

Winter driving will soon be upon us

Strange things happen to us this time of the year. We still want it to think we can dress in a light shirt and jeans and slippers to go out and get the morning paper or take the garbage to the curb. In reality, we have to face that the really cold weather will soon be upon us.

In winter warrior mode, we will hop into the car that might be parked in a heated garage or begin the morning carpool running out without bothering to put on a heavy jacket. We don't think for a moment that the vehicle could break down leaving us to face winter's wrath. Unfortunately breakdowns do happen and that is usually the day we are not prepared. Every year a few people die in Canada because their vehicle broke down and they failed to follow even the most basic winter survival rules. Always have some extra blankets, gloves, a candle, snack food, a first aid kit, a flare and some sort of shoveling device on hand.

In difficulty, pull over as far as possible off the side of the road and make sure you signal to warn cars behind you. Avoid abrupt manoeuvres since the road may be icy which may cause you or someone behind you to lose control. Make sure your car is as visible as it possibly can be. Turn on your flashers.

Always stay in your car and wait for help to arrive. If you are in a rural area or a less traveled road and you are able to have your car running, conserve your gas by turning the car off and start periodically to warm up. Obviously, if you have a cell phone call for help.

Most Canadians have learned to adapt to the often-hazardous conditions. Some drivers think since their vehicle has all-wheel drive, traction control and electronic stability control, their vehicle can and will do anything! The driver is still in control and good techniques will maintain or improve the skills behind the wheel in winter.

- **See and be seen.** Clean your windows and make sure your window has defrosted before driving away! Clear the snow from your lights—front and back.
- **Slow down.** Everything takes a little longer in the winter—so don't try anything sudden. Begin braking well in advance of where you want to stop. Give yourself extra time to get to where you are going.
- **Make room in front of you.** The biggest cause of accidents on any surface is not having enough time to stop.
- **Leave extra space when stopped.** When stopped behind a car at a stoplight, or in stop-and-go traffic, you should leave enough space to see the entire rear wheels of the car ahead. If someone is sliding towards you from the rear, you can have some extra space to move or apply your breaks before impact. Check your rear view mirror to see what is going on behind you.
- **Use defensive braking.** If you see traffic stopping ahead, or a light changing to red, tap your brake pedal and the flash of your brake lights will alert the following car that you are about to stop. It may be enough to bring someone's attention back from their cell phone or daydream!
- **Learn to anticipate.** Regularly look well ahead to identify hazards.
- **Change lanes carefully.** Changing lanes in the winter months can be challenging especially through slush or a ridge of snow. Maintain a steady speed and hold the steering wheel firmly.
- **Test your brakes if you're unsure of the road surface.** If you are unsure of the road condition, pick a spot where you are clear of traffic and carefully apply your brakes to see how your vehicle reacts.

If all else fails.....escape to somewhere hot and come back in the spring! ☺

While we may not be able to control all that happens to us, we can control what happens inside us.

- Benjamin Franklin

Mary Flynn, Executive Director of RCC, was awarded the Co-operative Achievement Award at this year's Saskatchewan Co-operative Merit Awards banquet held October 14th. Congratulations Mary!

Flu Clinic

The flu vaccine will be available for non high-risk patients on

Wednesday, NOVEMBER 5

9:30-11:30 a.m. & 1:30-5:00 p.m.

Where: Bea Harding Room

**No appointment necessary. COST: \$20
(Must be over 18 yrs. of age)**



REMEMBRANCE DAY!

OUR CLINIC WILL BE CLOSED
TUESDAY, NOVEMBER 11th

A DOCTOR WILL BE ON CALL FOR
EMERGENCIES BY CALLING 543-7880

