

stay e-connected with your
neighbours by the sea
SEAVIEWBREEZE@SHAW.CA

seaview breeze

Your neighbours have shared their wonderful photos, mouth-watering recipes, the wonders of travel, hope for Blue Herons, jokes, items for sale and upcoming events. These photo captions ~ from the edge, forest weave, playful porpoises ~ aptly describe three of the many fabulous photos contained in this issue of the Seaview Breeze. From first-timers to seasoned contributors, this e-issue is a compilation of creativity and originality. Kudos to everyone! ENJOY!!

Thank you ...

seaview breeze

inside scoop

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Sun-kissed low tide

photographer ~ Elaine Prodor

... contributors

Lynn Sutherland
(Editor)
✦ **Lois Clyde**
(Proofreader)

April 2018 e-news
Volume 7, Issue 1

spring is here



photographer ~ Cynthia Barnes

Winter
Rose
aka
Hellebore



life's like that

SEENAGERS

I just discovered my age group! I am a "Seenager" (senior teenager). I have everything that I wanted as a teenager, only 50-60 years later.

I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant. In fact, they aren't scared much of anything. They have been blessed to live this long, so why be scared? And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager. Here's why...

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

So there! I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends; they might be my friends, too.

life's like that ... cont'd pg 6

~ **Barrie Barnes**

what's on your front door?



This is a shell wreath at our front door. This *Pacific Coast Fly Catcher* has nested here for the 2nd time. She usually nests somewhere around the house every year, usually 4 in each clutch. We can take pictures from our bedroom window.

~ **Lois Clyde**



My favourite garden tool. It digs. It spreads. What more could you want? I bought it a few years ago at *Home Hardware*. Love it!

Cynthia Barnes



travelark

~ **Wayne & Doranne**

Wayne and Doranne deMontigny invite you on their travels to Spain, Gibraltar and Portugal. Click on the link below to read their first *Travelark* blog, select the Next Entry to continue reading. Lots of photos too.

<http://v2.travelark.org/travel-blog-entry/wdtraveltime/4/1522619931>



Blowhard's view from the sea

photographer
Jim Clyde

TELL ME ... WHAT DO YOU CALL CYNTHIA'S GARDEN TOOL (see photos above)?

Everyone loves a laugh ~ so, why not three?

What do whales like to eat?... *Fish and Ships*
What do you call a baby whale?... *A little squirt!*
What do whales like to chew?... *Blubber gum!*

Blowhard's motto ... *to always have a WHALE of a good time!*



for sale

Contact **BARB STATON** 250-337-5228 or barbstaton@gmail.com



Blue/Black Jøtul

10 years old. Barely used.
CSA approved. Like new.
\$1200



8' Rowboat Dingy (fiberglass)

Oars included.
Good condition. \$200



Samsung Dryer

10 years old.
\$200 OBO

Kathi Rudko ArtWorks
Spring Art Classes and Workshops



Watercolour

- Beginner through Advanced
- Three hours a week for 6 weeks

Acrylics

- Acrylics
- Beginners & Intermediate
- Three hours a week for 6 weeks

Workshops

- Oil and Cold wax painting
- Introduction to Encaustics
- Mixed media Florals
- Altered Spaces' Collage

Drop-in Sessions

- Any medium, any level - Bring your ideas and get help bringing them to life!
- Mon/Wed/Fri afternoons 1:30 – 4:30

For more detailed descriptions of the courses, workshops and dates visit my website <http://www.kathirudko.com>
To register email kathi@kathirudko.com or phone 250 337 5302

RHUBARB CUSTARD PIE ~ MO ROSS

INGREDIENTS

- ◆ 3 cups rhubarb - cut
- ◆ 1 cup sugar
- ◆ 2 tbsp flour
- ◆ 1/2 cup light cream
- ◆ 2 eggs
- ◆ 1/4 tsp salt
- ◆ 1 tsp Vanilla



INSTRUCTIONS

1. Mix rhubarb with 1/2 cup sugar and flour
2. Put into an unbaked pie crust
3. Mix together 2 beaten eggs, 1/2 cup sugar, salt, cream and vanilla
4. Pour over rhubarb
5. Cover with a top crust
6. Bake 15 minutes at 450 degrees F; then 30 minutes at 350 degrees F

BEST EVER DAHL ~ CYNTHJA BARNES

INGREDIENTS

- ◆ 1 onion finely chopped
- ◆ 3 garlic cloves crushed
- ◆ 1 tsp grated ginger
- ◆ 1 bay leaf
- ◆ 1 tbsp olive oil
- ◆ 1 cup red lentils
- ◆ 2 tsp Indian curry powder
- ◆ 1 tsp ground turmeric
- ◆ 3 cups vegetable stock
- ◆ 1 sweet potato chopped in small pieces (less than 1/2")
- ◆ 1/2 cup coconut milk
- ◆ 2 cups baby spinach chopped



INSTRUCTIONS

1. Fry the onion, garlic, ginger and bay leaf in the olive oil until the onions are soft.
2. Add the lentils, curry powder and turmeric and fry for another two minutes, stirring continuously.
3. Pour in stock and add sweet potato and coconut milk.
4. Cook for about 30 minutes on low heat, stirring occasionally, making sure the dahl does not stick to the bottom of the pan and the sweet potato is fork tender. Add water or stock if required.
5. Add chopped spinach at the end of the cooking and stir through for 2 minutes before removing from heat.
6. Serve with a dollop of Greek yogurt and naan bread. Enjoy!

Campbell River Community Band
presents



That's Not Human!

Kolya Kowalehuk, conductor

Wednesday, 9th May 2018, 7:00pm
Maritime Heritage Centre
Admission by donation
Refreshments will be served

Central Island Studio Tour
May 26 & 27, 10am-6pm Daily

More than 100 of our studios are wide open for your visiting pleasure for these two days. You will see them highlighted in your print guide, as well as their tour status highlighted in the green boxes throughout this website:
<https://www.centralislandartsguide.ca>




2018 Central Island Studio Tour

Produced by: COMOX VALLEY your community arts council
Studio Photo: Martha Gustonski Jones

I thought I'd provide this information sheet on the Great Blue Heron. The Great Blue Heron is a Species of Special Concern that appears to be in decline.

We have a rookery in our neighbourhood on the corner of Seaview Rd and Mountainview Rd. This year there is one active nest. The Ecosystems Biologist of the BC FLNRO in Nanaimo would love to know if there are any other heron rookeries in the area.

If anyone has info on other rookeries, I'd love to hear from you.

Email ~ elmabay@hotmail.com

Great Blue Heron

~ Deb Sundberg

click on the link below to view this fact sheet

<https://www2.gov.bc.ca/assets/gov/environment/natural-resource-stewardship/standards-guidelines/best-management-practices/develop-with-care/fact-sheet-11-herons.pdf>

Develop with Care

2014

FACT SHEET
11

Great Blue Herons

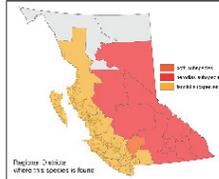
Environmental Guidelines for Urban and Rural Land Development in British Columbia





Are you planning any development on your property? If your property includes, or is near to, nest trees or feeding grounds of Great Blue Herons, this fact sheet will provide you with important information about complying with the law, protecting these birds and enhancing enjoyment of your property.

Great Blue Herons are found throughout British Columbia, near lakes and coastal areas. They may nest individually, or in heronries (colonies) with tens or sometimes hundreds of birds, and typically return to the same nesting areas year after year. Herons lay 2-5 eggs, usually between February and April, which hatch in about 30 days. The parents share the duties of incubating the eggs and feeding the young. At two months old the young are able to fly and seek food. A heron's diet consists mainly of small fish, but they will also eat shellfish, insects, rodents, amphibians (mostly frogs), reptiles, and small birds. Herons may live to be 17 or more years old.



At Risk

Great Blue Herons are a Blue-listed species; considered vulnerable to disturbance by Bald Eagles and humans. Urban and rural development results in the loss of suitable nesting areas and disturbance to birds during their breeding season. Especially during the early stages of nesting, unusual events and loud noises such as mechanical chippers, chainsaws, and large trucks may cause the herons to abandon their nests.

LEGALLY PROTECTED

It is an offence to possess, take, injure, molest, or destroy a bird or its egg, or the nests of birds when occupied by a bird or egg. The nests and nest trees of herons are protected year-round, whether or not the nest is currently active (B.C. Wildlife Act, Section 34). Herons and their active nests are also protected under the federal Migratory Birds Convention Act. 'Molestation of wildlife' is an offence under the Wildlife Act, and even walking near the nest or loud noises from equipment may be considered 'molestation' if this causes the birds to abandon active nests. In addition, the Coastal (foreshore) subspecies is listed under SARA as 'Special Concern', and both subspecies are listed as Identified Wildlife. If you wish to remove or modify heron nest trees, you must obtain a permit from the Permit & Authorization Service Bureau AND check with Environment Canada to see if a federal permit is required under the Migratory Birds Convention Act regulations.

DEVELOPMENT GUIDELINES

More detailed guidelines for protecting the birds and their environment are provided in *Develop with Care 2014: Environmental Guidelines for Urban and Rural Land Development in British Columbia*.

- ☑ Identify and mark out a buffer area around the heronry where there will be no activities (not even recreational trails). Naturally vegetated buffers help to shield the nests and young from human disturbance and predation by Bald Eagles, crows, and ravens. The Province recommends a buffer of at least 300 m in undeveloped areas, 200 m in rural areas, and 50 m in urbanized areas. An additional 'no disturbance' buffer of 300m should be applied during the breeding season, especially for isolated colonies not previously accustomed to people and their activities. Blasting closer than 1000 m from a colony is not recommended. Variations in nesting buffer distances may be appropriate, if a qualified biologist with relevant ornithological experience has determined, through noise and shock tests, that the herons will not be flushed from their nests as a result of the activity.
- ☑ Design and locate developments to avoid disturbing heronries and feeding areas. Talk to the local government about ways to concentrate development



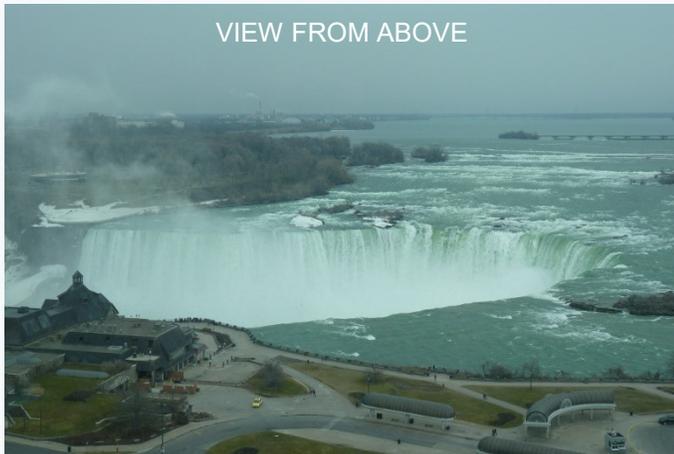
in areas with lower environmental values—for example through density bonusing or clustering development.

- ☑ Time construction carefully. Avoid any new disturbance between January 15 and September 15 when herons are nesting. Early in the season, herons are particularly susceptible to disturbance.
- ☑ Protect feeding and perching areas. Avoid draining or filling wetlands or coastal marshes, and maintain shoreline habitats in a natural condition. Protect communal roosting (perching) sites such as jetties, log booms and coniferous trees.
- ☑ Check with your local government to see if they have a Development Permit Area (DPA) or other bylaw that protects nest trees and buffer zones in your area.

For more information:
Develop with Care 2014: Environmental Guidelines for Urban and Rural Land Development in British Columbia
<http://www.env.gov.bc.ca/land/documents/bmpj/developwithcare/>
 Permit and Authorization Service Bureau www.env.gov.bc.ca/pasb/applications/ or call 1-866-433-7272.
 Environment Canada <http://www.ec.gc.ca/nature/default.asp?lang=En&nav=7564624-1>

Photos: Header - Great Blue Herons: Judith Cullington; Heronry: Susan Lattner.
 Book page - Great Blue Heron: Tom Middleton; Nesting heron: Trudy Chatsin

March 2014



Neil & I have just returned from a trip to Niagara Falls. They are spectacular and were well worth the trip. Unfortunately there was still a lot of ice at the bottom of them so many of the events were not running but we were still able to go behind the Falls and enjoy the "show". We also enjoyed *Butterfly World*, *Bird World* & the *Floral Showhouse* and used our "WEGO" bus passes to hop on/off around town making it easy to see everything. We were told that it was very quiet right now but in the summer it is packed with tourists so everything has a line up. So, we traded the nippy weather for the line ups!

We travelled down to Southern Ontario, missing the ice storm fortunately but there was a torrential rain storm that created huge waves on Lake Erie which

seriously damaged many homes along the shore line. What surprised us was how flat Southern Ontario is and how many wind turbines there are. Very pretty country which is mostly farmed with lots of small towns. In & around the town of Wheatley we saw all the massive greenhouses where much of our produce is grown. At night the sky is green from the lights in them. One disappointment was that *Point Pelee National Park*, renowned for its birds, was not open until May 1st. All in all an educational trip & we got to see one of the wonders of the world.



AMERICAN FALLS



STILL LOTS OF ICE



FROM THE EDGE

life's like that ... cont'd from page 2

~ **Barrie Barnes**

All the guys were all at a deer camp. No one wanted to room with Bob because he snored so badly. They decided it wasn't fair to make one of them stay with him the whole time, so they voted to take turns. The first guy slept with Bob and comes to breakfast the next morning with his hair a mess and his eyes all bloodshot. They said, "Man, what happened to you? He said, "Bob snored so loudly, I just sat up and watched him all night." The next night it was a different guy's turn. In the morning, same thing, hair all standing up, eyes all bloodshot. They said, "Man, what happened to you? You look awful! He said, 'Man, that Bob shakes the roof with his snoring. I watched him all night.'" The third night was Fred's turn. Fred was a tanned, older cowboy, a man's man. The next morning he came to breakfast bright-eyed and bushy-tailed. "Good morning!" he said. They couldn't believe it. They said, "Man, what happened?" He said, "Well, we got ready for bed. I went and tucked Bob into bed, patted him on the butt, and kissed him good night. Bob sat up and watched me all night." With age comes wisdom.

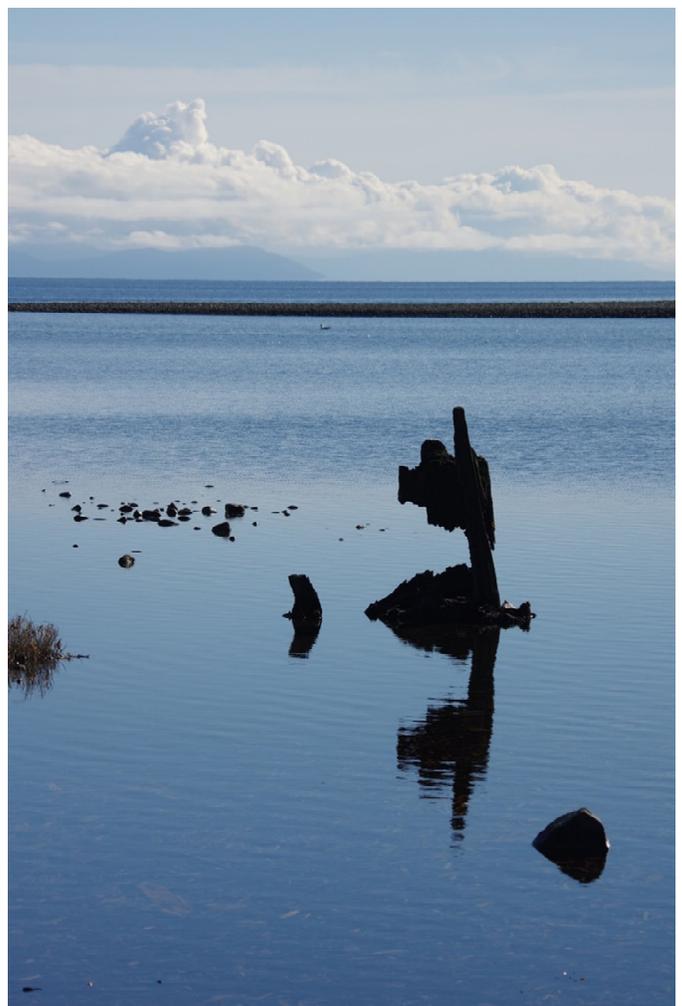
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FAVOURITE REFLECTION AT SARATOGA

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photographer ~ Ian Fossum

This photo was taken just off the beach ~ how cool.

EDITOR'S NOTE ~ *Did you know that seals can rest and sleep in the water? To do this, they float at the surface on their side, often with one flipper up and one down. This way they can feel the directions of wind and water movement. Like many marine mammals, they can shut down one half of their brain and remain partially alert with the other half.*



photographer ~ Karan Jamieson



On a fishing trip last October to Chatham Point, we captured this photo of the playful porpoises escorting us down the channel.

Rod & Karan

Excerpt from the Sunday Edition — Michael Enright (CBC)

Dana-Marie is a freelance web designer, and over the years, she has struggled with trying to remember dozens of passwords. She came up with a method - she calls it "The Dana Key". She explained it to Michael on the radio.

Dana-Marie's Password Method

With my method, you can create a different password for every website you ever go to, and you'll always know what the password is without having to memorize it or write it down! The trick is to combine one simple 3-letter password, with letters from the current website's address/URL. You will always know which letters of the URL you added to your password, because you will always follow a particular sequence of rules.

(Neither Dana-Marie nor the CBC can guarantee that this password method is 100% secure. Please exercise caution and good judgment when creating passwords!)

Anatomy of Dana-Marie's Password Method

All of your passwords will consist of three parts:

1 - Your Master Password Key

What I have so far referred to as your "one simple password" will now be known as your Master Password Key. In order to be sure your passwords are compatible with 99% of websites, you must choose:

- Three letters (with at least one letter uppercase)
- One number (a single digit is fine)
- One special character (@, &, !, #, ?, etc.)

2 - Letters from specific positions within the URL

Choose letters from specific positions within the URL (the first letter, the second letter, etc.)

Only reference the letters in between the www. and the .com (or .anything)

3 - Your own personal Password Sequence

Your Password Sequence is the order in which you combine/intertwine the specific letters from the URL with your Master Password Key. Make every password for every website using *this same Password Sequence*.

An Example of Dana-Marie's Password Method

Here is what *Michael Enright* chose for his Master Password Key, number and special character:

Three letters (with at least one uppercase letter): caT

One number: 1963 (only needed to be one digit, but Michael joked this is the year he won the Nobel Prize)

One special character: ?

Here is the simple Password Sequence that I took the liberty of making for him:

1. The first letter of the URL
2. All 3 letters of the password with the last letter uppercase
3. The last two letters of the URL
4. The chosen number
5. The chosen special character

This is how to make a password for www.cbcmusic.ca

First letter of the URL cbcmusic: c

All 3 letters of the password with the last letter uppercase: caT

Last two letters of the URL cbcmusic: ic

The chosen number: 1963

The chosen special character: ?

Our Password is: **ccaTic1963?**

c

c caT

c caT ic

c caT ic 1963

c caT ic 1963 ?

By memorizing our single Master Password Key, and the Password Sequence that we utilize to put it all together, the next time we go to login to any website, *we will be able to figure out what our password is, even though we didn't memorize it or write it down*. I hope you find this as exciting as I do. I hope my method will be useful to you for many years to come. And, I hope I have in fact, "changed your life". Best of luck to you!

Dana-Marie Battaglia, Freelance Web Services Provider

~ Barrie Barnes

Our daughter Jenn took this shot while visiting from Calgary. With us not living on the sea side, but the tree side don't know if this is a regular thing but we've never seen it before. Cool!

