

Lund BARNACLE

Spring 2023

\$2.00

Random Voices of Area A, qathet

Proceeds to the Lund Community Society



Artwork by Ron Bignell

Imagine There's a Centre It Isn't Hard to Do ...

Ed Levy

Background info: qathet Regional District (qRD) conditionally obtained a grant of up to \$4.19 M toward the construction of an extension to our Community Centre. The condition requires that Area A (excluding Savary Island) top up the funding by up to \$1.1M in the form of a loan. qRD conducted an Alternate Approval Process that did not pass because 109 citizens voted No, which is three more than the minimum 10% or 106. Subsequently, qRD voted to conduct a referendum on May 6.

Ironically the negative result of the qRD's Alternate Approval Process (AAP) for a loan to construct an extension to the Northside Community Centre underscores the need to build an adequate community centre. That's because undoubtedly the narrow defeat of the AAP was somewhat fuelled by misinformation and possibly mistrust. If there had been a place for community members to work, play, and meet together, the likelihood of misunderstanding and mistrust would be greatly diminished.

In an effort to ensure that the referendum is decided on the basis of facts, I would like to address several of the misconceptions that were heard in the AAP process and may recur in the referendum.

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The Lund Community Society

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

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

Editorial Policy

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

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

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

Editorial

Hello and welcome to our spring 2023 Barnacle!

This issue is, in my clearly biased opinion, a really good one. It feels to me that it has a certain electric energy to it, partly due to it being spring with new life springing up all over the place, including the new writers and events you'll find on our pages. Fun is in again.

In just a little over a week we'll be voting on the referendum regarding our proposed new addition to the Northside Community Recreation Centre. We are beside ourselves with anticipation and hope. It's been a long time. Although the current proposal has about five years of our focused energy behind it, there have been other proposals and about two decades of hard work by a large number of people. This one is the most promising and, please, may it be the one that finally gets us a community centre!

I feel like Sleeping Beauty and the Prince is at the door at last.

I hope you enjoy 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 2023.****

Advertising Rates

Business Card Size: \$10.00

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

Quarter Page: \$30.00

Send to: barnacleadvertising@twinncomm.ca

Next edition is July 2023


Deadline for submissions is July 10, 2023;

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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 **Printer of the Barnacle**

Continued from page 1...

- **Redirecting the grant:** The \$4.19 million grant from the provincial government cannot be used for other projects in the community such as upgrading the Lund water system. If the referendum fails, then the grant is forfeited, and the funds allocated to other communities.
- **Donations:** some fellow Area A-ites have contributed \$115,000 thus far to reduce the size of the loan that will be required, and this reduces the amount of taxes we all would have to pay for the loan.
- **qRD "rescue":** some have said that if we vote no in the referendum, qRD might put up the necessary funds and we will not have to obtain a loan. This would be contrary to current provincial legislation and, if this were modified, our taxes in Area A would likely skyrocket. Currently the qRD cannot collect taxes from outside a service area to pay for improvements within another area.
- **Process transparency:** the Lund Community Society (LCS) has been working on this version of a Community Centre for five years. There has been nothing clandestine about the process. LCS meetings are entirely open and LCS has held events, put up posters, circulated documents and invited input from community members. And qRD did much more than is required to publicise the issues in the AAP. These measures would have been more effective if we had a community centre as a hub.
- **Voting:** the main confusion about voting concerns residency and property ownership. All Canadian citizens who are residents of BC for 6 months and of Area A (excluding Savary Island) for at least 30 days can vote in the referendum irrespective of property ownership. There is no restriction on the number of resident voters per household. As for non-resident individual (non-corporate) property owners, one vote per property is eligible.
- **Lund Waterworks:** those of us eligible for Lund water are facing the looming prospect of a bill to upgrade Lund Waterworks so that it can be taken over by qRD. Although there have been engineering reports proposing an elaborate and expensive upgrade, there appear to be alternatives emerging that would substantially reduce the cost of the project.
- **The current building:** engineering studies have shown the current structure is sound and can be combined with an addition.

We have been without an adequate Community Centre for a generation. We have the opportunity to obtain greater than \$4.3 million (grant + donations). While there may be differences among us, I hope that we will embrace this opportunity for us and our children, grandchildren, and friends to gather, learn, recreate, socialise, cook, play, dance, craft, eat, and enjoy music, theatre, and film together -- and to have a place of shelter in an emergency. 🌟



Tech Tips

at the Lund Community Centre
Scheduled visit:
May 4
1:30 pm - 3:30 pm

*One to one support on a drop in basis.
Free help for tablets, computers and smartphones.*
contact myfanwy@liftcommunityservices.org



qathet
REGIONAL DISTRICT

LET'S TALK PARKS & TRAILS

The qathet Regional District is developing a Parks & Trails Strategy to guide the direction for regional district parks and trails over the next ten years.

Learn how your ideas helped shape the draft Parks & Trails Strategy.

ONLINE OPEN HOUSE
Tuesday, May 16
1 - 2 pm or 7 - 8 pm

Share your thoughts about the draft Parks & Trails Strategy.

ONLINE SURVEY
May 16 to May 30

Questions about attending the online open house or want to request a paper survey? Get in touch with us:



scan to access webpage
www.qathet.ca



planning@qathet.ca



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The "Cure" All — a poem by Pat

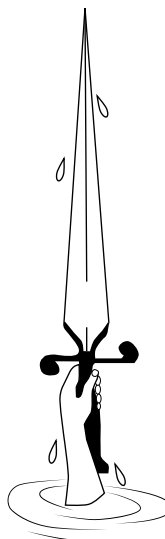
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We've brined and cured
And now we're smoking
Smokies, hams and pepperonis
Bacon bits and some salamis
Don't forget the salad greens
Won't be long 'til cukes and beans
Chicken on the BBQs
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See you soon!

Thank you for your continued support of Andtbaka Farm
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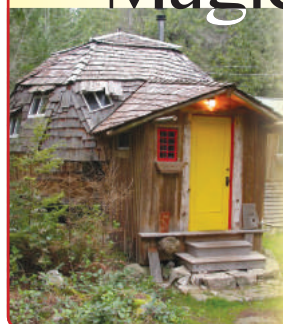
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Community Society Update

Ronnie Uhlmann

Co-Chair of the Lund Community Society

At our AGM on February 24, we elected board members and two of them are new to our team! The main focus at all of our meetings these days, apart from our usual business, is the up-coming referendum regarding an addition to our existing Centre.

If you've not heard, the Northside Community Recreation Centre has received a Federal/Provincial grant for \$4,199,082.00, which is 73.33% of the total amount needed. It is conditional on a community contribution of 27%. The community has already donated \$115,000 to offset this loan. Our addition will include a half court gym, a stage, expanded commercial kitchen, and accessible washrooms.

For many years, the Community Society has been working towards, and dreaming of, a space that can host all community events. It has been much too long since we had a place to dance, hold celebrations, concerts, plays, and any, and all events in any weather that bring a community together. Community centres foster healthy, vibrant, inclusive, creative, and connected communities. We have been missing this vital connection space. We have lots of ideas for new programs and activities. We just need the space!!

May 6 is voting day. The hours are between 8:00 am and 8:00 pm at the Northside Community Recreation Centre or the Craig Road firehall. All voter information is on the qathet Regional District website and www.lundcommunity.com. There will be flyers sent to all mailboxes, and posters on all our bulletin boards. These will provide all the information necessary to make an informed decision.

Please join us in creating the necessary community space for our growing, dynamic community by VOTING YES ON MAY 6.

May 16 is our next Community Society general meeting at 7:00 pm at the NCRC. Everyone is welcome and needed. If you have an idea, suggestion, or vision, please come and tell us. Together we can provide the wonderful community we desire. Thank you all and please vote yes on the referendum. 🌟



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IN THE STOCKPILE MARKET

Gas Dock hours:
Monday - Friday: 8 AM - 6 PM
Saturday & Sunday: 10 AM - 5 PM

One Heart, One Mind, One Nation.

What's Happening in Lund?

Sandy Dunlop

Downtown

Both the Lund Resort Hotel (now called **The Village at Klah ah men**) and the **101 Bar & Grill** are still closed until at least May 1. Check social media for any changes.

The **Stockpile Market** is open Monday to Friday from 8:00 am to 7:00 pm, and on Saturday and Sunday from 10:00 am to 6:00 pm. As well as their grab and go take-out, open whenever the store is open, they have a new **101 Café**, where you can get coffee, tea, and eggos. That is open Monday to Friday 8:00 am to 3:00 pm, and Saturday and Sunday 10:00 am to 3:00 pm.

The Boardwalk Restaurant is open daily from noon – 8:00 pm, except Wednesdays.

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

Check all the business ads in this issue for up-to-date info as we move into spring. For those of you reading the *Barnacle* online, we have created hyperlink connections to their websites to make your browsing easier.

At Northside Community Recreation Centre (NCRC)

Playgroup with Ria – taking a break until September.

Lactation Support Group - Mondays from 11:00 am – 12:30 pm until the end of May.

This group is meant for breast-feeding moms to talk and support each other in a safe, quiet place. For more info, call Ria at (604) 414-0383.

Puddle Jumpers Preschool – Tuesdays and Thursdays 9:00 am - 1:00 pm for kids aged 2.5 – 5. See page 19 for more information.

Lund Community Daycare – Tuesdays and Thursdays 1:15 – 5:00 pm and on Wednesdays from 9:00 - 5:00 pm. See page 19 for more information on both the Preschool and the Daycare.

SD47 ORCA StrongStart – Drop in for families with children 0 – 5 years old, Mondays, 10:00 am to noon, May 15 and June 19. Early Childhood Educator directed activities.

Tai Chi with Bill McKee – Saturdays 9:30 – 11:00 am. Call (604) 414-5003 for more information.

Says Bill: *We practice a Yang style short form refined by Master Henry Wang over his 50 years of continuous practice. I have been a student of Master Wang for 25+ years. He describes his method as "the soft way or path ". It is a martial art that uses the principles of relaxation, balance, proportion, centre, circle, concentration, and coordination instead of force. It promotes physical and mental health and is an opportunity to directly experience the teachings of the Dao, which follows nature. It takes commitment and perseverance but is open to everyone.*

Ashtanga Yoga with Nicole Henri – Sundays 10:00 am – 11:15 am. Drop in for \$10. All levels welcome. For more info, call Nicole at (604) 223-9344.

Food Safe Training – dates, times, and fee to be announced. Call Ria at (604) 414-0383.

Lift Literacy Programs – Tech Tips – May 4 – 1:30 pm – 3:30 pm.

One-to-one support on a drop-in basis. Free help with smartphones, tablets, and laptops, with using email, taking and sending photos using phones, and installing apps. Please bring your device with you. For more info, contact myfanwy@liftcommunityservices.org

Continued on page 7...

Continued from page 6...

Voting Day - May 6 - 8:00 am - 8:00 pm at the NCRC or the Craig Road firehall. Please vote yes to approve the loan to allow us to access the grant for the addition to our Community Centre.

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

Lund Waterworks District - AGM and general meeting April 30 at 1:00 pm. Open to the public. Discussed will be the new 2023 taxation, future infrastructure improvements and their financial implications and possible boundary changes for the LWD area.

Tiny Bike Invitational - July 15. This is the first ever of qathet's pre-eminent adult small-bike downhill race. See page 9 for more information.

Community Lounge - Open 8:30 am - 5:00 pm Tuesday, Wednesday, and Thursdays until the end of June. Summer hours to be posted as we find volunteers. This is a place to hang out and visit with friends in the small meeting room, make a hot drink in the kitchen, connect to free internet, and browse the fledgling free-food program. You must sign in and clean up after yourself. No drug or alcohol use. Please be respectful of all other users of the building.

At Tidal Art Centre

There is so much going on at Tidal Art this spring that the best way to know about it all is to check out their ad on page 17 and their website at tidalartcentre.com.

One Tidal event you should surely not miss, even though it's not happening at Tidal, is the May 6 fundraiser for the Tidal Art Giving mentorship program. *Tacos and Tunes* will happen at 10079 Sarah Point Road from 6:00 - 9:00 pm. OMG! A house concert! 🎵

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

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qathet
REGIONAL DISTRICT

**qathet Regional Emergency Preparedness
Community Notification System**

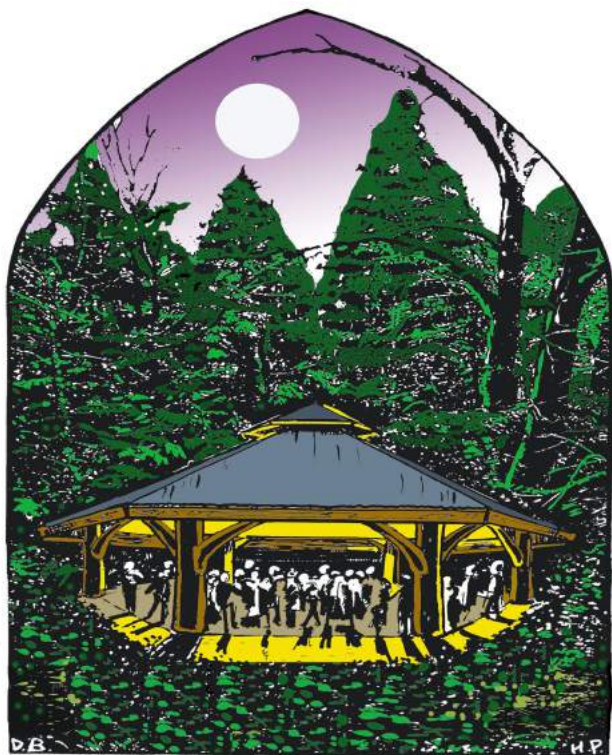
GET READY STAY READY



Scan this code to sign up for emergency alerts or go to qathet.ca

Don't wait until it's too late

For more information please contact emergency@qathet.ca



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

Lund Recycling Depot (9642 Larson Road)

Regular hours (September - June)

Wednesday - Saturday

10:00 am - 4:30 pm

Summer hours (Canada Day - Labour Day)

Thursday - Monday

9:00 am - 5:00 pm

Closed Statutory Holidays

Thank you for recycling!



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

Monday, Tuesday and Friday

Leave Lund: (Mile 0 Marker)

9:41 am

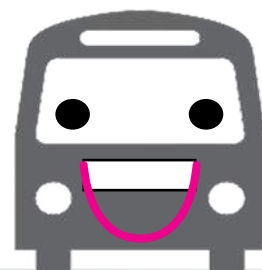
4:10 pm

Leave Town Centre Mall (North End)

8:50 am

3:25 pm

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



Other information:

Additional summer runs to be announced - for updates check BC Transit website.

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

The Great Lund Sticker Show

Charlie Latimer

Between June 23 and 25 at Tidal Art Centre, our community will present their own version of "Lund"... in sticker form. Think a place/idea/fake business/bad joke needs a sticker? This is your chance to make it happen. Any Lund-themed design will do. For more info, or to submit your design, contact charlie@dotank.org. Deadline for submissions is May 15.

June 23: opening night, 7:00 - 9:00 pm.

June 24 and 25: gallery open 2:00 - 7:00 pm.

"Lund Mayor" A roving turkey gets appointed mayor in one of the sticker submissions. 🦃



Artwork by Charlie Latimer

New Race, Who Dis?

Charlie Latimer

This summer, the first annual *Tiny Bike Invitational* will take place in the rocky forests of ~~la~~amun (Lund). This is gathet's preeminent adult small-bike downhill race. The TBI Organizing Committee is accepting applications from all over the world to compete in this year's event, taking place on July 15, 2023.

But what is it?

It's a race...

On a secret course, teams will compete to win the bigfoot/smallwheel cup by flying downhill on a tiny bike. If you must know, a tiny bike, as defined by the international tiny bike association, is a bicycle that has pedals and a chain with wheels no larger than 16".

Why "Invitational"?

Anyone is invited to apply, but only ten teams will be chosen based on arbitrary reasoning by the organizing committee. Only teams can attend the event... but team members can consist of anyone from rider to pit-crew to cheerleader. The team is required to have some kind of uniform.

I'm in! What do I do?

In order to get invited, you must fill out an application for your team before the deadline of May 30, 2023. If your team is selected, you'll get an invitation to come compete on July 15, 2023.

Applications are online at www.lund.bike



Artwork by Charlie Latimer



Lund parking - what's up with Finn Bay Road's water table?
photo courtesy of Brian Voth

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New Barnacle box at Nancy's, thanks to a generous local woodworker. photo courtesy of Brian Voth

qathet Regional District Update

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

Spring is definitely upon us and there is sure a lot of activity out in Area A. So nice to see everything sprouting, and people out and about. My grandson is sprouting too, and his third birthday reminded all of us how special it is and how lucky we are to raise him here. He wanted to go fishing... Boy, I love that kid!

This spring has brought quite a bit of activity through the qRD board and committees and from citizens reaching out to discuss various issues.



Directors and staff have participated in several training sessions and workshops to get us up to speed regarding many topics such as code of conduct policies, elected official duties and responsibilities, legalities, strategic planning, and more. I have learned a lot and there is more to come as we participate in the upcoming Association of Vancouver Island and Coastal Communities AGM this month and the UBCM later in the year. I hope to learn more about how to better advocate for our region, amongst other things.

I have spoken with many of you as individuals or through community groups such as LWWID, ASIC, SILT, LCS, SIMAC and SIPOA. Much good work is being done by many volunteers to better their community. I've been able to meet with some Tla'amin First Nation council and staff and I look forward to increasing working together.

Many challenges and objectives to work toward, from the Savary OCP update to the upcoming Northside Community Recreation Centre expansion referendum. From working with the village of Lund on a long-term water supply plan to demanding long overdue safety and health improvements on our highways and roads from the Province and MOTI. The Resource Recovery Centre is nearing completion and will be opened to regional use soon.

Recently I was able to participate in an Evacuation Supply Container Workshop along with several folks from emergency services and the community. This was a great effort at understanding what resources we have and the resiliency that we will need in larger scale emergencies. I encourage all residents to check out the resources and guidance available to better prepare them through the qRD website www.qathet.ca. This is also where you can find all things qRD related, including contact info.

On the Easter long weekend, I was fortunate to be able to accompany my family to the annual Easter Egg Hunt provided by the NVFD Association and Firefighters. All in attendance had a great time, loaded up on chocolates and hot dogs, and really enjoyed watching the kids hose down fire fighter Mike Burge one after the other! We truly appreciate SIVFD, NVFD, and all that volunteers do for our community throughout the year.

Please continue to stay involved and reaching out on issues and potential solutions. 🌱



qathet
REGIONAL DISTRICT

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


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

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

GET INVOLVED IN YOUR LOCAL GOVERNMENT




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


May - June 10:00 am - 4:30 pm
everyday except Tuesday

July 10:00 - 4:30 pm everyday.

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April is cancer awareness month
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Nanette Kapitan

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MANTRAILING
CANADA


Sandy Middleton, BA, KPACTP, FDM
e: sandy@bestfriendsdogtraining.ca | 604-483-DOGS (483-3647)

Northside Fire Department News

Ann Snow

Hey Lund! Come and see what we do! Try it out for yourself. On Saturday, May 27, from 11:00 am to 2:00 pm, your Northside Volunteer Fire Department invites you join them at the new Lund firehall for skills demonstrations and a barbecue. Firefighters will show you "the ropes" and let you try your hand at squirting water from a fire hose, safely mounting and dismounting fire trucks, touring the new Live Fire Building, and using a fire extinguisher properly. Take a selfie of yourself in firefighting gear and enjoy other fun activities for both adults and kids.

This is your chance to learn how easy it is to join, what the benefits are, and how much fun it can be. We look forward to meeting you there! 📍




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

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



Businesses and individuals welcome.

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for more information



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Who's in that Helmet?

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

Who am I?

I'm **Lydia Line** (she/her). I'm with both Northside and Tla'amin fire departments, work part time with BCEHS, and run Cottage Creek Bake Shop with my mum!

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

I moved from the prairies to the west coast in 2006 and then to Northside in 2014. I joined the fire department a year after that!

Why did you join the Northside Fire Department?

As a little girl, I always wanted to be a firefighter. I was drawn to the big trucks, quick decision making, and sense of purpose. After high school, I contemplated going to a fire academy but took a different, more artistic path for awhile. When I finally settled down in qathet, I saw a fire truck and followed it back to Craig Hall and never left!

What surprised you most about joining?

What surprised me about the joining the fire hall was the sense of instant community and trust that was bestowed upon me. I was also surprised by the services offered by a rural fire department; it's not just fighting house fires and getting cats out of trees. It's also medical assist calls, directing traffic, hosting events, and endless learning.

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

One thing that I've learned in the fire service is to trust myself. I've gained confidence and leadership skills, and these come from being able to trust that I'm doing the right thing and I'm doing my best. It's amazing what your brain and body can accomplish if you just trust that it can do it!

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

Personally, the best benefit from the fire department I've received is all the training and experiences on calls. I realized I love it and liked being in fast paced, critical thinking environments, and I'm pretty alright at it. I liked it so much it inspired to me to go and pursue a career as a Primary Care Paramedic with the ambulance service, which is something I never would have seen myself doing before joining Northside. 🚒



Photo courtesy Ann Snow



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Let's Talk Trash

WHAT IS WASTE?

Let's Talk TrashIngalisa Burns, of the
Let's Talk Trash team**Zero Haste Life**

Even the most evolved of humans benefits from continual review of their actions and environment. Asking the simplest of questions helps us course-correct and grow right. Are we feeling nourished? Are we more in alignment with the person we want to be? How is our life affecting others around us? We might expand that bubble of consideration beyond the self to the earth. How are my choices caring for the planet? Is there any way I might better embody my ideals in my actions? If you find yourself coming out of the winter's hibernation recharged and ready to step into an even more conscious way of living in an equanimous relationship with the planet, there are many opportunities. We are always capable of further refinement.

Many of us are already on a path of intending wellness for the earth that so nourishes us in return. We have observed that our actions affect her, and we have cared enough to soften our presence - whether it's gathering scraps from meal prep to return to soil, swapping clothes with friends, or building with salvaged materials.

We can begin by blowing the dust off some of the good habits we may have put up on the shelf. Bringing our own water vessel, tea carafe, utensils, and bag wherever we roam offers continual rewards. We can know the quality of the water we are drinking, are often in arms-reach of the creature comfort of a sip of tea, and never worry about the needless karma of single use forks and plastic bags. Expanding your toolkit for reducing single use items might look like acquiring washable produce bags, beeswax infused wraps for food covers and kids snacks, reusable wool dryer balls, condensed laundry detergent sheets, or even your own water filtration system.

Before a wave of stress at the number of options offered crashes you into inaction, realize that change takes time. Each investment of planet-centric items for your life needn't come in one fell swoop. Perhaps incorporating one or two a week will feel more reasonable. Steady beats of change result in a healthier pulse over time.



Some changes require even more patience as they involve bigger learning curves. New skills that empower us to be less reliant on wasteful products or services are inevitably more time consuming. Learning to preserve food, bake healthy treats, guide yourself through a cleanse, repair clothing, and build with natural materials takes time. This new knowledge, however, also keeps giving. You will have these skills for a lifetime and can continue building on and refining them. When learning these new skills, adopting a zero-haste attitude can help.

As we grow in our planetary care, we might also consider downsizing and simplifying. The noise that possessions create in our lives is real. Each new-to-you item calls for varying levels of maintenance, protection, updating, and finally, disposal. Thrift stores, consignment shops, selling online and gifting are great ways to re-introduce your still-good treasures to others. This is particularly relevant as we age and have accumulated a host of materials we no longer use or need. When our end of life or transition to other living situation comes, it can involve a lot of waste and stress for family and friends who are sorting it all at a sensitive time. For those who are inheriting this task, there are local services to help, including Sunset Gleaners (CoastSunsetGleaners@gmail.com).

On the road to Zero Waste, we encounter many crossroads that can take us closer or further from our goal. While the planet is clearly calling for our care and consideration, it is important to be compassionate to ourselves so that our transitions are sustainable. Change rarely occurs at the speed we expect or perhaps hope for. Incrementally, however, small shifts grow us into entirely new beings. 🌱

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

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TIDAL SPRINGS TO LIFE

PACIFIQ MADNESS. Prashant Miranda's ongoing artistic explorations. 21 April - 7 May. 2 - 7 pm.

Artist in residence: Liliana Kleiner.

Steve & Eve, graphic novel book launch. 7 May, 5 - 7 pm.

Artist in residence: Mia van Leeuwen
Artist Talk: How to Raise a Ghost: Memento Mori as Contemporary Practice. 18 May.

Workshops: Dawn Myers Willow basket weaving series. 20 - 21 May & 17 - 18 June.
Sandra López stone carving workshop, 13 & 14 May.

Exhibition: Shivaun Gingras. 24 May - 4 June

Tacos and Tunes. Fundraiser for Tidal Art Giving, mentorship program. 6 May. 6 - 9 pm. 10079, Sarah pt. Road.

Artists in residence: Heidi Nagtegaal, knit and crochet "Conversations/installation" 10 - 16 June.

Kennedy Snider, ceramic artist in residence

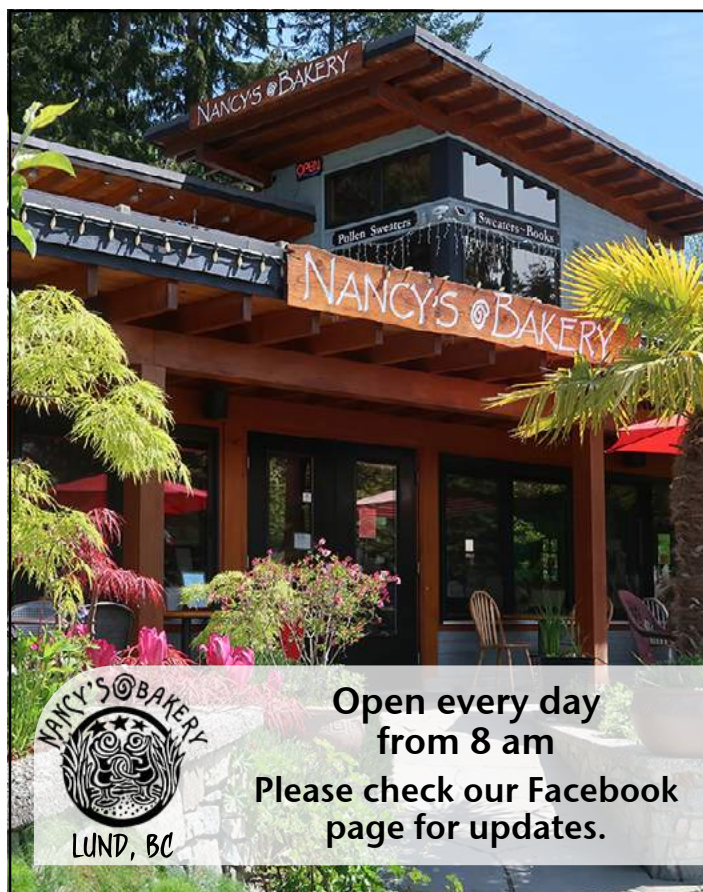
The Great Lund sticker show. 23 - 25 June.
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TIDAL art centre

April

May

June



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From the Office of Our Member of Parliament

Drewen Young
Constituency Assistant
Powell River Community Office



Rachel Blaney
NDP MP
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1-800-667-8404

How often do you think about those who served in the Canadian Armed Forces? MP Rachel Blaney is the NDP Critic for Veteran Affairs; she stands strong in her conviction that Veterans need our country's consideration. For many Veterans, rehabilitation services are critical to their mental and physical health but staffing shortages and backlogs have meant Veterans have had to wait months, even years, for the help they require. Last fall when Minister of Veterans Affairs Lawrence MacAuley announced a multi-million dollar outsourcing contract to a private for-profit company Lifemark, owned by the grocery giant Loblaws, MP Blaney stood in the House of Commons and insisted funding should be invested in workers at Veterans Affairs to create a more stable, permanent work force. Instead, the Minister put Loblaw's profits ahead of veterans and their families.

The scheme, announced in November 2022, was to privatize Veterans' rehabilitation services. In question period, MP Blaney stated, "The Liberals have been failing Veterans for years. The Minister has refused to hire permanent staff to support Veterans, has suspended services for over a month, and is now delegating tasks to a private company owned by Loblaws, for hundreds of millions of dollars. Meanwhile, VAC is delaying the contract rollout because workers haven't been properly trained. This is a crisis, and Veterans deserve so much better. Why is the Minister putting profits ahead of care for our Veterans and their families and will he stop this botched contract?"

Veterans call our community offices every day. Everyone, including Canadian Armed Forces, Veterans, mental health service providers, and union leaders say this new program, Partners in Canadian Veterans' Rehabilitation Services, is only making it more difficult for Veterans to access supports and services. They say the new contractors have not run the programs adequately since taking over.

"Veterans who've fought for this country deserve to have the best supports possible when they return home," said Blaney. "But instead, the government is leaving them in the lurch, without access to the services they need and are promised. It's despicable that when we have one of the best public services in the world, who could be delivering these services, the Liberals are choosing to give a massive contract to a company that only cares about their bottom line."

What do you think? Is it time to cancel this contract and put Veterans ahead of profits?

Our Community Office is located at 4683 Marine Avenue and constituents are invited to drop in Monday to Friday from 10:00 am to 4:00 pm. When MP Rachel is home in the riding, she is available to meet with constituents, visit gardens, co-ops, schools, local charities, and businesses to hear what the people of this community need and want. To request a meeting or visit with your MP, contact Rachel.Blaney@parl.gc.ca or [604-489-2286](tel:604-489-2286).

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Puddle Jumpers Preschool and Lund Community Daycare

Alisha Van Belle

Spring is finally upon us, thank goodness! We have been spending any nice afternoons totally outside. The Puddle Jumpers parents have built a new garden box in our play yard, and the veggies will get a great new home with plenty of “grazing” space (and some children quite literally like to graze like little deer).

We had a fun-filled winter where we explored weather with a combination of art and experiments. Our sailboats were a total hit, both the making and the sailing of them in our lovely, large, local puddles. We then moved into space exploration. Some children got totally into this topic and wanted to talk about outer space all the time! We built a cardboard rocket (thank you so much Tasha Gee!) and painted it as a rainbow. We took a trip to outer space and explored different planets where each planet had a different kind of walk.

Now, we are exploring the signs of spring...budding trees, flowers, insects returning, and birds! Our bird feeder got heavy traffic this winter with all the snow, and we had so much fun watching all of the birds in the mornings. We have been exploring and growing seeds. We walk in the forest across the road on a regular basis and see what is growing and changing. We also got to explore our local beach to play with little crabs.

We are so incredibly lucky to live where we live! Having a Parent Cooperative Preschool makes these walks, cooking explorations, and field trips all possible. Again, I feel such gratitude that the parents are so involved with their children and this small, beautiful program.

The Community Daycare is also alive and well...and full to the brim! We welcomed a little one after spring break and are proceeding with a very gradual entry to daycare. I have started to invest in toddler toys now that we have a full group of toddlers. The Daycare and Playgroup share resources and toys. We have had some really beautiful weather in the afternoons and the children are always happy to have a



Photos courtesy Puddle Jumpers Preschool

Continued on page 20...

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snack outside and keep playing there. The Daycare and Preschool share commitments to being outdoors and eco-focused. I feel blessed that I can offer quality care in our community.

Daycare will continue through July but is closed for the month of August (to rest). It runs Tuesday and Thursday 1:00 - 5:00 pm and Wednesdays 9:00 am - 4:00 pm. Our Wednesdays are totally full, but there is still a bit of space on Tuesday and Thursday afternoons in July.

I have been taking enrollment for both Daycare and Preschool for September 2023 start. The Preschool has only one spot left for that year, but it is always worth being on a waiting list. The Daycare spots are also filled for Tuesday and Thursdays for next year, but there may be room on the Wednesday.

Please contact Alisha (604) 414-0091 for information or to get on a list. 🌱



Photos courtesy Puddle Jumpers Preschool

Viewpoint of a Local Teen

Choosing a University

Kiran Hollmann Prichard

In recent months, my world has been consumed with one of the biggest decisions of my life so far. What am I going to do after I graduate? I am reaching the end of my high school career and will be graduating in June 2023. The final year has gone by extremely fast, and now is the time to be thinking about what the plan will be for the future.

I always knew that I wanted to go to university to study. I will be majoring in arts, and I know that I have interest in psychology, sociology, journalism, and human rights. My plan is to take classes in a variety of disciplines and faculties and go from there! In terms of where I will be studying, I have decided on attending St. Thomas University in Fredericton, New Brunswick.

My decision to choose a school nearly as far away as possible in Canada comes down to a number of factors. One of my passions is for the game of soccer. It has been one of my goals for many years to play at university, which aligns with my intentions of playing at the highest level possible. The opportunity to play soccer was extremely important in my decision-making process. In fact, when researching schools, I would take a brief look at their website and then my next step would be to email the soccer coaches. Being involved in athletics was essential, and I needed to know whether soccer was an option before I put in time to do more in-depth research. Before I made my decision to go to New Brunswick, I had a try-out with the team at St. Thomas University, which is who I will be playing for when I attend university this fall.

Although the athletic aspect is very important to me, academics are still the predominant factor. St. Thomas University is the only exclusive liberal arts university in Canada. It has 1800 students and is located on the same campus as the University of New Brunswick, which has 10,000 students. The two schools have a unique partnership, which allows students to take classes at either school as well as sharing athletics and library facilities. Therefore, St. Thomas offers the best of both worlds, as it has access to the infrastructure and academic options of a larger school, as well as having a small, tight-knit community where all classes are capped at 60 students. The opportunities of a bigger school coupled with the feel of a smaller community were big reasons for my decision.

Equally important to me in the decision of where to study is location: climate, social scene, distance from home, population, and cultural scene are some of the things I considered when making my decision. I have never spent very much time away from British Columbia, and part of my choice to go so far away is to spread my wings and gain some new experiences in a different part of the world. When I visited the east coast, the small community feeling reminded me of home and the people were very friendly. Being away from family and friends will definitely be a challenge. However, I look forward to making some new connections and exploring an unfamiliar part of Canada.

My decision on where I will be going upon graduation came down to athletics, academics, and location. This new chapter will be challenging, but I am very excited to make this next step in my life. I would like to express my gratitude to the community of Lund for the 18 years I have grown up in our neck of the woods. The love, support, and belonging I have felt during my time here will stay with me wherever I go. No matter what, Lund will always be home. 🌲

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Creative Klah ah men/ Lund

Monique Labusch

Welcome back to discover new creativity right here in Klah ah men, which enriches our daily life with beauty, colour, curiosity, and happiness! This time I asked our neighbours, Stefanie Dueck (metalwork) and Gillian Turner (painting) to tell us about their artist's process, life, and inspiration, which I always find very interesting!

Let's start with Stefanie:

My practice encompasses metalwork of all kinds - from purely utilitarian objects, to fine craft and art. Process has always been key for my development; learning a new skill or acquiring different tools will often cause a shift in creative direction. Ideas originate in my sketchbook but continue to evolve throughout the fabrication of a piece. I am not someone who can easily separate designing from making; it's a back-and-forth progression with one informing the other.

Sometimes I work small, as in my line of flatware or custom hardware. I also enjoy creating larger scale sculpture and architectural elements, such as the privacy screens recently completed for Tidal Art Centre. Techniques used are varied, usually involving welding or blacksmithing. Lately I have also been exploring much more with sheet steel forming. I love the diversity of projects my studio is able to take on, and welcome opportunities that diverge from routine and get me trying something new.

Isn't her work amazing! And her sentence "trying something new" resonates with me! What do you think?

For custom orders, or to see and find more information about her work, please go to:

<http://www.stefaniedueck.com/> or visit her Instagram account.

Now let's see what Gillian wrote for us, about her paintings and how her creations developed over the years.

Growing up in Alberta, I was blessed with magical aunts. These amazing women stepped in after my brothers and I lost our mom at a very young age, as all magical aunts tend to do!

The auntie who lived closest, Marnie, was a gifted potter and photographer. She would plunk down an old Macintosh apple basket full of pencil crayons and sit with my brothers and I at her kitchen table. We would draw the towering peaks of the Rockies and sprinkle them with a rainbow of tiny pine trees, rivers, and clouds; a rainbow because, of course, we were free to imagine pictures in whatever colours we felt like that day. Auntie Marnie had a potting wheel in her basement and a kiln in the backyard and we spent many happy afternoons crafting little pinch pots and rolling "clay worms" into tiny creatures. Years later, I inherited that wheel and threw many hopeful pots. They were, alas, never fired, before I turned to painting.

The same partitioned off garage space that held the wheel served as a painting studio for a few years as I dabbled in watercolours. It was next a design space for my urban gardening business before finally morphing into a healing space, home to my Integrative Energy healing practice just before my marriage dissolved and we sold our home. I remember the point at which those paths converged, and a vision emerged that held all of these arts ~ designing individual healing gardens that



Photos courtesy Stefanie Dueck

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engaged the senses, inviting a wander through scented pathways, crunchy gravel underfoot, soothing water features, bird baths and meditation spaces ... and on it went! Instead, I found myself digging up traffic circles and boulevards, planting rows of kale and dill, chard and tomatoes.



Photos courtesy Gillian Turner

abstract and rooted very much in this place, these trails, the bays, the bluffs. Inspiration here seems endless!

What an interesting journey, Gillian! Can't wait to see where it will lead you!

Please go to these links for more information!

[@gillianturner_art](#)

[gillianturner.ca](#)

[gillianturner11@gmail.com](#)

In August, she will be on the qathet studio tour as well! A good opportunity to stop by and say hello to your neighbour and to see her work in person!

Thanks for reading and I hope you enjoyed it!

For me, it shows again, how this beautiful place has sooo much to offer. Let's all take in the beauty around us! May you all be happy, grateful, and inspired by it!

Who knows, next time I might ask YOU to write about your creativity in the *Barnacle*! 🌱



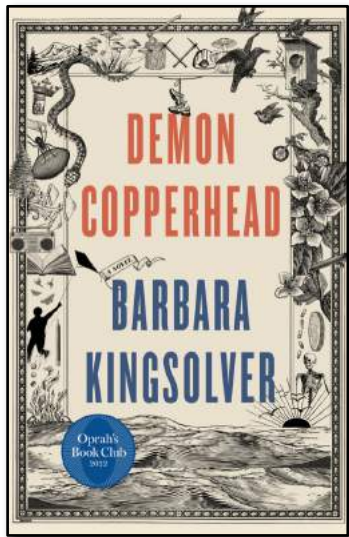
Creative flow for me, and I understand for many, is a whole-body experience. It can be expansive and joyous at its fullest expression as time becomes absent and my inner world lights up. And what better place than here to re-connect heart to body, mind, and spirit!

The stunning beauty and felt sacredness of this place brings me a quiet and profoundly simple appreciation for nature. The herring bubbling off Hurtado Bay bringing the sea lions close in to view; the signs of bears emerging - indeed the spring "bear parade" through our yard; the wildflowers popping up overnight on Dinner Rock bluffs; the surprise falls of Brown Creek just past the bridge, and the huge variety of mushrooms spotted along the way. I am very grateful to be here. Since our arrival in Klah ah men, my painting has evolved from watercolours to include acrylics, and most recently block printing with lino-cuts. I paint mostly local landscapes, fairly

Ev's Book Review

Ev Pollen

Hello to all readers of our beloved *Barnacle*.



My favourite type of novel presents characters and scenarios that open me to experiences that may never occur in my own life yet make me desperately want a certain outcome. Justice, perhaps, and happiness. I also want to learn about things I've never done and places I've never seen. I also want some good laughs!

The two novels I'm urging you to read this quarter go firmly into the "must read" category, and if you think fiction doesn't tell truth, you've been reading the wrong fiction.

Barbara Kingsolver brings truth straight to the heart with her latest book, *DEMON COPPERHEAD*. The story is told in the voice of Damon, who resents how the schoolyard morphs his name to "demon", but also loves his mother for the passionate love she showed him, before her addiction orphaned him. He understands early that he is on his own, and his telling starts with "First, I got myself born." This is the strength of character that endears him to us, the readers, and sustains him through the experience of being unwanted, a number on a social worker's to-do list in a broken social structure.

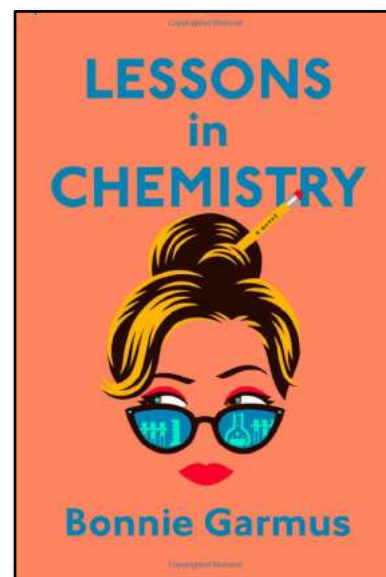
The early chapters of this daunting book almost defeated me, but I had to know how he would prevail, and I loved *Demon* enough to keep reading. Kingsolver addresses the opioid crisis with well-researched analysis of the profit-driven persuasion exercised by pharmaceutical companies, and she generates compassion for the victims. The characters in this novel are memorable and believable, and I hope they will resonate for you as they did for me. This is a great book to discuss.

Bonnie Garmus has delivered abundance on all counts with her debut novel *LESSONS IN CHEMISTRY*.

The story is set in the 1950s and is full of science, rowing, dog intelligence, and the cultural norms of the era.

The main character is Elizabeth Zott, a brilliant self-taught scientist whose ambitions have been thwarted spectacularly by the entrenched misogyny of that not-so-long-ago era. She comes across as very rigid and humourless, but capable of fierce love. And wait till you meet her dog, Six-Thirty! His internal dialogue is wonderful, and the author's way of describing his behaviour is comical, as in the scene where Six-Thirty sniffs the stranger "like a cop patting down a suspect".

I enjoyed this novel. If, like me, you find some of the anti-feminist episodes overdone, just be grateful for the extent the world has improved in the decades since the fifties, at least on this continent, and be vigilant about maintaining the momentum. The story also features a lively discussion of religion, and a pastor who is becoming a skeptic. This was a "couldn't put it down" book, and a really enjoyable read. 🍷



Short Little Dreams of Wisdom

Nicolas Marius

I flipped the same shell
A thousand times and again
Without even getting bored.

Dressed as a clown,
I am bowhunting colours
in the November rain.

With my long, red shoes
That have steel toes,
I tap dance in mud puddles. 🐾

Medicine Story Night

Trevor Mervyn

There is an old belief that myths and stories are living beings that contain wisdom and medicine, or in a word: *Eldership*. In the troubled times that we inhabit, and which seem bereft of deep guidance, this is no small thing.

Join us as we let an old story move through us, weaving its way into our bodies and into our Dreamtime, a mythical mycelium carrying wisdom from "once upon a time" to this very specific time. We will learn how to, as they say, "let a point in a story catch you" and begin the meaningful work of approaching stories as medicine.

After we have been fed by the story, we will feast together on a meal home-cooked with love by my co-organizer, Amber Friedman. This is not a potluck; dinner is provided. Should the graces prevail, you will leave this event full in a meaningful way. Would it be so.

Join us on Saturday April 29. This is a monthly event, but please note there is no event in May. In June, the story date is planned for June 24. The address on Malaspina Road will be shared with registrants the week of the event.

Pre-registration is required! Going to our website at www.sacredgestures.com is the best way to find out more and register. My contact is there, as well, for anyone with questions. The registration fee is on a sliding scale of \$30 - \$45, and \$20 for teens.

Pre-registration is about dietary concerns on one level, and also about what personal trouble one is bringing to "feed" the story so as to help us hold the container in a better way.

Given that the spring *Barnacle* comes out around April 27, there won't be much time before we meet, but even if you register the day before, we can make it work. 🐾

The Return of Kathaumixw!

Joyce Carlson

After too many years of its absence, the International Choral Kathaumixw Festival is coming back to Powell River this summer from July 4 through 8.

Kathaumixw artistic director Walter Martella went through all the applications and spent months listening to audition tapes from choirs hoping to be accepted to this year's Festival. Accepted choirs come from Quebec and Saskatchewan in Canada, Illinois, California, and North Carolina in the United States, Uganda, and Venezuela. Five visiting choirs are from BC.

A crowd favourite from our 2016 Kathaumixw is returning this summer. *Sweet Scarlett*, a choir of six women from Vancouver, entertained audiences on stage with their engaging personalities and the quality of their singing. They were runners-up in two competition categories: Chamber Choir and Adult Equal Voice Choir.

Kathaumixw committee chair Steven Cramaro grew up in Powell River, left for university studies, and moved back to become a resident of Area A in qathet Regional District and a music teacher at Brooks and James Thomson. Other Festival contributors from north of town include residents of all ages who sing in local choirs. This year School District 47 students will be involved in large numbers.

Powell River Academy Music staff has been working for months since the application acceptances to finalize details with the choirs, working to ensure everything is done to make the trip to Powell River go smoothly.

Organizing committee members are meeting more frequently from now until the festival starts. Volunteer lists are being compiled and new people are always welcome. Walter Martella has worked with guest conductors and artists on the program for the Gala Opening Concert that takes place Tuesday, July 4.

Packages and individual tickets went on sale on April 4 and are available at the Academy or online at kathaumixw.org. Sign-up lists for volunteer duties can also be accessed through that site. 🎵



Sweet Scarlett sextet, photo courtesy Joyce Carson

Life From Here

Trish Keays

Celebrating edible berries in our region

What an amazing place this is! The majestic coastal forests and iconic trees like Western Red Cedar draw first attention. From the canopy to the understory, each level of the forest has uniquely adapted plants and ecosystems. The understory is close to human height, so it's what we move through on forest walks and hikes. Though some of the following berries don't appear until summer, others ripen in spring and if you time some of those walks with ripening of edible berries, the happy results can include jams, jellies, fruit leathers, and syrups.

Experiment! Some native berries, such as salal and Oregon grape, may not suit modern palates, but you can mix them with other berries for a delicious medley. These same two types of berries have a lot of pectin so you may need to adjust pectin amounts. I once made a mixed berry jelly from salal, Oregon grape, and red huckleberries, and it set so firmly that the jelly kept the shape of the jar and would hardly spread. Tasty, though! A mix of ripe and underripe berries works best for jams.

Red huckleberry (*Vaccinium parvifolium*) is often found growing on rotting trunks of fallen logs. The bushes have a beautiful form of branching and small oval leaves and bright red small berries that can be acidic. If you're considering picking any volume, check out pictures of a huckleberry rake. We adapted traditional forms by attaching chopsticks to a plastic yogurt container.

Blue huck or evergreen huckleberry (*Vaccinium ovatum*) grows profusely on Texada Island, including under the hydro lines, although some plants also grow on our section of the coast. This resilient plant is evergreen and is as decorative as the berries are tasty.

Trailing blackberry (*Rubus ursinus*) This is the only native blackberry in our region and is related to salmonberry and thimbleberry. So sweet and tasty, full of flavour and summer sunshine. Don't trip on the long, trailing vines!

Himalayan blackberry is the most prolific berry producer in the area, but it isn't a native plant at all. It has invaded large areas under power lines and on edges of forests.

Salmonberry (*Rubus spectabilis*) All the *Rubus* genera are part of the Rose family; the flowers resemble simple roses. They are juicy and tart, and the berry colour may be salmon pink or deeper red. Salmonberry is among the first coastal berries to bloom and fruit, so look for it. The photo shown here may help with the identification.

Thimbleberry (*Rubus parviflorus*) The leaves of thimbleberry are like fuzzy maple leaves, and unlike prickly salmonberry, thimbleberry doesn't have prickles.

Salal (*Gaultheria shallon*) Sometimes called "lemon leaf", it is known more for its decorative foliage in flower bouquets than for its berries, although traditionally it was a favoured food whose berries were mashed, dried, and stored for winter use. Salal berries can be kind of pulpy and bland, or delicious, depending on sun and soil.



Photo courtesy Google Images

Continued on page 28...

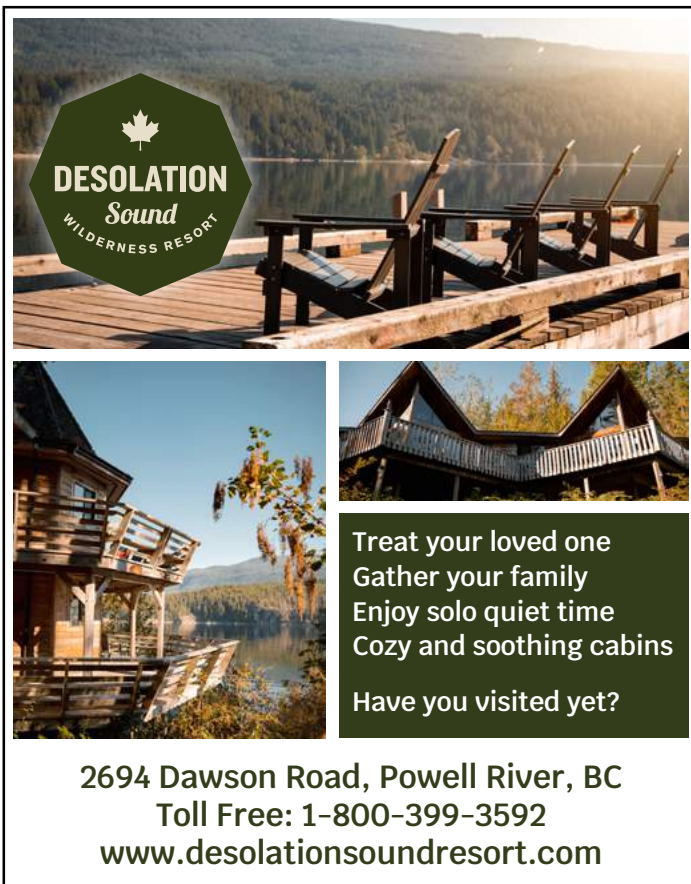
Continued from page 27...

Oregon Grape (*Berberis aquifolium*) This is one of three Oregon Grape species that grow on the west coast. Its leaves resemble English holly, spiky and pointed. It contains berberine, “an alkaloid with antibiotic and antifungal activity”. The beautiful smelling yellow flowers produce clusters of blue berries.

If you don't yet recognize the different berries, pay attention to where you see a plant growing. Trailing blackberry winds over the ground and fallen trees or branches. Salal and Oregon grape are short, low-growing bushes. Thimbleberry and salmonberry are taller, mid-understory bushes or shrubs, often growing in disturbed ground. The two types of huckleberries are forest shrubs, also mid-size. Each plant has readily recognizable leaves, flowers, and berries. Make sure you can recognize both the edible ones and the potentially toxic ones, such as red yew berry seeds. 🍓

Resources and references :

1. <https://www.k12.wa.us/sites/default/files/public/indianed/curriculum/CedarBox/Salal.pdf>
2. <https://www.peacehealth.org/medical-topics/id/hn-2141009#:~:text=Oregon%20grape%20contains%20berberine%2C%20an,%2C%20barberry%2C%20%2C%20and%20goldthread.>
3. <https://npsbc.wordpress.com/resources/> (Site of the Native Plant Society of BC, lists resources.)
4. <https://learning.royalbcmuseum.bc.ca/pathways/native-plants-south-coast/> (BC Museum site with links to videos, pictures and other resources).



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How in the World Did You End Up Here?

Gillian Turner

This is not my first time in Lund, my father reminded me. Our family had lived in Lund, Sweden for a couple of years when I was just two. My younger brother, Michael “Sven”, was born there.

Not an island, yet “island like”, Lund suits us very well!

Ross McMillan and I met at a dear friend’s BBQ just five years ago, both having come through separations. I had finally settled into my new home on Gambier Island, a 1940’s “grandmother” cottage tucked in amongst giant firs and resting on a rocky bluff by the ocean. This was to be my forever home, a beloved sanctuary and place of respite. My intention was to hermit away there and leave Vancouver behind. Ross quickly came to understand how intertwined that sweet little cottage was with my desire for peace in this new-found life. He too had lived the life of a “sometime” islander, commuting back and forth to a home on Lasqueti Island for some 25 years.

We happily spent a few months racing to catch ferries together - the customary charge across the Lions Gate Bridge, fingers crossed there hadn’t been any traffic foul-ups, the prayers “please let there be a parking spot”. We were loaded down with Rubbermaid totes on dollies and urging our dog along the ramp, running to the gate, careful not to tip it all over the walkway as the wheels caught in the metal grate of the ferry ramp and the poor dog spooked as she picked her way over the gaps, ocean waves swirling below. Once in Langdale, it was a mad dash down the gangplank to meet the water taxi, sometimes calling ahead if the ferry had been delayed and sometimes fouling up the math and waiting for hours for the next boat.

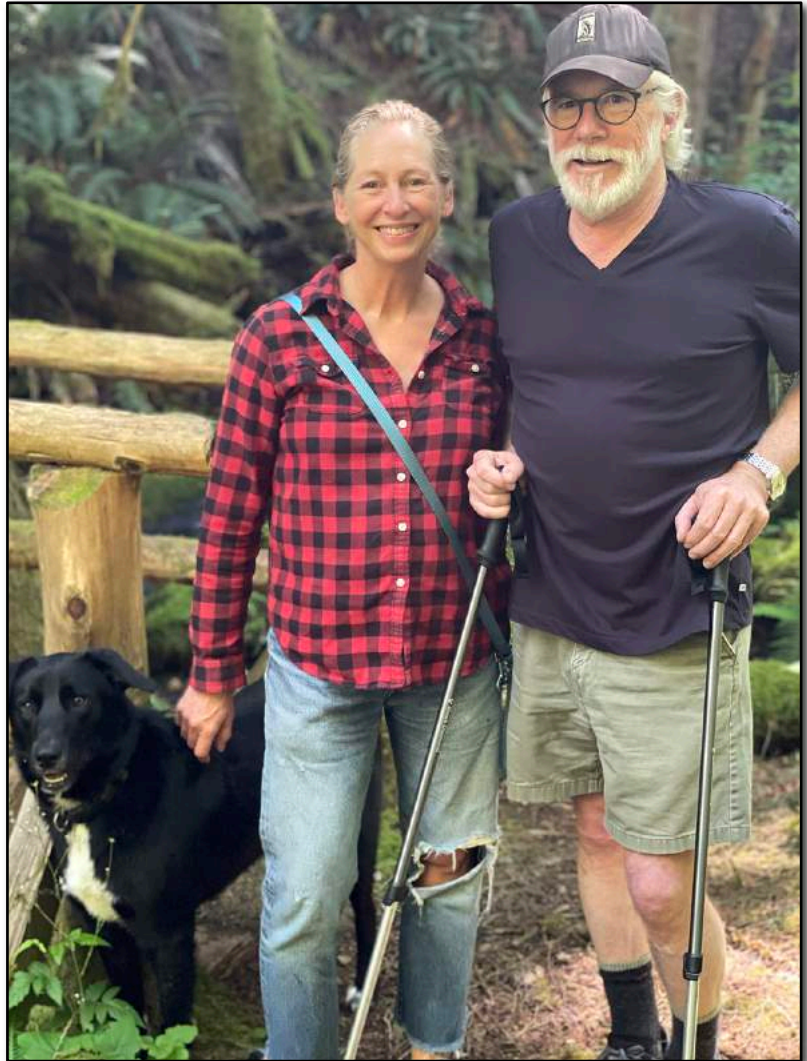


Photo courtesy Gillian Turner

As mentioned, Ross was very accustomed to this “shlepping” lifestyle, but we agreed that, perhaps, having our own boat would ease things a bit. And she is a beauty! A bright orange, 22-foot welded aluminum run-about, she is perhaps mistaken for DFO at times. We drove up to meet her in Pender Harbour. Her builder, Ed (not the only Ed in our tale) had crafted her for trips up the inlets, hauling a trail bike to venture ashore. It was love at

Continued on page 30...

Continued from page 29...

first sight and “No 5” came home with us to harbour in Vancouver. Soon, after negotiating site-lines with our Gambier Island neighbours, we dropped a buoy in front of the cottage and envisioned many happy adventures in Howe Sound to come.

Then came 2020. Pandemic rules meant that the Water Taxi was off-limits to “part-timers”, so our boat became the only route to the cottage. By February of the following year, we were very used to the routine. After a generally bouncy boat-ride over, just short of an hour, Ross would nose her into the boulders below the cottage, and I’d swing a leg over the bow rail, dropping seven feet or so onto the rocks. Ross would toss the back packs, food bags, garden soil, fuel cans, etc. to shore, then heave off and tie-up to the buoy. I’d fetch the dinghy and the oars, then paddle out to fetch him, and we’d then carry the gear up the rocky bluff. What an adventure! Easy. Until it wasn’t. I remember one particular afternoon during a nasty southeasterly and a torrential downpour, our gear soaked through, our rubber boots sliding on winter-slick boulders. I started to imagine that this may not be a forever plan after all!

The search began for a coastal home that could be accessed by car ferry. We looked up and down Vancouver Island and on every Gulf Island from Salt Spring to Quadra. We made a couple of offers that thankfully, in hindsight, never panned out. As fate would have it, Ross’ long-time friends, Ed and Julia Levy, invited us over to their Vancouver home for the screening of a new film, *End of the Road*. That was followed by a few discreet suggestions that we look at this or that place in Klah ah men (Lund) or thereabouts. The drive to Pender Harbour had already primed me for the beauty of the area, but two ferries? Then there was this place on Krompocker Road. Much too big a home and what on earth would we do with that massive boat shop? We stood on the mossy bluff, looking out over Savary Island and imagined walking the trails along the ocean below. We’d found our home.

In the spring of 2021 we landed, and shortly after moving in, set off to fetch our trusty boat from Vancouver. The trip back up the Strait was magical! First sighting orcas just past Lighthouse Park, then marvelling as the Comox air force flew in formation over-head, drawing a giant heart with their jet trails. We stopped for lunch in the pristine, still waters off Jedediah Island, and even caught glimpses of the famed black goats on the local islets. We motored into Lund Harbour, hopped ashore and were greeted by Paege, and then Eric and Mini in her Harley Davidson vest and tiny pink tutu! We were indeed home. Thankfully, our children have also embraced Lund. We welcome them along with an eclectic parade of friends and family throughout the year.

The boat, yet to be christened, is still very much central to our story. Many kind neighbours along Krompocker Road have been recruited in the ongoing, ever-changing conversation of her re-fit; motor, hull, and cabin. That boat shop has become very handy!

Our gratitude for this place is at times overwhelming as we hike the trails, paddle the inlets, and join new friends at Nancy’s Bakery for a chat, a coffee, and a bun. Ross is finding meaningful work in community, and I am happily building the new veggie garden and finding my way back to yoga, Qi Gong, and painting while opening the door to new clients within my somatic healing practice.

I recently learned that Klah ah men means “place of refuge”. Indeed. 🐾

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Lund Kid Revisionist History

Anna Gustafson

April showers bring May flowers. And on a good year, dancing poles. One of my fondest way-back reminiscences is Lund's May Day Parade, a recollection that returns in wisps but is fortified by dusty old Kodak slides. Considering Lund today, you may think that this wasn't a town that could accommodate a parade, but as the little town that could, we did. Even though there was no cavalcade of festooned floats other than the one you tied your boat to, there was a May Queen crowning, a Flower Girl appointment, and a procession of locals with random bagpipers thrown in. This is the axis of my knee-jerk reaction to cry whenever I hear bagpipes. When your first exposure to a live bagpipe is pointed directly at your head while your little hands clasp a parade bouquet, you internalize that sound. PTPD - Post Traumatic Piper Disorder.



Photo courtesy Anna Gustafson

The procession would begin at the elementary school and proceed across the Trans-Canada highway, along a dirt road, and spill out into the park. Congruent to the amount of rain, the park doubled as a swamp if we needed tadpoles for science. This is a helpful image to hold in your heart when considering how annoying the posted 30km speed limit is.

The peak of my serious performance career was here as a Flower Girl May Day Princess something-or-other. Stemming from this matinee, I landed a role as a flower girl at a town wedding. These weren't people I knew, but they asked to borrow me because I was cute. I didn't think I was auditioning that day in the swamp. Had I held onto the cute longer, I may have booked more than one French fry commercial.

Before the parade, a maypole was erected in the schoolyard with bright wavy ribbons streaming from its top like mermaid hair. The children were few, and the rotations were many. To intentionally spin round and round on a playground swing was sport. To whip around a pole holding tight to an assigned ribbon was theatre! There's something hilarious to me about a bunch of little girls in an isolated mill town dancing around a pole to enthusiastic applause and encouragement. Was this yet another audition? The students happily skipped circles to the music until they became tightly woven together. There we stood, stuck and staring at each other like fish in a gill net, waiting for the next song to reverse us out of it.

In this late 60s photo, I am the scrimpiest little one, and there's Helena Weibe (in white), Robbin Macintosh (with red capelet), and 99% on the boy being George Ferreira.

Continued on page 32...

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Vippu is what the Finns call their May Day celebration. Although there were Scottish bagpipes and Celtic maypoles, there were also a lot of hammered Finns racing each other on hastily constructed wooden stilts powered by Sisu and Sima. Sisu is loosely translated to "Finnish Guts" or fortitude/backbone. Sima is a traditional yeasty adult lemonade that celebrates the arrival of spring. Miika's Hard Lemonade, the original.

As the sun fell behind the swamp-park, and a couple of Dads fell *into* the swamp, the celebrations wound down. The parade noises faded as the bog frogs amplified, sending families on their way until a time when we could be together as a community again. Christmas Concert, Savary Picnic, or skating on Thulin Lake. The little town that could still does.

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

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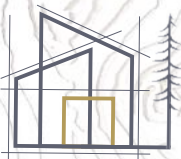
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Speaking in the Barnacular

Ted Durnin

As I write this, the Easter hurricane has subsided, and sunlight graces the land. Twice when I dared stick my nose out in the maelstrom, my heart rose to hear the birds singing through the deluge. Not that I was listening through my nose. I mean, I also stuck out my ears. Much of my head, really.

Anyway, the majesty of the changing seasons marches on like a royal procession through peasant streets. Pleasant streets. Green shoots shoot up like a shot in brown aisles and I am inspired to write prose that well matches this annual shoot show.

I am compelled, as I often am mere hours from deadline, to expound on the beauty before me. I write unashamedly about what is out the window. Were I an artist, a painter, or at least a colourer, that might slake my hunger for expression. If I were a dancer, I might sashay forth into the mud like an angel, and fall, exhausted, to rest. But I am a writer today. Today I write, with no apologies. Sorry.

My words...my words are not a match for those of the bard or other literary lions of sufficient stature to warrant statues. There is no bust of Ted on the mantle, no footnotes point to the words of Ted ⁽¹⁾, and my body of work is not loaded into the literary canon. Yet inspiration strikes like a quick, indrawn breath, and I must express my feelings on this page like a placemat before me, coffee rings and all. Such is the implacable call of the muse.

Lament me not, as I suffer for my art: lament rather my art. The words that circle as they approach the singularity of death and rebirth, mortal poetry, or deathless prose, sluicing back to the world, an embodiment of fertility. I am content.

These words are my children, my fledglings that sing, sent forth into a pitiless world to be read by those of unknown intent. If they grow like the shoots of spring, then they die not. If they die, cruel fate, then words yet unwritten may stand on their shoulders, a solid footing for something with a more fortunate future. I salute thee, O better luck. Until next time. 🍀

⁽¹⁾ Except this one



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Horoscope

the Lund Oaracle

Pisces - February 19 - March 20

Increased cosmic activity is causing turbulence as a big decision looms large. On one hand, the decision may cost you a small amount of money, but it may benefit others for generations to come. Don't just think of your pocketbook. Think of younger people who are also on this strange rock slowly hurtling towards oblivion, who have more time left in their flesh prison than you do. Maybe their existence would be better if they could play three-on-three basketball.

Aries - March 21 - April 19

As an Aries, you'll have a lot to dodge. A dart of cosmic chaos will leave you wanting something reliant. If you go looking for a diplomat, you might end up finding a viper, and you must be cautious around them because they are stealthy. It would be much easier to spot them if they were neon. Be intrepid and use cirrus and stratus clouds to ram that chaos back into the cosmos so you can continue your journey. Or be calm and try to PT cruise into your next grand voyage.

Taurus - April 20 - May 20

Saturn's moon Titan, which looks very much like earth from the images we've seen, is passing through your chart. Now is your chance to convince opportunistic land developers here on our home planet to focus their efforts on monetizing this distant planet, rather than profiting off stolen land here on earth and cutting off access to beautiful spots so only a privileged few can use them.

Gemini - May 21 - June 20

The light from Pluto's five moons showed that there was no adequate housing on the dwarf planet. The message to take away from one of its moons, Nix, is that you should nix any plans of short-term rentals or Airbnbs, and instead, set your property up for long-term tenants who will help sustain your community.

Cancer - June 21 - July 22

Focus on yourself today. It is a good day for a walk. Bring a bag to pick up any garbage you see.

Leo - July 23 - August 22

Venus moving toward retrograde can have impacts on the atmosphere on earth, such as lower air pressure on the surface of our planet. Now is a good time to check your tire pressure on your vehicle. Tire pressure gauges can be purchased for just a couple of dollars and the maximum pressure specification can be found on the sidewall of your tire. Having properly inflated tires will increase fuel efficiency and will extend the life of your tires. So let Venus save you money in this capitalist hellscape we live in.

Virgo - August 23 - September 22

No stars or planets or really any object in space will impact you today, other than the manmade satellites that give you unlimited access to the internet where you can spend all of the money you sold your existence for... those same satellites that give hundreds of corporations access to constantly mine your personal data so they can better target advertising to you so that you continue spending that money, so that the economic system that we developed based on infinite growth despite finite resources on earth can continue to grow at a rapidly accelerating pace.

Continued on page 35...

Continued from page 34...

Libra - September 23 - October 22

Smile at a stranger. Pet a cat. Touch some moss. The world is a beautiful place.

Scorpio - October 23 - November 21

We live in a spot with incredible night skies with many stars and planets visible to the naked eye. Our location is unique in that there are very few comets passing over our community, for which we need to be thankful. Almost all comets are negatively charged – it's not just a few bad apples. Those negative charges bring all kinds of chaos, corruption, and violence. So, while looking up at the stars on a clear night, always remember that All Comets Are Bedeviled.

Sagittarius - November 22 - December 21

If you have the opportunity to attend a communist slam poetry event, go to it because you will meet your soulmate and you'll have a steamy affair lasting until at least the lunar new year. But if there is paella served on a buffet, avoid it or else you'll spend the evening in the toilet because the chorizo wasn't cured properly, and you and the soulmate may never meet.

Capricorn - December 22 - January 19

You may volunteer for a task that you are woefully unqualified for, but don't let that stop you. Rather than trying to do it the right way, commit to doing it the wrong way and hope that you never get asked to do it again.

Aquarius - January 20 - February 18

While the Delta Aquarids Meteor Shower is usually the astrological blockbuster of the summer for those fortunate enough to be born into the elite group of Aquarians, this year it will be muted because of the full moon, so be kind and please rewind. 🌀

Monique Labusch - Painter

Influenced by the beautiful colours of nature around her.

Thank you for supporting local businesses and for wearing a face mask in busy spaces and inside public places!

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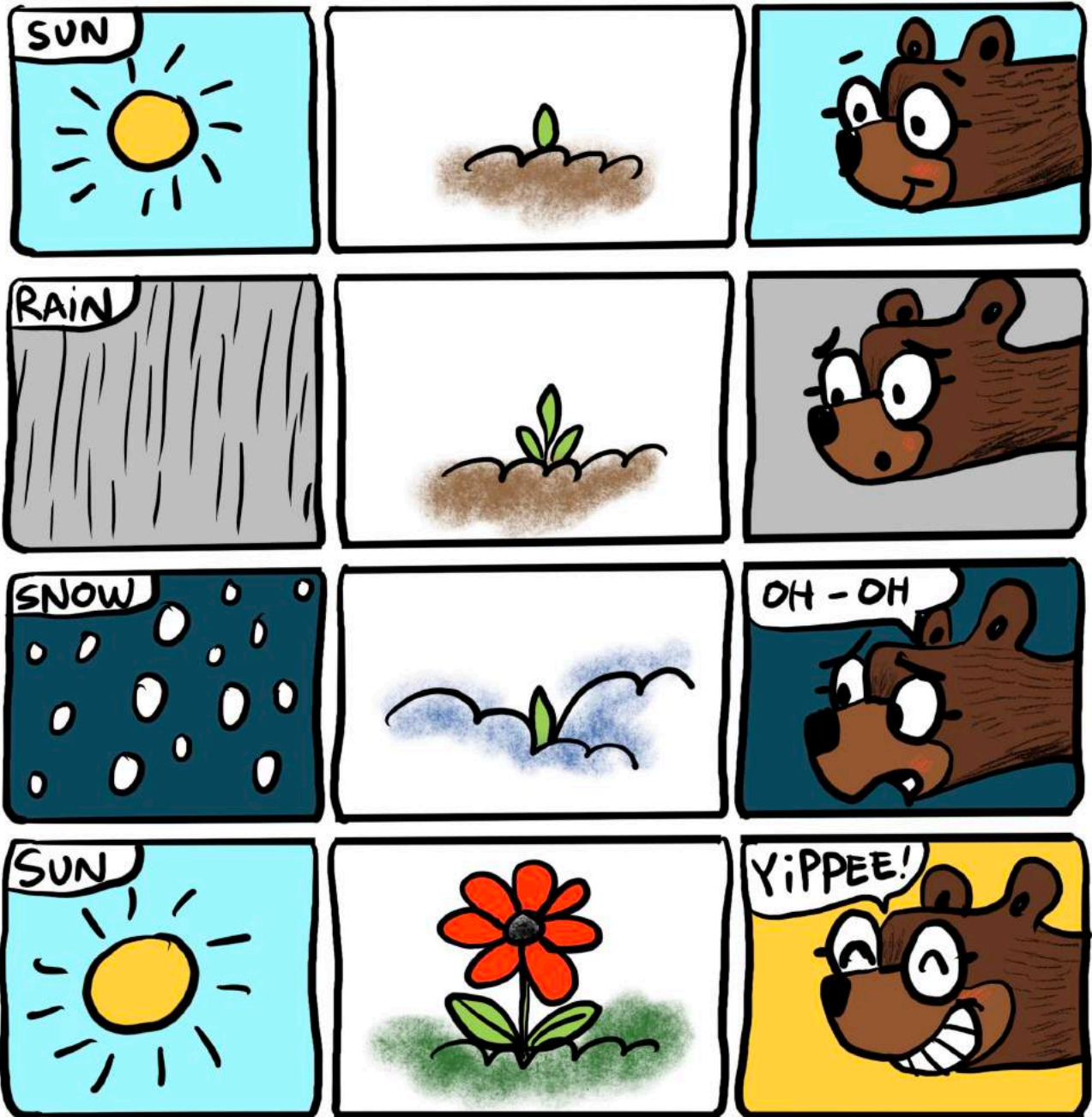
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In Memoriam

Warren Chapman October 30, 1925 – March 17, 2023

Warren Howe Chapman was born in Chicago on October 30, 1925, to Dr. Frank Amos Chapman and Dr. Katharine Howe Chapman, followed by sister Grace and brother Philip Elias. His father died in 1933 and he was sent away to boarding school at Toronto's Upper Canada College. When war loomed, he returned to the U.S. to attend Culver Military Academy in Indiana and MIT in Boston, graduating in 1946. Time on active duty on a US Navy cruiser and stints in California and Boulder, Colorado led to University of Chicago Medical School in 1948.

There he met Barbara Brueggeman, who quickly wrapped up his heart. They married in 1950. Children Frank, Arthur, Katharine, Marney, and Phillip followed. In 1957 they headed to Bellingham, Washington where he practiced urology and the family lived on Lake Whatcom, skiing, waterskiing, and sailing. In 1966 he joined the Urology Department Faculty at the University of Washington in Seattle, stayed 27 years, and is remembered for his teaching, research, microsurgical procedures, and co-invention of an ultrasound device to measure bladder volume, now used around the world. He was truly loved by his patients.

The greatest event that affected his life occurred during a family sailing trip in 1969 to Desolation Sound in Canada. Warren and Barbara found property on a small bay in Lund, the family destination for the next half century. Beach clearing and restoration, planting over 5000 redwood trees, house building, and summer camp for his 13

grandchildren built his legacy. Retiring at Tigh 'na Cladoch in 1993, they loved family visits by their children and families, and the many, many dear friends they made. One only needs to walk the trails he painstakingly carved, with great care for the natural environment, to know the spirit of the man. Walking in silence over moss covered paths, through the redwoods, sequoias, cedars and fir, meandering creeks and the still water of ponds revealed, one can see and know Warren's essence.

In the last years, as age deprived him of stamina, strength, and orientation, he was cared for with great dignity and grace at home by his son Frank and daughter-in-law Amy, and community caregivers, especially including Kim and Karensa at the last.

Warren passed away peacefully at home in Lund, surrounded by his children, at the age of 97. He was preceded in death by his wife Barbara in 2019 and his daughter Marney in 2007. He is loved and greatly missed by his surviving children Frank (Amy), Arthur, Katharine (Don), and Phillip (Barbara), thirteen grandchildren, and nine great grandchildren.

A Celebration of Life for Warren and Barbara will be held on June 17 at the Northside Community Recreation Center in Lund at 2:00 pm. For information email: frank.a.chapman@hotmail.com. 🌱

--Frank Chapman

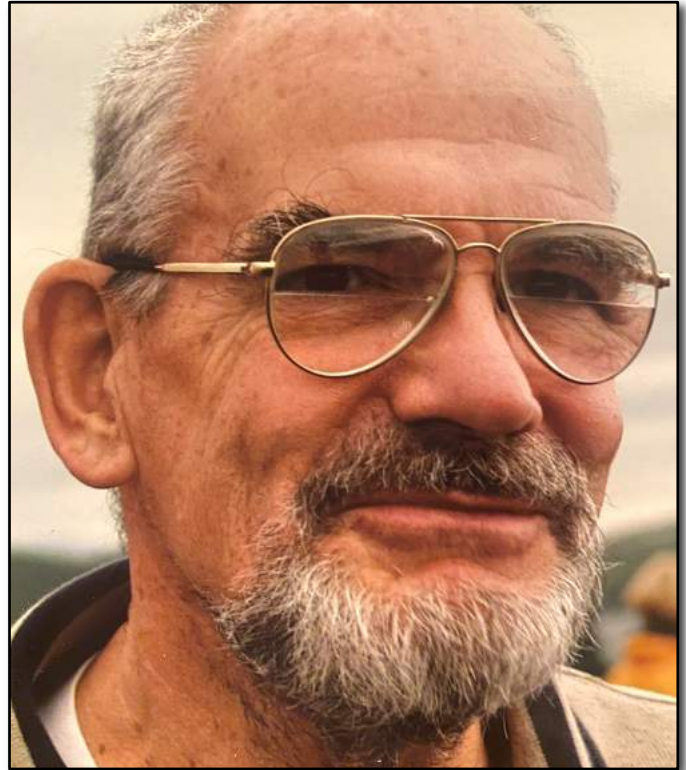


Photo courtesy Frank Chapman

Community Page

Sandy Dunlop

Birth Announcements

On November 22, 2022, a baby boy was born to **Maayan Morganstern and Marissa Bolten**. They named him **Hendrix**. Stephan and Isabel and family and friends are thrilled. Why this announcement didn't make it into our January issue is a mystery.

Sympathy and Condolences

Warren Chapman **October 30, 1925 – March 17, 2023** see obit on page 38

Thinking of You

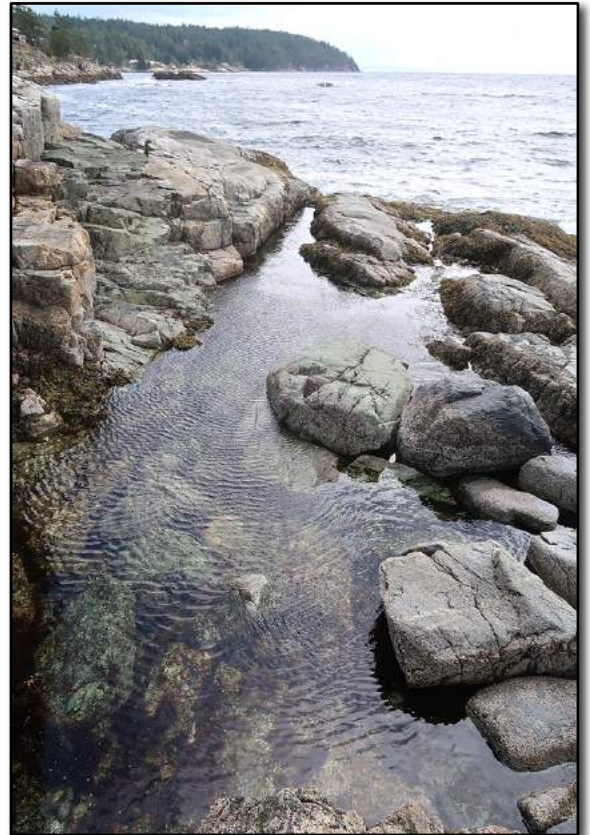
For all of you Lundies out there, wherever you are, we hope you are feeling nurtured by whatever beauty surrounds you, and know that you are thought of and live in our memories and our hearts. Healing thoughts and much love go out to you all, wherever you are, in your struggle for wellness in any area of your life.

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

Among other things, this Committee is responsible for sending cards to people for congratulations or sympathy and more, if we hear about it. Thanks to volunteer Peg Campbell for looking after that these days. We also put together welcome packages of wonderful donations from some of our local businesses for newbies to Lund. 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. It's called the Northside Community Recreation Area resident list. If you wish to be one of those bcc'd on this list, send your contact info to lundcommunity@gmail.com. 📧



Photos courtesy Brian Voth