



The Regional Municipality of Halton  
www.halton.ca

## GreenCart Acceptable Liners



It's up to you whether you line your GreenCart and Kitchen Catcher. Acceptable ways to line your GreenCart and Kitchen Catcher include:

- Newspaper/flyers
- Paper food waste bags
- Cardboard
- Certified compostable bags
- Yard waste bags

Choose what is most convenient for you; however we will not accept regular plastic bags (for example, plastic shopping bags). By excluding regular plastics, we supply the composting facility with a clean material, resulting in a higher quality final compost product. Your GreenCart will not be collected if you use a regular plastic bag.

### Certified Compostable Bag Liners

Paper bags are acceptable and will not have a certification logo. Paper food waste bags specific to GreenCart are accepted, as well as other paper shopping bags.

Certified compostable bags with the Biodegradable Products Institute (BPI) logo are acceptable in the GreenCart. When purchasing certified compostable bags, look for the following logo:



Bags or plastic films that display the BPI logo on their packaging and on their product are designed to compost quickly and safely when composted in a commercial composting facility.

For a complete list of acceptable liners, and where they can be purchased, visit [www.halton.ca/greencart](http://www.halton.ca/greencart)

## Fall Compost Give Away at the Halton Waste Management Site

Friday, September 12, 2008  
Saturday, September 13, 2008  
and Monday, September 15, 2008  
8:00 a.m. – 4:30 p.m.

Thanks to the participation efforts of Halton residents, about 26,000 tonnes of yard waste is collected every year and turned into rich, garden-friendly compost. Halton Residents are invited to come out to the Fall Compost Give Away to pick up some of this compost as a 'Thank You' for helping divert a usable material from the landfill, thereby extending its life!

- All Halton households are welcome to collect a maximum of seven bags (or equivalent) of compost.
- Residents are responsible for shovelling and bagging their own compost.
- Please bring your own bags/containers and shovel.
- Non-perishable food items or cash donations will be gratefully accepted on behalf of Halton area food banks.

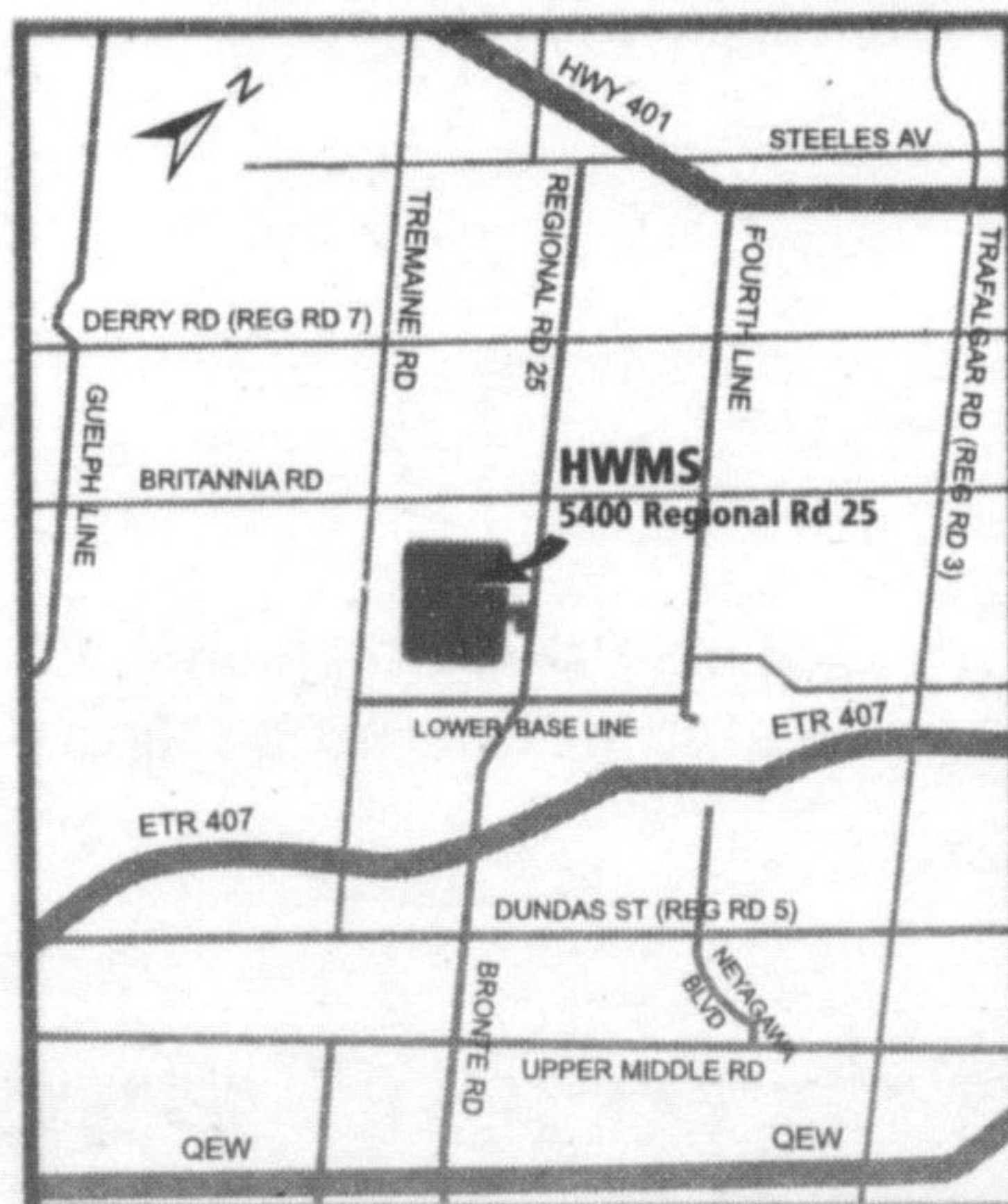


*Helpful Hint – When applying your compost to your gardens, ensure you blend it with topsoil or another gardening fill. Recommended application for best growing results is a 60/40 split (60% topsoil and 40% compost).*

House cleaning? We can help!  
Bring your reusable clothing and household items to the Salvation Army Depot at the Halton Waste Management Site.



A Community Partnership



1151 Bronte Road, Oakville, Ontario L6M 3L1  
Tel: 905-825-6000 • Toll Free: 1-866-4HALTON • TTY: 905-827-9833 • [www.halton.ca](http://www.halton.ca)

## 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 (from September 1 to October 24) 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.

Wednesday — The Sophie's Run team cannot believe that we have already completed 10 days of the run.

The days are flying by too fast. We think this is due to the fact that every day has new challenges and as we continue to run, we meet new communities and people along our journey.

Today Lockport (New York) Mayor Michael Tucker met us at City Hall. Thank you to Mayor Tucker, all of the police escorts and the community of Lockport for welcoming us with open arms.

Today we had a few funny moments. We have learned that Natalie has a fear for grasshoppers. The roads are surrounded by grasshoppers and at one point I thought she was going to jump into the oncoming traffic. The RV crew and Jill thought that her and I were doing a special dance as we tried to avoid the grasshoppers.

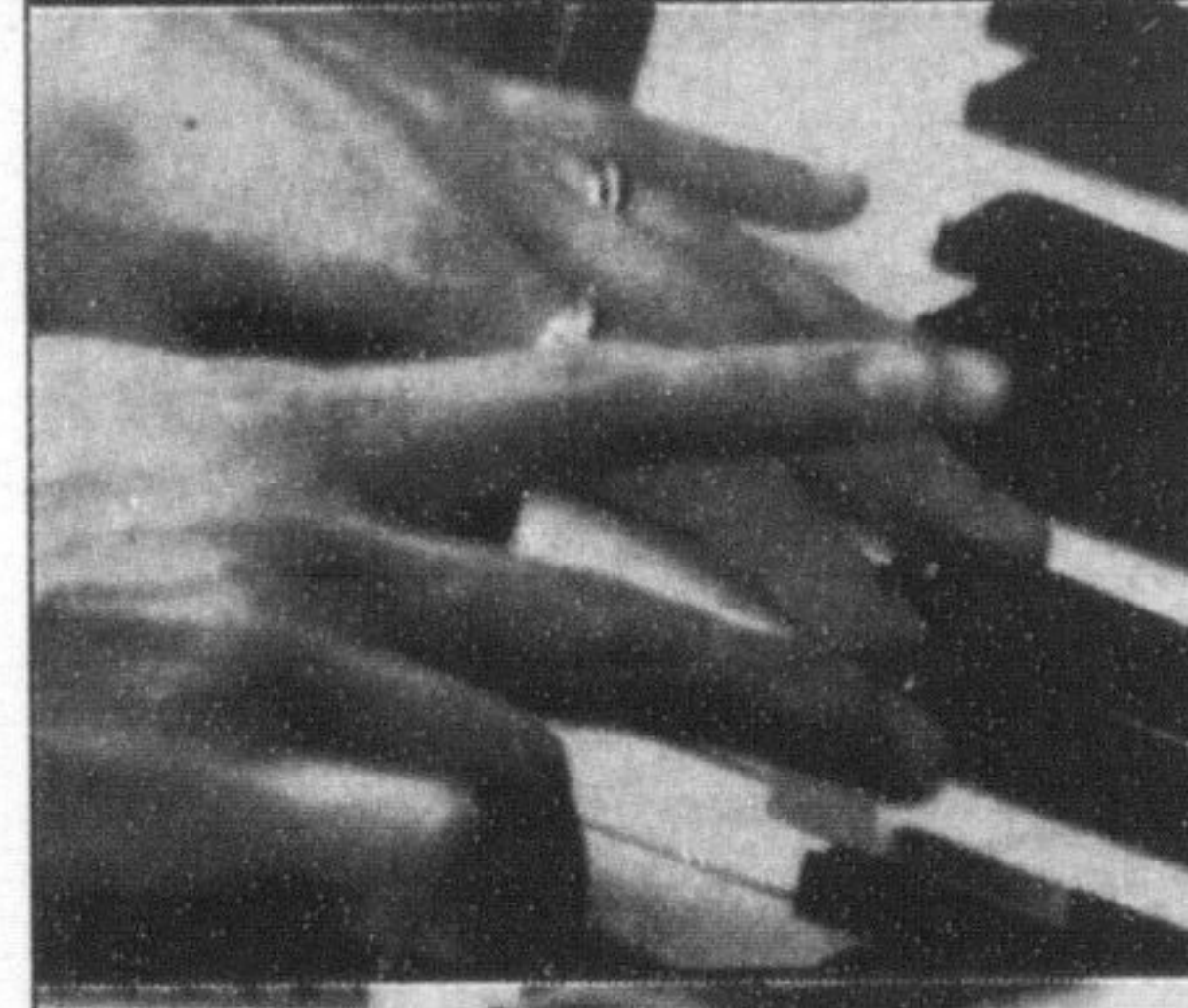
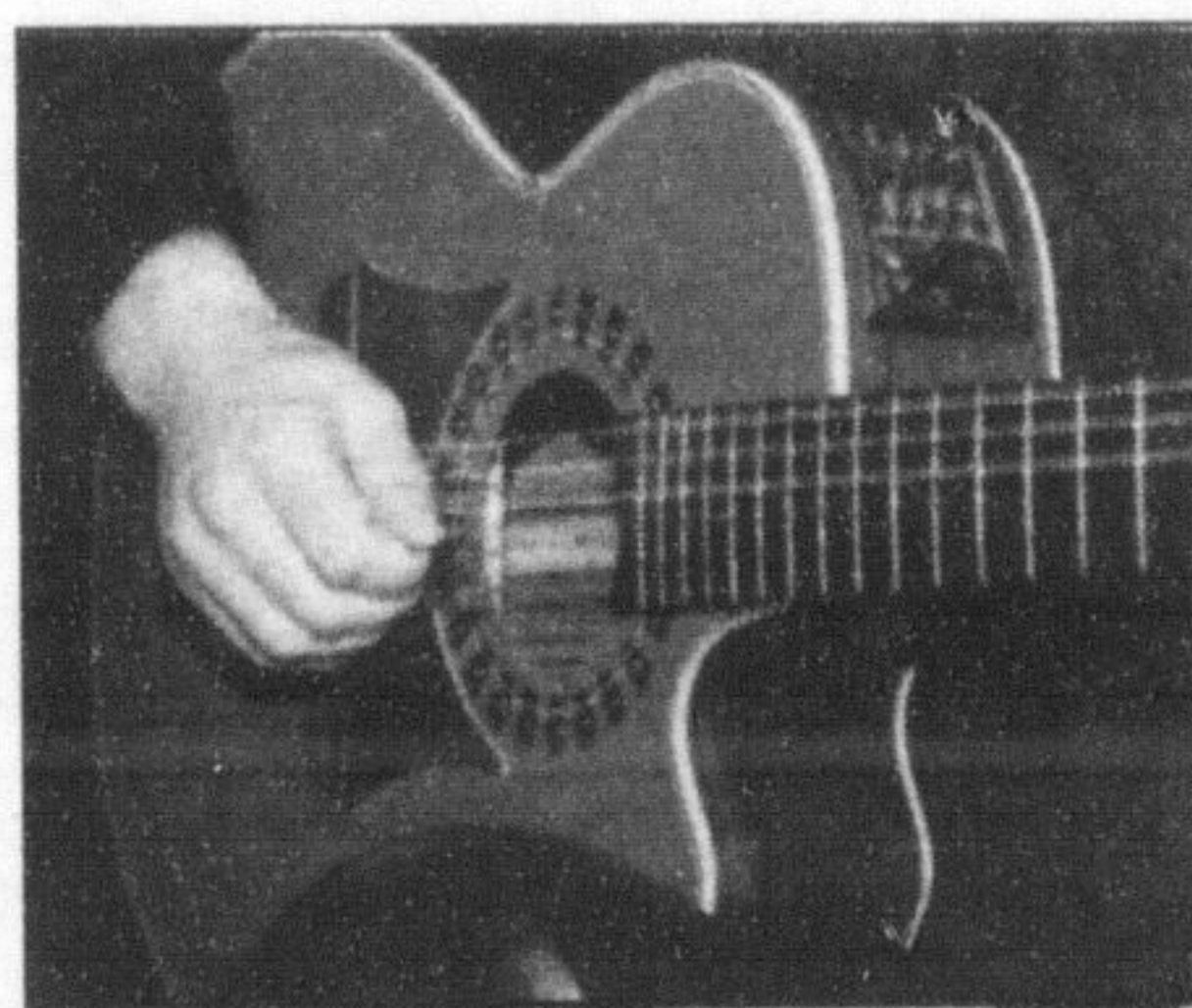
I'd like to share an e-mail quote from a patient who succumbed to cancer. I loved his outlook on life.

"There are a lot of things to think about but nothing really to worry about" Matthew Kupke (RIP).

"So keep us thinking about what we need to proactively think about, and if we are ahead of the game, we will not need to worry about something like colon cancer. Because through your efforts, we will already have thought about it — and gotten ourselves checked!"

Today's song is *When You Wish Upon A Star*

*When you wish upon a star  
Makes no difference who you are  
Anything your heart desires  
Will come to you  
Like a bolt out of the blue  
Fate steps in and pulls you through  
When you wish upon a star  
Your dreams come true  
Love the Sophie's Run Team*



## FREE MUSIC LESSON

### Sunday, September 14th

New Students Only  
By appointment only. Call Studio for details

- Children's Program (4-6 years old) in one hour group sessions
- Rock Band Program
- Private & Group Piano Lessons
- Vocal Program
- Drums Program
- Guitar Lessons

Ask About Our FALL SPECIALS!

Call Our Studio Today To Find Out About These Exciting Programs!

ACADEMY OF MUSIC  
Established 1982

"Kids who study music, do better in school!"

555 Main St., Unit 7 (by Fabricland)

[www.academy-of-music.ca](http://www.academy-of-music.ca)

905-878-7090