

# seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

JUNE 2024 • VOLUME 13 • ISSUE 1

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*“All my life through, the new sights of Nature made me rejoice like a child.” – Marie Curie*

**T**hank you to all who contributed to the Seaview Breeze newsletter. To see past issues of the Newsletter, Booklist, Phone Book (new edition, thank you Dave Pye!), and In Memoriam articles, see the last page for links to the Seaview Road Archives. To send out notices that are time-sensitive, please send emails to: [seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com). Have a safe, healthy, and happy summer!

Elaine Prodor (Editor), Lois Clyde and John Hyde (Proofreaders)

# Celebrating Two of Seaview Road's Illustrious Musicians

by JOHN HYDE

Seaview Road is a hidden gem, home to an astonishing number of practicing visual and musical artists. When we moved here, I was surprised to find that on this very road there were two excellent bass players living here! Furthermore, there are many instrumentalists, vocalists, and visual artists of whom I hope to highlight in future issues. In this article, the spotlight is on two exceptional musicians currently captivating audiences in the Comox Valley and Campbell River area: the illustrious Grahame Edwards and the incomparable Don MacKay.

## DON MACKAY: THE MAESTRO BEHIND SYMPATICO JAZZ

Don MacKay is the extraordinary bassist, bandleader, prolific composer, and masterful arranger for the local group Sympatico Jazz. You may have heard Don at the renowned [Filberg Festival](#), the enchanting [Anderton Gardens](#), or at a mesmerizing [Georgia Straight Jazz Society](#) performance. If you were in Victoria in the past, you might have enjoyed the pleasure of hearing Don with many of the illustrious Big Bands and elite small jazz groups on the southern tip of Vancouver Island.

often a precursor to success in the arts, and Don was no exception. After early studies in violin and trumpet, Don discovered an unwavering passion for playing the bass.

Don's fascination with the bass blossomed into a remarkable career. After graduating from high school, he toured BC for eight years with a highly successful rock band. His musical influences during this vibrant period included the legendary Led Zeppelin, the iconic Jimi Hendrix, the great Scottish bassist Jack Bruce, and the dynamic Tim Bogert of Vanilla Fudge. Don even attended one of the final, historic concerts of the Jimi Hendrix Experience in Oakland, audaciously entering the backstage area hours before the concert to immerse himself in the atmosphere.

After his exhilarating time on the road, Don decided to enrol in the prestigious music education program at the University of Victoria. This marked the beginning of his profound and enduring passion for jazz.

Don's introduction to jazz at UVic was serendipitous. A fellow student approached him in the hallway and said, "You play bass, right?" Don replied, "Right." The bandleader continued, "There's a big band rehearsal on Sunday, and we need a bass player." With that, he handed Don the charts and said, "See you there." Although Don had read music for the trumpet and played a lot of bass, he had never read bass parts. He



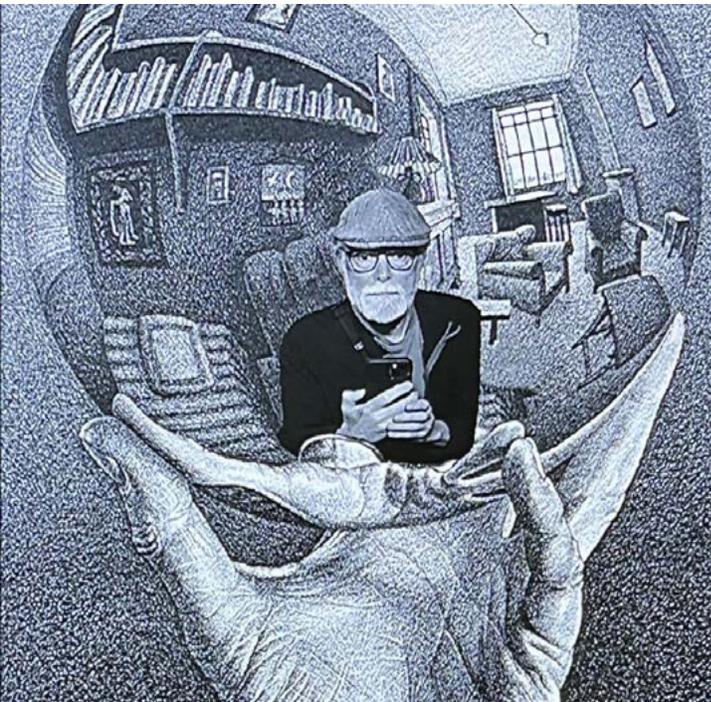
had four days to prepare. Rising magnificently to the challenge, Don played with Big Bands in Victoria for years afterward.

Jazz was evolving, incorporating powerful influences from the rock era Don had worked in. Jazz fusion bassists like the phenomenal Alain Caron, the virtuosic Victor Wooten, and the legendary Stanley Clarke became some of his influences, and his interest in composition flourished. University education inspired Don to become an early adopter of technology in music, using computers in composition and preparation of written parts. Though now ubiquitous in music, the ability to compose pieces and hear them rendered through Musical Instrument Digital Interface (MIDI) was groundbreaking at the time. Don pursued a Master's Degree in this pioneering area. His skills have been meticulously honed to prepare exquisite music for his group, Sympatico. Sympatico continues to evolve with breathtaking new compositions. Featuring some of the finest players in the area, the group is sure to be performing at a venue near you soon.



Don's roots in music run profoundly deep within his family, as his grandmother played piano and his grandfather played violin and was a luthier. Growing up surrounded by such a rich musical heritage is

## THE MUSICAL UNIVERSE OF GRAHAME EDWARDS



groundwork for his musical journey, and the occasional visit from talented musicians provided a thrilling experience. Hearing skilled players and mimicking their phrasing was, for Grahame, an enlightening transformation—like night turning to day. He furthered his musical exploration by studying violin, but remembers being interested by basses laying in the hallway of the music school with their comparatively thick strings. England’s robust support for the arts played a crucial role in Grahame’s early musical education. He was deeply inspired by the philosophy of engaging people in music “for the common good,” believing that involvement in music enhances well-being and fosters cooperative skills within groups.

Icons such as John McLaughlin’s Mahavishnu Orchestra, Chick Corea’s Return to Forever, and the UK group featuring Allan Holdsworth and Bill Bruford left a lasting impact on his musical sensibilities.

In his composition process, Grahame collects disparate ideas over time, weaving them into new pieces. He marvels at how music connects to virtually every aspect of the real world, stating, “It never ceases to amaze me how there is a connection from music to just about any subject in the real world.”

Keep an eye out for Grahame on Seaview Road as he heads to numerous performances and rehearsals. One of his latest noteworthy projects, featuring some of his original compositions, is with the Valley Cats. Catch their performance on August 11th at Simms Park, starting at 7:00 pm. For more details, visit [Simms Summer Concert Series](#). ≈

Grahame Edwards, a multi-instrumentalist virtuoso whose talents span percussion, guitar, trumpet, and keyboard, is known for laying down a rock-solid foundation on bass for an array of diverse projects. Grahame’s passion for music ignited at an early age. He initially honed his skills on keyboard and strings in the UK, and upon relocating to Langley, BC, he eagerly joined the school band, where he embraced the string bass. Now retired from a dynamic career in music education, Grahame continues to enchant audiences, playing with several bands and ensembles throughout the Valley. Even more compelling, he has been crafting new compositions that promise to captivate listeners in the near future.

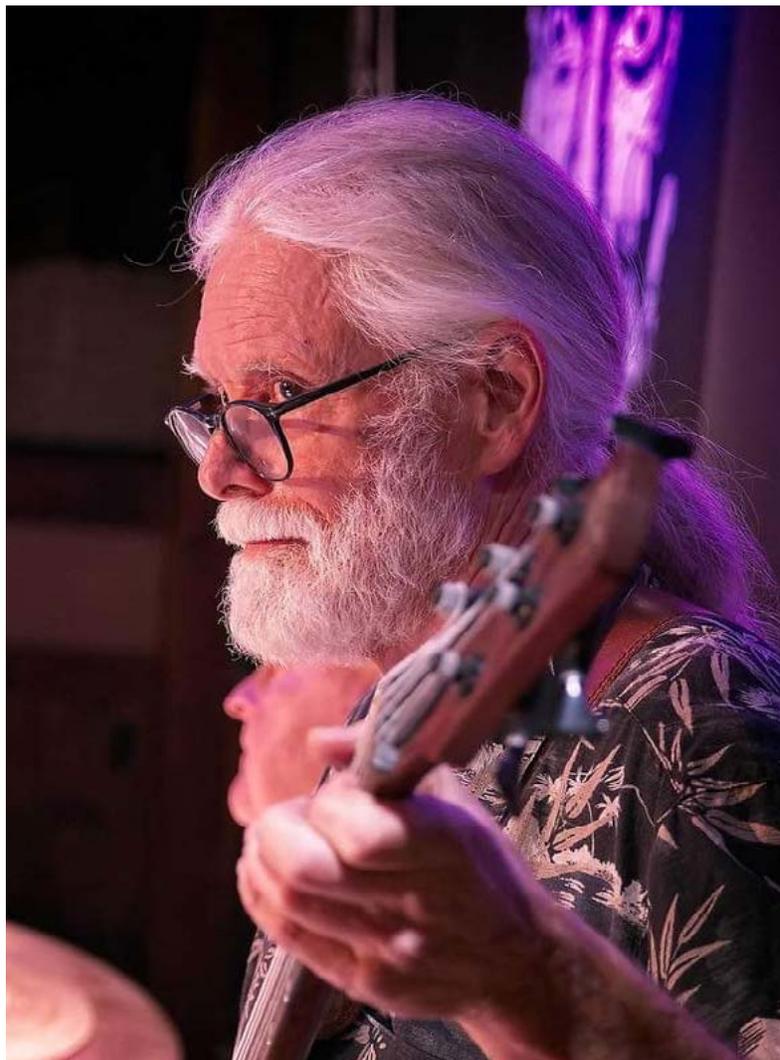
Grahame’s musical odyssey began in England, with a family-owned radio that he mastered as a child. He recalls the thrill of tuning into radio stations “bouncing off the ionosphere” from across Europe, offering a rich tapestry of classical music, jazz (thanks to Radio Luxembourg), and popular tunes. It was during these formative years that the seed for bass playing was planted, spurred by the frequent mentions of legendary bassist Ray Brown.

At the tender age of seven, Grahame’s godmother encouraged his family to initiate his formal music education. He started with lessons on a huge, out-of-tune piano in the family living room. These lessons laid the

When Grahame’s family moved to Canada, his enthusiasm for joining the school band program remained undiminished. Despite arriving a few months after instrument selections, he was fortunate to choose the bass, which was not highly sought after by other students. This serendipitous choice set the stage for his future musical exploits.

After high school, Grahame pursued further studies in music at UBC. Upon graduation, he began teaching in Campbell River, where an exceptionally supportive superintendent nurtured an outstanding music program, giving early grades a solid foundation through the Kodály method.

Grahame’s most memorable influences stem from the jazz fusion era of the late 1960s and early 1970s.



# A Message from MARS – Mountaineer Avian Rescue Society

Leaves are out on the trees, flowers are blooming, and MARS is gearing up for the annual baby invasion. MARS hospital caregivers know that wildlife babies need their parents for the best possible care so whenever possible, they would like us to keep birds and mammals safe at home in their wild environment.

Babies, like seal pups and fawns, are often left alone for many hours while

2021 before intervening. If you find an injured creature, do not give it food or water. Since each species requires a very specialized diet, feeding an animal the wrong food can cause more harm, especially if it is already stressed or injured.



their mothers go out to forage. Watch and wait and call MARS at 250-337-

At this time of the year, you will want to keep a very close eye on your pets, keep cats indoors and dogs on leash. You might also want to check for bird nests before trimming branches and other landscaping.

As a not-for-profit service, MARS depends on community support to provide its rehabilitation and education services. Interested in volunteering or able to donate? Go to our website at

[marswildliferescue.com](https://marswildliferescue.com) for more information. While you are there, consider booking a tour to learn more about MARS. ≈

— Deborah Sundberg



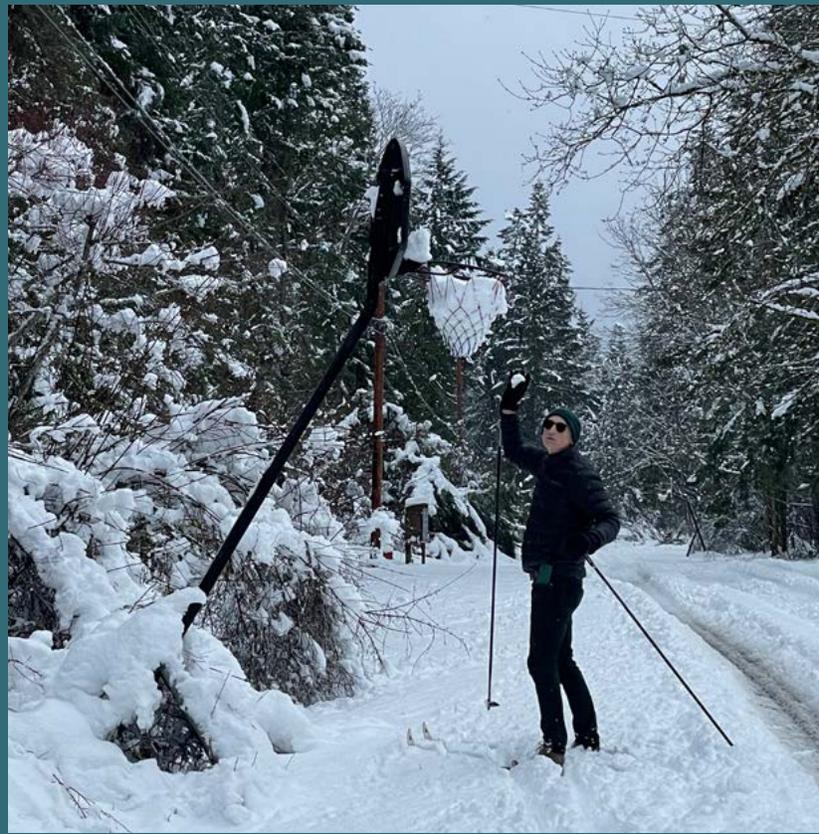
Before attempting a rescue, please call the MARS helpline at (250) 337-2021.





## On the Road ...











... and on the Beach!



# Poetry from the Road ... to the Streets

April was National Poetry Month here in Canada, and this year the theme was Weather. Downtown Courtenay had a call for poetry submissions inspired by the theme, and if selected the various works were to be hand painted on the storefronts of downtown businesses.

## skvala

*Old Norse, meaning to squeal*

The squall rose sudden, shrieking  
accusations to starboard, hurling  
salt-soaked sheets, whirling  
coiled rope to serpent, lashing  
dawn from darkness

Sea-streaming Furies surfaced maleficent:

Ahoy Sailor! Reef your sails! Sink your temptress! Fling Jonah to the sea!



The only caveat was that the piece had to be fewer than ten lines.

I was inspired to write about a squall rising up on a small boat at sea. In the poem, I played with image and word choice, onomatopoeia, sailors' superstitions and mythology to personify the squall, and to make it sound like a screaming wind—a tall order in such a short piece. Defined as a sudden violent gust of wind or a localized storm, especially one bringing rain, snow, or sleet; squalls can be treacherous to those at sea. An alternate definition of the word squall is a raucous cry or scream, which led me to the old Norse word "skvala" meaning to squeal. Due to their precocious and somewhat random nature, they made a perfect subject matter to imply malicious intent rather than just inclement weather.

My piece was selected to be painted on the storefront of Wildflower Mercantile, which is where the photo was taken. ≈

— Anne Farrer

# A Roman Holiday for Two

**R**ome: chaotic, noisy, crowded, and alive. Walking down the street is like navigating a river, you quickly learn to go with the flow. You will hear languages and see people from all over the world. Rome is “the eternal city”. Over its 2000-plus-year history it has existed both as a cosmopolitan mega city ( it had over a million inhabitants in 200 AD) and a deserted backwater. It has survived numerous sackings, plagues, wars, and now, tourist hordes. It is a place that is challenging to visit but well worth the effort.

Like other tourism hotspots, people tend to scurry like ants between the major attractions, the Trevi Fountain, the Colosseum, the Spanish Steps and St. Peter’s, and they are amazing places, but Rome is so much more. If you take the time to wander, there are many places just as beautiful and less crowded to see.

Coming from quiet Seaview Road, stepping out on the streets in Rome is quite a shock. The sheer number of people, cars, sounds, scooters, and motorcycles can be overwhelming, especially as no one seems to take traffic rules very seriously! Crosswalks are a suggestion to drivers to perhaps slow slightly to allow the pedestrians to scurry quickly out of the way and traffic lights are not taken terribly seriously.

So, is it worth life and limb and perhaps a measure of sanity to go?

Yes! It is amazing to walk on the same stepping stones as Julius Caesar, to marvel at the genius of the engineering of the Pantheon (completed in 126 AD) still the largest unsupported dome in the world. While you are there, you can visit the tomb of Raphael. Art lovers can make a pilgrimage to an endless list of masterpieces. There



are also the simpler pleasures of gelato, Roman cuisine, window shopping in the little stores, and the markets with their fruits, vegetables, cheeses, and meats. The people watching can’t be beat!

Some favourite times were spent walking along the Tiber and crossing its many beautiful bridges, quite a few of which are pedestrian only. When the bustle gets overwhelming you can go down the stairs and walk beside the river where the rush of the water cancels the din of the traffic. The sunset from the Ponte Sisto (1473) is beautiful and there are always musicians on the bridge providing a soundscape to go along with the view.



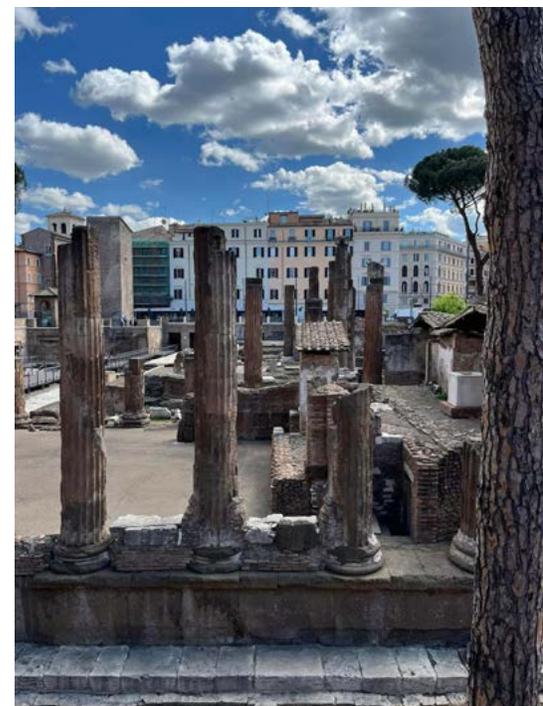
*Clockwise from top right:*

Grahame and Barbara pose at the Colosseum

View of the Roman forum from the Capitoline hill

Michelangelo's Campidoglio piazza, with a statue of Marcus Aurelius in the center

The Castel Sant'Angelo at night



Another great place to see the sunset is the Campidoglio, the piazza designed by Michelangelo on the Capitoline Hill. From there, you can overlook Rome in one direction and the Roman Forum from the other side. It is a spacious and beautiful hilltop that has a mellow vibe of people enjoying the end of the day in an amazing setting.



*Clockwise from top right:*

The Roman Forum against a dramatic sky

The Jewish ghetto

Bramante's amazing staircase at the Vatican Museum

End of day in Rome

Market at Campo de' Fiori

If you think a visit to Rome might be in your future be sure to plan well in advance so you have choice in accommodation, and can book the attractions you really want to see. Tickets for these venues are mostly sold through third party ticket agencies, and the price goes up and the selection goes down the closer you get to the date. There are great suggestions for planning on the website called Romewise. Your visit will be more enjoyable if you do some homework beforehand. 'Rome, a History in Seven Sackings' by Matthew Kneale was a big help in understanding the complex and long history of this spectacular city. ~

— *Barbara Prowse and Grahame Edwards*



PHOTO GALLERY I



Top left: 'Tulips Close-up' SHELLY HOLLINGSHEAD  
Middle left: 'Hellebores Galore' LOIS CLYDE  
Bottom left: 'Daffodils Nodding' BETH CARTER  
Right: 'Moon and Shore' BARBARA PROWSE



Top right: 'Hummer' MAX FOSSUM  
Bottom right: 'Forest Light' BARBARA PROWSE  
Top left: 'Rhodo' LOIS CLYDE  
Bottom left: 'Ali and Calf' ANNE FARRER



Top: 'Showtime' ELAINE PRODOR

Bottom left: 'Kingfisher's Perch' MAX FOSSUM

Bottom right: 'Treestar' ANNE FARRER

# Excerpt from a Travel Blog: Cruising the Norwegian Coast from Bergen to Kirkenes

Things change, which is not exactly a Sherlock Holmes deduction, but it comes with an elementary realization that a lot of work is swirling on the horizon. What



shipping company informing us that our boat, scheduled to leave in 4 days, was having mechanical problems and that we could have our money back if we wanted it.

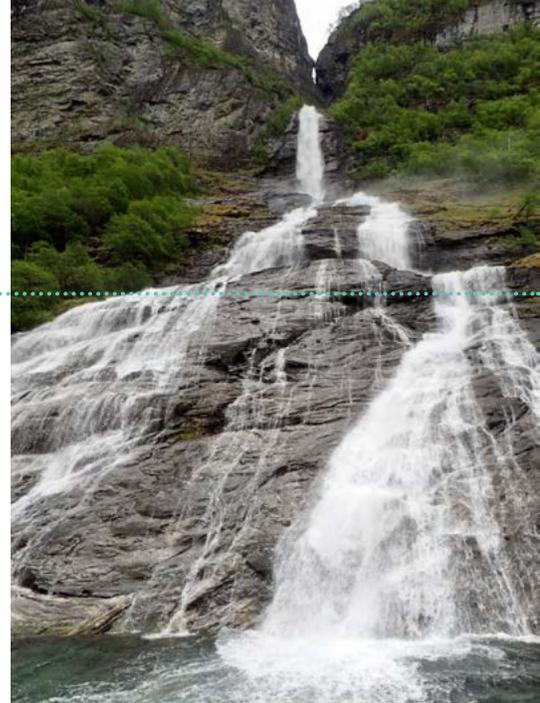
We decided we didn't and entered into some fast negotiations.

We had flown into Bergen late on the night of May 9th because we planned to tour the area until May 13th when we expected to depart on the ship. On the morning of the 10th, we woke up to find an email saying it was possible to get on the sister ship departing at 4:00 p.m. that day if we wanted. We decided

we did, said hallelujah and amen, and did a low-skill happy dance. We also requested and received a goodwill gesture of a room upgrade which was appreciated. We then spent the next few hours exploring Bergen's pretty waterfront. By strange coinci-

kind of change? The kind that results in: 1) rebooking a rental car in the Norwegian far north which took hours on the phone to the USA, Canada, somewhere in Europe and Norway, then paying extra fees for the privilege, 2) trying (and failing) to get credit for a total of 5 prepaid nights in 2 hotels in 2 cities then booking new dates in the same hotels at full price, 3) rebooking a king crab boat excursion in a remote fjord, 4) struggling then succeeding to rebook the ship we are on as I write here on the Barents Sea.

This cascade of dominoes began with a politely apologetic email from the Havila



*Clockwise from top:*

Geirangerfjorden waterfall

A passing Havila ship, just like the one we were on

A street view of Bergen

Geirangerfjord and village valley

dence, some colleagues from our school in Saudi Arabia were in town and about to get on the same ship for one of its six north-bound days. We had fun walking town with them and sharing memories of the desert shortly after which we were on the same boat and all out to sea. Our six night journey takes us across the Arctic Circle into the Barents Sea to the small town of Kirkenes near the Russian border.



The company in question is called Havila. They operate four new, 124-meters-long, high-tech ships that sail the Norwegian coast. They are high-tech in that they are LNG/electric powered and can even run on the world's largest passenger-ship battery (6.1 megawatt-hours) for about four hours. This is the wave of the near future as Norway will prevent diesel ships from accessing its famous fjords commencing in 2026. The ship is modern and very quiet. The included food is gourmet, but it is served in tiny bowls and on tiny plates to minimize food waste. Passengers choose from categories on the menu and keep choosing until they are embarrassed by the number of empty dishes accumulated. It is effective at controlling waste (and maybe waist), excellent food, and a weird concept.

These ships are somewhere between a high-end adventure cruise-line, cargo ships, and ferries. They have 179 cabins and accommodate 640 passengers. On its coastal voyage the ship has thirty-four ports of call, some for as little as ten minutes or as long as ten hours. At most of these ports, passengers stay onboard while forklift operators on the docks scurry about unloading

building materials, machinery or whatever northern Norwegians deem necessary for staying alive. At some ports, passengers can join organized excursions. We went on only one of these because we plan to rent a car and drive back down the coast at our own pace. The excursion we took was a 7 hour trip in a smallish tour boat up the Geiranger Fjord which was spectacular.

A highlight of the boat trip was our midnight-sun visit to Trollfjord. The fjord is about 3km in length and is bounded by enormous cliffs reaching 1100 metres. The entrance is only about 100 metres and our ship was not permitted to go very far due to



avalanche risk. Nevertheless, we went part way and passengers lined the decks to get photos in the midnight light. Slowly and silently, we backed out, presumably under electric power — no trolls were seen. Another noteworthy event was the tradition of having ice poured on one's head and down one's shirt as a reward for crossing the Arctic Circle. As a crew member said with a little too much plea-



close this ship gets to the rocky shoreline. We often traversed passages so narrow that they were within a stone's throw on either side. Most of the time we were weaving between tiny low islands of rounded granite, but often huge mountains and glaciers took up the nearby skyline. Surprisingly, small houses dotted the isolated coast, and from the ship, it appears that Norway has invested in a lot of good roads, a lot of new



- Clockwise from top middle:*
- Doranne experiences the 'reward' for crossing the Arctic Circle.
- The Cathedral
- Reflections, en route
- Nordkapp museum, Honningsvåg, Sami clothes
- The midnight-sun visit to Trollfjord

sure, "This is fun...for the crew." Some time later when I returned to our cabin, ice fell out of my soaking shirt and onto the floor!

I'm hoping that the pictures capture some sense of the amazing scenery and show how



bridges, and a comprehensive ferry system. Despite this, there are many houses and old farms that are only accessible by small boat. Perhaps these are relics of the past now only used as vacation homes; we may be able to answer this once we complete our driving trip. We have rented the car for about three weeks so we have plenty of time to explore this beautiful and stark northern coast. ≈

— Doranne and Wayne DeMontigny

PHOTO GALLERY II



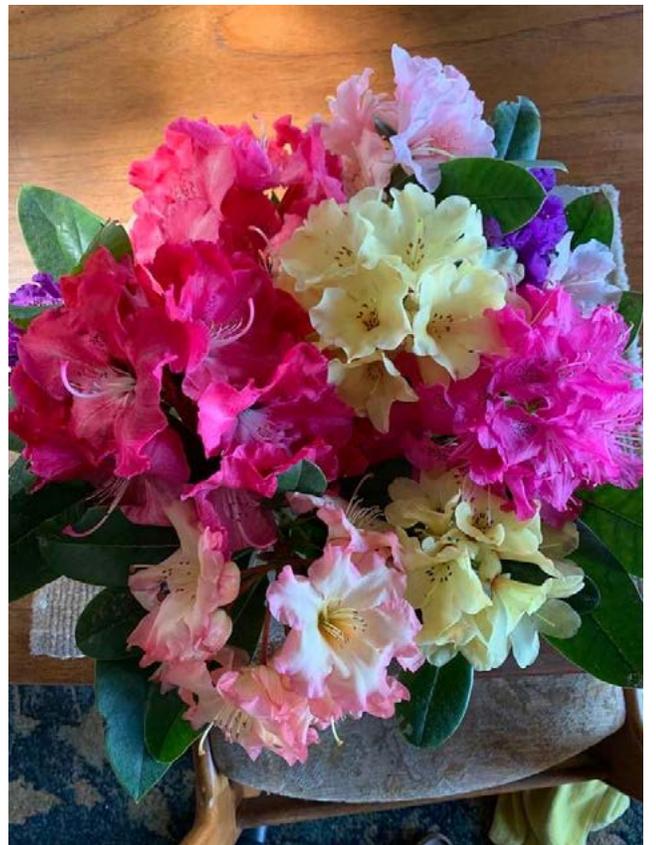
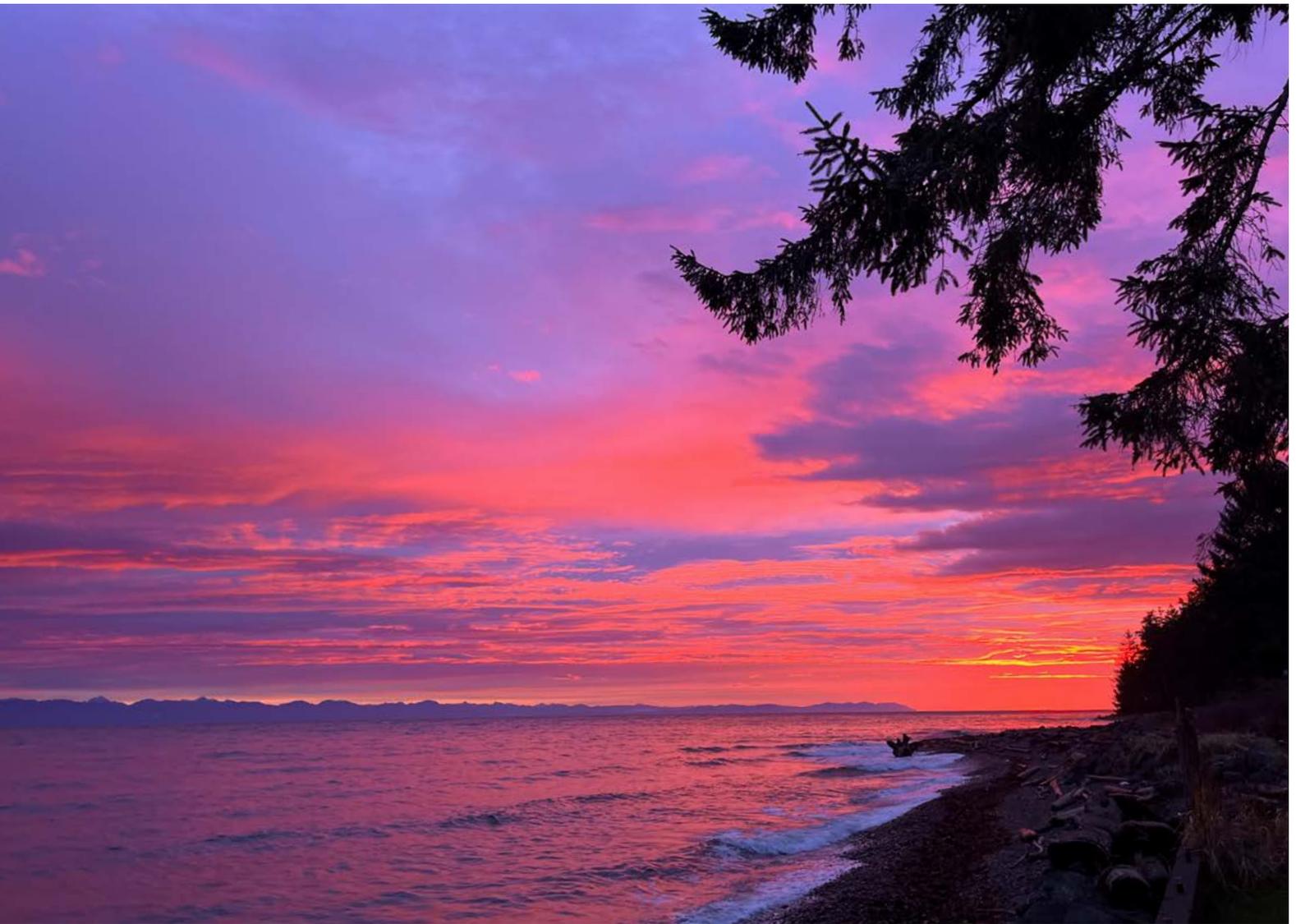
*Top: 'Winter Sunrise'*  
LOIS CLYDE

*Bottom: 'Early Morning Fog'*  
ELAINE PRODOR





Top left: 'Western Trillium' BARBARA PROWSE  
Bottom left: 'Cox Bay Garden' ELAINE PRODOR  
Top right: 'Pine Siskin' BARBARA PROWSE  
Middle and bottom right: 'Hellebores and Daffodils' CYNTHIA BARNES

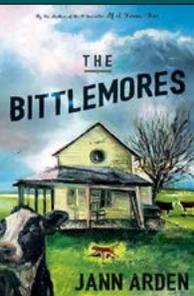


Top right: 'Spectacular Sunrise' YIN HOSKINS  
Bottom right: 'Barb's Bouquet' BARB STATON  
Bottom left: 'Bittercress' BARBARA PROWSE



# Your Summer Getaway Booklist

Some favourites from some of the road's avid readers... for the beach, hammock, or when you're en route to holidays elsewhere. Happy reading! Send your book recos anytime to: [seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com)



## THE BITTLEMORES

by Jann Arden  
(bestselling author, singer-songwriter, and Canadian TV star)

This is a heartfelt story revolving around the struggling Bittlemore farm in the Backhills. The farm is plagued by misfortune,

with failing crops and undernourished animals. The elderly dairy cows—Berle, Crilla, and Dally—are desperate to escape but hesitate to leave behind 14-year-old Willa, their one source of hope since her sister Margaret disappeared.

Willa, questioning the backstory about her sister and suspecting her cruel parents may not be her real parents, plans her rebellion. Meanwhile, a young police officer reopens a cold case about a baby stolen 28 years ago, unraveling dark secrets the Bittlemores are determined to hide.

Blending outrageous humour with poignant observations, Arden's novel is a rural fairytale, coming-of-age story, and prairie mystery. It explores themes of cruelty and kindness, and reflects the author's connection to the prairies and her work with animal rights and welfare.

When I first met Berle, Crilla and Dally I wasn't sure that I could continue with the book given their life situation but after a quick read of the last few pages of the book (GASPI!) I was able to dig back in, read and enjoy the book.

(available from VIRL) — Shelly Hollingshead

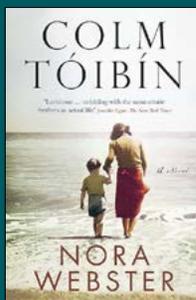
## NORA WEBSTER

by Colm Toibin

It's a sad story in one way but encouraging and uplifting in others. The New York Times says, "Set in Enniscorthy, a town in southeastern Ireland, during the late 1960s and early 1970s, the

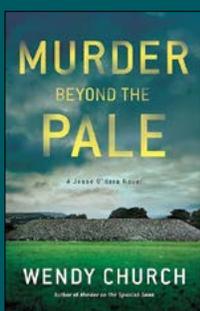
novel opens shortly after the death of Maurice Webster, Nora's husband of 21 years, after a short illness. Their elder children, both girls, are studying elsewhere, and Nora is at home with her two younger sons. She has no savings, a small pension, and lives in a town where novelty is in short supply."

— Doranne DeMontigny



## MURDER BEYOND THE PALE

by Wendy Church



Jesse O'Hara is unemployed. "A million dollar brain and a ten-cent personality," her last employer said. With nothing

better to do, Jesse accepts a request to go to Ireland to help a relative find his missing daughter. She expects to find the young woman quickly, and is looking forward to spending her trip touring and drinking, not necessarily in that order.

Once in Ireland, it's clear to Jesse that the missing woman has met with foul play. In the course of her investigation she goes to greater and greater lengths

to get to the truth, causing her to antagonize Ireland's most dangerous drug kingpin, not to mention the IRA and the local gardai.

We visited Ireland last September so really enjoyed the Irish flavour of this book, its very witty heroine plus we learned a new word... "bildungsroman" — Sharon Muzzin

## THE PARTY

by Robyn Harding

Sweet sixteen. It's an exciting coming-of-age, a milestone, and a rite of passage. Jeff and Kim Sanders plan on throwing a party for their daughter, Hannah—a sweet girl with good grades and nice friends. Rather than an extravagant, indulgent affair, they invite four girls over for pizza, cake, movies, and a sleepover. What could possibly go wrong?

This is one novel of several by Robyn Harding, all written in a similar style and all of which I've enjoyed.

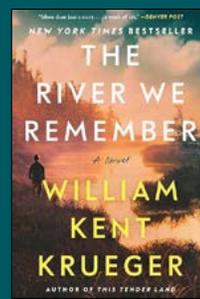
— Sharon Muzzin



## THE RIVER WE REMEMBER

by William Kent Krueger

Both a complex, spellbinding mystery and a masterful portrait of mid-century American life this novel takes an unflinching look at



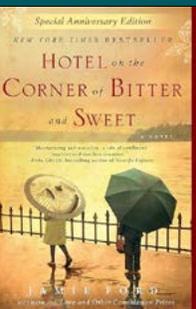
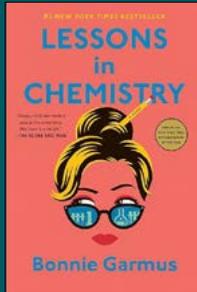
the wounds left by the wars we fight abroad and at home, a moving exploration of the ways in which we seek to heal, and a testament to the enduring power of the stories we tell about the places we call home. Really enjoyed the characters in this book too.

— Sharon Muzzin

## LESSONS IN CHEMISTRY

by Bonnie Garmus

A very comical, laugh out loud book about Elizabeth Zott, a scientist in the '60s. She is opinionated, funny, intelligent, full stop. She has been brutally sidelined by male colleagues. Great story! — Lois Clyde



## HOTEL ON THE CORNER OF BITTER AND SWEET

by Jamie Ford

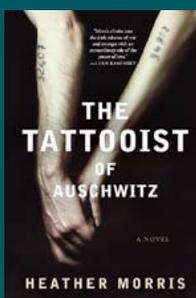
An impressive bitter and sweet debut that explores the age-old conflicts between father and son, the beauty and

sadness of what happened to Japanese Americans in the Seattle era during World War II, and the depths and longing of deep-heart love. An excellent read. — Lois Clyde

## THE TATTOOIST OF AUSCHWITZ

by Heather Morris

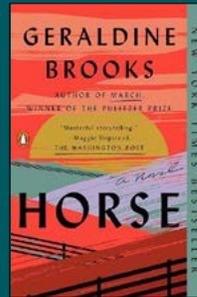
In April of 1942, Lale Sokolov, a Slovakian Jew, is forcibly transported to the concentration camps of at Auschwitz-Birkenau. He speaks several languages so is put to work as the Tattooist, permanently marking fellow prisoners. A true story! — Lois Clyde



## HORSE

by Geraldine Brooks

Goodreads says, “A discarded painting in a junk pile, a skeleton in an attic, and the greatest race-horse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across American history.” This is a fascinating look at horseracing in the 1800s, as well as the worlds of historical equestrian art and archeology. A really interesting tale that connects stories in three time periods and locations: 1850 in Kentucky, 1954 in New York City, and 2019 in Washington, DC. — Elaine Prodor



## BETWEEN TWO KINGDOMS

by Suleika Jaouad

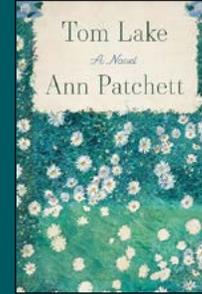
Author Tara Westover (Educated) says, “Between Two Kingdoms will resonate with anyone who is living a different life than they planned to live. This is a propulsive, soulful story of mourning and

gratitude—and an intimate portrait of one woman’s sojourn in the wilderness between life and death.” Challenging in its rawness, this is a “profound chronicle of survivorship and a fierce, tender, and inspiring exploration of what it means to begin again”. Also check out the documentary called ‘American Symphony’, about Suleika Jaouad’s Grammy Award-winning musician husband Jon Batiste and their mutually supportive relationship. — Elaine Prodor

## TOM LAKE

by Ann Patchett

In Patchett’s newest novel, members of a summer theatre troupe in rural Mich-



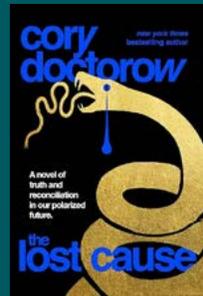
igan in the 1980s share housing, meals, and beds. A newbie, Lara, is cast as Emily in ‘Our Town’, and falls in love with the male lead. In the recounting of

that intense summer to her own three daughters 30 years later, Lara comes to reflect on her young self in her prime and awakens her to the value of the people around her. — Elaine Prodor

## THE LOST CAUSE

by Corey Doctorow

There is more science than fiction in this imaginative depiction of the future, set 30 years from now. Doctorow has drawn a direct line from current events to the protagonist’s home in Burbank, California, using very accessible prose. What we see as the norm in this narrative would have been considered dystopian not long ago. There is no subtlety in his approach; climate disasters and their resulting problems are the status quo. So too are fast and effective solutions to these problems. The technology is available, but what will stand in its way? — John Hyde



## WOOL

by Hugh Howey

The first book in the series that inspired the TV series ‘Silo’ is a true dystopian thriller. The heroine lives in an underground, self-sufficient community that is technologically advanced but organized in a secretive, rule-bound state. People generally accept their way of life, but if they don’t, there is an effective method of dealing with them.

Hugh Howey craftily reveals the details of the situation in a suspenseful manner throughout. — John Hyde

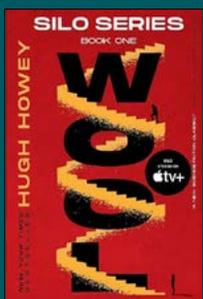


PHOTO GALLERY III



*Top right: 'Surfers' Sunset' ELAINE PRODOR*

*Bottom right: 'Tideline Skeletons' ANNE FARRER*

*Bottom left: 'Flaming Tulips' SHELLY HOLLINGSHEAD*



**AURORA BOREALIS: DANCE OF SUN AND MOON**

*Top left: 'Above Alert Bay' MARTHA CARTER*

*Bottom left: 'Radiating' JOSILYN GREGORY*

*Top right: 'Ucluelet Show' SANDY REID*

*Middle and bottom right: 'Saratoga Spectacle' and  
'Aurora Supercharger' JOHN HYDE*

**THE CATS OF SEAVIEW ROAD**

*Top row, from left to right:*

**THEO the Studio Cat**

**PETIE FRETTS**

*Middle row, from left to right:*

**RUPEE**

**PHANTOM**

**FINOLA**

*Bottom row, from left to right:*

**Unidentified BEAUTY**

**ELLA and WILLOW**



These guest-pleasing recipes are quick to make or can be made ahead . . . so that you have plenty of beach time.

## SUPER SIMPLE BLUEBERRY TARTS

*I'm dreaming of fresh picked blueberries later in the summer – but in the meantime I have lots in the freezer that I need to use up. These super tarts take no time at all. The simple secret: Cook half the berries on the stovetop, and reserve half the berries to stir in at the end so that they burst and pop and retain their juice. Makes 12.*

### INGREDIENTS

- 1 dozen frozen tart shells**
- 3 cups fresh blueberries**
- ½ cup sugar**
- 2 tbsp cornstarch**
- pinch salt**
- 2 tbsp lemon juice** 1/2 tsp

### METHOD

Preheat the oven to 375F. Put the tart shells on a baking sheet and slide them into the oven for 10-12 minutes, until golden. Take them out.

Meanwhile, put half the blueberries into a medium saucepan. In a small bowl, stir together

the sugar, cornstarch and salt. Add to the berries along with the lemon juice and bring to a simmer; cook for a few minutes, until the berries burst and soften and the juices thicken. Once it comes to a boil, make sure it cooks for a full minute to maximize thickening potential and make sure it's not starchy.)

Remove from the heat and stir in the remaining blueberries. Let sit for a minute to cool slightly, then spoon into the tart shells, piling them high.

Source: Dinner with Julie - check her website or instagram (@dinnerwithju-



lie) for tons of great recipes. Julie suggests some possible variations, such as: add more lemon zest, or spoon it over lemon curd, or top your filled tarts with a dollop of cream. But they are perfectly awesome straight up, served plain or with a scoop of vanilla ice cream. [www.dinnerwithjulie.com/recipes/super-simple-blueberry-tarts/](http://www.dinnerwithjulie.com/recipes/super-simple-blueberry-tarts/)

— Beth Carter

## CUKES & BEANS SALAD

*Coated in a bright and garlicky dressing, this simple salad comes together in minutes. Serves 4-6.*

### SALAD

- **3 C green beans**
- **1 English cucumber**

### DRESSING

- **3 tablespoons olive oil**
- **1 teaspoon salt**
- **¼ teaspoon black pepper**
- **Juice of 1 lemon**
- **1 garlic clove, crushed**
- **3 tablespoons nutritional yeast**
- **Splash of white vinegar**

Bring a large pot of water to a boil and set up an ice bath.

Trim and cut the green beans into 1" pieces, then add the beans. Boil for 1 minute, then transfer to the ice bath to stop the cooking.

While the beans cool, chop the cucumbers and add them to a large bowl.

In a small bowl, whisk together the dressing ingredients.

Add the green beans to the bowl and pour in the dressing. Mix to get the veggies evenly coated with dressing. Serve immediately.

— Elaine Prodor



## LEMON ALMOND OLIVE OIL CAKE (GF & DF)

*Gluten and dairy-laden cakes \*wish\* they could be as moist and tender as this Lemon Almond Olive Oil Cake, which gets loads of flavor from fruity olive oil and a meltingly tender crumb from nubby almond flour. The cake can be made up to a few days ahead; it just gets better and better as it sits. Feel free to try this cake with other citrus zest and juice, such as Meyer lemon, tangerine, or blood orange. Serves 8 to 10.*

### WET INGREDIENTS

- 2 teaspoons room temperature coconut oil, for the pan**
- ½ cup (105 g) flavorful extra-virgin olive oil**
- ½ cup (100g) + ¼ cup (50 g) organic granulated sugar (divided use)**
- finely grated zest of 1 medium lemon**
- ¼ cup (65 g) strained fresh lemon juice**
- 4 large egg yolks**

### DRY INGREDIENTS

- 2 cups (220 g) blanched almond flour**
- ¼ cup (30 g) tapioca flour**
- 1 teaspoon baking powder**
- ½ teaspoon fine sea salt**
- 4 large egg whites**
- ½ teaspoon cream of tartar**

Position a rack in the lower third of your oven and preheat to 325°F. Rub the bottom and sides of a 9-inch springform pan or cake pan with the coconut oil. Line the bottom of the pan with a round of parchment paper, and rub the parchment with coconut oil as well. If using a springform pan, place on a rimmed baking sheet to catch any drips. In a large bowl, whisk together the olive oil, ½ cup (100 g) sugar, lemon zest and juice, and egg yolks to combine.

Place a mesh strainer over the top and sift in the almond and tapioca flours, baking powder, and salt. Stir to combine.

Place the egg whites and cream of tartar in the clean bowl of a stand mixer fitted with the whip attachment (or use a large bowl and electric egg beater). Whip on medium-high speed until foamy, 30-60 seconds. With the mixer running, gradually sprinkle in the remaining ¼ cup (50 g) sugar, 20-30 seconds. Continue to whip until the egg whites are shiny and hold firm peaks when you lift the whip out and hold it upside-down, 2-4 minutes.

Use a large flexible silicone spatula to fold one-third of the whipped egg whites into the batter until just combined. Fold in the remaining egg whites until just combined and no streaks remain. Scrape the batter into the prepared pan and smooth the top.

Bake the cake until deep golden on top, beginning to pull away from the sides of the pan, and the top springs back when pressed lightly, 40-45 minutes. If the cake is darkening too quickly, tent the top with a piece of aluminum foil.



Let the cake cool slightly, then loosen the edges with a small, offset spatula and release the sides if using a springform pan. Invert the cake onto the wire rack and peel away the parchment, then turn right side up and let cool completely.

Dust with powdered sugar if using, cut into wedges, and serve with cream and berries if you like. Excellent with a spoon of whipped lemon curd on the side (see recipe below).

The cake keeps well airtight at cool room temperature for 1 day or refrigerated for up to 4 days.

— Julie Prodor

## WHIPPED LEMON CURD

*Takes lemon curd to the next level!  
Makes 1½ cups, double for a tart.  
Make up to 3 days ahead, chilled.*

- ⅔ cup fresh lemon juice**
- ⅔ cup sugar**
- 3 large eggs**
- 1½ sticks (6 oz.) chilled unsalted butter, cut into 1" pieces**

Bring a medium pot of water to a boil. Reduce heat to medium-high. Whisk lemon juice, sugar, and eggs, in a medium heatproof bowl; place over pot of simmering water and cook, whisking constantly, until mixture has thickened, 5-6 minutes. Remove mixture from heat and transfer to a blender. With blender running, slowly add butter, 1 piece at a time; blend until butter is completely incorporated. Transfer lemon curd to a small bowl and place a piece of plastic wrap directly on the surface of the curd. Chill for at least 3 hours before serving.

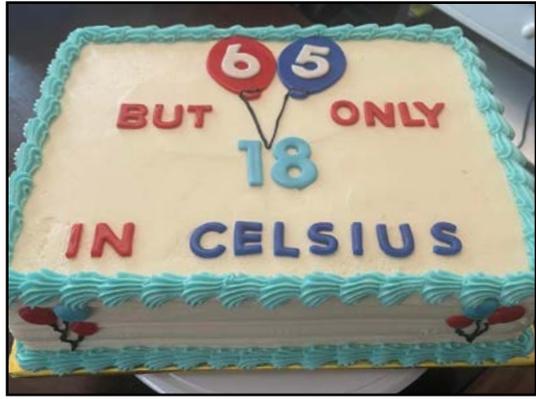
— Elaine Prodor



HUMOUR GALLERY (thanks to all who sent these gems in)



So evidently our 13 year old thought "primadonna" meant anyone born before Madonna (i.e. pre-Madonna). Please send oxygen. We cannot stop laughing. 😂😂😂



**NO I CAN'T DO SNAPCHAT OR TIKTOK BUT I CAN WRITE IN CURSIVE, DO MATH WITHOUT A CALCULATOR AND TELL TIME ON A CLOCK WITH HANDS.**

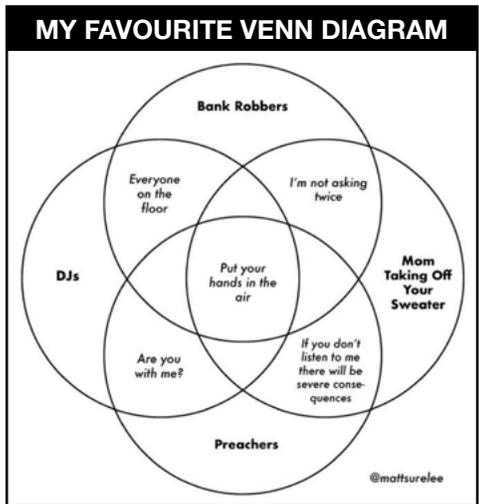
I accidentally used my mom's fabric scissors to cut wrapping paper and now the cops are here

My mother used to tell me I was the worlds greatest potato peeler and I really bought into it. And every time we'd have potatoes I would be so excited to show off my skills as the ultimate peeler. It wasn't till I was in my mid-30s I realized the whole play. Touché mom. Touché.

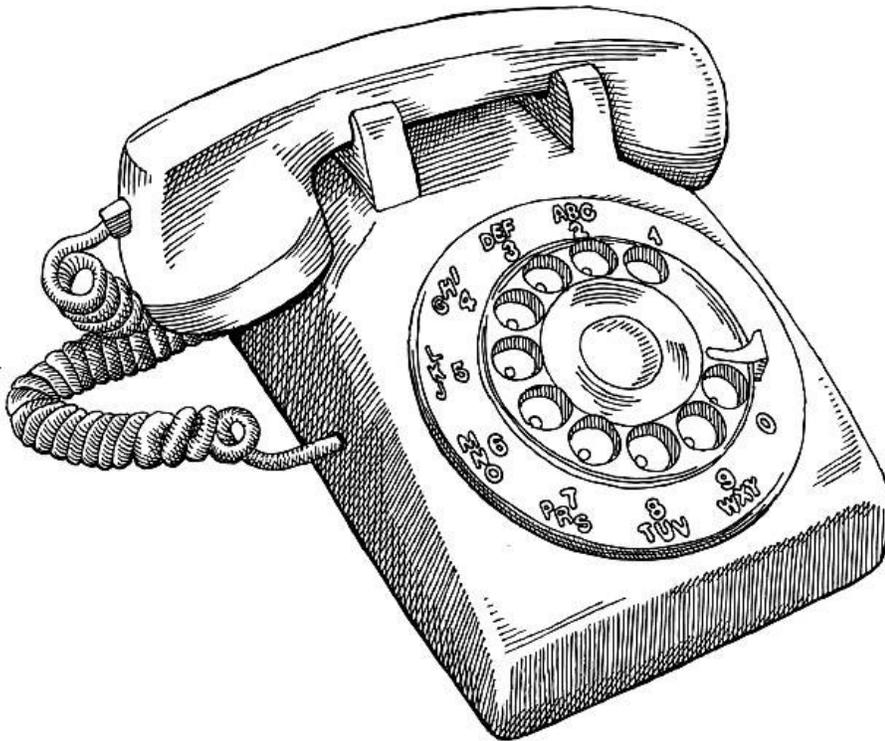
Not all of us were made to cook. Some of us were only made to have conversations with the person cooking. 😂😂😂



"I have winter tires and heated seats."  
- Canadians, flirting



# Seaview Road Phone Book



Spring 2024 Edition

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1680	Elma Bay	Home Phone	250 -337 -1066	
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# Notes

## DARKNESS IS HABITAT

Turn off outside lights.



If you need lights for security,  
use a motion detector or  
a fixture that shines downward.

### The Seaview Road Archives:

Using the link below, you will find past issues of the **Seaview Breeze Newsletter**, and the **Seaview Road Bookline**.

As well, you can find **In Memoriam articles** in the Archives. The Seaview Road Archives 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/50e-68d9a-5247-4baf-be51-b2f-26cb713f8>

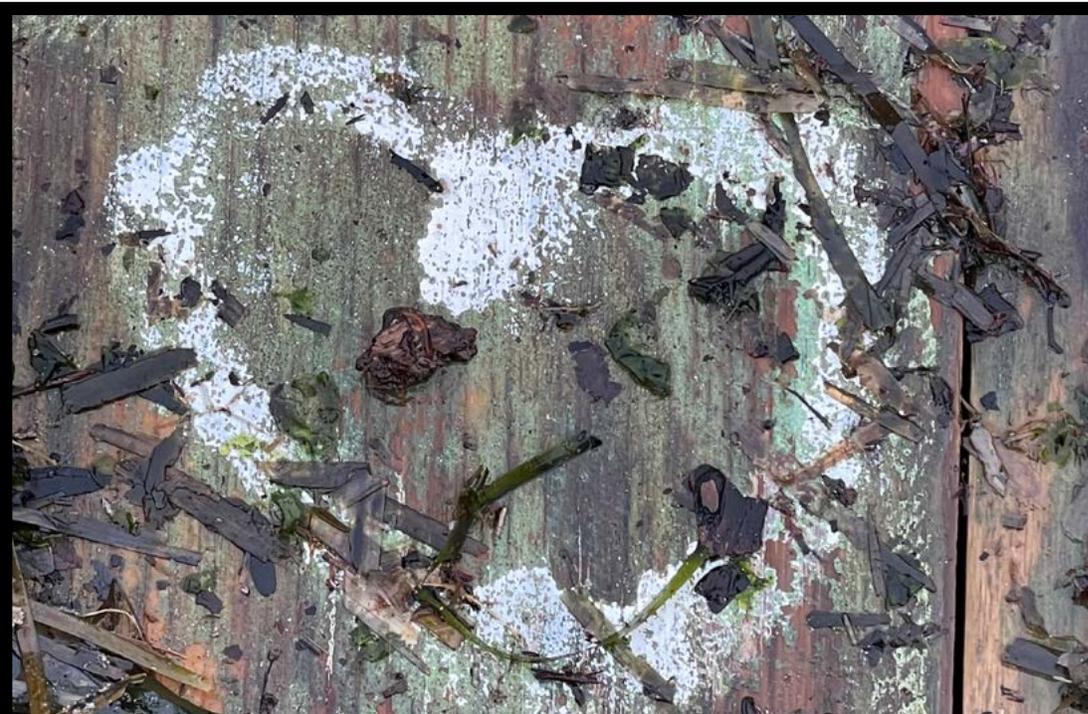
### The Seaview Road Phone Book:

Thanks to Dave Pye, a Seaview Road Phone Book has been created and will be updated periodically. To submit additions or changes to the phone book, please email Dave directly at: [pye.dave@gmail.com](mailto:pye.dave@gmail.com). The new phone book is also accessible through the archives:

<https://indd.adobe.com/view/d23471f4-ec38-46ae-95e6-deb-c45e08d1c>

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

Send your news & notices to:  
[seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com)



**From all of us on Seaview Road:  
Thank you to our front line workers for all that you do . . .  
for so many. Happy Summer!**