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Woman trapped in car after crash

SARAH SIMPSON CITIZEN

An elderly woman spent more than eight hours trapped in her car before she was noticed on Oct. 25. Police got a 2:30 p.m. call from a Maple Bay resident that the car had gone over an embankment near his residence. "Police attended along with other first respond-

ers and found the 87-year-old female still trapped in her newer model Chevy Colorado truck," according to North Cowichan/ Duncan RCMP Const. Markus Lueder. "Police learned that the female had been trapped in the vehicle since approximately 6 a.m. until she was finally discovered." Lueder said the elderly

woman was "very confused and disoriented" but did not appear to have suffered any injuries from the unexpected crash. She was taken to Cowichan District Hospital for evaluation. "The cause of the crash was likely driver error when trying to turn her vehicle around near the embankment," said the officer.

'Ride Don't Hide' advocate at Bike Works

LEXI BAINAS CITIZEN

Vancouver teacher and writer Michael Schratte brings his epic "Ride Don't Hide" crusade to the Cowichan Valley Saturday afternoon, Oct. 29 with a visit to U-Fix-It Bike Works in Duncan from noon to 4 p.m. He's been riding around the world to raise funds for

mental illness programs. All he's taken has been a bicycle, a knapsack and a load of determination but it's really been empowering people who live with mental health challenges, he said. "I've met so many people from around the world and have been able to share with them the importance of fighting the social stigma

around mental illness," he said this week. Needless to say, Bike Works folks are thrilled. Dave Ehle, the group's coordinator said, "We have been following his journey and we are planning to ride into town with him." A fundraising barbecue will be held at Bike Works once Schratte arrives.

For the record

The bi-annual general election of chief and council for Cowichan Tribes is

slated for Tuesday, Nov. 29 at the Si'em Lelum gym. The polls are open to all registered Cowichan members, ages 18 and older, from

9 a.m. until 8 p.m., so get ready to mark your ballot. An incorrect election date appeared in the Oct. 26 edition of the *Citizen*.

Is travel insurance really necessary?



CINDY SCHILLER
Senior Manager,
Island Savings Insurance Services

you might consider an annual travel insurance policy. It's a great choice for people on the road a lot, such as business professionals, those with relatives abroad, and snowbirds.

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Before you leave Canada, add your name on the Registration of Canadians Abroad contact list, which helps the government assist you in an emergency;

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