

Bill 214 – Time Amendment Act 2020 – Third Reading

MPP Jeremby Robert's private members' bill to eliminate bi-annual time changes and make Daylight Saving Time permanent.

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I fully support MPP Robert's Bill - It's high time we put an end to our outdated practice of "springing forward" or "falling back". We all face with dread this tedious bi-annual task of adjusting our clocks which affects our circadian rhythms and throws off our sleep cycles. Long overdue, the cessation of this practice will bring immense relief to so many of us who grow depressed with our shortened winter days. Especially during these times of high anxiety, seeing the sun for an extra hour each evening will help elevate our spirits, raise our productivity and increase our optimism about the future.

On his website, October 8, 2020 -MPP Jeremy Roberts comments: "The time change is a wartime practice that no longer serves its original purpose. It is causing more people to be depressed. It is likely leading to an increase in heart attacks, strokes and, potentially, suicides. It is likely causing more fatal car crashes and workplace injuries. Finally, it is decreasing our productivity. This begs the question: Why are we keeping it?"..."Moreover, the fall back could hurt our retail activity at a time when we need to see the exact opposite."

As an Ontario voter, I STRONGLY SUPPORT MPP Robert's Bill. Let's do it now!