

seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

MAY 2022 • VOLUME 11 • ISSUE 1

seaviewbreezenews@gmail.com



'Shallow Reflection' by BARBARA PROWSE

IN THIS ISSUE

Bear Creek Nature Park.....	2-3
Spa Water Disposal	3
On the Road	4-6
Miracle Beach Memorabilia	7
Winter to Spring.....	8-9
The Ring of Kerry	10
Photo Gallery I	11-12
Wine Column	13
Photo Gallery II	14-16
Recipes	17-18
Oyster River Photos.....	19
Humour.....	20-21
Notice Board.....	22

“The most beautiful gift of nature is that it gives one pleasure to look around and try to comprehend what we see.” – Albert Einstein

Welcome to the Spring/Summer Newsletter of 2022 ... *many thanks to all who contributed with wonderful material.* We are happy to announce that we have created an archives listing for all Seaview Breeze material...see the links on the last page. For material that is time-sensitive, please send any news bites to: seaviewbreezenews@gmail.com

Stay safe and healthy everyone, and here's to a beautiful summer!
Elaine Prodor (Editor),
Lois Clyde and John Hyde (Proofreaders)

Bear Creek Nature Park

by BILL MATHIS

On Seaview Road we're spoiled for choice on nature walks, with several delightful trail and beach options nearby. The parking lots in the Park reveal the most popular places. But when avoiding crowds is the goal, Bear Creek Nature Park, just ten minutes away on Macaulay Road, has much to offer.

The park doesn't seem to attract tourists or anyone else in great numbers. Horse riders are allowed to share some of the trails, but they're rarely encountered. The small parking area seems designed for expected limited usage, perhaps because of competition from the area's recreational jewels.

With the Oyster River Enhancement Society admirably operating a salmon hatchery in the park, spawning channels combine with wetlands, the creek and the river for a variety of water features. The park has more than a kilometre of riverfront, but most of the trails are in the second-growth forest.

During the spring, wildflowers such as trilliums and shooting stars decorate the trails. It seemed like thousands of blossoms nestled among the ferns on the River Trail in late April this year. The summer brings



Lush grasses and pond lilies all through the park's water features.

lush grasses along the interior water ways. Autumn follows up with colourful maples, spawning salmon, and ravens craving a feast.

The park is aptly named. Bear Creek runs through it, of course. And black bears appear on occasion, so stay alert. If you're on a trail



Spawning salmon.



Red-breasted sapsucker.

with limited visibility, make some noise to avoid surprising the park's namesake.



Rare twin fawn lilies.

Interconnecting trails provide ever-changing scenery and cover several kilometres.



Siberian miner's lettuce (candy flower)

The path from the parking lot down to the river is initially steep, but it quickly levels out. A couple of trails, the River Loop and River Bench, require some caution and sure-footedness.

The trails are well marked. A map is posted, but carrying your own is a good idea.



Amanita muscaria: definitely a mushroom to avoid eating.

Download one at <https://www.comoxvalleyrd.ca/parks-recreation/comox-valley-parks-trails/bear-creek-nature-park> . ≈

The Best Ways to Dispose of Spa Water

Many of us on the road have hot tubs, or spas. We all must use various salts and disinfectants to maintain the safety of the water, as well as periodically draining and refilling them.

As this link from the district of Squamish notes: "Chemicals used to keep pools and hot tubs disinfected are toxic to fish, amphibians and other aquatic organisms that live in these waterbodies. Toxic pool chemicals include chlorine, bromine, salt, copper-based algacides and nonylphenols (used in many cleaning agents and personal hygiene items). Chlorine is particularly harmful to aquatic environments even in very low concentrations." *

Salts and chlorine are not conducive to the growth of flora or fauna in our oceans or streams, so what can we do to safely dispose of the treated water?

Referring to various BC municipalities and regional district rules and suggestions, I have found two solutions, depending on the method of maintenance chosen.



1. If you use chlorination, exposing the water to air for a week or two will allow the chlorine to dissipate, and the water could safely be drained on your lawn, for example. Or, you can immediately drain it as described in the following point.

2. If you use a bromine treatment, draining your salty water on the lawn is not a good option. Instead, draining either chlorinated or brominated water directly into your septic system's pump chamber will spread it throughout your field below grade level.

* <https://squamish.ca/our-services/water-and-waste-water/waste-water-system/residential-hot-tub-and-pool-drainage/>

— John Hyde



On
the
Road ...





More Miracle Beach Resort Memorabilia!

by DEBORAH SUNDBERG

Here are a couple of vintage Miracle Beach Resort souvenirs and some old photos, all from my dear old friend Art LeChasseur. He recently gave the souvenirs to me; his family owned the resort for many years. (for more on the history of Miracle Beach Resort, see Volume 9, Issue 1, May 2020 newsletter)



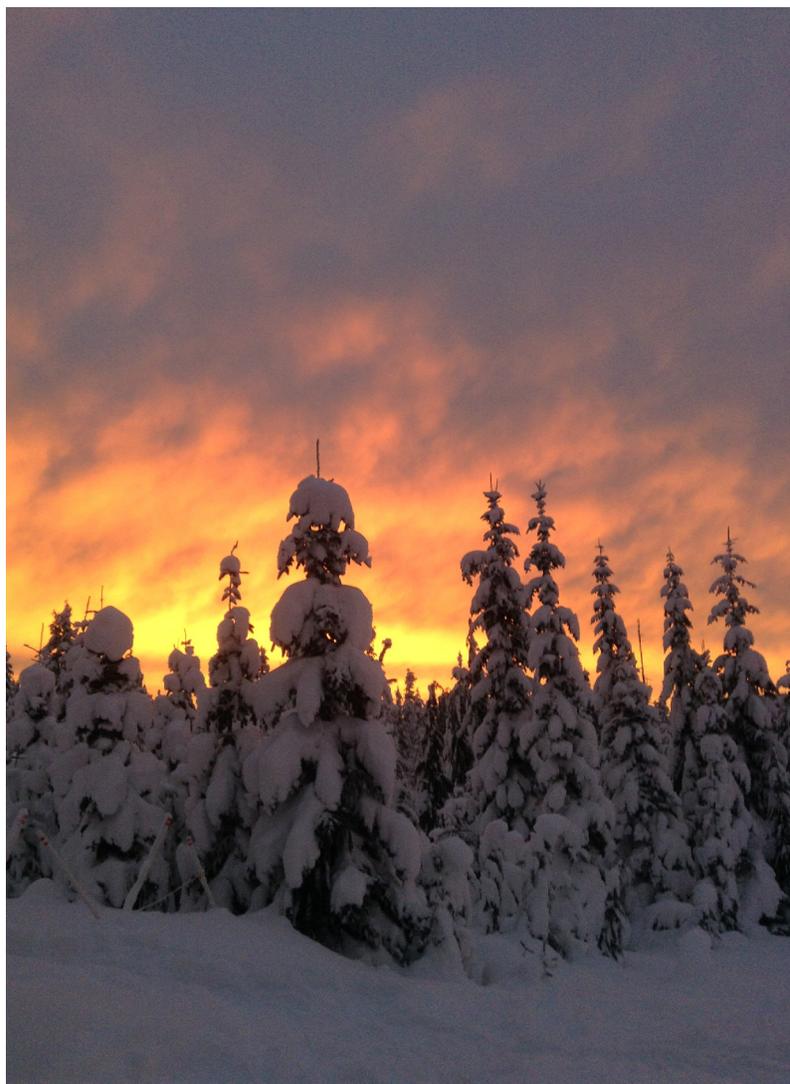
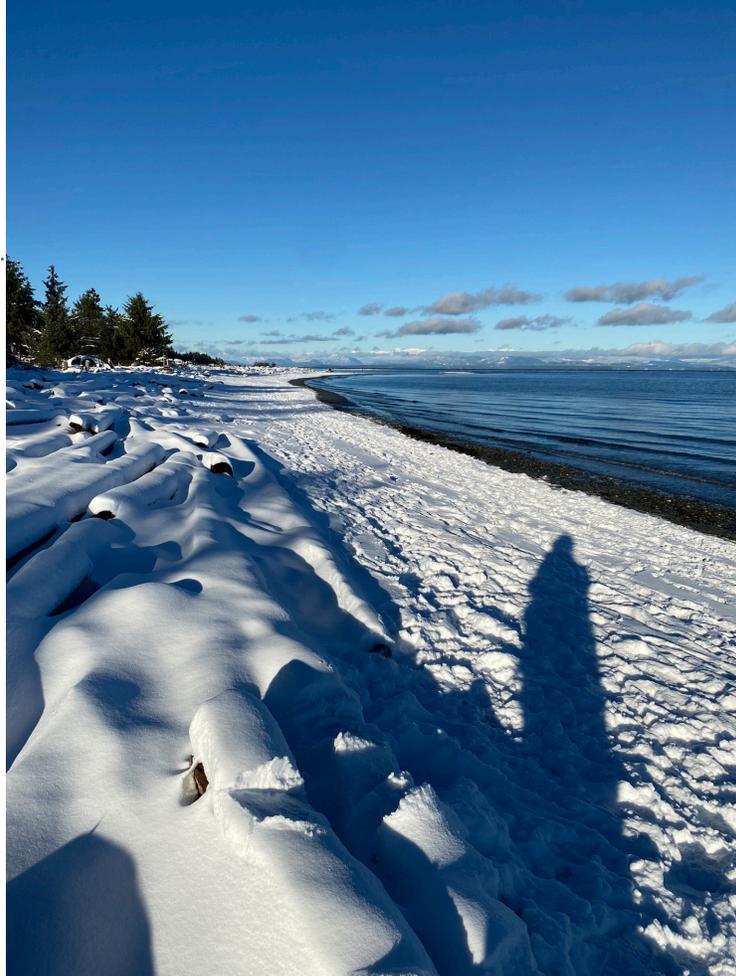
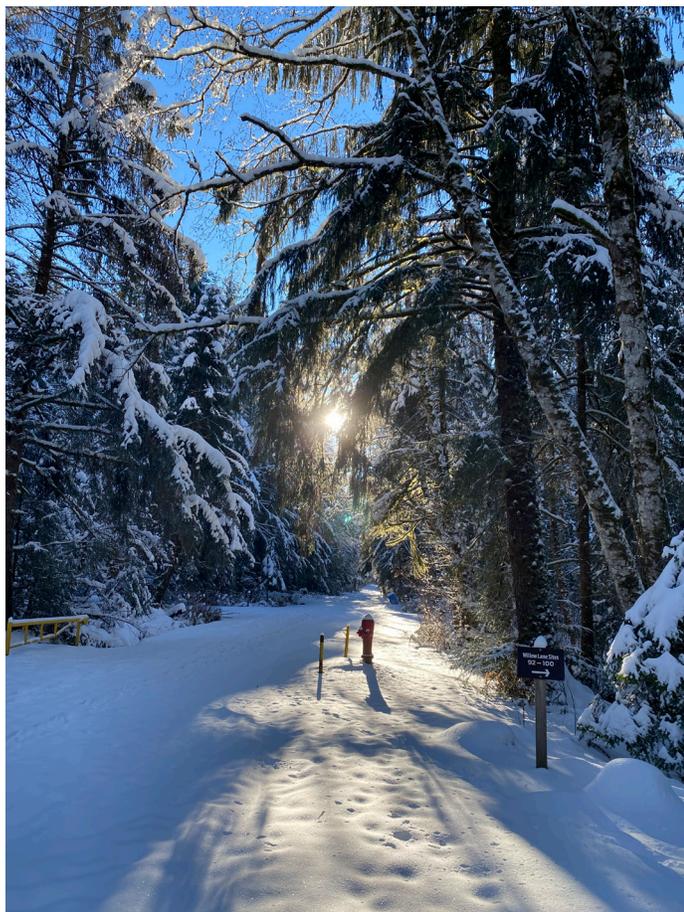
These beautiful beaded belts are from the 70's. Early in that decade, the proprietor Anne LeChasseur ordered several from a travelling salesman who used to stop at the resort every spring. Anne sold a few belts back then but kept these two.



The key tag was used for the Miracle Beach Resort cabins; it may be the only one left!



Farewell to Winter (finally!)



Right: 'Winter Dawn Magic' CHRISTINE GORNALL

Remaining photos: 'Winter Scenes' GLENN ROGERS

...and hello to Spring!



Top Right: 'Eagle Duo' BARBARA PROWSE

Middle Right: 'Daffodil Season 1' BETH CARTER

Middle: 'Scottish Neighbour' JOY CORRANI

Bottom Right: 'Spring Garden' CYNTHIA BARNES

Below: 'Daffodil Season 2' BETH CARTER

Left middle: 'Morning Walk' DEBORAH CAMP

Above left: 'Cherry Blossom' BARBARA PROWSE



The Ring of Kerry

by WAYNE and DORANNE DE MONTIGNY

There is a test after this one, so if you accept the terms, read on. The section of the Wild Atlantic Road that runs the length of the western Irish coast sweeps for a moment or two around the shores of Iveragh Peninsula. This arc is called the Ring of Kerry. Here we saw Ireland as we expected it to be – a combination of blue sea and green field. The ring can be completed in about three and a half hours of steady driving, but we wanted to see things other than narrow roads and Google maps, so we did it in a full day. Are you getting nervous about the test yet?

The first stop, and I recommend it, was Staigue Fort, one of the three circular forts on the Ring. It is a few kilometers off the main road and up a hill. These circular forts from as early as 500 BC were constructed of



dry-stacked stone. They are 4 metres thick and looked like a lot of fun to build...I wonder if they wore gloves? We walked about inside marveling at the work and the will to keep the other clans out of the inner circle. Down the hill past backpackers using the road as part of the hiking trail system and on to a different type of abode called Derrynane House.



Here Daniel O'Connor "The Liberator" resided in a much more comfortable space. His speciality had to do with the emancipation of the Catholic majority Irish from the Protestant minority British. His house



and the really good short film before, give a good introduction to those times. Derrynane House, whose construction began in 1825, is adjacent to a spectacular sandy beach that would no doubt be restorative even for the most harried of liberators.

Something we really enjoyed was an unexpected stop at a quiet little beach off the road. There are not a lot of places to pull off of the windy narrow roads in Ireland and when I saw this one appear around a bend I wheeled in at speed. The roads are always fenced in with hedge rows so it is difficult to see beyond them. I imagine this is from the ancient days when the fields were cleared and the stones piled to keep the sheep penned. The beach was a delight and I hope



Doranne includes a photo or two.

Our next stop was the small coastal village of Portmagee. We had been advised to stop here by the woman who gave the tour in the Dublin Gaol; she said it was her favourite.

It is tiny and worth a stop, but the best is

Valentia Island accessed by a short bridge. We drove to the end of the island and saw the place where the first transatlantic cable came ashore. There was no longer any waiting for ships from the new world to send and bring news. It was now at the speed of morse code and so much changed.

From there we still had a good bit of road ahead of us and the day was well advanced, so we stuck to the road enjoying the scenery as we went. We planned to spend the night in Killorglin, but wanted to visit another of the circular forts first. This one had a circle within the circle which was a fascinating design choice. On this trip we have been winging it as far as hotels go and it has worked well, but I wouldn't try it in summer. We easily found a nice place by the river and got some good travel tips from the owner who had been a bus driver on the Ring of Kerry route for 35 years. I am very impressed with how those guys drive those huge busses on such narrow roads. Just a warning, hug the wall or be prepared to back up into a wider spot when you see them coming.

Now for the test: Would you or would you not enjoy a trip to the Ring of Kerry? Give reasons for your choice and be prepared to defend your position at the local pub, but you may have to speak loudly to be heard over the traditional music being played. See you in the snug. ≈

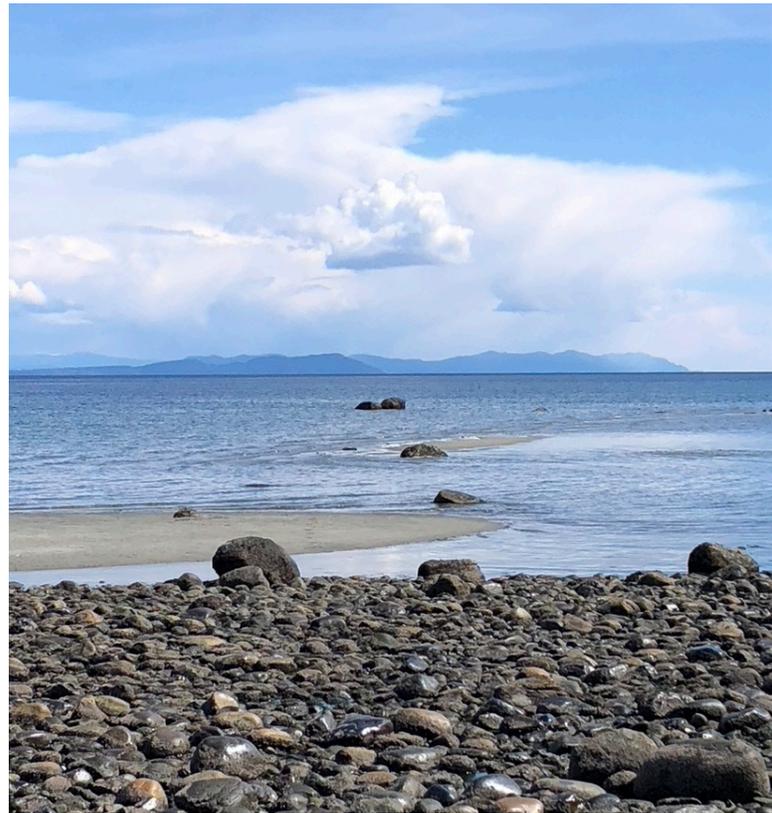
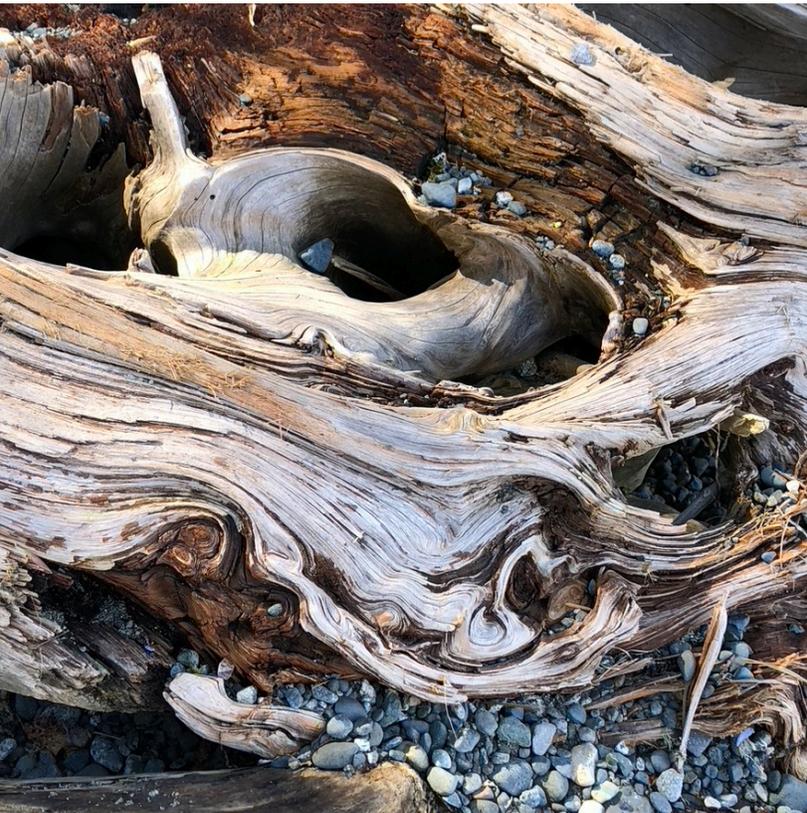
(If you would like to read the full version you may go to: <http://v2.travelark.org/travel-blog-entry/wdtravel-time/10/1651660368>)

Far left: Start of the Ring of Kerry

Top: Cahergal Ring Fort

Middle: Derrynane House

Bottom: Roadside beach



Top: 'Synchronicity' BARBARA PROWSE Bottom left: 'Driftwood' and Bottom right 'Spring Drama' both by BETH CARTER

All photos by
BARBARA PROWSE



Clockwise from top right:
'Lunar Eclipse 2021',
'Eagles' Dance', 'Sunflower',
'Starling Condo',
'Moon Frame', Rain Clouds',
and 'Woodpecker'



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 for a glass of wine.

“The road to a friend’s house is never long.” This is especially true when the purpose of the visit is to discover the secrets of a new wine.

BCL Select wine is only available from your BC Liquor Store. A fresh find for spring. Satisfy your tastebuds with these wines from the exclusive BCL Select list. A range of quality products featuring hand selected gems and value driven bottles that round out any wine list. BCLS friendly and knowledgeable product consultants are happy to suggest appropriate pairings.

Here are two wines you may enjoy:

BODEGA NORTON 2019 PERDRIEL CABERNET FRANC

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

Rich with delicious notes of blackberries dark cherries, A beautiful dark ruby in colour with hints of minerality. The palate is rewarded with ripe fruits and gentle tannins. A lingering finish makes this wine something special. Delicious acidity. The price point is unexpected and takes this wine to another level of desirability. Definitely going on my favourites list!

This wine benefits from a lengthy decanting, if you wish to serve it at 6:00 pm open it at noon, at 2:00 pm pour the wine into a decanter. At 5:00 pm put the wine in the refrigerator for 30 minutes, remove at 5:30 and serve at 6:00 pm.

\$20.99 at BC Liquor Stores.

BARON PHILIPPE DE ROTH- SCHILD RESERVA CARMENERE ESCUDO ROJO 2020

Escudo Rjo has its origins in the Majpo Valley, the historic birthplace of fine Chilean wines. Escudo Rojo gets its refinement from french grape varieties and its poser from the magnificent terroir. In a constant quest for perfection, their winegrowers select the best vines to make and blend this exceptional wine.

A varietal wine, Escudo Rojo Reserve Carmenere comes from the best parcels of the Colchagua Valley. This rigorous selection produces a wine of great refinement.

Escudo Rojo Reserva Carmenere opens on blackberry, then reveals a fine tannic structure lifted by touches of black pepper and mocha notes.



Served between 15 and 17 celsius it is, an ideal accompaniment for meat and cheese. Hard candy and ripe fruit scents on the nose. Followed by dark, rich berry aromas. Chalky minerality and damp stone with dense scents of stewed Italian plums. Superbly rich ripe berries, red cherries and oakiness on the palate with gentle, tender tannins. A richly beautiful deep red invites. A wine lovers wine. The wine becomes more delightfully flavourful with each sip. A long, balanced finish. This wine is a good value for the price.

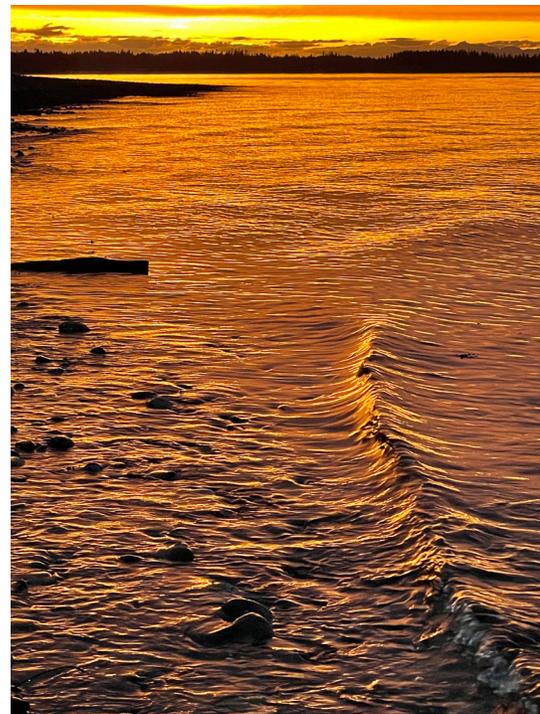
As with the previous wine I recommend decanting. The wine benefits from a lengthy decanting, if you wish to serve it at 6:00 pm open it at noon, at 2:00 pm pour the wine into a decanter. At 5:00 pm put the wine in the refrigerator for 30 minutes, remove at 5:30 and serve at 6:00 pm.

On sale for \$17.49 until June 4th; regular price is \$19.99. Available exclusively at BC Liquor Stores.

Enjoy! ≈

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

PHOTO GALLERY II



Top left: 'Herring Roe Aqua' BARBARA PROWSE

Top right: 'Beach Art' ELAINE PRODOR

Middle right: 'Summertime' ELAINE PRODOR

Bottom right: 'Chocolate Lilies' BILL MATHIS

Bottom left: 'Nature's Arch' BARBARA PROWSE

Middle left: 'Coastal Mountains' LOIS CLYDE



Top left:
'Spring Rush'
JOY CORRAINI

Top right:
'Cloud Drama'
BETH CARTER

Middle Right:
'Heron Model'
BARBARA
PROWSE

Bottom:
'Spring Rainbow'
DEBORAH CAMP

Middle Left:
'Beach Art'
JOY CORRAINI



Top left: 'Sky Dance' ELAINE PRODOR

Top right: 'Sunrise' LOIS CLYDE

Middle right: 'Heron' CYNTHIA BARNES

Bottom right: 'Park Stripes' ELAINE PRODOR

Bottom left: 'Walk at Saratoga'
DEBORAH CAMP



Here's to the summer of '22 and some long-awaited company. Enjoy these delicious recipes in good health!

LEMON BLUEBERRY MUFFINS with Yogurt

The yogurt gives them a lot of moisture and makes them seem like they're 'almost' healthy.

Makes 12, can be doubled easily.

INGREDIENTS

- 1 cup all-purpose flour (125g)
- 1/2 cup granulated sugar (100g)
- 1 3/4 tsp baking powder (7g)
- 1/4 tsp fine salt (1g)
- 3 T buttermilk or whole milk, room temperature (42g)
- 1 T fresh lemon juice (7g)
- 3 T full-fat yogurt (48g)
- 6 T vegetable oil (84g)
- 1 large egg, room temperature (56g)
- 1 tsp vanilla (4g)
- 1 T fresh lemon zest (6g)
- 1/2 cup fresh or frozen blueberries, tossed with 2 tsp flour (75g)
- 2 T coarse sugar, optional

METHOD

Preheat the oven to 425°F and line a muffin pan with 6 paper liners. Set aside. In a medium-sized bowl whisk together 1 cup all-purpose flour, 1/2 cup granulated sugar, 1 3/4 tsp baking powder, and 1/4 tsp salt.

In a separate bowl whisk together 3 T milk, 1 T lemon juice, 3 T yogurt, 6 T oil, 1 egg, 1 tsp vanilla extract and 1 T lemon zest until combined. Fold the dry ingredients into the wet ingredients with a rubber spatula and mix just until combined (be careful not to over mix your batter!).

Gently mix the flour-tossed blueberries into the batter until they're evenly distributed. Divide the muffin batter evenly between the 6 muffin cups, filling them to the top of the liner.

If desired, press a few additional blueberries on top of each muffin and add a sprinkle of coarse sugar.

Bake the muffins for 6 minutes at 425°F / 218°C F to give the muffins a nice rise and a domed, golden-brown top, then (keeping the muffins in the oven) reduce the oven temperature to 350°F/175°C. Continue to bake for an additional 22-25 minutes.

Let the muffins sit in the pan for 10 minutes to cool, then move them to a wire rack to finish cooling.

— Beth Carter



WATERMELON PANZANELLA SALAD

INGREDIENTS

- 3 cups cubed French bread
- 1 tbsp + 2 tsp olive oil
- 1/2 tsp kosher salt
- 3 cups arugula-baby spinach mix, packed
- 3 cups cubed seedless watermelon
- 1/2 cup cubed feta cheese
- 6 fresh basil leaves, roughly chopped
- 1/2 cup walnut halves, toasted

HONEY LIME DRESSING

- 1/4 cup fresh lime juice
- 2 T honey

- 1 tsp Dijon mustard
- 1/2 tsp kosher salt
- 1/4 tsp ground cumin
- 1/4 tsp freshly ground black pepper
- 1/2 cup olive oil

METHOD

For the bread, preheat oven to 400°F. Toss bread cubes in a bowl with olive oil and salt. Spread bread in a single layer on a baking sheet. Bake for 8 minutes until golden, tossing once halfway through baking. Remove from oven and set aside until ready to assemble salad.

For the Honey Lime Dressing, in a medium bowl, whisk together lime juice, honey, Dijon mustard, salt, cumin and pepper.

Slowly pour in olive oil while continuously whisking.

To assemble the salad, in a large serving bowl, place arugula-spinach mixture, watermelon cubes, feta cheese and toasted bread cubes.

Toss with a few tablespoons of honey lime dressing. Sprinkle with chopped basil and toasted walnuts. Drizzle more dressing over top and serve immediately. Enjoy!

— Cynthia Barnes



CHICKEN SOUP 'Silver Palate Style'

Here is my favourite Chicken Soup recipe from the Silver Palate cook Book. It makes a large amount so you have extra to freeze. And... I think it is delicious. Enjoy!

Serves 2

INGREDIENTS

- 4 leeks, white and tender green parts only
- water to cover leeks
- 2 T cider vinegar
- 2 sticks unsalted butter
- 3 carrots, peeled and chopped finely
- 3 stalks celery, chopped finely
- 2 tsp kosher salt
- 1 tsp fresh ground black pepper
- 2 1/2 quarts chicken stock
- 1 c white wine
- 2 lbs boneless skinless chicken breast (4 good sized pieces)
- 1 cup sliced mushrooms
- 2 cups fine egg noodles (uncooked)
- 4 oz fresh green beans, trimmed and cut into 1 inch lengths
- 3 T chopped Italian parsley



METHOD

Cut the leeks in half lengthwise, and rinse well (leeks trap mud like crazy). Soak for 15 minutes in a bowl with water to cover, to which you have added the cider vinegar.

Once the leeks are soaking, start the chicken poaching in the stock and wine - bring to a boil, turn way down and barely simmer for about 15 minutes, or until just done. Remove the chicken when done to let it cool.

Chop the leeks, the carrot, and the celery. Melt the butter in a large stockpot, and gen-

tly saute the veggies for about 10 minutes, then season with the salt and pepper. Add the stock in which you poached the chicken, the mushrooms, and the green beans. Let simmer for 5 minutes, then add the egg noodles. Cook for another 5 - 10 minutes, or until the noodles and the veggies are done to your liking.

Shred the chicken and add to the pot with the parsley. Heat through, add salt and pepper if needed, and serve.

– Cynthia Barnes

SWEET POTATO BROWNIE with PEANUT BUTTER SWIRL

These decadent brownies are loaded with hidden veg!

INGREDIENTS

- 100g 70% cocoa dark chocolate
- 1/2 C (125 g) coconut oil, softened
- 1 C (250 ml) light coconut milk
- 1 C (180 g) coconut sugar
- 3 eggs, lightly whisked
- 2 C (280 g) coarsely grated gold sweet potato
- 1/2 C (60 G) almond meal

- 1/2 C (65 g) gluten-free plain flour
- 2 T cacao powder
- 1/2 tsp baking powder
- 1/4 C (70 g) natural peanut butter

• Preheat oven to 180°C (350°F). Grease an 8X12" pan and line base and sides with parchment paper, allowing sides to overhang.

• Place chocolate, coconut oil and coconut milk in a medium saucepan over low heat. Cook, stirring, for 3 - 5 minutes or until the oil and chocolate melt and the mixture is smooth.

• Transfer the chocolate mixture to a large heatproof bowl. Add the sugar, egg, sweet potato, almond meal, flour, cacao powder and baking powder and stir until well combined. Pour the mixture into the prepared

pan. Spoon over the peanut butter and use a round-bladed knife to gently marble.

• Bake the brownie for 40 minutes or until the top springs back when lightly pressed. Set aside in the pan to cool completely. Cut the brownie into pieces to serve.

– Joy Corraini



Oyster River's Wild Bouquet



All photos by BILL MATHIS

Clockwise from top right: 'Sea Blush', 'Wild Strawberries', 'Pacific Bleeding Hearts', 'Small-Flowered Blue Eyed Mary', and 'Dead Nettle'.



I couldn't resist. 😊



They sing because they can.

Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle... It was an ether/oar situation.



You're a chocolate lab? Lemme check...

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.

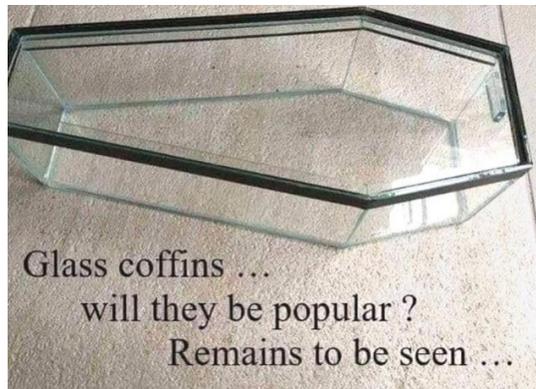
If you boil a funny bone it becomes a laughing stock. That's humerus.

NURSE CAME IN AND SAID DOC, THERE'S A MAN IN THE WAITING ROOM WHO THINKS HE'S INVISIBLE, WHAT SHOULD I TELL HIM? THE DOCTOR SAID TELL HIM I CAN'T SEE HIM TODAY.

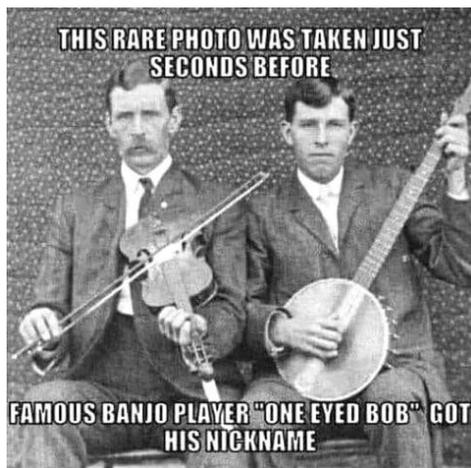
I'M TAKING CARE OF MY PROCRASTINATION ISSUES; JUST YOU WAIT AND SEE.



A busy night at Stone Henge as workers move all the stones forward one hour...



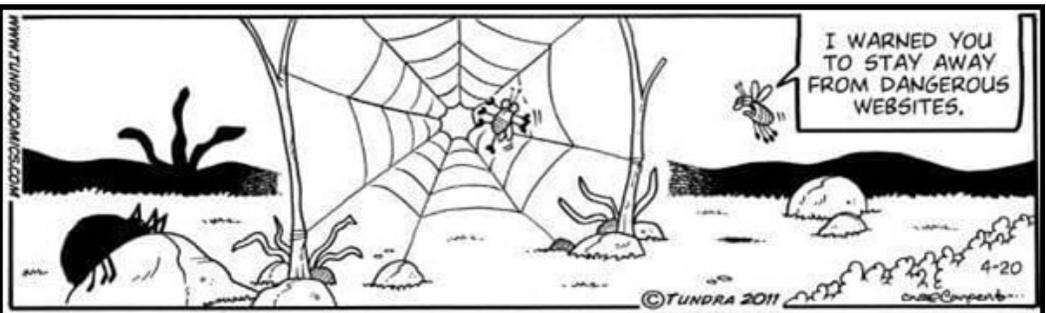
Glass coffins ... will they be popular ? Remains to be seen ...



THIS RARE PHOTO WAS TAKEN JUST SECONDS BEFORE FAMOUS BANJO PLAYER "ONE EYED BOB" GOT HIS NICKNAME

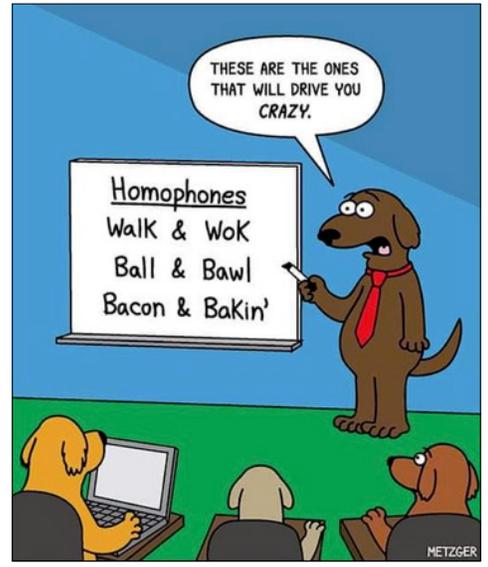
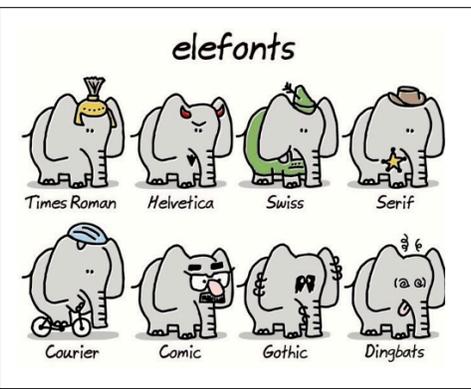
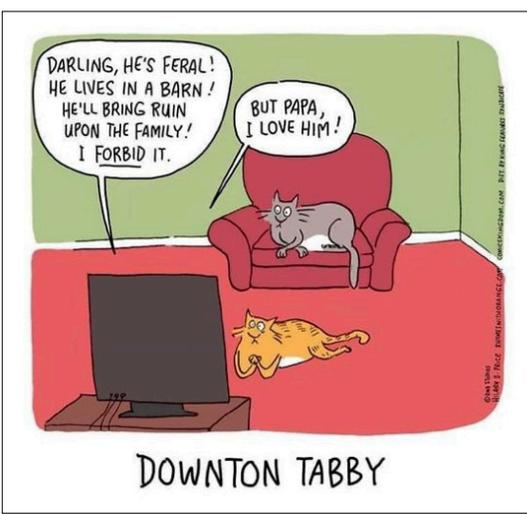
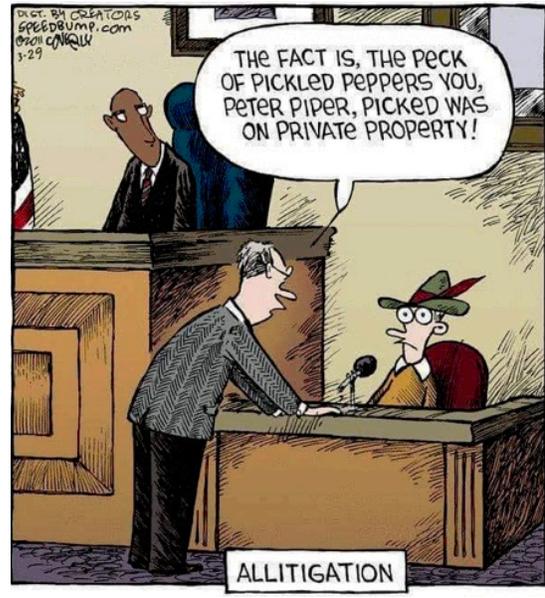
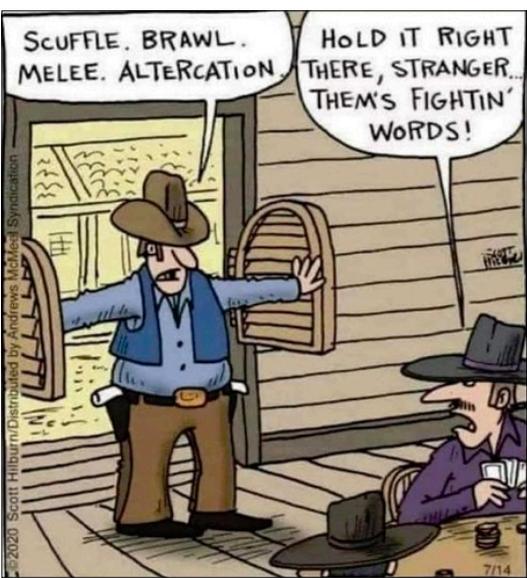
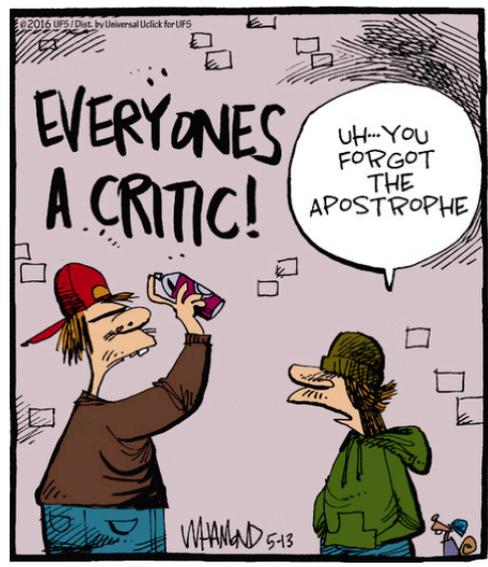
I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet....but the thyme is cumin.

Astronomers got tired of watching the moon go round the earth for 24 hours. So they decided to call it a day.



WWW.TUNDRA.COM/MS/2011

©TUNDRA 2011 4-20



Dear Neighbours,

With this note, I am excited to announce that I will once again be holding yoga classes outside on my 'deck dock' this summer during the dates below. Classes are 1 hour long and there is comfortable space for 8-10 bodies.

If you are interested, please email me at martamartahop@gmail.com so I can get a general feel for the amount of interest. There is no need to commit in advance, but if there is a lot of interest, I can consider adding more classes. If you DO want to commit, then you will have a priority spot!

For more information about my background and teaching, check out www.twistedoutreachproject.com. And feel free to email me with questions.

Looking forward to seeing you!

Martha

GENTLE YOGA WITH MARTHA
on the 'deck-dock'

Tuesdays and Thursdays, 9-10 am

July 5th to 21st (6 classes) and
August 2nd to 18th (6 classes)

1462 Seaview Road – on the seaside.

BY DONATION



*In the words of Island Health,
(and we echo the sentiments!):*

"...thanking all the people who make our health-care system work and who have been and continue to be there for everyone who needs comfort and care. Thank you for everything you do and everything you give, each and every day. Without your dedication, passion, sacrifice, and caring we would not be able to support our patients, clients, residents and their families in their time of need."

Announcing...(drum roll)...

The Seaview Road Archives!

Using the link below, you will find past issues of the **Seaview Breeze Newsletter**, the **Seaview Road Bookline**, **Memoriam Tributes**, and other future documents. This has been created in lieu of a web site and can be updated as the years go by. Hope that you find it useful!

<https://indd.adobe.com/view/77e51970-5834-459f-80e8-59f72211d110>

Stay e-connected with your neighbours by the sea . . .

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



SeaLion Chorus by BARBARA PROWSE