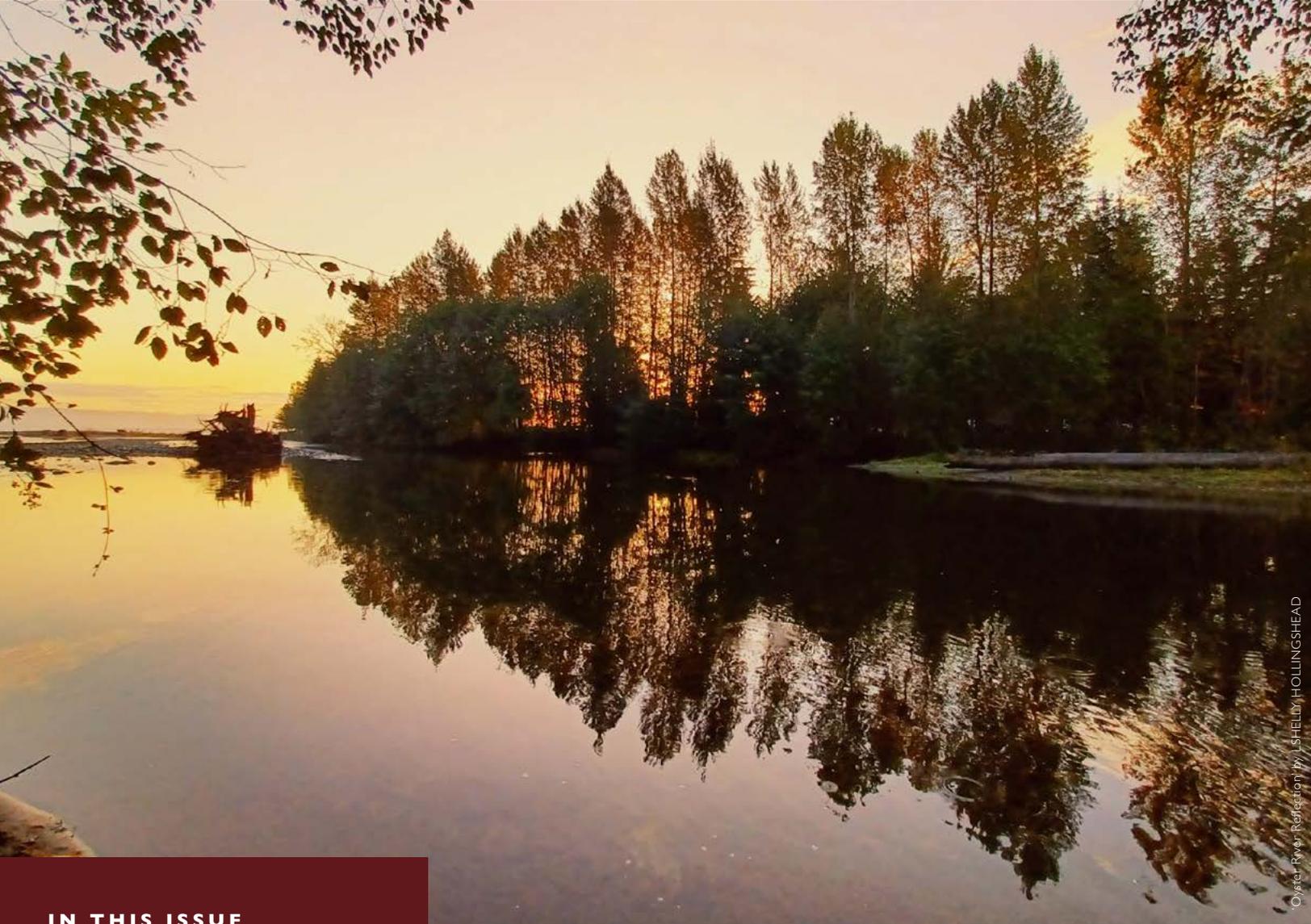


# seaview breeze

YOUR NEIGHBOURHOOD NEWSLETTER

NOVEMBER 2025 • VOLUME 14 • ISSUE 2

seaviewbreezenews@gmail.com



Oyster River Reflection by ISHELLY HOLLINGSHEAD

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***“There is October in every November and there is November in every December. All seasons melted in each other’s life.” – Mehmet Murat Ildan***

As we head into shorter days and colder weather, it’s the perfect time to catch up on what’s happening around Seaview. Thanks to everyone who contributed to this edition of the Seaview Breeze—your stories, photos, and recipes help keep the neighbourhood connected, even as we hunker down for winter.

If you’d like to revisit past issues, or check out the Booklist, Phone Book, or In Memoriam sections, you’ll find quick links to the Seaview Road Archives on the last page.

And if you have something time-sensitive to share, don’t hesitate to email us at: [seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com).

Wishing everyone a happy holiday season and a bright start to the new year.

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

# Another Beautiful Farm Stand Season Wraps Up

by POTTAGE FARM PRODUCE

Another farm stand season has come to a close. In addition to all the delicious produce, flowers were a big focus for us this year, and we had fun expanding our floral offerings at the farm stand. The season began with tulip bunches available in April and then sunflower bouquets and gladiolus bunches, in addition to our beloved dahlia bouquets, on offer throughout the summer.

We've also been working on cultivating patience along with our flowers this season. We are eagerly awaiting the peonies that we planted in 2024 to establish enough that we can enjoy their gorgeous flowers in bouquets. That likely won't happen until the spring of 2027 but, hopefully once it does, we'll be rewarded with a bounty of beautiful blooms for many years to come.

We're looking forward to continuing our foray into flowers next year alongside all of our fresh veggies, fruits and eggs.

Thank you to everyone who popped by the farm stand throughout the 2025 season. We appreciate your support and we look forward to seeing you at the stand in 2026! ≈

Would you like to receive updates about the farm stand and our produce? We send out regular emails during the season regarding what's available. If you would like to be included on our mailing list please email [pottagefarmproduce@gmail.com](mailto:pottagefarmproduce@gmail.com) and we'll add you to the list!





Beans - \$2.50  
Beets - \$5  
Cucumbers - 4 for \$1  
Eggs - \$6  
Kale - \$2  
Pears - \$5  
Squash - price as marked

Dillies - \$5  
Glands - \$6

FARM-  
STAND





Photos taken by  
SHELLY HOLLINGSHEAD  
*and*  
THE POTTAGE FAMILY



# Hallowe'en Hijinks









# Between the Garden and the Wild . . .



*Top:*

“Nubbins” (with his new, nubby antlers) and his Mom were regular visitors in the summer.

*Bottom:*

The fall colours look even better with a deer in the view.

Making several trips back and forth to town during our exchange student’s visit, often during the dark, our chances of seeing deer were good. The next night a trio appeared in a field on Miracle Beach Drive, which was once again cause for giddy excitement. “Just look at those deer!” she gushed. The words resonated with me, making me realize that I am, at best, blasé about deer. Do I look at them enough? Our property, along with the neighbours’, is somewhat of a deer corridor. Outside the boundaries of the fenced vegeta-

**I**t was around this time last year when our German exchange student let out a shriek, “Stop the car! There’s a deer!” I pulled over on the straight stretch as she leaned her phone out the window to shoot a video. “My friends and parents won’t believe this!”

Truthfully, I was hoping for a more exciting wildlife encounter: a pod of orcas out on the strait, a glimpse of a black bear, or even a cougar sighting (my daughter and I witnessed a cougar crossing the highway just south of the Black Creek store earlier this year). As for black-tailed deer, they are so commonplace, though as soon as I pulled over, I got caught up in the moment, gawking and snapping photos myself. It was an unusually handsome buck, already sporting a thick grey-brown winter coat. There was a teardrop of white by one eye, a feature I’d never noticed before. It posed for the photo session like a Lake Louise elk, standing still mid-stride with antlers held high, then sauntered off to munch some grass. It was late October, and I imagined that its good form had something to do with the upcoming rut that peaks in November and December.



ble patch, the deer wander freely about. Generations of deer must recognize our property as a safe zone.

Over the years we've seen gravidly pregnant does lying close to the house, perhaps looking for protection. The spotted fawns follow their mothers around the property through the summer months. Once, in the midst of a summer drought, I was greeted for several mornings by a doe lounging by the birdbath. Occasionally I see deer down on the beach, and I'm guessing some of the salty plants, like pickleweed, give them some of the minerals they need. Various family groups come and go. Last summer there was a regular doe with a young buck sporting two new antler nubs. The pair were around long enough that I began calling the little guy "Nubbins." Other signs of deer abound: there are flattened patches of grass that retain a deer-body imprint, and clusters of

dark, raisin-like droppings. In September, groups of deer are around nightly, eating up any windfall apples. There is never an apple to be found in the morning. Just recently I found evidence of antler rubbing on the trunk of one of our cedar trees. After a snowfall, the distinctive twinned-hoof tracks crisscross the property.

Like many a gardener, I've lost my temper at deer, especially when they eat up plants that are supposed to be on the "deer-proof" list. I was even angrier at myself once when I left the garden gate open, only to find that the deer had leveled all of my beans, which were just coming into fruit. Such moments can bring on a state of crisis, and thoughts turn to considering full-property fencing. Any serious gardener wouldn't hesitate, though for me, if it comes down to "The Garden" or "The Deer," I'd prefer to have the deer around. I like their gentle presence,

the way they magically appear throughout the year. There is a vulnerability about them, and I wonder if we care about and appreciate them enough. Our exchange student brought things into perspective, and since her visit, I find myself taking a closer look at deer in our neighbourhood and admiring not only their beauty but how perfectly they are adapted to the landscape in all seasons.

Preventing deer hits on the roads is a concern for all of us. It's good to drive a bit slower in the early morning and at dusk when the deer are most active. Deer are often in groups, and when one crosses the road, often more will follow. It's also best to use high beams at night when possible to spot deer farther away. There are many videos online with helpful tips to prevent wildlife hits. ~

— Jocie Brooks

## Music Fundraiser a Success

Just to let our Seaview neighbours know — for those who came to enjoy our neighbourhood fundraiser music evening — we paid the duo and had \$180.00 left over, which we donated equally to MARS Avian Bird Rescue and the Oyster River Enhancement Society, \$90.00 each. Thank you all for attending! They are great causes, and your support will allow us to do it again next year.

— Pat and Duane McLeod



# On the Road ...













# ... and on the Beach





# Praying Mantises

## March North . . .

## . . . Sightings Increase on Vancouver Island



The praying mantis is not native to Vancouver Island, so I was more than a little surprised to spot this fine fellow near Rathrevor Beach in Parksville. At first, I assumed he had escaped from a school science project — but it turns out these remarkable insects have been slowly working their way north on the island.

There are many species of mantids, but this one is the **European Mantis**, first introduced to North America in 1899. In 1938, Ontario and the Okanagan released them to help control grasshopper populations, and they've been on the move ever since. Some people still release them for pest control, but that's no longer recommended — mantids are indiscriminate hunters, preying on both helpful and harmful native insects. There are even reports of them catching and killing hummingbirds! Like many introduced species, they can quickly cause ecological trouble, reproducing rapidly and spreading far and wide — think Scotch broom or rabbits!

Despite all this, they are truly fascinating creatures. With their triangular heads that can rotate 180 degrees and those dark “pupil-like” spots in their eyes, they seem to study you intently — perhaps wondering if you might taste good! Their two large, side-mounted compound eyes give them 3D vision, while three smaller eyes on their



forehead detect light and movement. Each compound eye contains hundreds of tiny lenses, all feeding information their brains must process to hunt effectively. Those “pupils” you see are actually an optical illusion caused by how their eyes absorb light.

Praying mantids are ambush predators, relying on patience, speed, and their spiked forelegs to seize unsuspecting prey. They, in turn, fall prey to birds and bats. Interestingly, mantids have a single ear located in the middle of their chest, tuned to ultrasonic frequencies — the same range bats use to navigate. When they detect a bat nearby, they can perform a dramatic escape: a sudden power dive straight toward the ground!

After posting my photo on Facebook, I was surprised by how many people in Nanaimo commented that they, too, have been seeing mantids in recent years. Who knows — they may already have established themselves here in the Comox Valley area. ≈

— story and photos by Barbara Prowse

PHOTO GALLERY I



*Top: 'Early Morning Light'*  
CRAIG HOSKINS

*Left: 'Upstream'*  
BARBARA PROWSE

*Right: 'June Blossoms'*  
ELAINE PRODOR



'Fall Perspectives  
I and II'  
  
*both by*  
**BARBARA  
PROWSE**





'Salmon Point  
Trail View'

SHELLY HOLLINGSHEAD

'Peaceful Rise'

CRAIG HOSKINS



# Winter Tales and Fireside Reads

A cozy collection of books to brighten the dark days of winter—perfect for curling up with a blanket and a mug of something warm. Send your recommendations anytime to:

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



## SHY CREATURES

by Clare Chambers

Set in 1960s London, this story follows Helen, an art therapist whose quiet life is disrupted by a mysterious new patient—William, a mute man who spent decades in isolation. As Helen

uncovers his hidden talent and troubled past, she's forced to confront her own compromises and the quiet constraints of society. The book explores themes of loneliness, kindness, institutional control and the surprising forms that freedom can take. Available from the library.

— Shelly Hollingshead

## CLEAR

by Carys Davies

This is a short, haunting novel set in 1843 Scotland during the Highland Clearances. It follows a poor minister, John Ferguson, who is sent to a remote northern island to evict its last inhabitant, Ivar, so the land can be repurposed. When John is injured in an accident, Ivar rescues and nurses him back to health, despite neither man speaking the other's language. As they slowly build a fragile bond through gestures and shared humanity, John begins to question the moral cost of his mission. Meanwhile, his wife Mary anxiously awaits news from the mainland. Through spare, lyrical prose, Davies explores themes of isolation, faith, language, and the quiet brutality of displacement. — Shelly Hollingshead

(Note: both of the above books were a delight to read—engaging and beautifully formed. I found them both on One Tree Books Instagram page)

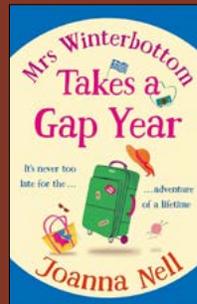


## MRS. WINTERBOTTOM TAKES A GAP YEAR

by Joanna Nell

Two recently retired general practitioners discover that they do not want the same type of retirement. Heather wants travel adventures while Adam is looking forward to becoming a master sustainable gardener. Nell adds some references of Shirley Valentine, Bridges of Madison County, and Homer's Odyssey to produce a heartwarming, uplifting and humorous novel.

— Barb Staton



## A TRUCE THAT IS NOT PEACE

by Miriam Toews

While attending a literary conference in Mexico, Miriam Toews attempts to answer the question, "Why do you write?" This self-searching

causes Miriam to delve into understanding her sister's suicide which occurred more than fifteen years ago. She experiences new layers of guilt and grief while reminiscing and creating a powerful new novel full of hope and joy. — Barb Staton

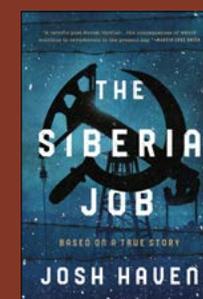
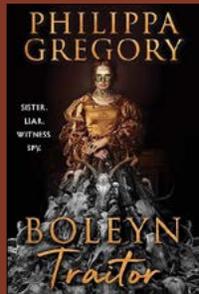
## BOLEYN TRAITOR

by Philippa Gregory

The untold story of Jane Boleyn, a complex portrait of a woman who dared to survive at any cost. Perfect for fans of thrilling historical drama and readers captivated by the

intrigue of the Tudor period. My particular enjoyment of this book was becoming more familiar with the life (and demise) of each of Henry's wives as well as insights into the Tudor court.

— Sharon Muzzin



## THE SIBERIA JOB

by Josh Haven

After the demise of the Soviet Union, the newly-established Russian government privatized its industry by issuing vouchers to

all citizens, allowing them the chance to be shareholders in the country's burgeoning businesses. A thrilling adventure inspired by true events, book charts a course through one of the most impactful periods in recent Russian history, whose reverberations continue to be felt in the present day. I found this book really interesting as to how some Russians became Oligarchs.

— Sharon Muzzin

## AN AMBUSH OF WIDOWS

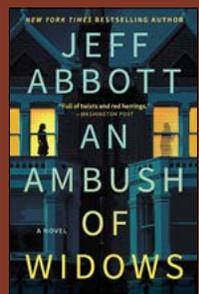
by Jeff Abbott

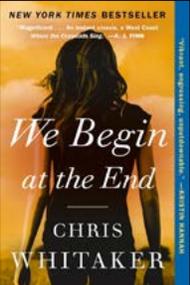
Henry North is a down-on-his-luck cybersecurity expert from New Orleans. Adam Zhang is the cofounder of one of Austin's most successful venture capitalist firms.

These two men didn't know each other.

They had never met. Yet they died together, violently, in a place neither had any business being. A well written fun read.

— Sharon Muzzin

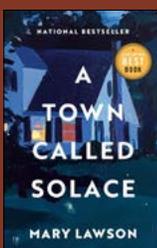




## WE BEGIN AT THE END

by Chris Whitaker

To quote Kristin Hannah  
“...A vibrant, engrossing, unputdownable thriller that packs a serious emotional punch. One of those rare books that surprise you along the way and then linger in your mind long after you have finished it”  
— Sharon Muzzin



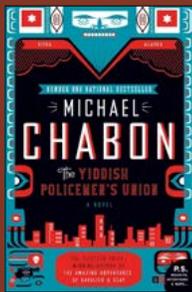
sister, Rose, to come home. Next door, Mrs. Orchard is in the hospital, and Clara’s been left in charge of her cat. Then a middle-aged man, Liam Kane, suddenly moves into Mrs. Orchard’s house, and

the whole town starts wondering what’s going on. Told through Clara’s innocence, Liam’s grief, and Mrs. Orchard’s memories, the story gently explores loss, forgiveness, and the unexpected connections that form between people. Lawson’s clear, pared-down writing captures loneliness and the small kindnesses that help pull us through.

— Elaine Prodor

## THE YIDDISH POLICEMEN’S UNION

by Michael Chabon



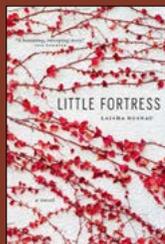
It is not a cheerful book, but it is captivating in a grim sort of way. It’s set in a Sitka Jewish community post-WWII.

A miserable detective investigates a murder and “...finds himself contending with all the powerful forces of faith, obsession, evil, and salvation.” I believe that Chabon’s *Kavalier and Clay* just premiered on stage.

— Dorianne DeMontigny

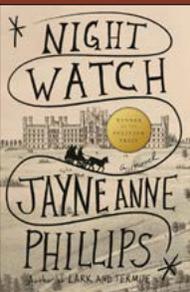
## LITTLE FORTRESS

by Laisha Rosnau



This novel shares the fascinating true story of the Caetani family—Italian nobility who left Italy in the early 1900s for a fresh start in Vernon, B.C. Leone Caetani, fed up with politics and religion, moved there with Ofelia Fabiani and their daughter, Sveva, hoping for a freer life. But after Leone’s death, that fresh start turned into a quiet kind of exile: Ofelia pulled away from the world, raising Sveva almost entirely inside their home, the “Little Fortress,” with only their companion, Miss Juul, by their side.

Rosnau turns their unusual history into a touching look at loyalty, isolation, and the strength that can grow in even the most sheltered lives. — Elaine Prodor



## NIGHT WATCH

by Jayne Anne Phillips  
(Winner of the Pulitzer Prize for Fiction, 2024)

Jayne Anne Phillips’s *Night Watch* is widely praised for its luminous prose, vivid period detail, and compassionate portrayal of Civil War

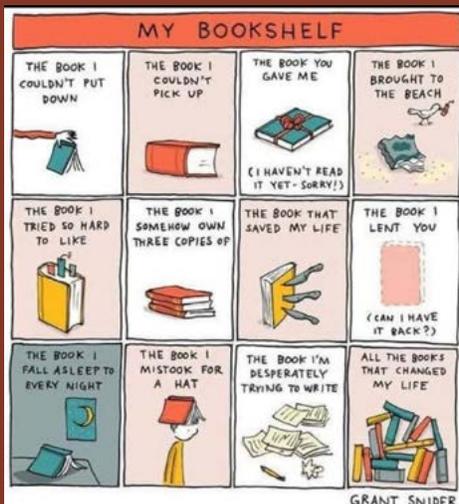
trauma and survival. Reviewers highlight its emotional depth, richly drawn characters, and atmospheric settings. The novel’s blend of history, psychology, and humanity makes it a powerful, resonant reading experience.

— John Hyde

## A TOWN CALLED SOLACE

by Mary Lawson

This understated but compelling novel is set in a small Northern Ontario town in the 1970s, where three very different lives end up crossing paths. Clara, a seven-year-old girl, is anxiously waiting for her missing



## POETRY CORNER



## WINTER MORNING

by James Crews

When I can no longer say thank you  
for this new day and the waking into it,  
for the cold scrape of the kitchen chair  
and the ticking of the space heater glowing  
orange as it warms the floor near my feet,  
I know it is because I’ve been fooled again  
by the selfish, unruly man who lives in me  
and believes he deserves only safety  
and comfort. But if I pause as I do now,  
and watch the streetlights outside winking  
off one by one like old men closing their  
cloudy eyes, if I listen to my tired neighbors  
slamming car doors hard against the morning  
and see the steaming coffee in their mugs  
kissing their chapped lips as they sip and  
exhale each of their worries white into  
the icy air around their faces—then I can  
remember this one life is a gift each of us  
was handed and told to open: Untie the bow  
and tear off the paper, look inside  
and be grateful for whatever you find  
even if it is only the scent of a tangerine  
that lingers on the fingers long after  
you’ve finished eating it.

# Introducing ...

Hello Neighbours!

We're Karen and Brent, in transition from Bowen Island to 1396 Seaview.

As lifelong outdoor enthusiasts, we've long spent our summers on the North Island camping and paddling. With full time work in engineering consulting (Brent) and public and population health (Karen), it took a pandemic to create circumstances where we could work away from our offices, close to where we love to play. Family is a big catalyst for our move with Karen's parents living in Parksville and us wanting to be less than 2 ferries away. We've also twin sons who are turning 24 and we're doing our level best to convince them to join us on our new Island adventures.

Depending on the season, you'll see us with our geriatric Newfoundland Marilla either shuffling around the neighbourhood or on



our paddleboards. We're also five years into boat ownership, aka mostly through the dead battery/busted fuel line in the middle of the Strait period of our learning curve, and excited to explore the waters around here. A big motivator for living on Seaview was also proximity to Mt. Washington where we'll be found both alpine and nordic skiing.

When we're not outside, our leisure time typically involves a good bottle of wine and any card game where trump is called (bridge, 500, euchre). On the wine front, Karen is a certified sommelier in the process of launching a boutique wine agency featuring under marketed regions producing amazing wine including Croatia and Greece (Crete). So, if you're similarly wine-inspired, you've found a great neighbourhood match!

After renting our place over this winter, we'll be around for the rest of our lives and reachable by the following means:

Karen: 778-997-5830  
[karen.mooder@gmail.com](mailto:karen.mooder@gmail.com)  
Brent: 778-788-3753  
[bmooder@gmail.com](mailto:bmooder@gmail.com)

All the best,  
Karen and Brent Mooder ≈

# Seaside Home & Lifestyle Services Arrives in Seaview

Hello neighbours,

As a longtime Seaview Road resident, I'm proud to call this beautiful coastal community home. I've spent over twenty years in the hospitality and service industry, which has given me a deep understanding of comfort, discretion, and thoughtful attention to detail.



I am thrilled to launch Seaside Home & Lifestyle Services! My goal is to offer trusted, personalized support right here in our neighbourhood — whether it's caring for your home while you're away, preparing it for your return, or simply helping you enjoy more effortless coastal living.

*I truly look forward to being of service in any way you need!*

## Seaside Home & Lifestyle Services — Effortless Coastal Living, Redefined

Discover a new standard of ease and refinement with Seaside Home & Lifestyle Services, where every detail of your home is cared for with quiet sophistication and discretion. Whether you're returning from a weekend away, spending the season abroad, or preparing your residence for special guests, Seaside ensures your home is immaculate, welcoming, and beautifully curated for your arrival.

From personalized home monitoring and security checks to bespoke touches — a perfectly chilled bottle of wine, a stocked refrigerator, or a thoughtfully arranged charcuterie board — every service is tailored to reflect the comfort and elegance of your lifestyle. Ideal for discerning homeowners, frequent travellers, and those who value time as their greatest luxury, Seaside

offers complete peace of mind and the art of returning home beautifully.

And for those times when you simply need an extra set of capable hands — preparing for a dinner party, refreshing your home for company, or maintaining a pristine space without the effort — Seaside also provides professional cleaning and home care services delivered with the same attention to detail and grace. ≈

For personalized home and lifestyle services, contact Marika Martynuik at: [seasideluxeliving@gmail.com](mailto:seasideluxeliving@gmail.com)



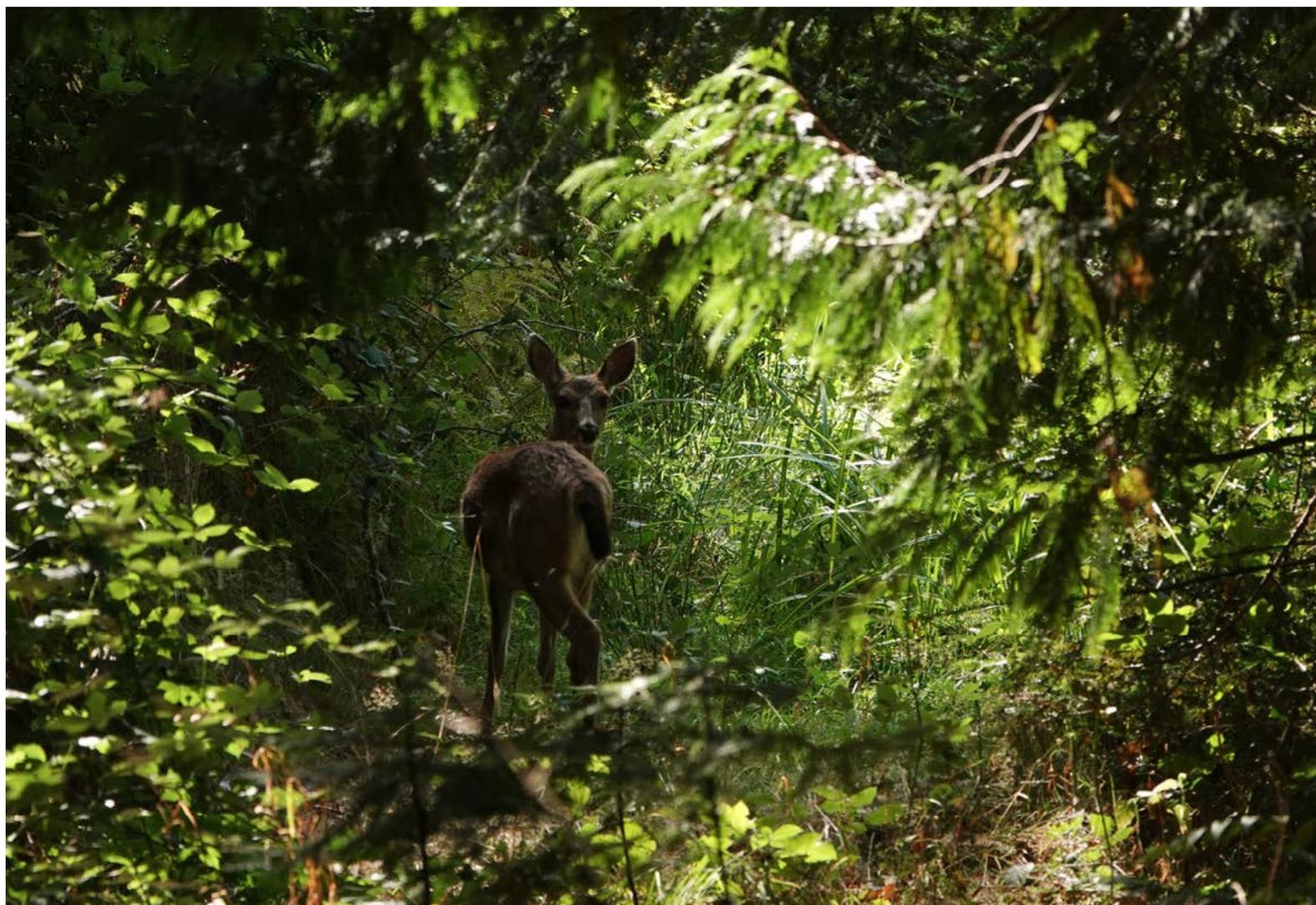
PHOTO  
GALLERY II

*Top:*

'Strong and Free'  
ELAINE PRODOR

*Bottom:*

'Looking Back'  
BARBARA PROWSE





*Top left:*  
**'Autumn's Confetti'**

*Top right:*  
**'Final Gateway'**

*Bottom:*  
**'Last Float'**

All by **BARBARA PROWSE**



*Top:*  
'Good Morning'  
LOIS CLYDE

*Bottom:*  
'Glorious Bounty'  
BARBARA PROWSE



*Top:*  
'Through the Prism'  
ELAINE PRODOR



*Bottom:*  
'Morning Glory'  
LOIS CLYDE



*Clockwise from top left:*

'Onsen (Hot Spring) in Nozawa, Honshu, Japan' DORANNE DEMONTIGNY, 'Sliver of Fire' CRAIG HOSKINS, 'Apricot Sunset' ELAINE PRODOR, 'Elsa and Matt Johansen's Wedding on July 5th' ARISSA PARTRIDGE



These recipes bring together dishes that are easy to love and fun to try — a mix of familiar comforts and flavourful surprises.

## FRENCH PEAR CAKE

*This cake is a delicious combination of tender, moist cake with juicy chunks of pear. Easy to make and an instant favorite.*

### INGREDIENTS

1 ¼ cups all purpose flour  
 1 ½ teaspoon baking powder  
 ¼ teaspoon salt  
 2 pears (ripe but not overripe)  
 2 eggs  
 ½ cup sugar  
 ½ cup unsalted butter melted  
 ¼ cup creme fraiche  
 2 tablespoon sugar (to top)

### METHOD

Preheat the oven to 350F/180C and line an 8in/20cm springform round cake tin.

- In a small-medium bowl, sift or whisk together the flour, baking powder and salt. Set aside.
- Peel and core the pears. Cut them into a relatively small dice, around ½ - ⅔” (1 ¼-1 ¾cm). Set aside.
- In a large bowl, whisk together the eggs and ½ cup sugar until the mixture is relatively glossy and the sugar is starting to dissolve. Add the butter in a steady stream while whisking it in at the same time. Add the creme fraiche and mix this in as well.
- Mix the flour mixture into the egg mixture and stir until combined but try not to over-mix. Fold in the pears carefully so that they are mixed through but you don't break them up.
- Pour the mixture into the lined cake tin and spread the mixture to the edges with a spatula and flatten out the top.



Sprinkle on the 2 tablespoons sugar then bake for approximately 40-50 minutes until a skewer inserted in the middle comes out clean and the cake is a gentle golden brown color.

- Leave to cool on a cooling rack for at least 10 minutes before loosening around the edges to remove from the cake tin. Works well both served warm or at room temperature, as it is or with cream/creme fraiche on the side.

— Chef Letitia

## FIVE MINUTE VEGAN QUESO

*Fast, creamy, cheesy, smoky, spicy, and incredibly delicious. Serve with chips or add to things like tacos, nachos, burritos, and more!*

### INGREDIENTS

¾ – 1 cup hot water  
 1 cup raw cashews  
 1 clove garlic, chopped  
 2 Tbsp nutritional yeast  
 1/2 tsp ground cumin  
 1 tsp chili powder  
 1/2 tsp salt, plus more to taste  
 1 Tbsp harissa (or sub hot salsa, hot sauce, Ro-Tel, or 1 chipotle pepper in adobo sauce, plus more for garnish)

### METHOD

Add all ingredients to a blender (starting with the lesser amount of water) and blend until creamy, adding more water as needed to blend until creamy and smooth. We recommend a small blender (we prefer the NutriBullet), or a high-speed blender. Add

just enough water to achieve a creamy, pourable queso. If it gets too thin, thicken with additional raw cashews.

Taste and adjust flavor as needed, adding more nutritional yeast for cheesiness, salt to taste, cumin for smokiness, chili powder or harissa for heat, or garlic for zing. It should be quite flavorful, so don't be shy. Garnish with additional harissa or a spoonful of fresh salsa or hot sauce for serving (optional).

Store leftovers covered in the refrigerator up to 5-7 days, or in the freezer up to 1 month. To thaw from frozen, set in refrigerator for 24-48 hours. Reheat in microwave or in a small saucepan over medium-low heat. Add more water as needed if it thickens when reheating.

— Christine Moore



## MISO SALMON

*This Miso Salmon is marinated in a sweet and savoury miso sauce and broiled until the outside is beautifully crisp and the inside is perfectly moist. Serve with any type of rice.*

### INGREDIENTS

#### 6 skin-on salmon fillets

For the marinade:

**6 Tbsp miso (use any type)**

**3 Tbsp sake**

**3 Tbsp mirin**

**3 Tbsp soy sauce**

**1 Tbsp brown sugar**

**1 tsp toasted sesame oil**

For the garnish (optional):

**2 tsp toasted white and black sesame seeds**

**3 green onion/scallions (chopped)**



### METHOD

1. Spoon marinade over salmon, coating the flesh, sides and skin. Cover and refrigerate for 1-2 hours for fillets up to 1 inch, or up to 3 hours for thicker cuts.
2. Line a baking sheet with foil and spray or brush with oil. Scrape off excess miso marinade and lay the fillets skin side down.
3. Broil for about 10-13 minutes or until the thickest part reaches 125-130 degrees F. (You can also bake the fillets at 425 F if you prefer)
4. Garnish with toasted sesame seeds and green onions if desired.

— Yin Hoskins

## COCONUT FLAN

*A non-dairy, tropical take on a crème caramel-style dessert.*

**Scant 3/4 cup sugar**

**1 1/2 C coconut 'condensed milk'**  
(available at Abuelo's) or regular

**1 can coconut cream**

**5 large eggs**

**1 teaspoon vanilla**

**3 tsp coconut extract**

**1/8 teaspoon salt**

**Kettle of boiling water for bain-marie.**

### METHOD

Put oven rack in middle position and pre-heat oven to 350°F.

Cook sugar in a dry small heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar melts into a deep golden caramel. Immediately pour into a 9-inch round ceramic or glass baking dish (2 inches deep) and tilt dish to coat bottom (use caution, dish will be hot). Cool until hardened, 10 to 15 minutes. Caramel may crack as it hardens but will not affect the outcome!

Blend remaining ingredients in a blender, in 2 batches if your blender is small, until smooth. Place pie plate in a 17- by 11-inch roasting pan and put in oven. Pour custard into pie plate. Cover it loosely with a piece of foil, then pour enough boiling-hot water into roasting pan to reach at least 1/2 way up side of pie plate. Bake until custard is set but still wobbly in center when gently shaken and a knife inserted in center comes out clean, 1 to 1 1/4 hours. Transfer dish to a rack to cool completely, about 40 minutes. Chill flan, covered, until cold, at least 8 hours.

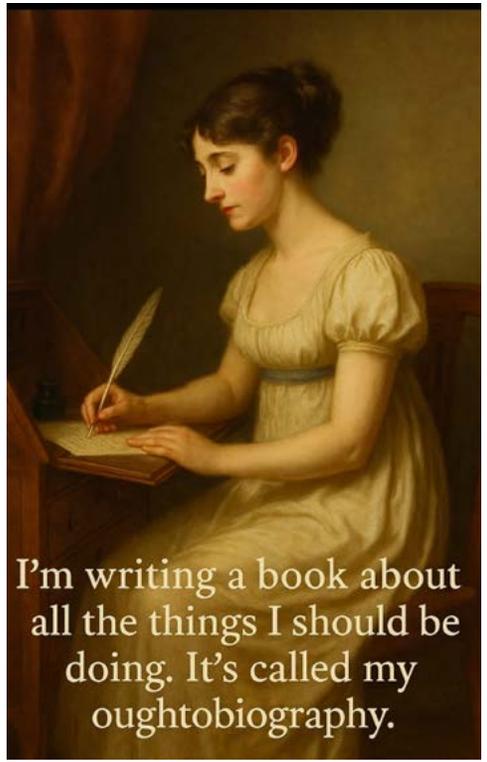
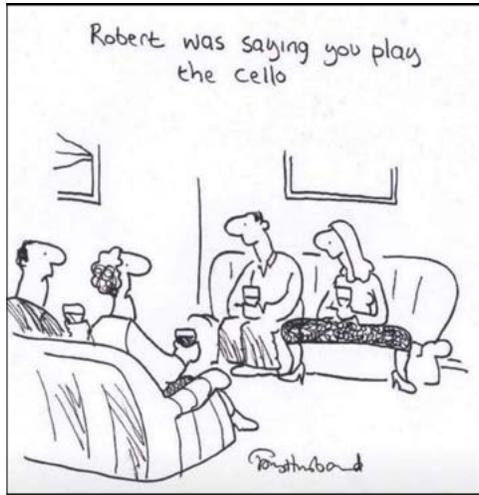


To un-mold flan, run a thin knife around edge of pie plate to loosen flan. Place bottom of pie plate in warm water for a couple of minutes (max). Place a large platter with a lip upsidedown over dish. Holding dish and platter securely together, quickly invert and turn out flan onto platter. Flan will drop onto platter and caramel will pour out over and around flan.

*Note: Flan can be chilled up to 1 day before un-molding.*

— Elaine Prodor

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



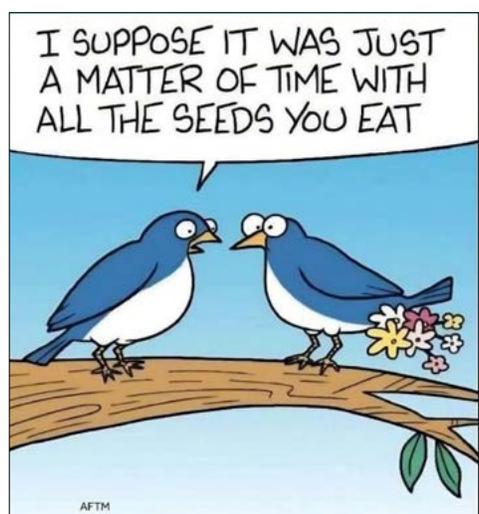
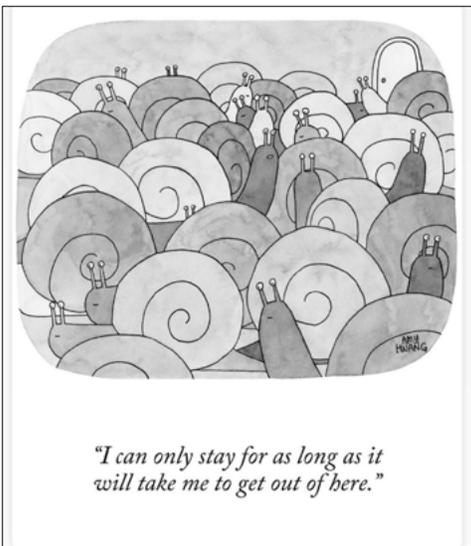
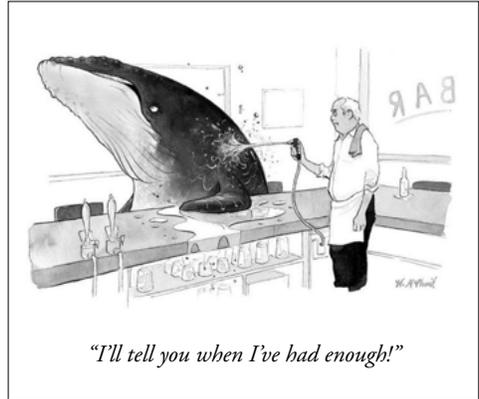
I'm writing a book about all the things I should be doing. It's called my oughtobiography.



I have a Russian friend who's a sound technician.  
And a Czech one too. A Czech one too.



If you say "anyways" instead of anyway, that's all I needs to knows abouts you.



Pluck a single eye brow hair in 1994 and it never grows back.  
Pluck a single chin hair in 2025 and its back with friends by 6pm.

### Passing the Breeze Along: Editor Needed

After eight years of tending to The Seaview Breeze — our friendly neighbourhood newsletter and e-mail updates — I'm stepping down from the editor's role. My tendonitis has worsened, and long stretches of computer work have become difficult, so I need to curtail some of my activities. I want to save my strength for the important things — like holding our grandson — and it feels like the right moment to pass the Breeze into new hands.



We're looking for a neighbour who enjoys staying in the loop, sharing local news, and helping keep Seaview informed. The role includes:

1. Managing the e-mail list and forwarding notices and updates to our Seaview neighbours in a timely, friendly fashion. No special tech skills required — just reliability and community spirit.

2. Creating and editing our twice-yearly neighbourhood newsletter, which for over a decade has shared the stories, updates, and photos that make this place feel like home. You'll take over compiling and shaping each issue (and it's time to give it a fresh new look!). It's a meaningful, manageable way to stay involved, meet more neighbours, and help keep the Breeze blowing through Seaview.

If you're interested, get in touch — we'd love to welcome one person (or even a duo!) who'd like to share the responsibilities and help keep our community connected.

Sending a huge thank you to EVERYONE on the Road for your wonderful contributions, patience, and for letting me take your pictures over the years! And a big thank you to Lois and John for their excellent proofreading skills and support through all the issues. It's been a great experience and a pleasure connecting neighbours.

— Sincerely, Elaine [seaviewbreezenews@gmail.com](mailto:seaviewbreezenews@gmail.com)

SEAVIEW ROAD LINKS  
TO BOOKMARK:

### 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 now 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@ymail.com](mailto:pye.dave@ymail.com). The new phone book is also accessible through the archives (link below):

<https://indd.adobe.com/view/b98435f5-9201-4d82-a84e-2351b375f75b>

*Warm wishes from everyone on Seaview Road! We're deeply grateful to the front-line workers who keep our community running strong. Here's hoping the holidays bring you a well-earned break and moments of real rest.*

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

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