



**RESISTANCE TUBING:** Town instructor Sandy Rahn (right photo) demonstrated the benefits of resistance tubing – it’s simple, affordable and stabilizes – at a demonstration class last Thursday at the Acton library. Participants included, (from left) Etta De’ath, and library staffers Susan Sinclair and Debra Burton. – Ted Tyler photos

## Acton food bank use increasing as Ontario use hits all-time high

Each month, over 130 hampers of food are provided to families at the Acton FoodShare food bank. That’s 69 hungry children and 142 hungry adults, and half will visit a second time each month. Since April 1, FoodShare has provided over 960 hampers of food, a 10 per cent increase over the same period in 2011. Usage is up 15 per cent

in the past three months over the same period a year ago.

Food bank use in Ontario hit an all-time high according to a report released on Monday by the Ontario Association of Food Banks (OAFB) that found 412,000 Ontarians access food support and hunger-relief programs every month. “Every day there are children going to

school without breakfast, adults working through the day without lunch, and seniors going to bed without dinner, simply because they cannot afford food to eat,” said Bill Laidlaw, Executive Director of the Ontario Association of Food Banks, asking residents to speak to their local MPPs to put hunger on the agenda.

Locally, Acton Food-

Share officials report supplies of certain foods are getting quite low.

The most needed items include: canned chili, stew and Chunky soups; canned meat and fish, noodles, side dishes, dry and canned potatoes, pasta sauce and canned tomatoes, cold cereal, canned fruit, macaroni and cheese, peanut butter and cookies.

During December, FoodShare’s hours are:

- Tuesday, December 11 and 18 – normal hours 8:30 a.m. to 2:30 p.m. - closed 12 to 12:30 p.m.
- Thursday, December 20 – 8:30 a.m. to 12 p.m.
- Tuesday, December 25 – Closed
- Monday, December 31 – 8:30 a.m. to 12 p.m.

• Tuesday, January 1 – Closed

• January 8 onwards – normal hours – 8:30 a.m. to 2:30 p.m. – closed 12 to 12:30 p.m.

If people would prefer to donate money for the purchase of food, tax receipts are available for amounts of \$10 and over.

For more information call 519-853-0457 or email [info@actonfoodshare.com](mailto:info@actonfoodshare.com)

HALTON HILLS  
**SENIORS**  
RECREATION CENTRES  
ACTON

By Julie Conroy

I understand the trip to Niagara to see Bobby Vinton was fabulous and everyone enjoyed the day. On December 8, they will be returning to Niagara Falls to see Beyond Belief a magic show and view the lights.

Tuesday, December 11 the movie *The Magic of Belle Isle* will start at 1 p.m. Take the time to relax from the hustle and bustle of preparing for the holiday season and enjoy the movie, a cup of coffee and a little treat.

Are you still looking for that special gift? On Tuesday, December 11 at 1 p.m., 5th Avenue will be here with a beautiful selection of gifts for that special person on your list. All their jewellery is made in Canada and is guaranteed.

Lunch on Friday, December 14 will be a turkey dinner. Don’t forget you must sign up by Wednesday as the meals have to

be ordered. If you sign up and are unable to come we will offer take out on that day. There will be a limited number of tickets available.

If the handicapped spots are full when you visit the Centre on a busy day, did you know there are two additional handicapped parking spots just to the east of the regular parking lot? If you are parking to go on a bus trip it would be appreciated if you would park on the south side of the parking lot so people visiting would not have quite so far to walk during the colder months.

We are dusting off our dancing shoes, and look-

ing in the closet for the perfect dress (that still fits) for the Christmas Dinner at Blue Springs on Friday, December 7. We will have a bus stopping first at the Centre at 5:15 p.m., then on to Elizabeth Street Apartments at 5:20 p.m., with the last stop at Birchway Place 5:25 p.m., ready for the 5:45 p.m. ar-

rival at Blue Springs golf course. The bus will leave Blue Springs golf course at 9 p.m.

Everyone enjoyed the trip to Rama on November 28. Sitting in the lucky seats were Joyce Marrows and Frances Hogenbirk. The birthday prize winner was Merle Carr and the 50/50 was

won by Ivan Kilby.

Rama enthusiasts don’t forget that the December trip will be on Thursday, December 27 rather than the usual last Wednesday in the month. (This would be Boxing Day).

The joke was on Dorothy Rognvaldson at Thursday morning’s canasta. She held four jokers

and six wild cards out of 13 cards and still didn’t win.

At Thursday’s bid Euchre Elma Braida had two mooners and Shirley Hunter and Elly Holtman one each.

The weekly 50/50 was won by Donna Boyko. She won \$145.82. A nice early Christmas Gift.

### 3<sup>RD</sup> ANNIVERSARY SALE

**WHAT THE DICKENS BOOKS & CURIOS**  
145 Mill St. East  
519-853-1225

Buy 2 books, receive 3<sup>rd</sup> book (lesser value) FREE

\$3 off any picture or collectable item

\*Sale ends Friday, December 21<sup>st</sup>\*

Store Hours: Weds. to Sat. 10:00 - 5:00pm

## CHRISTMAS IS COMING

The staff at **The New Tanner** are looking ahead and planning for the Christmas and New Year issues.

Our contributors and advertising customers should be aware of our deadlines for the two final issues of 2012.

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### Editorial Submissions

- Dec 20<sup>th</sup> issue - due Dec 14<sup>th</sup> by Noon
- Dec 27<sup>th</sup> issue - due Dec 19<sup>th</sup> by Noon

### Advertising Submissions

- Dec 20<sup>th</sup> issue - due Dec 14<sup>th</sup> by 5pm
- Dec 27<sup>th</sup> issue - due Dec 19<sup>th</sup> by 5pm

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