

Better support for parents-to-be

More ways to prepare for a baby

Becoming a parent, whether it's the first time or you're adding siblings, is a life-changing event. Getting quality, trusted information and community support can make a big difference. That's why the Halton Region Health Department (HRHD) has added a new, free online prenatal program to enhance the in-person prenatal classes and online resources already available to parents-to-be in Halton.

The new program, called the Gift of Motherhood, was first developed by a Registered Nurse, and is now being customized and rolled out by many public health units across the province. The evidence-based videos, audio and many other interactive tools make the program easy to follow and informative. Users will learn about the natural birthing process, the transition to parenthood, community resources and more.

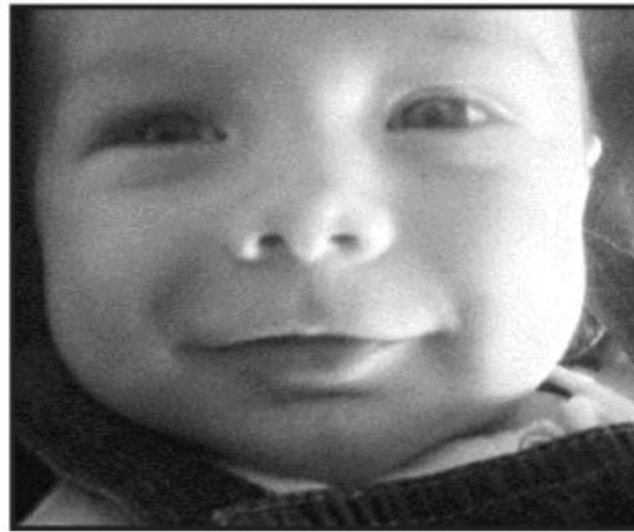
Mothers/parents-to-be can take the program in their own time, at their own pace, and in the comfort of their own home. It's a perfect solution for busy schedules, women on bed rest, or for those who want a refresher.

"We live in a fast-paced environment, with busy schedules and an overwhelming amount of online information to sift through," said Regional Chair Gary Carr. "I'm pleased that the Halton Region Health Department can offer more options for our residents to

get the quality health information they need at such an important and exciting time in their lives."

Complimentary to the online program are two additional workshops offering expert advice and information, coordinated by the HRHD: a two-hour breastfeeding workshop and a prenatal car seat workshop.

The breastfeeding workshop is a focused session that helps mom and baby get started successfully without having to attend a full prenatal class series. It will help



women make informed decisions about feeding choices and help those who have struggled with breastfeeding in the past.

The car seat workshop teaches safe installation and use of car seats, which includes an inspection at the end of the class by a Certified Car Seat Technician. The workshop will help parents ensure their babies and children are kept safe in cars, since recent Halton statistics show that car seats are commonly installed incorrectly. On April 16, 2011 in Milton, 70 per cent of installed infant and child seats failed inspections. That number was 65 per cent in Acton on May 14, 2011. (Please note that these numbers do not include booster seat usage.)

"We want to ensure women and parents in Halton get the best information and support possible during their pregnancy, in a way that meets their needs," said Dr. Bob Nosal, Halton's Medical Officer of Health. "The transition to parenthood is significant, and we have a strong community of professionals available to help, whether it's face to face, over the phone, or online."

Register for one of these new programs today, or find out more about these and the other services and information available to parents-to-be. Visit www.haltonparents.ca or call Halton Region by dialling 311 or 905-825-6000/1-866-442-5866.

Town loan saves Halton Hills Gymnastics

"We as a community – owe may the wrong word – but, we certainly have an obligation as a Council to support amateur sport,"

- Acton Councillor Mike O'Leary.

An immediate cash infusion from the Town, and a promise to cover operating losses for the next three years, means the Halton Hills Gymnastics Centre (HHGC) will not close its doors.

At a Special Council meeting on Monday, councillors voted to bail out the Centre out of its current financial crisis to an upset amount of \$324,000. While interest will be charged on the Centre's outstanding balance, the payments will be deferred until the Centre's fiscal year ending 2015.

Council rejected an in camera Community Affairs committee vote to provide the Centre with an interest-free loan. Georgetown Councillor Ann Lawlor could not get support to revisit that decision on Monday.

Councillors heard that the non-profit Centre's financial difficulty was beyond its control – numbers dropped by almost half when a large portion its parking lot at the Armstrong Road location was no longer available, and a wall at the rented facility collapsed in April.

In an appeal for help, Centre Board member Damien Brooks said the non-profit community-based group has been offering gymnastics programs in Halton Hills for 35 years – 1,100 people from 18-month olds toddlers to adults last year.

Brooks said the current crisis crippled operations for the past year, and there is no other suitable location for the Centre to rent. He said without the Centre, there would be no other gymnastics services in Halton Hills, and the proposed service contract agreement with the Town would allow the Centre to recover and rebuild.

Warren Harris, the Town's Manager of Parks and Open Spaces said if the Centre ceased to operate it would be a "real detriment to the Town because they (the Centre) are the only ones providing such a service," he said, adding there is strong support for this club,

and gymnastics in the GTA and Halton where clubs in Oakville and Milton operate at capacity.

Acton Councillor Mike O'Leary, who authored the service contract resolution with Regional/Acton Councillor Clark Somerville, said the deal is "obviously necessary" in light of the Centre's financial problems. "We as a community – owe may the wrong word – but, we certainly have an obligation as a Council to support amateur sport," O'Leary said.

Councillor Somerville said they'd have loved to "waive the magic wand and give them all the money... but I think we've come up with a prudent approach," Somerville said.

Like Somerville, Georgetown Councillor Moya Johnson noted the important of gymnastics to girls and young women to help develop a sense of fitness and body image. She said the agreement is a good compromise.

Councillor Lawlor argued the Centre should get a no-interest loan because of the significant community benefit it provides, a major recreational service without benefit of a Town-owned facility. No one would second her amendment.

NOW PICKING

Beans, Red/Green Cabbage, Beets, Cucumbers,
Onions, Peas, Egg Plants-and more

TOMATOES Starting this Weekend

PICK YOUR OWN AT "THE FARM" - De Paoli

Ready Picked Available (Please Call Ahead)

Southwest of Georgetown-1km west of Trafalgar Rd. on 15
Sideroad, Stewarttown. First farm on north side of road

The Farm 873-2050 • 877-7976 (home)

Tues-Fri 9-5 • Sat 9-2, • Sun & Holidays 9-12

Mayor Rick Bonnette said the Town is "lucky" to have the Centre take on the role of providing gymnastics to the community, or the Town would have to do it. After the meeting Bonnette said he has confidence in the Centre's business plan. "I think Council made a wise decision to help them and the benefits will come back in spades," he said, adding costs for the Town to run a similar program would be "tremendous," noting the Town does not have a suitable facility.

Acton HOUSE LEAGUE HOCKEY Association

2011-12 REGISTRATION NOTICE



TYKE: \$375, All other divisions \$450

\$25 Halton Hills Arena Surcharge Extra
per registration

All registrations **MUST** be completed online.

VISA & M/C Payments Only  

Please visit our website for further details

www.actonhouseleague.ca