



The Regional  
Municipality of Halton  
www.halton.ca

**WE'RE MOVING FORWARD ON SUSTAINABLE HALTON  
PHASE II - GROWTH CONCEPTS**

Halton Region is developing a plan for building sustainable and healthy communities for generations to come. This growth management initiative is called **Sustainable Halton**. Halton Region's efforts will mean less sprawl, greater protection of farmland, better infrastructure, and more liveable communities.

In June of this year, Halton Region released five Growth Concepts that show where future homes and jobs could be located.

In September, the Region is hosting **four open houses** to discuss the five Growth Concepts. Come to an open house to learn about how the Region is planning for sustainable and healthy communities and how we will meet the Province's population and employment growth forecasts for Halton Region. We want to hear your views of the Growth Concepts. Your comments are important as we move forward on Sustainable Halton and further refine the concepts in the next phase of work.

If you are unable to attend, or want more information, please visit our website at [www.halton.ca/sustainablehalton](http://www.halton.ca/sustainablehalton). Follow the links to the online workbook and give us your thoughts.

**We look forward to hearing from you.**

**Sustainable Halton Meeting Schedule**

Date	Location	Venue	Time
Monday September 8	<b>Burlington</b>	Appleby Ice Centre Multi-Purpose Room 1201 Appleby Line	6:15 to 9:00 p.m. *presentation at 6:45
Tuesday September 9	<b>Milton</b>	Milton Sports Centre Banquet Room 605 Santa Maria Blvd	6:15 to 9:00 p.m. *presentation at 6:45
Wednesday September 10	<b>Oakville</b>	River Oaks Community Centre Community Room A 2400 Sixth Line	6:15 to 9:00 p.m. *presentation at 6:45
Tuesday September 16	<b>Halton Hills</b>	Georgetown District High School Cafeteria 70 Guelph Street Georgetown	6:15 to 9:00 p.m. *presentation at 6:45

For more information, please contact either:

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**OR**

Alana Fulford, Intermediate Planner at 905-825-6000 ext. 7354, toll-free at 1-866-442-5866, or by e-mail at [Alana.Fulford@halton.ca](mailto:Alana.Fulford@halton.ca).

**Back to school: travel safely  
and use active transportation**

I would like to remind everyone to share the road while traveling throughout Halton. Be safe, be aware and be courteous. Leave enough room on your right to pass cyclists safely and watch for pedestrians crossing the road.

This is especially important now that our children are back in school. Walking or cycling to school is a great way to keep fit, improve our air quality and help create safe, healthy and liveable communities. Halton Region has linked with the Halton District School Board to run a pilot project with eight schools across the region to implement Walking School Buses and other Active and Safe Routes to School (ASRTS) initiatives this fall. To learn more about the ASRTS program, visit [www.halton.ca/asrts](http://www.halton.ca/asrts).



*Gary Carr*

Gary Carr  
Regional Chair

**Halton Regional Meeting Schedule**

September 9	9:30 a.m.	Health & Social Services Committee
September 10	9:30 a.m.	Planning & Public Works Committee
September 17	9:30 a.m.	Regional Council

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**Sophie's Run:  
The Journey**



Nicole Chuchmach

In memory of her mother Sophie, Nicole Chuchmach — together with friends Jill Harper and Natalie Atkinson — is running nearly 800 km from Milton to New York City over the next eight weeks to raise awareness of colorectal cancer.

The following is an excerpt from Nicole's blog ([www.sophiesrun.ca](http://www.sophiesrun.ca)). See Friday papers for regular updates on her memorable journey.

Well Day number three (Wednesday) is all finished. We ran to Stoney Creek today. We started at the edge of Hamilton and made our way on the hottest day yet. The humidity was overwhelming, especially running the first 2 km on fresh asphalt. What a day! -

We were honked at and cheered on by everyone in Hamilton. Cars would yell to us, "We saw you on the news and wish you all the best of luck. Keep up the great work." Jill even had a gentleman give her \$10 as she was running by her car.

After the first 5 km, we stopped at a plaza outside a Wal-Mart. We set up our awareness table and had a young gentleman come up to visit our table. He spoke to Jeff about not feeling well and having some symptoms that were on our educational materials. After making a donation to the run, he told us he was going to go to get checked out by his doctor. This is

what the run is all about! 'Education + Awareness = Lives saved.'

As we finished our day, we stopped at a bar just outside Stoney Creek. At the bar, a young lady told us she lost her mom to colon cancer. These are the stories that keep us moving.

The first song that I listened to today was The Beatles' Let It Be. I think the words speak for themselves about how we are feeling:

*When I find myself in times of trouble,  
Mother Mary comes to me  
Speaking words of wisdom  
Let it be, let it be  
And in my hour of darkness,  
She is standing right in front of me  
Speaking words of wisdom  
Let it be, let it be*

As we make the journey, we do hear words of wisdom. These words of wisdom keep us going!

Until tomorrow... Love, the Sophie's Run Team

**Grand Opening  
Sat. Sept. 13  
10 am - 1 pm**

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905.873.1631 (Unit 13)  
905.864.4400 (After Sept. 13)

email: [nistorgym@yahoo.com](mailto:nistorgym@yahoo.com) Info: [www.ogf.com/clubs/goldmedal/](http://www.ogf.com/clubs/goldmedal/)