

Safety tips for women while travelling

On Wednesday, June 13th, Wallacetown WI hosted an evening to make women more aware of their surroundings while traveling alone day or night.

Constable Caroline Kennedy from the Middlesex County OPP was the speaker. She has been an officer for 7 years and now goes to the schools and throughout the community to help educate and inform of the dangers that can happen not only in the cities but also in small communities. With her was Sarah Redfearn, executive director and organizer of the Victim Services of Middlesex County, who now works side-by-side with the OPP.

A video "Highway Help Program" was shown. Being stranded is a frightening and potentially dangerous situation, more so with women either alone or with children, but remember it can happen to men as well.

Be prepared and know the dangers around you.

You can buy a "Call Police" sign. This hangs on your window to tell passing motor-

ist you need help. It can be seen from both directions day or night, and in rain, snow and with tinted windows. Nowadays it is safer for everyone to simply call on their cell phones to assist another. They must first know that help is needed, then feel comfortable doing so. If you become stranded follow these tips:

Pull vehicle completely off the road and lock your doors, keep your windows up if and when you are approached by anyone and never roll your window down more than an inch to speak to someone; turn on your emergency flashers; hook the sign on the window and roll up; remain in the vehicle until police assistance arrives. Never get out or lift your hood as you are putting yourself at risk and obstructing your view of traffic; wait for professional help, it may cost you but you will be safer in the long run. When you see a sign in use, please do not stop. Call the police with the location and description of the vehicle. They will then send assistance.

The second video "Travelling Alone" had many helpful tips. Whether you are out day or night, shopping or on a business trip always do a circle check of your vehicle

remembering to look under your vehicle. Keep your doors locked and your windows up, have your keys ready before you go to your vehicle, check behind the seat before you get in. If travelling alone make sure someone knows the route and location you are staying at. Be sure you have gassed up and have a map with you all the time. Know your location. If you get lost you can inform the police of your whereabouts.

Fifty percent of the travellers are women. If you feel uncomfortable in any situation always use your gut instinct, fight for your life and never trust anyone. A helpful tip if an accident has occurred. You can leave the scene, but go directly to a police station for help. If you have a flat tire and feel in danger, drive on the tire, so what, you have to replace the rim, money means nothing compared to a life.

When staying alone in a motel or hotel, use the services offered to you like parking valets and luggage attendants. Have your room checked before you are left alone, and always make sure your phone is working.

Don't open the door to anyone until you check their credentials with hotel management. There are safety devices you can buy to put on the door to protect you while in your room. Buy a whistle, the more noise you make the better and carry a cell phone. Little things can save a life or simply give you more time, never trust anyone.

Offering emotional support, practical assistance, information and referrals are the services supplied by the Victims Services Organization. It can help after the police have taken all the information required in any case and are there for you to help overcome any incident which may happen, whether it be fire, abuse, sudden death, property crime, the trauma of victimization, suicidal persons



SAFETY TIPS FOR WOMEN – OPP Constable Caroline Kennedy (centre) was guest speaker at the South Dunwich Hall in Wallacetown last Wednesday, sponsored by Wallacetown Women's Institute. Darlene Ford (left), institute member, thanked the speaker, while looking on is Sarah Redfearn, executive director and organizer of the Victim Services of Middlesex County, who works side-by-side with the OPP.

and crisis intervention. It is volunteer, and police clearance are a requirement. Members have 40 hours mandatory

training as set out by the Ministry of the Solicitor General, and they have on-going monthly training sessions.

Draws were made on items donated by the OPP. The WI members also had draws on a loonie table. A light lunch was provided.



Photo taken by Helen Van Brant
64

SAFETY TIPS for WOMEN TODAY

with

Constable Caroline Kennnedy
Community Service Officier – OPP

Wednesday, June 13

Opens 6:30 – Speaker 7:00 P.M.

Wallacetown Hall on Hwy.#3

Wallacetown

FREE ADMISSION

EVERYONE WELCOME

FOR MORE INFO – 762-2990

SPONORED by WALLACETOWN

WOMEN'S INSTITUTE

SAFETY TIPS for WOMEN TODAY

with Constable Caroline Kennedy
Community Service Officer - OPP

Wed., June 13th • 6:30pm-Speaker at 7pm
Wallacetown Hall (hwy. #3), Wallacetown

FREE ADMISSION ~ EVERYONE WELCOME

For More Information Call 762-2990

Sponsored by WALLACETOWN WOMEN'S INSTITUTE



SAFETY TIPS FOR WOMEN TODAY

with Constable Caroline Kennedy
Community Service Officer - OPP

WEDNESDAY, JUNE 13TH

Opens 6:30 p.m. – Speaker 7:00 p.m.

WALLACETOWN HALL
Hwy. #3, Wallacetown



FREE ADMISSION – EVERYONE WELCOME

For More Info – 762-2990

Sponsored by Wallacetown Women's Institute



FINAL TOUCH:

Jill Morrell, right, acting manager of the Elgin County Pioneer Museum, holds up her bowl of strawberries for some topping from Catherine Smith, left, liaison officer for IODE chapters St. Thomas and chairman of the executive board for the museum, and Nadeleine Jenkins, president of the Elgin District Women's Institute. They attended the 48th annual strawberry social Wednesday at the museum. The social was co-sponsored by the IODE and Women's Institute with all proceeds going to the museum. (T-J photo)



Sally M. [unclear] Helen Van Brank Kathy Minnema [unclear] Monteth
Doris [unclear]

Wallacetown Womens Institute ladies serving the strawberry.



River Road Women's Institute ladies serving tea & coffee.

The 48th Annual Strawberry social July 18th 2001



Photos taken by Helen Van Brank. 66

Washday blues

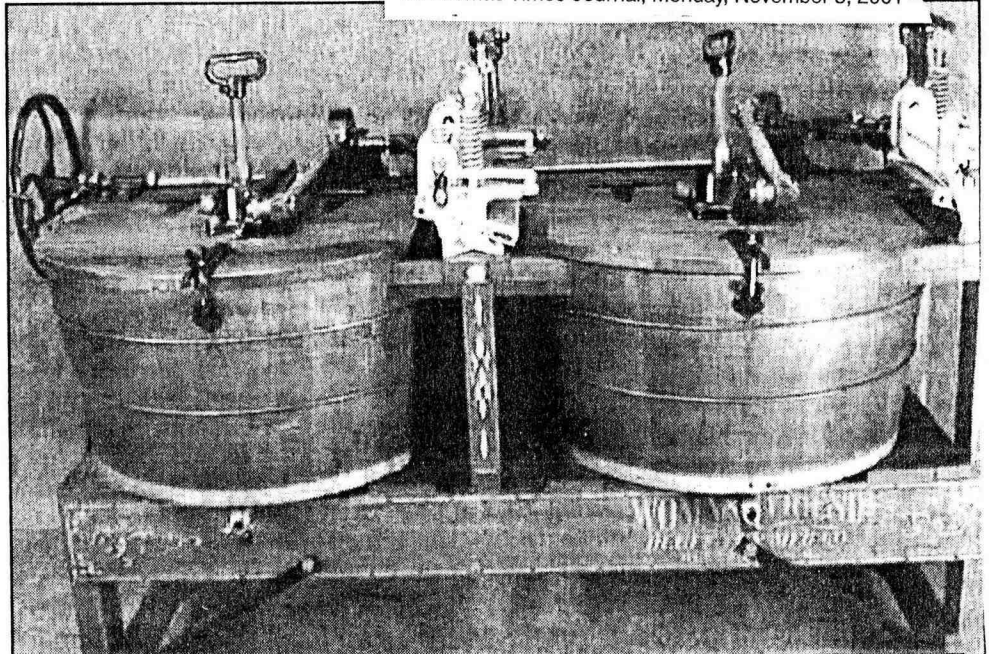
St. Thomas Times-Journal, Monday, November 5, 2001

By SUN MEDIA

A recent national survey done for Whirlpool Home Appliances revealed that 80 per cent of Canadian women have the dirty job of doing the family laundry. Still, we've come a long way from pounding furs and skins against rocks by the river, or dragging linens over a scrub board in a washtub.

Thankfully, a wringer was added to the rotary washing machine by 1861 so that moisture could be extracted from the water-soaked garments. Still, lugging heavy baskets to the clothesline to air dry and the ironing that followed still made washday a labour-intensive chore. In spite of the drudgery, 88 per cent of Ontario women surveyed said they prefer to do their laundry at home rather than drop washables at the cleaners.

Today, technology allows users to wash everything from denims to delicates at home. And by using the right settings on both washer and dryer, consumers have all but eliminated ironing.



The "Woman's Friend" was manufactured by the Blufton Mfg. Company in Blufton, Ohio in 1917. It had dolly agitators, wooden tubs, belt driven or electric.

Women have been spritzing, soaking and spraying to blot out stains, whether it's lipstick on his collar or juice on the tablecloth.

Here are a few stain removal tips to keep the cycle spinning:

1. INK: Apply rubbing alcohol to fabric around the stain and to the stain

itself. Place fabric stain side down on paper towel and sponge alcohol onto stain. Rinse well, then rub in liquid detergent and hand wash in hot water.

2. CRAYONS/WAX: Scrape off as much wax as possible. Place fabric between two sheets of tissue and press gently with warm iron to drive wax out. Soak fabric in hot water-enzymes or oxygen bleach solution. Wash in hottest water possible.

3. JUICE: Soak in cold water, then use a pre-treating product before laundering as per fabric instructions. Air dry. If you must place garment in dryer, wait until stain is completely removed.

4. GRASS: Soak stain in cold water and sponge with rubbing alcohol (test for colourfastness first). If stain persists, pre-treat for 30 minutes, then launder.

5. BLOOD: Soak garment in cold water. Rub liquid detergent into stain and rinse with cold water. Rub more detergent into stain and launder in cold water. Warning: Using chlorine bleach could make the stain worse.

6. RUST: Dampen fabric with cool water and

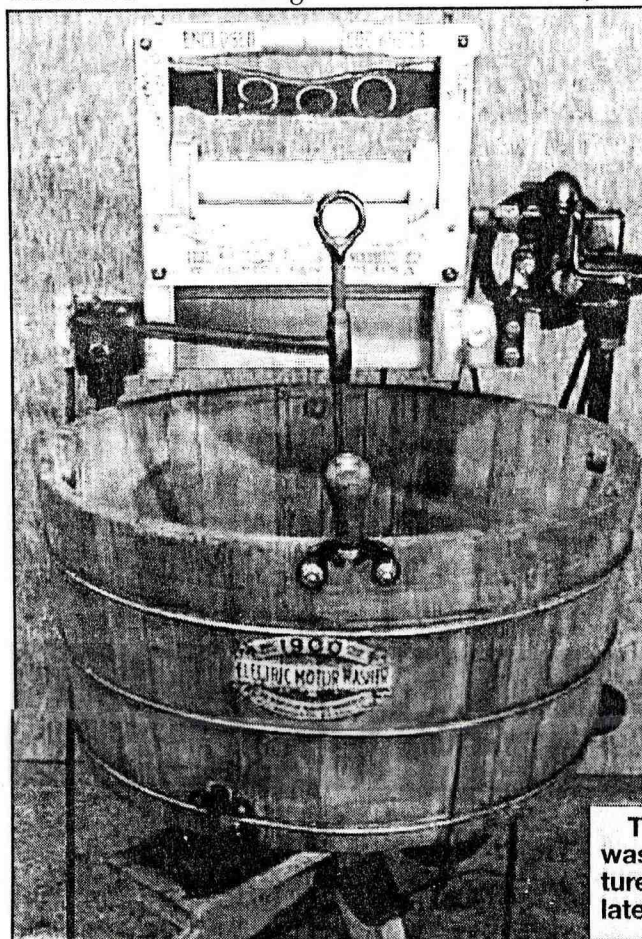
apply lemon juice mixed with salt. Boil water in a pot and hold stained fabric over steam for a few minutes. Rinse thoroughly and wash as usual.

7. MUD: Let mud dry and shake off as much as possible. Rub in a paste of liquid detergent and colourfast bleach then launder as usual.

8. LIPSTICK: Try a non-flammable stain remover. If stain persists, apply a pre-wash stain remover and rinse. If that doesn't work, rub stain with liquid detergent and wash in warm water.

9. COFFEE/TEA: Use a small amount of white vinegar to remove colour of coffee stain. For tea, use lemon juice. Air dry item and repeat process if stain is still visible. Do not place in dryer until stain is gone.

10. RED WINE: Use denatured alcohol (available at drug stores). Blot, don't rub. Flush stain with small amount of white vinegar to remove colour. For stronger fabrics, coat stain with salt, place garment over sink and run very hot water through fabric.



The Nineteen Hundred Washer Company produced this washing machine in Binghamton, NY about 1910. It featured a flat dolly agitator, wooden tub, electric, tub oscillates and fixed agitator.