

Changes coming to Halton trash collection

By **GARY CARR**
Halton Region Chair

By now, Halton residents should have received a copy of the 2013 Waste Management Guide and Collection Calendar.

The calendar began February 1, and contains everything you need to know about waste collection in Halton Region, including information about upcoming waste collection changes that begin April 1, 2013.

Starting April 1, Halton is excited to expand the Blue Box to include more acceptable materials. Halton residents continue to divert 60 per cent of residential waste or 124,654 tonnes of waste away from the landfill by participating in weekly recycling, organics and other diversion programs—this is an incredible achievement, but there is always more each of us can do.

The new waste collection changes will help increase Halton's diversion rate to 65 per cent and extend the life of the landfill, resulting in long-term savings of \$15 million to future taxpayers.

Residents will now be able to recycle items like clear plastic clamshells (e.g. berry containers), single-serve yogurt cups, cardboard cans (e.g. chip cans) and plastic plant pots and trays.

Together we can make a difference by recycling and composting more to produce less garbage. For more information about the upcoming waste collection changes visit www.halton.ca/waste.

If you have not received your 2013 Waste Management Guide & Collection Calendar, please access Halton by dialling 311 or use the Online Service Request Tool at www.halton.ca/



Four local young artists were recognized as the winners of Halton's fifth annual Waste Management calendar cover art contest at an event held recently at Halton Regional Centre. The art contest allows children to use their creativity to help raise awareness about the importance of the environment and Halton's waste diversion programs. The four winners posing with Region Chair Gary Carr are, (from left) Hannah Kim of Burlington, Allison Scott of Halton Hills, Zohaa Zafar of Oakville and Hannah Kellhammer of Milton. This year's entries followed the theme of "recycle and compost more to make less garbage."

Submitted photo
wastetools. Residents can also access the new Waste Collection Calendar Tool at www.halton.ca/wastecalendar and search by address to confirm their next waste collection day and sign up to receive email, phone or Twitter waste collection reminders.

As always, if you have any Regional concerns or comments you would like to share, please feel free to email me at gary.carr@halton.ca. You can also find me on Twitter @garycarrhalton or on Facebook.

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Q: I have a problem with motivating myself, what tools can I use to address this problem?

A: Motivation comes from an internal sense of satisfaction we get from engaging in an activity. That is why we usually don't have problems motivating ourselves to do tasks we like. We all want to do more of what makes us feel good.

Lack of motivation is not a personality trait and is not related to laziness. Judging and punishing yourself for a lack of motivation is not likely to work. Have you noticed that even when we bribe ourselves with all sorts of rewards, we still procrastinate when it comes to completing a task we are not motivated to do? So, what needs to happen for us to get our motivation going?

I suggest that when you want to increase your motivation toward completing a task, give it meaning. When you make a task meaningful, you give it more emotional investment and it becomes easier to draw energy to complete it. You would also benefit from seeing the greater purpose this task serves. You might not have a great deal of motivation to do

some boring paper work however you know how much relief you get from becoming organized. Make sure that whatever task you are to tackle, you have the right level of competence to accomplish it. If it is too simple or too hard, it is likely to lose your interest. In those cases, gather knowledge or support to complete the task. Having support can often help us get through difficult aspects of a task.

When you are facing a large task, break it down into manageable components. When you break down a task, you can measure your successes and see the progression of your work. Don't forget to celebrate the completion of each component. Celebrating is not childish. We all thrive on validation and recognition.

If you continue to struggle with motivation, try talking with someone about your objections to the task. Maybe it is the process or the people with whom you need to work that you have a conflict with.

Manon Dulude is a Professional Certified Coach she can be reached at 905 873 9393.

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