

seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

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seaviewbreezenews@gmail.com



Vantage Point by BARBARA PROWSE

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“I know what I have to do now, I’ve got to keep breathing because tomorrow the sun will rise. Who knows what the tide could bring?” – Tom Hanks’ character Chuck Noland, from the film ‘Cast Away’

Welcome to the **Spring/Summer issue of 2021**; a beautiful reflection of the resilient and caring spirit of our little community...*thank you to all who contributed.* At any time of the year, please send me your news bites to: seaviewbreezenews@gmail.com Also, we’re happy to announce that the Seaview Breeze will soon have a web site! It will house past issues of the Breeze, ‘In Memoriam’ notices, and other archival material...stay tuned for its launch soon.

Stay safe and healthy everyone,
Elaine Prodor (Editor),
Lois Clyde and John Hyde (Proofreaders)

Come Back to the Drive In: A History of the Black Creek and Merville Drive-Ins

by BECKY MICHALUK

This article is part of a series on Black Creek and Comox Valley history and is from the 'Black Creek and Surrounding Area' Facebook page, which is a great place to post notices, news, and stories.

Reprinted with permission of the author; thank you, Becky.

COMING OF AGE AT MIRACLE AND STARDUST DRIVE-INS

If you lived in the Comox Valley in the 1970s, you remember the drive-in. From Sayward to Union Bay, teenagers old enough to drive and too young for the bar, crammed into cars and made their way to the Stardust in Merville or Miracle Drive-In in Black Creek.

“There was more or less a wagon-train of vehicles heading out. . . you could always tell who was going to the drive-in ‘cause it was a car full of young people.” says Bill Ostler, who grew up in Campbell River. “It turned out to be a niche in the social fabric of the Comox Valley, for the kids who had



Vintage cars gather at one of the few remaining drive-ins in North America.

no place to go.” Ostler describes a place where kids quickly learned if they were lovers or fighters; a place for rivalry between towns; a place where kids could stay up for all-nighters, away from the prying eyes of parents. A place that really wasn’t about the



Tracy Bickle Ellis and her brother Dan anxiously awaited the opening of the ultra-modern Stardust Drive-In in August, 1967. The ramp area was designed to provide an unobstructed view from any part of the field.

movies at all. “It was like American Graffiti, but a decade later,” says Ostler.

For them, the films were the soundtrack: pivotal ones like Rocky Horror Picture Show, Saturday Night Fever, Grease, Monthly Python’s The Meaning of Life, Bladerunner, The Exorcist, Cheech and Chong’s Up in Smoke. An overwhelming number of B-Movies littered the bills: Tarzoon: Shame of the Jungle, Alice in Wonderland: An Adult Musical, Satan’s Cheerleaders, Warlords of Atlantis, Medusa Touch. As the the seventies turned to the eighties, and it was Splash, Ghostbusters, 48 Hours, and Bruce Lee.

Many of these films carried the restricted-to-over-18 black cougar logo, but like seat belts and sneaking people in the trunk, these rules were just considered suggestions.

THE DRIVE-IN MEANT FREEDOM

For families too, the drive-in was a kind of freedom. Kids wore pyjamas, laid out under the stars wrapped in blankets, eating treats. When it got too late and the movies too wild, parents tucked them to sleep in the back seat. The cost was \$3.00 to \$4.50 per

person. “The cost was nothing. Everyone had money . . . life felt simpler”, says Ruby Kennelly, who remembers going to Miracle as a kid.

People drove big domestic cars like the GM Polaris, with windshields perfect for viewing. In the early years, speakers were attached to posts with wires that could be moved into cars, later it became possible to tune in via FM radio.

A projectionist manually changed reels of film every twenty minutes. It took about ninety feet of film for one minute of action. Unique to Merville and Black Creek drive-



The ticket booth at the Miracle Drive-In.



Remember the old speakers? They hung on each patron's car window; this one is flipped to the outside to play music during a vintage car rally at an old drive-in.

rentals, increased competition from indoor multiplexes operating all-year-long, higher commercial property costs, and the high-priced industry changeover to digital. Gone are any dreams of the family-owned, single-screen drive-ins of summertime. Yet, we are unwilling to let go of the drive-in. Outdoor screenings are "definitely a growing phenomenon" according to FreshAir-Cinema's Corey Beal. The company was created in 2006 out of Regina, specializes in setting up quick, versatile movie screens

Dertien started a Facebook group "Miracle and Stardust Drive-Ins" with a membership of 172 so far. On it, Dertien has been documenting the physical decline of the two old drive-in sites in Merville and Black Creek via photographs.



ins, were gravel parking lots and the feeling of being surrounded by forest. Recalls Dan Dertien, who attended both drive-ins between from 1971-1986: "The sky was ablaze with stars and it felt like you were in the middle of nowhere."

THE DECLINE OF THE DRIVE-IN?

The Stardust Drive-In Theatre lasted twenty years (1967-1985); the Miracle Drive-In, seventeen (1968-1984). The Stardust was owned by two generations of the Bickle family, the Miracle by the Dzini, the Kirk, then finally the Rolinski families.

The valley's drive-ins were part of a larger cultural phenomenon that reached it's zenith in the 1950s and early 1960s, according to the National Post, "with close to 5,000 theatres in the U.S. and Canada combined." Today there are about sixty drive-ins in Canada. Most of the drive-ins are in Ontario. Currently, BC has only three operating drive-ins in Enderby, Prince George, and Surrey. The cause of the decline of the drive-in are many: the advent of VHS

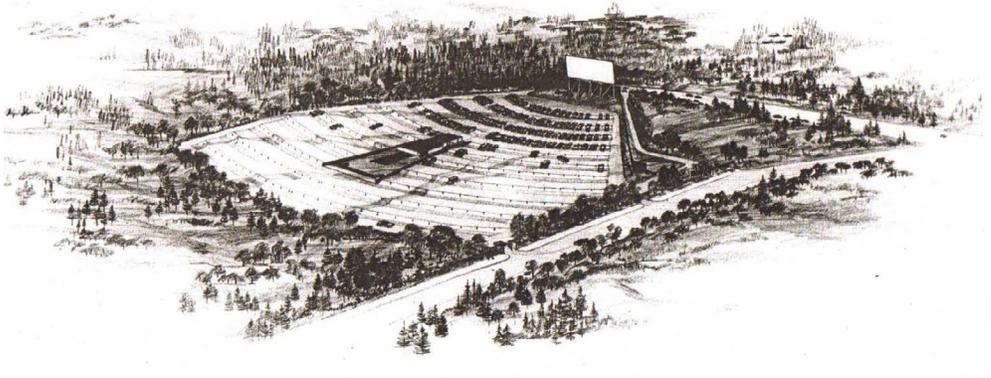
for events ranging from festivals to private parties. Last year, they booked approximately 440 events across Canada. "Every single year we book more events than the previous year," says Beal. The Comox Valley hosted five of these outdoor screening events in 2013.

NOSTALGIA AND THE NEW GENERATION

In the Comox Valley area, nostalgia for the drive-ins still run deep. In 2008, Dan

"The only thing left at the Stardust is the projection bar and the snack bar – however going back to the year 2000 . . . the ticket booth was still standing there and I went in through one of the exit gates . . . I was walking and walking and I came in through the alders and the screen was still there, and it was all overgrown and it looked like a place that time forgot." All that is left of the Miracle is a house renovated from the old snack bar. "If you look closely in the corner of the lot the you can still see the pillars of concrete and the steel support."

Group members also submit photos and memories. One gets the sense you cannot truly understand the drive-in unless you lived through it. Events like "Bring Back the Drive-In" in Black Creek (August 20, 20??), are really an homage to these people's experiences, and to a time in our local history that was formative for so many. It's also an opportunity for a younger generation to experience a drive-in. When asked what he thinks of a whole generation missing out on the drive-in, Dertien says, "I think its kind of sad in a way. You feel grateful that you got to experience them." ≈



Artist's concept drawing of the Stardust Drive-In, which opened in August, 1967. It had a 400-car capacity and was located at the junction of the Highway 19A and Williams Beach Road.

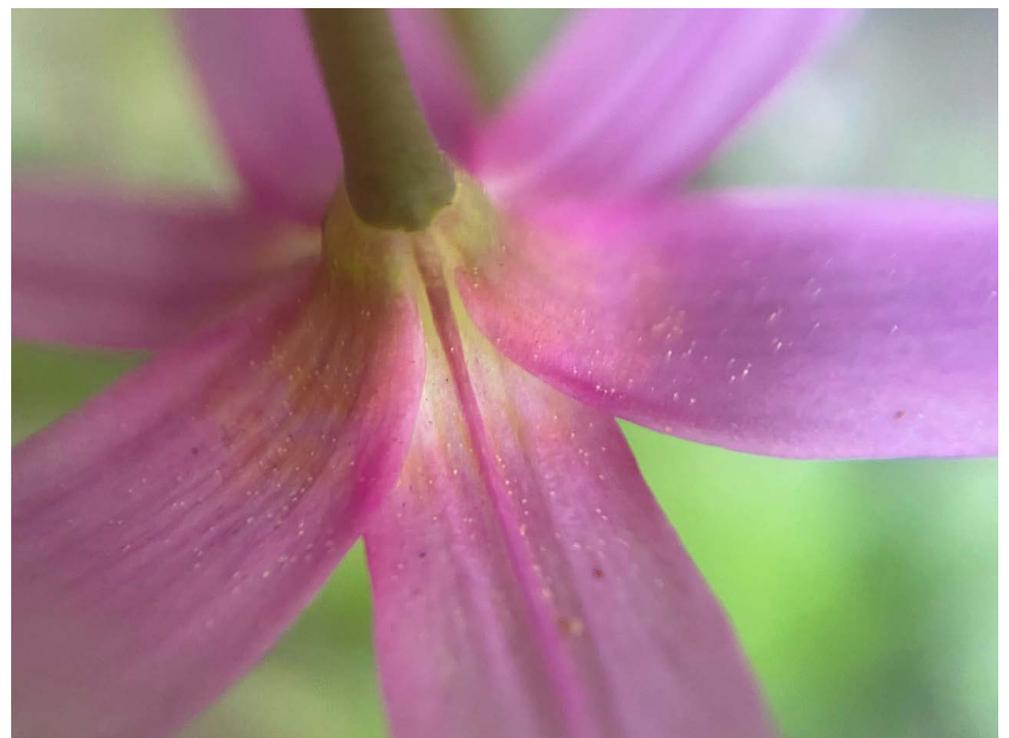


Are you ready for your close-up?

With flower season here I want to share another way to enjoy the gems that grow in the garden or on the trail. I once owned a Nikon with a macro lens and loved taking close-up photos. But it didn't give me any more pleasure than the plastic macro lens that fits on my iPhone and any other smart phone. The Easy-Macro is a 4x lens on a rubber band that can go from a credit-card sized holder in your wallet onto your phone in a jiffy. I carry it around and use it at the first sign of inspiration.

The depth of field of the lens is very short, so much of what you shoot may be out of focus unless the object is flat. For me that's fine, because I like experimenting to see what kind of fantasies of colour and design might be captured. Of course, a calm day is an asset and so is a tripod. But I like to hand-hold the camera and move it around to search for the best focus and composition. And I'm not trying to win an award, just having fun. For less than \$30, it's fun at a reasonable price. ≈

— Bill Mathis



On the Road . . .



Hurray for spring and warmer temperatures in our neck of the woods! More and more people are getting out, if only for a walk up and down the Road. It's a great way for a quick hello, wave, or a safe-distance chin wag. Happy strolling and cycling, everyone. *(And a friendly reminder to drivers to reduce speed and keep an eye out!)*







Learning at MARS

by JO-ANNE PRESTON

Since last July I have had the privilege of volunteering at the MARS Wildlife Rescue. Many of you likely know more about the history of MARS than I do, but here’s a very brief introduction. Way back in the 90’s, MARS’ founder, Mary Jane Birch (known to most as Maj) and her husband Keith worked tirelessly for the protection of wildlife and habitat. In 1993 Maj got the required permits and ‘Mountaineer Avian Rescue Society’ was born. After many years operating out of her garage, the society was eventually able to buy eleven acres on Williams Beach Road. The new hospital opened in 2017 and the Visitors’ Centre opened in 2019. Sadly, Maj didn’t live long enough to see her dreams come to fruition.

THE MARS EXPERIENCE

MARS is almost totally run by volunteers. There are over 100 active volunteers doing so many things – building, developing displays, raising funds, doing publicity, providing educational experiences, and so many much more. I am in the process of being trained as a tour guide, but for me the coolest part is working in the hospital.

In the hospital every shift is different, and it’s definitely on-the-job training. There are two paid staff, young women with such a tremendous amount of knowledge and compassion that it boggles the mind. Some volunteers have been involved since the beginning; others are new, and after an initial orientation, learn by working with the more experienced mentors. On my very first shift,



Jo-Anne holds a juvenile trumpeter swan, about to be released after rehabilitation.

I was tube-feeding one eagle, and applying foot ointment to another! At that point we still had the fawns and baby raccoons, so I sometimes got to bottle feed those. It’s certainly not all glamour, though. Scraping bird droppings off bedding, cleaning cages, and washing mountains of dishes are part of the daily routine, too.

HIGHLIGHTS AT MARS

The highlights include hand-feeding the hummingbirds and being up close and personal with the owls. Learning how to draw and administer meds, the feeling that “Yes! I am actually comfortable catching and weighing those tiny songbirds”. The very best moments were the two rescues I’ve done so far – one was a great horned owl, and the other was a juvenile trumpeter swan. And

the very coolest was getting to release that same swan, who had come in so emaciated that we didn’t know if she’d survive.

Working at MARS I’m learning a ton. When I arrived, my knowledge of song birds was pretty much non-existent – they were all “little brown birds”. But once you’ve held a bird in your hands, it’s a lot easier to remember the species! I was able to take an online rehabbers course from the International Wildlife Rehabilitation Council – you should have seen me in front of my computer trying to apply bandages to a rat and a seagull (deceased, of course). I’ve also learned so much about habitat, that so many birds nest low to the ground, and how important it is to provide habitat for the insects our songbirds will eat.



Lots of TLC at MARS for all patients.

STATS AT MARS

MARS is becoming busier and busier each year. In 2020 they took in more than 1,100 animals. 80% were birds, but we also had quite a variety of mammals, including bats, otters and a mink, plus a few reptiles. The 10 most common patients were:

1. Robin
2. Bald Eagle
3. Common Raccoon
4. Black Tailed Deer
5. Pine Siskin
6. Mallard and Northwestern Crow (tied)
7. Northern Flicker
8. Spotted Towhee and Anna's Hummingbird (tied)

And the trend is continuing – as of April 27th, we have taken in more than 301 animals, and the babies haven't really even started to come in yet!

You might be wondering how the different animals end up in the MARS hospital. Some arrive because of natural occurrences. Many arrive because of human caused interaction. Of these, the most common are:

1. Cat Attack
2. Window Impact
3. Vehicle Impact
4. Dog Attack
5. Lead Poisoning
5. Entrapment
6. Electrocution
7. Building Impact



A rewarding experience for all on the day of release.

SUPPORT FOR OUR WILDLIFE

There are many ways to help this worthy organization. MARS is always looking for volunteers. Some of us want to be in the hospital, others are builders, others work in the visitors' centre or gift shop (hopefully soon). Also, MARS often puts our requests for donations – practical things like meat or veggies, or cleaning supplies (and money is always appreciated). The MARS website has all the info you'll need. Are you on Facebook? If you like their site, there are lots of articles (and some great cartoons) on their Facebook page.

And if you find an injured wild animal? MARS is open 365 days a year. You can call (250)337-2021 during the day, and they also have an emergency cell phone, (250) 897-2257. With baby season coming, I encourage you to learn about what might legitimately be an orphan, so that we don't end up "kidnapping" an animal that would be best with its mom. I have a great decision tree I can share if you email me at: jo-anne.preston@shaw.ca.

Being a senior, and in COVID times, volunteering at MARS has been of such value to me. My brain is active, I'm meeting great people, and I feel a sense of purpose. I think I'm getting much more from them, than they are getting from me! ≈



<https://marswildliferescue.com>

Emergency Preparedness

In 2017 I took a course on Emergency Preparedness which I found very interesting. I am forwarding the information from that course in response to various requests.



The information may be a little dated, but the basic content remains the same. Depending on the possible disaster, we may be without the use of cell phones, electricity, the internet, ATM machines, and various other conveniences which have become part of our lives. It would become a strange new world. This information helps you prepare for situations we hope we will never experience. ≈

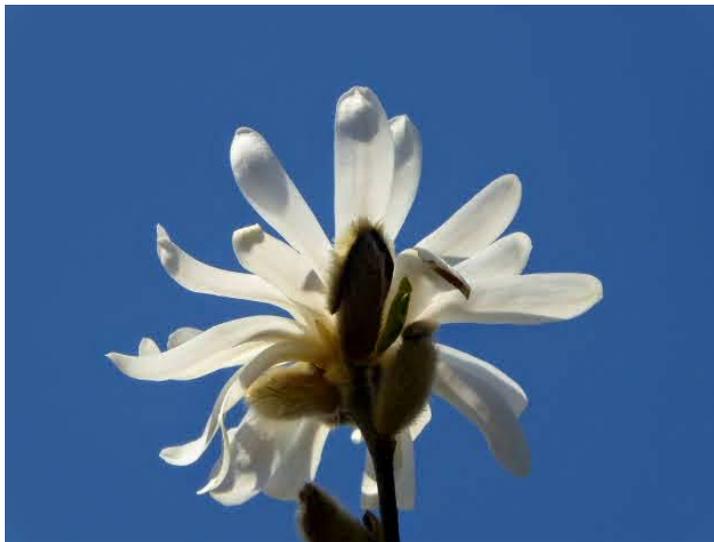
<https://www.cvr.ca/DocumentCenter/View/84184/MIECM-Emergency-Preparedness-Workbook---2017?b-Id>

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc>

— Cynthia Barnes



PHOTO GALLERY I



Top: 'Stormy' BARBARA PROWSE

Lower Left: 'Vocal Sea Lion' BARBARA PROWSE

Lower Right: 'Sun Kissed' SHELLY HOLLINGSHEAD

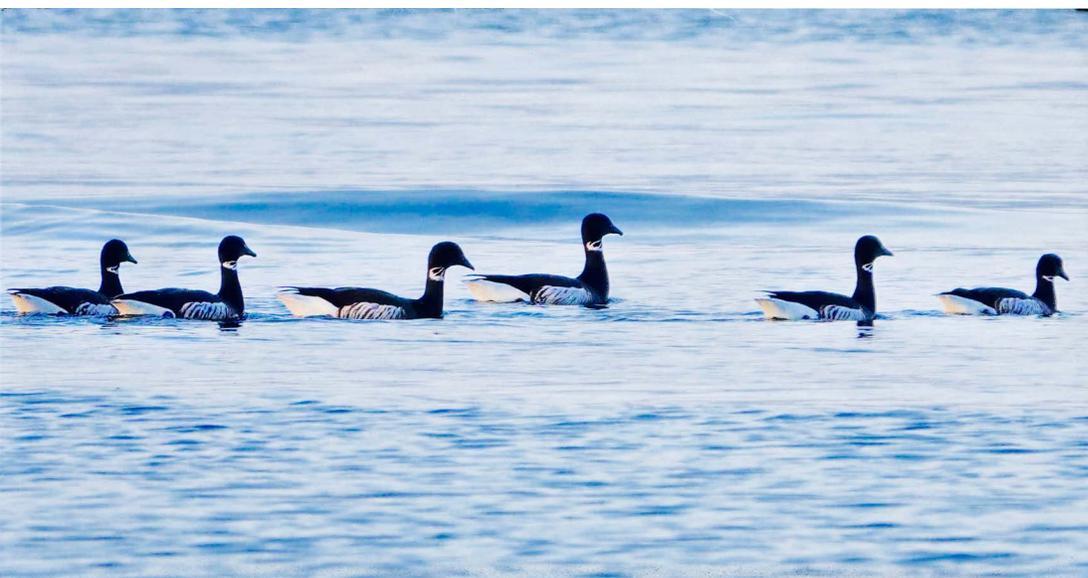
Right: 'Eagles' Landing' BARBARA PROWSE

Middle left: 'Brant Geese Lineup' BARBARA PROWSE

Middle right: 'Graceful Dip' SHELLY HOLLINGSHEAD

Bottom left: 'Companion Prints' ELAINE PRODOR

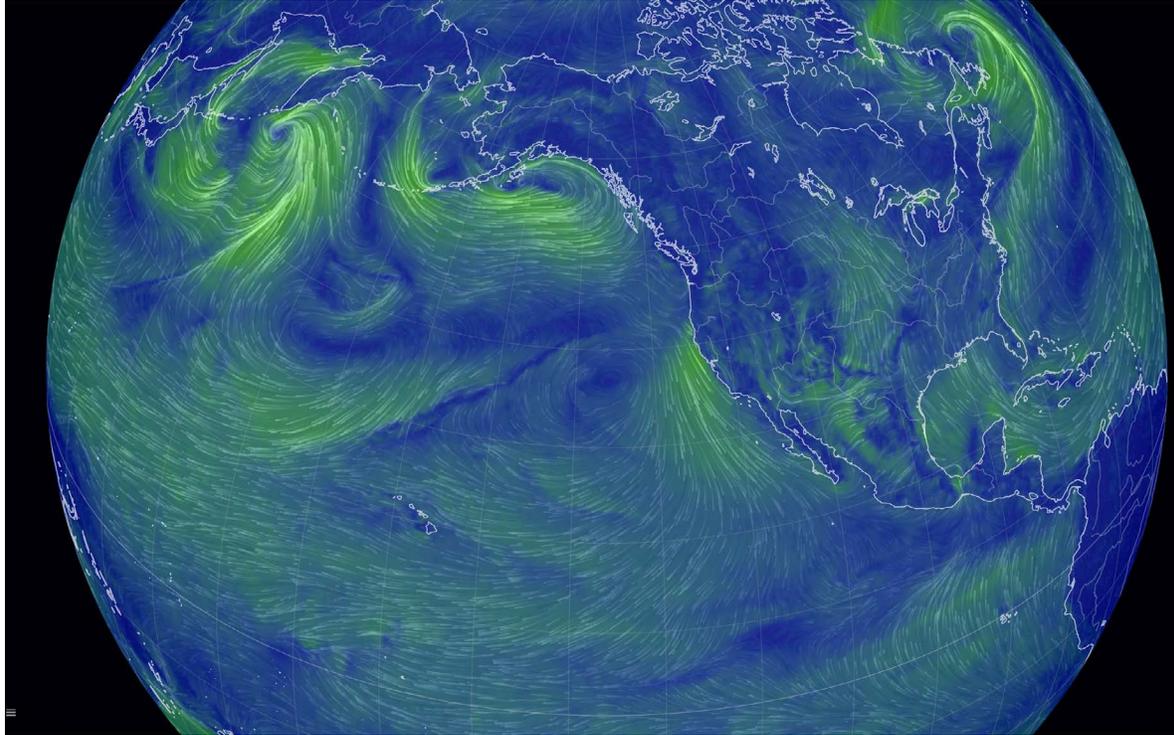
Bottom right: 'Heron Trio' BILL MATHIS



Earth Wind Map . . . a new source for weather buffs

Greetings, Breezers! I was out for a walk on the street the other night and had the pleasure of running into Seaview Breeze editor Elaine and partner John. During the customary weather portion of our distanced conversation, I brought up the topic of an interesting internet weather site. It shows global wind speeds and directions by expressing them as colour coded lines on a virtual globe; this not only gorgeous to look at but enables one to watch approaching weather and visualize wind patterns anywhere on the planet.

The graphics can be zoomed in for a closer look and the virtual globe can be spun to view any imaginable location on earth. With a little experience one can predict the arrival of weather in our locale, useful information indeed! It's fascinating to track storms, especially more extreme weather events such as hurricanes and cyclones, from their beginnings at the equator to when they make landfall. It works by using wind, weather and ocean con-



dition information as reported by international weather stations. The data is interpreted by NASA supercomputers to produce an interactive animate on-line map which is updated every three hours. Enjoy! ≈

<https://earth.nullschool.net/#current/wind/surface/level/orthographic=-136.09,37.94,721>

— Grahame Edwards

A Fantastical Hobbit Door on Seaview Road



Fans of JRR Tolkien's 'The Hobbit' or simply folks who appreciate artistic talent and craftsmanship will enjoy Bill Enns' Covid project viewed outside his smial* in the Shire of Seaview Road (1589). Bill's skill as a welder and metal fabricator along with his love of wood-working have resulted in this delightful work of hobbitry! The door is red and yellow cedar with decorative distressed ironwork. It is still undergoing finishing touches.

British academic and philologist JRR Tolkien wrote his classic fantasy in a world that was reeling between two global conflicts. Perhaps Bill's Hobbit door will bring smiles in our pandemic weary neighbourhood! Enjoy! ≈

— Christine Gornall

* Tolkien invented the word "smial" which is what the Hobbits used to refer to their cozy burrow homes. The burrows were tunneled into earth mounds and hill sides and had at least one round window. Bilbo Baggins lived in a smial called "Bag End". Tolkien, a scholar of Old and Middle English, created the word from the Old English "smygel" meaning burrow. So, we won't find this word in a dictionary of the English language!

PHOTO GALLERY II

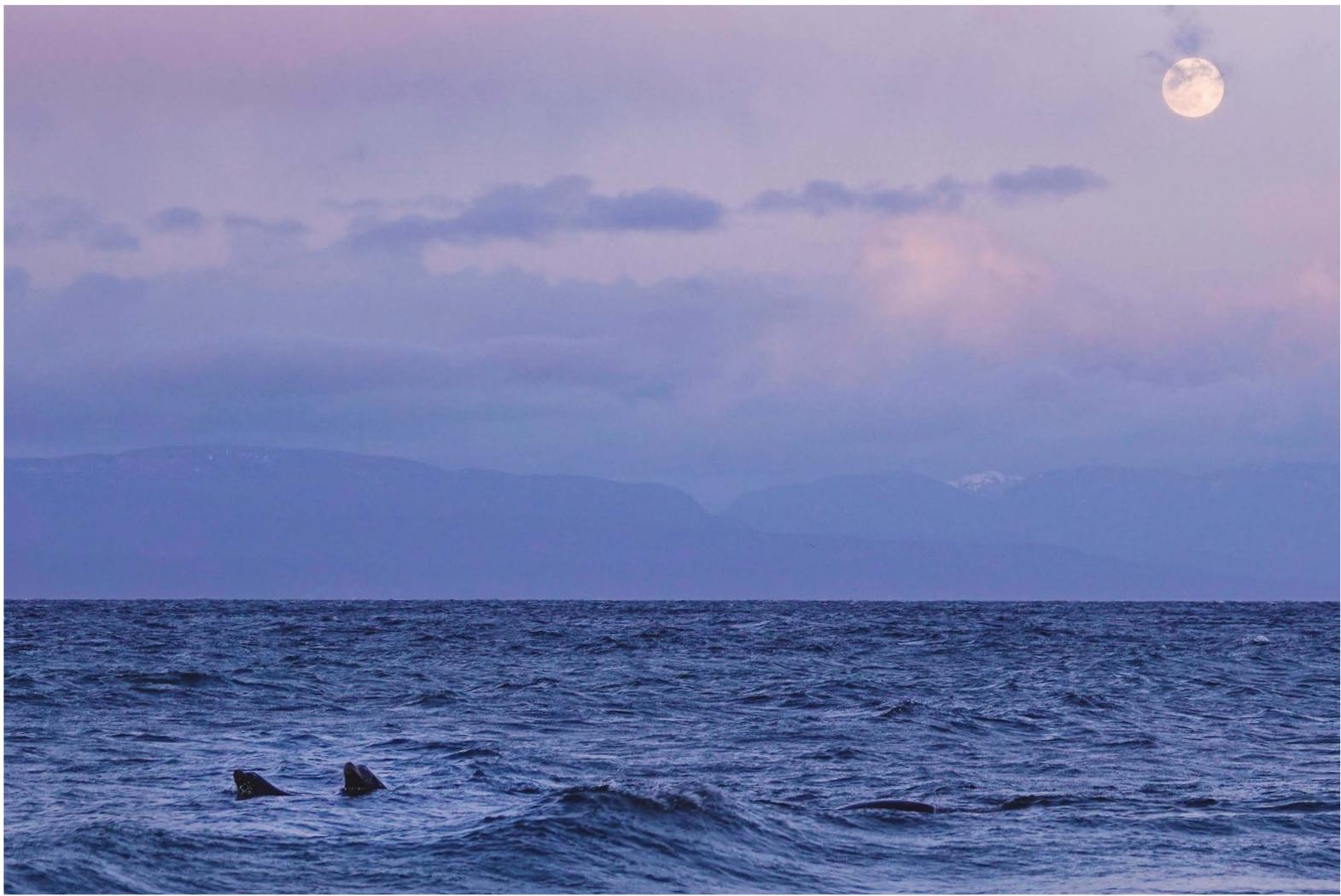


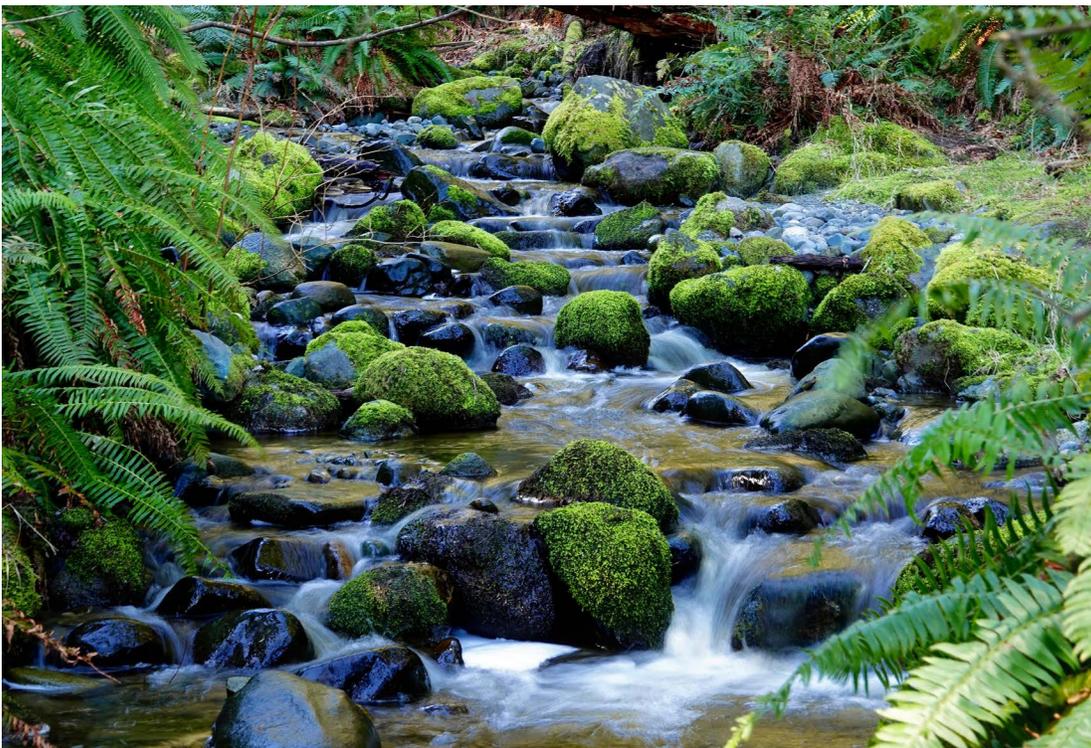
Clockwise from upper left: 'On the Hunt' BARBARA PROWSE 'Fritillaria Meleagris / Checkered Lily' SHELLY HOLLINGSHEAD, 'Oyster Catcher's Prize' BARBARA PROWSE, 'Looking Back' ELAINE PRODOR, 'Hellebore' BARBARA PROWSE



Top
'Rays'
JOHN HYDE

Bottom:
'Sea Lion Moon'
BARBARA PROWSE





All photos on this page by
BARBARA PROWSE

Clockwise from upper left:

'Good Catch'

'Sailing'

'Lookout'

'Creek at Seal Bay'

'Otter's Treat'

Pandemic Positives!

What a terrific response to this request to send in the ‘pandemic positives’ that people have experienced during the past year, despite all the challenges. Thank you all!

THE GIFT OF TIME

If I had to sum up the biggest gift in one word it would be ‘time’. With so many things that normally keep us busy, COVID brought those to a halt and gave us time:
- to learn how to golf
- to be more reflective
- to appreciate the simple daily abundance of beauty all around us here. We feel blessed to be in this place at this time.

THE ROAD

The most positive experience for us during the pandemic was living on Seaview Road. It was wonderful to be on the street at any time and be able to talk to anyone at almost anytime. There was definitely a camaraderie amongst the neighbours.

We live in paradise here on the street — with some great people — which really helped time pass during this difficult time. We have both had our first vaccine which makes us feel a little more comfortable. Seaview Road is definitely a great place to live – just ask your friends and neighbours!

TOGETHERNESS

I've seen such family connectedness in activities, especially biking.

DECLUTTERING

Explanations of what Swedish death cleaning is often start with what it isn't: It isn't morbid, it isn't fatalistic, it isn't depressing. Rather, döstädning — dö meaning ‘death’ and städning meaning ‘cleaning’ — is a pragmatic and thoughtful decluttering process that embraces minimalism. It does consider what your loved ones might be stuck clearing out of your home when you die. It's a philosophy that was popularized beyond Scandinavia by Margareta Magnusson's 2018 book, ‘The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter’.

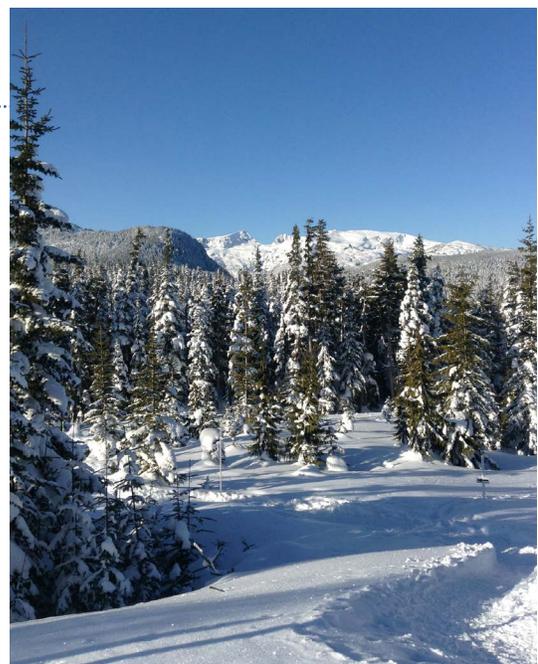
This year has allowed for a great deal of space and time to work through this process. Over the course of this past year I have slowly been going through ‘nooks and crannies’ of the house and ‘freeing’ them of possessions that are better off in someone else's hands and homes. Done incrementally it is a very manageable undertaking. For example, I fill a table in my study with empty boxes — I identify a space I want to clear out — and once the boxes are full of items cleared from that space they are given away.

And then, I start again...

It has felt ‘freeing and lightening’ in a year that has not always felt particularly free or light.

THE JOY OF COOKING

I discovered what I had lost — the joy of cooking. I could (albeit reluctantly) live without going to a restaurant even though I miss the experience. Although I miss dinner parties — both giving and attending — I eat better and healthier than before. I've given up meat and fish almost entirely and it was actually rather easy to do.



BEST SNOW

I have worked at Mount Washington ‘Nordic Operations for over 20 years. This past winter has been the best I have ever experienced despite Covid restrictions! Best snow and trail conditions and the most skiers and snow shoers...all from the Island. Guests were cheerful and cooperative despite long line ups, and various frustrations and inconveniences imposed by health measures. I saw many neighbours from Seaview Road out enjoying the epic snow and winter magic at Nordic. We are so fortunate to have this pandemic relief in our own ‘backyard’!

ZOOMING

I now have weekly Zoom calls with my sisters and also my best friend, who all live too far away. I am planning to keep these up forever!

LESS SHOPPING

Life is better without ‘things’. My online shopping dried to less than a trickle, I'm sure The Bay misses me! And...I made an effort not to shop at Amazon.

‘ME’ TIME

I have had the time to enjoy the wonderful pleasure of reading.

COVID HAPPINESS IS A WARM PUPPY

With considerable waitlists, we had no idea that a set of circumstances with the breeder would move us to the top of the list to adopt a beautiful new puppy. This was in November – when we would normally be looking forward to our annual sun holiday during the cold days of February. But with Covid travel restrictions that wasn’t going to happen this year. So instead of a warm climate we were blessed with a gorgeous warm puppy to help us get through the dark days of winter. We didn’t miss our getaway at all.

FEEL-GOOD HABITS

I make my bed every day and do house-work every Saturday because I find order to be soothing. I make a point of getting up and dressed first thing every morning, no more hanging in my night clothes all day!

BODY TIME

Grateful for more time to exercise and meditate...now hooked on doing on-line classes and/or cycling every day.

NEIGHBOURS

The daily social distance chats on the street have been so enjoyable and helpful.

WHERE WE LIVE

Many times when watching the nightly news I feel so safe and blessed to be a Black Creeker.

GIVING BACK TO NATURE

...by volunteering at MARS!

A TURNAROUND STORY

The best, good news story I know concerns a friend’s teenage daughter. The young woman was in Grade 11, hating school, failing grades, and about to drop out... for good.

And then the lockdown happened.

It turns out that working from home on her own timetable was the right fit. Not only did she start to love school, she excelled and achieved an 85% average. Next up, university. Such a wonderful and life-changing event for her, and the BEST pandemic story I know.

GOOD HEALTH

I haven’t had a cold or flu in fourteen months!

A DAILY DATE WITH NATURE

Being around more to actually watch the progression of the seasons...and learning to garden (a bit).

WALKING-TALKING THERAPY

It’s hard to be angry with the person you go walking with... walking with your partner strengthens your relationship because you can’t ‘not talk’ to each other for that long.

A NEW SPORT

Discovering disc golf, a ‘sport’ that we can both enjoy...and we’re looking for friends to join us (the Prestons).

SHARING GOODIES

Swapping cooking and sharing food with our neighbours.

JOBS FOR CANUCKS

For our son – Canadian actors are getting more film work because it’s more difficult to bring American actors over the border.

HOMEMADE BREAD

One of my pandemic positives has been learning to make a sourdough starter from scratch and then baking delicious sourdough bread with it.

TV WITHOUT GUILT

Netflix, Crave, HBO, PBS and Prime are my escape mechanism and my indoor bike entertainment companion.

HAPPY TRAILS

We now walk even more because we have so much more free time with C19 around..and have discovered several trails around the Valley we hardly knew about. We really like the one from the Royston wrecks, going along the waterfront, up the hill and along the short trail on the highway, down Marine Drive Hill & all along the Drive, right to the very end and then back again. It might not sound too exciting, but it is full of bird life and different plants appear depending on the time of year. In poppy season (June),the whole bank next to the sea is covered in poppies and the wind and sea are so exhilarating.



GRATITUDE

Funny how you can live with less and enjoy life more...I'm more grateful than ever for what I have.

PRECIOUS RELATIONSHIPS

Covid has made me that much more appreciative and grateful of the times when I do get to see family and friends. Life is really about relationships.

PEACE AND QUIET

Better and longer sleep-ins with less airplanes flying overhead.

LESS CAR TIME

Less time spent commuting, thanks to online courses and classes.

Last but not least...a poem!

POSITIVE PANDEMIC POETRY FROM OUR PIECE OF PARADISE

Our paradise covers miles
Neighbours and friends bring smiles

Flowers covered with
beautiful bloom
Families and friends learn to Zoom

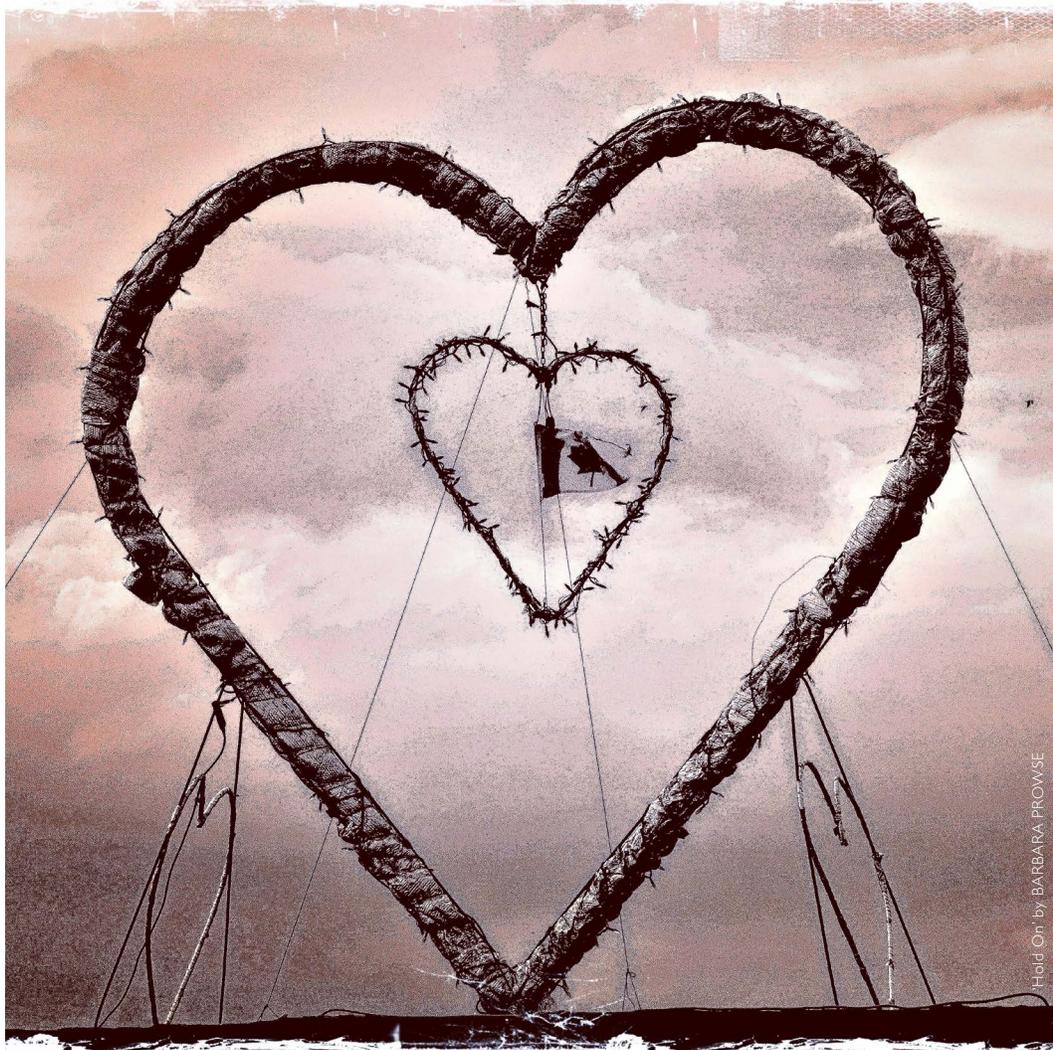
Gardens begin to thrive
A grand nephew has arrived
We will survive!

Sunshine and beach are
always stellar
There's still some wine in our cellar

*Feeling thankful and blessed
to enjoy good health!*

From the Heart . . .

While we are on the subject of gratitude...a communal thank you to all our frontline workers! Your selfless service to the greater community is helping us all get through these tough times. You deserve our applause, our thanks and our respect. Cheers!



Hold On by BARBARA PROWSE



Good Value B.C. Wines for Spring and Summer Sipping

I'm still a committed BC Wine enthusiast and I am always looking for great wine at a good value price. Here are some of my favourites that I recommend for your sipping pleasure.



“Every life well-lived should have a little Mayhem.”

—Terry Meyer Stone, Mayhem Wines

Mayhem Wines (<https://www.mayhem-wines.com>) The wines are very good, most are dry and the prices are amazing! There are a number of white wines in their portfolio right now, most are 2019 with a couple of 2018. A good range of value from a **2018 Gewürztraminer** at \$15.65 to a **2019 Rosé** at \$20.00 Bargain hunters take note: the **Mayhem Pinot Gris** is \$14.97 at BC Liquor Stores (available in Parksville).

There is a reason why their wines are so good and such great value: 1) they have a great winemaker, 2) the partners are brother, sister and spouses, and 3) two of the partners own Meyer Family Vineyards.

Enough said. Here are my four faves from Mayhem Wines:

2018 GEWÜRZTRAMINER

Lychee. Tropical. Spice. \$15.65

2018 REISLING

Citrus. Stonefruit. Dry. \$18.26

2019 PINOT GRIS

Peach, pear and caramelized apricots. Bright acidity. \$16.52

2019 ROSÉ

Strawberries and cream. Berry fruit. \$20.00

Another white wine favourite is from **Four Shadows Vineyard & Winery** <https://four-shadowsvineyard.com/our-wines/> – a **2020 Riesling Classic** at \$22.99. This one sold out very quickly last year. New this year a dry riesling at \$23.99 Also offering free shipping for 12 or more bottles. Available at select JAK's Liquor stores.



Looking for some hidden gems? You can't beat Save-On-Foods in Campbell River, and conveniently there is a BC Liquor Store just steps away for comparison shopping. At time of writing these wines were available at the noted price in Campbell River.

Here is a sleeper wine from **Le Vieux Pin Petit Blanc** at \$21.69 (.70 more than the winery price). For lovers of Alsatian style whites a Wild Goose Gewürztraminer at \$18.89, a Riesling at \$16.99. A Riesling from Orofino in the Similkameen at \$22.59 is a nice one.

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.



For something different may I suggest a **TIME Winery White Meritage** selling on the winery website at \$30.00 currently on sale for \$20.99 at Save-On in Campbell River.



The perfect brunch wine: **La Stella Moscato d'Osoyoos** (sister winery to Le Vieux Pin) \$20.29

And for the red wine lover...

For outstanding red wines I turn to **Black Sage**. <https://www.blacksagevineyard.ca> If you are a lover of deep, rich, full bodied, fruit forward, ripe fruit wine then these wines are for you. **The Merlot, Cabernet Franc and Cabernet Sauvignon** are all currently available at the BC Liquor store in Campbell River at \$26.99 (\$27.99 at Save-On in Campbell River)

When comparison shopping keep in mind that at Save-On-Foods a purchase of four or more bottles of wine nets \$1. off each bottle. A purchase of 12 or more bottles of wine gives you an additional 10% off the discounted price. Doing the math on any one of the Black Sage wines \$27.99 - \$1. = \$26.99 x 12 bottles = 323.88 - 32.39 = \$24.29/bottle. Consider sharing a purchase with a like minded friend or neighbour. All prices quoted are before taxes (5% gst, 10% pst) ≈

See more of Valerie's wine writings at: <https://myvancity.ca>

EASY FISH TACOS with Lime Crema

I have made these fish tacos many times and everyone in my family loves them. It is so fast and easy to make. I found this recipe on the internet site 'Ahead of Thyme'. Enjoy!

Makes 8 tacos



INGREDIENTS

Fish:

2 tablespoons vegetable oil
1 tablespoon lime juice
2 teaspoon ground cumin
2 teaspoon paprika
1 teaspoon ground coriander

1/2 teaspoon red pepper powder
 (add more if you prefer it spicy)
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 pound white fish (such as cod, snapper, tilapia)

Lime crema:

1/4 cup sour cream
3 tablespoons mayonnaise
1 tablespoon fresh lime juice
Zest from half a lime
1/4 teaspoon salt

Slaw:

2 cups cabbage, shredded (I find red cabbage is best)
1/4 cup cilantro, chopped
1 green onion, sliced
1 clove garlic, minced

Tacos:

8 (6-inch) soft taco tortillas
1 avocado, sliced (optional)

TO MAKE

• Prepare the fish: Preheat oven to 425F. In a small bowl, combine vegetable oil, lime juice, cumin, paprika, coriander, red pepper powder, garlic powder, salt and pepper. Dip

the fish into the bowl and turn the fish until it is evenly coated with the marinade. Place the fish onto a lined baking tray and let it marinate in the refrigerator for 15 minutes. Bake 9-10 minutes until the fish is flaky when tested with a fork. (Increase baking time to 15-20 minutes if fish is frozen, depending on thickness of fish). Transfer the fish onto a plate and break into smaller pieces using a fork. (Note: Fish can also be pan-fried on medium heat or grilled 3-4 minutes per side)

• Make the lime crema: In a small bowl, whisk together all the cream ingredients. Set aside.

• Make the slaw: In a large bowl, combine all the slaw ingredients. Set aside.

• Heat the soft tortillas: Heat according to package instructions, or heat in an ungreased skillet over medium heat for 30 seconds per side.

• Assemble the tacos: Divide the fish evenly into each taco, top each with 1/4 cup of slaw and sliced avocado (optional). Pour 1 tablespoon of crema on top.

— Yin Hoskins

FROZEN PINEAPPLE MARGARITAS

Pineapple, freshly squeezed lime juice, tequila, and triple sec are combined in this light, naturally sweetened and refreshing twist-on-the-original margarita recipe.

INGREDIENTS

2 cups | 490 grams frozen pineapple chunks
1/4 cup | 60 ml fresh lime juice
1/4 cup | 60 ml tequila

2 tablespoons | 30 ml triple sec
1 cup ice

Mint leaves for garnishing

TO MAKE

Add everything to a blender or food processor and blend until smooth and frothy.

(Note: for virgin margaritas, omit the alcohol and add two tablespoons of orange rind)

— Elaine Prodor



BETH'S BLUEBERRY OATMEAL MUFFINS

These yummy muffins are perfect for breakfast and they freeze well (though ours never get that far!). The trick is to soak the oatmeal in advance so they stay moist and fluffy. If you like a seedier muffin, you can also add in some chia seed or hemp seed with the oatmeal. Enjoy!

INGREDIENTS

- 1 cup (240ml) milk**
- 1 cup (80g) old-fashioned whole rolled oats**
- 1 and 1/4 cups (156g) all-purpose flour (spoon & leveled)**
- 1 teaspoon baking powder**
- 1/2 teaspoon baking soda**
- 1/2 teaspoon ground cinnamon**
- 1/2 teaspoon salt**
- 1/2 cup (115g) unsalted butter, melted and slightly cooled**
- 1/2 cup (120ml) honey**
- 1 large egg, at room temperature**
- 1 teaspoon pure vanilla extract**
- 1 cup (190g) fresh or frozen blueberries (see note if using frozen)**

TO MAKE

- Combine milk and oats. Set aside for 20 minutes so the oats puff up and soak up some moisture. This is crucial to the recipe! (I usually melt the butter now so it has



a few minutes to cool.) Don't do this the night before as that's too long for soaking. If you find the oats haven't soaked up any moisture after 20 minutes, give it a stir and wait 10 more minutes.

- Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or use cupcake liners
- Whisk the flour, baking powder, baking soda, cinnamon, and salt together in a large bowl until combined. Set aside. Whisk the melted butter, honey, egg, and

vanilla extract together in a medium bowl until combined. Pour the wet ingredients into the dry ingredients, stir a few times, then add the soaked oats (milk included, do not drain) and blueberries. Fold everything together gently just until combined.

- Spoon the batter into liners, filling them all the way to the top. Top with oats and a light sprinkle of coconut sugar, if desired. Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 22-23 minutes, give or take. (For mini muffins, bake 11-13 minutes at 350°F (177°C).) Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

(Note: Muffins stay fresh covered at room temperature for a few days, then transfer to the fridge for up to 1 week)

MAKE AHEAD INSTRUCTIONS

For longer storage, freeze muffins for up to 3 months. Allow to thaw overnight in the refrigerator, then bring to room temperature or warm up in the microwave if desired.

— Beth Carter

TWO ITALIAN ICE CREAM DESSERTS *Because we all deserve some treats...si?*



GELATO CON OLIO E SALE (Ice cream with olive oil, pistachios, and sea salt)

Put a couple of scoops of good quality vanilla ice cream into a bowl. Drizzle over some very good extra virgin olive oil (the best one for this recipe is Arbequina), top with chopped pistachios and sprinkle with a tiny pinch of flaked sea salt on top.

AFFOGATO

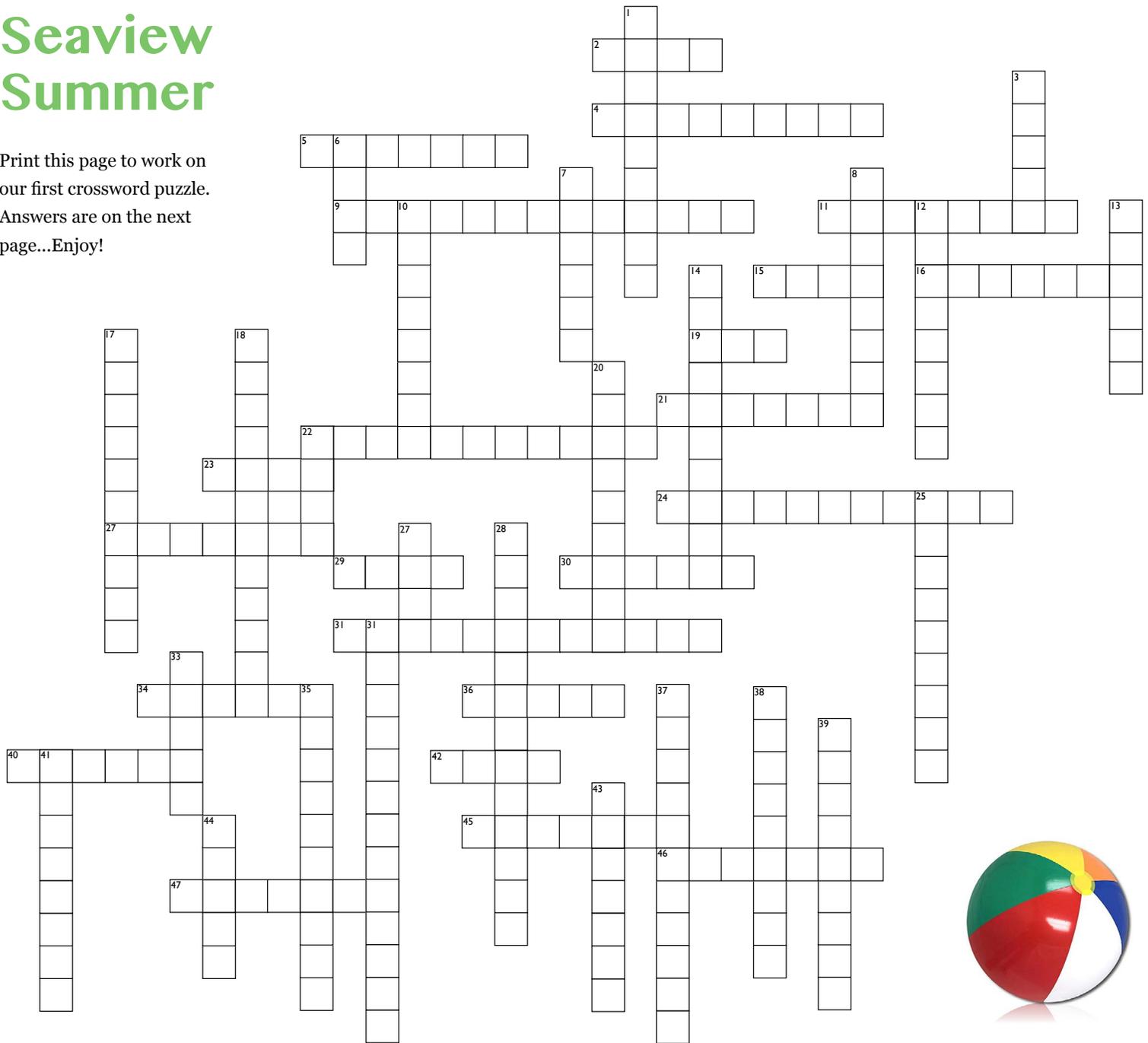
Place 1 scoop of ice cream (coffee, chocolate or vanilla) in a coffee cup, then pour in a shot of espresso or 3 tablespoons strong brewed coffee. Top with shaved dark chocolate and chopped hazelnuts.

— John Hyde

CROSSWORD FOR THE BEACH

Seaview Summer

Print this page to work on our first crossword puzzle. Answers are on the next page...Enjoy!



ACROSS

- 2. It waxes and wanes
- 4. Colourful duck
- 5. Once a year song at Helen's parties
- 9. Spring and chinook eaters
- 11. Type of Scottish bovines
- 15. Price of roadside offerings
- 16. Park that escaped fire
- 19. Paddle board (abbr.)
- 21. No exit road
- 22. Our oldest trees
- 23. Species of counted salmon
- 24. Sticky roasted dessert
- 27. Favourite evening models
- 29. Under rock crustacean
- 30. Park footpaths
- 31. Trustworthy egg purchasing

DOWN

- 1. Black-headed gull
- 3. Long-necked fish hunter
- 6. Our regional governing body (abbr.)
- 7. Water restriction phases
- 8. Woodpecker, like Woody
- 10. Suit up for this sport, please!
- 12. Often seen spouting
- 13. Shoot the _____ or newsletter
- 14. Hoop game
- 17. Diving fish catcher
- 18. Favoured flowering shrub
- 20. Permit required spectacle
- 22. Favourite walking pals
- 25. Free books at two locations
- 27. Pink lily or baby deer
- 28. Secondary residence
- 32. Screaming bird with discerning palette
- 33. Sand shifters
- 35. Full in the summer
- 37. Marked and unmarked
- 38. Collectable beach bleacher
- 39. Yellow flowered creeper
- 41. Pacific Playground treat
- 43. First family on Seaview
- 44. Markers that bob

ACROSS

- 14. Hoop game
- 17. Diving fish catcher
- 18. Favoured flowering shrub
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Stay e-connected with your neighbours by the sea

Send your news & notices to: seaviewbreezenews@gmail.com



CROSSWORD REVEALED

(Our first try, hope you had fun? All feedback welcome...)

A crossword puzzle grid with the following words revealed:

- 1 B
- 2 MOON
- 3 HERO
- 4 HARLEQUIN
- 5 CANADA
- 6 V
- 7 S
- 8 P
- 9 RESIDENT
- 10 TORCAS
- 11 HIGH
- 12 HIGHLAND
- 13 B
- 14 W
- 15 FREE
- 16 MIRACLE
- 17 K
- 18 R
- 19 SUP
- 20 F
- 21 DEAD
- 22 DOUGLAS
- 23 COHO
- 24 MARSH
- 25 MALLOW
- 26 S
- 27 SUNSETS
- 28 F
- 29 CRAB
- 30 TRAILS
- 31 HONOUR
- 32 SYSTEM
- 33 T
- 34 PICNIC
- 35 S
- 36 KAYAK
- 37 A
- 38 D
- 39 B
- 40 SILAGE
- 41 I
- 42 DEER
- 43 P
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- 45 HOTDOG
- 46 SEAW
- 47 COMPOST
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