

## Monday June 11th 2018

BBC: US President Donald Trump has fired off a string of angry tweets criticizing America's closest allies hours after leaving a divisive G7 summit in Canada. Mr Trump said the US paid "close to the entire cost of NATO" to help protect countries that "rip us off on trade". "Fair trade is now to be called fool trade," he added in response to the threat of new tariffs against the US.

NYT: The alliance between the United States and Western Europe has accomplished great things. It won two world wars in the first half of the 20th century. Then it expanded to include its former enemies and went on to win the Cold War, help spread democracy and build the highest living standards the world has ever known. President Trump is trying to destroy that alliance.

A secret plan to break up the West would also have the United States looking for new allies to replace the discarded ones. The most obvious would be Russia, the biggest rival within Europe to Germany, France and Britain. And just as Russia does, a United States intent on wrecking the Atlantic alliance would meddle in the domestic politics of other countries to install new governments that also rejected the old alliance.

For American voters, it means understanding the real stakes of this year's midterm elections. They are not merely a referendum on a tax cut, a health care plan or a president's unorthodox style. They are a referendum on American ideals that are older than any of us.

After a scrambled eggs and cheese mixture, we had housework to do. We both did our respective ironing; amazingly, we both like to iron.

The new cleaner was coming on Tuesday afternoon so we had to clean house in advance. We are sure you understand. David went down into the basement to give it yet another touch up. While he was there Louise dragged in the two five ton bags of Maisie's chow and mixed 50-50 into the smaller kitchen container. Maisie was very attentive.

In preparation for our trip to Italy in September, Louise started practising her Spanish.

We broke for a tuna-based lunch. Louise had prepared a bed of greens onto which the tuna salad was placed. On the side Louise had crafted half an avocado topped with a tomato bruschetta, crowned with a dollop of sour cream. We had the windows open so a cool breeze kept the house at 73F for an appropriate outdoors ambience. Lovely – about as good as it gets.

After lunch Louise went back to Netflix for two more episodes of “The Staircase”. David continued with “The Bounty” - he was into the courts-martial and they were as dull as a bag of hammers.

BBC: The US has officially repealed rules that governed the way net providers treated the data that travelled across their networks. The net neutrality rules said companies had to treat all data equally. Enacted in 2015, the rules sought to stop providers giving preferential treatment to sites and services that paid them to accelerate their data. And critics fear repealing them may see consumers charged extra for anything more than the most basic service. Public protests greeted the Federal Communications Commission's plan to end use of the rules, with many saying it could have an impact on free speech. But, in December, the FCC voted to repeal the rules. And the regulations expired June 11<sup>th</sup>, 2018.

About 16:15 we went for an afternoon walk. The weather had actually been better than forecast. On the home stretch we caught up on neighbourhood gossip.

For supper we went back to veal outlet with asparagus.

We watched a bit of commercial television from Buffalo and Toronto and got fed up with all the commercials.

Louise took Maisie for a biological beak while David searched Netflix for some fare.

We wound up watching "Charlie Wilson's War". In the 1980s U.S.Rep. Charlie Wilson (Tom Hanks), Texas socialite Joanne Herring (Julia Roberts) and CIA agent Gust Avrakotos (Philip Seymour Hoffman) form an unlikely alliance to boost funding for Afghan freedom fighters in their war against invading Soviets. The trio's successful efforts to finance these covert operations contributes to the fall of the Soviet Union and the end of the Cold War.

### **Tuesday June 12th 2018**

David had a really bad start to his day when he put only three scoops of coffee grind instead of five into the drip coffee maker. The brown water that resulted was so weak we had to help it out of the pot.

While the drip machine was at work, David was in the garage using his new plaster wallboard plunge knife to cut up the big cardboard box the toilet came in. He put the chunks into the Recycle Bin and then wheeled it and the Green Kitchen Waster bin to the curb. He trundled out the old book case for its third appearance.

We departed for a walk at 06:45 and had gone about 500 yards when Louise noticed that all the other bins were Black Garbage rather than Blue Recycle. We hurried home and switched bins. Then we continued our walk taking a photo of magnificent peonies.

Back home we brewed a proper pot of coffee.

Weather: Toronto 56F to 72F sun    Louisville 70F to 86F

CBC: Canadian defenders of the supply management system say U.S. President Donald Trump is "stunningly hypocritical" for attacking dairy supports while politicians in Washington hand out billions in subsidies to American farmers — and levy punishing tariffs of their own on some commodities.

CBC: U.S. President Donald Trump made some "factual errors" in tweets about trade with Canada following the G7 summit, and his tariffs threats could be "akin to shooting oneself in the foot," economists tell CBC News. Trump's criticism of U.S. trade with Canada escalated to another level after he left the summit early and then attacked Canadian Prime Minister Justin Trudeau on Twitter using words such as "dishonest" and "weak." [This is sandbox stuff where one kid wants to get the spade from another kid]

NYT: Larry Kudlow, President Trump's top economic adviser, suffered a heart attack on Monday evening and was at Walter Reed Medical Center. [God might have punished him for telling lies about Canada]. Mr. Kudlow, a former CNBC commentator and Wall Street economist who has long championed free trade, has increasingly defended Mr. Trump's approach to trade policy, including his

threat of tariffs. He did so most recently on Sunday cable news shows, where he defended Mr. Trump's war of words with Prime Minister Justin Trudeau of Canada after this weekend's fractious meeting of the Group of 7 industrialized nations.

Bruce Heyman, a former US Ambassador to Canada, told HuffPost Canada on Monday that he believes this weekend's comments from the U.S. president and his senior advisers are part of an orchestrated campaign to move the goalpost on free trade talks. Donald Trump is picking a fight with Justin Trudeau because he needs someone to blame for failing NAFTA talks, a former United States ambassador to Canada says.

Canada's House of Commons stood Monday in defiance of Donald Trump, denouncing his name-calling tirade against Justin Trudeau and endorsing the prime minister's firm response to protectionist U.S. tariffs and tweeted presidential threats against dairy producers and automakers. MPs of all political stripes unanimously adopted a motion to that effect proposed by New Democrat MP Tracey Ramsey even as Trump continued to rail against what he described as unfair trade policies of Canada and other traditional U.S. allies.

NYT: David Brooks – Opinion “Trump takes every relationship that has historically been based on affection, loyalty, trust and reciprocity and turns it into a relationship based on competition, self-interest, suspicion and efforts to establish dominance. By destroying trust and reciprocity he creates an environment in which he can thrive. It's why he is more comfortable dealing with dictators like Putin and Kim Jong-un than with democrats like Justin Trudeau. He and the dictators are basically playing the same game.”

Running out of things to throw away, David went into the water heater space where he has a metal storage cabinet. From it he extracted an unbelievable trove of curtain mounting paraphernalia. Anybody who has served in the military, trade or diplomatic service knows that the curtains never fit at the next posting. With the new curtains, there was the need to get new hardware. Over time one hordes such stuff “just in case”. The useful, but useless-to-us was dumped.

The weather was just so perfect today. We had bright sun and a nice breeze. We opened the sliding door walkouts upstairs and downstairs to create a nice cross draft. It was just like being at a summer cottage – without the flies and other biters.

At 13:00 the CCC arrived. We had expected the Cuban Cleaning Crew at 13:30 – the three of them did an outstanding job.

David continued to clean out the upstairs computer room, which no longer has any computers, while Louise retired to the studio to work on another woodpecker. She is very sexist in that she only paints the males as their red crest attracts her.

David drove to his dentist at 14:30 to have a notch in a tooth filled – the notch had been scratching the inner cheek. On the way home he returned Captain Bligh to the Toronto Public Library.

CBC: "You can destroy trust within seconds with 280 Twitter characters," said German foreign minister Haiko Maas after Trump announced — by Twitter — that he would not sign the G7 communique, after earlier indicating he would.

"Rebuilding [trust] takes longer," said Maas. "We now must keep cool and take the appropriate steps. One of those will be standing up for our interests in Europe in a much more united fashion."

In a recent poll, just 14 per cent of Germans said they consider the U.S a reliable partner.

Louise organized spare ribs with an avocado salad for supper.

From Netflix we watched Nicholas Cage and Penelope Cruz in Captain Corelli's Mandolin. Corelli is the leader of the Italian invasion force that control the Greek island of Cephalonia. Billeted with the local doctor he falls in love with his daughter, even though she is engaged to resistance fighter Mandras. Slowly, his feelings are returned but their life and love is disrupted when the Italians surrender to the Allies. Should Corelli and his men join with the Germans and continue to resist?

### **Wednesday June 13th 2018**

Weather: Toronto 67F to 76F rain Louisville 71F to 87F part cloud

NYTX: Louise 50 seconds

We took a golf umbrella on the morning walk, but escaped unshowered. We had waffles for breakfast and then the skies opened up with a much needed downpour. Timing is everything.

About 09:45 we left the house and noticed that the robin was sitting on the nest tucked into the southern side garage night light. The robin sat motionless and we pretended to ignore her.

We drove over to Highland creek village to visit "The Framing Dames" where we would get Louise's painting of a swan and signet framed. Hard to do when the shop was not open, and no posted store hours.

We drove on to Home Depot where we returned the very dangerous plaster of Paris that we were going to use for the basement ceiling repair – until we saw a video highlighting how dangerous this substance can be.

Then it was off to Shopper's Drug Mart with its mini post office. Louise bought stamps out of our change purse to mail in her cheque for her estimated quarterly IRS tax filing. David walked over to the bank to buy \$US5,000 to put into his US dollar credit card in order to use the card to pay for an upcoming Road Scholar trip.

For lunch we had a bowl of lentil soup and a tuna salad cheese melt. We discussed the fact that the basement Pub now looked rather sterile. Louise took up the challenge to decorate the space.

Downstairs in the Exercise Room there was a the large framed print of the Royal Canadian Air Force aerobatics team "The Snowbirds". Louise thought there was a wall in the Pub that was quite deserving. When moved it provided the highlight that had been missing. Equally, Louise thought that a rather dark oil painting from the Black Forest would be better overlooking the bar in the Pub. It fit perfectly.

Working off two wins, David decided he could exchange the difficult central vacuum socket in the Dining Room for one much less used in the basement. It took over an hour and some Wonder Words to effect the move.

Louise continued to watch her never-ending series called "The Staircase". Yes, this is a long, slow-moving series. And the subject one would imagine, that is proving the innocence or guilt of Michael Peterson, sinks into the background as the issue of the North Carolina criminal system emerges.

In the afternoon the wind started to blow quite strongly. It started snowing – in mid June – the snow flakes were petals from the Black Locust trees.

T-storms rolled in about 16:30 so we had to unplug. Of course, Microsoft was doing an update so it was a nail biter hoping the update would finish before the box got zapped.

Louise cooked pork medallions on a bed of mashed cauliflower, with a side of asparagus stalks in a shallot and cream-based sauce, seasoned with a bit of mustard powder.

Netflix offered up “America's Sweethearts” with Julia Roberts, Catherine Zita-Jones, John Cusack and Billy Crystal.

“For an awkward, self-conscious girl like Kiki, being the personal assistant to a beautiful mega-star like Gwen isn't easy. But when she dutifully accepts the task of helping Gwen and her estranged mega-star husband Eddie make it through one last public appearance masterminded by legendary press agent Lee Phillips, forever devoted Kiki finds that her job is about to get even harder. At first it seems her challenge is to keep the peace between Gwen and Eddie and their public image intact, but soon Kiki is faced with a more personal concern as her longtime friendship with Eddie begins to take a romantic turn.”

David awarded it his coveted rating of BA (Bloody Awful). Editor's Note: Yes, despite its cast, it was a terrible movie. We have to do better, but we cannot navigate the Netflix offerings well enough to do better. Or maybe there is no better.

It was very blowy overnight and the tree branches thrashing each other in the ravine kept David awake.

### **Thursday June 14th 2018**

We went for a very early morning walk. It was breezy and cool, but quite refreshing. Miss Maisie set up a blistering pace.

When we got back we set out the boxes of donations for Cerebral Palsy. They equalled the GNP of some developing countries.

Weather: Toronto 63F to 73F sun    Louisville 69F to 87F part cloud  
NYTX: Louise 59 seconds    David one minute and 51 seconds

BBC: North Korea will not see any economic sanctions lifted until it has demonstrated "complete denuclearisation", US Secretary of State Mike Pompeo has said.

CBC: Canada's Foreign Affairs Minister Chrystia Freeland, after receiving Foreign Policy's Diplomat of the Year 2018 award, ventured Wednesday onto President Donald Trump's home turf, denouncing his "absurd" tariffs and forcefully arguing for preservation of the world's rules-based order — with or without the United States.

Louise spent some time in her studio painting two more woodpeckers, a downy and a pileated. The extinct ivory-billed is on its last stages, but requires only the deftest of touches at this point. . David

tried to scan old 35mm slides. The old adage GIGO applied.

David then tackled the first of four basement windows that needed cleaning and the draft stopper window treatment reapplied. It was not for the faint of heart – insects get into the cavities and then spiders gorge themselves and their leave waste – ugh!

Louise prepared a chicken salad for lunch.

After lunch we searched the Web for photos of Red Wing Blackbirds. With suitable images in hand, we then looked for Belted Kingfishers.

We looked at several kingfisher photos that David had taken in Peruvian Amazon in July 2012, but settled for more artistic versions. Louise would try to combine a couple of views into one canvas.

In the basement office David had to get a telephone wall socket out of the wall. It had rusted in and air needed to circulate behind the fixture. The retaining screws were rusted shut and resisted the screwdriver. So, using classic bulldozer tactics, David took a steel bit and drilled them out.

Meanwhile, Louise was searching Netflix for material to watch in the evening.

David took over and went back to an old Staff College classic with “Brigadier” Gregory Peck called “Twelve O’Clock High”. It was a story of leadership and man management during the US Army Air Force strategic daylight bombing of Germany in WW2. Veterans of the heavy bomber campaign frequently cite “Twelve O’Clock High” as the only Hollywood film that accurately captured their combat experiences. It dealt with the realities of daylight precision bombing without fighter escort, the basic Army Air Forces doctrine prior to the arrival of long range Allied fighter aircraft like the P-51 Mustang.

We had thin crust pepperoni pizza for supper.

From Netflix the evening fare was George Clooney, Brad Pitt, Julia Roberts, Matt Damon and Andy Garcia in “Ocean’s Eleven”. Dapper Danny Ocean (George Clooney) is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary, the wry, charismatic thief is already rolling out his next plan. Following three rules: Don’t hurt anybody, don’t steal from anyone who doesn’t deserve it, and play the game like you’ve got nothing to lose. Danny orchestrates the most sophisticated, elaborate casino heist in history. Can this be considered a modern day Robin Hood story?

### **Friday June 15th 2018**

We got up very late having spent so much time in Las Vegas last night. We had a cup of coffee and were out the door by 07:15 hrs, late by our standards. Notwithstanding, the usual rabbits and cats greeted us. On the walk, David shot some fresh fruit for breakfast.

David was aching from all the contortionist positions he had adopted during yesterday’s repairs. He had to take the day off to let his lower back recover.

Weather: Toronto 58F to 77F sun Louisville 67F to 90F part cloud

NYTX: Louise 59 seconds David one minute 9 seconds

David has found a new hero. Foreign Affairs Minister for Canada, the Honourable Chrystia Freeland, went back to Washington to restart NAFTA negotiations with Robert Lighthizer, the U.S. trade representative. She was a Rhodes Scholar and speaks Ukrainian, English, Russian, Italian and is conversant in French.

"The truth is that authoritarianism is on the march," Freeland said, citing Venezuela's slipping into authoritarianism and Russia's backtracking.

Even in wealthy Western countries, she said, "we are seeing homegrown, anti-democratic movements ... including white supremacists, nativists and radical anti-globalists."

Foreign actors are working to disrupt and undermine the institutions that liberal democracies depend on — like free elections and trade. And the United States is withdrawing from the multilateral agreements, alliances and trade arrangements that have bound together the world's leading nations in the 80 years since the end of the Second World War.

BBC: On Thursday, International Monetary Fund (IMF) director Christine Lagarde warned that the Trump administration's trade policies were likely to hurt the US economy and undermine the world's trade system. She said a trade war would lead to "losers on both sides" and could have a "serious" impact.

BBC: President Trump has imposed 25% tariffs on \$50bn worth of Chinese goods, accusing Beijing of intellectual copyright theft. The US will impose further tariffs if China retaliates, the White House said.

CBC: China has said it will retaliate against any move by the U.S. to impose punishing tariffs on tens of billions of dollars of Chinese goods. Foreign Ministry spokesman Geng Shuang said Friday that China's response would be immediate and that Beijing would "take necessary measures to defend our legitimate rights and interests."

David spent the morning battling spiders in the basement while Louise Painted . She began a little nuthatch. Louise would like to paint something other, but cannot find a new interest. She believes that one should work in a series, but when is enough enough?

Louise was thinking about installing a utility sink in her basement in Louisville. Louise has a studio in the basement and wants to be able to clean paint brushes etc. David looked it up on the Web and has done this sort of work before. It would be dead simple:

<https://www.thisoldhouse.com/how-to/how-to-install-utility-sink>

Note to File: We do not have Free Trade within Canada.

CBC: by Howard Anglin. "Back in 1865, the worst came to pass when President Abraham Lincoln abrogated the Canadian-American Reciprocity Treaty, an agreement that had seen cross-border trade double in the decade since it was signed. The reasons ranged from American resentment over tariffs Canada had imposed on manufactured goods in 1858, to retribution for British support for the

Confederacy during the Civil War. The result was there would not be another bilateral free trade agreement between the two countries until 1988.

The Fathers of Confederation had learned a hard lesson about the unreliability of international diplomacy and resolved that, if they could not rely on their neighbours, they would at least guarantee Canadian businesses access to the widest possible markets within a new, united country. So, they wrote into the constitution provisions to ensure free trade within Canada, including an explicit free trade guarantee in Section 121 and federal authority to regulate and promote "trade and commerce" across Canada.

Since then the provinces have passed thousands of local trade restrictions, giving us a patchwork country of provincial fiefdoms guarded by regulatory walls that, according to StatsCan, amount to a 7 per cent tariff on inter-provincial trade. The self-inflicted cost is staggering. Economists Trevor Tombe and Lukas Albrecht have estimated that full free trade within Canada would add between \$50 billion and \$130 billion to our GDP each year, or \$7,500 per household."

Editor's Note: David is perhaps a bit too preoccupied with the politics of today. Dear Reader, please hang in there.

For lunch we each had half a simple ham and cheese sandwich.

Then it was off to "No Frills" so that we would not have to grocery shop over the weekend.

David spent time in the basement resurrecting a photo collage that had come unglued. Then it was time to erase the HDD on Louise's old MacBook – we chose the most secure DoD seven pass method. The estimated time to completion was five hours.

The MacBook had been replaced so the old one would go for recycling. The next event in our area is at Malvern Park, 30 Sewell's Road on July 8<sup>th</sup> from 10:00 to 14:00 hrs. David had other electronic waste from his old electronic projects to contribute.

The man who looks after our property came to cut the grass. He told us he would not be cutting as the grass would just turn brown as there had been no rain for about three weeks.

We watched WNET to see Judy Woodruff, Mark Shields and David Brooks on the PBS News Hour. We consider this balanced news coverage.

We had one taco each for supper. We were both trying to lose weight.

We did not settle down for Netflix TV until 20:45 hrs. We watched "Sex and the City", starring Sarah Jessica Parker, Kim Cattrall, Kristin Davis, Cynthia Nixon and Chris Noth. Four years after the earlier adventures of Carrie Bradshaw (Sarah Jessica Parker) and her best gal pals, she and her intermittent lover, Big (Chris Noth), are in a committed relationship. Samantha (Kim Cattrall), having survived cancer, has a monogamous relationship with Smith Jerrod. Charlotte (Kristin Davis) and her husband live on Park Avenue, and Miranda (Cynthia Nixon), now in Brooklyn, feels the pressure of family life.

Watching "Sex and the City" was another almost coincidence for Louise. Just a day or so ago the NYT

had an article about how the young of the 80s had taken this series to heart and been inspired to seek a similar lifestyle in NYC in the 2000s. There were personal comments: some felt it worth while, some were deeply disappointed, and a number moved back home to find the life they needed. One can certainly see how such a visual presentation could affect the young and impressionable. The series was well done, glitzy beyond belief, and full of overcoming the worst to find the best. The clothes the women wore alone were enough to enthrall some of us not so young and impressionable.

### **Saturday June 16th 2018**

Weather: Toronto 59F to 78F part cloud    Louisville 73F to 92F sun

BBC: Almost 2,000 migrant children were separated from their families at the US border over six weeks, officials say. Following a Trump administration crackdown on illegal border crossings from Mexico, adults are being detained, meaning the children with them are removed from their care. The issue is causing a growing political storm in the US.

BBC: Chinese media have mocked US President Donald Trump over plans to impose 25% tariffs on \$50bn worth of Chinese goods, saying "wise men build bridges but fools build walls".

We drove east to the Lowe's store in Pickering. On the list was a water pressure gauge to start the determination of why we have low water pressure within the house. Then it was two white wallboard ventilators to keep air circulating in the walls in the downstairs computer room. Third was the window kit to effect a replacement of the "draft stoppers" on the basement windows that get "bugged" up.

On the way home we stopped into "Lee Valley" to buy the humming bird feeder that we judged the best as a gift for a person in Louisville. We also bought something else that must remain a secret. Louise decided that David needed an upscale German cherry pitter.

Trying to get back home, we ran into streets blocked for the annual Highland Creek Festival. If you have seen it one year, there is no need to return. It is a classic SALY – (Same As Last Year).

We had leftover pizza for lunch. Then David rushed off to test the water pressure. He first tested the outside watering hose beside the flowering yellow and pink roses. He got a healthy 57 PSI. Then he hooked it up right after the basement water meter and got 58 PSI. From the Web he got confirmation that around 60 PSI was good. With some difficulty he managed to get a pressure reading of 57 PSI off the cold water feed into the washing machine.

He then got stumped as the water pressure gauge had a 3/4 inch connection and all the other water hoses in the house are the smaller 3/8 inch size. Checking the Web, he found that 3/4 inch to 3/8 inch connectors are available.

Louise avoided the water pressure madness and went painting in her studio. The nuthatch started to emerge from the canvas.

We took an afternoon break to use the LCD 65 incher to view the slide shows on our website for 2018.

The next project was to install two return air grills at the bottom of two basement computer room walls.

The trick was to find out where the studs were located.

Using his electronic stud finder, David quickly determined that the wall was too dense for that to work. Plan B was to make a WAG and drill a hole in the wallboard. Thereafter, a bent piece of coat hanger wire was used to find the studs. Once located, the plunge drywall saw was used to cut the oblong hole required. Finally, the while plate was screwed to the wall. The second plate was installed in record time since electrical boxes clearly marked the stud location.

After a nap, Louise mixed the marinade for this evening's steak. Then she took Maisie for a short walk.

Supper was steak with Panko'd asparagus spears and a chickpea salad and arugula. .

On Netflix we watch about two and a half hours of Robin Hood, with Russell Crowe, Cate Blanchett and Matthew Macfadyen. In 12th century England, Robin and his band of marauders confront corruption in a local village and lead an uprising against the crown that will forever alter the balance of world power. This was a Ridley Scott film. Louise thought it a bit of an English "Braveheart."

Well, Hollywood did a real job on Robin Hood and Maid Marion. They were barely recognizable.

### **Sunday June 17th 2018**

David was up at 05:30 but the Princess did not get to sleep until 01:30 so remained in the sack until the late hour of 6:30. Maybe too much excitement about Robin Hood . . . .

The laundry tub water pressure was much improved after David had "played" with the fittings. It would appear that there is some sort of "Plumber's Voodoo" involved.

We were half an hour late for the morning walk and over-dressed as it was so nice so early. There was a HEAT ALERT today.

Weather: Toronto 63F to 83F part cloud Louisville 75F to 92F part cloud  
NYTX: David one minute and 44 seconds. Louise failed crossword again today.

Louise made a special 'Sunday Sundae' involving pitted fresh cherries, almonds and vanilla ice cream.

After breakfast David went down into the Pub to start working on recovering the two windows with draft-stopping film. It was very hard on the lower back as once again he had to work with his arms above his head.

Louise was involved with Sunday laundry and was moving slowly. The lack of sleep and the walk a bit too late and too warmly dressed was slowing her down.

Louise went to her studio for some rather exacting brush work as she tried to finish two works.

On the back deck we suspended a raw wooden bird house under the awning and sprayed it with sealing varnish so that Louise could try some tole painting later.

With two of the Pub windows taped and ready for the film, David asked Louise to help. It was tricky trying to place the film on the window without snagging it on the double-sided tape. Together they succeeded in placing the film. Then David fired up his old aircraft modelling heat gun to shrink the film. He forgot that the metal nozzle gets very hot. He touched the film and melted a hole right in the middle. He ripped it all apart to start from scratch.

Feeling a bit down, we broke for a lunch of spring rolls and tea.

After lunch David went down into the basement computer room and installed the second ventilator grill with no problem at all. This room was now refurbished and finished.

Then, feeling the need to vindicate himself, we went back to the Pub and re-taped the blown window. This time he moved very methodically and managed to get the window filmed and shrunk perfectly.

Drunk with success, David completed the second window. However, he managed to cut his finger with the razor blade and bled onto his clean shirt. Success has its price.

So, the Pub was now cleared, cleaned and refurbished.

We watched a great PBS special on the park system Frederick Law Olmsted created for Buffalo and the US side of Niagara Falls.

Supper was garlic shrimp sauteed in butter with shallots and parsley on a bed of creamed cauliflower with stalks of fresh asparagus. It was served with a salad of greens with avocado. We are never going to lose weight if we keep eating these delicious meals.

We went back to Netflix fare to watch "State of Play". Congressman Stephen Collins (Ben Affleck) is a rising star in Washington; handsome, unflappable and seemingly honourable, he's seen as his party's next presidential nominee. Until, however, his research assistant/mistress is found murdered and damaging secrets come pouring out. Journalist Cal McAffrey (Russell Crowe), Collins' old friend, must investigate the murder, and walks headlong into a massive cover-up involving some of the nation's most promising political and corporate figures.