

Lund **BARNACLE**

Winter 2022

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Proceeds to the Lund Community Society



Photo courtesy Shanti MacFronton

Fun in the Time of COVID

Sandy Dunlop

These days, the news paints a pretty grim picture, and no doubt much of it is true. Assuming we've all gone (and are likely still going) through some degree of the same @#\$\$ that has gone down all over the world, and that maybe we're all wounded to some extent and sadder for it, I wonder what we can do to avoid joining the grim picture? Before we totally lose it, maybe we should consider having more fun.

What? Isn't it callous to even think about fun in the face of the real suffering and frightening realities that cry out to us? But maybe having fun is actually therapeutic; a way to revitalize ourselves so we can deal again.

Do we even know what fun is anymore? If you take note of what brings you real joy: the events you remember fondly as a highlight in your life, and the activities, settings, and people that are the most likely to generate fun for you personally, it could be the start of a prescription for balancing out the other stuff. And, if you think about why these things move you, maybe you can know where to look to find more of it – true fun, the kind that heals.

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

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

Editorial Policy

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

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

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

Editorial

Hello and welcome to the winter 2022 *Lund Barnacle*! I had a lot of fun creating this issue, especially in gathering the information for the cover article on *Fun in the Time of COVID*. Even the publishing potholes were easier to manage than usual. Something seems to have lightened-up... maybe it's me. At this point, it seems absolutely true that if you take notice (out loud, if possible) of the things that delight you, their number increases and your outlook improves. How simple; how effective. And it creates a ripple effect that, I expect, goes on forever. I'm delighted!

There are a lot of wonderful things in these 40 pages. Some are from new contributors giving us a heads-up about happenings here, as well as the first of a new feature on food. We have articles from occasional contributors expressing awe at the local wildlife displays, gratitude for what's been given, and tales of filming fun. And we also have ruminations from our regulars, who remain the pillars of this publication. Note: I guess it's obvious that I find alliteration fun.

I hope you have fun reading this issue.

-- 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 2022.****

Advertising Rates

Business Card Size: \$10.00

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

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Send to: barnacleadvertising@twincomm.ca

Next edition is April 2022

Deadline for submissions is April 10, 2022;
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...



Catherine Price, author of a very new book, *The Power of Fun: How to Feel Alive Again*, defines true fun as a magical confluence of a playful attitude, a connection that comes from sharing a special experience, and a feeling of losing track of time while there. Price suggests we create "fun-terventions" by taking control of the few bits of extra time we get and using them to indulge ourselves a lot more.

Dr. Roger McIntyre, professor of psychiatry and pharmacology at the University of Toronto, advises people to take control of what they can to maintain a sense of agency over themselves and their environment. "You have to prescribe hedonic activity for yourself," he said, in addition to cognitive and physical activity.

The idea of hedonic activity may raise some eyebrows, but that's because it's usually associated with things like sex and drugs and rock-and-roll. But, by definition, hedonic activities are those that are **engaged in for pleasure, fun, and relaxation.**

Yeah, that's great, you say, but what about COVID? No hugging or even being in the same air space, no eating together at potlucks or at each other's homes, no singing together, no dancing, and on and on. Have all the sources of fun been taken away? Sometimes it seems that way, but maybe we should look again.

Maybe there are opportunities for safe fun available all around us, even now. Maybe we're not noticing or are discounting them with our own less-than-playful attitude. Noticing when something delights us and allowing ourselves to be delighted can open our eyes to the fun that's available right there, right then. When I have been lucky enough to have the things in Price's definition of fun all happen at once, it cheers me right up – for days! Remembering it makes me smile. And it's infectious; others cheer up a bit too. We could all use some cheering up, eh? 🐾

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Lund Community Society Update

Charlie Latimer

The LCS last met on November 16 since there was no meeting in December as is the tradition. Our main programs (Puddle Jumpers Preschool and the *Barnacle*) are continuing, while Bike Lund is taking a hiatus over winter. The LCS is hoping to be able to extend its current lease of the Northside Community Recreational Centre with the qathet Regional District so that it would include the old firehall space. With the additional room, we believe we could have some really useful community programming take place. Specifically, the LCS is suggesting that the old firehall house a community bike shop, a halfpipe skate ramp, and a clothing exchange. If you are interested in helping with this project, please contact Charles Latimer at charlie@dotank.org

The LCS has also received a new donated piano! If anyone is interested in giving piano lessons from the Centre, let us know. We are also hoping that for 2022, we can organize an event every month! If you have any ideas for fun events, please contact us, either by coming to a meeting or by sending an email to lundcommunity@gmail.com

Meetings are always on the third Tuesday of the month, and everyone is welcome to attend and suggest community projects! The next meeting is February 15. Hope to see you there. 🍷


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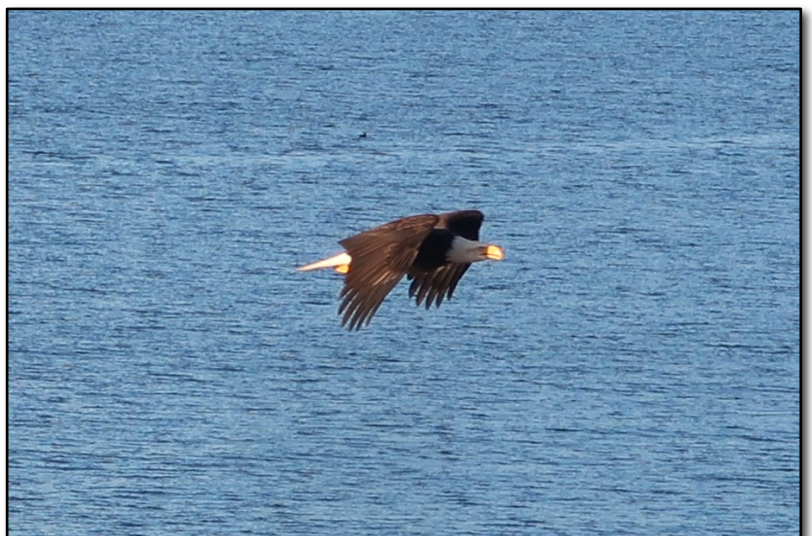
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Photos courtesy Brian Voth

What's Happening in Lund?

It's been pretty quiet in downtown Lund this winter. The Lund Resort Hotel (now called The Village at Klah ah men) and the 101 Bar & Grill are closed for the winter, due to the ongoing COVID-19 pandemic and its effects. The Boardwalk Restaurant is closed for the winter because Roy and Rayana haven't had time off together in a hundred years. **The Stockpile Market** is open however – Monday through Saturday 8:00 am to 6:00 pm. So is **Nancy's Bakery**, open seven days a week 8:00 am to 3:00 pm. Check all the business ads in this issue for up-to-date info as spring approaches. For those of you reading the *Barnacle* online, we have created hyperlink connections to their websites to make your browsing easier.

Also, check out the **Pop-Up Dining** opportunities starting January 29 and continuing once in February and once in March. See pages 8 and 20 and the ¼-page announcement on page 20.

At Tidal Art Centre

January: Artist in residence, Donna Lytle 'quietude'.

February: Artists in residence, Deidre Hofer and Carly Butler.

Exhibition 'Atmosphere' February 11 - 18.

Artists "chat" February 13, Sunday afternoon.

Prashant Miranda. Exhibition. 'pacifiq magiq'. Opens on February 22 (22.02.2022).

March: Artist in residence, Clare Wilkening. Clay works inspired by the Salish Sea ecosystem.

April: We're looking forward to having a Raku workshop with Ronda Green, and local Rare Earth Pottery is loaning us their mobile Raku kiln.

Continuing weekend wheel throwing classes and life drawing on Tuesdays. Dates TBA.

We have some prime spaces for the Tidal Artist Residency this summer and fall. Contact us to apply at

<https://www.tidalartcentre.com/tidal-residency>

We are in the concept phase for an exciting "Water" themed show this summer. If you'd like to participate, let us know.

At Northside Community Recreation Centre (NCRC)

Playgroup – Mondays 10:00 am – noon

A great way to get out, meet other parents, and let your babies and toddlers play together. We mostly meet inside 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

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

There is also a new licensed daycare after Preschool on Tuesdays and Thursdays 1:15 pm – 5:00 pm and on Wednesdays from 9:00 am - 5:00 pm. See page 17 for more information.

Tai Chi – Saturdays 9:30 am – 11:00 am – inside until weather permits otherwise.

Lund Community Society General Meetings – Next meeting is February 15 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.

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 (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!



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

Monday, Tuesday and Friday

Leave Lund: (Mile 0 Marker)

9:41 am

4:10 pm

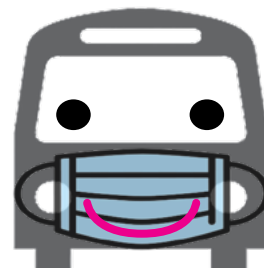
Leave Town Centre Mall (North End)

8:50 am

3:25 pm

BC Transit requires the use of face masks.

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



Other information:

Connection through to Salter Bay Terminal available Monday, Tuesday and Friday.*

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

Pop-up Dining for Lundies January, February, and March

Johnny Hewson

Here's what happens when three Lund foodies get creative mid-pandemic and when every place to eat or drink or hangout in Lund after 3:00 pm is closed! How can we connect over food?

Roy and Rayana at *The Boardwalk Restaurant* graciously agreed to loan us their space so our guest chefs could experiment.

Our affordable menus feature local food and a sharing of any profits three ways: the workers, the venue, and the Lund Community Society's building fund for an NCRC expansion and an upgrade to that community kitchen.

COVID limits us to 50% capacity, so 15 lucky people will be at each seating. We plan two seatings a night, a set menu by suggested donation, and paying when you book to ensure we cover costs with no empty seats.

Join us on Saturday, January 29 at 5:00 pm and 7:00 pm and on Valentine's weekend. Chef Ermen's "Italian Peasant" three course menu includes a glass of wine. You'll taste the passion and family tradition in every bite.

I have been noodling Dinner with Friends for a while; this pop-up is one example. Another favourite: eat five homemade meals each week by cooking once weekly and hosting once monthly.

Carlo is imagining Bouillabaisse and Osso Bucco for March.

Visit DinnerWithFriends.ca for menu, booking, to chef, help, volunteer, or maybe offer a host venue. We'd love a musician or storyteller too.

Let's eat together, share joy, and be safe. 🍷

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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**

Happy New Year! Finished with your resolutions? Ready for something different? How about a new role in life?

Three years ago, I advised that this was my last term as the regional director for Area A. My intent in announcing that was to encourage people into thinking and enquiring about the job and what it entails. I have not been overwhelmed with enquiries. So, here I am again.

Electoral Area A is the largest of qathet Regional District's five areas. It runs from Toba Inlet out to Hernando and Savary Islands, across Powell Lake to encompass all the

back country behind Powell River and Areas B and C. I occasionally joked that I was the director for the eagles and the mountain goats.

Kidding aside, the people of Area A are spread out and you will find them in isolated pockets and concentrations like Lund and Okeover. Down the highway, off on the side roads, scattered here and there, are the people represented by the director. Oh yes, we can't forget Wilde Road, all by itself and surrounded by the Tla'amin Nation. You think you know Area A? Hmm.

So, come the election in October, I will have been here for twenty years and there will be a new director waiting; will it be you? Now is the time to start thinking, and tomorrow is the time to start learning. Send me a text [604-414-5673] or an email [pbrabazon@qathet.ca] and I will help you find the answers to your many questions. This is a wonderful job and I'll miss it. 🐾



qathet
REGIONAL DISTRICT

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

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

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

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Northside Volunteer Fire Department News

Ann Snow

Did you know that even though Northside is a rural volunteer department, firefighters train and certify to the same standards as city firefighters? There are three levels of certification: Exterior Firefighter, Interior Firefighter, and Full-Service Firefighter.

After completing the Exterior Firefighter certification, Northside firefighters receive an honourarium as well as medical, dental, and life insurance. Half of the department has completed the Full-Service certification, while the other half is working on their Interior Firefighter certification.

Your firefighters practice weekly on Wednesday evenings by operating the pumper trucks to charge hose lines, hoisting tools by rope, wearing SCBA (self-contained breathing apparatus), using Motor Vehicle Incident (MVI) rescue tools like the *Jaws of Life*, lighting a dark scene, recognizing different types of fires and structures, working as a team, and especially keeping each other safe.

Do you need to be exceptionally strong and super physically fit to join the fire department? No, you simply need to be able-bodied enough to complete the training. No marathons, no heavy lifting, no challenging obstacle courses. We practice as a team and have fun doing it. Still not sure? Drop by the Craig Park Fire Hall any Wednesday evening between 7pm and 9 pm to check it out. No obligation. We look forward to meeting you! 🧯



Photo courtesy Northside Volunteer Fire Department

Brownout

Simon Brissenden

One morning, in the chilly week between Christmas and New Year's Day, the bad news came thick and fast. The clothes dryer was broken, the microwave was making strange noises, and the cat was sick. As a retired elderly man, and thus limited by gender and capability, trying to cope with more than one thing at a time was asking too much. So, I went back to bed to think and surf the internet.

We could get a new microwave in Powell River but fixing the dryer would be a bigger problem. We'd bought it in Vancouver and there aren't any dealers for this brand on the peninsula. Perhaps I could fix it myself? As a retired elderly man, and thus equipped with more time than good sense, I got out of bed and immediately started to take the dryer apart, which naturally required causing temporary chaos in the laundry room.

About ten minutes in, with no screws lost (so far) and only two broken bits of plastic to worry about later, it occurred to me to check the power socket. Santa had brought me a new electrical multimeter and now I could put it to good use. The clothes dryer, like most clothes dryers, works on 240 volts, but my multimeter said the socket only had 216 volts. There were 24 volts missing! Where had they gone?

I puzzled over this question for most of the day. At 10:30 pm before going back to bed, I tried to turn on the dryer again, and it worked. I checked the power socket voltage and found it was 221 volts. It seems the dryer, before turning on, checks the power supply to see that there are at least 220 volts available. If there aren't, it refuses to work.

The next day we called BC Hydro and told them we only had 216-221 volts, not 240. They sent someone out, who checked our supply and confirmed that we were indeed only getting 90% of the volts we were expecting (and paying for). With the cold weather, BC Hydro has seen very high electricity demand, and because Lund, like Cortez Island, is at the end of a lengthy distribution system, the voltage we get can drop off. Fixing this temporarily was done with a call for more volts to be sent our way. A long-term fix requires a voltage regulator between Lund and the substation.

In hindsight, the microwave and the dryer hadn't both failed at the same time, they were affected by the low voltage. Luckily, we hadn't bought a new microwave, or sent our dryer to Vancouver for repair, before finding this out. Electricity is a vital part of our lives, as we find out every time the power goes out, but it isn't just an on/off thing. The next time your household devices all start misbehaving at the same time, but the lights are still on, you might be suffering from brownout too (though it probably won't explain why the cat's sick). 🐈



qathet
REGIONAL DISTRICT

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Let's Talk Trash

WHAT IS WASTE?

Let's Talk Trash

Ingalisa Burns, of the
Let's Talk Trash team

How Big is Your Pawprint?

How green is your pet? Your furry or feathery friends accumulate more than dust bunnies around the house. Before you know it, you could be tripping over their plastic toys and exercise balls. We want to pamper our pets but that doesn't have to mean trashing.

Recent estimates are that dogs and cats may be responsible for up to a quarter of the greenhouse gas emissions caused by animal agriculture - that is just for the production and transportation of their food.

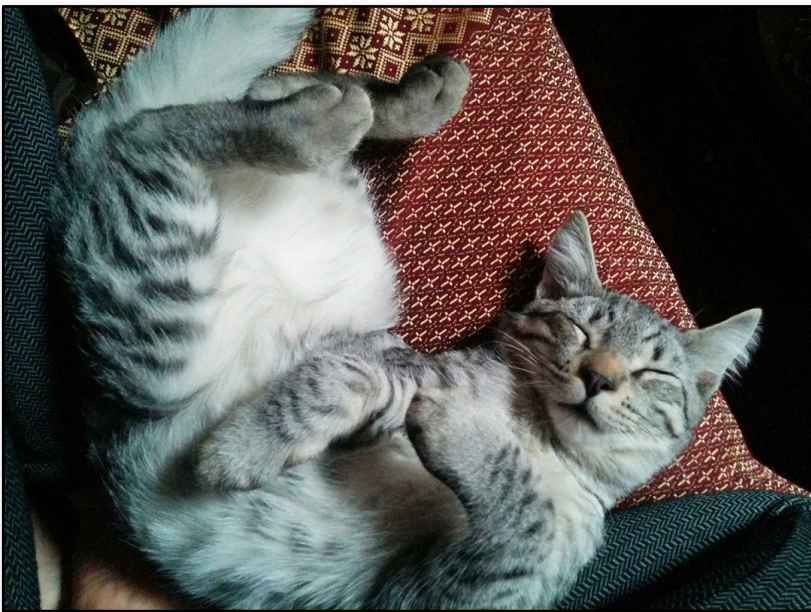


Photo courtesy Ingalisa Burns

How can we reduce the impact our animal companions inadvertently have on the planet? In the natural world, all critters are able to live in balance with their surroundings. Somehow, when we bring these beloved beings into our homes, they get out of equilibrium with nature. The good news is that there are ways to raise an environmentally conscious pet, or should we say pet owners?

Plastic pet toys are ubiquitous in pet stores, but you can avoid these and opt for thrift store finds that are used, toys made from natural materials like hemp, wool, cardboard, and wool, or even make your own toy from braided scraps of old t-shirts. You might also find your pet happier with a stick than anything bought in a store.

Pet food can be bought in bulk reducing its plastic pawprint. Raw food meat by-products can also be bought at local butchers and, on top

of having little packaging, they make use of meat that might otherwise be wasted. Local egg yolks and crushed shells are a great addition to a raw food diet, too. If you're feeling ambitious, you can look up recipes for making your pet's treats. Dishes and storage containers can be glass, ceramic, or stainless steel – all of which have a classier look than plastic and can easily be sanitized.

If you have pet hair troubles, try removing the bulk of hair from furniture using a wet rubber glove that you then rinse off. De-linting brushes made from wood and natural bristles or recycled rubber are also easy to come by these days. Worth the initial investment, too, when you consider how many single use plastic lint brushes you could go through in your pet's lifetime.

Cozy beds needn't be bought new from the store - an old wooden crate, suitcase or wagon can be fashioned into a funky upcycled bed with the addition of blanket and used pillows.

The inevitable task of managing your pet's waste is one that we rarely consider when gazing into a puppy's eyes for the first time. Avoid products that are single use like gel kitty litter, and favour instead compressed paper or sawdust pellets that are also capable of absorbing liquids and odours. Seemingly 'green' are the pet waste bags

Continued on page 13...

Continued from page 12...

labelled compostable, but these are a bit of a conundrum. First off, pet waste is not accepted in any form in our local compost pilot program, and secondly, neither is any kind of compostable plastic. Beyond this, should compostable baggies be used for anything else and then end up in the recycling system, they compromise the integrity of the plastic products or packaging that they are recycled into. A simple solution, not for the faint of heart, is to use an old yogurt container or equivalent to scoop up waste before disposal, then giving it a rinse and storing it outside.

Helping your pet come back into balance with its surroundings is purrfectly possible, and may even result in a happier, healthier furball, as you reduce their exposure to chemicals and increase the freshness and quality of their diet. 🐾

Let's Talk Trash is the qathet Regional District's Waste Reduction Program. Tap into this community resource at LetsTalkTrash.ca. Contact: info@LetsTalkTrash.ca or 604 485 2260 (ext. 308).

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Visit us at the Powell River Farmer's Market in the Quonset Hut at the exhibition grounds (4365 McLeod Road)
Sundays 12:30 pm – 2:30 pm

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We are hibernating, but we have exciting stuff under the surface

January: Artist in residence, Donna Lytle 'quietude'


February: Artists in residence, Deidre Hofer & Carly Butler.
Exhibition 'Atmosphere' 11 - 18 February.
Artists "chat" 13th Feb, Sunday afternoon.
Prashant Miranda. Exhibition. 'pacifiq magiq'
Opens on 22.02.2022

March: Artist in residence, Clare Wilkening. ❄️
Clay works inspired by the Salish Sea ecosystem.

In April, we're looking forward to having a Raku workshop with Ronda Green, and local Rare Earth Pottery is loaning us their mobile Raku kiln.

Continuing weekend Wheel throwing classes and life drawing on Tuesdays. Dates TBA.

info@tidalartcentre.com, 604 414 5954
TIDAL art centre



From the Office of Our Member of Parliament

Drewen Young
Constituency Assistant
Powell River Community Office

Ranka Burzan came to MP Rachel Blaney's office in August seeking assistance with what she considered, "my GIS problem." The following week two more seniors called, both stating problems with their GIS payments.



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

Over the next few months MP's offices across the country were recording growing numbers of seniors losing the GIS due to collecting CERB [Canada Emergency Response Benefit]. Eventually the federal government tallied approximately 88,000 seniors affected by what became known as "the GIS clawback." Since then, the number has grown to more than 200,000.

What is GIS? It's the Guaranteed Income Supplement given to the most vulnerable, least financially stable, seniors in Canada. The amount of GIS a senior receives depends upon how much CPP (Canada Pension Plan) and OAS (Old Age Security) and other income they collect each month. The GIS is a top-up meant to bring the senior's annual income up to the government's ceiling for seniors of approximately \$1,800/month.

By collecting CERB payments between March 2020 and November 2021, seniors unwittingly added to their annual incomes. "When I lost my part-time income, I applied for CERB and each month the government deposited the money into my bank account," Ranka said. "I trusted the government; nowhere did it say that collecting CERB would affect my GIS and my life overall, but it did."

To qualify for the GIS, your income must be below \$19,464 if you are single, widowed, or divorced. If you have a spouse or common-law partner, your combined income must be below \$25,728 if your partner receives the full OAS pension. Many seniors who augment their fixed monthly income found themselves without work during the pandemic. The CERB payments made up what they lost by becoming unemployed. However, it also meant those who collected CERB were no longer eligible for the GIS. For Ranka, that meant her monthly income dropped from \$1,800 to \$875. "That's not even enough to cover my rent," she said.

MP Rachel Blaney brought these seniors' plight to the House of Commons repeatedly in November and December. As seniors' critic she begged the federal government to reinstate these seniors' GIS payments to keep them from losing their homes and to allow them to purchase food, medications, and other necessities. Her hard work was rewarded when the federal government, just before Christmas, announced cash payments to seniors to blunt the effect of the claw back.

Seniors who have had their GIS clawed back because they received the CERB will be compensated, according to Deputy Prime Minister and Finance Minister Chrystia Freeland.

However, we have learned, the one-time payments will not be made until May 2022. This leaves seniors like Ranka in jeopardy. "I truly appreciate the government recognizing and addressing this problem," she said. "But how am I supposed to pay rent and eat between now and then? May is five months away. This misunderstanding has cost me dearly." 🍷

Puddle Jumpers Preschool

Alisha Van Belle



Has this ever felt like an endless winter! Summer was gone in an instant and replaced by... RAIN... and then SNOW... and now RAIN. Does this bug our hardy "bush kids"? Other than asking for changes in gloves and mittens, I would say NO. Thank heavens for *Muddy Buddies!*

We continue to spend a lot of our time outside and a rowdy game of hide-and-seek usually warms us up when we start to get cold. We are now fully appreciating our investment in a permanent covered shelter this fall and winter, as it allows for many different forms of play outside without getting soaking wet.

Our Puddle Jumpers explored...well puddles, of course...but also the trails around the lake, the dam, and an awesome sledding hill built especially for us by one of our parents (Thanks Dan!) by trucking snow from the Bunsters. It managed to last a week and a half even with all the rain.



We had a fun Halloween party, with all the children in costume, where we danced and played spooky games. We settled into talking about feelings and played games around communication and cooperation. The children thoroughly enjoyed their first substitute teacher, Chris, while I went to look after my Dad. Having more adults the children are comfortable with seems to make this program stronger.

And then it was Christmas. We got busy making things: presents for family, wrapping paper, and best of all... gingerbread houses. I want to give a special thanks to Kim for making all the houses so we could focus on decorating! Some creative kids stuck their gingerbread men to the roof :)

This group loves to sing, and the Christmas songs (and jingle bells) were a favorite activity. We continue to be blessed with Sandy's music class once a month. Though we have minimized our involvement in the community, Sandy is integral to our program. We all need a little *Blackie Cow* fix now and then. We decorated our favourite tree for the birds again this year, and then we happily received a bird feeder for Solstice. Bird watching from our play yard could be a new fun activity.

Photos courtesy Puddle Jumpers Preschool

Continued on page 18...

Continued from page 17...

We are welcoming two new little students in this new year, Andes and Willow. This means our program is full for the year (as there is one coming in April/May). If you have interest in having your child come next year, please

make sure you get on our waiting list to ensure you may have a spot. Please call Alisha (604)414-0091 for any Preschool or Daycare inquiries.

Our Daycare Program is also going well with a total of eight families using our services so far. It is wonderful to see a variety of ages interacting and playing together and it feels good to offer the extra support to our Lund families. Our biggest challenge is a lack of staff, which limits the days I can offer service and provides me without any backup when I am ill or away. Our beautiful Preschool space is now being utilized fully and this makes my heart glad. It does create some cleaning and sanitizing challenges, as we still do not have a high temperature sanitizer to



Photo courtesy Puddle Jumpers Preschool

Continued on page 19...



Photos courtesy Alyssa Reitz

Continued from page 18...

replace the broken one and quickly clean the toys. We make do with lots of bleach water and more elbow grease, but we are still wishing to make this cleaning process easier on all of us. We have also put up new signs with a basket and a scoop, reminding dog people who use the school, to clean up after their dogs. We still routinely need to clean up dog waste before we can play in the playground. We think that providing baggies just encourages little poop baggies to be lying around, so we hope the scoop makes it easier to fling into the bush where little feet can't step on it!



Photo courtesy Puddle Jumpers Preschool

I won't lie... I don't think we feel as connected to our Lund community as we have in the past, but we are extremely grateful that we can have a small safe space where our children can explore, make friends, and just be kids! Thank you all who contribute!

Speaking of contributions... We are in the midst of selling raffle tickets for our annual Puddle Jumpers Raffle. Many amazing businesses have contributed great prizes and 100% of the profits support all the extras our program needs (plus ensuring a cushion for low enrollment years). Your support means the world to us. You can contact any Puddle Jumpers parent or staff for tickets or watch for any Facebook posts about this. Get them while you can! Last year we sold out before we drew that raffle. The raffle draw date is February 10, 2022. 🍀

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The Community Garden -

a space for promoting food access, sustainability, and community support through food

Ermen DelliCarpini

What Can You Expect to Find?

This column comes from a core belief and desire to connect and share through and with food. As an anthropologist whose research focuses on food, culture, language, memory, and identity, I was honored to be given the opportunity to cook for and share meals with some of you during my first year in Lund.

What I found was that not only was there an abundance of food, but that in some cases beautifully grown vegetables were going to waste, not because they weren't wanted or being eaten, but because people simply had more than they knew what to do with. I started taking excess rhubarb, zucchini, pumpkins, blueberries, cabbage... whatever I could get my hands on! Processing and cooking it up, and then delivering it to my friends, neighbors, and, of course, the folks who donated the excess to my cooking mania. I hope to expand that practice so that less food is going to waste and more of the community has access to well made, local food at little to no cost.

I also believe that cooking is a necessary and important skill that we cultivate as community members; it is a uniquely human activity, and I am bolstered and inspired by the millennia of food history that gives us dough, cheese, fancy French pastries, and dive bar burgers. Our relationship to food, the land, and the language surrounding food is a core part of who we are, and my wish is to foster the growth of that relationship wherever possible.

Have you always wanted to learn how to make fresh pasta, bagels from scratch, custard, or ratatouille - just like in the movie? One of the goals of this new feature article is to plan and host cooking workshops at the Northside Community Recreation Centre (NCRC), by donation.

Also, look out for new dining experiences in Lund beginning this winter - more information below.

Pop-Up at the Boardwalk: The Italian Peasant (Ermen, your *Community Garden* author) will be hosting a pop-up at the Boardwalk Restaurant in February. If you see this in time, please join us for our trial night on January 29 - we will have two seatings: 5:00 pm and 7:00 pm. We will have a weekend event on Valentine's Day Weekend at the Boardwalk. Tickets will be sold in advance, for a fixed price menu. Email ahead for menu information, pricing, tickets, and inquiries for privately hosted dinners. 🍷

email: theitalianpeasantpopup@gmail.com

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Test night Saturday Jan 29
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**Valentines Weekend
Feb 12, 13, 14**

Menu to follow, see website

Menu & Reservations
DinnerWithFriends.ca

Contact Ermen or Johnny
please do not contact the Boardwalk

featuring
The Italian Peasant
Chef Ermen DelliCarpini



Lund Reads

Ev Pollen

Hello Lund book lovers!

THE APOLLO MURDERS, by Chris Hadfield, is a remarkable book for several reasons. It's fiction solidly planted in the history of the Cold War, it's a spy thriller, and it's a convincing immersion into the space race and the workings of NASA.

The author is one of the most respected astronauts on earth, wait, no, in the universe! Hadfield's total familiarity with space travel makes his prose crisp, clear, and informative. The prologue introduces the narrator and explains his circumstances in an episode of flying an F-4 Phantom jet at low altitude to recalibrate the speed dials after the jet was reconfigured. The telling comes at you with such force I felt much like I imagine the seagull felt in the nanosecond before the collision.

The action happens in the many locations of NASA, and in Washington DC, and in Russia. In the late fifties, Russia was far ahead of America in space exploration, and many of the events described in the book are actually historical. We read of someone in Russia exultant because a spy he has groomed has been selected for a US space mission, but we don't know which astronaut it is. There is a dramatic firefight in space.

The characters, both the men and women, are believable and the tension of the mission's steadily worsening conditions is riveting.

The G-force of this book will hold you in your armchair for the duration! Enjoy! 🌐

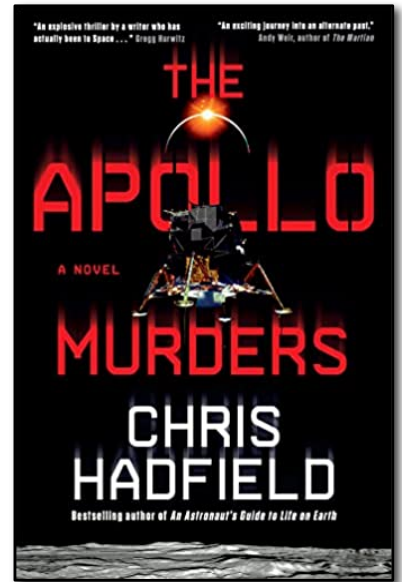


Photo courtesy Brian Voth

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Viewpoint of a Lund Teen

Kiran Hollmann Prichard

Why do we need to travel when we live here?

In the past, my family has tried to fit in one big trip every year. Normally we would combine this trip with a visit with family and then take off and go on our own adventure. However, since the beginning of the pandemic, we haven't been on any big trips. Instead, we have focused more on exploring our own backyard, in which there are still a multitude of places we haven't been. We live in one of the most beautiful places in the world, where you can drive twenty minutes and be completely immersed in nature. Furthermore, what we take for granted, people travel from all around the world to experience, because where we live is truly special.

Important in the debate on travelling is pinpointing what exactly you are looking to get out of a trip. Is it a change of scenery, an escape from your job? Simple relaxation? Personally, I love exploring new places and spending time with my family. In addition to that, experiencing new cultures has always been fascinating to me. Travelling allows us to see the world from a different lens than what we are used to, which is what makes it such an enjoyable and enriching experience.

The environmental impact of our favoured forms of transportation is rather depressing. For example, air travel accounts for 2.5 per cent of global carbon emissions. On top of that, it is the most damaging way to travel for the climate, in terms of mile per mile emissions. What makes these statistics even more staggering is the fact that only a small portion of the world population chooses to fly. This is why a shift in our travel habits could make a big difference for the environment by cutting emissions, and for sustaining local economies by supporting small businesses in your region.

If you do choose to travel, there are many ways in which you can reduce your emissions and travel more sustainably. British Columbia has fourteen different bio geoclimatic zones, a testament to the incredible diversity we have relatively close to home. Achieving that feeling of being "away" is much easier than we think, and it doesn't have to involve a five-hour flight. Travelling by car or train produces a

lot less emissions than planes, and often allows you to spend more quality time with the people you are travelling with. Shopping locally in your destination is another big way to travel sustainably, and this will also give you a more authentic experience and expose you to the local culture of the area you are in. On top of that, it is a good choice for the environment because local stores often only sell items that are locally grown or made. Therefore, you aren't buying things that have travelled thousands of miles to get there, emitting large amounts of pollution in the process. Even if you do choose to fly, you can still be conscious of the impact that it has on the environment.

Looking to the future, I think that changing our mentality around travelling is important in our fight against climate change. A big issue among people these days (especially young people) is something called climate anxiety. (A fear of environmental change or ecological disaster based on the current and predicted state of the environment, in relation to human induced climate change.) Speaking from personal experience and from what I have heard, a positive way to help with climate anxiety is to get out and do something to help. It doesn't have to be huge, just something that helps the environment and your community. With this in mind, changing how we travel could make a great deal of difference, and is a good way you can help in the fight against climate change. Most of all, the message here is that we can change our travel habits by staying local, and at the same time fulfil our collective responsibility of taking care of the place we call home. 🌍

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Plants From Here That Ended Up There

Trish Keays

Our forest ecosystem is the origin of plants exported to other places and used for different things because of their special properties. The low-growing shrub salal is one.

Salal was introduced as a garden ornamental to England by David Douglas, the explorer botanist from the Royal Horticultural Society who travelled to our area and after whom the Douglas Fir is named. From 1828 on, it has been a garden favorite and made itself at home to the point where in some parts of England now salal is thought of as a weed, an invasive species controlled by cattle. (1)

In the 1950s, florists were introduced to and recognized the value of salal. When harvested and sold as floral greenery, salal is known in the trade as lemon leaf, for obvious reasons. It forms shaped sprays of dark green leaves that can stay green for weeks. In its natural habitat, the leathery leaf is an important winter food for wildlife, particularly deer and elk. (2)

As part of a sustainable regional economy, salal has been important through the region for decades. *The Seattle Times* in 2020 “estimated (salal added) more than \$250 billion per year to the PNW economy.” The same site notes that 80% of the picked salal is shipped to Europe, most to the Netherlands, as a filler for floral arrangements. The sprays add greenery that lasts and has a form that suits bouquets. (1)

A 2010 study established the value of salal from southern Vancouver Island as between \$6.5 million and \$10.5 million, one quarter of the provincial total. (2)

Harvesting is not regulated with licenses or permits, leading to some concern about an unregulated black market. One result of the lack of regulation is that only estimates of the value of harvested salal can be made. The same applies to other gifts from the forest. A Forest Practices Board study from 2004 estimated the annual income from “non-timber forest products” – including floral greens, different types of mushrooms and medicines – at \$280 million. (3)

The Georgia Strait article about the study flagged one concern, that with unregulated non-management of non-timber resources, First Nations harvesters return to traditional sites only to find berries and other plant materials have been all picked. Another concern expressed by a salal buyer is that inexperienced people may damage long-producing plants and make them useless as sources of floral greens.

The plant only grows in the ecosystem known as Cascadia, on the coast from northern California, Oregon, and the southern part of BC. Different friends at different times in my life have had a steady income from picking salal. When I moved back here in the 1970s/80s, Mary and Gloria Masales taught me how to pick salal and sword fern: I’ve always been grateful.

The common name salal and scientific name *Gaultheria shallon* are both based on the Chinook word “kl-kwu-sha-la”. (1)

The first incomer reference to the plant was made by Lewis and Clark in 1803 on the Columbia River. (1)

Salal berries are mealy and bland but when mixed with other wild berries make good jam or jelly. Use of the berries has moved up market based on an ad and description of “Terroir-driven Salal Gin” made from berries picked in the Powell River area. “Our Salal Gin recently earned an Excellent in Terroir acknowledgement and a

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gold medal in the Contemporary Gin category at the 2020 Canadian Artisan Spirit Competition." The berry is described as a perfect substitute for the berry used traditionally to make sloe gin - the blackthorn berry. (4)

When I started to write the *Plants from Here* column, it was because I love this place so much – the forest, the ecosystem, every plant whose name I've learned and know like a friend's. The recognition and acceptance that this is all under threat, at risk, compromised is a kind of eco-grief. It isn't possible to even write an article about a common forest understory plant without running into a climate change aspect. A 2019 article by *Go Hiking Vancouver Island* editor Catherine Temple noted dead and dying salal on all her hikes that year, "all along the coast", and reported by people from Powell River. She flagged big concern for the deer who rely on it for winter food. We may not have the luxury of harvesting, exporting, or even enjoying salal in our home-made or bought floral arrangements if we can't find a way to turn the climate change tanker. How differently we may value things we've taken for granted or treated as marginal when coming changes settle in as a new and previously unimaginable new normal. Put some salal in your next winter or summer bouquet and keep on loving what we have. (5) 🍄

References:

- (1) - <https://interpretivecenter.org/surprisingly-interesting-salal/>
- (2) - <https://student.myrru.royalroads.ca/shrub-centre-bc-backwoods-%E2%80%98black-market%E2%80%99>
- (3) - <https://www.straight.com/article/marketing-of-forest-floor-has-consequences>
- (4) - <https://www.oddsofspirits.com/terroir-driven-salal-gin-returns-on-nov-5/>
- (5) - <https://www.mypowellrivernow.com/22644/dead-and-dying-salal-plants-everywhere-along-the-coast/>.
<https://www.mycampbellrivernow.com/37143/salal-die-off-concerning/>



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Haven't spotted any variants around the place. A few vagrants, but they appear to be harmless. We're still healthy and happy. The days are getting longer... I know there are veggies under the snow and as soon as I can find them, I'll get them into the store.

What's New??

We are now carrying "Dump Run" dumplings, perogies, borsch and cabbage rolls.

Thursday's 'Sourdough Day' thanks to *Cottage Creek Bakery*.

Friday's 'Donut Day' thanks to *Southview Donuts*. Just in time for those Friday night munchies!

Wednesday and Friday are often 'Fresh Chicken Day' thanks to some happy, plump meat chickens.

GG's produces amazing assorted sprouts, welcome greens for the winter season. *Sassy Macs* continues to tempt us with new flavours and old favourites.

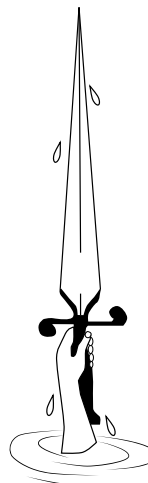
Alice's Pasta has very yummy Mac & Cheese, Pesto and Nuts. *Savoury Island fudges*, *Juhli's Jellies*, *Little Wing Honey*, *Donna's Home Baking*...and many more local talents.

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Here's to a healthy winter season!

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The Naturalists' Lens - Pumped up Pinnipeds

Hugh Prichard and Christine Hollmann



Photo courtesy Terracentric Coastal Adventures

As the generic white noise din of summer tourism ebbs into winter once again, a more subdued energy floats into Lund on the salt air. The sounds of our nature are once again easier to hear. Like a seasonal tide repeated annually, the frenetic wave of Savary-bound beach seekers and nylon clad paddle wielding kayakers exchange places with a gregarious posse of sea lions. As I write this, a motley crew seems to have taken up residency at the Iron Mines just south of Lund, and their boisterous cacophony can be heard reverberating around the rocky walls of their colony and beyond. Some places have roosters crowing all hours of the day. Here we have sea lions! Some days it almost seems like there are one or two actually living in our house.

As a comparative coastal newbie, I'm guessing they have actually been here before, though the last two years has seen their seasonal colony grow. After all, they've been around for a cool 36 million years or since the end of the Oligocene era when oceans began cooling causing changes to water circulation. They evolved from carnivorous ancestors that walked on land. Have you ever seen how much a grizzly skull and a sea lion skull resemble each other? With survival in mind, at some point like many other species, they made a deal with each other. With sturdy legs, only

later did these evolve into the flippers their family is known for.

Did you know that there are two kinds of sea lions in our area? Stellar and California. The Californians are who we are entertaining currently, identified by their smaller body size, the shape and size of their heads, as well as the sounds they make. The Californians, appropriately enough, are the boisterous barkers.

Besides loud and more than a bit smelly, what do you call a bunch of sea lions together? The answer is a raft. Known in Latin as Pinnipeds, meaning pinna (feather) and ped (foot), these feather-footed creatures can weigh as much as a ton if you are a Stellar and less if you are a Californian. Proving their regal intelligence though, sea lion logic runs something like this: why swim to the food when, if you are clever, you can have the food swim to you? This spot at the Iron Mines is a proverbial and notorious buffet with all the circulating fetch in front of qayeqʷən (Savary Island) funneling feed through narrows between Mace and Hurtado Points.

When paddling by in my kayak, I feel like they are having a conversation, *reasoning*, if you will and I don't

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want to bother them. Having a regular stream of food swim by you, of course, leaves lots of time for *reasoning* and not bothering them is my usual *modus operandi*.

I'm pretty sure that they have a genetically rooted memory that tells them that the word kayak, or qayak in Inuktitut, means 'Hunter'. Since I'm still learning to 'reason' like a sea lion, I'm not totally sure what they are saying but imagine all sorts of intellectual discourse as they try to come to an understanding by having dialog. Something maybe like those chattering monks in the



Photo courtesy Brian Voth

temples of Tibet, ruminating on ancient philosophies, texts and scripture, commenting on the state of the world and the cosmic dance they've witnessed over the millennia. If you want to be a part of your very own planet earth nature documentary, I encourage you to go check them out, from a safe distance of course (200 meters from all marine mammals, 400 meters from Southern Resident Orcas).

On December 6, this group of roughly 100 naturally inquisitive and highly social mammals was particularly excited when one of those legendary super pods (200-300) of Pacific white-sided dolphins cruised by, leaping out of the water and moving fast. Lund Harbour was full of white-water spray, and squawking sea gulls added to the spectacle. Who knows what that was all about? 🐬

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Monique Labusch

I continue to be amazed at the wonderful and interesting talent we have, right here at our doorstep! This time I would like to introduce you to Peggy Brackett and Jo Ludwig and their beautiful glass creations, by sharing the following information they gave me.



Glass Vessels - Jo Ludwig, photo courtesy Monique Labusch

Ever since the middle of 2019 there has been a glass studio, KilnArt Glass Studio, on Craig Road just south of Lund. It moved here from Vancouver Island. The studio is the business end for the creative outlet of Peggy Brackett and Jo Ludwig.

Peggy and Jo started in Victoria in 1997. Since then, Peggy has been making and refining glass jewellery and Jo has been making glass vessels. More recently, Jo has added Steampunk sculpture to his repertoire.

Peggy and Jo do not blow the glass, but rather start with sheet glass and use a kiln to fuse and form the

glass in a process called, appropriately, kiln forming. Other essential processes are cold working the glass - that is grinding and drilling and sand blasting it, and there is also some essential metal work to produce the sterling silver findings for the jewellery.

They market their work through select galleries and gift shops throughout Vancouver Island and the Lower Mainland and as far away as Alberta and Texas. They also vend at shows, such as the Hackett Park show in Sechelt and the Circle Craft Christmas Market in Vancouver, put on by the Circle Craft Co-operative in Vancouver, of which Peggy and Jo are members.

Locally, Peggy's and Jo's work is available at Tug-Guhm Gallery in Lund and at Turadh Gallery in Townsite. Peggy's work is also available at The Paperworks on Marine Avenue in Powell River.

That's it for this time. Hopefully you enjoyed reading about our local creativity. I can't wait to bring you more interesting art information in the next Barnacle! 🍷



Glass Earring and Pendant - Peggy Brackett, photo courtesy Monique Labusch

Eight Hours of Exile!

Tai Uhlmann, as interviewer

Wrenwin and Wilder Angell auditioned and got the role of Adam Beach and Camille Sullivan's children in the indie film *Exile*, shot on location in the qathet region in November.

Wrenwin:

Tell me about your experience being in Exile.

It was a really cool experience and interesting to see how movies work. The crew has to redo scenes over and over and the makeup artists have to keep coming out right before they film again to fix the person up with more makeup.

First, we met with the director who asked us questions; that was the audition. We really wanted the opportunity to be in a real movie so were excited when they told us a few days later we got the part of Adam Beach's children. My mom has been a fan of his since *Smoke Signals*. Before we started filming, we went to get a wardrobe fitting and we got to try on different outfits that would suit our characters. On the day of filming, for the first hour, we just sat talking with other people and eating donuts. After that we practised a scene with my brother and I walking outside the house with Adam Beach and running to play on a toy airplane in a small park across the street. It was really fun to work with Adam. He's hilarious and told jokes and teased us.

What was your favourite part of being in the movie?

I liked seeing how movies work because I want to be an actor when I grow up. It's interesting seeing so many cameras and crew and I liked hearing them yell "action" and then "cut".

What is it like to do the same scene over and over again?

It's actually really fun. I enjoyed doing it because I was improvising and could always do something new each time and work harder, so each time I feel like I did better. Last year I decided I wanted to be an actor and I couldn't wait to be in a movie, but I thought it would be a few years until I got to be in one, but it turns out I didn't have to wait long.

Wilder:

What was it like to work with Adam Beach?

Adam Beach was really nice and funny. I felt really relaxed. It was my first movie, so I didn't know what to expect.

What was your favourite part about being in a movie?

Acting for the first time. I have watched a lot of movies and it is good to finally know all that goes into making them. It was fun because I want to be an actor, and it was a great experience to get to be in my very first movie. Everyone on set was really nice. It was all exciting, especially seeing how movies work and what everyone does on set. 🌟



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Bell's Event Rentals Is Busy!

Mary Ball

Despite COVID, Bell's Event Rentals had a surprisingly successful year in 2021. We worked with some lovely and interesting couples planning their wedding day, as well as various other events, throughout the summer. We were delighted to be involved with a wedding on Savary Island for the daughter of well-known Lund businesses owners.

A local couple were having their wedding at a property on Powell Lake. They arranged to collect their sizeable order and loading a barge in front of our warehouse was certainly a first! The last wedding was on a very wet and windy weekend in October. Two marquees in the grandparent's yard right on the ocean made it very difficult to disassemble them and get them dry. They were so patient with us, having their lawn covered for over two weeks before Tla'amin came to our rescue and allowed us to set the marquees up in their Salish centre to dry for which we were so grateful.

We kept a film crew dry while filming in Okeover in November with gazebos to shelter their outdoor kitchen and dining area, and even in December we were keeping Townsite Brewing covered at Cheer on the Pier and Santa warm with patio heaters while he entertained local children in town.

December 18 marked the Cranberry Senior Centre Christmas dinner for which we volunteered to do the catering for 80. A big thank you to my wonderful friends who came along on the night to help and support us. It was the highlight of the year!

Our warehouse is closed until spring but the Lund office is open Monday to Friday, 10:00 am – 4:00 pm and bookings are flooding in; so let's all hope that restrictions will be less stringent this year! As we have considerable experience in this area, we have added Wedding Planning for this year. Let us take the stress while you choose your dress.

Stay safe Lund and Powell River. We hope you all have a happy and safe 2022. 🍀

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Musings on Hibernation

feather Mills

What do bears dream of in their long winter sleep?

Do they dream of ripe blackberries, fragrant in the hot sun, with the bees buzzing all around? Hot afternoon sun in a field of flowers? Scientists tell us bears only go into a sort of semi hibernation. A doze, as it were. Half asleep. Do they enjoy long months of lucid dreaming? Dreaming the spring into being? Sometime in the winter months, in the dark privacy of their dens, mother bears give birth to their cubs. Is that part of their dream? Do they dream their cubs into the world?

After nearly two years of COVID isolation, in this winter, I hear people talk about "cave syndrome", the human tendency to withdraw into their own minds. They talk as if it is an illness, a state that must be cured. But what is wrong with a cave? For centuries holy men and monks (not just bears) have sought the refuge of caves to retreat and meditate. They return to the world with new insight, little gems of understanding. An altered perspective.

Here we all are, alone in our bubbles, dreaming of all the things we are missing: music parties, dinners with friends, movies, hugs, travel, laughter. Our own caves might seem a bit empty. We contemplate what really matters to us. But in the ennui, seeds of creativity take root. Why can we not dream our own futures into existence, in this period of stillness and quiet? Ideas about art, philosophy, and society can flourish, and a great creative renaissance could be the result of our locked down life. It could be seen as a gift.

Some day we may look back at 2021 as the year of introspection, the year of turning inward. The Great Withdrawal. And yet spring is coming. 2022 could be the year of the Great Awakening. We can all bring our own freshly dreamed bear cub of an idea into the world. Be it great social change, a new painting, a better way of having relationships, a poem, a song. 🐻



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How in the World Did You End Up in Lund?

Ermen DelliCarpini

I encourage you to listen to *This Must Be the Place* by the Talking Heads as you read this article. If you live in Lund, you surely know, as I do; that this must be the place.

I want to acknowledge that I am an uninvited guest on Tla'amin territory. Oma bahari na'boridaka (respectfully, I am at your service).

There's a common theme in my and my sister's life, and everyone's life, maybe, that we joke about. It's that: things are always "the same, but different". The places we go and the people we meet and the things that we do, seemingly unconnected at first, fall into patterns that turn out to be quite connected. Things are the same, but different. The phenomenon itself is not what is fascinating. Rather, the fact that we engage in these patterns unconsciously even while thinking we are breaking them.

Growing up on the east end of the north fork of Long Island on Lenape and Shinnecock territory, I knew what it meant to spend summer days clamming and fishing, swimming, or pleasure cruising on a sailboat. I loved the landscapes, the ecosystems, and the abundance of food around me. When I left that place, I thought I was escaping something. But you can't escape places, or your past. You can only fold where you've been into the narrative of where you're going.

Now, when I smell the moist coolness of the spring morning or the salty humidity on the trail to Divers, I slip into the sensory landscapes of my childhood, and I feel at ease. I bet you already know what I want to say.



Photo courtesy Ermen DelliCarpini

I didn't find Lund overnight. No - it took me ten years to make my way here from New York. But, hey... the journey is just as important as the destination, right? My journey here began back in New York around age 14 at a wedding when my cousin asked me if I had ever been to Vancouver, British Columbia. "I think you'd like it there..." she said when I responded in the negative, the conversation trailing off. It was so brief and inconsequential that I might have forgotten it altogether.

It's probable I would have forgotten it, if not for the fact that less than a year later I would have that conversation, verbatim, with a colleague of my mother's - a linguist. To be fair, the third person to give me

that sage advice told me I should go to Vancouver Island. Turns out they got it closer than any of the others. So, at 19 I packed up my car and headed west. And north.

Now, we can fast forward through the years of bluegrass shows, nude beaches, and an undergraduate degree in Vancouver; and even past the year that I spent dabbling with leaving the city by

Continued on page 32...

Continued from page 31...

spending time visiting my boyfriend at the time in Gibsons, thinking that maybe I would relocate there (it seemed so far at the time!).

We can skip to the best part of the story - the first time I ever arrived in Lund. It was March of 2020, and I was sailing up for what I thought would be a week-long trip, at most. About halfway up the coast, the world shut down and my work switched from in-person to online. Three days went by with stops in Smugglers Cove and Van Anda, and on the third clear, crisp, late winter morning, we were passing Powell River. We would end up sailing around Desolation Sound for three months eating fresh crab and cod and stir-frying sea asparagus when we were lucky enough to find some.

While it's true that I grew up sailing, I was surprised when that history turned out to be enough for the owner of the boat we were traveling on to leave me at the helm as he took his tinny to shore to get groceries as we passed town. The fact that we would be stopping in Lund for only a day or so before going on a tour around Desolation Sound and were in need of supplies notwithstanding. But there I was - left with the last three-hour leg gliding along.

I was nervous at first, but what it meant for me was that I came into Finn Bay under magical circumstances. The water was as flat and clear as glass, the sun was warming my back, and I could feel spring around the corner. Happily cruising at 4 knots and aided by a GPS, I felt safe and somehow comfortable helming a 90-year-old wooden boat that didn't belong to me. As I was coming into view of the Lund Harbor, a pod of sea lions was putting on a little show in the water - a sight that has not yet lost its novelty for me.

Approaching Finn Bay - I saw a newly acquainted friend rowing out toward me to hop on the boat and take on the task of docking. I remember the feeling of my bare feet touching down on the ragged wooden boards as I jumped off the boat with the bow line in my hand. The same feeling I've felt on countless docks, only this time with a crisp fresh air that I had never smelled before. It was the same, but different. As I looked through the gap toward the mountains on Vancouver Island and took in the 360° view of Finn Bay, I fell in love. Simple as that. "Wait till you see Sarah Point" - I heard the voice but there was no way I was taking my eyes off that view.

Since then, it's been nothing but lovely chance encounters, good food, and a community that I feel lucky and honored to be a part of. I hope I get the chance to feed and talk to every single one of you. 🍷



Photo courtesy Brian Voth

Chapter Two

Tristen Chernove

Challenge is opportunity, change is to be celebrated, and gratitude is strength. These are a few personal mantras that have served me well.

Five months have past since I departed the Tokyo Games and left elite competition, announcing my retirement from Cycling Canada's National Team. While I can't say that I'm stepping off the bike and leaving cycling behind, I'm certainly turning a page to the next chapter. With my heart beating with gratitude and my mind in calm reflection, I find a strong theme coming into focus: relationships and meaningful experiences shared are my real prize, not the medals and titles won or lost along the way.

While I question the role and arguably outdated sports model that is upheld internationally, the people and experiences I've encountered in the high-performance sport environment have cemented meaningful lessons for me - lessons that demonstrate the contribution sport can play in society. Early in my athletic pursuits, long before winning on the world stage, I experienced how the belief in me that those around me have can propel me past the limits of what I think achievable. I can't emphasize enough the impact of being surrounded by people who see in me more possibility than I may yet see in myself. Equally important is the belief I have in others to push past their perceived limits of possibility. I've witnessed how excellence in any one area, once attained, can manifest and permeate through someone's life, enabling potential to be found abundantly. This is how I see that sport can inspire humanity to expand the horizon of capability and possibility.

When I flew to Cycling Canada's National Championships in Quebec in 2015 to compete in paracycling for the first time, I couldn't have dreamed of the spectacular journey that would ensue. Racing my bicycle alongside magnificent humans through the steep Dolomites of Northern Italy, the wind-swept shorefront cobbles of West Flanders, peaks and valleys of Spain, and the flat expanse of Dutch landscapes. Deeply drawing in the hot dry air of a wooden velodrome in South America, tears of joy, tears of exhaustion, tears of disappointment. Breath depleting fear, exhilaration, and triumph. Choice memories I've been blessed with. Through the sometimes bumpy, curvy, and tough times, cycling has been a constant companion.

As I close this chapter of competition, I'm excited to discover new roles I might play in the positive trajectory of the next generation of cyclists in Canada. I'm excited about participating in change that creates a sports system that does better at protecting athlete wellness without compromising its ability to inspire. I can't help but be somewhat critical of our societal addiction to awarding one champion, one performance in search of 'the winner'. I recognize that being a multiple time World Champion and Paralympian, I may be the wrong voice. Or, maybe this makes me just the person to be most critical of all? I have to believe that we can find other models that will equally push us to achievement surpassing the limits of current perceived possibility, yet is healthier for everyone and more sensitive to emotional, mental, and physical harm that is too often, for too many, experienced along the way.

Today, I'm in a new role as Sports Director for the Canadian Team competing in the UCI eSports Cycling World Championships in February, Vice Chair of the Cycling Canada Athletes Council, as well as sitting on the Equity, Diversity, and Inclusion committee of Cycling BC. The first pages of my next chapter are taking shape and I'm as excited to discover how my story unfolds as I have ever been. I'm challenged with new responsibilities, change and opportunity are abundant, and my heart beats with gratitude. 🌟



Photo courtesy Malerie Meeker

Lund Kid Revisionist History

Anna Gustafson

Commerce in the Woods

Without fail, each story I begin to unravel produces many threads that if pulled on, begin to knit together a different story or memory entirely. Staying on track with just one has become challenging. Is this what good pot feels like? I'm only familiar with really bad homegrown pot. #shoplocal

I've been contributing to the Barnacle for a few years and for all the pushback I laid on Lund to justify leaving it behind, it has become an integral part of finding my groove as a writer and as a sole proprietor. Albeit from afar. There are no border restrictions on storytelling and as much as an MBA is good for your LinkedIn profile, learning is learning, wherever you find it. I'm no Stewart Butterfield, but I like to think that some of what he learned by being a Lund Kid contributed to him becoming a billionaire.

Regardless, within each ball of yarn, a thread or two may spring out so if it seems like an omission has happened, it's actually the opposite. It's that they've transcended being featured in a story to becoming a feature story. My brain digs that and I thank you for supporting my wild adventure back in time, as I remember it.

This story is about hot dogs. No. Not hot dogs. Enterprise!

As Lund Kids will do, we played in the bush a lot. Building rickety tree forts that became bush condos by developing the ground floor at the base of the trees. Lush cedar branch roofs. Rustic, open concept living space with soft chesterfields fashioned from decaying deadfall. Yes, we had bugs in our beds, but they were the squishy bean-sized ones that were literally part of the furniture. Like tiny grey throw pillows. More accurately, and affectionately, known as wood bugs, pill bugs, or roly-polies. The most fun of all the bugs because they could easily be stuffed inside a marshmallow and fed to a boy as a snack of retaliation. I apologize for any suffering this brought to the bugs.

In the driest and most volatile season to be in the woods, in the sweet spot of summer break, a small group of female visionaries opened a hot dog stand. At street level of one of our most deluxe builds. It was precisely two extension cords from the house at the end of Franzen Road and to that I say location, location, location.

A co-founder was the owner of an Easy-Bake Oven-lightbulb-not-included. Fresh off the 1975 assembly line. The way Betty Crocker plugged this oven-lightbulb-not-included as an alternative to mud pies resonated deeply with us. So, under the cover of the rainforest, and with a pack of wieners supplied by an angel investor, we were open for business. The lightbulb-not-included didn't really cook the wieners as much as make them perspire after time spent under a 100-watt frosted incandescent bulb. Ultimately, as nightfall grew near, and thankfully before we started a forest fire, our original investor scooped up the remaining inventory and we closed our imaginary doors.

We folded after just one day, but I believe, and this is the point of this particular story, that we created a business footprint for Lund to be duplicated in the years to come. I'll give examples.

Andtbaka Farms

Patty Hanson (*Lund Kids don't lose the "y" in their names by the way. Ask anyone named Richie, Skippy, or Smedley*) has a booming enterprise on land that originally only inhabited stumps. It's a bumpy, muddy, chicken-dodging trek from the highway, and with a vibe that location scouts look for in cartel dramas. It has a similar feel to the place in Cranberry where we'd get our really bad homegrown pot. But this magical place is rooted in organic soil and trust. There's a suggested price list and a place to leave your money. There's variety. There's Scandinavian work ethic. There's longevity.

Continued on page 35...

Continued from page 34...

The aforementioned angel investor picked up his holiday turkeys here. The size of the bird in direct proportion to the amount of sockeye he'd give to Patty in the summertime. A way of doing business that has been infused into this land hundreds and hundreds of years before Lund was ever Lund.

The Last Stop

Very similar business model to the hot dog stand but a little closer to the road and with enough structural integrity to be confidently referred to as "stand". The workers are protected from the elements, although not from nepotism, and the products are infinitely more marketable in summertime than clammy wieners ever were. Ice cream, hand squished into sandwiches. That and delightful front-facing, community-centric human owners, Lindsey and Tyler.

Commerce is alive and well and living in these woods. Go on a nature walk to Rare Earth for exquisitely potted tea bowls. Invest in a fisherman's sweater that will outlive you. They can be purchased in "downtown Lund" but make no mistake, Pollen Sweaters are imported from a warehouse with a rural address. Take a big whiff of Sourdough Lydia if she comes from the NVFD to rescue you. Or snag some really bad homegrown pot if that's your thing. Or, if you wander up a wrong road and someone offers you really bad homegrown pot, know it's just their version of being neighbourly.

Zig Ziglar, 1970's renowned salesman and motivational speaker from small town Yazoo City, Mississippi (same naming conventions as Lund being that he was named Hilary with a "y") says "*Selling is essentially a transfer of feelings.*" Shove one of Last Stop Lund's ice cream sandwiches in your face, or a free run scrambled Andtbaka chicken egg, and you'll capture the feeling. That's entrepreneurship. Doesn't matter where. I'll take it all as a nod to our successful, one-day, lightbulb-not-included, day in the woods. 🍷

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

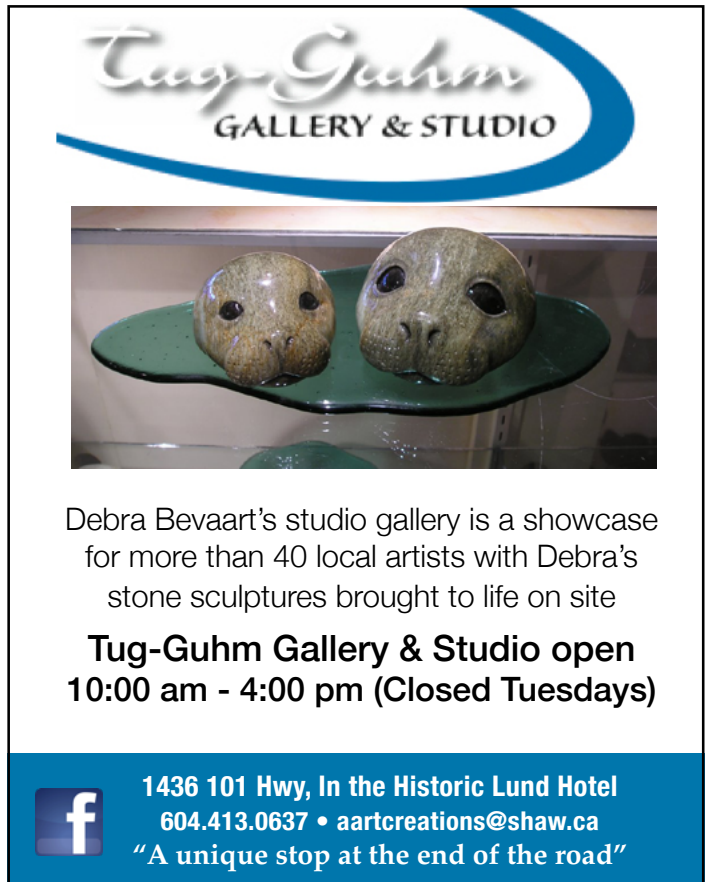


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Speaking in the Barnacular

Ted Durnin

I have kids. It's true. I know I've never mentioned it here before, but kids happened to me. My wife had something to do with it. No blame, though. I accept responsibility for my part in it. She may be reading this. Hi honey.

The kids are getting really, really big. Huge. Same size feet as me. Broader shoulders. Soon to surpass me in height. It is my sincere hope that I have been nice enough to them that they won't deck me as soon as they can. I didn't do that to my dad, but he was a nice guy. Am I a nice guy? I guess I'll find out.

They have big appetites. They like expensive things. They want the very best, every time. Except food: they like the very worst junk food. But in the area of clothes, technology, furniture, vehicles, hotels, travel arrangements and so on, they want first class all the way. "Look," I say to them, "These pants from the thrift shop have some material in them. They are not transparent like the jeans you buy in stores these days. Really, I can see my hand through new jeans." It falls on deaf ears. They don't have good jeans.

I think they have good genes, though. They seem, uh, robust: Healthy, energetic, noisy, smelly. I'm sure those are good things. I wish their mother and I were energetic and noisy like them, especially at bedtime. I guess we're not robust. What's the opposite of robust? Unrobust. Antirobust. Robustless. Something like that. Tired, anyway.

The kids are all different. This manifested early, when we would put down three children in a public place and they would take off in three directions. Quite a challenge for two parents. I don't know what single parents do. Anyway, they have very different interests and so we have lots of driving, paperwork, performances, presentations, and stuff to complete for all of them and we can't just copy and paste. We are lucky to get in any time on our own stuff. Sometimes not so lucky.

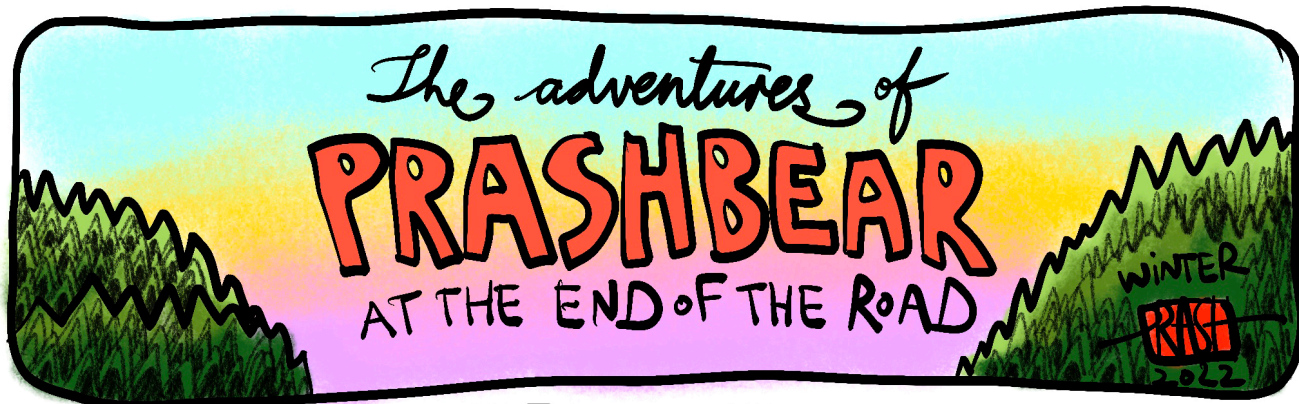
Yep, it's an adventure, raising kids. I don't know if I would say it's fun, exactly, but it's good. Like, sometimes people are not nice, but they are good (thanks for that, Terry Pratchett). Raising kids is no picnic, even when you go for a picnic. You come back with mosquito bites, poison ivy, stomach problems, lost bathing suits, fighting with each other, demanding that everything be exactly equal except this one gets more or goes first.

What do you keep from that picnic, years later? Pictures of kids smiling. Video of kids jumping off the dock together to make a triple cannon ball. Evidence of kids growing up. And of course, the other stuff all falls away and you're left with that smile in the picture. That is what is good.

They will go off and have adventures on their own soon. As in everything with them, it will be sooner than I expect, or different, or weird, at least to me. I have to make the most of the time I have with them now. I hope I do.

My wife and I, we try to make them ready for the world. We insist they do chores, learn to cook, figure out banking, what have you. When the time comes, we'll risk our lives teaching them to drive. After all, I taught them to skateboard (that's another story: thanks BC Ambulance Service: you know who you are). On second thought, maybe we'll send them to driving lessons.

Anyway, it's hard but I am glad to be a dad. That should be on a T shirt. Glad to be a Dad. A Not Bad Dad. It's not what I expected. It's harder and it's better. And as my wife sometimes says, while rubbing her hands in anticipation, someday we'll get to be grandparents. I'll write another one of these then. 🍷



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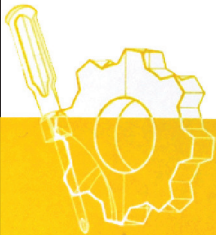
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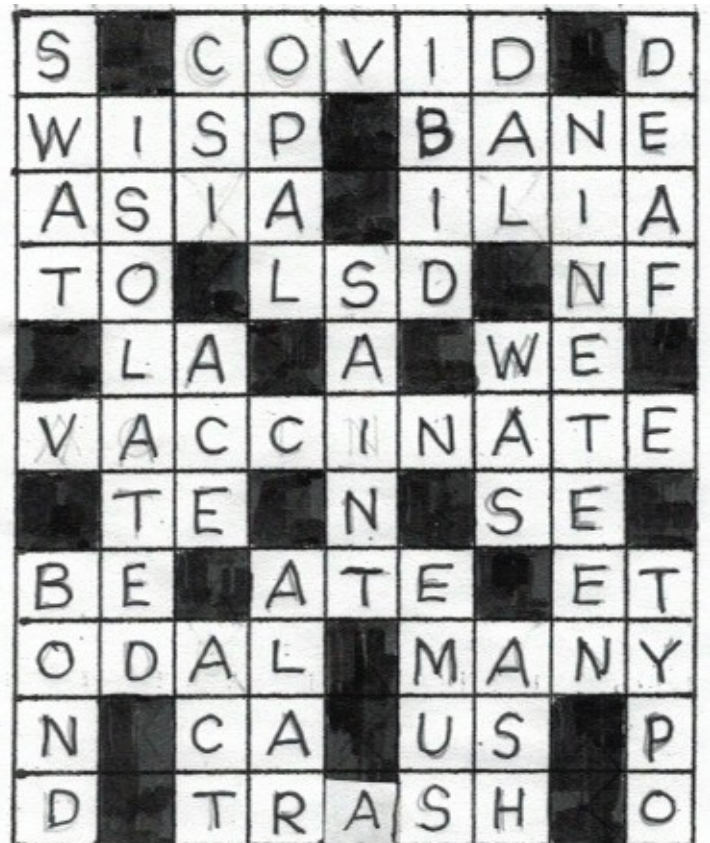
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Sorry folks. Just the answers to #60. Court is taking a pass this issue.

Answer Key for #60 Crossword



Community Page

Birth Announcements

Brodie and Robyn Jacob welcomed their new baby son and brother to Presley on October 26, 2021: **Bearet Wesley Jacob (aka Bear)**. Born and raised in Lund, Brodie's parents are Trish Keays and Lin Jacob, who are delighted. Welcome to Lund, little one and congratulations to all!

Sympathy and Condolences

We heard of no deaths since the last issue of the Barnacle.

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. Margaret Leitner has been joined by Doerte Barker to look after this. Many thanks to Margaret, Doerte, and to the generous businesses.

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. If you wish to be one of those bcc'd on this list, send your contact info to lundcommunity@gmail.com.

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Photos courtesy Brian Voth

