

# **Lund** **BARNACLE**

January 2008

All proceeds to the Lund Community Society.

\$ 2.00 (free to members)



It was a storm to remember. This tree broke under the strain of one stormy wind and caused substantial damage to a car which was parked underneath it. More photos inside.

**Lund Community Society  
Annual General Meeting  
Tuesday, January 22, 2008  
7pm  
at the Lund Community Centre**

*Everyone is encouraged to attend!*

**The Voice of Lund and the Region**

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

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**Lund Cookbook**

**and more!**



# The Lund Barnacle

## EDITORIAL

By Ann Snow

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The Lund Community Society

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Ann Snow

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The Lund Barnacle is published seasonally. All proceeds go to the Lund Community Society, a non-profit organization providing community services to Lund and Region. Submissions are welcome in the form of articles, news items, letters to the editor, fillers, graphics and photographs. We reserve the right to edit for clarity and length. Submit to the Barnacle in the Lund Community building or contact Ann Snow at 604-483-9220 or email [barnacle@lundcs.org](mailto:barnacle@lundcs.org).

### Editorial Policy

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

I hope you have all survived the shock of the property assessments. Look on the bright side - property values are going up which means you could sell for more money. Then with all your new-found wealth, you could retire somewhere nice and quiet, not too close to a city but conveniently accessible, near services but not near traffic, somewhere inexpensive so you can buy a modest place and still have money left over for retirement.

But wait! It's MORE expensive everywhere else. It's shocking to see the real estate listings for other areas of Canada. Where can a person of modest means afford to live without holding down two or three jobs? Why, Lund, of course! It has all the conveniences and very little traffic; it's accessible, has all the services, is quiet and relatively inexpensive, has friendly neighbours, great views, questionable weather, lots of dogs, eagles, seals, prawns, trees, deer, and a few fish now and then.

So don't even think of moving. If you get the urge, simply click your heels together and repeat "there's no place like Lund, there's no place like Lund, there's no place like Lund".

### Advertising Rates

Business Card Size: \$ 7.50  
Double Business Card Size: \$ 15.00  
Half Page: \$ 40.00  
Full Page: \$ 80.00

All proceeds support the Lund Community Society

Next deadline for submissions is  
March 15th, 2008, for the April edition.

### October's Crossword Answers

S	E	C	T	S		A	D	E		Y	O	D	E	L
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## LUND CHRISTMAS CRAFT FAIR

By Donna Huber

2007 marked the (what????!!!!...it's been decades, certainly) year of the annual Lund Christmas fair, and as usual it was wonderful. This November fair is the annual signal for me to start thinking about my own Christmas plans. The decorated hall and row after alluring row of handcrafted merchandise gets me in precisely the right mood to get on with them.

In years now gone, the event was held in the Lund hall, with the dazzling creative energies of Susan, Claudia, Chris, Sherry, etc. etc. etc., we know who we are don't we? all converging to make the thing happen. Does anyone remember the large, circular cedar wreaths that hung from the ceiling? Our boys were rambunctious tots then, and my mom was still around to share lunch with. Or to rent a table and sell our artwork and blackberry tarts together. Those were the days.

The Italian Community Hall is a good substitute for the Lund Hall, the size is right and it is certainly closer to town, and to potentially a greater number of wallets. (But I mourn the old hall. Is it just a lost dream now that someone will rescue the shingly old maid? What a shame to see her 'go'.)

Happily, this years' fair was excellent. The same hard work went into the kitchen end of things. Caitlin reports that Darcy, Sherry, Ronnie, Rianne and Judy were at the hall at five o'clock the night before, working until ten thirty

or so getting the kitchen organized, then back again at eight in the morning to serve gratis hot coffee and muffins to all the of the thirty two venders, and were there for clean-up from four until six pm. And, Caitlin reports, all were in good spirits and exhibiting high, sweet energy levels (I ate the spinach and spanakapita lunch, as I usually do, and it was as good as it usually is. I had a small chuckle at the counter when I went to order because a woman came up and said "It smells really good in here, I love that spaghetti you guys always make".)



*Autumn Skye Morrison and her prints and original paintings. Note: Skye is not only a talented artist, but she also co-owns Loco Locals, which has just undergone an extensive reno...check it out; rumour has it that the eats are divine and the prices are good.*

### Two wolves

*One evening an old wise grandmother told her grandson about a battle that goes on inside people. She said, "My son, the battle is between two "wolves" inside us all*

*One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.*

*The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."*

*The grandson thought about it for a minute and then asked his grandmother: "Which wolf wins?"*

*The old grandmother simply replied, "The one you feed."*



*Larry & Shirley with a sampling of their beautiful carved signs*

Every year the fair makes a modest profit for the club. This year, the venders reported good sales, in general. There were two other craft fairs going on that day, but it was a consensus that the Lund fair is the ultimate fair...full of interesting, handmade things with very good, as they say, price points.



*Three of the kitchen women (Judy, Sandy and Rianne) getting the job done deliciously.*





Christmas potluck feast at the Community Centre on December 8th. Well attended and enjoyed by all.



Karl Larsen, professedly Lund's longest time resident, celebrated his 85th birthday just before Christmas. He is pictured here with friends and neighbours at the Christmas party he hosted.

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Beginner	4:30 ~ 6pm		2 ~ 3:30pm	
Level 1	6:30 ~ 8pm		4:30 ~ 6pm	7 ~ 8:30am

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Class fees may be made in 2 payments; 50% at first class, 50% by Feb. 15

Call Jennifer for more information or to register

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Please register before Jan. 4. Space is limited

\*Each class will run based upon a registration minimum.

Jennifer Naplus is a Sivananda trained Yoga Instructor registered with the Natural Health Practitioners of Canada (NHPC)





## WASN'T THAT A STORM???

By Donna Huber

Overnight on November eleventh to the twelfth the winds ripped across the ocean in a howling south-east gale, tearing trees up and reminding us of last year's winds which tore down Stanley Park and left thousands on the coast without power, for days.

This year, there was the same kind of trouble; roofs damaged, power off for three of four days, trees dumped over, deck chairs and small rowing boats flung about like autumn leaves.

In the morning, a few locals were down at the harbour to survey the damages, if any, and to have a look at the surf, which was still racing hugely into Finn Bay. The Lund harbour is relatively safe in a southeast wind, and a few stray boats were tied up there for the night, including one heading from the Queen Charlottes to Nanaimo. Old timers swore they haven't seen winds like this, ever.

It was hard to take a picture from the government dock as the high seas, though still very rough and picturesquely silver, were so far off beyond the breakwater. It was a lovely sight to just stand and behold. A rainbow appeared when the sun finally broke through the clouds.

Note to self: Just go out and buy a flippin' generator!



*Stormy seas.*



*The rainbow was there, just in front of Major Rock.*

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*Storm damage*



# LUND SCHOOL OF MATRIMONY

By Donna Huber

On September twenty-ninth, Lucien and Robyn, along with their daughter Sophie and Lucien's parents Steve Ervington and Juliet Potter, welcomed guests to the Lund Community Centre for second go round of Lucien and Robyn's wedding. (The couple were officially married in Robyn's home province of Nova Scotia, last summer.)

Many people came to the old Lund school, from near and far, and it was a joyous union celebration and festive reunion as friends and families mingled and dined. Steve fashioned a wedding banner for over the doors, the rooms were nicely decorated, and everyone brought food, in the good old Lund pot-luck way. The party must have been especially a gas for Lucien, as he had attended the school, 'back in the day' when it was functioning as such.

At one point, Lucien and Robyn passed a small smooth stone to each guest, with the request that they be tossed out somewhere significant, with all best thoughts to follow, to send a bit of life-luck to the couple.

Lucien and Robyn (both school teachers!) and wee Sophie, much to the joy of his parents, are presently making their lives in Lund.



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During December, a new building was constructed next to the Lund #3 Firehall. This is to be the new home for the refundable cans and bottle depot which is presently at the Ferreira residence on Murray Road. A bin for drop-offs will be at the rear of the new building. Thanks are due to Gordy Mallory of Buffalo Builders for his speedy compliance with our request for a shed - and for his volunteer work in the finishing stages. And thanks to Court Cressy for doing the nice sign.

The new building should be in use before the end of January and we would like to take this opportunity to ask for volunteers to help with the summer rush of sorting. Anyone interested please phone us at 483-9996.



By Ann Snow



*At the NVFD Christmas party, Mike Burge was awarded a Certificate commending his 25 years of service with Northside Volunteer Fire Department.*

For those of you who are not aware, many of your community's volunteer firefighters recently underwent their annual First Aid retraining and everyone passed and received their Recertification.

Also, the fire department has just purchased two AED (Automatic External Defibrillators) which are kept at the Klahanie and Lund Halls. The Medical First Responders volunteered many hours to take a training course then wrote and passed an exam to become certified to use the machine. An AED machine is used when a victim is having a heart attack and it can improve their survival chances.

If you, or someone nearby, is experiencing any kind of medical distress, simply dial 9-1-1. Help is close by.

## How Can I Help?

### Anonymous Firefighter

I joined because I care. I like to help, to see things get accomplished, to help others who can't help themselves or who simply need a hand. I help because I can.

I volunteer with the Northside Fire Department and I show up every week to practice using the equipment in case of a fire so maybe one day I'll be able to help save a neighbour's home. I take first aid courses and practice simulated medical emergencies with the other volunteers because maybe one day a friend will need help. We study and rehearse the methods of caring for people in distress, what to watch for, what to do in certain situations, how to determine the patient's needs.

And when the 9-1-1 dispatcher gets a call for help and pages us, we stop what we are doing (eating, sleeping, working), hurry to the nearest firehall, grab our gear and equipment, then proceed to the scene of the emergency. Generally we encounter situations that have been covered in our training and practices and we are able to help quite efficiently. This makes me feel good and I'm sure the other volunteers feel the same way.

However, we were recently paged to a motor vehicle accident at which none of our training could help. I stood in the dark at the side of the road, helplessly surveying the wreck of a vehicle, seeing a motionless occupant and hearing the officer tell me she was dead. But I couldn't understand. She's right there. She needs help. There must be something we can do. In frantic denial of the situation, I mentally scoured the pages of our training manuals. There MUST be something! But no. There wasn't. So, with the others, I went through the motions of assisting the other emergency personnel; stop the traffic, turn on the spotlights, set up the extrication equipment, cover the medical gear with tarps to keep the rain off. Yes, the medical gear which was not required. Gear which couldn't help this time.

I felt agony at being unable to do anything for her. An hour ago she was a person, just like us - laughing, moving, breathing. But not now. To me, the word "dead" did not yet apply. "Not alive" seemed less final. Sadly she was beyond our help. I thought of the unaware family who would receive a phone call in the morning. I didn't know the victim and I'll never know her family but the grief of their loss will surely be more profound than my feeling of helplessness. My inner self cried at the needless loss.

PLEASE. Look after yourself. Drive carefully. And call us if you need us. We want to be able to help.



## An Interview

By Donna Huber

In late September I sought out Rianne Matz for an interview. Along with I am sure, not a few others, I was curious about this woman who moved to Lund with her family 11 years ago and who has, it seems, single-handedly moved the old and faltering Community Club towards a kind of viable robustness not seen for many, many years.



Rianne and Chris live in Susan Foote's old house on Finn Bay Road. Rianne told me they fell in love with the place right away, calling it a 'dream house'. You can still feel the old Susan magic in its garden and rooms, but it is now, comfortably, the Matz' house. Rianne greeted me with an offer of a cold beer; I accepted, and then followed her up several flights of stairs to her small, interestingly cluttered studio where we settled into two comfortable old chairs for a chat.

It all started eleven years ago, when Rianne and Chris moved to Lund from Bowen Island, mainly to be closer to his work on Hernando Island. His trade is home design coupled with fine carpentry (of course, since they moved over here, most of Chris's work is now off Hernando, but still, luckily, nearby.) On Bowen Island, Rianne ran a community family center, and was for five years employed as a home support worker. She grew up in Victoria, in a large extended family.

When she came to Lund, it was perhaps natural for her to become involved with people and with the LCC, as it used to be called. At that time, Rianne recalls, the club was, in her words, "Fragmented". Nobody wanted to get involved beyond a certain point. The president at this time was Deb

Bryant, who got her on board. "Everyone hates meetings, but it's the only way...things get done." Rianne told me, "There has to be a core person, or group of people who just get things done, regardless."

She sees herself as a person who operates effectively out of chaos: "In the midst of chaos I focus" For her, working with a group, inside a community, creating and pursuing goals, is all about making a better world. She gives credit generously to others, particularly mentioning a few: Judy Hicks, Don and Sherry Worthen, Shirley Werner and also says Terry Werner was a huge help in the past. Jack Anderson and Marianne Lamerson put in hours of work, "Phenomenal hours" on the emerging library at the center.

As a 'core' person Rianne tries to gather together variant-factions into a cohesive whole. She doesn't take sides along the way, and she describes herself as someone who does not give up. "I will not give up...I ask for help from people, and I hope I don't drive them away. I nobble them." ( Note: I couldn't find 'noble' in the dictionary, but I understood what she meant, I think!) When things do not go 'right' Rianne's favorite saying is "Oh Well." She doesn't mean it in a giving up sort of way, however. She just means that it is time to move forward, learning from the experience, and letting mistakes or bad luck go without too much angst dragging along behind. "It is important for the community to talk to us, if they don't we don't know what they want".

Rianne wants it known that the governing body of the LCS is not flaky. The board of directors at this time are: Rianne, Judy Hicks, Sherry Worthen and Patrick Brabazon. Monies are made up by donation, by local fundraising, or are funneled through the Regional district or granted by the Provincial government through BC lottery earnings. Right now, there are monies available, perhaps, through a program called 'Spirit Squares' grants, which is province wide and is linked to the 2010 Olympics. Rianne spends many hours trying to source funds. She finds the provincial government mostly 'non-reciprocal' and believes that insteading helping communities, they are downloading as much responsibility as they can onto the shoulders of volunteers. Right now, there are three yearly local fundraisers: May Day, Lund Dayz, and the Christmas Craft Faire. (If you haven't baked or donated rummage lately, get ready for a call!) Oh and by the way, the society is looking for an events organizer, a volunteer position.

Further to the money issue, the society needs more people using the building for 'programs'; for example, Bill McKee's Tai Chi classes are now a program and programs can





recieve funding. Colleen Cox and Sandy Dunlop have formed a Goodwill Committee which uses funds raised in the community to send flowers or get well cards to people in hospital. The building is always available, gratis, to anyone who would like to hold a memorial service there. (Already there have been a few of those.) In case you aren't aware of it, there is also a Lund Historical Society, which has recently joined forces with the LCS.

Rianne is waiting, as of September, for some funding to come through for expanded parking and landscaping around the center. She is hopefull, as usual, and will not be daunted by bureaucrats or red tape. Her dream is to finish the library and get it operational, to enlarge the existng kitchen and to open a museum room. "Then I would like a blessing ceremony with the Sliammon Band; I know the relationship between Lund and Sliammon has been tentative, and there are issues about Sliammon buying the Lund Hotel, but I think we can go uphill on this." She would like to see no more "us and them." When asked if she ever gets tired, and why does she keep on doing it all, Rianne

tells me that she loves community. "All of the people make it worthwhile." But she admits she does get tired.

Along with her LCS duties, Rianne works five days a week in the Lund store. She has a family to take care of and she has her studio, which she loves, and where she paints her watercolor 'Lundscapes'. Painting is something she has done from a very young age. "I was eleven years old when I completed my first work." She is mostly a self-taught artist, but has taken some courses here and there over the decades. For the past few years she has been creating hand-drawn maps of the area, and also a map of the hiking trails, which she prints and sells. (They started out as a fund-raiser, but are now part of her own little business.) She prints cards of her work on a printer in her studio. "My dream is to work as an artist, from home." She has in mind a monthly sum she would like to eventually earn this way. I have no doubt she will, sooner or later, find a way to achieve it.



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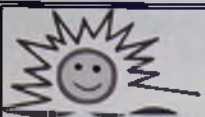
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## Lund Business Association

By Ian Hobbs

Did you know there are over forty-five businesses operating in the Lund area??? The Lund Business Association is now over forty-five members strong and gearing up to undertake a number of projects this year. The majority of the projects are focused on increasing the shoulder season tourism trade but many will have spin off benefits to tourists, businesses and residents alike.

A few of the initial projects are: a Trail Map and Markers project focused on making the local hiking trails more safely accessible; a Mile Zero marker project focused on enhancing the impact of our start/end of the highway status; a Lund Community Brochure and Website project focused on promoting local businesses; a Lund Community Walking Trail project; a Harbour Business Directory project; a Community Geocaching project and a Lund Shellfish Festival project.

The association's focus in November was on a membership drive while December saw a group visioning exercise and the identification of lead projects. Progress on the above projects was slow over Christmas but the teams are full of energy and ready to go after the holidays, I hope..... :-). If you would like to help out with a project, please give me a call at 414-6880.

Happy New Year to all!!!

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## Library

By Donna Huber

There were books in the crawlspace. There were books in the storage shed. Books were stacked high on shelves, unreachable and out of use. Through all the transformations of the old Lund School (now the Lund Community Centre), the books were shuffled continuously. Many people had the dream of creating a permanent library space, and now, after years of planning and countless hours of volunteer labour, it has happened. The Lund Library is open!



The former primary classroom has undergone renovations, dividing the room into an office, a library and a larger multiple-use space. The Regional District paid for all the materials to support such a worthy project, and volunteer labour made the project happen.


Many people assisted in this endeavour: Jack Anderson and MaryAnn Lammersen spent many hours building walls and installing windows. Lawrence Nazar and Gordie Mallery were involved in planning and building. Don and Dillon Worthen wired the new spaces. Pip and Terry Hendy helped out with painting. Sandy Dunlop, Lorraine Cushing, Colleen Cox, and Amanda Zaikow sorted and shelved books. Rianne Matz had a hand in every stage. Apologies if any names were left out, but this project has been going on for three years!

The majority of our collection comes from the old school, so we are rich in children's books, and juvenile fiction and non-fiction. We have also been receiving quality donations of books for adults, and hope to keep expanding our collection. We also have a huge

collection of paperbacks in the hallway, which are not part of the library collection and would like to find new homes. Browse through when you're in the building!

There is still work to be done- donated books need to be stamped, categorized and shelved, an ongoing process. If you have books to donate, bring them by during library hours, or when you are attending any other event at the Centre.

The library is open Tuesday evenings from 7-8 p.m., and on Fridays from 10 a.m. to noon. Although we are attempting to staff the library with volunteers, the check-out process is simple and self serve. No cards needed- just fill out your name and book info in the sign out binder. If you would like to help out with shelving or staffing, please phone Amanda at 604-483-7928 or Sandy at 604-483-2395.



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## Schedule of Events

# JAN 2008

FOR BOOKINGS  
604 483-9605

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURS.	FRIDAY	SATURDAY	
	Possible music nites	HAPPY NEW YEAR!	2	3	4	5	
483-4886 <b>YOGA</b> 483-4929 <b>TAI CHI</b> 483-7928 <b>PLAY GROUP</b> <b>KNITTING</b> 483-9605	6	7 ↓	8 <b>Yoga 4-8</b> 2 CLASSES	9 <b>TAI CHI</b> 6-8pm <b>KNITTING</b> 1-4	10 <b>TAI CHI</b> 6:30-8pm <b>YOGA</b> 2-3:30 4:30-6	11 <b>PLAY GROUP</b> 10-12 <b>YOGA</b> 7-8:30 AM	12
LIBRARY HONOR SYSTEM WHENEVER BUILDING OPEN	13	14 ↓	15 <b>Society</b> <b>7PM</b> <b>YOGA</b> 4-8 2-CLASSES	16 <b>TAI CHI</b> 6-8pm <b>KNITTING</b> 1-4	17 <b>TAI CHI</b> 6:30-8pm <b>YOGA</b> 2-3:30 4:30-6	18 <b>PLAY GROUP</b> 10-12 <b>YOGA</b> 7-8:30 AM	19 POSSIBLE BOOKINGS
	20	21 ↓	22 <b>AGM</b> <b>7 PM</b> <b>YOGA</b> 4-8 2-CLASSES	23 <b>TAI CHI</b> 6-8pm <b>KNITTING</b> 1-4	24 <b>TAI CHI</b> 6:30-8pm <b>YOGA</b> 2-3:30 4:30-6	25 <b>PLAY GROUP</b> 10-12 <b>YOGA</b> 7-8:30 AM	26
	27	28 ↓	29 <b>YOGA</b> 4-8 2 CLASSES	30 <b>TAI CHI</b> <b>KNITTING</b> 1-4	31 <b>TAI CHI</b> 6:30-8pm <b>YOGA</b> 2-3:30 4:30-6		

## Larry's WoodShop

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### A new baby in Lund !

Mother: Anne Cameron  
 Father: Mike Steinbergen  
 Baby: Gabriel David Steinbergen  
 Born: November 29 2007, 6:15 pm 7 lbs 10 oz





## APPLE OF MY EYE

By Donna Huber

After reading an article in last fall's Peak newspaper about the difficulties our local meat producers are having with recent new slaughtering regulations, I set the paper aside with a feeling of dismay. Over the last thirty years I, along with my family, have eaten large quantities of locally grown meats in the form of chicken, lamb, turkey, duck and beef, along with multiple dozens of free-range eggs, and bushels of organic vegetables and fruits. I have been trying to practice, as much as possible, the 100 mile challenge and I embrace, utterly, the idea of local food production; my God, it makes so much sense and the taste of organically grown anything is multiple times superior to cold-stored and chemically fertilized foods, not to mention the shipping issue.

At the same time as I was angrily reading the article, I had on the table a bowl of apples which I had purchased at Hatchabird farm in Wildwood. These scarlet and rather rough skinned fruits came from a twisty tree near the hut where Helena Bird sells her produce. I have no idea what kind of apple they are, but they tasted of many things beyond their essential applesness... of lemon and pear with traces of lime and sweet straw and, definitively, of autumn itself.

As a child I remember being fascinated by my Dad's dexterity with a small pocket-knife when he applied it to the skin of an apple. Down the red or yellow or green or sometimes almost brown peel would drape and come to land in a single coiled piece on the coffee table. These apples of my childhood, consumed in the fall of the year, came from grassy back yard orchards, some of them located in abandoned homesteads up the coast.

Is there anything more lovely than an abandoned orchard? I pity the poor soul who has never experienced one. Not only apples were collected from those deserted gardens of Eden but also hard crunchy pears, and earlier, in the late summer, useful purple plums called Italian Prunes.

There is a passage in one of the Anne of Green Gables books, where Anne's beau Gilbert Blythe discovers a rogue apple tree growing wild in the woods and picks an apple for her. The crisp tart flesh Anne bites into is strange and delicious, like the love that was growing between them.

I, like Anne, love rogue apples. Apples and love are a sensual old pairing. This fall I have chomped my way through eight different kinds of apples, all taken from old orchards located easily within a twenty mile radius of my house. I find that the worthiest apples have rather tough and ugly skins. I look for hard tangy ones with scabs, although there is an apple tree somewhere I will not name, in Lund, that bears sweet green apples with a tender flawless skin, that are exquisite. All of these strange old apple varieties are in danger of extinction. The orchards are in danger of lapsing into beautiful private yards. Without the money that meat sales bring in, who is going to bother selling vegetables and fruit? Without the manure animals provide, who is going to grow vegetables or fruit? Most farms can be easily and profitably cut into small parcels of desirable building lots.

A small organic farm, growing fruits, vegetables and meats, will use every scrap of waste from the animals to fertilize the soil, including guts, heads, skins, every rotable scrap that would turn the stomach of the urban consumer, but is treasured by the farmer. It strikes me, also, that many of our local farms are owned or co-owned by women. Helena, Pat, Lisa, Norma... all hard at work to feed us...properly.

When we buy our foods off sterile supermarket shelves, we soon lose any idea of the realities almost impossible slaughtering regulations. Soon, there will be harsh, irrational, new regulations on vegetable and fruit production as well and for the same greed driven reasons.



*Two old rogues.*

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The apples on offer in the 'super'markets of the world are so extraordinarily limited in flavour there are no words to tell it. There will be no poems about them, no love metaphors. We will forget that apples of another kind existed. And that is a tragedy.

Afterword: On the news in December I heard that there have been new, and more harsh regulations thrust upon farmers. Now their land that is not actually crop-producing will be taxed at a higher, residential level, thus adding a steeper financial burden to small producers, who can ill afford them. This will include barren rocky areas and forests.



This time of year we can all appreciate good friends, good cheer and good food. With the holidays just behind us, new memories made and old memories are relived.

One of my favourite memories as a young girl of about ten is of my Mom and my Aunts gathered around the kitchen table a few weeks before Christmas, pouring over their favourite cook books planning the Christmas baking. Who was going to make what? Who tried a new recipe this year they really liked etc.

My mom's cookbook was a spring back notebook in which she would write out any new recipes she had tried and liked. My eldest aunt had a recipe card box, which had thousands of recipes she had collected over her many years. My youngest aunt had several community cookbooks, which she had started collecting shortly after she got married. One was from the Legion Ladies Auxiliary another from the school in which her children attended and a couple from different organizations in St. Paul Alberta.

In my travels I have collected several of these cookbooks from different communities around BC and they are all very well used! The recipes are generally user-friendly and for the most part you will have most of the ingredients around the house. The best part is these recipes have been tried and tested in kitchens like yours and mine and don't require a chefs degree to try them out.

Community cookbooks are a great way to share your favourite recipes with your neighbours as well as the rest of the world that filters through our community whether it is by water or land. With the bountiful sea at our door step the Lund area would have to have a section dedicated just to seafood. The other categories could include appetizers & beverages, salads & dressings, soups & sauces, vegetables, main dishes, breads, desserts, candies, cookies and bars. A cookbook with 300-350 recipes is a nice size with plenty of selection for everyone to choose from and contributors can have more than one-recipe submission.

If you are interested in sharing some of your favourite recipes with the Lund Business Association. Submissions will be accepted until January 31 2008

Please email or snail mail your recipes to Karen King, PO Box 2, Powell River, BC, V8A 4Z5 or email to [cking@xplornet.com](mailto:cking@xplornet.com).

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## Happy New Year from the Lund Community Society.

By Rianne Matz

Looking back I remember previous years and it always seems as if I've run out of time once more to get all those things done that looked so easy to accomplish in January of any given year. Once more I'm ready to make new plans, get out those gardening books, order seeds and overhaul my closet. For the Community Society, my plans are always much larger. I think this is because thinking big makes all those little accomplishments possible. Looking back from the Society perspective I see progress. The community center is in much more use now than it was this time last year. Yoga has taken off with five classes available and Tai Chi is running its usual Wednesday and Thursday classes. The play group is once again up and running with more young children ready to play and learn. Knitting classes will begin soon and whatever your passion is, please come out and share it with the community. Space is always available. Phone me at 604-483-9605 to book a space and time.

Another idea I've had over the holidays is that since everyone still seems to call our community space the "old school", I thought it would be a great idea to have a sign made over the door saying "Old School Community Center". That title seemed to cover all bases and has nice ring too. Have you noticed the new doors? Thanks to Larry Warner the building has a newer, more distinctly community look. Perhaps he'll consider doing a sign.

We've had May Day, Lund Dayz and the Christmas Craft Fair in this past year as well as potlucks and memorial events. We've been busy and had lots of help but still need more volunteers to come out, make plans and help us make things happen. Please make a date to meet us at the community center on January 22nd at 7pm for our Annual General Meeting.

Thank you once again to all our volunteers and supporters who continue to make this a wonderful place to live. The best of the season to everyone.



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Trip Notes (see below)	Lv. Town Centre Mall (North)	Lv. Hospital	Lv. Cranberry at Manson	Lv. Lund & King	Lv. Sliammon (by Church)	Lv. Hwy. 101 at Southview Rd.	Lv. Hwy. 101 at Craig Rd.	Lv. Hwy. 101 at Malaspina Rd.	Ar. Lund
<b>Tue &amp; Fri</b>	10:05	10:08	10:15	10:24	-	10:34	10:40	10:46	10:52
Trip Notes (see below)	Lv. Town Centre Mall (North)	Lv. Hospital	Lv. Cranberry at Manson	Lv. Lund & King	Lv. Sliammon (by Church)	Lv. Hwy. 101 at Southview Rd.	Lv. Hwy. 101 at Craig Rd.	Lv. Hwy. 101 at Malaspina Rd.	Ar. Lund
<b>Tue &amp; Fri</b>	4:05	-	-	4:14	4:23	4:29	4:35	4:41	4:47

Trips operate on Tuesday and Friday only.

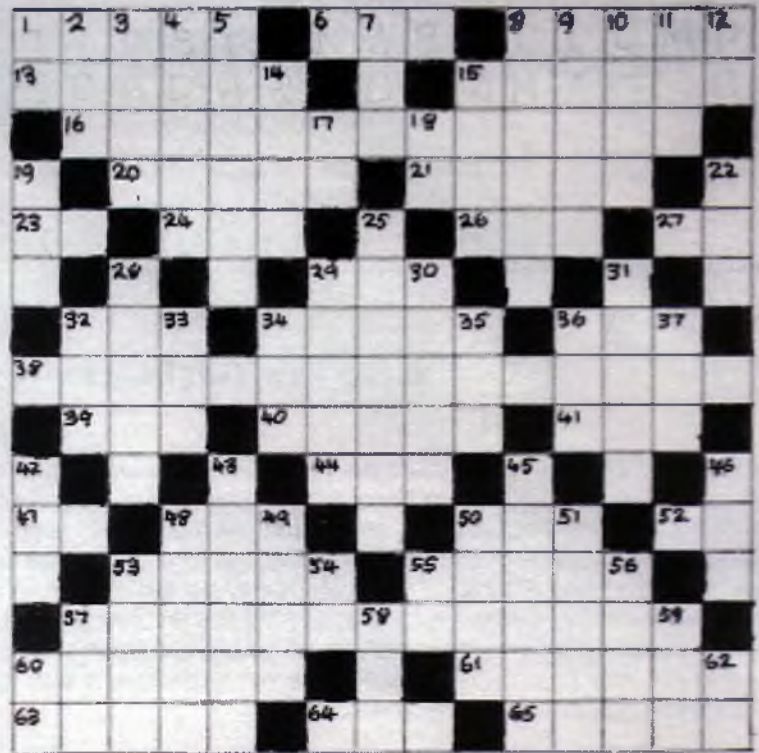


POSSUM LODGE "MANS PRAYER"

No. 9 C. CRESSY

ACROSS

- 1 UNSTEADY
- 6 CAPTURE
- 8 HEAVY BLOW
- 13 A PURE NUMBER
- 15 FATHER OF BENJIMAN
- 16 PART ONE OF PRAYER
- 20 BRIGHT
- 21 COAT PART
- 24 FEMALE
- 26 SQUEALER
- 27 ARTIFICIAL
- 29 COOL
- 32 ORG. HEAD
- 34 TRACE BACK
- 36 HISTORICAL PERIOD
- 39 PART TWO OF PRAYER
- 39 URGE : SCOT.
- 40 RELY UPON
- 41 SHOE SIZE
- 44 WIND DIR.
- 48 LIBERATION ARMY (ABBR.)
- 50 HOME SECURITY CO.
- 52 AS FAR AS
- 53 INSTANT
- 55 OFFICER OF THE CHURCH
- 57 HEAD OF STATE
- 60 END OF PRAYER
- 61 HEADRESS
- 63 WARY
- 64 MATURE
- 65 FASTEN



- 4 PUTS DOWN
- 5 MOTORCYCLE
- 7 CHIEF
- 8 NAG
- 9 BRAID
- 10 RUSSIAN RIVER
- 11 FORTIFY
- 12 RELATIVE ACIDITY
- 14 UNUSUAL
- 15 6TH MON. JEWISH CAL.
- 17 CAN. TERR.
- 18 NOT PERMITTED (LAT.)
- 19 A TWITCH
- 20 LINEAL MEASURE
- 25 SCATTER
- 28 GAIN SKILL
- 29 ENTITLED ONES
- 30 TO WEIGH
- 31 TO GROW ALONG
- 32 CUBAN HERO
- 33 CAN. PROV.
- 34 SOAK FLAX
- 35 STARBOARD (ABBR.)
- 36 FIRST LADY
- 37 CONSUMED
- 42 SHAR-PEI
- 43 FRAGILE
- 45 TOTALS
- 46 NEITHER ---
- 48 THORNY SHRUB
- 49 HIGH CARDS
- 50 LANDED
- 51 NUMBER FOUR (GK.)
- 53 EXACT
- 54 PRINTERS MEASURE
- 55 MADE OF (SUFFIX)
- 56 CONFEDERATES
- 57 R.R.
- 58 VERB. SUFFIX
- 59 TELL ON
- 60. AMER. STATE 61. DIR.

DOWN

- 1 ELLIOT'S INITIALS (POET)
- 2 COMMAND TO UNE CHIEN
- 3 DAWBER & ANDERSON