

# Cross-Canada fundraising trek to make stop in town next week

Two brothers making a cross-Canada trek to raise money for Alzheimer's disease research will stop at a Milton gym next week.

Alex and Matt Stonkus are travelling from Montreal to Victoria, stopping at more than

30 CrossFit locations along the way to take part in friendly competition workouts with gym members. They've deemed the endeavour Crossfitters for a Cure.

Monday at about 9:30 a.m., the pair will make a pit stop at FirePower CrossFit, 509

Main St. E., and see how their physical fitness stacks up against that of members. The athlete who achieves the best result during the workout, as well as the person who raises the most money for the cause, will win a t-shirt.

The public is invited to check out the competition. Of course, donations to the Alzheimer Society will be much appreciated. The Stonkus brothers hope to raise \$10,000.

For more information, visit <http://cfforacure.wordpress.com>.



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

## Bulk Waste

3 items maximum

Bulk waste collection takes place in all urban and rural areas, excluding Halton Hills Collection Areas 1 and 2. Check your 2010 Waste Management Guide & Collection Calendar to determine which day bulk waste will be collected in your area.

There is a **three item limit** per scheduled bulk collection day. **Additional items will not be collected.**

Bulk waste is considered a large household item that is over 23 kg (50 lbs) or that will **not** fit into a closed garbage bag or container.

If an item can fit into a garbage bag or can, it is not bulk waste. Put these items inside a garbage bag or can, and place out for pick up on your regular garbage collection day. Do not exceed the regular six bag/can garbage limit.

Keep your neighbourhood clean—on your scheduled bulk waste collection day, place items at the curb by 7 a.m. and no sooner than 5 p.m. the evening before.

Please ensure only the three items you want collected are at the curb. Items including bicycles, hockey nets, children's toys, dollies, laundry baskets, totes, etc., may be mistakenly collected by the collection truck or scavenged by other residents. Halton Region and its collection contractors are not responsible for items mistakenly collected or scavenged.

Items collected for bulk are disposed of in the landfill. Consider giving items in good condition to a reuse centre. Please contact the reuse centre to ensure they accept the material before you drop it off. Visit [www.halton.ca/waste](http://www.halton.ca/waste) for a list of reuse centres.



### Acceptable Bulk Waste

- Flooring (carpets, under padding, linoleum, etc.), bundled in maximum 1.2 m x 0.6 m (4 ft x 2 ft) lengths (one bundle equals one bulk item)
- Furniture (couches, chairs, tables, mattresses, etc.)
- Toilets
- Windows and mirrors (to avoid glass shattering, place tape across in an "X" pattern)
- Wood (fencing, picnic tables, shelving, skids, doors, etc.), dismantled and bundled in 0.6 m x 1.2 m (2 ft x 4 ft) lengths (one bundle equals one bulk item)



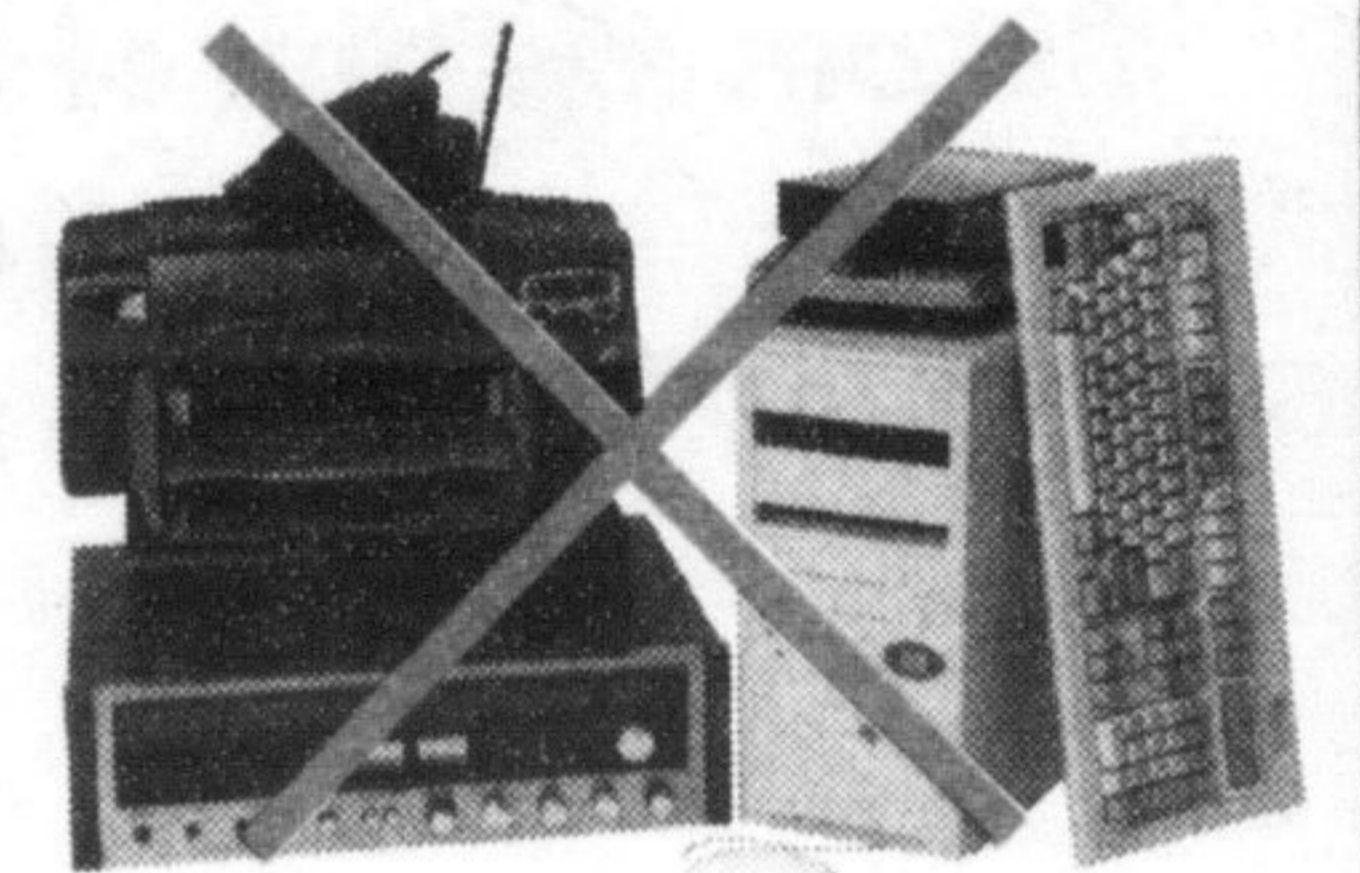
### Unacceptable Bulk Waste

- Automobile parts\* including vehicle seats
- Building and demolition debris
- Cardboard boxes
- Concrete and bricks
- Electronics (Visit [www.dowhatyoucan.ca](http://www.dowhatyoucan.ca) for a list of drop-off locations.)
- Household hazardous waste (Visit [www.dowhatyoucan.ca](http://www.dowhatyoucan.ca) for a list of drop-off locations.)
- Metal and appliances (Dial 311 to schedule metal & appliance collection)
- Propane tanks
- Soil and rocks
- Tires (Visit [www.ontariots.ca](http://www.ontariots.ca) for a list of drop-off locations.)
- Tree branches
- Tree stumps\*\*
- Water coolers with refrigeration

These items may be disposed of at the Halton Waste Management Site (HWMS), 5400 Regional Road 25, Milton. The HWMS is open Monday to Saturday, 8:00 a.m. to 4:30 p.m.

\*Only small non-hazardous automobile parts can be accepted at the HWMS.  
\*\*Only small tree stumps under 30 cm (1 ft) in diameter can be accepted at the HWMS.

### Electronics not collected at the curb



Electronics are **not** collected with garbage or bulk waste. Electronics contain recyclable materials such as steel, glass, copper, aluminum, plastic and lead, and should not be placed in the garbage.

Unwanted electronics (televisions, cell phones, computer monitors, computers, printers, etc.) can be dropped off for recycling at the Halton Waste Management Site, 5400 Regional Road 25, Milton, for no charge (up to five items per trip).

Some retailers also accept electronic waste for recycling. This is a new program operated by the Ontario Electronic Stewardship. For a list of participating local retailers visit [www.dowhatyoucan.ca](http://www.dowhatyoucan.ca).

To make the recycling of electronic waste more convenient for residents, Halton Region is holding Special Waste Drop-off Days throughout the year. Visit [www.halton.ca/waste](http://www.halton.ca/waste) for a list of dates, locations and acceptable materials.

Please let us know as soon as possible if you will have an accessibility or accommodation need at a Halton Region hosted event or meeting.  
1151 Bronte Road, Oakville, Ontario L6M 3L1 • Dial 311 or 905-825-6000 • Toll Free 1-866-442-5866 • TTY 905-827-9833 • [www.halton.ca](http://www.halton.ca)