

FIRST AID Canadian Red Cross

People who take first aid training reduce their personal injuries by up to 30%.



Dateline

• from DATELINE on page B5 (905) 878-6699.
 a.m. at the apartment building at 80 Milton District Hospital holds its
 Ontario St. For more information, call Prenatal Breastfeeding Class from 7 to

9 p.m. It covers topics including what you need to know and expect for the initial days of breastfeeding. The cost is \$45 per mother and guest. For more information, call workshop leader and lactation consultant Jill Hicks at (905) 878-2383, ext. 7610. Classes are limited to six couples.

Moms Supporting Moms in Milton — a support group for mothers who are struggling with postpartum depression and/or anxiety — meets at Halton Kids West Milton Hub at Our Lady of Victory School, 540 Commercial St., from 7 to 8:30 p.m. For more information, call Janet Siverns at (905) 825-6000, ext. 2927.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

The Deck youth centre, 200 Main St. (rear entrance), invites students in grades 6 to 12 to drop by between noon and 5 p.m. to play a game of pool or just hang out.

Sexual Assault and Violence Intervention Services (SAVIS) of Halton holds its Multicultural Drop-in Group for women survivors of violence at Hopedale Mall, 1515 Rebecca St., suite 227, from 1 to 4 p.m. weekly. For more information, call (905) 825-3622.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds contract bridge at 9:15 a.m., Mexican train dominoes from 1:30 to 4 p.m. and darts and billiards from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. Its Summer Barbecue runs from 11:45 a.m. to 12:30 p.m. with a meal deal for \$6. Sign up at the reception desk or phone in your order to the centre by noon Monday. For more information, call (905) 875-1681.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds contract bridge at 1:30 p.m. and darts and billiards from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. Its Thursday Afternoon Movie takes place at 1:30 p.m. featuring *Enchanted* at a cost of \$2. Bid euchre is held at 1:30 p.m. at a cost of \$2.50 for members and \$4.50 for non-members. And a foot care clinic also takes place, by appointment. The cost is \$25, payable to the nurse. To book an appointment or for more information on any of the activities, call (905) 875-1681.

Thursday July 17

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The Regional Municipality of Halton
www.halton.ca

Urban Yard Waste Collection



Only use paper yard waste bags or open, reusable, rigid containers labelled as yard waste. If using a reusable, rigid container, you can drill holes on the bottom of the yard waste container for drainage.
Do not use cardboard boxes.

Yard waste labels for reusable containers are available at no charge from Halton Region. Call Halton Region between 8 a.m. and 5 p.m. Monday to Friday at 905-825-6000, 1-866-442-5866 or TTY 905-827-9833.

Containers may have a capacity up to 125 L (27 imperial gallons) and weigh no more than 23 kg (50 lbs).

Yard waste in cardboard boxes, Blue Boxes, GreenCarts or plastic bags will not be collected.

Brush must be tied in bundles no larger than 1.2 m (4 ft) by 0.6 m (2 ft) wide, with branches a maximum of 7.5 cm (3 inches) in diameter.

In Collection Areas 3, 4, and 5, yard waste is collected every other week, on the same day as your garbage. In Collection Areas 1 and 2, there is no yard waste collection.

Acceptable materials:



- Leaves
- Sticks & Twigs
- Tree trimmings
- Decorative cornstalks
- Pumpkins
- Fallen fruit from trees
- Yard and garden trimmings

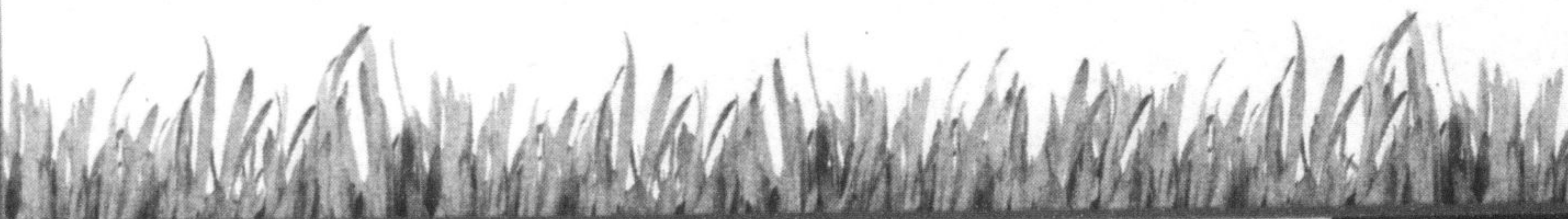
Not Accepted:



- Grass clippings
- Tree stumps
- Sod, soil, and rocks
- Clay
- Plastic shopping or garbage bags
- Plastic flower/plant pots
- Flower/plant markers and tags

Grasscycling

Grass clippings are not accepted with yard waste for collection. Instead, grasscycle! After mowing, leave grass clippings on your lawn. Grass clippings are approximately 80 per cent water and will decompose quickly, releasing valuable nutrients back into the soil. Grasscycling is an environmentally and financially friendly option for your lawn care.



Thank you Halton residents!

Thank you to all Halton residents for making the new GreenCart program such a success! Support for this new program has been tremendous—it is exciting to see so many GreenCarts at the curb every week.

In the first month of the new waste programs, approximately 62 per cent of curbside waste was diverted away from our landfill. During that time, your efforts reduced what had been going into our landfill by 20 per cent. These initial numbers are very encouraging and I hope you will continue to reduce, reuse and recycle when possible.

Thank you for all of your efforts. Together, we can reach the goal of diverting 60 per cent of our annual residential waste away from our landfill site.



Gary Carr
 Regional Chair

Halton Regional Meeting Schedule

July 16 Regional Council 9:30 a.m.

1151 Bronte Road, Oakville, Ontario L6M 3L1
 Tel: 905-825-6000 • Toll Free: 1-866-4HALTON • TTY: 905-827-9833

Invest in your child



Invest in our future

When you play games and draw with your child, you are not just having fun with your child, you are investing in the future — theirs and ours. Children who start kindergarten with early writing skills are kids who are putting their best foot forward. And research shows that success at school leads to success and happiness throughout life.

For fresh ideas on developing early writing skills, visit www.ourkidsnetwork.ca/uey or call 905-876-1306

We can help you make a lasting investment in your child's future.



Human Resources and Social Development Canada

Ressources humaines et Développement social Canada