

Encouraging senior safety

by Donna Danielli

Campbellville businesses had best make sure their welcome mats are free of snow or ice buildup and lying flat next month when members of the "Stepping Out Safely" committee come to call.

"Stepping Out Safely" is a program comprised of the Milton Safety Committee, the Halton Region Health Department, The Trauma Prevention Council and the Town of Milton, in which senior citizens advise businesses of fall risks within their stores.

"There are 3,000 seniors in Milton," says Campbellville's Jean Woods. "A thousand of them will fall within a year and 40 per cent of those will be seriously injured enough to require hospitalization. There was \$3.6 billion spent last year federally on health care related to falls. You can have a fit elderly person going out and a fall can turn that person into someone who's going to need a lot of care."

Campbellville businesses will be visited by the committee first while inspections of downtown

Milton will wait until autumn, after the reconstruction of Main Street is completed.

Committee members will inspect stores that may offer a risk to seniors, such as aisles that are uneven or have broken tiles. Stores will also be inspected for such hazards as secure shelving, doors that can be opened by seniors, a lack of clutter and much more.

The inspections will help increase awareness of the problem of senior safety, as well as providing businesses with advice on how to make their stores safe for seniors.

Businesses will receive a certificate and a decal saying they have a senior friendly environment after any concerns are addressed.

"It's not an enforcement program," says Mrs. Woods. "It's an awareness program to let people know how serious it is when seniors fall."

Anyone wanting more information is encouraged to call Jean Woods at 905-854-2107.



Givin' you the dirt

by Sean James



Planning Your Garden

Spring is here. It's time to get out and get your hands dirty after the long winter.

There are several things to consider before grabbing your trowel. Let's walk through some important concepts whether you're fully renovating an existing landscape or just touching up your pride and joy.

Weeding is most folk's least favorite activity. Just remember, if all you do is pull or dig out the weeds as they come into bloom, you'll have almost no weeds next year since you didn't let them seed down. Get on this as soon as possible and stay focused.

Many weeds are already coming into bloom. Mulch such as cocoa mulch or a good compost will make this job easier. Watch out for turf-grass working its way into the bed. Keep a good deep (3") edge on the bed to prevent this.

Texture is probably the most important aspect of your landscape and the most neglected. When plants aren't in flower, texture will add interest to the garden. In the shade, where plants flower sparsely, texture is your friend. You're looking for the right balance of contrast and compliment.

In the shade, a great trio is Hosta, ferns and a grass such as Red Baron Grass, Golden Japanese Forest Grass or Northern Sea Oats (Chasmanium). For a sunny location, you probably already have a lot of medium texture, for instance summer phlox or peony.

Fine textures are easily found in grasses. Look for bold textured plants. Some of my favorites are golden yucca, ornamental rhubarb (*Rheum palmatum* "Tanguticum"), and Hydrangea. These are just some examples.

Take a look around the garden centres and look for plants suited to your site that offer a bit of a change. Don't be afraid to try new things. Go every couple of weeks to see what plants look like throughout the year. Often people make the mistake of going in the spring and filling up on the plants that are pretty then. They miss out on summer and fall colour.

Look for a moment at the lines in your garden. It's interesting to note that jagged lines make people uncomfortable subconsciously. They will move quickly through an area filled with jagged lines. Conversely, they will move slowly through a garden made up of softly curving paths and gardens. If your paths are straight or sharply angled, it is easy to soften them with creeping plants that will grow out over the path a bit. Some excellent examples are Creeping Phlox, Georgia Blue Veronica, perennial Geraniums, and Catmint. Creeping Junipers, Cotoneaster (actually pronounced cotton-easter) and thyme are also useful.

One of the biggest mistakes I used to make was failing to consider traffic patterns. I would design a landscape which was lovely to look at,

then realize I couldn't get to the garage without walking all the way around the house. Just think about what you need to get to and the shortest way to get there.

Remember people usually want to take the most direct route. Before you know it, there's a path through the garden. Solving the problem may be as simple as laying down a few flagstones.

Remember that gardening is art and art is subjective. Don't think just because my opinion is different from yours that you are wrong. It's your garden. Gardening is about what you like, not about what I like. Enjoy.

If you have questions of a horticultural nature, e-mail me at sdames@on.aibn.com. If it's of interest to the general public it may make it into the column.

Ridding rural roads of trash

by Donna Danielli

Uncaring litterlouts can leave this beautiful countryside of ours a real mess.

On April 27, from 8 a.m. to noon, about 100 volunteers will pick up their trash bags and begin clearing the rubbish that's quickly accumulating on our sideroads. This is the fifth year that the "Roadside Spring Clean Up for Nassagaweya" will take place, and even those who can't make it on April 27 can still do their part.

"If you can get out and pick up a few bags of garbage during the week before, that's a big help," says organizer Jean Woods. "Just leave the bags at the side of the road, phone me to tell me where it is and we'll make sure it's picked up."

The Town of Milton supplies dumpsters for the trash to be disposed in, as well as reflective vests and garbage bags.

High school students are encouraged to participate as the Nassagaweya Community Consultation Committee will provide with them a letter to count toward their community service requirements for graduation.

Look for Jean at the Campbellville Fire Hall on April 27 between 8-9 a.m or call her 905-854-2107 to find out how to help.

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