Stitch

Contact three.stone.soup@gmail.com to register; more details here: https://three-stone-soup.square.site/s/shop

* * * * * * *

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





APJ Services

Andrew Johnson

HOUSEHOLD WASTE PICK UP SERVICE FOR LUND AND AREA

Tuesdays: Wilde Road to Krompocker Road
Thursdays: Malaspina Road (as far as Coode
Peninsula) to Northside Fire Protection boundary on
Sarah Point Road

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Lund Recycling Depot

(9642 Larson Road)

Regular hours (September - June)

Wednesday - Saturday

10:00 am - 4:30 pm

Summer hours (Canada Day - Labour Day)

Thursday - Monday

9:00 am - 5:00 pm

Closed Statutory Holidays

Thank you for recycling!







Post Office Hours:

Monday – Friday 9 am - 12:30 pm and 1:30 - 4:30 pm

Closed for lunch from 12:30 - 1:30 pm

5-1436 Highway 101, Lund BC V0N 2G0

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

Monday, Tuesday, and Friday

Leave Lund: (Mile 0 Marker) 9:41 am 4:10 pm Leave Town Centre Mall (North End) 8:50 am 3:25 pm

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



For updates check BC Transit website.

Download current Rider's Guide for details: https://bctransit.com/powell-river/schedules-and-maps/riders-guide+ † Some conditions apply

Lund Daze 2023

Kristi McCrae

Lund Daze took place July 29 on a beautiful, hot summer day - almost hard to remember how that feels at this time of year. The opening activity was a floating picnic that left the harbor at noon. I didn't get the full report on this but I'm sure it was lots of sunny fun. The activities at the Gazebo began at 4:00 pm, with a music lineup of all local talent. The evening started with Brandon playing heartfelt originals, then Theo Angell with a spectrum of eclectic and enlivening compositions, and The Pill Bugs rocking us into the dinner hour. The nighttime was full-on dancing for hours with the Wildwoods Social Club's global delights and the Beach Crashers lively minivan range disco pop rock.

The event was well attended by folks of all ages. The children's activities, provided by Alisha of Puddle Jumpers Preschool, were nonstop fun. The new Teen Zone seemed to really strike gold; it was full all night. This year we added some art workshops, which were a crazy hit. What



The Pill Bugs - Cam Twyford and sons, photo courtesy of Maxime Paquette

was intended to be an hour-long activity stretched well into the evening, as people were so engaged in collective crafting. Along with dancing, connecting with friends, and eating, this was a full and beautiful day.

The BBQ Fundraiser raised over \$500 toward the Community Centre project and the revenue from the door covered all expenses and supplied honorariums to the musicians and artists, with a small kitty left over to start up the event next year.

Community connection and celebration were the intention for this gathering, and that vision unfolded beautifully. Thank you to everyone who came and participated and enjoyed the day together. These events, of course, take quite a bit of planning and volunteer love to put together. To those who put in the time - before, during, and after the event - thank you. You know who you are, and this could not happen without you.

To anyone who is interested in volunteering to create or has suggestions for next year, please come to an LCS meeting and let yourself be known. The more the merrier!!! In previous years, there was a nail-sail-and-bail activity, pancake breakfasts, treasure hunts.... These or other fun activities could be reincorporated into this long-running local fest. It just takes people and energy to champion and organize it.

Hope this inspires some happy summer memories and visions for the future on your long winter nights!



Photo courtesy of Maxime Paquette



FALL FOR TIDAL

October Artist in residence, Andrea Zittlau.
15 October. Artist meet up, 2 - 4.
Exhibition: Field study. 26, 27 October. 2 to 7 pm.
Reception on Friday, 7 - 9 pm.

Prashant Miranda, sketchbook presentation series.
Paris sketchbook. 21 **October,** 7 - 9 pm.
10 **November,** 7 - 9 pm Sri Lanka sketchbook.
BYOB

Basket weaving workshop with Dawn Myers. 28 & 29 **October**, 18 & 19 **November**.

November Artist in residence, Ryan Mathieson.

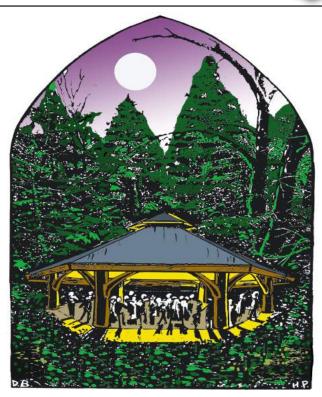
9 November, 7 - 9, film screening curated by Ryan.

16 November, 7 - 9, slideshow and cozy viewing.

Exhibition: installations, 24 - 30 November,

Reception on 24 November, 5 - 8 pm.





To book events at the Northside Community Recreation Centre, contact Ria at (604) 414-0383. For events at the Klah Ah Men Lund Gazebo Regional Park, call qRD Operational Services Clerk Caroline Visser at (604) 487-1380.



Northside Fire Department News

Chief Jim Brown Northside Volunteer Fire Department

I would like to thank all Northside residents and visitors for their care and vigilance during this last summer's heat and semi-drought conditions. While we did have one house fire and one trailer fire, both of which we contained, and reports of a couple of "possible campfires", there were no bush or forest fires in our protection area.

Hot dry summers seem to be the new "normal" so consider implementing the Fire Smart program for your yard and house. Every bit makes a big difference in preventing wildfires from damaging your home, and it makes your firefighters' jobs a little easier.

News flash! We have implemented a Northside Junior Firefighter Program. Youngsters between the ages of 12 and 16 learn safety tips and basic firefighting skills in six weekly evening classes. Check out NorthsideFire.ca or contact the qathet Regional District for more information.

And, hey, why not consider joining the fire department yourself? We are a fun bunch of neighbourly folks, training is not as physically demanding as shown on TV (you CAN do it), and we meet at 7:00 pm on Wednesday evenings at the Craig Park Fire Hall. There are benefits to joining (medical, dental, honourarium, tax credit) and everyone is welcome. Come check it out.

Editor's Note: Several weeks after this article was submitted by Chief Brown, the Northside Volunteer Firefighters, the RCMP, and BC Forestry were called to a wildfire on Sarah Point Road on Sunday morning, October 8. The causes of this fire are still being investigated, so not much can be said about it at this time.

Build a Bottle Recycling Depot

Ann Snow

This year, the Northside Volunteer Fire Department is fundraising to build a bottle-and-can collection building where its volunteers can clean, sort, and bag returnables to be used for future fundraising. This building will house sorting tables, storage, and a dry drop-off area for the community where they can drop off returnables 24 hours a day, 7 days a week.

The qRD has provided enough funding for materials to frame the building only. The building will be built by volunteers; however, another \$5,000 would help buy the required materials to complete it.

Any funds raised over and above what is needed will be redistributed to future fundraising events. The Northside Volunteer Fire Department is hoping to raise \$10,000 in funding via a GoFundMe account to complete this building, and build funds toward maintaining vehicles, and purchasing new equipment to assist in medical calls as part of their services.

The department is asking the community to help raise money to update, upgrade, and expand its services.

We would like to thank the community in advance for their efforts and support. https://gofund.me/2fc4213c

Who's in that Helmet?

Ann Snow, interviewing Brian Fahey, NVFD volunteer



Photo courtesy of Ann Snow

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

Who am I?

I am Brian Fahey, a 75-year-old local boy and a captain with the Northside Volunteer Fire Department.

How long have you lived in qathet's Northside Fire Protection Area? I have lived in this area for the last forty years, living in Wildwood until I was ten. I mostly lived in Powell River, except while attending UBC for four years and while sailing for two years.

Why did you join the Northside Fire Department?

In the spring of 1988, after I sold my salmon troller, was no longer vice president of the Pacific Trollers Association, no longer on the board of the Powell River Salmon Society, and had finished our house enough to move in, I decided that I had the time and wanted to do something to contribute to the local community.

What surprised you most about joining?

I thought I was joining a group of firefighters, some of whom I went to school with. However, it turned out that I was the only firefighter other than the chief, John Keays. That was, at the time, the Craig Road Fire Hall and it was mostly independent from the other halls.

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

I have learned to be calm and controlled in an emergency situation.

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

Within the fire department, I have contact with an interesting and varied cross section of the community. There is also a feeling of satisfaction when I feel I have made a difference in someone's life during a difficult time.

Northside Fire Association is offering certified instruction in First Aid, CPR, Marine Basic First Aid, Babysitting, Stay Safe!, First Responder, and Basic Life Support Courses.

Rates vary but include a Red Cross booklet and certificate upon successful completion.



Businesses and individuals welcome.

Visit **northsidefire.ca**for more information



Celebration of Gratitude - photo courtesy of Brian Voth



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Call or e-mail Audrey:

604-483-3506 or spaytoday@xplornet.ca





qathet Regional District Update

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

Happy fall to all in Area A and the region! It's nice to see the much-needed rains come and to start getting ready for winter.

It's been a busy start to fall which started with attending my first UBCM, where local government meets and works on common issues of the day. Directors met with several Provincial ministries, including Municipal

Affairs, MOTI, and JEDI, as well as meeting senior RCMP staff. Please check out qRD meeting minutes and recordings for details of all the goings on.

One of the main topics of concern for the entire province was wildland fires and the devastating effects on communities. This was brought to our doorstep over the Thanksgiving holiday weekend as we saw how quickly fire can spread and get out of control. Please check out www.qathet.ca to learn more about best practices in fire prevention and emergency preparedness. There is also valuable information on the FireSmart program. Let's help our neighborhoods be resilient and watch out for those who may need checking in on.

Thanksgiving is exactly the word that I and our community wish to express to BC Wildland firefighters, RCMP, and especially our noble volunteers at Northside VFD for the great job protecting us. Big love and respect.



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

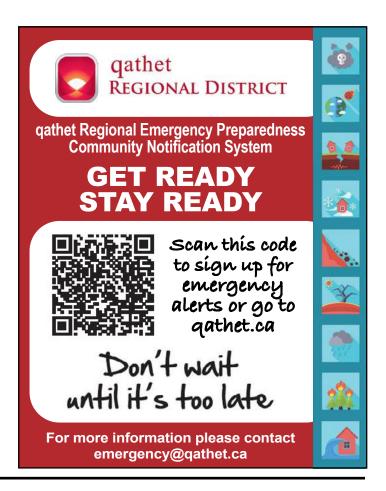
For a schedule of public meetings, scan the QR code or go to: https://www.gathet. ca/about/meetings/schedule-locations/

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

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Let's Talk Trash

Let's Talk Trash

Ingalisa Burns, of the Let's Talk Trash team

Carrot or Stick: No More Single-Use Plastics

Disposing of our addiction to disposables is perhaps harder than we'd hoped. We walk out the door without our refillable coffee thermos or shopping basket and end up spontaneously at a cafe or popping into the grocery store. Despite the best of intentions, we can find ourselves with a to-go coffee cup in one hand and a single use shopping bag in the other. What will change our bad habits? Do we need a carrot or a stick? It turns out that both help us adopt behaviours that care for our limited resources.

When it comes to using refillable containers, it's never been more seamless. Vancouver Coastal Health has approved their use, and food service businesses train staff in handling protocol to avoid contamination. Gently used refillable mugs and containers are usually available for any budget at local thrift shops or friend's kitchen cupboards. In a pinch, mason jars and used yogurt containers do the trick, though you should avoid hot meals in cheap



Photo courtesy Ingalisa Burns

plastic as heat causes chemical leaching.

If you love DIY, you can make your own zero waste to-go kit for your bag or vehicle of choice. It's not only the hipsters who are sporting reusable wooden cutlery sets stored in upcycled fabric bags these days. From the strait-laced to the rebellious, people of all types can be seen stashing their washable shopping bags in their trunk or backpack. Complete kits include fabric napkins, steel straws, sealable containers for restaurant leftovers, real cutlery, lightweight plates, and a few washable grocery bags or a funky basket. When dining in, for the love of the planet, ask for real dishware. It's classy and you'll be, too.

Some community angels also make the reusable choice easier. Thanks to donations from the local thrift store MCC, the qathet Regional District hosts a set of real dishware that the public can borrow for events big or small. PRISMA and the Sunshine Music Fest have gone the extra length of signing these out and requiring their vendors to use them rather than single use to-go ware. Contact Let's Talk Trash (info@LetsTalkTrash.ca) if you would like to learn more. This community resource includes plates, bowls, mugs, and cutlery for up to 300.

If remembering your refillable containers is a stretch, then you may be interested in joining Reusables. Reusables is offering a new service in the Lower Mainland, Vancouver Island, and on the lower Sunshine Coast that is making it even simpler to go zero waste when eating on the go. Their doublewalled, stainless-steel containers have rubber lids and are available at participating cafes, restaurants, and even through Uber Eats and at Simon Fraser University. Businesses sign up for a \$50 monthly membership and the average citizen signs up for a free account on their Smart Phone. Members request a Reusables container at the till and scan it out on their phone. They have 14 days to return and scan it back in or their account will charge them for the container. They can be returned to any participating

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location in any town. Restaurants either sterilize the containers in-house or out-source this. Reusables guarantees you will never run out of containers. Let your favourite local cafes know about this program if you'd like to see them getting involved.

Even ease of use may not be enough to motivate some to zero waste habits. Many BC municipalities know this and have already taken advantage of Provincial allowances to enact single use plastic bans, but these have not been uniformly taken up across the country, leading to some confusion. Starting December 20, however, this will change. Provincial and Federal single use plastic bans are coming. By the end of the year, businesses are meant to stop distributing single use plastic and compostable plastic shopping bags, utensils, straws (except those used for accessibility), and stir sticks. Containers, cups, and packaging made from polystyrene, PVC, oxo-degradable, and carbon

black plastics will also be banned. Bans on compostable plastic versions of these will come in 2024. Disposable accessories like napkins, condiments, beverage cup sleeves, and food trays will only be available upon customer request.

There will be a focus on educating businesses and allowing them to transition out of their old stock during the introductory months, but the change is coming. There has never been a better time to get in good on-the-go zero waste habits!

Let's Talk Trash is contracted by the qathet Regional District to deliver its waste reduction education program. Learn more at LetsTalkTrash.ca or contact the team at info@LetsTalkTrash.ca

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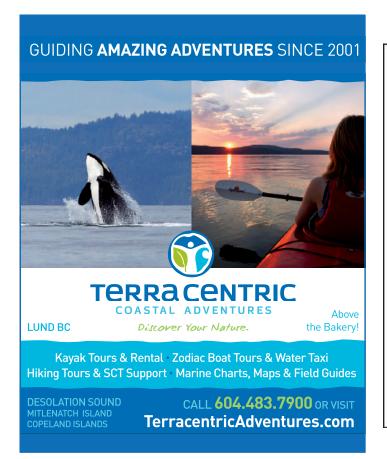
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From the Office of Our Member of Parliament

Drewen Young, Constituency Assistant Powell River Community Office



Rachel Blaney NDP MP North Island-Powell River 604-489-2286 and in emergencies 1-800-667-8404

An elderly woman visited the Community Office this week seeking help from MP Rachel Blaney. She collects monthly disability payments and is desperately trying to figure out how to stretch her dollars to accommodate all the price increases and demands on her small budget. It is becoming impossible to pay for housing, food, and medications. Some months, she makes the difficult choice of taking her medications intermittently in order to stretch them out. Because she has a small veggie patch, she's not going hungry, at least now. Everything has become too expensive to take home; instead, she just "views" the food displays and yearns for better days. Her children help when they can - without their financial assistance she could be homeless. She feels sick at heart about her predicament but makes light of it as best she can. It's not what she expected for her last years on earth.

Recently, NDP MPs Rachel Blaney (North Island – Powell River) and MP Gord Johns (Courtenay-Alberni) joined NDP leader Jagmeet Singh in reiterating his call for the Liberal government to adopt New Democrats' proposal that would bring down food prices, after a new report from Dalhousie University revealed that close to three out of five Canadians are worried about compromising on nutrition due to high food prices at the grocery store. "Everyday my constituents are making harder and harder decisions about the food choices or going hungry because of the cost. It is not okay," said Blaney.

The Bill will increase penalties handed out for price fixing, protect small grocery stores from anti-competitive tactics from large chains, and increase the competition bureau's powers to crack down on price-gouging abuse. Under Trudeau, food prices have increased by 30 per cent. Meanwhile, Canada's largest grocers – Loblaws, Empire Co. which owns Sobeys, Walmart, and Metro – collectively earned more than \$3.6 billion in profits in 2022. Food inflation in August remained at 6.9%, well above the overall inflation rate of 4%. "People in North Island – Powell River and across Canada can't afford basic necessities while CEOs continue to get richer; clearly the process is broken," Blaney says.

There are things that can be done to improve the situation many seniors are in. New Democrats fought to get dental care for seniors, and they are fighting to get a National Pharmacare program in place by the end of the year so that seniors don't have to pay hundreds of dollars out of pocket for the medications they need. The NDP are also calling for the government to raise the Guaranteed Income Supplement (GIS) so everyone can retire and live in dignity. To add your name to support the NDP's bill to lower food prices: www.ndp.ca/lower-grocery-bills

For more information or assistance, please visit the Community Office at 4683 Marine Avenue in Powell River or call (604) 489-2286.



Puddle Jumpers Preschool and Lund Community Daycare

Alisha Van Belle

The summer flew by, and before we knew it, it was school time again! This year brings new challenges...we have a lot of familiar faces, but we have gained their smaller siblings! We have three little ones joining our group (Hugo, Lupin, and Heidi) and we just welcomed another friend named Liam this month. This means our preschool program is full for the year and our daycare spaces are also filling up very fast. If you are wanting daycare, make sure to call Alisha at (604) 414-0091 or email jomommadesigns@gmail.com. I am taking names for spots for both preschool and daycare for next year.

We have done quite a bit for being only in school a month. We had a visit to the Toquenatch creek and estuary to check out this year's EPIC pink salmon run. We also had one of our most favorite field trips of the year - to see Firefighter Lydia and Firefighter Lori at the Craig Road Fire Hall. This year's group were all in... firehoses, sirens, exploring the truck, and we learned about STOP, DROP, and ROLL! We are just starting to explore Halloween and all things fall. Sandy will soon be starting her monthly music program with the kids. We are readjusting to our school and daycare routines and making the most of every beautiful day by being outside as much as we can.





Our parent group is now starting to collect prizes for this year's Puddle Jumpers Raffle and getting organized as a working team. If you have anything you want to donate as a prize, please contact Alisha.



Photos courtesy Puddle Jumpers Preschool

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Ria has playgroup going again on Mondays and we are seeing some new baby faces, some who have grown into toddlers, as well as ones who became preschoolers. We hope to make a caring and supportive space for the youngest members of our community and their families.











Through the Eyes of a Local Teen

Reed Worthen

Creating change in the community through school clubs

As the 2023/24 school year has just come into full swing, I thought I would share what that means for me. At Brooks Secondary there is a wide range of extracurricular and lunchtime clubs, and, in the past three years, I've had the chance to take part in lots of them. School clubs are a great way to get the 30 hours of volunteer work needed to graduate, while doing something you're passionate about, and extracurriculars are an easy way to meet new people who share your interests.

This year I am a co-chair of the Brooks Environmental Club. It's my third year with the club, and I'm happy to see the change we've brought to our school. Some examples of things we've done in the past are: helped to implement waste diversion bins all around the school, led eco-workshops (like making your own beeswax wraps and dishwasher soap from organic ingredients), and led garbage cleanups around the school and along Second Beach. Each year for Earth Week we plan a series of activities to bring awareness to climate action, like planting seedlings and doing chalk art at the front entrance to our school. We recently had some members, myself included, take part in a climate march along Marine Avenue. We have plans to bring elementary school students from across the district to Brooks for the Remembrance Day for Lost Species event on November 30. I've had lots of fun with the Environmental Club and it's amazing to see the impact a group of teens can make.

Another club that I've loved participating in during my time at Brooks is YRA, Youth Restorative Action. I joined last year on the recommendation of a friend, and it's been a lot of fun. YRA is the youth branch of the organization qathet Community Justice (qCJ). It's a non-profit located in the qathet region dedicated to using restorative justice to resolve conflicts in the community. Restorative justice focuses on bringing impacted parties together willingly, to address root causes and create a safe environment for communication. YRA values learning, empathy, and well-being, while encouraging dialogue on current events.

A big part of YRA is facilitating dialogue circles in the school and in the greater community. The YRA team gets together and comes up with questions on a current event. Last summer, we held a circle at Willingdon Beach to talk about climate action, and in our school, we've led circles on student-teacher relations, and on how school can affect mental health. Circles are a great way to give everyone taking part an equal voice and they encourage honest communication. During a professional development day last year, YRA led a workshop for teachers and educational assistants on how to lead dialogue circles in the classroom and come up with open-ended questions. Last year, the YRA crew went to Henderson Elementary and led workshops for grades 4-6 on circles. We talked about how circles can be used in classrooms for lessons, and conflict resolution. qCJ has an amazing website with tons of information about restorative justice and what they've done in the past: qathetCJ.org.

While these are the clubs that I'm most passionate about, they are just a fraction of the clubs available at Brooks. At lunch you can play ping-pong or take part in a video game tournament. You can go off campus with the golf, cross country, or disc golf club. Fundraise for causes worldwide with Interact Club or help with grade eight orientation. I've had lots of fun and made so many strong connections and memories through these clubs at Brooks.

Community service is an amazing thing and I'm glad to have been raised being active in the Lund community. Growing up at potlucks, gazebo parties, and spending time in this community has taught me how important a strong community is and encouraged me to take part in making it stronger.

Creative Klah ah men

Monique Labusch

Hello again! A while back, I bought two little paintings from the artist I want to introduce today. I have one with three ducks and one of a salmonberry branch, and if you look at the photos of some of his other paintings below, you can see how versatile his motifs are!

Voilà! Here you go Chris Roberts - tell us about your art and how you started to paint.

My earliest memory of art from growing up comes from watching my father copying a Paul Gaugin painting for my sister and me. He could capture a likeness very well and perhaps set the stage for me long before I knew it. We had no original art on our walls but a gallery of family photos, portraits galore.

The COVID lock-down and a friend from Instagram helped me on my path. The weight of time being heavy had me looking for new activities. A chum was drawing a picture a day, and I thought that would be a good way to spend the extra time. Sketching filled books and soon turned to painting watercolours and then acrylics. In June of 2020, I entered a couple of pencil sketches in the local summer Pride Art Show, "What the Plus". The next year, having progressed to acrylics, I entered "Birth of Boyster" in the same show. In the fall of 2022, I had a solo exhibition at the local Vancouver Island University Campus, tiwšemawtx". My show's opening coincided with the

first week of classes, and being in the main building's foyer, got a lot of foot traffic. Unfortunately, it garnered a bit of complaint. My small collection of male nudes was seen as pornographic by a few members of the public and as a result the wall containing nudes was blocked from initial view upon entering by a whiteboard asking if you consent to see nudes. As well, they left a comment box. A contingent of those in charge from the main campus in Nanaimo had a trip over to chime in. I was



Photos courtesy Chris Roberts

glad the main staff and management were on my side as I could see that if they weren't, the show or perhaps certain pieces would have been excluded.

Generally, I am drawn to the human form, with portraits being my main focus. Trying to capture likeness, echoing my father's practice. I work from photos, many from Instagram. Before I start on a piece, I contact whoever took the photo as well as the model if it was not the same person, to ask for permission. For the most part, people are okay with me going ahead, however a few are not. One strange encounter came from a man famous for being the first African American Santa Claus at The Mall of America. I had done one of him as part of a series of mini Santas on small wood

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cutoffs. He informed me that as much as he'd liked what I'd done, he didn't want me to post pics of my piece on Instagram and would sue me if I attempted to sell it. He was, at the time, in the process of taking several artists to court, they having used his image without his consent. He let me know I was still on Santa's good list, so I gave that one away as a Christmas present.

If you want to see my progression, from photo manipulation, to pencil sketches and acrylic painting on paper, wood, and metal, check out @organic_boyster on Instagram.

Thank you Chris and all the other artists I have introduced in past *Barnacles*, for giving us a little glimpse into their creative process. I'll bring you more next time. Thanks for reading!

Photo courtesy Chris Roberts



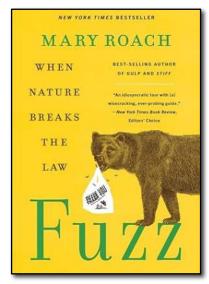






Ev's Book Review

Ev Pollen



Hello readers! In this issue, I offer you my review of FUZZ, by Mary Roach.

FUZZ is a brilliant and detailed look at the seemingly impossible dilemma of keeping peace between wildlife and humans. In a world where humans love wilderness for recreation, it's understandable that conflicts will occur, but wilderness is not the only environment that features wild animals.

The first chapter of the book is especially interesting to Powell Riverites dealing with bears. Roach interviews and accompanies Wildlife Control Officers in ski resort towns where bears are attracted to gourmet garbage in every dumpster or household with unsecured garbage, and even get into houses with flimsy doors. Many deterrent strategies work only once because bears aren't stupid. I put a paper-stuffed black garbage bag in my plum tree and for the first time in years the plums ripened undisturbed, but afterwards I put the bag away in my greenhouse, with the door open,

and someone dragged it onto the lawn and tore it to shreds! Later, I tried the same type of decoy in my apple tree, but it was knocked to the ground and all the remaining apples were eaten. I doubt it will work next year.

Subsequent chapters describe various community efforts to cope with elephants, jaguars, monkeys, and even mosquitoes.

Part of the issue is, of course, the need to appease both the animal lover and the "shoot, shovel, and shut up" people. Many people are both. One faction might be a weekend hiker, while the other is a rancher. In some countries, farmers may beg the government to "do something" about the elephants, while still placing offerings to elephants because they are Gods. Witness bird watchers who unknowingly attract

bears with the birdseed they put out. One Control Officer commented that relocating a bear or other lawbreaker amounts to putting up a "vacancy" sign for the next visitor.

I think many of us have a love-hate-fear feeling about bears and other animals, and these feelings may be valid, so it's really engaging to read about all the different strategies that have been tried, examined, and assessed by decent human beings. The book also contains many examples of Mary Roach's signature humour.

I hope you enjoy FUZZ! 🌑



Learning ʔayʔajuθəm - the language of the ɬaʔamın (Tla'amin), ḱómoks (Comox), χ^wɛmaɬk^wu (Homalco), and λ̃ohos (Klahoose) people

Randolph Timothy Jr.

Editor's Note: Many thanks ($?imo\underline{t}$) to First Peoples' Cultural Counsel for creating this website, which makes learning a few words seem way more possible. Have fun with it!

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



Photo courtesy Alex Sutcliffe

Hello again. I hope this message finds our neighbors well. I am excited to have been asked to again contribute this page to the *Barnacle*. If you go to the First Voices website link, it brings you directly to the Tla'amin

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

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

bear mexal

rain čuł

killer whale nəngəm

this is the way the vowels sound:

a ah

e ay as in May

y as in yell

i ee

o oh

y

u oo

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

χ Hhhh

4 breathy L sound

č popping c

ı ih

ə uh 🛞

Lund, Wildwood, Dead Bob, and Lund Again

John Wright

As you all know, there are a number of twists and turns on your way to the end of the road. Lundies know that. We've all experienced them and sometimes you just don't know what's around the bend.

If you had asked me a couple years ago if I would be forming a band, booking shows, hunting for a label with a new record self released in 2023, I would have

laughed and said, "I don't think so; I'll hopefully be brewing fine lager beers for the folks around these parts when the Pub finally gets up on its feet. COVID won't last forever, and people will be clamouring to get out again".

Well, *No Means No* released a record in '89 quite aptly named and perhaps foretelling this circumstance: "Wrong"....

Having lost an obscene amount of money through pestilence and

war (the other horsemen having coffee, I suppose), the inevitable was upon us at the onset of this year. We pulled the plug and subsequently, thankfully, managed to hang on to everything. Well, miraculously, really. With the doors shuttered, she, in all her beauty, awaits a new lover and I am back to square one.

Well not quite. COVID gave me time to revisit a fairly extensive catalog of old songs and demos I had worked on and created over the last couple decades. I revisited demos from the 90s up to more recent stuff, including a great deal of writing I had done around the time I was working on the album for the robot band *Compressorhead*, not long after I had moved permanently to Lund. I began replacing loops and stuff I programmed for digital drums with my own drumming. I was very happy with the results, albeit

pretty DIY, and decided to start finishing things and have "finished" recordings.

Eventually, I had put together my first album of nine songs and decided I would self release it on Band Camp for the hell of it. *No Means No* fans were excited, and I was happy to breathe life into some old music. It required help from several other musicians to complete and it was fun to collaborate again with

friends. Recorded in the workshop and mastered locally, thanks to Jacob Krause, it was "in the can", as they say.

So, 2023 starts with the closure of the Wildwood Public House and another vacuuming of the bank accounts and I'm broke. Well...time to put the band together! *Dead Bob* is christened, I release *Life Like* on April 21, and I have four excited musicians ready to try all this stuff live.



Dead Bob, left to right: John Wright, Colin MacRae, Byron Slack, Ford Pier, and Kristy Lee Audette - photo courtesy Ford Pier

So, the last months have been the laborious process of starting all the old engines again. Finding agents, booking shows, artwork, promo, press packages, photos... content content content, the new reality in a world I have been absent from for ten years. And, of course, rehearsing - the pudding where the truth lies.

Ford Pier, Byron Slack, and Kristy Lee Audette, all contributors to the record, are on board. Local troubadour and part-time Lundie Colin MacRae is on the electric bass guitar! We'll be doing it all at the Carlson Club, on Sunday, December 3.

So anyway, I am in Lund on the phone to Lund. Lund is where our European booker lives.... Lund SWEDEN! What a world! I did not see that coming around the bend.

Cetacean Summer!

Brian Voth

Everything stops when we hear or see whales or dolphins - they are such breathtaking beings. But this summer was more wonderful than most - there were more sightings, and they often hung around the Lund harbour for longer than usual, while putting on some amazing acrobatics. We're wondering if, like our seafaring friends the Coast Guard and Navy folks, the whales have discovered the blackberry cinnamon buns.









Photos courtesy of Brian Voth

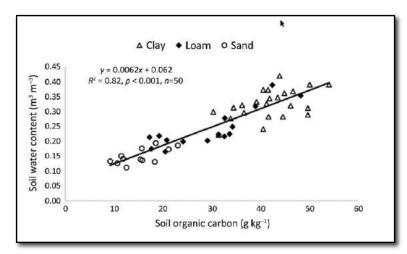
Resilient Gardening or Funny Weather for this Time of Year

Andrew Clarke Resilient BC Centre & Lund resident www.resbc.ca

This year's long, hot, and dry summer has been challenging for gardeners. In future, prolonged drought years will likely be the norm and we need to change our gardening to match these events, by bridging the seasons and taking some of the sting out of the daily grind of watering, especially when there is less water to use.

Many of us have experienced damp, cool forests drawing up stored moisture from the organic-rich forest soils, evapo-transpiring it back into the air, and cooling the local climate as it does so. We hear talk of forests being critical for water management; it's worth checking the numbers to see why.

For every 1% increase in soil organic carbon, you increase the amount of water stored in the soil by approximately 16 litres in every square metre of ground. For many, the potential here is huge, especially when most garden soils are around 1-2% organic carbon. There's a potential to add 240 litres of stored winter rain in the soil by increasing the organic carbon to 5%. For a decent garden of 240 square metres, that's an additional 57,600 litres of water stored or, 4,114 large 14 litre watering cans. Or, to put it another way, that's 22 large



watering cans every day from beginning of April to end of September. Consider it the smart way to garden!

It's uniform across all soil types too. The graph below shows water content as m³ (or 1,000 litres) for every 1m³ of soil, or a block of soil 1m x 1m x 1m. Most gardens will not have 1m depth, so divide by 3 to get 0.33m or roughly 1 foot of soil and you can see that increasing soil organic carbon from 10g/kg (or 1%) to 50g/kg (5%) increases water from 0.12m3 (120 litres) to 0.36m³ (360 litres) or 240 litres for every 1m². Divide by 3 and then 5 (1-5% 5x increase in soil organic carbon) and you get the 16 litres for every 1% across every 1m².

https://cdnsciencepub.com/doi/10.1139/cjss-2015-0084

So how do we get to anything like these numbers for organic carbon and keep it in the soil? The 'No Dig' principle is a key part, as hard wins of increased organic carbon are easily lost though oxidation and weathering (exposure to the elements), so keep the lid on it!

Aim to use at least 30-50mm of compost every year on all beds. That's 30-50 litres of organic-rich compost on every square metre every year. For a decent sized veg bed of 240 square metres, that's 7,200-12,000 litres of compost! I'm pretty sure few of us produce that much per year!

It's better if this is well-rotted, organic, carbon-rich compost. Recently, we've seen the impact of the senseless burning of forestry slash - a potentially huge source of organic-rich compost.

Finally, there's the watering! Best not to spray or hose. Drip or seepage irrigation, using low head (2-3m) rain storage, and guided by the principle of little and often, conserves water best. Focus on the compost and then less water is needed as the organic matter content increases and the soil holds more water throughout the season from winter through summer.

Life From Here

Bear With Us Trish Keays

A black bear has moved into our neighbourhood - and into our yard. It's an older one, with a grizzled muzzle and an unhurried amble.

We first saw it rolling on the grass, eating clover. It's not accurate to project human expressions into how it stared back at us, but the message definitely felt like, "What?" "So?"

Then it upended five worm bins and had a feast. Worm bins were moved back inside the greenhouse. We bought an electric fence but so far haven't put it up as the bear has stayed out of that flimsy building. The worm population definitely plummeted. Omnivores will eat anything!

It has eaten some sunflower heads, taken a bite and left some petals. Munched a squash. More grass and clover, leaving chunks clawed out where it walks and rolls. And it seems to have marked with bear droppings every part of the yard and paths. I'm feeding the piles of bear poo to the worms. It has bitten right through a metal tray (such powerful jaws and claws!) and crushed a metal garbage can to useless. When we bang pots and call "Go away!", it gives the same indifferent shoulder roll and goes to sit on the rocks in the sun, in plain view. Daytime, night-time,

any time.



Photo courtesy Trish Keays

Regional bear sightings and contact seem to have been more this past summer than I recall in past years; but black bears are the most frequently encountered large carnivore in the province, so maybe this year isn't so different. After living here for 40+ years, though, this is the first time one has moved right into the yard. We saw one on the Wildwood Hill trail area, one close to Tla'amin, and a mother with a small cub on the Tla'amin hiking trail - we backed out s l o w l y. One at Haywire Bay. The Tla'amin elder whose grandchild had a close encounter explained that we are in the bear's territory, not the other way around.

How prepared are we to share that territory? The answer seems to be not very. Do we respect them for the wild creatures they are and provide wildlife corridors and habitat they need? Information about BC black bears gives wide ranges: for adult males between 25 to 150 square kilometres, 5 to 25 square kilometres for females.

We've absorbed fairy tales, turned wild creatures into pets and stuffed animals, starting with Winnie the Pooh and the cascade of toys and films that have influenced generations since. Goldilocks and the Three Bears without a lens of privilege is a real eye opener.

Mostly we call on wildlife officers to shoot them. Up to 1000 black bears are killed by conservation officers in BC every year because of serious

conflicts with people. The species is not considered rare, threatened, or endangered in the province, although habitats are recognized to be shrinking. Current estimates of the black bear population in BC are between 120,000 -160,000, one quarter of all those in Canada. Coastal bear densities are higher because salmon streams provide a rich food source. Bear feces contribute to the long-term nutrient cycle in old-growth forests. They've been here much longer than human beings. Ten-thousand-year-old skeletons in caves on Vancouver Island show black bears have been here since the glaciers receded.

Sources

Black Bears in British Columbia https://www.env.gov.bc.ca/wld/documents/blackbear.pdf 🚳



Lund Kid Revisionist History

Foundation Anna Gustafson

At times, I thought I understood the expression "point of no return." I've had a couple of major geographical moves. I became a stepparent. I sport a singular, butt-ugly, comedy-specific tattoo that is not improving with age. It is still identifiable as a happy face, but once I hit 50, something was missing in its eyes. What kind of moisturizer is suitable for emptiness? I joke! A life in comedy is so very full. I won't say with what...just full.

The point of no return locked eyes with me just after beginning a long overdue renovation of our home in Toronto. By the way, when you specify that your home is in Toronto, it leaves the impression that you have multiple homes in different climates. I do not, but see what I did there? It's an insecurity I've come by honestly, as I write this piece from one of an incredibly generous friend's multiple homes. It's that feeling you get when your roommate gets a boyfriend and starts staying at his place. We've got the joint to ourselves for three months!

It made sense to delay the refresh until the price of lumber came down. It still picks me not being able to chop a tree down at the farm when a beam is needed. That's the channel I was tuned into. The "go into the woods and get it" channel. Not HGTV, where everything is possible, and decisions are fluid.

Seeing through every wall in your home once the plaster is removed is startling. There is something very unsettling about seeing the toilet from the front door. It was the last thing to be removed for the crew's comfort. Good on you, gang. That is a very transparent working environment and a concept too open for me.

Some of you knew my dad, Neil Gustafson. Some of you have visited the Gustafson house over its half-

century as such. Some of you may even have been there when he was building it. His father and papa were.

It began as a small house on the hill, and then the original living room became the primary bedroom, the kitchen window became a pass-through into the sunroom, the big windowed front room was added, the planter became the turkey dinner buffet, and the porch made its way around the entire house bit by bit. And it never stopped.

What I learned from my mom, Anne Gustafson, was clean lines and minimalist design. What I learned from dad's design eye was cement. I hope somewhere they know that my basement is deep, deep concrete and that our main focus with this reno is to be able to walk in one side of the house and see out the other. Sturdy pretty. Like me!



Neil Gustafson and Papa Goski building the house on the hill, photo courtesy Gustafson Family Archives

I had a deeply real conversation with a "design-capable" friend at the house. About fortifying the framing behind the shower wall and adding a place to sit so when we need to add grab bars or wash each other, it'll be a more seamless transition. If you want to age at home, the secret sauce is behind the walls. I'll call the transfer bench a leg hair worktop for another couple of decades, at which time I'll rename it a senior citizeniche.

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What I know to be true, and what has taken some of the pressure off, is that a house is never finished. However, a house can become a home in a moment. As soon as love is present. Even when the floor is still plywood, or two bedrooms hold six humans.

Through a welcome and serendipitous connection with the lovely new owners, I've had a few peeks from afar at the changes being made to the house on the hill in Lund. Even though it has been de-Gustafson'd, and the new owner's

loving work is just beginning, it continues as it started. As a home.

Anna Gustafson is a comedian, speaker, producer, writer, and

forever Lund Kid now living in Toronto. Connect on twitter

& Instagram @goosegustafson.



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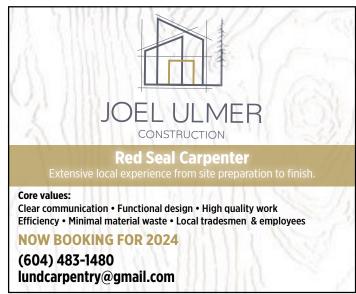
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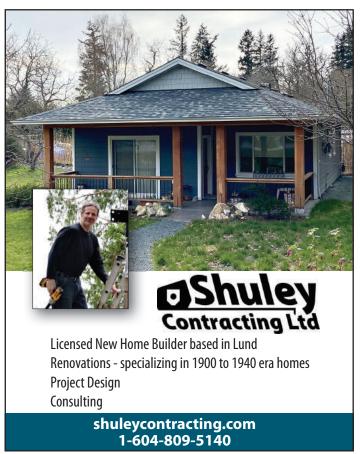
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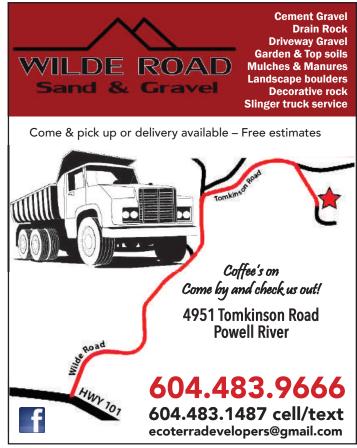
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In Memoriam

Laura Jean Walz

January 5, 1949 - August 1, 2023Emily Walz

My beloved mother was as rare a woman as the Blue Moons in the month she left us. Through my 40 years of beautiful life she gave me, she loved me unconditionally. Ups and downs, ins and outs, hard and soft, she loved me.

Mom was born on the east coast of the US and, as soon as she was able, fled to start fresh on the west coast of BC. While working in a rebel publishing house in Vancouver in the 1970s, she met and fell madly in love with a mysterious poet who wanted to publish his poems. After some adventuring, Laura and Reinhard (Eagle) Walz were ready to marry, buy a house, and start their family. They found a home on the waterfront in Southview and lived there for over 40 years. Soon, two baby girls were born; and, after raising my younger sister Jocelyn and me, Mom went back into the work force. She was what made the *Powell River Peak* a dynamic publication. Her sharp mind and reporting prowess kept tabs on our community for 20 years, 10 of those as the Editor. After those 20 years in this very draining and public position, she eventually retired and squirreled away in her oceanside home to recover. To be.



Photo courtesy Walz family archives

She loved to love her family. She loved her chocolate labs. She loved to create detailed, intricate, incredibly fine knitting with luxurious wools. She loved to cook delicious healthy meals with the best ingredients, to bake bread with artisan flours, to bake pies and make jam from the blackberries we picked for her. She loved to read, to write, and listen to Diana Krall. She loved to walk a flat trail in the deep forest, to watch the ocean and breathe in fresh air. She loved the colours in the high summer sunsets. Her favourite flowers were pink and purple Sweet Peas. She loved to call me Sweet Pea, Pumpkin, Emsily, and her Little Herring.

She died on the Sturgeon Full Moon, a Super Moon, and left us with magic to remember her by. The night of her passing as I cried myself to sleep, a barred owl came into our trees and for thirty minutes I listened to her cry too. A vocalization from the owls that I had never heard before. The next morning at my family's beach house, Dad found a baby harbour seal stranded 100 meters from water. My partner Lindsay and my Dad scooped up the unharmed baby and walked her to the water. The entire next day, heavy and unexpected rain fell. My mother is the sunbeam that broke through the clouds to dry my cheeks. She is the feathers I find on the forest floor. She is the shooting stars in the night sky. She is my blue-green eyes and pink freckled skin.

She is love.

She is loved.

In Memoriam

Saundra Elaine (Veal) Butler/Olson/Barnes

February 25, 1944 - August 27, 2023

In loving memory,

Adrienne Butler

You have changed form but will always be in our lives and in our hearts.

Saundra passed on peacefully at Powell River General Hospital, surrounded by love, with children and grandchildren by her side. She always wanted us to be happy, and therefore wanted us to get on with life, holding steady in her strong conviction that she was only changing form.

Saundra lived life fully, with zest and humour, while enjoying a semi-nomadic lifestyle for much of her life. Formerly known as Saundra Butler and Saundra Olson (she may have broken some hearts along the way), she alighted in Lund over two different periods, first in 1974 in a disorganized hippie commune affectionately known as the Homestead, and later in 1988 with her daughter Adrienne, declaring herself the "Postmistress of Lund." She previously worked in hospitals in administrative and technical roles, mainly in Prince George and White Rock, before becoming Postmistress, a role she loved, serving the Lund community with pride for over a decade. She was a lifelong lover of gardens, animals, and mushroom picking, and an avid reader who could beat anyone at Scrabble!

Saundra was a creative, spontaneous, fun-loving spirit with a flair for visual art, drama, and the written word. In her earlier years, she mastered pen and ink drawings, crafting nature scenery overlaid with Escher-style crumbling buildings, which she usually



Photo courtesy Butler/Olsen/Barnes family archives

gifted or tossed out in true artist's fashion. She acted in various theatre productions starting in high school, playing a leading character in a play in Lund in the 70s, and in the 90s wrote the intricate, complex, satirical "Monsanto" cartoon for the Lund *Barnacle*. She later experimented with photography and wood, while dabbling in poetry and writing throughout life. In her final few years, she mastered pouring acrylic blooms.

Saundra retired in 2005, spending most of her remaining days with her beloved dog Charlie, and her children and grandchildren in Powell River. She leaves behind her four children: David, Rob, Ryan, and Adrienne, and six grandchildren: Samantha, Will, Kai, Darren, Larry, and Jenny. She was a second mother to a great number of stray friends, part-time stepchildren, and innumerable pets.

Be warned that at one point she thought she would have her ashes scattered over Lund from a helicopter - eccentricity runs in the family, and we have a local member in the military - so if it starts raining down ash, don't head for the hills but pause and send a warm wish and a smile for our mom to the heavens, to the light within, to nature/spirit, or to whatever you put your faith in!

For those of you who didn't get a chance to say goodbye, our mother marched to the beat of her own drum...and she leaves you with 'last tag!'

A private celebration will be held.

-Your grateful, loving family.

Community Page

Sandy Dunlop

Thank You

A huge thank you to the Northside Volunteer Firefighters, to the RCMP, and to BC Forestry for attending to the wildfire on Sarah Point Road on Sunday, October 8. What a way to spend your Thanksgiving weekend! Thanks also to feather Mills for noticing the smoke early that morning, for dashing over to check it out, and then calling 911 and the neighbourhood. Perhaps we should also thank her cat, Roger, for going AWOL for several days and causing his people to cancel their trip to the city to see Peter Gabriel and thus allowing feather to be here to discover the fire.

Birth Announcements	

No new babies that we know of.

Sympathy and Condolences

Laura Walz January 5, 1949 - August 1, 2023 see obit on page 37

Saundra Olsen February 25, 1944 – August 27, 2023 see obit on page 38

Thinking of You

At the risk of sounding sappy, I hope you are feeling the love and seeing the beauty that surrounds you and that you know you are thought of and live in our memories and our hearts. Healing thoughts and much love go out to you all, wherever you are, in your struggle for wellness in any area of your life.

The Goodwill Committee of the Lund Community Society exists to help create and bolster a sense of community in Lund with the knowledge that people here care about each other. Please email barnacle.articles@gmail.com to let us know of any births, deaths, or announcements you think should be shared.

Among other things, this Committee is responsible for sending cards to people for congratulations or sympathy and more, if we hear about it. 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. Many thanks to Margaret Leitner for looking after this, to the generous businesses who donate, and to the post office for making it easy.

Northside Community Recreation Area Resident List

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



Photos courtesy Monique Labusch









