## Happy Canada Day, Eh?

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It is Canada Day and we are enjoying some fabulous weather so today Rick and I decided to go for a motorcycle ride. Ian was home to help Karley with Makai and she was showing no signs of going into labour, so it meant we could safely go away for a few hours. We had a dinner invitation at Carmen and Juergen's, the neighbours across the street, for 5 o'clock but that still gave us plenty of time for a nice cruise.

We initially planned to go to Golden Ears Provincial Park and even though we were both watching for a sign, somehow we must have missed a turn. Anyway, we ended heading to Vancouver instead where we cruised through Stanley Park, rode along the shoreline in English Bay and motored around Kitsilano Beach. With the gorgeous weather folks were out everywhere enjoying the Canada Day festivities at various venues. It was a perfect day with moderate traffic and we really enjoyed being out on the motorcycle again.

Our dinner hosts, Carmen and Juergen prepared a feast fit for royalty; penne with a smoked salmon cream sauce, Greek salad, grilled rosemary potatoes and (for the carnivores), BBQ'd steak and marinated pork loin with mango chutney. Juergen is a chef and Carmen once received a scholarship for her culinary skills so you can only imagine how spoiled we were! Ours was a really great Canada Day and between the weather, the company, the food and the scenery we feel especially fortunate to be Canadians today!