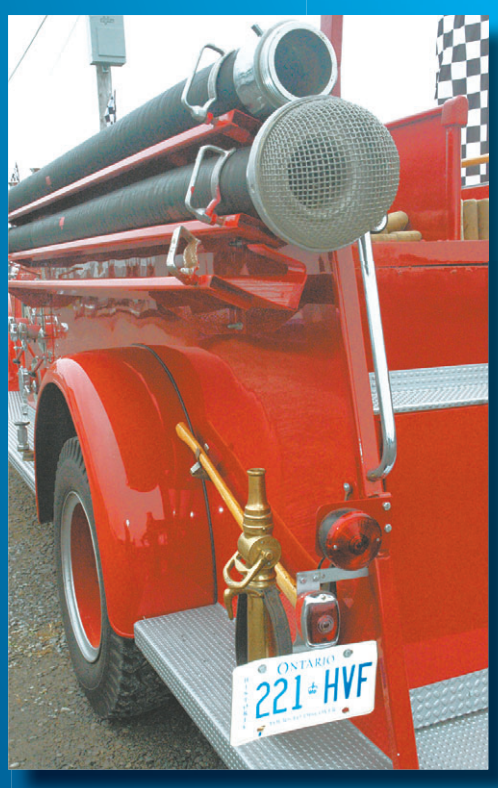
October 31, 2012




# fall CAR CARE









A Special Section of the Winchester Press

Press Photos – Van Bridger









**Featured on our cover**

# Chesterville classic

## The pride and joy of firefighters

Originally purchased by the village of Chesterville Fire Department in 1953, this 1953 GMC Lafrance fire engine has been restored and maintained by succeeding members of the volunteer service.

The pumper was retired in 1995 and purchased by Chesterville firefighters from the Township of North Dundas for $1. The last call it made was in August 1991 when it was used to fight a fire at the Thompson building on Chesterville's Main Street.

The restoration was undertaken in 1998 at an estimated cost of $10,000. The GMC is powered by a straight six-cylinder engine, which puts power through a four-speed, standard transmission to a two-speed split axle. The Lafrance fire pump disperses water from the 500-gallon tank at 500 gallons per minute. There are 300 feet of 1½" hose, 300 feet of 2½" hose, a three-stage, 60-foot ladder on board, along with auxiliary equipment.

The GMC is still used in demonstrations and makes special appearances, in parades such as the North Dundas Country Christmas Parade of Lights when Santa Claus is a special passenger.

Current department member John Dearing said, "The truck is still the pride and joy of the Chesterville firefighters, current and past, whose personal contributions have paid to restore and keep up this old girl."

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# Cars need washing in winter, too

If you think a car wash is only for sunny summer days, think again. Washing a car in the winter months can help it operate at peak capacity despite harsh weather.

People take different tactics when it comes to washing their cars. Some prefer to hand wash their vehicles, taking care to primp and polish. While this might be easy when it is warm outside, cold weather can quickly zap ambition and actually make it downright painful to do so. Also, environmental experts tend to frown upon washing the car in the driveway because of the water waste and chemical detergents running into storm sewers. Commercial car washes recycle and filter their water.

Preventative car care is especially important when the cold weather sets in. The road additives – such as salt and sand – can wreak havoc on a car's paint, corrode the undercarriage of the vehicle and potentially rust the wheel wells. Keeping the car clean and waxed can protect the finish and help protect against scratches and marring from any winter road debris.

Car corrosion damage is especially common during the winter months. Prevention remains the best solution to corrosion, and a car wash is a preventative measure that takes little effort.

Automatic car washes are a convenient way to clean a vehicle in the winter. However, these facilities tend to use harsh chemicals that eat through debris. This can result in swirling patterns and spotting on some cars. An alternative is to head to one of the self-wash car wash bays and bring along your own products or rely on theirs so that you will have a high-powered water supply for rinsing. Even if you cannot do the cleaning job you would in the warmer weather, rinsing some of the salt and grime from the car, especially underneath, can go a long way toward preventing corrosion.



*It's essential to wash away road salt and other grime of the cold-weather season. Otherwise, drivers risk damage to the car's enamel and corrosion of its undercarriage.*

Before the snowy season sets in, it's a good idea to do a thorough washing of the car and apply a new coat of a high-quality wax. The wax will serve as an extra barrier against grime.

Before and after washing the car when it's below freezing, it's advisable to use a de-icing product on the doors and windows. If not, the windows might get stuck.

Washing a car in a cold climate is not something many people enjoy, but it's a good way to keep a car running strong and looking good.

***Working out the bumps and bruises***

*Catlin Boyer, an employee at D's Collision Centre in Winchester, is pictured here prepping a car for an upcoming paint job.*

*Press Photo – Casselman*



# Did you know?

Many people are fully attentive when they get behind the wheel of a motor vehicle. Motorists are increasingly concerned about rollovers, which are more prevalent in vehicles with a higher profile, such as SUVs and trucks. Rollovers may be caused by improper tire pressure, bad weather, potholes and over-correcting of a vehicle when swerving out of the way. Motorists can, however, reduce their risk of being in a rollover accident.

• Select SUVs with a wider distance between the tires in the back of the vehicles. This wider stance gives an SUV more stability than those that are narrow and tall.

• Keep driving speeds within the recommended range. Higher speeds often contribute to rollovers.

• Slow down when navigating turns, especially those on off and on ramps of highways. Slow down by taking your foot off of the accelerator rather than pressing hard on the brakes.

• Maintain proper tire pressure and regularly check if your tires are in good shape. Tire blow-outs may cause rollover accidents.

• Distribute items in the car evenly so weight is spread throughout.

• Keep an eye out for potholes and other road obstructions that could cause the vehicle to go off balance.

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### Keeping your vehicle in check

*Most people know that regular maintenance of your vehicle can help with the longevity of its operation. But, did you know that ensuring all parts are in working order could bode well on your bottom line? Properly inflated tires can curb your gasoline usage, while maintaining a vehicle's exhaust system can also help to lower overall emissions. At W.J.L. Boyd and Sons/OK Tire in Winchester, the shop's technicians, like John Montgomery, have the skills necessary to perform preventative maintenance procedures in order to lengthen a vehicle's lifespan, and ensure it is in proper, and safe, working order for the driver.*

*Press Photo – Uhrig*


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# Simple ways to add years to a vehicle's life

Getting more for your money is a popular trend among consumers. As economic uncertainty reigns, smart consumers are looking for the best values in an effort to get the most out of each and every dollar they spend.

One of the best ways to stretch a dollar is to take better care of your vehicle. Buying a home and financing a college education are perhaps the only times many consumers will spend more money than they do when purchasing a vehicle. But unlike a home or an education, few people take their vehicles seriously, all too often avoiding vehicle maintenance that can greatly increase a car or truck's life expectancy.

Drivers who want to keep their cars going strong for years to come can do so in a handful of ways.

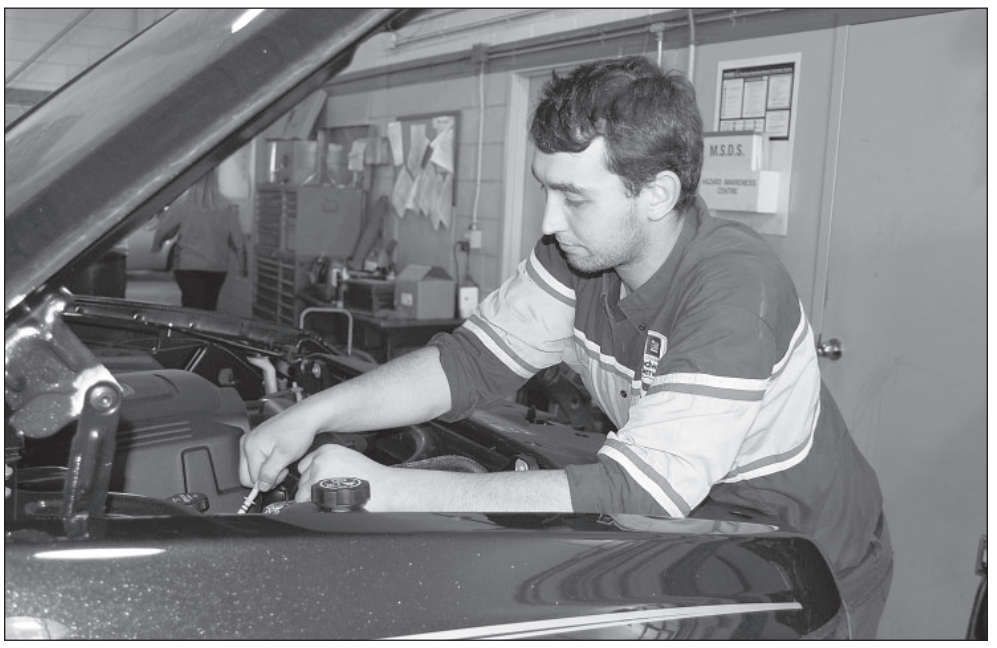
• Prevent, prevent, prevent. Preventive maintenance might seem like a boring way to spend a weekend morning or afternoon, but the efforts will be well worth it. Oil changes and filter replacements are quick and easy jobs but pay major dividends over the long haul. Drivers who aren't comfortable performing these tasks themselves need not worry about costly trips to the mechanic. Routine jobs like an oil change or air filter replacement are relatively inexpensive, and today's vehicles can go much longer between oil changes and filter replacements. Each vehicle manufacturer is different, so drivers should consult their owner's manual and adhere to the recommended maintenance schedule.

• Stay balanced. Balanced tires are tires that will last longer. But an out of balance tire will not only shorten the life of tires, it can also do damage to the rest of the vehicle while simultaneously making riding in the car much less comfortable. When a tire is properly balanced, its mass is uniformly distributed around the axle, making for a smooth, vibration-free ride. However, an out of balance tire shortens the life expectancy of suspension components, including bearings and shocks. Repairs that result from an unbalanced tire can prove costly. Should a vibration occur as the vehicle accelerates (typically, this vibration will be noticeable when the car reaches speeds of 40-45 mph), chances are the tires are not properly balanced.

• Look good, feel good. The credo of "look good, feel good" isn't only applicable to humans. In fact, a car that looks good likely feels good as well. Washing and waxing a car regularly helps avoid rust under the carriage and in the wheel wells. The longer a car goes between washes, the more likely it is to rust, and the paint is likely to corrode as well. There is no quick fix to either of these problems, but preventive maintenance, like routinely washing and waxing the vehicle, can keep these potentially menacing issues from ever rearing their rusty heads. Preventing rust and corrosion is also a good way to ensure a car's resale value does not diminish over time.

• Get out and drive. Cars that spend most of their life in stop-and-go traffic likely won't last as long as those that routinely get out and go. That's because city driving with lots of stopping and going is very taxing on an engine. On a highway, air flow to the radiator, oil flow to the engine and everything that makes a car run is much more consistent, reducing the stress on the engine as a result. Constantly accelerating and decelerating is hard on an engine, while the consistent speeds of highway driving offer a welcome respite to the engine. City dwellers should get out and drive their car on a highway at least once a month for no less than 30 minutes. This is also a good way to get rid of potentially harmful condensation that can negatively impact engine performance.

When looking to get more for your money, one of the best ways to do so is to take better care of the car sitting in your driveway.



***Checking fluids***

*Routine oil changes and air filter replacements are essential in maintaining a vehicle. Tommy Casselman is shown here checking the oil in a truck at Upper Canada Motor Sales Limited in Morrisburg.* *Press Photo – Casselman*

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# How to conduct a test drive

There are many things that a test drive can tell you about a car or truck. A test drive shouldn't be a quick jaunt around the block. It should include a thorough examination of the vehicle, and the drive should be long enough for you to get a feel for the vehicle.

It is important to take your time on a test drive and not feel rushed. There are also many other tips that can help you find the right buy.

• Pick a time when you feel focused. Doing a test drive on your lunch hour or right before you're expected at a meeting or carpool is not the ideal time to make an assessment of the vehicle. You certainly may feel rushed and distracted by the other tasks you have to accomplish. Rather, pick a time when you are well rested and well fed and able to concentrate on the job at hand.

• Avoid distractions. Sometimes schedules conflict, and you may have to bring other people, including children, along on the test drive. However, when possible, only include those people who will be driving the vehicle in the test drive. This way you will be able to focus solely on the car and not worry about what the other passengers are doing as well. It is also perfectly acceptable to ask the salesperson to be quiet during the test drive and reserve explaining the features and attributes for before or after the drive. This way you can focus on the driving experience.

• Research the vehicle. It helps to go into a test drive already knowing the majority of the specifications on the vehicle and what the car or truck is capable of doing. This way you'll be able to tell if the sales information you are receiving is accurate or embellished.

• Try out different terrains. Most test drives consist of a short jaunt to and from the dealership. Salespeople also may recommend certain routes, but these could be tailored to get the best response out of the car. But if you're familiar with the area take a test drive on your terms. Try different road surfaces and speeds. Also be sure to make turns to gauge the turning radius. This can be as simple as making some turns in a parking lot.

• Change lanes. Take the opportunity to change lanes so you can judge the visibility of the vehicle.

• Adjust the seating. This will help you determine the comfort level of the vehicle and if it will fit your frame. You don't want the car to be uncomfortable to drive.

• Test the radio and the climate control. See how the car functions, including whether it takes a long or short time to reach a comfortable temperature.

• Have a passenger ride in the back. If you won't be distracted by it, have a friend or family member ride along and pay attention to the things you might be missing while focusing on the road. These may include road noise, suspension and the general comfort of the vehicle.

A test drive is an important component of buying a car. It can often make or break a sale, so be sure to include it on your must-do list.

# Did you know?

Airbags were invented in the early 1950s by John W. Hetrick, an industrial engineer and member of the U.S. Navy. It wasn't until roughly 20 years later that airbags began being used in mass-produced autos. Nowadays, airbags have become an instrumental part of a vehicle's safety system, offering extra protection in crashes. Each year, thousands of lives are saved thanks in part to airbags. However, airbags are not without some measure of danger. It is estimated that airbags deploy at between 100 to 300 mph and in mere milliseconds. The force of the airbag can cause injuries to the face and head. But such injuries pale in comparison to those the airbags protect drivers and passengers against.


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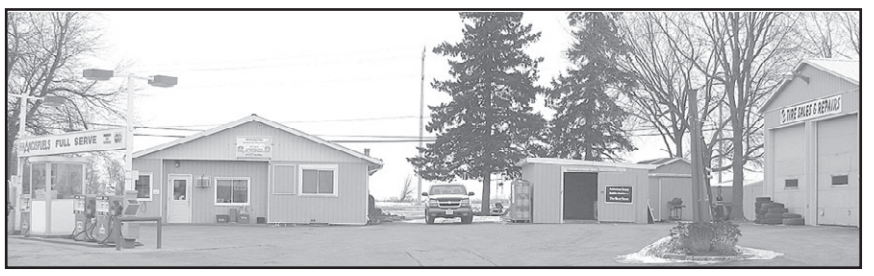

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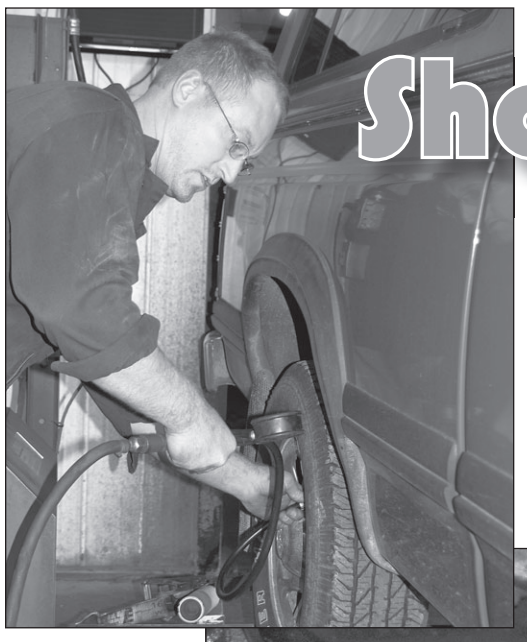
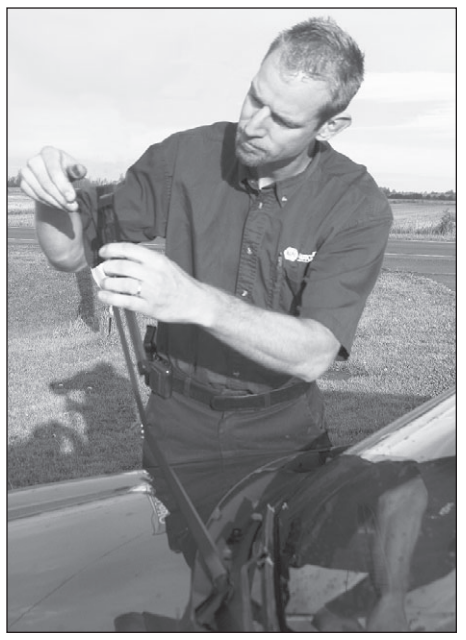
# Shop Talk

**Area garages are busy making sure your vehicle is ready for the winter driving season ahead.**

***Right:*** *Winter is fast approaching, and Brent Crowder of Pinkus Tire and Battery Kingdom Limited in Williamsburg, seen here switching out a tire, has been busy getting vehicles ready for the oncoming snow and ice.*









***Above:*** *Steve Lacey of D&J Motors Limited in Winchester is shown here topping up the air in the tires of this truck, which was also undergoing an e-test.*

***Right:*** *Ed Findlay, a mechanic at Akcent Motor Sales Automotive Repairs Centre in Winchester, is shown here replacing a starter in this Toyota truck.*

*Press Photos – Casselman, Uhrig*

***Above, right:*** *Pictured installing new wipers is Winchester Automotive Services shop owner Phil Van Noppen.*

***Below:*** *Bill Walsh, a mechanic at Strader Motor Sales, said the Morrisburg-based business is a full-service garage, prepared for most needs of vehicle owners.*



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# Commuter food craziness



## The Lighthearted Vegetarian

*by Janice Atkey Videto*

Commuter food, brown bagging it, sack lunches – call it what you will, but sometimes organizing a good weekday lunch can be a challenge. Here are some tips that will make brown bagging it the smoothest part of your commute.

### Some facts around brown bagging it...

What's wrong with grabbing whatever comes to hand? Two things. Thoughtless food is often junk food.

That costs health. Providing yourself with good nutrition tells your body that you respect and love it. From a practical standpoint you are providing yourself with the fuel you need to perform at peak levels, not just drag through your day, or worse, fly through your day on a manic sugar/chemical driven jag.

It also costs your wallet. The website, www.milliondollarjourney.com, written by FrugalTrader, expected to be a self-made millionaire by age 35, says one of his strategies is saving $1,300 a year by brown bagging lunch, based on an estimated cost of $8 for a bought lunch versus $3 for a homemade lunch.

Food is an expression of love. Sounds corny, but it is true. This is one of the most vital lessons we can teach ourselves, and pass on to our children.

### Just do it....

Remember when we talked about scheduling cooking time? It works with lunch preparation too. When making dinner, cook extra and package the leftovers for lunches, a few fresh for this week, then freeze the rest for variety in upcoming weeks. Soon your freezer will be a well-stocked personal lunch counter with lots to choose from. Use your leftovers to make a great wrap sandwich with the addition of some greens and salad dressing or yogurt. Make a refrigerator stew. Take all your leftovers and fearlessly throw them in a stewpot with some broth and herbs and let it simmer away while you prepare other dishes. Use it as a stew over rice, or add a crusty roll for dunking, or thin it out for a hearty soup.

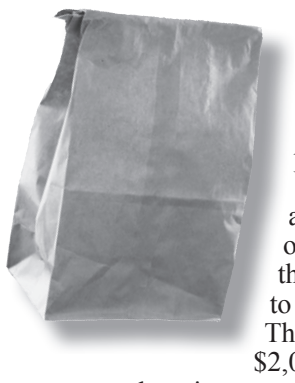
Make it a family affair. Involve the kids. They are more likely to eat something they have helped prepare. Include a protein, a vegetable, and a whole grain. Fruits like bananas, apples, and oranges travel well and require no advanced preparation. Consider dried dates or apricots as your dessert.

### And the survey said...

Special thanks to WUBS Transportation for kindly allowing me access to their riders, and to the Ottawa Commuter Bus riders for very generously taking the time to complete the survey. The results were very revealing!

• Eighty-three per cent of the commuters carried a lunch always or most of the time. Impressive!

• Those that made a lunch, rarely or never forgot it at home, meaning that they respected the effort that went in to making it, so put the effort into remembering to bring it. Bravo!



• Fifty per cent of lunches were derived from leftovers, fifty per cent were made fresh. This demonstrates that most folks only need to prepare a couple of lunches a week from scratch, not as heavy a workload as one might think.

• There was an even split between wanting a nutritious lunch and wanting something that was fast and easy to prepare. And the vast majority believed that homemade lunches were much healthier than anything that they would buy.

• Most riders said they would never skip lunch. Another bravo! Remember the well fed, balanced, and refreshed employee is the more productive employee.

• And the pocketbook angle? The vast majority of our survey respondents said they would have to spend $5 to $10 for a purchased lunch. That totals about $1,500 to $2,000 a year! Our savvy brown bagging commuters are saving themselves a lot of hard-earned cash.

### Until next time...

Follow the Ottawa commuters' great example and make things you look forward to eating in your lunch. And best of all, save money – maybe as much as a couple of thousand dollars – then use it to do something really special for yourself and your family.

Now try it on your plate

*Vegilicious recipe du jour*

### Curried Kasha Salad

1 ¾ cup kasha or couscous
3 ½ cup vegetable broth
2 - 4 tsp curry powder
1 Tbs ginger
1 cup fresh mint chopped
1 cup fresh parsley chopped
¼ cup lemon juice
2 Tbs olive oil
3 green onions chopped
1 to 2 cloves garlic minced
½ cup chopped cucumber
1 can of white bean rinsed and drained
¼ cup toasted sliced almonds

**Directions**

Cook kasha/couscous, broth, curry and ginger over high heat till boiling. Reduce heat, cover, and continue to cook until no liquid remains. Fluff with fork. Add other ingredients, stir well.

**Brown bag lunch tip**

Eat warm or cold as a main dish, use in a sandwich wrap, or add broth and heat for a hearty stew.

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