

Six bands, 30 floats...

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on Knox Ave. to Prospect Park.
Bill Spielvogel has been on

the Acton Firefighters' parade committee since the first one 23 years ago. Now he's chairman. "Not much has changed over the last 23 years but the floats get better and better each year," Spielvogel says. Spielvogel starts planning the parade a year in advance, coming up with a theme, booking bands and sending out applications. "We

send out applications to all businesses, individuals and schools, and we do it on donations. Sometimes we win and sometimes we lose. It doesn't matter."
"It's a lot of hard work. Diane (his wife) helps me out a lot, keeps me on the straight and narrow and does most of the work," Spielvogel maintains.

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SCHOOL CEREMONY: Remembrance Day Celebration on Friday, November 9 at St. Joseph School included: Front row with wreaths, from Mrs. Richardson's Grade Three class: Allison Scott, Jacob Bruce, Alec MacCallum, Selena Grimaldi, Olivia Feibel, Justin Lee. Back Row: Canadian Legion Colour Party: Wes Kutasienski, Tom Grant, Joyce Buchanan, Loesje Kutasienski, Bob Harris, Helen Fowler, Marg Bromby, Janet Grant, Peggy Harris, Frank Single. Back Row (in uniform) Gr. 8 students, James DeRabbie & Nick Caporusso. - submitted photo

Clinic celebrates 30 years

On November 15, 2007, the North Halton Mental Health Clinic (NHMHC) will have been delivering quality community-based mental health services to the people of the Town of Milton and the Town of Halton Hills for 30 years. The NHMHC provides psychiatric assessment, treatment and counselling and support for the individual as well as friends and family.

In 2006, the clinic provided services for over 3,000 people. Over 1,000 of these

people received ongoing support from clinic staff.

"The Health Department's North Halton Mental Health Clinic is very important because of the services, care and hope it gives each year to hundreds of north Halton residents with mental illness," said Halton Region's Medical Officer of Health, Dr. Bob Nosal.

With locations in Milton, Acton and Georgetown, help is currently available for people with concerns such as depression, bi-polar disorder, schizophrenia, panic/anxiety disorder, concurrent disorder and psychosis.

A recent thank you note to one of the counselors read, "Thank you for your listen-

ing ear and understanding even when [you're] not near I know there is someone there who cares and would be able to help, which helps me cope. I just wanted to say thank you for your support it means more to me than maybe you know."

If you are, or know of, someone who may be having mental health concerns please share your concerns with your family physician discussing whether a referral to the Clinic is required. There is no fee for this program.

For more information on the North Halton Mental Health Clinic, please visit our website at www.halton.ca.

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