

# seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

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seaviewbreezenews@gmail.com



“Puntledge Spawning” by BARBARA ROWSE

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“Autumn calls the forest to rest, to exhale in a flood of colors rubbed to a fiery warmth on the hearth of both hill and plain before nodding off to a winter’s slumber.” – Craig D. Lounsborough

**Hope that you enjoy this Fall/Winter Edition of the Seaview Breeze Semi-Annual Newsletter.** *This is your neighbourhood newsletter and made possible by your contributions.* Thanks to all who wrote articles and submitted photos; we welcome all input. As well, please send me your news bites, of which I am happy to send out at any time throughout the year to our readership:

[seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com)

Cheers,  
Elaine Prodor (Editor) and Lois Clyde (Proofreader)



# Know Your Neighbours . . . Portraits of Two Treasures

by CHRISTINE GORNALL

There are hidden treasures along Seaview Road . . . neighbours whose life stories reveal often unsung achievements and daunting challenges overcome . . . whose experiences have been both ordinary and extraordinary. It has been my privilege to hear some of their stories and to share these treasures with you.

Helen Hagenbach was born in Cornwall, England in 1933. As a child she accompanied her country doctor father on house calls. Helen’s mother became critically ill and died when Helen was just six years old. From her mother’s suffering and her father’s devotion to his patients she learned the importance of compassion and the hope of the healing arts.

We on Seaview Road know her as Helen Hays but many of us may not know that she is Dr. Helen Hays . . . recipient of the Order of Canada and many other awards for her pioneering work in establishing palliative care and chronic pain management in Alberta. Helen’s ground breaking vision of compassionate care for those who can not be healed led her to become a leader and educator in this emerging field of medical practice.

In the 1950’s women were not encouraged to aspire to become doctors so Helen settled for training as a nurse and midwife in London. She never abandoned her dream of studying medicine and began preliminary studies towards a Bachelor of Medicine degree. Helen emigrated to Canada with her husband and 5 children in 1967; the opportunity arose at the University of Alberta’s School of Medicine to complete her medical degree. She took on the challenge of caring for her large family while studying and ultimately working (1971 MD) in an ostensibly male dominated environment. A diminutive and soft spoken lady, Dr. Helen Hays was nonetheless a force to be reckoned with and, moved by the suffering of a young patient who was terminally ill, she fought to have her ideas on compassionate end-of-life care addressed and implemented in medical practice.

In 1982 Helen was invited to lead the new palliative care unit at Edmonton General Hospital. She launched an ambitious campaign to educate the province’s doctors in

it offered its first hospice programs out of a rented space in a convent. Today it has grown into a vital community resource, a model for other communities, and an enduring legacy of Helen’s vision. She later returned to private practice to continue her research in medicinal and non-medicinal pain management, along the way exposing the potentially lethal side effects of methadone.

After years of challenge, personal and professional, Helen found respite in a vacation property at 1536 Seaview Road which she



Dr. Helen Hays with her medals: the Alberta Order of Excellence and the Order of Canada.

innovative palliative care and pain management. In 1988 she became Director of Palliative Care Services at Edmonton’s Misericordia Hospital where she championed an interdisciplinary approach to end-of-life care. She toured the province hosting forums and workshops, peddling her message of education, compassion, and hope.

In 1994 Helen co-founded the Pilgrim’s Hospice Society in Edmonton and in 1996

and her family purchased in 1973. Now retired here since 2007, she enjoys the company of her dogs, many friends, and devoted family although she maintains her connections with crusaders for palliative care. She was awarded the Order of Canada in 1987 for her pioneering work in palliative care in this country. Although she is very modest about her stellar achievements, Helen’s life story reads like a bestseller! Bravo! ≈



New neighbour Earl "Cla-chum-se-nup" Smith, distinguished Nuchanulth elder and former chief of the Ehattesaht band, enjoys the seashore along Seaview Road.

**E**arl "Cla-chum-se-nup" Smith was born at Saltery Bay on Nootka Island in 1935, the 6th of 18 children (two were adopted by his parents). Earl spent happy childhood days in his mother's Nuchalaht village which had been continuously occupied by his ancestors for more than 6000 years. His parents, Esther and Joe, worked hard in canneries, logging camps, and wherever work was available along the coast. Earl and his siblings were cared for by his large extended family learning the stories and language of their Nuchanulth culture. His father was descended from the line of ranking chiefs of

Nootka Sound known as "Maquinna" which means "bearer of cooking rocks" and implies high social standing and influence.

Earl's father's people are the Ehattesaht of Esperanza Inlet who along with his mother's people, the Nuchalaht of Nootka Island, make up 2 of the 14 Nuchanulth Nations occupying their traditional territories along the west coast of Vancouver Island. Earl claims innumerable relatives among the Nuchanulth people from Nootka Sound to Macah in Washington State. Nuchanulth seamanship and skill at harvesting food

from the sea was legendary, however, their traditional hunting and gathering economy became endangered by wage employment introduced through colonization. At age 7 Earl was apprehended with his siblings by federal authorities to attend Indian residential schools far from home. With quiet dignity Earl relates his struggle to survive abuse and to retain his language throughout his ordeal at Christie School in Tofino and high school in Kamloops.

At age 19 Earl returned to Zeballos to work in the logging industry. In 1976 he held the largest potlatch ever held on the west coast welcoming close to 1000 members of the Nuchanulth Nations to his mother's village on Nootka Island where he had played as a child. The potlatch celebrated a new chief and the resilience of Earl's people in resisting the adverse effects of colonization. In 1983 he was elected chief of the Ehattesaht band and worked to promote retention of the language and stories of his people, and pride in their noble heritage.

In the late 1970s Earl had moved with his parents to the lower mainland for employment opportunities. He met his wife Mary there and together they returned to Vancouver Island to be closer to Earl's extensive family. Mary's family followed. Earl and Mary recently moved into their new home at 1439 Seaview Road where they enjoy visits from family and the laughter of children can often be heard.

Now in his retirement, Earl enjoys walking in the neighbourhood and making new friends. Stop and chat with him . . . you will be welcomed with an infectious smile and some words of ancient wisdom . . . and maybe a few silly jokes! ≈



PHOTO GALLERY featuring BARBARA PROWSE

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*I'm sure you'll agree that Barb Prowse's photographs are fabulous in every way. Her passion for her subject and her craft combine to delight the viewer every time.*

PREVIOUS PAGE  
(COMPOSITE):  
'Sunset-Moonrise from Seaview Road'

THIS PAGE:  
Top: 'Family'  
Bottom: 'Cox Bay, Tofino'

FOLLOWING PAGE:  
Top: 'Graham at Lake Helen MacKenzie'  
Bottom: 'Fall Colours'





# Water System Update

by NEIL ROSS

Most Seaview Breeze readers are well aware of the Black Creek Oyster Bay water supply problems. The good news – last winter's snow pack and this summer's noticeably cooler weather enabled our household water supply to flow without requiring maximum restrictions. The bad news – we are not much closer to having our much needed new well installed and the grant money that would cover most of the cost of the installation is due to expire in March unless the project is completed. Perhaps this summer's reprieve was simply that – a reprieve.

However, with the help from all who participated in the various letter writing campaigns to our elected officials and staff, both locally and provincially, the Ministry of Municipal Affairs and Housing is now acutely aware of our impasse with the Strathcona Regional District. At the recent Union Of B.C. Municipalities Convention in Vancouver, Minister Selina Robinson met with our Area C Director, the Area D Director for Strathcona Regional District, and our CVRD Chief Administrative Officer. The Minister is now much more aware of the details of the situation and a further meeting in Victoria is planned. The Ministry has offered to be of assistance in a process whereby the CVRD and the SRD boards get together in order to come to an agreement that would satisfy both parties. It appears clear that a formal Memorandum of Understanding is required to settle differences that continue to result in the SRD refusing the CVRD access to begin work on the new well at the Oyster River Nature Park location. The SRD has stated publicly that their position is firm . . . citing environmental factors and future CVRD growth. However, no increase in water license is needed for the new well, and our Local Area Plan specifies low growth. Consequently, the actual motivation for their position is unknown (to me at least).

Another item that I believe confuses the water supply issue is that the CVRD has done a feasibility study to see if we might acquire (at no cost) the privately owned Watutco water system which serves a part of Saratoga Beach. This system needs upgrades at the treatment end (you may

have noticed the frequent Saratoga boil water advisories following heavy rains) but it also has a water license and available water that could potentially augment our system. The detailed results of the study are on the CVRD website. It would be a long process and the CVRD has stated emphatically that it would only be possible if NONE of the costs were incurred by present users of our system. In other words, the present Watutco users would shoulder all the costs. Those users would have to approve such costs before any acquisition could proceed. Would this help our supply problem? Possibly, however, the water would need to be piped to the CVRD treatment plant IN THE OYSTER RIVER NATURE PARK.

There is absolutely no guarantee that the SRD would allow access any more than at present. It seems to me that the Memorandum of Understanding is still required whether we are talking about our new well or the Watutco acquisition or any combination of the two. Besides, if the Watutco transfer to the CVRD was to occur it would take time.

In summary . . . I still believe that the Province must intervene directly to facil-

itate the two Regionals trying (yet again) to arrive at a mutually agreeable MOU. I see no other way forward. Feel free to write to elected officials, regional district staff, newspapers, or your Campbell River friends. Continued expressions of concern from the system users is what will make things happen. ≈

## COMOX VALLEY REGIONAL DISTRICT:

**CVRD Chair Bob Wells**

[bwells@courtenay.ca](mailto:bwells@courtenay.ca)

**Comox Valley Record**

<https://www.comoxvalleyrecord.com/contact-us/>

## STRATHCONA REGIONAL DISTRICT:

**SRD Chair Michele Babchuk**

[councillor.babchuk@campbellriver.ca](mailto:councillor.babchuk@campbellriver.ca)

**Campbell River Mirror**

<https://www.campbellrivermirror.com/submit-letters/>

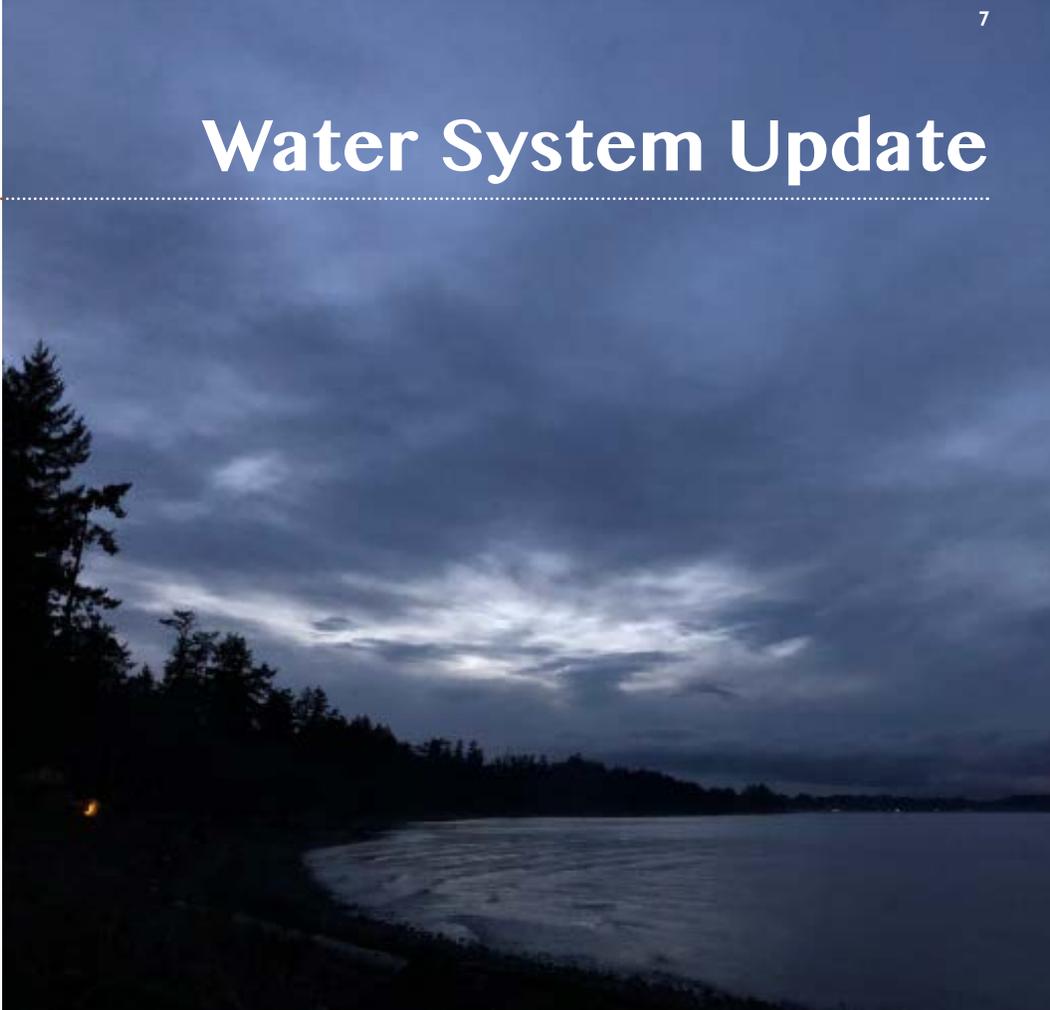
*(NOTE: You may wish to also c.c. the MLAs for the two areas to ensure their awareness of the situation and the public's concerns)*

**Ronna-Rae Leonard**

[ronna-rae.leonard.MLA@leg.bc.ca](mailto:ronna-rae.leonard.MLA@leg.bc.ca)

**The Hon. Claire Trevena**

[claire.trevena.MLA@leg.bc.ca](mailto:claire.trevena.MLA@leg.bc.ca)



# Woody's Summer Vacation

The update on our local guide dog in training!

Woody had a great summer with a couple of visits to Seaview Road.

He loved the low tides with all that sand to run on. He was allowed to play in the surf



and it was a challenge to get him washed up at the trailer.

He put on his jacket and rode the bus to Willow Point and we did some shopping.

We went to the fishing pier in Campbell River where only service dogs are allowed.

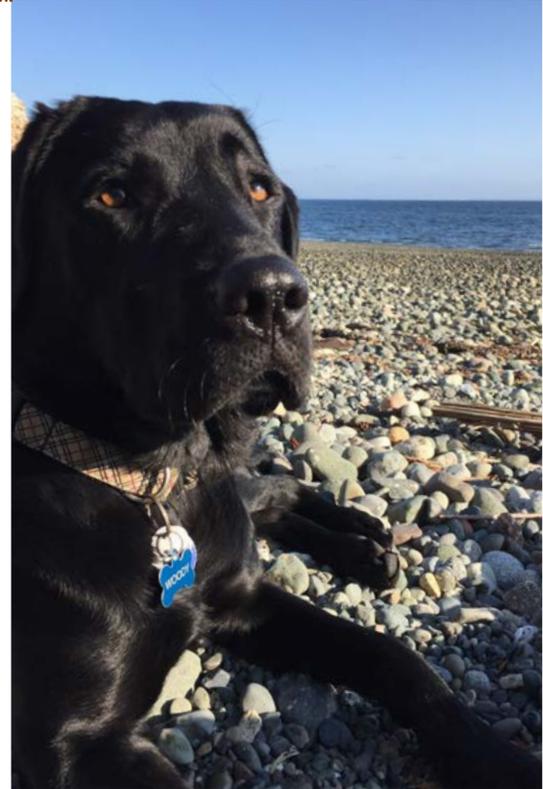
We went to the farmer's market where there are many dogs, then a trip to downtown Courtney and a visit to the bookstore.

He was top dog in our obedience testing and the youngest pup, so our training is paying off.

Woody is 10 months old now and we have him for about 4 more months before he goes off to his advanced training as a guide dog.

I'll keep you posted! ≈

— Susan Rogers



## Books to Curl Up With *(recommended by some of the road's passionate bibliophiles)*



**The Century Trilogy**  
*Ken Follet*

The books span the great events of the 20th century as experienced by several families — American, German, Russian, Welsh and English — and their interactions. The novels are long, but reader friendly. They are packed with intrigue, drama, and a fascinating overview of the major political shifts and historical events of the time.

The first book is entitled *Fall of Giants* and just happens to be in my bookhouse . . . or will be soon.

— Lesley Bird

**Any novel by . . .**  
*Louise Penny*

Louise Penny is a Canadian author whose novels take place in the fictional village of Three Pines in Quebec. Enjoy the lovable characters headed by Inspector Armand Gamache.

— Janice Lee

**Telex from Cuba**  
*Rachel Kushner*

Rachel Kushner is best known for her novel "The Mars Room" which was shortlisted for the 2018 Booker Prize, but her first novel "Telex from Cuba" is also a wonderful read. It provides a snapshot of prerevolutionary Cuba through the eyes of Everly, the young daughter of an United Fruit Company executive. As we travel through the novel with her we experience the beauty of the land, the lifestyle of the company executives, and the immediate lead up to Fidel's revolution. Kushner, whose field of study was US foreign policy in Latin America, spent a good deal of time in Cuba researching but reading the novel is just a wild ride with compelling characters and a tight, well paced plot. Definitely a worthy diversion for a rainy winter night or for those thinking of heading to Cuba for a vacation.

— Barbara Prowse

**Circling the Sun**  
*Paula McLain*

The main character is Beryl Markham, a record setting aviator caught up in a passionate love triangle with the safari hunter Denys Finch Hatton and Karen Blixen. This novel incorporates the characters from the book *Out of Africa*. A great read.

— Cynthia Barnes

# CHEERS! WINES for CELEBRATIONS

by VALERIE VAN DER GRACHT

Most people think of sparkling or bubbly wine when they think of something to serve for a special occasion. In order to do so affordably, look for Portuguese, Spanish or Italian wines. BC Liquor Stores are where you will find the less expensive options. Their website will give you tasting notes, food pairings and even recipes. [bliquorstores.com](http://bliquorstores.com) ≈



• Interested in visiting BC Wine Country? Here is a link to my 4 part series (5th pending) of my favourite regions and wineries. <https://myvancity.ca/?s=%23FavouriteThings+-+Autumn+Wine+Touring+>

• Every October Italian wines are featured in BC Liquor Stores and I have been fortunate to have been invited the last two years to a Masterclass. Here is the link: <https://myvancity.ca/2019/10/23/flavours-of-italy-discover-unexpected-regions-and-varietals/>

MyVanCity.ca is published by Valerie van der Gracht celebrating the arts, dining, wine, and travel scene in and around Vancouver, BC Wine Country, and the Okanagan.



(Editor's note: Thanks to my former colleague Dave Whamond for permission to use his great cartoon!)

## 1. JAUME SERRA – CAVA CRISTALINO BRUT

*This brut is round, slightly yeasty and shows lemon-lime citrus aromas. The palate is clean with citrus and apple flavours and long on the finish.*

Food pairings: Blend is aromatic and off-dry. Examples of great pairings: fruit salad, ceviche, gravlax, spicy tomato sauce, sushi, raw fish, spicy chicken stir-fry, fresh cheese, cream cheese, chocolate-dipped strawberries, Crepes Suzette, spicy seafood hotpot and pho. This is one of my favourites for serving at brunch. It goes great with waffles!

Type: Sparkling Wine - Other Blend  
Region: Catalonia  
Alcohol: 11.5%  
UPC: 08411277400417  
Sweetness: 01 - Off-Dry  
750 ml | SKU: 551218 \$13.99



## 2. MOSCATO D'ASTI – RUFFINO

*The bouquet is very fragrant and displays aromas characteristic of the Moscato varietal. Hints of sage and citrus fruit give way to distinct notes of peach and orange blossoms. The wine delivers a pleasantly sweet taste, perfectly tempered by the freshness offered by its refined bubbles. Flavours of sage and fresh white stone fruit linger on the palate.*

Food pairings: Muscat / Moscato is luscious and honeyed. Examples of great pairings: foie gras, cheese cake with fruit sauce, fresh raspberries with whipped cream, apple pie, and blueberry pie.

Type: White Wine - Muscat / Moscato  
Region: Piedmont  
Sub-region: Other  
Alcohol: 6%  
UPC: 00083085904098  
Sweetness: 10 - Very Sweet  
750 ml | SKU: 116580 \$14.99



*Rosé wines are gaining in popularity. There are many very good BC rosés but finding any under \$20 would prove difficult. They also sell out quite quickly and many are gone by summer. Again European options are a good price point. This next one is good for the price, and note the 1 litre size bottle!*

## 3. PAYS D'OC ROSÉ – CÔTÉ MAS AUREOLE

*This charming rosé offers floral lavender and iris aromas that complement the strawberry, raspberry and red cherry flavours. The palate is bright and refreshing, with juicy acidity and a mineral-tinged finish.*

Food pairings: Rosé wine is light and juicy. Examples of great pairings: mixed bean salad, tuna salade Niçoise, antipasto, grilled vegetables, olives, grilled salmon, roasted quail, roasted squab, roasted pheasant, sausages, and mixed grill.

Type: Rosé Wine  
Region: Languedoc / Roussillon  
Sub-region: Languedoc / Roussillon Igp  
Alcohol: 13%  
UPC: 03760040432113  
Sweetness: 00 - Very Dry  
1 L | SKU: 401711 \$14.99



## 4. SINGLETREE ROSÉ

*I couldn't just say that BC produces very good rosé wines without recommending at least one. Purchasing BC wine can be problematic as most sell only at the winery or online. This one offers fresh strawberries and grapefruit with a lively, fresh mouthwatering array of tropical fruits.*

Food pairings: grilled fish, pork, couscous, chicken, soft cheese, oysters, crab, or on its own.

Type: Rosé / 100% Pinot-Noir  
Region: Fraser Valley, BC  
Sweetness: 02 medium dry  
Alcohol: 11%  
Winemaking: Stainless cool ferment for fresh aromatics and lively acidity.  
85 cases produced; 2018 Rosé, \$19.48



If you would like to do an online purchase and have it shipped to you, please email [info@singletree.com](mailto:info@singletree.com).

PHOTO GALLERY



Top:  
'Double Breach!'  
MAX FOSSUM

Bottom two photos:  
'My Visitors'  
JO-ANNE PRESTON



Top:  
'Effects'  
SHELLY HOLLINGHEAD

Left:  
'Red Peppers in October'  
MO ROSS

Center and Right:  
'Chanterelles'  
MAX FOSSUM

PHOTO GALLERY

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Top: 'Sunset' BARBARA PROWSE

Left: 'Visitor' YIN HOSKINS

Right: 'Clean Up at Saratoga Beach' ELAINE PRODOR

PHOTO GALLERY



Left and Right:  
'Herons' and 'Autumn Leaf'  
BARBARA PROWSE

Below:  
'Kelsi and Mat Pottage's Wedding, July 2019'  
LUKE LIABLE



## BUTTERNUT SQUASH and APPLE SOUP (from the Simply Bishop cookbook)

*It is a sure sign of fall when this soup appears on the restaurant's menu. There are many varieties of squashes and apples to choose from, but I love to use butternut squash, as its bright orange flesh tastes smooth and creamy when cooked like this. Both the squash and apple have their own kinds of sweetness, but the apple provides a lovely fresh acidity to balance the richness of the soup. My favourite apple varieties for this soup are Fuji, Gala and Macintosh. Garnish the soup with thin slices of grilled apple.*

### INGREDIENTS

2 tbsp olive oil  
 2 tbsp butter  
 1 medium onion, 1/2 inch chop  
 2 garlic cloves, minced  
 1 tbsp ground cumin  
 1 lb squash, peeled, 1-inch chop  
 2 apples, cored, peeled, 1/2 inch chop  
 1/4 cup sherry  
 4 cups chicken or vegetable stock  
 1 can coconut milk  
 salt

### TO MAKE

*Preheat the oven to 375°F. Lightly grease a Heat olive oil and butter in a soup pot on medium heat. Sauté onion and garlic until*

*translucent, about 5 minutes. Add cumin, squash and apple. Cook, stirring gently to coat apple and squash evenly with oil, 2 to 3 minutes.*

*Deglaze the pan by adding sherry and stirring to loosen the browned bits on the bottom. Add stock. Bring to a boil on medium-high heat, then turn down the heat to low; simmer, uncovered, until vegetables*

*are tender, about 45 minutes. Stir in coconut milk. Remove from the stove and allow to cool for 15 minutes. Purée in a blender or food processor until smooth. Season to taste with salt. Pour into a soup pot and reheat gently.*

*To serve, ladle soup into warmed bowls.*

— Cynthia Barnes



## CINNAMON LOAF

*For cinnamon lovers!*

### INGREDIENTS

2 cups all-purpose flour (or Bob's Red Mill GF cup for cup flour + 3/4 tsp xanthan gum)  
 3/4 cup white sugar (I used coconut sugar, also the original recipe called for 1 cup)  
 2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 1 1/2 teaspoons ground cinnamon  
 1 teaspoon salt  
 1 cup buttermilk  
 1/4 cup vegetable oil  
 2 eggs  
 2 teaspoons vanilla extract

### TO MAKE

*Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5 inch loaf pan.*

*Measure flour, 1 cup sugar, baking powder, baking soda, 1 1/2 teaspoons cinnamon, salt, buttermilk, oil, eggs and vanilla into large mixing bowl. Beat 3 minutes. Pour into prepared loaf pan. Smooth top.*

**TOPPING:** *Combine 2 tablespoons white or coconut sugar, 1 teaspoon ground cinnamon, and 2 teaspoons margarine mixing until crumbly. Sprinkle topping over smoothed batter. Using knife, cut in a light swirling motion to give a marbled effect.*

*Bake for about 50-60 minutes. Test with toothpick. When inserted it should come out clean. After 10 minutes, remove bread from pan to rack to cool.*

— Elaine Prodor

# NOTICE BOARD



## Homemade Apple Pie Fundraiser

Homemade Apple Pies are \$10 each and will be wrapped and ready for pick up and baking (or freezing) on **Monday, November 11th** in late afternoon.



**Donations of Apples are greatly appreciated!**  
Please contact Bonnie to pre-order and to pay for your pies before November 4th  
**250-898-9841 or zandjb@gmail.com**

All proceeds are going to our Beekeeper's Refugee Sponsorship to bring a family to the Comox Valley.



## Winter Art Classes and Workshops on the Road

### Kathi Rudko Artworks

Offering Classes in:

- One and two day workshops in MIXED MEDIA TECHNIQUES

For more information, visit: [www.kathirudko.com](http://www.kathirudko.com)

### Studio E: Art + Design

Offering Workshops in:

- COLOUR THEORY (all levels)
- FUNDAMENTALS OF COMPOSITION

For more information, visit: [www.elaineprodor.com](http://www.elaineprodor.com)

Stay e-connected with your neighbours by the sea!

[seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com)



## NOTICE BOARD



### Island Voices Chamber Choir

Musical Director, Jenn Forsland, presents:

# Such Spirit Through the Year

7:30 pm, Friday December 6,  
Comox United Church, 250 Beach Dr.,

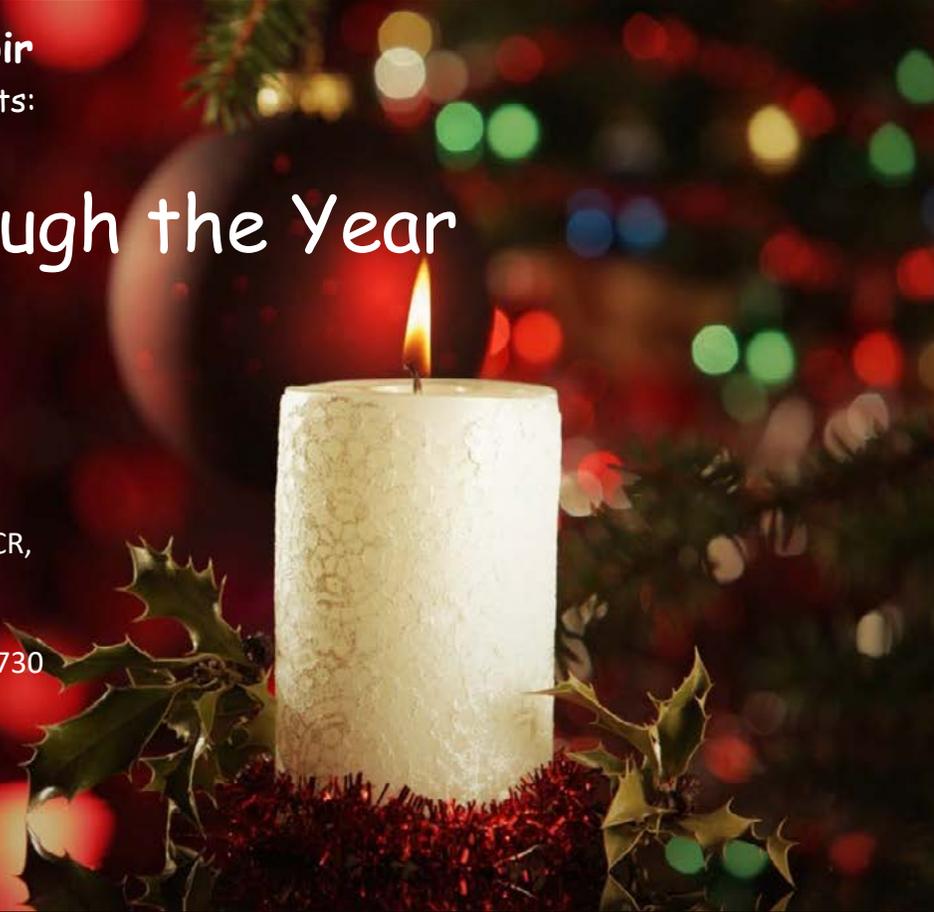
2:30 pm, Sunday December 8,  
St. Peter's Anglican Church, 228 S. Dogwood, CR,

Tickets \$25 (students \$10)  
Contact [jo-anne.preston@shaw.ca](mailto:jo-anne.preston@shaw.ca), 250.337.5730

Info: CV 250-898-4773,

CR 250-203-0471.

[www.islandvoiceschamberchoir.bc.ca](http://www.islandvoiceschamberchoir.bc.ca)



## Health & Safety Tips for BURNING

Please consult this venting index guide as a courtesy to your neighbours before doing any burning on your property. We are in the Central Island region. Thank you!

<https://envistaweb.env.gov.bc.ca/aqo/files/bulletin/venting.html>

For fires over 50 cm in diameter, permits are now required. Permits will be available at the Oyster River Fire Hall each Tuesday between 5:00 and 6:00 PM.

