

Convention workshop

Tips for globe trotters!

By Betty Jefferson

Daphne Mayne, of Mayne Travel, North Bay, didn't pull any punches in warning "ladies on the move" to be smart, knowledgeable and alert to potential dangers.

Mrs. Mayne, speaking from 15 years experience, told us we are gullible and easy prey for those who are intent on committing crimes. We can become a victim of the society we travel in, looking very rich to the very poor. In many countries natives have left their ethnic lifestyle to make money in the tourist trade. This creates social unrest, leaving the crops unattended, grumbling because they feel like servants and so crime prevails, and the traveller becomes the victim.

When travelling in countries where poverty is evident, the following DON'TS are essential.

1. DON'T wear excessive jewelry, especially gold neck chains.
2. DON'T ever leave your purse on a chair while going to a buffet table.
3. DON'T stop to watch a group of children play, no matter how cute, they could surround you and rob you in seconds.
4. DON'T leave excessive tips because waiter/waitress has given you a "soft" story.
5. DON'T make audible comparisons regarding cheap food, cheap accommodations — not time you get you may find them as expensive as everywhere else.
6. DON'T be gullible ladies — friendly young men are eager to guide you to the best shows, the best shops,



the best restaurants etc. They are just escorts and all part of the scam.

Mrs. Mayne suggested an excellent winter holiday for Canadians who don't want to go to Florida, is Spain or Portugal. It's very reasonable, very beautiful and very friendly.

She left us with something to think about as we travel. If we go as adventurers we are willing to experience a culture, but if we go just for a vacation, we tend to look down on the natives, so we need to watch our motives.

Be careful at all times, officer says

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locked. Any dead bolt locks should protrude at least one inch over the back of the door. Latches can be opened with a simple credit card if the bolt does not extend far enough over the door. Noise and light frighten a burglar or rapist away as a rule. Consider increasing your outdoor lighting and installing an alarm.

The Community Watch program is very good. Remember, Block Parent homes can be use by adults as well as children in an emergency.

Emergency vehicles

The law states that traffic in both directions must pull as close to the right as possible and stop to allow an emergency vehicle to pass safely.

Resources

Many pamphlets are available from the Ontario Ministry of the Solicitor General, Crimeproofing Your Home, Crimeproofing Ontario Motor Vehicles, and Second Car Sale are just three of the brochures available. The film *Lady Beware* can be viewed from the Ontario Provincial Police or be shown to groups.

Dealing with your mid-life crisis

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Along with the pressures of mid-age, women also have the pressure of children leaving home and the death of elderly parents. But, there is good news — as women age they are better able to stand stress.

Seventy per cent of women will and their lives alone. Dr. Greenaway suggested mid-age can be exciting, challenging, exhilarating and a time to prepare to meet old age.

Our challenge is to see ourselves as vibrant, alive women, as we get

strength to let go of old goals and dreams and get new ones.

Mid-age means we can have all

kind of freedom, if we take it. Aging is a privilege, growing as a woman is a celebration.

Program planning ideas...

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depletion of maple trees and child abuse were the three topics of 11, suggested by those attending the workshop, to be the most worthy of study. A list of steps which could be used to develop a particular program was presented.

A portion of two video tapes were shown, and an extensive list of video available for meeting use was given. Several handouts on program development, meeting management and presentation techniques were distributed.