

# Savour life's simple and basic pleasures at library

Everyone has a different definition or idea of happiness.

But most of us will agree on some time-honoured, feel-good basics — the smell of freshly baked cookies, the thrill of finding a new musician, the warmth of watching a classic movie or the smile that comes with reading a favourite book.

These feel-good moments and infusions of happiness can all be found at your Milton Public Library.

*Barefoot Contessa: Back to Basics* can help start you on your way to relishing simple happiness. This cookbook can be used as an introduction to basic cooking or an information refresher for easy entertaining.

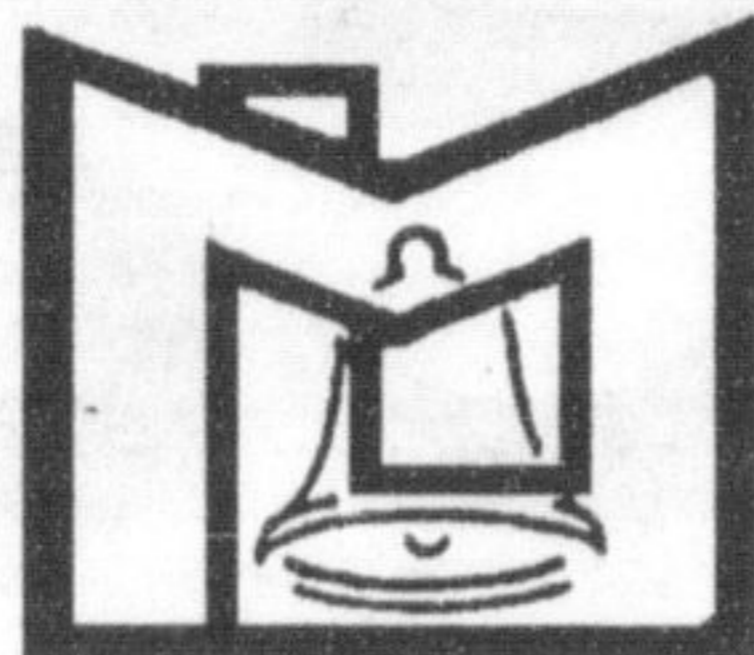
To browse the hundreds of different cookbooks available to you, just go to the 641 aisle or ask a staff member to help you.

Christina Aguilera was already *Back to Basics* in 2006 with a CD of the same name. We have hundreds of music CDs that will allow you to explore different artists and genres.

If you are determined to simplify your life, you are not alone. There are many books on this theme, including *Simple Abundance: A Daybook of Comfort and Joy* by Sarah Ban Breathnach and *The Simple Life: An Inspirational Guide to Living Better with Less* by Deborah DeFord.

For more inspiration, just search the library's catalogue using the subject search term 'simplicity' and you could be reading for months.

## Cover to cover



Of course nothing can be simpler than re-reading a favourite book. Who can forget Jamie from the *Outlander* series by Diana Gabaldon. Why not scare yourself silly with reading some classic Stephen King or experience some pure escapism in Ian Fleming's *Bond* series.

But if the idea of happiness intrigues you, see what the Greek philosopher Epicurus had to say about it. For a more modern view, Martha Beck — the beloved columnist and lifestyle counselor from Oprah magazine — offers a new prescription for personal fulfillment.

The Joy Diet is available to you in book form as a downloadable audio book. It will give you 10 'ingredients' to add to your daily routine and change your life's course by finding purpose, overcoming obstacles, healing wounds and building dreams.

Another title, *Field Guide to Happiness: Finding Happiness in Its Natural Habitat* by Barbara Ann Kipfer shows you tools like making lists, mind maps and memory books to help you set goals, inspire you and motivate you to achieve the things that bring you happiness.

The library allows you to slow down and embrace the spirit of simpler times and happiness.

Whip up a new cookie recipe or a flavourful soup. Schedule a family movie night or take a hiatus from TV and explore a new

author or musical artist.

With the library you can place value on your personal time and explore the simple, basic pleasures that make you happy.

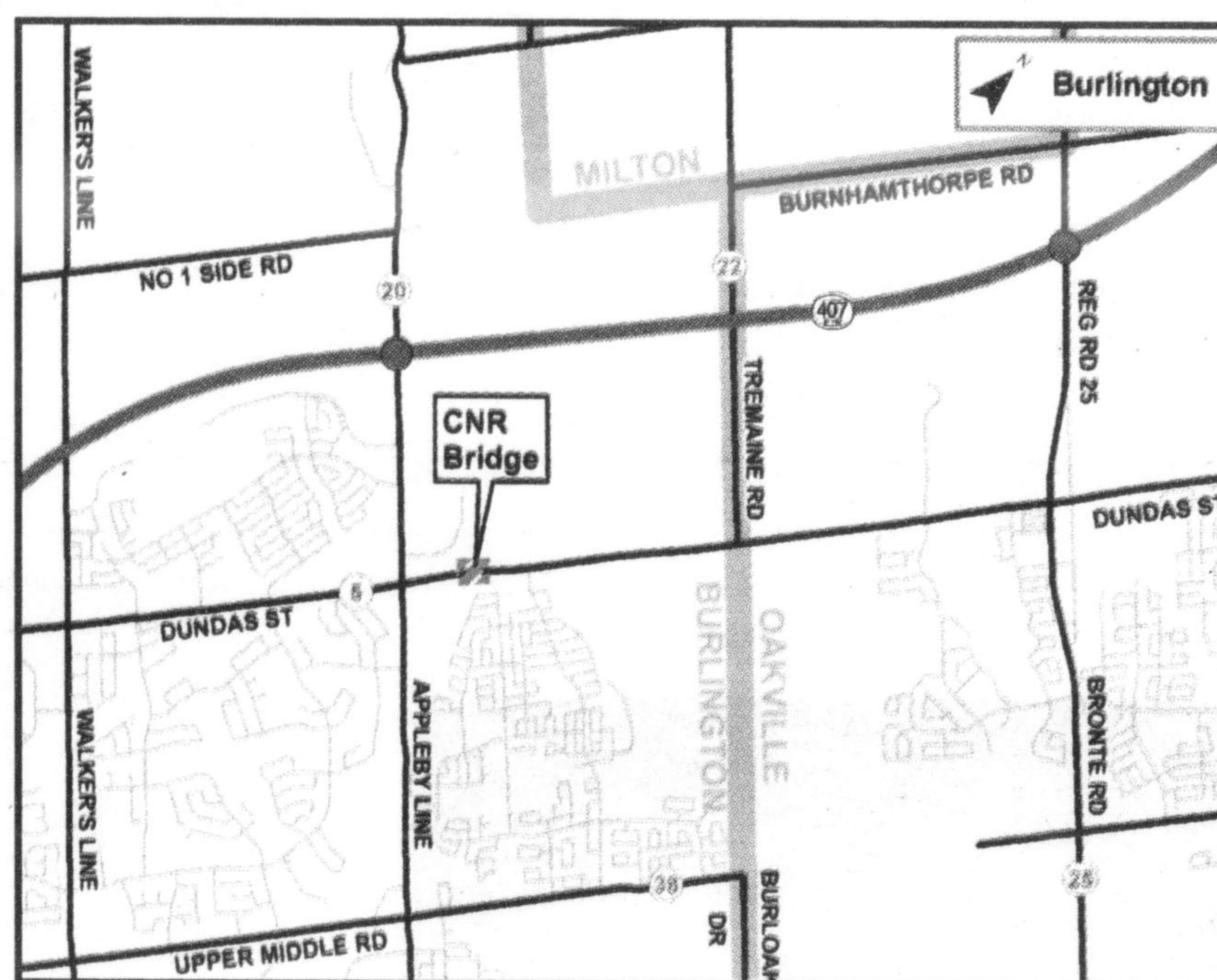
*Cover to cover* is prepared by staff at the Milton Public Library.



The Regional Municipality of Halton  
www.halton.ca

## LANE CLOSURES

**DUNDAS STREET (REGIONAL ROAD 5) FROM APPLEBY LINE (REGIONAL ROAD 20) TO TREMAINE ROAD (REGIONAL ROAD 22), CITY OF BURLINGTON**



Dundas Street from Appleby Line to Tremain Road, will have lane closures for bridge testing activity

Contract Number:	PR-2550A
Scheduled Start Date:	July 7, 2009
Scheduled Completion Date:	July 8, 2009
Road Supervisor:	John Stervoski ext. 7862 or Nathan Stewart ext. 7644

## Halton receives \$147 million in infrastructure investment

The Federal and Provincial Governments have recently invested a total of \$147 million dollars in Halton Region to address our infrastructure needs. Through the Infrastructure Stimulus Fund, Halton Region has received:

- \$103 million for the expansion and upgrade of the Skyway Wastewater Treatment Plant in Burlington;
- \$33.4 million for improvements to the Southwest Wastewater Treatment Plant in Oakville; and
- \$10.6 million for the widening of Tremain Road between Main St. and Derry Rd. in Milton.

I would like to thank both levels of government, for ensuring that Halton residents get the infrastructure they need. We are now able to proceed to create jobs, and improve the quality of life for Halton residents



Gary Carr  
Regional Chair

### Halton Regional Meeting Schedule

July 7	9:30 a.m.	Health & Social Services Committee
July 8	9:30 a.m.	Planning & Public Works Committee
July 8	1:30 p.m.	Administration & Finance Committee
July 15	9:30 a.m.	Regional Council

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