

BARNACLE

Fall 2024

\$2.00

Random Voices of Area A, qathet

Proceeds to the Lund Community Society



Photo courtesy Ria Curtis

Community Kicks - Bringing Generations Together on the Field

Part 1, Kiran Hollmann-Prichard

One day this past summer, Ria Curtis came to me and asked if I would be interested in facilitating a drop-in soccer night at the Northside Community Recreation Centre. I don't think I have ever answered a question faster in my life! Drop-in soccer started that same week, occurring every Thursday night. All ages and all skill levels were welcomed with open arms to enjoy "the beautiful game". Our first drop-in day was July 18, and we had a turnout of around 10 people. A great first session considering that it had only been advertised for a few days before the event. The following week our numbers rose exponentially, as we had over 30 people turn out to play. I was amazed at how many people came out, and also at the age range of the participants. We had 5-year-olds playing with 55-year-olds! It was a testament to our community seeing how well everyone worked together and ensured that even the youngest (and oldest) ones were included in the fun. It also became a social event, as people would spend time together before, during, and after the soccer catching up or meeting new faces. As expected of any Lund event, there were dogs galore that were also taking the opportunity to socialize. In the weeks that followed, we continued to draw 20-30 people. Every week it got better with more equipment (thanks Ria), and a full-blown hydration station equipped with fruit (thanks Tara Thurber).

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The Lund Community Society

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

Editorial Policy

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

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

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

Editorial

I am somewhat stumped as to what to say in this issue's *Editorial*. I have been very caught up in my own health issues – hip replacement surgery and ensuing recovery – and am feeling disoriented. It's hard to focus. I'm calling it guac-brain, due to a strange vision I had the night after my surgery in which I was moving quickly into a big mass of guacamole. Go figure.

Despite my condition, it's a great issue about which I am very pleased. The cover story on the fabulously popular weekly pick-up soccer games at our community centre is such a great example of our community that I get choked up every time I read it. So is the *Transitions* piece where so many stepped up to help pull together the moving of the preschool and daycare rooms to create the sweetest sleep room for babies I ever saw. There are a lot of moving articles in this *Barnacle*. The movement toward *Reclaiming End of Life* is another one. We could have our own green-burial cemetery, our own care home, our own care-for-each-other services.

Another source of strong emotion is the *In Memoriam* piece, which contains a record number of obituaries, some on dear friends of mine.

I hope you enjoy this issue. You might want to have a box of tissues handy.

– Sandy

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

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

****We invoice annually for advertising, unless alternate arrangements are made. Invoices will be sent out after the fall issue 2025.****

Advertising Rates

Business Card Size: \$10.00

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

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Send to: barnacle.ads@gmail.com

Next edition is January 2025

Deadline for submissions is January 10, 2025; but reservations for article space are needed in advance and ads need to be submitted by the fifth of the month.



Printer of the Barnacle

Continued from page 1...

I flew back to Fredericton for my second year of university in mid-August, and Vincent Deslauriers took over and has been running the soccer sessions ever since (thanks Vincent). Now that I have had the benefit of time for reflection, the soccer drop-in nights were some of the highlights of my summer. When Ria initially reached out to me about starting up weekly soccer, I was thrilled because it gave me an opportunity to give back to the community that raised me into who I am today. The drop-in soccer nights were also a full circle moment for me personally. Between ages 6 and 18, I spent hundreds of hours at our Community Centre field playing and refining my skills with the hopes of playing at the highest level possible. That field was where I discovered that soccer is one of my passions. Now that I am a student athlete playing for my university, I realize that I am currently living the moments that I spent all those hours at that field working for. Running the drop-in soccer sessions gave me the opportunity to inspire the next generation of Lund soccer players on the same field where I turned my dreams into reality.

The reception I received from people around the community was outstanding. For me it reinforced the importance of having communal spaces where people can gather and play together, and also the benefit of offering programs for community members. The amount of joy that a simple drop-in soccer night brought to everybody who attended was palpable, and extremely rewarding. I guess it really is the beautiful game! As the community prepares for our hub to get a major upgrade, the success we had with the drop-in soccer program has me excited for what else can be accomplished in the new space.

Part 2, Vincent Deslauriers

Taking over from Kiran to manage Thursday soccer in Lund has been a rewarding experience, and I'm grateful for the opportunity. Watching our community gather on the field, especially in such an intergenerational way, has been truly inspiring. There's nothing quite like seeing the smiles on the faces of young children as they run alongside teenagers and adults, playing with energy and enthusiasm.

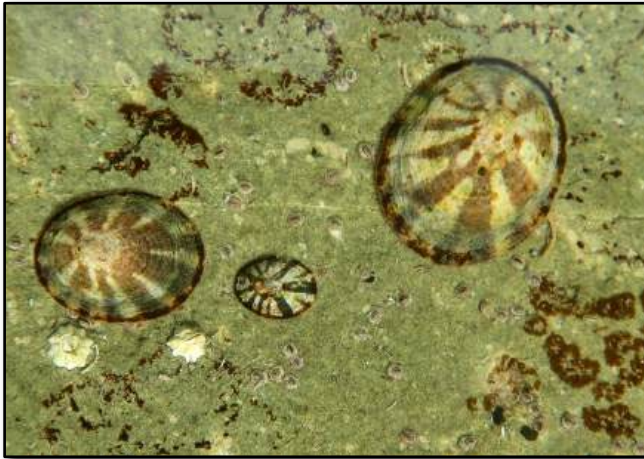
Each session since Kiran left has brought together an average of 10-15 participants, with lively cheers echoing from the sidelines. Homemade refreshments have added a personal touch, making the whole experience feel even more like a community gathering. As September arrived, the field's grass grew greener, and we've continued to enjoy our games well into October. We adjusted our start time to 4:30, and on October 10, we were able to host a full-field game—a promising sign of more to come in the weeks ahead.



Photo courtesy Tara Thurber

What motivates me most is seeing how easily we can come together and create opportunities for everyone, all within a stone's throw of home. How wonderful is it to bike or walk to the field, avoiding long drives to town? This sense of community and sustainability is inspiring, and I believe it's just the beginning. New initiatives are already brewing, aimed at keeping us active, both physically and mentally, as we move into the future.


As the saying goes, "Alone, we can do so little; together, we can do so much." Here's to more Thursday games and continued connection in our beautiful corner of the world. 🌍



Photos courtesy Brian Voth



Rachel Blaney
NDP MP
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Community Society Update

Kristi McCrae

After what seemed to be a full, but brief summer, the LCS is back at it. Our first meeting was September 17, followed by another on October 15. The next one is November 19 at the Northside Community Recreation Centre (NCRC). At these meetings, we check in on all our active community projects and consider new ideas, with a bit of administrative housekeeping. Please join us and be part of what is happening and/or to bring new initiatives forward.

Of the many projects we are supporting, our biggest ongoing project is the expansion of the NCRC in partnership with the qathet Regional District (qRD). This addition will have a hall/gym and some additional space to host a larger variety of indoor events like theatre, music, and sports that have been missing in Northside since the old hall went out of commission.

Dawn Construction Ltd. has been selected by the qRD for the design/build project. On October 24, the qRD will host two open house information sessions at the

qRD boardroom, letting Area A residents get information and give feedback to the contracting team. Hopefully, you are able to be there. The LCS building committee will have also submitted input to the contracting team, hoping to ensure that the collective community visions and functional needs will be clear to the architectural team as they continue the design phase. A timeline for groundbreaking is not yet confirmed, but we have been assured that once the design is finalized, the construction crew is ready to go. Dawn Construction is the company building the 'Our House' cultural centre for Tla'Amin Nation, so their crew and connections to local subcontractors are already established.

This new facility will need to be filled with diverse programming for community life! Given how our current building is bursting at the seams with programs, this should not be a problem. What we need is more participation from new volunteers in making it all happen.

Continued on page 7...



Tech Tips
at the Lund Community Centre
next sessions:
Nov 7, Dec 10, Jan 9 & Feb 6

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Dörte Barker, Graphic Designer

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Continued from page 6...

The LCS board is currently reviewing our mission statement and vision and hoping to ensure the LCS remains relevant, active, and strong in carrying forward intentions for a diverse and active community. Please join us, to see what is already happening, add your voice, and help grow the LCS to be able to bring to life your visions for a rich community life.

Hope to see you at an LCS general meeting. Our meetings take place at 7:00 pm on the third Tuesday of every month, except July, August, and December. Also check out our website at lundcommunity.com for project updates and links. Or you can be added to our group email, called the Northside Community Recreation Area resident list, by sending your contact info to lundcommunity@gmail.com.



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Transition at the NCRC

Ria Curtis

Hey folks, speaking for myself, I'm glad to be back to sweater weather. Hopefully, things will settle into a quieter winter rhythm soon. August and the first week of September were a flurry of activity at the NCRC as we built the new sleep room for the daycare and moved the whole Puddle Jumpers space to the big room. I spent more time than I ever want to again crawling around in the crawl space under the building, assessing how to get hot water to the sink in the new room, fortifying the floor where the sleep room was built, and getting electrical sorted out.

Demo and prep of the room was not too bad. The old blackboards came off fairly easily, though decades of chalk dust was wogged in the trims. Design and framing was done by me with much help and advice from local contractor Paul Shuley of Shuley Contracting, who donated his time and expertise to make the build meet code. Thanks also to the Thursday night soccer crowd who lifted the walls for me one night so I could join them together and finish the framing. They also helped move the piano down the hall. Many hands.

Next came the electrical done by Dillon Worthen of Lund Electric and the plumbing by Al Stepaniak, giving us lights, sockets, and hot water. Thanks for fitting us in between jobs fellas.

Drywall, ahh, drywall. Not my favourite job or skill for that matter. Big thanks to Jim Elliot and his son Jonah who helped unload the drywall sheets and came back to hang it, also donating the drywall screws. I shanghaied my son Ben Perreault and his friend Eli Hanson to help lift the drywall sheets up and onto the ceiling of the sleep room and upper walls, pre-fishing trip. Thanks fellas; I couldn't have done it without ya. I also managed to dragoon Alisha Van Belle and Charlie Latimer into helping to hang a sheet of drywall here and there. I started to suspect that people were avoiding the centre as I would pull them in to help with this and that whenever I could. Thanks to Doerte Barker who helped me move the big shelves for the daycare down the hall one Thursday soccer night.

By this point, we had a room, and it was looking pretty good, but we were running out of time as Puddle Jumpers was due to start up the second week of September and we still had to finish emptying the new room, tape and mud the drywall, paint, and install a door. Fabulous assistance from Carly Aasen, Jan Uhlar, and little Nina who moved all the playgroup toys and storage containers and furniture down the hall. What a gift for me to come in the next day and all that work was done.

Mudding and taping were helped along by Jessie Firempong who, while being a novice, took to the job like a pro! Not only did she save me work and time but also my sanity, and she didn't complain about my music choices when we were working together. She helped me lift plywood up to the storage area above the sleep room and did a beautiful job of mudding while I finished the insulation. Alisha also came in for some taping and mudding and did the lion's share of the painting while I built the shelving in the closets.



Photo courtesy Ria Curtis

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Continued from page 8...

The final weekend before daycare was due to start, Alisha and I moved all the furniture into the new room and the daycare parents came in to sweep up and clean the old room, move the rest of the toys, and get everything ready. Well, we did it! Everyone who helped in some way, little or big, is much appreciated. Also, a big thank you to the qRD for the grant-in-aid that paid for most of our materials on this build. It is amazing what can be done when everyone pitches in just a little bit. The Puddle Jumpers love their new room; they are closer to the toilets and will be farther away from the noise of construction when the new build starts hopefully this fall. Whatever you put into community, you will get back tenfold in the long run. I'm so glad to know our community is alive and well. 🌟



Photo courtesy Theo Angell

Happy Birthday to Court Cressy



Photo courtesy Monique Labusch

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What's Happening in Lund?

Sandy Dunlop

Downtown Eateries

The **101 Bar & Grill** (aka **the Pub**) at the **Lund Resort Hotel** is open Thursday through Sunday, from noon to 8:00 pm. Full menu; full bar. (604) 414-0478.

The **Lund Resort Hotel** is open! Check Facebook for updates.

The **Stockpile Market** is open daily from 7:30 am to 7:00 pm. As well as their grab and go take-out, open whenever the store is open, there is the **101 Café**, where you can get coffee, tea, and eggos. That is also open daily; same hours as the Market, but the eggos go quickly!

The **Boardwalk Restaurant** is open Fridays from 5:00 to 8:00 pm, and Saturdays and Sundays from noon to 8:00 pm.

Nancy's Bakery is open daily from 7:00 am to 3:00 pm.

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

At Northside Community Recreation Centre (NCRC)

Pick-up soccer - now Thursdays 4:30 to 5:30 pm. All ages, everyone welcome. Come check it out and please pass the info on to everyone you know. See our cover article for more info.

Art with Doerte - Wednesdays 4:00 to - 5:00 pm. For all ages (toddlers to teens). Explore different art techniques. By donation.

Games Night - Cards. Board games. D&D. First Friday of the month starting November 1, 7:00 pm. Games and cards available.

Coffeehouse - Hey, wanna run a coffeehouse at the NCRC? Contact Ria at (604) 414-0383.

Playgroup with Ria - Mondays from 10:00 am to noon, except when Strong Start comes. A great way to get out, meet other parents, and let your babies and toddlers play together in an enriched environment, providing community, connection, and just plain fun.

Strong Start - October 21, November 4, November 25, December 2, December 16. 10:00 am to noon.

This is a free, drop-in, outdoor, play-based, early learning program, offered to families with children ages zero to five years old. Qualified early childhood educators lead learning activities, share valuable information, and even provide a nutritious snack for participating children. We run our program rain, shine, or snow. Parents/caregivers remain with their children and participate in the program with them.

Puddle Jumpers Preschool - Tuesdays and Thursdays 9:00 am - 1:00 pm for kids aged 2.5 - 5. Preschoolers join the toddlers in Daycare on Tuesday and Thursday afternoons. See page 21 for more information.

Lund Community Daycare - Tuesdays, Wednesdays, and Thursdays from 9:00 am to 4:00 pm. See page 21 for more information on both the preschool and the daycare.

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Continued from page 11...

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

Lift Literacy Programs – Tech Tips – November 7 and December 10, from 1:30 to 3:30 pm. Free help with smartphones, tablets, and laptops. Please bring your device with you. See ad on page 6 or contact myfanwy@liftcommunityservices.org

Community Society Meetings – We always meet on the third Tuesday of the month, except July, August, and December. Our next meeting is November 19, at 7:00 pm. All are welcome. Come check us out!

Lund Christmas Craft Fair at the Italian Hall – November 16, 10:00 am – 4:00 pm. Local vendors with great crafts and Christmas present options, fabulous food from the kitchen, awesome raffle prizes, kids’ fun craft area, and lots of community schmoozing - simply the best! See poster on page 6.

Klah ah Men (Lund) Winterlude – All around the village on December 7 and 8. See poster on page 23 and check Facebook for details. <https://www.facebook.com/share/2gPhHq316KMA1PG7/>

At Tidal Art Centre - Lots of great stuff going on. Check out their ad on page 23 and their website at tidalartcentre.com.

At Craig Road Regional Park
Northside Volunteer Fire Dept Hallowe'en Party – October 31, 6:30 – 8:00 pm. See poster on page 14.

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



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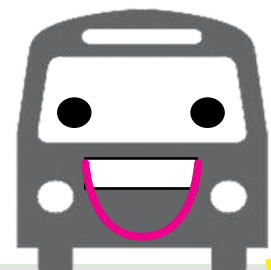
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Monday, Tuesday, and Friday

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



Check BC Transit website for updates.
 Download current Rider's Guide for details: <https://bctransit.com/powell-river/schedules-and-maps/riders-guide>
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The Northside Fire Department Association is hosting the

Northside Kids Halloween Party

Craig Park October 31 — 6:30 pm – 8:00 pm

Chill out in the haunted forest and spooky treat stations, then warm up by the bonfire. There will be candy, hotdogs and juice.

Donations are welcome

Who's in that Helmet?

Ben Bouchard, NVFD volunteer
Ann Snow, interviewer



Photo courtesy Ann Snow

The eleventh 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?

My name is Ben Bouchard. I am 60 years old. I was born in Rock-Island, Québec. My father was the village's family doctor and had his office as part of our house's daily activity. He was instrumental in bringing first responder activities to our local volunteer firefighter's station. I had considerable exposure to medical emergencies, car accidents, and community service in general.

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

I moved to the area in 1991. I was immediately at home here and had a strong feeling of purpose and recognized that I had found where I'd spend my life.

Why did you join the Northside Fire Department?

I joined the fire department because I want to contribute to the community and be part of a team that is built around service and offer dutiful protection and assistance in the event of emergencies. In my hometown, we were encouraged to join at age 14, mostly to help with summer grass and forest fires. It's clear now that it also helped shape an attitude of village pride and a commitment to cohesive emergency support. Commitment meaning continuing to do what I said I'd do far past the feeling of wanting to. It's a training in minding for other people. It's healthy.

What surprised you most about joining?


It surprised me to learn that we'd be going through the actual firefighting training. It takes commitment and accepting the sharing of your personal time at any time of the day and any day of the week. We became actual firefighters.

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

I'm really proud of how our team behaves with each other. There is a feeling of mutual respect and care for each other. Our Chief is a great leader who shows compassion and models service in general in a selfless way. He really cares about us and our community. It's inspiring and humbling.

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

As firefighters, in addition to the satisfaction of helping people in vulnerable positions, the benefits of being part of a cohesive team and the respectful friendships that are built on healthy daily behaviour. We also are employees of the qRD and have access to extended health benefits. All in all, I believe across the board that most firefighters joined to serve and protect. The personal satisfaction from helping others is a deep-rooted need that we all understand. Acting on it is a good way to stay in shape spiritually. 🌱

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qathet Regional District Update

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



qathet
REGIONAL DISTRICT

Jason Lennox
Electoral Area A Director
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It's a busy time now for everyone it seems and at the qRD it has been no exception. The same goes for my family and me. (And Puddle Jumpers! Thanks Alisha).

As I've said before, for a fairly small population Area A has lots of things happening. Public engagement meetings for the Savary Community Plan are underway. An advisory committee will be struck soon. Our staff are working with a consultant to get this work done. A coinciding water study is taking place to understand carrying capacity and other factors.

The LCS building committee is working with staff to bring the vision of the new NCRC at Larson Road to life. I appreciate their considered approach to this major project. Really looking forward to it.

Meetings with Okeover Ratepayers and others have led to significant engagement with residents by Mosaic Forest Products who have made plans to begin harvesting timber along the Crowther Road area.

The new Resource Recovery Center is open in town, although I haven't used it yet. Getting lots of feedback.

I also want to acknowledge the Lund Waterworks Improvement District Receiver and her hard work for users of that system.

Recent Union of BC Municipality meetings enabled Directors to have face-to-face meetings with our counterparts and, importantly, several BC ministry staff that work on areas of concern for you. There's lots more but limited space.

Check out our website www.qathet.ca for info on all things qRD. 📄

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

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

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



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Photo courtesy Puddle Jumpers Preschool



Photo courtesy Brian Voth

Okeover Residents Alarmed by Deforestation

Andrea Wirrell, on behalf of the
Okeover Ratepayers Association

For residents and tourists alike, one thing that draws us to this area is the beautiful natural environment. Compared to the busy and developed lower coast, getting off the second ferry at Saltery Bay feels quiet, rugged, and comparatively undisturbed.

However, the recent scale of deforestation - particularly north of town here - leaves many of us concerned. Unlike in many jurisdictions, private landowners here face few restrictions in how they use their lands, regardless of how those decisions affect other people, species, and the history and future of this region. A few years ago, it was the deforestation of a large swath near popular Emmonds Beach, including the bulldozing of archeological sites - both a village and a burial site - important to the history of the Tla'amin Nation. This past year, it was the daily truckloads of logs coming from north of Lund and the huge stretch of sudden clearcuts near homes and trails along the road to Bliss Landing.

For one month this spring, residents at Penrose Bay endured hours of daily chain sawing when one resident decided, with no notice or consultation, to clearcut several acres of private land directly next to their dwellings, leaving piles of unsightly debris and heightening wildfire risk. In February, when north of towners shared unusual footage of an aggressive wolf pack near residences, some in the area wondered if these animals might be displaced due to logging. And in June, residents north of town learned that yet more deforestation may be on the way. Mosaic Forest Management is investigating logging above Crowther Road on Okeover Inlet and reportedly slated to begin removing 75 acres of fir and cedar this fall.

Although we recognize that local forests contribute to our economy here - in terms of crucial employment in logging, milling, and other related industries - we also recognize that the value of forests is much wider and greater than this. We appreciate them for recreation and beauty. We depend on them to mitigate climate change. They provide habitat for a range of species, including our familiar black bears, deer, and owls, as

well as endangered marbled murrelets, red legged frogs, and great blue herons. They contribute to our growing tourism sector and, by protecting soils above the water from erosion, they help keep our inlets healthy for a variety of ocean species and for shellfish harvesting.

The proposed site on Crowther Road is on a steep slope directly above residential dwellings. Concerns for these residents include potential impacts to well water, septic systems, and water supply, as well as probable erosion issues for their properties, the inlet below, and the only road servicing the area. Crowther Road is also near Okeover Arm Provincial Park, and nearby Desolation Sound is an internationally renowned boating destination. Locally owned restaurants and tourism businesses attract clients because of the beautiful natural surroundings here. Finally, this area supports a thriving shellfish industry which depends on a pristine maritime environment. Logging above Crowther Road would put all of these interests at risk.

In August, the Okeover Ratepayers Association held an Annual General Meeting to learn about Mosaic's plans for the area. Locals packed a room at the Northside Community Recreation Centre, and qRD representative Jason Lennox shared his perspectives and insights. Unfortunately, no representative from Mosaic was available to hear or respond to the many concerns and questions. The Okeover Ratepayers Association has since twice written to Colin Koszman at Mosaic requesting further information and consultation. In response to our first letter, we were grateful to learn from him that Mosaic was still in the assessment phase and had plans to engage with locals once that was complete. However, directly contrary to this information, workers onsite recently shared that logging is planned to begin in November, including hand logging on the steeper slopes. Thus, once again, neighbouring residents are apparently left in the dark, without opportunity to engage in the process, despite clear impacts to our homes, roads, businesses, and natural environment.

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Continued from page 18...

Since then, we received a reply from Colin Koszman to meet on Wednesday, September 25 at the Lund Hotel at 9:00 am. At that meeting, unfortunately, the logging was not up for discussion, though Colin has contacted residents to discuss the process surrounding it. From what I have gleaned, the plan seems to be to start in early November, and they may already be constructing

spur roads to connect to Crowther.

Anyone who is interested in this issue, concerned about the rate of deforestation in this area or the lack of consultation, and wishes to partner with the Okeover Ratepayers Association can reach us at okeoverratepayers@gmail.com.



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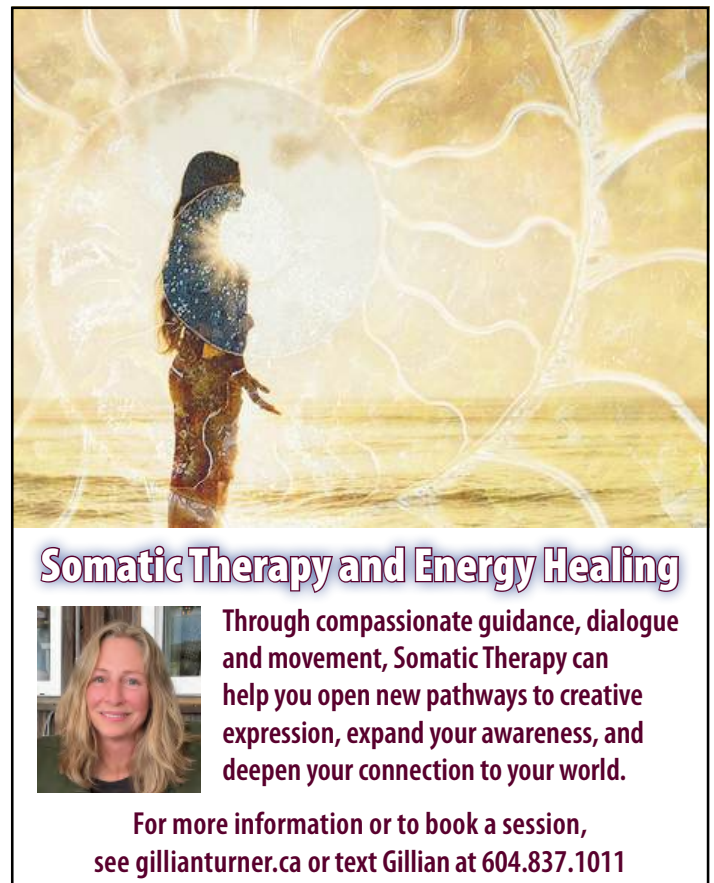


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Reclaiming End of Life

Imagining a Future for Death Care in Our Community

Gillian Turner

An interactive, collaborative weekend retreat took place in Lund last month. It brought together an inspired circle of curious participants intent on learning, exploring, and sharing in conversations centred on end-of-life. Billed as a “weekend gathering to deepen into family and village-circled care,” we were invited “to be part of a growing community of folks interested, dedicated, and called to remember death as sacred, soulful, and somatic work.”

The five facilitators brought stories and experiences from varied roles ~ life celebrant, funeral director, RN, registered counsellor, author, hospice volunteer, long term care-aide, and death doula. Participants all agreed the weekend was wildly successful!

Our circle engaged in a variety of creative and thought-provoking activities that prompted storytelling of our own loved ones’ passings. We built ancestor and earth altars; we reflected on our own values and wishes should we be faced with death; we had time for art practice, bringing form to those visions with gathered plant materials, through collage, and sharing in song and dance.

There were fascinating and informative conversations about the practical medical and legal issues at end-of-life and after death. Which documents must be in place, the different possibilities for dying at home or in a facility; what is possible for body disposition right now in BC; navigating the medical system and advocating for a loved one; advance directives and how a family or community can play a part ~ Who

will speak for you? Make decisions for you? Have you had these conversations?

With the growing prevalence of MAID (Medical Assistance in Dying) there is an ability to create our own “death plan” and, with that, a greater willingness to invite family and friends to share in ritual and ceremony prior to and after our deaths. The desire to die in place in our own homes also echoes loudly.

As I draft this article, media outlets are reporting on last night’s televised provincial leaders’ debate. All three party leaders were called on to address the key issue of caring for our seniors, sparring yet agreeing that lack of affordable housing and shortages of healthcare workers are seriously stressful and harmful current conditions.

Since the workshop, the circle has continued and is joining the voices of other Lund locals already engaged in this conversation, planting seeds and imagining what may be possible. Can local individuals come together and fill these gaps in elder care? Can we provide compassionate companionship, embrace our seniors, and reclaim family and community-centred end-of-life care, perhaps going as far as creating momentum for a green conservation cemetery in Lund (as on Salt Spring Island) or even a local eldercare home (as on Lasqueti Island)?

Kristi McCrae will be hosting a circle to continue the conversation. If you are interested in lending your voice, please inquire at (604) 208-0100. 🌱



Photo courtesy
Anna Byrne

Puddle Jumpers Preschool and Lund Community Daycare

Alisha Van Belle

What a strange year this has started out to be! As a precaution to be able to stay open during our anticipated building expansion, we moved the childcare room to the bigger room, and Ria and friends built a dedicated sleep room in it. There is no daycare license possible without a sleep room, but sleeping babies beside a construction zone?? No Way! So, it got done, quicker than anticipated and just under the wire. We ended up moving the week we were starting.

That's not all we were trying to change. We thought it was a shame that parents were driving their toddlers south of town for childcare last year, and so had been looking for another Early Childhood Educator since spring, without any luck, but we did manage to expand the hours of the daycare to three full days with the help of Marissa Bolton.

It has been so fun to be able to have the younger Lundies in our program. Though we have had some glitches with bureaucracy, we have managed to keep it going with a little creative balancing act.

We have very few children aged three to five, and A LOT of children under three. We have a big waiting list for the limited daycare spots for under three and a pretty small preschool class this year. Next year, it will be a very full preschool class. This year we are running our preschool program at a financial loss, so our fundraising efforts will be very important for the year. We will be doing our annual Puddle Jumpers Preschool Raffle, so contact me (604-414-0091) if you have a prize you would like to donate. We are collecting until October 31. The raffle tickets will start selling at the Lund Christmas Craft Fair on November 16.

Fall brings the usual fun stuff. Woods walks, harvest games, leaf crafts, and lots of playtime outside. We finally got to visit the Craig Road Fire Hall and see those fire trucks and play with the hoses. We love that one! Of course, there is also Halloween, with a Halloween dance party on Halloween day.

Photos courtesy Puddle Jumpers Preschool



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I am having so much fun being able to spend a bit more time playing and crafting with a smaller group. It is a little challenging to get the parent participation part of our parent co-operative preschool in, but we are managing it with a little help from the community. Thank you all who help us take care of the children in our community. We sure appreciate you! 🌟



Photos courtesy Puddle Jumpers Preschool





Three Stone Soup
Studio open by Appointment
 Heritage Christmas Stocking Workshop - November 2nd
contact for details!
 See you at the Lund Christmas Fair - Nov 16th
 & at Klah Ah Men (Lund) Winterlude Dec 7th & 8th!
 fibre, heart and story...

Wendy Drummond Cran
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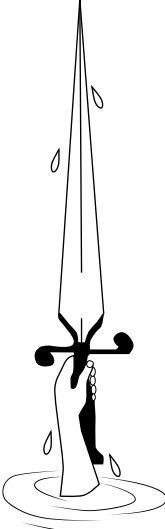



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*Soon chill and winds will hit us all
 I'm thankful for the calm of Fall*

*Thankful for the milk from cows
 Thankful for the goats who browse*

*Thankful for the fruiting trees
 Thankful for the birds and bees*

*Thankful for the hens that lay
 And even for the donkey's bray*

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 Who come to shop for local grub!*

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AUTUMN at TIDAL
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Fall Artists in Residence
 Joey Mallett. *Lanterns & Mixed media.*
 Sandeep Ashwath. *Animation.*
 Keith Callihoo. *First Nations Tattoo & painting.*

Workshops
 Raku. Ed Oldfield.
 Clay handbuilding. Keely Essex.

Event
 Empty Bowl Fundraiser for PR Foodbank.
 19 October.

Shows
pacifiq transcendence. Prashant Miranda
 25 October to 10 November.
 Reception, 25 October, 5 - 8 pm.

Sandeep Ashwath. **Presentation.**
 Keith Callihoo. **Presentation.** Last week of
 November.

Through the Eyes of a Local Teen

Reed Worthen

Food Bank

After an incredible summer on the Sunshine Coast, I'm diving back into another busy school year. My course load this semester includes Career Life Education (CLC) 12. This class gives students the skills and information necessary to be active and successful citizens. The culminating event of this course is the Capstone project, which lets students demonstrate their knowledge, competencies, and passion(s) through a self-guided inquiry. We dedicate at least 40 hours of class time over the semester to complete it, and it is a graduation requirement. For my Capstone project, I have decided to raise awareness and fundraise for our local Food Bank.

I had the opportunity to volunteer at the Food Bank last year with my Social Justice 12 class, and more recently with my CLC 12 course. While there, I talked for a while with Savanna Dee, the operations manager since 2016, who walked me through how a food bank functions. The Food Bank is a registered, nationwide program with over 800 locations. Unlike independently run hamper programs or soup kitchens, all volunteers must hold up-to-date food safety and WHMIS certifications. As an accredited service provider, the Food Bank undergoes regular audits, reports all spending to the board of directors, and has its finances reviewed by an accountant monthly. While I was assembling grab bags, two food deliveries came in: a load of fresh produce from local farmer, Aaron Mazurek, and one from a local grocery store. Small donations, especially those under \$5,000, are the lifeblood of the Food Bank. Most of these contributions come in during November and December, but after that, Savanna says, "It's like someone shuts off the tap." The donations drop off, but the need is still there.

From here the conversation got a little bleak. Food bank visits are going up across the nation, and the qathet region is no exception. For the past three years, visits have been steadily climbing. In 2023, there were 3132 visits, nearly 200 of them new. One out of three people who use food banks in Canada are children, and Savanna says that the most common items asked for by parents are juice boxes and other snacks for their kid's lunch. Savanna connected this to the rising price of groceries and most other things due to inflation. The high price of groceries also means that fewer people are able to donate, and the food bank must spend significantly more on food. Last year, the food bank spent \$147,000, which has already been surpassed, with the food bank spending \$160,000 by the start of October 2024. It is evident that it will take a big effort from our community to keep the food bank running, and this is where my fundraiser comes in.

If you are in a position where you could donate spare food or money, it will truly make a difference. It is small cash and food donations that enable the food bank to serve so many of our community members. The food bank can purchase at-cost, from retailers, and from businesses designed specifically for food bank supply, which means that they can stretch the donations to make the biggest difference. If reading this article has gotten you in the spirit of giving, there are plenty of ways for you to contribute. For my project, I will be collecting cash donations at Brooks Secondary and running a silent auction with prizes sourced from local businesses. The Food Bank accepts e-transfers to pracfoodbank@gmail.com, PayPal through their website, and cash donations at 6816B Albern Street. They also accept food donations of any non-perishables that are less than six months past their best before date, and tax credits are available for local farmers who donate fresh produce. There are donation bins at Quality Foods, Save On, and Fresh Co. As part of my final presentation, I hope to announce the total amount raised. If you donate after reading this, please cc me at reedworthen@gmail.com or let me know separately. 🍎

Creative Klah ah men

Monique Labusch

Hello! I guess you had a great summer! Welcome back!

I am sure a lot of you know Roberta Biggs, if not personally, then maybe through her amazing scent... Hmm, what do you mean?...you might wonder... What are you talking about?

Ok, let me explain, or better, let HER do the job for me, while I'll pour myself a delightful bath. I guess this time I will choose...oh yes... soothing lavender salt, one of her many great products. Talk later!

Hello friends and strangers! I'm Roberta, owner and operator of Lund Soap Company!

I began my soap crafting journey on a whim in early 2018 and have been hooked ever since. I've always enjoyed baking, and would partake in seasonal hobbies such as preserving, canning and pickling - so soaping was, in a way, a likely continuation for me. I set out to make unique bars that were easy on the eyes, like a little bit of art to bring in the shower, or have beside the sink, and replace every month or so.

Each batch is handmade, using original recipes, and no two bars are identical.

The entire process is very therapeutic and enjoyable, from formulating, measuring, mixing, to cutting the individual bars. I'm always concocting new recipes and scent combinations in the back of my head. My recipes showcase some of the local bounty that ranges from blackberries, salmonberries, goat milk from the farm, and seaweed from the backyard.

My great granny was a soaper, so you could say it's in my blood. I've been told stories of her boiling cauldron of toxic smelling soap, and how the lye had spilled onto the old Turkish rug and burned a hole through to the floorboards. I've strayed from her ways by switching to the cold process method instead of hot process. Producing a mild and gentle bar with super fattening, skin loving properties that will leave your skin healthy and moisturized. I use an array of plant-based oils and butters, quality essential oils and all natural colourants - clays, botanicals, and such to create a natural yet effective soap. The tradition may have skipped a couple generations, but I'd like to think she would approve.



Photo courtesy Lynette Oon

Since starting LSC I've expanded the product line to include liquid foaming soap, bubble bath, bath salts, bath bombs, lip butters, dry shampoo, solid shampoo & conditioner bars, solid dish soap, and my latest accomplishment - lotion!

When I'm not making soap (or all the other things) or busy with the behind-the-scenes aspect of running a small business, I'm working at my day job, at Vancouver Coastal Health Home Support as a care aid. I assist the elderly in the community to continue to thrive in their homes while staying safe, happy, and healthy. It's an incredibly rewarding line of work and I've learned so much and made friendships that I will truly cherish forever.

In my downtime, I'm out hiking with my pup Sunny on the trails and old roads around Lund, on the boat with my

Continued on page 26...

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partner Thor, or weeding the garden. I've been visiting Lund and nearby Savary Island since the early '90s. My mother spent part of the summer of '89 on Savary with a big baby bump, enjoying the pristine white sand beaches and friendly laid-back lifestyle. I spent my summers on Savary while growing up, at my grandmother's small (very) rustic cabin in the woods, and can only now look back at just how lucky I was. After graduating high school in the Comox Valley, I moved to Lund and truly fell in love with the quirky little town at the end of the road, full of unique characters and kind souls.

Everyone can have a bit of Lund in their lives, whether you've had the chance to visit, would like to one day, or have spent years of your life here.

Available locally in some of my favourite select retail locations: Andtbaka Farm, Bloom Therapy, and Forest & Fog. Always available online. And my personal favourite - in person! During the summer months (May - October) I attend the Sunday Farmers Market in Powell River. There's a quarterly market at Springtime Garden Centre that I always attend, and the best market of the year - the Lund Christmas Craft Fair - coming up soon! www.lundsoapcompany.ca



Photo courtesy Roberta Biggs



Photo courtesy Roberta Biggs

Hi, I am back from my bath and I guess you had a good time too!
Aren't we lucky to have her and these amazing products right here on our doorstep!
And...Christmas is coming!

Don't tell, but I guess I know what to get my loved ones this year! Stay colourful and ... fragrant!

Monique Labusch - Painter

Influenced by the beautiful colours of nature around her.
Be kind and make someone smile today!
Find her on Instagram & at Klah ah men (Lund) Winterlude Dec 7th & 8th




www.lundsoapcompany.ca

Provisions for the Journey

Margaret Behr

Back in 1960
two young men were hitchhiking
across North Africa

and they had their packs stolen.

And there they were
with only their smiles,
their bluejeans,
their passports,
two one-way boat tickets to Italy
in their pockets,
and \$2.40 in loose African change.

So they divided the money
and each went their way
to buy provisions
for the boat trip to Italy.

And one young man,
delighted,
came back from the market
(having spent his \$1.20
with great thrift and wisdom)
with two bags overflowing
with rosy fruit, and bread and cheese.

And the other young man,
equally delighted,
came back from the market
having spent his \$1.20
on a knee-high
leather and gold and red-embroidered
stuffed African camel.

And I don't know much
about wisdom,

but 20 years later
I was in love

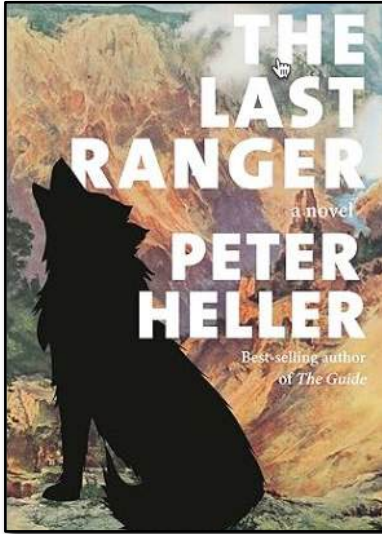
with the man
who bought
the camel. 🐪



Ev's Book Review

Ev Pollen

THE LAST RANGER, by Peter Heller

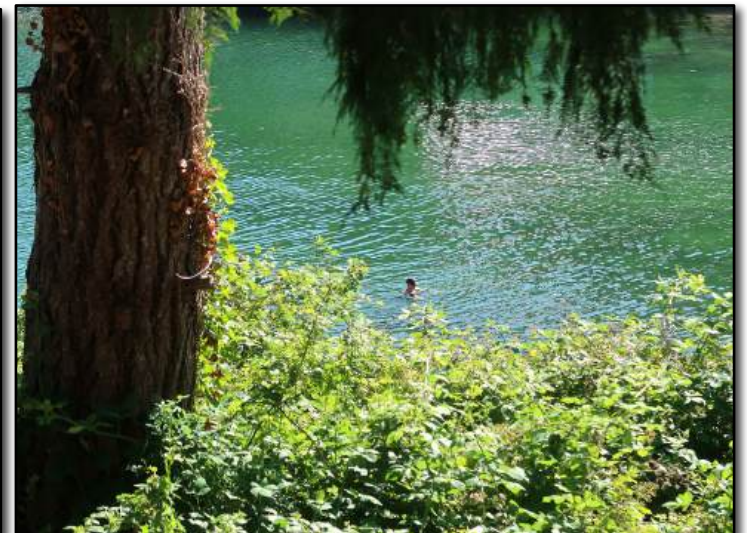


Hello fellow book lovers. You've probably read earlier reviews of this author's books: THE PAINTER and THE RIVER, which are exciting, thoughtful reads. This new one is even better!

Heller's deep understanding of the natural world and human nature and his clear, beautiful writing style carry the reader into the life of a park ranger in Yellowstone National Park. The ranger, Ren Hopper, is widowed and sad, but sustained by his dedication to the park and the warmth of his community's characters. One of his closest friends is the biologist Hilly, whose passion for the wolves and understanding of the effects of their reintroduction to the park after seven decades of absence is the driving force of her life.

Ren asks Hilly how to answer the question he gets from so many tourists, "What's so great about wolves?" Her response is so illustrative, the science so clear, and her dedication so obvious that I think this is the core of the book! She describes "tropic cascade", which happens when an ecosystem loses the apex predator. She describes the changes that reduce the populations of other species, from fish, to mammals, birds and insects.

More than one character in the story sees their loving passion devolve into something else entirely, due to circumstances beyond their control. There are episodes in the book that highlight society's growing disconnect from the natural world and are unforgettable. I strongly recommend THE LAST RANGER. 🌿



Photos courtesy Brian Voth

Is Julius Caesar Still Alive?

Gregory Cran

Simon Brissenden lives here in Lund and, without fear or trepidation, has tackled the question of whether Julius Caesar is still alive. We met recently to discuss both the question and his work in astrophysics and cosmology; two fields that have undergone mind-numbing expansion in their exploration of Dark Energy (which expands the universe) and Dark Matter (which holds our universe together).

Before we met, I read his article *It's Time to Stop Talking About Time*, which is an extremely interesting portrayal of Einstein's theory of relativity that challenged Newton's concept of time. In other words, the concept of time as we know it comes from Newton but got sidetracked by Einstein when he introduced a new relationship between space and time that is affected by movement and gravity. Simon's paper suggests that language and law should keep pace with scientific progress, as it has been more than a century since we found out that Newtonian time is not how the world works.

He shared with me a CBC podcast on 'Ideas' from 15 years ago called *Living on Oxford Time*. Here, Julian Barbour, a renowned Oxford physicist, makes the argument that time is an illusion, simply a construct of the mind, and that we live in an "array of nows", rather than in a past or future. The concept of *now* for time, becomes more like the concept that *here* is for space. In short, Barbour believes that someone who dies, meaning that they were alive in the past and no longer around in the future, remains alive somewhere else in space-time, suggesting that Julius Caesar is still alive, which I confess left my head reeling.

I asked Simon if he believed Julius Caesar was still alive. He said without missing a beat that he doesn't, and explained that the confusion comes because, as Einstein first discovered, there are two different sorts of time: proper time, which we measure with clocks, and coordinate time, which he says is a theoretical concept unaffected by gravity or movement, that you can't measure with real clocks, which are always affected by gravitational fields. The difficulty in understanding these abstract concepts, he added, is that when many physicists write about time, including Stephen Hawking in his book *A Brief*

History of Time, they usually fail to mention these two different sorts of time. Recognizing the physical differences between proper time and coordinate time, he said, was the key to eliminating the speculative concepts of Dark Energy and Dark Matter.

I asked Simon what it is like to be living in Lund, separate and apart from the mainstream scholarly community and how does he get their attention if he would like them to read his papers? Yes, it can be a challenge, he said, but Lund is his home and where he chooses to spend his time with his wife, feather Mills, whose work in stained glass was featured in the last *Barnacle*.

My sense is that Simon has done very well in getting some of the physicists to not only read what he has written but also admit to a calculation error that Simon suggests was made in a well-known astrophysics paper. But like other scholars I know, typically they are not willing to do much about it.

If you want to know more about Simon's work, I suggest you read his Royal Astronomical Society of Canada Journal articles *Matching Supernova Redshifts with Special Relativity and no Dark Energy* published in April 2020, and *Cosmological Redshift without Expanding Space* published in April 2024, or the *Big Bubble Theory* paper that describes how the Universe is an expanding bubble in four-dimensional space, something I am looking forward to reading.

References:

It's Time to Stop Talking About Time

(www.Researchers.one)

Matching Supernova Redshifts with Special Relativity and no Dark Energy (April 2020 JRASC)

Cosmological Redshift without Expanding Space (April 2024 JRASC)

Big Bubble Theory (www.Researchers.one)

Gregory Cran is a 'retired' academic living in Lund. He is the author of *Negotiating Buck Naked: Doukhobors, Public Policy and Conflict Resolution* and *Nosing and Tasting the Water of Life: Blue Collar & Scholar Guide to Whisky Pairing*



Learning ʔayʔaʃuθəm - the language of the ʔaʔamin (Tla'amin), kómoks (Comox), χ^wεmaʔk^wu (Homalco), and ʔohos (Klahoose) people

Brianne Louie

ʔaʔεχ^wut (How are you?) I am honored to be part of the language department in Tla'amin, and to once again be working with the *Barnacle* and the people of Klah ah Men/Lund.

If you go to the First Voices website link below, it brings you directly to the Tla'amin page. This website helps you learn the pronunciation of our language, as well as learn songs, stories, etc. Should you have any questions, please feel free to email me: brianne.louie@tn-bc.ca

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

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

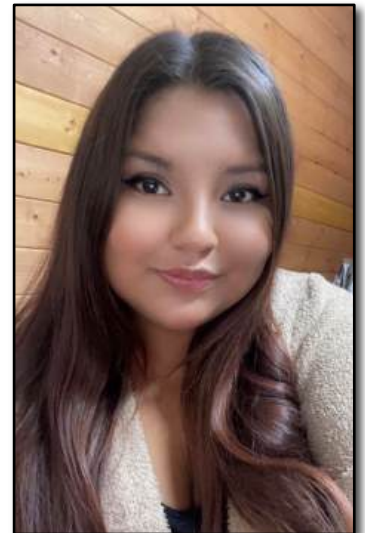


Photo courtesy Brianne Louie

What do you like?	təm k^w ʔisx^wax^wʔ
I like...	ʔisčɛn
Swimming	niʔunšəm
Soccer	yīʔimaʔəm
Walking	ʔεʔεmaš

this is the way the vowels sound:

a	ah
e	ay as in May
i	ee
o	oh
u	oo
y	y as in yell

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

ə	uh
k^w	kw
ʔ	glottal stop: uh oh
x^w	Hhhh
č	ch
ε	eh
ɪ	ih
š	sh

Life From Here

Trish Keays

Worms From Here!

Nobody likes me, everybody hates me, I'm going out to eat worms.

Long, slim slimy ones; Short, fat juicy ones; Itsy, bitsy, fuzzy, wuzzy worms.

Lots of protein, iron, amino acids, calcium, copper, manganese and zinc. The benefits of eating worms are clear but the likelihood of people in our culture adding worms to the daily diet is small. "Yuk" is a more likely reaction ¹. (See this source for a recipe.)

More appealing is keeping worms to digest kitchen and garden wastes and create a beautiful black garden soil addition: worm castings. Farming worms is called vermiculture.

In 2020, I bought a worm farm four-tray system and a pound of Red Wiggler worms to try to eliminate kitchen compost ³. I have 18 containers now, mostly plastic buckets. I would have more but lost three to a bear last summer and several to rats. Red Wigglers and African Night Crawlers are the two most common composting worms – the Night Crawlers eat more faster but can't handle winter cold. I thought I'd lost the Red Wigglers the first winter, frozen into blocks of ice, but they wriggled into spring when the weather warmed.

Favourite foods include bananas, watermelon, cantaloupe, avocados, and coffee grounds. The worms will eat anything that was alive, but meats, fish, dairy, and citrus aren't recommended for home systems. A pound of worms will eat a pound of food a week.

Bedding can be cardboard, newspaper or leaves, all of which the worms will eat when the provided food is digested. Worms eat the bacteria on the food, not the food itself. Adding sand or grit to the bins helps them eat. I regularly add light amounts of wood shavings and sawdust, mostly to regulate moisture. The worms don't eat seeds. The first year we gardened with worm castings, we had burgeoning amounts of volunteer tomatoes and squash, mostly small gourds.

I harvest the worm castings mix about once a month to six weeks. I've experimented using Douglas Fir cones in the bottom of the bins because I have a lot of them and because I sometimes don't get back to the bins for awhile. The worms will burrow into the cones if the soil is too wet. I then use the cones, saturated with "black tea", as a mulch on shrubs.

Worms aren't actually "from here". Glaciers scraped away the topsoil including almost all the worms. The common earthworm is native to Europe, invasive in North America, and transported in ship ballast and potted plants ².

Worms have five hearts, but no eyes, ears, teeth, or lungs. They breathe through their skin, which is one reason the medium has to be moist, typically 85% humidity. Worms come to the soil surface when it rains because they can't breathe if the soil is too wet ⁴.

Several hours of very calming work every couple of weeks, producing a wonderfully rich soil additive – bags of it! and no more organic kitchen waste. What's not to love?

Sources

1. <https://www.npr.org/sections/goatsandsoda/2016/08/10/489302134/should-we-make-room-for-worms-on-our-dinner-plate#:~:text=They're%20high%20in%20protein,or%20cow's%20milk%2C%20says%20Dufour.>
2. <https://gohiking.ca/animals/insects/worms/>
3. <https://transformcompost.com/products/>
4. <https://www.iowadnr.gov/About-DNR/DNR-News-Releases/ArticleID/1878/5-cool-things-you-should-know-about-worms#:~:text=Don't%20be%20fooled%20though,through%20different%20types%20of%20soil.>

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How in the World Did You End Up Here?

Juliane Klug

A dream comes true in the Penrose Bay Community on the Coode Peninsula

My husband and I have been traveling through British Columbia and parts of Alberta since 1998 and had always dreamed of being able to come to Canada for more than just a three-week vacation. However, we were both very involved in our careers in our home near Hannover, Germany. My husband, Christian, was a self-employed timber wholesaler and I was building my career as a general administrator in a growing company.

On the last day of one of these vacations, in Whistler in April 2013, we met a couple with a giant schnauzer dog as we strolled the streets. After a small talk about the breed (we had four giants at home in Germany), we exchanged email addresses and kept in touch on a pen pal basis.

In 2015, we planned another summer vacation to our favourite destination, and our new friends recommended we travel to the Sunshine Coast and stop by their place in Okeover, on the Coode Peninsula. So, we booked three nights at the then Historic Lund Hotel. We hadn't actually planned to spend two days with these friends, but we did. We had cinnamon buns at Nancy's, went hiking at Hurtado Point and Valentine Mountain, canoed on Okeover Inlet, and experienced a small forest fire on Atrevida Road. Overall, we were more than welcomed in a very short time. On the day of leaving Powell River, our friend showed up at the ferry terminal and gave us a little gift, saying *I hope you come back*. We were actually looking for a timeshare in

a hotel, but by then we now knew Powell River was where we wanted to be.

Coming home, we sorted our pictures, and one showed the stone at the viewpoint in Powell River with the national anthem and the last phrase: *Follow your dream*. We both just said: *that's a sign; let's get started*.



Photo courtesy Juliane Klug

In 2016, we spent another vacation in Whistler for spring skiing and then in Lund at the Desolation Resort to figure out if the first impressions had remained. They had, and the people here in Lund and Powell River are simply lovely, open, friendly, helpful, and very special. We looked at properties, but it wasn't yet meant to be that a house in Okeover Inlet would become ours.

Where else should we spend our vacation than in Lund? So, we came back twice in 2017 to follow our dream and find out what it might be like to live here. We rented a cabin near Highway 101 in the Northern District and tried to live like we do at home in Germany. We ran errands like ordinary people, visited the Farmer's Market, the Patricia Theater, PRISMA, and an ice hockey game. We also learned about medical and veterinary care because we thought it was important. And finally, we learned how to recycle.

By chance a property in the same area that our friend's house is in came up for sale and, after two years of patience, we were finally able to sign the

Continued on page 34...

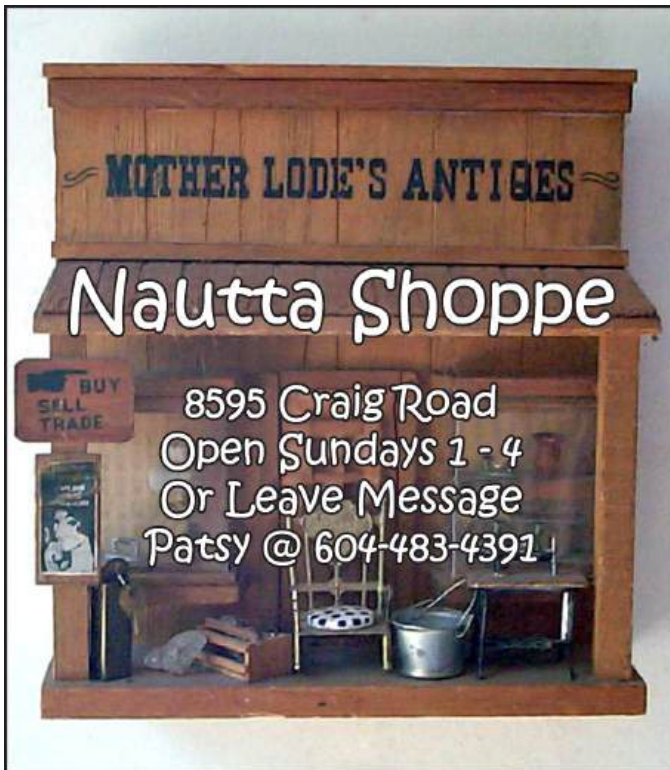
Continued from page 33...

contract in May 2019. In the meantime, my husband had retired and his lifelong dream seemed to be coming true. We came back in the fall, had the property cleared by T&R Contracting, signed a contract with a builder (Complete Construction Services Ltd.) from Powell River, arranged where we could stay during construction, and flew back to Germany with the plan to return in March 2020. We all know that didn't happen. The pandemic hit and two weeks before our flights were to take us back to Canada, the borders were closed.



Our house was built without us being here. It was a big challenge for everyone involved, but in the end, everything turned out exactly how we wanted it.

In September 2021, after the border closures were lifted, we took one of the first flights to Canada. Since then, we've been spending up to half a year in our home in Okeover and hope that we can live this dream for many years to come.

If you wonder why we can only spend half a year in Okeover, well we are allowed to stay 180 days out of one year on a visitor visa and have no idea how to change this into a permanent residency. We would very much appreciate suggestions how we could make further progress regarding this. We can be reached at j.klug@xplornet.ca.



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Lund Kid Revisionist History

Anna Gustafson

Sometimes

What are you supposed to do with it all? All the lessons and learnings accumulated in life. For me, this. The stories. As I let go of the heavy preciousness of the moments I've ferreted away to include in a comedy set or a screenplay, they're spilling out faster than I can keep up with them. So, I look to those that have gone before me, and way before me, for guidance. It has been rumoured that you can't take it with you, and at best, there is only room for a haiku on your tombstone, so there's work to be done.

There are many kinds of writers. Some find their storytelling lane very young and spend their whole life in it, like ultra plaintive Dan Hill, who began songwriting at 14. Until learning this, I thought I was a phenom learning how to drive stick at 14, but then along comes Dan. Some hoard until they grow their writer's backbone. Laura Ingalls Wilder, the beloved author of the *Little House on the Prairie* series, wrote her first novel in her 60s. I often blame her for my late start because, according to her legacy, I had so much time that I procrastinated like mad. Now that I'm staring down the barrel of 60, it's time to get hustling. She began dabbling in writing with a newspaper column in the *Missouri Ruralist*, much to the delight of rural Ozarkians. If you're feeling seen right now, Lund folks, I am too. And I'm feeling like I'm on the right track.

I've fantasized about writing songs, but then I remember I can't sing, and what a waste that would be. To be a closeted rock star. Ugh. What rhymes with Lund anyway? Stunned? Gunned? Many drinking stories have come out of Lund, but not any that you'd feel compelled to sing along to. Gunned or not. It would be a kick to take a blob of feelings and turn it into something as everlasting as a song. I wrote one for a boyfriend once, but there is no glory in rhyming "true" and "you."

I saw Dan Hill perform at a benefit last week in Toronto. Yes, that Dan Hill. The songwriter that they invented Google for. What a surprise it was to learn how his stories came to be, and just how many ended

up coming from other people's mouths. People like Celine Dion, Britany Spears, Tina Turner, and 98 Degrees. I wasn't the card-carrying member of the Dan Hill fan club in the Gustafson house, as much as I enjoyed his music. It was one of the sisters. Her boyfriend evidenced this at the time, who could have been Dan Hill's stunt double, also, by the Bonnie Bell lip gloss smeared across his album jacket. She had/has a mad love for Dan's barefoot, long-haired, teenage, troubled ways, and because of that, I love him too. Even more so now. Hearing him tell stories about the stories he told through music was incredibly entertaining. Telling the story of him telling stories about his stories is blowing my mind, man.

I don't know what the magical lesson is here. Through insecurity, tenderness survives? To try just a little bit harder? Is it to hold someone...or an idea...until the fear in you subsides? Your stories are not coming with you, so begin stashing them so they can be found long after you're gone. Sometimes, the stashing is in the telling.

Anna Gustafson is a comedian, producer, writer, and forever Lund Kid now living in Toronto. Talk to her at annagustafson.ca




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Speaking in the Barnacular

Ted Durnin

What did I think was going to happen? I remember laying on the concrete in the schoolyard, just after demonstrating to my kids how to skateboard, just before the ambulance came. You know that feeling of being invulnerable and invincible? Like nothing can hurt you, no matter what? That only seems to apply to kids. Except not really. But adults who do dumb stuff usually end up where I was: setting the other kind of example.

As I write this, our province is preparing itself for the signature act of democracy: an election. Why do I have the feeling I had before I got on that skateboard? Part of me knew I was going to get hurt but I did it anyway, almost like something else was in control of me. And I'm now on the other side of the question, temporally: what do I think is going to happen?

Let's see; we have the Green Party, the Orange Party, and the other one that I can never figure out if it's Red or Blue. We might benefit from some other colours here. The Purple party. The Pink Party. The Plaid party. Very Canadian.

But we can only vote for parties that are on the ballot. This, by the way, is an example of guided choice making; you can choose anything you want as long as it's one of the choices we chose for you. Well, democracy is a compromise.

Do I vote for a party or against a party? You know what I mean. There are parties with clearly stated platforms that make sense that never win. There are parties with vague and obfuscatory policies that are lies anyway that almost always win. And then there are fringe parties that have clearly documented fantasy policies. The rhinos are my favourite. My friend Barry wanted to run as a rhino. He was going to make the highway to Lund one-way. Maybe we could make a new party. How about the Backyard Barbeque Party? DJ Dance Party? I think many people would vote for the Tailgate Party. But I digress.

I know what I don't want because that's usually what we already have. What I do want is divided up among the choices, so if I have a desire to vote for one issue, I have to choose a party that has a stance I hate on

another issue. Often, I end up voting against what I want least, a spiteful approach. A hopeful approach would be better, but we can't divide it up by issue. It's like a lot at an auction: you have to take some crap to get the shiny thing.

So, let's pick one thing here. Transportation. We'll say I care most about ferries and trains being too expensive, always full, not going when or where I want them to and being cancelled when I really need them. Let's say I care about that the most. Which party should I vote against? I mean for?

It so happens that the ferries were sold off to some businesspeople a while ago so they would streamline things and run them efficiently and make it all better for everybody. But what happened is what I just said: expensive and full and a guided choice of where and when, except when we go nowhere at all. So, I'll vote against that.

Which party gave us that? I guess it was the Blue one. Or maybe the Red one. It's hard to tell them apart. But it seems that that party is no longer on the ballot. What happened to them anyway? Did they change their true colours?

Probably not.

As I write this, the election is in my future. For you as you read this, it's already happened. You voted your hope or your spite or your hate. You got something that's not perfect. Maybe a lot less than perfect. But you did your best among the available choices, and now the winners can say they are only doing what you want them to do. Even if it's something you'll turn out to really, really not want.

There's that feeling again. The inevitability. I can almost hear the ambulance now, figuratively speaking. Why did I do that? How did I end up with the same old sad story? What did I think was going to happen? 🤔

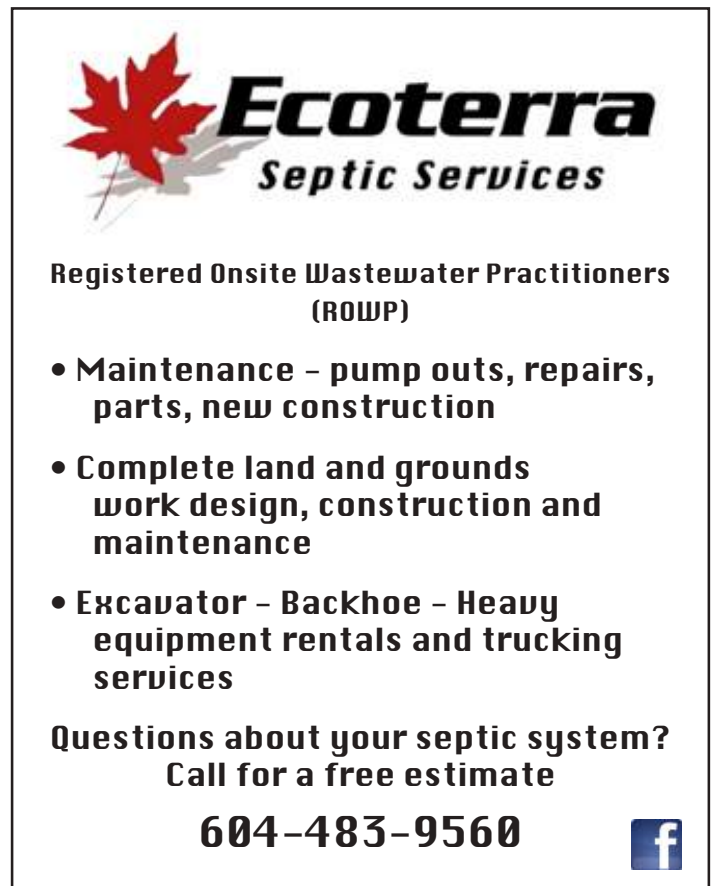




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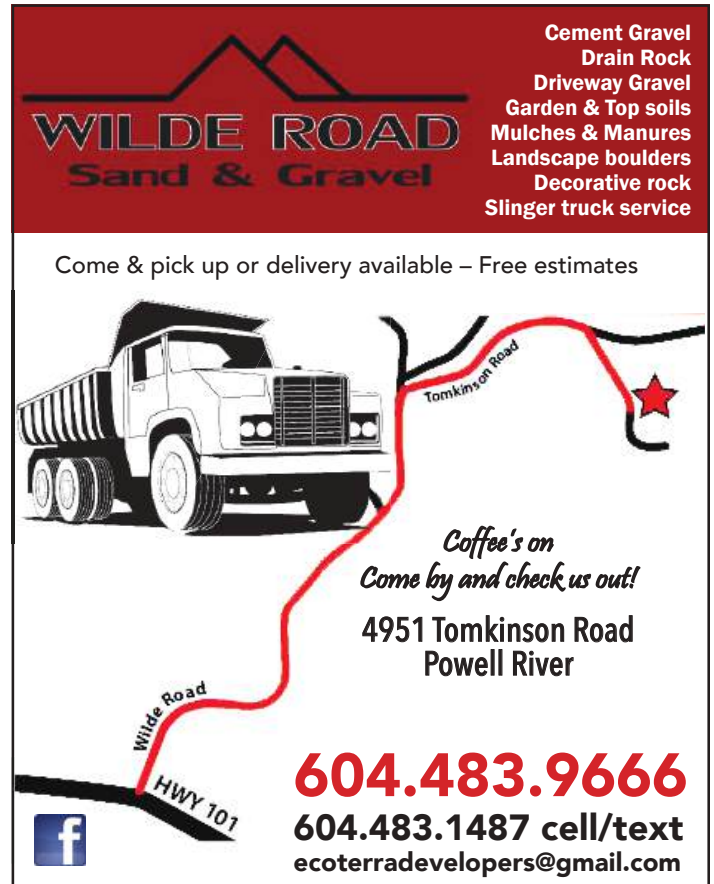



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In Memoriam

Paul Peter Kneppergeres

June 25, 1937 – July 4, 2024

Margaret Leitner



Beauty is Truth, Truth Beauty. That is all Ye know on earth, and all ye need to know. – John Keats

This is one of the many quotes about the meaning of life and death that Paul recorded in his diaries spanning most of his life.

To know Paul was to know a wonderful human being, a kind and gentle man, a loving husband, a person who appreciated nature, poetry, gardens, engaging in conversation, sharing a meal with friends, laughing, and reading about a wide range of subjects from philosophy to mathematics.

Paul and Magdalena married in 1973 and spent a few years working and exploring in BC and Alberta. In the early '80s, they made their way to the Lund community. They took jobs as caretakers at coastal boat-access-only locations (e.g., Twin Islands) until they made a home with food and flower gardens in Finn Bay. When they needed to be closer to town, they moved to Wildwood and built a home with solar panels on the roof and a charging station for their EV, one of the first EVs in the region. Their Wildwood home includes gardens bursting with flowers, fruit, and veggies as well as birds, bees, and the occasional bear.

Paul died peacefully at home on July 4, 2024, nine days after his 87th birthday and just a few days before his and Magdalena's 51st anniversary. A green burial and graveside memorial were held soon after.

From Paul's diaries:

Death is not extinguishing the light. It is only putting out the lamp because the dawn has come. – Anonymous

Carol Louise Anderson

February 15, 1950 – July 12, 2024

Nichole Anderson



Our beloved matriarch transitioned to the heavenly realms at PR Hospital due to advanced cancer. She was surrounded by her immediate family: daughters Nichole and Kama Anderson, grandchildren Elias and Kaya James, sisters Maxine and Nancy, brother Don, nephew Shane and his mother Linda. Our deepest thanks to all our family and friends who held sacred space and kept us all, but especially Carol, in their hearts and prayers during our very difficult time of heartbreak, passage, and loss.

Carol fell deeply in love with the Lund community back in the early '90s and, thanks to her, our family was blessed to call Finn Bay Farm home for over two decades.

With growing grandchildren, we made the difficult decision to move to town in 2015. Carol always said she left her heart at our Lund homestead. We are so grateful to Paul Mercs, the current owner and family friend, for caring for this sacred land in our place.

On behalf of our mother Carol and family, we hold much love and thanks to the Tla'amin Nation and the Lund community for all the wonderful years of great neighbours and special friendships who are like family to us. We are so grateful for knowing you and wish you all the best in life's journeys... and to you, Mum, we wish you all that's good, joyful, and wonderful in your beautiful soul's journey throughout this magnificent universe! Namaste.

Continued on page 41...

Continued from page 40...

Nikki Tebbutt

July 27, 1983 – July 19, 2024

Nancy Bouchard



Nikki spent much of her life on islands: first Gambier, then Hernando, Texada, and Lasqueti. She had an adventurous spirit, and was brilliant at everything she tried, from figure skating, sports, music, writing, and languages. She also struggled with a litany of auto immune diseases, starting at the age of four, which led to (combined) years of hospitalization, and isolation.

When she was able, she lived the most adventurous life she could. Her time on Texada and Lasqueti were the most sheer fun she ever had - living a pioneer lifestyle, with verve. She was an incredible cook and was famous for her beautiful cakes, especially. She could rarely eat her creations but poured all her love into feeding her friends and family. As her sister Sierra said: "give her anything and she'll pickle it, turn it into some kind of salve, or make you some kind of remedy".

Nikki surprised even herself by becoming pregnant, and her son Jervis was the pride and joy of her life. Without a doubt, she held on to her life as long as she did for him.

Our family was deeply touched by the beautiful celebration of her life, attended by so many, at the gazebo. A second celebration on Lasqueti was a glimpse into her time on that magical island - a tree was planted in her memory, the earth sprinkled with her ashes, and our tears.

Thank you to everyone who loved her, visited her, and gave her islands of joy in her short life. Nikki died peacefully in our home, for which we are also grateful.

Barbara Ann McCullough (nee Hilton)

January 23, 1957 – August 21, 2024

Aaron McCullough



Our beloved Barb was born in Burnaby, BC, and moved with her family to Lund, where she grew up surrounded by the beauty of the bay and the bluff.

In addition to being a wonderful mother to her two children, Barb dedicated much of her career to feeding and caring for others. She spent many years working at the Olive Devaud Residence and local hospital, where her warmth and kindness touched many lives.

Barb was best known for her passion for plants and flowers. Her green thumb was legendary, with the plants she nurtured thriving throughout town a testament to her beautiful spirit.

She will be remembered for her kind, gentle, and loving nature. Barb was dearly loved by her family and friends, and she will be deeply missed.

She is survived by her loving husband Ken; her children Aaron (Yue) and Tracy (Luke); her cherished granddaughter Gwennie; her sister, Mary (Dan); her brothers Roger and Dave (Donna); and many nieces, nephews and cousins. She was preceded in death by her parents John and Margaret Hilton.

A celebration of Barb's life will be held at the Carlson Community Club in Powell River on October 26 at 1:00 pm.

Continued on page 42...

Continued from page 41...

Johanne (Jan) Gerits

May 7, 1955 - August 26, 2024

Simone Monckton and Kim Gray



Jan passed away unexpectedly at the age of 69. He was born in the Netherlands where he received a doctorate degree in Environmental Sciences. He arrived in Canada to teach at UofT, but eventually started his own biogeochemical business and relocated to Lund, where he lived for the past 20 years. As a Netherlands citizen, he could've worked and lived anywhere in the EU, but he fell in love with the beauty and remoteness of Lund.

He had a passion for hiking, kayaking, travel, photography, classical music, cooking, fine wine and a wee dram of scotch. He understood and loved animals; he talked fondly and often of his dog Sasha. He was friendly, chatty, and quick to offer a helping hand.

He leaves behind his relatives in the Netherlands, and his friends in Lund and around the world. Bon Voyage our friend, and cheers to a life well-lived!

Henrich-Werner (Rick) Giesing

September 1, 1944 - September 2, 2024

Jeannie McKenzie



Rick died after a short, sharp battle. He was born near Berlin and grew up in his ancestral Lower Rhineland near Dusseldorf, a dense area of factories and farmland, mostly flattened in 1944 then rebuilt throughout his childhood.

After apprenticing as a "book dealer and librarian" (and an all-important intro to jazz via US army base radio stations), he spent three years in travel, mostly hitchhiking, to India and Afghanistan in 1965-68. Finally, Rick and then wife, Sue Buck, found their way to Powell River and to a homestead in Southview that Rick called his "Wald Insel" or Forest Island. Dear daughters, Katya and Clea, arrived in 1973 and 1976.

He always worked: clams, salal, rebuilding the old Lund Hall, picking fruit in the Okanagan where he and I met in 1979; he spent twenty years as a caregiver with, what was then, Powell River Association for Community Living, now called Inclusion BC. Rick was an energetic creator. He made lists of our cats, cars, Ping Pong Palace players, books read and reviewed, and films seen; music and books were indexed; he built houses, sheds, fences, and gardens; he played music every day; and latterly, his joy came from using his artistic vision to collect and reorganize every kind of leftover/debris into something delightful. *Beloved Friend, Traveler, Artist*

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.

Community Page

Sandy Dunlop

Birth Announcements

No babies were born that we heard about.

Sympathy and Condolences

Paul Peter Kneppergeres
See obit on page 40.

June 25, 1937 - July 4, 2024

Carol Anderson
See obit on page 40.

February 15, 1950 - July 12, 2024

Nikki Tebbutt
See obit on page 41.

July 27, 1983 - July 19, 2024

Barbara Ann McCullough (nee Hilton)
See obit on page 41.

January 23, 1957 - August 21, 2024

Johanne (Jan) Gerits
See obit on page 42.

May 7, 1955 - August 26, 2024

Patricia Joy Martlew
No obit by request

April 12, 1943 - September 1, 2024

Henrich-Werner (Rick) Giesing
See obit on page 42.

September 1, 1944 - September 2, 2024

Thinking of You

Hello out there! Whether you've just moved here, have lived here for decades, or grew up here and then moved away, you're a valued part of our community. Healing thoughts and much love go out to you all, wherever you are, and especially if you are struggling for wellness in any area of your life. Special thanks to all of my friends for their support and care during my recent hip replacement surgery and ongoing recovery.

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 sends cards to people for congratulations or sympathy and more, if we hear about it. Thanks to volunteer Peg Campbell for sending cards when asked. We also put together welcome packages of wonderful donations from some of our local businesses for newbies to Lund. Many thanks to Margaret Leitner for looking after this, to the generous businesses who donate, and to the post office for making it easy.

**A huge thank you to those generous community members who have donated to us.
Your generosity is greatly appreciated. 🍷**



Photo courtesy Francine Ulmer



Photos courtesy Brian Voth