

# GO running early schedule on Dec. 24, 31

GO Transit is providing passengers with earlier trips home from Union Station Dec. 24 and 31. GO will operate a special schedule to give riders the opportunity to get home earlier in the afternoon on Christmas Eve and New Year's Eve.

Keeping with the holiday spirit, GO Transit passengers can once again ride for

free on New Year's Eve. All GO service after 7 p.m. will be free for revelers ringing in the new year. Regular weekday service resumes on Monday, January 3.

Passengers can pick up their copy of GO Transit's holiday schedule in person at Union Station, or online at [www.gotransit.com/holiday](http://www.gotransit.com/holiday).

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# Many do not have a choice

During this most special time of year, the spirit of Christmas is everywhere.

As we gather together, we give thanks for family, friends and colleagues, and the grace, peace and joy that Christmas brings.

For many of us, we also give thanks and celebrate the birth of Christ, whose life provides a light for humankind, and whose example reminds us to lend a hand to those in need.

We can all do our part.

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There are many in our communities who need our help now more than ever.

One way to get involved is to support our local food banks—and not just now, but throughout the year.

Since the economic slump took hold in late 2008, demand on our food banks has increased dramatically. To illustrate the need, food banks have had to get the word out.

Halton Community Legal Services recently urged me to participate in the "Donated Diet Challenge." For three days, this meant I would eat only what a food bank client would eat.

When I opened the package that I'd been given, I was surprised that while it included spaghetti sauce, there was no pasta. There was a single pack of tea, but no coffee (I normally drink coffee by the gallon). There was a can of baked beans, but no rice. There was a sad-looking muffin, but no bread.

I have to admit that when the Legislature is in session, my meals don't exactly conform to the Canada Food Guide. I often work through the lunch hour, and make my dinner when I'm done for the day—sometimes 9 p.m. or even later.

While my Donated Diet didn't allow me much choice, I tried to make the best of it. Unable to snack through the day, I often felt hungry, which actually made the food I was given taste better. Still, I had moments feeling a bit light-headed,



**Ted Arnott**

necessitating a quick walk outside and some fresh air.

Given a choice, I would prefer not to have to live on the Donated Diet for any length of time.

But many in our community, of course, do not have a choice. That's the whole point. Children still go to bed hungry; they still go to school hungry. There are people who, for whatever reason, are unable to provide for themselves. They get by however they can, and often without a nutritious meal.

This is why our food banks are still needed and it's why their work is so important.

Poverty is a community challenge requiring a community response.

Government must respond as well, recognizing the necessity of its role: the need for income and housing supports, and the kind of education and job training that end the cycle of poverty and lift people up to the path of independence and dignity.

That should be our goal—not just at Christmas time, but throughout the year and in the decade ahead.

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From my family to yours, Merry Christmas, and a safe, health and Happy New Year.

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—Ted Arnott is the MPP for Wellington-Halton Hills and can be reached at 1-800-265-2366. His website address is [www.tedarnottmpp.com](http://www.tedarnottmpp.com)

## The Acton Fire Fighter's Association would like to thank everyone for making our 2010 parade a great success.

### Honorable mention for donations received goes to the following:

- Pioneer Hi-Bred
- Knox Presbyterian "R" Fund
- Maple Lodge Farms
- Nellis Construction
- Halton Powerline
- Monarch Silks
- Tim Horton's
- Lakeview Convenience
- MacKenzie & Chapman
- Daughters of Knox
- Fraser Direct
- Royal Bank - Acton
- Acton Veterinary Clinic
- Acton Optical
- Daniel Varanelli
- P & H Milling Group
- Denny's Insurance
- Total Dance Innovations
- Dufferin Aggregates
- Art & Joan Ford
- McKenzie Smith Bennett School
- Superior Glove
- Legion Ladies Auxiliary 197

- Rallis Burger Family Restaurant
- Halton Hills Chamber of Commerce
- Your Home Today Realty Inc.
- Jim Graham
- Acton Home Hardware
- Galvcast Mfg.
- Party Cinemas
- Deker Electric
- Colonial Tree Services
- Global Pet Foods
- Royal Canadian Legion Br. 197
- St. Joseph's Catholic Women's League
- Acton Tire Shop
- North Halton Power & Sail
- Salvation Army
- A-Plus Self Storage
- Absolute Martial Arts
- Trinity United Church
- Mill Street Crossings
- Acton Trunk Sale
- MacKinnon Funeral Home
- Rotary Club of Acton

**We would also like to thank:** All float entries and participants for a job well done; Our faithful judges - John McNabb, Bill Dawkins, Jon Hurst, Harold Townsley and Paul Nolan. Sobey's, Allan's Candy Co. & Church and Maria St. Apts. for donations of candy. Pat Andrews and all the clowns and elves. The New Tanner, The Independent Free Press & TV Cogego. Jeanette Collier for office support; Halton Hills Hydro for postage; John Dunn and Kathy Levere for special services; Bill Beeton; Herb Dodds; Terry Foster; Jim Thornhill; Dean Hartley. All transport companies for their assistance with floats; Dick Speer for his assistance re road safety; our loyal Postal Workers for collecting letters for Santa as well as so many others behind the scene, the fantastic turnout along the parade route; an honourable mention to "Canadian Heroes, Support our Troups" vehicle.

**A huge, heartfelt thanks to each and every one of you!!!!**

**We wish everyone a Safe, Happy Christmas Season.**

Acton Firefighters Association  
&  
Bill Spielvogel,  
Parade Chairman



## A Special Thank You

To the Teachers and Staff  
at Holy Cross School:



I would like to thank you for the kindness and support you showed my daughter Hope and her family during the past two months. She is truly blessed with great friends & colleagues.

*From Her Dad*