

BARNACLE

Summer 2024

\$2.00

Random Voices of Area A, qathet

Proceeds to the Lund Community Society



Photo courtesy Fraser Jordan

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Eight-Armed Hug

Fraser Jordan

A hint of motion in the water caught my eye and, for a second, I thought it was my dive mask reflecting something. But the ocean was a calm, clear, emerald green and we were deep enough that it couldn't be the sun. I slowly realized I was looking right at a camouflaged Giant Pacific Octopus out on the open sandy sea floor. It shifted colour and reached out a single exploratory tentacle while I fired off a couple of pictures. Then, without warning, it hopped up onto my camera dome and moved its arms gently up my arms.

I've been a diver for more than twenty years and have had the privilege of exploring beneath many of the world's seas, but until recently I'd only had brief sightings of the elusive Giant Pacific Octopus. I've seen a good variety of other octopus around the world, but here in the Salish Sea, the "GPO" is the largest of all. Like much of BC's underwater life, they can grow to enormous size in the cold, nutrient-rich water. Octopus have always fascinated me; few creatures are as intelligent, curious, and altogether alien seeming. They can change colour and shape at

Continued on page 3...

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Publication Schedule and Distribution

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

Editorial Policy

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

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

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

Editorial

Oh my, it is ever hot! All my water catchment barrels (i.e. over 1000 gallons) are now empty from keeping my yard alive and it's only mid-July. Yikes! May all our wells and other water sources keep refilling themselves until the rain returns. And may no one be careless with a match. Please!

Welcome to our summer issue! Besides our usual updates, announcements, info-packed articles, ʔayʔajuθəm language lesson, an interview with a feature artist, and so much more... did I mention the great photos? This issue contains tales and photos of a variety of underwater critters. We have octopus and bioluminescence, sea stars and pipefish, tubesnouts and herring, and a reputedly delicious sculpin with toxic roe. Who knew?

It is a pleasure producing another collection of our community's endeavours. Once this area was primarily home to loggers and fishers and related industries. For a very long time before that, it was ʔaʔamun, the stomping ground of the Tla'amin Nation and Coast Salish People. Although it is still Tla'amin land, ʔaʔamun now seems to primarily be home to many artists of many stripes. That and tourists.

There is a lot of wonderful stuff in this issue. I hope you enjoy it. Stay cool!

- Sandy

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

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

****We invoice annually for advertising, unless alternate arrangements are made. Invoices will be sent out after the fall issue 2024.****

Advertising Rates

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

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Send to: barnacle.ads@gmail.com

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Deadline for submissions is October 10, 2024;

but reservations for article space are needed in advance and ads need to be submitted by the fifth of the month.



Continued from page 1...

will, solve puzzles, hunt co-operatively with other species, and there is even evidence they have dreams. They grow incredibly fast, and lead very short, very active lives.

I was diving in April amongst some old wooden pilings, hoping to see octopus as they tend to make dens in small nooks or crevices, and had checked many likely spots and found nothing. My long-suffering buddy is well used to me sticking my head in various spots for a good photo and was patiently waiting while I photographed a painted anemone. I'm assuming the bright white flashes of my camera strobes are what drew the octopus out. After she leapt onto my camera dome, I let her feel the camera, my dry gloves, and the sleeves of my drysuit. She was medium-sized, so her arms did not reach up past my elbows. Octopus arms contain a sort of "mini brain" which allows them to gather sensory information, and I regretted my choice to wear dry gloves as it would have been an amazing interaction, but I would have had a short, cold dive in bare hands!

I kept taking pictures and was just starting to wonder what to do if she didn't let go, when she did let go and jetted a few feet away. She changed colour from a deep red to brown and white stripes and developed "horns" just behind her eyes. Then she was off, flowing back into the tiny hole in the log she had presumably emerged from, smaller than a golf ball. I'd have thought it impossible for such a large creature to fit through such a small opening. But in she went, leaving me hovering in the water wondering if I'd just dreamed the whole encounter.

I swam over to my buddy gesturing excitedly, but he had unfortunately missed the entire thing. It had felt like a long encounter but was over in about a minute. I was glad of the resulting pictures as I'm pretty sure he would never have believed me otherwise!

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Photo courtesy Brian Voht

Community Society Update

Kristi McCrae

Hello Northsiders! Summer is finally here. This is the time of year when the dedicated Lund Community Society (LCS) volunteer members and board take off our regular hats, take a break from meetings, and put on our party hats to volunteer for the fun summertime events we all love.

In June, the LCS team, led by Sherry Worthen, provided lunch and dessert for the ever-popular Powell River Garden Tour, delighting the palates of the plant lovers, as well being a very successful fundraiser for us.


Lund Daze is Saturday, July 27, 4:00 pm - late. There is live music all evening, starting with local bands and solo artists of all genres. The headliners this year are Stereo Latino from Vancouver, who will have you all dancing into the night with their Latin grooves. To finish off the night, Northside's DJ Rowan is sure to keep you moving. This event is family friendly, with activities, art workshops, and food for all ages. Entry is by suggested donation of \$10-20 in support of the

performing artists and for art workshop supplies. We are still looking for volunteers for all aspects of this event, if you get this in time. Check the Lund Daze Facebook event pages or lundcommunity.com. This is a great way to share your energy with your community.

Puddle Jumpers Preschool has finished for the season, but the **daycare program** is running through July. Puddle Jumpers would like to hire a second ECE for the fall; see our website, lundcommunity.com, for the job posting.

The NCRC Community Centre Expansion Project is slowly moving forward. The most recent update that we have received is that the qRD Selection Committee reviewed the bids of the contractors who responded to the Request for Proposals. A recommendation from this committee was sent to the qathet Regional District Board for approval. We are waiting to hear the results of this decision-making process. Once the contractor has been engaged, there will be opportunities for

Continued on page 6...



Tech Tips
at the Lund Community Centre
next sessions:
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September & October: closed Tuesdays

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"A unique stop at the end of the road"

Continued from page 5...

community consultation before the design process is complete.

The LCS is still ruminating on **changing its name**. As we move toward the community centre expansion, it feels like a perfect opportunity to reflect on this Society’s mission, vision, and aims. As a part of this, considering a fresh and inclusive new title that will better represent our broader community is an important step.

We are always open to new members and volunteers. The community centre expansion opens so many opportunities for new programming and involvement. Please feel invited and encouraged to bring your ideas and spirit forward when we resume our monthly general meetings on **September 17**. We will be actively working on the vision for the next generation. To become a member today, you can find a membership form on lundcommunity.com.



Love this community? So do we!

The Lund Community Society welcomes your donations of any size.

Choose to support Barnacle, Bike Lund, Building Fund, or general expenses and receive a Charitable Tax Receipt.

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Report on the Second Community Conversation on Climate Change

Sandy Dunlop

By way of follow-up to our first meeting held back in March, we held a second meeting on the afternoon of June 2 at the Community Centre here in Lund and discussed a couple of the topics that had been brought up as being of concern.


Some background: Back in January, community member Jack Anderson invited interested people to come together to share information and ideas concerning climate change. We brainstormed how we, both as individuals and as a community, can both reduce our contribution to climate change and prepare ourselves to withstand the challenges and potential damage the changing climate is likely to throw at us.

A list of topics was created that ranged from food security, waste management, water security, fire protection, ending fossil power dependence, creating a new economy, engaging youth, ways to monitor and evaluate, to finding financial assistance for communal needs.

This second meeting offered an opportunity to explore further. Retired forester, Brian Voth, had contacted Forestry and gotten some answers to questions we had asked, and he presented a map and gave a report. See his article, *Sarah Point Peninsula and BC Coast Logging*, on page 8.

Jack emphasized the need to bring our emissions down, with the immediate goal of cutting them in half by 2030. He told of an inspiring website called climateheroes.org. We talked about our reliance on driving to town for supplies and how we might find a way to deal with that. An idea for a community carshare of an EV was proposed and discussed. I am going to pursue this, starting with talking to the First Credit Union, to find whether it might work and how they might partner with us.

A date for a third Community Conversation on Climate Change has not yet been set, but there is interest in keeping this conversation going and diving deeper into the issues. Stay tuned! 🗣️




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Sarah Point Peninsula and BC Coast Logging

Brian Voth, Retired Forester

Recently, there have been a lot of questions about the amount of logging that has been happening on Sarah Point Peninsula (SPP). I got some information from a Powell River Forest Service employee to share, but I also felt it would be helpful to write a brief outline about how forestry works in coastal BC, and what I feel needs to be changed (sorry in advance for the upcoming jargon)!

Most of coastal BC is Crown-owned land, and most of that is forested. A very large amount of those forests is subject to logging. If these forests are not either designated as parks or considered uneconomical to log, they are probably in what is called the "Timber Harvesting Land Base" (THLB). Other than a few exceptions, these areas are slated to be logged roughly every 70 years. The majority of the SPP is in the THLB.

So who gets to do the logging? This brings us to what is known as "Tenure", whereby the government allows companies to log Crown timber. The major Tenure holder for the SPP is BC Timber Sales, which is part of the BC Forest Service. BC Timber Sales periodically auctions off the rights to log parcels of crown timber. A company based in Vancouver won the current SPP auction, and they hired a subcontractor based in Powell River. The next round of logging for this area is planned for 2027. A private landowner also did some recent logging north of Bliss Landing.

The largest type of Tenure is a "Tree Farm Licence", or TFL. Western Forest Products has the Tenure for most of the Crown land on the coast, including their large TFL on our upper Sunshine Coast. In this type of Tenure, a company is granted a big amount of forest land to manage in perpetuity, although the company must follow the Forest Service rules, and apply for a

renewal of the Tenure every ten years. The company manages all the planning, logging, and silviculture activities in the TFL.

I strongly believe that the BC government needs to make three major changes to our current coastal forestry practices.

First, we must protect the small amount of remaining big old growth forests. Since the 1980s, scientists have known that roughly 10% of all our coastal forest species need old growth habitat to survive. Some of these species have already become extinct, and many more are on the verge of extinction.

Big old growth forests also sequester huge amounts of carbon, both above and below ground. If one of these forests is logged, very significant amounts of carbon are spewed into the atmosphere. And, of course, their incredible beauty is lost.

Secondly, most coastal logging is clearcut, with small amounts of scattered trees left standing. New UBC research recommends we should change to leaving a mature tree every 15 meters. This would result in much lower carbon emissions, faster growth of new trees, and more forest biodiversity.

Thirdly, currently the government requires that all logged areas must be reforested with only conifers. Instead, we should be making a large amount of Red Alder and Bigleaf Maple part of our forest makeup, resulting in forests much more resilient to fires, and with significantly more biodiversity.

Don't hold your breath waiting to see these changes; in the main, Government's policy has been to "talk and log".



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Bike Lund Update

Bike Hut: Opening Soon

Charlie Latimer



Photo courtesy Charlie Latimer

Once upon a time, we had five volunteer bike mechanics helping refurbish bikes, lobby elected leaders for active transportation, and basically push all things bikes. Then everything changed... Nope it wasn't COVID, it was something far more incapacitating... four out of five of our volunteers had babies. Have you been wondering where the free community bikes are? Why there are no free bike repair stands at Lund Daze or the Lund Flea? We're in toddler land!

Still, we've been working away at making more bike infrastructure available. A new public bike repair stand will be installed in the new tourist kiosk in the harbour this summer, and we've been working on opening an indoor bike hut on Atrevida very soon. This bike hut will have all our tools and parts and should make refurbishing bikes much easier. If you want to stay in the loop, follow us on Instagram @bikelundbc or check out our website: www.lund.bike.

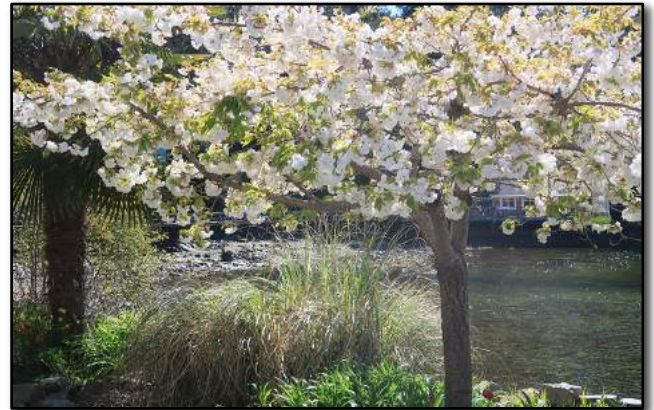
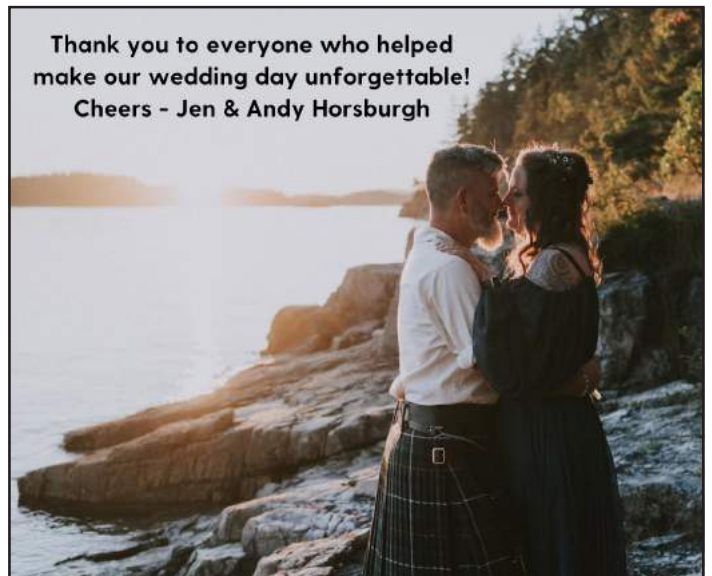


Photo courtesy Brian Voth



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page for updates.



Photo courtesy Willow Dunlop

What's Happening in Lund?

Sandy Dunlop

Downtown Eateries

The **101 Bar & Grill** (aka **the Pub**) at the **Lund Resort Hotel** is open Friday and Saturday noon – 9:00 pm and Thursday, Sunday, Monday noon - 8:00 pm. Pub hours will increase as it gets busier. Full menu; full bar. (604) 414-0478.

The Lund Resort Hotel is open! Check Facebook for updates. See their ad on page 3.

The **Stockpile Market** is open daily from 7:30 am to 8:30 pm. As well as their grab and go take-out, open whenever the store is open, there is the **101 Café**, where you can get coffee, tea, and eggos. That is also open daily; same hours as the Market, but the eggos go quickly!

The Boardwalk Restaurant is open 11:00 am – 8:00 pm every day until Labour Day.

Nancy's Bakery is open daily from 7:00 am to at least 3:00 pm. Hours may increase as it gets busier. Best chocolate chip cookies ever.

SassyMack Ice Cream is in their booth between Nancy's and The Boardwalk all summer. Open noon to 6:00 pm every day. Homemade craft ice cream. Yum!

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

At the Klah ah men Lund Gazebo (Finn Bay Road)

Lund Daze - Saturday July 27, 4:00 to late. For more info, see the *Community Society Update* and the poster on page 6. Contact Kristi to volunteer: kristimccrae@xplornet.ca

Short Shorts & Animal Shirts – a Dance Party!

Friday August 2 – 8:00 pm to 1:00 am. See mini-poster on page 6 for more info.

Les Petits Phoques – a French playgroup for Lund kids. Fridays, 10:00 am to noon. See page 24 for more info. Free and open to everyone.

At Northside Community Recreation Centre (NCRC)

Pick-up soccer with Kiran Hollman Prichard - Thursdays 7:00 pm. All ages, everyone welcome. Come check it out and please pass the info on to everyone you know.

Playgroup with Ria – We'll be back in September.

Puddle Jumpers Preschool – Tuesdays and Thursdays 9:00 am - 1:00 pm for kids aged 2.5 – 5. See page 22 for more information. Closed for the summer and back in September.

Lund Community Daycare – Tuesdays and Thursdays 1:15 pm – 5:00 pm and on Wednesdays from 9:00 am - 5:00 pm until the end of July. See page 22 for more information on both the preschool and the daycare.

Continued on page 12...

Continued from page 11...

Search Centre Tai Chi – Classes will resume in September on Saturdays 9:30 - 11:00. (604) 414-5003.

Canine Nosework – Classes starting Friday afternoons in September.

Info at bestfriendsdogtraining.ca/nosework

Lift Literacy Programs - Tech Tips – October 3, 1:30 pm – 3:30 pm. Free help with smartphones, tablets, and laptops. Please bring your device with you. See ad on page 5 or contact myfanwy@liftcommunityservices.org

Community Society Meetings – We are now on summer break but will return on September 17 for our first general meeting, and you are invited. We always meet on the third Tuesday of the month, except July, August, and December. Our next meetings are September 17 and October 15, at 7:00 pm. All are welcome. Come check us out!

At Tidal Art Centre - Lots of great stuff going on. Check out their ad on page 24 and their website at tidalartcentre.com.

qathet Studio Tour - August 24 and 25 – An annual free self-guided event, and a chance to be in artist’s homes and studios. This year, there are over 50 artists at 34 locations, and the first six are Lund exhibitors! They are RSC Knits, Tidal Art Centre, Rare Earth Pottery, Three Stone Soup (fibre art), Kerensa Haynes (painting), and One Earth Studio (painting). For more info, go to Facebook and Instagram or @qathetstudiotour.

At Craig Road Regional Park

Introduction to Mantrailing Workshop - first Saturday of every month (except long weekends). Next workshop is August 11 at 10:00 am. More info at bestfriendsdogtraining.ca/mantrailing

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



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Imbalance in Balance

Andy Henderson

My wife, Yeonmi Kim, and I, from Designature Art & Home, will be exhibiting new artwork, furniture, and decor at Tidal Art Center from August 22 to September 9, 2024.

In the new show, *Imbalance in Balance*, we explore furniture from the functional to installation art, fine art to whimsical. There is a great diversity from tables and chairs to wall pieces and home decor. Our ideas are only bound by our technical limitations, and we use a diverse range of material and style. The love of nature and commitment to its preservation inform all of our creative practices.

Over the years, our love of nature and sustainable practice has led us to use predominantly reclaimed and recycled wood for our work. From using demo, second hand, driftwood, and local harvesting, we have striven to produce carbon-neutral goods and reduce waste. Furthermore, we like to incorporate found materials, fabric, or recycled parts of furniture.

Part of our design aesthetic is to use the shapes, lines, or grain of wood in the material and build the design around those features rather than designing objectively, which often wastes much material. We let the wood we collect inform the design by its strengths and limitations.



Photos courtesy Andy Henderson

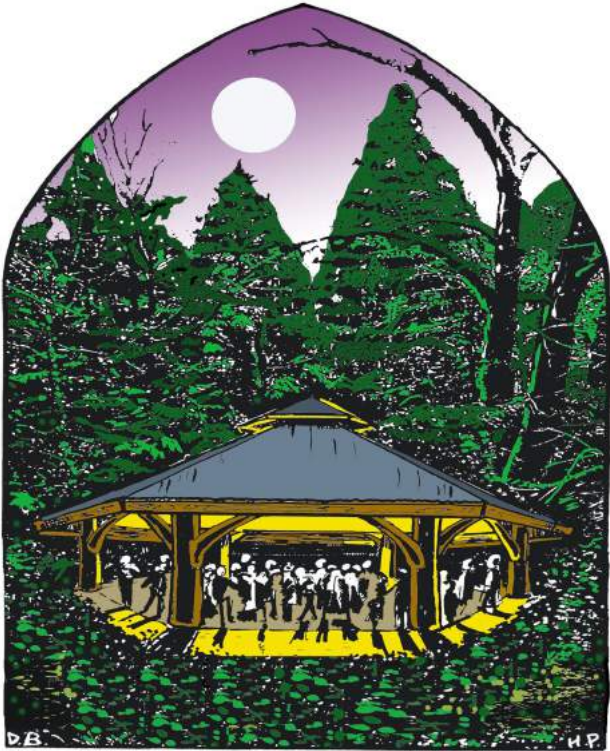
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Lund Recycling Depot (Next to the Lund Fire Hall Larson Road)

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Thank you for recycling!



Post Office Hours:

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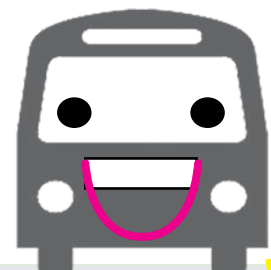
5-1436 Highway 101, Lund BC V0N 2G0

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

6 days a week (not on Thursday)

Leave Lund: (Mile 0 Marker)	9:41 am	4:10 pm
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† Children 12 and under ride free on BC Transit, however children five and under must travel with an attendant over 12 years old.



Check BC Transit website for updates.

Download current Rider's Guide for details: <https://bctransit.com/powell-river/schedules-and-maps/riders-guide>

† Some conditions apply

Northside Fire Department Association Update

Simone Monckton



The Northside Fire Department Association (NFDA) organized the 15th annual Lund Seafood Festival on the May 24 weekend. It started with the Chowder Challenge held at the NVFD's Lund firehall.

Several businesses donated chowders: The Boardwalk Restaurant, The Convenient Chef, The Laughing Oyster, Nancy's Bakery, Royal Zayka, as well as a Northside Fire Fighter. Nancy's Bakery won, followed by the Convenient Chef and Laughing Oyster. Nancy was quick to point out her chef, Matthew Louie, was the real winner! Following the meal, we enjoyed a high-energy performance by the band *Swear Jar*.

The festival continued Saturday, May 25, when crafts, food, and music were offered in the areas beside the Lund Resort at Klah Ah Men. The food vendors sold out by 3:30!

The outdoor vendors cancelled on Sunday, due to rainy, windy weather. The Boardwalk Restaurant, once again, provided the venue for the Pancake Breakfast.

Checkout Facebook's NFDA page to see more event photos.



Photo courtesy Ann Snow

Thanks to all the volunteers and sponsors, the event raised about \$4,000, to support local events (e.g., Halloween party, Easter egg hunt) and the Northside Volunteer Fire Fighters.

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Who's in that Helmet?

Gillian Turner, NVFD volunteer
Ann Snow, interviewer

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



Photo courtesy Ann Snow

Who am I?

*My name is **Gillian Turner**. Although trained as a Somatic Therapist and Yoga Teacher, these days I mostly find myself throwing wildflowers (weeds?) around in the vegetable garden when not at the plant nursery.*

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

I moved to Lund with my partner Ross in the spring of 2021, three years ago now. We've since added to the family, adopting our "bear dog" Cass and our woodpile kitten, Percy.

Why did you join the Northside Fire Department?

We were out one night coaxing our burn pile when we heard many large trucks pulling up on the road beyond the driveway. I went out to find the entire Northside Fire crew doing a "tender shuttle" drill. Very relieved that our burn hadn't provoked this visit, I noticed that many of the Engine and Water Tender drivers were women. Our neighbours, Jim and Reino, happen to be the fire chief and his wife; both are very dedicated to Northside Fire. After a few conversations, I thought I'd visit the hall and give it a try.

What surprised you most about joining?

The level of training required to become a fire fighter is close to on par with career fire-fighters. I think I read that in Canada, around 80% of fire-fighters are volunteer/paid-for-call. When I first stepped into the hall, I had no idea we would have the opportunity to complete training in Hazardous Materials and Vehicle Extrication much less require an Airbrakes ticket. I'm also quite proud to have recently earned my certification as an Emergency First Responder.

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

No free-lancing!! Our safety and success as a unit depends on following orders and working as a team. Being told what to do, when to do it, and where to be! Having spent my life as an entrepreneur, running my own show, this is a valuable and, at times, challenging lesson.

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

I'm really enjoying deepening friendships within our community and feeling that I have a role to play here in Lund. That and the confidence I'm gaining in doing things that previously I would never have thought possible. 🌱



Photo courtesy Brian Voith

qathet Regional District Update

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



qathet
REGIONAL DISTRICT

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Electoral Area A Director
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Powell River, BC V8A 2L2
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It's been a busy spring and start to summer for many and so too at the qRD.

The new Resource Recovery Centre, located at the former incinerator site next to Willingdon Beach, is nearing completion and will be opening soon.

The RFP (Request for Proposals) for the design-build of the Northside Community Recreation Center upgrade is complete and the successful contractor will be selected and begin work toward shovels in the ground soon.

I participated in the ASIC (Association Savary Island Committee) AGM last weekend and was

interested to hear the current issues that concern those Savary Islanders in attendance, and to hear Denise Smith, Director of Lands and Resources, Tla'amin Nation, speak about culturally sensitive areas on their traditional territory. Great work by local shoreline cleanup volunteers this spring!

Some tough calls being responded to by our capable Savary Volunteer Fire Department and Northside Volunteer Fire Department members. Much appreciation from the community for what you do.

Planning for the Savary Official Community Plan update is underway.

The surveyors have finished their work, and the signs are up.... the highway resurfacing work should get underway until September. We are all looking forward to improving the safety of our roads. Let's support the crews and staff doing this work out there and take a little extra time for their safety.

Remember to keep neighborhood resiliency in mind. Check out the Firesmart program for your home and protect against wildfires. Look out for folks who may need assistance in an emergency.

There are many other things happening at the qRD. Our committee and Board meetings can be viewed online. Lots of current info available on these important issues at www.qathet.ca

I hope all of Area A has an enjoyable summer. Wishing you tight lines and fair weather. I remain available. 🌟



Photo courtesy Brian Voith



qathet
REGIONAL DISTRICT

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



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

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



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From the Office of Our Member of Parliament

Drewen Young, Constituency Assistant
Powell River Community Office

Perhaps you are wondering about the unfortunately slow rollout of the undeniably great dental program in BC announced at the beginning of 2024 in the winter *Barnacle*. Please know that people are working hard on this issue, and your patience is requested. Some of you may remember when Tommy Douglas first introduced universal health care to Canadians. Up to 90% of doctors went on strike, worried about their incomes. Let's give questions about the plan a chance to be answered and the kinks worked out so we can insure a more successful result when the rollout happens.

In the meantime, as was announced in the spring issue of the *Barnacle*, Canada's lack of universal coverage for prescription drugs changed in February of this year. Starting with free access to contraceptives and diabetes medication, the Pharmacare Act sets the foundation for a universal, single-payer pharmacare plan, with universal coverage for prescription drugs. This program will also take some time to fully roll out, of course.

The NDP is now working on next steps in their commitment to bringing this total coverage to be, which involves putting pressure on government to fulfil promises made in the Pharmacare Act, starting with developing a list of essential medicines and a bulk purchasing plan, no later than one year from the adoption of the bill.

To discuss this, ask questions, or report on other topics, visit MP Rachel Blaney's Community Office at 4683 Marine Avenue, Powell River. Or email Rachel.blaney@parl.gc.ca. Or phone me at 604-489-2286.



Rachel Blaney
NDP MP
North Island-Powell River
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Beautiful Beyond Words

Robin Stace

Hello to you all! I'm Robin Stace, a 33-year-old man living in Steveston, BC, and I have Cerebral Palsy and secondary Dystonia. Most years, my sister, father, and I go out to the Sunshine Coast for a break from city life for a while. We often go to visit my uncle and aunt in Lund. So, while I'm not a local, I have a strong connection to this place and its people.

I love the ambiance of Lund; its people are polite, and it has a lovely village vibe. But odds are that if you're reading this, you already know how great your home is. So today in this little article, I'm going to tell you about some of my experiences, and what I think makes your home great.

Last summer, which was the last time I went to Lund, I wanted to go on the water, and I did. I am physically handicapped and bound to my wheelchair, so this was something I didn't think would happen on this trip anyway. But there we were: my father, sister, and I, talking about booking a little excursion onto the water. His name was Ben Bouchard, and he was kind enough to take us for a tour on his boat which had a ramp to get me out on the open water. It was otherworldly, surreal, and beautiful beyond words. It was freeing and incredibly peaceful. I fell asleep at some point from the rocking of the boat. I saw all kinds of animals, plenty of birds, seagulls, and other seabirds. I also saw many sea lions and other mammals that live near the water. It was exhilarating. I haven't been back since

last year, but I'm already looking forward to my next visit.

Lund has a lovely little shopping area. Way better than a mall. From a simple lunch at Nancy's Bakery to homemade ice cream at SassyMack's, to dinner at a nice restaurant like The Boardwalk; Lund has something for everyone. The Hotel I stayed at a couple of years ago has been renovated and reopened, I've heard, and SunLund RV Park and Cabins has changed hands. I look forward to seeing the changes made and if they, hopefully, improve the accessibility department, which is one of the few things I have complaints about.

Leaving Lund is probably the hardest part about going there, barring ferries, which you locals know all about. I love the sense of community and togetherness that one gets to experience in a small village cut off from the mainland. The stars twinkle and sparkle beautifully in the velvety night skies, free from light pollution, or as free as I can get anyway. It's magical and wonderful!!!

I hope to keep writing for the wonderful people of Lund, for whom I must give thanks. I have never had a bad experience there, except in shops and restaurants lacking ramps. But that's not a huge issue so far; it's easily overcome, and the locals are lovely and accommodating.

Have yourselves a wonderful day, enjoy the good weather, assuming it's still good when this is printed, and don't forget to take stock of how lucky you are to live there, you know? Stop a minute to appreciate and admire everything you have. I'm looking forward to my next visit; may it be as wonderful or more so than my last trip was. Happy summer and I'll see you soon!!! 🍷



Photo courtesy Brian Voth

Doing Death Together

Sue Muirhead

An interactive, collaborative weekend gathering titled “Doing Death Together” is coming to the Lund area from September 27 to 29, 2024. The workshop will be presented by six women, including myself, from a variety of backgrounds that include a life celebrant, funeral director, home funeral guide, RN, registered counsellor, author, hospice workers, long term care aide, and death doula. We will share our experiences and resources with those who wish to explore community-centred care for the dying, dead, and bereaved in their own families and communities. Our wishes are to inspire thoughtfulness, creativity, capacity, courage, and interest in the many options available to us related to dying and death care, in times where much of our control around death is outsourced to funeral providers and the medical profession.

Many indigenous and homesteading communities still provide great examples about how/why they have not ceded the care of their own dying and dead to others. There are many potential benefits to reclaiming this care, including but not limited to: demystifying the concept of death and allowing people, including our young ones, to see that death does not have to be a frightening experience; understanding that taking care of our people in life and death is a natural and nurturing process, and grieving losses together builds relationships and community.

In the workshop, there will be opportunities to explore many aspects of dying and death care. We will deepen inquiry into and co-create ceremony, honouring the cycles of life. There will be opportunities to explore dying and death while talking with each other, creating together, and asking questions of the retreat leader. It may be a time where you start thinking about and imagining what you might want for your own death and the death of your beloved ones. There will be information on completing advance care directives, the legalities of disposition, and examining the options of green burial. There will be time spent exploring the choices involved in creating what is often described as a ‘home funeral’, where you do

much of what is required on your own after the death of a loved one, often with the support of close family, friends, or a knowledgeable third party. There will be stories from those who have helped their loved ones to die, sharing how they have taken care of them after death and the variety of different ways home funerals can be created.

There are many possibilities and benefits of ‘Doing Death Together’, and we honour that each person, family, and community will have ways that work for them. We invite you to join us in community, bringing your own stories, experiences, and interests for doing death together!

For more information about the workshop contact - Sue Muirhead at 250 961-6307

Sue Muirhead lives on and honours the lands of the Tla’amin people. She is a lover of deep connections with others, creative expression of all sorts, the wild, the wind. ... At the age of 71, she has spent much of her younger years living and working in Indigenous Communities. She credits the people in these communities with much of her knowledge about what it means to do death together. Her death experiences within these communities were much different than what she had experienced growing up. They taught her the beauty and benefits of coming together and supporting each other when someone dies.

Currently, Sue wants to share her life-lived knowledge and experience of dying, death, and home funerals. In so doing, she wishes to offer others many of the options available in Canada when someone dies. She supported both her parents in dying in her home and then she guided her family in how to care for them after death, providing them both with home funerals. She has seen the deep connections and the honouring of grief that is possible when families and communities gather and ‘do death together’. Sue works with much heart as a Registered Clinical Counsellor in BC and has worked with individuals, couples, families, and groups for more than 25 years. 🌱

Puddle Jumpers Preschool and Lund Community Daycare

Alisha Van Belle

It was a looong wet spring that took quite some time to turn into summer, but we had fun anyway! The warmer weather made it so we spent much more time outside, exploring the signs of spring in our woods walks with some scavenger hunts.

We had a great time at the Lund Flea market in April, where we sold smokies and hot dogs and built up our little nest egg. Thank you all who supported our program!

Two farm field trips in May were some of the best things we did all year. We saw the baby goats at my and Carsten's farm, and the highlight was surprisingly not the baby goats, but the very personable chickens that seemed to love being picked up. Later in the month, we went to Andtbaka Farm and saw so many different animals. We loved feeding the donkeys, petting cows, and holding baby chicks... and trying to pick up chickens. Oh yes... the rope swing in the yard is pretty awesome as well!

June was filled with making presents for dad, tie-dying t-shirts, and finishing our beautiful fairy gardens. They are all in full bloom now and make the yard look so beautiful. We also got creative in finding ways to let out a bit more of the "wild boy energy" with a donated climbing set and a tiny bike track. Did you know that eight out of ten of our preschoolers can ride a two-wheel bicycle?



We finished the school year with a long-awaited Water Fun Day and then a beach day at Okeover Provincial Park where we held our graduation ceremonies. Finally, the summer weather came!

July is continuing our fun with daycare three days a week. The weather has been hot, and the pool and sprinkler get used every day. Due to the slow spring, we barely got to eat our strawberries and peas before the end of the preschool year, but the daycare kids are doing a great job of eating every last berry! In August, all our programs are closed. This year we have been full, full, full in both the preschool and daycare programs, but next year the scene will change with more younger Lund kids. Preschool

Photos courtesy Puddle Jumpers Preschool

Continued on page 23...

Continued from page 22...

has a few spots for four-year olds while we wait for the glut of toddlers to come of age (September 2025 Whoot! Whoot!)

We are also in the process of trying to expand our daycare program to four days a week by adding another Early Childhood Educator. All our toddler spots are taken but we may have some room for children over the age of three.

We also hope to change our daycare/preschool room and hope to do a little renovation during one of the holidays to make this move possible. We try to build as much flexibility as possible into the programs, changing with each wave of new families who move to our area. We love how our programs care for our little Lundies and help to knit our families together.

For info about preschool or daycare, call Alisha at 604-414-0091.



Photos courtesy Puddle Jumpers Preschool

Les Petits Phoques!

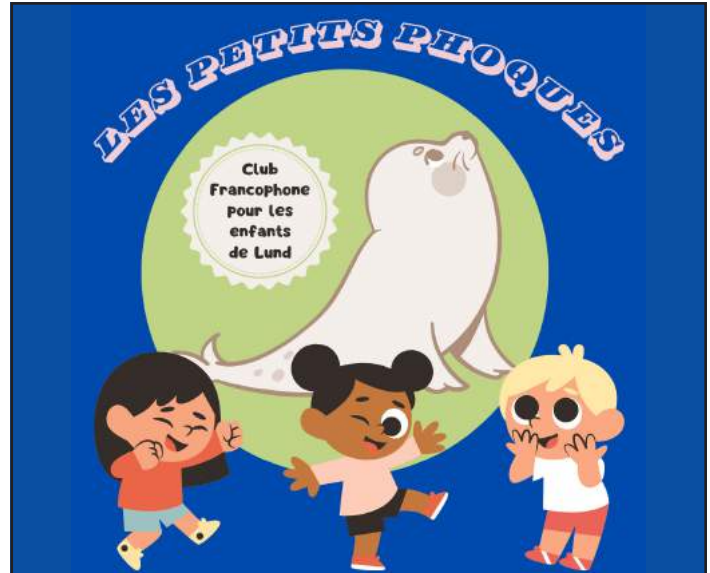
Charlie Latimer

I remember during my first year of living in Lund that I set up a bike repair booth during Lund Daze (happening July 27 this year), and within fifteen minutes of helping a number of kids fix their bikes, the whole tent was speaking French.

We're lucky in qathet to not only have a French school, but also an immersion program at James Thompson. It really gives our kiddos a leg-up in being able to understand and appreciate a whole other culture. Still, it can be hard to find books at the library or have a French environment outside the home or school.

Having Fridays off and wanting to create such a space, I started "Les Petits Phoque", a French playgroup for Lund kids. The seal (phoque in French) is an obvious mascot for our li'l toddler group.

We meet from around 10:00 am to noon at the Gazebo, do some nature walks, have some snacks, read some French books, and dance to all kinds of French music. If you're interested, get in touch. It's open to everyone!
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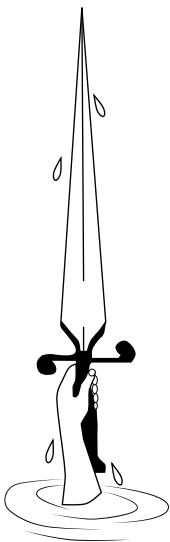
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 Sept/Oct: Joey Mallet. Lantern making/painting

July

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August

Art walk & bioluminescent dance party by Kathryn Fullerton

qathet studio tour: 24/25 August

Yeonmi & Andy show: *Imbalance in Balance*
 22 August - 8 September

September

Full moon Lantern festival with Joey Mallet
 18 September

TIDAL art centre

Through the Eyes of a Local Teen

Driving Ahead

Reed Worthen

This summer, I will celebrate my 17th birthday, and one of the things I am most excited for is getting my driver's license - that one little piece of paper that will give me so much freedom, letting me go where I want, when I want. On the other hand, I am going to be contributing to an enormous problem facing our world: our dependency on cars.

I have already seen my friends in higher grades and with early birthdays get their licenses, something that I have really been able to benefit from. I even have some close friends who will brave the Lund highway to come pick me up. During the school year, the bus comes to my stop at 7:34 in the morning and gets me back to my stop after school at 4:25. This turns a six-hour school day into a 9-hour ordeal. Having a way to get directly to and from school would give me so much extra time, but the thing I would use a car most for would be my extracurriculars. I am a part of so many clubs and teams which means that I'm always getting my parents to drive me from place to place, before and after school. If I were able to facilitate my own way to my activities, it would make it easier for my parents, and way more efficient for me.

On the other hand, I do understand that having a car and license won't be a perfect solution. This freedom of driving will also come with some pretty notable drawbacks. Along with the purchase of a vehicle, I'll

have to pay for insurance, maintenance, and fuel. These are all considerable expenditures for someone starting to put away some money for after high school.

Not only will I have to deal with costs, I will also produce more emissions and waste more resources. Driving culture, in North America especially, is unbelievable. The amount of space dedicated to highways and parking lots is utterly staggering, and driving my own car will only make this situation worse.

So even though I will soon have my driver's license, I'm still going to try and limit my driving. I will take advantage of the public transit system, which is great in the summer but not very useful during the winter/fall schedule. A couple of years ago, I wrote an email to BC transit asking for an increase in trips to Lund; but they replied saying that there was not enough ridership to justify adding to the route. I will also try to make biking to town more of a habit as soon as the road construction is done; I usually ride in to school a couple of times a year, but I would love to increase that. Finally, when I drive, I'll pay it forward (and back) to my friends and family by carpooling and offering rides. 🚗



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Creative Klah ah men

Monique Labusch

Hello again! This time I want to introduce you to a friend and neighbour, amazingly creative in so many ways!

Let **feather Mills** give you insight into her journey, how she began and now makes unique and beautiful stained-glass windows.

Do yourself a favour; pour yourself a nice glass of your favourite drink, sit down in a cozy space, and indulge in ...

Light and Shadow

Thirty years ago, I travelled to England for the first time. Washed up on the shore at Tintagel in Cornwall. There, in the legendary birthplace of King Arthur, I encountered magic of several kinds.

On a rainy day I visited the Great Halls of King Arthur, a curious place built by an eccentric London businessman in the 1930s, which contains 72 stained glass windows designed and built by Veronica Whall. This extraordinary



Photos courtesy feather Mills



collection was a revelation to me because previously I had only seen stained glass in church windows, depicting scenes from the bible or stilted allegorical and symbolic images. Secular stained glass was new to me. Ms. Whall's images were vibrantly alive and realistic, bringing to vivid life some key moments from Arthurian legend: Merlin and the Lady of the Lake with Excalibur, Guinevere and Launcelot betraying the King, the glorious assumption of Sir Galahad. Here was a mythology depicted in brilliant shimmering light that I could identify with. The work of L.C. Tiffany in the late 1800's had made purple glass available to artists for the first time, and Whall made good use of these shades in her compositions. She had been taught glass arts by her father, who was associated with the Pre-Raphaelites, who also tended towards the use of rich purples and blues. I was thunderstruck by them.

When I returned to Canada, on fire with inspiration, a friend heard my story and gave me a box of stained glass that she no longer wanted, along with a thin book of instructions. I read the book, bought a glass cutter, and began.

The book dealt only with the traditional method of constructing stained glass, using soft lead formed to an "H" shape, into which the glass is fitted, so this is the method I used. Modern techniques include the use of copper foil, which relies on the strength of the adhesive backing on the foil.

Continued on page 27...

Continued from page 26...

In the ensuing 30 years I've designed and built over 50 windows, experimenting with colour, line, and technique, letting the glass and the lead be my teachers using only my own designs, drawn from photographs. A lot of the designs are landscapes, as the natural world provides for me the most powerful of inspirations. Because of the limitations of the medium, the fact that glass and lead can only make certain shapes, I had to learn to see landscape differently. To push away the confounding detail and see only the bones of the landscape, the shapes that hold it up, and the shadows that give depth. This is one of the gifts that stained glass work has brought.

The process of designing and building a window is slow and requires meticulous care. Sometimes a window will be on the workbench for months before it can be lifted, and the light allowed to shine through it for the first time. It's only at this moment that I can see if all the choices I've made about colour, line, opacity, and balance, have worked. There is no second chance, nothing can be changed after the fact. This first lifting can be an intense moment, sometimes satisfying, other times devastating. But it's the process of assembly that I find most satisfying. Placing each piece of glass, sometimes with tweezers, and carefully placing the lead to hold it into place is contemplative. The world shrinks down to just this one piece, this one movement of hands.

In recent years, stained glass has gone out of fashion, it seems, probably because it is so labour-intensive to create, and yet coloured and textured glass has many practical uses in architecture. It can hide an unwanted view, or provide privacy from the outside, while still allowing light to enter a space. And what light! For me there will always be magic in the shimmering and shifting colours.



Photo courtesy feather Mills

Wow! How interesting! I so feel the excitement of "the first lifting" and I am sure we all can comprehend how your glass windows are influenced by our beautiful surroundings! Such a nice and different way of capturing our special Klah ha men colours! Thank you feather!

Her email address is feather4747@hotmail.com.

Happy summer to you all! Stay colourful! 🌈



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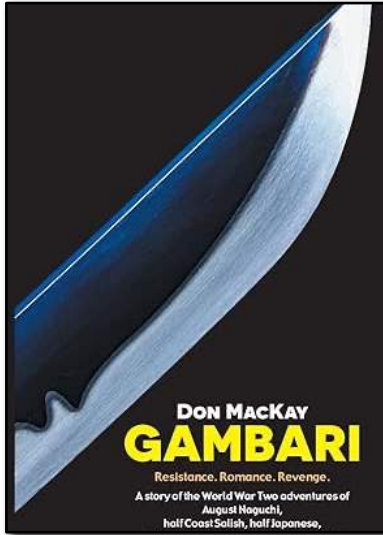
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Ev's Book Review

Ev Pollen

GAMBARI, by Don MacKay



Hello readers.

Lund resident Don MacKay has written a fine book, a thin volume packed with interesting characters and set in Powell River during World War Two. The main character and the one who tells the story is August Naguchi, who is part Japanese and part Coast Salish, and the issue that drives the story is the internment of Japanese Canadians during that war.

The government order to arrest all persons of Japanese descent is relished by some officers as it legitimizes their racism and hate, and they arm themselves and go searching for “miscreants” who have opted to go into hiding rather than submit to internment. August teams up with Ito, a Japanese bull cook at a logging camp. They embody the term “gambari” - the determination to resist unjust authority even against overwhelming odds. Ito and August flee to the bush.

The action takes place in locations familiar to most Powell River folk, including Lund, Okeover Inlet, Galley Bay, and Theodosia Inlet, and the desperation Naguchi feels is doubled by his love for Rose, the Salish x Spanish beauty he has known forever. How can he help her find him without revealing himself to the police?

The book is laced with humour despite the tragic content and includes at least one actual racist quote from a Powell River newspaper of the time, urging the public to distrust the Japanese citizens in our communities.

Every page moves the narrative forward and fills the reader with dread for characters we have grown to love, so that the underlying message is to be vigilant in never allowing fear and hatred to guide our actions.

I am moved and alerted by this little book, and found it worthy of a second read.

Author Don MacKay will give a reading at the Powell River Library on Tuesday, August 13 at 7:00 p.m. 🎧



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

Brianne Louie

Editor's Note: Many thanks (ʔimot) to First Peoples' Cultural Counsel for creating their wonderful website, which makes learning a few words seem way more possible. Have fun with it! And thank you to all the people who asked to be on the language class list. I'll contact you when it is set up.

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

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

brianne.louie@tn-bc.ca

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



Photo courtesy Brianne Louie

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

Octopus

Sea star (Starfish)

Bioluminescence

(Phosphorescence in the water)

Out in the ocean

this is the way the vowels sound:

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

taq^wə

k^wuse^wnaqəʔ

pik^wεm tə qayε

nεk^w čεʔ

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

q^w rounded q
ə uh
k^w kw
ε eh
ʔ breathy L sound 🗣️

Life From Here

Drinks From Here!

Trish Keays

Who you gonna call *when the coffee supply chain chokes*? Maybe it's time to check out alternatives. Each of the following options has its own uniqueness, although none come close to the well-roasted bean we love. Perhaps if we're desperate enough...

Grow your own coffee – “if you have a greenhouse, you can control the environment and grow anything”. A Fraser Valley University student grew coffee this way ¹. An East Vancouver café has harvested and made coffee from a plant it has on site ². I've had a coffee tree as an indoor plant for about ten years. At about four years, the plant began to produce pairs of white flowers on the stems that became bright red beans or cherries, which dry and turn brown when left on the plant. If you're harvesting the berries for coffee, take the beans out of the red cherries and dry them. The plants like indirect light and shade and need temperatures 18-22C ³. The top of it has to be regularly pruned; it's not the most elegant of house plants but the glossy leaves are pretty, and it survives poor treatment.

Dandelion root: roasted dandelion roots are said to taste like coffee without being bitter. They seem bitter to me. The roots are a liver cleanser and blood purifier. Dandelion brew can also be paired with chicory or beets. *The Way of Herbs* reference ¹¹ suggests adding a cinnamon stick for flavour and other health benefits. Wash and roast fresh roots at 350 for 40 minutes, cutting the spindly parts off first ¹¹.

Chicory: this beautiful blue-flowering plant colours Highway 101 edges and other dry, sunny locations in summer and fall. It has a long history as a coffee substitute, without the caffeine. Chicory root is harvested in early summer, preferably before the plant flowers, then roasted and ground to brew like coffee. The plant contains inulin, a soluble fibre that supports a healthy gut, and can stimulate bile production ⁴. The Egyptians and Greeks called chicory coffee “liver's friend” because they believed it to be good for the liver and gallbladder. Another historical use of chicory is as cattle feed ⁵.

Beets: for those who promote alternatives to coffee, beet lattes are “...stamina builders that also support heart health, inflammation reduction, and muscle recovery” ¹⁰.

Cleavers (aka goosegrass or Galium aparine): the seeds supposedly smell like coffee when roasted, and their brew has a taste reminiscent of coffee. It even has some caffeine ^{7,8}. *Editors' note: I have methodically and murderously ripped cleavers from my yard because of how the seed pods stick like Velcro to my clothes. Who knew those deeply annoying pods contained valuable seeds?*

Acorns: In World War II, roasted chicory, acorns, and grains were used to make a coffee substitute ⁹. An acorn-coffee producing farm in Lisbon, Portugal identifies the two best types of acorns, from the stone oak and cork oak ⁹. I wonder if the big oak tree at the dog park in the townsite might be a candidate for acorn coffee?

Then there are the options which aren't trying to taste like coffee but are well-known morning brews for some. For die-hard coffee drinkers, though, the very idea might bring an “as if”.

Lemon water: start your day with Vitamin C, an antioxidant that supports a strong immune system. Cucumber, basil, mint, and watermelon are also great for flavouring water ⁴.

Apple cider vinegar: diluted with water, 1-2 tablespoons of apple cider vinegar to 1 cup of cold water. You can add honey or another sweetener. Research suggests apple cider vinegar can have positive effects on blood sugar levels and insulin sensitivity ⁴.

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Continued from page 30...

Herb teas: the world of herbs opens many possibilities for beverages, with lots of medicinal health benefits. All of these grow well in qathet. Lemon balm and lemon verbena. Apple mint, peppermint, and spearmint. Any of the basil. Echinacea. Sage (supposed to be good for brain health and memory, though I find the flavour too strong). Rose hip tea – from any of our wild roses ¹³.

Sweet woodruff flowers flavour young Riesling wine in Germany, called Maiweini (May Wine). The leaves and flowers are aromatic when dried and it forms a great ground cover ¹².

I started growing Chamomile several years ago and now grow enough for a year’s worth of tea. It’s got a kind of bitter taste, but I’ve grown to like it. I’ve tried several kinds from Richter’s Seeds in Ontario that produce a lot of flowers – Bodegold and Zloty Lan. It’s also a great ground cover in the flower beds, low and ferny looking. Check out Richters Seeds catalogue for A to Z of possible herbs for beverages ¹⁴. 🌱

Sources

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Sparkles in the Sea

Miranda Nelson

Ever since I moved to qathet four years ago, I have heard stories about glowing water, so whenever I am near a beach after dark, I dip my hands and splash my feet hoping to see sparkling lights. This summer, I have spent weeks trying to track this phenomenon. At a certain point, I start to think I would have an easier time finding Bigfoot.

Finally, I head to Divers' Rock to try one more time before my deadline for the *Barnacle* nears. It's 11 p.m. and the sun is still throwing light over the horizon. Vincent Deslauriers and his daughters have graciously come down to help me find this phenomenon. The gals boldly leap into the pitch-black water and a glow surrounds them. There it is – bioluminescence!

I clamour down a rock, put my feet into the water, and see tiny twinkling lights surround them. I scoop up a handful of the ocean and end up pouring out miniscule diamonds. I am kicking myself for not bringing a bathing suit. The water is frigid, but the up-close light show would be worth it.

Bioluminescence – not phosphorescence, which everyone will correct you on – may sound like a complicated term but it describes a simple phenomenon. *Bio* means living and *luminescence* means light; what I am seeing is *living light* or light created and given off by a living creature. Like phosphorescence, bioluminescent light does not produce any heat. However, unlike phosphorescence, bioluminescence is created by a living creature itself, whereas phosphorescence requires an initial exposure to light to create its glow. There are many kinds of creatures that emit bioluminescence, including fireflies, glow worms, and deep-sea jellyfish.

On our west coast shores, bioluminescence shows up in the surface level of the water in dinoflagellates, microscopic ocean dwellers which do not glow unless they are disturbed. When the water these creatures live in is disrupted, a chemical called luciferin reacts with oxygen, which causes an enzymic reaction that emits a faint light. Thousands upon millions of these half microsecond reactions show up to the human eye as bioluminescence, with the overall effect looking like tiny bits of bluish-white starlight.

While bioluminescence has been observed throughout human history and sailors have even used it to help navigate through dark waters, scientists are still uncertain as to the evolutionary cause of this adaptation. A frequent theory is that bioluminescence is a defense against predators, which makes sense to me; I also do not eat things that glow for no perceptible reason.

If you are interested in having a successful bioluminescence experience yourself, the key is darkness – the less ambient light, the better. I realized my prior attempts to spot bioluminescence had failed because it simply wasn't dark enough – streetlights, headlamps, beach fires, a lingering sunset, or a full moon will interfere, so check your lunar calendar and terrain before you head out. Every local I spoke to said that August was the most opportune time to spot bioluminescence around Lund – June and July's long days require a very late-night adventure if you want to get up close with microscopic animals.

The water also must also be warm, relatively speaking, so shallow beaches (like Savary) during summer high tides will tend to provide better results. Ideal weather conditions include calm seas and no rain. If you have boat access, get out on the water for almost guaranteed bioluminescence success. Seeing swimming fish covered in “diamonds” is awesome.

As I pour a final scoop of water over my hands, I feel accomplished, undefeated, and a little closer to the universe. 🌊

Some Sea Stars Surviving

Brian Russell, Magic Skiff

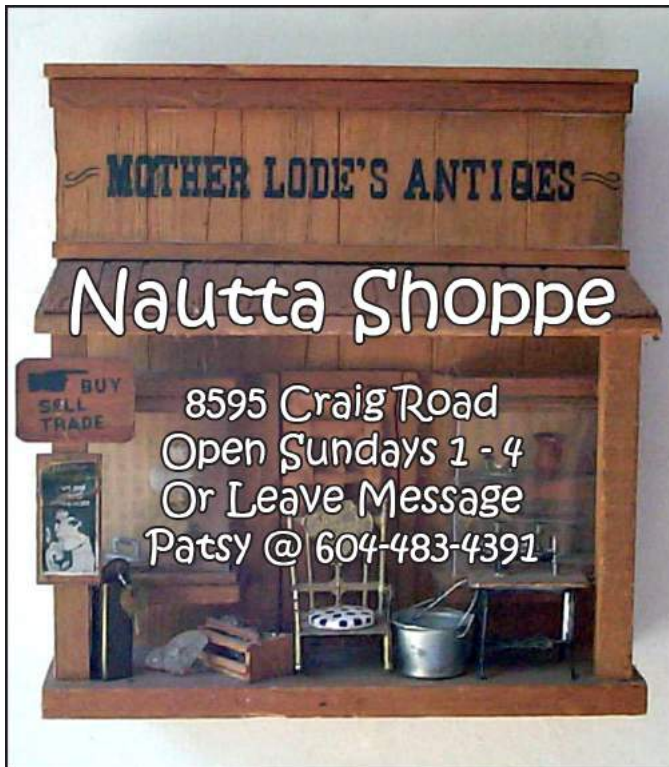
This photo of a Pacific Blood Star was taken on the Copeland Islands, where it was exposed on a low



Photo courtesy Brian Russell

tide. A member of the sea star family, it is not commonly seen but is one of the most easily identified sea stars in BC due to its vivid red/orange colouring. They can grow up to 32 cm across and have long slender arms, called rays. They are also found in Siberia, Japan, and from Northern Alaska to Northern Mexico. They are most commonly found in the intertidal zone, but can be found as deep as 400 m. They prefer areas with hard substrates such as rocks and shells. Pacific Blood Stars prey on bacteria and other small particles, which they capture in mucus and then bring to their mouth with their ciliated tracts. Or they apply their stomachs to the surface of the sponges and bryozoans on which they live to eat any particles which might be trapped there.

At the beginning of September 2013, a mass die-off of sea stars began. Sea stars from Alaska to Mexico were dying in droves of a mysterious disease referred to as “sea star wasting syndrome”. Symptoms typically include the appearance of white lesions followed by tissue decay, body fragmentation, and death, often within only a few days. There has been a strong recovery of the *Pisaster ochraceus*, generally known as the Purple Sea Star, Ochre Sea Star, or Ochre Starfish, and it is now commonly found again. Sadly, 90% of the Sunflower Sea Star has been reported to have died. The Pacific Blood Star is not commonly seen, so this was a nice moment. 🌟



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Flamboyant Wee Fishes

Terry L. Brown and Jude Abrams

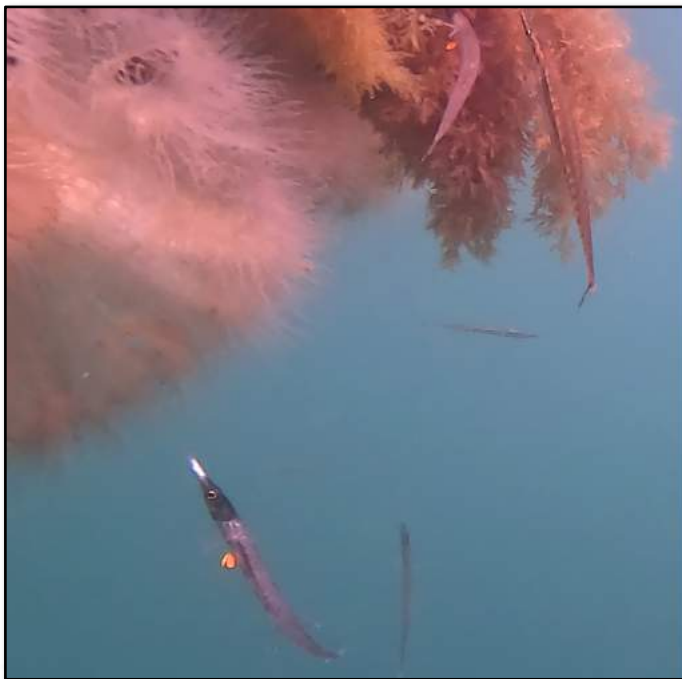
*Tubesnouts and pipefish and spiny lumpsuckers
Fishes, wee fishes, with long mouths that pucker*

Whopping whales get lots of attention, but wee fishes are fabulous, even flamboyant!

Take **tubesnouts** for instance. Spawning males get a turquoise or pale blue snout, with blue dots over their bodies and red-orange pelvic fins. They spread these fins and flash red-orange at females or nest intruders. These pencil-shaped fish with lo-n-n-n-g snouts are only 19cm/7in long when adult and live for up to nine years. They pucker their long mouths to suck in prey, mostly tiny mysid shrimp, copepods, and other crustaceans that are often too tiny for human eyes to easily see. Males build nests on seaweed and attract females to lay eggs. The males then defend the eggs until they hatch.

I watched tubesnouts spawning (behaviour) for hours at a floating dock in May, fascinated. Colourful males defended nests and brown females would sometimes slither into a nest to lay eggs.

Always take a look at the edges of docks, where lots of plants, mussels, anemones, and tunicates grow, as you



Tubesnouts, photo courtesy Terry Brown

might see tubesnouts there, or herring, shiner perch, or Pacific spiny lumpsuckers swimming nearby.

Did you know we have seahorses in the Lund area? Bay **pipefish** don't have the familiar horsey head and curved shape of most seahorses. They are the straight members of the seahorse family, with long, slender



Pipefish, photo courtesy Terry Brown

bodies. Like other seahorses, they do wrap their long prehensile tails around sticks and seaweed. Did you know that it's male seahorses who give birth to their young? After an elaborate courtship ritual, the gravid female deposits her eggs into the male's brood pouch where he fertilizes them. He then nurtures the eggs until he gives birth, spewing 5mm long babies from his pouch. Hmm... seems like in these wee fishes the males do all of the tending to and raising of the kiddies, while the moms swim off with nary a backward glance!

Take a second look at floating eelgrass or twigs, especially if they are moving; you might be seeing a pipefish in disguise! If you're swimming with a mask on, approach slowly and you may be gifted by a close encounter as the pipefish looks into your eyes with great curiosity. I've enjoyed many such encounters and am always thrilled when pipefish check me out. Youngsters are especially curious; they look like tiny skinny conifer twigs. Adults can grow up to 39cm/15in long and are often brilliant green looking, very much like a frond of eelgrass. Pipefish also have elongated snouts with puckered lips, and feed on similar prey as tubesnouts.

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If you see a golf ball with spiny scales whirling around, propelled by rapidly fluttering pectoral fins, you are probably seeing a **Pacific spiny lumpsucker!** They have devoted fans among scuba divers, and you can sometimes see them from docks. Do an Internet search to see photos of them and be prepared to fall in love, because they are soooo adorably CUTE!



Herring, photo courtesy Terry Brown

If you're on the Lund Marina docks this summer, especially in the evening, take a good look and you may see the huge school of juvenile **herring** who live here in the summer, flashing silver sides, dimpling the surface, or even leaping out. They are an encouraging sight, since they were spawned somewhere nearby! Local populations of herring were once everywhere but overfishing under the federal Department of Fisheries and Oceans management has decimated them. To see them returning is a sign of resilience, something to celebrate and be encouraged by! And a whopping whale might be in view too, since humpback whales have been seen feeding on the herring right inside the harbour! Whopping whales and wee fish, a winning combination where we live and play. 🐳

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Momma Cabezon Kin

Sarah West

For as long as I can remember, I've been fishing.

Hopping into the tinny behind Grandpa, right after dinner and into the warm, summer rays of golden hour, we'd putt putt putt around the lake. Wee me could cast with the best of them. My jigs were enticing enough to land rainbow coloured sunfish and feisty walleye. They were always a throwback, though, and never quite large enough for Gramma's fish fry. I'd watch in awe as Grandpa would reel in the monsters of the deep: massive pikes, with jaws of razor-sharp teeth, large enough to chomp off and swallow my pint-sized arms, if it so chose.

Years later, the ocean called, and Lund was the only place for me. Settled in by the ever-changing salty waters, the "I heart Lund" bumper stickers no longer a cliché, the wee me inside my adult me wanted to get out fishing again.

Armed with a kayak, discount fishing rod, and an audacious "I got this" 'tude, I began to set out on fishing adventures. I quickly realized that wee me had her fishing confidence blindly bolstered by the men in my young life who had always done the icky, tricky bits: set the hook, scope location, wrestle the whoppers, release the snags, rip metal from entangled jaw, slice where needs slicing, and hit right between the eyes until they glaze over.

Now it was my turn. Thank goodness I had an equally audacious pal alongside who could actually fish and made adult me (mostly) do it all myself.

Licenses and fishing regs in hand, we were awed at what was reeled in from the deep. We'd drop our lines, and they just kept dropping. One hundred feet, two hundred, and more. Silver metal tricksters sunk and danced down on the ocean floor to tempt what may bite. Up we reeled bejeweled greenling, ling cod splashed with brown, and venomously spined rockfish.

Slowly, awkwardly, learning how to maneuver kayak, rod, tide, current and struggling fish, I began to know the feel of ocean floor, remove metal from jaw, hit hesitantly between the eyes, and frustratingly slice where needs slicing. Mid-paddle and homeward bound, fish would violently flop between my legs with blatant reminder I had to be more confident with my

blows. To that end, a beautiful, brutally efficient "bonker" was fashioned from a branch of fruit tree, salvaged from the wood pile. It does the job, and I wonder about carving notches in the handle, just as the infamous Cougar Lady of Lund had done, down the road from where I live now.

As it would happen, a monster of the deep eventually took the bait.

Struggle ensued. The reel whirled furiously. The rod curved down at a most dangerous angle. Shouts and speculation exploded across the waters, until suddenly, she appeared.

Great Momma Cabezon.

With flesh of impossible turquoise blue greens, powerful stocky build, and massive jaws with sandpaper teeth to crush crustacean, Momma Cabezon made her way from tide to table.

My pal and I sliced where needs slicing. Cradling her head, and holding on tight, I stared into the glazed eyes of this magnificent creature as my practiced friend carefully peeled her skin off in one go. Thrown immediately into the freezer, so I could later tan her fishy flesh into leather. We removed a still pulsing, bulging sack of roe: Wee Baby Cabezons that Would Not Be.

Near feral after a day on the ocean and delirious over a delicious dinner of fresh caught fish and farmstand veg, I begin to cry for a long while. The beauty, bounty, and generosity of the ocean and Momma Cabezon Kin are overwhelming, and I scoop the roe hungrily with oily fingers. We clean up, and I set the pot up to start in on some stinky, life-giving broth. Use it all, nothing to waste.

Hours later, a rumble.

My pal bolts to the porcelain throne and begins to return what was once in the ocean, back to the waters. "Gosh," I think, "the poor guy."

Not soon after, I shout, "Me too!" and fly out, heaving, into the rhododendrons.

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Unbeknownst to us, and most of those who drop a line these days, Momma Cabezon's roe is laced with enough toxicity to send the unawares into the glaring lights of emergency rooms across the west coast. Thankfully, we didn't have to make the long trek to town, but by gosh, I wouldn't have been surprised if many of the good folks of Lund overheard as I cried mercy to the salty ocean gods that night.

Somehow through my earlier tears, my body (the Wise One who always knows best) tried to tell me that Momma Cabezon would give me the gift of a violently thorough, and greatly needed, spring purge. ☘



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Lund Kid Revisionist History

Anna Gustafson

Cosmopolitan Red Carpet Border Lace

June. Neck in neck with December for the dressiest month of the year. I knew it was upon us when “A Graduate Lives Here” signs appeared on the neighbour’s lawn, and a photographer showed up at their door. Grad photos. Class of 2024. The customary group shots would happen later, but this was a moment in the spotlight before the graduate became engulfed in the pageantry of graduation ceremonies. She’s an only child, and her parents have been solely dedicated to her for all her years on earth. It’s no wonder they are taking special care to document this fleeting moment in time when their child marks such a significant milestone. As much as I celebrate her, and all that she has accomplished academically so far, my hope is that the wild afterparty will be held in someone else’s yard. I can’t take any more screaming through the sprinkler mayhem and Peppa Pig bullshit.

This is what they do here in the city – kindergarten graduation. Apparently, this is what we all do now, as I hear you have pre-school graduations in Lund.

There wasn’t much evidence of “signage” in 1980s era graduation lore. No Amazon or Dollar Stores to supply celebratory junk for any occasion imaginable. Proclamations of scholastic milestones in my day were left to brave and unsupervised souls who climbed onto the old Willington Beach hockey arena to spray-paint GRAD ’83, or associated year, in the boldest of fonts across the roof. Banksy Shmanksy.

There’s a designer dress rental shop here in Toronto that I use from time to time. They’ve built systems into their business model so that no two people wear the same dress at any party. To live up to that brilliant guarantee, they flag your rental with name, date, and location of the event. My patronage of this place, The Fitzroy, is a trauma response to growing up in a town with one cool store at best.

The fashion hoops we jumped through as a cohort for our first country cotillion are unfathomable today. It’s not easy to track who is wearing what without Instagram. Although my graduation was an absolute ocean of lace, I don’t recall seeing two identical gowns.

I’m sure every lass in my class has a dress story they’re still telling.

Finding something unique and special to wear on your big day in a small town was difficult.

My dress story is as follows. While thumbing through my big sister’s *Cosmopolitan* magazine – wedding edition – I saw it. The image of a woman in an off-the-shoulder, tea-length dress made of delicate border lace, exiting a limousine onto a red carpet. It spoke to me. I was sporting a promise ring already, so I had white gowns on the brain. As it turned out, I’ve had more time on red carpets than in wedding dresses and am ferociously okay with that.

My wonderful mom and her wonderful mom were the two humans who made this impossible dress possible. Granny Gunhild (Sara) prided herself on being able to make anything. It was Swedish defiance toward retail as much as it was actual skill.

With that page ripped from *Cosmo*, she cobbled together a pattern of leftover *Powell River News* and pinned it to my gangly frame. I left covered in black ink, and she carried on making a mock-up dress of old bed sheets. This isn’t what I wore to grad, but I was close to showing up in bed linens.

I’m not one to name and shame, but I will in this case. Calico Corner, I hereby cancel you! They assured my sweet mom that this unique red carpet border lace could be ordered in, so we gave them our trust and waited. And waited. My granny was a legend and could sew like the wind, but it was the top of the ninth when the Calico Corner Cow said she hadn’t bothered to bring in our special fabric. If you knew my mom, you’d know she rarely got mad, but the determination in our shared DNA kicked in when she did. A week before the ceremony, we jumped on the early coach to Vancouver on a *Cosmopolitan-red-carpet-border-lace* safari. In the late morning, we walked up from the bus terminal and dropped a bomb on *Cosmopolitan* red carpet border lace in a Granville Street fabric store. Mom didn’t love the travel part of travelling, so this

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was a peak Anne Gustafson flex. We turned around, took the evening coach back up the Sunshine Coast and handed the *Cosmopolitan* red carpet border lace to the awaiting Gunhild the Great.

I didn't see my graduation dress until I put it on before heading to the melted hockey arena in town where the marching around in circles ceremony would take place. It was perfect. And it still is, tucked in a tissue box in a bed linen closet, ironically.

My parents hoped that one day I'd wear the white *Cosmopolitan* red carpet border lace dress on my wedding day. It could be worn as a veil, maybe, if I ever choose to have a wedding. It might fit around my head, albeit snugly. It's a marvel that it still smells faintly of Love's Baby Soft and has only one after-party barf stain. I plan to keep it for the rest of my days. 🍷

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




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Speaking in the Barnacular

Ted Durnin

"Do I look like a kid to you?" My youngest asked me that last week and I had to admit that he did not. He's as tall as his mother and rising. His voice will soon drop. He's more solid and muscular every day.

His older brother, a deep bass now, is contending with whiskers. I had to send back some size 12 slippers and get 13s for him. He bought his own TV and mounted it on the wall in his room.

The oldest passed his written driver's test on his birthday and is practising in his grandfather's car. He's become a better musician than I am. He's landed a few jobs over the summer. I can lend him my shoes anytime he needs them.

Make no mistake, these are still kids. Their lives revolve around video games and musical preferences. They play road hockey in the driveway with the guy from down the street. They live at home.

But I can see an end to all that now. They no longer save up to buy Lego. The Nerf guns are collecting dust in a chest. They worry about their clothes and how they look. Running around naked in the back yard? Out of the question. They all have phones so they can go out alone.

It snuck up on me. I used to look down on a stream of shining hair as they ran in the sun, and they would crane their necks to see my face. There would be high-pitched squeals of joy or pain. When they jumped all over me, I effortlessly tossed them into the air. They were always up for a trip to the park with Daddy for soccer or basketball or flying a kite. And when they asked for the backpack, they

picked blackberries over their heads while I carried them along the overhanging trail.

Now it's different. It is no longer a question of just keeping them clean and fed and engaged. Now the job is to make reasonable adults of them. That means letting them make mistakes. Being the bad guy sometimes. Insisting on standards. Helping them to be non-problems at work. And soon, watching them drive away on dates in my car.

How many more years before that car is pulling a trailer full of beds and desks and dressers? How many seasons until it has a Just Married sign on the back? How long before it drives away and does not come back?

I don't know how many summers we get with our kids. I know it's not forever and they'll be gone before we're ready. I ask myself if I gave them full measure and award myself a B minus, maybe a C. I forget and have my mind elsewhere instead of paying attention. I think about taking them for an adventure and don't. I recall reading to them and telling them stories and wonder why that doesn't happen anymore.

I'm not just going to miss the times we had together. I'm going to miss the times we could have had. I might miss them more. And I worry about a succession of empty tomorrows. See, there will always be another tomorrow, but they may no longer be children. So, starting now, I need to remember that there is this day, over and over, with my boys and I must revel in it while it lasts. 🍷

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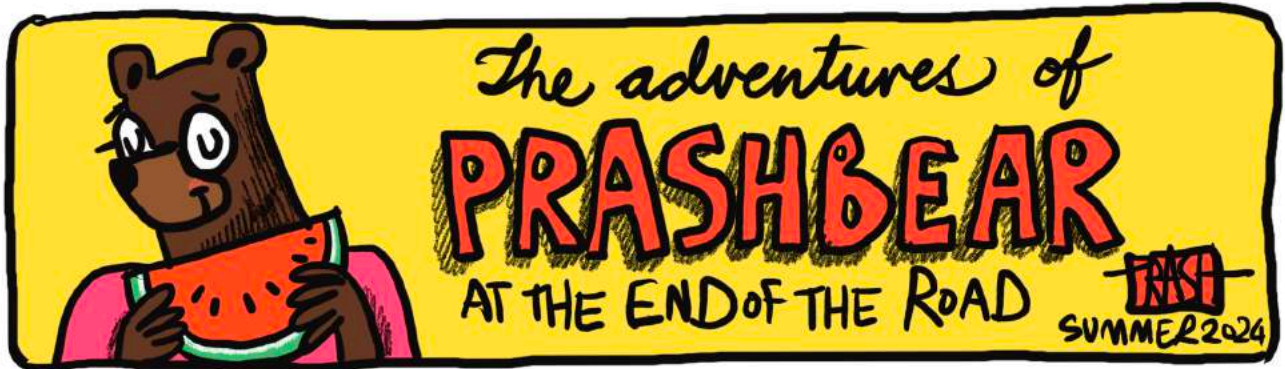
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Community Page

Sandy Dunlop

Birth Announcements

No babies were born that we heard about.

Sympathy and Condolences

Paul Peter Knepper

June 25, 1937 – July 4, 2024

A tribute to Paul will go in our fall issue. Our thoughts are with our dear friend, Magdalena.

Carol Anderson

February 15, 1950 – July 12, 2024

A sad goodbye to another dear friend. Hugs to Nicole and Kama and family.

Nikki Tebbutt

July 27, 1983 – July 19, 2024

Long, loving hugs to Nancy and Ben, Pete, Amy, and Jervis.

Congratulations

Several local authors, artists, and an illustrator have recently published their work. See Ev's review of **Don MacKay's** novella, *Gambari*, on page 28. **Autumn Skye Morrison** has just published a 156-page full colour coffee-table art book, *Art & Soul*. **Megan Dulcie Dill** has released *Sea Beneath the Sea: Adventures of Wren*. **Prashant Miranda** has illustrated five new children's books, all part of a collection of tales from Central Asia and the Middle East. Are we lucky or what?

Thinking of You

Hello out there! Whether you've just moved here, have lived here for decades, or grew up here and then moved away, you're a valued part of our community. Healing thoughts and much love go out to you all, wherever you are, and especially if you are struggling for wellness in any area of your life.

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

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

Northside Community Recreation Area Resident List

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



Photo courtesy Willow Dunlop



Photos courtesy Brian Voth

