

Lund BARNACLE

April 2008

All proceeds to the Lund Community Society.

\$ 2.00 (free to members)

IT TURNS !!



Several Lund volunteers got together to fence in the lower portion of the waterwheel to reduce the risk of injury to unsupervised children. Last fall, the Lund Harbour Board had immobilized the waterwheel due to liability issues.

The new fence is built to code and includes a gate which may be removed for maintenance or in case of emergency.

Thank you Ian, Ron, Michel and Marc. Story and photos inside.

The Voice of Lund and the Region

www.lundcs.org

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The Lund Barnacle

By 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 483-9220 or email 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.

Ignore the naysayers. Just do it. If you've got a project in mind, or an idea - go for it! Life is too short to be listening to people who have nothing better to do than shoot down other people's ideas.

And once you get started, you'll be surprised at the number of people who support you. They'll come up to you and say "Good for you!" and "Great idea", and "Wow, you're so creative".

And it's spring - a time for new beginnings. What better time to get going? So stand up, take a deep breath, throw back your shoulders and say "All right. Here I go."

And when you have things underway, drop me a line and let me know what your idea or project was and how it's going. Maybe I'll print it in the Barnacle and you'll inspire someone else. Pass it forward.

Advertising Rates

Business Card Size: \$ 7.50
Double Business Card Size: \$ 15.00
Quarter Page: \$20.00
Half Page: \$ 40.00
Full Page: \$ 80.00

Colour ads multiply by 1.5

All proceeds support the Lund Community Society

Next deadline for submissions is
June 15th, 2008, for the July edition.

January's Crossword Answers

T	I	P	S	Y		N	A	B		C	L	U	M	P
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Apologies for four omissions in last month's puzzle as listed below:

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22D - ROD
Linear Measure

47A - OF
That is

62D - NE
Compass dir



The Goodwill Committee of the Lund Community Society exists to help create a sense of community in Lund by acknowledging and sharing important events in people's lives and letting them know that we care.

Since January 1, 2008, the Goodwill Committee sent cards to seven community members, expressing our congratulations for new baby arrivals, get well wishes and thoughts, and sympathy and condolences.

As it is only possible to contact those people we hear about, it is important that any news that needs acknowledging be brought to our attention. Anyone with information should call Sandy at (604) 483-2395.

Who Dun It? or Do I Know You?

By Anne Maleska



Usually in Canada when we change the name of an icon we go through a lot of fuss and bother. In the Lund area it seems that process has been shortened. Perhaps there is great wisdom in this name change, perhaps the name "Smokey" is a politically incorrect name for a bear these days. I wondered if the shape of the bear could have anything to do with the name change and does the shape and name change reflect on someone in the

community? After mulling these ideas over I realized this was a situation requiring the attention of the whole community. I pass these pictures on to the Barnacle by way of soliciting further input as to the how, why, when, and who (is it one or many) is behind this potentially explosive political act.

Imagine...someone in our community with a sense of humour defying the status quo! I say...three cheers for rabble rousers.



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They're Coming Back!!

The Bathtub Racers will be back for Lund Dayz on August 16th. Pictured here is Melvin with his 2007 trophy.



Yoga in Lund

Yoga that flows

Lund Community Centre

Winter Session ~ January 8 to March 14 ~ 10 Weeks

	Tuesday	Wednesday	Thursday	Friday
Beginner	4:30 - 6pm		2 - 3:30pm	
Level 1	6:30 - 8pm		4:30 - 6pm	7 - 8:30am

One 1 1/2 hr class per week \$110

Unlimited classes per week \$120

Drop in: \$11

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

Call Jennifer for more information or to register

483 - 4286

Please register before Jan. 4 Space is limited

*Each class will run based upon a registration minimum.

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

A Remembrance of Don Worthen

Don was born in Weymouth, Massachusetts, on March 14, 1939, the third and youngest child of Dorothy and Ray Worthen. Don's brother Bob is 7 years older and lives in California. Don is predeceased by his sister Barbara, who was 10 years his senior. Don's father was the town dentist in Camden, Maine, where Don spent much of his childhood. The family moved to California where his father worked for a few years before returning to Maine.

Don graduated from Camden High School, supposedly as an average student; hard to believe knowing Don's talents. While in high school, he learned to be a magician and performed for the local Elk's, Rotary and Mason's Clubs. His girlfriend, Penny, was his helper, but unfortunately for her, he made her disappear in one of his acts!

Don enrolled in Bowdoin College, an all male He was on the college ski team, which might performance in school. Seeking a broader country for a year, washing dishes in New State, with a lot of hitch-hiking in between.



In 1960, Don joined the US Army, a great trained in Texas and was stationed in France and temporary housing units; a sign of things California Polytechnic University on the G.I. Bill and studied Architecture. Don put himself through school by painting houses. He also worked for his friend and fellow student Don Robertson, whose company name, Lightning Electric, was the name Don would use in Canada for his own contracting business. He was President of the Student Architect Association, the first of his many volunteer positions in life. It was also during this time that he met another of his passions, Sherry.

school, but flunked out after two years. have had something to do with his perspective, Don traveled across the Orleans and picking fruit in Washington

place to get a future education ticket. He during the Berlin Crisis, designing roads to come. When he left the army he went to

Sherry, then 20, was living with Pam Butterfield, a childhood friend, in the back half of a duplex while Don and his friend Buster were living in the front half. According to Sherry it wasn't "love at first sight". When her step dad Lee moved her in, he said "So, are you going to fall in love with one of those guys in the front?" She replied, "Oh Lee, they're old and bald. I like surfers!" Gradually they came to know each other, Don borrowing cigarettes from her and working on his car in her garage. This friendship became more serious when another girl showed interest in Don! To test the waters further Sherry took off to Europe when things weren't going well. Don proposed to her in a curious way by letter saying "Wife come home before you aren't one!" He proposed again in the "Happy Jack Bar" in Morro Bay. That same night, drunk on love and booze they announced the proposal to her parents who said "we'll believe it when we see it!" They were married a year later when Don noticed the marriage license was about to expire; it was raining and he couldn't paint houses that day so it was off to the courthouse to get married.

Soon after they were married, Don, then 30, graduated with a degree in Architecture in 1969. Upon graduation, the couple moved to Monterey California, where Don began to design and build houses with a college friend. Sherry came up to Lund in 1972 to visit Pammy in Rasmussen Bay and returned to convince Don that they should move to Canada. Don and Sherry immigrated in 1973, Don committing sight unseen! They moved into the very small and rustic Jarvis cabin, a fixer-upper, just north of the Doerkson's property.

Here they made a lovely home and had Seth, their first child in 1975. Don went fishing every evening in his outrigger sailing canoe, designed by Don of course. He spearheaded the first of several Lund Regattas, a highlight of the summer in our early hippie days. He built a toy making shop in the basement of the Lund Community Hall and made train sets, trucks, vans, trikes, mice and stick horses. All of our kids remember the joy of playing with one of Don's wonderful wooden creations, and they are still in use today. It was during this time that the family moved onto their present property above Rasmussen Bay into Dennis McCartney's little house with no electricity or water and started remodeling once again! Son Dillon was born in 1977 and three years later daughter Amber was born in 1980.

Don and Tony Watty started an Architectural Design Business and had an office in one of the rooms of the Lund Hotel. He designed houses for the Redfords, Allmans and the Monjars. In order to ensure that his designs were carried out just right, he and Maz Mazurek built the houses under the company name of

Around 1984 Don and Maz decided to build a spec home on Lytton Street in Powell River. Unfortunately the spec home was built during one of Canada's worst recessions; they lost their shirts. Don and family then decided to return to California. They stayed for two and a half years while Don worked as a carpenter with a friend. They returned to Lund in 1987 and Don again started up Lightning Electric and became the area's primary electrical contractor for the next 20 years. Whose house or business hasn't Don worked on??!!

A self-taught musician, Don played mandolin and banjo in two campus bands; a Dixieland jazz band called "The Polar Bear Five" at Bowdoin and "The Chrome Plated Junk Band" at Cal Poly.

Don was jack-of-all trades, and a master of all, contrary to the saying. His children have often referred to him as one of the last of the true renaissance men. He designed, built, wired and painted almost everyone's houses, including his own. He fixed his own cars and trucks and even built roads for them too! He was a tinkerer and inventor of things that couldn't be made; he could make or fix anything. He was a man of principle and wanted things to be done right. For example, any party where a roasted turkey made an appearance Don's carving skills were in demand; he'd take out his carving stone and in his patient and precise manner, he'd sharpen the knife and carefully carve and plate the bird.

Don was the neighbourhood gamesman and spent many enjoyable evenings and weekend afternoons with friends Jeff, Jack, Russ, Barry and Bob playing bocce ball, crokinole and poker. Don always had a delicious homebrew for a thirsty guest. The favorite evening game, always continuing late into the wee hours, was held in the house of whoever's wife wasn't home at the time. After scotch and home made beer, howling at the moon usually capped the night's activities!

Don was President of the Lund Community Club several times, spent many hours building the new Gazebo and helped the drive to purchase Lund School as a new centre for the community. He was the one called when anything went wrong with the building. He also was the volunteer electrician for the Sunshine Coast Music Festival for 12 years, setting up on Friday and taking down on Monday and was always on hand in his front row seat if things broke down.

Don was a devoted husband and family man, (he made the very best Sunday morning pancakes) and believed in staying close to home; maybe too close for Sherry who loved to travel (Don just didn't like to fly). He and Sherry built a warm home and lovely garden together. Their relationship was strong and they created wonderful children who created wonderful grandchildren – Sage and Reed – for Don and Sherry to enjoy. Don's memory will remain alive in the stories his children will tell his grandchildren.

In August of last year Don's adopted son, Lucien, was getting married outside of Halifax. Don, Amber and Sherry flew to Nova Scotia (remember his dislike of flying) to be a part of Lucien and Robyn's special day. After leaving Halifax, Don, Sherry and Amber traveled on to Maine so that he could fulfill a promise he had once made to Amber. He showed her his boyhood home in Camden and all the places he spoke to her about from his childhood.

Don will be greatly missed. Who will we call when we need that next electrical job done right now? The Community relied on him and Don couldn't say no. He made many sacrifices to make our lives comfortable, not easy shoes to fill. Dillon said, "People usually learn in one of three ways; by hearing, seeing or reading, but Dad was able to learn all three ways. Maybe that's why he was good at so many things."

Don was unique; a New Englander in his thinking, a renaissance man able to do just about anything, and above all kind and caring. Don's presence will always be with us in the things he did for us, in his overwhelming generosity and in his spirit of community.



The new plaque on the boardwalk

BIG SUMMER SHAPING UP FOR BOARDWALK RESTAURANT

By Donna Huber

A phenomenal amount of work has been put into the 2008 version of the Boardwalk Restaurant...as owner Ian Thomason deliberately understates it; "We spent a bit of money."

Monies spent include an entirely commercial kitchen, including a stainless steel dishwasher, (dishes used to be washed by hand) large cook stoves, deep fat fryers plus an outside walk-in custom built refrigerator room. Pizza ovens were on order as we spoke.



The old kitchen was equipped with ordinary domestic appliances, so the change is huge, and very exciting for chef James Gregory, who cooked for the latter part of last season on the old stuff.

James grew up in Powell River and has cooked at the Lund Hotel. He moved for a time to Ontario and trained in fine high volume restaurant dining at the Sam Jakes Inn, and as a sous chef at the Juke Box Café. As a result, he has lots of ideas and experience under his belt to share.

At the time of this interview, there chaos reigning in the restaurant; piled on top of the tables and blue and white) was still being outside, the 'Dinghy Bar' is ready, all in place, creating more outside

The Dinghy Bar is built along the restaurant, looking out to the with stools and umbrellas for some noshing and sipping.

Inside the restaurant, the kitchen and there is much more dining diners up from 24, and the total capacity will be around 110.



was a certain amount of stacks of new dishes were interior painting (a crisp done...meanwhile, and the new railings were space for tables.

south side of the ocean and will be lined great summer time casual

has been pushed back space...it will now hold 36 inside and outside seating

When asked about the menu, chef James described fresh local treats such as halibut or salmon poached in an olive oil bath, large platters of mixed seafood, thick chowders crowded with mussels and clams. Portions will be generous, and James is bringing back the classic Lund Burger, which as many will recall, includes two meat patties, and mushrooms, bacon, cheddar and onions! There will be fish and chips, too, with a take-out option. When the new pizza ovens get fired up, there will also be eat-in or take-out pizza...gourmet pizza...as co-owner Catherine Burton described them, musing over the idea of an oyster and cream sauce variety.

The summer hours will be from 10 until 10 and each from 10 until 12, then the lunch hour from 12 until 4, 10. Brunch will feature full breakfasts, 'loggers' and

While the restaurant will be open four days a week the middle of May it will be running seven days a week



day will start off with brunch, and then dinner from 4 until 'fisherman's' specials.

starting on Good Friday, by all summer long.

www.theboardwalkrestaurant.ca

Pleasure Craft Operators Card

If anyone is interested in taking the test for this card, please let us know. The instructor will distribute the books, we will study them, and he will come out for a day to answer any questions we may have. He will then give us the test. Cost is \$40.00 and we would like to plan it for mid April. It will be held at the Lund Community Center.

Contact information

Rianne 604 483 9605

Judy 604 483 2246

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Play Group

Fridays, 10 am - 12 noon
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Everyone Welcome!

Call Amanda (483-7928) or Jasmin (483-9713)
for more information.

Lund's New Year's Baby made it to the Peak's front page. She is a girl, Melody Diamond Beaton, born to Josie Bakker and David Beaton. They live south of town, but Josie grew up in Lund. Her mom is Karen Trace, who still lives here.



New boat launching ramp at Okeover.

Lund Community Society

Library

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Sports Day

On Saturday, May 3, from 10 a.m. to 2-ish, the Lund Community Society will host our fourth annual Sports Day, with teams made up of kids of all ages, and a community potluck to feed all the hungry participants and spectators. Everyone is welcome. Everything is free, although donations to the Society are always appreciated.

We'll begin by distributing players among the teams of Chinooks, Eagles, and Cougars, and then we'll start the races. Events will be relay or a cooperatively competitive style, including the shoe-pile search, the dress-up relay, and the fawly tower construction, just to name a few. Ribbons will be generously awarded.



By the end of the day, your face may hurt from smiling just watching the extreme cuteness of the little kids and the hilarious antics of the older ones. It's a real hoot and a wonderful community gathering. This is an outside event, so it is somewhat weather dependant. Let's plan on sunshine!



A parasurfer enjoying the wind off Emmonds Beach.

Photo courtesy of Al Dicken

Save a Tonne, Save a Life

www.kyototwist.org

BETTER AND BETTER AT THE BAKERY.....

by Donna Huber

Nancy is beginning to ramp up for a busy summer season, anticipating the huge pick-up in pace, food out-put and staff, after the relatively quieter and easier working hours of winter. (Watching Lund morph from winter to summer is one of the more amusing aspects of living here...how a quiet grey-toned little coastal village can go so bright and mad and commercial over the space of a month or two, and then over the next month or two, sink back into a rather stunning quietness. But we like it that way, don't we?)

It is a blessing to the community that Nancy bakery open all through the somnolent providing a place for locals to drop in for a and suss out who else is in from the rain and something sweet to eat.

Meanwhile, Ben and his construction crew somewhere!) to pour a large flowing cement which will make it easy for wheel-chairs, steady under ordinary patio chairs for added some flowerbeds while they were at it, so the seaside garden aspect of Nancy's will be even further enhanced this year.



chooses to keep the winter months, casual cup of coffee looking for a hot mug

found time (from and pebble patio, and much more outside seating. They



Inside, there are some new menu items to be sampled; a large 'fisherman's breakfast' for one example, and a French toast breakfast made with their new whole-wheat apple raisin loaf. If you like granola, there is an in-shop version, which can be ordered by the bowl or taken home in a bag. (Nancy reports that the bags sell as fast as they can fill them up.)

The full breakfasts go along with a generally expanded full meals selection. Each day will feature two soups and other hot lunch items. The pizza toppings at Nancy's have always been inventive and delicious; this year you can discover roasted butternut and roasted veggie pizzas. Of course the usual array of baked treats plus, will be filling the shelves again to try and keep ahead of the coming line-ups. Oh, and the popular ice-cream cart will be back again, too.



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HELP WANTED

Student (16 - 30 years) for Info Booth Manager in Lund. Fulltime, flexible days. Submit resume to Lund Community Society, General Delivery, Lund.

Student (16 - 30 years) for Assistant Manager at SunLund Campground in Lund. Fulltime, flexible shifts, accommodation can be arranged if necessary. Mail resume to Box 127, Lund.

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Investigating Climate Change, Forage Fish and Seabirds in Desolation Sound

By Michael Janssen

It's approximately two o'clock in the morning, mid-April, 2007, and our crew of three is searching for the elusive Marbled Murrelet. We are in a 16 foot zodiac, near Mink Island, and trying our best to stay warm. The Marbled Murrelet is a small, threatened seabird that spends the majority of its life at sea, but nests high on mossy limbs of coastal old growth trees. They are referred to as MAMU, foglarks, *Brachyramphus marmoratus*, and even "kiss-me- asses". The only reliable method of catching these birds involves using a spotlight and a long salmon landing net to dip net the birds from a zodiac at night. The work is difficult and requires exorbitant amounts of patience, as we only capture one bird for every three hours spent searching. Desolation Sound provides an ideal site to capture murrelets due to its sheltered location and high murrelet densities. For this reason, murrelet research has been based out of Lund since the mid-90's and will continue again this summer. Unfortunately these birds are becoming more difficult to find due to widespread declines in abundance throughout their range, from California to Alaska. The most recent conservation assessment from U.S. government biologists estimates that populations have declined by 70% over the past 20 years in British Columbia and Alaska.

Logging of coastal forests has reduced the availability of nesting habitat for these birds and is considered the primary mechanism responsible for the population crashes. However, a growing body of scientific evidence suggests that changes in ocean climate may also be partly to blame. Large scale variation in ocean temperature can alter the structure and function of marine food webs and have negative consequences for marine predators, including salmon, whales, and seabirds.

Our research is a collaboration between biologists at the University of Guelph, the University of British Columbia, and the Canadian Wildlife Service. Our goal is to try and understand whether changes in ocean climate may influence the availability of prey fish and in turn, the breeding success of Marbled Murrelets. When we capture a bird we pluck a breast feather and take a small blood sample. We then use stable isotopes of carbon and nitrogen from the feather and blood samples as chemical signatures that we compare to isotope signatures from different species of forage fish. This allows us to determine what species of fish are important to murrelets during breeding. Using feathers of murrelet specimens from museum collections, we are then able to reconstruct historic diet over the past 150 years. This allows us to look for relationships between diet, prey availability and ocean climate.

By understanding how changes in ocean climate influence abundance of forage fish and diet, we hope to provide information necessary for the conservation and management of the Marbled Murrelet, as well as other seabirds and marine predators.



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Volunteer Labor and Materials Restart Water Wheel

By Ian Thomason



The water wheel has been out of action for several months due to concerns relating to young children being hurt by the wheel whilst playing nearby and being attracted to the structure by the water and the movement.

As a means of avoiding a catastrophe the Lund Harbour Board decided to make the wheel inoperative by chaining it up and cutting off the water supply.

As this is one of Lund's more significant tourist attractions and with Summer fast approaching it was of concern to many that the wheel's state of inactivity would be detrimental to the village.


So with the above in mind the task of fencing off the wheel was taken up by Ian Thomason (The Boardwalk Restaurant) and Ron Cochran (Sunlund campground) who together drove to Goat Lake Forrest Products to pick up the necessary timber.

While selecting the timber from the yard, the plight of the water wheel was discussed with Wayne and Bill of Goat Lake Forrest Products, who, as it turned out were quick to come forward and offer the timber as a donation to the Lund Historical Society, the official guardians of the wheel.



The timber list Ian and Ron picked up had been compiled by Marc DuPuis & Michel Boutin, both builders who have spent the last 3 – 4 months renovating The Boardwalk Restaurant. Both Marc and Michel generously donated their time to construct the fence and the project was completed from start to finish within 24 hours.

So our special thanks go to Goat Lake Forrest Products, Marc DuPuis, Michel Boutin, Ian Thomason and Ron Cochran for their contribution to the Harbour.



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South American Travels

By Shannon Bomford

Our 3 day excursion around the salt flats of Bolivia was fantastic! We drove all over the giant lake of salt and went to a nature reserve island in the middle of it. Beautiful, fun, and had the biggest cactuses I've ever seen! Three other girls were also travelling with us (2 from New Zealand and 1 from South Africa) so we all had a blast together. We learned a bit about harvesting the salt and some more about salt lakes. It was crazy white, like snow, so we all had our shades on the whole time. We stayed in a salt hotel that night and had a nice dinner and watched a lightning storm before bed.

Up before the sun, we got ready to drive for another few hours and saw some neat caves that used to be under sea and had algae, seaweed and coral formations in it. Close by there was also an ancient grave site of the Kachwa people of Bolivia. The graves were dug up and there were a few human skulls lying around, they were really small. Our guide told us they were fully grown but the people then were very small and short. I thought they were kids. Another few hours drive over Andean desert, we viewed a red lake, volcanoes and lots of volcanic material, flamingoes and some semi-famous stone formations (stone tree). The hostel we stayed in that night was *ahem* quite unique (cold, scary washroom, no showers, stone beds) but it was safe.

Another early morning (about 5am) we left and experienced geysers, pretty darn cool! We even warmed our hands over them since the air was might chilly at about 5000m above sea level. After another colourful lake (green) we reached the boarder of Chile, passed immigration, and are now in the town of San Pedro de Atacama on the Atacama desert. We just went out to dinner, it was very unsatisfactory. Sandy and KT had Chili (yep, in Chile) hoping it would be good, it wasn't, it sucked and was too spicy, so I gave them some of my icecream to cool their mouths down. Tomorrow we're getting on a 10 hour bus to Salta (in Argentina), then it's another day or 2 drive to Iguazu Falls from there. I'm reading a few good books so it's not going to be that boring. And I hear the Argentinian busses are the best in S. America. They even have bathrooms.



Yesterday's sandboarding trip was amazing, we took a dune buggy through the desert and sandboarded down some pretty steep hills. We also watched the sunset over the desert and sand dunes and went to see an oasis. We are staying in an oasis right now with a small town built around it called Huacahina. It is a very nice place



and our hotel is quite pretty with a pool and friendly staff. We've met lots of other travellers and learned alot about other places to travel in Peru and around the world. Really interesting stories and very nice people. There is a nice little restaurant at the end of the block that we enjoy greatly and eat at everyday. The first night (2nights ago) we took a Pisco tour. Pisco is the native drink here, named after the town we stayed in previously. Pisco tastes like very sweet wine, we also got a history lesson about it, I've never felt so touristy before. I also met someone from Victoria who knows my dad and bought oysters from him, small world huh.

Our boat trip to the Islas Ballestas the other day was facinating, very informational on the wildlife and we got to see lots of birds and sealions. We saw a mommy sea lion teach her young to swim, it was only a month old. The sea lions were very loud. We saw penguins, boobies, pelicans, seagulls and the islands that they live on are used to harvest their poop as some of the most expensive fertilizer. It smelled like dead starfish. After that we toured the Paracas national park. It was beautiful and we learned alot about the history and conservation of the area. It was really fun.

Wow, Machu Picchu was wonderful, and Katie and I hiked Wayana Picchu which is the tall mountain beside Macchu Picchu. I really liked it. I was quite out of breath some of the time since the air in the mountains is so thin but I had a very good time and lots of energy. Went to the very top and enjoyed the breath taking view of all the mountains and land around us. Took tonnes of pictures! People from all over the world come to see Machu Picchu so we met all sorts of people and it was neat to hear all the different accents and languages spoken around us.



Saw lots of llamas and i think I saw a condor (a bird sacred to the Incas). After our busy day of hiking and exploring, we went back to Cuzco on the train and spent the night in Loki Hostel again. I like it there, we meet backpackers from all over and learn about other places in south america and the world to visit. The breakfast is also included there and we get lots of tea. The next morning we got up early to catch a bus to Puno and here we are. So... today we had another very productive day, we boated to the Uros Islands on Lake Titicaca and learned about how the natives build the floating islands and how they live and about the environment of the lake. I really like the floating Uros Islands, they're very soft to walk on. A cute little girl we met on the islands saw Sandra eating a sucker when we were there and started to cry because she wanted one too so Sandra made her super happy and gave her the last one. We were told we're allowed to give the children candy and things but not money. It was a beautiful sunny day but for some reason, rained a little bit around 6pm and there was some sheet lightning.



When we got back to Puno we went out for lunch and had the menu of the day which is often a 2 or 3 course meal of soup, pasta, meat, drink and a dessert and usually cheaper than everything else. Today it was a bit of lasagne, a meat and veggie soup, and chicken spaghetti and a jello, all very yummy and filling.

Hmm, whatelse? We've been on the go for most of the trip so this evening we relaxed in our hotel which happens to have tv and we watched some shows in english with spanish subtitles. It made us feel at home, haha. Well, thats most of what I can think of for now, feel free to write me anytime, I'll do my best to write back asap. Lots of Love Shannon xoxo

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*The older you get, the tougher it is to lose weight, because by then
your body and your fat are really good friends.*

The Ever Changing World We Live In

By Donna Huber

As a person who grew up in the 1950's and 60's, in Lund, it is astonishing sometimes to look around and remember how things were before.

The changes are profound, for example, in terms of the numerous large houses you can see looking inland from the ocean. Most odd, comparing that time to now, are the ones that are dotted up along the steep, overlooking hillsides...my own included, all on land useless for farming or proximity to the wharf. The sheer size of the homes would have been unimaginable in my childhood days, and also the elaborate luxury of many of them. After all, in the early days only fishermen and loggers, hard working, and mostly not very rich people, lived in Lund. They were people who needed for their livelihoods to live 'way out here' to be close to the sea. Almost everyone lived within easy walking distance to the store, pub, harbour and school. Fishermen had to be able to get up out of bed and down to the wharf quickly at night when if the wind started to come up.

Until very recently it was no thing of pride to be 'from Lund.' All through my days of high school to be a Lund kid was a clear negative(to townies!)...it meant that you were either from a rough working-class family or you were part of the migrating American hippy element that began in the late 60's and created a huge myth-base all on it's own. This included the much ridiculed slapped-up alder-pole style housing, and alarming communal living arrangements, such as the intriguing gatherings of folks at Galley Bay, which were rampant with rumours of nudity and polluted wells.

(In truth, many of those casually built houses lasted for years, and were often re-invented over and over again, and now exist as solid, elegant homes. Some have vanished into the mulch, of course, and only remain as faded photos in a box somewhere. It would be interesting to see some now, as they really did mark a time that will likely never come again. Very few people today will spend hundreds of thousands of dollars for a bit of land, only to whip up some poles and tarps and milk-crate counters! Or dig a well or outhouse. You can't even purchase land now that doesn't have a drilled well already in place.)

Astonishingly, to me at least, quite a few homes in Lund, enormous, be-decked, many windowed, worth many hundreds of thousands of dollars, are enjoyed briefly during the summer months and then sit empty all winter.

The hotel, which used to cater to the working man, and the store which used to aim it's stock at the housewife or tug-boat cook, are now focused on the tourism market, with stocks of wine and tee-shirts, grilled prawns and baskets of yam fries. In the fifties and sixties, there were no tourists. Nobody was interested in a tiny fishing village, with a male dominated beer parlour and a café that served it's soups and white bread sandwiches on thick hotel dishes and it's coffee from a glass bubble that sat for hours on a hot plate.

So many changes, and many of them quite exciting. The entire coast, from Emmonds Beach to Sarah Point seems to be springing alive with buildings and docks. The money that is being spent...where is it all coming from? It boggles the mind.

One wonders, looking around, what the next ten years may bring to Lund.

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Community Centre Reno Blitz...

By Donna Huber

Again, the mighty Rianne Matz has taken the bull by the horns and initiated a whirlwind of renovating activity on the kitchen of the Lund Community Centre.



Through a combination of actively, relentlessly, politely, encouraging volunteers to come and wield brushes and rollers, and with some grant monies pay incentives, there is significant change to behold.

The working space has been enlarged via a wall being removed, and a central workstation installed. Cabinets were taken apart, repaired, and repainted. Walls were fixed, dry walled, mudded, sanded and painted. A cheery yellow vinyl tile floor was installed.

On the day that Bill and I went down to lend a hand, only Rianne was present, calmly getting paint tins stirred and setting out the required tools.



"There's supposed to be more people here." She informed us, pointing out where we might like to get started with a shop-vac, brushes and rollers. She thought that the fact of it being a Sunday might have something to do with the glut of helpers. Still, she kept the faith; more help would certainly arrive. Presently, Sandy Dunlop came by to lend a hand. Walls and cabinets came swiftly alive with fresh white paint. Later on, Rianne's husband Chris and Guy Cousins stopped in to make sure we weren't mucking up the walls they had done a day or so previously.

A day or two later, Gordie Mallory came by and installed a new floor and the bright yellow tiles. Thy Will Be Done. Stop by and take a peek through the kitchen window one day, and be amazed.

Tentative Upcoming Summer 2006 Schedule Route 14 - Lund Connector To Lund

(Effective Tue Jul 4, 2006 until further notice)

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Trip Notes (see below)	Lv. Town Centre Mall (North) (B)	Lv. Hospital (H)	Lv. Cranberry at Manson (D)	Lv. Lund & King (L)	Lv. Sliammon (by Church) (G)	Lv. Hwy. 101 at Southview Rd. (S)	Lv. Hwy. 101 at Craig Rd. (C)	Lv. Hwy. 101 at Malaspina Rd. (M)	Ar. Lund (U)
Tue & Fri	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) (B)	Lv. Hospital (H)	Lv. Cranberry at Manson (D)	Lv. Lund & King (L)	Lv. Sliammon (by Church) (G)	Lv. Hwy. 101 at Southview Rd. (S)	Lv. Hwy. 101 at Craig Rd. (C)	Lv. Hwy. 101 at Malaspina Rd. (M)	Ar. Lund (U)
Tue & Fri	4:05	-	-	4:14	4:23	4:29	4:35	4:41	4:47

Trips operate on Tuesday and Friday only.

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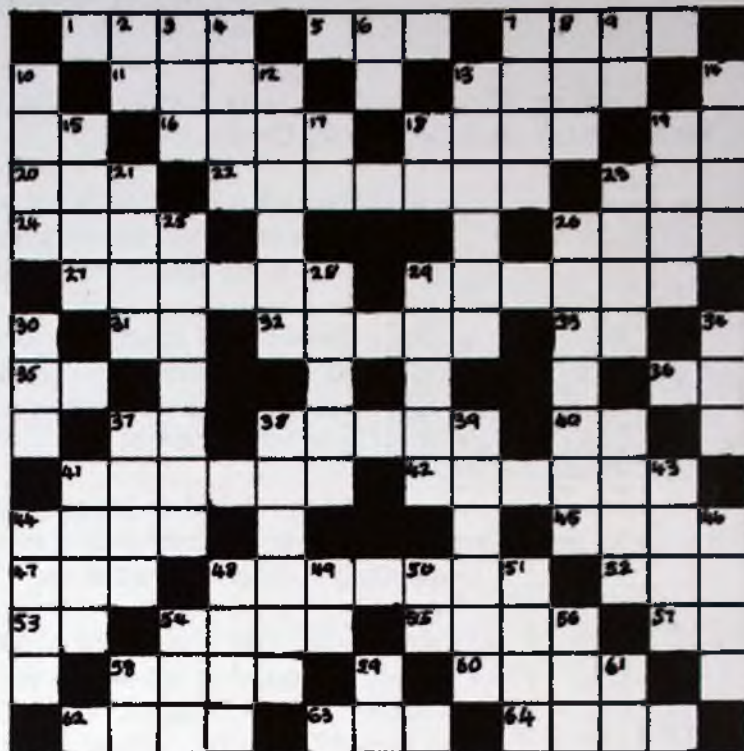
Marriage Seminar

While attending a marriage seminar dealing with communication, Tom and his wife Grace listened to the instructor. "It is essential that husbands and wives know the things that are important to each other." He addressed the man, "Can you describe your wife's favourite flower?" Tom leaned over, touched his wife's arm gently and whispered, "It's Pillsbury, isn't it?" The rest of the story gets rather ugly, so I'll stop right here.

ACROSS

*10 BY C. CRESSY

- 1 KAFFIR LANGUAGE
- 5 KIPLING BOOK
- 7 FLESHY SEED COVERING
- 11 TEMPO
- 13 COMPLETED
- 16 PRYING
- 18 WRITES
- 19 HAVE EXISTENCE
- 20 ASPRIN
- 22 EQUAL PLACE (GK)
- 23 A JOB
- 24 KNOWLEDGE
- 26 RODENT (S.AMERICAN)
- 27 ELECTRICAL DEVICE
- 29 PLEDGE
- 31 ANONYMOUS
- 32 SOLID
- 33 OPPOSITE OF NW
- 35 ARMY RANK (ABBR)
- 36 LV ÷ V
- 37 GREEK LETTER
- 38 SOLEMN
- 40 EQUALLY
- 41 WINDOWED BOOTHS
- 42 HAZARD
- 44 VIEWED
- 45 NY CANAL
- 47 SHOWED THE WAY
- 48 ABSORB
- 52 COXCOMB
- 53 ELEVATION (ABBR)
- 54 SEE #44 ACROSS
- 55 YIELD
- 57 CAN. CITY
- 58 SEE #13 DOWN
- 60 CANCEL
- 62 MOVE GRADUALLY
- 63 BROTHER OF WILLIAM I
- 64 EGGS



DOWN

- 2 EXTRA WORK
- 3 FAULT
- 4 MINE IN PARIS
- 6 SON OF MILED
- 7 TOPS
- 8 HOSP. ANGEL
- 9 THAT IS
- 10 HEREDITARY RIGHT
- 12 SCHOOL WORK
- 13 RELY ON
- 14 THE BLUE STAR
- 15 HEBREW LYRE
- 17 SLANG AFFIRMATIVE
- 18 ITALIAN RIVER
- 19 PLEDGE
- 25 JOY
- 26 SEA VOYAGE
- 28 GOES ALONE
- 29 OVER
- 30 SANDWICH (ABBR)
- 34 MELODY
- 37 VARIEGATED
- 38 IN SHORT SUPPLY
- 39 BROUGHT UP
- 41 SHIPS SPINE
- 43 PUBLIC DISORDER
- 44 DID IN
- 46 HEROIC POEM
- 48 CAPRI IS ONE
- 49 -- SELF & ME
- 50 EMER. WORKERS
- 51 FIRST GARDEN?
- 54 HOSP. SCANNER
- 56 HIGH PRIEST
- 58 MAP ABBR.
- 59 DRUG TERM
- 61 ALIEN