

Toronto Airspace Noise Review

Notice of Public Meetings



As part of the ongoing independent airspace noise review, you are invited by the review team to express your opinion on the way aircraft are routed in the skies above you, and how the noise might affect you. Please join us in:

TORONTO

Tuesday 1st November

Best Western, 808 Mount Pleasant Road, Toronto, M4P 2L2

at 6:30pm — 8:00pm

OAKVILLE

Wednesday 2nd November

Hilton Garden Inn, 2774 South Sheridan Way, Oakville, L6J 7T4

at 6:30pm — 8:00pm

MISSISSAUGA

Thursday 3rd November

Best Western Plus, 5825 Dixie Rd., Mississauga, L4W 4V7

at 6:30pm — 8:00pm

For further information about the review please visit

www.torontoairspacereview.ca

Want to live life to the fullest?

The Canadian Mental Health Association Halton Region Branch is offering a Live Life to the Full (LLTFF) course in Milton next month.

LLTFF helps people to make a difference in their lives by teaching them how to deal with their feelings when fed up, worried or hopeless and helping them learn skills to tackle life's problems. It works for anyone seeking to face and overcome the problems that are bothering them, worry less and live a happier life — starting now.

More than 90 per cent of participants across the country say that LLTFF helped them deal more efficiently with their problems.

The course is expertly moderated and includes booklets with titles such as *Why Do I Feel So Bad?*, *The Things You Do That Mess You Up*, *How to Fix Almost Anything*, and *10 Things You Can Do to Feel Happier Straight Away*.

"I've seen such amazing changes in people in my courses," said Denis Olivier, the corporate

and community mental health and addictions educator at the Canadian Mental Health Association Halton Region Branch who teaches the LLTFF course locally. "It is a supportive environment in which to learn skills and strategies to make positive choices. Anyone can improve their quality of life with this course."

Course details

The LLTFF course in Milton is slated to run Tuesdays from November 1 to December 20 from 2:30 until 4 p.m. at Grace Anglican Church, 317 Main St. East.

While the course is valued at \$185 per person, the Canadian Mental Health Association Halton Region Branch is subsidizing these sessions by offering them at a reduced rate of \$90 per person.

For more information or to register for the groups, call (905) 693-4270 or email register@cmhahrb.ca.

ONLINE EDITION

www.insidehalton.com/printedition

Advertorial

Elementary Schools Participation In Literacy Contest Expected To Help Build Habitat Home in Halton

Elementary students from across Halton in each of Catholic, Public and Private schools will be busy this Fall, putting their pencils to paper in an effort to raise enough funds to build a home for a family in need. Grade 4, 5 & 6 students will join the country-wide Genworth Canada Meaning of Home contest by creating an individual poem, essay or video surrounding the topic of "what home means to them". This incredible contest, now in its 10th year, is targeted to raise enough money to build a Habitat home for a deserving family in need of a safe, decent and affordable place to live.

"We are excited that the Genworth Canada Meaning of Home contest has received such incredible support by our local schools," says Habitat for Humanity Halton-Mississauga's CEO John Gerrard. "The annual contest has a proven track record of outstanding and creative submissions from our area. This year, we want to continue that tradition in hopes of building another home in Halton as a result."

In 2012, Denver Winch, a Grade 5 Oakville student at Rotherglen Oakville Elementary Campus, was one of five runners up in the annual contest. In 2013, Arvin Bal, a Grade 6 Oakville student at Heritage Glen Public School, was the first place winner. Denver and Arvin both chose to direct their combined \$60,000 winnings to Habitat Halton-Mississauga's 2014 Pembroke Drive build, with Arvin's donation covering 50% of the cost for Habitat to build a new home for Christine De Koning and her three kids.

Genworth Corporation and Habitat for Humanity have been committed to this contest for 10 consecutive years. In celebration of its decade anniversary, Genworth will donate a remarkable \$10.00 per entry to the local Habitat for Humanity Halton-Mississauga affiliate, raising more money to continue Habitat's mission in the community.

The Halton Waldorf School in Burlington has already reported growing excitement amongst their students, indicating

that the children have been truly inspired by some of the stories of past winners. "Our students are thrilled to participate in this program and make a difference right here in our own community," says Lyli Anthon, Waldorf School Faculty Chair.

"We are very proud that our students are so eager to learn more about what Habitat for Humanity does locally. Not to mention, the classes are excited at the thought of having a winner from their school and how the school could help the community with the prize money if one of their entries is chosen. The contest blends well into our curriculum and our mission to cultivate confidence, creativity and a love of learning."

With issues surrounding the lack of affordable housing for families and individuals on the rise, Habitat Halton-Mississauga has expanded its mandate to better serve its community. In Halton alone, Habitat will complete the build of its 46th home this Fall, including a 13 townhome complex on Glendor Avenue in Burlington. On its heels, Habitat will soon embark on 19 more town homes in 2017 on Queensway Drive in Burlington, plus 5 homes in Georgetown and a single family home in Acton that will partner with Community Living North Halton to provide supportive housing for 4 adult gentlemen with Autism.

"We are very blessed to have the incredible support of schools and school boards within our community as we strive to encourage as many students to participate as possible," explains Gerrard. "Both the Public and Catholic Boards have shown great support in ensuring awareness amongst their schools. In particular, the Halton Catholic School Board has dedicated a committee and done an outstanding job of promoting the contest out to all of their 46 elementary schools and staff and encouraging their participation. This support could mean over 6,568 students in relative grades submitting to the contest and will generate over \$65,000 to enable us to build a new home for a family in their school community."

"We are so thrilled to be a part of this wonderful community

initiative," says Paula Dawson, Director of Education at the Halton Catholic District School Board. "The Meaning of Home contest provides the opportunity for our students and staff to give back to their own community, through their actions of generosity and compassion."

If the schools participation reaches that \$65,000 goal, Gerrard has committed to naming a home in honour of the Board and enabling the Board to submit a family recommendation. For children to have the opportunity to participate in something that makes a direct and positive difference in the lives of families and other children in their school systems is an experience they will not forget being a part of. Some of the Grand Prizes for individual winners include a brand new iPad Air 2, Apple Magic Keyboard and Smart cover, a pizza party for their class and \$1000 for their school is a reward for their hard work!

The Meaning of Home Contest is open for submissions until November 30th, 2016. For more information on how to easily participate, visit www.meaningofhome.ca or contact personally Melissa Foley at mfoley@habitatmh.ca or (647) 470-8413.



2013 Meaning of Home Contest winner Arvin Bal from Heritage Glen Public School directed his winnings to Habitat Halton-Mississauga's 2014 Pembroke Drive build project, covering 50% of the cost to build a new home for Christine DeKoning and her three children.