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NEWS

Acton community garden preparing for summer

ALEXANDRA HECK
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Volunteers rolled up their sleeves and got to work at the Acton community garden, pulling roots, turning soil and planting a slew of veggies for the season.

"This is for everyone, by everyone," said Allison Jones, thanking the nearly 50 volunteers who came out to lend a hand.

"There are no other gardens that have this model, there are no other gardens that have this level of accessibility."

The garden is open to everyone in the community to use, with the hope that they will help tend to it in exchange.

Volunteers planted tomatoes, peppers, cucumbers and more in the raised garden beds that were developed in years prior.



Alexandra Heck/Metroland

Georgia Gerkovic and Robert Wight take a selfie before getting to work at the Acton Community Garden season opening planting session.

The garden was started in 2012 and has since grown into an initiative that supplies excess vegetables to Food for Life in Acton.

Local schools, as well as the Halton Hills Public Library help grow the seedling vegetables in the

spring before planting season.

"Food security is the most important thing in the world," said Georgia Gerkovic, a volunteer organizer. "Anyone from the community can volunteer and pick what they need."



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Q: Now that the stork has delivered me a baby, when should I bring the little guy to the dentist?

A: Congratulations on your new arrival! As a father of two young children I know the joy that parenthood can bring. I also know the absence of joy when sleep is disrupted and permanent markers are used to decorate the new couch. But even bleary-eyed parents can all agree that their child's health is a priority in their lives.

I subscribe to the Canadian Dental Association's recommendation is that a child should be seen within six months of getting their first tooth or before their first birthday. At this age, let's face it, they are really tiny and probably not that cooperative to verbal commands. But that is ok! Sometimes all we do is let them ride in the chair and get a quick glimpse in their mouth while they sit on a parent's lap. If they cry a bit, at least their mouth will be open. Often times, this can be done in conjunction with a parent's regular visit.

Chances are that things will be developing normally and we will send 'Junior' on their way. If there is something abnormal, early detection can improve outcomes and prevent small problems from developing into big ones. It will also give us a chance to discuss things like appropriate diet and oral hygiene practices and how things will change and develop as the child gets older. Early visits will also get the little one used to coming to the dentist and make it less stressful as we include more things like cleanings and fluoride into the future.

So don't just bring in the baby photos, we want to see the little guy in person!

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Q: I've been out of work for a long time, how can I stay positive?

A: Virtually all of us will experience unemployment. While this impacts each of us differently, a good deal of our identity can be wrapped up in who we are at work, so not working can cause us to lose our sense of self, and damage our confidence.

Here are some suggestions that may help you stay positive. First, it's important to understand that finding the right job takes time; about a month for every \$10,000 of salary made. Accepting this can help prevent self-doubt from creeping in as time passes by.

Second, staying in touch with your peers can help prevent a feeling of isolation. LinkedIn is a great way to do this. Ensure you have a solid profile and don't be shy about asking for introductions. Your network can be a valuable source of job referrals.

Third, brush up on your skills or even consider a change of career path. If there is something else you have always longed to do, this is the ideal time to explore it. Unemployment can sometimes be a pivotal period that can change life for the better! A professional coach can guide you through this process, help you uncover what's really important and fulfilling for you, and get you on the right track.

Unemployment can take an emotional toll but, try to view it as a transitional time in life. With persistence and a positive attitude, it can be overcome, and even turned to your advantage.