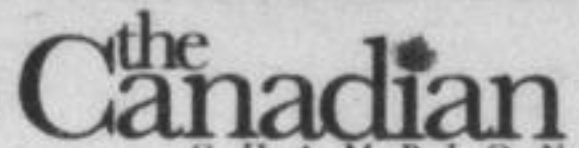




Earth Day<sup>®</sup>  
CANADA

Tuesday, April 22, 2014

This important message has been brought to you by these concerned community minded businesses and 

Plants play a vital role in our daily lives. Found at the base of the food chain, they provide both direct and indirect sources of food (by providing food for other animals that we eat).

Plants help to purify and regulate the water cycle, and store large amounts of carbon dioxide. They are also valuable for other reasons, serving as: raw materials for industrial products (e.g. wood for furniture, cotton for clothing, essential oils for cosmetics), shade and temperature regulators, wildlife habitat, and features of our landscape.

- **Plant a tree, shrub or flower native to your local region.** When planting, it's beneficial to use native species because they have important ecological relationships with local wildlife. Because they are adapted to local conditions, they are also easier to maintain than non-native species, requiring less time, effort and investment from you.
- **Plant or care for a useful vegetable or herb.** One way to start eating more locally is to grow your own food. You can easily start to add more edible plants to your garden at home, office

or school. Even though April may still be a little chilly for some plants, you can try container gardening, or grow smaller vegetables and herbs indoors. Your food will be tastier, fresher and more rewarding. All you need is some space with good sunlight!

- **Water your plant with greywater.** It's important to take care of our plants by making sure they get enough sunlight and water. Instead of using water from the tap or hose, we can reduce our water consumption by using greywater. Greywater is any waste water that does not contain sewage. For example, you can reuse the water you used to wash your vegetables or collect the "extra" water while you wait for your bath or shower to warm up, and use it to water your plants. If you use an eco-friendly dish or laundry soap, you'll be able to collect even more recyclable water. You can also collect rainwater for the same purposes. Note that recycling water is great, but be careful of what kind of recycled water you use for your edible gardens.

Source: Earth Day Canada

To become a Community Sponsor,  
please contact Fiona at  
**905-878-2341, ext 217**  
or email: [frudder@miltoncanadianchampion.com](mailto:frudder@miltoncanadianchampion.com)



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CLEAN MILTON TOGETHER

22nd  
Annual

MILTON GOOD  
NEIGHBOURS

Community Day

Town of Milton  
Community  
Fund



Let your Neighbours Help!! If you are a senior unable to complete some of your Spring clean-up jobs give us a call or sign up at any of the listings below.

**EARTH DAY - CARING ABOUT AND FOR OUR ENVIRONMENT**

Teams of volunteers go out into the community and spend the morning cleaning up our Creeks and Streams and other waterways, our Parks, our Roadways and any where else garbage has accumulated over the winter.

*Bring your re-usable water bottle - we will fill it up for you!*

If you would like to help: REGISTER ON WEBSITE or enrollment forms are available at:  
Milton Seniors' Activity Center, Milton Town Hall, Milton Public Library, Milton Chamber of Commerce, The Canadian Champion.  
**Call (905) 878-4085 for information • [www.miltongoodneighboursday.ca](http://www.miltongoodneighboursday.ca)**

Saturday May 3rd  
VOLUNTEERS WANTED

As in the past, Community Day is . . .

**GOOD NEIGHBOURS - HELPING A NEIGHBOUR WHO NEEDS SOME HELP.** Teams of volunteers go out into the community and spend a few hours doing good deeds for senior citizens and others who need assistance in completing simple Spring cleanup tasks such as washing windows, yard work, painting a room, lifting, general clean-up and much more.

**NEED HELP?!?!?**