



By Cory Soal
R.H.A.D.

... Lend Me Your Ears

COMMON QUESTIONS ABOUT TINNITUS - PART 1 WHAT IS IT?

Tinnitus is a subjective experience where one hears a sound, ringing or noise when no external physical sound is present. Some call it "head noises", "ear ringing," or other similar things.

WHAT CAUSES IT?

There are many causes; indeed almost everything that can go wrong with the ear has Tinnitus associated with it as a symptom. Things as simple as wax against the eardrum to very serious items such as tumors on the 7th facial nerve can produce Tinnitus. Meniere's disease has Tinnitus associated with it. One of the most common causes of Tinnitus is exposure to excessively loud sounds such as shooting, chain saws, rock concerts, or other loud noises.

For more information feel free to call...

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NEWS

APPLICATIONS BEING ACCEPTED FOR COMMUNITY INVESTMENT FUNDING

Community organizations can now submit applications to the Halton Region Community Investment Fund for 2023 funding.

The HRCIF supports non-profit human service programs and initiatives that enhance the health, safety and well-being of Halton residents.

Funding is available in single year and multi-year grants through two categories:

Category One: Provides up to one year of funding, for a maximum of \$30,000. Non-profit, charitable or unincorporated community or-

ganizations can apply to fund short-term, small capital and/or innovative projects.

Category Two: Provides up to three years of funding to registered charities for programs and initiatives.

Organizations that meet eligibility criteria may submit one application in each funding category. The initial application deadline for both categories is Tuesday, Nov. 1, 2022 at 2 p.m. Additional opportunities to apply for HRCIF funding will be available in 2023 for programs and initiatives that help respond to emerging community needs.

A virtual information session will be held for community organizations looking to learn more about the HRCIF and the application process on Tuesday, Oct. 4 from 6 to 8 p.m.

To learn more about HRCIF guidelines, the upcoming virtual information session or the application process, visit halton.ca or call 311.

WHAT'S ON

TOWN TO HOST GO GREEN EVENT

REETI ROHILLA

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The Town of Halton Hills is inviting residents to a Go Green climate change awareness event Oct. 1.

"Come out and get inspired," said Mayor Rick Bonnette. "Learn about the actions that you can take to support a healthier environment through home improvements, lifestyle and moving about in the community."

The Go Green Halton Hills event—running from 8 a.m. to 12:30 p.m. at the Halton Hills Public Library and Cultural Centre (9 Church St.)—aims to encourage residents to act in support of a low carbon



Town of Halton Hills image
Residents are invited to a Go Green event Oct. 1.

community.

"Through town council's direction, staff have done an exceptional job in advancing our green agenda to support our climate emergency declaration of becoming a net-zero community by 2030. Now it's the community's turn to recognize the actions we can all take to reduce our impact on the environment," Bonnette said.

Electric vehicle test drives and information around home retrofit and energy efficient businesses, sustainable transportation options, and climate-friendly activities will be part of the Go Green event. For further details, visit the Town of Halton Hills website.

VIRTUAL GARDENING WORKSHOPS

Put Your Garden to Bed for Winter

Join us online **October 13, 20, 27** for a series of virtual workshops to learn how you can work with nature to build a resilient garden throughout the colder seasons. Allow our experts to guide you through how to manage rain, snow and ice where you live and keep your garden beautiful and healthy year-round.

Workshops run from 6:30pm-8:00pm via Zoom

\$8/workshop. Registration required.

GIVEAWAYS with Registration

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conservationhalton.ca/healthy-neighboursheds



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