

Talking turkey for Thanksgiving Day

Thanksgiving, by definition, is a time to give thanks. A time to celebrate family, good friends, and great food. A time to take comfort in tradition. Nothing symbolizes Thanksgiving tradition better than the Thanksgiving turkey, says Heather Nahatchewitz of Turkey Farmers of Ontario. A golden, roasted turkey remains the star of most North American Thanksgiving feasts – and for good reason.



“It’s delicious and it’s good for you,” says Nahatchewitz. “A 100 gram serving of roasted white turkey meat contains only 130 calories and one gram of fat, while packing an amazing 30 grams of protein.”

So how can you ensure a mouth-watering, delicious turkey for Thanksgiving?

Follow these instructions:
 Preheat oven to 325 F (160 C).
 If stuffing the turkey, do so while the oven is preheating. Spoon stuffing lightly into turkey instead of packing because stuffing expands while cooking. (Allow ½ a cup (125ml) of stuffing per pound (500g) of turkey.)
 Place turkey breast-side up on a rack in a shallow roasting pan.
 Insert meat thermometer in the deepest part of the inner thigh, but not touching the bone.

Roast uncovered, or loosely covered with foil. If you choose to baste your turkey, limit the number of times you open and close your oven (once an hour is sufficient!).

Turkey is cooked when the meat thermometer reads 170 F (77 C) for an unstuffed turkey or 180 F (82 C) for a stuffed turkey, and the juices run clear.

Remove turkey when cooking is completed and let stand 15 to 20 minutes before carving to allow the juices to set.

For more information, roasting times and delicious turkey recipe ideas and tips, visit: www.turkeyrecipes.ca or www.turkeyfordinner.ca.

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E-Waste Amnesty Week

**Monday, October 15 to Saturday, October 20, 2007
8:30 a.m. to 4:30 p.m.**

Halton Region residents can drop off e-waste free of charge during the E-Waste Amnesty Week. Acceptable e-waste includes:

- computers
- computer monitors
- computer peripherals (keyboards, mice, scanners, speakers, etc.)
- televisions and remote controls
- VCRs and remote controls
- DVD players and remote controls
- stereos and speakers
- answering machines
- MP3 players



E-waste from industrial, commercial or institutional settings are not accepted.

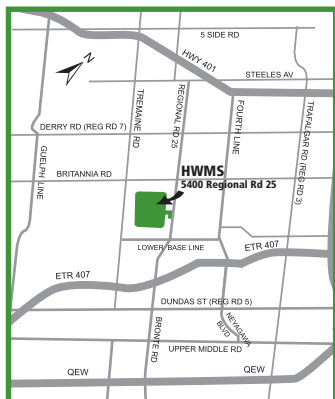
E-waste collected during the E-Waste Amnesty Week will be sent for proper recycling.

E-waste (excluding computer monitors and televisions) are accepted all year at Halton Waste Management Site's Container Station for a small fee.

Discarded electronic waste is accumulating at an alarming rate worldwide. According to Environment Canada, Canadians threw out an estimated 167,000 tonnes of E-waste in 2002. This amount is expected to increase to about 206,000 tonnes by 2010. Today the average life span of both computers and monitors is less than two years.

The E-Waste Amnesty Week is one of the initiatives identified in the Region's 2006-2010 Solid Waste Management Strategy that will assist in reaching a goal of diverting 60% of residential waste away from landfill. Halton Region's E-Waste Amnesty Week coincides with the national Waste Reduction Week.

Halton Waste Management Site
5400 Regional Road 25, Milton



Halton Hills Thanksgiving Waste Collection Notice

Please Note Collection Day Changes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9	10	11	12	13
Thanksgiving	Collection Moves to Tomorrow	Collection Moves to Tomorrow	Collection Moves to Tomorrow	Collection Moves to Tomorrow	Collection Moves to Tomorrow

Due to Thanksgiving, waste collection services the week of October 8 will take place the day after your regular collection day.

Please place your waste at the curb by 7:00 a.m. on your scheduled collection day.



Please check your 2007 "Curb Appeal" Waste Management Calendar for details in your area or the Region's Waste Management website at www.halton.ca/waste

Halton Waste Management Site Will be closed on Monday, October 8

Regular Operating Hours
Open Monday to Saturday
8:00 a.m. to 4:30 p.m.

5400 Regional Road 25, Milton

HALTON REGION ENDS MANDATORY ODD/EVEN WATER RESTRICTION

Halton Region has ended its mandatory odd/even water restriction on outdoor water use. Cooler temperatures, in combination with the recent rainfall and positive cooperation by Halton's residents and businesses, have helped replenish and maintain water reservoir levels.

Residents and businesses are still encouraged to use water wisely by voluntarily limiting outdoor water use to odd/even days based on one's municipal address. For more information on voluntary odd/even watering or for tips on water conservation, please visit www.halton.ca.