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## Message from the Editor

*Christine Moore*

Glenn and I are so grateful that we found this incredible community to settle in for our retirement years. We learned of this area back in 2020 through a friend of our daughter who have a property on Miracle Beach Road (Katie was quarantining there during Covid with her friend). We found the empty lot and jumped into purchasing it and building our beautiful custom home. It was a journey, but one well worth having as we are now living in this beautiful paradise! We are honored to be your Communication hub for the Community and have continued the tradition started by Lois and then carried on by Elaine by publishing this newsletter for your enjoyment.

We would like to also introduce you to our beautiful family! On May 30th we celebrated our daughter's wedding at the gorgeous venue of Gowlland Harbour on Quadra Island. (see more photos in the Photo Gallery section)



From left to right, meet our family:

Our Son **Kevin** - lives in London, Ontario and is working on his PhD in BioPhysics at the University of Western Ontario

My Dad **Bob** - he lives in Brantford, Ontario

**Myself**

**Katie and Stewart** - they live in North Vancouver; Katie is a Professional Biologist and works at TetraTech in Vancouver; Stewart is a Product and Interaction Design Specialist and works for the BC Public Service

**Glenn**

**Jessica** - Kevin's fiancé holds a Masters in Public Health and works with London Health Sciences in London, Ontario doing research in Paediatric Oncology

# Open House - April 2026

*Christine Moore*

On April 18, Glenn and Christine Moore welcomed friends and neighbours to an open house at their newly completed home, marking the end of a construction project that had been nearly two and a half years in the making.



The event was organized as an opportunity for neighbours to see the finished home and property, many of whom had watched the project take shape from its earliest stages. Several guests commented that they had walked through the lot and partially completed house during construction and were impressed to see the transformation into a completed home.

More importantly, the open house provided a chance for neighbours to connect and socialize. Following a long winter, many residents welcomed the opportunity to get together, catch up with old friends, and meet new neighbours. Throughout the afternoon, guests enjoyed conversations, shared stories, and exchanged memories of the area's growth and development.

The turnout exceeded expectations and the atmosphere was warm and welcoming from start to finish. Guests toured the home, enjoyed

refreshments, and spent time visiting both inside and outside the house.

A special thank you goes to Elaine and Yin, whose assistance helped make the event such a success. In addition to helping Glenn and Christine host the gathering, they generously provided a significant amount of food and refreshments that were enjoyed by everyone in attendance.



What began as an opportunity to showcase a completed home became a memorable community gathering that strengthened connections, renewed friendships, and helped create new ones. Glenn and Christine are grateful to everyone who attended and helped make the day such an enjoyable and successful event.



# Summer at a Magical Castle

*Elaine Prodor*

Last August, John and I spent a wonderful week in southern France in the little village of Chamborigaud, staying at the beautiful Château de Montjoie. We were there as guests of our son-in-law's parents, who were celebrating milestone birthdays and an anniversary, and it turned into one of those family trips we'll all remember for years. From the moment we arrived, the old stone château, tucked beside the quiet village and surrounded by trees and hills, felt both grand and welcoming.



The château itself had so much character and history. Originally built in the 1600s and later expanded during the 19th century, it still has many of its classic features, including round turrets with pointed roofs, tall shuttered windows, stone terraces, and winding staircases that seem made for wandering. There is an old Roman trail that runs directly past Chamborigaud and the Château de Montjoie is known as La Régordane (formally designated today as the GR 700 hiking trail). It is one of France's most ancient, multi-layered historical highways.



The castle was renamed Château de Montjoie around 1900, and walking through its cool hallways and large rooms, you could easily imagine the generations of families who had gathered there long before us. Despite all that history, it never felt stiff or formal. It quickly became home for our lively group of twelve adults and four boys under the age of eight, who filled the old castle with noise, games, and laughter.



The weather was hot, so the swimming pool became the centre of our days. The boys practically lived in it from morning until evening, and the adults weren't far behind. There was always someone floating in the water, reading in the shade, or sitting nearby with a cold drink. It was the kind of relaxed summer rhythm you wish you could bottle up and bring home.



One of the best parts of the week was the chef who cooked for us every night. Dinner became a daily event we all looked forward to. Using fresh local ingredients from the Cévennes region, he created amazing meals that somehow felt both rustic and elegant at the same time. We lingered around the long table on the patio for hours every evening, eating, drinking wine, telling stories, and laughing while the warm night air drifted through the open windows.

What made the trip so special wasn't only the château or the beautiful French countryside, but the chance to all be together in one place without rushing anywhere. Life slowed down for that week in Chamborigaud. Between the history of the old castle, the wonderful food, the pool, and the family celebrations, it felt like stepping into another world for a little while — one none of us were quite ready to leave.



# Memories of Sicily

Beth Carter



Bob and I and our son Fin had a wonderful trip to Sicily last year. There was much to love there - amazing archaeological sites, baroque architecture, gorgeous Mediterranean scenery, and narrow streets paved with smooth stones.

I really fell in love with the unique flavours of the region, especially savory, salty, sweet caponata. We first tasted it during a wonderful evening meal under a starlit sky in the Piazza Duomo in Siracusa. Enjoy this quick and easy version - it brings back lots of amazing memories!



## Roasted Eggplant & Zucchini Caponata 6 servings

*(this is my compilation of several different online recipes - modify as you wish! Classic caponata usually only has eggplant, but I always have lots of zucchini around)*

### Ingredients:

1 globe eggplant, about 1¼ lbs, cut into ¼ to ½-inch cubes  
1 tablespoon kosher salt  
1 medium or 2 small zucchini, about ¾lb, cut into ¼ to ½-inch cubes  
2 tablespoons extra virgin olive oil, divided  
2 garlic cloves  
1 small onion, minced  
1 can of crushed tomatoes, or 5 tomatoes, finely chopped  
½ cup pitted green olives, chopped  
2 tablespoons capers, drained - I actually used more and added a bit of the juice  
3 tablespoons golden raisins - optional - I didn't have them handy, so I left them out  
2 tablespoons balsamic vinegar  
2 tablespoons red or white wine vinegar  
squeeze of lemon  
2½ tablespoons granulated sugar  
½ teaspoon kosher salt

¼ cup chopped fresh basil  
¼ cup toasted pine nuts

### Instructions:

Optional - Toss the eggplant cubes in 1 tablespoon of salt and let rest for at least an hour while you prepare the rest of the ingredients. Rinse and drain well. - I was short on time, so skipped this step and it still tasted delicious.

Preheat the oven to 425°F.

Spread the eggplant out on a baking sheet (oiled or lined with parchment paper) and toss with 2 teaspoons olive oil. Roast for 35-40 minutes, tossing halfway through, until beginning to turn golden brown.

Spread the zucchini cubes out on a second small parchment-lined baking sheet and toss with 2 teaspoons olive oil. Leaving the garlic cloves unpeeled, place them on the baking sheet with the zucchini. Roast alongside the eggplant for 20-25 minutes, tossing halfway through, until zucchini begins to turn golden brown. Remove baking sheet from oven and set aside. Once cool, pop the roasted garlic out of its peel. Again - if short on time, you can also just saute the garlic with the onions.

Meanwhile, heat the remaining 2 teaspoons of olive oil, add the minced onion and sweat, stirring, for 10 minutes.

Add the roasted eggplant, zucchini, garlic, tomatoes and juices, raisins, olives, capers, vinegars, sugar, and salt. Cook, stirring occasionally until it has reduced to a thick chunky stew, about 20-30 minutes. Taste, and adjust salt and sugar to taste (these will depend on your particular tomatoes!).

Just before serving, toss with basil and pine nuts. Serve warm topped with a spoonful of burrata and, if desired, toasted sourdough.

I like leftovers, so I usually double the recipe. The caponata will keep for a couple weeks in the refrigerator and will taste even better on day 2 or 3 as the flavors meld. Reheat on the stove with a tablespoon or two of water to loosen it up. Or serve it cold on crackers as an appetizer or as a summer side dish.



# Home Security Cameras

*Tech Corner by Glenn Moore*

Many people are considering installing security cameras these days. However, once you start looking online, the number of choices can quickly become overwhelming. You may encounter unfamiliar terms such as “Codec,” “PoE,” and “NVR,” making the subject seem more complicated than it really is.

This article provides a simple, high-level overview of home security camera systems—from the easiest options to more advanced setups—so you can better understand what might work best for your home, budget, and comfort level with technology.



## Why Install a Security Camera?

Even in a safe and peaceful neighbourhood like ours, security cameras can be useful. They provide peace of mind by letting you see who is at the door, monitor deliveries, check on pets or wildlife, or review what happened during an accident or unexpected event. Visible cameras may also discourage theft, vandalism, or unwanted visitors.

For most homeowners, the goal is not to create a high-security property, but simply to stay

informed about what is happening around the home, especially while travelling or overnight.

When considering security cameras, there are three basics to think about: **placement, power and connection, and video storage.**

## Placement

Choose a location that provides a clear view of important areas such as the front door, driveway, backyard, or side entrances. The camera should be able to detect people approaching your home, whether they are visitors, delivery drivers, or someone using a side path.

Mount the camera high enough to discourage tampering but low enough that it can be accessed safely without a tall ladder. A common location is under the roof overhang, attached to the soffit. This provides a good viewing angle while helping protect the camera from weather.

## Power and Connection

If you already have an Ethernet cable near the camera location, consider a **Power over Ethernet (PoE)** camera. A single cable provides both power and network connectivity, making it a very reliable solution. However, most homes are not pre-wired this way.

As a result, battery-powered Wi-Fi cameras have become extremely popular. They are easy to install and many can operate for months between charges.



Some systems can also connect to small solar panels that recharge the battery during the day. When we were building our house, we mounted a solar-powered camera on a nearby tree and connected it to a neighbour's Wi-Fi network. Five years later, it is still operating reliably.

### Video Storage

At the most basic level, some cameras record footage to an SD card. The advantage is that there are no subscription fees. The downside is that retrieving footage usually requires physically accessing the camera and removing the card.



The next level is cloud storage. Recorded events are uploaded to online servers and can be viewed instantly from your phone. This is the most common and convenient option, but it comes with recurring subscription fees, typically ranging from \$5 to \$20 per month.

For more technical users, self-hosting is another option. Free software such as Frigate and Scrypted can monitor cameras and save recordings locally. This requires a dedicated server and considerable technical expertise, but it eliminates subscription fees while providing immediate access to recordings.

### In Summary

Depending on your technical comfort level and budget, there are several camera options available. Most people choose Wi-Fi, battery-powered cameras because they are easy to install. Many also subscribe to a monitoring service that provides motion alerts and allows them to view recorded events on their phone.

Some of the most common camera systems are listed below:

**Blink**, an Amazon company, offers simple Wi-Fi cameras that last two years on two AA batteries. They send detections to a cloud service for about \$5 per month per camera. Despite their simplicity, these cameras are effective.

**TP-link**, manufactures slightly more sophisticated Wi-Fi cameras. These cameras are easy to install and set up. The subscription service costs about \$5.50 per camera per month.

**Ring**, originally a doorbell camera company, has expanded into a full security camera line. These advanced cameras run on batteries or PoE, though they work best with an Ethernet connection. They offer a subscription service of \$6/month per camera or \$15/month for all.

**Reolink** cameras are an advanced option, but some models still use Wi-Fi and batteries for easy installation. Many have PoE ports, allowing you to connect them with an Ethernet cable. While a cloud subscription is available, these cameras often have memory cards that can be inserted, enabling wireless access to recorded video and saving subscription fees.

There are many other camera systems available besides the four I have identified. Look for a reputable company. Consider your installation (WiFi or Ethernet), power source (plug-in, battery, solar collector, or Poe), and subscription options (monthly or yearly) to review detected events.

Happy surveillance.

# Photo Gallery





# Who belongs to who? (Match the pet to the owners)

Answers on the last page of the newsletter

	Owner	Pet	Owner	Pet	
1	 Kathi Rudko	 Shadow and Sable	6	 Barrie and Cynthia Barns	 Luna
2	 Sandy and Martyn	 Bella	7	 Matt and Elsa Navratil	 Sheena
3	 Mike and Val van der Gracht	 Miro	8	 Beth Carter	 Winnie
4	 Dianne Dowling	 Phantom	9	 Pat and Duane Mcleod	 Juno
5	 Bill and Pat Mathis	 Meesha	10	 Grahame Edwards	 Sailor

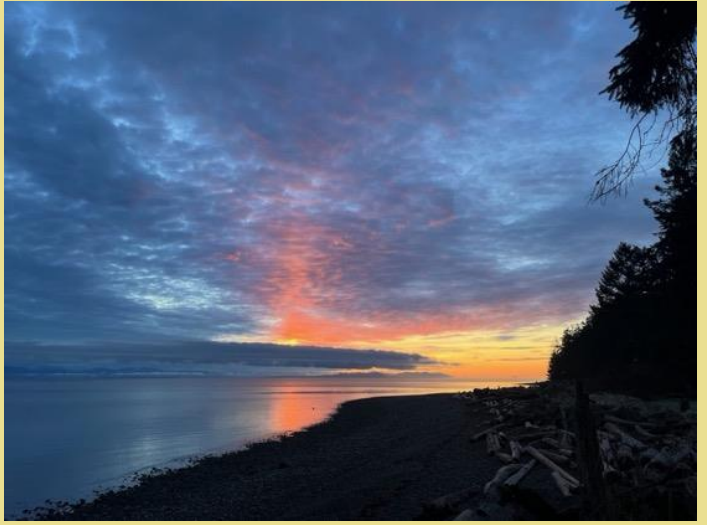
# Photo Gallery - Wedding Edition

*Katie Moore and Stewart Pressney - May 30, 2026 - Gowlland Harbour, Quadra Island*



# Sunrise over Seaview

*Craig Hoskins*



# Gardens on the Road

*Sharon Emmerson, Cynthia and Barrie Barnes, Pat and Duane Mcleod, Dave Pye, Shelly Hollingshead, Kathi Rudko, Jim and Lois Clyde, Glenn and Christine Moore, Dianne Dowling, Barb and Brian Staton*









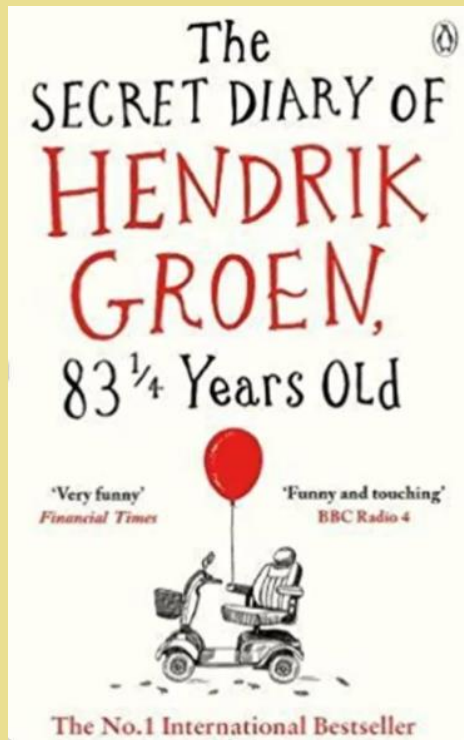




# Book Reviews

## The Secret Diary of Hendrik Groen: 83 ¼

by Hendrik Groen (pseudonym for Peter de Smet, a Dutch writer)

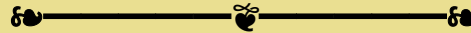


Hendrik is an 83-1/4-year-old curmudgeon who is bored living in a senior's care home in Amsterdam. He is fed up with the director's rigid rules, the weak tea, and most of the elderly people, so he decides to rebel. He creates a diary to secretly record the monotony of day to day living in the retirement home. He and an eccentric group of friends form the 'Old, But Not Dead Club'. This Club stirs up some trouble in the home, and the humourless director becomes somewhat enraged, but Hendrik and his club members become heroes as they organize fun excursions for themselves.

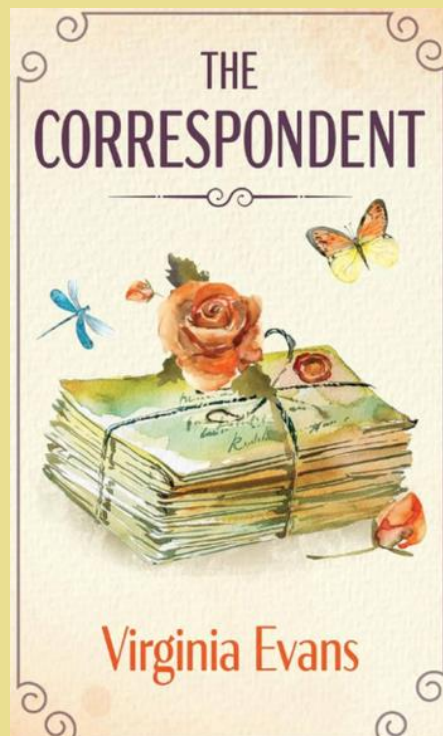
The importance of finding daily joy and friendship is emphasized in this novel and it is often compared to 'A Man Called Ove'. I also see a comparison with the 2024 Ted Danson Netflix series, 'A Man on the Inside' about a lonely, retired college professor who applies

for a job as a detective in a senior's home to tackle some unresolved mysteries.

*Submitted by Barb Staton*



## The Correspondent by Virginia Evans



This heartwarming debut novel lets you understand the main character, Sybil Van Antwerp, through a series of letters between family, friends, ex-lovers, and even strangers. Sybil is a 73-year-old single retired lawyer. She has written letters all her life, and the novel follows her correspondence between 2012 and 2025. Sybil is humorous, stubborn and can be grumpy at times. I suppose this is why I like her so much. I'm looking forward to the movie.

*Submitted by Barb Staton*

Also note that this book is available in audio book form and is free on the Libby library app available to all.

*Submitted by Barbara Prowse*

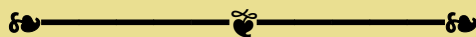


## Culpability by Bruce Holsinger

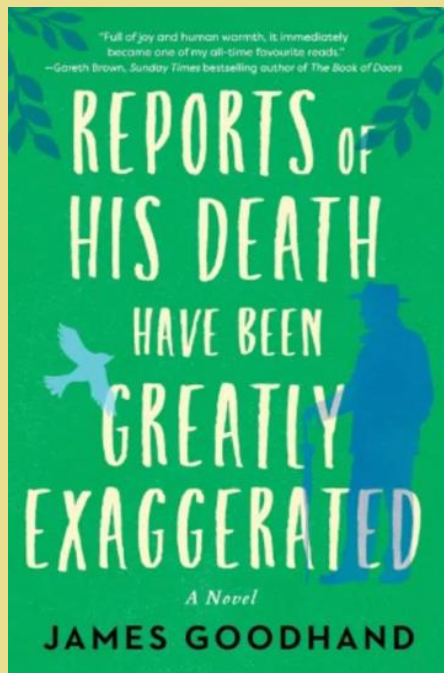


Guilt, responsibility, ethics, and family dynamics are all at the center of this book and then blanket all of this with the addition of AI and you have a very compelling and thought-provoking novel. A family is driving to their son's lacrosse tournament in a self-driving minivan, the son is at the wheel and the father is sitting in the front passenger seat working on his computer. The Mom and two sisters are in the backseat, the Mom also working. One of the sisters yells 'Stop' and the young driver grabs the wheel. The van flips over and they all survive but the elderly couple in the car coming towards them are killed instantly. The investigation and consequences of the accident are at the heart of the novel but it is much more than that with AI and family dynamics and the insertion of an AI mogul all adding to the drama.

*Submitted by Sharon Muzzin*



## Reports of His Death Have Been Greatly Exaggerated by James Goodhand



A lifetime ago, Ray "Spike" Thorns was a well-regarded caretaker on a boarding school's grounds. These days, he lives the life of a recluse in a house rammed with hoarded junk, alone and disconnected from family or anyone he might have at one time considered a friend.

When his next-door neighbor drops dead on Spike's doorstep, a case of mistaken identity according to the police, the hospital, the doctors—everyone—Spike is dead. Spike wants to correct the mistake, really he does, but when confronted with those who knew him best, he hesitates, forced to face whatever impression he's left on the world. It's a discovery that brings him up close to ghosts from his past, and to the only woman he ever loved.

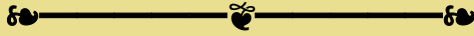
Could it be that in coming face-to-face with his own demise, Spike is able to really live again? And will he be able to put things straight before the inevitable happens—his own funeral?

This is the best kind of feel-good it's deeply affecting but full of clever mishaps and enough laughs along the way. It takes the message from Dead Poets Society and mixes it with the tragedy of It's a Wonderful Life and tops it off with an ultimately lovable guy like in A Man Called Ove. The result is a

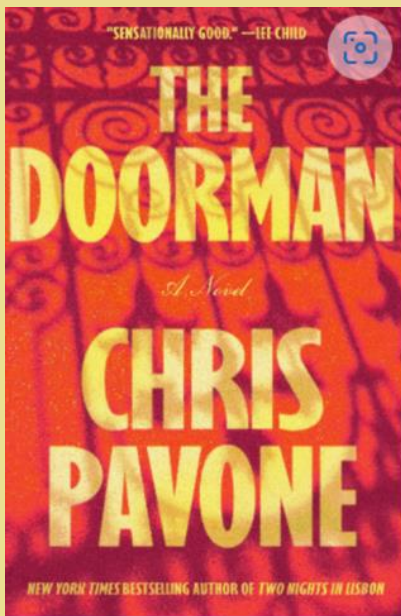
heartbreakingly beautiful look at life and what we would all do if given a second chance.

I particularly liked this line from the book: “It is perhaps not obvious just how much sanctuary one is afforded by routine.” This resonated with me as it was an interesting time going through the transition from the routine of a working career to the freedom of retirement!

*Submitted by Christine Moore*

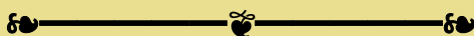


### **The Doorman** by Chris Pavone

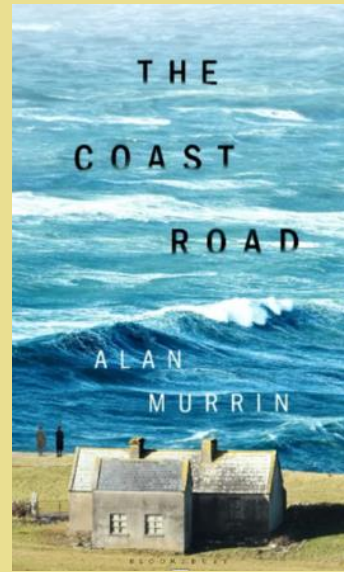


Chicky Diaz is everyone’s favorite doorman at the Bohemia, the most famous apartment house in the world, home of celebrities, financiers, and New York’s cultural elite. As Chicky changes into his uniform for tonight’s shift, he finds himself breaking a cardinal rule of the job: tonight, he’ll be carrying a gun, bought only hours earlier, but before he knew of the pandemonium taking over the city. Chicky knows that there’s more going on in his patch of sidewalk in front of the Bohemia than anyone’s aware of. Tonight in the city, enemies will clash, loyalties will be tested, secrets will be revealed—and lives will be lost. Named one of the Best Thrillers and a Notable Book of 2025 by the New York Times

*Submitted by Sharon Muzzin*

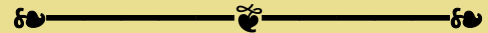


### **The Coast Road** by Alan Murrin

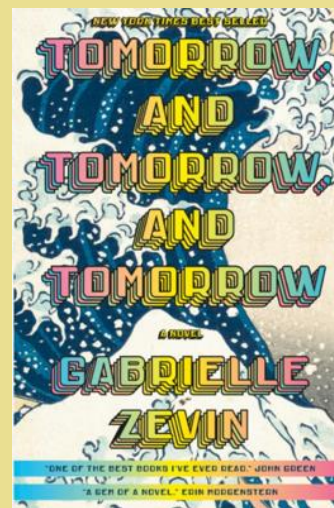


This story centers around two women who live in a small town in County Donegal in Ireland. The story is set in 1994/95 when Ireland is voting to make divorce legal and women have few rights. This is quite a captivating story and the two main characters are complex and come across as very true to life .

*Submitted by Sharon Muzzin*



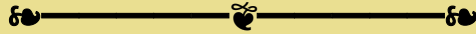
### **Tomorrow and Tomorrow, and Tomorrow** by Gabrielle Zevin



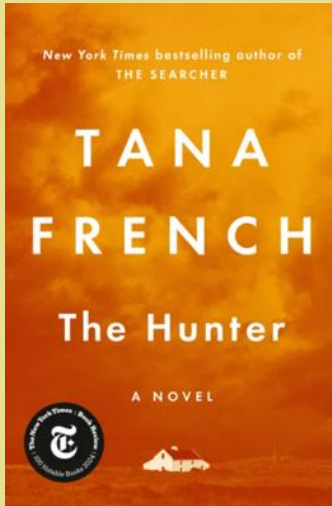
The gaming part of the story turns out to be quite interesting but it is really the basis for what becomes an enduring friendship between Sam, a young boy with a serious leg injury that requires lengthy hospital

stays and Sadie, a young girl who meets him in the hospital and with whom he initially plays a video game. Their lives meet and converge and separate as they finish school, college, form a partnership to develop games and grow up. A story of friendship and love and tragedy.

*Submitted by Sharon Muzzin*



**The Hunter** by Tana French

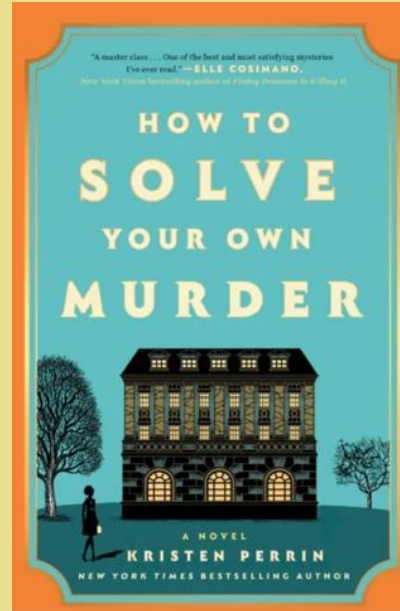


A sequel to *The Searcher*, this story brings us back to the Irish village of Ardnakelty and its characters. Cal, the retired police officer from Chicago, is becoming a bit more accepted by the village and has formed a strong parental like relationship with the young girl we met in the previous novel. Trey's father returns to the village after a 4 year absence with an Englishman and a get rich scheme involving gold on the lands. Johnny's return to the village causes many upheavals and then someone dies, straining connections and relationships among family and friends. Very well written and captivating.

*Submitted by Sharon Muzzin*

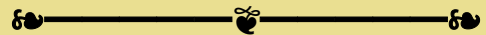


**How to Solve Your Own Murder** by Kristen Perrin



A fortune teller tells a young woman in 1965 that she will be murdered one day. Although her friends and family dismiss the fortune, for 60 years she views everyone as a threat and keeps notes on everyone in case they turn out to be her killer. Her great niece, Annie, is summoned to the small town where her aunt lives to discuss her Will but she never meets her great aunt who is murdered the day she arrives. Annie gets caught up in the mystery of the murder as whoever finds the killer will inherit her millions. A fun mystery read.

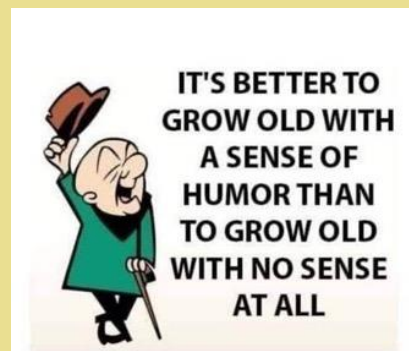
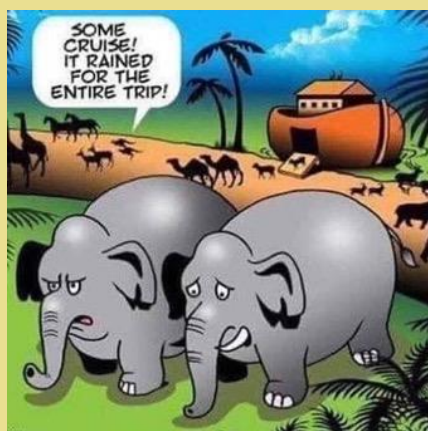
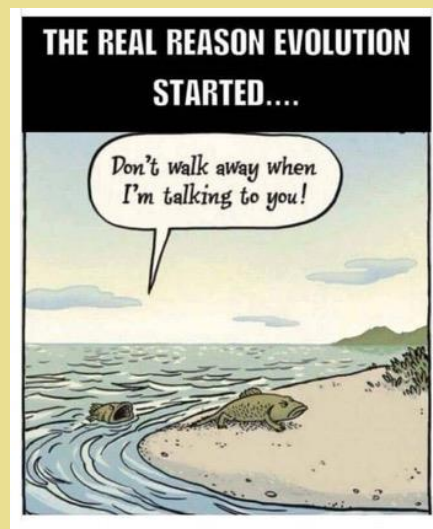
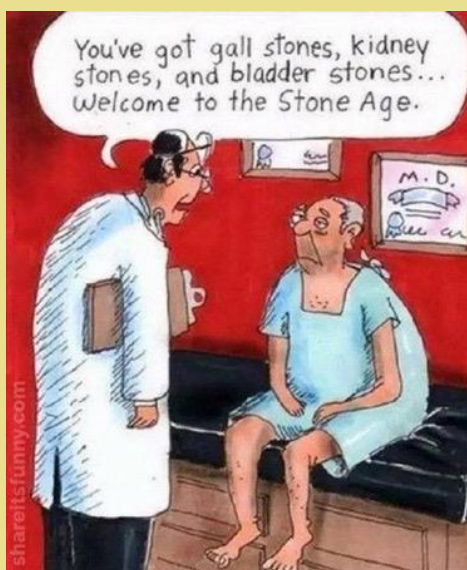
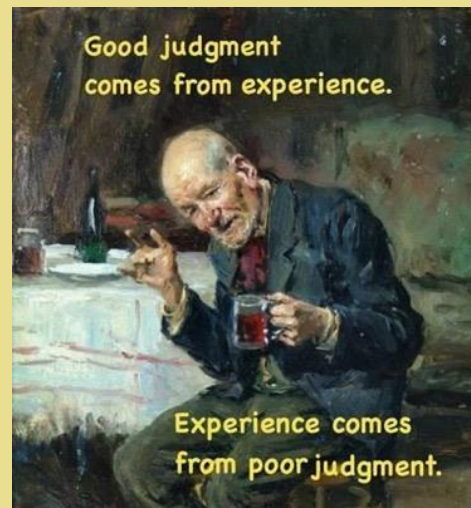
*Submitted by Sharon Muzzin*



# Humour Gallery



I'm always surprised when heavily tattooed couples have a baby and it comes out blank.



# Who belongs to who?

**Answers:**

<i>Owner</i>	<i>Pet</i>
1	3
2	1
3	10
4	6
5	2
6	8
7	9
8	7
9	5
10	4