

Take steps to cut down on greenhouse gas emissions

Global warming — a gradual increase in temperature of the atmosphere and oceans — is being accelerated by human activities, especially burning fossil fuels such as coal, petroleum and natural gas for transportation, heating and cooling, electricity generation, and for industry operations.

Over time, these activities add more and more greenhouse gases such as carbon dioxide and methane to the air. This allows less heat to escape from the earth, thereby causing climate change.

The effects of climate change may include temperature extremes of heat or cold and more frequent extreme weather events, such as intense rainstorms, hurricanes, ice storms, windstorms, and tornadoes.

Alteration of eco-systems can allow the introduction and spread of new diseases to new areas. Additionally, air pollution from human activities can cause respiratory and cardiovascular problems.

People can take steps to reduce their personal greenhouse gas emissions, help protect our climate, have cleaner air, and create healthier communities for all Canadians. Two programs that help to reduce emissions at home and on the road are the One-Tonne Challenge and 20/20 The Way To Clean Air.

One-Tonne Challenge

Environment Canada estimates that the average Canadian household creates five tonnes of air emis-

Health Notes

sions each year. People are being asked to reduce their emissions in order to help slow down the rate of climate change. That's why the federal government launched the One-Tonne Challenge program.

Individuals are being challenged to reduce their annual greenhouse gas emissions by one tonne by using less energy, conserving water and resources, and reducing waste. Additionally, homeowners thinking about energy retrofits to their homes can benefit from the Government of Canada's EnerGuide for Houses Retrofit Incentive. Grants from \$116 to \$3,348 are given to homeowners who make more energy efficient choices to lower their energy bills and reduce their greenhouse gas emissions.

To learn more about the One-Tonne Challenge, EnerGuide for Houses Retrofit Incentive and to determine your household emissions, visit Environment Canada's Web site at www.climatechange.gc.ca/one-tonne/english.

20/20 The Way to Clean Air

The Halton Region Health

Department is working with other health departments across the Greater Toronto Area to provide resources to help reduce home energy and vehicle use by 20 per cent, the equivalent of approximately one tonne of emissions.

A program called 20/20 The Way To Clean Air provides residents with a two-stage planner to help reach the 20 per cent energy reduction goal.

In addition, individuals that complete the first stage are entered into a draw for the following prizes: a front-load washing machine, a bicycle and a home energy audit.

More information on 20/20 The Way To Clean Air can be found on the Halton Region Health Department Web site at www.region.halton.on.ca/health.

Efforts to reduce greenhouse gas emissions won't stop climate change from occurring before the end of this century.

However, Canadians can still do their part to help slow down the speed at which climate change will occur and help to improve local air quality by taking actions to reduce their own greenhouse gas emissions. Some examples include:

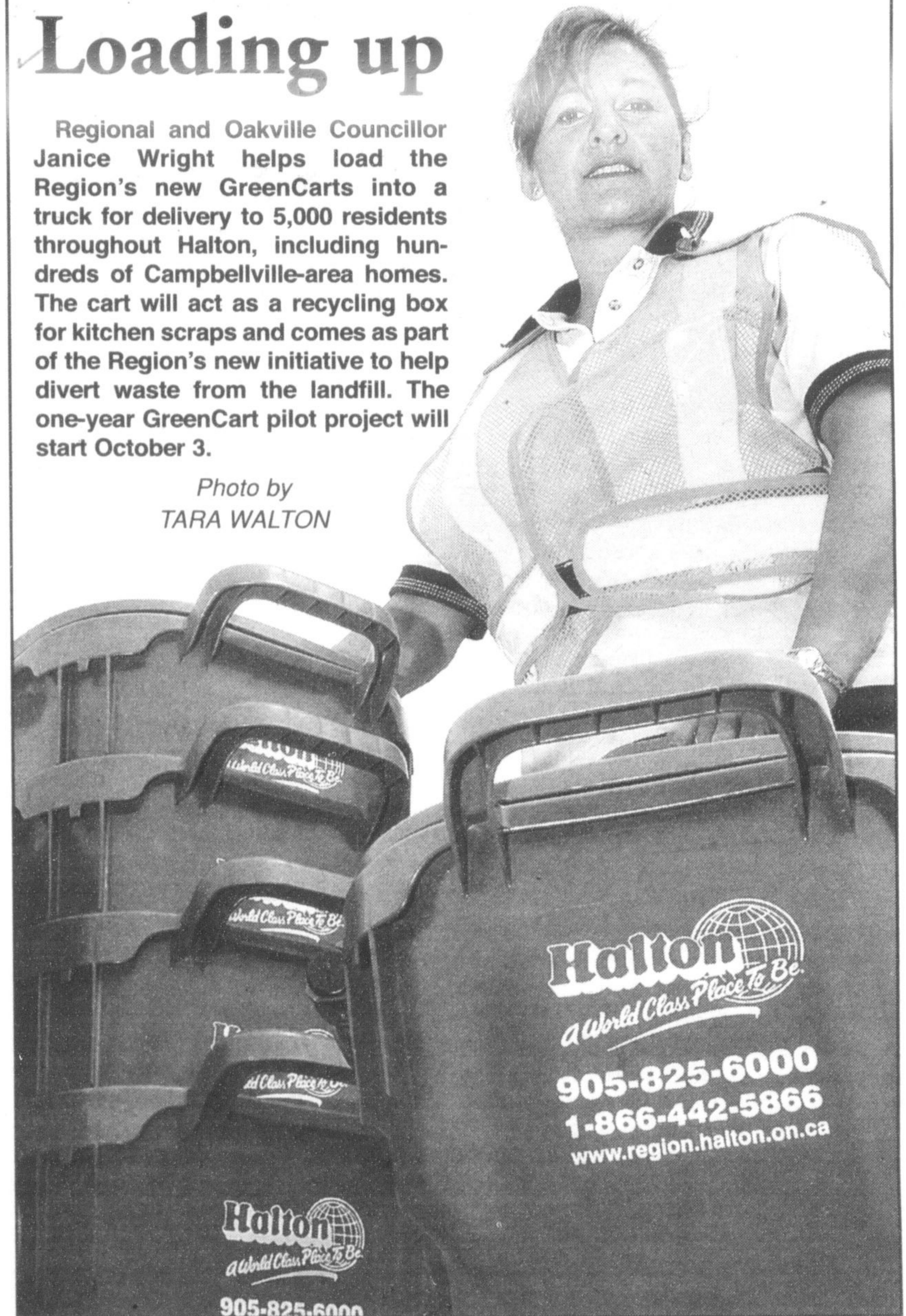
- **Don't idle.** Idling a car for even 10 minutes a day can produce a large amount of carbon dioxide emissions, waste fuel and money.
- **Reduce household waste.** About 70 per cent of household waste put into the trash could be

• see TRY on page A14

Loading up

Regional and Oakville Councillor Janice Wright helps load the Region's new GreenCarts into a truck for delivery to 5,000 residents throughout Halton, including hundreds of Campbellville-area homes. The cart will act as a recycling box for kitchen scraps and comes as part of the Region's new initiative to help divert waste from the landfill. The one-year GreenCart pilot project will start October 3.

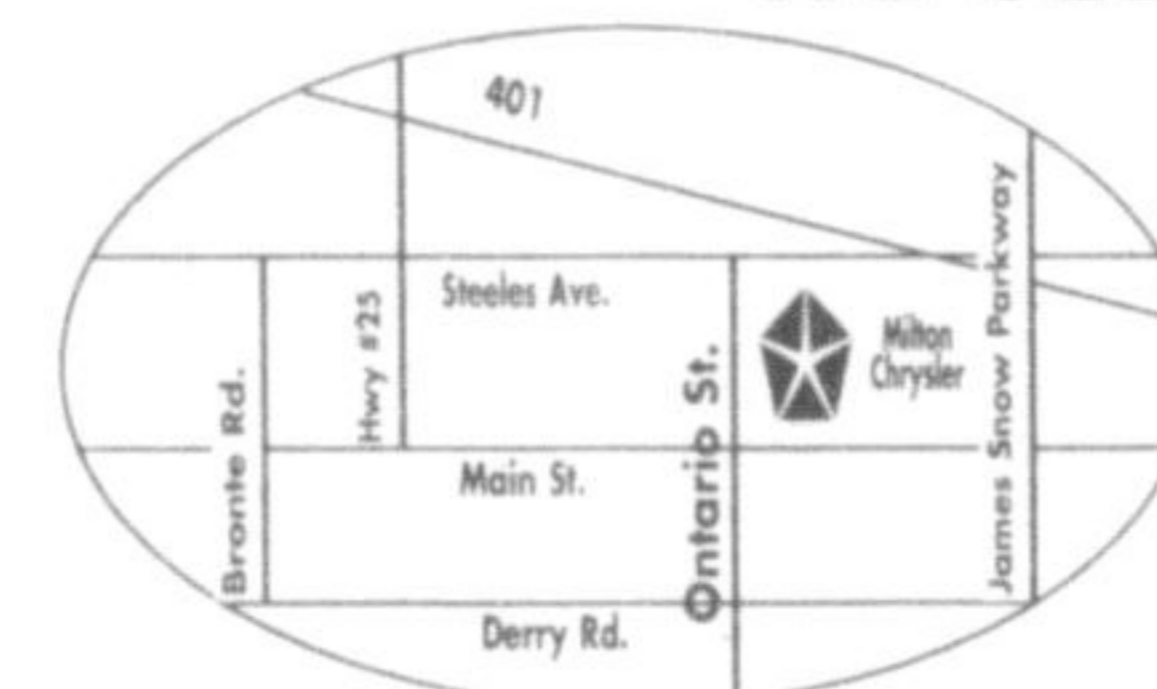
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