

BARNACLE

Lund

Spring 2016

\$2.00

The Voice of Lund

Proceeds to the Lund Community Society

Tla'amin Nation News

Steven Gallagher
Editor, Neh Motl Newspaper



Photo courtesy of Steven Gallagher

The Tla'amin Nation has been a significant economic driver of the historic Lund Hotel for the past fifteen years, when we breathed life into what was fast becoming a ghost town for Lund residents. Since then, there have been thousands of tourists from all over the world and local visitors who have hit the gas dock as they prepared to head out in their boats and take in the beauty of our traditional territory from what is known as the "Gateway to Desolation Sound".

When they stop at the Lund Hotel to purchase fuel or groceries and admire the landscape, they are kick-starting another year of the economy that certainly thrives over the summer, creating job opportunities and boosting sales in the local grocery store and gift shops. But it only takes a couple of months before all this energy slows to a grinding freeze once the winter season arrives and brings the Hotel to a standstill, shutting down the restaurant, illuminating the "No Vacancy" sign, and leaving only the echoes of summer fun. Realizing the potential for a year-round hospitality business, the Tla'amin Nation took advantage of their financial position to purchase the business partner's percentage of ownership and strategize about creating an operation that would

Inside this issue...

- Community Society Report.....3
- Regional District Update.....4
- Northside Fire Dept6
- Puddle Jumpers.....9
- Music and Arts.....11
- Lund Reads.....14
- Health and Healing.....15
- Pith and Vinegar.....17
- How Did You End Up in Lund.....18
- Plants From Here.....20
- Crossword.....32
- Community Page.....33
- Lund Community Garden Project...34

not only generate revenue for the Nation, but provide extended services for the region as a whole.

On a beautiful sunny March afternoon, I had the opportunity to visit the Lund Hotel and meet up with Kelly Rankin, Tla'amin Economic Development Manager, Nicole Robertson who is in charge of Sales and Marketing, and Joe Striegan who is the Interim General Manager of Training and a certified hotel administrator since 1991.

Joe's plans for the immediate future are very simple. "The first thing we want to do is give the Hotel what it really deserves: a good appearance from the

Continued on page 5...

Lund Barnacle**Publisher:**

The Lund Community Society

Editorial Board:

Editor: Sandy Dunlop

Layout and Design: Wendy Drummond

Advertising: Martha Allen

Proofreader: Margaret Leitner

Writers:

Heather Armstrong, Jim Armstrong, Océane Bergeron,
 Roy Blackwell, Patrick Brabazon, Nonie Bredt,
 Andrew Dow, Wendy Drummond, Sandy Dunlop,
 Wendy Featherling, Steven Gallagher, Trish Keays,
 Mary Ann Lammersen, Steve Lawn, Malerie Meeker,
 Ev Pollen, Hugh Prichard, Adrian Redford, Ann Snow,
 Carrie Swiggum, Brooke Taylor

Photography:

Heather Armstrong, Jim Armstrong, Kim Beno,
 Nonie Bredt, Steven Gallagher, Emily Jenkins,
 Wendy Larson, Steve Lawn, Malerie Meeker,
 Hugh Prichard, Dymph Vander Maeden, Brian Voth

Crossword:

Court Cressy

Check out the Lund Community Society website!

<http://lundcommunity.ca>

The Lund Barnacle is published quarterly and is available for distribution at the following businesses: **Lund Post Office, Lund General Store, Nancy's Bakery, and Ecosystems**. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and region. Signed submissions are welcome in the form of articles, news items, letters to the Editor, graphics and photographs. We reserve the right to edit for clarity, length, and sensitivity. To submit articles and photos for the Barnacle, send to: barnacle.articles@gmail.com

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 in 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

It's Spring! The weather is warmer, the daylight is longer, the frogs are croaking, the bears are out, green things are growing, and our Spring Barnacle is crazy-big at 36 pages! Try as we might to keep it to a software friendly, easy-on-the-editor, and cost-effective smaller size, Lundies want to tell their stories, and there are a lot of stories to tell.

The theme this issue is new beginnings. We start with changes planned for the Lund Hotel with the transition of Tla'amin to self-governance. The Lund Community Centre has a new name, and the Gazebo land may be about to change ownership. Both native and invasive plants are up and thriving. There are lambs, baby goats, and all manner of new life being born. Energy for the Community Garden is strong. Everywhere we look, things are pulsing with life. I think it's called fecundity. We'll just call it Spring!

Feedback from our readers on our Barnacles to date has been very positive, and we thank you for that. It's a lot easier getting contributors than when we started. I had no idea there were so many writers out there! Keep it coming!

I hope you enjoy this issue. -- Sandy

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

****We invoice annually for advertising, unless alternate arrangements are made. Invoices will be sent out after the Fall issue 2016.****

Advertising Rates

Business Card Size: \$10.00

Double Business Card Size: \$20.00

Quarter Page: \$30.00

Half Page: \$50.00

All proceeds support the Lund Community Society

Next edition is July 2016

Deadline for submissions is July 10, 2016



CMG Printing
 WHERE RECYCLED PAPER IS STANDARD

Corey Matsumoto corey@coremediagroup.ca
 604 489-0133 4691 Marine Ave, Powell River

Lund Community Society Report

Roy Blackwell, President

Spring is the season of renewal, birth, warmth and vibrant life, and your Community Society is part of that. Here are the current highlights:

Our community centre at the corner of Larson Road and Highway 101 has a name! Though many will always call it the "old Lund School", it has been officially named the Northside Community Recreation Centre. We are excited about the inclusiveness of the whole northern peninsula and the focus on both community and recreation that the name contains.

The Lund Community Garden Project committee is getting ready to put ink to paper on a lease for garden space on the property off Finn Bay Road that hosted Lund's historic community garden from the 1920s into the 1940s. When all the regulatory hurdles have been negotiated, we will be clearing, planning, and planting.

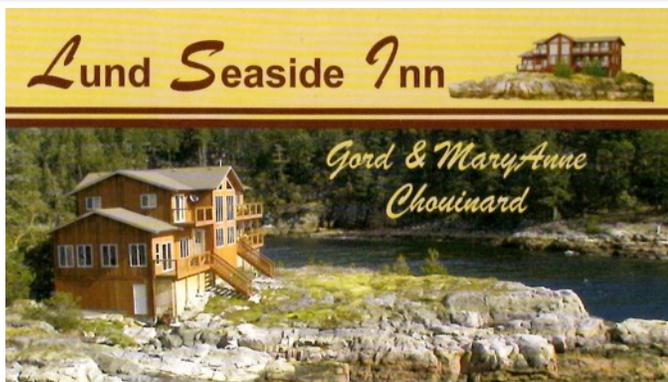
The Gazebo is temporarily unavailable while we sort out liability and other issues. What has been proposed by the organization on title, the Lund Water Improvement District, is to gift fourteen acres, including the Gazebo land, to the Regional District for use as a park, with the understanding that the Community Society will be able to rent out the Gazebo when all the regulatory hurdles are hurdled. Many Lund residents had the opportunity to be heard on this proposal at the Lund Water Improvement District AGM on Saturday, April 16.

In the spirit of renewal, two of our favourite board members, Rianne Matz and Judy Hicks, are taking new directions in their lives and will be resigning from the Board of Directors. We are now looking for someone to fill the treasurer position, with training and support from Judy for a few months. Rianne has, in her delightfully artistic and joyfully organized style, replaced herself with the irreplaceable Mary Ann Lammersen as vice-president.

We are also looking for people to sell tickets and give information at the Shellfish Festival on May 28 and 29. We have spots left for food vendors and artistic, crafty folks to sell their treasures as well. The Shellfish Fest will kick off with the Chowder Challenge on Friday, May 27, at the Northside Community Recreation Centre and continue on Saturday and Sunday from 11 - 5 around the Harbour, with music, food, art, crafts and fun for all ages. See you there!

We are looking forward to a renewed relationship with the newly constituted Tla'amin Nation, and we congratulate the Nation on the implementation of a treaty that honours their relationship with British Columbia and Canada as equal partners. Hands raised! The historic Lund Hotel is now fully owned by the Nation and we hope to see it operated with the same generous, welcoming hospitality that was shown the first settlers who came here.

The Lund Community Society is the merry band that operates the Northside Community Recreation Centre with its many programs, including the Puddle Jumpers Preschool. We host events in the community including the Lund Shellfish Festival, Lund Dayz, and the Lund Christmas Craft Fair. Everyone is welcome to join us when we meet on the 4th Tuesday of the month (except July, August, and December) at 7:00 p.m. at the Centre. ❖



At the Lund Seaside Inn we pride ourselves on making your holiday a memorable one.

Lund is located 27km North of Powell River, British Columbia, Canada.
Powell River is a coastal city 141kms North of Vancouver.

604-414-0097 e-mail: info@lundseasideinn.com

www.lundseasideinn.com

To Start Your Adventure - Call Today!

Regional District Update

Patrick Brabazon, Director, Area A
Regional Board Chairman

Parking and speeding are issues which are not unique to Lund but, given the small size of the community, are especially aggravating. Over the past year, I have discussed both matters with the powers that be, namely the people at the Ministry of Transportation and Infrastructure [MoTI]. The major concern I have relayed to them has been that of cars hitting the 30kph sign at Larson Road, right beside the Community Centre, and then starting to decelerate. I have suggested a speed bump or rumble strips, but apparently neither are acceptable on a highway. I have suggested moving the 30kph zone further south, and with this I have a partial success. MoTI has agreed to post a speed reduction warning sign some 300-400 metres south of the start of the 30kph zone, and to match the 30kph sign with one on the left side of the highway, thus creating a "gateway effect".

I have also asked for a 30kph sign to be placed on the highway just south of Finn Bay Road to remind the folks from up north that they are back in a populated area again.

Parking has not met with similar success. MoTI is of the opinion that given the lack of complaints, parking on the side streets such as Larson Road can not be much of a problem. All right, this could be partly our fault; I have passed on concerns about blocked driveways, etc., but perhaps the property owners directly affected need to speak up. Let me know your thoughts.

I want to close on a high note: thanks to Graeme Cross and Clint Monson of MoTI for their cooperation. They have listened and they will act. ❖

THE HISTORIC LUND HOTEL
The Gateway to Desolation Sound
Lund, BC

Experience the sunsets, scenic beauty & pristine waters surrounding this fully restored oceanfront property

604.414.0474 • TOLL-FREE 1.877.569.3999
email: info@lundhotel.com • www.lundhotel.com

Lund Harbour Authority

PO BOX 78
Lund BC
V0N 2G0

VHF Radio Channel 73
Tel: 604 483-4711
Email: lundharbour-wharfinger@twincomm.ca

Darlene Denholm
Harbour Manager

POWELL RIVER REGIONAL DISTRICT

Patrick Brabazon
Director, Area 'A'
brabazon@shaw.ca

Questions?
Comments?
Give me a call!

#202-4675 Marine Avenue
Powell River, BC V8A 2L2
PRRD Tel 604 485-2260
Home Tel 604 483-4310
www.powellriverrd.bc.ca

Continued from page 1...

inside out. Currently, there are two maintenance workers who are cleaning the Hotel from the top down and junking out old furniture that appears to have been hoarded in the basement for years. After taking away several containers full of garbage, a lot of extra space was revealed, enabling us to consider some options that will benefit the Hotel customers and residents."

Joe's next plan is to open the restaurant on not only a seasonal basis, but all year-round. Recently, two Tla'amin chefs have been hired to open the kitchen in the morning and provide quality food between the hours of 7:00 am and 2:00 in the afternoon. "I couldn't understand the reason for there being no kitchen service available at this time of year when there are people outside who are eventually going to get hungry. We have all the resources available to draw people inside, and to have our doors locked didn't make any sense."

Nicole Robertson has been working with the Lund Hotel for the past seven years, and said there had been some inconsistencies in the standard rooms not having all the same amenities. "I am very pleased that now we can offer the same price for the rooms because they have all been cleaned and upgraded to ensure each room offers the same comfort level that our customers deserve."

Nicole added, "We have 31 rooms available, and experienced housekeepers to keep them clean with a consistent look. With the change of management, staff will be kept busy year-round and we won't have to train new staff each year. That is a big bonus for both the Hotel and our clients. Now we can move forward without the hassle of changeover and re-training because we could not offer a full time position to satisfy our employees."

Kelly Rankin has been the Economic Development Manager for the Tla'amin Nation for almost a year and is very excited about his position. Economic opportunities are now within reach to generate revenue for the Nation and fulfill his own aspirations for the local economy.

"My wife and I moved here to raise our family, with the hope of making a difference to the local economy and building bridges with our neighboring communities, while exploring opportunities to move forward. The Nation has other businesses to generate the revenue it needs to secure a foundation for future generations while providing employment opportunities in a variety of career choices. In the next ten years, I hope to see all of our communities grow and our children make educational choices that will invest in the future of all our local economies," concluded Kelly.

There are a lot of successes that can be mentioned about the Hotel, but none seems bigger than the Tla'amin Nation taking full control of their destiny in economic ventures as they move forward into self-government, a position not many First Nations have yet succeeded in reaching. On the stroke of midnight of April 4th, there was a changing of the guard that gave full control and jurisdiction over approximately 8,300 hectares of land, land that can now be acknowledged as the "Gateway to Tla'amin Traditional Territory" with all due respect, and the recognition that the Nation has used and occupied the land for thousands of years. ♦

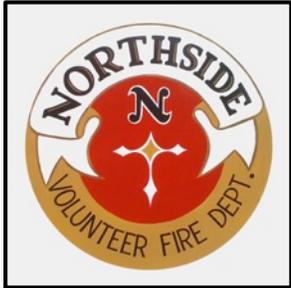


Photo courtesy of Brian Voth

Northside Volunteer Fire Department

Jim Armstrong, Captain

NVFD goes for test to reduce fire insurance rates



Later this year, Northside Volunteer Fire Department members will be tested to see if they can successfully complete a Superior Tanker Shuttle in a rural part of their fire protection area. The Tanker Shuttle is

conducted by the Fire Underwriters Survey, a private organization that tests BC fire departments' ability to supply enough water in a rural non-hydrant setting to extinguish an average house fire.

The FUS and the area Department agree to the location for the "house fire." It is typically at least 5 km from the Department's water supply and 8 km from the nearest fire hall. In this case, NVFD will respond and, once on scene, will be required to pump 200 gallons per minute (GPM) for an uninterrupted two hours to pass the test. Water tenders will shuttle back and forth from the water supply to the scene while other firefighters manage the water supply for the pumper and lay out several hundred feet of attack lines and spray water on the "fire ground."

The 200 GPM standard is considered equivalent to that provided by a municipal hydrant system. This is the first time a Powell River Regional District Fire Department has attempted a Superior Tanker Shuttle.

Regional District Emergency Services Manager, Ryan Thoms, says the Tanker Shuttle will be a difficult test for the Northside Volunteers but that..."if achieved, will be a big benefit to the majority of home-owners in the non-hydrant parts of the service area."

If completed satisfactorily, FUS can upgrade large portions of the Northside protection area to a 3A semi-protected standard. The upgrade can mean area residents save hundreds annually in fire insurance premiums.



Photo courtesy of Jim Armstrong

To meet FUS standards, departments must have a strong organization of trained firefighters and officers, practice regularly, and maintain all vehicles and buildings to a high standard. Thoms says the recently-acquired water tenders will help us, but that the Department is always in need of more volunteers.

Lund Fire Hall Not Salvageable

Time has almost run out for the Northside satellite fire hall in Lund. PRRD Emergency Services Manager, Ryan Thoms, says the floor is collapsing, and that even if the hall was still in good shape, it is no longer large enough to house today's fire response vehicles. Thoms says, "The hall was likely built on a mound of stumps which are now rotting...the mound needs to be excavated to re-build there." He adds, "...fixing the hall would be more costly than replacement."

The District has architectural drawings in place for a similarly sized replacement hall in the same location. Construction is tentatively scheduled to begin in the next one to two years.

Want to Join the Northside Fire Department?

If you are interested, contact Deputy Chief Norm Penner at deputynorthside@powellriverrd.bc.ca or leave a message at 604-483-7700.

You can also drop by the Craig Park Fire Hall any Monday at 7:00 pm. ❖

Northside Fire Department Association

Heather Armstrong



TOWNSITE BREWERY DONATES GROWLER DOLLARS TO NORTHSIDE FIRE ASSOCIATION

The Northside Volunteer Fire Department Association has received \$432 from the Townsite Brewing Company as its portion of the Growler Charity Program for the first three months of 2016.

The money will be used to help fund this year's Hallowe'en fireworks display for kids and families at Craig Park. During the event, Northside firefighters man a free barbeque and invite the public to tour their trucks. Trick-or-treaters are given the opportunity to spray water from a fire hose.

Townsite donates \$1 to a local charity from every 2-litre Growler purchased. Local craft beer group, CAMRA (the Campaign for Real Ale) chipped in on a special Friday Fire Truck display at the Brewery, matching donation proceeds for the day.

The Growler program has proven tremendously successful for local non-profit organizations that apply to the Brewery for their chance to partake. In 2015, Townsite donated \$8000 to Sunshine Coast area charities. ♦



Photo courtesy of Heather Armstrong

Ben Bouchard
Contracting Ltd.
CREATIVE ARTISTIC DESIGNS

Ben Bouchard
DESIGNER/BUILDER

bbc@twincomm.ca Box 13 Lund BC
604-414-5583 VON 2G0

Take the bus

Only \$2.50 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 \$2.50 you can catch the bus back. Cheaper than driving!

Tuesdays and Fridays Departs Lund Hotel - 10:55 am ---- Departs Town Centre Mall - 4:05 pm



Great Balls of Wool

for all your woolly needs!



4722A Marine Avenue
Powell River

Check webpage for hours
Shop Online: greatballsofwool.ca
604-485-4859

"The Lundie"

Home of Original Designs & Patterns



"Texada Time Wrap"

See what your neighbours are knitting:
greatballsofwool.blogspot.com

Savary Island customers
We'll deliver to Lund Water Taxi



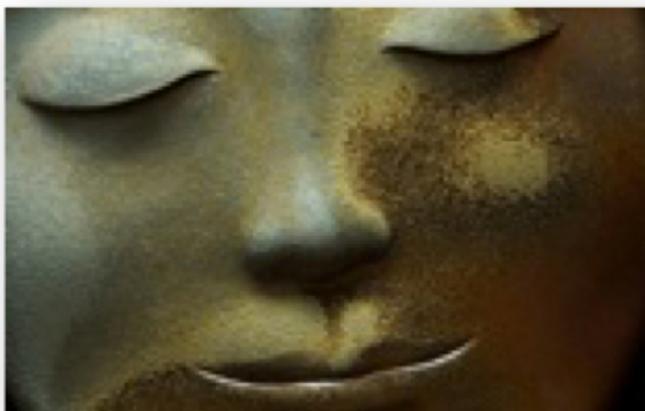
Spring Hours:

Open for dinner every day: 4 pm - 8 pm
Open for lunch and dinner: 12 pm - 8 pm
Saturday, Sunday & Holidays
Call us for a reservation or pick-up order.

If you would like to join us at a non-scheduled time, give us a shout and we will make it happen.

[604-483-2201](tel:604-483-2201)

Track us on Facebook  for up-to-date



Rare Earth Pottery

Hand Made Wood-Fired and Raku Pottery
Ron Robb and Jan Lovewell

Open by appointment
Regular hours starting Summer, 2016
9644 Quarry Place, Lund, BC
604-483-4806

Magical Dome

Lund, BC



- Wilderness Forest Accommodation
- Hike Sunshine Coast Trail from your front door
- Full Amenities, Secluded, Private

www.magicaldome.com

604-483-9160

Puddle Jumpers Preschool

Nonie Bredt



Photo courtesy of Brian Voth

Winter went out like a lion at Puddle Jumpers Preschool this year, as we closed with our local variety show, Winter Fest 2016! The kids put on a spectacular production of *Jungle Bullies*, with many of the kids starring in debut roles such as *The Hippo*, *The Lion*, and *The Leopard*. A roaring-good time! Thanks to Inti and Noah Bergeron for their help as stage hands. Some of the many great acts that followed included Tyler Rankin's karate demonstration; Nahila Morgenstern and Azure Lapointe doing a wonderful dance recital; and Sage, Nile, and Reed Worthen with an

out-of-this-galaxy musical *Star Wars* adaptation. Océane Bergeron and Cynthia Soucy cooked a beautiful feast for a hundred people; a very special thanks to you ladies. Huge thanks go out to Kassidy Mallery for dreaming up the awesome door prizes! Thank you also to all the volunteers and family members who came to support our successful fundraiser. Look out for us at the next one: the Lund Shellfish Festival 2016!

During spring break in March, the school was closed for two weeks. Our treasured teacher, Sheila Butts, was then able to take a much deserved vacation to France, and the kids were overjoyed to have Chris Bruggeman substitute for her. With his rich, melodic voice, Chris teaches through creative art and story play, and commands a very captive audience among the children. We've been so lucky to have Alisha Van Belle assisting in the classroom most days, but sadly it was recently her last with us at the Preschool. We will miss you Alisha!

April 22nd is Earth Day and the kids are looking forward to a field-trip to our local recycling depot. There they'll meet with Michel to learn the full particulars of recycling, and about being good



Photo courtesy of Nonie Bredt

Continued on page 10...

Continued from page 9...

stewards of our amazing local surroundings. As well to mention, Michel and friend Latitia Pihl were incredible help with our very lucrative bottle drive. Thanks so much you two!

Francine Ulmer is doing a fantastic job as our Registrar with early registration for Puddle Jumpers 2017 now underway! Please contact Francine at (604) 414-0154 for enrollment. For more information visit the website: lundcommunity.ca/PuddleJumpers.html

Other activities at the Centre include PlayGroup, a free-play drop-in group which meets every Friday 10am - 12pm. Bring an item for the fabulous snack platter! There is also Sandy's MusicPlay class on Thursdays from 10am - 11am. \$5/drop-in.

Thanks Lund! Wishing you all a spectacular spring! ❖



Photo courtesy of Nonie Bredt



DELICIOUS FUN AT THE LAUGHING OYSTER!

Hey, the whole summer is ahead of us. The deck is open, the sun's shining, the birds are singing, the flowers are blooming and just about everyone is walking around with a grin on their face ... life is good!

HIT THE DECK & PARTY

(Offer applies 3 pm to 6 pm or 8 pm to 10 pm until June 15)
 New laws allow folks to come in for just a drink. I think a little food is always good with drink. We have fries that we dip in our Kalamari coating, served with a "Yin & Yeng" of caper sauce and ketchup that is better than poutine and goes perfect with beer ... normally \$5.95 but ask for Lund Club Fries and we'll put this on the table for \$2.95 ... or the Lund Club Kalamari \$9.95 ... or Sun Salad Soleil \$3.95 ... or a Lund Club 10 oz. Zunga Draft Beer for \$3.50 ... you just have to ask.
 Later in the evening you'll often run into some live music too!

COME ON DOWN FOR THE FUN!







\$11 LUND CLUB PRE-ORDER SPECIALS

604 483-9775

For this menu at these prices, just call and pre-order. Offer applies until June 15, 2016

Menu

- Barbecued Pork, Glaze & Apple ... \$11**
with cumin rice and two chateau vegetables
- Wild Alaskan Cod in Batter with Ginger & Pineapple ... \$11**
with cumin rice and two chateau vegetables
- Steelhead Salmon with Wasabi Aioli & Balsamic V' ... \$11**
5 oz. filet with cumin rice and two chateau vegetables

Lund Club 10 oz Zunga Draft for \$3.50
 (Offer applies 3 pm to 6 pm or 8 pm to 10 pm until June 15)
 "You just have to ask for the special."

This Spring Laughing Oyster is Open
 Open everyday from noon with last reservations at 8 pm except Monday & Tuesday we open at 5:30 pm

Above offers valid anytime that we are open until June 15/2016, except when we have a buffet planned. On those evenings, these offers will stop one hour before buffet service begins. If you'd like to come for the buffet, Quote Code #LC555 for \$5 Off the Adult Price when you call to reserve a table.
 Can not be combined with other discounts or free offers.

CUT OUT THIS AD AND STICK IT ON THE FRIDGE!

Music and Arts

Sandy Dunlop on Music

One of the things I do to make life wonderful is to coordinate, each year, two days of music at the Lund Shellfish Festival. This will be the 9th Annual, and, although many consider it to be a shellfish festival, for some of us it is a music festival. The dates are elsewhere in this Barnacle, but here they are again: May 27 for the chowder challenge and 28 and 29 for the music, arts and crafts, and shellfish, of course. The show starts at 11:00 and goes until 5:00 both days.

I am very jazzed about the musical line-up this year, although, truth be told, I feel that way every year. We begin on Saturday morning with a blessing from Tla'amin elder, Elsie Paul, and then a further welcoming, with native songs and rhythms, from members of the Cheechlem Chichia Canoe Family. This is very special, given the recent transition of the Tla'amin Nation.

Saturday continues with old-salt Canadian traditionals from Phil Williams. Then Devon Hanley's beautiful voice and original songs will fill the air, followed by originals and acoustic indie folk from Lukah Bouchard (who has recently created a new cd). Lotus and the Wildflower's Carina Rempel and Juhli Jobi will next take the stage, with guest Chris Weekes on djembe. Saturday closes with the Clansman Pipe Band marching through Lund with full regalia.

Sunday opens with the One Voices Choir, which should fill the Lund Harbour nicely, and make everyone want to join in. Then Roger Langmaid will sing and play finger-pickin' delights, to be followed by The Prawns - Al Dicken, Marc Dupuis, and Brian Liddle. Is it Acadian music with a twist or twisted Acadian music?; you be the judge. Then Cris (Greenwell) and Sue (Dixon) will present another of their playful sets, with guests Shaun

Continued on page 12...



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



Open all year round
Spring Hours: 10:00 am – 4:30 pm
Closed Tuesday
Summer Hours: 10:00 am – 6:00 pm
Open Everyday

1436 101 Hwy, in the Historic Lund Hotel
 604.414.0474 • aartcreations@shaw.ca
 "A unique stop at the end of the road"




Coffee, Breakfast, Lunch & Delicious Baked Goods!
 Licensed
Open 7-days a week
All year round ~
7 am to 5 pm

Continued from page 11...

Coburn on fiddle and Chris Weekes on djembe.

You will likely be up and dancing by this time, or at least rhythmically wiggling in your own way, so bring appropriate footwear (ha!) because the day moves into a full groove. The Festival music will close with the newly formed Earth Tones band, with Vince Sangret on didgeridoo, Pat Michaud on bass, Darryl Tennant on drums, and John Tyler on everything else. This one should be fine!

See you there! ❖



9th ANNUAL LUND SHELLFISH FESTIVAL - MAY 27, 28, 29
SCHEDULE OF MUSICIANS (all locals, from Lund and Powell River)

Saturday, May 28th

11:00	Blessing by Tia'amin Nation, elder Elsie Paul Greetings and Announcements by MC
11:15-11:30	Cheechlem Chichia Canoe Family native songs and rhythms
11:45-12:30	Phil Williams Canadian traditionals (Stan Rogers, Gordon Lightfoot) and original tunes
12:45-1:45	Devon Hanley original tunes, heart, soul, and folk
2:00-3:15	Lukah Bouchard originals, acoustic indie folk
3:30-4:30	Lotus and the Wildflower Carina Rempel and Juhli Jobi, with guest Chris Weekes indie folk originals and cover tunes
4:40-5:00	Clansman Pipe Band

Sunday, May 29th

11:00	greetings and announcements by MC
11:15-11:45	One Voices Choir singing choir and audience favourites
12:00- 12:45	Roger Langmaid eclectic songs with a message, mostly originals, played with finger-picking style
1:00 -2:00	The Prawns Al Dicken, Marc Dupuis, and Brian Liddle Acadian music with a twist
2:15-3:15	Cris and Sue Cris Greenwell, Sue Dixon, with Shaun Coburn and Chris Weekes upbeat and fun mix of originals and cover tunes
3:30-5:00	Earth Tones Vince Sangret, Pat Michaud, John Tyler, and Darryl Tennant earth-funk-jazz
MC	Sandy Dunlop
Sound Technician	Ben Wayne Kyle
Sound Equipment	The Music Room

Music and Arts

Wendy Drummond on Arts

Did you know... that the number two world environmental pollutant, next to the oil industry, is the fashion industry?

Did you know... that each and every one of us contributes to this from the moment we are wrapped in a blanket at birth?

Did you know... that the amount of clothing and textiles leaving Powell River every month (shipped out by MCC, Hospital Auxiliary and Inclusion Bins) totals over 11,400 pounds? Given this amount from such a small area, you can easily imagine the scalability of this number when combined with other communities and cities around the world. The fast-fashion industry, our consumerism, our money-based societal values, and our lack of awareness create an incredibly devastating human and environmental impact.

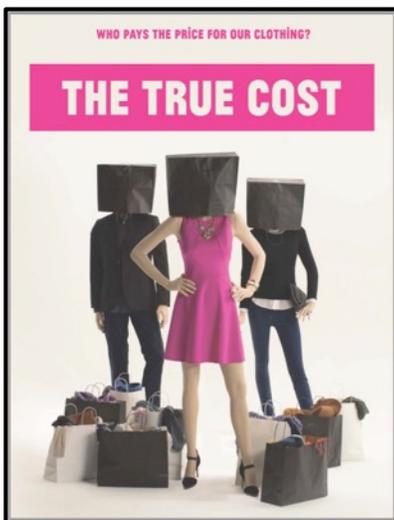


Photo courtesy of BullFrog Films

On May 13, 2016 at 7 p.m., at the Northside Community Recreation Centre (the old Lund School), the Lund Community Society will present a film screening of **THE TRUE COST** with a discussion to follow.

This is a story about clothing. It's about the clothes we wear, the people who make them, and the impact the industry is having on our world. The price of clothing has been decreasing for decades, while the human and environmental costs have grown.

Join us for an engaging, thought-provoking film and discussion that will change the way you not only perceive 'fashion', but your future consumer choices.

Admission is by donation. All proceeds will go to support the Lund Community Society Building Fund.

The screening of **THE TRUE COST** film is one of the *eCouture Wearable Art Fashion Show* events, hosted by Malaspina Art Society and a team of local Fibre Artists - Amber Friedman, Fran Cudworth, Shaunalee Yates, and Wendy Drummond. The gala 2016 *eCouture Fashion Show* is April 30 at the Cranberry Seniors Centre, and will showcase local fibre artists, artisans, and designers, providing an alternative 'slow-fashion' option for your enjoyment! Tickets are \$10 each, and are available at Artique, Ecossentials, and Base Camp, or from any of the organizers.

For more information, call Wendy at 250-415-8564, or by email: wendy.drummond.cran@gmail.com ❖

**eCouture
Wearable Art
Fashion Show**

Gala Evening of Artrageous
Wearable Fashions
Showcasing Earth-friendly, Natural,
Local and Up-cycled Fashions!

April 30, 2016
Cranberry Seniors Centre
Doors open at 6:30 pm
Cash Bar. Appetizers & Martinis, Wine & Beer
Designer Market

Tickets - \$10 available at Artique •
Ecossentials • Base Camp

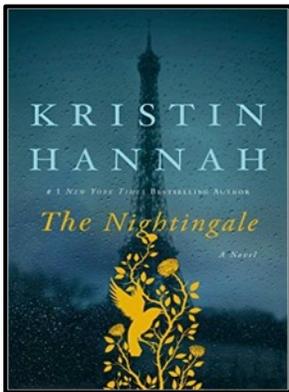
Hosted by Malaspina Art Society
in support of Earth Week

Lund Reads

Ev Pollen

Hello readers!

I have a wonderful book to tell you about - one that I almost didn't read because I was reluctant to immerse myself again in the issue of World War II. I'm so glad I succumbed to the lure of great reviews, because this book, *THE NIGHTINGALE*, by Kristen Hannah, is a true gem. It's about the citizens of France who didn't believe that the Nazis would break through the Maginot Line and occupy their country, and the impact of and resistance to that occupation. The two main



characters are sisters, Vianne and Isabelle, who are suffering from the impact of the earlier "Great War", which damaged their father so that he was incapable of parenting. Vianne's husband has been sent to the front and assures his wife that he will return soon.

Isabelle is a rebellious eighteen-year-old who has been expelled from every school she's been enrolled in, and has been rejected repeatedly by her father. Both are compelling characters and the author has made their experiences of war very different. It was interesting to me that one of the fatal flaws of the German army was their chauvinistic misogyny,

which blinded them to the women's role in the resistance movement. At one point the Germans are desperately seeking the hero who is smuggling so many downed British pilots out of France. They know this person is code-named Nightingale, and as an officer beats the woman who IS Nightingale, he screams, "Who is he? Who is this man they call Nightingale?"

Both women are compelled to the resistance by their innate morality, Isabelle in passionate impulsiveness, Vianne in more gradual response to the impossibility of passiveness. The book begins and ends with a narrative by an unnamed woman, and as the story nears the end we are intrigued to learn which sister is speaking. We care so much for both of the women. There are thrilling moments of enlightenment, such as when Vianne asks "What can I do? They are such brutes!" and is advised "Don't think about what they are. Think about what you are."

The most memorable quote from this book is the opening one. "In love we learn who we want to be. In war we learn who we are."

I heartily recommend this book, even for readers who don't want the discomfort of the ugly scenes. Herman Wouk famously wrote that the only end to war is remembrance. ❖

Gary's Auto Repair

Licensed Auto Mechanic
Towing Services

1724B Highway 101, Lund, BC
604-223-4236

Tuesday to Saturday

Fibre Studio



threestonesoup.com

three.stone.soup@gmail.com
txt msg -250-415-8564

Three Stone Soup

1495 Sorenson Road
open by appointment

Health and Healing

Yoga - Investing Inwards

Andrew Dow and Brooke Taylor

Yoga is the concrete that has supported my constant flux since we first met, a reliable tide that floods in to bathe the beach, no matter how rocky, treaded, or worn it has become.

I first met yoga the same way many do, with a sore back, likely from a slouched computer posture, coupled with the confidence to match. Those first few classes were the toughest hours of my week - physically, emotionally and mentally. Yoga was trying to fan some coals that were barely glowing. Those early classes were full of grunting, swearing, and wondering what the hell I was doing there and why was it so easy for everyone else?

A handful of classes later, I began to find some ground to stand on, as wobbly as it was. With an ounce of sturdiness, I found space to turn my gaze away from those other 'pro' students (I kept thinking "Why are you all here; you're done!") and look inwards at myself. It was like those tough poses were a gateway for self-inquiry.

I began using the yoga poses as tools to notice patterns within myself, like how do I stand? Where do I tense up when under pressure? Where I am inflexible on my yoga mat and off it? How do I breathe? Do I hold my breath, breathe shallowly, or emphasize exhales over inhales? Where does my mind go in difficult times?

It's rare to find a space where a group of people can move, sweat, and breathe in silence together, all warriors taking time to fight their own battles, comrades together for an hour, working through

tension, listening to the messages of the body and breath. There is so much being said when we take the time to shut up and listen.

Through years of teaching, I've noticed one pattern that holds strong: your body will become very good at what you do or don't do. If you take time to move, keeping the body loose and fluid, exercising the lungs and heart, your body will adapt to that. If you spend your time on the couch, slouched toward your screen, breathing shallowly, your body will also adapt to that. Our bodies are stubbornly obedient, and will adapt to what is needed and nothing more. Sustained change comes slowly and only with persistence.

Our bodies are designed to move all of the time; unfortunately, our environments are designed around a sedentary life of comfort. Add up all the hours you are immobile: driving, at desks, on couches, asleep; there is a price to pay for all this comfort. A one-hour yoga class just scratches the surface of what our bodies are meant to do. Plenty of us take more time investing in our lawns than we do our bodies.

We have the same bodies as our ancestors once had, the difference being they spent their days walking, squatting, and hunting on ever-changing landscapes. If they were adaptive and 'on their toes', our culture is flatfooted. Sidewalks are built for predictability, treadmills and stationary bikes to keep us domesticated. Our bodies are adapting for life in the zoo, far removed from the natural wild.

Continued on page 16...

Vibrant Ventures

Yoga & Fitness

 @VibrantVentures
brklnyoga@hotmail.com



Elaine Mackee, Artist
landscapes, abstracts, images of nature

604-414-6686 (studio)
614-314-8467 (cell)
elainemackee@gmail.com

8150 Old Mine Road - Studio open by request

Continued from page 15...

Yet the physical changes capable of the body from a sustained, intelligent practice is minute compared to the awakening potential of the mind. It is a gift that strips away unnecessary layers of thought patterns and beliefs, connects to the subtle sensations of our bodies, builds 'mind muscles' to sustain focus and harness awareness, and allows us to compassionately hold on in the rollercoaster of life.

Stress about the future and worry about the past strip us of the present moment. Few things demand you be in the present moment like a tricky balancing pose. If the mind wanders away from the body, the breath stops and the pose will fade. By using the medium of yoga to practice focusing the mind, we can arrive in the present moment. The grand gift is when we take this ability of mindful focus into everyday messy living.

With yoga being an intimate connection between the body and breath, as well as a sharpened focus

to melt into the present moment, I encourage you all to find your 'yoga', whether it be gardening, music, hiking, or yoga in its traditional sense. Use whatever it may be that anchors your body into the moment and settles your mind into your body, with a glowing smile to share.

Andrew and his partner, Brooke, can be found teaching yoga at Coast Fitness, but keep your eyes open for classes this summer in Lund and at Willingdon Beach or contact them through www.dowisms.com. ❖

Jack's BOAT YARD

- Finn Bay, Lund, B.C.
- Haul Outs to 60 tons
- Dry Land Boat Storage to 30 tons
- D.Y.I. Boat Yard with onsite Supply Store
- www.jacksboatyard.ca
- 604-483-3566

TOP TEN REASONS TO WEAR A POLLEN SWEATER

1. No pop bottles were hurt making Pollen Sweaters.
2. You'll be helping sheep stay cool in summer.
3. The pure wool stays warm even when wet.
4. Non-itchy and soft enough to wear next to sensitive skin.
5. Machine washable and dryable at moderate temperatures.
6. We put the label on the inside where it belongs.
7. Designed to layer smoothly under or over other garments.
8. No offshore sweatshops. Ours is here at home.
9. If it ever wears out, compost it.
10. Makes you 50% to 90% more handsome (results may vary).



Pollen Sweaters

Store Hours:
Open daily

Please call for current hours
604-483-4401

We offer:

- Great books
- Beautiful jewellery
- Cozy wool ponchos
- Bamboo ponchos
- Toques and scarves
- **And sweaters of course!**

pollensweaters.com



Pith and Vinegar

A Murder of Crows

a short story by Wendy Featherling

...a column for writers

If you've ever lived in Vancouver, you likely know about the crows. They migrate; from east to west at dawn and west to east at dusk. Now this may not seem like a big deal, lots of birds migrate, but until you've experienced this migration, been underneath it, there really aren't words that can truly capture this wondrous, amazing, stop-in-your-tracks-and-stare sight. Images from Hitchcock's *The Birds* come to mind in all its eeriness. At first it's subtle; a few crows pass overhead, then a few more. Then, if you look up toward the horizon, you can see them coming, tiny specks at first, growing larger until they're overhead. I don't mean just a few crows. I'm talking about thousands of crows that keep coming, almost magically appearing and re-appearing on the horizon. A never-ending stream of crows flying, diving, fighting, soaring, racing over your head. Then there's the sound as this massive murder of crows passes across the sky. The sound of their communication blankets you, filling your ears intrusively.

It's difficult for me to find the words that accurately describe this experience; the sight and sound of the crow's migration is truly awesome. Such an over-used and abused word, but in this case, taken in the true meaning of the word, it fits perfectly. Awe: a mixed feeling of reverence, fear, and wonder caused by something majestic, sublime, sacred. For me, watching these crows pass is an awesome sight. It's odd, I was born in Vancouver and mostly grew up there, but I don't ever recall seeing this migration as a kid. It wasn't until as an adult I would occasionally shop in the Grandview area and be there at the right time to see them in their evening pilgrimage.

Mine wasn't an easy childhood, and far from idyllic: a labyrinth of addiction, poverty, instability, and a lot of love. There weren't many people I could count on. When my 23 year marriage ended and the one person I thought I could count on had let me down, I found myself starting out on my own for the first time in my life: a new chapter. I wanted a tattoo to remember this new beginning but I couldn't decide on the image. I moved to the Grandview area and soon realized that I lived right under the migration path of the crows. This dark, noisy, fascinating event became a daily part of my life as I walked my dog in the early morning hours before work and again in the evenings. Occasionally the crows would stop, seemingly for a rest, encompassing me and a full city block, landing on trees, yards, fences and rooftops, cawing, watching, waiting for some signal only they knew which called them to take wing and rise again to the sky and continue their journey.



Photo courtesy of Google Images

Walking my dog one morning, the sun not quite over the horizon, I was deep in thought reflecting on where I had been, where I was and where I was going: a common theme at that time in my life. The sky grew lighter as the sun breached, filling the sky with the exquisite colours of dawn when I heard what had become a familiar sound. Faint at first, growing louder, and I knew they were coming. I stopped, as I often did to watch their passing, this time pondering the event a little further. These crows, this massive murder of crows, have taken this journey across the city every single day, twice, regardless of the weather or temperature, and long before these houses and

Continued on page 18...

Continued from page 17...

streets and people invaded the land, and they've done so for hundreds of years, maybe thousands of years. They had become a daily part of my adult life, always there, no matter what kind of day I had had, what mood I was in, or the stresses and strains that pulled on me. The crows were always there. It was then I knew that a murder of crows flying across the front of my shoulder was the tattoo I wanted.

When people see my tattoo and I tell them it commemorates my new beginning, they assume the flying birds represent my new-found freedom from something that hadn't been working for a long time. This isn't so; this tattoo is more of a reminder. As I stood there that epiphanic morning, it occurred to me that all my life there were very few people I could count on, very few things I could rely on, but there I was on my own and feeling stronger and happier than I ever thought possible, and I realized that no matter where I end up going in my life, I'll always be able to count on myself and on the crows. ♦

How in the World Did You End Up in Lund?

Hugh Prichard

Though some of the details may be slightly different than how they happened in real life, this is the story, at least the way I remember it.

My parents, in a bid to have me come reclaim flotsam and jetsam of my previous life, informed me one day they were having a garage sale featuring items which had been occupying valuable real estate, now needed for the combine harvester-sized snow blower you need when you live in places like that. This notice of impending sale caused me to take a quick trip (or so I told myself) to my former home to deal with the archaeological remains of my university days.

Since graduating university, I had been dedicated to community development. After two years working abroad in Guyana SA with Youth Challenge International on a range of really exciting projects deep in the jungle, I headed into Canada's far north, and for about three years I crisscrossed my way, mostly hitchhiking on RCMP flights, to some really remote and beautiful northern communities where I helped build sports and recreation programs.

But now it came to pass that landing at my parents' place and spending several weeks excavating old mismatched cutlery, art projects, teenage love letters, and high school yearbooks soon led to the need for lodging and employment. Roots began forming beneath my once free-roaming feet. My dad, always a guy to share his Rolodex contacts with you, gave me a job-lead for

a client of his, a company that sold art supplies to professional artists. Having had the odd gig over the years telemarketing, and having completed a Bachelor of Fine Arts with a major in printmaking in Montreal, I figured I'd give it a shot.

I moved into downtown Toronto and took up the position of Outside Sales for Western Canada, selling wholesale fine art materials and supplies by phone. In the first week of the job, my boss dropped an inch-thick stack of new contacts to call on my desk with a thud. Gazing dreamily at the map of Canada tacked to the wall above my desk, I refocused my attention only when the sound of a car and the nasty smell of its exhaust drifted through my fortified basement window. I flipped to the back of the stack and began with a business called Windspirit Printmakers, in a place called Powell River, BC. Looking up at my map, I had to squint to finally see it. It looked far from big cities and in the middle of some pretty intricate and jagged coast line.

My mind wandered to memories of having once accepted a challenge from a friend who suggested, one spring day at the end of a particularly grey and frigid winter, that we race each other by hitchhiking to Vancouver to visit his mother. That was a trip. Ever since then, I knew that somehow, someday, I was meant to return to the west coast.

With these thoughts in mind, I decided to send Windspirit Printmakers a sample package of

Continued on page 19...

Continued from page 18...

specially chosen items. Some weeks passed, and I began calling to see if they had received the samples. The phone would just ring and ring. Why wasn't there at least an answering machine, I wondered? Soon it was fall, then winter. Discouraged by finding I was only just able to break even each month after paying rent on my apartment and the small studio space I shared, I felt I had become trapped in a bad dream.

Then one day as winter was finally coming to an end and the streets were awash with filth, the phone rang. It was a guy named Ron Robb, from Windspirit Printmakers in Powell River. He was returning my phone call from four months ago and was interested in some of the sample inks I had sent him! After some shoptalk, I asked him what it was like in Powell River. Ron described a utopian la-la land where people played music all day long, made art, ate delicious food from the land and ocean, and went on incredible adventures in nature. (At least this is what I remember.) It sounded more than a little good to me.

In an instant, I knew I needed to keep him on the

phone, I think I even offered to hand deliver the inks he wanted! At that point he mentioned that the printshop that he ran for Haida artist, April White, had a job opening. Ron's assistant Alain Bouchard (yes, Ben's brother) was vacating the position and driving back east. Coincidentally, I knew Alain as an acquaintance of mine at university in Montreal. A connection! Ron recommended I send April a resume, which I did immediately. A few days after that, I had a phone interview with April and she offered me the job, as well as a small cottage I could live in down the street from the studio.

A week later, I handed in my resignation, along with the ridiculous renaissance painter costume they wanted me to wear at an upcoming trade show. I packed some things and split town with a friend and her dog Zephyr (meaning west wind) who happened to be driving to Whitehorse. We drove non-stop, taking shifts at the wheel.

After a quick stop in Vancouver to spend the last of my cash on a new mountain bike, we sailed over the sea to Powell River. As the skies darkened and shaded into twilight with a sunset of unimaginable beauty, the wake of the ferry churned up a stream of bioluminescent sparkles as it hummed along. Groggy from what seemed like endless driving along the windiest of roads, we finally came to Powell River. The mill twinkled like some strange UFO on the horizon, welcoming us to my new home.

The next morning, a knock on the door revealed warm and welcoming Ron Robb, on scene to introduce me to some of the other staff who worked for April and to give me the tour of the town. That's when I met Christine, who worked as a chef at the Jitterbug Café. There she was: a vision of westcoast beauty, like the good witch of the north, standing in an open carport over a propane stove stirring a cauldron of giant shrimp heads being reduced down to make prawn butter. Inside, a similar scene: a large slab of Belgian chocolate was being whacked with a hammer and forced into another bubbling cauldron. What was this place, I thought to myself?

Ron and Jan, ever the gracious hosts, invited me to

15 YEARS GUIDING AMAZING ADVENTURES



TERRACENTRIC
COASTAL ADVENTURES
Discover Your Nature.

 <p>Kayak tours, lessons & rentals</p>	 <p>Zodiac boat tours & kayak delivery</p>
 <p>Marine charts, books, maps & more</p>	 <p>Hiking & ecology tours</p>

DESOLATION SOUND | MITLENATCH ISLAND | COPELAND ISLANDS
604-483-7900 ABOVE NANCY'S BAKERY, LUND www.terracentricadventures.com

Continued on page 21...

Plants From Here

Markers of spring – forest floor, shrub flowers, trees

Trish Keays

Spring – feel it in your step, feel it in the air. Look around and see it. When you look into the forest, colour can guide identification of the plants you see in the understory – from right at eye level to the ground.

Late February – March

- Fluorescent pink flowers, early spring, tall under-story, prickly stalks taller than a person? Salmonberry, *Rubus spectabilis*. This grows on disturbed lands. Fruits are salmon pink to orange red. Berries are good to eat, not strong flavoured or too sweet.
- Flashes of yellow at ground level, spathes in wet ground with a surround of wide, light-green leaves? Skunk cabbage. *Lysichiton americanus*, also known as “swamp lantern”, one of the first flowering perennials. Damage the plant, the rank smell gets stronger.
- Vivid carmine flowers in bright splashes, on edges of clearings and dotting the forest? One of the earliest shrubs, Flowering Currant, *Ribes sanguinem*. Sanguinem means “like blood”. Leaves are mini-maple shaped, with pointed sections and little hairs.



Photo courtesy of Google Images



Photo courtesy of Google Images

May - July

- Eye drawn to soft maple-like leaves, bigger than your hands, sets of white flowers that look like roses? Thimbleberry. *Rubus parviflorus*. Bushes make thickets, no spines like salmonberry. Thimbleberry likes moist soils, grows in drier places. Ripe berries fall from branches at a touch, later in summer. They ripen fast, turn from delicate pink to scarlet in hours.
- Knee-height to shoulder-height prickly-looking plants with spires of yellow flowers? Oregon grape. It could be one of at least three native *Mahonia* species (*M. aquifolium*, *M. repens*, *M. nervosa*). Count the number of lobes on the holly-like leaf to identify species. Oregon grape root gives vivid yellow dye – a colour as clear as flowers in spring. Purple berries have a whitish bloom: edible, tart, better mixed with other berries than on their own in jelly, juice, jam.
- Open structure with leathery, shiny green leaves, branches holding clusters of 5-15 waxy pinkish-white flowers on their ends, knee-high to head-height? Salal, *Gaultheria shallon*. Flowers get whiter as they age. Berries are purple-blue, with a bloom – hairy, not smooth like Oregon Grape.
- Delicate tracery of branch structure and pointalst oval leaves, green shoots, growing from an old cedar stump, high-lit with white-pink bell-shaped flowers? Red huckleberry. *Vaccinium parvifolium* – related to cultivated blueberries. Bright red, acidic berries are delicious! One year we made a collector, a cedar box with long teeth to curve under the laden bush and shake. We had enough berries for huckleberry pies.

Ground-covers have flowers – Yerba buena (*Satureja douglasii*, *Micromeria douglasii*), Wild Ginger (*Asarum Canadensis*). You have to look closely to find them. They’re often under the leaves, maybe small. Wild Ginger has amazing flowers – brown-purple flowers with three long arches.

Trees bloom too. *Acer macrophyllum*. Broad-leafed or big-leafed maple has long plumes of light yellow flowers (“pendulous racemes”). Different websites describe the taste of flowers as sweet, and give recipes. Beekeepers in the Fraser Valley told of taking hives to broad-leaf maple groves in the spring when trees are flowering. The honey they took off tasted like maple syrup. Big-leaf maple tapping – search it. ❖

Continued from page 19...

lots of Lund parties and events, and I'd often ride my bike from town to hang out in Lund. I began making friends with many fine Lund folk, often from behind my cello as we indulged in late night extravaganzas of food and music. My brother, who had randomly turned up on my doorstep one day after burning his tent down while tree planting near Golden, moved into the closet at the foot of my bed. With my new relationship blossoming with beautiful Christine, the arrangement was cramping my style and I didn't have the heart to turf him out. Following up on a tip from Ron and Jan, we were able to rent the newly renovated house next to the Forestry Ranger Station in Lund. We set up a dark room and t-shirt screen-printing shop in the basement, and enjoyed cacophonous music parties and crazy potlucks upstairs. Eventually our contract work in the adventure tourism and education industries lead to the creation of Terracentric Coastal Adventures Ltd.

That was almost 20 years ago, and looking back, I feel gratitude that the universe heard my call and led me to Lund via a seemingly coincidental set of circumstances. What's more, I learned to be polite to telemarketers. ❖

Your one stop shop for Local & Organic foods:
fresh produce, dairy, meats, baked goods, store-made products,
and the biggest selection of bulk foods on the Sunshine Coast! Plus
sustainable clothing, toys, housewares, cleaners, pet food and more!

Get UNPACKAGED!
Bring your own containers
to fill with your bulk
essentials!

ecossentials
Your Local Market
www.ecossentials.ca

Featuring our fabulous DELI - We do catering! Find us on facebook!

6812 Alberni St. ☉ Marine • Serving Powell River since 2009 • 604-485-7000

**Get the same beautiful food available from
Ecoessentials, delivered right to your door!**

sunshine organics
100% satisfaction guarantee
Free delivery
www.sunshineorganics.ca

Your local online
grocery store

Let the sunshine in!
Try your first bin at
20% off!

Serving Powell River since 2002 • powellriver@sunshineorganics.ca • 604-485-7000

Cut the Bloomin' Broom!

Spring is the time...(please)

Mary Ann Lammersen

Yes, it is pretty with its cheery yellow flowers, but secretly, slowly but surely, it is trying its best to take over the countryside! Well, maybe not that drastic... but close. In our neck of the woods, we're lucky because Scotch Broom really hasn't hit the "boom" stage as yet. There is a critical threshold for plant populations that when once passed, spread seems to be unstoppable.

Community cuts have been organized in many neighborhoods, especially on Vancouver Island. These determined souls gather with loppers in hand and feel accomplished at the end of a few hours with mounds of broom piled all around them.

I was surprised at the vast swaths of golden yellow on the Island Highway the spring we headed out to camp on the beach near Uclulet. I was stunned at the uniformity and vastness of the yellow landscape! I watched to see just how far this would extend and yep, broom plants led down the road right to the beach! And all from a

Continued on page 22...

Continued from page 21...

few seeds brought here by the first settlers!

In my experience, you go after the light infestations first. You'll just get frustrated if you try to eliminate broom that is well established as there are millions of seeds in the soil. Start at the outer edges of infestation and move towards the dense areas. You will be drawing a line and saying - the BROOM STOPS HERE. Eventually you'll be able to get to the dense areas - and you CAN succeed.

In areas reclaimed from broom, you can plant grass, allow ground story plants to take over, and plant trees. Broom grows most frequently in disturbed soil. If you keep cutting in the Spring and encourage regrowth of native or cultivated plants, eventually the broom will give up. After the first year, it isn't really hard, but it does require attentiveness. Just keep cutting the broom in bloom - and pulling out the new seedlings. Soon the native plants will thrive again.

Lund broom bashing will begin as soon as we see the yellow blooms. A little effort will go a long way. Let's help keep Scotch Broom in check on the Malaspina Peninsula.



Photo courtesy of Google Images

Six Tips from Joanne Sales, Director of BroomBusters.org (printed with permission)

1. Cut Broom in Bloom. If you cut broom in bloom (mid-April until early-June), it will most likely die in the summer's dry heat. This is the only time each year that it's so dang easy. Seize the moment!
2. Cut the Broom to the ground if you can. If you can't cut huge branches, cut off as much as you can. It will still die. You don't need to disturb the roots. No pulling or sawing required
3. It's easy. Empowering. Use loppers. You can make a mountain out of a mole hill in five minutes.
4. If you donate just two hours a year walking down the road with loppers in hand, you qualify for the high title of "Broom Walker," which is akin to Skywalker. ("Use the Loppers, Luke.")
5. A single broom plant can produce 3,000 seeds. If you cut it while it is in flower, 3,000 seeds will not go down the road or up the mountain where they wreak havoc on the ecosystem. Broom crowds out all the native species; trees can't get started in a broom patch. Even the deer can't eat it!
6. Absolutely NOBODY has spare time anymore, it seems. But broomcutting is good evening therapy. With all the huge problems facing the environment, here is a "crisis" we can actually do something about! Simple pleasures. Bust Broom! ❖

High Speed Internet
Servicing Desolation Sound and surrounding areas



Other Services:

- Satellite Internet Installations
- Home or Business Network Installations
- Web Cam Hosting/Installations
- WIFI Access @ Refuge Cove

For more information:
www.twincomm.ca
1-866-446-6004



Twin Comm

Percy and Imogene

Adrian Redford

I don't know how Percy's yearning to become a pig farmer began, but it must have been from the days we lived in Powell River. We took turns with Kenny and Ruth Baxter, going to Mary Masales to get our weekly supply of milk. It worked well, and Mary always had some good stories to tell. It all ended when the Baxters moved away, and we moved into our new home in Finn Bay.

We bought this rocky piece of property that had sentimental value. It had a very small flat area that looked a bit like a stump ranch. Percy loved Mary's pigs, and he thought a few pigs might be fun, and might even help him clear his land. So he bought a sow, whose name was Imogene, had her bred, and soon we had 12 little pigs running around! He fenced the area, full of pith and vinegar, and his farming instincts began to show.

Percy enjoyed a beer or two every afternoon, and it turned out that Imogene did too! So every afternoon the two of them enjoyed a beer together, and soon became good friends. Percy learned just how much pigs loved to root

around digging everywhere they went. It occurred to him that his pigs might be useful to him in his project of ridding the yard of its many stumps. He tried driving a two-and-a-half inch pipe under a stump, a foot at a time, and he would bring it out, dump the dirt, and repeat the process,



Photo courtesy of Google Images

until the end of the tunnel was under the centre of the stump. Then he poured grain into the pipe and pulled the pipe out a foot at a time, each time pouring more grain into the pipe until the tunnel was full of grain. He did this several times all around the stump. The pigs thought they had died and gone to heaven. Digging had never been this much fun before! And Percy's stumps were gone like Pierre's mustache! This worked for every stump, and Percy and Imogene were still friends. A stump removal partnership was considered, but the price of beer was becoming too costly.

Percy decided it was time to have Imogene bred again. He made arrangements to take her to Texada on the following Sunday. He made a bed for her in the back of his pickup and built a ramp for her to climb up on. All he had to do was put an opened beer on her new bed and she would climb in. Sunday morning Percy drove the truck to the pen, expecting Imogene to be waiting for him as she usually did, but she was not there. She obviously didn't need Percy's help in arranging who was going to be her stud. She had made her

Continued on page 24...

Bushmans Farm



8556A Plummer Creek Rd.
Powell River, BC
V8A 0E6

home 604-483-3700
cell 604-483-1965

**Organically-grown Fresh Produce
and free-run eggs**

Hothouse tomatoes, cherry tomatoes, cucumbers,
bell peppers, hot peppers

Lettuce, sugar snap peas, beans, zucchini, kohlarobi,
kale, broccoli, carrots, onions, cauliflower, cabbage,
spinach, swiss chard, pickling cucumbers, squash

...and much more!

Continued from page 23...

own bed, and when Percy arrived she had already given birth to five little piglets! How could this happen? The first time around all the piglets had been vaccinated, and had their eye teeth and other important parts snipped off the boar babies. Did one sly little piglet run away saying 'you're not doing that to me!'

Such were the trials and tribulations of being a pig husband-man (no pun intended; this is Webster's word!). ❖



Photo courtesy of Kim Beno

Sheep Thrills

Steve Lawn

In 1983, when my family and I moved into our second homestead here and the pastures were seeded, we had to decide what animals to graze. Our two boys were little, and having raised cattle back east, I suggested sheep as they're more human-sized and easier to deal with. It proved a good choice.

The sheep are gentle on the pastures, grazing them thoroughly and keeping them in good shape. People comment on the depth and quality of my garden soil and say I "must have a good compost system." I just point to the flock in the pasture, smile and say, "I have mobile composters." Their manure is very mild, completing the circle of fertility.

In this circle, they eat virtually everything growing from the garden, the orchard and these same foods left at the dinner table. Everything goes back into the garden, and onto the orchard and pastures as sheep manure.

Having a small flock, they are all my friends and live long, happy lives. Likely, the greatest compliment I've received was at a dinner party, when the conversation turned to what we all wanted to come back as in our next life. A good friend said she wanted to come back as one of Steve & Diane's sheep.

One of my favourite ewes, Strawberry, lived for fifteen years and had twins every year but one. She is the great-plus-grandmother of all my present ewes. The present flock spans three generations.

I helped all my ewe's mothers when they were born, themselves when they were born and then with all of their own lambs' births. It's always magical. They most often don't need much help. In my most remarkable case last year, my twelve year-old ewe's big single ram lamb was standing in two minutes, walking after two more and nursing in another four.

With Strawberry, I helped with the birth of her 29 lambs. It results in a sweet bond of trust. It's a pleasure they allow you to share.

People sometimes ask why I don't go south during winter. I like to travel in the fall after harvest. Just as winter is getting long, it's soon early February and the

Blue Lotus
Wholistic Healing

Gift certificates
(perfect for Dad!)
Mobile Service Available

Reiki
Zen shiatsu
Reflexology
Aromatherapy
Couples massage
Four hands massage
Pre and post natal massage
Swedish & deep tissue massage

Marie Eve Barnes | Eve Siegenga
604 414-9772 | 604 414-5991

6804 Alexander Street (across from Legion)



Continued on page 25...

Continued from page 24...

baby lambs start being born. It's a big part of my life and I wouldn't miss it for the world.

And then there are the lambs. There are many good reasons they are so beloved around the world. They are so joyful, full of life and adorable. The source of frolic.

After being born, I keep them in the barn for a week, so they are well-bonded with their moms, strong and fast, as we have our share of raptors, etc. By the end of the week, they are raring to go, racing about and jumping in place. The day you let them out into our big, bright world is joyful as they race around, wiggling with energy and leaping for joy!

After a week or so, they start an odd ritual late in the day, of gathering in a circle, sometimes ten or fourteen of them. They seem to be talking something over and slowly start jumping and dancing in place. At some unknown signal, they suddenly break the circle and race about together at high speed, leaping and bouncing off each other. I love it when I have a last year's ewe, as she'll watch for a minute and then join in. She remembers. Why should they have all the fun?

When the boys were home, we always had four chairs on the deck and would be on the lookout for their romp, then go out to sit, watch and laugh.

We are not the only creatures to find it invigorating. Four years ago in late spring, I was always working late into the evening in the garden and eating supper even later. One day I vowed to take a break at six and make my supper. I was doing it so fast it was stressful, and I went out to sit on the deck. From there, I saw five deer in my neighbour's pasture and a mother bear with her cubs, grazing in the pasture beyond it. As I sat down, the lambs started their circle meeting and then their run around the culvert in the pasture. The deer soon got so

excited by it that they raced full speed about their pasture with great high leaps, and the bear and her cubs came down to their fence to stand on hind legs and watch the show.

Many years ago, the road crews cleared the brush up to my fence in preparation to widen the highway. Before this, the lambs weren't visible. Now that they were, they became popular, and I would find cars parked in the driveway, with parents and their kids watching the lambs feed and play.

In the past five years, I've had two bottle fed lambs, Peanut and Tidbit, who were born small and their larger twin sibling didn't leave enough milk for them. Word spread in our community and many youngsters came to help feed them. When I meet them now, they always remember. It's nice to share the pleasure. ❖



Photo courtesy of Steve Lawn

Studio and Gallery
Lund, BC
mlabusch@hotmail.ca

Please call for an appointment:
604-483-3205
604-483-1669 - cell

When Froggy Goes a-Courtin'

Carrie Swiggum

What's that sound? Oh, just 300 of your closest neighbours getting it on... On a clear night, they reee-bit, and ribit, and cre-ee-ee-eeek; the chorus of frogs sings us to sleep.

In April, the ponds swell with pacific tree frogs, as males vie to serenade their mates.

I had heard rumours of hundreds of frogs crawling over each other in a sizeable pond just north of us on what must have been a noisy and productive night, so we set out to investigate with a beer and a flashlight. I brought my audio recorder, too, in case one of the cold blooded chorus masters wanted to set the record straight. Stereo sound, but nowhere to be seen – they sang too far from the edge of the water line, past the tangle of twigs and seeping mud.

Turns out, frogs are discriminate. A section of the symphony hushed as we approached. The males were calling for their primed frogettes, not two

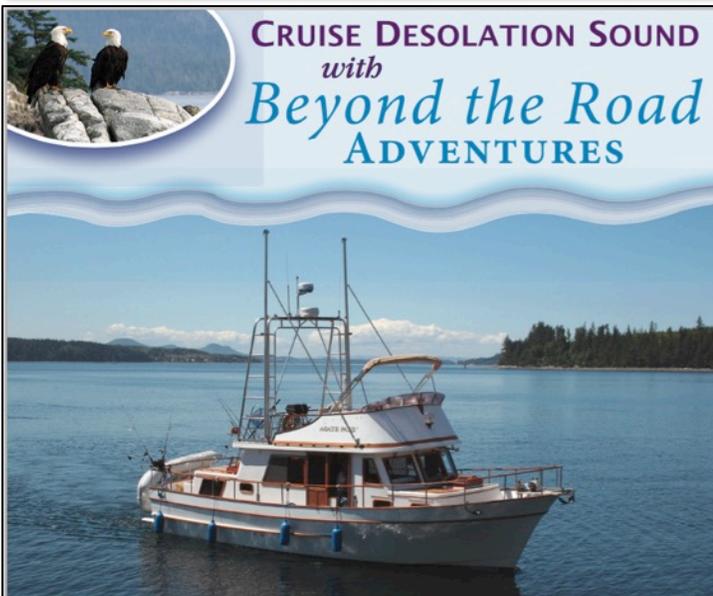
lumbering humans with spotlights.

Terry Brown, Lund's resident "Amphibiographer", said the Pacific tree frog – the most common around here – is often heard in Hollywood films, even if the setting is nowhere near the Pacific Coast. The tree frog's habitat extends from Los Angeles to south of Alaska, in wetlands, woodlands and grasslands west of the Rockies. (Brown specializes in photographs and video that show both the underwater and above water worlds at the same time.)

During the breeding season, when the rains meet with warmer temperatures, the tree frogs meet in the ponds. A male will grasp the female with his front legs, and fertilize dozens of eggs as they pop out. Brown estimates the clump is about the size of a golf ball, maybe 40-50 at once.

During the summer months, the nocturnal

Continued on page 27...



CRUISE DESOLATION SOUND
with
Beyond the Road
ADVENTURES

Leave your cares behind as you enjoy an afternoon of comfort and relaxation. Cruise with us on our 37-foot tri-cabin yacht while viewing the spectacular scenery and wildlife of our protected waters. Sightseeing, lunch and dinner cruises to the Copeland Islands, Desolation Sound and Mitlenatch Island.

Special occasion, custom day cruises, dinner cruises and extended excursions also available.

Ted & Joanie Winegarden Box 16, Lund, BC V0N 2G0 Tel 604 483 8128
info@beyondtheroad.com • BeyondtheRoad.com



- Maintenance - pump outs - repairs - parts - new construction - ROWP
- Complete land and grounds work design, construction & maintenance
- Excavator - backhoe - heavy equipment - rentals - & trucking services

Questions about your septic system?
Call for a free estimate
604-483-9560

Find us on Facebook

Continued from page 26...

creatures travel among the trees, and may go quite far, but they are often found hiding under tarps, rotten logs, and rocks where they do well to blend in and stay out of the sun. The frog can morph from green to brown, and its body will only grow to about an inch and a half. Brown said he's seen pictures of a blue tree frog, but never in person.

Besides the Pacific tree frog, there are other varieties around Lund: the red-legged frog, increasingly rare; the western toad, more rare, warty and terrestrial; the tailed frog, which breeds in fast-moving streams while fertilizing eggs internally; and the bull frog, an invasive exploiter.

Brown says the bull frogs affect the red legged ones the most. They share the same habitat, margins of lakes and beaver ponds, whereas tree frogs prefer tiny or seasonal ponds. Most people haven't heard red legged frogs because they call underwater. Brown used a hydrophone to make recordings which detects sound waves under water — "er-er-er-er."

Bull frogs were introduced in the 1930s during the depression when they were farmed for frog legs. They come from the other side of the Rockies and don't have the same kind of predators, he said, allowing them to spread. Bull frogs eat the red legged frogs' polliwogs, or tadpoles.

Frogs do a good job of eating insects that might be detrimental to trees and can be found at an elevation of up to 10,000 feet. Besides snakes, raccoons, or herons, the most threatening danger are UV rays, affecting frogs in high altitude places.



Photo courtesy of Google Images

Brown says it's fascinating to see males wrestling. As a kid he would have fun trying to catch frogs and snakes and take them home to put in an aquarium. His mother would then tell him to put them back where he found them. ❖

Better Safe Than Sorry

Océane Bergeron

The Quebec village in which I grew up had a lot in common with Lund. It was small, under 1000 inhabitants; it was on a highway; it was rural, and thirty minutes away from a bigger town. It's called Laterriere. I have very good memories of being a teenager in that little village, even if, at that time, I would have given anything to live in the next biggest town, Chicoutimi. The story I want to share here is about something my hometown shares with my beautiful Lund community: drunken driving.

It was a cool weekend night in the Spring, or was it the Fall? We were a bunch of teenagers having a bonfire in a sandpit close to the highway. We were doing the regular weekend night thing: getting high in nature and sharing laughter. That's when we heard sirens on the highway. The sounds got louder and louder, and they had been going on for quite a while when we decided to go check it out. Being rural kids, we thought we were in for some action. What was awaiting us is still, to this day, painful to remember, and that was twenty years ago.

When we got to the scene, there were many emergency vehicles. The highway had been closed and there was a car in the ditch just off the road with no apparent damage. Then we saw the blood on the road and tarps covering body parts. The emergency team evacuated us and said they were searching for missing body parts.

Continued on page 28...

Continued from page 27...

Those parts belonged to a kid my age who I knew, and who was walking back home at 9 pm with two other friends when a drunken driver fell asleep at the wheel and went off the road, hitting two of the boys and sending the third into the ditch where he jumped to safety. One of the boys who was hit was badly injured and ended up handicapped for the rest of his life. The other boy was run over and killed and dragged under the car for more than 100 metres.

The driver didn't fit the stereotype. He was a young father of two kids, and he had been out celebrating the new house he had just purchased. He was on his way home to his family after having too much to drink to be on the road. We could call that a bad decision.

It's easy to imagine the impact it had on me to be a witness to a drama like this one. It's harder to imagine the impact on the families who either lost a child or had to adjust to their child's handicap, and support each other through terrible, meaningless grief.

The village was in shock. The high school was in shock. The family of the driver was broken forever, and he went to prison. I really wonder how anyone can ever heal from such an "accident". It feels to me that this man killed many of his dreams that night. I have compassion for him but not respect for what he did.

My own kids are close to becoming teenagers. As they grow, they enjoy increasing freedom. My wish for them, for the other kids in Lund, and for all of my beautiful community is to share a safe place where drinking and driving don't happen at the same time. Please, if you party, don't take your car. Sleep over or ask a friend for a ride. It's just not worth it to take a chance. ❖

Lundie Wins Para-lympic Gold Medals – On to Rio!

Malerie Meeker

World Championship Track Cycling began in 1893, Track Para-Cycling was added in 2007. In the next 123 years, Canada won five gold medals. Until 2016. Canada just added two more to the count via para-cycling. Fitting that this feat was accomplished by a Lundie. On March 17 and 18, Tristen Chernove won two gold medals (Individual Pursuit and 1 Kilo TT) at the UCI World Track Para-Cycling Championships in Italy, securing his place on the Canadian Olympic-Paralympics team for the September 2016 Olympics-Paralympics in Rio.

By now, most people know about Tristen's achievement; and while anyone could guess that it takes an incredible amount of dedication and hard work to become a gold medalist, I decided to give you a little "insider information" on the making of this world champion:

- The first time Tristen climbed on a track bike (single speed, fixed gear, no brakes) was seven months ago
- Every morning Tristen straps on a heart monitor to test his heart rate variation and resting intervals and sends the results to the team physiologists and coaches who use this information to adjust training and workouts
- Tristen trains between 15 and 20 hours each week – this on top of managing his company and being a dedicated husband and dad



Photo courtesy of Malerie Meeker

Continued on page 29...

Continued from page 28...

- Last winter, weekday training took place in the basement of Carrie's and Tristen's home (Cranbrook) on a stationary bike. During training, biometrics testing (wattage or output) and bike sensor information go to the computer via Bluetooth and then on to his coaches. At least three weekends a month Tristen flew to Vancouver (courtesy Pacific Coastal Airlines) to race and train in the Velodrome
- As an athlete with strong biometric assessment results, the world anti-doping agency regularly monitors his blood and urine, Tristen sometimes sending samples every two days
- Track races are influenced by temperature and elevation ... basically by air density. 80% of a racing athlete's energy is expended overcoming wind resistance; aerodynamics are everything. Tristen worked with an "aerodynamastician" prior to the championships to build a bike perfectly matched to him and to ensure he is in the best aerodynamic position while racing
- Tristen was diagnosed in 2009 with Charcot-Maria-Tooth (CMT) disease, a degenerative hereditary neuropathy which affects his lower legs and feet, lower arms and hands. Because it is degenerative, he has to regularly adjust and adapt to his changing ability
- Tristen is categorized as a C2 athlete. There are five categories with C5 being the least challenged and C1 being the most challenged by the disability
- Tristen won the qualifying heat for the Individual Pursuit by five seconds, meaning he would compete against Ireland in the medal race. Ireland lodged a formal complaint, alleging that Tristen was categorized too low. It meant that in the ensuing three hours, while



Photo courtesy of Malerie Meeker

the Irish athlete was resting and preparing, Tristen underwent a complete medical re-assessment, including nerve conduction tests (electrodes inserted into muscles to test nerve transmission speeds), endurance tests, etc.,

with the C2 designation re-confirmed. Tristen went out to win the gold – over nine seconds ahead of his competitor

- In winning gold in the 1 Kilo TT, Tristen narrowly missed breaking the world record – he was off by about 0.02 of a second. The record is held by China, won on what is considered the fastest track located in Mexico. While he didn't break the record, Tristen was 2.5 seconds ahead of that record holder

- As a world champion athlete preparing for Rio,

Tristen has three coaches, a mental preparation coach, doctors at Dalhousie who analyze biometrics, and a nutritionist. When racing, add on a bike mechanic and a personal sonnier (all around physiotherapist-acupuncturist-chiropractor-masseuse)

We all know how Tristen will spend the coming months! Holidays in Lund this summer will include lots of training on the highway...so watch for him.

☺ Go Tristen ... Making us all proud! ❖



ctm contracting
residential and commercial construction

Colin Mallery
owner
ctmcontracting@twincomm.ca

P.O. Box 72
Lund, B.C.
V0N 2G0

ph 604 414 9947
fax 604 483 9429



SunLund By-The-Sea Wins Award

Ann Snow

Following an extensive review of operating practices, SunLund By-the-Sea Campground & Cabins is excited to have been awarded a "Gold" rating by Green Tourism Canada. So far, SunLund is the only business on the whole Sunshine Coast to be awarded the Gold level.

The review included a scrutiny of SunLund's cleaning products, recycling procedures, electricity-saving devices, sustainable products, locally-sourced merchandise, and community support. Proudly, their operations met the stringent eco-friendly standards set by Green Tourism Canada. ❖



How to Get to Paradise

Lund Water Taxi

Operating Year Round
604-483-9749

- Discover beautiful Savary Island
- Drop offs at Sarah Point, start of the Sunshine Coast Trail, or at various local coastal destinations

Reservations Recommended



Photo courtesy of Dymph Vander Maeden



SunLund By-The-Sea
RV Park & Cabins
In Lund

- Full hookups (water, power, sewer, wifi)
- Footpath access to Lund Harbour
- Clean showers, washrooms & laundro-mat

604-483-9220

May 1 ~ Sep 30

www.sunlund.ca

SHELLFISH FESTIVAL BUS SCHEDULE											
TC Mall	Willingdon Beach	Townsite	Wildwood	Sliammon	Lund	Lund	Sliammon	Wildwood	Townsite	Willingdon Beach	TC Mall
10:05	10:15	10:25	10:35	10:45	11:00	11:10	11:25	11:30	11:40	11:50	12:00
12:10	12:20	12:30	12:40	12:50	1:05	1:15	1:30	1:35	1:45	1:55	2:05
2:15	2:25	2:35	2:45	2:55	3:10	3:20	3:35	3:40	3:50	4:00	4:10
4:20	4:30	4:40	4:50	5:00	5:15	5:15	5:30	5:35	5:45	5:55	6:10

86th Annual

Lund Shellfish Festival



Lund, BC ~ Shellfish Capital of the Sunshine Coast



Zero-Waste Event

Bring your own plate

- Music all day
- Food Booths
- Arts & Crafts Sales
- Cooking Demos
- Shellfish Sales
- Ocean Activities
- Pancake Breakfast Sunday
- Chowder Challenge & Silent Auction



More info at LundBC.ca

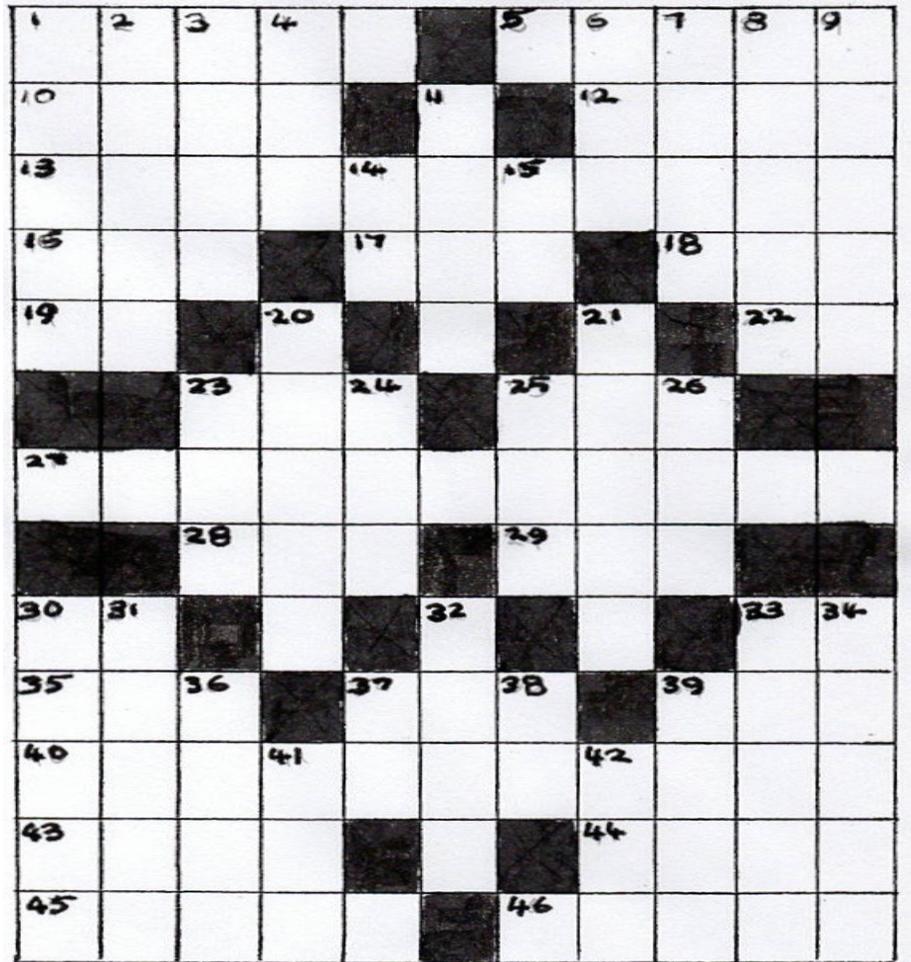
Crossword #39 by C. Cressy

ACROSS:

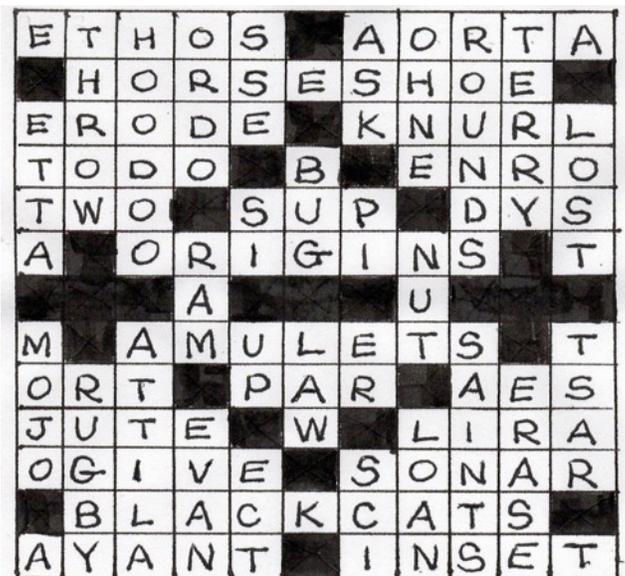
- 1 OF THAT
- 5 PAST SHINE
- 10 LUBRICATES
- 12 REVISE
- 13 TIE BREAKER (two words)
- 16 ARAB COUNTRY (abbr.)
- 17 BETRAY
- 18 BORN AS
- 19 WW II BOAT (abbr.)
- 22 ERIN (abbr.)
- 23 RECORDS HEART INFO (abbr.)
- 25 A LAIR
- 27 REPRODUCER
- 28 EXPRESSING NEGATION
- 29 SWISS MOUNTAIN
- 30 COMP. DIR. (abbr.)
- 33 SUPERMAN'S FAMILY NAME
- 35 AND SO ON (abbr.)
- 37 BEFORE (prefix)
- 39 CHOWED DOWN
- 40 SHOT TAKING
- 43 WEAR OUT
- 44 UPROAR
- 45 PLAY PART
- 46 ROPE LOOP

DOWN:

- 1 FILL (two words)
- 2 AFFECTED (slang)
- 3 MUTE SWAN GENUS
- 4 SUPER JETLINER
- 6 A LAYER
- 7 NORSE GOD
- 8 JAPANESE IMMIGRANT
- 9 CLEAR SKY
- 11 FROM A DISTANCE
- 14 GOLD COLOUR (in heraldry)
- 15 THE THING (pronoun)
- 20 A PLAYER
- 21 ANSWER
- 23 AN AGE
- 24 GAINED
- 25 TOO LATE TO SAVE (abbr.)
- 26 PINCH
- 30 IRISH CLANS
- 31 MORAL PRINCIPLE
- 32 WILD FESTIVITY
- 33 CHARACTERISTIC SPIRIT
- 34 PHILIPPINE ISLAND
- 36 CENTER
- 37 ITALIAN RIVER
- 38 QUEEN ELIZABETH II
- 39 CELERY (Spanish)
- 41 YEARS IN A DECADE
- 42 HQOP (Spanish)



Answer key for #38



Community Page

Adrian Redford

Birth Announcements

Since the last Barnacle, we have heard of no births to parents from Lund. Please let us know if we have missed one.

Sympathy and Condolences

Lyle Jeakins - September 12, 1950 - February 24, 2016

Lyle was a writer, a landscaper, a student of history, and a true and generous friend. He was always there to drop a salient fact into a runaway conversation, and never hesitated to speak his mind or to laugh at himself. Lyle brought a lot to the table. A huge crowd assembled to see him off, a testament to his effect on us all. He will be missed and not forgotten. Rest in peace old friend. - from Don MacKay

The Goodwill Committee of the Lund Community Society sends cards expressing thank you, get well, thinking of you, baby congrats, and sympathy. The Committee also sources a package to welcome new residents to Lund, available at the post office. Call Adrian Redford at 604-483-4766 or Colleen Cox at 604-483-9752 with any news you think should be acknowledged.

WILDE ROAD
Sand & Gravel

Cement Gravel
Drain Rock
Driveway Gravel
Garden & Top soils
Mulches & Manures
Landscape boulders
Decorative rock
Slinger truck service

Come & pick up or delivery available—Free estimates

Wilde Road
Tomkinson Road
Coffee's on
Come by and check us out!
4951 Tomkinson Road,
Powell River

We're on Facebook

604.483.9666
604.483.1487 cell/text
ecoterradevelopers@gmail.com

HWY 107



Photo courtesy of Brian Voth

Lund Community Garden Project: *We Will Not Be Bogged Down!!*

Sandy Dunlop

When a large chunk of fertile land is being generously offered as a site for a community garden, it seems it would be easy to make it happen, eh? Volunteers working on the Lund Community Garden Project are finding it's not as easy as they once thought.

Plotting this garden is a work in progress, and the nature of the challenges encountered keeps changing. What seems a problem on one day is cleared up the next, just as another sprouts up. At the time of the interview for articles appearing recently in Powell River papers, we had just learned the (erroneous) news that since the entire property is deemed riparian, there was nowhere on it we could put the garden. To change that designation appeared, at the time, to be out of the question.

After months of work amassing a large support and advisory group of volunteers, gathering information on hardhack and community garden best practices, fund raising, getting a property survey, ordering signage, investigating a lease, and gathering "expert" advice, this was discouraging news. The reporter got that story, and so did the readers of PR Living and The Peak. As a result, some things need to be clarified in light of more recent information.

First off, it isn't the Area A Official Community Plan that

is holding us up, nor is the Regional District, which has been very helpful and supportive. The OCP contains the rules and how to deal with them; the committee didn't make the rules and are not responsible for enforcement. The various land designations in Lund were discussed at length at the OCP meetings and that's when the average Joe/Jill became aware of them. The riparian regulations preceded the OCP meetings by years.

The OCP is only a guiding document. There are no OCP enforcement thugs. If we were to ignore the rules and just go in there and make a garden, as some folks have advised, and were to "get busted", it would be by Fisheries or some other related provincial body. That is not an option anyway because the Project is under the auspices of the Lund Community Society, registered under the Societies Act. The Project is very public. We have received a small grant and were going to apply for additional ones, public money, and at least one of our potential grantors was well-aware of the situation. We were asking the whole town to come help us during Earth Month. The proposed garden is right along the road, and we were publicizing it all over the place. We can't compromise the integrity of zillions of people, and the LCS can't do illegal things.

Then there's our own personal concerns. The intentions of the riparian regulations are to

protect fish and wildlife habitat, something we are thoroughly in support of. In the unlikely event our garden would somehow really cause damage, then we don't want to do it. The riparian regulations say we need to be 30 meters from the watercourses, and so this is where we will begin.

Flagging the garden area will happen soon, and then we will invite the RD manager of planning out for a site visit and we'll apply for a development permit. Once approved, we will know where we can start clearing some of the dense thicket of hardhack. Right now, the hardhack is so tall it would make visible flagging a challenge. The Garden committee has explored ways to remove it, and are waiting for the green light to begin.

Another challenge is drainage. Contrary to popular opinion, the land is not a bog. During the growing season, it is dry and tillable, with good organic-rich soil. It floods for a few months of the year for two reasons: it receives run-off from neighbouring land as well as excess water from Thulin Creek. The run-off has been difficult to quantify, but the manner in which water from Thulin Creek spills onto the land is quite obvious. The main culvert that the Creek is supposed to flow through is too high and does not do its job, so a great deal of water

Continued on page 35...

Continued from page 34...

flows right on past into a ditch and onto the garden land. When the Creek is really running, two smaller culverts that are supposed to be taking water away from the garden in fact are doing the opposite. We believe these are the reasons Finn Bay Road floods from

time to time, with water rising to a road-blocking puddle 1 1/2 feet deep. The level of the road surface there would benefit from having MoTI raise it. We are currently exploring what to do about these problems.

Lastly, the Garden committee could use more folks willing to

be on the steering committee to help grow this beautiful idea, especially those who would like to garden there some day.

At least, all of this is the current story. We continue to gather information, so stay tuned as the ground keeps shifting. ❖



Midlenatch Island -Photo courtesy of Hugh Pritchard

POWELL RIVER SEA KAYAK
DESOLATION SOUND MARINE PARK

Waterfront locations
Lund- behind the hotel
Okeover – Penrose Bay
Desolation Sound

20+ years in Desolation Sound!

Guided Tours
Lessons
Rentals
Stand up Paddle Boards
Snorkel with the STARS!
Cabana Desolation Eco-Resort

www.bcseakayak.com
604-483-2160

follow us on Facebook

Les's
tanks pipes poles & plumbing

Barber Shop
Open
Wednesday Mornings

New location!

4951 Tomkinson Road
Powell River, BC

604.483.9666

Tanks
Pipes
Poles
Plumbing
Good Service

Spring Shots



Photo courtesy of Emily Jenkins



Photo courtesy of Brian Voth



Photo courtesy of Brian Voth



Photo courtesy of Wendy Larson



Photo courtesy of Kim Beno



Photo courtesy of Hugh Pritchard