

## Trying To Stay Cool

Written by  
Friday, 21 July 2006 16:00

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We are in the middle of a major heat wave again and it is not just very hot but we are having some humidity as well. Though Mission is only 65 km. west of Vancouver, the temperature can vary by as much as 7C (about 14F), with the hotter weather being here. With no air-conditioning or breeze and little relief overnight (though it dropped to 21C (69.8F) last night), it sure doesn't take long for the house to get hot. Today Rick and Ian hung a new ceiling fan in the living room (the motor had seized in the original one) which made a significant change in the comfort level.

While Ian and Rick hung the fan, Karley was tending to Monet so Makai and I went shopping. (Having a curious toddler in the house when a ceiling fan is being hung from a 20 foot ceiling is a little trying to say the least!) First we went to a local produce store and then we headed to Save-On Foods which was nicely air-conditioned. They have great shopping carts for kids (the child-seat is concealed in a mini-car with a steering wheel) and we walked around picking up groceries without being distracted by candy displays and other items placed where kids can't help but want them. By the time we returned the ceiling fan was up and Makai was pooped from our venture and ready for his nap.

This afternoon Ian's university roommate (now a physician from North Vancouver) and his wife and children came for a visit and dinner. Makai was mesmerized by the older children, a boy and girl (8 & 5) and played happily for the entire visit. The heat and humidity was quelled for a while in the backyard with the sprinkler and wading pool but there was little relief for Monet. Fortunately Karley was able to take her and bask in the cool of the air-conditioned Moho periodically, making them both a lot more comfortable. The forecast is calling for slightly cooler temperatures for the next few days which should hopefully make things more bearable for the little ones. We aren't complaining but we could really do without the humidity; it's something we expect in Ontario but would be happy to do without here!

Here is poor little Monet, wearing as little as possible trying to beat the heat!