We are Smart Cities Challenge finalists!

Waterloo Region has been named one of five Canadian finalists in the Federal Government’s Smart Cities Challenge. This challenge is a competition-based approach that encourages communities to come up with innovative solutions to their most pressing issues. The Region and all area municipalities are working together to develop a collective response to this Federal program.

Finalist communities receive a grant of $250,000 to further develop their innovative ideas into final proposals. The winning community (in the large community category) will receive $50 million to implement their challenge.

Based on extensive public consultation, the Region and area municipalities selected Healthy Children and Youth as our community challenge. Our four priority areas include: sense of belonging, early child development, literacy and mental health.

We will work with UNICEF Canada, local tech companies, school boards and social sector organizations, to develop our Phase 2 proposal, which would include a real-time child and youth wellbeing dashboard. This dashboard would allow communities across the country to measure child and youth wellbeing against UNICEF Canada’s Index for Child and Youth Wellbeing. We will also work with local, regional and national partners to develop technology and programming solutions to help children and youth thrive.

As we move forward, we will continue to engage the community in new and exciting ways. Stay tuned for more information, follow us on Twitter @SmartWatRegion or check out our website at www.regionofwaterloo.ca/smartwaterlooregion.

Questions? Email us at smartWR@regionofwaterloo.ca.

I will vote because voting is part of participating and shaping our community and our voices should be heard.

— Jawad, Business Owner

#WRVOTES

www.regionofwaterloo.ca  @RegionWaterloo  RegionWaterloo
Is your career here?

We are hiring truck and coach technicians

Do you have the knowledge and skill needed to join our team as a truck and coach technician or apprentice? The successful candidates will maintain and repair Grand River Transit (GRT) buses, vehicles and related service trucks.

Candidates must:
- have a valid Ontario Certificate of Qualification
- be able to perform systems diagnostics on coaches
- have Grade 12 plus two years of related experience in repairing electronically controlled engines, emission control systems, transmissions and rear axles

For this role, candidates should be prepared to work straight shifts, including days, afternoons, nights and weekends, as well as transfer to other transit locations.

Visit www.regionofwaterloo.ca/careers for more information.

Waterloo Region welcomes Canada’s business aviation community

Business aviation has deep roots in Waterloo Region. Our airport exists thanks to entrepreneurs Norman Schneider (Schneider Meats) and Robert Dietrich (Weston Bakery). They brought aviation to our community in 1929 with two grass strips. Today, the Region of Waterloo International Airport (YKF) ranks as one of the top 20 busiest airports in Canada.

This summer, the leading event for Canada’s $12.1 billion business aviation community landed in Waterloo Region. YKF and Charters Air Group co-hosted the Canadian Business Aviation Association’s annual convention.

More than 700 industry leaders from across Canada and the United States attended CBAA 2018. They were treated to the largest static display of business and private aircraft in the country. The show included 22 aircraft valued at over $430 million. The latest technology was shown alongside priceless vintage aircraft including the Avro Lancaster bomber.

Canada’s business aviation leaders left with an understanding of our community and knowledge of our airport, positioning YKF as a cost-effective alternative to Toronto.

For more information, visit www.cbaa.ca.

Schneider Haus National Historic Site

Schneider Haus National Historic Site is a local landmark and one of Kitchener’s oldest dwellings. The heart of the complex is an 1816 Georgian-frame farmhouse built by and home to the area’s earliest non-Aboriginal settlers, Joseph and Barbara Schneider, who were Pennsylvania-German Mennonites. Today, history comes to life as costumed interpreters demonstrate what life was like in the year 1856 in Kitchener when the second generation of the Schneider family lived in the homestead. Schneider Haus Historic Site also features gallery exhibits, workshops, lectures and more.

New site improvements at Schneider Haus include planting a historically accurate Schtick garden on the side lawn, as well as creating more open space and pathways surrounded by a period-appropriate picket fence. These improvements will more accurately represent the 1850s homestead and allow for new programming opportunities.

Visit www.schneiderhaus.ca.
Community Environmental Fund

The Region’s Community Environmental Fund is accepting applications until October 26, 2018 for community-based projects that promote environmental sustainability and enhance our natural environment.

Visit www.regionofwaterloo.ca/CEF for more information.

A new direction is underway at GRT

A number of significant service changes have taken place at Grand River Transit (GRT) this month in preparation for the launch of ION light rail service.

Among the service changes approved by Regional Council was the expansion of service on Routes 10, 16 and 110 serving Conestoga College’s Doon Campus. Route 10 now operates as two branches, the first with service along Mill Park Drive and the second with service along Old Carriage Drive and Homer Watson Boulevard. Service between Pioneer Park Plaza and Fairway Station where both branches operate is now every 15 minutes during the peak and midday hours, Monday to Friday, year-round. Sunday service is also more frequent. Route 110 also received increased service to every 15 minutes during weekday peak and midday hours, and Route 16 has been extended into the evening, with service running until 11:30 p.m. on weekdays.

Route 76 has been extended further into the neighbourhood of Doon South along Robert Ferrie Drive and Thomas Slee Drive. Route 33, which replaced Route 78 BusPLUS, has been extended to the Sunrise Centre along Fischer-Hallman Road, serving new residential areas in Huron Village, and connecting riders to Block Line Station when ION trains begin running.

The new Route 26 serves the Huron Business Park along Strasburg Road, McIntyre Drive, and Trillium Drive. Route 73 BusPLUS has been extended to cover new residential areas in the Conservation Meadows community, the Kumpf industrial area, and now connects riders to the 200 iXpress and future ION trains at Northfield Station.

In Cambridge, additional service hours have been added to Routes 53, 75 and 203 iXpress to improve evening and weekend service. Once ION launches, the new ION bus currently circulating on various routes in that city will be placed on its designated route between Ainslie Terminal and Fairway Station.

Three innovative, 10-month flexible transit pilot programs are also being planned - a subsidized taxi program, a community bus, and a ridesharing partnership with RideCo. The pilots focus on providing cost-effective transit options to lower-demand areas, seniors’ facilities and connecting riders to transit in northwest Waterloo, Central Hespeler and Trinity Village/Freeport areas. These are areas that have traditionally proved challenging for operating a standard bus route.

These service changes also accommodate the increase in ridership GRT has experienced with 727,000 more riders travelling from September 2017 to May 2018. More significant changes will take place as GRT becomes fully integrated with ION light rail service.
Waterloo Region rallies around community wellbeing

The Wellbeing Waterloo Region initiative is moving forward. Over the past year, a wide variety of community members have been working together to find challenges we can solve collectively. The team has identified three focus areas, including:

- Affordable housing
- Healthy children and youth
- Social inclusion

The Region of Waterloo has provided backbone support to the initiative, organizing events, hosting forums and reaching out to hear from all voices in our community.

There are hundreds of organizations and thousands of residents working towards our common Wellbeing goals. Interested in getting involved or learning more? Visit www.wellbeingwr.ca and subscribe under WWR updates.

Residents and organizations have provided continuous input over the past year into what should be done to improve wellbeing for residents of Waterloo Region.

New program gives hope to people struggling with mental health and addictions

“People with mental health issues are afraid of being labelled,” said Susan, who lives in a Region-owned affordable housing community. “I think it’s nice they can just go downstairs and talk to someone about it.”

Susan’s building is among the Waterloo Region Housing communities in Kitchener and Cambridge that provide onsite mental health and addiction services and housing support.

Susan’s friend, a tenant in the building, is getting that help. Though hesitant at first, she said he is now accessing the services. “I went with him to the meeting,” she said. “I encouraged him but didn’t push in any way.”

He is now receiving financial counselling and support from a social worker. “I see him really trying,” said Susan. “He’s not giving up as quickly as he used to; he’s peeking into the future instead of just dreading it.”

She hopes others in the building will benefit too.

“Now he is telling other people… letting them know it’s there. I know they’ll pass it on too because everyone wants to be part of it if it’s working.”

Still ME connects past and present to help people with dementia live their best life

Bill watched from his armchair as a painter rolled a bright orange colour onto the walls outside his room. “I’d like to make this my garage,” said the former mechanic, known to his friends as the “car doctor.”

Bill is 80 years old, has dementia, and lives at Sunnyside Home. The plain sitting area next to his room at the Region’s long-term care facility is being transformed into a vibrant and warm place for him and others to spend time; it now has a work bench, a can-crusher and photographs of old cars on the wall.

“That’s a ’54 right there, the blue one, and that there’s a ’55,” he tells staff at Sunnyside as he admires the photos. They remind him of his own car, a burgundy Chevy he worked on with his brother. “Cars were expensive at the time,” he said. “When you’re a young fellow, any car is excellent... we used to fix them up and drive them. They lasted a long time.”

Engaging in fond memories and meaningful activities with staff help Bill adapt to life in long-term care and decrease behaviours that are common for people with dementia. Opportunities like these are part of Still ME, a new culture of care being rolled out at Sunnyside Home. Through Still ME, staff education and changes to the physical environment work together to help residents live their best life.

For Bill, the garage helps him connect to his past and feel at home in the present. It’s not the home he’s used to but it feels more like home. “I like it here,” Bill said. “They’ve been good to me and my family.”
Don’t let falls get you down! November is Fall Prevention Month

Each day 63 older adults are hospitalized in Ontario because of a fall. As we age, our risk of falling becomes greater. Falls are not actually a normal part of aging and many falls can be avoided.

You can lower the risk of falling for yourself or someone you know by:

- Keeping stairs and walkways free of clutter, ice and snow
- Taking your time – don’t rush when walking or getting up from bed or a chair
- Using handrails and grab bars throughout your home to keep you steady on your feet
- Ensuring your hallways and stairs are well-lit
- Checking your home for slipping and tripping hazards such as loose rugs, loose electrical cords, clutter, and poor lighting
- Knowing what medications and supplements you are taking and having them checked regularly by your pharmacist or doctor
- Having your eyes checked regularly
- Eating nutritious foods from all four food groups, drinking lots of water and limiting your alcohol intake
- Being physically active daily to build strength and improve balance
- Taking care of your feet and wearing well-fitting, supportive shoes
- Asking for help if you are worried about falling

Older adults are a vital part of our families and communities. Whether you are an older adult, a caregiver, a family member, or friend, we all have a role to play in preventing falls!

Visit [www.regionofwaterloo.ca/fallsprevention](http://www.regionofwaterloo.ca/fallsprevention) and [www.fallpreventionmonth.ca](http://www.fallpreventionmonth.ca) for more information.

Is your well water safe to drink?

Test regularly to be sure.

You should:

- Test for bacteria three times per year. It’s free!
- Test for nitrates and fluorides once a year for a small fee.

For more information, water bottle pick-up and drop-off locations and schedules, visit our website. Questions about your drinking water? Call us.

PRIVATE WELL WATER

Protect your health. Test your well water. 519-575-4400 (TTY 519-575-4608) www.regionofwaterloo.ca/privatewellwater

Short videos examine local opioid crisis

A series of short, interview-style videos have been released to provide more context and understanding about the opioid crisis in Waterloo Region.

The Waterloo Region Integrated Drug Strategy (WRIDS) committee worked in collaboration with a number of community partners to develop the public service announcements (PSAs).

The videos include perspectives from local partners and individuals with lived experience of drug use. The videos highlight community collaboration and aim to bring more understanding and compassion to the issues.

To watch the videos or find out more about WRIDS and the Opioid Response Plan, visit: [www.waterlooregiondrugstrategy.ca](http://www.waterlooregiondrugstrategy.ca).
ION testing prepares for system launch

As we prepare for service launch, the entire light rail system and each ION vehicle needs to be tested.

Several different types of tests are ongoing. These include infrastructure tests, vehicle tests and system integration tests as well as the installation of specialized equipment.

Testing the infrastructure – such as the safety gates, signals and public announcement system – can be done without the use of the train. These tests help confirm that the ION system will work with our trains.

Vehicle tests confirm that elements such as the doors and wipers are in working order.

Once the infrastructure and vehicle tests are complete, everything is tested together. This is known as “system integration testing” and there are 84 different tests.

As testing advances, each train is working towards completing many kilometres of reliable or issue-free testing, also known as “burn-in”.

Over the next few months, the specialized equipment is also being installed on the trains. This equipment allows the trains to communicate efficiently with the ION system to ensure a reliable and convenient service for customers.

Once the equipment is installed and tests are complete, the final phase of testing is a period of simulated service. During this phase, trains will operate at service speeds and frequencies to simulate how trains will run once service launches.

As testing progresses, train sightings will be more frequent. When trains are testing, take the time to learn the new signs and signals to help you stay safe near the LRT tracks whether you’re driving, cycling or walking.

For safety info, visit www.grt.ca/IONsafety.

Office and retail space along the ION corridor

As the ION corridor continues to grow, here’s a look at some office and business development highlights:

**WATERLOO**

**Strata**
This new development at the corner of King Street and Bridgeport Road in Waterloo, will blend residential, commercial and office space with LAUNCH – a public facility that will support Waterloo Region’s creative culture – to create a truly unique mixed-use development. LAUNCH will offer unique learning opportunities to children and youth in the creative use of STEAM (Science, Technology, Engineering, Arts and Mathematics).

**KITCHENER**

**345 King West**
This new six-storey, LEED® (Leadership in Energy and Environmental Design) Gold office building is in the heart of the Innovation District in downtown Kitchener. 345 King West will offer over 100,000 square feet of progressive, modern office space with 22,500 square feet on each floor and abundant natural light thanks to floor-to-ceiling windows.

**CAMBRIDGE**

**60 Main Street**
60 Main Street has had an illustrious history in the Galt core of Cambridge. For decades, the building was home to the Right House department store and had the city’s first escalator installed in the 1960s. The Perimeter Development Corporation plans to transform the building into a first class ground floor retail/restaurant space and second floor office space.
Full STEAM ahead at the library

Region of Waterloo Library (RWL) connects residents to each other, and to the world of ideas. We offer free, innovative services for all ages in welcoming spaces.

RWL incorporates STEAM (Science, Technology, Engineering, Arts and Math) into our programs and resources which means you can design, build, create and explore as you learn and have fun at the library.

This fall, preschoolers and their families can experience programs like Li’l STEAM, Ready, Set, Go! Kindergarten and Family Storytime together. School age children can join Maker Club, Home School Mixer, LEGO Mindstorm and Little House at the Library for hands-on activities.

Adults can register for programs like Book Clubs, Popcorn Movie Theatre, the Live and Learn Series and 1:1 Computer Coaching. Look for events about climate change, self publishing and walking in the woods with a naturalist.

New to the library is geocaching! Use GPS and smart phones to find a hidden treasure on a shelf in the library. Can you find all of the treasures?

Your library card keeps you connected – literally! Hot spots give you access to the internet where and when you want. Starting this fall, use your library card to place a hold or check out a free hot spot.

RWL has 10 branches and four pop-up locations where patrons and soon-to-be patrons can access free information, services, events and programming.

For more details, visit www.rwlibrary.ca.

Thank You!

Thank you to all of the participants and sponsors who contributed to the success of this year’s Sunnyside Foundation Golf Tournament!

All proceeds will go towards enhancing programs and services for older adults.

Special thanks to these generous supporters:

**Platinum sponsors:**
- Frank Cowan
- ProResp

**Silver sponsors:**
- Achieva Health
- Allianz Global Assistance
- Cardinal Health Canada
- Handicare
- Lackner McLennan Insurance Ltd.
- Remedy’s RX Specialty Pharmacy

**Gold sponsor:**
- Remax Solid Gold – Ian Inglis

**25% off an annual fitness membership**

25% off your annual fitness membership. Redeem this coupon and receive an annual membership for $315 (regular cost $420). Valid from October 22–26, 2018.

For more information call 519-896-0805 or visit www.sunnysidewellnesscentre.ca

You are invited to the Sunnyside Wellness Centre open house!

October 25 from 9 a.m. to 6 p.m.
247 Franklin Street North, Kitchener, Ontario

- Get 25% off your annual fitness membership
- Meet our team of health care professionals and learn more about our services:
  - Personal fitness coaching
  - Hydrotherapy
  - Massage therapy
  - Physiotherapy (including government funded)
  - Foot care
  - Professionally supervised exercise for older adults
- Enter to win a therapeutic massage or foot care

For more information call 519-896-0805 or visit www.sunnysidewellnesscentre.ca
Visit for FALL family fun!

Visit our website for details on all of our exhibits, special events, and programs.

Join our membership program today!

- Single Annual Membership only $35 (all rates plus HST)
- Family Annual Membership only $60 (covers up to 2 adults and their dependant children)

Benefits
- Free unlimited admission to the museums operated by the Region of Waterloo (Waterloo Region Museum, Doon Heritage Village, Schneider Haus National Historic Site and McDougall Cottage Historic Site)
- 10 per cent Gift Shop discount at Schneider Haus National Historic Site and Waterloo Region Museum
- 10 per cent discount at Hazel's, the Waterloo Region Museum café
- 10 per cent discount at Schneider Haus National Historic Site and McDougall Cottage Historic Site
- Discounts on selected workshops, special programs and lectures
- One complimentary Guest Pass for you to share with a friend

Reciprocal Museum Benefits
- Free admission to many other museums. See website for details.

TTY: 519-575-4608 www.regionofwaterloo.ca/museums

We bring history to life!

We collect and conserve
Our collections include heritage buildings, artifacts and archival materials that represent through time, the history and culture of Waterloo Region.

We exhibit and interpret
The museum and historic sites offer a series of interesting and educational programs, exhibits and special events.

We keep you informed
Receive a monthly eNewsletter and also receive advance notices and invitations to special events and exhibit openings.

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W-work R-region H-home C-cell
35th Anniversary of the Blue Box: it all started here!

“It was scary,” said Nyle Ludolph, Father of the Blue Box. “It had never been done before.” On September 26, 1983, the first curbside recycling collection program was launched in Kitchener.

35,000 homes were given a bright blue box. Residents were asked to sort out steel cans, glass jars and newspaper from their garbage, put them into the blue box, then put the box to the curb for collection. A blue box at the curb would signal the recycling truck to stop. Why blue? So the box could be seen in summer and winter.

Two recycling trucks were custom-designed locally. The trucks had dual steering wheels so one person could operate it from a stand-up or right-hand drive position. It was side loading with multiple compartments to keep the recyclable materials separated.

Just two weeks after the launch, almost 70 per cent of residents were using the new blue box, and the first ever Blue Box curbside collection program was born!

The Blue Box was credited as a driving force behind the 1980s green revolution. “Recycling is something each one of us can do to help the environment,” said Nyle Ludolph in 1983. That statement is as true now as it was then.

Over the years, packaging has changed. Today, we also recycle plastic containers (with the 1-7 symbol), cartons, aerosol cans and plastic bags. Check our website to see if you know all that can (and should not) go in the blue box. [www.regionofwaterloo.ca/waste](http://www.regionofwaterloo.ca/waste).

The Region of Waterloo is grateful to property owners who did their part this summer by following the Water Conservation By-law.

“By following the summer watering rules, people are conserving billions of litres of tap water. This helps us keep water in reserve to fight fires, supply emergencies and do maintenance on the system,” said Steve Gombos, manager of water efficiency.

The Water Conservation Bylaw is in effect each year from May 31 to September 30. For more information about the bylaw, visit [www.regionofwaterloo.ca/water](http://www.regionofwaterloo.ca/water).

Thank you for conserving water this summer

Winterize your barrel

As temperatures begin to cool down, remember to winterize your rain barrel. Empty all water from your barrel and flip it upside down. This will stop ice from cracking the plastic.

Like using a rain barrel? Tell us how you harvest rainwater by tweeting with the hashtag #OursToConserve @RegionWaterloo.

Residents lined up early on May 5 in Kitchener to buy a Region-subsidized rain barrel. Homeowners use the 200-litre barrels to cut down on using tap water outside.

Environmental information on protecting water and reducing waste

- More waste than ever is being reused and recycled: 60 per cent! 2
- How much time do we have left operating our landfill? 2
- Is your business winter-ready? 3
- Everyone wants to know about water softeners 3
- How to sort your waste 4
- Waste happenings this fall 4

The community loves rain barrels

The Region of Waterloo hosted another popular rain barrel sale on May 5, 2018. Dedicated homeowners lined up early to make sure they could get a $40 barrel. Kitchener, Waterloo and Cambridge mall locations sold all 2,400 barrels before lunch.

The sale took place just before the Water Conservation By-law came into effect on May 31. The by-law restricts outdoor water use during summer months.

What’s inside?
- More waste than ever is being reused and recycled: 60 per cent! 2
- How much time do we have left operating our landfill? 2
- Is your business winter-ready? 3
- Everyone wants to know about water softeners 3
- How to sort your waste 4
- Waste happenings this fall 4
More waste than ever is being reused and recycled: 60%!

Over the last couple years, there have been many changes in waste collection in Waterloo Region. A big change involved new curbside services that started in March 2017. Green Bin (recycling cousin to the Blue Box) has more than doubled in collected tonnage. Blue Box collected materials have also increased.

We are looking at waste differently. We are making decisions in our homes to recycle more and send less to landfill.

60% of our waste is being diverted to reuse and recycle!

In 2017 (January to December)

<table>
<thead>
<tr>
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<th>up</th>
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<tr>
<td>Blue box through the years, from top to bottom: 2017, 1995, 1983</td>
<td>105%</td>
<td>8%</td>
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<tr>
<td>“WE RECYCLE” was printed on the first Blue Box. “It is a ‘we’ thing,” said Nyle Ludolph. “WE recycle.”</td>
<td>24%</td>
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“How much time do we have left operating our Waterloo landfill?”

The Region’s one and only landfill in Waterloo is estimated to have about 15 to 20 years of space left. The job of the landfill is to store garbage in holes called ‘cells’. As more space is needed for garbage, new cells are built.

A new cell, called SE-4B, will open this fall. Cells are designed to fit a specific space and SE-4B is over nine acres (or 37,000 square metres) in size. A cell is constructed by digging a hole, lining it with compacted clay, and installing drainage and gas collection systems. Once a cell is full, it is capped with clay (the cap joins to the clay liner) and garbage is completely sealed in. In the tomb-like construct, materials decay very, very slowly. Once the cell is sealed, we draw out the landfill gas and use it to make electricity.

The 15 to 20 year estimate is based on the amount of garbage received. The more we reduce, reuse and donate, the more we recycle with the green bin and blue box, the less waste goes into the landfill and the longer it will last. Our team is already looking into options for managing waste for the future.

Check out more facts and updates about SE-4B on our website, www.regionofwaterloo.ca/waste.

Inspector’s Corner: our ears and eyes on the street

Our inspectors are out in the community every day helping residents. We asked them for the most common recycling issues:

**Wrong items in the blue box:** Diapers, chip bags, shoes, umbrellas, furnace filters, dishware, and toys are not recyclable. These are garbage or reuse.

**Plastic bags:** Bag all plastic bags and outer wrap into one grocery-sized bag, tie tightly shut, and put it into Paper and Plastic Bags blue box. Securing loose bags helps prevent the wind from blowing bags out of the box.

**Flatten boxboard (food boxes):** Save space in your blue box: flatten cereal and tissue boxes and put them into one bigger box.

**Cardboard:** Flatten, tie into bundles with twine, and place beside the blue box for collection. Bundle size maximum is 75 centimetres (30 inches) wide and long, and 20 centimetres (8 inches) thick so it can fit into the compartment on the side of the collection truck.

**Broken glass:** This can be dangerous to collectors and pedestrians. Do not put broken glass into the blue box. Wrap broken glass in newspaper and put it into the garbage.

Larger mirrors and windows (less than 92 centimetres or 3 feet) can be collected with the Bulky Item collection when you tape an “X” across the surface with masking or duct tape and place next to your garbage. Glass objects larger than 92 cm or three feet cannot be collected.

Not sure how to dispose of an item? Ask the Waste Whiz!

Find this on our website, www.regionofwaterloo.ca/waste, or on our free My Waste app.
Winter is challenging for businesses. Keeping your property safe for staff and visitors is your number one concern. But salt can damage concrete, kill landscapes and destroy flooring and carpets.

There are steps you can take to prevent areas from icing over. Start with a complete winter maintenance plan. Fall is a good time to start. On a rainy day watch how water drains from the property. This will give you a better idea of where ice may form in the winter and how you might keep it safe.

Get started with our free winter maintenance plan worksheet: www.regionofwaterloo.ca/winterplan.

**Book a talk on salt**
Looking for a presentation for your club or group? Invite the Region to your meeting and learn why salt is a water quality concern and actions everyone can take to protect the Region's drinking water supply. To request a presentation email waterservices@regionofwaterloo.ca.

**Use less salt to protect drinking water**
Salt, including de-icers and ice melters, impacts water quality – and not in a good way. Over time, the salt we put on the ground can end up in our drinking water and cause it to taste salty.

The salt doesn’t go away after it melts the ice. Salt may soak into the ground to mix with groundwater or drain into a storm basin that empties into a stream, pond or river.

Stopping salting completely may not be realistic but there are actions we can take to use less. Learn more at www.regionofwaterloo.ca/winterplan.

**What to use instead of salt**
Non-salt options that melt ice are hard to find. Whether a product is salt, ice melter, de-icer or it says it is environmentally friendly; it most likely contains chloride and is salt.

Here are a few tips to help you cut down on salt:
- Clear the snow as soon as possible before it packs down
- Remove ice using an ice chopper
- Add traction where needed with sand, grit or non-clumping kitty litter
- Use small amounts of salt on icy areas only and give it time to work

For more snow and ice clearing tips, visit www.regionofwaterloo.ca/winterplan.

**Everyone wants to know about water softeners**
Region of Waterloo staff answer calls and emails from the public wanting to know about water softeners. This makes sense, considering many homes have a water softener.

The most common question is, “I want an efficient softener, which one should I buy?” The short answer is that you should check out the Waterloo Region/Guelph web site, www.watersoftenerfacts.ca. This non-commercial web site gives independent information about why people “soften” their water, how water softeners work, and what to look for when buying one. You can also find out how “hard” the water is in your neighbourhood.

Our water is “hard” because it comes mostly from deep wells, and this water has picked up minerals like calcium and magnesium from rock.

Hard water is healthy to drink, but it can cause scale buildup on appliances and plumbing. People use softeners to stop scale buildup on plumbing, and they like the slippery feeling of soft water when they bathe.

What about all the salt? Water softeners take minerals like calcium and magnesium out of the water and put in salt. Avoid drinking softened water, don’t water plants with it, and don’t use it for your fish tank.

Wastewater treatment plants do not remove salt, so it ends up in local rivers. Water softeners in Waterloo Region and Guelph are responsible for flushing 25,000 tonnes of salt per year down the drain. These salts can have a negative impact on wildlife in rivers.

Local water softeners also use 1.9 billion litres of drinking water per year to backwash. Is there a technology that can conserve this water? Region of Waterloo and Guelph are working together to find new technologies that don’t use as much salt and water. However, the more promising technologies do not actually soften the water; they just stop the water from forming scale. To learn more about new technologies, go to www.watersoftenerfacts.ca/how-softeners-work/#alternate.
How to sort your waste

Maximum weight 23 kilograms (50 pounds) for each bag, bin or can.

<table>
<thead>
<tr>
<th>Containers only</th>
<th>Paper and plastic bags</th>
<th>Green bin organics</th>
<th>Garbage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plastic package #1 – 7</td>
<td>Paper and junkmail</td>
<td>Meat, chicken, fish and bones</td>
<td>Diapers, feminine hygiene products</td>
</tr>
<tr>
<td>Cans and foil trays</td>
<td>Paper and box board</td>
<td>Paper plates, paper towels and napkins</td>
<td>Straws, chip bags, snack wrappers</td>
</tr>
<tr>
<td>Glass jars and bottles</td>
<td>Flexible film plastic</td>
<td>Pasta, bread, rice and pizza</td>
<td>Styrofoam</td>
</tr>
<tr>
<td>Paper cartons and cups</td>
<td>Produce bags</td>
<td>Fruits and vegetables</td>
<td>Broken dishware, plastic cutlery</td>
</tr>
<tr>
<td>Paper only</td>
<td>Coffee grinds, filters and tea bags</td>
<td>Pot waste (see below)</td>
<td>Garden hose</td>
</tr>
<tr>
<td>Outer wrap</td>
<td>Paper and plastic bags</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Empty, rinse and put loose in the blue box</td>
<td>Put all plastic bags in one bag and tie shut</td>
<td>Wrap pet waste in paper or a certified compostable bag, then put in the green bin.</td>
<td></td>
</tr>
</tbody>
</table>

Wondering about something else?
Check Waste Whiz on our website www.regionofwaterloo.ca/waste

Waste happenings this fall
Education Centre for school groups
Booking now for the 2018/19 school year. For Grades 3, 5, 7, 9-11. Call 519-575-4400 for details on this free program.

Yard Waste schedule

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 14 15 16 17</td>
<td>1 2 3 4 5</td>
<td>6 7 8 9 10</td>
</tr>
<tr>
<td>11 12 13 14 15</td>
<td>11 12</td>
<td>16</td>
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<td>17 18 19 20 21</td>
<td>17 18</td>
<td>21 22 23</td>
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<td>24 25 26 27 28</td>
<td>24 25</td>
<td>26 27 28</td>
</tr>
<tr>
<td>29 30 31</td>
<td>29 30</td>
<td>28 29 30</td>
</tr>
</tbody>
</table>

For loose leaf collection details call:
City of Cambridge 519-621-0740
City of Kitchener 519-741-2345
City of Waterloo 519-886-2310

Come for a landfill tour!
Saturday, October 20, 2018
9 a.m. to 1 p.m.
1516 Glasgow Street, Kitchener
Free one-hour bus tours. Learn more about our recycling centre, landfill design, climb into the big landfill trucks and meet the falconer. Call 519-575-4400 to book.

How to dispose of cooking oil and grease:
Do not put it down the sink!

Green Bin:
Small amounts of liquid oil (no more than 1 cup).
Garbage:
Collect oils/fats/grease in a small re-sealable jar, seal it tightly.
Recycle it:
Drop-off cooking oil only at the bulk tank at Gate 2, Waterloo waste site, to be recycled into bio-diesel.