

Women's Institute

Two months of activity

Ladies of the Navan W.I. were guests of the Russell Village W.I. for their October meeting held at the United Church Hall. Hostesses for the evening were Mrs. Mary Inglis and Mrs. Judi Hubbard.

President Mrs. Cherry Bekkers, presided for the business portion of the meeting. The roll call, 'Name the place where you were born', was answered by twenty-seven members and sixteen guests. It was decided once again to have a bake sale during carnival week in February.

The following reports were given: Area Convention, Blood Donor Clinic and Unicef by Mrs. Cherry Bekkers, Food Forum by Mrs. Linda Bols, District Ex-

ecutive Meeting by Mrs. Judi Hubbard and Mrs. Hazel Rom-bough reported on a most enjoyable evening with Morewood W.I.

Mrs. Judi Hubbard gave the motto — "You" are important and introduced and thanked the guest speaker, Mrs. Brenda Maaks, from Brenda's Pantry just north of Metcalfe.

Mrs. Helen Burns of Navan brought greetings from the District. Mrs. Burns is president of Russell District.

The Christmas meeting will be held on Dec. 7th in the Anglican Church Hall at 7:30 p.m. Please note change in date and time.

Lunch was served by Mrs. Ada Latour, Mrs. Shirley Van Dusen

and Mrs. Betty (Don) Hay.

September Meeting

Mrs. Diny Achtereekte and Mrs. Bertha Walsh hosted the September meeting held in the R.C. Hall. The roll call was answered by twenty-one members and three guests.

Mrs. Ina Henry reported on the Fair's and Ottawa Ex. prizes. Mrs. Cherry Bekkers thanked everyone for helping with the exhibits.

Mrs. Bertha Walsh reported on the July trip with W.I. members and residents of the Lanthiers Nursing Home in Vars.

Mrs. Erva Cumming, convenor of Agriculture and Canadian Industries, introduced the guest speakers Mr. and Mrs. John Campbell of Vernon, Ontario.

Horse Bits

Your guide to safe trailering...

By Lola Wood

After hearing about a disastrous trailer accident recently, I asked my teacher — Ruth Koch — to submit the following:

Every year we entrust our horses to the care of trailers which must endure intermittent, but punishing, abuse in transporting their charges from stable to show and back.

Unfortunately, our track is usually far better maintained than our trailers. We hitch them up as soon as possible, kick the tires, and hope for the best...

We may be lucky, or we may not. A safer alternative is a carefully-followed maintenance routine: Each year, before using your trailers, have a knowledgeable mechanic check the following items and make all necessary repairs:

- The complete brake system including: activating mechanism, master cylinder, brake lines, brake cylinders, lining, drums and fluid level;
- The electrical system: brake lights, turn signals, turning lights, all other lights including the one over the licence plates;
- Suspension: including axles, springs, shocks, and most important, the frame;
- Tires wheels, including the spare, and wheel bearings which should be cleaned and re-packed with grease annually;
- Grease and oil all hinges, latches and hooks;
- Maintain the body by touching up any rust spots and filling, patching and painting any holes;
- Check the condition of the tie-up rings; and,
- Check all nuts and bolts for tightness and ensure the trailer interior is free of sharp projections



A beautiful horse, well-groomed is placed in a trailer for transportation. What many people neglect to check is just how safe that trailer is.

(especially the roof).

- The trailer hitch, lock and safety chains; and,
- The trailers hitch on your car or truck.

Regularly through the season:

- Check the floorboards from above and below (they may look great from above but rotted out beneath);

Hitch up your trailer, bring a friend, and — with no load — try some controlled emergency stops. Do this on a clear stretch of road in any weather you might expect to be hauling your trailer in.

Use common sense and start your braking from slow speeds. Your friend will watch how the

trailer stops. It should stay in line with your vehicle even with brakes locked. Any tendency to pull to one side or the other will be magnified with a full load and could result in jack-knifing. Your mechanic can adjust the brakes to correct this. While some people may disagree with this practice, I believe that when done with a common sense approach, an hour or so of practice will give the experience and confidence that may prevent a dangerous panic in the event of an emergency stop situation. It may also convince you to drive more slowly with your trailer.

Each time you use your trailer:

- Double check the hitch, lock and safety chains;
- Ensure all lights are working; and,
- Check the brake fluid level (if it's down, there is a leak which must be repaired immediately); and,
- visually check the tires for softness when trailer is loaded (on a hard, level surface) check air pressure in all tires monthly — including the spare.

For safety and convenience:

- Carry a compact horse 'first aid kit';
- Carry a jack and tire iron which fit the trailer (unless those for your vehicle are suitable, make sure don't assume; and,
- Install a "Caution Horses" sign on the back of the trailer.

And finally, make sure your trailer permit is renewed. This year, in Ontario, this will cost you about \$25 for a permanent licence.



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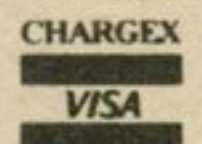


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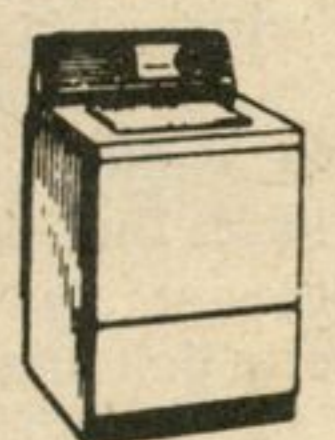
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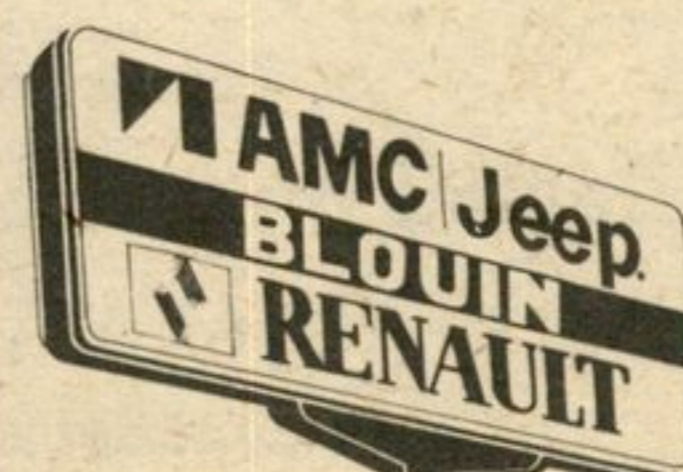
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For kids

Crafty Christmas tree ornaments

by Donna Nordenstrom

First Day:

Needed are bowls of flour, salt and water as well as spoons. Measure ingredients in the following ratio: four spoons of flour, two spoons of salt and two spoons of water. Let children mix their own dough. Mix ingredients. Cut out shapes (with cutters) and place on cookie sheet. Make a hole for hanging with a plastic straw. Bake in oven at 250 degrees for three hours.

Second Day:

Paint shapes with water-based paints.

Third Day:

If you wish to keep the orna-

ment from year to year, varnish both sides. Macaroni shapes, beads and sparkles may be glued on.

Paintbrush cookies

Make a basic sugar cookie recipe. Roll out dough and let children make shapes with cookie cutters. Place on ungreased baking sheets.

Mix with fork in a small bowl: one egg and one-quarter teaspoon water. Divide mixture among custard cups. Add a few drops of food color to each cup. Using a different paintbrush for each colour, paint designs on cookies. If paint thickens, add a few drops of water. Bake as recipe states.