

# BARNACLE

Winter 2021

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The Voice of Lund

Proceeds to the Lund Community Society

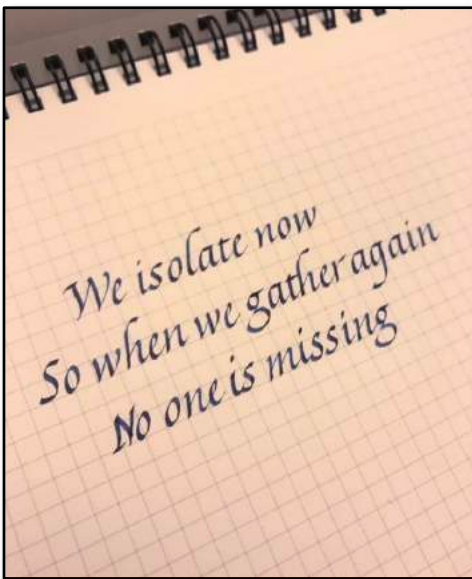
## Keepin' On Keepin' On

Kathryn Colby

It's not news that Lund folks are self-sufficient; but wow does that take on new context in the middle of a pandemic. From conversations we've shared, it seems many of us are utilizing this time to get things done! This means working to improve the homestead, perfecting our bread-baking skills, doing more yoga, and I happen to know the gardens around my own little property have never looked more verdant! The First Wave treated a lot of us pretty well; CERB made the uncertainty easier to take and our geographical isolation made us feel insulated and safe from the overwhelmed hospital nightmares elsewhere.

When Tla'amin issued the Shelter-in-Place order, and that wedding south of town brought this pandemic to our doorstep, we were shocked into a new reality. I'm not sure how other folks felt, but I was resentful of the traffic in the Harbour - folks coming here to access their SECOND properties, despite Provincial Health Officer and qathet Regional District pleadings otherwise. It was the first time I

had to scrutinize my 'bubble' and determine who was 'safe'. I recognize now that this was the time COVID-19 started to slowly erode my sense of wellbeing.



Haiku courtesy Meria Marom

In my line of work (community development), we examine Social Determinants of Health. The concept is almost too simple: the important human things we experience determine how well our health will fare over a lifetime - education, income stability, gender, race, access to health services, healthy behaviours, childhood experiences, culture, social supports, and coping skills. These important aspects of life help us become self-actualized, healthy people who can get sick and resiliently recover.

What happens when the world around us continues to limit our lives to a state of social purgatory for prolonged periods? It becomes a harder ask of oneself to keep up with that gardening, do daily challenging yoga poses, create beautiful, elaborate meals, or bake artisan loaves. As winter settled in with the darkness, a lot of us were also feeling unnaturally dark. It was

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**Publisher:**

The Lund Community Society

**Editorial Board:**

Editor: Sandy Dunlop

Layout and Design: Wendy Drummond

Advertising: Martha Allen -- Graphic Design: Nicole Narbonne

Proofreaders: Margaret Leitner, Malerie Meeker, et al.

**Writers in this issue:**

Patrick Brabazon, Ingalisa Burns, Kathryn Colby, Greg Cran,  
 Ria Curtis, Darlene Denholm, Stefanie Dueck, Sandy Dunlop,  
 Ted Durnin, Anastasiya Dyka, Anna Gustafson,  
 Kiran Hollmann-Prichard, Trish Keays, Monique Labusch,  
 Charlie Latimer, Malerie Meeker, Ev Pollen, Ronnie Uhlmann,  
 Alisha Van Belle, Dymph Vander Maeden, Drewen Young

**Photo courtesies in this issue:**

Jude Abrams, Theo Angell, Terry L. Brown, Bronwyn Chernove,  
 Stefanie Dueck, Anastasiya Dyka, Jim Elliot,  
 Lund Mutual Aid Group, Puddle Jumpers Preschool,  
 Tai Uhlmann, Brian Voth

**Cartoon:** Prashant Miranda**Artwork:** Twyla Keays, Bear Lloyd, Shine Lloyd**Crossword:** Sorry folks. Just the answers to #57. Court is taking a pass this issue.**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, 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](mailto: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 2021 issue. When I began to put this issue together back in early December, I realized I was kind of depressed. The self-isolation of the last ten months had gotten to me. Even though, like many Lundies, I have lots and lots of projects and commitments and things that keep me busy, and even though we live in paradise as far as our environment and ability to go outside, my ability to keep my spirits up had noticeably dwindled. I found myself craving a live band and to join a dance floor with a bunch of flailing dancers. Missing potluck gatherings fiercely. And hugs. I didn't used to like hugging as much as some people seemed to, but I miss them now. I figured if I felt that way, so did my community, and I began looking for articles on hunkering down. How to twiddle your thumbs for entertainment for this long, and counting, without losing your mind.

Then I heard an interview on CBC with the wife of one of the Michaels, stuck in China for the last two years in small cells. I thought about the vast number of people in far worse situations than mine and felt guilty for my suffering from a place of privilege and for complaining about not being able to dance. But still...

This issue contains a variety of articles on how people are coping, taking care of themselves, and keeping themselves focused on things that nourish them. We are very fortunate to be where we are. We'll get through this and be able to dance. Soon, I hope.

I hope you enjoy this issue.

-- Sandy

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

**\*\*We invoice annually for advertising, unless alternate arrangements are made. Invoices will be sent out after the fall issue 2021.\*\***

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Next edition is April 2021

Deadline for submissions is April 10, 2021;  
 but reservations for article space are needed in advance and  
 ads need to be submitted by the fifth of the month.



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Continued from page 1...

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bc211

*A message from Powell River physicians*

  
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Powell River  
Division of Family Practice  
RACIO-CLINICAL

rough; and I took small solace in the sun returning after solstice, but my outlook was still as bleak as a stormy west coast winter (usually my favourite season).

As COVID-19 wears on, and we do our best to limit behaviours that can adversely affect others, we must be mindful of our own health too - specifically the small things that make and keep us human and humane- HUGS! FRIENDS! LOVED ONES! LIVE MUSIC! DANCING! DINNERS OUT! SHAKING HANDS! MEETING NEW PEOPLE! CHOIR! ART SHOWS! POTLUCKS! DROP-INS! BONFIRES! SHARED FOOD AND DRINK! We are designed to live in community after all.

Our neighbours to the east, Alberta, are running out of ICU beds. Doctors must choose who will get treatment, meaning anyone who has a better chance of making it will be given treatment - social inequality at its most bare.

Meanwhile, those of us lucky enough to live in paradise must still work doubly hard to keep ourselves healthy in the face of social isolation - Zoom dates, Facetimes, phone dates. The greatest gift we can give ourselves in times like this is to keep on keeping on. It may seem endless, but this time will end. Force care on yourself if necessary - do that yoga, make that bread. We don't know when we will have another opportunity to slow down to the point that earth's emissions have dropped significantly. We will hug again, and it will be even sweeter than before. I miss you, Lund! Can't wait to tell you how much you and our community mean to me again in person. 🍷



Photo and bread by Jim Elliot



Pat in her Farmers Gate store - photo courtesy Lund Mutual Aid



# Lund Community Society Update

Sandy Dunlop

I may be wrong, but I have a hunch the members of the Lund Community Society are all running around in our own gerbil wheels/social isolation, busy as can be but mostly disconnected from each other. I now add in-person meetings to the list of things I miss along with hugs, community potlucks, and festivals. I never thought I'd miss meetings.

Our last general meeting was in October. Twenty of us met outside in the covered area behind the Northside Community Recreation Centre (NCRC), wearing masks, being socially distanced, and freezing. Nevertheless, we covered a lot of ground. Patrick Devereux, Manager of Operational Services for the qathet Regional District, came to speak and answer questions on the proposed new community building. Representatives of the Lund Resort came to reassure the continuation of the Lund post office. We discussed possibilities for the Christmas Craft Fair and other fund-raising ideas.

There was no meeting in November, and we didn't have our usual winter potluck in December. No meetings are scheduled so far in the new year until COVID restrictions ease.

In normal times, we would have our Annual General Meeting covering 2020 sometime in January, but that can't happen this year. The Registrar of Companies (with whom we are registered as a society) has extended the timeframe in which a society can hold its AGM and so we are going to wait a while...like months...until we can be comfortable meeting outside or COVID restrictions ease, whichever comes first.

Normally, we would be reporting in this issue on another successful Christmas Craft Fair and thanking everyone for their participation. For the first time since 1982 when this Fair was started, we had to cancel. We can only look forward to next time, hopefully this fall.

Getting away from COVID cancellations, we have a very active Goodwill Committee at the moment. Peg Campbell has been the volunteer who sends out cards of congratulations, sympathy, thinking of you, etc. to Lundies. From February 5, 2020 to the year end, Peg sent out 26 cards from the Lund Community Society. We also have welcome packages for new residents, filled with lots of goodies. Martha Allen had been filling those packages until recently when Ria Curtis took it on. Thank you volunteers.



*Last Stop gang - photo courtesy Lund Mutual Aid*

At the NCRC, Kristi McCrae had been the person you called until recently if you wanted to book the building for some event. Niki Ogilvie has now taken on that job and can be reached at (604) 483-2353.

Ria Curtis met with Ryan Thoms recently at the NCRC to move the emergency container project a bit further along. This container will hold blankets, water, generator, long-lasting food rations, and other emergency supplies for our community in case of natural disasters. It is part of the qRD emergency preparedness program.

Even though we're not meeting in person, you can find us online. Our website is [lundcommunity.com](http://lundcommunity.com) and we're also on Facebook. If you join our email list, we send out monthly updates. If you wish to be included on that list, let us know at [lundcommunity@gmail.com](mailto:lundcommunity@gmail.com).

Wishing you all the best in 2021: a healthy, respectful, peaceful, vibrant year 🌱



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[eunoiastudio3@gmail.com](mailto:eunoiastudio3@gmail.com)  
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## Be Ready for an Emergency

- Prepare now
- Know what to do
- Keep informed

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Prepare your **emergency evacuation plan** and a **grab and go kit** in advance, to help you and everyone in your household act quickly in the event of an evacuation. Keep this guide in your kit or in a place where it can be found easily and review it annually.

### Make a Plan.

Visit [preparedbc.ca](http://preparedbc.ca) to help you prepare your own emergency evacuation plan.

### Make a Grab and Go Kit.



### Be Ready for an Emergency

Visit [preparedbc.ca](http://preparedbc.ca) for resources on how to **make a plan**.

**Register** for community notifications today at [qathet.ca](http://qathet.ca)

### In an Emergency Dial 911

Community Evacuation Guides are now available at Northside Recreation Centre, Lund Water Taxi, Finn Bay Marine Group, Stock Pile, and Okeover Harbour as well as online at [www.qathet.ca/services/emergency-services/emergency-preparedness/personal-neighbourhood-preparedness](http://www.qathet.ca/services/emergency-services/emergency-preparedness/personal-neighbourhood-preparedness).

**Community groups and agencies interested in small in-person evacuation planning sessions can contact the Regional Emergency Service at 604-485-2260.**

Working together



**qathet**  
REGIONAL DISTRICT



This is a difficult time for everyone. When it comes time to bring some beauty into your life, please consider supporting local artists. Stay safe my friends.

**Tug-Guhm Gallery & Studio is open**  
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## Memories and Dreams

Ronnie Uhlmann

Memories - We are part of the group that relocated to Lund from places near and far in the late 60's and early 70's. Our family consisted of two parents, a one-year-old, and a baby on the way. We had no building skills and only knew two people here who lived on Texada. At first, we were unaware that like-minded people were also building homes here because our building sites were far apart. It was the Lund School and the Community Hall that brought us together, not only with each other but with the local Lund people who had built the Hall and already had a strong community. Peter and I had come from cities and had never been part of a small rural community. The Community Hall was pivotal in our integration. All the school plays, holiday events, and dances were held there with the entire community participating. We brought our children to the dances, laying the sleeping ones on our coats in the foyer of the women's bathroom. Most of us were far from our birth families so we created families by choice here. Our children had many aunts, uncles, and cousins. As our children grew up and left to go live in cities, people often commented on how different they were and how they loved to hear stories of their childhood years. This community helped create these people.

Now - Eventually we lost our beautiful Hall and now make do with a too-small space in what was our two-room schoolhouse. Many new families have moved here over the last years and some of our children have returned with their families. The Lund Community Society has created a Building Committee dedicated to enlarging our present space so we can again hold large events all year. Our vision includes expanding our kitchen area and adding a half-court gym with a stage, storage room, and washrooms. Our expanded industrial kitchen and big hall means we can bring our

Christmas Craft Fair back home to Lund! Our new addition will be as environmentally up-to-date and energy efficient as we can make it and will be earthquake safe. We will also be an emergency shelter with supplies and a generator.

Dreams - So this is the dream: to create again a large community space where we can hold all events and provide indoor space for us to do activities in the colder months: weddings, birthdays, holidays, memorials, dances, plays, concerts, basketball, floor hockey, movies, etc.!! All ideas for this project are invited and the plans can be viewed at the Lund Community Centre. When we can again meet safely, we will hold another open house. Until then, emails can go to the Lund Community website at [lundcommunity.com](http://lundcommunity.com). Dream with us. 🌱

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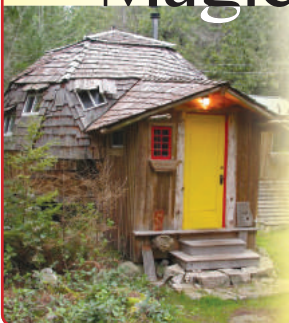
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## What's Happening in Lund?

**Lund businesses are open!** – although with limited hours and services. Check their ads in this issue and their websites for more info.

### **The Boardwalk Restaurant –**

- Valentine's Day Special - two sittings (5:00 pm and 7:00 pm) on February 13 and 14

### **Tidal Art Centre –** For info, go to [info@tidalartcentre.com](mailto:info@tidalartcentre.com) or call Nancy at (604) 414-5954

Nancy is hopeful for shows in the new year and has set up some great ones

- January – Prashant Miranda's "Pacific Connections"
- February – Ed Fu-Chen Juan's tea ceremony and papermaking workshop and Shivaun Gingras' new ceramic classes
- March - Brigitte Potter Mael's printmaking and botanical workshop and Amber Friedman's "When Colours Bleed"

### **At the Northside Community Recreation Centre (NCRC)**

#### **Playgroup –** Mondays 9:30 – 11:30 am

A great way to get out, meet other parents, and let your babies and toddlers play together. Extra hand and toy washing, and sanitation in line with current COVID guidelines. Call Ria at (604) 414-0383 for info

#### **Puddle Jumpers Preschool –** Tuesdays and Thursdays 9:00 am – 1:00 pm

See page 17 for more information.

#### **Tai Chi –** Saturdays 9:30 – 11:00 am - outside in the covered area out back

**Lund Community Society General Meetings –** If we ever get to gather again, our meetings are at 7:00 pm on the third Tuesday of every month except July, August, and December. Everyone will, once again, be welcome. Whatever COVID protocols are necessary at the time will be in place

**Lund Community Society Annual General Meeting –** postponed until we can again meet inside or the weather makes meeting outside more comfortable, whichever comes first.

Date TBA

\*\*\*\*\*

*If you have an event that you would like to announce, please contact the Barnacle at [barnacle.articles@gmail.com](mailto:barnacle.articles@gmail.com)* 📧

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## SPCA Fundraiser

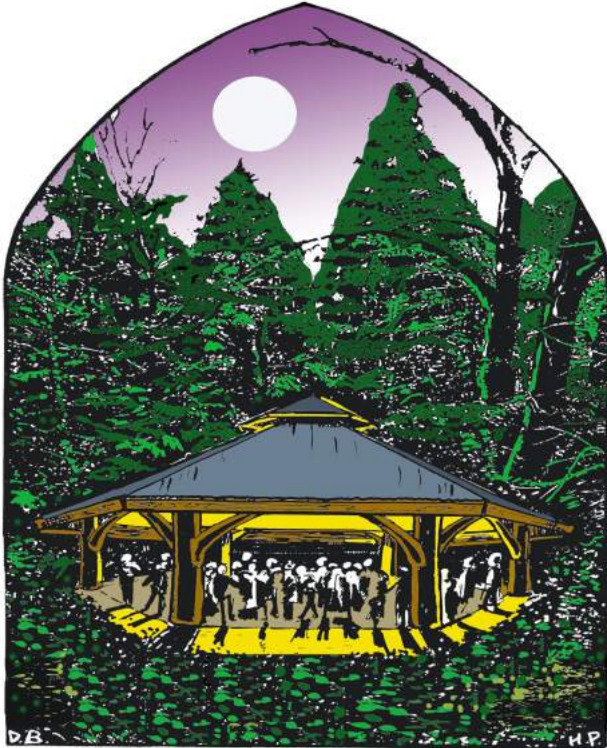


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To book events at the Northside Community Recreation Centre, contact Niki at (604) 483-2353. For events at the Klah Ah Men Lund Gazebo Regional Park, call qRD Operational Services Clerk Caroline Visser at (604) 487-1380.

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

**Regular Hours (September - June)**

Wednesday - Saturday

10:00 am - 4:30 pm

**Closed Statutory Holidays**

**Thank you for recycling!**



## Lund Bus Schedule (Route 14)

Tuesday and Friday

Leave Lund: (Mile 0 Marker)

11:00 am

4:50 pm

Leave Town Centre Mall (North End)

10:05 am

4:05 pm

**Face masks are now mandatory.**

Fare: \$2.25 (Children under four ride free with an adult.)

For trips to and from Powell River, the Lund Bus continues to operate using the current schedule. Please see [bctransit.com](http://bctransit.com) for updates.





## Congratulations Lund Harbour Authority

Darlene Denholm, Administrator  
Harbour Authority Association of BC



When I received an award in 2019 for my work as Lund Harbour Manager, I felt no need or desire to toot my own horn. Now, seeing the momentum growing and being so incredibly proud of new manager Paegé Maltais, I thought it time the community was made aware of the awards Lund Harbour's staff and directors have received over the last few years. They are on a roll!

### Small Craft Harbours Pacific Regional Distinction Awards:

February 2019 – Darlene Denholm – Harbour Manager – Individual Achievement

January 2020 – Lee Edmondson – Director/President – Long Standing Service (at 28 years!)

- and announced January 8, to be presented on February 17, 2021:

February 2021 – Harry Robertson – Director/VP & Treasurer – Individual Achievement


February 2021 – Lund Harbour Authority – Harbour Authority Achievement

We also remember Neil Gustafson and the twenty years he devoted to Lund Harbour Authority and his past Individual Achievement and HAABC Life Membership Award recognitions.

While I am aware of the criteria of the awards, we will not know what specific acknowledgements are made until presentation, but I will dare to make a best guess.

Paegé and the Board of Directors undertook a large task, working with Small Craft Harbours and BC's Ministry of Forest, Lands, and Natural Resources on the divestiture of the Finn Bay float, now wholly owned by Lund Harbour Authority. Thank you for ensuring that we keep it in the community! Much work has been done to keep all floats in good repair. This in addition to the challenges that came with keeping the harbour operating safely for not only their essential services mandate of fishing and aquaculture, but as a BC tourist destination over a high season of COVID. Well done!

Please join me in congratulating the team that works so hard for your Lund Harbour! 🍷



### Lund Harbour Authority

PO BOX 78  
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VHF Radio Channel 73  
Tel 604 483-4711  
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Paegé Maltais  
Harbour Manager



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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](mailto:pbrabazon@qathet.ca)

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

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Happy New Year! Let's lift our spirits and resolve to work for a world free of strife and discord. If COVID lingers on, let's resolve to support those in need and ensure that our community stays as healthy as possible. Now for some good news.

Construction of the replacement auxiliary fire hall continues and with its completion our volunteer fire department will provide improved service throughout the service area but especially to Okeover. As for the old garage in Lund...

Telus is back. Our atrociously poor cell phone coverage may get the vital improvement it needs. As well, we are advised

that internet service will also improve so this could be a double win. Triple actually, as the current proposal is to place the tower on the high ground at the back of the Klah Ah Men Lund Gazebo Regional Park and thus the lease revenue would go to the regional park service.

Finally, the on-again-off-again plans for improvements to the Lund Community Centre are on again. With the current provincial health orders on assembly, it is difficult to meet and discuss the possibilities, but if the current restrictions do expire next month then we can get back to work. The Lund Community Society has not been idle and renovations are long overdue.

As Dr. Henry says: be calm, be kind, be safe. 🍀



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## An Industrial Landfill Site Near Lund?

Charlie Latimer

On December 11, a bombshell hit the Lund Mutual Aid Facebook group ([facebook.com/groups/lundcommunity](https://facebook.com/groups/lundcommunity)) when a new member posted information about a proposed industrial landfill site to be located at 14445 Sarah Point Road, just north of Bliss Landing. The post was referring to an article in the *PR Peak* from the previous day: “*Wood waste landfill proposed north of Lund*”. It was reporting on a qathet Regional District meeting in which directors were asked to accept a notification that the application process for the site was underway with the provincial Ministry of the Environment. Not only was this the first time most people had heard of this proposal, but the deadline for feedback to the Ministry was only five days away.

The *PR Peak* article provided lots of information that was available at the time, including that a numbered company (1265209 B.C. Ltd) was planning to dump over 375,000 cubic metres of waste over a 15-month period and that the refuse discharged would include sawdust, wood chips, hog fuel, end cuts of wood less than one metre in length, dredging of wood waste, sand, gravel, rocks, inert waste, and inert cover material.

Unfortunately, what was not made clear to community members in the proposal was the potential toxicity of the waste and the operation’s environmental impact on the area. Obviously, folks who call this place home started worrying about many things:

- The apparent lack of public consultation and short feedback period
- The impact of waste leaching into surface water, ground water, and marine ecosystems (where oyster farm leases exist)
- The source of the waste and its testing for contaminants
- The transportation by barge within the area (near Copeland Island Marine Provincial Park)
- The increase of the industrial footprint while many are looking for a reduction of this kind of activity in the area.

These are all valid concerns; but with a lack of readily available information and a very short timeline to make their voices heard, folks on social media soon filled out

these apparent “information gaps” with their own theories. The initial Facebook post and subsequent ones said that this waste was hazardous and potentially contained toxins, but it was very difficult to determine if this was correct. People wanting answers started trying to guess where the waste was coming from and looking for information about those sites. A petition was soon put up that continued to perpetuate unverified information and used the name of a local conservation group (Save Desolation Sound) without authorization. In a few days, the petition was signed by thousands of people concerned about the project and upset by the process.

As the media took wind of the story and started to bring to light some additional information about the apparent non-toxic nature of the waste and the fact that no contracts had yet been signed with any waste sites, the controversy had already hit fever pitch.

Our MLA, Nicholas Simons’ office was swamped with calls and emails as was our Regional District representative, Patrick Brabazon. Both tried to provide additional information to their constituents with limited success.

The Lund Community Society (the publisher of the *Barnacle*) also tried to help the situation and posted as much verified information and references as possible for people to be informed on the project and how they could, if they wished, contact our democratically elected officials. The information is still available at [lundcommunity.com/industrial-landfill-info](https://lundcommunity.com/industrial-landfill-info) and continues to be updated as more information is made available.

With thousands of calls, social media posts, petition signatures, and emails resulting from this application, the proponent quickly decided to withdraw its application. There was a lot of celebration from community members who believed they had won against an undesired project; meanwhile, the proponent, who believed they had done everything correctly, felt misinformation won the day and that they had been wronged.

No matter what your opinion on the proposal for an

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industrial waste landfill on our peninsula, it is clear that our process for such projects could be drastically improved. Here are a few lessons I think we can take from this episode:

#### Look at the qathet Regional District (qRD) minutes

Our area representatives, who are not full-time paid employees, do not always communicate proactively on all matters of public concern. In this case, a serious lack of information was provided to folks who considered themselves stakeholders. As a government body, the qRD is obligated to operate in a transparent manner, but sadly this often only means having meeting minutes posted online. Digging through them is not a fun task, but keeping a watchful eye on the goings at the qRD is a good way to know what is going on: [www.qathet.ca/about/meetings/agendas-minutes/](http://www.qathet.ca/about/meetings/agendas-minutes/)

#### Don't trust everything you see online

Many of the claims on the initial Facebook post were never substantiated. Even though quite a few residents asked the person who posted them for more information, none ever came. The inaccurate posts and petition are now deleted, but the community's credibility has been impacted. It is important to acknowledge that the urgency and lack of information helped create an environment where unsubstantiated facts were able to propagate very quickly. Both sides (the community and the proponent) need to understand that they each played a role in what occurred here. In the future, it is important for Lundies to double-check their information before sharing it! As for the proponent, there is another lesson to be learned...

#### Governments give permits, but it is communities that give permission

After the company had withdrawn its proposal, the spokesperson for it complained to the media that he had been misunderstood and had done everything on the government checklist. A consultation process, however, is not a one-size-fits-all kind of thing. Communities are different wherever you go and that means that what a proper stakeholder consultation looks like will vary. The key here is to know the community you are dealing with and what their values and concerns are. A bureaucrat in Victoria can give you a list of things you legally need to do, but the community will always be the one that decides how a social license is finally given.

On an ending note, the proponent, in interviews, inferred multiple times that community members were intentionally lying about his project. It is very hard to determine intent; but from digging into this issue, I found that people were concerned, lacked proper information, and did not feel they were properly consulted. Therefore, they reacted in a strong and loud manner, but any misinformation does not seem to have been intentionally spread.

I'm very proud of how the community stood up to a project that had more questions than answers and at the same time I'm disappointed that possible misinformation was spread far and wide. My hope is that, in the future, proponents and our elected representatives take the time to provide ALL of the information ahead of time so that concerns can be addressed in a respectful way and if a project does not meet a community's threshold for acceptability then its refusal is respected as well. 🙏

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## Let's Talk Trash

Ingalisa Burns, of the  
Let's Talk Trash team

### Recycling: A Good News Story

Amidst all the headlines swirling in international and national news claiming our recycling is ending up in landfills, BC finds itself in a unique position of resilience. While it is true that loads of contaminated recycling from various locations across North America have found themselves essentially adrift without ports to receive them, this is not the case for BC.

BC sets itself apart in the recycling world because of its 20+ Extended Producer Responsibility (EPR) recycling programs. Funded by industry, these programs extend the responsibility for managing of materials to the end of their life and they include anything from household batteries and light bulbs to paint and refrigerators.

Perhaps the most well-known EPR in BC is the residential printed paper and packaging program, RecycleBC (RBC), which includes all curbside and most recycling depot materials. Despite major changes in global recycling markets in 2018, BC did not experience as strong a disruption in service as many other places around the world when, nearly overnight, China, the world's biggest processor of recycling, shut its doors. In particular, this affected the plastic and paper recycling markets, while glass and metal were less impacted.

Fortunately, BC had already signed on with the non-profit Recycle BC (RBC) to manage its printed paper and packaging recycling for residential materials. RBC

has a policy of keeping the processing of nearly all its recycling as local as possible and its contamination tolerances very low. Locals may remember the switch from unmonitored bins around town to the fenced and staffed depots happening in 2015 and raising the bar for the quality of what was being collected.

Audits reveal that over 90% of RBC collected materials are recycled and an additional 3% turned into engineered fuel. What exactly happens to each recycling

stream, you may wonder? Plastic bags and hard plastic packaging are processed in Metro Vancouver and turned into new packaging and products. Glass containers stay in BC and are used for construction aggregate, sandblast material, and other glass packaging; while metal containers are processed in BC, Ontario, and the US, becoming new packaging and sheet

metal. Styrofoam is processed locally and overseas and is turned into crown molding and picture frames; and paper is processed in BC, the US, and overseas into egg cartons, boxes, and other paper products. Other flexible plastic packaging, made up of most crinkly snack food packaging and the like, is being collected for research into its recyclability. In the meantime, it is being made into engineered fuel and used as a coal replacement for industry.

The recovery rate for RBC residential recycling is 78%, meaning that of all the packaging available to be returned for recycling, 78% actually is. While relatively high, recovery rates for certain categories of materials are lower than others, notably plastics, with a recovery



Lund Recycling Depot - photo courtesy  
Tai Uhlmann

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rate of only 46%. This, then is a material we can improve our returns on, taking that extra moment to empty and rinse plastic packaging that comes into our lives.

BC's ReturnIt program is another successful EPR, offering deposits in return for beverage containers, and it will be expanding next year. Come February 2022, milk and milk substitutes will be added to ReturnIt, streamlining the program to include all beverage containers rather than simply 'most.' If you currently donate bottles to depot staff or others in the community, you'll be able to add your milk containers to that donation.

In the years to come, the number of EPR programs is expected to expand in BC. Under consideration for the expansion are mattresses, residual products (like pharmaceuticals, aerosols, solvents, gasoline, fertilizers, and pool and spa chemicals), electronic and electric products not currently regulated (like solar panels, vape pens, and hybrid car batteries), and recycling from the industrial sector (including grocery stores, malls, schools, hospitals, and businesses).

With 20+ EPRs, it wouldn't be too surprising to be confused about where to take your recycling, and which materials are excluded from any program. If you find yourself scratching your head, there are now two local resources to support your quest. The City's Waste

Wizard recycling search engine was launched in January and can be accessed through the City, qathet Regional District, and Let's Talk Trash websites. The online Waste Wise Guide is also available for downloads and includes a recycling directory for all things recyclable locally.

We do find ourselves in a position of privilege in BC, but that is no excuse to forget the inefficiencies inherent in any recycling system. Reduction and reuse always trump recycling in terms of best use of resources.

*Let's Talk Trash is the qathet Regional District's waste reduction education program. Contact them at [info@LetsTalkTrash.ca](mailto:info@LetsTalkTrash.ca) and [LetsTalkTrash.ca](http://LetsTalkTrash.ca)*



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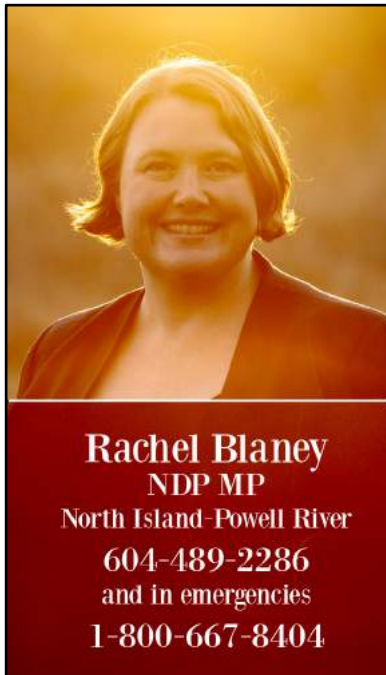




## From the Office of Our Member of Parliament

Drewen Young  
Constituency Assistant  
Powell River Community Office

It has been my pleasure to work as MP Rachel Blaney's Constituency Assistant for almost four years now. And, although I was raised in Powell River and have spent most of my adult life here, I have learned a great deal about this area and the different levels of governments that serve the constituents of the North Island-Powell River riding, information that has added greatly to my effectiveness as CA. If I was ever vague on whether an issue was federal or provincial, I have handled enough files and worried over enough cases now to know whose jurisdiction the problem at hand falls under, and who to contact to get the fastest answers and results. There's a plethora of tools available to a CA, including problem resolution teams that handle questions from MP offices and special, direct phone lines that link our offices with Ottawa. It is an incredible information network, beleaguered at the moment due to COVID complications, but staffed by amazing workers who are really dedicated to helping constituents find their way around and through sometimes overwhelming problems.



In the year before COVID became headlines, MP Rachel's office began working alongside MLA Nicholas Simon's office to deliver information to residents on Texada Island. Both offices recognized the difficulties facing veterans and seniors trying to make it to Powell River to get help dealing with issues. Instead, Robert Hill, the MLA's constituency assistant, and I travelled to Texada Island to meet up with residents. Taking the ferry over to the island on a Wednesday meant we were treated to a homemade lunch with the seniors' group at the Legion and an opportunity to speak with Texada Island residents about matters that concerned them. The meetings were a great success, covering both provincial and federal issues, and made both CAs' work easier in the long run as we had made face-to-face contact with people. Unfortunately, this program has been put on hold since last spring when travel restrictions due to COVID were imposed.

Over the past 10 months, MP Rachel's travel plans have been interrupted, too. She has limited her trips to and from Ottawa and has been conducting much of her work remotely. As a result, she has not visited many of the smaller communities and villages that make up her large riding. So, over the next couple of months, MP Rachel will be holding a series of Small Communities Virtual Townhalls to hear specifically from folks in her smaller and more remote communities. Lund residents will get their chance to virtually meet and speak with MP Rachel on March 1 at 4:30 pm. Links to register for the meeting are available at [www.rachel.blaney.ndp.ca/events](http://www.rachel.blaney.ndp.ca/events).

Lund residents brought up a myriad of concerns and problems this past year and these are ideal issues to bring forward on March 1:

- Department of Fisheries and Oceans and derelict boats and ocean debris. Is anything being done by the federal government to correct this problem?
- Ministry of Transportation and the Lund Highway. It's a danger to bike or walk on this highway; are there plans to upgrade and add bike lanes?
- Canada Revenue Agency and Canada Emergency Response Benefit repayments and gross versus net income. After receiving one of the CRA's "educational" letters, what's next?


And, because nothing is the same as it was, perhaps there is some curiosity about how MP Rachel conducts government business in the new House of Commons. What is it like to be a virtual MP? Do all 338 MPs across

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Canada still take part in government? How does that work with some MPs in Ottawa and some at home in their ridings?

For more information on how you can join MP Rachel Blaney on March 1, visit the link provided above or for more assistance, call our office at (604) 489-2286. 📞



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## Puddle Jumpers Preschool

Alisha Van Belle



What a surprise...it seems like Lund is growing! We have two more new families in our program and are full up to the brim in kid fun!

The weather was rather nice from October to December, so we got to spend almost half of our day outside. During the last three months, we had quite a few walks and explored the trails and watershed around our school. We also had a really great field trip to see the spawning salmon at Toquenatch Creek. We saw not only salmon but also salmon carcasses, eagles, ravens, bear paw prints, and part of a deer leg...so very exciting. Field trips are usually a big part of our program, so it was fantastic to find one that allowed for social distancing and being completely outside. Our Halloween party was a lot of fun and the

costumes stayed on for almost half the day. It made this year's rather meager Halloween much more fun. We also had pirate day where we made a ship, dressed up, and followed clues to find a treasure. Building an inside fort was such a hit that we had to leave it up for a week. Christmas was about making crafts, presents, and gingerbread men. Right now, we are exploring weather (mostly rain so far) and doing some experiments.

We also started our Puddle Jumpers raffle. There are so many great prizes this year and the tickets are selling fast. If you do not have your tickets, please contact us very soon before they are totally sold out! Call me (Alisha) at 414-0091. We will be drawing the winning tickets on February 11 at noon. We'll contact the winners by phone and also publish the winning list on the LCS webpage ([lundcommunity.com](http://lundcommunity.com)).

We were lucky enough to get a grant to promote bike riding and bike safety for our Puddle Jumpers group. We have purchased a few more runner bikes and helmets for all the kids. In the new year we will be doing a bike program with the kids. We also hope to offer a bike and helmet safety workshop, and maybe even some bike fixing for Lund families this spring (hopefully) when we are allowed again to gather and the weather is nice.

Our program looks different this year, that is for sure...so much extra cleaning, masks on parents, few guests, and almost no field trips...but I think we are overjoyed to just be together, exploring and playing. Community is a blessing! 🍁



*Photos courtesy Puddle Jumpers Preschool*





*Photos courtesy Puddle Jumpers Preschool*





## How in the World Did You End Up in Lund?

Stefanie Dueck

I arrived in Lund in December of 2019, just before the new year. It was supposed to be a temporary stop. After over a decade of running my own metalworking business in Vancouver, I was feeling exhausted and ready for change. My workshop had been slated for development, and I was given two months' notice to vacate. Fed up with this all-too-common scenario in the city, it was clear that it was time to make my exit. I had been up to Powell River several times to visit a friend and had always been drawn to the uncrowded nature, quirky community, and the relaxed pace. The town seemed like an idyllic place to relocate; Lund was not yet on my radar.

Without the luxury of time to sort out permanent living and work situations, a friend arranged for a residency at the Tidal Arts Centre for the first three months after I arrived. It was a beautiful place to land, recover from the stress of the city, and plan out the design of my next sculptural commission. I found a workshop space for metalworking in Powell River where I was commuting daily to keep my practice going. The idea was that I would move my living quarters into town after the residency ended.

As my time at Tidal drew to a close, COVID-19 started ramping up and I still had not found a place to live. As with most small businesses, everything became uncertain. Fortunately, I had enough projects lined up before the pandemic hit to keep busy in the short term and I continued to work and seek living arrangements in Powell River. Despite my efforts to leave, however, opportunities kept presenting themselves in Lund. I ended up spending the next several months living in a barn off the highway followed by summer in a woofer cottage. During this time, the pandemic-induced slowdown caught up with my business. I began commuting less and spending more of my days in Lund, becoming better acquainted with the community and the landscape.

At some point, I ceased searching for a place to live in town and began trying to figure out how I could settle in Lund. I wanted a quiet place where I could garden and feel relaxed, as well as a workshop where I would be free to run my grinders, pound with my power hammer, and basically kick up a lot of dirt and noise. In most places, this would likely have been too much to ask for. Eventually, after projecting this intent to everyone I passed, word-of-mouth worked in my favour and I found my spot. There is much work to be done here; the studio space especially will be a work-in-progress for the foreseeable future. But it is home and I feel incredibly fortunate to have found a place in this unique and wild setting. 🌲



Photo courtesy Stefanie Dueck



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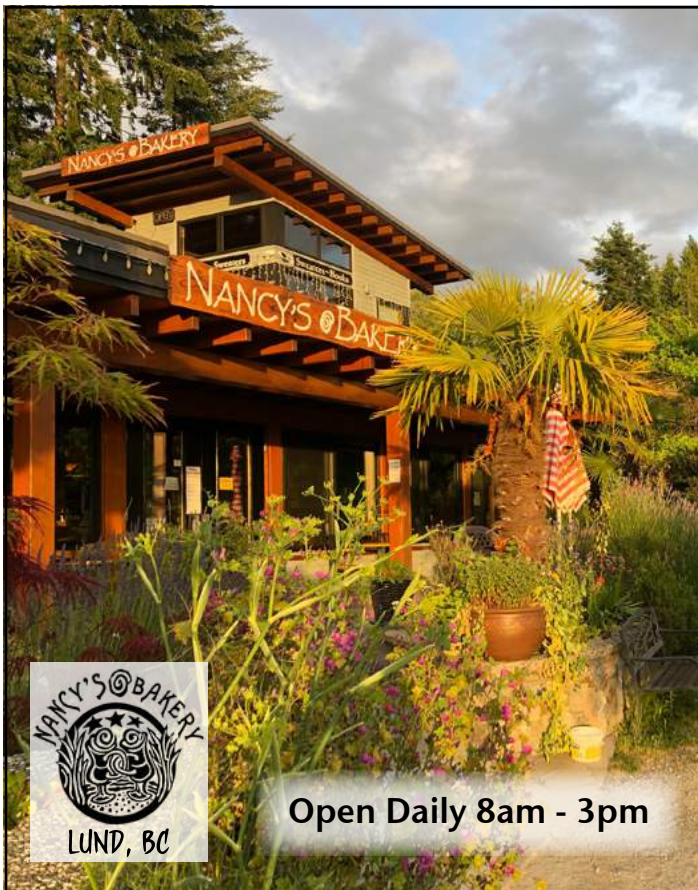
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## Lund Reads

Ev Pollen

Happy New Year, fellow Lund folk!

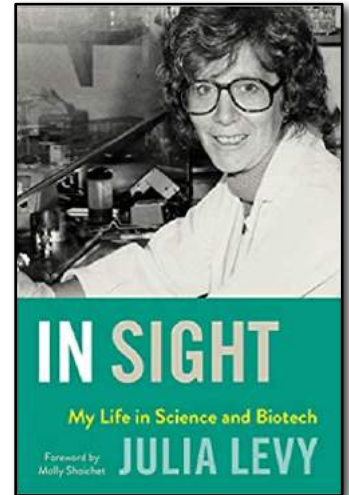
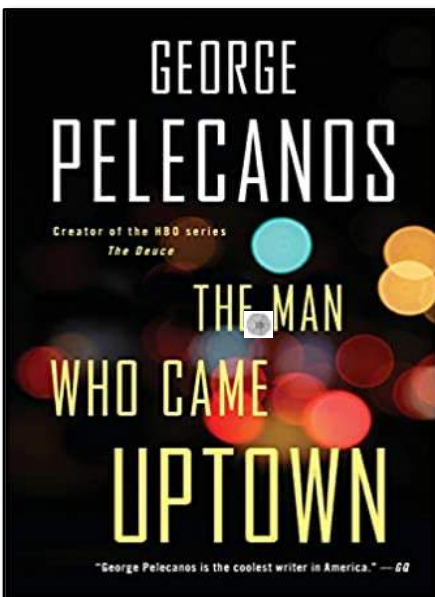
Before I begin this quarter's review, I want to announce that local Lundie Julia Levy's book entitled *IN SIGHT - MY LIFE IN SCIENCE*, has been published and is available at Pollen Sweaters (Powell River's finest bookstore)! Tee hee. I haven't read it yet but will soon.

The book I'm writing about today is *THE MAN WHO CAME UPTOWN*, by George Pelecanos. I've been reading murder mysteries and crime novels recently and this one really impressed me. The protagonist is Michael Hudson, who is doing time for robbery and has become a reader thanks to Anna, the prison librarian. She carefully

chooses titles for each of her clients as she gets to know them and is pleased to note Hudson's growing enthusiasm for reading. One day he is sprung from prison because a mentor persuaded the witness from his trial to change his testimony. Hudson is thrilled to be out, determined to turn his life around and make his mother proud, and unaware of the price he is expected to pay to Ornazian, the man who "persuaded" the witness. He must now figure out how to fulfill his debt to the tough guy without losing his job and landing back in jail.

This is the crux of the plot and the rich cast of characters flesh it out beautifully. It shows the different ways people measure their own characters, as the tough guy considers himself to be a good man because he only targets bad men. Hudson wants to be a good man but burdened himself with bad decisions. There is plenty of dialogue speckled with humour and realism, and lots of page-turning suspense.

I chose this book after one of our customers requested that we stock some Pelecanos, and I am grateful. Enjoy! 🍷





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Photo courtesy Brian Voth

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## Music and Mental Health in Teens

Kiran Hollmann Prichard

Music is incredible. It is a different language that we all understand but it can affect us all in very different ways. It has the power to unite people of different backgrounds or cultures and it is a multinational platform of self-expression. I believe that music has a big impact on the mental health of teenagers in our society today.

In this day and age, music is very accessible. I loved music from a very young age and back then it was anything with a beat that I could shake my 4-year-old butt to. My interests started with music that my parents had on CDs and it moved on to music I heard at school assemblies, which consisted mostly of pop. As I got older, I started to develop my own taste as to what I enjoyed in music. My friends and I have had many music phases including hard rock, dubstep (a sort of electronic heavy metal), pop, rap, and alternative. Fast-forward to today and all of my past phases of music have helped shape what I like now which includes elements of rap and rock.

Music plays a huge part in my life. I have sung in choirs and am studying piano. I associate many positive memories with music; and I am almost always listening to music whether it is on the bus, at home, or at school. It helps me get pumped up before a soccer game and it helps me relax and get ready to sleep. It consistently brings a purpose to my life and it makes me feel alive and happy.

Music can help you feel heard and not alone in any struggles you have whether it is mental, physical, emotional, or spiritual. It can improve your mood, help with self-esteem, and drastically improve your quality of life. It can be an effective processing tool and it can engage your brain, improve sleep, and help with mental alertness. I have heard of many musicians overcoming trauma and depression with the help of music, and it is a very powerful tool in trying to improve the problems of suicide and mental health issues in our society today. Furthermore, music therapy is quickly becoming recognized as an effective tool to help with memory and relieve stress. I am continuously amazed by the diversity that music possesses and there is truly something for everyone to enjoy.

Any event at the Lund Gazebo was always something to look forward to. Whether it was dancing to live music, eating delicious food, or running around with friends, it was always a highlight. I will always remember dancing my heart out packed in with a bunch of other people that I knew. However, there were always people that I didn't know and that didn't matter because music has the power to connect people and bring them together, simply based on the fact that they are both there in that place, at that time, for a similar purpose. In these moments when you are completely immersed in the atmosphere and the appreciation for the live, raw sound being thrust upon you, you feel an unparalleled sense of freedom, a sense of community, and a sense of pure joy that you can't find anywhere else. All in all, music plays a big role in the mental health of teens including myself and I couldn't imagine my life without it. I encourage you to reflect upon how music has affected you in your life. 🎵

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# Thank you!

Monique Labusch

Thank you to the ones who care,  
About a tree, the water, air.  
It's nice to see you being kind,  
To others, yourself, and that you mind...

To the ones who save a stuck butterfly,  
The ones who smile at me when I go by.  
Children, adults, and the teens,  
Can all be thoughtful, by all means.

Show love in secret or out in the open,  
Maybe share a cookie or give a token,  
We have the power to make someone smile every day,  
And do a happy dance when their sadness goes away.

You might not be seen while doing good,  
It doesn't matter, it's understood,  
That everything we do in life,  
Big or small, as long as we strive,  
To make a difference with our actions,  
Will all add up like little fractions.

Even if no one sees it, YOU know what you did,  
It will make you feel good too, that's the trick.  
Flip over a poor beetle, who is on his back,  
A lovely feeling, helping someone out of whack.  
Rescue a little insect from a dangerous puddle,  
Give even your stinky dog a little cuddle.

My gratitude goes out to you!  
To all big helpers and little ones too!  
This I wanted you to know,

I will hug a tree now, so I have to go! 🌳



Artwork by Twyla Keays



Artwork by Bear Lloyd



Artwork by Shine Lloyd



## Finding the Centre

Ria Curtis

Here I am on a stormy December day hoping the power doesn't glitch again and lose my words and train of thought. I've been shuffling through Christmas cards (yes, people still send them), reading what we did in 2020 letters, and trying not to eat the Christmas baking. It seems the mild winter we've been having is making way for a real hell roaring final call for 2020. Out with a bang and good riddance from many of us.

Solstice, the time where the northern half of Terra starts to tip back towards the sun, is only a couple days away. Bringing back the light one minute per day at first then picking up the pace to spring. I've been yearning for the light, filling the house with twinkle lights and burning candles. Orbiting planets, orbiting bubbles, "safe six"...the whole planet is wobbling on its axis, literally and figuratively. We've all been wobbling a bit this year, spinning around trying to balance safety, making a living, finding work, keeping work, stress, anxiety, loneliness.

I went into the spring trying to find and maintain balance. Along the way I discovered my centre. The axis may wobble a bit, but I'm always brought back to the centre. I took a pottery class this year at the Tidal Arts Centre in Lund. I doubt I'll ever make a living throwing pots on a wheel - though throwing pots in a fit of anger cannot be ruled out - but I enjoyed the process, learning something new, something tactile. This is where I started to think about the centre. To lift the clay up on the wheel you have to first have the clay, yup, in the centre! This is harder than you can ever imagine. It takes your whole body, from the core, through the limbs and into the hands. If you haven't found the centre, when you start to shape the clay things can go wrong. If you keep trying to pull the clay when your base is off centre the whole thing will start to warp, wobble, and eventually fly apart. I've been trying to incorporate this idea into everything I do.

I found a similar connection in my tai chi practice. If I try to kick out or expand without having a good base in my centre of gravity, I wobble. I'm sure there are many ways to express this simple premise. When we are secure and steady in our centre, we find the strength and balance to expand outwards, to our family, our friends, our community. Start to wobble? Pull into the centre and try again when you feel steady again. Leads to better pots, tai chi, and people. It can be a lot of work though and a large helping of patience and forgiveness are needed, but the rewards are huge.

Wishing you all a healthy, balanced 2021. Like James Taylor says, "The secret of life is enjoying the passing of time...try not to try too hard". Wobbles happen but you can pull it all back into the centre and try again. 🌀



*Monique Labusch - Painter*

**Influenced by the beautiful colours of nature around her.**

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# From Your Friendly Neighbourhood Teacher, the one who lives in a bus

Anastasiya Dyka  
\*B.A. B.C.L. LL.B BEd

\* I am not pretentious, I swear! but Sandy said to include my nobility titles to "further nail the point".

Hi there. It's Ms. Ana, the friendly teacher with eyes glistening behind cat eyeglasses and a covering hiding the rest of her face.

Two years ago, I wrote in the Barnacle about my Lundlessness: living in someone's off-the-grid (in this case, a euphemism for no water, no electricity, no plumbing) summer cabin, while spending the summers homeless, in my car. That property was since sold - for half a million dollars.

Since then, I decided to take matters into my own hands: I went to Vancouver to go back to university for another degree. Higher pay, I decided must be the solution to my housing problems!

This summer, I came back.

I live in a friend's bus now. It's a school bus. Only appropriate for a schoolteacher, you might think! It's not yellow anymore... it's painted a dark forest green. It has an old - but newly installed - woodstove, electricity, and cold water on tap (!). I share an outdoor shower and outhouse.

Like Sandy said: "It's an upgrade from living in a car (you should write about it!)".

Anyway, for all you aspiring bus-dwellers, I made a list of advantages and disadvantages of living in a bus.

## Living in a Bus - the ultimate pros and cons list

### The pros:

- pretending you are in Into the Wild and have just slayed an animal with your bare hands
- low rent; allows for quicker repayment of student debt (it's "good debt", they said; you're gonna pay it quickly thanks to your great-paying job, they said)
- possibility to hook up to electricity and connect to the internet from the friendly neighbours (Netflix!)
- using creative thinking to insulate the bus
- being able to honk to scare away the wildlife (moderately effective given location next to compost pile - see opposite column)
- house can be taken on adventures

### The cons:

- jumping for joy inevitably causes one to hit their head on the metal ceiling
- location, location, location (near the compost pile is not ideal)
- insulating the bus in creative but ineffective ways
- water condensation and black mold
- house cannot be taken on adventures because of COVID, because it isn't your bus, gas is expensive, and you don't know how to drive a bus anyway
- natural light is elusive at the bottom of Malaspina Road - again: location, location, location



Photo courtesy Anastasiya Dyka

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## More pros:

- allows for lots of natural light
- living light upon the land... at least that's what a Lundie recently said, admiringly
- 360 view - includes compost pile, goat pen, garden, summer kitchen, kids' trampoline
- discovering that other teachers live in buses and exchanging tips about how not to reek at school when it's -2 °C and the outdoor shower is not a possibility due to frozen pipes
- big city-dwelling guests think your "alternative lifestyle" is cool and put pictures of your home on Instagram
- unique life experience
- cranking up the wood stove, while lying in a hammock with closed eyes, (especially during a storm, when the wind oscillates the bus) and pretending you are on a beach in Mexico
- cute raccoons in the compost pile

## More cons:

- cold drafts
- feelings of shame because you're past thirty for Goddess' sake! Shouldn't you be living in a house by now? #failedatcapitalism
- discovering that other teachers live in buses
- having to casually ask school admin during interviews about the availability of showers in the school
- having "baths in a bowl"
- tall friends not able to exist in your home
- big city-dwelling guests find accommodation less appealing when they realize they have to floss their teeth and change into their pyjamas in the same "room" as you... and then sleep on a camping foam mattress on the floor. Then there's the outdoor shower and outhouse.... they don't stay very long
- possibility of concussion due to repeated head collisions with ceiling, especially for tall friends
- raccoons can be aggressive 🐾

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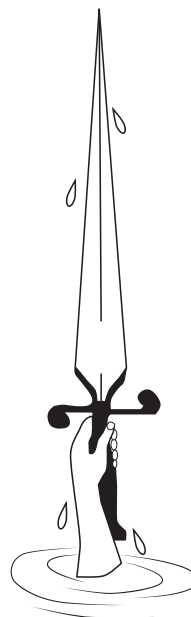
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## Paracyclist in a Pandemic

Malerie Meeker

Tristen Chernove, Powell River native and part time Lund resident, is Canada's top paracyclist with 3 Paralympic medals from Rio 2016 – Bronze, Silver, and Gold, 13 World Championships, and numerous other gold, silver, and bronze wins. When not racing for Canada in international competitions, he rides for Langlois Brown Racing, an elite cycle club from Vancouver. Suffice to say, it's a passion. This along with being husband to Carrie and father to Bronwyn and Morgan, and running his Cranbrook airport management company, Elevate Airports.

How does Tristen keep his cycling passion alive during the pandemic? Well...there's always the daily training, with Tristen racking up 20,000+ kilometers in 2020. But the challenge just isn't the same.

So, he first took on the BC Epic 1000 km challenge in July. Not only was he the first (and so far only) paracyclist to complete the challenge, he also broke the record by more than 15 hours, finishing at 3 days, 7 hours, 20 minutes. In addition, he raised \$33,000+ for the Canadian Paralympic Committee (CPC).

More recently, Tristen and Team Canada teammate Ross Wilson took on the vEveresting Challenge: virtually cycling the equivalent elevation of Mt. Everest (8848m) by repeating the ascent of one long hill over and over in one ride until the elevation was achieved. Again, Tristen and Ross were the first



Photo courtesy Bronwyn Chernove

Continued on page 28...

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paracyclists to take on this challenge; they were joined the day of the race by teammates Ed Vale and Lowell Taylor. Tristen completed in 8 hours and 24 minutes, approximately 1.5 hours faster than the Canadian record. Ross, Ed, and Lowell also completed with times of approximately 16 hours. Collectively, they raised \$4,000+ for the CPC, more importantly raising awareness and appreciation for para-sport by capturing a lot of international attention and interest.

What makes this challenge so interesting is the technology involved. A “virtual challenge” means just that. Each cyclist is on their training bike in their respective basements, bike and body totally wired up to an amazing app called “Zwift”, the indoor cycling and running app.

With Zwift, a power meter is attached to the drivetrain of the bike or the trainer, giving resistance and letting the rider experience rolling hills, flats, and big climbs. It measures distance and altitude. The cyclists are wired up to measure wattage output, heart rate, etc. All this information, plus graphics and rider-avatars, show on a screen in front of the rider. Screens can be shared. During the vEveresting Challenge, those of us who watched the virtual event were able to stay in touch with every pedal push and the entire physical experience of each rider. It was spellbinding...along with a significant dose of shocking and scary!

What's next for our Paracyclist in a Pandemic? Health and safety protocols willing: World Cup races in Italy, Belgium and Portugal which are scheduled for this spring, followed by Tokyo 2020 (in August 2021). Fingers crossed. Go Tristen! Go Team Canada!

If you would like to donate to the vEveresting fund-raising challenge, use this link: <https://www.canadahelps.org/en/charities/paralympic-foundation-of-canada/p2p/veveresting/?fbclid=IwAR2sOSHfV34iBZ-7Qk6kHWt1CSpkDzLehzQYHcB4ggBBoz5p-Sj2QNS9ZvI>

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# Humpback Whales – “Singers of the Sea”

Trish Keays

Being from Lund means that life here is as much about the ocean as it is about land. And what good fortune that we have opportunities for whale sightings, including relatively recent occasions to see humpback whales in the Salish Sea.

In a 2018 article in *Powell River Peak*, the Wild Ocean Whale Society founder noted that about forty humpbacks frequent the area from here over to Comox. You're most likely to see humpback whales in this area between April and October, but some have been sighted over these last winter months and patterns may be changing.

Humpbacks are baleen whales, up to sixteen metres long with a round body shape, black to gray on the back with white on the front. Instead of teeth, they have a filter feeding system of bristly baleen plates, like curtains, that sift and sieve their food of plankton, small fish, and krill (like shrimp). With two blowholes or nostrils on top of their heads instead of one, baleen whales create a distinct sound and spout of water - especially beautiful to witness on days when a strong northwest wind sends the spray plumes out and behind them as they swim.

One identifier is the dorsal fin - a smallish fin on the back about two-thirds of the way along the body. When the whale dives, the hump that the dorsal fin sits on is very pronounced. The pectoral or side fin is another identifier when you can see it - nearly one-third the length of the body. That fin is the basis of the scientific name, *Megaptera novaeangliae*: “Megaptera” means “large-winged”.

Each humpback whale has a unique pattern on its underside and trailing edge of tail flukes, which are the two tail parts that show when a whale breaches or takes

a deep dive. The wartlike round bumps on the head in front of the blowhole and on flipper edges are unique to humpbacks.

Females are generally larger than males, the average weight of a mature adult being 50,000 to 80,000 pounds or 22,700 – 36,000 kilograms. Southern humpbacks are larger than those in the northern hemisphere.

In British Columbia, the letters X, Y, and Z are used to categorize humpbacks – X animals have mostly black tails with less than 20% white on their flukes; Y animals have a fluke 20-60% white, and flukes of Z whales have more than 60% white on their flukes.



Photo courtesy Jude Abrams and Terry L. Brown

Humpback whales were legally protected in Canada in 1966.

Depleted by commercial whaling, population numbers have been increasing steadily and humpbacks are no

longer designated “Threatened”, although are still of “Special Concern”. In 2004 - 2006, 18,000 animals were estimated to be in the Pacific Basin (up to 20,000 in the north Pacific), with 2,145 whales in BC waters, increasing at around 4%/year.

They can swim between 5 and 15 km/hour, slower when feeding, and at full speed at 25 km/hr. Average life span is about 50 years, up to 100 in rare cases. (“They usually cruise at 4 knots, capable of short bursts of speed up to 10 knots.” *The Mammals of Canada*).

Humpback whales eat up to 3,000 pounds (1.4 metric tons) of food a day, mostly krill and small fish. (*Oceana* website). Think how rich the ocean ecosystem must be to provide that volume of food every day to each of the whales out there.

We’ve lived in the same house for almost forty years,

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and the first time I saw a humpback whale was about ten years ago. This matches the data about returns – exterminated from Howe Sound by 1908, and “virtually no humpbacks seen in Georgia Strait for 100 years”. (*Bowen Island Undercurrent*).

*The Mammals of Canada* describes Humpbacks as “the clowns of the deep”, making gigantic somersaults half under water and then belly-up leaps out of the water before crashing back.

Typical behaviour is a series of short blows on the surface between short dives, then the hump appears above the water just before sounding – as the hump disappears, the flukes show, and “may wave about like a giant bird’s wing before disappearing into the sea.” (*The Mammals of Canada*). Humpbacks can dive to about 200 metres and stay underwater for 30 minutes but usually dives last about 15 minutes.

Humpback whales are “generally loners” or in pairs or may be seen in feeding or social groups of up to 15, called gamas. A gam of eight or nine has been swimming back and forth between Powell River and Tla-amin, the mainland and Harwood Island, since the summer through December 2020. Sometimes they slap the surface of the water with flukes or pectoral fins “to stun prey with the shockwave”. (*The Mammals of Canada*)

Only male humpback whales “sing”, although females and calves vocalize, so researchers speculate a link to mating. The frequency of the songs is often below what humans can hear. Check out humpback whale songs on YouTube – haunting is a good description. All members of a population typically sing the same tune. Sequences of songs are passed from one whale population to another so humpback songs change over time.

Although it’s heart-lifting to hear that “whoosh” of air

and run outside to see a magnificent humpback whale, it can be equally frustrating to see boaters head straight for them. Boats are supposed to stay a minimum of 100 metres away from most whales, dolphins, and porpoises, and 200 metres from orcas. Under the Fisheries Act, anyone disturbing marine mammals can face penalties of \$100,000 to \$500,000 for a criminal offence. (Here’s looking at you! Yes, we report criminals who break these laws.)

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*Photos courtesy Brian Voth*

# Lund Kid Revisionist History

Anna Gustafson

## Dog Days of Lund

Just as there is a specificity to Lund Kids, so too with Lund Dogs. If there's a place where dogs from the end of the road are recounting their history, I haven't seen it. I will include a few that reside in mine.

One of the most common symptoms of COVID is dog adoption. People are becoming pet owners like it's the cure for the coronavirus. Trying to adopt a dog right now is like trying to find Knorr Vegetable Soup Mix in Powell River on Christmas Eve.

In large cities like Toronto, dogs are led in groups to prime urban green spaces. Tethered to a human like a bunch of birthday balloons being taken by a gale. They call themselves dog walkers, and some are, but more commonly, it's sophisticated dragging.

They are brought to places deemed "off leash" and unclipped to roam free within the confines of urban wilderness space, surrounded by humans with a coffee in one hand, Instagram log ins in the other.

*If a dog doesn't have a log in, does anybody see?*

Dogs are limited in their travels within a city. Off leash park. Lashed to a human. Or being pushed in a buggy like a spinster's make-do un-child. Bopping around with a purse-dog head poking out of your handbag is over. Doggy Buggy, Puppy Björn, or get comfortable with being called a peasant.

The protocol for having a dog that you don't own in your backyard is to call the city. That's what people do here, "call the city". However, if it's a breed that you've decided is dangerous, even a beat up old wheezy pug making aggressive rheumy eye contact with you, you call the cops. It's a city. That's your truth. You have the right to feel threatened. What you don't do is take the weekend to craft a "concerned citizen" letter for submission to the town paper. Or call "Swap N' Shop" and let rip on the afternoon CHQB DJ.

1970's Lund protocol for having a dog that you didn't own in your back yard was as follows:

- Call the kids out to the yard to initiate an unscheduled playdate
- Say "Hello Sheeba" and wait for her owners

down the beach to call and ask if you'd seen Sheeba

- Tell the dog firmly, by name, that they need to go home. Dogs can't verbally respond with an "OK", but they do adopt a conciliatory slink when you hit the right tone

Most dogs were trained to stay in their yards. As were us kids, although I do remember just going for it from time to time and booking it down the driveway toward adventure. Both Lund Dogs and Lund Kids were trained to respond immediately to the two fingers in the mouth terror whistle. Each family boss had their own register. Associated kids/dogs would return to base without hesitation.

Timmy was a logging camp dog and became ours when a logger came to our home with him in a bag, knowing that he would be leaving with just the bag. Typically, what was meant by logging camp dog was that 50% of its heritage was clear, based on what breed of female domestic was present. In this case, Samoyed. The other 50% could be anything from wolf, VERY charming fox, or canine tourist. The white "I surrender" tip of Timmy's tail lent itself to fox, but the story we told was wolf and was my earliest stab at creative license.

Tia was a boat dog. A Jack Russell sized guard dog, demeanour of a pre-teen ripped on Red Bull and puberty. She would alert all the hands on deck when dolphins frolicked in the bow wake, or when you were "loading" from atop the hatch. Named after Tia Maria. Died from eating too much turkey under the Christmas dinner table, surrounded by loved ones. That's how I want to go.

Sundown was a shop dog and beautifully named. She was Westminster dog show grade Irish Setter with long, flowing mahogany hair. Her people were the Sorenson's, and I crafted a stirring seaside tale of romance where Timmy and the redhead fell deeply in love. She was the first dog to be hit by a car. This was a heartbreaking twist in the story that wrecked me. I modelled their love story after my parents. Handsome Lund Kid meets beautiful red-haired girl and they lived happily ever after. For as long as they had. Until she got run over by a reckless Lymphoma. Love stories always have a twist.

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Toshi was a horn dog. An audacious, unattractive, loud, lustful mutt who belonged to the McIntosh family. In hindsight, I understand now that he just wasn't neutered but BOY was he social. We learned a lot about anatomy on the playground from Toshi. Regrettably, I never got to thank him for the recesses filled with laughter when he'd pick a young leg to hump. He has since been reincarnated as an ex-President.

There is a new narrative for when a dog dies. They now "go over the rainbow bridge" to a place where they get to roam free in nature and chase wild animals. What a rip-off for Lund Dogs. Perhaps "reach the end of the road" would be more fitting for all dogs everywhere.

---

In closing, and in full disclosure, I have a stepdaughter with a thriving dog-walking business and we are currently considering dog adoption when they are back in stock. Old comedians never die. They just become their own punchlines.

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



Photo courtesy Brian Voth

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## Speaking in the Barnacular

Ted Durnin

Pandemic. Stuck at home. Hunkered down. Keeping busy. Pretending. I've got everything I need and still I'm crying inside. Keeping up a good face for others, like you.

Give me an uncovered smile. Give me music played in this room. Let me dance with a partner, not a screen. Give me a hug.

Keeping my chin up is getting harder. There was something noble about being apart and remote and separate at the beginning, like I was suffering to save the world. Now I'm not so sure the world will survive; but I know I'm still suffering. The problem with loneliness is that you have to get through it alone.

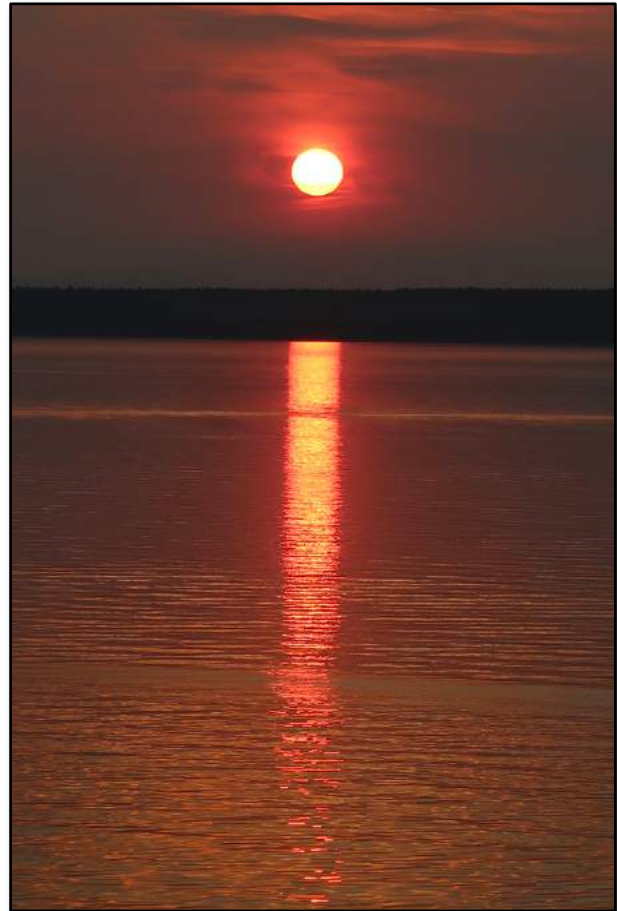
So, I'm trying to smile through the pain. Be sad and angry and still smile for your sake and mine. Smile because I'm feeling down. This all reminds me of something. A whole culture of smiling despite it all. Oh yeah, I remember: the blues! So here I offer you *The COVID-19 Blues*. My apologies to Muddy Waters and Howlin' Wolf.

Woke up this mornin' in a bed I never made  
I got to make lemons into lemonade  
I'm long on resentment, short on gratitude  
I'm gonna admit I got a lousy attitude  
And I'm outta luck  
I just don't give a cluck  
Don' mean to be obtuse  
But I got the COVID-19 blues

I didn't get dressed, I got pajamas on  
I can't help but order stuff from Amazon  
The bank account's empty, the credit card is full  
The government funding better not be bull  
And it looks like I'm broke  
Just like all the other folk  
I sure could use a cash infuse  
I got the COVID-19 blues

I got me some yoga, got me some Zoom  
The world can see into my messy, messy room  
I'm missing the feelings, I'm missing the smell  
I miss other people and I miss them like hell  
And I want to feel  
A person next to me who's real  
My loneliness is like a bruise  
I got the COVID-19 blues

Folks got their masks off, or under their chin  
You don't want to know about the mess we're in  
I want to reach out to them, reach out and punch  
And give them all a knuckle sandwich for lunch  
And you know I know  
That's how it could go  
I feel temptation to accuse  
I got the COVID-19 blues



*Photo courtesy Brian Voth*

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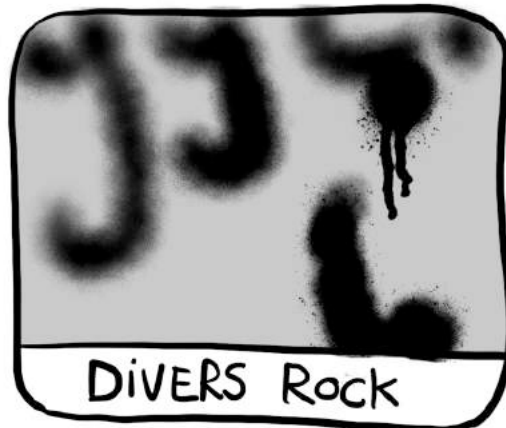
I need some resilience, I need it like mad  
I want to feel good about feeling bad  
I need me some patience, I need me some peace  
I need to hang in there 'til the crowd pangs ease  
I think this is it  
Time to show some grit  
I've had it with pandemic flus  
I've got the COVID-19 blues

There. I feel a little better. I hope you do too. Feel free to add your own verses, any day that it's bad. Especially that day. That's all I got for you. Use it well and often, and we'll see you on the far side. 🍷

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*Photos courtesy Brian Voth*





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Gregory Cran and Adam Drummond  
Blue Collar & Scholar Whisky Pair



My gluten-intolerant son has always been resistant to the draw of the 'water of life', or *uisge-beatha* (ooshga-baha) as the ancient Celts called it, which made sense given that whisky is made from barley. The question scientists have asked is what effect, if any, does distillation have on barley, wheat, or rye? Is it possible that the distilling process can remove the two main gluten protein molecules: glutenin and gliadin?

The conventional wisdom says no but in August of this year, the Food and Drug Administration acknowledged that distillation does indeed remove gluten from the spirit as the protein does not vaporize in the still. Previously, only spirits made from grapes or potatoes were considered gluten-free. The Celiac Disease Foundation concurs and as a result we are now likely to see new gluten-free labels on our whisky containers.

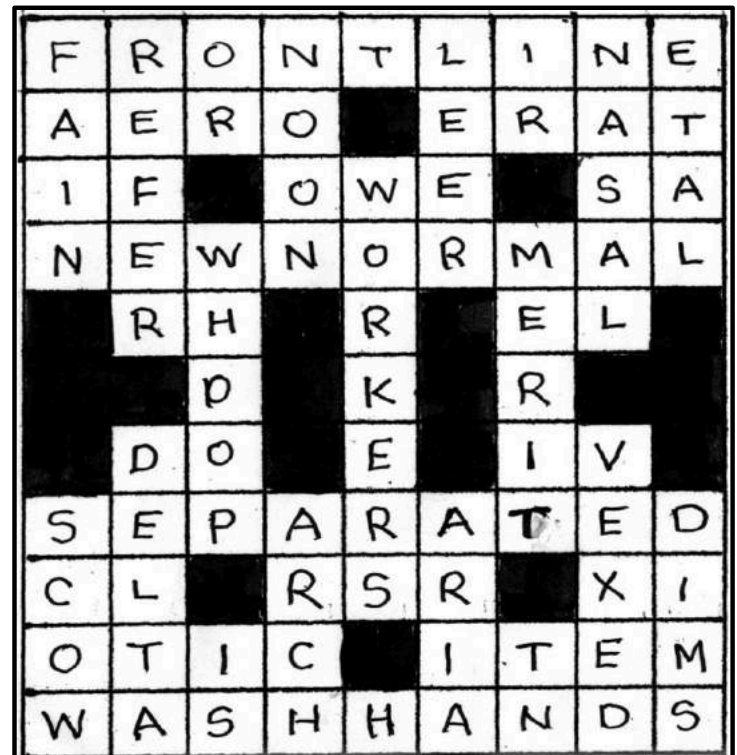
My son is delighted with the news as he can now share a dram with his partner who recently discovered the 'water of life' during their last visit to Lund. As for Wendy and me, enjoying the varied expressions and intricate notes of a single malt Scotch is not only a shared moment but a simple COVID 19 test - affirming that we still have our sense of smell and taste.

Slàinte! 🍷



Sorry folks. Just the answers to #57. Court is taking a pass this issue.

### Answer Key for #57 Crossword



## Community Page

### Birth Announcements

A little girl, **Heidi Bee Barker**, was brought into the world by Lund newcomers Matthew and Döerte Barker on December 10. Heidi's big brother, Wilhelm, age two, is happy (or will be when the baby stops getting all the attention). Welcome-to-Lund wishes go out to the whole family.

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### Sympathy and Condolences

**Bramwell Michael Burge** – December 28, 1953 – December 28, 2020

Our community lost one of its amazing members: Bram Burge Jr. This lovely man walked many paths in his life, touching everyone who met him, and he was a friend to all. He was an avid and successful hunter as well as an exceptional marksman. He will be forever missed by his wife Arlene, his three children, Sarah [Allan] Kelly and Stacy [Ashley] his grandchildren Lucinda, Ashley, Noah, Sydnie, and Annabelle, as well as the many people of his life.

- Dymph Vander Maeden

**Dean Curtis** – March 13, 1945 – January 15, 2021

A part-time Lund and Powell River resident, Dean passed away recently due to Parkinson disease and its complications. He was well known around these waters, sailing and living aboard the Surrender, and later the Griffin. Dean was a teacher and counsellor, working locally for VIU, CareerLink, and on private contract. However, he was better known for the rascal that he was. Fun-loving, romantic, easy-going, an excellent musician and singer...so easy to love. Dean is survived by his daughter Shaundra Curtis (Jeneah), granddaughters Sylvie and Mabel, and dear friends like John Adcock and me, along with many, many more. Wishing you fair winds and following seas Dean.

- Malerie Meeker

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### Hope You Recover Soon

**Charlie van Vliet** was in a serious car accident in mid-December. He broke his sternum, bashed his knee, hit his head, and nearly got scalped. It took a whole lot of stitches to re-attach it and he managed to keep most all his hair. He is recuperating and doing well under the circumstances, but his firewood business will have to wait a while. We're all glad it wasn't worse!

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### Thinking of You

Healing thoughts and much love to all Lundies, wherever you are, who are struggling with wellness in any area of life. Many of us are an aging population and our bodies are feeling the wear and tear of our wonderful lives. Between body parts getting replaced, treatments for this and that, and injuries due to falls, please remember to take good care of yourself and each other during these crazy times.

Or maybe you are a Lundie who is not part of the aging population but is struggling to not lose it with all this rain and the lack of social interaction. Big hugs go out to you. We're going to have such a celebration in the future when we can safely do so. See you there.

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**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.

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### Northside Community Recreation Area Resident List

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


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*Photos courtesy Brian Voth*



*Northern Lights December 10th. 10 pm - photo courtesy Theo Angell*



*Bear prints at Toquenatch Creek - photo courtesy Puddle Jumpers Preschool*