

Halton Hills Yard Waste Collection ending for 2014

The last days for Yard Waste collection in 2014 are:

- Area 3: Wednesday, December 10**
- Area 4: Wednesday, December 3**
- Area 5: Wednesday, December 3**

Urban Yard Waste collection resumes in April 2015.
Urban Christmas tree collection occurs twice in January 2015.



Residential yard waste can be dropped off for composting at the Halton Waste Management Site, 5400 Regional Road 25, Milton, for \$5 per load. Commercial yard waste (including from contractors) are subject to fees based on weight. The Halton Waste Management Site is open Monday to Saturday, 8 a.m. to 4:30 p.m. Visit Halton.ca/waste for more information.

Yard Waste Collection Information

- Use paper yard waste bags or reusable containers.
- Place yard waste labels on reusable containers. Visit Halton.ca/wastetools or dial 311 to order a yard waste label at no charge.
- Containers must be no heavier than 23 kg (50 lbs) and may have a capacity up to 125 L.
- Bundle and tie brush in bundles no larger than 1.2 m x 0.6 m (4 ft x 2 ft) wide, with branches a maximum of 7.5 cm (3 in) in diameter.
- Yard waste in cardboard boxes, Blue Boxes, GreenCarts, plastic bags, compostable or biodegradable bags will not be collected.



Acceptable Materials

- ✓ Leaves and weeds
- ✓ Sticks, twigs and tree trimmings
- ✓ Decorative cornstalks
- ✓ Pumpkins
- ✓ Fallen fruit from trees
- ✓ Yard and garden trimmings

Unacceptable Materials

- ✗ Grass clippings
- ✗ Tree stumps and trunks (over 7.5 cm in diameter)
- ✗ Sod, soil, clay and rocks
- ✗ Plastic shopping or garbage bags
- ✗ Plastic flower/plant pots (accepted in Blue Box)
- ✗ Flower/plant markers and tags



Never miss your waste collection day again!

Visit Halton.ca/wastecalendar to find your waste collection day:

- Sign up for weekly email or phone call waste collection reminders.
- Download your waste collection calendar to your personal iCal, Google Calendar or Microsoft Outlook calendar.
- Print your own collection calendar.

Essential services available during the holidays

Halton Region's offices will be closed for the holidays from Wednesday, December 24, 2014 until Monday, January 5, 2015; however many services will remain available.

For more information on holiday hours and services, visit Halton.ca/closures or dial 311.



Gary Carr
Regional Chair

Halton Regional Meeting Schedule

Meetings can be viewed at Halton.ca/meetings

Dec 9	9:30 a.m.	Health & Social Services Cttee.	Dec 10	1:30 p.m.	Administration & Finance Cttee.
Dec 10	9:30 a.m.	Planning & Public Works Cttee.	Dec 17	9:30 a.m.	Regional Council

Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

05/12/14

Celebrating Lucy

Jack and Linda Hutton, who own and run the Bala Museum with memories of Lucy Maud Montgomery, hosted a Montgomery display inside Crawford's Bakery during Saturday's Montgomery Christmas. Norval hosts a tribute to the famed Canadian author of *Anne of Green Gables* annually — the author lived in the village for many years.

Photo by Jon Borgstrom



Stop living in the statistics. Physiotherapy can help

- It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain
- 1 in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.
- Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum



Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from:

1. Low Back Pain
2. Incontinence
3. Pelvic Organ Prolapse
4. Sexual Dysfunction
5. Pelvic Pain
6. Block Ducts and Mastitis



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