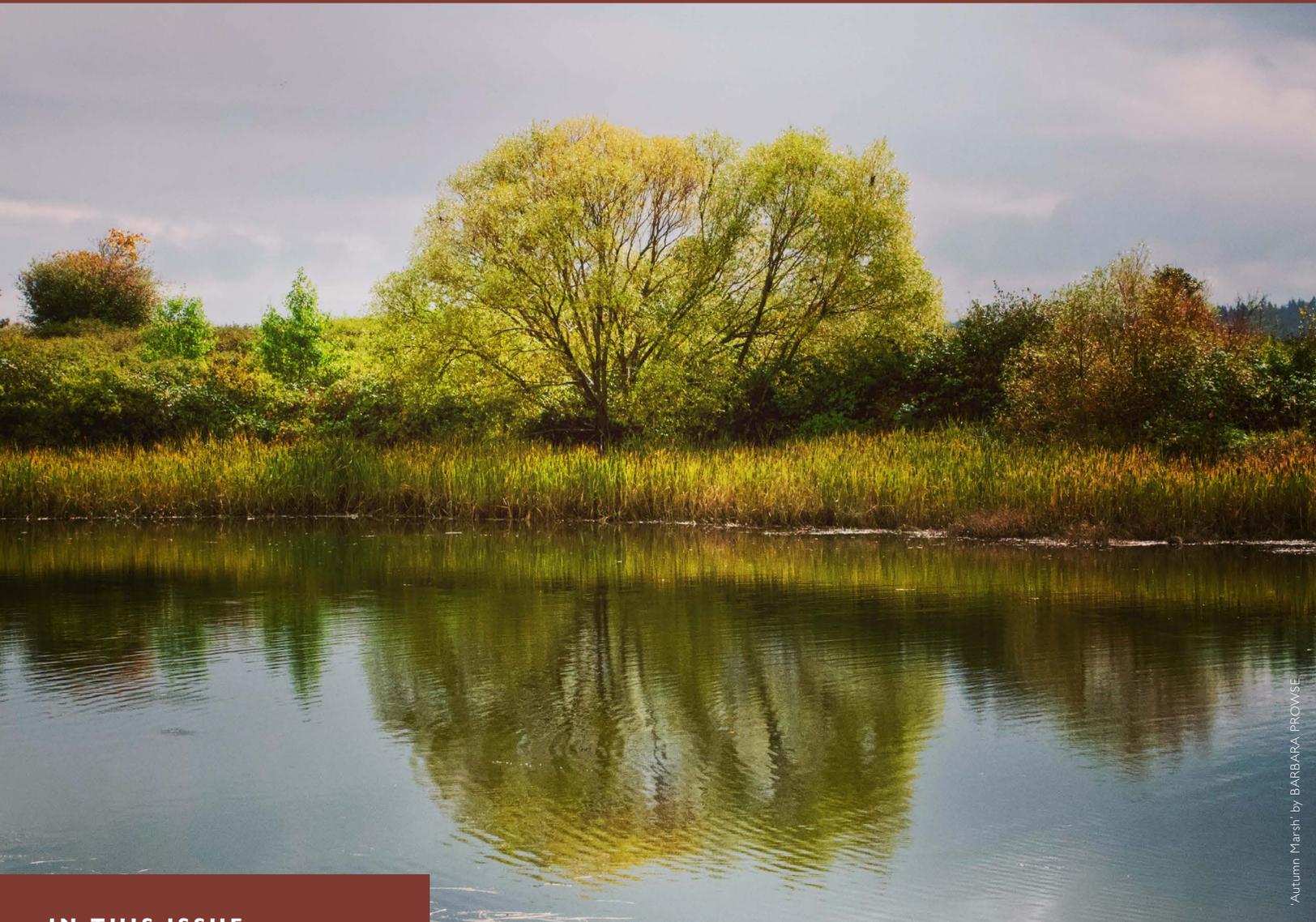


seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

NOVEMBER 2021 • VOLUME 10 • ISSUE 2

seaviewbreezenews@gmail.com



Autumn Marsh by BARBARA PROWSE

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“There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to refresh, to start again.” – Ruth Ahmed

Here is the **Fall/Winter newsletter of 2021**, hope that you enjoy it ... many thanks to all who contributed. We are still working on the web site...stay tuned! For material that is time-sensitive, please send any news bites to: seaviewbreezenews@gmail.com

Stay safe and healthy everyone, and happy holiday season!

Elaine Prodor (Editor),

Lois Clyde and John Hyde (Proofreaders)

The Brooks Family's Environmental Mark

by BILL MATHIS

Seaview Road has strong connections to three notable provincial sites bearing the Brooks name. One is a nearby mountain peak. Another location is in Vernon. The third site, in the Gulf Islands, has pulled me back to experience its charms several times after the first exposure about twenty-five years ago.



Allan and Betty Brooks in the 1990s.

When neighbour Allan Brooks Jr. learned that my family planned a summer trip to Pender Island, he encouraged us to visit his scenic property. Although he suggested we could camp there, we stayed in a cabin at the tip of North Pender. That location proved to be inconvenient, because his land was at the far end of South Pender. And our teenage son, a keen photographer, spurred us to make the winding drive early every morning for several days so he could capture the sunrise from a wonderful vantage point.

Allan and his wife Betty lived ten years on South Pender Island before returning in 1981 with their young children, Julian and Jocie, to the Seaview Road waterfront home Betty had purchased in 1957 before their marriage. Allan's mother, Marjorie, had also lived on Pender and purchased some of the most spectacular waterfront in the Gulf Islands.



Brooks' Point beach on Pender Island, part of the 4.8 hectare park created by the family.

Marjorie's foresight and the generosity of Betty and Allan, who inherited the land, led to the creation of the 4.8-hectare Brooks Point Regional Park. The Brooks family donated one of the three lots for the planned park, then received a discounted price for the rest after waiting patiently for completion of a long fundraising campaign. Allan passed away soon after in 2000.

The park has received only small improvements to welcome visitors: road signage, a boardwalk over the wetland, and a toilet. No other amenities are needed. The rocky headlands, golden grasses, wildflower meadows, accessible gravel beaches, various birds, and potential sightings of

orcas in Boundary Pass are plenty. And the head-swivelling panorama — majestic Mount Baker to the east, the San Juan Islands to the south, and Vancouver Island to the west — is a coastal treasure.

During every pilgrimage to Brooks Point, most recently in August, I silently thank the Brooks family, the involved conservation organizations, governments, and Pender residents who persistently fundraised to establish this jewel of a park. Recent grants and donations have purchased adjacent property to connect the park to Gowlland Point, enhancing preservation.



The Brooks family: Jocie, Allan, Betty, and Julian.

Allan’s deep environmental interest came from both parents. While his mother was instrumental in saving Brooks Point for public enjoyment, his father left a different legacy. Major Allan Brooks was an internationally renowned artist whose meticulous paintings of wild birds and mammals influenced the likes of Robert Bateman.

Two places in the province honour the man. Mount Allan Brooks overlooks Lake

of his long-time friend and periodic Comox neighbour. The BC Provincial Museum published his book, *Allan Brooks – Artist Naturalist*.

Betty has left her own mark as a naturalist. After earning her MSc in marine ecology, in the 1960s she became the first woman BC Parks hired as a naturalist, working both at Miracle Beach and Manning Park. Betty was a founding member of the



A recent portrait of Betty Brooks.



A scenic view from Brooks Point Regional Park.

of Comox Valley Nature and received BC Nature’s education award in 2006.

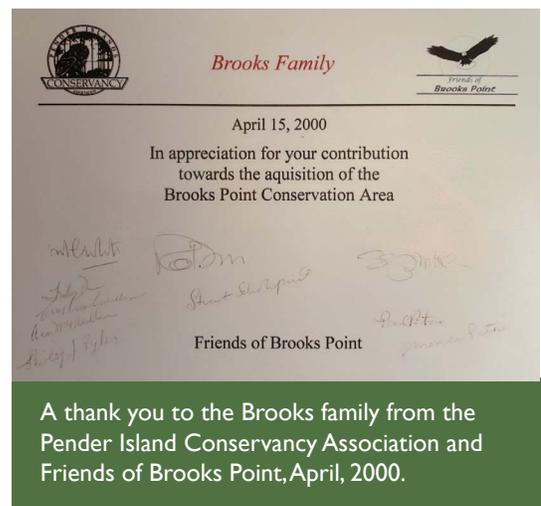
Betty, now 90, encourages everyone to get involved in protecting wild places, and she hopes that Brooks Point Regional Park will inspire others to consider a legacy gift of parkland for future generations. ≈

Helen Mackenzie in Strathcona Provincial Park, visible to Paradise Meadows hikers and Mount Washington skiers. In Vernon, near where the artist’s family lived for many years, the Allan Brooks Nature Centre protects and interprets vital Okanagan habitat. It’s well worth a visit, along with the artist’s paintings on display at the Vernon museum.

The Canadian government declared Major Brooks a Person of National Historic Significance in 1999. Famed naturalist Hamilton Mack Laing wrote the biography

Strathcona Wilderness Institute, and her natural history report on Strathcona Park is still used as a reference, A staunch environmentalist, she has participated in many blockades to defend wild places.

Locally, Betty and Allan were involved in the Oyster Bay Park Association, which saved Oyster Bay from becoming a marina. Oyster Bay Regional Park is now enjoyed by many. Betty has shared her knowledge through booklets and checklists, and by leading nature walks. She is a member



A thank you to the Brooks family from the Pender Island Conservancy Association and Friends of Brooks Point, April, 2000.

A Bag of Tools by Robert Lee Sharpe

(submitted by Karan Jamieson)

Isn't it strange
That princes and kings
And clowns that caper
In sawdust rinds,
And common people
Like you and me
Are builders of eternity?

Each is given a bag of tools,
A shapeless mass,
A book of rules;
And each must make —
Ere life is flown —
A stumbling block
Or a stepping stone.



On the Road . . .









The Doll House!

The Seaview Breeze neighbourhood demonstrates a unique and eclectic representation of housing designs. Houses along the road come in a wide variety of size, property value, colours, architecture, materials, and history. Often when the owners of a property are unfamiliar, the property is identified by the appearance of the house... the new house, the brick house, the purple house, the ginger bread house, etc. One of the most intriguing house designs belongs to 'The Doll House' at 1461 Seaview Road. Here's its story.

This charming 782 square foot, two-story dwelling boasts three bedrooms! It was built in 1969 as a summer cabin by Bob and Aileen Kith of North Vancouver who had two children. It is unclear as to what building codes existed at the time. Bob decided to move his family permanently to Seaview Road and took up commercial fishing. According to a local source he acquired a fishing vessel from a First Nations man but did not honour his part of the financial transaction. The story goes that Bob offended the ocean spirits which swallowed up his ill-acquired boat in a storm and spit him out to swim ashore to safety. He sold his Seaview Road cabin to Ted Price of Prince George and moved away. Ted rented the cabin to Brian Kelly for the following 30 years. Brian raised his son Justin (part time) in the cabin. Eventually Ted offered to sell the property to Justin and in 2017 Justin's wife's parents, Barry and Lynn



vander Schilden of Victoria, purchased it and have since used it as a family get away for themselves, their three adult children, and their five grandchildren. They have no plans to add on to the house but have done some renovations to the interior. The house has been christened by the neighbourhood

as 'The Doll House' and Barry and Lynn have no objection to that. Small is beautiful, less is more. Stop by and say hello when you see someone is there! ≈

— Christine Gornall

My neighbour's diary says that I have "boundary issues".

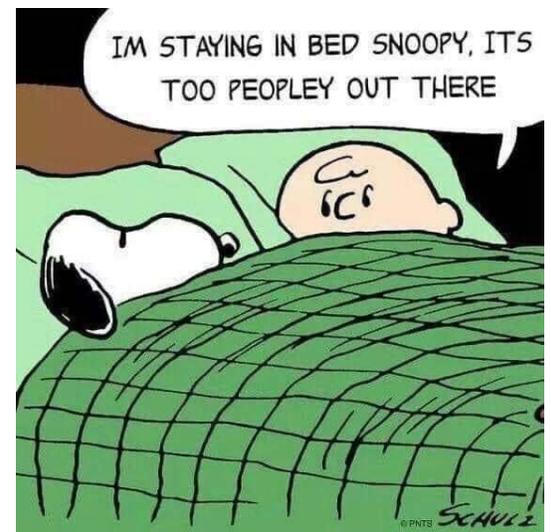


PHOTO GALLERY I



Top: 'In the Pink' SHELLY HOLLINGSHEAD

Lower Left: 'Mitlenatch Newborn' MAX FOSSUM

Right: 'The Mitlenatch Choir' MAX FOSSUM





Top: 'Summer Memory' BARBARA PROWSE Bottom Left: 'Wave and Rainbows' BARBARA PROWSE
Bottom Right: 'We're Here to Eat the Flowers' MAX FOSSUM

A Trip to the Picturesque Faroe Islands

The stark beauty of the Faroe Islands has a silencing effect. I'm certain the expression 'jaw-dropping beauty' came from the Old Norse language which is the root of today's Faroese. The vibrant green of the treeless landscape, the profusion of waterfalls and the enormous sheer cliff faces disappearing beneath the foaming North Atlantic are humbling. We made our way down every narrow fjord-sided road we could find and never tired of the natural beauty or the ancient sod covered buildings.

The Faroe Islands are comprised of 18 major islands and many smaller ones huddled together in the North Atlantic 650 km from Northern Europe, halfway between Norway and Iceland. The government brilliantly decided to connect the larger islands with undersea tunnels, the longest of these is 11.2 km complete with a subsea roundabout. There are 30 000 more sheep on the islands than their 53 000 humans. We were present when the locals were following the age-old practice of bringing in the sheep from the hillsides, but anytime of year would bring its own silencing surprises. ≈

(If you would like to read the full version you may go to: <http://v2.travelark.org/travel-blog-entry/wdtraveltime/9/1635319092>)

— Wayne De Montigny

Top: Watching the action.

Middle right: Light and dark.

Bottom left: Kirkjubour Cathedral.

Bottom middle: Crosses, anchors, and hearts tell a story.

Bottom right: The sod roofs are a good camouflage.



Wine with Friends

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.



From time to time I am the fortunate recipient of wines sent to me for review. It is especially nice to share these wines with friends. Not only does it make for lively conversation, and often diverse opinions, but it also makes for a very enjoyable occasion. So thanks to my wine loving friends who join me from time to time.

This is an excerpt from the first of two articles from the new series “Wine With Friends” originally published on MyVanCity.ca

DESCRIPTION

The Terrasses cuvées are, for each colour blends of different soils and varietals present throughout the estate. They reflect the balance and generosity of the terroir to which the cool climate of Mont Ventoux brings identity and coherence. Profoundly anchored in the Ventoux terroir, Grenache and Syrah express themselves here, with brilliance, indulgence and suppleness.

WINEMAKING

The grapes are crushed and destemmed. We obtain optimal colour and aroma after a fifteen day maceration. Traditional wine making is followed by a long rest. Then the wine is naturally clarified through a series of decanting at select times, no fining. No ageing, bottled at the estate.

TASTING NOTES

Colour: Deep ruby colour.

Nose: Intense nose with spicy notes (especially black pepper) and red berries.

Mouth: This very balanced wine offers very round tannins and fresh berries aromas, with some floral and spicy flavours.

Food Pairings: Simple dishes such as pizza, kebab, charcuterie, vegetable pies,



*Château Pesquié,
Terrasses AOC Ventoux Red 2019*

or salad to more ambitious cuisine like terrines, poultry guine fowl, roasted turkey, or grilled meats. Serve at about 17 degrees Celsius.

FROM THE WINERY...

A blend of Grenache and Syrah with scents of dates, purple plums, cut hay and tobacco. Good depth with medium tannins. A beautiful ruby colour with medium body. This wine is a bargain.

I paired the wine with a slightly sharp flavoured French camembert, ripe melon with prosciutto and baguette.

MY NOTES...

\$19.99 available at BC Liquor stores.

The wine was kept cool and decanted for

four hours ahead of the guests arrival (I recommend always decanting your wine. Decanting opens up the wine and enhances the overall flavour). Offered at an excellent price point for a Rhône wine of this quality and I recommend it to anyone who enjoys a rich, full bodied red wine. This wine has received excellent reviews including 91 points from wine critic Jeb Dunnuck and of 4.2 stars out of 5 from 96 ratings on the BC Liquor Store website. <https://www.bcliquorstores.com/product/708750>

Enjoy! ~

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

PHOTO GALLERY II



Top: 'Evening on the Salish Sea'
Left: 'Best Buds'
both by BARBARA PROWSE



Top left: 'True Love' MAX FOSSUM Top right: 'DFO Spy' MAX FOSSUM Bottom: 'Loveliest Time of the Year' YIN HOSKINS



Top left: 'October's Rainbow Duet'
YIN HOSKINS

Top right: 'Chesterman Promenade'
ELAINE PRODOR

Bottom left:
'Butterfly and Lilies' BARBARA PROWSE

Bottom right: 'Latest Addition to Seaview Road'
KELSI and MATTHEW POTTAGE



November Booklist

This month's booklist is inserted here for your perusal...and for gift giving ideas too. Watch for the next booklist in the new year; submit by January 15th. Happy holiday reading!

TWO BOOKS BY ALEXANDER MCCALL SMITH

I am recommending two books from the Mr. Varg series by Alexander McCall Smith. The first is 'The Department of Sensitive Crimes', very good. I am now reading the second, 'The Man with the Silver Saab'. It is slow moving but page turning at the same time!

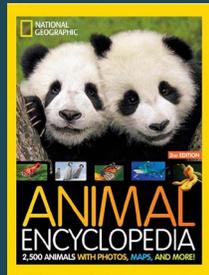
— Helen Hays



KIDS ANIMAL ENCYCLOPEDIA

2nd edition: 2,500 Animals with Photos, Maps, and More!

National Geographic

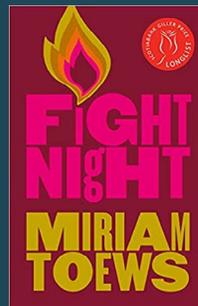


Ordered this with my grandkids for Christmas. (Came out October 26, 2021)

— Deborah Camp

FIGHT NIGHT

by Miriam Toews



This novel is full of surprises and pleasurable moments as we meet Swiv, a nine year old, who has just been expelled from school; Mooshie, her pregnant actor mother; and Elvira the joyous and erudite grandmother. Swiv is left at home to tend her aging grand mother and then later accompany her on an epic, humorous and poignant journey. The witty writing always brings a smile, even when the situation is not as rosy as one would like to perceive. There is strength in the enduring love that binds this family of strong women together.

— Barb Staton

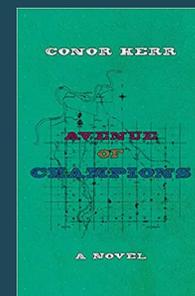
AVENUE OF CHAMPIONS

by Conor Kerr

This is our niece's partner's first novel, so in lieu of offering a biased review of the book – which I thoroughly enjoyed, of course – I offer here the publisher's overview: "Daniel is a young Métis man searching for a way to exist in a world

READING gives us SOMEPLACE to go when we have to STAY where we are

of lateral violence, intergenerational trauma and systemic racism. Facing obstacles of his own at every turn,



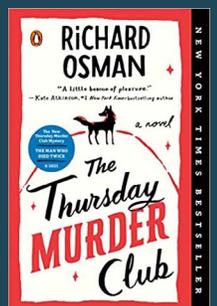
he observes and learns from the lived realities of his family members, friends, teachers and lovers. He finds hope in the inherent connection of Indigenous Peoples to the land, and the permanence

of culture, language and ceremony in the face of displacement." — Elaine Prodor (Available for borrowing: eprodor@gmail.com)

THE THURSDAY MURDER CLUB

by Richard Osman

A delightful romp of a mystery. The sleuths - four octogenarians, Red Ron, Joyce, Elizabeth and Ibrahim - who live in a peaceful retirement village in the British countryside meet weekly in the Jigsaw Room to discuss unsolved crimes until



there is a real life murder in their midst. As The Thursday Murder Club they set out to solve the crime. Funny, clever and compelling. Heart warming, hilarious and entertaining. A good read. Available at the library.

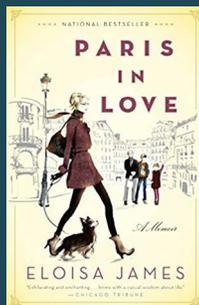
— Shelly Hollingshead

PARIS IN LOVE

by Eloisa James

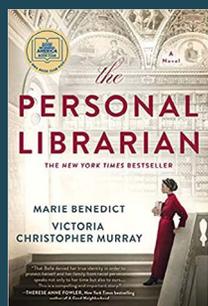
'Paris in Love – A Memoir' chronicles the author's joyful year in one of the most beautiful cities in the world.

— Linda Ashbaugh



THE PERSONAL LIBRARIAN

by Marie Benedict and Victoria Christopher Murray



A historical fiction about JP Morgan's personal librarian, Belle da Costa Greene, a Black American woman who was forced to hide her true identity and pass as white in order to

leave a lasting legacy. A great story and definitely puts this Library on the list of places to visit in New York City.

— Sharon Muzzin

This next recommendation is non-fiction and definitely warrants a shout out by including this excerpt since we have so many gardeners on the block . . .

**ONE GOOD THING:
A LIVING MEMOIR**

by M.A.C. Farrant

submitted by Shelly Hollingshead

Chapter 1 of 64

Cucumber

Dear Helen Chesnut,

You have been writing your gardening columns for many years now, but it is only recently that I've begun reading them. As you know, they appear in our local newspaper, Victoria's Times Colonist, in the Home section, on Wednesday and Saturday of each week. I used to pass them over because I didn't consider myself a gardener, ignoring them in the same way I still ignore the automotive section and TV listings that appear daily, and the ponderous advice given to strata owners that also appears on Wednesday.

But now I've suddenly become beguiled by what you write – you offer so many metaphors with which to frame one's thoughts.

You are clearly carrying on a tradition with your column – I believe your father wrote it before you. I hope there'll be a family member to eventually take over from you and follow your example of calm abundance. It's a quality many of us could use just now, and it's one you seem to have in spades — pardon the pun — and have been practising for years. I'm beginning to imagine you as a kind of gardening Bodhisattva: someone who is steadfast, playful, and wise as you continue on your gardening way. Season

after season, you have prevailed — planning, working the soil, planting, harvesting, head down, tending your vegetable plot, or with your nose in a flower, but absorbed by the task at hand, then writing about it with care. And all the while the world continues on its own perilous way.

For some strange reason, your column today about growing a memorable cucumber helped assuage my fears about the state of the world. I read it like a psalm. It calmed me down.

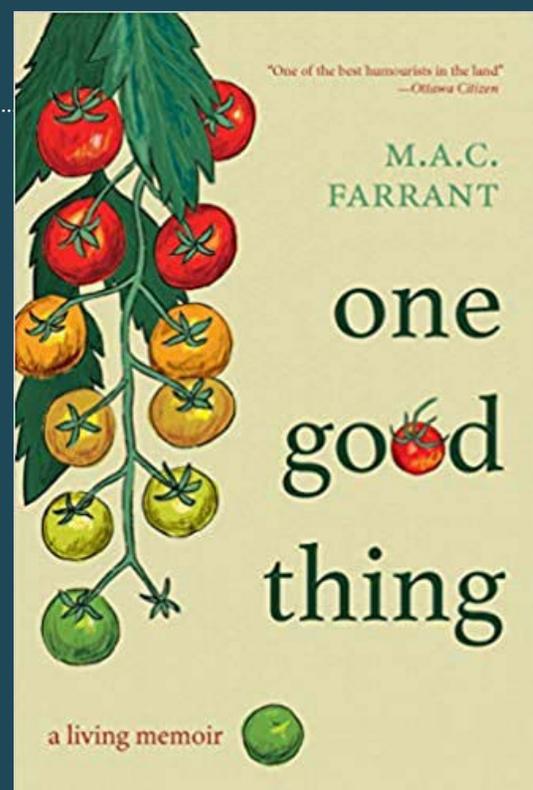
Perhaps it was the optimistic headline — “Seedy Connections Yield Refreshing Results” — that drew me in, and the focus you applied to producing one good thing: a cucumber. I read the column as if it were a life raft of hope.

One good thing.

Planting success, you write, comes from saving seeds from season to season. Seeds are a kind of life raft too, aren't they? Promising continuance, promising the future. And isn't that what a gardener is? A futurist who believes passionately in tomorrow?

This is what I am thinking: What if we could get the same results from seeding hope as you've achieved with seeding the Crystal Apple cucumber? What if we could make hope in these times grow as abundant and refreshing and cooling and prevailing as that cucumber?

I will read your columns in future with this question in mind.



*A few other enticing chapter headings...
Powdery Mildew, When I Praised His Tomatoes, More Toil than Joy, Existential Weeds, Naughty Mariettas, Epic Potatoes.
(Can be borrowed from:
shollingshead002@gmail.com)*

*Further praise from Bill Richardson:
M.A.C. Farrant is the most accomplished and unapologetic miniaturist in Canadian letters. In 'One Good Thing: A Living Memoir', this Queen of Carry On once again finds a way to pack her small bags with wit, rue, skepticism, grace, puzzlement, charm, self-effacement, occasional righteous anger, and love. She does this so skillfully that what's compact never seems jammed or overstuffed. In these fond letters to Helen Chesnut, Farrant shows herself once again to be a master of the Zen-like art of delivering weight in a way that's featherlight.
— Bill Richardson, author of 'I Saw Three Ships' and many other best-selling books.*

The recipe submissions for this newsletter happened to take on a healthy theme but are delicious tried-and-true favourites. Give them a try for yourself and for guests . . . you might add them to your favourites list and feel all the more virtuous in the process. To your health!

ROASTED PORTOBELLO ‘STEAKS’ with Lemon Butter Bean Mash

Another incredible winner from the master chef Yotam Ottolenghi’s latest cookbook ‘Flavor’. The spices infuse and enhance the melted texture of the slow-roasted portobellos. Serve with a crisp green salad and wild rice mix. Enjoy!

Serves 4 – 6 people as a main

INGREDIENTS

Portobello steaks:

- 8 medium to large portobello mushrooms** (about 1 lb 7 oz/650 g), stems removed, do not discard
- 10 garlic cloves**, peeled
- 1 onion**, peeled and cut into 6 wedges (1 cup/150 g)
- 4 1/2 tsp chipotle flakes** (or 1–2 whole chipotle chili, minced to yield 4 1/2 tsp – leave this out if you like)
- 1 red chili**
- 4 tsp cumin seeds**, roughly crushed in a mortar and pestle
- 1 tbsp coriander seeds**, roughly crushed in a mortar and pestle
- 2 tbsp tomato paste**
- 1 2/3 cups (400 mL) olive oil**
- 1 tbsp flaked sea salt**

Butter bean mash:

- 700 g jar/cans good-quality large butter beans** (cannellini and navy beans work well too), drained. You can also soak dried beans, cook, and drain
- 4 1/2 tsp lemon juice**
- 1 tbsp olive oil**
- 2 tbsp water**
- 1/2 tsp flaked sea salt**



STEP 1

For the steaks: Preheat the oven to 350°F

STEP 2

In a large ovenproof Dutch oven or roasting pan, for which you have a lid or may use tin foil, combine the mushrooms, garlic, onion, chili flakes, red chili, cumin seeds, coriander seeds, tomato paste, olive oil and salt and stir to mix. Arrange the mushrooms so they are domed-side up, then top with a piece of parchment paper, pushing it down to cover all the ingredients. Cover with the lid, then transfer to the oven for 1 hour. Turn the mushrooms over, replacing the paper and lid, and return to the oven for 20 minutes more, or until the mushrooms are very tender but not falling apart. Use a pair of tongs to transfer the mushrooms to a chopping board, then cut them in half or slices and set aside.

STEP 3

Reserving the oil, use a spoon to transfer the onion, garlic and chili (discarding the

stem; scooping up the tomato paste, spices, and even some of the oil) into the bowl of a small food processor and blitz until smooth. Reserve oil left in pan.

STEP 4

For the mash: While the mushrooms are cooking, put the beans into a food processor along with the lemon juice, olive oil, water and salt. Blitz until completely smooth. Transfer to a bowl, microwave mash to heat up before serving. Heat up sauce as well.

STEP 5

Divide the mash among four plates. Top with four mushroom halves or six slices per plate and spoon over a generous amount of the sauce and a drizzle of the oil (save remainder of oil for roasted vegetables or another use). Serve at once with salad, rice, or even some crusty bread to help mop up the sauce.

— Elaine Prodor

FLUFFY OMELET



Every now and then I just want an easy dinner. This 'Fluffy Omelet' is one of my favourites. I do not add any fillings. I like the simplicity of the eggs and cheese. It is perfect for two and great with a simple salad. Enjoy.

Serves 2

INGREDIENTS

4 large eggs, separated
1 tablespoon unsalted butter, melted,
plus 1 tablespoon unsalted butter
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1 recipe filling of your choice (optional)
1 ounce Parmesan cheese, grated
(1/2 cup)

METHOD

1. Adjust oven rack to middle position and heat oven to 375°F. Whisk egg yolks, melted butter, and salt together in bowl. Place egg whites in bowl of stand mixer and sprinkle cream of tartar over surface. Fit stand mixer with whisk and whip egg

whites on medium-low speed until foamy, 2 to 2 1/2 minutes. Increase speed to medium-high and whip until stiff peaks just start to form, 2 to 3 minutes. Fold egg yolk mixture into egg whites until no white streaks remain.

2. Heat remaining 1 tablespoon butter in 12-inch oven-safe nonstick skillet over medium-high heat, swirling to coat bottom of pan. When butter foams, quickly add egg mixture, spreading into even layer with spatula. Remove pan from heat and gently sprinkle filling and Parmesan evenly over top of omelet. Transfer to oven and cook until center of omelet springs back when lightly pressed, 4 1/2 minutes for slighter wet omelet and 5 minutes for dry omelet.

3. Run spatula around edges of omelet to loosen, shaking gently to release. Slide omelet onto cutting board and let stand for 30 seconds. Using spatula, fold omelet in half. Cut omelet in half crosswise and serve immediately.

– Cynthia Barnes

SHEET PAN GNOCCHI with Veggies and Feta

Guilt-free comfort food!

INGREDIENTS

1 package shelf-stable gnocchi
500 g (can be GF)
1 package feta 250/300 g (can be dairy free)
12-ounces bell peppers, cut into 1-inch chunks
1 small bunch broccoli, cut into small chunks
1 pint grape or cherry tomatoes
1 small red onion, cut into 1-inch chunks
6 cloves garlic, smashed
Freshly ground black pepper
2 tablespoons olive oil
2 tablespoons coarsely chopped fresh basil leaves
Grated Pecorino Romano or Parmesan cheese, for serving



METHOD

Arrange a rack in the middle of the oven and heat to 450°F. Line a rimmed baking sheet with parchment paper.

Place the gnocchi, veggies, and a few generous grinds of black pepper in a large bowl. Drizzle with the oil and gently toss to combine. Spread the gnocchi mixture out evenly on the prepared baking sheet. Make a space in the middle of the pan and place feta there.

Roast on top rack, stirring just the veggies halfway through, until the gnocchi are plump and starting to crisp around the edges, feta has melted, and the vegetables are tender and caramelized, 25 to 30 minutes total. Stir to combine all.

To serve, spoon the gnocchi and vegetable mixture into individual bowls and garnish each bowl with the basil and grated cheese.

– Elaine Prodor

BANOFFEE PIE (vegan)

This amazing recipe is from the award-winning 'Oh She Glows' blog and cookbook author Angela Liddon.

INGREDIENTS

For the crust:

- 1/2 cup raw almonds**
- 2 cups gluten-free rolled oats**
- 1/2 teaspoon cinnamon**
- 1/4 teaspoon fine sea salt**
- 1/4 cup virgin coconut oil, melted**
- 2 tablespoons pure maple syrup**
- 1 1/2 teaspoons water, or as needed**

For the raw Caramel Toffee:

- 1 1/2 cups (340g) pitted Medjool dates**
- 3 tablespoons smooth almond butter**
- 1 teaspoon fresh lemon juice**
- 1/4 teaspoon fine sea salt**
- 1 vanilla bean, seeded, or 1/2 teaspoon vanilla bean powder (optional)**

For the filling:

- 2 (14-ounce/398 ml) cans full-fat coconut milk, chilled overnight. Raw Caramel Toffee (from above)**
- 3 large ripe bananas, sliced into thick 'coins'**
- 2 squares (6 g) dark chocolate, shaved**

METHOD

1. Place 2 cans of full-fat coconut milk in the fridge overnight (or for at least 12 hours) to allow the coconut cream to solidify.
2. For the crust: Preheat oven to 375F (190C). Grab an 8-to 10-inch tart pan and lightly grease the base and sides with coconut oil. Cut a circle of parchment paper to fit on the bottom and place it inside. This will prevent the crust from sticking.
3. Add the almonds into a food processor and process until they are the texture of coarse sand. Now add in the oats, cinnamon, and salt and process again until

the coarse, sandy texture returns. Add the melted oil, maple syrup, and water, then process until the mixture comes together and no dry flour remains. The dough should stick together when pressed between your fingers; if it's still too dry, try adding another teaspoon or two of water and processing again.

4. Crumble the dough all over the base of the tart pan in an even layer. Starting at the centre, press your fingers and work your way outward and up the sides. If the dough starts to stick to your hands, lightly wet your fingers every now and then. With a fork, poke the base of the tart about 15 times to allow the air to escape while baking.

5. Bake the tart, uncovered, 12 to 14 minutes until lightly golden. Remove from the oven and place the tart pan on a cooling rack for about 15 minutes. If the crust puffed up during baking, you can poke it a few more times with a fork to let the air escape. The crust will firm as it cools.

6. Meanwhile, make the Raw Caramel Toffee: Add the pitted dates into a bowl and pour boiling water over top. Let sit for 5 to 10 minutes, or longer if your dates are firm. Drain the dates and add them to the food processor along with the almond butter, lemon juice, salt, and vanilla bean seeds (if using). Process until smooth, stopping to scrape the bowl as needed.

7. Open the chilled cans of coconut milk and carefully scoop off the white cream from the top of the can, discarding the water. Add the coconut cream into a medium bowl. With electric beaters, beat the cream until smooth and fluffy.

8. When the crust has cooled, gently spread all of the caramel toffee onto the base of the crust – using the back of a lightly wet spoon – until the base is covered. Slice all of the bananas. Place half of the banana slices on top of the caramel, pressing down lightly to adhere.

9. Spread all of the whipped coconut cream on top of the banana slices in an even layer. Now place the remaining banana slices of top of the pie on a circular pattern, overlapping and stacking them to create height. Garnish with shaved chocolate and serve immediately. Leftovers will keep in the fridge in a sealed container for up to 3 to 5 days. Freezing this pie is not recommended as the banana slices get mushy after thawing. Enjoy!

– Yin Hoskins



A Bouquet of Rainbows

Some lucky Seaview Road residents managed to see this beautiful rainbow spectacle on September 27th, as evidenced by these photos. If you look closely, you will see that it was a double treat. We think it's appropriate to dedicate this colourful bouquet to our hardworking and dedicated front-line workers . . . thank you from the heart.

Clockwise from upper left:

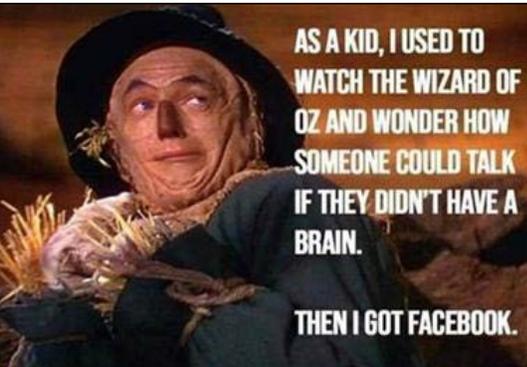
BARB STATON, BILL MATHIS, MARTHA CARTER, and KARAN JAMIESON.





You know how they throw the ball into the crowd after they win the game? That's not allowed in bowling. I know that now.

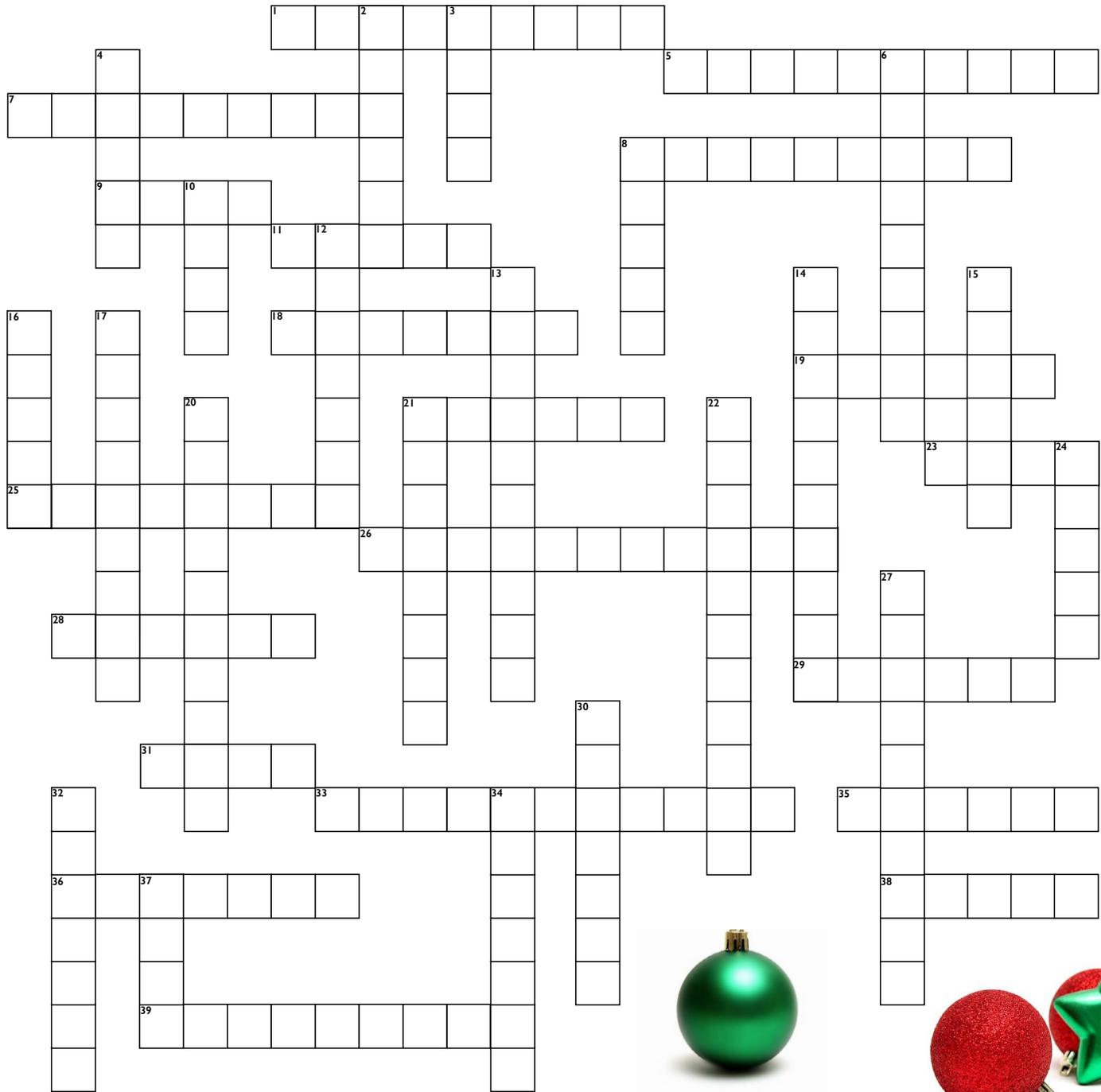
My kids say they want a cat for Christmas. Normally I do a turkey but hey, if it'll make 'em happy...



"Have you heard of Murphy's law?"
 "Yeah."
 "What is it?"
 "If something can go wrong, it will go wrong."
 "Right. Have you heard of Cole's Law?"
 "No, what is it?"
 "Thinly sliced cabbage."



CROSSWORD FOR THE HOLIDAYS *(print this page to complete; answers on next page)*



ACROSS

1. For small gifts, preferably without holes
5. Seasonal plant with red leaves
7. First day gift in a tree
8. Tart filling with misleading name
9. White stuff
11. Latin name for Old Man's Beard
18. Saint Nick's scary helper (Eur.)
19. _____ bells ringing
21. Popular storm watching locale
23. Naughty kids' stocking stuffer
25. The long and the short of it (night to day)
26. Edible log (Fr.)
28. Spread the wealth
29. Spice or red headed
31. Beach greens

33. Stir for good luck and then add brandy
35. Green Who hater
36. Winter berry for tea
38. Sky lights
39. Largest white avian migrator

DOWN

2. _____ Grape (native plant)
3. Highest tide
4. Sign of freezing
6. Retains leaves or needles year 'round
8. Spice fit for a king
10. Hot turkey roast
12. Tightwad uncle
13. White and black duck, also known as a spirit duck

14. Singing for drinks
15. Beverage that calls for rum and/or brandy addition
16. These get decked
17. Steal a kiss under this
20. Liberate a walnut with this
21. Vegetarian's roast 'beast'
22. Baubles etc.
24. Shopping close by
27. Christmas crooner
30. Pathfinding reindeer
32. String of 22 down
34. Old-fashioned material for 32 down
37. Greasy bird treat



