

OPINION

Give gift of life

Last Wednesday was a historic day for the Trillium Gift of Life Network (TGLN), which encourages Ontarians to register their consent to organ and tissue donation.

It was the first time multiple faith groups had come together at a prayer breakfast to support the message of saving lives through the donation process. The message from most religious communities was one of approval for the idea of preserving life through promoting the work of the TGLN.

TGLN in partnership with faith leaders has developed initiatives to encourage and empower donation in faith communities. Initiatives include services in honour of donor families, religious

ceremonies and faith-focused donation brochures.

According to the TGLN, most major religions and their denominations — including Hinduism, Buddhism, Sikhism, Confucianism, Taoism, Judaism, Protestantism, Islam, and the Baptists, Episcopal, Greek Orthodox, Lutherans, Jehovah's Witnesses, Presbyterians, Seventh Day Adventists, Mormons and the Amish — support organ and tissue donation.

One donor can save up to eight lives and enhance as many as 75 others.

You can agree to donate by filling out a Gift of Life Consent Form from www.gifttolife.on.ca and mailing it to the address on the form.



ReadersWrite

E-mail your letters to editorial@miltoncanadianchampion.com.

Ideal time to quit smoking

DEAR EDITOR:

Second-hand smoke has close to 70 different chemicals known or suspected to cause cancer.

Second-hand smoke exposure is related to sudden infant death syndrome and respiratory health problems. The risk of asthma and ear infections in children is greater when they're exposed to second-hand smoke.

The Canadian Cancer Society applauds Ontario's new smoke-free vehicle legislation as it's a measure that will protect children from the harmful effects of second-hand smoke.

The legislation, which came into effect January 21, prohibits smoking in vehicles when a person who's less than 16 years of age is present.

While we support this new law, the society believes the best way to protect

children's health is to help parents and caregivers quit — and we can help. Support is available through the Canadian Cancer Society's Smokers' Helpline at 1-877-513-533 and smokershelpline.ca.

For extra motivation to quit smoking, the Driven to Quit Challenge is back with great prize incentives. Ontarian daily smokers or tobacco users over the age of 19 can sign up at www.driventoquit.ca until this Saturday.

By pledging to be smoke-free for the month of March, participants have a chance to win a 2009 hybrid car or one of two \$5,000 vacation getaways — among other prizes.

**NANCY KORSTANJE,
SENIOR MANAGER
CANADIAN CANCER SOCIETY'S
SMOKERS' HELPLINE**

Column about growth right on the money

DEAR EDITOR:

I must echo the thoughts of reporter Tim Foran in his column in the February 6 *Champion* regarding the opportunity for Miltonians to "nudge their shepherds."

With another big development currently being planned, I whole-heartedly agree with that column. The time is now for us Miltonians to step up and tell the 'professionals' how we see this town growing. If we don't, the groups with the most financial will-power will do the speaking for us.

For starters, Milton needs homes for first-time buyers and lower income-earners. We need energy-efficient homes with space around them to plant trees so they can survive and not get knocked down by

moving trucks and plowed snow.

We need to make trips to commercial areas and events more enticing to walkers and cyclists by designing routes with pedestrian-friendly intersections. As long as we only design roads for cars, we'll only use cars.

And isn't it time that urban Milton acknowledged that it too is 'Escarpment Country?' Perhaps there could be an opportunity to economically benefit from something other than development dollars and lure more tourists to our town.

Come on Miltonians, speak up.

**LISA KERR
MILTON**

Slow down and relax

DEAR EDITOR:

Our GO Transit system has taken a real beating lately, and an incident on January 26 was no different.

The 4:30 p.m. train from Toronto to Milton stopped just before Meadowvale. As a result, we were pushed by the next train to Meadowvale station.

We were told that a substance used on the tracks to evaluate the tracks ended up curtailing our train.

We then all gleefully took buses — well, not so gleefully. I got home an hour and 15 minutes late.

My wife and I have lived in Milton for 13 years, and yes from time to time there are problems with the GO service.

The service is great but it's those times that it breaks down when people complain.

What's really sad is the people who rush for the buses and push other people. But that's not the story here.

This story is about the real troopers.

We waited for three buses before our group got on. People were complaining that the third bus driver didn't pull up enough. One very observant and well-mannered individual said, "Come on, people, we will all get home."

I called home to say that I was running late and my daughter said to me, "I love you daddy and I miss you."

That made my hectic and dreadfully long day much brighter.

We all have to take a step back in our lives and say "s...l...o...w down."

Go Transit has its faults, but let's remember that we're all human and we make mistakes, and machines break down because God created mechanics.

**BOB OSSER
MILTON**

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