

Breastfeeding Challenge 2004

By ANN KORNUA

On October 2 women and their families turned out at the Milton Community Resource Centre in the late morning to raise breastfeeding awareness by taking on the challenge for most children breastfeeding simultaneously. This event is an international competition organized by the Quintessence Foundation (www.babyfriendly.ca) with participants all over Canada and the States.

First time mother Joanne Hewitson, a dedicated supporter for breastfeeding, attended this year's event. "It's one of those things that women have been doing naturally for years and it's nice that it's accepted. This is my first child and I thought this is something that would just happen. It's like learning to dance and you have to learn how to do it. For some women it's a tough thing to learn. It's great to have support from the community," she said.

This challenge focuses on the health benefits of breastfeeding for both mother and baby. Many women get frustrated with breastfeeding because of complications and wean their children prematurely. Some of the largest hurdles for healthy breastfeeding mothers continue to be lack of support and misconceptions about breastfeeding.

Joanne goes on to comment that breastfeeding itself isn't as easy as it looks. "You can breastfeed very discreetly. It feels strange at first but in those first weeks you need to feed your child. We had trouble at first, and you can't tell how much they are eating. It's simpler with a bottle and it can be scary because you don't know if the child is getting enough nourishment. You need support from people who have done it and from the lactation consultant. You do get a lot of conflicting messages from people at the start but it's something

that you need to do for the benefit for your child."

"IT'S THE BEST FOR THE BABY AND THE MOTHER'S HEALTH"

At 11 am mothers and children came out to take on that challenge and give the community of Halton a message that breastfeeding is a natural healthy function which should be celebrated rather than be hidden away.

Helping out at the event was Lactation Consultant Jill Hicks. For six years, Jill has been helping educate mothers in the Halton Region about the positive effects of breastfeeding and helping them through their issues and questions. "It's the best for the baby and the mother's maternal health." Jill explains. "Breastfeeding helps raise pro-

ductive factors that prevent illnesses in your baby such as diarrhea, upper respiratory infections and ear infections. It also helps to reduce the risk of allergic conditions including asthma. It's convenient when you are travelling as it's always in the exact quality and quantity. It also avoids the dangers of unsafe water, storage and separation. The winners of the competition were determined by calculating the most babies participating as a percentage of the birth rate. Entering the competition for the first time, Halton Region had 11 mothers and babies aged from 10 days old to fourteen months. This helped put the Province of Ontario in second place behind first place winner Quebec. Third place went to Texas in the USA.

For more information about the benefits of breastfeeding, Jill Hicks recommends www.infactcanada.ca.

Milton Council Notes for October

By COUNCILLOR CINDY LUNAU

Fall Clean-up Week: October 12 - 16 the Brookville Operations Yard on Guelph Line will be open for disposal of large household items. This programme offers rural homeowners a twice-yearly (spring & fall) opportunity to dispose of many large household items not included in the rural garbage and recycling collections. There are some restrictions on sensitive and toxic items. This is the rural alternative to the large item pickup offered in town and included in urban waste collection rates.

Proclamations:

- World Breast Feeding Week: October 1 - 7, 2004.
- Fire Prevention Week: October 3 - 9, 2004.
- Fire Service Recognition Day: October 9, 2004.
- Canada's Citizenship Week: October 18 - 24, 2004.
- Waste Reduction Week in Canada: October 18-24, 2004.
- Child Care Worker & Early Childhood Educator Appreciation Day: October 27, 2004.
- Child abuse awareness Month In Canada: Month of October on behalf of the Canadian Red Cross.

Awards: Mary "Maisie" MacKay was named the 2004 Senior of the Year for Milton by the Province of Ontario and was so honoured at September's Council Meeting. Jan Mowbray and Del Oxford each received a Parks and Recreation Ontario Community

Contribution Award recognizing their volunteer service at this same meeting. In addition, Council nominated Brian Williams, Jim Dills, Country Heritage Park, and the Horticultural Society for the Ontario Heritage Foundation Community Recognition Program. These names will be forwarded to the Ontario Heritage Foundation for consideration.

Community Fund: Council approved the following Community Fund grants as recommended by CSAC (Community Services Advisory Committee). \$100,000 to Conservation Halton Foundation for Mountsberg project; \$360 travel grants to David Anderson and Laura Seed to compete in the 2004 Canadian Lawn Bowling Championships in Vancouver. This year's grants total \$478,091 to date with \$158,254 available for the fall round.

Procedural By-law and Council Code of Conduct: Council approved a new Procedural By-law and Council Code of Conduct.

Population update: This report from the Planning Department now recognizes Milton's true population as 51,000 residents.

Animal Control By-law: Following extensive public consultation and last minute refinements, Council approved a new Animal Control By-law. In addition, staff was asked to prepare a report considering a recommendation by CSAC that pit bulls not be allowed off secured fenced private property

unless muzzled and on a leash.

Milton Library Sesqui-centennial: Council approved funding for their 150th Anniversary celebrations in 2005 up to \$30,000.

Tree Replacement: About quarter of the trees on Thompson Road between Steeles Avenue and Main Street have been identified for replanting.

Traffic Congestion: Signs advising of a 3m intersection stopping prohibition will be installed at James Street and Main Street East and at Mill Street at Martin Street.

Provincial Planning Reforms and "Places to Grow" Initiatives were discussed, highlighting the Town's response and the Joint Submission from the four municipalities within Halton. A community forum was held at the Region to receive public response to these documents. The latter document identifies Milton as a future key growth area in the Greater Golden Horseshoe.

Council Appointments: Michael Bugala and Waine-Ann McLaughlin were appointed as citizen representatives to the Milton Transit Advisory Board.

Farm Tour: The Halton Agricultural Advisory Committee (HAAC) annual Farm Tour for elected representatives and guests included Country Heritage Park, Greenfields Organic Farm on Guelph Line, Milton, D.G. Greenhouses in Halton Hills, and Halton Place Horse and Country in Halton Hills.

Conveyance of Land: Council approved the transfer of adjacent vacant land to the Nassagaweya Presbyterian Church, as agreed to in the developer's plan of subdivision.

Well Water Information Sessions: How safe is your water? As a rural resident, you are responsible for your own health and safety. Well water should be submitted for free testing at least three times a year. The Halton Health Department holds these sessions to answer questions and discuss appropriate testing and well maintenance. Next session: October 14, 3 - 9 pm, Campbellville Lion's Hall, 42 Main Street (Guelph Line at Railway tracks).

Web Site: Council agendas and minutes are posted on the Town's web site. This site also includes other useful and interesting information about Town events, services, press releases and reports. www.milton.ca.

Representatives: Phone numbers and email address for the Mayor and Councillors are available on the Town's Web Site or by phone. Town Hall 905-878-7211 or 1-800-418-5494. Region of Halton 905-825-6000 or 1-866-442-5866.

(These notes are intended to provide a snapshot of Milton Council happenings, rather than opinions. Further information can be obtained - and comments shared - through elected representatives, town staff and the Town website.)