



PA DAY SKATE: There was a good turnout for the free Rotary-hosted PA Day skate at the Acton arena on Friday. Without an in-door rink of their own the Thompson family of Rockwood – Nathan, 5, (centre), mom Tiffanie and nine-year-old sister Nicole skate in Acton several times a week. – Ted Tyler photo

STOP Program: Support for Halton smokers who want to butt out

To help in their attempts to quit, smokers in Halton have the opportunity to enrol in the Smoking Treatment for Ontario Patients (STOP) Program and receive free nicotine replacement therapy (NRT) in the form of patches.

“Working with our community partners to help promote healthy living in Halton is a key priority for Regional Council,” said Halton Regional Chair Gary Carr. “As the year draws to a close, I encourage smokers in Halton to consider taking steps to healthier living by exploring this innovative program and the other supports available through the Region.”

For many smokers, the cost of nicotine replacement products can be a barrier to quitting. The STOP Program provides five weeks of

free nicotine replacement therapy (NRT). NRT is a practical support for alleviation of nicotine withdrawal symptoms and has been shown to be effective in helping people to quit smoking.

Interested in participating in the STOP Program? Attend a STOP workshop in Halton Hills on Wednesday, December 12. To check program eligibility and register for the workshop(s), call 311 or 1-866-442-5866 or TTY 905-827-9833.

The STOP Program is run by the Centre for Addiction and Mental Health (CAMH), and funded by the Ontario Ministry of Health and Long-Term Care, as part of its Smoke-Free Ontario Strategy.

“In addition to providing nicotine replacement, the STOP Program will offer educational materi-

als to encourage the participants to make broader changes that can improve their overall health,” said Dr. Bob Nosal, Medical Officer of Health for Halton Region. “Often smoking does not occur in isolation and can be accompanied by other risk factors for disease such as poor nutrition and lack of physical activity.”

To date, results for STOP participants have shown an improvement of at least two times the typical quit rates.

Introduced in 2005 through a partnership between the Centre for Addiction and Mental Health and the Ministry of Health Promotion and Sport, the STOP Program has already provided nicotine replacement therapy, free of charge, along with counselling support to 80,000 people from across Ontario.

Proposed Halton budget = zero percent tax hike

The proposed 2013 budget for Halton Regional tax supported services delivers another zero per cent property tax increase. If approved, this will mark the fourth consecutive year Halton Region has not increased taxes for its services, while maintaining service levels in a growing community.

“Halton Region has one of the best records not only in the province, but in the country, for keeping taxes low,” said Regional Chair Gary Carr. “I am proud of the work of staff and Council. 2013 will make the seventh consecutive year in which we have had an average of a zero per cent tax increase for Regional programs and services.”

Key investments proposed in the 2013 budget include:

- \$1.6-million to deliver new Assisted and Affordable Housing Units as identified in the Comprehensive Housing Strategy

- An additional 100 child care fee subsidies for low income families and additional special needs services for 20 children

- 10.4 paramedics to staff two 12-hour ambulances in the Region to ensure wait-times for ambulance services continue to meet standards (\$1.1-million)

- \$810,000 advanced funding through the Community Homelessness Prevention Initiative to support Halton’s low income residents

- Increased investment in the Region’s water and wastewater maintenance program (\$3.1-million) and state-of-good-repair capital program (\$8.7-million) to ensure the existing infrastructure is appropriately maintained to provide service to the residents of Halton.

The 2013 Regional budget will be going to Council for final approval on December 12.



“The Search for the Perfect Gift” with Father Mark Curtis

Sunday, December 2nd
7:00pm.

St. Alban’s Anglican Church, Acton

A musical sermon reflecting upon and celebrating the meaning and message of Jesus’ birth.

A celebration for both young and old to stop amidst the hectic pace of the time of year and search for God’s perfect gift to us, **Jesus**.

No tickets needed, but your freewill offering will help sustain the ministries of the church in our community.

*For those who have suffered the loss of a loved one,
Christmas can be one of the most difficult times of the year.
You, your family and friends are invited
to join us for a multi-denominational*

CHRISTMAS MEMORIAL SERVICE OF HOPE
Sunday, December 2, 2012
2:00 p.m.

St. Alban-the-Martyr Anglican Church
19 St. Alban’s Drive
Acton

followed by refreshments

**This service is being conducted
under the auspices of the
Acton Ministerial Association**

If you would like to attend but need transportation please call

Margaret and Bob MacKinnon
MacKinnon Family Funeral Home
55 Mill Street East, Acton

519-853-0350

Ian Pasmore
Blue Springs Funeral Home
12 Church Street East, Acton

519-853-2399