

# seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

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'Lone Paddler' by BARBARA PROWSE

## IN THIS ISSUE

Miracle Beach Resort.....	2, 3
Our Beautiful Neighbourhood.....	4-7
The Filberg Garden .....	8
Seaview Profiles .....	9
Wine Column.....	10
Travel Diaries .....	11-16
Book Reviews .....	17
Woody the Guide Dog .....	17
Recipes .....	18-19
Funnies .....	20
Notice Board.....	21

*“What lies behind us and what lies ahead of us are tiny matters compared to what lies within us.” – Ralph Waldo Emerson*

Hope that you find this Spring/Summer 2020 edition of the Seaview Breeze Semi-Annual Newsletter to be uplifting during these extraordinary times. Thanks to all who wrote articles and submitted images; there are more photos than ever, holiday diaries for the armchair traveler, wonderful interpretations of our beautiful environment, ‘isolation recipes’ and jokes. At any time of the year, please send me your news bites, of which I am happy to send out as soon as I receive them: [seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com)

Stay safe and healthy everyone,

Elaine Prodor (Editor)

Lois Clyde and John Hyde (Proofreaders)

# The Miracle Beach Resort

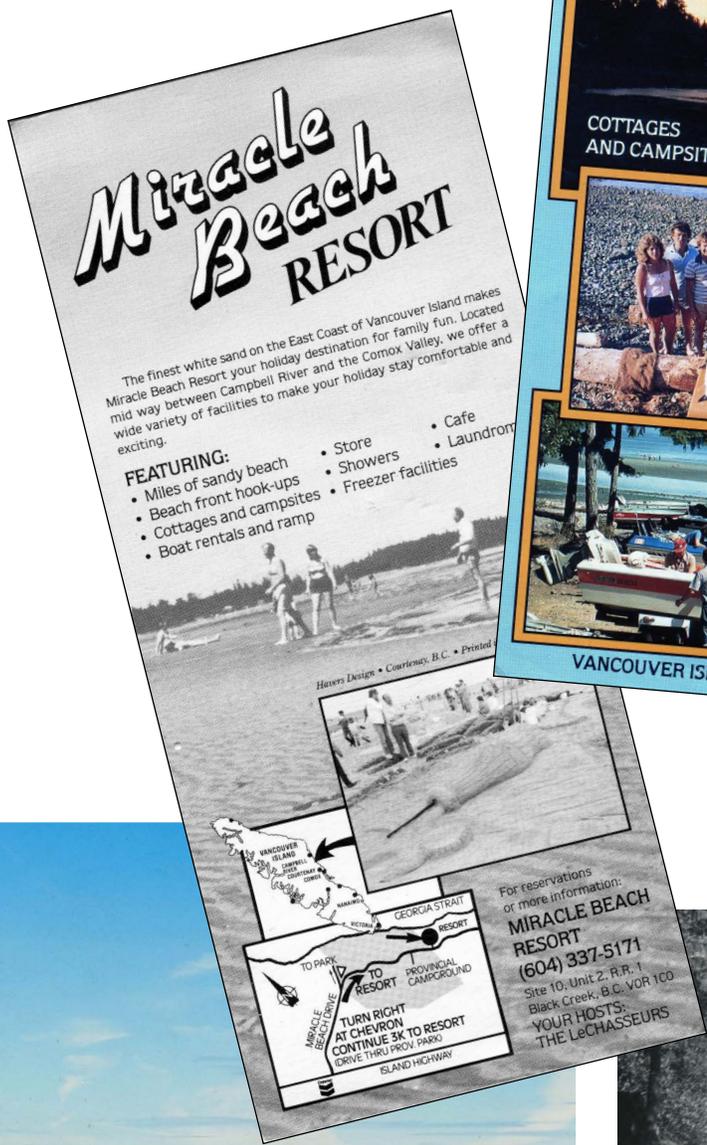
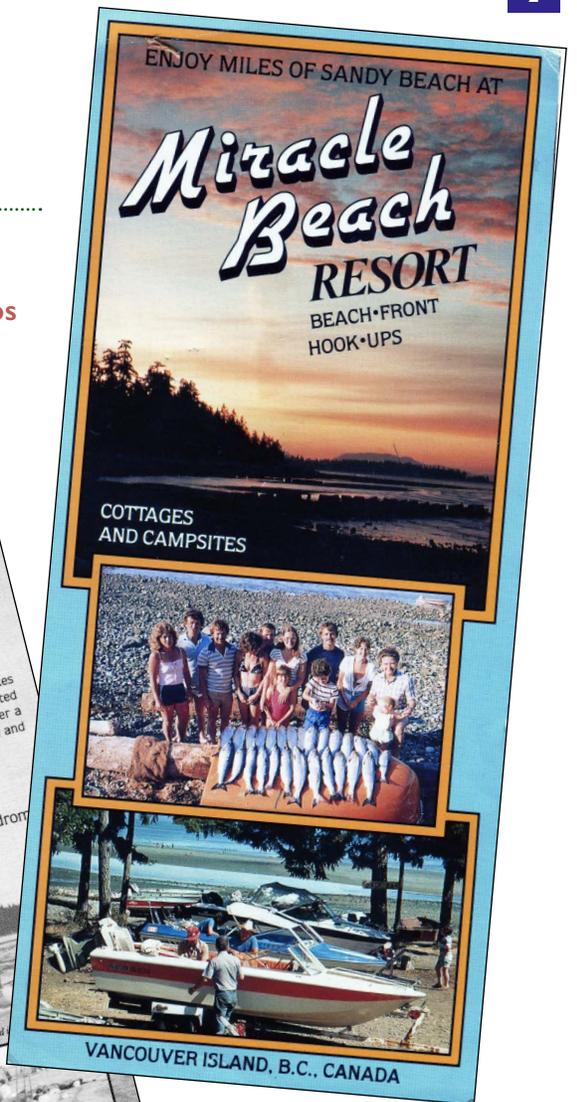
by DEBORAH SUNDBERG

You may remember or may not know that there was a resort on this side of Miracle Beach Provincial Park. Here is a great collection of photos and memories that Deb Sundberg submitted, through her old friend Art LeChasseur.

The LeChasseurs owned Miracle Beach Resort from 1967 to 2004. Alan Pottage owned the property before he sold it in the early 60's. There were two other owners between the time Pottage sold and the LeChasseurs bought. At their peak they had 4 cabins, 81 camping sites (a mix of tent sites and RV sites), the Red Caboose Cafe, a store, a wash house with bathrooms, showers and a laundry, as well as boat rentals and boat launching.

For a few years, in the mid 70's, the Girard family offered horseback riding (based at the resort) along trails behind the provincial park.

My sisters and I worked there for many years and I lived there as a caretaker for a year. It was a wonderful, incredibly popular resort and I miss it! ≈



Top: Vintage brochure  
Below left: The busy beach scene  
Below right: The resort, as seen from the road  
Bottom: Anne and Bill LeChasseur with their son Art



The Miracle Beach Resort was very popular with beachgoers and fishing enthusiasts alike. One could easily catch the allowable limit!



# Our Beautiful Neighbourhood!

How many times have you heard your friends and neighbours talk about how lucky we are to be living in this paradise, especially during these times of isolation and social distancing? We may not be able to have company over or travel away to see friends and family, but we can pause and take the time to enjoy this beautiful environment with the birds, sealife, and animals all around us.



Right: 'Strutting Heron' BARBARA PROUSE  
Below left: 'Herring Roe Feast' BARB STATON  
Below right: 'Early Blooms' BARB STATON  
Bottom left: 'Panorama' SHELLY HOLLINGSHEAD  
Bottom right: 'White Beauty' SHELLY HOLLINGSHEAD





'Gentle Hug' and 'Release' ELAINE PRODOR



Top left: 'Eagle's Gaze'  
SHELLY HOLLINGSHEAD

Top right: 'Too Close'  
JOHN HYDE

Middle left: 'Gulls Gathering'  
SHARON EMMERSON

Middle right: 'Roe Garnish'  
ELAINE PRODOR

Bottom two: 'Spring Snowflake' and 'Sunset'  
SHELLY HOLLINGSHEAD



Top: 'Soaring' BARBARA PROUSE

Bottom left: 'Spring Flowers' SHELLY HOLLINGSHEAD

Bottom Right: 'Moondog' JOHN HYDE

# The Filberg Garden

by BARBARA PROUSE

We are very lucky to live on Seaview Road but if you are feeling the need for COVID-19 friendly getaway, Filberg Park in Comox is open to the public. I went on a Friday afternoon and there were perhaps 10 people in the park. The spring flowers are almost done, but there are still some beautiful blooms, and it is just so pleasant to walk around with the lovely old house, ocean views, and stately trees. Stay safe everyone! ≈



Photo Collage by BARBARA PROUSE



**Featuring neighbours of note on Seaview Road!**

**J**ack Patrick was born in 1933 and grew up in Ladysmith on Vancouver Island. He bought his property at 1408 Seaview Road in 1978 and moved a small cabin onto the property in 1980. He built a lower level structure and set the cabin on top. From his modest home he has enjoyed his beloved oceanside property for 40 years.

In Jack's earlier life he excelled in competitive running, cross country skiing, and expedition sea kayaking. He has become a treasure in the Seaview neighbourhood . . . always ready with a friendly greeting and a story.

We all wish him well and hope to see him tending Gwen's flowers on his balcony again soon when he is safe to leave Campbell River Hospital. ≈

**D**r. Helen Hays of 1536 Seaview Road has recently started training for the Tour de France with coach 'Annie'.

Please drive carefully for the sake of all who are out on our street in increasing numbers . . . children, dogs, walkers, runners, cyclists. Be safe! ≈

— Christine Gornall



# Sipping Made Easy!

by VALERIE VAN DER GRACHT

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.



## BEST VALUE TIPS

I discovered a wine shop in Victoria on Broughton when we last visited in February of this year. The shop carries only wines of the von Mandl group which include: Martin's Lane, CedarCreek Estate Winery, CheckMate Artisanal Winery, Mission Hill Family Estate Winery and Road 13 Vineyards.

In addition to these well known wineries they also produce a more reasonably priced line of pretty good, great value, wines.

Right now the wine shop is offering a case lot sale on three of these secondary wines. Prices range from a remarkable \$6 per bottle to \$10.50 per bottle plus tax and \$1.20 deposit for orders picked up in either Victoria or North Vancouver.

Here is the link: <https://www.artisanwineshop.ca/case-club/>

For wines I have not tasted and give no recommendations Everything Wine has sale prices starting at \$6.99 per bottle and they do deliver.

Here is the link: [https://www.everything-wine.ca/wine-sales?no\\_cache=979](https://www.everything-wine.ca/wine-sales?no_cache=979)

## #ShiptoSip BC WINERIES SHIPPING WINE TO YOUR DOOR

Right now everyone is going through uncertain times and the BC Wine Industry is no exception. At this point it looks like upcoming new release wine tastings will be either postponed or even cancelled this season. Our favourite wineries, large or small, may be feeling the pinch.

We reached out to the BC wineries that we have promoted in the past, either as Our #FavouriteThings during our winter holiday

promotion or for our Celebration! Romance! and Passion! valentine promotions.

The response from our readers for these promotions was positive and so with that encouraging starting point we came up with a plan we call #shiptosip

We are encouraging BC wine lovers to order from their favourite wineries and help support the BC wine industry. The wineries jumped onboard and each winery has a special shipping incentive for online orders.

Each day we will be publishing a feature to let our readers know which BC wines are available now to be shipped right to your door. The shipping offer ranges from winery to winery.

Please join us in supporting BC wineries and looking forward to the return of public wine tasting events and wine touring for all. ≈

<https://myvancity.ca/2020/03/22/shipto-sip-our-weekly-recap-of-bc-wineres-shipping-wine-to-your-door/>

## SUMMER 2020 TOP THREE FAVOURITES +

Choosing just three wines to recommend is difficult. With over 50 wineries currently participating in our #ShiptoSip campaign with an average of four wines per winery you can quickly calculate that is more than 200 wines to narrow down to three.

I am nothing if not frugal, especially when it comes to wine, so I will just direct you to two of the wineries with the best value and one very splurge-worthy winery.

The first one that comes to mind is Mayhem Wine. One of the owners Terry Meyer Stone is sister to JAK Meyer of Meyer Family Vineyards which is one of the premier wine producers of Okanagan Falls. JAK along with his wife Janice and Terry's husband, Andrew, are all co-owners of this newer winery.



Mayhem makes good and affordable wines. I am a big fan of white wine and I enjoy Mayhem Riesling (at \$18.65) and the Pinot Gris (at \$15.65). These wines are ordered directly from the winery <https://www.mayhemwines.com/wines/current-releases/>

Mike, being a fan of bold reds, recently enjoyed a Singletree Merlot. Unfortunately at \$23. that one is sold out (sad face) but also worth a try is the Singletree Pinot Noir at \$21.66 Wines available online:

<https://singletreewinery.ewineshops.com/2017-pinot-noir>

If budget is of no concern you may want to indulge in some delicious wines from Oliver. CheckMate crafts two varietals; Merlot and Chardonnay. These wines are superb and exceptional with a price point to match. Part of the same family of wineries as Mission Hill, CedarCreek, Martin's Lane and Road 13. \$80. to \$100.+

<https://www.checkmatewinery.com>



  
**CHECKMATE**  
Artisanal Winery

# Portugal and Paris

It is, indeed, interesting times for us all. We got a preview when we returned from Portugal via Paris mid-March where they shut everything down the day after we got there.

It was a very apocalyptic scene with little traffic, little or no pedestrians, nothing open except for pharmacies, grocery, and, thankfully, boulangeries. Just as well we were only there for 3 days but we were extremely anxious about getting home, whether our flight would be leaving, etc. It was, though, a good time to enjoy the phenomenal architecture of Paris without having to jostle with the normal huge crowds – which is why I dislike it so much. We only came home through Paris as a treat for Cynthia as she somehow really loves it. But after having her cash and credit cards stolen by a pickpocket on day 2 she probably won't go back!

It was a bizarre trip travel-wise, starting at our stop-over in Calgary enroute to Portugal when I got a message on my phone that our same day connecting flight at Gatwick was cancelled. There was a terrible storm that hit Britain so all flights were grounded. They could not get us another flight for 3 days! So we were put up in a hotel in Effingham (say that out loud) with room, taxi and all meals paid by the airline. (Would that happen in Canada?). Not so bad if you wanted to be in Effingham instead of Portugal, and we couldn't go outside as the weather was horrendous. Just had to make the best of it.



Our month in Portugal's Algarve, in Praia da Luz, was fantastic. Great weather, a week with a car to explore – which we hadn't done last year – and so many beautiful places to see. The rest of the month we walked and hiked every day between 10,000 and 17,000 steps, according to my iPhone. All was wonderful until my passport and international drivers licence went through the laundry. Panic set in . . . and we had to make 3 trips by bus and train to Faro, about 3 hours each way to get an emergency replacement passport through the "Honorary" Canadian Consul there. What a nightmare. And then

we were nervous whether all the airlines and immigration people would accept it. Some very anxious moments, to say nothing of the 4 hour delay leaving Portugal as the plane coming in for us had a suspected virus on board, then the flight home from Paris had an ill person kicked off the plane, then about an hour into the flight they called for a doctor for someone. I had visions of us having to land in Iceland or ? and fumigating the plane. However, we did carry on to Calgary and still made our connections to Vancouver and Comox.

We finally made it home and self isolated for 14 days. All in all, it was quite an adventure, which I guess is what travel should be (well, maybe easier if you are a bit younger!). ≈

— Barrie Barnes



Top left: Deserted Rue des Barres in le Marais, Paris

Top right: 'Black Rock' fishermen at the end of our beach, Praia da Luz

Middle: View from the Castle at Aljezur, Portugal

Bottom: Praia da Marinha, one of the most beautiful Algarve beaches

# Our African Adventure

Our tour started in Capetown, with a tour of the first township, Langa. We toured Robben Island where Nelson Mandela was imprisoned, ascended Table Mountain by a rotating gondola which had magnificent 360 degree views of Capetown and surrounding areas, a beautiful city.



an Australian gentleman and his Kenyan wife, home to about 86 orphans. Unfortunately, they cannot be adopted out anymore because of the growing problem with the world sex trade. They are very well looked after and are schooled there until high school. They stay at the orphanage until they learn a life skill. A very happy group of children and young adults!

Onto the Masai Mara Reserve, home to 95 species of animals. There are many more game drives and many more animals, lions, cheetahs, leopards, herds of zebras and antelopes. We visited a traditional Masai village. They are a very independent culture. The Masai live on meat, milk and blood taken from their cattle and are a nomadic tribe, moving between Kenya and Tanzania. They live in huts made with dung by the women.

When the huts disintegrate, they move on and start over. The men tend the animals, cows and goats and the fence around the enclosure.

The tour experienced the savannah at dawn with a hot air balloon ride, took a cooking class and a walking safari. Our last day we had a farewell breakfast on the open

plains of the Masai Mara. We then flew back to Nairobi for the long trek home.

Before leaving Nairobi, we visited Sheldrick Wildlife Trust. They are best known for their work in protecting elephants. They operate a successful orphan elephant rescue and rehabilitation program. We have



We journeyed along the Atlantic coastline to Cape Point, Cape of Good Hope and visited Boulders Beach, home to the African penguin colony.

We then flew to Hoedspruit and transferred to Thornybush Game Reserve, close to Kruger Park. We saw our Big 5 at Kruger: buffalo, rhino, elephant, leopard and lion, all from a Toyota Land cruiser. We did game drives early morning and late afternoon. From Hoedspruit we took the Panorama route to Johannesburg, saw the Blyde River Canyon and the famous Potholes.

From Joberg we were off to Zimbabwe – saw Victoria Falls with its magnificent waterfalls and a cruise down the Zambezi River with spectacular views of the wildlife along its shores.

From Victoria Falls we headed into Botswana for a day trip on the Chobe River and another game drive along its shoreline. From Zimbabwe we flew to Nairobi, Kenya. We left all our suitcases there and packed down to a large duffle bag of 12-15 lbs.

Now our African safari began in earnest. We spent the next two weeks in Land Cruisers!

Travelled from Nairobi straight down to Tanzania, we visited Tarangire National Park and Ngorongora Crater, former volcano which hasn't erupted for a couple of million odd years, is now home to large numbers of animals and bird life.



From Ngorongoro we moved on to Amboseli National Reserve back in Kenya. We got to gaze at Mount Kilimanjaro, not a really clear view, but we sure knew it was there. Then off to Lake Nakaru, still in Amboseli National Park, home to a vast bird population and notably the hundreds of flamingos. We also visited an orphanage at Lake Nakaru run by



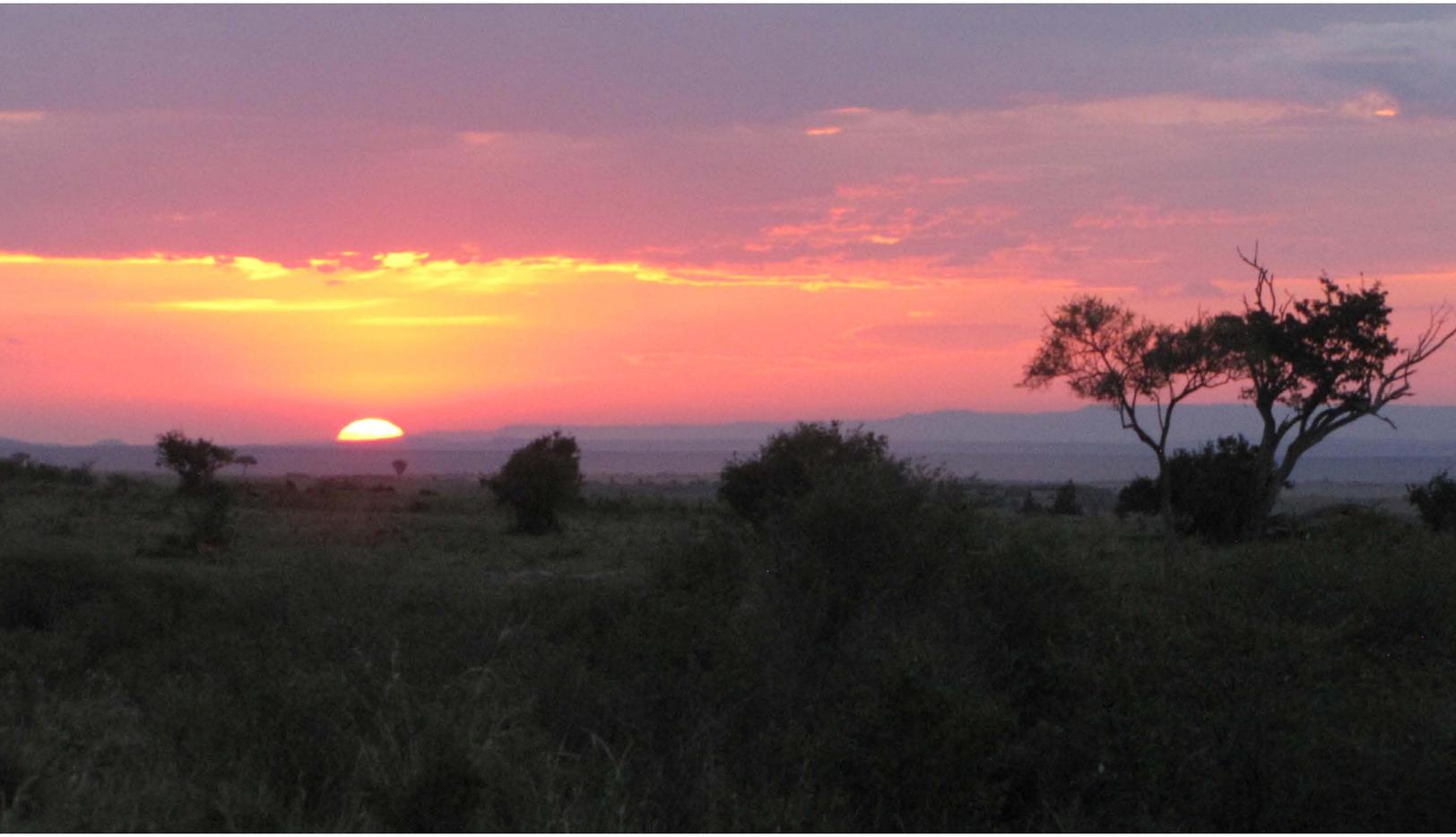
Throughout the trip we had a wonderful tour guide and amazing, knowledgeable guides for all the game drives. We also met some fabulous people and some will be friends for life. It was an amazing experience and we hope to do it again someday. Trip of a lifetime! ≈

— Lois Clyde



adopted an elephant “Nabulu” and get monthly reports on her progress. [www.sheldrickwildlifetrust.org](http://www.sheldrickwildlifetrust.org)

I have only enclosed pictures of “The Big 5”: buffalo, rhino, elephant, leopard and lion. To make “The Magnificent 7” you add cheetah and giraffe. And in “The Great 9”, the hippo and zebra are included. Not to be forgotten, “The Ugly 5” are: the warthog, wildebeest, hyena, marabou stork and vulcan. We actually saw them all plus many more animals, reptiles and bird life. I really had to edit my choice of photos as I have over 3,000!





The island grows an astounding variety of organic heritage apples, and we managed to sample about six dozen. The 9 to 5 festival started with a display of 430 (yes!) varieties at the Fulford Hall. Many of them carried enticing names such as Ashmead's Kernel, Orleans Reinette, Esopus Spitzenberg, Lemon Pippin and Winter Banana. All were displayed with an explanation about origin and flavour.

But to sample the apples, we toured several orchards. Prior research told us to head first for Harry Burton's Apple Luscious Organic Orchard. Harry is renowned for his permaculture practices and red flesh apples. He grows more than 200 varieties of heritage apples, sells at markets, and operates a mail-order business. His trees prosper close to other kinds of vegetation such as blackberries and grasses, providing a walk on the wild side with narrow paths snaking through the orchard. But the vegetation helps to retain moisture and eliminates the need for irrigation. Harry's sense of humour is evident throughout the orchard with signs and displays. We tried and bought lots of his apples before heading to other orchards on the tour.

We were disappointed that we didn't have enough time in the tour day to get to all of the orchards, but we left the island the next day with 40 pounds of apples and about 30 varieties. Most notable on the tour was the Beddis Castle, a private estate with heritage apples and pears scattered within an exquisite garden that's among our region's finest. The estate is only open to the public for the

## Apple Obsessions

On Vancouver Island, it isn't necessary too travel far to experience gratifying adventures. For years my family had been thinking of going to the Salt Spring Island Apple Festival but always found reasons to delay. Last fall we stopped procrastinating and subsequently enjoyed many rare, taste treats.



day of the apple festival, so for garden lovers that's reason enough to attend the event. The Salt Spring experience left us wanting more, so next we went to the Denman Island Apple Festival. It's a more low key affair, but we still had several opportunities for tasting and buying heritage apples. The East Cider Orchard had many varieties available. Several of them — such as the Peau de Vache, Wagener, James Grieve, and Westfield-see-no-further (which means, this is the best apple so don't bother with others) — we didn't recall seeing on Salt Spring. So we loaded up some more apples and added in some cider. Then at home the taste testing

began anew, sorting through an astonishing range of flavours and trying to decide which varieties were worth purchasing again. If these festivals don't get cancelled this year, they'll keep nurturing and creating apple obsessions. For us now, every visit to a grocery or orchard has become a quest to find and taste new varieties. Fortunately, many growers and stores have recognized that apple lovers aren't satisfied with the few standards such as red delicious that have dominated the market. Both Salt Spring and Denman are playing important roles in boosting the popularity of heritage apples. They're shining stars in the apple galaxy. ≈

— Bill Mathis



Top left: A bumper crop of apples.

Top right: The Salt Spring festival in full swing at Fulford Hall.  
Bottom: An unusual collection of shovels.

# A Greek Vacation . . . Short but Sweet

On the 6th of March, my wife Jordan and I left for a vacation to Greece. We had been planning and saving up for this trip for about a year, and we were really looking forward to it.



In our vacation planning, we had planned to spend two days in Paris, but after our time in Athens we decided it would be prudent to skip Paris and fly directly home (via Iceland). We were very thankful to have made it safely home to our children who were being taken care of by family members. Overall, it was a wonderful trip, and gave us many fond memories to cherish forever. ≈

— Daniel Bouwers

The beautiful island of Santorini, which is known for its dramatic views, stunning sunsets from Oia town, the strange white aubergine (eggplant), the town of Thira and, naturally, its very own active volcano.

**W**e considered the risks of going with the coronavirus spreading throughout China and Italy, but at the time we left, the cases were almost the same in Canada and Greece, and things seemed pretty safe.

We spent about a week on the Greek Island of Santorini and had a fantastic time. After Santorini we spend three days in Athens, but on the second day there, the museums and restaurants had closed down. We still were able to walk through the quite empty parks around the Acropolis and the temple of Olympian Zeus.



# Magical Cornwall

Last summer, John and I visited our daughter and her fiancé in England for two weeks. Together we traveled to Cornwall, where we met up with Steve’s parents and his sister and her family. The next ten days were spent hiking and exploring this beautiful county, located in the south-west corner of the country. — Elaine Prodor



*Clockwise from top left:* The wonderful Minack Outdoor Theatre in Porthcurno, four miles from Lands End. It was established in 1932 and is perched on a cliff of granite. • Porthleven at sunset. We stayed just outside of this lovely port town where our friend Helen Hays’ father’s family owned the harbour for a number of years. • Hiking along the coast near Cadgwith. • St. Ives, where I visited the Tate Gallery and the Barbara Hepworth Museum and Garden Gallery • Lunch break near Saint Anthony-In-Meneage.



## Books To Take You Away *(some escape literature recommended by our readers)*



### A Shilling for Candles (and any novel by this author)

*Josephine Tey*

“When a woman’s body washes up on an isolated stretch of beach on the southern coast of England, Scotland Yard’s Inspector Alan Grant is on the case. But the inquiry into her death turns into a nightmare of false leads and baffling clues. Was there anyone who didn’t want lovely screen actress Christine Clay dead?”

### The Lane Winslow Mystery Series

“The books are set in 1946 in a charming backwater community in BC that the author lived in as a child. It is a community that cannot, alas, escape the press of

the wider darker forces of the world and the effects of the war they have just come through. Her main character is based to no small extent on her own mother who engaged in espionage during WW2, and provided a life of travel and high adventure for her daughter.”

– Helen Hays (who has generously offered to lend these books out)

### Wish You Well

*David Baldacci*

Following a family tragedy, siblings Lou and Oz must leave New York and adjust to life in the Virginia mountains. Just as the farm begins to feel like home, they have to defend it from a dark threat. A New York Times bestselling coming-of-age story.

– Cynthia Barnes

### American Dirt

*Jeanine Cummins*

This novel is a well written, well researched novel that tells the story of a young woman and her 8 year old son who are forced to flee their comfortable middle-class existence in Acapulco to escape the drug cartel who have murdered 16 of their family members.

– Janice Lee

### The Diary of a Bookseller

*Shaun Bythell*

This novel is very mellow, gave me a few laughs, and is totally removed from our current life style. “A wry and hilarious account of life at a bookshop in a remote Scottish village.”

### The Mirror and the Light

*Hilary Mantel* (the third in her trilogy, following *Wolf Hall* and *Bringing Up the Bodies*)

This is historical fiction about Thomas Cromwell and his climb to power serving Henry VIII. It’s not always a pretty picture but a very enthralling story and rife with drama.

– Doranne Demontigny

### Suzanne

*Anaïs Barbeau-Lavalette*

(translated by Rhonda Mullins)

Eighty-five years of art and history through the eyes of a woman who fled her family – as re-imagined by her granddaughter.

### This Is How It Always Is

*Laurie Frankel*

This is how a family keeps a secret and how that secret ends up keeping them.

– Valerie van der Gracht

## Woody Waits for his Post

### The update on our local guide dog in training!

Just like the rest of us during this Great Pause, Woody is waiting. He’s waiting for a spot to move on to his advanced training as a guide dog.

The dogs in advanced training are unable to practise everything they need to learn so things are on hold. The ones close to graduating aren’t able to partner with their forever person due to social distancing. The forever person needs to be trained which is a hands on experience.

So we get to keep Woody much longer than we expected. That is such a blessing for us. Woody may even get another visit to Seaview Road! Our challenge is to keep him sharp and out of mischief. He likes to learn new things

so we are teaching him to pick up his toys and put them in the “toybox”

Our weekly classes are now online via Zoom, which is surprisingly easy and fun.

The organization is struggling financially, having to lay off most of their staff and trainers. Their major fundraisers have been postponed or cancelled.

All of their puppies are being well taken care of in the homes of puppy raisers and boarders, which is awesome!

However, they still have vet bills and food costs so if anyone were able to help out a little at this time, it would be greatly appreciated.

Simple to donate on their website and a tax receipt is emailed immediately.  
[bcandalberttaguidedogs.com](http://bcandalberttaguidedogs.com) ≈

– Susan Rogers



## GREEK STYLE BARBECUED CHICKEN with Lemon, Garlic, and Herbs



**Say goodbye to dry, bland grilled chicken breasts. This recipe guarantees juicy, flavorful grilled chicken every time.**

**I have served this with Roasted Lemon Potatoes and a Greek salad. . . a great combo. Kalí órexi!**

**Servings: 4 (or 2 with leftovers)**

### INGREDIENTS

- 2 tbsp olive oil**
- 1-3/4 lbs boneless, skinless chicken breasts**
- 6 tablespoons extra virgin olive oil**
- 4 large garlic cloves, minced**
- 1 teaspoon dried thyme**
- 1/2 teaspoon dried oregano**
- 1-1/4 teaspoon salt**
- 1/2 teaspoon freshly ground black pepper**
- 1-1/2 teaspoons lemon zest, from one lemon**

### TO MAKE

*One at a time, place the chicken breasts in a 1-gallon zip-lock bag; using a meat mallet, pound to an even 1/2-inch thickness. Mix all of the ingredients except for the chicken together in a 1-gallon zip-lock bag (go ahead and use the same one you used for pounding if it is still in good shape). Add the chicken breasts to the bag and massage the marinade into the meat until evenly coated. Seal the bag and place in a bowl in the refrigerator (the bowl protects against leakage); let the chicken marinate for at least 4 hours or overnight.*

*Preheat the grill to high heat and oil the grates. Place the chicken breasts on the grill*

*and cook, covered, for 2 to 3 minutes per side. Do not overcook. Transfer the chicken to a platter and serve.*

## ROASTED LEMON POTATOES

### INGREDIENTS

- 3 pounds potatoes, peeled and cut into thick chunks**
- 1/3 cup olive oil**
- 2 lemons, juiced**
- 2 teaspoons salt**
- 1 teaspoon oregano**
- 1/2 teaspoon ground black pepper**
- 2 cups chicken or veggie broth**

### TO MAKE

*Preheat oven to 400 degrees F (200 degrees C). Put potato wedges into a large bowl. Drizzle olive oil and lemon juice over the wedges and toss to coat. Season potatoes with salt, oregano, and black pepper; toss again to coat. Spread potato wedges in a single layer in a 9 X 13 X 2 inch-deep pan. Pour chicken broth over the potatoes. Roast potatoes in preheated oven until tender and golden brown, about 1 hour.*

— Elaine Prodor

## RICE PUDDING

### INGREDIENTS

- 2 C cooked rice**
- 2 eggs**
- 7 tablespoons sugar**
- 1/8 teaspoon salt**
- 1 teaspoon vanilla**
- 1 3/4 C milk**

**Cinnamon**

**Raisins or coconut**



### TO MAKE

*Combine & pour into baking dish. Set dish in a pan with about 1 inch water.*

*Bake at 350 for about 1 hour or until a knife inserted in pudding comes out clean.*

— Patricia Smith

## DOUBLETREE 'SECRET' SIGNATURE CHOCOLATE CHIP COOKIES

*With these interesting times, one should not feel guilty enjoying the odd sweet. Barrie and I love chocolate chip cookies. We have a collection of recipes and recently added this one.*

*You can freeze the batter into individual cookie portions so that cookies can be baked and savoured when needed. Enjoy.*

### INGREDIENTS

- 1/2 pound butter, softened (2 sticks)
- 3/4 cup + 1 tablespoon granulated sugar
- 3/4 cup packed light brown sugar
- 2 large eggs
- 1 1/4 teaspoons vanilla extract
- 1/4 teaspoon freshly squeezed lemon juice
- 2 1/4 cups flour
- 1/2 cup rolled oats
- 1 teaspoon baking soda
- 1 teaspoon salt
- Pinch cinnamon
- 2 2/3 cups Nestle Tollhouse semi-sweet chocolate chips
- 1 3/4 cups chopped walnuts



### TO MAKE

*Cream butter, sugar and brown sugar in the bowl of a stand mixer on medium speed for about 2 minutes.*

*Add eggs, vanilla, and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl.*

*With mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don't overmix.*

*Remove bowl from mixer and stir in chocolate chips and walnuts.*

*Portion dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart.*

*Preheat oven to 300°F. Bake for 20 to 23 minutes, or until edges are golden brown and center is still soft. Remove from oven and cool on baking sheet for about 1 hour.*

— Cynthia Barnes

## POTATO DUMPLINGS (gluten free)

### INGREDIENTS

#### Filling:

- 3 or more large mushrooms, finely chopped
- 5 slices bacon, finely chopped
- 1/2 onion, finely chopped
- 1 cup spinach, chopped (optional)
- 2 tbsp oil
- 1 tsp salt + 1 tsp pepper

#### Dough:

- 3 large potatoes
- 2 tsp grated nutmeg or 1 tsp ground



- 2 tbsp butter
- 1 tsp salt
- 1 tsp pepper
- 2/3 cup cornstarch
- Drizzle:**
- 2 tbsp butter
- 3 cups parsley

### TO MAKE

*Peel potatoes. Cook in salted water for 20 mins on medium heat.*

*Make filling: Over medium heat, add oil, sauté bacon, then add onions, then mushrooms. Add salt and pepper and sauté until golden. Drain potatoes and the continue for*

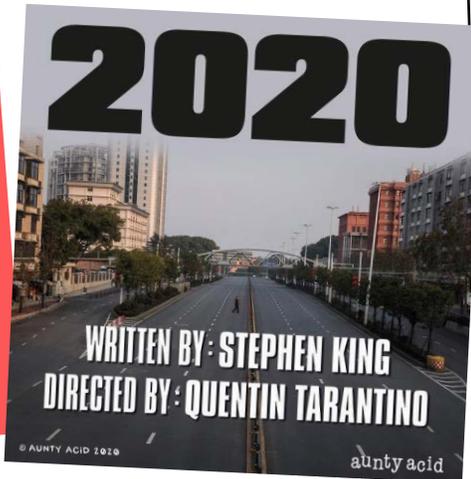
*30 seconds to remove water. Mash potatoes. Add nutmeg, butter, salt, pepper and cornstarch. Mix into a soft batter.*

*Cup a small amount in one hand, add a spoonful of the filling, then pull up dough and pinch together into a dumpling, roll into a smooth ball. Carefully place dumplings into hot water – cover with a lid and cook for 10 minutes on low heat. Drain. Melt butter and add parsley. Drizzle over dumplings and serve.*

*Note: You could replace or add other ingredients to the filling: cooked shrimp, ground pork or chicken, parsley etc. You could add garlic and or ginger to the filling as well . . . great side dish, or light supper.*

— Seaview Road's 'Mystery Chef'

**It's like being 16  
again  
Gas is cheap and I'm  
Grounded.**



~~SUNDAY~~  
~~MONDAY~~  
~~TUESDAY~~  
~~WEDNESDAY~~  
~~THURSDAY~~  
~~FRIDAY~~  
~~SATURDAY~~

Cindi Gibbs-Wilborn

How am I doing?  
Well, I just wiped  
down a container of  
Lysol wipes with  
Lysol wipes, so I'm fine.  
Everything's fine.

**Never in my whole  
life would  
I imagine my hands  
would consume  
more alcohol than  
my mouth!!**



**I'm so over  
being part of a  
major historical  
event right  
about now.**

aunty acid



**What is happening?  
Humans are all wearing muzzles.**



Quarantine has turned  
us all into dogs. We  
roam the house all day  
looking for food. We  
are told 'no' if we get  
too close to strangers.  
And we get really  
excited about car  
rides.



**In 8 weeks 88% of  
blondes will disappear  
from the earth.**

**Anyone else's car  
getting 3 weeks to the  
gallon at the moment?**

**CV/ARTS**

**CENTRAL ISLAND**

**STUDIO TOUR**

MAY 29, 30 & 31, 10AM-4PM DAILY

Parksville to Campbell River. Self-driven Art Crawl. Pick up a copy of the Central Island Arts Guide or visit [CENTRALISLANDARTSGUIDE.CA](http://CENTRALISLANDARTSGUIDE.CA)

As with most shows and festivals this year, the **Central Island Arts Tour**, which generally happens on the last weekend in May, has been cancelled. Until it can be rescheduled until later in the year, there will be a virtual tour.

The entire **Arts Guide and Tour** is now online with virtual studio tours, artist interviews, and a virtual walk-thru gallery! Paintings, glass, woodwork, metal and garden art, jewellery, sculpture, photography, and more.

As this is an event in which a few studios on Seaview Road have been featured; we encourage you to have a look at the virtual tour website and get a look at some of the fabulous art happening on our road as well as in studios from Parksville to Campbell River. It will be updated regularly, so keep checking back in!

<https://www.centralislandartsguide.ca>



**1st Prize** Two round-trip tickets anywhere WestJet flies  
Taxes & fees not included  
Approx value \$ 2900



**2nd Prize** One night stay for two at the Wickanninish Inn, Tofino  
Approx value \$500



**3rd Prize** Signed & Numbered Eagle Print  
"To Touch the Sky" by Morten Solberg  
Approx value \$500 Donated anonymously



**4th Prize** 4 hour C.R. Whale & Wildlife Zodiac Tour for two people  
Approx value \$350



**5th Prize** One night stay for two at Harbour Hideout in Ucluelet  
Approx value \$150



**6th Prize** A West Coast Helicopter winter jacket and gift card to Fifty Parallel Tap and Grill  
Approx value \$130

No photo available

The draw will be held at Kitty Coleman Woodland Gardens 6183 Whittaker Rd., Courtenay BC Monday September 7, 2020 at 3:00 p.m. Winners consent to release of their names by licensee.

Know your limit  
Play within it

It is the responsibility of the prize winners to arrange to pick up prizes  
1331 Williams Beach Rd., Merville BC (778) 428-1990  
[www.marswildliferescue.com](http://www.marswildliferescue.com)

License # 125981

Stay e-connected  
with your neighbours  
by the sea!

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

