

### Islanders at Work

## Males outnumbered in Fulford mail

BY FRANK RICHARDS

It's women's lib in postal affairs. At least, the men are outnumbered when it comes to the mail handling at Fulford.

Postmaster is Postmistress Jean Hollings. The only staff I met were Joyce Lampier, setting out on the rural route and Elsa Fraser, who was filling in for Joyce, who was filling in for her husband, George.

It wasn't always that way. Once upon a time George Lampier, veteran of the Canadian Army, took over as postmaster from the late Percy Jones. He assumed the office and responsibilities and Mrs. Hollings continued to serve as his right-hand man.

Then George looked with longing at the rural mail delivery and relinquished his duties in favour of delivering mail. Mrs. Hollings stepped into his office and became the postmistress.

That was nothing new. Her grandmother was postmistress in a small village in Buckinghamshire, in England. In fact, her cousins in England have volunteered to fly over and help her out any time she needs help sorting the mail. They have done it so often, it's old hat to them.

In no sense is the Fulford Postmistress a newcomer to the island. She has only been here 34 years. Newcomer? She's worked in

the post office for 15 years!

Today, she is the post office personified. A familiar face in the office, she spells "Post Office" to the majority of its patrons.

Her husband, Fred, is retired, but she is not looking to a life of leisure yet awhile. She enjoys meeting the public and solving their problems. She enjoys the efficiency of a good postal service.

When George relinquished the duties of postmaster and took over the responsibility for mail delivery from Fulford, he was following a long list of efficient mailmen. The last man to serve that route was Frank Pyatt, who delivered mail out of Fulford for 50 years, first by

horse and wagon, then by Model T and finally by more modern means.

On Saturday, George Lampier was not at work. His route was being covered by his wife while he went to Ganges to the Farmers' Market.

"Sold everything," he reported. He explained he had disposed of about 50 dozen corn, in addition to other produce.

In the meantime Joyce Lampier and Jean Hollings were doing the post office work, hauling bags of mail from the little mail truck to the picturesque post office at Fulford wharf. Joyce Lampier is a happy

veteran of the Women's Auxiliary Air Force. She and George are a veteran couple.

Fulford mail is delivered each morning as the mail truck, operated by Salt Spring Island Freight Services, comes off the ferry at about 10 o'clock. By the time the truck is delivering mail at Ganges, the Fulford staff have nearly finished sorting and George Lampier is itching to get away to the rural homes.

The ivy-clad post office at Fulford is among the most attractive government offices in the province.



JEAN HOLLINGS and Joyce Lampier hump sacks of mail from the truck to Fulford Post Office.



IVY-CLAD post office is Fulford landmark.



RURAL MAIL, courier George Lampier is selling produce.

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## Breathing 'the dust'

BY DR. BOB YOUNG

While not as final as "biting the dust", breathing the dust can cause considerable distress to people with allergies.

Most people are aware of the importance of pollen in causing hay fever. Less well known is the frequent involvement of mold spores, or 'seeds', in causing nasal allergies.

Molds are a primitive form of plant life, and are distributed widely. Perhaps the molds most familiar to most of us are those found on a forgotten piece of bread at the back of the bread-box, or the mold that occasionally greets us when we open a jar of home-made jam or jelly.

Molds are essentially harmless, except for their spores. These can cause allergic reactions in susceptible people. The reactions may be mild to incapacitating. Many people who think they are allergic to house dust are really allergic to the mold spores in the dust.

Dampness is the single most important promoter of mold growth. A person allergic to mold spores should make every effort to 'mold proof' his home or living quarters. Beginning in the yard, the landscaping should be examined. If the house is heavily shaded by trees or shrubbery, dampness is encouraged and molds may grow. The lawn, particularly when uncut and wet in the spring, and accumulations of fallen leaves are other moldy areas.

Mud rooms, bathrooms, and laundry areas may require attention. The grout between tiles around a shower is a favorite home for mold. Corners around sinks and

tubs also should be checked for collection of moisture. Clothes driers should be checked for collections of moisture. Clothes driers should be vented to the outside, and laundered clothes should be

dried immediately. Finally, potted plants may harbor mold in their soil, and even dried flowers may contain mold and spores between their petals, not destroyed by the drying process.

If your nasal allergy is due to mold spore sensitivity, your first step should be to scrutinize your house, dehumidify it, and eradicate all constantly damp areas.

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