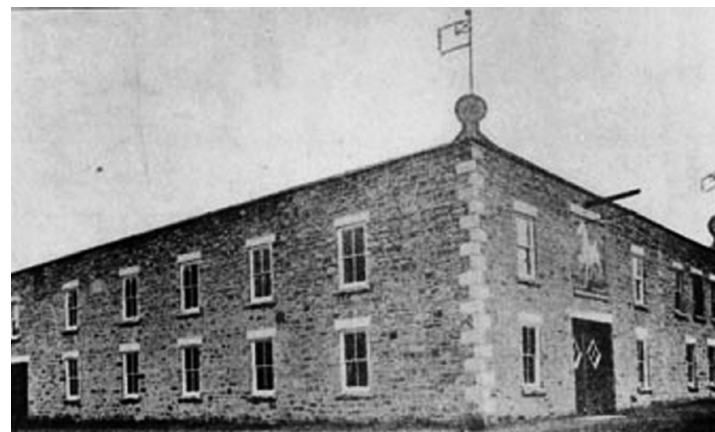


COMMENT

Then and Now



From livery....

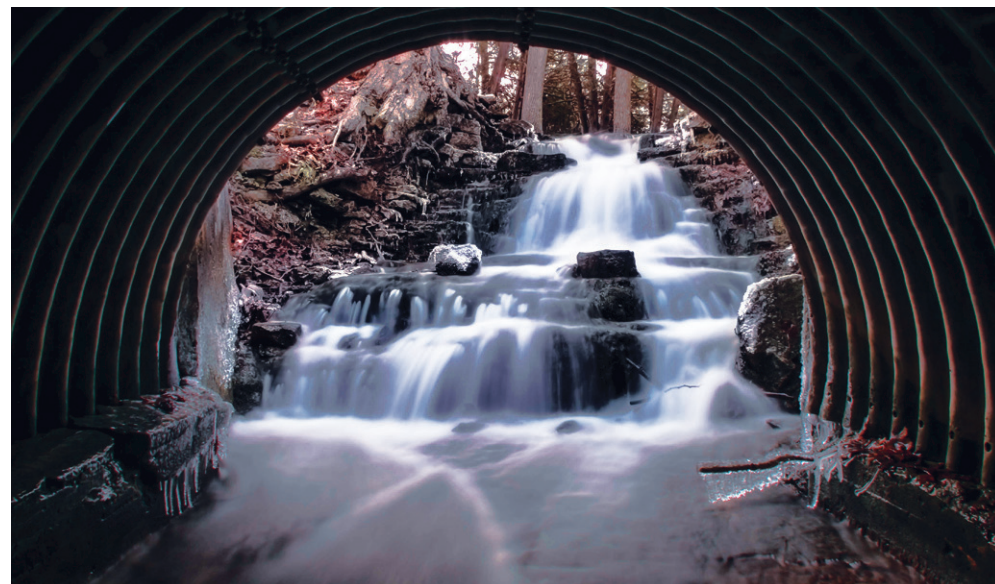


to Canadian legion

What was once The Willoughby Livery and Sale Stables is now known as The Royal Canadian Legion, located on Mill St. in Georgetown. John A. Willoughby (1876-1964) purchased the livery stable and bus business from H.A. McCallum in 1901. Willoughby became an active politician in Georgetown in 1904 and campaigned vigorously for a thriving town. In 1906, he had J.B. Mackenzie enlarge the livery Stable on Mill St.

Text courtesy of Esquesing Historical Society/Photo Amy Douglas

From our readers



NATURE'S BEAUTY

Photographer Martin Van Opstal took this photo of Hickory Falls in November. The falls is located at the corner of Eighth Line and 27 Sideroad. Have a photo you want to share? Email — with details — to cjgamble@theifp.ca.

Keeping Halton fit and healthy in 2016

As part of the Region's commitment to enhancing the health and well-being of our residents, Halton offers you a great selection of resources, programs and supports to help make 2016 your healthiest year yet.

Knowing the actions you take today can enhance your health tomorrow, choosing an active lifestyle can improve your health with every step. Whether you are at work or school, at home or travelling, there are always opportunities to remain active.



GARY CARR

Halton offers residents of all ages and stages a variety of physical activity resources at halton.ca/getactive to help you get active in 2016.

The start of a new year is a good time to reduce alcohol consumption to support a healthy lifestyle. Making a commitment to low-risk or moderate drinking can be an important first step towards better health.

For resources and support to help you reduce alcohol consumption, visit halton.ca/alcohol.

If you're not sure where to start on your quest for healthier living, you can

dial 311 and talk to a public health nurse about a wide variety of health topics.

You also can visit HaltonParents at halton.ca/haltonparents, on Twitter or on Facebook to learn more about how to keep your family healthy this year.

At Halton Region, we know that there is more to your health than just staying active. It's important that everyone in our community has access to safe and nutritious food, as well as a roof over their head.

The "Where to Get Help in Halton" guide helps connect residents in need to community services such as food banks, emergency food programs and access to housing. You can access this valuable resource at halton.ca/wheretogethelp.

For more information on how to stay healthy this year, please visit halton.ca/health.

By working together to create a healthier Halton, we can keep Halton a great place to live, work, raise a family and retire.

— Gary Carr is the chair of Halton Region

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