

## **Monday March 26<sup>th</sup> 2018**

David had an absolutely horrible night. He woke up about 02:00 and he was shivering. He ached all over and he felt nauseous. He put on two dressing gowns to try to stop the shivering. He started hallucinating.

About first light we discussed the situation. Louise was not feeling great, whereas David felt terrible.

David was unable to get out of bed – Louise rubbed his back and sides with horse liniment. While it smelled to high heaven of wintergreen, the horse remedy helped a bit.

Somehow Louise kept going and even took Maisie for a morning walk. David stayed in bed groaning about his aches. Louise came back with the first dandelion.

Louise read the contraindications of the Shingrix anti-shingles shot and both of us had them all.

Louise got on the phone to Road Scholar and booked the airfare to Southern Africa in January, 2019. While Louise was on the phone David got the NYTX in two minutes and 18 seconds – Louise got skunked.

Shortly before 11:00 Louise drove the Scion to a medical appointment. From there she delivered boxes to 'Nearly New' (which was closed). On the return Louise stopped in for a second appointment. David meanwhile was in bed desperately hoping that his aches and pains would go away. They did not.

David felt so bad that he had no breakfast or lunch. Finally, about 16:00 he figured a beer would help with any dehydration. A little while later Louise made some popcorn.

Louise phoned her car insurance firm and had the collision taken off for the periods when both vehicles would stay in the barn while we were “overseas”.

BBC: The oldest gun manufacturer in the US, 'Remington Outdoor', has filed for bankruptcy in the wake of slumping sales.

We had a grilled cheese sandwich and half a 'Subway' wrap for supper. We were in bed by 18:30 and slept for 13 hours.

## **Tuesday March 27<sup>th</sup> 2018**

We got up at 07:30, much later than normal. We still ached all over, but the worst effects were subsiding. The injection site on Louise's arm was very red and sore, David's just sore. David had lost three pounds over the past three days.

Weather: Toronto 39F to 38F rain Louisville 54F to 62F rain

David did the NYTX in three minutes and 31 seconds while Louise took only 60 seconds flat.

BBC: Russia has accused Washington of pressuring nations to carry out a mass expulsion of its

diplomats in response to a nerve agent attack in the UK. Foreign Minister Sergei Lavrov accused the US of "colossal blackmail" and said there were "few independent countries" left in modern Europe. The expulsion of about 100 Russians by more than 20 nations is thought to be the largest in history. Russian ex-spy Sergei Skripal and his daughter were poisoned on 4 March.

CBC: A new study involving scientists from around the world suggests there are more than 79,000 tonnes of ocean plastic in a 1.6 million square kilometer area of the North Pacific Ocean, often referred to as the Great Pacific Garbage Patch. That's 16 times more than previous estimates.

Breakfast was fried eggs, toast for Louise, none for David.

About 10:30 Louise dropped into the County Clerk's office to renew her car license tag for the Scion ( just the little sticker). Then we drove over to Costco to return David's pants that had too little rise.

We took Maisie for a walk right after our return. Although it was dull overcast, the rain had stopped. We got some photos of blossoms to cheer up the album.

Then it was tomato soup for lunch. We were both feeling tired and sleepy.

About 17:00 Louise started cooking her shrimp and rice dish. The guests arrived at 18:30 bringing a beautiful pot from Japan. We had the fire logs burning as we chatted before dinner.

At the end of dinner Louise used here hand-thrown bowls to serve dessert.

### **Wednesday March 28<sup>th</sup> 2018**

We woke up at 07:30 to pouring rain.

Weather: Toronto 37F to 47F cloudy      Louisville 56F to 62F rain

David did the NYTX in two minutes and 50 seconds. It took Louise one minute and 30 seconds.

We only had dry cereal and orange slices for breakfast.

CBC: North Korean leader Kim Jong-un pledged his commitment to denuclearization and to meet U.S. officials, China said on Wednesday after his meeting with President Xi Jinping, who promised China would uphold its friendship with its isolated neighbour.

Maisie got a grooming to get rid of her matted hair. She was not happy.

We then set out on a series of tasks. First to the bank to deposit a check, then to Kroger's to pick up prescriptions for Canada, next to Michael's to check for bargains on oil canvasses (there were none), over town to Nearly New to drop off four boxes of donations, a stop at an artsy gift shop called Edenside, where Louise exchanged a pair of earrings, and finally to Preston's to buy canvases and water color. It was raining the whole time so the driving was a bit tricky.

This morning, as we have noted too many times in the past, obesity is now an epidemic in Louisville.

We see young people who are so overweight that you have to wonder how they ever got to be so huge at such a young age. This morning there was a young man in front of us in a queue who was so large that he needed a shopping cart to support himself. The United States could never provide the combat troops that they did in World War Two – there are not enough fit young men.

Back home we had a light lunch. Noting that it was not raining, Louise suggested we go for a walk. It started raining about 100 yards after we stepped out. However, we got a good photo of a dandelion and other blossoms with water drops glistening.

Dinner was a pot roast in a bag that was microwavable. With a splash of horse radish and some asparagus it was great-tasting. We listened to a very good 1989 CD of guitar music by John Williams entitled “Spirit of the Guitar”

Then we tried Netflix, Our first attempt was “Wind River”, a story set in Wyoming involving an Indian Reservation (the Rez). The opening scenes showed a young woman running barefoot across a field of snow. She was subsequently found frozen to death by a wildlife control officer – he called in the feds when it looked like murder. It went downhill from there so we gave up. We don't like these unhappy series.

#### **Thursday March 29<sup>th</sup> 2018**

We slept very well and felt almost back to pre-Shingrix shape. We had slept about ten hours or more.

Weather: Toronto 30F to 42F rain Louisville 59F to 65F Rain

NYTX: David two minutes and 58 seconds. Louise 61 seconds.

CBC: U.S. President Donald Trump fired Veterans Affairs Secretary David Shulkin by tweet Wednesday in the wake of a bruising ethics scandal and a mounting rebellion within the agency, and nominated White House doctor Ronny Jackson to lead the agency. A Navy rear admiral, Jackson is a surprise choice to succeed Shulkin, a former Barack Obama administration official and the first non-veteran to head the department. Trump had been considering replacements for Shulkin for weeks, but had not been known to be considering Jackson for the role.

Breakfast was scrambled eggs and then we took Maisie for a walk before it started raining. If we had looked harder we would have realized it was already raining – it got worse as we went along. Maisie loves to lick the fresh rainwater off the grass – not a good idea because the grounds keeping company spreads per-emergent to stop crab grass.

When we got back Louise drove the Jeep to the parking lot so that we could load the stand-up desk into the van for transport to Canada. We had the van tailgate open and the desk ready for lifting when the grounds keeping guys stopped. They lifted the desk in for us. They left with a very left-handed compliment saying that “Not too many people respect their elders any more”.

Recognizing that the Florida dog bird nesting box was swinging too wildly in the wind, we nailed it to the chimney brick wall. We are hoping this wall is too much for squirrels. Knowing that other birds had nested in the flowering crab apple tree, the green frog Florida bird nesting box was wedged into a

fork in its branches. We hope that the green will camouflage its existence and the frog appearance will keep squirrels away.

Louise took a break from her feverish activity to scare up Thai Penang Ginger Curry Chicken with a side of okra. To cool down our mouths, we had spumoni ice cream sprinkled with nuts.

CBC: More than 14,000 Canadian Armed Forces veterans have been diagnosed with post-traumatic stress disorder as of September 2017, according to Veterans Affairs Canada.

David was still reading the huge 1,000 page tome on Churchill. Roosevelt and Churchill had met in Argentia, Newfoundland in August 1941. The Japanese attack against Pearl Harbor in December 1941 brought the United States into the war.

For supper we went back to the shrimp and rice dish. Louise added some sliced up peppers and onion and fried it all up.

On Netflix we finally watched “Tulip Fever”. Set in the Netherlands in the 17th century, during the period of the tulip mania, the film tells the story of an artist Jan (Dane DeHaan) who falls for a married young woman Sophia (Alicia Vikander) while he's commissioned to paint her portrait by her husband Cornelis (Christoph Waltz). The two invest in the risky tulip market in hopes of building a future together.

The colors of the interior scenes were rich beyond belief while the typical Dutch landscapes were so muted that color was only a suggestion.

### **Friday March 30<sup>th</sup> 2018**

#### **Good Friday**

It was pouring rain at dawn. The wet weather is so dreary. The indigenous Indians refused to camp here in the winter.

Weather: Toronto 37F to 42F cloud Louisville 45F to 53F rain

When got up we found that the front door was open and the kitchen freezing cold. Good thing that Maisie the Watchdog was so alert.

BBC: Good Friday is about to get better for publicans in the Republic of Ireland. Why? Because they can finally toast the Easter holiday with a pint. For almost a century, selling alcohol had been banned on Good Friday - a legacy of Ireland's Christian traditions.

CBC: There's a lot of conflicting advice out there about how much exercise is enough to stay healthy. Should you exercise three to four times a week, run a marathon or do a seven-minute workout with an app from the comforts of your living room? It turns out they all work — even ditching the elevator for the stairwell — to help reduce your risk of disease and premature death, according to new research from the United States.

We had a single slice of Dave's Killer Bread as French toast, sweetened with the last of the Florida maple syrup. We discovered that the best way to warm up a small quantity of syrup is to microwave it in a near empty bottle. If it boils up, it does not overflow and if there is any left over is it easy to pour back into the main container.

BBC: Volkswagen has spent more than \$7.4 billion to buy back around 350,000 diesel vehicles after the emissions scandal. They're being stored at sites across the US on an "interim" basis.

Louise was determined to clean house. When Louise goes into Harridan mode, David and Maisie hide.

For lunch we had brie, apple slices and Major Grey chutney on toasted DKB.

Then Louise drove the Jeep over to the Prospect car wash for a \$5 special to get the salt out of the undercarriage so that the Jeep would not sit and rot for months.

When we got home Louise laid out the garden hose so that the man watching things could water the grass seed that was supposed to sprout. That is when Louise noticed that the outside hose connection was dripping even though it was turned off. Louise was going to call a plumber but David asked for some time to try a fix.

David found the Prier Wall Hydrant on You Tube and saw how to take it apart. It was something David had never seen before. David guessed it was the rubber bib washer on the end of the 12 inch brass tube that goes through the outer wall and into the house. It was a very weird washer that could be ordered on the Internet. David thought that he could find something similar at Lowe's.

We drove over and it took a while to find something that approximated the washer. Louise took the opportunity to buy a dusting broom. On the way home we dropped into the bank to deposit the check for Louise's ten days of jury duty.

Back home David put the wall hydrant back together, three times, and eventually got a tap that did not drip. He looked up the correct Prier replacement part on Amazon. While he was playing plumber, Louise and Maisie went for a walk to make sure the neighborhood was still up to scratch.

Dinner was beef slices, sauteed pepper and onion slices with broccoli and sweet potato.

We settled for the "Gilmore Girls" on Netflix. It was safe, harmless eye candy.

### **Friday March 30<sup>th</sup> 2018**

Weather: Toronto 35F to 45F sun & showers    Louisville 36F to 63F sun & showers

After six minutes David gave up on the big Saturday NYTX.

BBC: The Trump administration has said it wants to start collecting the social media history of nearly everyone seeking a visa to enter the US. The proposal, which comes from the state department, would require most visa applicants to give details of their Facebook and Twitter accounts.

After a simple fried egg breakfast, Louise wore herself to a frazzle getting ready for our trip.

After it had warmed up, we walked Maisie and had two separate chats with neighbors. Maisie patiently listens to every word. We got a photo of a blooming “Tulip Tree”. Then we had a delightful experience when our fearless hunter totally missed Ginger the cat. Maisie spent a lot of time snuffling the grass knowing that her arch enemy was near. Maisie did not look up – Ginger was six feet up on the fence and getting ready to dive bomb.

Before lunch we drove the Scion over to the Prospect car wash for a \$5 touch up.

For lunch Louise cooked a very special omelet with all sorts of tasty add-ins.

By some miracle, Louise has one tulip bulb blooming on this last day of March. Louise did not plant it, probably some squirrel filched it from a neighbor's garden and buried it in Louise's yard as a winter snack.

We ran a last minute check on the Dodge van fluid levels and plugged in the battery tender for the Jeep.

We had pizza and beer for supper and then watch a couple of “Gilmore Girls”.