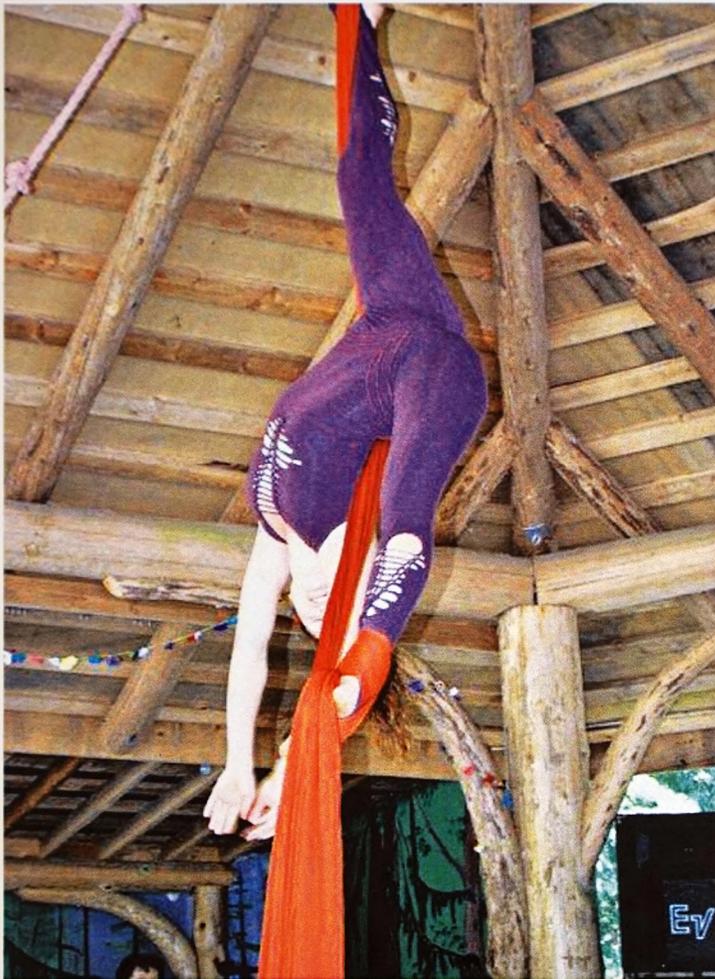


# Lund Barnacle

Summer 2011  
\$ 2.00

All proceeds go to the Lund Community Society.



An aerial circus performance by Freyja Skye for Earthday at the Gazebo

## 2011 Advertising Rates

Business Card Size: \$ 10.00  
Double Business Card Size: \$ 20.00  
Quarter Page: \$30.00  
Half Page: \$ 50.00  
Full Page: \$ 90.00

All proceeds support the Lund Community Society

Next edition is October 2011.  
Deadline for submissions is the 15<sup>th</sup> of September.

The Voice of Lund and the Region  
a 9-1-1 community

[www.lundcs.org](http://www.lundcs.org)  
[www.lundbc.ca](http://www.lundbc.ca)

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# The Lund Barnacle

**Publisher:**

The Lund Community Society

**Editor:**

Eve

**Writers:**

Ann Snow Sandy Dunlop  
Eve Coco Hess

**Photography:**

Natalia Stoll

**Layout and Design:**

Eve

**Crossword:**

Court Cressy

**Proof Reader:**

Jungle Joe

The Lund Barnacle is published seasonally. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and Region. Submissions are welcome in the form of articles, news items, letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submit to the Barnacle in the Lund Community building or contact Eve at 483-4050 or email [barnacle@lundcs.org](mailto:barnacle@lundcs.org).

**\*\*We will now be invoicing annually for advertising. Invoices are sent out at the end of the year.\*\***

## Editorial Policy

The Barnacle is a forum for ideas in the Lund community. Editorial policy is to print what people submit in their own voices as much as possible, respecting the paper's purpose of providing a forum for the community on things that matter to its members.

The Lund Community Society is comprised of community volunteers. No member of the Board of Directors receives a salary or wages.

## EDITORIAL

There are many teachers in life such as educational instructors, authors from books, and those who train us. There are also the subtle ones, as simple and easy to miss as a dog or bird, a tree, the ocean, or even the drunk at the bar. I have been reflecting on those who have inspired me. I see no significant differences with the truths that are spoken. The only difference is the language used and the life experience of the teacher. To me it does not seem as though one is more right than another. And any teacher that suggests that their truth is more than another's makes me hesitant of what they speak of as the spiritual ego is very prevalent in New Age spirituality. If we can slow down we can see the daily teachers of life. I would like to share some quotes of a few who have inspired me.

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift”  
Albert Einstein

“The curious paradox is that when I accept myself just as I am, then I can change”  
Carl Rogers

“You can live two months without food and two weeks without water, but you can only live a few minutes without air”  
Master Hung Yi-hsiang

“Wherever you go, there you are”  
Unknown

“Life itself is the path and the goal”  
“Everything has a message for us including death and disease”  
Paramahansa Nithyananda

“Chirp, chirp”  
Robin, the bird

“Breathing in, I smile to my in-breath.  
Breathing out, I smile to my out-breath.”  
Thich Nhat Hanh

“To live a healthy life, keep your thoughts positive”  
Masaru Emoto

With love and gratitude in my heart, Eve

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## Sympathy and Condolences

On April 28<sup>th</sup>, Emil Krompocker passed way. Our condolences to his wife Joan, his son Don, and his daughters Tammy, and Joan. Two of Lund's streets bear Emil's name, and he was one of our early land developers.

## Birth Announcements

Congratulations to Carrie Brooks and Darryl Ayling on the birth of their baby girl, Sola, on April 18<sup>th</sup>.

Seth and Terry Worthen gave birth to a baby girl on June 15<sup>th</sup>. Her name is Mya Marie, and she joins her big brother Levi.

More babies coming soon!!



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## Fire Department News

Ann Snow

Your Northside Volunteer Fire Department has begun building a new hall at Craig Road. The old garage, which had no plumbing or central heating, has been torn down and the land has been leveled. Soon a cistern and septic field will be installed then the new metal building will take form.

It will be a a two-storey structure with training room, meeting room, toilets, showers, laundry, and four vehicle bays. The new building will meet established codes and allow room for the department to expand to meet the growing needs of our area's residents.

Plans are in the works to have a grand opening in the fall when the hall is completed. We hope to see you there.

*Euchre* . . . every Tuesday at 7:00pm at the Lund Pub.

It really does not matter how good a player you are, it is always a fun night out.  
Come join in if you want to learn how to play euchre.

# Lund Shellfish Festival

Ann Snow



It was hot and sunny - a weekend of summer interrupting weeks of winter weather. The harbour was packed with visitors attending the annual Shellfish Festival on May 28 and 29, and there was lots of food and music.

The Festival was spread out a bit differently this year and the foot traffic flowed smoothly with less interference from vehicles. Craft and art vendors displayed their wares, musicians crooned, strummed, or piped, cooks

demonstrated their techniques, ocean and land tours were offered, and there were plates and plates of fresh cooked shellfish.

The Lund Shellfish Festival is a green event. All bottles and cans were recycled, the plates and napkins were composted, and the shells were returned to the ocean. Even a pair of discarded runners received a new life as petunia planters thanks to the creativity of Barbara Hill, our Green Committee Coordinator.

Net profits from the proceeds of sales at the Shellfish Festival, over one thousand dollars, went into the Lund Community Society's coffers for community projects and expenses.

The whole event was organized by volunteers. Even the musicians volunteered their time and talents toward an enjoyable weekend along Lund Harbour. We hope you enjoyed it too and we look forward to seeing you next year!

Above: Sheila, Pierre and Brian jam on the stage

Right: festival goers enjoy a sampling of food

Below: Amy Sharp from the Manzanita displays some delicious local oysters



Join us for a Woman Standing workshop with author of "Unplugging the Patriarchy"

by Lucia Rene

Sat. Sept 17<sup>th</sup>

9:00 am-4:00pm

For details or to register call

Ann 604-483-2128 or Barbara 604-414-0676

## Make your own Solar Infused Herbal Oil

Eve

Solar infused herbal oils are vegetable oils that contain the active ingredients of herbs, extracted through exposure to the light and the heat of the sun. These oils have a wide range of uses, from pain and strain relief to antiseptic and skin soothing actions. You can make your oils into beautiful massage and bath oils and these oils are the base of salves and creams. Most herbs can be used fresh, but some have so much moisture that it's suggested to wilt them overnight before adding them to oil to avoid rancidity. The most common base is olive oil and you can use sweet almond oil, apricot kernel oil, hemp oil, grape seed oil or other high quality oils. My philosophy is if you can't eat it, don't put it on your skin.

**First.** Harvest the herb, wilt overnight if necessary and chop up as fine as you can.

**Next.** Fill your jar with the herb and add oil (or combination of oils). Make sure you pop air bubbles and ensure that herbs are completely covered in oil

**Then.** Place your oil in a sunny window or sunny spot outside (cover if it could get wet) and leave for 2 weeks to a month, stirring daily

**Now.** Strain off your oil by using a strainer and cheesecloth and squeeze oil out.

**Finally.** Store in a dark (amber) jar and store in dark, cool place.

**Herbs for skin care:** Lavendar flowers, Calendula, Chickweed, Comfrey, St. John's Wort, Chamomile Flowers, Rosemary, Thyme

**Herbs for antiseptic healing for cuts, rashes and burns:** Yarrow, Calendula, Plantain, Lavendar, Comfrey

**Herbs for treating pain, bruises and sprains:** Comfrey, Arnica, Elder leaves, Burdock leaves, Ginger, St. John's Wort, Lavendar

**Herbs with antifungal properties:** Calendula, Plantain

---

You may add a few drops of essential oils to enhance the healing properties.

**Skin healing:** Benzoin, Rose, Lavendar

**Antiseptic:** Bergamot, Geranium, Myrrh

**Aches and pains:** Rosemary, Eucalyptus, Ginger

**Antifungal:** Tea tree, Lavendar



### Family and Friends Visiting this Summer? Step Into the Picture!



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## Take the bus

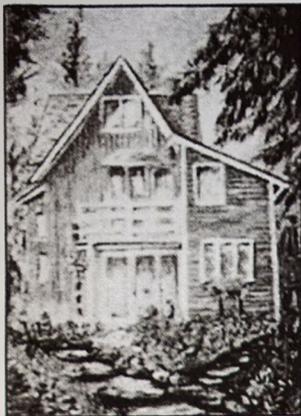
Only \$2.00 takes you right to the Town Centre Mall where you can do all your shopping, have lunch, meet friends, or get to your appointments. Then for \$2.00 you can catch the bus back. Cheaper than driving!

Tuesdays and Fridays

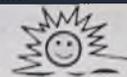
Departs Lund Hotel 10:55am

Departs Town Centre Mall 4:05pm





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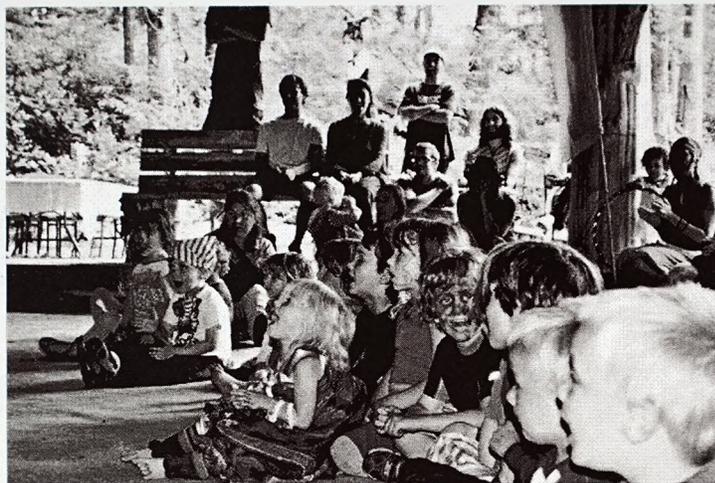
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### Lund Premier of "Jack and the Beanstalk"

The Summer Solstice parade and festival on June 19<sup>th</sup> included a puppet show at the Gazebo this year. This was the Lund premier of the new stage and a new play, "Jack and the Beanstalk". Puppeteer Sandy Dunlop would like to thank everyone who helped create the new stage and show. Brian Voth co-designed and built the wonderful new stage. Kate Gasparetto helped paint it as well as being fellow puppeteer and the Giant in the play. Kate gave many hours to creating this performance. Travis made the house wall. Amber Friedman hand-painted the silk curtains which served as backdrops. Melanie Gasparetto made the red velvet curtains and the Giant's mask. Jan Lovewell made the clay horns for the cow. Sharon Dennie made one of the puppets, and the two others were a gift from the Jean Pike Centre. Thanks also to Deb Vanderkemp, Malerie Meeker, Caroline Jobe, Skye Morrison, Jeff MacFronton, Jack Anderson, Dillon Worthen, Michael Conway-Brown, Maggi Bereziak, and many others.



# Solstice Parade

CoCo Hess

The lane was a bustle with laughter... dancers in the street ...magicians, musicians and faeries afoot, ... stilt walkers running while a unicycle encircles a dragon. All was a sight to behold. The lane was Hwy 101 and the occasion was the Summer Solstice – to celebrate the longest day of the year, to honor the changing of the seasons and to gather in community to feast and enjoy our blessings. Indeed, this was the carnival of merriment in Lund on Sunday, June 19<sup>th</sup> during the 2<sup>nd</sup> Annual Lund Summer Solstice Parade and Festival. The festivities began at the Community Centre with face painting, design and costume making, and a building excitement for the upcoming parade.



The procession included decorated strollers, cyclists, and a bell dressed goat with families joining together in laughter and dance in costumed regalia. As the parade crested the hill, the crowd began to gather and the children led the march to the Zero Mile Mark where we encircled and enjoyed the melodies from two accordions in a classic truck float. The parade continued on to the Lund Gazebo for more fun and festivities with a new twist on the story, "Jack in the Beanstalk" in a wonderful puppet show production. The Lund Community Society hosted a fundraising Father's Day feed while local musicians entertained us. As the sunlight hours waned the grass was still filled with the laughter of children at play, while neighbors and friends connected amidst musical accompaniment and fathers leisured. So many thanks to the planning committee for all of their assistance – what a success. Thanks to the Lund Community Society for the wonderful meal and for sponsorship of the posters (nearly \$500 was raised at this event for the LCS). Thanks to each volunteer who contributed their time and effort throughout the day to ensure that we all had a fun and safe experience. Gratitude and love to all of the hard work that has gone into the Lund Gazebo stage and floor restoration and to those who are contributing generously with their time, effort and resources. We truly appreciate all who participated in the parade – thanks for your creative expression and contribution to the solstice celebration. The 3<sup>rd</sup> Annual Lund Summer Solstice Parade and Festival will fall on Sunday, June 27, 2012.

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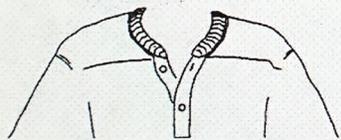
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# Earth Day at the Gazebo, Saturday, April 21st



Pollen Sweaters

Lund...  
We want to be  
your bookstore!

We are carrying a modest yet carefully chosen selection of fiction and non-fiction books. Please come visit us for books, sun hats, felted hats, dolls, ponchos, socks, toques, scarves and of course.....sweaters!

OPEN EVERYDAY FROM 9:30 TILL 5:00  
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## Sunday Tam Tams at the Gazebo

3-8pm

Informal Community Gathering

BBQ, work, kids, dogs, arts, crafts, music, local food, performances, open stage, dancing  
Bring an instrument, ipod, food, etc

### Powell River Studio Tour

August 27 & 28

10am to 5 pm

From Lund to Lang Bay Powell River, BC

This year marks the 7<sup>th</sup> year of the tour which will showcase 31 individual artists and another 40 plus will be represented in 2 of the 20 locations. A free colour brochure and map can be downloaded as a PDF and will be available in print at local stores.

See you there!

[PowellRiverArtists.com](http://PowellRiverArtists.com)

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## Puddlejumpers Preschool

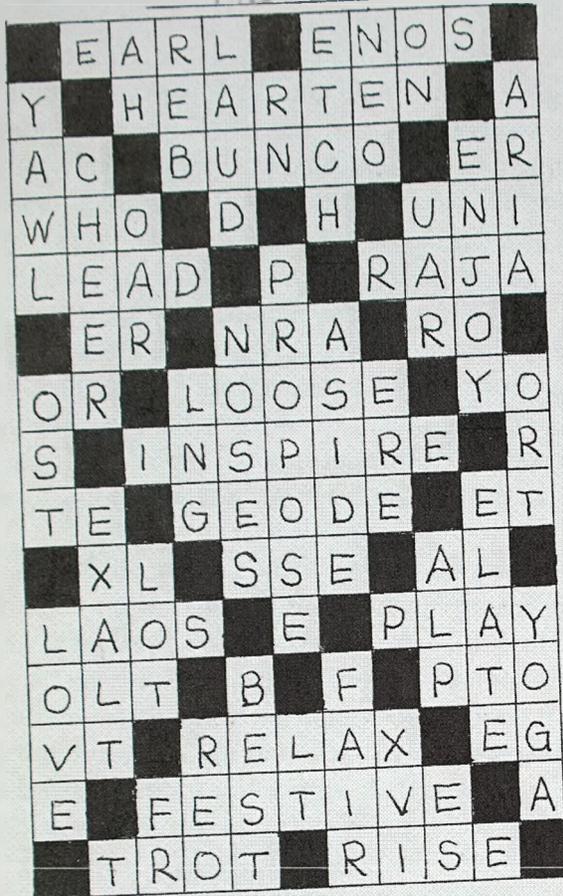
As the preschoolers take a summer break from Puddle Jumpers it's great to look back on our first year and celebrate our successes. It was wonderful to see the connections that the children made with each other, volunteer parents, and community members. All families contributed in their own ways, including playground and classroom improvements, administration, field trip planning and supervision. Every child got the opportunity to have family members participate in the daily program, as we rotated through our duty parents who eagerly signed up. The community support was great with warm welcomes on our field trips, and many donations to help us get going.

We look forward to starting up again in September with Brandi Harry as our teacher. Brandi has a lot to add to our program with her experience at Sliammon preschool and other childcare centres. She is excited to get the children outdoors as much as possible as we continue to develop our nature-based program. We are currently taking registrations for children aged 30 months to 5 years and will run two days a week from September to June. Expansion to three days a week is a possibility with enough interest. Please talk to Amanda (604 483 7928) or Francine (604 414 0154) or email [lundpuddlejumper@yahoo.ca](mailto:lundpuddlejumper@yahoo.ca).



## April's Crossword Answer

ANSWER TO # 22



604-483-9560  
ecoterradevelopers@gmail.com

**MACHINERY WORK**  
(backhoe, flat deck, excavator, dump truck)

Serving the Malaspina Peninsula

The Let's Talk Trash team is pleased to announce that this year, once again, less than a half of a grocery shopping bag was produced in waste over the two day Lund Shellfish Festival. So many thanks to Barbara Hill for her constant oversight of the Zero Waste Stations throughout the weekend – she made it truly an educational and successful event for all to manage their waste reduction through proper sorting of recyclables, refundables and compostables.

Coco Hess

## Lund Community Society

### Goodwill Committee Summer 2011 Report

The Goodwill Committee sent out a lot of cards since the last Barnacle, fifteen in all. There were sympathy cards and new baby congratulations, but the majority were thank you cards sent to the local volunteers who worked at the Gazebo, building a beautiful and strong stone retaining wall and big, beautiful wooden benches. Again, thank you to Paul, Patrick, Solene, Rob, Carsten, Dillon, Jeremy, the Elsworth family, and anyone else who helped I don't know about. A lot more thank you cards will go out soon, as the work on the stage and dance floor progresses.

The Goodwill Committee also sources a package to welcome new residents to Lund, available at the post office, containing a welcome letter from the Goodwill Committee, a free issue of the latest Barnacle, a gift certificate from Nancy's Bakery (thanks Nancy), a gift certificate from The Lund Hotel (thanks Vanessa), a gift certificate from The Boardwalk Restaurant (thanks Rayanna), a watercoloured note card by Rianne Matz (thanks Rianne), and a brochure on Lund (thanks tax dollars?). New residents moving to Malaspina or Craig Road or anywhere else in Lund can pick up their package at the Lund post office. Just stop by and let Ruth know you're here.

The Goodwill Committee of the Lund Community Society exists to nurture a sense of community in Lund by acknowledging and sharing important events in people's lives and letting them know that we care. It's only possible to contact those people we hear about, so please call Sandy at (604) 483-2395 with any news you think should be acknowledged.

## Beneficial "Weeds"

I find it interesting that we often look at the plants that grow naturally in our environment to be seen as a nuisance. These plants grow healthy and strong in its natural environment. Every plant has characteristics that we could work with if we chose to learn about them and work with them rather than to see them as a "weed"; as though they shouldn't be where they are.

Before you chemically spray or pull your weeds out you may want to ask yourself what this plant could offer your health and well being.

Eve

### Horsetail

Is a rich source of minerals which help to strengthen the bladder, nails and hair. It restores elasticity to tissues and speeds healing of wounds and surgical wounds. A traditional herbal remedy for bronchitis and tuberculosis as it helps strengthen and heal lung tissue.

Helps strengthen and heal the body utilize and hold calcium.

The healing and restorative qualities of horsetail are due to its high content of silica, selenium and zinc.

For optimum extraction make a slow decoction. Drink daily for a month.

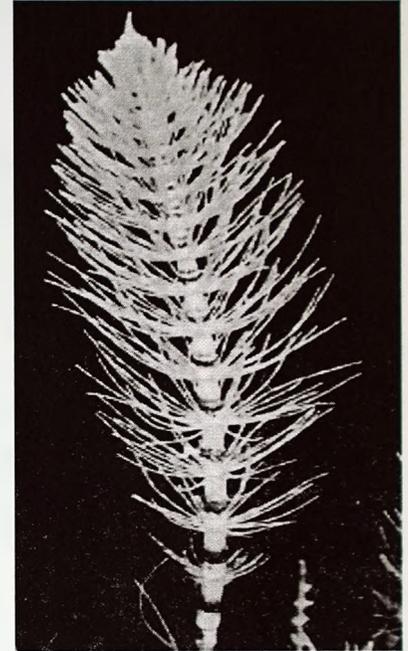
Use horsetail as a compress for infected and weepy skin conditions.

Use as a decoction, tincture or hop bath for chronic bladder infections, irritable bladder or incontinence of urine.

Use as a hair rinse for healthy hair.

Collect earlier in the year before the "hairs" have fallen past 3 o'clock. Any later and the silica content is too high.

It was once used as a pot scrubber.



### Dandelion

Known as "disorder's remedy"

The leaves picked in the spring are high in vitamins, minerals and nutritive salts.

Can be steamed or eaten fresh (mixed with other greens is best as they are mildly bitter)

Promotes cleansing liver function, aids with liver, kidney, gallbladder support, function and healing

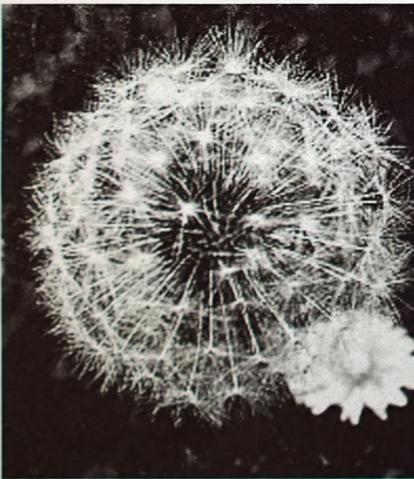
After using for a few months, ones digestion and elimination will be improved

Pick leaves before the plant flowers, dried leaves are used for teas that revitalize and nourish

Promotes lymphatic activity; supporting immune functions.

Wine made from summertime flowers and buds has been long regarded as "an excellent tonic, extremely good for the blood"

Overall, able to cure virtually all that ails the body and replaces potassium and other minerals lost during sickness.



Maha Yoga at the Lund Community Center

All Summer

Tuesday's @ 6:30-8:00pm

Eve 604-483-4050

MANS BEST FRIEND

CROSSWORD BY C. CRESSY # 21

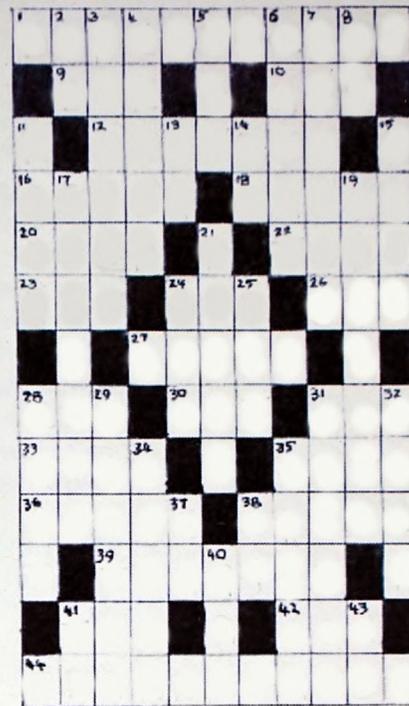
ACROSS:

- 1 MANS BEST FRIEND (2 WDS)
- 9 FEMALE HARE
- 10 IN THE KNOW
- 12 FUN PLACE FOR KIDS & DOGS
- 16 KIND OF POPLAR
- 18 WILY
- 20 BRIDGE SUPPORT
- 22 DOGFISH
- 23 CREATIVE SKILL
- 24 ADD SOUND AFFECTS
- 26 Collog. ABBR.
- 27 WOLF (latin)
- 28 KIND OF LETTUCE
- 30 MAKE A CHOICE
- 31 WARTIME INTERNEE
- 33 CHIHUAHUAS NAME
- 35 MOVIE DOG
- 36 POSITIVE ELECTRODE
- 38 SHEPARDS HUT
- 39 FOX HOUND
- 41 UNCLE (SP.)
- 42 CHARGED ATOM
- 44 CORN DOG

DOWN:

- 2 DIAMETER (abbr.)
- 3 SMALL CHILD
- 4 CONGER HUNTER

- 5 PLAYTHING
- 6 A FRAUD
- 7 WILD DOGS
- 8 MUS. COMP.
- 11 ARCHAIC FATHER
- 13 ONE, SOME, ANY
- 14 A COP (abbr.)
- 15 PARTI-COLORED DOG
- 17 RUMP STEAK
- 19 BRITTLE MINERAL
- 21 YOUNG DOG
- 24 A PAIR
- 25 HOWEVER
- 28 STUDY HARD
- 29 BASE MOULDING



- 31 A. CHRISTIE INSPECTOR
- 32 LUPUS (LAT.)
- 34 MOVIE HOUSE
- 35 (POSS.) THEY
- 37 QUEEN ELIZABETH (abbr)
- 38 YES FOR PEDRO
- 40 BRIT. AIR CORPS
- 41 AN ARMED FORCE (abbr)
- 43 COMPASS DIR.

# Gazebo Events

beatgazebo.com

Friday, July 29

Yeshe (#1 for Billboard world music song 2010) Location TBD

Saturday, August 13

Adham Shaikh

Saturday, August, 27

Blackberry Wood

See posters or website for details and upcoming shows