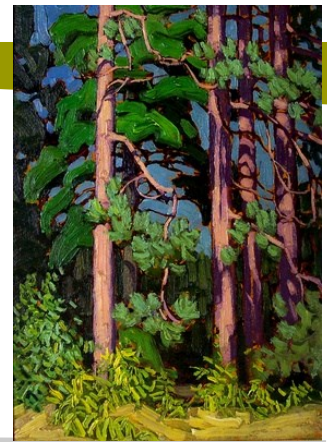




# November 2022

## AFTERWORDS

Newsletter of Active Retired  
Members  
Chapter 11



### And in this issue ...

the whirlwind changes of our  
era hit hard!!!

*AfterWords* is the official publication of the Active Retired Members of OSSTF, Chapter 11 Thames Valley (ARM C11). Opinions expressed are those of the author and do not necessarily reflect the policies of ARM C11 or OSSTF.

- Even if we can't safely meet for luncheons and Elf visits to schools, YOUR generosity of spirit is appreciated by these local food banks.
- Feeling happy about the repeal of Bill 54? Guess what Bill 23 is sneaking into our province—and you have only a day or two to respond.
- In my house, we're waiting for surgery news about hernias, tooth implants, and cataracts. What's Ford doing to make our public health system work? Natalie Mehra has assembled pre-election promises and post-election facts. I'm saving them for the next series of town hall meetings!
- How was Halloween at your place? What your candy treats say about you.
- Are your children starting their teaching careers? Wondering where to send your grandchildren to school? Are you stepping back in to supply teach? The author of "Five Reasons" was generous in sharing her opinion piece— and welcomes feedback from you!
- And wise words from our RTIP insurers...

**Not an ad ... not a promotion ...- just an admission that attending concerts and other mass events recently made my anxiety level scurry upward. Who is that grey-haired lady with glasses behind that mask? Should I smile? (pointless) hug her? (she might be a stranger) or walk swiftly to my car (What a snob!)**

**So, I put together a concert name tag and sewed it to my best dress...**



**Doctors at children's hospitals are begging us to mask up. Let's be leaders in caring for others yet again!**

**Enjoy the results of YOUR generosity in helping our nearby communities**

At a recent Executive Meeting, October 26th, 2022, members met via ZOOM and approved the following motions:

BIRT: that Patti Dalton be confirmed as Political Action Committee representative for ARM 11. ( a report of her attendance at the first meeting will soon follow)



BIRT: that ARM 11 make a donation to the London Food Bank in the amount of \$1,000.00.

BIRT: that ARM 11 make donations to Cycle of Life Community Tables and Food Forward Oxford—equally—of \$500.00 each.



BIRT : that ARM 11 renews its membership in the Ontario Health Coalition in the amount of \$100.00.



BIRT: that ARM 11 donate \$500.00 to our Craft Club of London for the purchase of materials to create warming, welcoming items for donation to Anova, Boys and Girls Club, Men's Mission, My Sister's Place, etc.



On October 25<sup>th</sup>, the Government of Ontario tabled [Bill 23, the More Homes Built Faster Act, 2022](#), an omnibus bill proposing sweeping changes to the province's natural heritage and land use planning legislation and policy. Overall, Bill 23 and associated policies remove and weaken environmental protections and diminish the role of Ontarians in land use planning and decision-making.

Ontarians of all political stripes should be deeply concerned by proposed legislative or regulatory changes that would:

1. Remove requirements regarding public meetings on certain planning matters.
2. Remove your right to appeal planning decisions.
3. Remove the power of Conservation Authorities (CAs) to regulate or prohibit development that negatively impacts wetlands, rivers or streams.
4. Prohibit CAs from entering into agreements with municipalities to provide expert review of planning applications.
5. Limit CAs' right to appeal land use planning decisions.
6. Require CAs to identify conservation authority owned or controlled lands that could support housing development.
7. Eliminate the role of seven regional municipalities in planning matters, thereby compromising coordinated efforts to protect farmland and natural areas, determine optimal locations for development and infrastructure, and efficiently deliver municipal services.

Bill 23 and the accompanying policy changes [spell disaster for the farmland and natural areas that sustain us](#). If passed, these changes will set land use planning back decades and will stymie societal efforts to address climate change and biodiversity loss.

Please join Ontario Nature in opposing the changes proposed and demanding that 1) all amendments likely to weaken the protection of farmland and natural heritage be withdrawn; and 2) the role of the public, CAs and regional municipalities in environmental planning and decision-making be retained and upheld.

The article guides you to the Ontario Nature website- please go there and see that the devious majority government is accepting submissions about this bill ONLY until November 17<sup>th</sup>!!!



<https://ontarionature.org/campaigns/bill-23/>





# The Ford government lied to the public about their privatization of public hospital services:

Health Coalition demands Ford stop their privatization of our hospitals,  
kicks off major campaign to save our local public hospitals



**October 26, 2022**

Toronto –The Ontario Health Coalition released a brief today charging that the Ford government lied to the public about its privatization of Ontario’s public hospital services. The Coalition reported that the Ford government significantly *increased* funding to private clinics while at the same time denying that they were expanding the private clinics. The denials were made in written and verbal statements to media across Ontario in the months leading into the election. In addition, the Coalition reports, after outright denial of their plans to privatize prior to the provincial election, as soon as the election was over the Ford government announced it is indeed going to privatize our public hospitals’ services.

The Coalition released the proof in a press conference today, demanding Ford to stop his privatization of our public hospitals’ services and take real action to deal with the emergency in health care that his government had a significant hand in creating. The Coalition also launched a major public campaign to mobilize Ontarians to save our local public hospitals and stop Ford’s privatization. They joined with Democracy Watch to call for an honesty-in-politics law to penalize political parties that engage in misleading the public.

“The Ford government lied to the public leading into an election,” said Natalie Mehra, executive director. “You can’t just outright deny you are expanding private for-profit clinics while you are in fact shunting millions over to expand private for-profit clinics. You can’t pretend you are not going to privatize before an election and then, as soon as the election is over, announce plans to privatize. By every measure, this is wrong. It is fundamentally undemocratic and cannot go without challenge.”

“The Ontario public will not tolerate such deception. Nor will we tolerate the Ford government failing to deal with the strain our public hospitals are under while at the same time funneling public money over to profit seeking corporations to privatize our public hospitals’ services,” she added.

Ms. Mehra announced that the Health Coalition -- which represents more than ¾ of a million Ontarians, more than 400 member organizations and local chapters across the province -- plans for a major fightback including province-wide townhall meetings, community organizing, protests and escalating actions.

"The misleading statements made by Ford government representatives before and during the 2022 provincial election about their plans for Ontario's health care system are just one of many examples of the need for an honesty in politics law to penalize misleaders who violate voters' rights by baiting them with false statements and election promises and then switching direction when they get elected," said Duff Conacher, Co-founder of Democracy Watch, who joined the Coalition in a press conference this morning.

## Briefing Note and Evidence:

### Pre-Election: Error, Denial & False Statements

Before the election, Health Minister Christine Elliot made a bombshell statement,

*"We are opening up pediatric surgeries, cancer screenings...Making sure that we can let independent health facilities operate private hospitals."* <https://www.cbc.ca/player/play/1998422595853> (38 second mark).

(Independent Health Facilities are private clinics. [98% of the IHFs are private for-profit](#) according to Ontario's Auditor General. Some do outpatient surgeries. None have overnight stays.)

It was an odd thing to say because the Private Hospitals Act banned private hospitals in Ontario starting 50 years ago—for good reason. Ontario has spent more than 100 years building a public hospital system. The Private Hospitals Act grandfathered-in the existing private hospitals and banned any new ones. It also bans the expansion of the existing private hospitals. There are only two private hospitals left that provide surgeries (Shouldice Hospital and Don Mills). They provide services for healthy patients who are at low risk. (One of our members was recently refused surgery at Shouldice because he has COPD, for example. One of our interns could only get surgery there if he could meet a target weight.) The Minister's statement that the Ford government was going to allow private clinics to operate private hospitals came at the same time as the province was - and continues to - privatizing long-term care, home care, vaccines, COVID testing, and is allowing for-profit virtual care companies and COVID testing corporations to charge patients for access to doctors and vaccines respectively, in violation of the Canada Health Act. There was sufficient reason to be deeply concerned.

The Ontario Health Coalition immediately held 20 virtual local press conferences followed by 20 local emergency summits across the province to raise the alarm. They encouraged the media to question the government about the Minister's statement. Representatives from the Ministry of Health attended some of these summits. Spokespeople from the Minister's office got in touch with reporters and/or answered media interviews. The Minister's spokespeople claimed that the Minister misspoke or was misinterpreted. They categorically denied plans to expand private health clinics and hospitals. They actually said that any claim that they were expanding private clinics was "categorically false". Examples: "These claims are categorically false...To be clear, the government is committed to supporting the province's public health care system. The use or function of private hospitals and independent health facilities in Ontario is not being expanded or changed." <https://www.therecord.com/news/waterloo-region/2022/03/17/privatization-of-health-care-claims-are-categorically-false-ministers-spokesperson-says.html>

Pressed further on the coalition's concern about the potential for an expanded privatization of health-care services and for more private hospitals to open, she said, "No, that is not accurate."

<https://www.sudbury.com/top-stories/health-care-privatization-an-election-issue-ontario-health-coalition-5083727>

## ARM Chapter 11

Executive 2022-23

**President: Bryan Smith**

**Past President: Mary Lou Cunningham**

**Vice President and Newsletter Editor: Daina Janitis**

**2nd Vice-president: Kae Ackland**

**Facebook Administrator: Wendy Anes Hirschegger**

**Member-at-Large: Joe Wilson**

**PAC Representative: Patti Dalton**

A spokesperson for Elliott and the Ministry of Health denies the allegations by the LHC. "These claims are categorically false...The use or function of private hospitals and independent health facilities in Ontario is not being expanded or changed." <https://london.ctvnews.ca/london-health-coalition-fights-to-stop-privatization-of-health-care-with-new-campaign-1.5851916>

"Claims that the government is looking to allow more for-profit health care in Ontario (are) categorically false...The use or function of private hospitals and independent health facilities in Ontario is not being expanded or changed." <https://www.intelligencer.ca/news/health-coalition-blasts-private-care-provincial-approach>

These statements were made by Ford government spokespeople Feb - April. However, data from the Financial Accountability Office of Ontario -- a body which reviews Ontario's fiscal reporting and which reports to the Ontario Legislature -- shows that the government in fact doubled the funding for the private clinics [Independent Health Facilities] from the third quarter to the fourth quarter - the same time period as government spokespeople were definitively claiming they were not expanding the use or function of private clinics. According to the FAO, in the final quarter of the last fiscal year January 1 - March 31, 2022, the Ford government increased funding to private clinics [Independent Health Facilities] by more than \$13.6 million. This was not because they underspent in previous quarters. Overall for the year, the Ford government increased their projected spending for IHFs by more than \$12 million. See Q4 Spending- Line 305 Independent Health Facilities here: <https://tinyurl.com/3tfejdp5>.

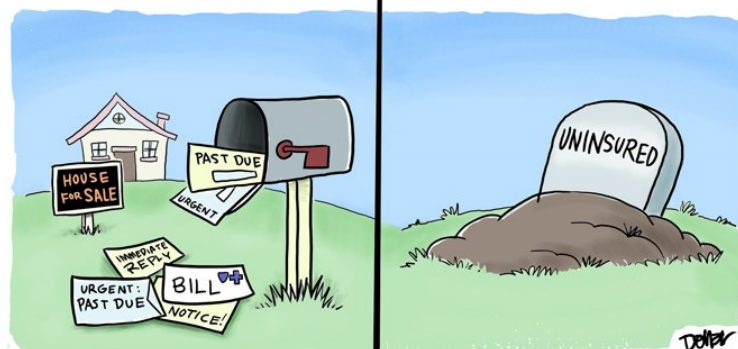
### Post-Election:

Despite the categorical claims by the Ford government that they were not intending to privatize and were not expanding privatization, two months after the election, the Ford government announced that they ARE going to privatize public hospital services and expand private for-profit clinics and hospitals:

### U.S. HEALTH CARE OPTIONS

SELL YOUR HOME...

OR BUY THE FARM





"The Ford government announced it will begin funding private clinic surgeries" CityNews, August 18, 2022 <https://toronto.citynews.ca/2022/08/18/ontario-healthcare-plan-to-stay-open/>

"Ontario Premier Doug Ford says his government is going to "get creative" when looking at how health care can be delivered as the province deals with a staffing crisis in hospitals. Ford said Friday that "everything is on the table" when asked if Ontario is considering further privatization of the health-care system. CTV News, August 12, 2022 <https://toronto.ctvnews.ca/ontario-s-doug-ford-says-he-believes-in-public-health-care-but-government-will-get-creative-1.6025168>

Ontario Health Minister Sylvia Jones says Doug Ford's government will work with private health clinics to find more "opportunities" for private companies in the public health system. On Thursday, Jones unveiled the government's plan to "relieve" the health system's surgical backlog by "increasing the number of OHIP-covered surgical procedures performed at independent health facilities." Press Progress, August 18, 2022 <https://pressprogress.ca/ontario-health-minister-sylvia-jones-pledges-to-help-private-clinics-find-more-opportunities-in-the-public-health-system/>

Ontario to fund more private clinic surgeries, Global TV, August 18, 2022 <https://www.youtube.com/watch?v=hIGbUV5HPOY>

The Ford government's 5-point plan released August 18 states:

"Ontario is working with hospital partners to identify innovative solutions to reduce wait times for surgeries and procedures, including considering options for further increasing surgical capacity by increasing the number of OHIP-covered surgical procedures performed at independent health facilities." <https://news.ontario.ca/en/release/1002246/ontario-introduces-a-plan-to-stay-open-health-system-stability-and-recovery>

This privatization is not about "stabilizing" the health system or adding capacity. Every large hospital in Ontario has operating rooms that have been closed for weeks or months or even permanently for years due to inadequate funding and, more recently, staffing shortages. Private clinics take scarce staff out of our local public hospitals worsening wait times for the public system. The evidence is that the private clinics charge patients illegal user fees and other fees for medically unnecessary add-ons. This is not about improving health care. It is about expanding a profit-seeking industry that wants access to the billions in public funding for health care. To illustrate:

"Since the pandemic started private health care has grown enormously and a record number of lobbyists have registered with private health care companies to lobby for increased privatization or outsourcing..."

Statistics from the office of Ontario's Integrity Commissioner note that more lobbyists have registered to influence health policy than on nearly any other issue – 1,137 registrations – aside from "economic development and trade"...Since the start of the pandemic, reports have indicated private virtual care, private health testing and even private health facilities have grown enormously..."

Press Progress, May 4, 2022 <https://pressprogress.ca/here-are-all-the-corporations-lobbying-doug-ford-to-privatize-and-outsource-parts-of-ontarios-health-care-system/>





## Five Surprising Reasons Why Your Kid Won't Get A Great Education

[Shared here with personal permission by the author, Laurie A. Koppig](#)

There were days when I sent my kid to school with my stomach in knots. I literally felt sick. I ached. They had to go to school and I had to go to work, there was no other way. But I felt awful. As far as ongoing parent stress/emotional torture, this rates pretty high. Your kid doesn't have the words to tell what is happening to them. You can ask questions but will get no answers.

There are *reasons why* your kid is uncomfortable at school. And it probably isn't because they are being bullied, or because their teacher is cruel or neglectful.

What's bad about their school is the culture.

Whenever people group together over time, a culture is formed

***Culture is a way of life -the behaviors, beliefs, values, and symbols that they accept, generally without thinking about them, and that are passed along by communication and imitation from one generation to the next.***

When your kid goes to school, they are learning the culture, just like you did. They are taught the worldview they will perpetuate when they grow up. They are being prepared to recreate the world we have now.

It might sound vague, but it's not. Let's break it down and look at what happens in a school building.

### **One: Your kid will grow up in a fishbowl with only children their age.**

Maybe you worry about your kid's class size and whether they are getting enough attention from their teacher. Maybe they aren't getting the individual time they need to learn their math.

School culture impacts them much more.

Whatever age your kid is, there are joys and challenges universal to that age, regardless of who the kid is. In the same-age classroom, all the qualities of that age are amplified with nothing to balance them out.

This is why bullying is such a problem. Kids learn empathy through experience- by sight and feel. They do not learn empathy from their weekly band-aid middle school mindfulness lesson. Too late. Young children can't easily model empathy for each other and miss the opportunity to learn. In school, they are cut off from older children who can act as relatable role models and mentors.

It is completely unnatural for children to not live and learn in a mixed age group.

When your child is an adolescent, they are cut off from relationships with younger children (not siblings) who can help them develop responsibility, empathy, and nurturing skills. At this time especially, adolescents need to be reminded that the world is bigger than their experience.

In elementary school, all the children in a class depend on one adult for their instruction (with some technology to supplement human instruction). Meanwhile, a block away, there is a building full of high school students lost in the sea of adolescence, tossed about by hormones, all their attention focused on how they look or whom they feel attracted to.

Is your kid struggling with reading? There exists a high school student who is fully capable of teaching and practicing reading skills with your child, who would benefit from this experience just as much as your child. But never the twain shall meet.

We are all products of school culture. We accept without thinking the practice of transporting children to large buildings and separating them by grade level. We accept that this is the best, the only way to learn.

That's like loading all our children onto buses and dropping them at the local dump every day. And when they get hurt, we give them better boots to wear.

How about, let's just say, theoretically, maybe, we don't drop them off at the dump to begin with?



## **Two: Your kid will spend 14, 000 hours orbiting a stressed out adult.**

Our way of life- acceptable behaviors, beliefs, and values- are learned from teachers. Culture gets passed along by teachers in school.

Your child is learning how the world works from a person who is fighting a constant uphill battle.

Remember, teachers are employees of the government. They are paid to deliver multiple government-approved curriculums *with fidelity*. And the total number of instructional minutes demanded by each curriculum exceeds the time students are in school. (This is the government, after all.)

Teachers are expected to make sure every student learns regardless of the circumstances. In short, they are asked to do what is impossible.

Your kid's teacher is measured by how well your kid scores on the once-a-year government test. They are paid to get your kid to perform on a test. They are not paid for doing what is best for your child. It is not in your child's best interest to score well on a test.

Read that one again: *It is not in your child's best interest to score well on a test.*

It is in your child's best interest to learn what they are ready for next.

Your kids' teacher is in a hard spot. They almost certainly went into education because they wanted to make a difference. They have to at least like kids. And they must have loved the idea of a big challenge.

But after a few years of teaching, they discovered the system will kill them. And now they have their own kids to feed, a mortgage or rent to make, and a car payment. There isn't a way out. Teachers can't just take another job because that would mean starting over at the bottom anywhere else. How would they support their family?

So most of the time they are trying to survive until the next school holiday.

Don't wait for teachers to say, 'Please change the system'.

They want the system to be better of course, for themselves and for your kid. But they already know the education system never changes anything. It just adds more.

More lessons, more technology more record keeping, more... and all of it is the priority. Which circles right back to asking the impossible. But is it?

Is your kid being taught to do whatever it takes to survive like their teacher, learning the unwritten curriculum through imitation? Are they being trained to be a cog in the machine that is modern life, just like you?

## **Three: Your kid will constantly be judged and evaluated against where they should be.**

Are you aware that the system has decided where your kid 'should' be at each moment of their education?

That is the literal language of the education standards. When a kid isn't performing a standard skill listed for their grade level, teachers often say, "He isn't where he should be".

Have you ever noticed this language when talking to your kids' teacher? This is another way of saying something is wrong here, something needs to be fixed, something better change.



Your kid is told every single day in school what the mark is that they should be achieving. Your kid is very aware of where they rank. They are very aware of how every other kid ranks, especially who is on the top and who is on the bottom. Because someone always has to be on top and someone else on the bottom when you are judging performance. (And this is why we have so easily allowed the 1% to hold almost all the wealth- we were taught that someone has to be on top).

School culture teaches that being the best is the coveted prize. This worldview gets mastered in school. So imagining a society where everyone is valued and has enough seems strange, foreign, and impossible.

Does your kid thrive in this environment? Does this motivate them to learn?

Neuroscience says your child [learns best](#) when they are relaxed, when their brain is engaged in curiosity and they are safe to make mistakes. This is not your kid's learning environment.

Our remedy for the toxic system is to add — there it is again — a social-emotional learning curriculum that teaches mindfulness. And another school counselor.

#### **Four: Your kid will sit at a desk all day long and not move.**

Limiting your kid's body to a desk is stressful for them. It is exhausting, but not in the way that leads to a good night's sleep. Children are made to move. Movement is healthy and conducive to learning.

We justify this because how can kids learn and meet standards for their grade level if they are not all sitting at desks listening to a teacher?

The teacher needs your kid to sit still because the curriculum is the most important thing. They need to be able to deliver the lesson for that day- they can't get behind. And they need your kid to pay attention to what they are saying because there isn't time to reteach.

School is not designed for your kid's needs. School is designed for the curriculum that gets purchased. K12 education is [big business](#), with companies selling their products to government-run schools.

We already know how well the private sector-to-government loop works in serving people. Don't think schools are any different just because children are involved- big business is big business. Money is the driver, not what is best for kids. Useless practices are held in place because someone profits.

#### **Five: Your kid will not develop their unique gifts and capacities at school.**

Does your child have a gift for empathy, a big sensitive heart that seems to understand what other people feel, an ability to see both sides and resolve conflict? Our world has lots of conflicts to resolve, but their gift won't be developed at school.

Is your kid curious about how the world works, inventive, in love with the mystery and complexity of nature? Wow, do we ever need a whole fleet of young adults with that gift. But we won't see it developed at school.

Does your kid have an uncanny eye for design and space and color, able to create environments where people feel good and thrive?

Or an uncompromising sense of justice and a burning desire for fairness?

Those won't be developed at school either.

The 14,000 hours they have available to them in their youth will not be utilized for brilliance. They won't be seen for who they are and for the gifts they bear, and those gifts will not be brought out. Sporadically, once in a while maybe, but not truly developed over time, not nurtured or brought to the fullest potential for the benefit of all.

The one goal for every child is to demonstrate the academic skills assigned to their grade level. This is what gets measured, so this is what is taught. And don't be fooled that there is time or space for anything else.

### **The Good News**

This is the bad news (which you already knew in your gut): Your kid spends most of their childhood in a school environment not designed to support their well-being.

*School is hard.* And not *\*disciplined effort required\** hard — although there is some of that- but *\*anti-human\** hard.

But wait! There is good news. Your kid is brilliant. Unbelievably strong. Resilient. Their beauty cannot be ruined or wasted, no matter what. Don't believe any fear-mongering nonsense if you can help it. Human consciousness is waking at an exponential pace and your kid wants to be at the party. You don't have to turn away from what is happening, and you don't have to be afraid for them. They are here for a reason and they have their own work to do.

Don't turn away and don't be afraid. As more of us see school for what it is, change happens. Remember, you are powerful. Your attention changes everything.

## And, O Educated Ones— what did you give out for Halloween at YOUR house?

### HOW KIDS JUDGE THE HALLOWEEN CANDY YOU GIVE OUT

howtobeadad.com THE DAD



#### The Old Timer

Good candy probably wasn't invented yet when you were a kid. You may even be a Titanic survivor, so we'll respect your effort.



#### The Spaz

You get an A for awkward. Either you grossly underestimated or "Candy" was flagrantly forgotten on *SEVERAL* grocery lists.



#### The Partypooper

You're probably allergic to sugar and happiness, but our new cavities are still going to get diabetes tonight.



#### The Psychopath

Your soul must be as dark and bitter as black licorice. At least there's no worry about poison in uneaten candy.



#### The Legend

We shall one day tell our own kids of you, good sir. And the gold-plated private jet you must have laying around somewhere.



#### The Trusty Provider

Nothing too fancy, nothing too nasty. You're a solid source of one or two enjoyable or tradable "fun" size treats.



#### Cheapy McCheapface

You're handing out candy from last year's after-Halloween sales, aren't you? Money may not grow on your trees, but tonight some toilet paper might.

\* BANANA ADDED FOR DISAPPOINTMENT





And now, helpful words from the insurers that take such good care of us!

## How to prepare your vehicle for winter in Canada



Seasoned Canadian drivers know the toll a long winter can take on a vehicle. Between the snow, ice, salt and slush on the roads and the wet, cold climate, it's a tough season for vehicle owners. While harsh winters are an unavoidable reality of life in Canada, there are steps you can take to prevent damage to your vehicle and to keep you safe on the road. Here's a list of 7 things you can do to get your vehicle winter ready.

### 1. Start with an oil change

If you haven't had your oil changed recently, now is the time to do it. The oil in your engine keeps many parts lubricated to ensure that they work flawlessly. During the winter, the colder temperatures result in a slight thickening of the oil, which is especially true of older, used oil. This is an inexpensive way to get your car winter-ready and overall, it's a great car maintenance practice! Read more about **common car care myths**.

### 2. Install winter tires

Winter tires not only help you maintain control while driving, but they can also save you money! Did you know that you're eligible for a **winter tire insurance discount**? Winter tires provide better traction in the winter because they use a different rubber material than all-season tires. These tires remain flexible during colder months, enabling better grip on the road during inclement weather. Winter tires can be put on as soon as the temperature hits 7 degrees Celsius, making your car winter ready. If you want to save even more money on car insurance, request a no-obligation quote right now!

### 3. Check your tire pressure

You should be checking your tire pressure regularly throughout the winter season. Cold air will drop the pressure in your tires, causing them to lose traction on ice and snow. To be safe, make sure you check the pressure on your tires after every 5-7°C drop or rise in temperatures. Also, don't forget to check the pressure on your spare tire to ensure that your car is winter ready!

4.



## Get new wiper blades

One thing we often forget about is our wiper blades. In winter, the rubber can easily crack or break. If you have blades with exposed hinges, they can easily get clogged with snow and ice. If you haven't changed your blades within the last year, now is a good time to do so!

## 5. Top up your windshield washer fluid

You may not have used it other than to clear off some bugs from the windshield during the summer, but now would be the time to check your washer fluid. Even if there's still a lot, it's far easier to top it up now while it's not so cold on your hands! Also, make sure you use **actual Antifreeze** and not water as it will freeze and potentially damage your tube.

## 6. Inspect your battery

Jumpstarting your car in the middle of a snowstorm is no fun, but it happens to the best of us. Before the temperatures drop, check your battery to see if there are any warning signs that it might die on you. If the connections are showing signs of corrosion, that can be an issue. You should also check out the water levels to ensure that they are in good standing. Batteries are rated for about 4 years, so if you're past that, consider a new battery as an early holiday gift to yourself!

## 7. Put a winter emergency kit in your trunk or back seat

Winter is a common time for roadside emergencies. To get your car winter ready, throw in our **ultimate winter safety kit** to help manage any problems you may run into. An emergency kit can be the difference between an inconvenience and a life-threatening situation! Some items to include in your emergency kit are:

- A blanket
- Gloves
- Candles
- Matches
- Non-perishable food/energy & protein bars
- A shovel
- Flashlight
- Road flares
- Small tool kit
- Duct tape
- Caution signs
- A First-Aid kit
- Sand/salt
- Tow rope
- Jumper cables
- Fire extinguisher

