

**CAA**  
**BE A DESIGNATED DRIVER**



Join the many people who agree not to drink alcoholic beverages...and to drive everyone in their group home safely.

# Dateline

• from **DATELINE** on page B4  
1-800-488-5666 or visit [www.apsgo.ca](http://www.apsgo.ca).  
Calling **New Parents**, a free drop-in program for parents and babies aged 6 months and younger, meets with a pub-

lic health nurse at the Ontario Early Years Centre, 410 Bronte St., from 1:30 to 3:30 p.m. to discuss parenting and infant care. For more information, call (905) 825-6000, ext. 7299.

Milton District Hospital holds a one-on-one **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.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. For more information, visit [www.thedeckmilton.com](http://www.thedeckmilton.com).

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **bingo** at 1:30 p.m., its **Downsizers Weight Loss Club** at 10 a.m., darts and billiards from 9 a.m. to 9 p.m. and cribbage from 1 to 3 p.m. The cost for each activity is \$2 for members and \$4 for non-members. **Evening Bid Euchre** takes place at 7:30 p.m. at a cost of \$2.50. For more information, call (905) 875-1681.

The Milton Toastmasters meets at 7:30 p.m. in the upper hall at the Royal Canadian Legion, 21 Charles St. Members of Halton Hills Toastmasters will also be attending due to the combined summer meeting schedule. Guests are welcome. For more information, visit [www.miltontoastmasters.org](http://www.miltontoastmasters.org).

### Wednesday July 30

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.

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. For more information, visit [www.thedeckmilton.com](http://www.thedeckmilton.com).

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** is held from 11:45 a.m. to 12:30 p.m. The cost is \$6. Sign up at the reception desk or phone in your order by noon the Monday before at (905) 875-1681.

### Thursday July 31

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. For more information, visit [www.thedeckmilton.com](http://www.thedeckmilton.com).

**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 7 to 9 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

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

**Halton REGION** The Regional Municipality of Halton  
[www.halton.ca](http://www.halton.ca)

## GreenCart Summer Tips



### At the Curb

- Put your GreenCart out at the curb every week, even if it is only partially full.
- Do not place your Kitchen Catcher or compostable bags at the curb; the Kitchen Catcher is more likely to blow away in the wind and compostable bags may leak or break apart, they are only meant to be liners. Only put your GreenCart at the curb.
- Put all food waste in the GreenCart for weekly collection.
- Ensure the GreenCart lid is closed and locked.

### Avoid Odours and Pests

- Avoid insects and other pests by sprinkling a handful of salt, garden lime or powdered ginger in the GreenCart or Kitchen Catcher.
- Wrap food waste in newspaper or soiled paper towels or place in a cardboard box like a cracker or cereal box.
- Wrap meat and bones in paper and add additional layers of paper to the GreenCart each time you empty your Kitchen Catcher.
- To reduce odours, clean out your fridge the day before GreenCart collection.
- If space permits, store meat scraps in the freezer until collection day.
- Store your GreenCart where you store your regular garbage container (in the garage or at the side of your home). Keep it out of direct sunlight.
- Empty the contents of your Kitchen Catcher into your GreenCart daily.

### Keep it Clean

- Wash your GreenCart and Kitchen Catcher with mild detergent as required. The Kitchen Catcher is dishwasher safe.
- To reduce odour and minimize mess, you can line your Kitchen Catcher and GreenCart with newspaper, cardboard, paper towels, a paper bag or a certified compostable bag.

More Blue and Green for a Better Planet

## Understanding what air quality means for your health

Halton Region is committed to safeguarding residents' health. The Air Quality Health Index (AQHI) is a new health-based index developed by federal and provincial governments which will help us achieve this goal together.

The AQHI is designed to help you make decisions to protect your health by:

- Indicating when air quality presents an increased risk to health;
- Helping you to understand when you have symptoms that may be related to air quality; and
- Clarifying how and when you should adjust your activities because of air quality.

Currently, Halton's AQHI is based on two Ministry of the Environment air monitoring stations in Oakville and Burlington. The Region is installing its own air monitoring station in Milton to add another air monitor to Halton's AQHI network.

Learn more about the Air Quality Health Index at [www.halton.ca/todaysairquality](http://www.halton.ca/todaysairquality).



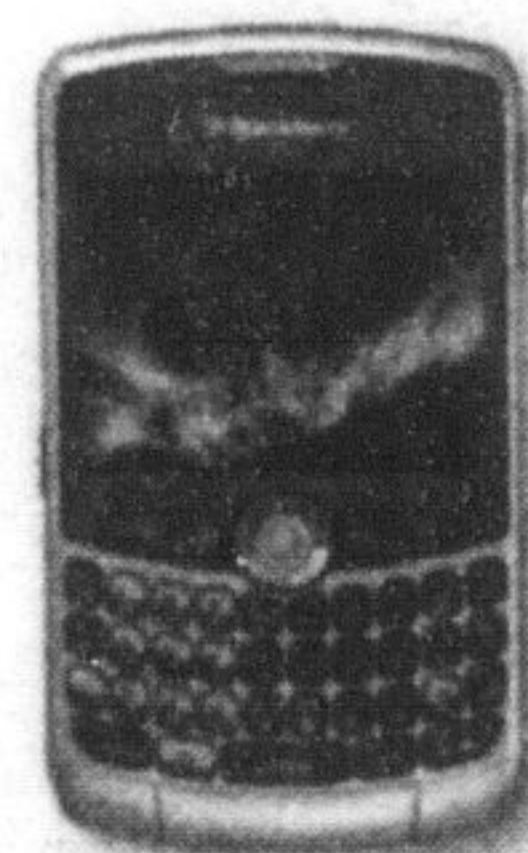
*Gary Carr*  
Gary Carr - Regional Chair

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

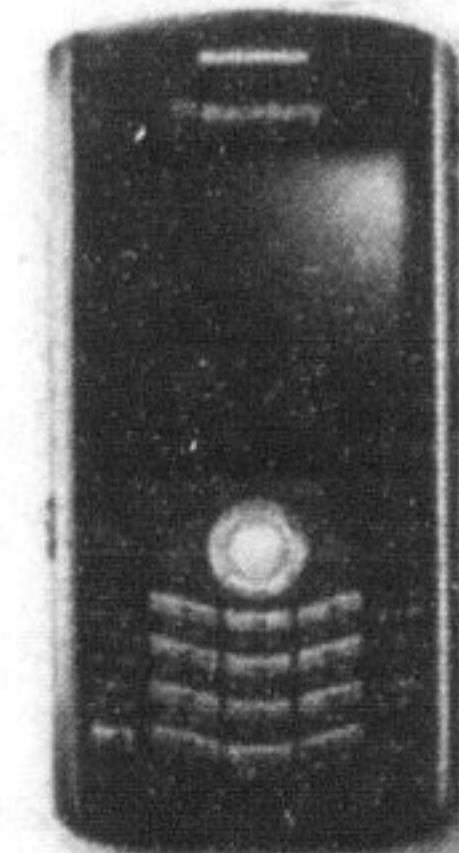
## Customer Appreciation BBQ

SATURDAY JULY 26 FROM 11-3

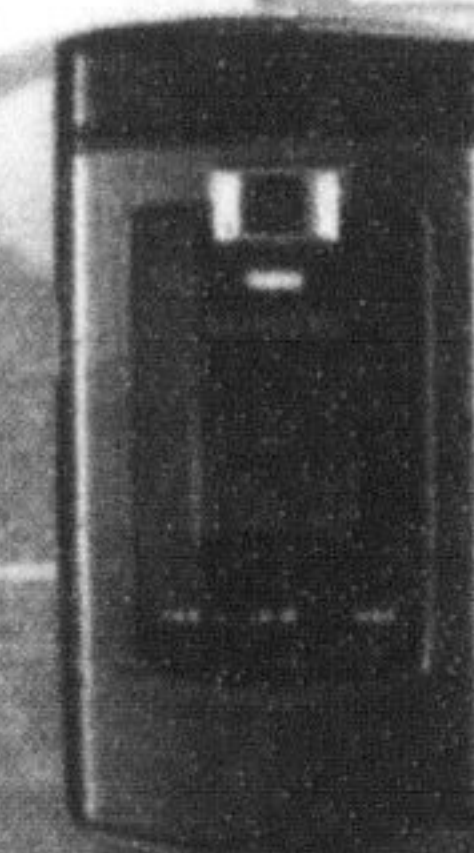
### MOBILITY



**BlackBerry Curve 8330**  
• MP3 Compatibility  
• 2.0 megapixel Camera & Camcorder  
• External memory slot  
• Phone, email, text messaging, browser, and calendar



**BlackBerry Pearl 8130**  
• 2.0 megapixel Camera & Camcorder  
• Expandable memory  
• Instant Messaging services  
• Phone, email, SMS, browser, and organizer

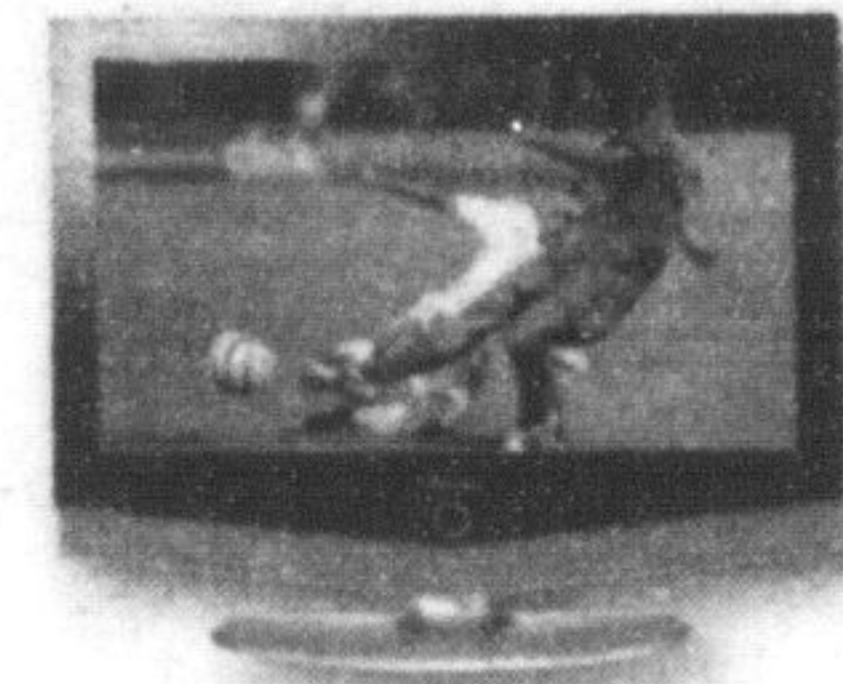


**Samsung u740**  
• Dual-hinge design with QWERTY keypad  
• Movies, TV, radio & MP3  
• Camera and video

### CUSTOMER APPRECIATION SPECIALS!

\$25 in Store Credit<sup>(1)</sup> • Gift with purchase<sup>(1)</sup> • Save the tax on our Extended Warranty package

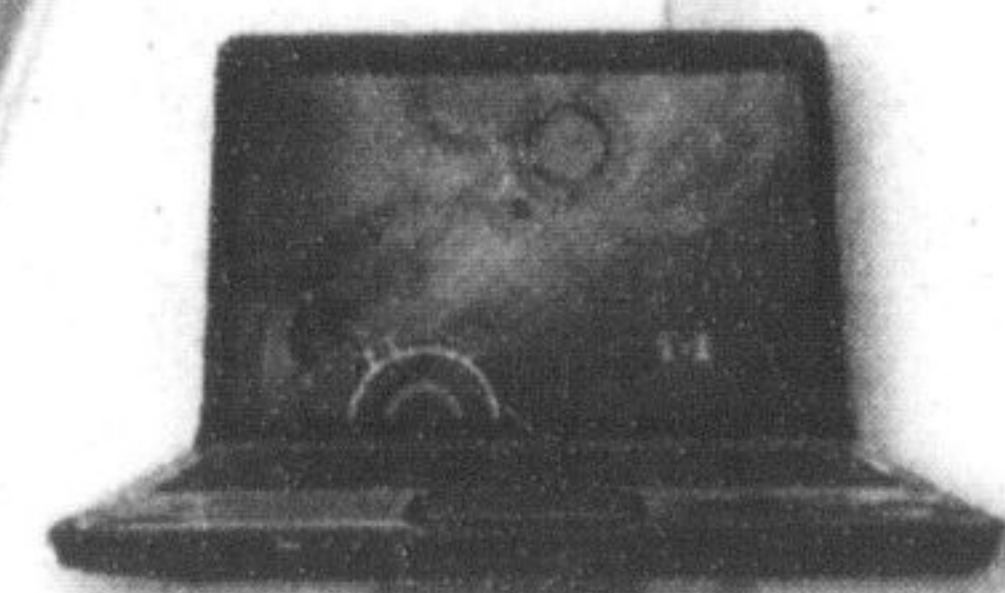
### EXPRESSVU™



**CUSTOMER APPRECIATION SPECIALS!**  
Out Right Sale 50% off the ExpressVu™ System<sup>(2)</sup>  
Rental 2 Months free programming<sup>(3)</sup>

### SYMPATICO™

Sign up on the Performance or Unplugged Package



**CUSTOMER APPRECIATION SPECIALS!**  
Waived Activation Fee<sup>(2)</sup>  
\$50 One Time Bill Credit<sup>(2)</sup>

**Bell World** 377 Main Street East, Milton 905 878-1113

Offers applicable one day only, July 26, 2008. Offer and hardware available while supplies last and subject to change without notice. (1) New activation on a 36 month term. (2) New Activation on a 2 year term; 50% off applied as a bill credit. (3) New Activation on a 2 year term. See store for complete details, some conditions may apply.