

MARCH 2020

south cowichan

Life

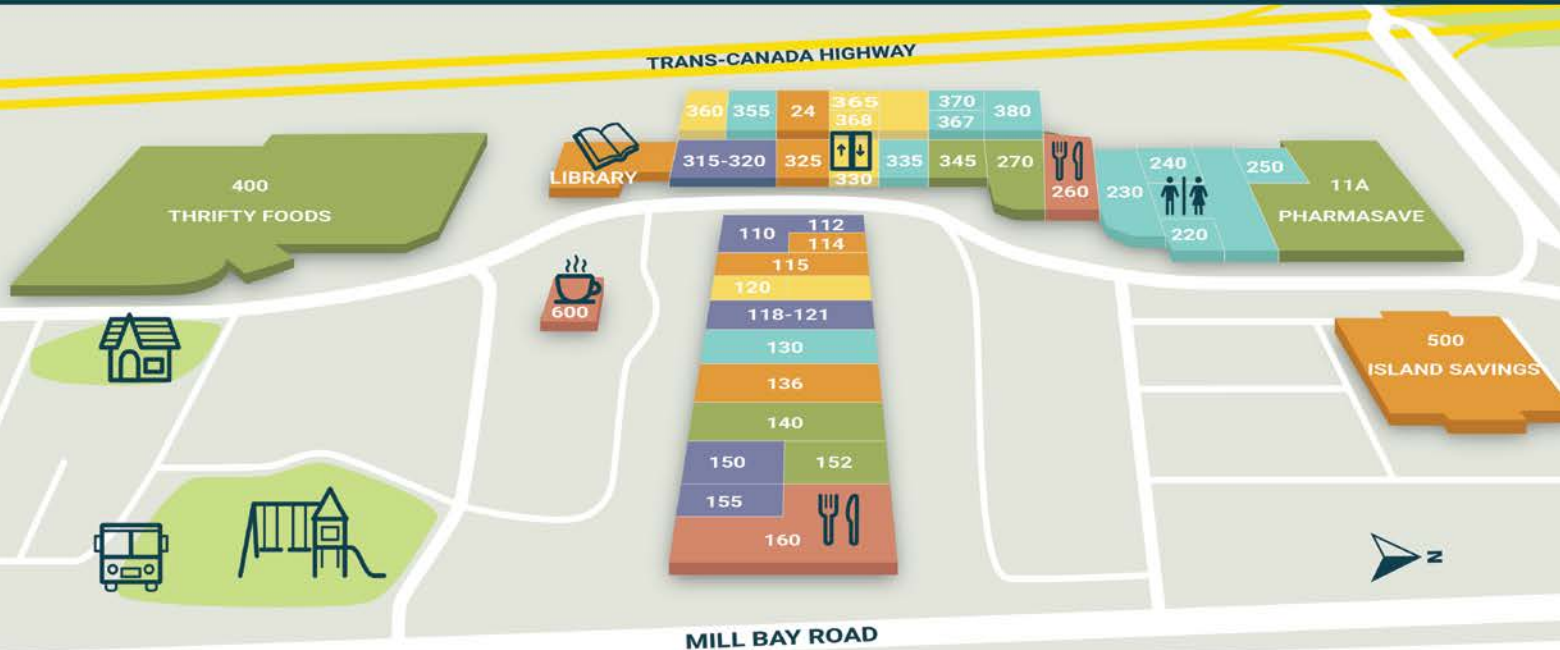
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This magazine is published by locally owned/operated Cowichan Press Inc. and Stellar Real Estate Marketing.

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Welcome...

...to the March issue of the *South Cowichan Life* Magazine.

I recently read about 'Small Talk' and the differences that can exist culturally. Small talk or chitchat is a social skill used when in a place with strangers, eg. waiting at the dentist or taking a ride in a taxi or Uber. I believe it is a skill we learn as we grow up rather than a gift. Small talk is often useful in advancing a career, making friends, or keeping people around you joyful. Given the diversity of our cultures, it can be difficult to learn. If used in the wrong way, small talk runs the risk of becoming offensive or embarrassing because of unknown taboos.

A common stereotype is that Germans do not participate in small talk. In my experience, I met many very nice, shy Germans but I've also met talkative and outgoing ones. Refraining from small talk may be beneficial because it can be less stressful among strangers who do not share the same background.

In China, a country the size of Greater Europe and with more population, the diversity in cultures and language is huge when trying to open a conversation with a stranger. The difference in dialects alone can kill a humorous episode. I was raised in the North where XiangSheng (Cross-talks), a stand-up double comedy show, was popular. I started enjoying it as a youngster from school age. But when I joined university and met classmates from all over the state, I surprisingly found many didn't get the comedy threads and took XiangSheng as a total waste of time. To me, it was not just amusement but it also inspired the skills necessary to make casual and interesting conversations. I have found comedy in Canada helps the same.

- *Eric Yan*



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Cover Photo: **Cowichan Bay "Wind Seekers", Rachel Penney**

Emergency Preparedness Plan (EPP)

by Doug Higginson



A few years ago I was thrown into a world one could never have imagined! As a member of a humanitarian team we were flown into Tacloban City in the Philippines after a devastating tsunami. It was a two week mission providing free eye glasses to first responders like doctors, nurses, teachers and others working to restore order in their world. The city and area looked like it had been bombed. It reminded me of a war movie. The human and material loss defied words. Confusion, separated and perished family members, no services. I was so ill prepared! Flying home I dolefully reflected on the experience. I realized our naivety as we envision how a natural disaster could unfold here.

Let me leave you with this scenario. It is cold, dark, raining and your loved ones are visiting friends in Edmonton. An earthquake has collapsed part of your house while you panicked in your pyjamas and ultimately you ended up pinned under a beam with a broken leg. No phone, rain falling, middle of the night, it is cold, eerily quiet and you're in shock, helpless. Does this fit your EPP? IF the answer is no, consider this plan. Add your neighbours and friends to your emergency preparedness kit. Your survival is likely next door. Don't plan on making it alone!

Join the Mill Bay Community League for a free educational seminar on Emergency Preparedness on 17 March at 7 p.m. in the Mill Bay Community Hall.



For more information or to volunteer to help please contact Maureen Alexander at dalexander2@shaw.ca. We welcome your support.

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Drop off completed application at The Cowichan Press, Mill Bay Centre

Glimpses of Our Past

A Hundred Years Ago



Bonner Block in the 1920s

A hundred years ago in South Cowichan, life was beginning to bustle once again after the privations resulting from World War I.

In February of 1920, the area Cenotaph, in the centre of Cobble Hill, was dedicated by Premier John Oliver in the presence of a large crowd including 40 war veterans amongst other dignitaries.

In the Shawnigan Lake area, the Kinsol trestle was completed. Its dimensions measuring 44 m (144 ft) high, and 188 m (618 ft) long, made it the largest wooden trestle in the Commonwealth and one of the highest railway trestles in the world.

The Bamberton Cement Plant was gearing up to reopen after closing in 1916 due to a lack of business during the war.

was converted into a facility for retraining veterans as farm workers.

The Cobble Hill Women's Institute was founded and began holding their meetings in the Walton Building (Cobble Hill Market).

The Ancient Order of Foresters, the Farmer's Institute, and the Women's Institute began collecting funds for the construction of a new community hall in Cobble Hill that would open in May of the following year.

The Anglican Church of Saint John the Baptist on Cobble Hill Road reopened after a four-year hiatus due to lack of support during a time when a rival Anglican church was founded in the village.

The Frondeg Lumber Company on Silvermine Road opened on 1

April and cut 15,000 board feet daily.

G E Bonner, H P O'Farrell, and F N Gisborne were directed by the Shawnigan and Cobble Hill Board of Trade to report on the water supply in Cobble Hill.

In 1920 Tierney Patrick (Pat) Barry, who had moved his blacksmith shop to Cobble Hill village in 1917, introduced a grease pit and gas pumps to service the newly motoring public.

A company of Girl Guides was established in Cobble Hill.

Mr. G.K. Cheeke of Cobble Hill ran in the BC provincial general election as a Conservative but was defeated by Kenneth Duncan of Duncan, who ran as an Independent.

Mr. Arthur H. Napper was appointed as a Notary Public.

Frances Oldham, who would become Frances Kelsey and go on to prevent the drug thalidomide from being distributed in the United States forty years later, was six years old and lived on Shawnigan Lake Road.

The Heritage Museum at 2851 Church Way in Mill Bay is open Sundays from Noon - 4:00 p.m. The present exhibit is *"The Roaring Decade"*.

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In the Garden

Weird and Wonderful!



When I travel I always look for weird and wonderful plants to entertain you. This year has produced two stars. Number one weirdo is the Brazilian Grape Tree Jaboticaba. This tree has really tasty purple fruit that it produces **ON IT'S TRUNK**. Yes, this is one weird tree. I met my first one in the town of Holualoa on the big island of Hawaii. This is an artist's town with tons of little galleries. While chatting with one gallery owner I asked about an odd plant he had outside. "Weird?" He said, "I'll show you weird. This is the Jaboticaba. It grows its fruit on its trunk – taste it! They taste like concord grapes. It's a great favourite in the tropics for making jams and jellies." With a bit of research, I found out something entirely

new to me. The ability to produce fruit on your trunk is known as being calciferous. *Think stalks of Brussels sprouts*. Why would any plant be calciferous? Incidentally, cauliflower is not calciferous. *What?! Don't you love botany?* One plant we all know and love is the fig. Figs are calciferous as they produce their flowers and fruit on their stems. Some gourds like the famed calabash produce fruit on their trunk. But why do they do this? It turns out that mammals, insects, bats, and some birds that crawl up trees are great pollinators if the fruit and flowers are on the stem or trunk of a tree.

I bought some jaboticaba fruit at our local fruit stand. It was too pricey to make jam but I thought it would be excellent in a fruit

salad. It was and there was a bit left over for the next day. Hmm, would I be oversharing if I mentioned that day-old Jaboticaba was a gastronomical experience? Note to self.

Fresh only, *tasty but dangerous!*

My other weird plant is called Cup of Gold (*Solandra maxima*). It has the biggest flower I have ever seen. It's a huge thing rivalling the blooms on *Magnolia grandiflora*. I found some on the highway and decided to take a closer look. They truly are monsters but like so many glorious yellow things (think Scotch broom) they are invasive in the tropics. They are also a vine and tend to climb over plants that you'd rather they leave alone. And to add to the downside they are quite toxic, belonging to the family of poisons that includes *Datura* and *Brugmansia*. Why are pretty things in the plant world so often toxic?

Well, back to raiding the neighbour's papaya tree. That's one tasty fruit!



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I understand trepidation for using new technologies, but e-Transfers are very handy and have been around for a long time.

Interac, a Canadian interbank network that serves as the Canadian debit card system, has been around since 1984. They launched additional services, including e-Transfers, back in 1996.

The best description of e-Transfer comes straight from Interac's FAQ: Interac e-Transfer is a fast, secure and convenient way to send money to anyone in Canada from within the security of your online banking service. It uses email or text messaging for fast notification to the recipient that a transfer has been sent, while the participating financial institutions transfer the

funds using established and secure banking procedures.

All you need is a bank account with online access, an email address, and the email address or mobile phone number of the person you are sending money to. You initiate the e-Transfer either from your bank's website, or from your bank's

App. If the recipient has enabled auto-deposit, it may automatically be deposited for them; otherwise, you may need to share a security question/answer for the deposit to be completed.

If prompted to create a security question/answer, make it a good one: something sufficiently long and complex so that 99% of people couldn't guess it, and something the recipient either knows, or you can tell them with a method other than email/text.

e-Transfers are handy for sending money to businesses, friends, and family. The transfer limits are high (typically, it's your client card's daily access limit), the fees are low (or free), and the process is very fast and secure. When sending money to a business, you should probably ask what email address to send it to; but for person-to-person transfers, it's pretty safe to assume you can send it to their regular email address or mobile number. If you accidentally send an e-Transfer to a landline, or the recipient gets the security answer wrong too many times, you may be informed that the transfer notification could not be delivered. It's easy to cancel or redo e-Transfers in case of unforeseen issues. And yes, it is very safe and secure.



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Area Director - Area A

Active Transportation



I am pleased to report that funding for a separated roadside path along Shawnigan-Mill Bay Road has been approved by the Cowichan Valley Regional District board. The funding is from federal gas tax funds and will not affect local property taxes. Following survey and design work, the first section of the path will run from Barry Road in front of Frances Kelsey High School along Shawnigan-Mill Bay Road, past Kerry Park Recreation Centre and the skateboard park, to reach the entrance to Kerry Village and Cedar Creek.

Phase two of the path will continue along Shawnigan-Mill Bay Road to Briarwood Avenue. Ultimately, the new roadside path would hopefully continue along Shawnigan-Mill Bay Road to Shawnigan Village.

In the other direction, the existing “Stonebridge” path connects Kelsey High School to the Bayview Centre and Mill Bay Centre shopping areas.

The separated roadside pathway will provide safer and more pleasant transportation for walkers, cyclists, and wheelchairs. The surface will be packed aggregate, with a minimum width of two metres. It will be built by the CVRD on the road right-of-way, under the guidelines of BC’s new Active Transportation initiative, which is an effort to transform how we get around in a way that reduces pollution and makes communities more liveable.

Walking and cycling studies have shown that safety and comfort concerns caused by vehicle traffic on

busy roads are major impediments to walking and cycling. Both safety and the aesthetic quality of the route play an important part in decisions whether to walk or bike, for both adults and children. Interestingly, many cyclists report that the characteristics of the route are more important than the origin or destination of travel.

We live in a beautiful area, and getting outside to enjoy it is one of the great pleasures of life. Hopefully the new roadside path will make it a little easier to do just that, on a regular basis.



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Planning Tomorrows

Quantum of Supremacy

Google recently claimed they had achieved quantum computer supremacy, a condition in which a quantum device can solve a problem that a supercomputer would be unable to practically do. You may ask what quantum computers are and what they will do for us in the future. Understanding them almost requires a degree in quantum mechanics so I will bypass that explanation. How will a technology hardly anyone comprehends benefit us? *Good question, right?*

Quantum computers will not replace conventional ones as they will be special purpose machines that will be able to perform complex calculations thousands of times faster but wouldn't be practical for business style processes. Complex modelling will likely be their niche. For instance, finding the most efficient allocation of resources for

a network, supply chain or portfolio optimization. Modelling the behaviour of complex systems such as fluid dynamic simulations for aeronautical or automotive design or drug discovery via molecular simulation. Machine learning tasks that can enhance risk management. Enabling decryption and code breaking is often mentioned. There has even been speculation that advances in quantum computing can help us solve climate change.

In order to get to a point where we will see any benefits there is a long and difficult road with many obstacles. This is not something a lone genius can conjure up in their garage. It requires considerable resources and results are still uncertain. The early giants like Google, IBM and Microsoft are diligently on the path because of perceived monetary rewards. As



the technology improves and costs come down it may be used for the benefit of all. Some scientists opine that, like cold fusion, it will always be just around the corner. DNA mapping was achieved on a much faster timescale than anticipated. The same may be true for useful quantum supremacy.

Pete has been writing for The Cowichan Press for over 20 years and likes to explore future trends. Pete can be reached at 743-4850

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Canine Friends

Choosing a Dog Trainer

Dog training is an unregulated industry. Just like groomers, pet sitters, dog walkers, breeders, rescues and other pet care businesses, nobody regulates dog trainers. The only regulated professions associated with pets are veterinarians and veterinary technicians.

Even dog training schools, whether online or physical schools are not regulated as to the instructors or curriculum that they use. Certifications can be issued by private schools or by independent organizations, but these are also not regulated and only as good as the organization that issued it.

NOTE, therefore, that all certifications and accreditations for dog trainers are *voluntary*.

The most common and easiest to obtain, independent certifications for dog trainers can be obtained through the Certification Council of Professional Dog Trainers (ccpdt.org). Its basic certification, which involves only a supervised theory test, is CPDT-KA "Knowledge Assessed", but there are other certifications that require practical assessments.

Since 2010, the Vancouver Island Animal Training Association (viata.ca) has operated as an interest and educational organization working to



raise the professional standards in the animal-care field, providing educational events across Vancouver Island for both trainers and pet owners. It also operates a Professional Membership programme for animal trainers that fulfill criteria for modern, science-based practices.

The BC SPCA's AnimalKind accreditation programme is probably the most advanced certification/accreditation programme in North America. (sPCA.bc.ca/programs-services/certifications-accreditation/animalkind/animalkind-dog-training).

The International Association of Animal Behaviour Consultants certify trainers that specialize

in working with dogs with fear and aggression issues. (m.iaabc.org)

The CCPDT, AnimalKind and the IAABC all require a set amount of continuing education in order for trainers to maintain their certifications.

The "alpha"/"dominance" theories have been discredited and science is now firmly on the side of reward-based training. Therefore, all these programmes require the use of modern, science-based training practices, and prohibit corrections and punishment.

Next time: *My Dog Doesn't Like the Grandchildren - What Do I Do?*

Lisbeth Plant is a certified dog trainer and behaviour consultant, and owns Cowichan Canine. She specializes in the behaviour modification of fearful, reactive and aggressive dogs, but works with dogs with many different needs.

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Stitch, Rip and Glue

Hopefully, our weather has gotten dryer and warmed up for March. I did a project in Mexico last November for my friend Johanne, but not all of it was recycled. Recycling may not always be an option. You need to pick your battles with upcycling.

In this case, it was her bedroom. Her bedding needed redoing so we went to the local fabric store. There, we found a blue and silver-grey floral jacquard, grey sheeting for the lining plus a soft stripe jacquard.

For those of you who don't know what a jacquard fabric is... it is where the pattern is woven into the fabric rather than printed. It can be found in some natural fibres such as cotton, silks and wools.

The bedspread was pretty straightforward to make. *Think of making a giant pillowcase and closing the opening.* When measuring, make sure it will cover 2" or 3" of the top of the dust ruffle. Also, if you are covering your



pillows with the spread, allow an extra 9" in length. I also made padded pillow shams with a centre back opening that overlaps and closes with velcro. I prefer it padded with needle punch as it is firmer. This is perfect if you enjoy reading in bed; you can sit up comfortably and read while supporting your back. Next, with Johanne's leftover

floral and stripe jacquard, we created pillows, two runners and narrow valances for her windows.

A tip when doing a dust ruffle; get a fitted white sheet preferably from a second-hand shop and attach it to the box-spring, this way it will never shift around. For the ruffle, we got 60" wide navy blue poly/cotton broadcloth and attached it to the sheet. It hangs about 13" to 15" to the floor. You don't need a lot of fabric at 60" wide you can get four 15" strips. Tear the strips down either the lengthwise or widthwise grain depending on what works best for you. If you are gathering or

pleating, you will require twice the measurement from both sides and the bottom. It is not necessary to cover the top end as it is against the wall. I usually put the sheet on my mattress and pin the ruffle, take it off, sew it and then put it on the box-spring, this makes it much easier and quicker.

On recycling, we took her night table lamps and painted an ombre effect starting at the base in navy blue and slowly lightening the value ending in white at the top. On the night tables and headboard Johanne got busy with soft grey paint refreshing them with hints of silver and navy crackle. This created a lovely ageing and textural effect. My friend had a white plastic bucket (like the big buckets at Home Depot) that she had previously recovered and made a padded top for. This was next on the agenda to be renewed. We did the lining print on the base and the floral on the top. It makes for great storage for books or whatever you need to tuck away.

This project was excellent for combining new and renewed. When thinking about redoing a room, be selective in what you have to replace and what you can save and upcycle to keep our "Blue Green Marble" healthier. When you have work to do, it is more fun to do it with a friend.



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InSight

Trichiasis (Misdirected Eyelashes)



What is trichiasis?

The term trichiasis describes the condition in which one's eyelashes turn inwards. The eyelids normally have a single row of eyelashes on the upper and lower lids. The lashes typically point outwards, away from the eye. Sometimes the lid margin can turn inwards or the eyelashes may grow in the wrong direction, causing one or more lashes to scratch the cornea (clear covering of the eye) or the conjunctiva (thin layer of clear tissue that covers the white of the eye). This will result in mild to moderate eye pain, redness, and excessive tearing. Most patients who suffer from this condition will experience several attacks per year.

What causes trichiasis?

Aging is the most common cause of trichiasis, since the skin loses its elasticity with age. Scarring due to mechanical trauma, chemical burns, previous eyelid surgery and ocular inflammation can also cause the lid margins to curl towards the eyeball. Blepharitis is a common, typically chronic eyelid inflammation that if left untreated over the long term can cause the lashes to be misdirected. Some children, primarily those of Asian descent, may be born with a fold in their eyelids that causes trichiasis. They will often outgrow the condition. However, artificial teardrops may be required on a regular basis to prevent corneal scarring.

What is the treatment for trichiasis?

Epilation or plucking the offending lashes is the most common technique used to provide immediate relief for patients who experience mild and intermittent trichiasis. This involves anesthetizing the eyeball with anesthetic drops. Your optometrist will then grasp the particular lash or lashes at its base with fine forceps and pull the lash out of its follicle. These lashes normally

come out very easily with minimal discomfort to the patient. If there has been an abrasion on the surface of the eye, then artificial teardrops, gels or ointments can be used for a couple days after the lashes are removed to provide further relief. New eyelashes will grow back within the involved follicles and will likely point towards the eyeball again. Eyelashes grow to normal length in 3-5 months and the offending lash or lashes may need to be pulled again.

Alternatively, if the trichiasis is severe or constant, then surgical techniques may be more appropriate. Eyelid surgery may be necessary to roll the lid margin outwards again. Surgical lash removal techniques are also available such as laser, electrolysis or cryotherapy applied to the lash follicles to prevent lash regrowth.

Regardless of the technique used to treat trichiasis, providing a permanent treatment can sometimes be difficult. For patients who suffer from this condition regularly, once you feel the expected symptoms of misdirected eyelashes, don't delay in consulting your Doctor of Optometry to minimize your discomfort and prevent scarring.

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Sound Advice

Emotions and Sound



Sound can carry information, but perhaps more importantly, it can stir our emotions. Your favourite song, the cry of a baby or the sound of your

loved one's voice are just a few examples. One of my clients recently shared with me a story about his guitar, which he called his best friend. As a young teenager, he had saved up his money for quite a while to buy it. He would play it regularly and he told me of a time when, in his later teens, his girlfriend at the time broke up with him. He went home and played that guitar for days, tears streaming down his face. He continued to play it over the years and took it with him as he journeyed through life. As he got older and his hearing loss progressed, he stopped playing the guitar; it just didn't sound right. It's been a couple of years since he first came to see us and found out that there was nothing wrong with the guitar. He plays regularly again, enjoying the sounds and the memories it brings him.

Sounds can also be loud or noisy and stir unwanted emotions. Another client recently told me of his experience in an MRI (magnetic resonance imaging) machine. An MRI uses strong magnetic fields and radio waves to generate images of body organs. One lays down very still in an enclosed cylindrical tube for several minutes. The whole experience can be unsettling, claustrophobic and very loud. As my client explained, it wasn't just the loudness of the sound, but the strangeness (including clangs, bangs and jackhammer type sounds) and the unpredictability of their occurrence in combination with the physical experience of being fully encased in a small space which triggered his anxiety.

Mint Chocolate Lasagna

Makes: 18 servings
Prep: 15 mins
Total: 4h 15 mins
From: kitchengidget.com



Ingredients

- 1** Package Oreo Cookies
- 6T** Butter, Melted
- 8oz** Cream Cheese, Softened
- 1C** Powdered Sugar
- 1t** Peppermint Extract
- Green Food Colouring
- 12oz** Tub of Whipped Topping, Thawed
- 2** Boxes (3.4 oz) Chocolate Pudding Mix
- 3¼C** Milk
- ¼C** Crushed Mint Chocolates, for Garnish

Steps

- 1.** Crush the Oreos in a food processor, or place in resealable bag and crush with a rolling pin. Mix with melted butter and press into the bottom of a 13x9 pan; set aside.
- 2.** Beat together cream, powdered sugar and peppermint until creamy. Fold in 1 cup of the whipped topping. Add green food dye until desired color is achieved. Spread over Oreo crust.
- 3.** In a separate bowl, whisk together pudding mixes and milk for 2 minutes until thick. Pour over cheese-cake in an even layer.
- 4.** Top with remaining whipped topping, using a spatula to smooth the top layer. Garnish with chopped mint chocolates. Cover and refrigerate for at least 4 hours before serving.

There is often an emotional component to the sounds of our environment. Whether it is taking the edge off of sound through filtered earplugs or improving our hearing through hearing aids, we have the ability to improve how we experience sound and therefore have a better emotional experience and quality of life.



Dr Terence Miranda, AuD,RAud

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Rotary Together



working in community are as vital as what is actually being constructed. The 'power of partnerships' enables Rotary and the community to do so much more!

Members of Rotary are

In last month's edition of South Cowichan Life the extensive work undertaken by the Rotary Club of South Cowichan was featured in an article that highlighted their contributions as well as locating each Rotary project on a map of the area. This article provides a brief history of the South Cowichan Dog Park, which is one of the more popular community amenities initiated by Rotary.

This well-used dog park, strategically located at the entrance to Quarry Nature Park at the base of Cobble Hill Mountain, was an idea brought forward by long time Rotarian Shirley Walker. Shirley and others believed a dog park would be an asset to the area as it would permit the socialization of our canine friends. She also thought Quarry Nature Park was the ideal location for it. Shirley made the pitch to Rotary who promoted the idea in the community and to

the CVRD Directors of the day.

The South Cowichan Dog Park was built by Rotarians and many other community volunteer over a three month period. Then Parks Chair John Krug along with volunteer John Giles could be seen almost daily on the site from 6 a.m. onward until the facility opened in May of 2008.

The project was funded by the South Cowichan Parks function with financial support from the Rotary Club, the Cowichan Dog Obedience Club, Tower Fence, James and Anita at the Cobble Hill Market, Central Power and the late Ralph Cleasby. A remarkable number of other individuals and businesses also contributed labour and supplies to this wonderful community asset.

As with most Rotary projects, the partnerships built through

always looking for ways to improve the quality of life for those who live here. Building the Dog Park is just one small example. If you would like to find out more about the Club send an email to info@southcowichanrotary.org or visit our website by typing South Cowichan Rotary in your browser.



By: Gerry Giles
President
Rotary Club of South Cowichan



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Don't forget to include your name, address, and daytime
contact number.

Around The Bay

Niagara Falls

What if there were eight days in a week? Five work days, a day to run errands and two days to play or rest?

The little note scribbled with Costco wants/needs was crowded with words. I picked up a pencil to add on 'toilet paper' and thought, it's time to take a drive to Langford.

How could we work in a hike as well; somewhere on our way. Goldstream Provincial Park has many trails to venture out on. Have a 2-3 hours to spare? Try tackling the rocky crags of Mount Finlayson, or be rewarded with beautiful views from Mount Wells Regional Park.

We chose to check out the 155 foot high waterfall named Niagara Falls (named after the real Niagara Falls) and the trails above it.

Located on the West side of the highway is best to stop here if possible, when you are heading South to Victoria as there is no safe way to cross the highway in the



winter months. During the summer, the river trickles through a large culvert under the highway and you are able walk through safely.

We parked in the small parking lot adjacent to the highway (holds about 10 cars), there is no fee to park in this lot.

The walk to see Niagara Falls is not challenging and takes about

10 minutes, round trip. Once you have felt the spray on your face and snapped a few selfies, make your way back towards the highway and follow the trail beside it, North, over the bridge. There is another trail head just after crossing the bridge. The trail is well marked and leads you to the river at the top of the waterfall, then up to the railway line & trestle. The trestle is beautiful, but not designed for people to walk across. This is strictly for rail traffic only, meaning there are no railings, and large gaps between the railway ties. Little people could easily fall off the side or through the gaps so please just observe from the edge. After a snack, we headed back down the trail to our vehicle. Round trip was one hour, a perfect Saturday morning hike before braving the chaos of Costco.

Spending time in nature is as much a part of our schedule as school and work are. When it's important, it doesn't get cancelled or re-scheduled. Maybe it's a quick walk in the beautiful trail network near our home, or taking a drive to a mountain to take a hike, either way, it's a part of our lifestyle and helps keep us all rooted.

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Time Flies

Spring – It's Time



Bright Angel Park in early February after weeks of heavy rain. The Koksilah River is high, crossing the bridge you realize how high the water

had been. Logs and branches piled up everywhere, a huge tractor tire lodged in the trees, fences destroyed. And this destruction was four meters above the present river. A sign warned of a cougar sighting, with fresh prints in the mud.

Only six months before the Koksilah was so dry that water regulators issued mandatory restrictions on water drawn from the river and for the first time anywhere in British Columbia, adjacent groundwater wells also. Groundwater pumping can affect stream flows and East Vancouver Island is already a stressed water region. Very dry summers with a longer growing season and wetter winters are arriving as predicted with climate heating. Storing winter water and other solutions are much more important here and elsewhere. We are only beginning to learn that the assumed water abundance of our aquifers may not be so.

On a brighter note, change has brought the milkman back to Cowichan. After visiting Bright Angel Park, I stopped down the Koksilah at the Cowichan Milk Company farm gate and discovered the taste of milk like it was when I was a kid. We are subscribers for weekly delivery now. No, there is no horse drawn wagon, but there are glass bottles you return and you do order on the Internet. There is a lot of talk by various governments about sustainable (local) agriculture, but it is individuals who get these things going, and individuals who support them.

And for all those who want to grow a few vegetables with low-flow irrigation the third edition of the very popular Square Foot Gardening by Mel Bartholomew is available, packed with easy to accomplish raised bed gardens. Children can get involved in these small gardens too. A small easy to build 4 x 4-foot vegetable or herb garden can produce a great variety, and add local farm gate produce and farm market purchases for those things you don't grow, and you're set for fresh local food this coming year.

Skin Care

A Clean Soap - The Problems with Palm Oil

Palm oil comes from the hardy African Oil Palm which grows in jungle climates. The oil is versatile and inexpensive, so it is used in a variety of products, from face creams and soap to popcorn and processed foods. In the US, import of palm oil grew from 281,000 metric tons in 2003 to 1,550,000 metric tons in 2019 (Source: US Dept. of Agriculture). This increase has created a myriad of problems, some threatening entire ecosystems. To meet this surge in demand, deforestation has been devastating. In SE Asia, chopping down acres upon acres of rainforest has driven species like the Sumatran Orangutan and the Pygmy Elephant close to extinction. Heavy machinery used in the destruction of marshes and swamplands to create more Palm Oil plantations means increasing emissions of greenhouse gases into the atmosphere.

Animals and the ecosystem aren't the only casualties of this demand for palm oil. Large agricultural companies have seized and developed land by force, pushing aside local communities and indigenous populations. The few regulations on palm oil are rarely enforced or flat-out ignored.

Clearly, palm oil production has been bad for communities and the environment. It is also bad for the human body. Many allergies and health problems have surfaced from the consumption and use of products with palm oil. Soap manufacturers use palm oil to save money. Watch out for this ingredient commonly seen in liquid and bar soap.

Buy soaps and skincare products that are free of palm oil. They smell great, and more importantly, they are good for your skin and good for the earth.



Real Estate Corner

Preparing Your Home for a Spring Sale



The Cowichan Valley's Spring housing market is in full force! Now is a great time to undertake home improvements that will help boost your home's positioning and value if you're thinking of listing in the next three to six months.

First impressions matter – tidy up the garden

Tackling your garden doesn't have to be overwhelming—a lot can be accomplished in a few hours. It's amazing what can happen when you have some helping hands and good music.

Buyers are looking for low-maintenance, low-water-use yards. Keep things simple and focus your energy on creating a clean, minimal look. A few well-placed perennials, *which will come back each year*, tidy

shrubs, and a simple garden box or two, will seem more inviting to those Buyers who are intimidated by advanced, ornate gardens.

Consolidating the upkeep of your garden will enable you to spend your time making improvements elsewhere before you list your home.

Update your flooring

Now is a great time to consider replacing old carpet with hardwood. Carpet holds dust, dirt and micro-organisms, and is off-putting to new buyers who are looking for fresh and clean, not dirty and tired.

When contemplating updating flooring before selling, you'll need to evaluate your budget and think about how potential buyers may view your flooring choices.

Be sure to check out lower cost alternatives like bamboo—environmentally friendly, but also a real wood alternative to hardwood that results in a similar look, without the potentially high cost. Bamboo is a fast-growing material, making it a "green" renewable resource, and its' easy-to-clean characteristics and streamlined style add to its overall wow factor when

installed in any modern home.

Alternatively, laminate

flooring products have come a long way and are attractive, inexpensive, and durable. Available in a wide variety of styles and colors, laminate is resistant to moisture and stains, and is well suited for high-traffic areas like bathrooms, kitchens, and hallways.

If replacing your current flooring isn't in your budget, consider hiring a professional cleaner to have floors and carpets steamed and freshened up before listing photos are taken.

Painting

Brighten up any drab or dark space with a fresh coat of neutral paint. At minimum, make sure you paint over chipped door trims, and plaster, sand and repaint over old holes in the wall. Painting is always worth the effort – whether you do it yourself or hire a professional. If you're not sure about current colour trends, spending a half hour on major paint retailer websites, Houzz, or Pinterest can be a great source of inspiration.

As a licensed REALTOR®, it is my pleasure to educate homeowners on current market trends and statistics, counsel sellers on what potential buyers are looking for, and provide advice on how to increase the value of their investment before listing, to ensure the greatest return.

Caitlin McKenna is a licensed real estate representative and lives in Mill Bay. She can be reached at 250-510-6085 or through her website at www.caitlinmckennarealty.com


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Travelling Foody

Seduced by Cinnamon



I had been to Drumroaster before.
But only ever for coffee.

It was November. Having just returned from travels to Italy followed by the gluttony that is Christmas, I definitely had a bit of “excess baggage” to shed.

I was doing well with restraint. Fruit and yogurt for breakfasts, broth soups for lunch, sensible low carb dinners.

But research is research after all, and more than one friend said I needed to check out the cinnamon brioche at Drumroaster Coffee in Cobble Hill.

I'm not one to be tempted by inferior calories. I can easily pass on a grocery store chocolate bar in favour of a single hand made truffle some time in the future. So when I was told that I just had to try the cinnamon brioche at Drumroaster,



I was curious, but not convinced. But I owed it to my curiosity to at least check it out.

I was envisioning the ooey-goeey sticky bun of my childhood when I stopped in at Drumroaster to see what all the fuss was about. I scanned the bakery counter once...twice.... I didn't see it. I was starting to think I would be disappointed. I could not find the coveted cinnamon bun. Wait a minute... could that be it? Hmm. Not what I expected. No rich cinnamon darkened with melted butter. No sugary cream cheese glaze. Not even a nut in sight.

Was this going to be worth jumping off the ‘sensible food’ wagon, and commit a day's worth of calories to... this?

Well, it was recommended by a trusted friend... Here goes nothing.

My tastebuds grew up this day. No, it wasn't the gooey, cloyingly sweet treat of my childhood. This was like going from Parmesan cheese product in the green shaker jar to fresh Parmesan cut right off the cheese wheel. It's the difference between a soft-serve ice cream cone and Italian artisanal Gelato. The difference between frozen breaded fish sticks and fresh-cooked fish and chips. It was the difference between Wonderbread and home-made bread right out of the oven. The first one is fine. Maybe even good... until you've tried the second.

Yes, it was worth falling off the calorie-counting wagon for the day. So, if you've not found your way to Drumroaster Coffee yet, by all means, do so. And when you do, don't stop at a coffee. Indulge your sweet tooth with a cinnamon brioche. Just make sure you leave one for me.

If you go:

Location: 24-1400 Cowichan Bay Rd
Open: Mon-Fri 7 - 5; Sat-Sun 8-4

You can find Leanne Tait, aka The Travelling Foody online at: travellingfoody.com,
[@travellingfoody](https://www.facebook.com/travellingfoody), [@thetravellingfoody](https://www.instagram.com/thetravellingfoody)
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4-H

Vancouver Island Agriculture Show



The Vancouver Island Agriculture Show was held on the Cowichan Exhibition grounds on February 7 & 8. This is the most informative and best-exhibited event focusing on the agricultural industry on our island.

Friday at the show is Young Farmer's Day! This year 498 students from public, private and home schools came to learn about agriculture and safety. Volunteer 4-H leaders and members facilitated the nine safety stations to



present a lecture and demonstration about Fire, Water, Electrical, Disability and Farm Safety. The local students learned basic safety skills including proper hand washing techniques and even made a small first aid kit perfect for backpacks. Students met Rosie the Cow and saw how she made their milk. Inside the exhibition hall they saw baby chick's progress into laying hens at the Poultry in Motion display as well as several local and government booths on agriculture. Students left with a t-shirt and a bag full of activities to learn more from and plenty of treats from the various booths.



The local Cowichan-Cobble Hill 4-H District Council is very grateful to the safety event sponsors: Vancouver Island Regional 4-H Council, Mill Bay Lions, Langford Women's Institute and Buckerfields for making this day possible!

Running Route

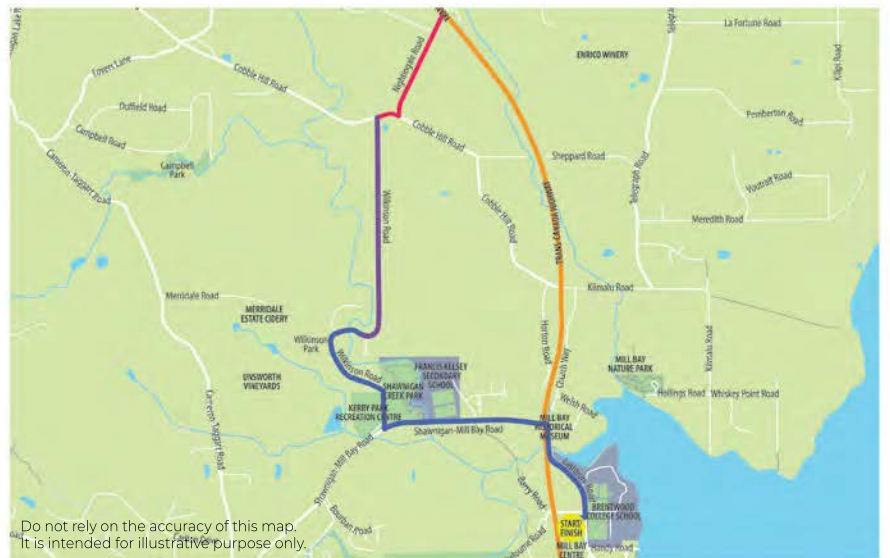
March, 2020



Distance	Elevation
5.02 km	43 m
7.60 km	51 m
9.93 km	112 m

Free Running Club:

Meets at 6 PM on Thursdays
at Cowichan Valley Running
155-2720 Mill Bay Rd. Mill Bay, BC



Do not rely on the accuracy of this map. It is intended for illustrative purpose only.

Tax Talk

TFSA's: the new darling of making money and not paying tax

As many of us are aware the Tax Free Savings Account (TFSA) is a personal investment account that allows us to earn tax free interest, dividends and capital gains. TFSA's started in 2009, and eligibility to participate starts at 18 years old. If you were eighteen or older in 2009 your cumulative 2020 contribution is \$69,500, if you just turned eighteen it will be \$6,000.

You can withdraw funds from a TFSA at any time with no tax cost, and the amount you withdraw becomes available to re contribute, but only from the following January. Penalties apply if you re contribute too soon.

WARNINGS: 1. Do not swap securities in or out of your TFSA in exchange for money or securities in other investment accounts. Swap transactions incur severe penalties. 2. Do not do too much active trading in your TFSA. If you frequently buy and sell securities you may be considered to be "carrying on a business", it loses its tax exemption, it is no longer a personal investment account. If this is the case, you will be taxed as a trust and pay tax at the highest rate that applies to individuals.

Investments held in your Small Business Corporation

Many of our clients operate Small Active Business Corporation which receive a preferred tax rate on all

income retained in the company to cover working capital costs. The key here is that it is "income from active business" e.g. the supply of products and services. If you invest some of that income retained in the company and start earning interest, dividends and capital gains on it – that is called "passive" income rather than "active: income.

As our small businesses grow and mature, a great way to provide income in retirement is to build up that stream of passive income, which would allow you to collect ongoing dividends from the company as you cease active business and move to retirement. In 2018 CRA put a cap on that, the rationale being that as we have accumulated that retained income we have had an advantage over other tax payers, personal or corporate, who have paid a higher rate of tax and therefore been hampered in their accumulation of capital for investment. Once your passive income exceeds \$50,000 per year the Small Business Deduction will be reduced resulting in the corporation paying a higher rate of tax.



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Counsellor's Corner

Mediation Versus Court in Divorce

“I’ll get my day in court!”...

“The judge won’t like what you did!”... “I’m going to spread your dirt all over the courtroom!” “We’ve all heard someone say these things. Guess what... You really don’t want your day in court! Here’s why:

Expensive Legal Fees

The longer you drag out the process, the more your estate will suffer. You could spend \$50,000, \$60,000 or more on the divorce process and that is less money for you to divide! Wouldn’t you rather use that money for...hmmm...

Anything else?!!? Court costs so much money because there is so much preparation. Court is war. You want your attorney (or lead warrior) to be fully prepared which requires time and information. We’ve seen multiple families spend \$50,000, \$60,000, \$100,000 or more on their divorce. Fighting just to “get him” or “nail her” could likely just transfer your kid’s college funds into your lawyer’s kids’ college funds without much for you to show for it.

Time in “Limbo”

Divorce is beyond painful. I know!! I’ve been there. I’ve sat in front of the judge and even though I “won” that battle, the war was lost



by everyone in our family. It was excruciating. I know there could have been a better way to achieve the same goal without the long, drawn out battle which cost us so much effort, time, energy and hurt our child. If you are in the process of divorce, it will be impossible for you to begin the process of healing and moving on with your life. Ask yourself how much time you really want to spend in this “limbo” state.

A Stranger Deciding the Future of your Family

The stranger in the black robe that has never met you, your spouse, or your children will be deciding your future and more importantly your children’s futures! To make it worse, they’re basing these decisions based on a fraction of information they’ve been given

about your life...and then a fraction of THAT is what they’ll consider relevant. Frightening!

Mediation

In most Canadian Provinces, you will be required to attend mediation before the court will hear your case. For the reasons stated above, embrace the idea of creating solutions for your future that will work for both of you.

This is your chance to keep control of what you really want while creating a cooperative environment of giving your spouse what’s important to them as well. There is a solution – it may take hours to get there, but there is a solution. You only need the right people to help you find creative settlement options. You need a strong attorney and if your estate is of any significant size and/or you are middle age or older, you’ll need a financial expert helping you as well.

Preparing for Mediation - Your attorney.

Your attorney is your strongest ally and support. They are there for legal counsel and guidance. You hired them, now trust them! They know the law, the court you are in, and have walked through thousands of divorces before you.



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De Courcy Island and Pirates Cove



De Courcy Island is approximately 460 acres in size of which 60 acres is Pirates Cove Provincial Marine Park, one of the Gulf Islands most popular parks. Located just 25 nautical miles north from Maple Bay, Pirates Cove fills up quickly in the summer months but there are a couple of “overflow” mooring spots. There is a bay to the south, which holds six to ten boats, and there is the bay to the north between De Courcy and Wink Island. Both bays are fairly open to weather and conditions should be considered before anchoring. The sixty-acre Pirates Cove Park offers walk in campsites, toilets, fresh water from a well and four kilometers of trails with a variety of wildlife viewing.

The east coast of the island offers great beachcombing for those looking for washed up treasures.

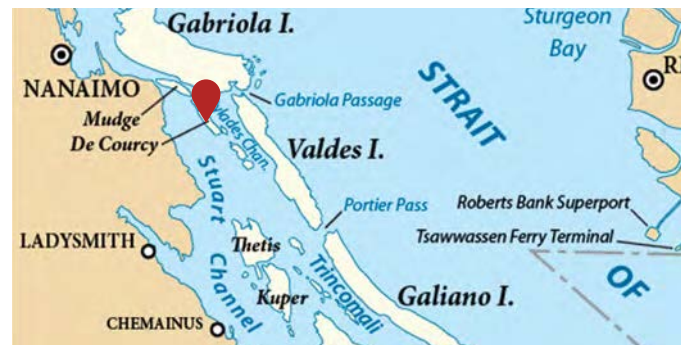
With only forty mainly summer residences, De Courcy Island is a very peaceful place to watch the kayakers playing in the bay or just relax in the sun with a good book.

Pirates Cove is probably the most famous cove in the Gulf islands. For those that haven't been there yet, getting in is not as bad as it sounds; you just need to know what to look for. The entrance has a bar with a depth of two feet (.6 meters) at a zero tide. Boats with deep drafts need to calculate the depth carefully.

Then, there's the reef. When approaching from the south, make sure you have cleared the

reef by looking for the arrow painted on the shore and the big “X” attached to a tree on the island close to the entrance. Only when the arrow lines up with the “X” are you safe to turn in past the tip of the reef. Now enter between the day marker and the red spar buoy.

Once inside, you will find only fair holding in soft mud in shallow depths from six to ten feet. It is advisable to stern tie to one of the many islets on the shore and keep an anchor watch should the wind come up. There are two dingy docks for access to the park trails and the treasure chest on the reef side of the cove. Check out what people have left or make your own trade for a piece of treasure. The Maple Bay Yacht Club maintains a park host boat at the floating dock during summer months.



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We have a huge safety problem on our roads. Many drive mach speed to nowhere, do not drive to road conditions and when emergency vehicles are stopped or approaching, vehicles waver all over the roads, have near misses, challenge and/or hit others, create barriers, stop, speed up, with no regard for others. *The worst thing you can do is panic.*

Remember the **Slow down Move over Law?** In British Columbia, motorists must slow down, move over and be prepared to stop for all vehicles stopped in the same direction of your travel, alongside the road, that have flashing red, blue or yellow lights. This includes Police, Fire, Ambulance, Maintenance Workers, Utility Workers, Tow Trucks, Commercial Vehicle Safety Enforcement Personnel, Land Surveyors, Animal Control Workers, Garbage Collectors, providing roadside workers and



emergency personnel with greater protection from accident and injury. Slow down to 70 km/h in an 80km/h or over zone and 40 km/h in an under 80 km/h zone. Under B.C. Motor Vehicle Act Regulations, a violation could be a \$173 fine and 3 point penalty potentially leading to driving prohibition and Criminal Code charges if the incident is serious.

If you see flashing lights in the

rearview mirror, signal, pull over to the right when safe to do so, scan, check mirrors and blind spots before pulling off the road to stop.

Do not cross multiple lanes to your right, stop safely in the lane you are in if you are driving in the left lane of a divided highway or on a one-way street.

If there is a median, or berm in-between directions of traffic, it is a divided highway. Don't pull over, unless you see the emergency vehicle turning around and starting to drive on your side behind you.

Do not stop in an intersection.

It is illegal to drive over a fire hose.

Stay safe and considerate to others.

Did you know: Health Canada warns of the recall of several USB wall chargers due to shock, burn or fire hazards. Please review or ask someone to print out the list for you from healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/72291a-eng.php

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Our registered member-funded society currently owns a **Vancouver 42 Sailing Sloop** and a **30 foot C&C**.



Vancouver 42



30 foot C&C

For detailed information on the benefits of WLSA membership, phone Doug at 250-746-5257.

Health Hacks

Fuel Partitioning



At any given time we are burning a mix of fatty acids, protein, glucose (from carbohydrates) and ketones. The levels and their proportions depend on our metabolic efficiency and gene expression preferences, our dietary habits (particularly our level of insulin production) and our exercise habits. The way we partition fuel is an example of the influence of the environment on gene expression. For example, high carbohydrate intake and high insulin production down-regulate the genes involved in fat metabolism and up-regulate the enzyme systems and pathways involved in glucose burning, as well as the conversion and storage of excess ingested calories in the fat cells.

In contrast, moderating carbohydrate intake in favour of a comparatively high-fat diet will up-regulate the genes involved in burning both

stored and ingested fat, as well as normalize appetite and hunger patterns. The latter is due to the regulation of the hormones that affect appetite, such as leptin (controls satiety and whether your body burns or stores fat), CCK (mediates the rate of digestion in the small intestine), ghrelin (stimulates hunger and can act as a counter to the satiety influence of leptin) and lipase (influences fat metabolism).

When you overeat carbs, you overproduce insulin, which leads to leptin resistance and fail to suppress ghrelin, which stimulates appetite. This leads to excessive caloric intake, greater reliance on glucose for energy needs at the expense of fat, even more leptin resistance, and a greater propensity to store ingested calories as fat rather than burn them for energy. In a Primal-aligned pattern of eating, partitioning of fat and ketones predominates, and glucose needs diminish. Whereas

a high-carbohydrate eater who misses a meal will trigger the fight-or-flight response, a Primal-adapted eater will simply up-regulate fat and ketone burning in the absence of ingested calories.

Twenty-one days is the estimated time required to become keto and fat-adapted by eating Primally. Transformation may take longer in those who have a history of gene mismanagement and have sustained metabolic damage from prolonged, excessive carbohydrate intake and insulin production. In the event of difficulty, a more gradual reduction of carbohydrate intake can be attempted until intake in the optimal Primal maintenance zone of 150 grams per day or less is attained.

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Donald Gillmore is a Certified Primal Health Coach and an environmentalist. He specializes in anti-aging, athletic performance and lifestyle change. He can be reached at 250-733-2010 or gillmoredonald@gmail.com

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Finances

Are You Worried?



A global crisis like the Coronavirus is not only scary, but it also adds a layer of chaos to the financial markets. Why can China matter so much to your investments? China is the world's largest exporter and manufacturing economy. It accounts for 16% of the world's economy. Chances are, if you are invested in the market, you are invested with China.

If you are managing your families' investments, a disruption to the global supply chain can cause uncertainty and be a very stressful time.

During scary times our nature can urge us to fight, flee, or freeze. So which course of action will net you the best results for your financial assets?

If you choose to flee, you have to be very confident that you can guess the direction of the market; twice. We all know the market will go up and down. None of us know when.

"Far more money has been lost by investors preparing for corrections, or trying to anticipate corrections, than has been lost in corrections themselves." – Peter Lynch



If you choose to fight, you can take a look at the businesses you own and investigate whether or not they are extremely overvalued. If so, it may be time to trim them back (tax consequences aside), and use the cash to look for undervalued opportunities.

"The secret to investing is to figure out the value of something, and pay a lot less" - Joel Greenblatt


Freeze. Provided that you own great companies with a strong historical track record, then doing nothing can net you the best results.

"The stock market is a device for transferring money from the impatient to the patient." - Warren Buffett

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March, 2020

Tidal Heights at Fulford Harbour, British Columbia

Time Zone is PST		Units are feet						Units are feet	
Sun 01 Mar	2:33	7.6L	8:32	9.8H	15:52	4.3L	23:33	9.0H	
Mon 02 Mar	3:26	8.4L	8:49	9.7H	16:44	3.8L			
Tue 03 Mar	1:22	9.4H	5:04	9.1L	9:11	9.6H	17:42	3.3L	
Wed 04 Mar	2:39	9.9H	7:07	9.3L	9:48	9.5H	18:40	2.7L	
Thu 05 Mar	3:25	10.4H	8:18	9.2L	10:54	9.4H	19:35	2.2L	
Fri 06 Mar	4:00	10.7H	9:00	8.9L	12:16	9.5H	20:26	1.8L	
Sat 07 Mar	4:31	10.8H	9:34	8.5L	13:39	9.6H	21:14	1.7L	
Time Zone Changes to PDT		Units are feet						Units are feet	
Sun 08 Mar	5:59	10.9H	11:10	7.8L	15:54	9.7H	23:00	1.9L	
Mon 09 Mar	6:26	10.9H	11:49	6.9L	17:04	9.8H	23:44	2.5L	
Tue 10 Mar	6:52	10.9H	12:32	6.0L	18:12	9.8H			
Wed 11 Mar	0:27	3.5L	7:18	10.9H	13:18	5.0L	19:20	9.7H	
Thu 12 Mar	1:11	4.7L	7:44	10.9H	14:07	4.1L	20:32	9.6H	
Fri 13 Mar	1:55	6.0L	8:11	10.9H	14:58	3.5L	21:52	9.5H	
Sat 14 Mar	2:42	7.3L	8:37	10.8H	15:51	3.1L	23:23	9.5H	
Sun 15 Mar	3:36	8.4L	9:04	10.6H	16:49	2.9L			
Mon 16 Mar	1:06	9.8H	4:53	9.2L	9:32	10.3H	17:51	3.0L	
Tue 17 Mar	2:38	10.2H	6:50	9.5L	10:05	9.8H	18:57	3.1L	
Wed 18 Mar	3:40	10.5H	8:45	9.3L	11:01	9.4H	20:01	3.2L	
Thu 19 Mar	4:24	10.7H	9:53	8.8L	12:45	9.0H	20:58	3.3L	
Fri 20 Mar	4:58	10.7H	10:29	8.2L	14:19	8.8H	21:47	3.4L	
Sat 21 Mar	5:27	10.6H	10:56	7.7L	15:31	8.9H	22:29	3.7L	
Sun 22 Mar	5:50	10.4H	11:22	7.1L	16:29	9.0H	23:06	4.0L	
Mon 23 Mar	6:10	10.2H	11:48	6.4L	17:21	9.1H	23:40	4.5L	
Tue 24 Mar	6:27	10.0H	12:16	5.8L	18:10	9.2H			
Wed 25 Mar	0:13	5.1L	6:45	9.9H	12:45	5.1L	18:58	9.3H	
Thu 26 Mar	0:47	5.7L	7:02	9.8H	13:15	4.5L	19:49	9.5H	
Fri 27 Mar	1:22	6.4L	7:19	9.7H	13:49	4.0L	20:43	9.6H	
Sat 28 Mar	2:01	7.1L	7:36	9.6H	14:25	3.6L	21:42	9.7H	
Sun 29 Mar	2:46	7.8L	7:52	9.5H	15:05	3.3L	22:49	9.8H	
Mon 30 Mar	3:42	8.4L	8:09	9.3H	15:50	3.1L			
Tue 31 Mar	0:05	9.9H	5:02	8.8L	8:29	9.2H	16:43	3.0L	

No guarantees as to the correctness of this data are made or implied. Do not rely on it to make decisions which can result in harm to anyone or anything.

Most people associate freezing with doing nothing. It actually is a conscious decision to take the best course of action during times of intense trauma.

The market goes up 72% of the time. During the other 28% of the time, use any available cash to buy more of the amazing businesses' you already own.

Control what you can. If you have done your homework and purchased great companies at fair prices, then you can use these scary times as opportunities.



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