

Comment

The Canadian Champion

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Getting down to earth

Today is Earth Day, a day when those who care about our planet's future are asked to do something to improve the environment.

Today and this weekend in Milton multiple clean-up efforts (weather permitting) are planned for area parks, creeks and other green spaces.

Perhaps the only problem with Earth Day is that its message isn't carried out by enough of us for the remaining 364 days of the year.

Imagine the impact we would have on our surroundings if each of us did one environmentally-friendly good deed every day of the year.

We're not talking about single-handedly saving the world, but simply changing our attitude and repeating today's effort tomorrow and throughout the year to ensure a cleaner world for future generations.

According to Earth Day Canada (EDC) more than six million Canadians join 500 million people in more than 180 countries in staging Earth Day events and projects to

address local environmental issues. Nearly every school child in Canada takes part in an Earth Day activity.

Your contribution to that effort could be as simple as picking up one item of trash per day, to walking instead of driving for short errands around town and making consumer choices that reduce the amount of trash that ends up in our landfill.

Do you know someone in your community whose actions have had a significant positive impact on our environment? Through the EDC you can nominate that person for a Hometown Heroes award.

EDC has several year-round programs for Canadians of all ages including Community Action Network, EcoKids, ecoMentors, EcoAction Teams, Toyota Earth Day Scholarship, Target Zero Canada, and the Natural Planting Network.

For more on how you can make a difference to our planet every day, visit the Earth Day Canada Web site at www.earthday.ca.

Our Readers Write

More mental health services needed here

Dear Editor:

It was heartening to read the editorial comments in last Tuesday's Champion about the state of mental health services in Halton.

It was heartening in the sense that others are now aware of the situation — at least to a degree.

As someone involved with mental health services, I can say with authority that there are many other services needed out there for people of all ages suffering from a disorder.

Services such as free cooked meals, transportation, and a drop-in centre where they can come to talk

or just 'hide' from the pressures of society are definitely in demand.

There are a number of people working hard to fill in the gaps with projects like 'Spark of Brilliance', which recently started in Milton.

I've seen a well-run system for mental health services in Duncan on Vancouver Island and my hope is to bring this model to government and other communities' attention.

A group of concerned Miltonians have discussed the possibility of using a part of the Canadian Mental Health Association's new Milton

offices for a daily drop-in centre where people could visit for Spark of Brilliance activities.

I've personally volunteered to operate this centre.

However, we'd need the support of the community to make these type of things a reality. I have the time and ability to put this together, but I can't do it alone.

Those with questions or who are interested in helping out can call me at (905) 875-4570.

Brent Wolters
Milton

Letters welcome

The Champion welcomes letters to the editor. We reserve the right to edit, revise and reject letters. Letters must be signed and the address and the telephone number of the writer included. Letters can be e-mailed to miltone@haltonsearch.com, faxed to (905) 878-4943 or dropped off at 191 Main St.

Time to give those lesser known sports a little play

They don't get the big headlines, draw huge crowds or cause a lot of Monday morning office banter.

But athletes in lesser known sports certainly don't fall short when it comes to talent and dedication. With that in mind, The Champion is gearing up to run a six-part series on those sports that generally don't get much media play.

Appearing every second Friday in May, June and July, 'Milton Sports: Beyond the Mainstream' will profile a different sport — offering a look at what it entails, what opportunities exist locally, what makes it appealing and what it takes to succeed.

For those interested in getting involved, a quick rundown of the equipment needed and what it costs to get started will also be included.

'Milton Sports: Beyond the Mainstream' may

even include an amusing anecdote or two, since your local sports scribe will be trying out each activity himself.

The new feature won't be a lengthy look at the whole origin of each sport, but rather some quick hits of what potential members might want to know.

It should be beneficial on two fronts.

Firstly, lesser known sports in town will get some exposure and maybe even draw a few new recruits.

And for myself, it should help with future stories regarding these sports. Hey, I'll be the first to admit that my understanding of certain sports leaves a bit to be desired at times — but there's no reason why that can't change.

And if this new addition to the sports section gets me off the couch for six nights this spring



Up
front

with STEVE LeBLANC

and summer, so much the better. For a guy who's involved in sports pretty much every day, I can be extraordinarily inactive.

'Milton Sports: Beyond the Mainstream' will debut with a look at fencing, while future segments will involve lawn bowling, karate and badminton. I've left two spaces open for anyone out

there with a potential sport they feel should be profiled. The only criteria is that it has to be what's generally considered a lesser known sport, have an established group or club operating in Milton and have a coach or member willing to take me through the ropes.

Any ideas would have to be brought forward by the end of next week, since arrangements have to be made in the not-so-distant future.

If you know of a sport that should be included, please contact me at (905) 878-2341, ext. 238, or sleblanc@haltonsearch.com.

And just so we're clear up front, if I don't end up joining a group profiled, members shouldn't take that as any kind of a slight. This is more about my job than my enjoyment. Just getting to the gym on a regular basis is tough enough for me.