

# Residents asked to curb their outdoor water use

## Region needs to ease pressure on its reserves

The heat is on in Halton. As a result, residents are being asked to cut back on outdoor water use in order to alleviate the pressure on the Region's reserves.

Unusually dry weather — combined with heavy water use — has prompted the Region to issue a request that residents minimize outdoor water use, including lawn watering, car washing, and driveway washing.

"The recent hot and dry weather has caused a spike in outdoor water use," said Halton Regional Chair Joyce Savoline.

"We want to ensure that the Region's reservoirs have enough water to provide for essential household uses and fire protection, so we're asking residents to help by reducing their outdoor water use."

Halton Region has an odd-even day

watering policy in effect, which advises that even-numbered houses should only water on even calendar days and odd-numbered houses should only water on odd calendar days.

However, because lawns only need an inch of water once a week to stay healthy, it is not necessary to water on every even or odd day. Flower and vegetable gardens should be watered by hand and only as needed.

Halton Region's Planning and Public Works staff is monitoring the Region's reservoir levels closely. If the hot, dry weather persists, it may become necessary to issue a complete watering ban. Other areas of Ontario are already beginning to ban outdoor water use as a result of the heat wave.

For water conservation ideas and advice, visit Halton Region's Web site at [www.region.halton.on.ca/ppw/water](http://www.region.halton.on.ca/ppw/water).



# Noise barrier approved for part of Derry

A group of local residents had their wish granted this week as regional council approved a noise barrier they petitioned for.

Council supported installing a western red cedar noise barrier along the north side of Derry Road, abutting Moorelands Crescent properties.

The Region received a petition signed by 14 Moorelands Crescent residents asking for the noise barrier.

A report from Commissioner of Planning and Public Works Peter Crockett explained

the petition has been deemed sufficient to warrant the barrier because it exceeds the requirement of being signed by two thirds of the impacted property owners.

The estimated cost for the fence is about \$220,000, which includes all costs associated with installing the barriers, like fence removal, temporary fencing and tree clearing and trimming.

This amount will be split between the Region (75 per cent) and the residents (25 per cent). The homeowners' amount of

approximately \$55,850 will be collected through property taxes over the next 10 years.

Noise levels along the subject section of Derry Road and its impact on residents were looked at as part of the environmental assessment for the road's widening project.

The assessment concluded the increased noise levels wouldn't be high enough to require a fence or barrier, hence the residents having to turn to a petition.

## Ready to take flight

Oakville Model Flying Club vice-president Jody McConnell readies his 1/4 scale bi-plane — a civilian version of the First World War Sopwith fighter — for flight recently at Drumquin Park. The club hosted the annual air show in association with New Life Church.

Photo by GRAHAM PAINE

### THE WEIGHT LOSS GAME - How to be the ONE that wins at losing.

If you're among the masses, then you're probably wanting to finally lose some unwanted weight! Congratulations on your decision, but now it's time to choose the ONE that will help get you there!

When a person consumes more food than is needed to provide for normal daily activities including work and exercise, excess body fat will form and accumulate. It is known that obesity brings many health hazards including heart attacks, strokes and diabetes. Over time as fat cells continue to accumulate, obesity and all of its effects, will be the inevitable result.

So, how do we avert becoming overweight, or, what can be done to lose our excess weight and get back to a proper weight to height ratio?

An effective weight loss method lies in the combination of a comprehensive and up-to-date weight management program that uses sensible food choices; and powerful, yet safe herbal supplements.

So, what criteria do you need to look for when searching for the ONE right company with the perfect program to suit your needs? Ask yourself these questions:

Does the program teach healthy eating habits? To eat right, you need to know where you've gone wrong.

Does the program emphasize weight maintenance? Without it, it's easy to slip back into old habits and before you know it, the weight is back.

Does the program offer support systems that will back your weight loss journey? The more help and support you have the more likely you will succeed.

Are the counselors well qualified? Ensure your program has been created by qualified nutritionists and can be intelligently modified along the way.

Does the program exclude any one food group? Your body needs the benefits of all food groups as outlined in Canada's food guide. Cutting any food group could result in long term harmful effects.

Think long-term lifestyle change instead of short-term quick fix. Determine your motivation. Are you trying to fit into a dress for your son's wedding next month? Or, do you want to be healthier and have more energy through proper weight loss and management? Whatever your motivation, remember, we're here to help you through it.

No weight loss plan should have you losing weight too quickly - especially if it is based on severe calorie reduction. Your body needs to have a healthy balance of nutrients in order to maintain the energy needed to burn calories and fat. Weight loss is a journey - not an event! Good luck!

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