

Employment Services Assistance at Acton Library

The Centre for Skills Development & Training will begin providing employment services assistance at the Acton Branch starting in July. Employment Advisors will be on-site on Tuesdays and Thursdays from 9:30 am – 4:30 pm as of July 3, 2012. Assistance is available, by appointment, with job searching, resumes, cover letters, interviews and more.

“This is just one more example of the essential services that our Library provides in the community. We stepped up,” said Mayor Bonnette. “At a time when our economy is struggling, it is vital for us to work with our local partners to provide these types of services for those looking for employment.”

The Centre and the Library have been partners in providing employment services in the Georgetown Branch since 2007. With the recent changes in jurisdiction, The Centre is now pleased to be providing employment service assistance to Acton residents. The Library’s Internet workstations, laptops,

Wi-Fi, and employment resource collection will help the Centre’s staff and clients with their job searching needs.

“The Centre is proud to partner with the Library to help job-seekers get on a path to career success,” said Kathy Mills, Chief Administrative Officer at The Centre. “Thanks to our strong relationship with the Library, job-seekers in Acton can get the support and resources they need, right in their own community.”

“More than ever, our Library is needed by the unemployed and underemployed,” said Jane Diamanti, Director of Library Services. “We are excited to further our partnership with The Centre for Skills Development & Training in this way.”

Centre staff will work with clients to help them define their employment goals and create a career plan, and to develop their resume, interview and job-searching skills. These *Employment Ontario* services are funded in part by the Government of Canada.

Science Matters

By David Suzuki



Prescription for health and happiness: a daily dose of nature

Over the past decade, researchers from fields as diverse as biology, psychiatry, engineering, horticulture, neuroscience, and medicine have realized what most of us know intuitively: nature is good for our health and well-being. These experts have discovered countless links between time spent outdoors and cognitive, physical, and emotional development.

Studies show that enjoying a natural setting – like a park, beach, wetland, or forest – can reduce blood pressure, anxiety, and stress levels. Exposure to nature can help you sleep well and increase vigour and liveliness. It can even boost your immune system.

In their new book *Your Brain on Nature*, naturopath Alan Logan and Harvard physician Eva Selhub cite dozens of studies that demonstrate the health benefits of the natural world. They even refer to outdoor physical activity as “exercise squared”

because it can increase energy and fitness levels while reducing fatigue, depression, and obesity.

Melissa Lem, a family doctor and member of the Canadian Association of Physicians for the Environment, says exposure to nature is vitally important for kids. She suggests that time spent with flora and fauna is essential for healthy psychological and physical development in children. In a recent Docs Talk column she points to studies that show daily doses of “green time” can be used to prevent and treat conditions like attention deficit hyperactivity disorder, hypertension, and diabetes. Ailments like myopia, asthma, and depression have also been linked to inadequate nature exposure.

While this scientific body of evidence is fascinating and growing quickly, most of us remain unaware of the full range of health benefits that nature provides. And

with more than 80 per cent of Canadians now living in urban settings, many of us lack a meaningful, regular connection with the natural environment that sustains us. Getting in touch with the outdoors has another great benefit: those who know and love nature work harder to protect it.

This is why the David Suzuki Foundation is about to launch its first ever 30x30 Challenge. Starting June 1, we’re inviting Canadians to spend at least 30 minutes in nature each day for 30 days. By encouraging people to get a regular dose of fresh air we hope to help participants take advantage of the many health benefits nature has to offer. They might even make it part of their continuing daily practice.

With the busy lives that many of us lead, taking time to get outside may seem difficult. But it’s easier than you think. Green space is as close as your local park or backyard garden. Trails, ravines, and community gardens are often a short distance from the daily grind. And birds, bees, and other critters are usually nearby; you just have to take time to slow down, breathe, watch, and listen.

Are you curious about how you can get your daily

dose of nature? Ditch the indoor gym and go for a run or walk in a park or on a trail instead. Use your lunch break to get out of the office and visit a nearby green space. Find a nice leafy tree and read a book in the shade. Brush off your green thumb and spruce up your garden. And on June 15, make plans to get outside with your favourite little ones on Nature Play Day in Canada.

For the young at heart, a British organization called the National Trust has put together a fun list of 50 activities all children should do before they are 11¾ years old. While playing conkers (a game involving chestnuts on strings) might not be among the top 50 Canadian pastimes, the list includes cool activities that are worthwhile for any age. The joys of rolling down a big hill, eating an apple picked fresh from a tree, and hunting for bugs are truly timeless.

Join the 30x30 Challenge beginning June 1 and incorporate small natural diversions into your daily routine for a month. Add some green to your commute, lunch break, workout schedule, or playtime. And remember, a daily dose of nature is good for your head, heart, and health.

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