

# TIME TO CELEBRATE OUR LOCAL CULTURE

## CULTURE DAYS OFFERS MONTH-LONG SHOWCASE OF AREA'S VAST CREATIVITY, WRITES RICK BONNETTE



**RICK BONNETTE**  
Column

This year, the annual Culture Days events will be held Sept. 24 to Oct. 24, promising more than 60 self-led, do-it-yourself virtual and in-person activities that showcase a wide range of art forms and include activities for all-ages.

I think we could all use something to look forward to, and what could be better than a month-long national celebration of arts and culture that celebrates creativity and inclusion at a local level in Halton Hills?

This sector — like many

others — was hard hit by the pandemic, and this year's Culture Days event demonstrates the resilience of those working, creating and volunteering in this field.

Visit [haltonhills.ca](http://haltonhills.ca) for more information.

On Sept. 20, we will be holding our next virtual council meeting, and you're going to see our council members wearing bright orange T-shirts in recognition of the new federal statutory holiday on Sept. 30, called the National Day for Truth and Reconciliation.

The T-shirts bear the slogan "Every Child Matters."

Affordable housing is a big issue in this federal election. All the parties agree that this is a huge issue, and they are all offering different policies and positions. This is a national crisis from coast to coast to coast.

Affordable housing is also a priority at the town. We have identified this in our strategic plan. Through various engagements we have conducted over the past year, we have heard how deeply our community is affected by the lack of affordable/attainable housing we have.

Moving forward, a plan of action is recommended to ensure a co-ordinated, effective and action-orientated approach to addressing shortfalls/needs in Halton Hills.

There is no magic bullet

to solving our housing crisis. This will require several interconnected and independent actions that need to be planned collaboratively with the town, higher levels of government and other stakeholders, including private and non-profit sectors.

The Halton Hills Affordable Housing Working Group, chaired by Coun. Jon Hurst, is currently reviewing three incentives to further encourage affordable housing.

Lastly, I can't think of better role models for our youth than the Canadian women's soccer and hockey teams for such poise and courage in recently capturing gold medals.

*Rick Bonnette is the mayor of Halton Hills. Follow him on Twitter at @RickBonnette1 and Instagram at @rick\_bonnette1.*



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### NOISES AND YOUR SLEEP

Noise does not have to be loud to be harmful, it could take as little 60 decibels (the level of a quiet air conditioner) - to prod us from deep to superficial sleep without our knowing it, interrupting R.E.M. Cycles and leaving us to face the day fatigued and unfocused.

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## SEPTEMBER IS Prostate Cancer Awareness Month

### What are the risk factors for prostate cancer?

September is Prostate Cancer Awareness Month, which makes it an ideal time to learn more about this disease and speak with your doctor about it, especially if you're a man over the age of 50. Here are several factors that can increase your risk of developing this type of cancer:

- **Age.** Approximately 60 per cent of prostate cancer cases are diagnosed in men 65 and older.
- **Family history.** Men may be at a higher risk if a close relative was diagnosed with the disease before the age of 65.
- **Weight.** Men who are overweight are more likely to be

diagnosed with an advanced stage of prostate cancer.

- **Height.** Some studies have found a link between being tall and having an increased risk of developing this type of cancer.
- **Excess calcium.** A diet that's high in dairy products and other calcium-rich foods may increase the risk of prostate cancer.
- **Genetic mutations.** Inherited mutations of two genes, BRCA1 and BRCA2, have been associated with this type of cancer.

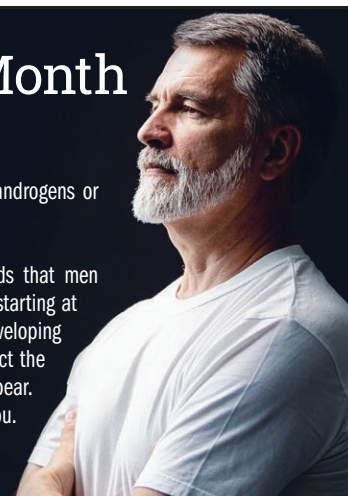
Other risk factors include smoking cigarettes, handling

certain chemicals and having high levels of androgens or inflammation of the prostate gland.

#### PSA test

The Canadian Cancer Society recommends that men undergo prostate-specific antigen (PSA) tests starting at age 50, or sooner if they're at a high risk of developing prostate cancer. This blood test can help detect the disease in its early stages, before symptoms appear. Talk to your doctor about whether it's right for you.

To learn more about this disease, visit [cancer.ca](http://cancer.ca).



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