



Envision: *Looking forward while recognizing the past*

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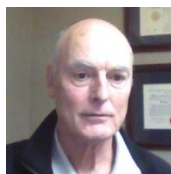
Niten Barua



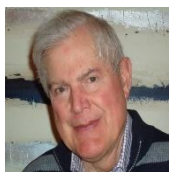
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Bill Landry



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Jim Davidson



Rick Schwartz

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The President's Column

I am extremely honored and humbled to be asked to be the President of the club having been a member for less than two years. As I said in my opening remarks at the AGM, I have only attended two live meetings. As such, I have not had the chance to meet many of you in person. Needless to say, carrying out the responsibilities of the President of a social club without know many of you will be somewhat of a challenge, but I am excited for the opportunity.

This is my first report in the Newsletter as the President. As such, I would like to tell you why and how I joined Probus Club of Old Oakville and then I would like to touch upon how I plan to carry out my responsibilities and my goals for the club.

Like many of you, I was meaning to join an organization post-retirement where I could meet new people and get involved in some activities that interest me. Someone mentioned the Probus, and having looked at Probus clubs around the area, I identified that the Probus Club of Old Oakville would be of interest to me. It has some intriguing activities, namely, playing Pool, Dinner Club and Investment club. I then phoned David Underwood who was the contact person for membership. David was very warm and friendly and invited me to come to a meeting as a guest. I felt quite comfortable in my first meeting. After these positive experiences, I decided to join the club in November 2019. Unfortunately, COVID started in February/March 2020 and things obviously did not proceed as I had expected.

(cont'd from p. 1)

Nonetheless, in addition to attending monthly virtual club meetings, I have been attending the investment club meetings and the pool group lunch get-together off and on. I also offered to join the management committee after receiving the interesting email from Curt Allen about the dire situation of the club.

I have been a member of the Management Committee since September 2020. I joined the club as a complete outsider and now I feel pretty comfortable. To sum up, my experience to date with Probus Club of Old Oakville has been quite positive and I look forward to continuing that trend.

Now what are my expectations for the club for the coming year? As I said in my opening remarks after being elected as President, if there is one thing I would like achieve during my tenure it is to make the club a warm and welcoming place. Obviously, this depends quite a lot on the COVID situation, as it is much harder to achieve this objective if we cannot meet in person. One thing is for sure, we are not going to be in a lockdown situation forever. One way or other things will start opening up, and we will be able to return to normal social activities in some form. We have no clear idea on the timelines, but I hope this to happen within the next 3-6 months.

Once we are able to start some level of socializing, I will make sure that we bring back most of the normal club activities as soon as possible. To that end, I have noticed that we are a very vibrant club as demonstrated by the 12 different subgroups. It is my observation that the team leads for each of these subgroups are very passionate, dedicated and capable. Hence, I do not foresee any serious challenge to bringing back regular club activities. Most of us should be able to find some additional activities within the club aside from attending the monthly meetings. Some the groups have started

activities as restrictions have been gradually lifted. There are club level activities, such as breakfast, dinners and celebrations. I will make sure that the management committee is focused on moving forward with all possible activities as soon as we are allowed to do so. I will emphasize the importance of increasing social interactions at club level activities.

Finally, I welcome feedback and input from all members as I hope to make the club a lively and vibrant place. I look forward to working with all of you to make sure that we continue to have a successful club.

Niten Barua, President

October Speaker

At our meeting on October 6, our speaker will be David T. Chapman, who will regale us with tales of “Storm Chasing in Ontario.” It will surely be a highly interesting topic, accompanied by spectacular photos. If anyone would like to get a preview of his photography, check out his website at:

<https://www.davidtchapman.com/apps/photos/album?albumid=16220705>

November Speaker

Our November speaker, for our meeting to be held November 3, will be Lloyd McCoomb, a Probus Old Oakville member, and past CEO of the Toronto Pearson Airport. His topic will be: “Lessons from a Mega-Project: The Toronto-Pearson Project 1998 – 2008.”

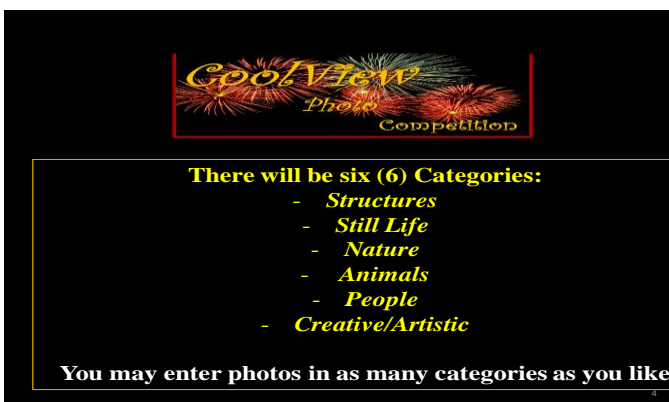
A speaker for our December meeting is currently being lined up.

CoolView 2021 Photo Competition



Once again, the photo competition is back on! Ron Thornbury, and his esteemed panel of anonymous judges, will be accepting entries until our December Probus meeting, with judging to occur during early 2022. Prizes will be awarded. The goal is to have ALL members of Probus enter images – most of you are carrying a camera with you all the time, built into your cellphone. If you have taken any pictures with your phone that you think are nice, please submit them.

There are six categories of photos (you choose which category you would like your particular photo to compete in), and standards based on whether or not you are a casual photographer or a serious amateur, like members of the Probus Old Oakville Camera Club. Your photos can be submitted as they were taken by your phone or camera, or manipulated with post-production software such as Microsoft Picture Manager, Adobe Photoshop, or a myriad of other programs.



MEMBERSHIP COMMITTEE REPORT

After 19 months of pandemic restrictions, our Club is strong and healthy and has a roster of 108 members. An updated membership list will be sent to all members in October.

The rollout of Covid-19 vaccines in our community brings optimism of a return to in-person meetings, interest clubs and special events.

We have one new member since the June Newsletter, **Jim Tourangeau**, who joined in July 2021. His sponsor is Hugo Kamerling. Jim worked in the electrical world in the management of electronic manufacturing. Some of his interests are antiques, classic cars and gardening. Club activities he hopes to join are Golf, Dinner Club and Investment Club.

We were sorry to hear of the passing in July 2021 of **Bob Stone**, a Charter member of our Club for the past 25 years.

Also in July, we lost **Bill Titgemeyer**, a member since 2010 and popular participant in our Dinner Club.

In more normal circumstance, with “Snowbirds” away in the winter and “Cottagers” away in the summer, we normally have a turnout of a little over half the membership at our monthly meetings. Many of you will already be aware of this but we have now convened 13 monthly “Zoom” meetings since September 2020, and our already good experience, although still not like “the real thing”, continues to get better each month. These meetings feature excellent speakers. In fact, our attendance is about the same percentage that it was for our normal meetings.

I just wanted to point out that with Zoom meetings, you can actually “attend” from Florida or Muskoka just as if you were sitting in your office or kitchen here in Oakville. Please contact me directly if you didn’t realise how easy attending our monthly meetings can be and would like to try it out. Several of us are ready and willing to do some Zoom testing with you to make sure you are ready for our next meeting in July. If you prefer, of course, Rick Schwartz makes a “Recording” of each meeting and sends out an email to us all with a “hyperlink” to the recording. If you simply click on the hyperlink, you can see and hear the whole meeting.

As a separate issue, we do like to recognize birthdays at our monthly meetings and someone usually lets us know if he is aware of any of our members’ birthdays but I note that our records really should include our birthdates but somehow have been missed out. A couple of years ago we amended our membership application form to include this information, but our legacy records have not been updated and I would be grateful if all of you who joined before 2019 would be kind enough to send me an email johnlynda@cogeco.ca with your birthdate so we can make sure we don’t miss anyone going forward. If any of you are aware of any members who don’t use email much and are aware of that member’s birthdate, please don’t hesitate to step in and help out by sending me the information.

I extend my sincere thanks to Roger Sanders and John Williams for their valuable help with our Membership Committee.

We encourage all members to promote the benefits of joining Probus to their friends and acquaintances.

John Bond

Membership Committee Chair

Activities

submitted by Hugo Kamerling

Dinner Group: After a long suspension due to Covid, the first “live” Dinner Group meeting took place in Piatto Bistro on August 19, when 16 participants enjoyed a great dinner, celebrating that finally we could come together again.

Dinner meetings are normally organized every 3rd Thursday of each month, although September was an exception in our schedule, when no dinner meeting took place. The next meeting will be on October 21 in Trattoria Timone, hosted by Curt and Suzanne Allen, followed by a scheduled meeting on November 18 in Casalinga, Mississauga, hosted by Alan and Dianna Ellis.

The Dinner Group meetings are open to all Probus members and their spouses, space permitting, as determined by the host of the evening. In this respect, please note that the October 21 evening is already fully booked.

All guests must be fully (double) vaccinated and proof of vaccination must be shown at the door.

Bridge: The bridge group will start playing again in the month of October, after a long suspension because of Covid. At present only 5 couples have shown interest and therefore, if you like to enjoy a nice bridge game (at the house of one of the players), please contact Peter Morris urgently.

Golf by the Probuster gold group: every Wednesday at The Oakville Executive Club. After a very nice golf season, with no suspensions because of rain, our luck ran out on September 22, when heavy rain storms resulted in cancelation of the game. There will be three games left for this season: Wednesday September 29 a.m., October 6 p.m. and October 13 a.m., which will be our closing game for the season. We hope to be back next season at the same course. For further information, please contact Hugo Kamerling.

LAG (Living Alone Group): Every Friday morning Zoom meetings. One of the members celebrated his 93rd birthday in mid-September, Ivor Mansell. Great fun to get together, even on Zoom. If interested, please contact Ron Thornbury.

Camera Club: Latest (Zoom) meeting was on September 24. Members review photos submitted by the members and have discussions about various topics covering photography. A great way to improve on your photographic skills. Meeting every 1 to 2 months. If interested, please contact Ron Thornbury.

Lunch & Pool Update: On 29th of June four of us decided to investigate Monaghan’s large courtyard patio which was almost full it was the day of the European soccer match between England & Germany! The TV’s outside were so loud it was difficult hold a conversation. The following weeks were much quieter; up to 12 of us attended.

After Ontario moved to Step 3 it was very hot & humid at noon so we moved inside for a few weeks. The pool tables are open at no extra charge. We drank a special toast in memory Bill Titgemeyer, our good friend and long time member of the group.

We then decided it was too nice to be inside and moved to the smaller shaded patio with a canopy in case of rain where we’ve been for the last four weeks and will continue until the cold weather comes along and drives us inside. We are glad to have our new President, Niten Barua, as a regular member along with four Past Presidents.

Any member is welcome to join us on Tuesdays at noon at Monaghan’s, Marlborough Court (opposite Sheridan College). Contact St. John at stjohn.blakeley@sympatico.ca for any more information.

Birthdays

Don Finan celebrated his 90th birthday, also in September, by beating his age with his golf score at Carlisle with the Duffers golf group.



Ivor Mansell celebrated his 93rd birthday in September, this time by paddling the Humber River with his daughter for 2 hours. This family tradition has long roots, as Ivor sent me a photo a few months ago of a project he completed in 1972 – he built kayaks for the family.



Special Events

First of all, a big thank you to all of you that responded to our mini survey regarding the potential event recognizing our twenty-fifth anniversary and a Presidents' luncheon.

While the results indicated many positives towards hosting this event there were sufficient concerns around safety as well as the event cost to suggest that we should delay this at this time.

As a committee we will continue to plan for opportunities to move forward with special events in the near future with a focus on member safety while respecting costs associated with these.

Be assured that you will be hearing more from us in the very near future as we move towards the end of this pandemic and safely meeting once again, hopefully well before spring.

Jim Davidson

And now for a bit of humour:

A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old canons and laws of the church, by hand.

He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the Old Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, says, "We have been copying from the copies for centuries, but you make a good point, my son."

He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives, in a locked vault that hasn't been opened for hundreds of years.

Hours go by and nobody sees the Old Abbot. So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the **R**! We missed the **R**! We missed the bloody **R**!"

His forehead is all bloody and bruised and he is crying uncontrollably.

The young monk asks the old Abbot, "What's wrong, father?"

With a choking voice, the old Abbot replies,

"The word was ...

CELEBRATE!"

July Guest Speaker

Dr. Stuart Edmonds, Executive Vice-President of Mission, Canadian Cancer Society

New Developments in the Diagnosis and Treatment of Prostate Cancer



Stuart joined the Canadian Cancer Society (CCS) in February 2020 following the amalgamation with Prostate Cancer Canada (PCC). As Executive Vice President of Mission, he oversees the Research and Advocacy teams. He has held leadership roles at several national cancer research institutes and government agencies and holds a Doctorate in pharmacology from Oxford University.

The key points from the presentation were, Prevalence, Diagnosis and Treatment of Prostate Cancer.

Prevalence: Prostate Cancer is the most common cancer in men in Canada. On an average everyday 63 men are diagnosed and 11 men die from the disease. 1 in 9 Canadian men will be diagnosed with prostate cancer. If prostate cancer is detected early meaning if the disease is local or regional, 5, 10 and 15-year survival rates are, 100, 98 and 96 percent respectively. The 5-year survival rate is 28% for metastatic prostate cancer. When the disease is metastasized, it spreads to lymph nodes, bones or brain.

Diagnosis: Most cancers are initially recognized either because of the appearance of signs or symptoms or through screening. Screening aims to detect cancer before symptom appear. This may involve blood tests, urine tests, other tests or medical imaging. Prostate-specific antigen (PSA) test which is a blood test and, Digital Rectal Exam (DRE) are initial tests for detecting prostate cancer. Neither of these leads to a definitive diagnosis. PSA test is very good in detecting abnormality with the prostate. But it does not indicate that there is a cancer in the prostate. People with suspected cancer are investigated further with additional medical tests. Two most common tests are, TRUS Biopsy (Trans Rectal Ultra Sound) and MRI. Biopsy is effective but not perfect. Recently a phase 3 study was conducted to address the following questions: if an MRI before biopsy, can increase the number of significant cancers detected, decrease diagnosis of insignificant cancers and reduce number of biopsies. Results showed decisively that MRI together with targeted biopsies offer patients a less invasive procedure, the chance to avoid a biopsy altogether and can help avoid the over treatment of clinically insignificant prostate cancer

Treatment: Prostate cancer treatment depends on the stage of the tumor. In the initial stage when the cancer is slow, not progressing, asymptomatic/non-metastatic, no treatment is required. The disease is regularly monitored which is also called “Active Surveillance”. The next stage is a localized disease, when it is limited to the prostate. The treatment options at this stage are, Radical Prostatectomy, External Beam Radiation, Brachytherapy or localized radiation. Many new radiation therapies are under investigation. If the disease is metastasized, which be determined by bone scans, MRI or CT scan, there are two relatively new drugs, Zytiga and Xtandi and they are found to be very effective. In addition, there are other chemotherapy options. A lot of new drugs in the areas of radioligand therapy and immunotherapy are under development. These new drugs are expected to improve prostate cancer treatment further.

Summary of questions and answers: It is not true that the chances of getting prostate cancer diminishes with age. We all will get prostate cancer if we live until age 150. It is still possible to get metastatic prostate cancer despite normal PSA test and DRE. But it is not common. Some of symptoms of prostate cancer are, blood in the urine and back pain. PSA is not going remain low if there is a cancer. The rate of increase if PSA is warning signal. A negative MRI test is not necessarily indicative of no cancer. The assessment should be based on review of all the parameters.

August Guest Speaker

Dr. Calvin Gutkin, Executive Director and CEO, The College of Family Physicians of Canada (retired)

"Our COVID healthcare pathway and where to from here?"



From 1985 to 1995 Dr. Calvin Gutkin, a family physician, served as Head of Emergency and then Chief of Medical Staff of Credit Valley Hospital. He then held the position of Executive Director and Chief Executive Officer of The College of Family Physicians of Canada (CFPC) for 17 years.

Dr. Gutkin was a physician for Ontario and Canadian Special Olympics and the Toronto Youth Athletic Club which helped disadvantaged boys. He completed three terms on the National Board of The Michaelle Jean Foundation and is currently a Board Director with Writers Collective Canada a charitable organization that provides creative writing workshops for marginalized and underserved populations. He has published numerous articles and presented keynote and other addresses at meetings across Canada, in the United States, and abroad.

Dr Gutkin is currently a Board Director at CarePoint Health a new patient-centered integrated care centre in Mississauga. He is also on the Governing/Collaboration Council of the Mississauga Ontario Health Team - the Ontario Government's new governance model responsible for the oversight of health care services in each region.

Dr. Gutkin's talk provided us with a view of what has happened to our health care system in Ontario over the past 3 decades or so, and the impact of those changes on our ability to respond to the COVID pandemic.

He began with describing an event from the 1980's, the sale of Connaught Laboratories to Sanofi of France. Connaught had a storied history as a key element in the development of insulin by Banting and Best, as well as one of the sites heavily involved in the Salk polio vaccine. Why the sale of this asset is important in the COVID environment is that countries that have been hosting and supporting R&D and vaccine production in their countries had favoured access to COVID vaccine production. Recently, it has been announced that the Federal Government has struck a deal with Sanofi to build an R&D and production operation in the Toronto area.

In the 1990's, there was the Ontario Healthcare Restructuring Commission, chaired by Duncan Sinclair. It was challenged with looking at the whole health care delivery system, including hospitals, long-term care, primary care and home care, with a view to recommending changes to improve delivery. Recommendations included hospital consolidation along with moving more care into the community. As it happened, hospital restructuring did occur, including a loss of beds overall, but investments in the other aspects of restructuring did not occur. As Dr. Gutkin described it, cherry-picking was the order of the day with the result being that there was a decrease in acute-care hospital beds, and so an already tight situation became that much tighter. These changes continue to affect us to this day. When a surge such as a normal flu season brings, hospitals are bursting at the seams. Canada has a very low ranking in terms of hospital beds per capita.

Long-term care has been very poorly resourced. During the onset of the COVID pandemic, they were the site of the greatest surge of infections; the result was that 80% of deaths occurred among residents and staff of LTCs during the first two waves.

Also in the early '90's, there was a national commission resulting in what is known as the Barer-Stoddart report. Its conclusion was that Canada has too many physicians, and so recommended that we reduce the number of places in medical schools by 15%. Not surprisingly, this led to a significant doctor shortage. About 50% of physicians are family doctors, and we went through the period where it was almost impossible to find a family doctor. And because of increased workloads and the inability to do a good job, many doctors retired. By 2004, it was finally agreed to reverse direction and train more doctors. But it takes a long time to recover from this type of shortage, and the effects linger. There really were no resources available to handle the COVID crisis, but it had to be done anyway. We are still paying the price for the decision in the early '90's.

Meanwhile research has shown that there are better medical outcomes to be had when there is a strong family physician – patient relationship. It is recognized that we need new models of practice, because a small practice cannot do it all. Teams of family doctors supported by nurses, nurse practitioners, mental health workers, occupational therapists, physical therapists and clinical pharmacists, all linked together working in one facility on behalf of the practice’s patients will be more efficient and work better for both the providers and the patients. The College of Family Physicians introduced a concept called “Patient’s Medical Home” which provides integrated and coordinated care. Surveys showed that 85% of potential patients surveyed responded positively to the concept. It was accepted at the Federal level in 2010; versions have sprung up in several provinces. Dr. Gutkin is a board member of one called Carepoint Health in Mississauga, which is a 30,000 square foot facility with the elements described above, along with some specialists also having office hours in the same facility. Meanwhile, Ontario’s Local Health Integration Networks (LHINs) have been replaced with Ontario Health Teams, so there may be some recognition that this model is the way forward.

Back to COVID – one issue is the relatively slow rate of vaccination. Dr. Gutkin speculated that this may be because the public is much more informed than they would have been 100 years ago, but since the science is evolving, it is leading to confusion in the messaging. Another issue is the abysmal failure to test and contact trace. If you can do that, you can isolate infected people and suppress the spread. It is difficult to do, but apparently most jurisdictions had no plans as to how to do it, and many, including many states and Alberta have given up trying. This is concerning given the rapidity with which mutations can arise.

As hospital beds have filled up with COVID patients, other services have had to be curtailed, clearly detrimental to the health of non-COVID patients. ICUs have been expanded into other wards to meet the demand. Along with this are conspiracy theories circulating that the whole thing is a hoax, and moreover, that the vaccines are dangerous. Dr. Gutkin made the point that no vaccine will be 100% effective, but that the COVID vaccines are excellent. COVID is becoming a disease of the unvaccinated. THEY are THE risk to the rest of us because they will be the breeding grounds for new mutations, which current vaccines may not be as effective against. And vaccinated people may be asymptomatic but able to infect others. We will probably need masks and social-distancing measures for quite some time. However, the good news is that vaccinated people will likely have a much smaller viral load even if they are infected, so less likely to pass it along to others, such as unvaccinated children. It is likely that we will need a booster, perhaps something that is formulated to be more effective against variants. However, there is not yet a policy covering if and when a booster is required.

September Guest Speaker

Wendy Belcher is a volunteer at the Oakville Historical Society and leader of Oakville Ghost Walks. She leads “ghost walks” in downtown Oakville in October every year.



The History and Ghosts of Oakville

Wendy presented her talk as the character Esther Silverthorn Thomas, born 10 May 1806, died in 1891. She herself is a visiting, not haunting, ghost. Staying in character, she related the history of Oakville through the eyes of Esther. When returning to visit, she usually visits her sister Rebecca, who became the wife of William Chisholm, the founder of Oakville. Esther married Merrick Thomas, a man who worked in a shipbuilder’s company. They lived in Thomas House, currently located in Lakeside Park. Oakville was one terminus of the Underground Railway, which helped fleeing American slaves escape. One mariner, Robert Wilson, took loads of lumber to Rochester, and

returned with smuggled slaves.

Esther took us on a tour of some of the historic houses and buildings in Olde Oakville with stories of each, often about ghosts that live there. The Granary, the small stone building in front of the condo of the same name, is built of stone, but Oakville has no quarry. The stones were gathered from the bottom of Lake Ontario using an invention of a

freed slave, Samuel Adams (who lived in Bronte), the stone hook. These were used by “stone boats”, thus the name of the restaurant that used to be on Bronte Road.

The Oakville Club was a granary until 1908, when it became the club.

Esther had lots of ghost stories: a figure seen at a bar in the old Murray House hotel, that disappeared when spoken to; a mysterious playing piano in Captain Anderson’s house (it was not a player piano), doors opening and closing on their own; a woman picking flowers outside Erchless estate that disappeared; footsteps of Christopher Columbus Lee, the butler there, who has stayed in the house along with a couple of children that can be heard playing; a figure in a long black coat in the house that when asked by historical society members, who were having a meeting in the house, how and why he was there, just disappeared through a wall.

The Oakville Centre for Performing Arts also has a resident ghost called Alice. She tends to haunt the backstage areas and doesn’t like new technology. She has been credited with making equipment fail time and again, even after it has been sent out for repair. The Abbey (now the Golf Hall of Fame at Glen Abbey Golf Course) also has a ghost. Staff there have fluffed up a chair in front of a log book, and have come back to find an indentation in the cushion and the log book open. One staffer has reported seeing the pages of the log book flip over on their own.

Some questions were asked and answered by Wendy at the end of Esther’s talk. One related to the basket factory that was where the Oakville GO station is now. At one time Oakville was the strawberry capital of Canada. Throughout, she did a nice job of promoting the work of the Oakville Historical Society, and differentiated it from the Heritage Oakville Advisory Committee, which is responsible for approving changes to the exteriors of certain designated properties in Oakville.

For more information about the Oakville Historical Society and this year’s Ghost Walks, please click here: <https://www.oakvillehistory.org/ghost-walks.html>

The Last Word

Submitted by Tony Last

One day I accidentally overturned my golf cart.

Elizabeth, a very attractive and keen golfer, who lived in a villa backing on to the golf course, heard the noise and called out.

"Are you OK, what's your name?"

"It's Tony and I'm fine. Just a little shaken up and thanks" I replied.

"Tony, forget your troubles. Come to my villa, rest a while and I'll help you get the cart up later"

"That's mighty nice of you" I answered, "but I don't think my wife would like it."

"Oh, Come on" Elizabeth insisted,

She was very pretty, very sexy and persuasive and I must admit I was weak.

"Well OK," I finally agreed, and added "but my wife won't like it."

After a restorative brandy and some restorative putting lessons, I thanked my host. "I feel a lot better now, but I know my wife is going to be really upset"

"Don't be silly" Elizabeth said with a smile, "She won't know anything. By the way, where is she?"

"Under the cart!" I said.

