

Free Mother's Day card sends health message

Local residents still looking for that special way to honour mom for Mother's Day can send her a free card by e-mail through the Choices 4 Health Web site.

The card is offered by the Central West Falls Prevention Network at <http://www.choices4health.org>.

"The card is unique, offering more than a traditional message. The verse supports women to take their turn for leisure, fitness and health," said Kathy Miller, a public health nurse who represents the Halton Region Health Department on the prevention network.

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"It reads: 'Your health is very important to me, your joy, your love, your energy.' These are words that every mother wants to hear."

The verse's message also says, "You spend your time caring and giving; now it's your turn, your time for healthy living. Happy Mother's Day." The card leaves room for a personal message as well.

In addition to the virtual card, the Web site

offers mothers tips on how to find time and energy for their health. According to Health Canada, Canada's Physical Activity Guide to Healthy, Active Living, it only takes 30 to 60 minutes most days of the week to meet the recommended needs for physical activity.

The card is part of a larger campaign entitled 'My Turn, My Time' that includes health messages to middle-aged women in workplaces and the community with posters, brochures and bookmarks.

"Falls in older women often result in serious injury and significant lifestyle changes," said Ms Miller.

"With a little bit of support, women can stay active and healthy into their senior years."

The health department and prevention network are also helping families give mothers their turn with ongoing support and gift ideas related to fitness and health.

The Regional Municipality of Halton A Partnership That Works!



NOTICE OF PUBLIC INFORMATION MEETING

BULK WATER STATIONS

As part of the Region of Halton's commitment to improving our ongoing communication to our customers, we invite you to participate in a Public Information Meeting to discuss the 2005 Bulk Water Customer Service Strategy and its implementation. This meeting will also discuss:

- what bulk water stations may be designated potable or non-potable in future;
- potable water hauler truck inspections;
- future locations for additional stations;
- procedures for issuing and management of automated swipe cards; and
- overall customer service.

This Public Information Meeting being held on:

Tuesday, May 10, 2005

5:30 p.m. to 7:00 p.m.

**Halton Regional Headquarters
1151 Bronte Road, Oakville
Halton Room**

If you are unable to attend, please contact:

Linda Petelka, Manager, Business Improvement & Finance ext. 7640
Email: petelkal@region.halton.on.ca

Circles Career Fair for Customer Service Professionals

Tuesday May 10, 2005

9:00 a.m. to 4:00 p.m.

**1st Floor Group Room, Burlington Resource Centre
440 Elizabeth Street, Burlington, ON**

Certainly not your average call centre...

Circles is a leading loyalty marketing services company expanding in Burlington, Ontario and is currently looking for Customer Service Professionals, including French Bilingual positions. They are also hiring Post-Secondary Students who are able to work full-time hours while not in school and who are committed to working part-time, flexible hours while in school.

Hourly sessions will be held. Seating is limited. Pre-registration required. Job posting details available on www.haltonbusiness.com. Please bring your résumé and personal identification.

To register for a session or for more information, please contact the Halton Region Business Development Centre at 905-825-6000 ext.7740, Toll free 1-866-4HALTON or via e-mail at busdev@region.halton.on.ca.

Presented in partnership with Ontario Works Halton and
The Halton Region Business Development Centre.



circles

1151 Bronte Road, Oakville, ON L6M 3L1 905-825-6000 Toll free: 1-866-4HALTON (1-866-442-5866)
TTY 905-827-9833 or visit us at: www.region.halton.on.ca

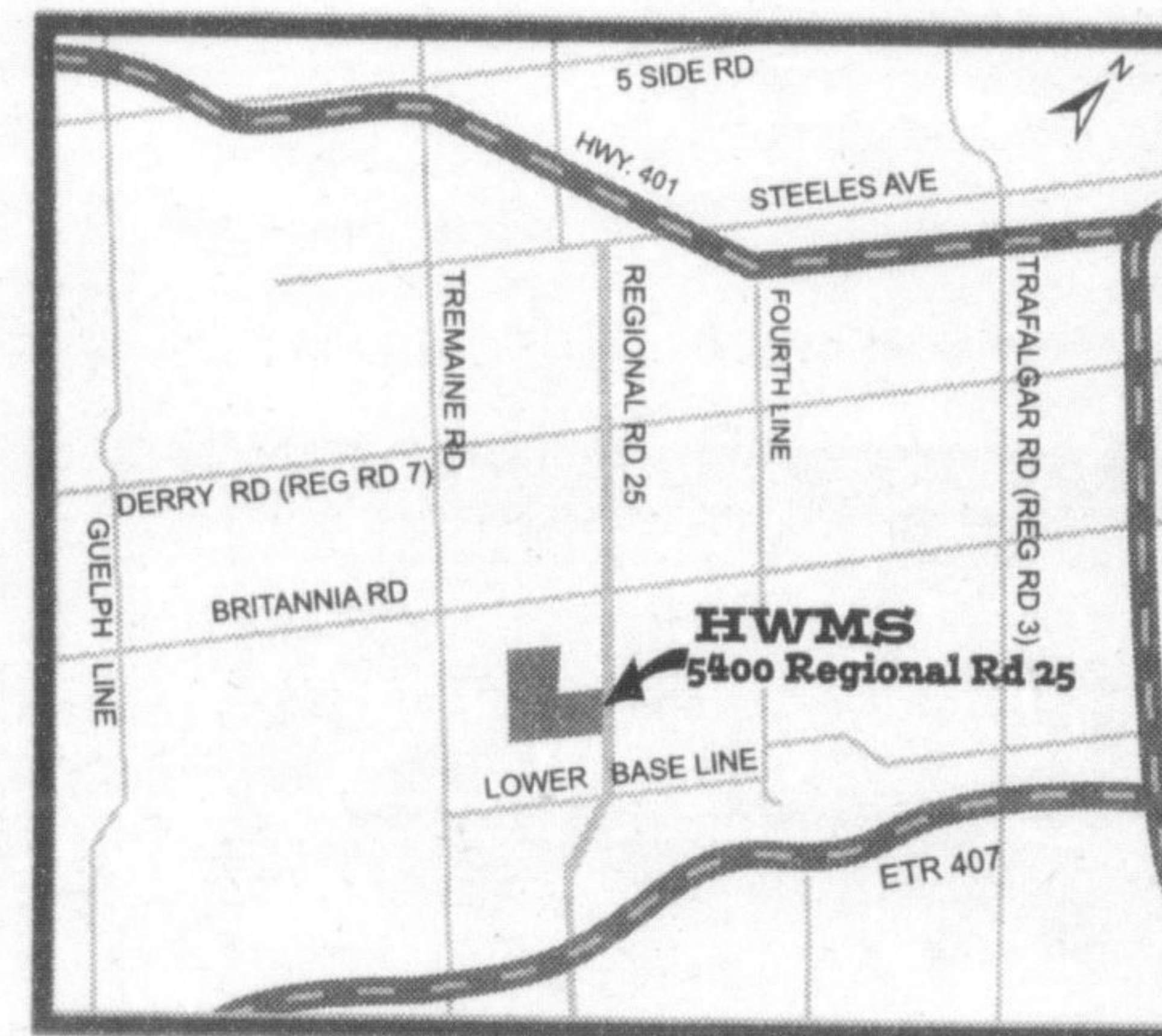
Get Your Garden Growing!

Spring Compost Give Away

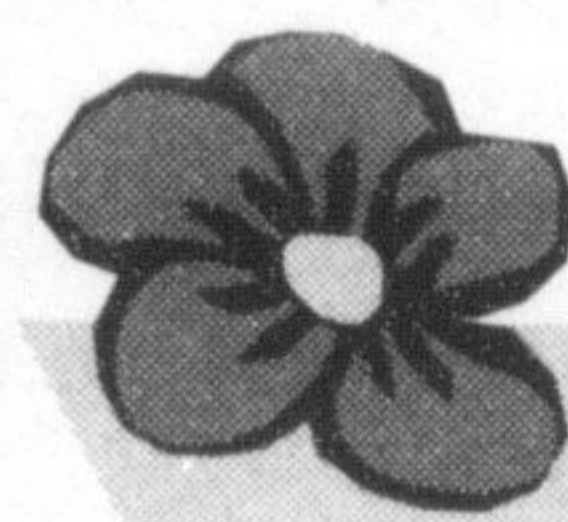
Monday, May 9th - Monday, May 16th (closed Sunday)
8:00 a.m. - 4:30 p.m.
While quantities last

Halton Residents are welcome to collect rich, garden-friendly compost produced through Halton's yard waste program.

- All Halton households can collect a maximum of seven bags (or equivalent) of compost.
- Residents are responsible for shovelling and bagging their own compost.
- Please bring your own bags/containers and shovel.
- Non-perishable food items or cash donations will also be gratefully accepted on behalf of Halton area food banks.



Halton Waste Management Site,
5400 Regional Road 25, Milton



Spring Cleaning? We Can Help!

Bring your reusable clothing and household items to the Salvation Army Depot at Halton's Waste Management Site.



A Community Partnership



Excellent learning opportunity for business leaders Halton Region - McMaster University Learning Series - May 19



Chairman
Joyce Savoline

On May 19, McMaster University President Peter George and I will present senior executives of Halton's business community with an opportunity to hear from one of Canada's most respected business experts at the **Halton Region - McMaster University Learning Series**.

The upcoming session will feature Paul Bates, Dean of McMaster's DeGroot School of Business, who will discuss "Business Ethics as a Strategic Issue".

Our goal is to help companies grow and develop by presenting valuable business insights and knowledge they can use. This series contributes to a progressive and innovative learning environment to stimulate new economic initiatives in Halton. For more information, please call 905-825-6000, ext. 7955.

Halton Regional Meeting Schedule:

May 11th	9:30 a.m.	- Regional Council
May 25th	9:30 a.m.	- Planning & Public Works Committee
May 25th	1:30 p.m.	- Administration & Finance Committee
May 26th	9:30 a.m.	- Health & Social Services Committee