



The Regional Municipality of Halton

SUSTAINABLE HALTON

Our Community. Our Future. Our Plan. We need to hear from you

According to the Provincial Growth Plan, Halton Region needs to plan for up to 780,000 people and 390,000 jobs by the year 2031.

Halton's future – what it looks like and how it works, where and how we grow, and what we protect – depends on you. Sustainable Halton, previously called Durable Halton, is about planning for people, where we live and work, and the services we need. It is also about building complete, sustainable, and healthy communities.

Join us at one of our drop-in public information centres so you can see what we've done and tell us what's important to you as we move ahead.

Sustainable Halton Public Consultation Schedule Public Information Centres • 6:00 p.m. to 9:00 p.m.

<p>Oakville Monday, June 4 North/South Auditorium Halton Regional Centre 1151 Bronte Rd.</p>	<p>Milton Wednesday, June 6 Lions Club Hall Milton Memorial Arena 77 Thompson Rd.</p>
<p>Burlington Tuesday, June 12 Auditorium A & B Burlington Seniors Centre 2285 New Street</p>	<p>Halton Hills Wednesday, June 20 Acton Arena Hall Acton Arena 415 Queen St. E.</p>

Halton Region is also holding a Sustainable Halton symposium for those who want to discuss the project and background studies in more detail. Please register for the symposium by phoning 905-825-6000 (toll free 1-866-4HALTON), ext. 7455 or by emailing us at sustainable@halton.ca by June 15th.

Sustainable Halton Symposium

Saturday, June 23, 2007 * register by June 15*
9:00 a.m. to 12:30 p.m.

North/South Auditorium
Halton Regional Centre
1151 Bronte Road, Oakville

There are 22 background studies now available online at www.halton.ca/SustainableHalton or you can get a CD by calling us at 905-825-6000 (toll free 1-866-4HALTON).

For more information, please contact:

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or e-mail gena.ali@halton.ca

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Gary Carr, Regional Chair

Halton achieves AAA credit rating for 18th consecutive year

Independent ratings agency Moody's Investors Service has again confirmed Halton Region's AAA credit rating, the highest credit rating available to any issuer of long-term debt in North America. This is the eighteenth year in a row that the Region has achieved this rating.

The AAA credit rating is good news for residents because it means that the Region and the Local Municipalities can borrow money at the lowest possible interest rates. Thanks to our prudent fiscal management and our commitment to multi-year planning, we can pass our lower costs on to our taxpayers. Our AAA rating allows Halton to continue to deliver essential services to Halton residents and businesses, and confirms Halton's standing as a leader in financial management.

Halton Regional Meeting Schedule

May 30, 9:30 a.m.
Regional Council

1151 Bronte Road, Oakville, Ontario L6M 3L1

Tel: 905-825-6000 • Toll Free: 1-866-4HALTON • TTY: 905-827-9833 • www.halton.ca

Physio News

by Robin Collins

B.H.Sc. (P.T.), B.Kin., Dip. Sport P.T.
Registered Sport Physiotherapist

ATTENTION ALL BASEBALL PLAYERS

The warm weather has arrived and baseball/softball season is now upon us. I treat many shoulder injuries in baseball/softball players, which are related to throwing. Shoulder tendonitis, muscle strains and joint sprains are the more common injuries.

Why is my shoulder at risk of injury when throwing a ball?

The shoulder has an incredible amount of mobility. Overhead activities, such as throwing, require high-speed muscle contractions and power while putting the shoulder at the extremes of movement.

How can I prevent a shoulder injury?

- Include rotator cuff and shoulder blade exercises in your training
- Avoid a rounded shoulder posture because it makes it easier for structures to get pinched and inflamed.
- Gradually build up your distance and speed of throwing.
- Have your coach watch your technique to see if there are any abnormalities.
- Always warm up before you begin throwing.
- If you have injured your shoulder and your symptoms do not resolve within three to four days, seek professional attention.

Our Physiotherapists can provide you with a thorough assessment to evaluate the cause of your shoulder pain. The treatment we provide will often consist of manual or hands on therapy, specific throwing exercises and the use of pain relieving modalities. Physiotherapy is aimed at improving the strength and function of your injured shoulder in order to return you to your sport as soon as possible.

Have a safe and happy baseball/softball season.

ERAMOS A



PHYSIOTHERAPY ASSOCIATES

- Offering Excellence in Physiotherapy -

NO PHYSICIAN REFERRAL REQUIRED

372 Queen Street
519-853-9292

333 Mountainview Rd. S.
905-873-3103

www.eramosaphysio.com

Second chance to learn about allotment garden

FIONA M. WAGNER
Special to The IFP

The Georgetown Horticultural Society is holding a second public information meeting about its proposed Halton Hills allotment garden on Monday (May 28) at the Georgetown police station (217 Guelph St.) at 7:15 p.m.

The group will provide an update on developments since the last meeting in April and will be asking for suggestions and input on the project.

The Society is determining whether there is enough local interest to start an allotment garden in Halton Hills. An allotment garden is essentially a parcel of land that residents pay a nominal rent for growing vegetables, fruits and flowers. Whereas a community garden is tended collectively by a group of people, allotment plots are cultivated by an individual or family.

"We thought it would be a benefit to the community and an opportunity for people who don't have access to a garden or who don't have enough garden to plant things whether it be for produce, pleasure or pretty," says Society president, Lil Taggart.

Locally grown organic produce is superior in taste and quality and offers the added environmental benefit of food low in food miles (the distance between the point of production and consumption) and packaging. Many gardeners enjoy the health benefits of "green exercise" plus a diet high in fruits and vegetables. What's more, allotment gardens preserve greenspace, contribute to urban beautification, provide habitat for local wildlife and bring community members together.

The Society is working with the Town to find a suitable garden site in time for the 2008 growing season. A minimum number of participants is required before approval of the project. The size of the plots, rent and amenities of each garden (such as washroom facilities, means of water delivery and parking) will be collectively decided on by members of the garden community.

"Part of our mandate is education and participation in the community and we're hoping that there is enough interest and help from the Town that we can accomplish that," says Taggart.

If you are unable to attend the meeting but are interested in an allotment plot, leave an e-mail message at georgetown@gardenontario.org or phone 905-877-1533.

Local Farmers' Market opens next month

Enjoy the local fruits and vegetables of the 2007 growing season at the Georgetown Farmers' Market, June 16 to October 13— every Saturday morning, 8 a.m. to 12:30 p.m. on Main St.

Each week crafters and local community groups that appeal to a wide variety of interests are also featured. Info: 905-873-4970 or georgetown-bia@cogeco.net