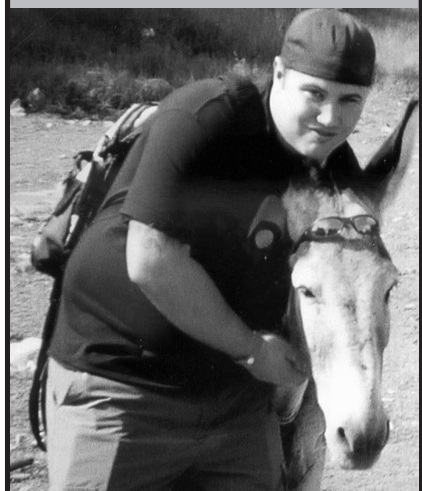


# Happy Birthday Jack \_ \_ \_ !



Adam Szlachta



# Halton's poor can't afford healthy diet, study finds

Halton's low-income residents continue to struggle to put healthy food on the table, according to a health department study.

This and other findings of the Nutritious Food Basket survey were presented in a report to the Region's health and social services committee Tuesday morning.

The survey measures the cost of an adequate diet against the financial resources of Halton residents who are at a low-income level.

The results, combined with income and housing information, demonstrate the challenges these individuals face on a daily basis.

For example, the report illustrates the case of a single mother living in the region with a seven-year-old daughter, receiving assistance through Ontario Works.

Her income would be \$1,281.55 per month, and rent would take \$869 of that. A nutritious diet for the mother and daughter would cost

\$248.82, which means only \$163.73 would be left to cover everything else like heat, hydro, transportation and clothing.

"These families are more likely to pay the rent and necessary bills and have little or no money left for food," a report from Halton Medical Officer of Health Dr. Bob Nosal said. "Clearly, there is a disconnect between what the government provides in benefit rates and the actual cost of eating for good health."

The Nutritious Food Basket initiative also showed the average cost for a family of four to have a healthy diet has increased by about five per cent, going from \$120.89 per week in 2006 to \$127.08 in 2007.

The committee went on to support a motion for Regional Chair Gary Carr to write to the Province urging it to speed up the implementation of its Poverty Reduction Strategy.

## NEED HELP FINDING A JOB?

**GOODWILL**  
THE AMITY GROUP

Employment Solutions

**Every 56 seconds of each workday, a Goodwill around the world connects someone to a good job.**

*If you are out of work or under-employed and need help finding employment, then contact us.*

**All job seeker services are FREE**

Burlington · Georgetown · Milton · Oakville  
1-866-557-8324

**EMPLOYMENT ONTARIO**

Employment Ontario projects are funded in part by the Government of Canada

## Town calls on Province to provide PST exemption

The Town of Halton Hills wants the provincial government to exempt the municipality from paying provincial sales tax (PST).

The Town joined other Ontario municipalities, including Halton Region, requesting that all municipalities be exempt from paying PST, with the understanding that the savings would be earmarked solely for infrastructure renewal.

In Halton Hills' case the savings would be about \$290,000 a year. Halton Region would save about \$2 million a year.

Wards 1&2 Regional Councillor Clark Somerville, who supported the Halton Region resolution, brought the motion to Halton Hills

council for unanimous endorsement. Ward 4 Councillor Bob Inglis seconded the motion.

"After just finishing a tight budget (9.8 per cent tax increase), I think we should look at it," said Somerville at a recent council meeting. "With what we pay in PST that would be equivalent to a one per cent tax hike. I was quite surprised to see the numbers. ...It's important to continue to advocate for our infrastructure needs."

The federal government already exempts municipalities from paying GST— a \$1.35 million savings to the Town.

—By Cynthia Gamble, staff writer

# BENEFITS FOR CANADIANS

**Create An Alternative To RRSP's While Making Your Mortgage Tax Deductible "tax-saving benefits for Canadians"**

WE HAVE A FINANCIAL STRATEGY THAT SIMULTANEOUSLY CONVERTS MORTGAGE INTEREST TO TAX DEDUCTIONS, SHORTENS THE AMORTIZATION OF YOUR MORTGAGE AND BUILDS A FREE AND CLEAR PENSION PORTFOLIO FOR YOUR RETIREMENT – FUNDED THROUGH YOUR MONTHLY MORTGAGE PAYMENTS AND WITHOUT REQUIRING ANY ADDITIONAL MONTHLY CASH INVESTMENT KNOWN AS **THE SMITH MANOEUVRE**.



**Are you investing enough, soon enough?**



**GET YOUR MORTGAGE TAX-SAVING BENEFITS TODAY, CALL US AND WE'LL SHOW YOU HOW!**

Most Canadians aren't. After ever-rising taxes and the cost of making ends meet, most of us don't have the resources to put away 10% of our income and max our RRSPs every year. The benefits of compound interest, which are essential to our long-term financial well-being, remain elusive. But there is a way to change that. It's done by transforming mortgage interest into tax refunds. Next to winning the lottery, nothing improves your cash flow more efficiently than the act of reducing your income tax – and doing it by making your mortgage tax-deductible.

THE SMITH MANOEUVRE is a remarkably efficient way for you and your family to raise large amounts of new money, through free tax refunds, so that you can start building a larger nest egg, sooner.

Mutual Funds provided through



**JACKY DEBACKER, CFP**  
FUNDEX INVESTMENTS INC.  
TEL: 416-242-5956  
FAX: 416-242-9225  
CELL: 416-220-5015

[jdebacker@sympatico.ca](mailto:jdebacker@sympatico.ca)

Mortgages provided through



**ADELE RANIERI, AMP, CAAMP**  
ASSURED MORTGAGE SERVICES  
TEL: 416-727-8874  
FAX: 905-857-0507

[adelei@rogers.com](mailto:adelei@rogers.com)

Upcoming Information Seminars

**March 4, 7-8pm**  
Milton Sports Centre  
TD Canada Trust Room  
605 Santa Maria Blvd.  
Milton ON L9T 3R5

**March 5, 7-8pm**  
Cultural Center  
The Gallery Room  
9 Church Street  
Georgetown ON L7G 2A3

**March 6, 7-8pm**  
Alder Arena  
TD Canada Trust Room  
275 Alder Street  
Orangeville, ON L9W 5H6  
Reserved Seating, 30 People.

TO RESERVE, CALL OR EMAIL 1-877-242-5956 [RSVP@JDBadvisors.com](mailto:RSVP@JDBadvisors.com)

# Curves

YOUR CURVES WILL AMAZE YOU™.

Curves works for you and your community.

**Join now \$30\***

Join Curves during our 10th Annual Food Drive. Bring in a bag of non-perishable food items between March 3rd and March 15th, and join Curves for just \$30. All groceries will be donated to local food banks.

**GEORGETOWN**  
39 Main St. S.  
Downtown Georgetown  
905-702-0418

**ACTON**  
374 Queen St.  
Acton, ON  
519-853-0502

\*Donation required. Offer based on first visit enrollment, minimum 12 mo. c.d. program. New members only. \$30 applies to initial service fee. Not valid with any other offer. Valid only at participating locations. ©2008 Curves International