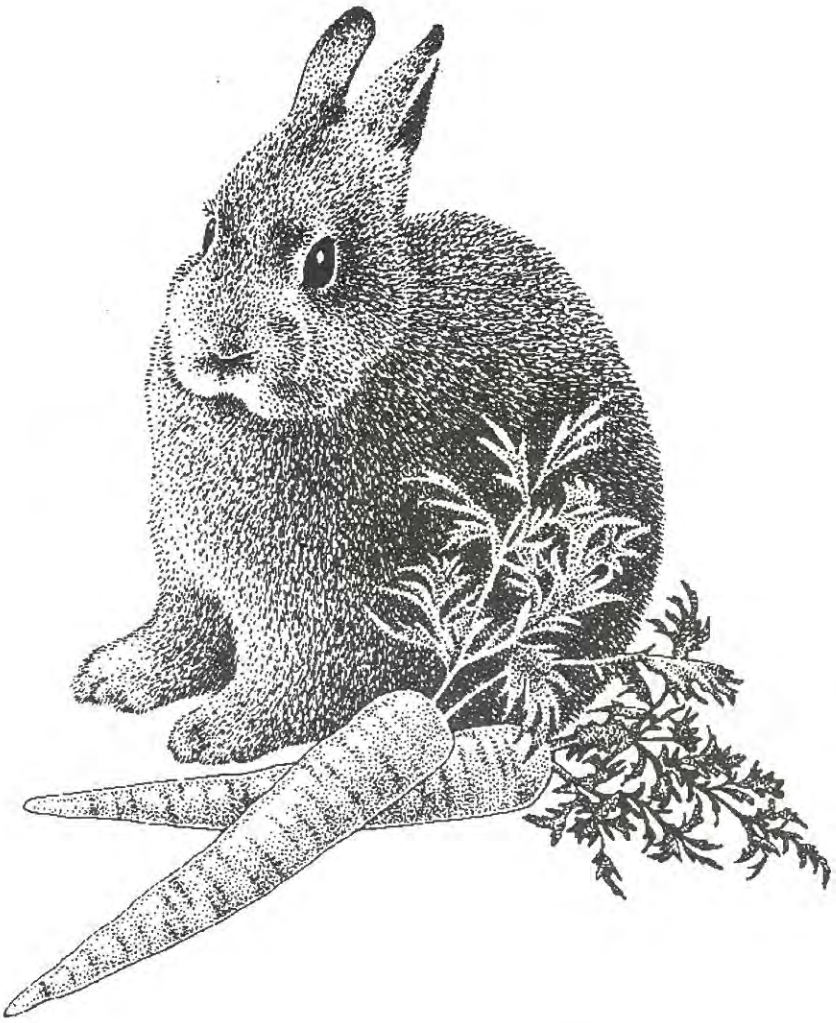
April 2001

South Cowichan Life

Recording News and Views in the South Cowichan Valley



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CANADA'S REAL LAST SPIKE

By Dan Marshall

Over the last 100 years or so, many residents of South Cowichan have climbed the hill at Cliffside in search of the golden spike driven by Sir John A. Macdonald, but how many have realized that Canada's first prime minister was to proclaim this event as the completion of the transcontinental railway? The ceremony was in fact much more ostentatious than those conducted by the CPR in the Rockies. While Macdonald wielded a silver hammer upon a gold spike, at Craigellachie, B.C., Donald Smith, president of the CPR, swung a simple iron sledge nailing a silver equivalent.

Of course, Vancouver Islanders often forget that Macdonald, the "old chieftain" represented Victoria in Parliament at this time, having lost his once safe seat of Kingston, Ontario. Macdonald, too, understood well the separationist sentiments of Vancouver Islanders who had been the main instigators in no less than three separate attempts to secede from Canada during the late nineteenth century. Quebec separation may dominate news today, but during the 1870s it was, in fact, British Columbia that threatened to leave Canada. This was due to the Dominion government's default on railway obligations that had been enshrined in the Terms of Union by which B.C. had agreed to join Confederation. Sir John always did have a talent for reading his audience!

As odd as it may seem today, prior to the Fraser River corridor being selected as a transcontinental rail line, the Bute Inlet route, via Quadra Island and Seymour Narrows just north of Campbell River, was the official choice of the British Columbian and Canadian governments. In 1873, Macdonald had decreed Esquimalt the terminus of the transcontinental railway; the provincial government obligingly reserved the infamous E&N land grant that extended over nearly one quarter of Vancouver Island in order to accommodate a fixed-link to the continent.

Though the transcontinental connection to Vancouver Island was never completed, the E&N line remains today a railway born of politics, a compromise to Islanders as payment for having locked-up the best agricultural lands of the Cowichan and Comox valleys from any further settlement for more than a decade. Victoria, as the largest population centre west of central Canada, had dreamed the Canadian dream of being the Pacific entrepôt for the all-Red Route. Instead though, they were to receive a small railway as compensation for having once been promised the larger prize, compensation forced upon Canada by the Imperial government who interceded on B.C.'s behalf. Just as the Island highway is today part of the Trans–Canada No. 1, so too, deemed Macdonald, was the E&N with respect to the transcontinental rail line. Upon driving the last spike at Shawnigan Lake, the MP for Victoria declared, "This now completes the transcontinental railway!"

(continued on page 3)

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PSYCHOLOGICAL HEALTH

By Robert Shepherd, Ph.D.

Psychological or mental health is a function of the degree to which the various components of the psyche operate in an integrated fashion, that is, the degree to which the different parts of the personality come together to form a meaningful whole. The term used in psychology to describe this personal characteristic is "ego integration."

We all know people who have high levels of ego integration. They tend to have a quiet confidence about them; they know who they are and where they are going and their priorities are clear to them. People who are well integrated or "whole" psychologically are aware of their internal values and principles and they conduct their lives in accordance with them. Life seems very easy for these people. They move through their day in a quiet, balanced, measured sort of way that reflects their underlying psychological harmony. They have no difficulty establishing and maintaining both personal and relationship boundaries. They assert themselves in a respectful manner saying "yes" when they mean yes and "no" when they mean no. In short, they operate from the inside out in accordance with their internal values and principles and not in a "people-pleasing" sort of way that subordinates them, devalues them and undermines their sense of self. They thoughtfully take others into consideration, but they do not abdicate their fundamental right and responsibility to make decisions and take appropriate action in support of their own psychological and personal well-being.

On the other side of the scale, persons who have relatively low levels of ego integration manifest at least some of the following psychological and behavioural characteristics. The most obvious sign is chronic emotional instability. The emotions do not shift up and down in a fairly narrow intensity band, but rather they can swing dramatically between extremes of anger, anxiety, fear, hurt, frustration and depression. Although they may appear calm at times, they report an on-going sense of underlying generalized anxiety. They cannot truly relax and just let themselves "be." Associated psychological characteristics include a hypersensitivity to threat (easily intimidated), apprehensions, fears, doubts, lack of confidence and a tendency to carry a lot of unwarranted guilt.

The degree to which we are ego or psychologically integrated is not, for the most part, genetically determined, hence it can be changed. In my clinical practice, I have noted that people with low levels of ego integration invariably failed to successfully negotiate certain developmental tasks during their early years. In particular they failed to learn how to "process emotional pain," and as a consequence they have been deprived of the huge psychological benefits that flow from that ability. As well, they have often developed complex systems of beliefs and attitudes about themselves, about relationships and about the world that do not work in their best interest.

In a respectful, collaborative, therapeutic environment, a competent psychologist can help a client to learn how to process emotional pain and challenge the dysfunctional beliefs and attitudes that limit psychological growth and negatively affect relationships.

Robert Shepherd is a registered psychologist in Cowichan Bay. Phone 748-0296.

Attention Advertisers and Contributors

The deadline for submissions and advertising for the *South Cowichan Life* are as follows:

8 January — February issue	9 July — August issue
5 February — March issue	13 August — September issue
5 March — April issue	10 September — October issue
2 April — May issue	1 October — November issue
7 May — June issue	5 November — December issue
4 June — July issue	3 December — January issue

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CAPSULE COMMENTS

y Bob (Babak) Mehr, Pharmacist

DRUG-INDUCED NUTRIENT DEPLETION PART IV

Female Hormones

Estrogen replacement therapy and oral contraceptives

A substantial body of research has been published on the nutritional depletions caused by orally ingested estrogen in the form of oral contraceptives. Unfortunately, very little research has been done on the estrogen-containing medications used for estrogen replacement therapy (ERT) and hormone replacement therapy (HRT).

In a study done by Haspels and colleagues, a relative pyridoxine or vitamin B6 deficiency has been found in all women who were using conjugated estrogens. This was related to disturbed tryptophan metabolism. The authors note that the intake of synthetic estrogens, such as ethinyl estradiol, has already been found to lead to a disturbance of tryptophan metabolism and to a deficiency of vitamin B6. The biochemical changes were felt to be easily corrected by the administration of vitamin B6.

The contraceptive pills containing ethinyl estradiol levonorgestrol have been found to lower the serum magnesium. Estrogen's enhancement of magnesium utilization and uptake by soft tissues and bone may explain the resistance of young women to heart disease and osteoporosis. This may also explain the increased prevalence of these diseases when estrogen ceases. However, estrogen-induced magnesium shifts can be harmful when estrogen levels are high and magnesium intake is low. The resultant lowering of blood magnesium can increase the calcium/magnesium ratio. This alteration may favour coagulation. Calcium supplementation in the face of low magnesium intake may increase the risk of thrombosis.

In a review done by J. L. Webb in the *Journal of Reported Medicine*, oral contraceptives have been shown to depress the physiologic levels of seven nutrients (folic acid, vitamin B2, vitamin B6, vitamin B12, vitamin C, magnesium and zinc). Levels of three others (vitamin K, iron and copper) were elevated. Little or no changes were noted in vitamin E and questionable increases in vitamin A were noted. The author emphasized that females consuming oral contraceptives should pay particular attention to vitamin and mineral intake. If warranted, supplementation of needed nutrients may be used. The table below lists the potential problems related to these important nutrients.

Nutrient depletion	Potential depletion problems
Folic acid	Birth defects, anemia, cardiovascular diseases
Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
Vitamin B2	Problems with skin, eyes, mucous membranes, nerves
Vitamin B12	Anemia, tiredness, weakness, increased cardiovascular disease
Vitamin C	Lowered immune system, easy bruising, poor wound healing
Magnesium	Cardiovascular problems, asthma, osteoporosis, PMS
Zinc	Slow wound healing, loss of sense of smell and taste, lower immunity

Bob Mehr is a pharmacist at Shawnigan Lake Pharmacy. Phone 743-6977.

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(continued from page 1)

Sir John must be rolling in his grave today. Rail America now rolls along the tracks of the E&N where once steamed proud Canadian engines, the very symbol of the national dream, the ribbons of steel of the northern half of the continent symbolically linked with our own Island railway in opposition to the acquisitive propensities of the United States government.

Remember the past — it wasn't all that long ago! Take the climb up to the tracks at Cliffside and you will see the stone obelisk that still marks the memory of when Canada stood strong, a place that so richly deserves recognition as a national historic monument.

Dr. Daniel Marshall is an historian and fifth-generation Vancouver Islander who lives in Cobble Hill. He is the principal of Pacific Reach Consulting Ltd. and author of Those Who Fell from the Sky: A History of the Cowichan Peoples *(1999).*

INSIGHT

By Dr. Trevor Miranda, Optometrist

EYES WIDE OPEN

Many patients enter my examination room for the first time and ask with some fear and trepidation, "You are not going to put those drops in my eyes are you?" "Well, that depends," is my usual response. It depends on your prescription, how small your pupils are, when the last time you had the dilating drops and if you have diabetes or other vision-threatening disease.

Let's start by explaining what the "drops" do. Tropicamide and phenyephrine are the most common dilating agents used in optometric practice today. These drops enlarge the pupil by relaxing the muscles of the iris that control the size of the pupil. A side result of these particular drops is that the ciliary muscle that powers one's ability to focus (accommodate), is temporarily paralyzed. This makes reading somewhat difficult for an hour or so. These dilating agents take between ten and twenty minutes to take effect, and usually last for two to three hours after the drops are applied. The most common complaint after the dilated eye exam is photophobia (light sensitivity). This is understandable, as the pupil remains enlarged even in the presence of bright lights and sunshine. These effects can be debilitating when it comes to driving, so a driver or good sunglasses are recommended following a dilated eye examination. Blurred distance vision following the dilation can usually be overcome with up-to-date spectacles. Reading vision usually returns to normal within an hour of dilation. The effects can be more bothersome for those patients that have a small amount of uncorrected refractive error.

Opening the pupil: as the eye ages, the pupil opening generally gets smaller in size. This can limit the eye doctor's ability to see inside the eye and to the back, where the retina and optic nerve are visible. For these patients, dilation is usually required for a complete eye examination. This is like making a keyhole into a big window, allowing a more peripheral view of the posterior of the eye. Due to technological advances in microscopes, it is now possible to get quite a good view through an undilated pupil, but in the presence of cataracts, small pupils or vitreous debris, dilation becomes necessary.

Diseases of the eye such as cataracts, macular degeneration and diabetes are usual indications for dilated retinal examinations. Patients with high prescriptions, history of retinal detachments or complaints of flashes and floaters should also be dilated to get a good look at the retina. The retina can be thin in peripheral areas that are not visible through the undilated pupil.

Can I request not to have my eyes dilated? By all means, yes. It is a great idea for everyone to have a dilated exam at some point to examine the peripheral retina more closely. Your optometrist will advise you whether or not dilation is indicated. If you are off to work, driving a long distance or very light sensitive, you may want to re-book for the dilated part of your exam. If you like, ask for the dilating drops, you will leave your optometrist's office with an excellent eye examination and your eyes wide open.

Dr. Trevor Miranda is the optometrist at Mill Bay Eyecare in Mill Bay. Phone 743-8899.

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Dr. Michael Lax

BACK TIPS FOR SPRING GARDENING

For many people, spring is synonymous with gardening. The joy of being outside in warm sunshine inspires a surge of horticultural planning and activity. When you plunge into gardening this season, remember these tips to help you stay pain-free.

Avoid gardening first thing in the morning. Studies show the incidence of back pain increases significantly when the low back is subjected to prolonged or repetitive flexion (forward bending) within the first few hours of getting up.

Brisk walking for several minutes before gardening will warm up and loosen your muscles. It will also increase the flexibility of your muscle and skeletal system.

Lift using your arms and legs, not your back. Try to keep your back straight and the loads small and light. When lifting or carrying, hold the object close to your body and do not twist your torso.

Avoid stooping when pushing a wheelbarrow. Use long-handled tools to keep from bending while raking, digging or mowing. When weeding or working on low plants, kneel or get down on your hands and knees. Do not stand and bend over repeatedly or for prolonged periods as your work.

Don't work in one position or at one task for extended periods of time. Change tasks often. Muscle fatigue and imbalance can result from sustained positions that are awkward or repetitive.

Repetitive motion on one side can contribute to low back and neck/shoulder problems. When raking, hoeing or digging, change hands frequently.

If you are a "weekend gardener," don't try to do too much the first day, or even the first week. Pace yourself and take frequent breaks. Remember to exercise your body the opposite way to how it has been working or positioned.

Ask your chiropractor about specific back exercises for gardeners. You can also ask your chiropractor about the "back power belt," a marvellous little device that has been shown to improve low back strength 30% and significantly reduce back fatigue and injury.

The weekend gardener who has been physically inactive during the winter months is particularly vulnerable to back injury, aches and pains. Following these simple rules of safe gardening can help to ensure that, this year, your garden does not fail due to a sore back!

Dr. Michael Lax is a chiropractor with Mill Bay Chiropractic in Mill Bay. Phone 743-2170.

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HERBAL NEWS

By Gillian Leverkus

DETOXIFICATION

Spring is the traditional season for cleansing the body. When the first nettle and dandelion leaves start to grow in the spring, you can take this as a sign that Mother Nature is prompting you to use her powerful medicine. These two herbs provide tonic actions that will cleanse your entire system.

Why should you consider a detoxification or cleansing program? Toxicity is a condition in the body in which substances that are present can cause a decrease in health, ranging from specific diseases to vague or low-grade impairment in vitality.

Some causes of a toxic system can be the result of our metabolic processes malfunctioning, such as poor uptake of lactic acid or uric acid. Some substances that are normally beneficial may be present, but in excess amounts such as estrogen. There could be a disease in the gastro-intestinal tract, such as intestinal dysbiosis, leaky gut syndrome, constipation or poor diet.

Liver disease can promote a toxic system, as can hepatitis, cirrhosis or simply a sluggish or overwhelmed liver from a poor diet. Renal disease, lymphatic obstruction or toxic substances from an external environment can also produce a slow, malfunctioning system.

Heavy metals, such as lead, cadmium, arsenic and aluminum can accumulate in the brain, kidneys and immune system. Up to 25% of the U.S. population have some degree of toxicity. Sources also include tin cans, pesticide sprays, lead cooking utensils, cigarette smoke, dental fillings, contaminated fish and cosmetics, to name a few.

Toxic chemicals, drugs, alcohol, solvents and food additives are all extremely hard on the liver, our detoxifying organ. Microbial compounds, toxins produced by bacteria and yeast in the stomach, can also cause toxicity to build.

Do you need to cleanse? Some of the symptoms from heavy-metal toxification in the body could be learning difficulties in children or hyperactivity. Early symptoms may include headaches, fatigue, muscle pains, indigestion, tremors, constipation, an anemic pallor, dizziness, poor co-ordination, poor concentration and impaired intellectual functioning.

Toxic chemicals produce similar symptoms, but may also include tingling in the extremities, skin rashes, nausea, myalgias, and so forth. You may have gained unexplained weight or have had a poor diet due to unavailability of fresh food in the winter. There are many reasons to try a cleanse. Your body deserves a good spring clean. Next month, we will talk about specific cleanses and detoxification for the individual organs of the body. If you start a cleanse always check with your health provider first.

Gillian Leverkus is a registered clinical herbalist at the Natural Healthcare Clinic in Cobble Hill. Call 743-6627.

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WHAT'S HAPPENING

B.C. S.P.C.A. Annual Silent Auction: Providence Farm, 1843 Tzouhalem Road in Duncan on Easter Saturday, 14 April from 9 a.m. to 3 p.m. The S.P.C.A. holds a silent auction every spring to raise money for food and shelter for the lonely and hungry critters in our community. If you have any new goods or services to donate to this cause, please drop them off at the S.P.C.A. or phone Janie Ransom at 743-1651.

Garage Sale: Cobble Hill Branch of the Royal Canadian Legion is putting on their sale on 14 April at the Cobble Hill Hall from 10 a.m. to 2 p.m. There will be a silent auction for books. Many household items too numerous to mention will be on sale. The Ladies' Auxiliary will be offering the annual plant sale and home baking.

1st Annual Cowichan Earth Day Festival: The Duncan–Cowichan Festival Society is presenting a weekend celebration of all things green. Earth Day is officially on 22 April this year and is a weekend celebration of the planet and its complex environment. The weekend celebrations will be at the Cowichan Exhibition Grounds in Duncan and will consist of a giant farmer's market, educational booths and speakers. Organizers are looking for farmers, craftspeople and eco-friendly community groups to add to the growing list of participants. Interested participants and volunteers are asked to contact the Duncan–Cowichan Festival office at 748-1231 (phone and fax) or email to dcfs@cow-net.com if they are interested in particpating in the festival.

FIT HAPPENS

Nina Brown, Sally Noble, Candice Parsons and Wendy Thomas

SHOES

As gym owners we often hear the same statement from members "my _____ hurts." You can fill in the blank with whatever lower body joint you want — ankles, shins, knees, hips and back. The first thing we always do is have them look at their feet and we ask, "How are your shoes?" They might look new, but as a shoe wears the shock-absorption properties break down.

We also often hear people say "But my shoes are new." We then ask, "But is it the right shoe for your foot?" Do you pronate or over pronate? A fancy word meaning "face down" or in this case "flat feet." If you have ever suffered any of the following symptoms, it could be a sign of poorly fitting shoes, blisters, bruised or lost toenails, heel slippage, knee, shin or ankle pain, plantar fasciitis (pain in the bottom of the foot) neuroma or hip pain.

Shoes have two main issues: fit and function. If either of these is wrong for your type of foot, it can alter your natural pattern of foot strike and toe-off (propulsion), stages altering the normal stress pattern on the lower body from your feet up to and including your low back joints.

To purchase new shoes you could consult with your podiatrist, physiotherapist or chiropractor, or deal with a knowledgeable salesperson at a reputable athletic shoe store. You need to determine your foot type (high, low or normal arch), body type (heavy, light or normal weight for your height) and biomechanical tendencies (over, under or normal pronation). Once you have figured out your needs, try following these guidelines.

- Try on all the different brands that will offer you a shoe for your foot. There are over 150 different models out there and fit varies from brand to brand.
- Plan on spending some time at the shoe store. Do not rush your choice.
- Useful life of a shoe is approximately 350-550 miles. The shoe may still serve a purpose, such as walking, so don't discard them yet.
- Buy shoes at the end of the day when your feet are somewhat larger.
- You will know if the shoe is the perfect one for you immediately. Fit will not get any better once you "break it in."
- Tell the clerk what activities you plan to do. Running, walking, tennis, aerobics, basketball and weights all require a different style of shoe.
- Once you find a shoe that is perfect for you, stay with it if the manufacturing permits.
- Make sure there is a finger's width at the front of the shoe.
- Lacing should be to comfort. Too tight can cause soreness in the top of the foot. Too loose may cause excessive movement.

As instructors of a moderate number of aerobic classes per week, we replace our shoes about twice a year and we only wear our aerobic shoes inside the gym for working out. An article on shoes wouldn't be appropriate without a word on socks. Many people still like cotton or wool, but these stay wet and cause moisture problems against the skin. Latest research tells us that a fabric that "wicks away" moisture from the skin is best. Socks should fit and not slip down. Thick or thin is a personal choice.

We thought that this article might help to solve some of your little aches and pains from working out. Keep in mind these facts when purchasing shoes and be aware that it may be an expensive trip to the shoe store. Next month: diabetes and fitness.

Nina, Sally, Candice and Wendy are co-owners of Island Fitness, upstairs in the Pioneer Square Mall, Mill Bay. Phone 743-7600.

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BIRD TALK

By Mike Brown

THE RAVENS OF BALDY MOUNTAIN

I don't know exactly where they live, but it must be somewhere close: I often hear the heavy flapping of their wings. If they see me they invariably comment with a "kark" or a "pruk." If I reply I get a disdainful "kark" back. With a four-foot wingspan, ravens are the world's largest perching bird. They are, believe it or not, also considered a songbird. Ravens are highly intelligent birds — witness their ability to draw up a length of string (with food attached) and keep the loops under their feet. They can also undo the velcro fasteners of campers' backpacks. Ravens are also playful — there are examples of tail- and feather-tweaking (not always for fun), twig tug-o'-wars and a photo in the *National Geographic* magazine of a raven sliding down a snowbank on its back. Ravens have figured in the mythology of many cultures since time immemorial — the Scandinavians (Norse) and the North American Indians are two examples. Once, ravens were shot as pests. I am glad that that practice has been discontinued; I consider them as friends.

At the feeder

Watching birds learn can be a fascinating activity. Recently, I hung a sunflower feeder over a patch of rough and wet ground on the only tree in the vicinity that was suitable. It wasn't the kind of ground where a bird could glean scatterings from the feeder, but the sunflower seeds were clearly visible through the glass bottom of the feeder. For several days I watched a towhee pluck up courage to expose itself on the feeder. It would make half-hearted attempts then give up, but juncos were flying to it and setting an example. Finally, the towhee made it. Now it is a regular visitor.

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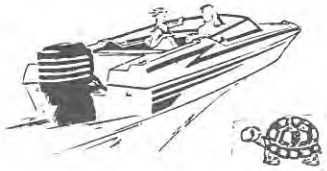

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TALKING ABOUT . . .

By Mary Eshenko

CREATING THE FUTURE SELF

Each and every one of us has a dream, goal or objective that we want to fulfil. Yet many of us have trouble accomplishing that which we say we most want. We stay in jobs we don't like, relationships that no longer satisfy us and live in environments that no longer support us. Why would this be so? Society conditions us to meet other people's demands and live up to other people's expectations, therefore putting our own needs and wants on the back burner. We become very adept at being responsible for others, and in the process, forget to take responsibility for ourselves. Deciding to look outside the box takes a radical act of courage. Being totally honest with yourself will be a gift that you will give yourself. Change by choice requires that you evaluate various areas, in the balance wheel of your life: work/career, relationships, finances, health and wellness, retirement, education, spiritual and others, by asking yourself some life-enhancing questions: What image do I hold of myself? What problems and challenges am I facing? What am I tolerating or putting up with? When I say "yes," what am I saying "no" to? When I say "no," what am I saying "yes" to?

Creating a future self requires that you view your current circumstances from a different perspective, take yourself seriously, respond truthfully, even if it's painful and hold yourself accountable for your actions. Creating the life you want does not exclude those people in your life now and it doesn't mean going it alone. What it does require is that there be a willingness to engage in open communications with kindness and caring. Arriving at solutions can be a commitment to moving forward with effortless ease. Conscious change promotes order and harmony. Working with a trusted confidant, friend, coach or mentor will allow you to manage life's difficult changes with renewed optimism.

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THE DOCK OF THE BAY

By Catherine Dook

STRANDED ON SALTSPRING — PART II

"So the coupling gave," said John. "Could have happened to anyone." "Darling, I love you," I said, "But when you quote Kurt Russell from *Captain Ron* you make me nervous." "Well, we're here," John said, "And we have to wait until Monday until we get a repairman. So what do we do?" I smiled at a passing tourist, who avoided my eyes. "People are so unfriendly here," I commented. "I miss Cowichan Bay and all our friends. When you dock in Cowichan Bay, even if you're a stranger there are always three or four people to pull your boat in and ask personal questions, like 'How come your deck's that rotten colour?' and 'How much did you pay for your boat?' I miss our neighbour coming over with a glass of rum and giving us advice on what modifications we should do with a cement saw. The guy living in the tug calls me 'Mom' and asks what's for dinner — he's so friendly, I'd adopt him in a minute if beer was a tax deduction. My girlfriends are always telling me about the time they fell in the water and giving me recipes. Our Ganges mechanics took a beer break, yesterday." I paused dramatically. "Can't we get that nice religious marine mechanic from Cowichan Bay?" "Stop whimpering," said my beloved. "These guys are experts. I'm learning new things from them all the time." "The bilge is full of unidentified pieces of boat," I said darkly, "And I can't wait to get back to Canada — this marina is positively bristling with American flags." "They are strangers in a strange land," said John, "And you should be nice to them." "Saltspring Island isn't strange," I said, "It's beautiful and quaint. It's Cowichan Bay that's strange, and I miss it." "What could be more Canadian than taking a beer break?" asked my husband. "In fact, I suspect a lot of Cowichan Bay residents have beer for breakfast. Can I have beer for breakfast?" I sniffed my disapproval and settled in for a good sulk.

A crowd of nattily dressed tourists parted in front of two scruffy-looking men wearing jeans and carrying tools. "Our marine mechanics are coming," said John. "Are they sober?" I asked snottily. "Of course," said John. I eyed them with suspicion. The two men looked like Caribbean pirates. I noted with disapproval a pigtail and an ear stud. But they greeted us politely and crawled into the engine room. "Would you please pass me that wrench?" asked the one with the pigtail. "Thanks, Buddy. Oh — and that screwdriver, if you don't mind." "Of course," said his friend. "I'd like to back out of here — mind I don't step on you . . ." I stared at John in astonishment. I hadn't heard such exquisite manners since my last Tupperware party.

I noticed that the pigtail was neat, and the ear stud small and inconspicuous. I warmed to them immediately. "Coffee, anyone?" I asked. "No, thank you," said the man with the

(continued on page 11)

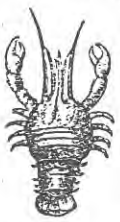
TIDE TABLE

APRIL

Day	Time	Feet	Metres
1 SU DI	0015	10.2	3.1
	0505	9.2	2.8
	0805	9.2	2.8
	1635	2.3	0.7
2 MO LU	0120	10.5	3.2
	0715	8.9	2.7
	0915	8.9	2.7
	1745	2.3	0.7
3 TU MA	0210	10.8	3.3
	0810	8.2	2.5
	1100	8.5	2.6
	1850	2.6	0.8
4 WE ME	0255	10.8	3.3
	0850	7.5	2.3
	1245	8.5	2.6
	1950	2.6	0.8
5 TH JE	0330	10.8	3.3
	0920	6.9	2.1
	1415	8.9	2.7
	2045	3.0	0.9
6 FR VE	0400	10.8	3.3
	0955	5.9	1.8
	1535	9.2	2.8
	2135	3.6	1.1
7 SA SA	0425	10.5	3.2
	1035	4.6	1.4
	1645	9.5	2.9
	2220	4.6	1.4
8 SU DI	0450	10.5	3.2
	1110	3.6	1.1
	1750	9.5	2.9
	2305	5.6	1.7
9 MO LU	0515	10.5	3.2
	1150	3.0	0.9
	1850	9.8	3.0
	2355	6.6	2.0
10 TU	0540	10.5	3.2
	1230	2.3	0.7
	1955	10.2	3.1
11 WE ME	0045	7.2	2.2
	0610	10.2	3.1
	1315	2.3	0.7
	2055	10.2	3.1
12 TH JE	0150	8.2	2.5
	0635	9.8	3.0
	1355	2.3	0.7
	2205	10.2	3.1
13 FR VE	0305	8.5	2.6
	0655	9.2	2.8
	1440	2.6	0.8
	2310	10.5	3.2
14 SA SA	0500	8.5	2.6
	0715	8.9	2.7
	1525	3.0	0.9
15 SU DI	0010	10.5	3.2
	1620	3.3	1.0
16 MO LU	0105	10.5	3.2
	1720	3.6	1.1
17 TU MA	0150	10.5	3.2
	0850	7.2	2.2
	1055	7.5	2.3
	1820	4.3	1.3
18 WE ME	0225	10.2	3.1
	0905	6.9	2.1
	1250	7.5	2.3
	1920	4.3	1.3
19 TH JE	0255	10.2	3.1
	0925	6.2	1.9
	1415	7.9	2.4
	2010	4.6	1.4
20 FR VE	0320	9.8	3.0
	0945	5.6	1.7
	1520	8.2	2.5
	2055	4.9	1.5
21 SA SA	0340	9.8	3.0
	1005	4.9	1.5
	1615	8.5	2.6
	2140	5.6	1.7
22 SU DI	0400	9.8	3.0
	1025	4.3	1.3
	1705	9.2	2.8
	2215	6.2	1.9
23 MO LU	0420	9.8	3.0
	1050	3.6	1.1
	1755	9.5	2.9
	2255	6.6	2.0
24 TU MA	0435	9.8	3.0
	1120	2.6	0.8
	1845	9.8	3.0
	2335	7.5	2.3
25 WE ME	0455	9.8	3.0
	1155	2.0	0.6
	1940	10.2	3.1
26 TH JE	0020	8.2	2.5
	0520	9.8	3.0
	1235	1.6	0.5
	2040	10.5	3.2
27 FR VE	0115	8.5	2.6
	0545	9.8	3.0
	1320	1.3	0.4
	2140	10.5	3.2
28 SA SA	0230	8.9	2.7
	0610	9.5	2.9
	1410	1.3	0.4
	2245	10.8	3.3
29 SU DI	0410	8.9	2.7
	0645	9.2	2.8
	1505	1.6	0.5
	2340	10.8	3.3
30 MO LU	0610	8.5	2.6
	0735	8.5	2.6
	1605	2.3	0.7

MAY

Day	Time	Feet	Metres
1 TU MA	0035	10.8	3.3
	0720	7.9	2.4
	0920	7.9	2.4
	1710	2.6	0.8
2 WE ME	0120	10.8	3.3
	0755	6.9	2.1
	1130	7.5	2.3
	1815	3.3	1.0
3 TH JE	0155	10.8	3.3
	0830	5.9	1.8
	1330	7.9	2.4
	1920	4.3	1.3
4 FR VE	0230	10.5	3.2
	0900	4.9	1.5
	1500	8.2	2.5
	2015	4.9	1.5
5 SA SA	0255	10.5	3.2
	0935	3.9	1.2
	1610	8.9	2.7
	2110	5.9	1.8
6 SU DI	0320	10.5	3.2
	1010	3.0	0.9
	1715	9.5	2.9
	2200	6.9	2.1
7 MO LU	0345	10.5	3.2
	1045	2.0	0.6
	1810	10.2	3.1
	2255	7.5	2.3
8 TU MA	0410	10.2	3.1
	1120	1.6	0.5
	1905	10.5	3.2
	2350	8.2	2.5
9 WE ME	0440	10.2	3.1
	1155	1.3	0.4
	2000	10.8	3.3
10 TH JE	0050	8.5	2.6
	0505	9.8	3.0
	1235	1.3	0.4
	2050	10.8	3.3
11 FR VE	0200	8.9	2.7
	0530	9.2	2.8
	1315	1.6	0.5
	2145	10.8	3.3
12 SA SA	0330	8.9	2.7
	0555	8.9	2.7
	1355	2.0	0.6
	2235	10.8	3.3
13 SU DI	1435	2.6	0.8
	2320	10.8	3.3
14 MO LU	1525	3.3	1.0
15 TU MA	0000	10.5	3.2
	1615	3.9	1.2
16 WE ME	0035	10.5	3.2
	0805	6.6	2.0
	1035	6.9	2.1
	1715	4.6	1.4
17 TH JE	0110	10.2	3.1
	0820	5.9	1.8
	1245	6.9	2.1
	1815	5.2	1.6
18 FR VE	0135	10.2	3.1
	0840	5.2	1.6
	1420	7.5	2.3
	1915	5.9	1.8
19 SA SA	0200	9.8	3.0
	0900	4.6	1.4
	1530	8.2	2.5
	2005	6.6	2.0
20 SU DI	0225	9.8	3.0
	0920	3.6	1.1
	1625	8.9	2.7
	2055	6.9	2.1
21 MO LU	0245	9.8	3.0
	0945	2.6	0.8
	1715	9.5	2.9
	2140	7.5	2.3
22 TU MA	0305	10.2	3.1
	1015	2.0	0.6
	1805	9.8	3.0
	2230	8.2	2.5
23 WE ME	0330	10.2	3.1
	1050	1.0	0.3
	1855	10.5	3.2
	2315	8.9	2.7
24 TH JE	0355	10.2	3.1
	1130	0.7	0.2
	1945	10.8	3.3
25 FR VE	0015	9.2	2.8
	0425	10.2	3.1
	1210	0.3	0.1
	2040	11.2	3.4
26 SA SA	0120	9.2	2.8
	0505	9.8	3.0
	1300	0.3	0.1
	2130	11.2	3.4
27 SU DI	0245	9.2	2.8
	0545	9.5	2.9
	1350	1.0	0.3
	2220	11.2	3.4
28 MO LU	0415	8.5	2.6
	0640	8.9	2.7
	1440	1.6	0.5
	2305	11.2	3.4
29 TU MA	0540	7.9	2.4
	0800	7.9	2.4
	1540	2.6	0.8
	2345	11.2	3.4
30 WE ME	0635	6.9	2.1
	1000	7.2	2.2
	1640	3.6	1.1
31 TH JE	0025	11.2	3.4
	0720	5.6	1.7
	1215	7.2	2.2
	1745	4.6	1.4



Measurements are in feet. Tides taken from Fulford Harbour.

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THERE'S A CAT LIVING UNDER MY FUTON!

By Penny Simpson

YOU CAN TEACH AN OLD(ER) CAT NEW TRICKS!

"You'll look after my cat while I'm gone, won't you, Penn?" said a young friend of mine just as she was about to embark on a three-year course overseas. Naturally, I agreed. Naturally. Then came the kicker. "Now, she doesn't like dogs, and she doesn't like other cats, and she's not too keen on people, either."

At this point, I find myself suggesting that, if that is the case, she might like to think about someone else to take care of her cat for three years, as I have dogs, I have a wildly fluctuating population of cats due to fostering, with a base level of . . . well . . . several, and people also sometimes come to visit. My young friend pouts. "But, she's used to being an only cat." To which the rather dry response was that she was going to have to get un-used to being an only cat.

And so, at five years of age, Nikki's life does a complete turn around. She left her apartment in Vancouver and she arrived in the rural Cowichan Valley with her carry crate, her litter box, some food and her health certificate. A terrified little black cat who promptly did what so many have done — dove under my futon to live for a few days. Progress was almost painfully slow. Although she was obviously coming out to eat, drink and use the litter box when no one was around, the slightest sound would send her flying back under the futon. It took about a week of gentle coaxing and quiet nonsensical chatting to get her out. A couple more days of some one-on-one attention and she was ready to take on the world. So, I left the bedroom door open.

Oops, well, maybe not quite the world yet. But she was more than ready to let me know she was displeased at any lack of attention. The voice on this little thing would stop a truck! A deep-throated, Siamese-type yowl with solid rumbling bass undertones. The first time I heard it I almost dropped my glass of wine in shock. Almost, please note. Before we knew it, this cat that isn't too keen on people is sleeping on the bed, curled up as close to my husband as she could get. The low growling noises that she emitted in the general direction of any other cat in the vicinity was dealt with by simply turning her to face the other direction. What the eye doesn't see. Gradually, she moved into the study. A chair for her to curl up in and our company when we were working on the computer suited her just fine. When other cats came to visit, she learned to ignore them for the most part and only occasionally was there an altercation.

The dogs seemed to take less getting used to. Having dealt with the issue of "other cats," mere dogs were, for the most part, beneath her notice. Unless they got too close, in which case she would puff up, issue a blood-curdling screech and whack the dog on whichever part of the anatomy was to paw at the time. The fact that they generally paid no attention to her was obviously, she knew, the result of her fierce self-defence! These days, she pays no attention to them either! As for the other cats, I actually found her curled up with one of the foster kittens a couple of weeks ago, and she is one of the first of my cats to make herself known to any guests that stop by.

The moral of this particular story — just because someone tells you that a cat is too old to adjust to a change, even a dramatic change, in its lifestyle does not necessarily mean that that is so. Cats are far more adaptable than most of us ever give them credit for. Yes, it takes some patience and some understanding, and the cat needs to be given an opportunity to find its own way. But if I have learned anything about these amazing creatures over the last few years, it's that if you give them a chance, most of time, they will prove time and again that they deserve it.

Penny Simpson is a volunteer with Cowichan Cat Rescue. Phone 743-6500.

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MILL BAY–MALAHAT REPORT

By Anne Bomford, Area Director

This month I'd like to pass on some background information about one aspect of local government: advisory planning commissions or APCs. An APC is a group of about ten local citizens appointed by the area director for a one-year term. Its purpose is to provide the Regional District Board with preliminary comments, from a local community perspective, on matters such as development proposals and land use.

The APC will examine an application and try to consider its merits or desirability, based on how it fits with a number of things, including neighbourhood or community public opinion, the Official Community Plan, development permits, zoning, the agricultural and forest land reserves, environmental issues, or the parking, sign or noise bylaws.

In choosing APC members, the director tries to represent a broad cross-section of the community and its interests, with an eye to representing the different geographic parts of the area, gender, and to maintain continuity with past APCs.

Typically, an applicant with a proposal is invited to attend an APC meeting to make a presentation, and answer any questions that the APC members or CVRD staff may have. Members of the public cannot participate in the proceedings, but are more than welcome to observe. After the applicant's presentation is made, the APC discusses it, and can either make formal recommendations to the Board, or alternatively, it can provide input in the form of comments on the application.

The APC makes comments or recommendations to the Board, but the Area Director and other Regional Board members are the real decision-makers. The APC is a volunteer group and should not be pressured or intimidated to agree with any one particular point of view.

APC meetings are not intended to serve as a public hearing. The responsibility to receive and consider public input rests with the elected officials on the CVRD Board. The APC acts in a preliminary advisory role, and is consulted very early on in the process. It is not uncommon for additional relevant material to come to light later. It is not the APC, but the Board's responsibility to seek out such information and to consider its relevance to the matter at hand.

Members of the public have ample opportunity to express their views to the elected officials at the Electoral Area Services Committee meetings, and at the formal public hearing, should the application go that far.

The APC provides the CVRD Board with an early indication of how an application may be viewed by the community. This APC advice is then considered along with information and advice from numerous other sources when the Board makes a decision on the proposal. Examples of such sources are the local Health Board, Ministry of Highways, Ministry of Environment, Provincial Agricultural and Forest Land Commission.

I'd be pleased to speak with you about these or other local government issues. I can be reached at 743-6517, or annebomford@home.com, 743-9187 (fax), or write to: CVRD, 137 Evans Street, Duncan, B.C. V9L 1P5.

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(continued from page 9)

pigtail, "But you folks go ahead — we'll be done by the time you're finished your second cup." The last of my reserve melted and I was completely charmed. I grabbed my husband's arm. "These guys are *terrific*," I whispered. "Can we invite them to dinner?" "You never seem to find a happy medium, do you?" asked my husband. "Chances are they don't want to come to dinner."

I took my coffee on deck to enjoy the sun. An American tourist was on the dock cooking crabs. "Some nice-looking beasts you have there," I ventured. His face lit up with a slow, warm smile. "They're good crabs," he said. "They'll make a fine feast. Is your boat cement?" We exchanged pleasantries, and I went below with my mug in a thoughtful state of mind. "You know," I said to my husband, "an American dressed in immaculate whites can be friendly, and tough-looking Canadian mechanics can be mechanical experts and polite enough for any formal drawing-room. I think I like the people on Saltspring Island. They're as strange and wonderful as the folks at Cowichan Bay."

PLANNING TOMORROWS

By Pete Keber, CFP

THE ANATOMY OF A RECESSION

Economic forecasting is a perilous proposition. It is very difficult to make accurate predictions. Even casting one's net backwards to dissect what has caused a particular economic result can showcase a variety of views. Nevertheless, I am going to describe a quick contrarian view, giving you my analysis of what has caused North America's current economic malaise.

Whether we are in a recession now or not may be academic. The signs of a slowdown are unmistakable. The route to the slide is a fascinating journey. Relatively low interest rates in the last five years and a tremendous amount of enthusiasm and investment in the high-tech industries has channelled dollars into more speculative ventures. At the same time, the Internet was going from a domain for geeks into an explosive growth industry that dragged technophobes into its web kicking and screaming. Spending on preventing the Y2K bug from stopping the world was also gearing up. Add to this the steady influx of new people investing in the stock market, directly or through mutual funds, and you have a potent mix that sent equity values sky high and another group that believed the market must make double-digit returns every year forever.

When the "Asian Flu" hit the financial world in 1997, it flinched, and Asia plunged, but the rest of the world just steamrolled along. In 1998, the Long-Term Capital Management Crisis threatened to derail the engine, but the momentum was too strong, and once again, it chugged along confidently. Oil prices were also exceedingly low, and along with a high U.S. dollar, it helped to keep inflation low and interest rates in check. More fuel was being poured into the engine, stoking the flames. At the end of 1999, Y2K concerns convinced governments to pour money into the economy to prevent possible bank closures. The excess money found its way into the stock markets and drove valuations much higher than they deserved to be. Internet stocks were being gobbled up with no thought to what they were really worth. The fact that they made no profits was of no concern in the new economy.

Stock options were being used to pay new economy employees, and because prices kept going up, they felt wealthy and bought more goods, much of it on credit. Debt was growing everywhere. The overall savings rate was dropping into negative territory. The economy appeared to be firing on all cylinders, with apparent high productivity, low unemployment, and low inflation. The U.S. Fed worried. They knew the growth was unsustainable, and they raised interest rates gradually during the year to cool the economy. They wanted to see gradual, but healthy growth. At the same time, OPEC was cutting production, refinery capacity was at the limit and oil prices rose dramatically. In March, the dot-coms spiralled down. In April, the market dropped, almost precipitously, it seemed. The analysts said it was a welcome correction. Stock prices were at a more reasonable level, and they would resume their climb, but at a more healthy pace.

Telecom companies were in a fight to attain control of wireless space in Europe and paid astronomical prices to get the licences, incurring heavy debt. Suddenly things changed. In the fall, many companies reported lower-than-expected earnings. The markets begin a steady decline. Once-sought-after Internet companies hemorrhaged at a rapid pace. Expectations of business that they had promised before evaporated. The information technology spending for Y2K was already used up. Consumers and companies alike said that they didn't need any more computers now. They also nixed the wireless devices skewing the previous forecasts of astronomical growth. Debt rose, profligate spending slowed, and energy prices weren't coming down as hoped. Capital expenditures dropped everywhere. Along with political turmoil in the Mideast, the sickly stew simmered. The analysts were nevertheless optimistic. Once high inventories were sold, production would once again ramp up, they said.

The "R" word was seldom used. At the time of writing the consensus is a painful first half with recovery in the second. Without making any forecasts of my own, I would guess that since most of the prognostications have been wrong in the past, they would likely be wrong again. After all, about four trillion dollars of paper wealth has disintegrated, making people feel poorer. Usually, it is when the forecasters are the gloomiest that the economy will start to turn around. We're not there yet. All this argues for diversifying your portfolio, so that you are not caught in a trap with only one strategy.

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DOORS – PART II

As I mentioned in my last article, I would like to discuss the hardware that you may run into when you are selecting new doors. These range from the most basic hinges and handles to keyed locks, weatherstripping and closers. The type of hardware necessary for each door is determined by the function or use of the door.

The following hardware is used on the majority of doors:
Hinges — Doors are usually hinged along one side with either a long, continuous hinge called a piano hinge or by separate hinges (two for lightweight doors and three or more for heavier doors). They may also be hinged at the top, such as those doors used to enter a crawl space.
Handles — All doors require some type of handle or knob for opening and closing the door. Levers are recommended for handicapped or elderly people or for those with difficulty gripping a round doorknob.

As the door's function becomes more complex, additional hardware may be needed. There may be circumstances where the following hardware is required:
Push/pulls — These are D-shaped handles normally used on public buildings, such as schools or hospitals. These doors usually do not have a locking mechanism, but do have automatic closers to keep the door closed after it has been opened.
Closers — Automatic closers are used at the top of doors, usually in commercial or institutional buildings. They keep different spaces separated while still allowing access between them. They are also used on entrance doors and those doors used as fire exits.
Specialty hinges — Doors may have hinges that are self-closing (they have an internal coil spring), which could be used between a garage and a residence. The hinge may also be a non-removable pin type (a small allen screw is screwed into the pin from the inside of the hinge), which is used where the door is opened outwards to the exterior. The exposed hinge pin is not removable due to this feature.
Lock sets — The most common type of lock is a key-in-handle lock. The key is usually inserted into the middle of the doorknob and turned to unlock the door. They key is usually inserted into the middle of the doorknob and turned to unlock the door. A deadbolt is a separate lock with a much larger bolt that is used in conjunction with a passage set (a handle without a lock). Privacy locks are those used in bathrooms, where the door is locked from the inside by pushing in the doorknob or by turning a small lever in the middle of the doorknob.
Weatherstripping — This is used on all exterior doors and those doors needing to keep out noise or noxious fumes. The doors may have a flexible strip (fabric, metal or plastic) that compresses when the door is closed and seals the edges of the door to the frame. A plastic shoe with a brush is used at the bottom of the door to seal against the sill. One of the main emphases of the "Power Smart" program is to weatherstrip and seal all the exterior doors and windows of a house. This is mainly to prevent heat loss from all the openings to the outside.

Other types of hardware are available are those used to protect the doors or walls from damage, including doorstops and kick-plates. These are usually a necessity in schools and public buildings.

The decisions regarding door types and hardware are only one stage along the multi-faceted experience of designing, building or renovating your own house.

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MILL BAY–BRENTWOOD FERRY

Ferry service from Brentwood Bay to Mill Bay will be suspended from 4 June to 28 June to rebuild the 50-year-old docks and repair the 44-year-old M.V. *Mill Bay*.

"Terminal reconstruction and vessel improvements will be done simultaneously to minimize the service interruption for our customers," said Capt. Trafford Taylor, marine superintendent for Inter-Island Services South. "The route will be back in service in time for the start of the busy summer vacation season beginning with the July 1st long weekend."

The reconstruction and vessel improvements are scheduled for June, due to the lead time required to complete the structural designs for the terminals, tender the construction work, allow prefabrication of the new dock components and remove old ramp and support towers.

The Department of Fisheries and Oceans also has a moratorium to protect fish in coastal waters between mid-February and late May. Construction cannot begin until the moratorium is lifted.

Reconstruction may involve the use of heavy equipment, which will cause extra noise at times. No pile-driving will occur at night. B.C. Ferries and the contractor will make every effort to ensure neighbours are not unduly affected by the improvement work.

The MV *Mill Bay* will be dry-docked for its scheduled Transport Canada inspection and also to have steel and engine replacements. Other work on the vessel includes general painting, installing a sewage holding tank and overhauling various machinery, such as generators, pumps and air compressors.

The improvements follow the provincial government's announcement on 12 January to keep the route operating for the next 10 years. Local government and community groups have agreed to work with B.C. Ferries to market and promote the route.

MILL BAY GARDEN CLUB

The old saying goes, "March winds, April showers bring forth May flowers." Have you ever seen these lovely, scented mayflowers in the woods here — trailing arbutus?

The garden club wants to congratulate Tena Gilmore for having completed a flower-judging course in Vernon; she is now a junior judge.

At the February meeting, Sue and Tena ran through entering plants, flowers, and so forth, in a flower show and also showed us their ability with two beautiful floral displays and a miniature. There is a lot to be aware of when entering a floral competition.

On Seedy Saturday, we talked about our club and passed out seeds and pots to children, which we hope they will seed and then enter their seedlings in the forthcoming flower show in June. It is always exciting to see something grow and wonder what it will really look like. This year, the Garden Club will be hosting the former Shawnigan Flower Show, under the new name of the 55th Annual Community Flower Show, which will also change location to Cobble Hill Hall. The plan is to have a flower and garden show and hope that there will be more participants from Mill Bay, Cobble Hill and Shawnigan. Our parlour show for February was *Hearts and Flowers*, March, *Wearing o' the Green* and April will be *Spring Has Sprung* — a good chance to practise arranging. The next meeting is Tuesday, 24 April at 7:30 p.m. at Mill Bay Community League Hall.

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SHAWNIGAN–COBBLE HILL FARMERS' INSTITUTE

By Carolyn Webb

FLORENCE LILY NEWBOLD, 1935 – 2001

It seems strange to be writing this column without my "editor," Florence Newbold, to proofread my ideas. Once a draft had left for the printer, I always faxed a copy off to Florence with question marks, blanks and annotations of "what do you think?" I trusted Florence to help me fill in the gaps, check the accuracy of any details to do with the Farmers' Institute and to know which names were missing from the "Thank you" list. After incorporating Florence's thoughtful suggestions, I then felt confident that my writing would sound OK to the general public. Sadly, on February 8th, Florence passed away.

Florence was the Shawnigan–Cobble Hill Farmers' Institute president for three years and a director for many more. She knew the Farmers' Institute and Cobble Hill Fair inside and out and understood the organizational details of every committee. She was always involved in planning and political decisions that affected her community. People remember her insightful comments during the Cobble Hill Village planning process. Tai Chi was one of her passions and if she wasn't home or in her garden, she was often out teaching Tai Chi classes. Then there were all her other volunteer activities. I remember her involvement with the cancer campaign in our area. I'm sure there were many other volunteer activities that I am not aware of and which she participated in wholeheartedly. Such was her nature.

One day, two years ago, Florence said "I'd like to see the Farmers' Institute get involved in something to do with seed saving." And so, the seed for Seedy Saturday was sown. With inspiration and support from other interested individuals, Florence took on this project and organised Cobble Hill's first Seedy Saturday. How she was looking forward to meeting all the vendors and exhibitors and talking to everyone about seed saving. Oh, the seeds she planned to buy! No doubt, her husband, Norman, would have had to help make a much bigger garden! The event on 10 March was a tribute to Florence's vision.

But beyond her sense of civic responsibility, Florence was especially known for her generous nature. Anyone who came in her driveway during summer and fall was likely to leave with a bag of fruit or vegetables, fresh from her garden. Sweaters, hand-knitted by Florence were given to new babies.

Even though Florence is not here, I still feel her spirit over my shoulder and I catch myself thinking, "What would Florence say about what I'm writing?" Florence never liked seeing her name in print so I always added her name to the "Thank you" list after she had proofed the article. Because, of course, her deeds were worthy of recognition.

We remember you fondly, dear Florence.

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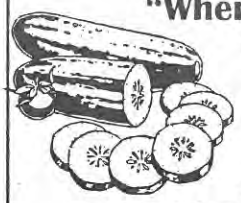

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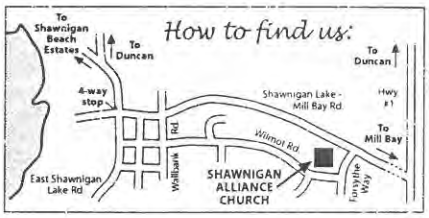

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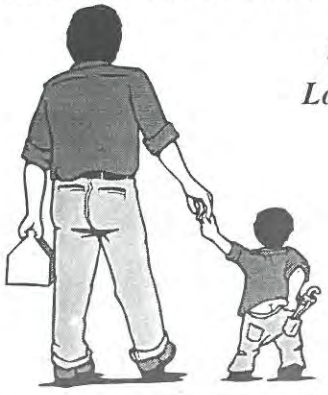

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