

fall 2013 - winter 2014

Community guide

GET active • GET involved • GET exploring

Snapshots courtesy of Kellie JOYce

Registration open! Active 55+ programming – see page 22!



Mayor's Message

Welcome to the inaugural issue of the Guelph/Eramosa Community Guide!

On behalf of Guelph/Eramosa Council, I am excited by the opportunity to launch this new resource that will help us to **GET informed, GET active and GET exploring!**

But we wouldn't have gotten to this stage without you. During our Parks and Recreation Master Plan public input sessions, we received lots of feedback from residents requesting a Community Guide to support active living in our community.

This Guide is intended to provide you with a **one-stop resource** for all of your information needs and for keeping you and your family entertained and active this fall and winter. Inside our Guide you will find information about new **Active 55+** programs, outdoor ice rinks, exciting programs happening at the Royal Distributing Athletic Performance Centre and many leisure opportunities. Our Guide also promotes local businesses and other community services, since we are all partners in delivering exceptional services to our residents.

We intend for each issue of this Guide to play an essential role in helping our residents **keep in touch with events, attractions and programs** happening right here in Guelph/Eramosa. I encourage you to become an active participant, whether it is through using the programs and services you see inside, or advertising in the Guide. A portion of the cost to produce this Guide is offset by the contributions of our advertisers and I thank them for their support.

Our community is a great place to live and play! I wish everyone an enjoyable fall and winter season and I hope that you and your family take advantage of the many exciting activities and attractions that Guelph/Eramosa has to offer.

Mayor Chris White
Guelph/Eramosa Township



The Parks and Recreation Master Plan is the result of a number of community input sessions, and sets priorities for parks and recreation. Download the full Plan at www.get.on.ca.

GET informed. GET active. GET exploring.

The Township of Guelph/Eramosa is a great place to live, work and play! Nestled in a rich, natural environment, we are a sprawling community of more than 12,000 residents. Close to surrounding urban centres, Guelph/Eramosa offers easy access to amenities while maintaining a quieter and more relaxed pace of life.

GET informed – As a resident of Guelph/Eramosa, you have access to a multitude of municipal services like parks, sports facilities, trails, roads and community social services. Look to this Guide for key municipal contacts, as well as important information on roads, budgets, water and permits.

GET active – With a beautiful natural environment, Guelph/Eramosa boasts a number of parks and trails for you and your family to discover while keeping active. See the “Get Active” section of this Guide for more information on these opportunities, as well as additional recreational programming and facilities that are open to everyone.

GET exploring – There is lots to see and do in Guelph/Eramosa. Whether it’s getting lost in the music and words at a festival, visiting a country market or enjoying culinary delights... our community is the place to be! See the “Get Exploring” section of this Guide for more information on our trails, arts and heritage, events and festivals.



Stay Connected with the Guelph/Eramosa E-Newsletter!
 Visit our website at www.get.on.ca to sign up for our monthly e-newsletter and receive the most current information on Guelph/Eramosa Township news, upcoming events and local happenings. Subscribe and watch your inbox for our next edition!

Tell Us What You Think!

Please take a moment to tell us whether this Guide has been useful in helping you to plan how to GET Active this fall and winter. Visit our survey at

www.surveymonkey.com/s/guelpherosaguide



Photos courtesy of Kellie JOYce and Krista Harper

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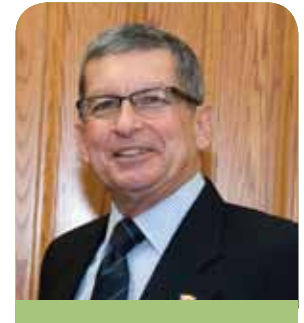
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Mayor Chris White

225 Mary St., P.O. Box 656
 Rockwood, ON N0B 2K0
 519-856-0450
 whitecj@sympatico.ca



**David Wolk
 Ward 1 Councillor**

5117 Wellington Rd. 32
 Guelph, ON N1H 6J4
 519-836-0743
 david.wolk@sympatico.ca



**Corey Woods
 Ward 2 Councillor**

5754 Jones Baseline, R.R.#5
 Guelph, ON N1H 6J2
 519-824-7377
 coreywoods@rogers.com



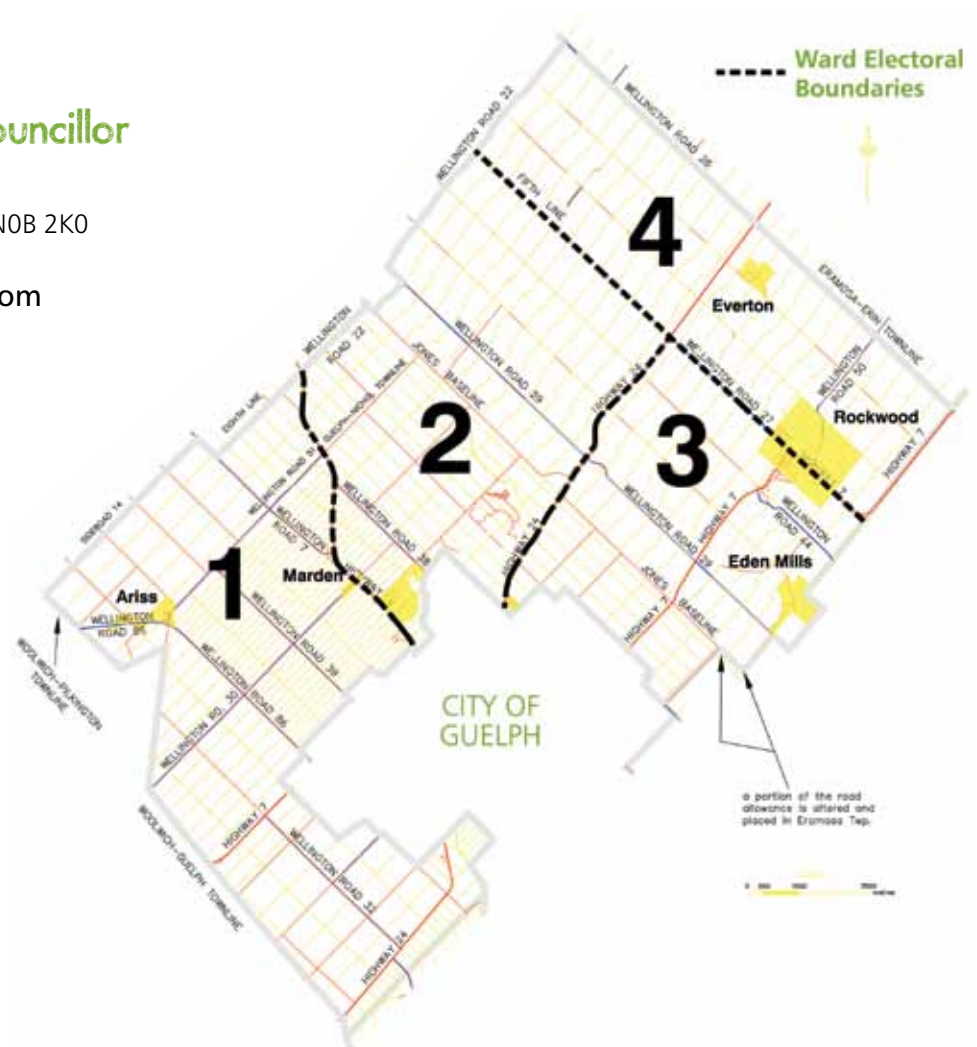
**Doug Breen
 Ward 3 Councillor**

106 Frederick St., P.O. Box 518
 Rockwood, ON N0B 2K0
 519-856-1131
 dbreen@golfnorth.ca



**John Scott
 Ward 4 Councillor**

191 Ridge Rd.
 Rockwood, ON N0B 2K0
 519-856-4014
 john4u@me.com



**TOWNSHIP OF
 GUELPH-ERAMOSA
 Ward Map**

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Guelph/Eramosa Township Department Directory

**Township of
Guelph/Eramosa**
8348 Wellington Rd. 124
P.O. Box 700
Rockwood, Ontario
N0B 2K0

Tel: 519-856-9596
Toll Free: 1-800-267-1465
Fax: 519-856-2240
www.get.on.ca
General Inquiries: general@get.on.ca

Office Hours:
Monday to Friday from
8:30 a.m. to 4:30 p.m.

ADMINISTRATION SERVICES

Chief Administrative Officer ext. 105
Accessibility ext. 107
Birth and Death Registration ext. 125
Communications/Website..... ext. 107
Council Meetings ext. 125
Human Resources ext. 108

ENFORCEMENT AND LICENSING

By-law Enforcement ext. 121
Property Standards ext. 121
Dog Licensing ext. 101
Lottery Licensing ext. 125
Parking ext. 121
O.P.P. Rockwood Detachment 519-856-1506

PLANNING SERVICES

Planning and Zoning ext. 112
Committee of Adjustment ext. 112
Letters of Compliance ext. 112

FINANCE

Property Tax Information ext. 104 or 102
Accounts Receivable/Payable ext. 103
Budgets and Finance Information... ext. 111
Water Billing and Meter Reading ... ext. 126

PUBLIC WORKS

Roads Maintenance and
Construction ext. 120
Sewer and Water ext. 122
Snow Plowing and Winter
Maintenance ext. 120
Toilet Rebates ext. 122

PARKS AND RECREATION

General Inquiries ext. 113
Community Centres Bookings ext. 113
Recreation Programming ext. 113
Royal Distributing Athletic
Performance Centre (RDAPC) ... ext. 200
Outdoor Ice Rinks ext. 113

BUILDING SERVICES

General Inquiries ext. 117
Building Permits and Inspections ... ext. 117

FIRE AND PROTECTION SERVICES

Emergencies 9-1-1
Fire Chief 519-824-6590
Deputy Fire Chief 519-856-9637
Rockwood Fire Station 519-856-9637
Open Air Burn Permit Inquiries ext. 101

REGIONAL SERVICES

County of Wellington 519-837-2600
County of Wellington Solid
Waste Services
(Garbage & Recycling) 519-837-2601
County of Wellington
Social Services 519-837-2600
Grand River Conservation
Authority (GRCA) 519-621-2761
Wellington Dufferin Guelph
Public Health 1-800-265-7293



Winter Road Reminders

The Township of Guelph/Eramosa Roads Department is responsible for the year-round maintenance of more than 200km of roadways. The Department strives to keep roads clean, in good repair and easy to navigate. For more information on snow removal and winter control, please contact the Roads Department at 519-856-9596 ext. 120 or lvince@get.on.ca. You can also visit the Municipal Office at 8348 Wellington Road 124, Rockwood.

WHEN WILL MY ROAD GET PLOWED?

Township operators plow streets as quickly as possible. Roads are cleared according to their classification (traffic volume and speed limit generally determine classification) with busier, class-2 roads cleared first, followed by secondary roads and local streets. Each of the Township's eight snow-removal vehicles have a pre-determined route to follow.



The Roads Department is responsible for clearing Township Roads. The County of Wellington is responsible for clearing County Roads and the Ontario Ministry of Transportation is responsible for clearing Provincial Highways (Highway 7 and Highway 6).

HOW CAN I HELP WITH SNOW REMOVAL?

Public cooperation is important to the Township's snow removal and winter road maintenance program. By following these simple guidelines, you can make a significant contribution to snow removal efforts:

- Avoid parking on the street if a storm is anticipated and until after plowing is complete. This allows plows to clear roadways the first time, making return trips unnecessary.
- Do not shovel or plow snow from your driveway (or sidewalk) onto the road. This can create a serious hazard, and is prohibited by section 181 of the Highway Traffic Act.
- If possible, wait until your road has been plowed before cleaning out the end of your driveway. There is no practical way to plow roads without depositing snow into driveways.
- All landscaping including decorative stones, curbing, sprinkler heads, etc. should not be located on boulevards, road allowances, or adjacent to the sidewalk to facilitate snow plowing, snow removal and snow blowing.
- Keep hydrants clear of snow.

WHEN CAN I PARK ON THE ROAD IN THE WINTER?

Parking on Township Roads is NOT permitted between the hours of 2 a.m. and 6 a.m. from, and including, November 1 to, and including, March 31 of the following year. The Township does not allow exemptions.

Waste & Wastewater

REBATES & REWARDS

Rockwood residents who are connected to the Township's municipal water and wastewater system, and who install qualifying toilets, are eligible to receive a rebate. Please contact the Township at 519-856-9596 ext. 122 for information. Please note that the Township does not currently have a washing machine rebate program.

WASTE NOT

Reduce your current bill this season and avoid costly water damage:

1. Check regularly for leaks – you can use your water bill as a reminder:
 - a. Read your water meter before and after an eight-hour or longer period when no water is being used. If the meter does not read exactly the same, there is a leak.
 - b. Check for toilet leaks by adding a few drops of food colouring to the tank. If the water colour changes in the bowl, there is a leak (flush immediately to avoid staining bowl).
 - c. A small drip from a worn faucet washer can waste 75 litres of water/day.
 - d. Maintain water softeners, humidifiers and reverse osmosis systems to avoid leaks.
2. Read manufacturer instructions for all water appliances such as water softeners and water filtration units to ensure settings are correct.
3. Ensure your basement floor drain is unobstructed.
4. Test your main water pipe's shut-off valve (located before the meter) twice a year to ensure it is functioning properly, and turn it off when going on vacation to prevent damaging leaks.
5. Turn off your outdoor water supply and drain taps before the first freeze: burst pipes waste water and can cause expensive damage.
6. Insulate pipes susceptible to freezing: near outer walls, and in crawl spaces and the attic.

SEWER SUMMARY

It is up to you to maintain the pipes in your home that collect wastewater and the section of pipe that runs beneath your home to the property line. You can help to keep these functioning properly by ensuring they are free of debris like hair, food and grease. If these pipes get clogged by large objects being flushed down a toilet (diapers, sanitary items, etc.), a large amount of grease, or tree roots, it is up to the homeowner to have them repaired.

The storm sewer carries storm water from roads, paved areas, roofs, surface drains and building foundations, and is mainly the responsibility of the Municipality but preventative maintenance on the part of homeowners ensures storm water from private property gets into the sewer as easily as possible:

- Keep the storm sewer cover free of debris like leaves and snow.
- Consider disconnecting downspouts if they are directly connected to the underground storm drainage pipes. Make sure they run away from your home and onto the lawn or garden.
- Check your property grading, since water should flow away from the home toward the storm sewer.



Is it Permitted?

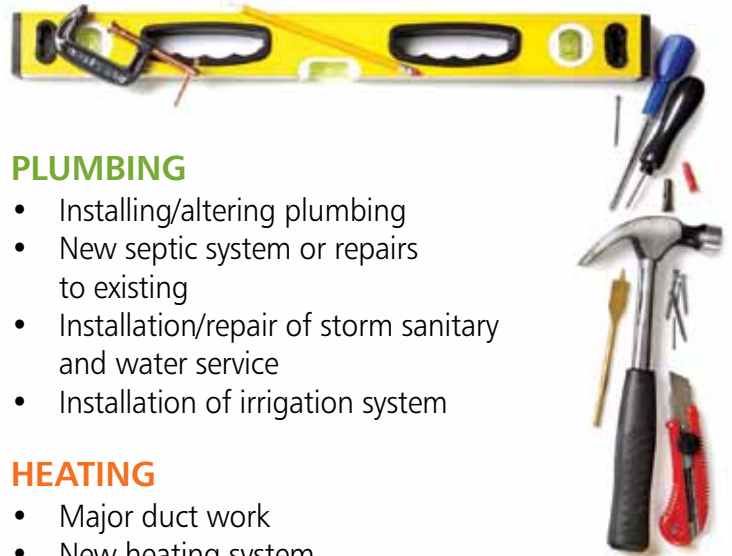
A building permit is generally required for, but is not limited to, the following:

EXTERIOR

- Building addition, deck, porch, sunroom or solarium
- Building garage/carport (attached or detached)
- Installing pool or hot tub
- Altering roof structure
- Sheds greater than 10 Sq.M./107 Sq.Ft.
- Tents greater than 640 Sq.Ft.

INTERIOR

- Finishing basement or attic
- Creating accessory/basement apartment or in-law suite
- Dormers
- Interior structural alterations
- Adding/removing walls (different room sizes and/or uses)
- Adding/altering chimney, woodstove or fireplace
- Adding kitchen or bathroom
- Change of use (i.e. establishing home occupation/home-based business, lodging house, bed and breakfast or changing any part of a building from one use to another such as changing store to residence)



PLUMBING

- Installing/altering plumbing
- New septic system or repairs to existing
- Installation/repair of storm sanitary and water service
- Installation of irrigation system

HEATING

- Major duct work
- New heating system
- Furnace replacements when changing fuel (i.e. electric to gas)

DEMOLITION/REMOVAL

- Demolition of building or portion of building

ELECTRICAL

- The Township's Building Division does not issue electrical permits or carry out electrical inspections. Please contact the Electrical Safety Authority at 1-877-372-7233.

For more information, call the Building Department at 519-856-9596 ext. 117.





Michael Chong

Member of Parliament
Wellington - Halton Hills

5-200 St. Patrick St. E.
Fergus, ON N1M 1M4

205-16 Mountainview Rd. S.
Georgetown, ON L7G 4K1

1-866-878-5556

michael.chong@parl.gc.ca

www.michaelchong.ca



TED ARNOTT, MPP

Wellington-Halton Hills



Web: www.tedarnottmpp.com

Phone: 1-800-265-2366

It's a Doggy World



In the Township of Guelph/Eramosa, no person shall have more than two dogs on any premises and dogs must be leashed at all times. For more information contact the Clerk's Department at 519-856-9596 ext. 101.

WHY SHOULD I LICENSE MY DOG?

- If your dog gets lost or is injured, a dog license (or dog tag) is a fast and easy way to identify your dog and get in contact with you.
- Licensing your dog shows that you are a responsible pet owner.
- By-law 76/2003 requires that your dog be licensed by the Township.

HOW DO I LICENSE MY DOG?

Complete a Dog Tag License Application Form, available at www.get.on.ca or at the Municipal Office, and submit it and the required fee to the Municipal Office during regular business hours or in the after-hours drop box. You can mail it to 8348 Wellington Road 124, P.O. Box 700, Rockwood, ON N0B 2K0.

DOG LICENSE FEES

- | | |
|---|------|
| • One fertile dog | \$20 |
| • One spayed/neutered dog | \$15 |
| • Two fertile dogs | \$45 |
| • Two spayed/neutered dogs | \$35 |
| • One fertile and one spayed/neutered dog | \$40 |
| • Replacement tag | \$5 |

License fees above are in effect if purchased between Jan. 1 and Mar. 31. and increase by \$5 from Apr. 1 to Dec. 31.

Say "I do"

The Township offers civil marriages performed by a Marriage Officiant. An Officiant can perform civil marriages within the Township Council Chambers or at another location within the Province of Ontario. The ceremony is non-denominational and adheres to the requirements of the Province's Marriage Act.

The fee for a civil marriage ceremony is \$200 when performed within Council Chambers during regular business hours. The ceremony fee is \$300, plus Officiant expenses, if performed at another location within the Province of Ontario during regular business hours. For further information or to book your ceremony, call 519-856-9596 ext. 107.

ServiceOntario also encourages you to visit www.ServiceOntario.ca/GettingMarried.



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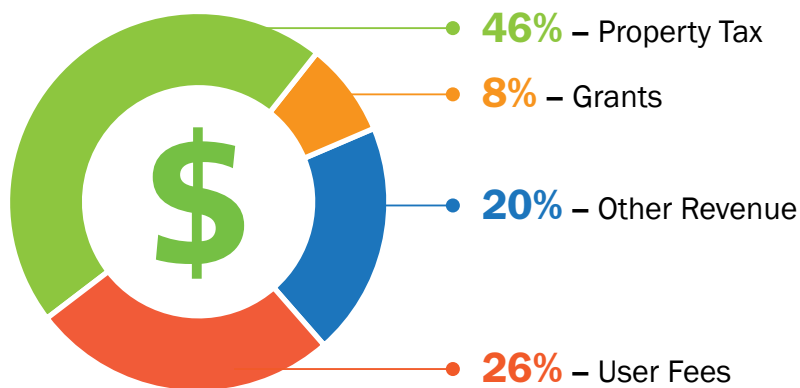
143 Dennis St., P.O. Box 400
Rockwood, ON Canada N0B 2K0
519-856-0757 Toll Free 1-866-366-4329
www.waterloo-biofilter.com

Your Tax Dollars at Work

Tax revenue helps provide many essential and important services. Did you know:

- **56 cents** from every property tax dollar collected in Guelph/Eramosa supports the services provided by the County of Wellington.
- **22 cents** from every property tax dollar collected in Guelph/Eramosa is allocated to the Province to support education and your local school boards.
- **11 cents** from every property tax dollar supports public works with the Township of Guelph/Eramosa and provides transportation services including roadways and bridge maintenance as well as infrastructure renewal.
- **4 cents** from every property tax dollar supports local protection to persons and property including fire and emergency services, by-law and property standards and canine control.
- **4 cents** from every property tax dollar supports local parks and recreation services and facilities throughout the Township including trails, soccer fields, ball diamonds, open park space, Rockmosa Community Centre, Marden Community Centre and the Royal Distributing Athletic Performance Centre indoor sports field.
- **3 cents** from every property tax dollar provides administrative services including planning and development.

How do we Maintain Our Township?



Your Tax Dollars Support all These Township Services:

24/7 365 ACCESS TO FIRE AND EMERGENCY SERVICES | EMERGENCY MANAGEMENT | FIRE SAFETY AWARENESS PROGRAMS

----- SNOW PLOWING | WINTER ROAD MAINTENANCE | WINTER ROAD PATROLLING

----- \$94 MILLION IN BUILDING, ROADS, BRIDGES AND VEHICLES

----- 222 KM OF ROADS | ROAD AND BRIDGE MAINTENANCE | SHOULDERING | DITCHING | DUST CONTROL

ROADSIDE LITTER PICK-UP | RURAL ROADSIDE SPRAYING | INFRASTRUCTURE REPLACEMENT

----- TREE REMOVAL AND REPLACEMENT | SIDEWALK MAINTENANCE

----- EQUIPMENT MAINTENANCE ON 10 PLAYGROUNDS | 7 COMMUNITY FACILITIES | SPLASH PAD

----- 3 KM OF TRAILS | 57 HECTARES OF OPEN SPACE | 11 PARKS | 1 STATE-OF-THE-ART INDOOR SPORTS FIELD

----- TURF MANAGEMENT OF 9 SPORTS FIELDS | OUTDOOR ICE RINKS

----- ROADSIDE MOWING | STREET SWEEPING | CULVERT REPLACEMENTS | LINE PAINTING

----- ELECTIONS | COMMUNITY EVENTS | CROSSING GUARDS

----- BY-LAW ENFORCEMENT

PROPERTY STANDARDS ENFORCEMENT | CANINE CONTROL | PLANNING AND DEVELOPMENT

Payment Methods

PRE-AUTHORIZED PAYMENT PLAN

Monthly – Monthly deductions will be taken out the first Friday of each month with a reconciliation withdrawal in November.

Installment – Installment amounts will be deducted on the tax due dates (February, May, August and October).

MAIL/POST-DATED CHEQUES – Post-dated cheques corresponding with the dates on the remittance portions of tax bills are accepted and held for deposit as they become due. Include the installment stub from your bill when submitting payments.

TELEPHONE/INTERNET BANKING – Using your property assessment roll number, contact your banking institution to set up this payment method.

IN-PERSON/DROP BOX – Administration Office, 8348 Wellington Rd. 124 from 8:30 a.m. to 4:30 p.m. Drop box for after hours is located at the front entrance.

MORTGAGE COMPANY – If your taxes are paid through your mortgage, the bill is mailed to you for your records only and to the mortgage company for payment.

FINANCIAL INSTITUTION – In person at major banks or most credit unions across Ontario with the original tax bill stub.

Cheques may be made payable and mailed to:
Township of Guelph/Eramosa, 8348 Wellington Road 124, P.O. Box 700, Rockwood, ON N0B 2K0.

For forms and further information visit www.get.on.ca or contact the Finance Department: Laura Smith, Tax Administrator at 519-856-9596 ext. 104 or lsmith@get.on.ca or Mary Keleher, Finance Clerk at 519-856-9596 ext. 102 or mkeleher@get.on.ca.



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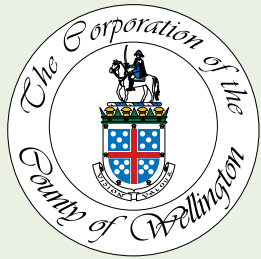
Services We Provide:

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- Provide septic system inspection report
- Rejuvenate septic systems
- Install risers and lids
- Install filters, pumps
- Pumping catch basins



Phone: 519-837-3661 • Fax: 519-763-2741
Emergency Service: 519-994-0757
7197 Wellington Road 30,
RR#1 Ariss, N0B 1B0

www.snorkseptic.com



A number of valued and critical services within Guelph/Eramosa are provided and maintained by the County of Wellington and not the Township. These include waste services, libraries, child care assistance, housing and settlement services, temporary financial support, employment services and emergency preparedness services. **For more information, visit www.wellington.ca.**

Solid Waste Services

The Solid Waste Services Division is responsible for solid waste management in all seven Wellington County municipalities, including the Township of Guelph/Eramosa and is committed to pursuing innovative ways to handle waste and protect our natural environment. We provide curbside collection of waste and blue box recyclables and offer diversion programs for household hazardous waste, electronics, tires, wood, scrap metal and textiles. For more information, visit www.wellington.ca/sws or call 519-837-2601.

Love for Libraries

Wellington County's library branches offer free access to thousands of books, DVDs, magazines, audiobooks, eBooks and more. We provide programming for all ages, free Wi-Fi and public computer access, meeting room rentals and access to free online resources. See www.wellington.ca/Library or call or visit one of the Township's branches:

MARDEN BRANCH

7368 Wellington Road 30, Guelph, ON N1H 6J2
519-763-7445

ROCKWOOD BRANCH

85 Christie Street, Rockwood, ON N0B 2K0
519-856-4851

Social Services

The County of Wellington's Social Services Department provides a number of important services:

Child Care Services manages the licensed child care system in Wellington and Guelph and works with child care providers to ensure that high-quality spaces are available. We also assist eligible families with child care subsidies. For more information, call 519-837-3620 ext. 3800 or 800-265-7294.

Housing Services provides social housing, housing help, applications for subsidized/market rent housing and other housing services. We also provide emergency housing assistance to clients that are at risk of losing their housing or who are homeless. For more information, call 519-824-7822 or 800-663-0750.

The Ontario Works office provides temporary financial support and employment services to eligible residents of Wellington and Guelph. Employment services are free of charge and include workshops that assist in resume preparation, job searching and interview skills. To apply for financial assistance or to receive assistance finding employment, call 519-837-2670 or 800-265-7294.

Settlement Services is funded through Citizenship and Immigration Canada and helps new Canadians to access community services and adjust to life in their new communities. Services are available at no cost. For more information, call 519-837-2670 or 800-265-7294 ext. 4811.

For more information, visit www.wellington.ca and follow the link to Social Services.

Make it a Green Legacy

2013 marks the 10th anniversary of the County's well-supported Green Legacy Programme, the largest municipal tree planting program in North America. The program provides County organizations and residents with trees at no charge, provided they are planted in Wellington. To date, more than 1.5 million trees have been planted with the help of community partners and the program has been recognized by the United Nations.

Order forms for the 2014 planting season will be available at www.wellington.ca on October 1. For more information contact Jacquie Wolowich at 519-546-2228 or jacquiew@county.wellington.on.ca.

Volunteer opportunities are available at the Puslinch or Luther Marsh nurseries – contact Brenda Walsh at 519-546-4788 or brendaw@wellington.ca.

Are You Prepared?

In the event of an emergency, you should be prepared to take care of yourself and your family (including pets!) for at least three days. Prepare an emergency kit and ensure it remains properly stocked:

- Three-day water supply (4 litres/day per person)
- Non-perishable food items (such as energy bars and canned soup) and can opener
- Disposable plates and cutlery
- Radio & batteries or crank radio
- Toiletries (also toilet paper, tissues, sewing kit, etc.)
- First aid kit and medications
- Flashlights & batteries or crank flashlight/ glow sticks
- Entertainment (cards, word searches, colouring books and crayons, etc.)
- Extra clothing and footwear
- Important personal papers
- Extra car keys
- Cash and coins
- Blankets/towels
- Whistle

For more information, visit www.wellington.ca.



County of Wellington SOLID WASTE SERVICES

www.wellington.ca/sws
519.837.2601



Providing for today, planning for the future.

blue box recycling • user pay garbage • scrap metal recycling
appliance recycling • tire recycling • brush and wood diversion
backyard composting • household hazardous waste diversion
electronics recycling • reuse centres • textile recycling

The Fire and Emergency Services Department is responsible for emergency response and fire prevention activities within the Township. For more information call 519-856-9637, email rrenaud@get.on.ca or visit 5141 Wellington Road 27, Rockwood, Ontario, N0B 2K0.

Plan Your Escape

1. Draw a floor plan of your home
2. Include all emergency exits
3. Show two ways out of every room, if possible
4. Does anyone need help to escape?
5. Choose a meeting place outside
6. Call the Fire Department from outside
7. Practice your escape

Smoke Alarms: it's the Law!

Every home in Ontario must have a working smoke alarm on each storey and outside all sleeping areas. When installing a smoke alarm, refer to the manufacturer's instructions for information on the correct placement.

Test your smoke alarms every month and replace smoke alarm batteries at least once a year or whenever the low battery warning sounds.

Carbon Monoxide: Silent Killer

Carbon monoxide kills. Many Canadians die each year from carbon monoxide poisoning in their homes, most while sleeping.

It injures. Hundreds of Canadians are hospitalized each year from carbon monoxide poisoning, many of whom are permanently disabled. Everyone is at risk: 88% of all homes have something that poses a carbon monoxide threat.

Volunteer Fire Departments Use Green Flashing Lights When Responding to the Fire Hall



Please yield the right of way. We could be going to your house.

Guelph/Eramosa Fire Department

Carbon monoxide is a colourless, odourless, tasteless and toxic gas that enters the body through the lungs. The main sources are wood/gas stoves, gas refrigerators, gasoline engines and kerosene heaters. The elderly, children and people with heart or respiratory conditions may be particularly sensitive to carbon monoxide.

How do I know there is a carbon monoxide leak in my home?

- Symptoms are often mistaken for common ailments like the flu: headache, nausea, burning eyes, fainting, confusion and drowsiness.
- Symptoms improve when away from the home for a period of time.
- Symptoms experienced by more than one member of the household.
- Continued exposure to higher levels may result in unconsciousness, brain damage and death.
- Air feels stale/stuffy.
- Excessive moisture on windows or walls.
- Sharp penetrating odour or smell of gas when furnace or other fuel-burning appliances turn on.
- Burning and pilot light flames are yellow/orange, not blue.
- Pilot light on furnace or water heater goes out.
- Chalky white powder or soot build-up around exhaust vent or chimney.

How do I protect myself and my family?

- Regularly maintain appliances and ensure they are properly ventilated.
- Have a qualified service professional inspect fuel burning appliances at least once per year.
- Have your chimney inspected and cleaned every year by a W.E.T.T. certified professional.
- Install a carbon monoxide detector, in accordance with the manufacturer's instructions, in or near the sleeping areas of your home. Test and replace it regularly. Visit www.get.on.ca for information on where NOT to install carbon monoxide detectors.
- Ensure your carbon monoxide detector has been certified by the Canadian Standard Association.



G&T Guelph/Eramosa
Township

Make it a Fun Family Day!

Join us for a fun-filled day of indoor jumping castles, climbing walls, games and more!

Hosted by the Township of Guelph/Eramosa, the Ariss and District Lions Club and Kiddies Fun Trak

When? Monday, Feb. 17, 2014 from 10 a.m. to 5 p.m.

Where? Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Cost? \$20 for a family (up to five people)

For more information visit www.get.on.ca or call 519-856-9596 ext. 201.

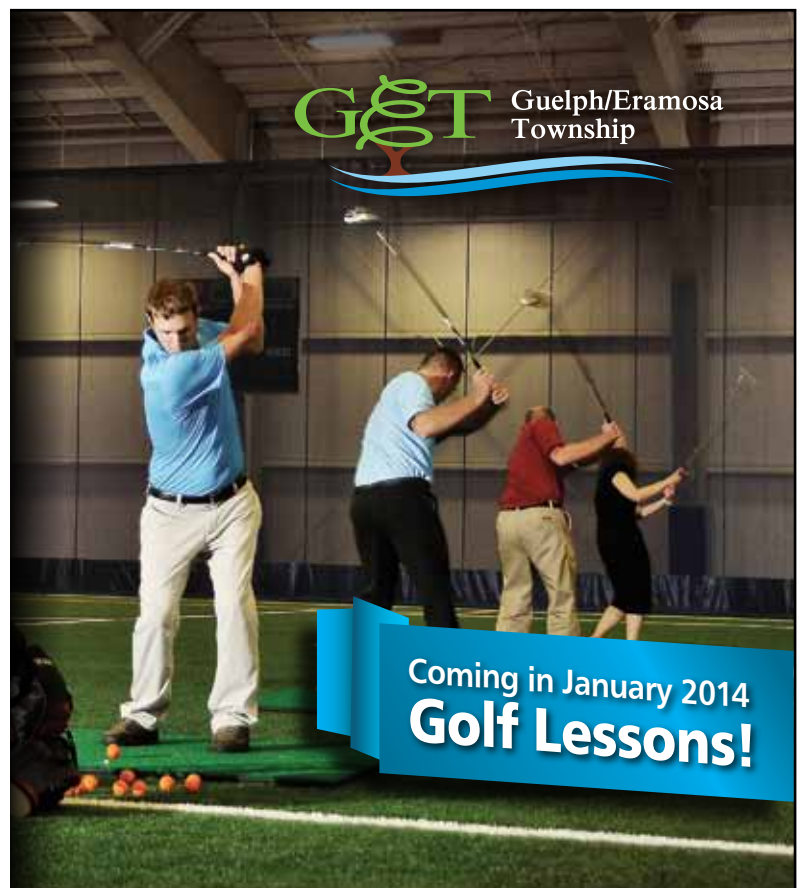
Make it a Double Eagle. Or an Ace.

Calling all golf enthusiasts!

Visit our indoor driving range at the Royal Distributing Athletic Performance Centre and keep your swing smooth this fall and winter. Junior golfers (ages 10 and under) swing for free with one paying adult.

Monday – Friday: 1 to 4:30 p.m.
Saturday: 9 a.m. to Noon (Sept. 7 – Oct. 12)

www.get.on.ca/fieldhouse



Coming in January 2014
Golf Lessons!

The Township is a great place to live, work and especially to PLAY!

We have a number of parks, trails and facilities that offer a wide variety of recreational opportunities right in your backyard, and we are committed to offering programs that contribute to increased physical activity.

From the state-of-the-art Royal Distributing Athletic Performance Centre to the Township's abundant natural features, such as wooded areas, trails, ponds, streams and picnic areas, there are plenty of opportunities to develop and maintain a healthy and active lifestyle not far from your door.

Whether you live in the Township or are just visiting, we encourage you to visit our parks, facilities and trails, and explore what we have to offer. And be sure to talk to our expert staff about active lifestyle programming that's right for you.

It's easy to GET active and GET moving in Guelph/Eramosa!

For more information, download the Parks and Recreation Master Plan at www.get.on.ca. This Plan is the result of community input sessions, and sets priorities for parks and recreation.



Feeding young imaginations through sport.

Start anytime in our year-round classes
519-265-7446
guelph@littlekickers.ca
littlekickers.ca

Little Kickers®

FUN SOCCER CLASSES for kids 18 months - 7th birthday

**Mommy and Baby Workout & Play • Stroller Fit
Stroller Bootcamp • Walk & Stroll Fit • Pre-Stroller Fit & More!**

Check out our website to find great classes near you!

www.yummymummywellness.com

or contact Cindy at 519.362.0980 • yummymummy.s.f@gmail.com

yummy mummy
fitness + wellness for moms & moms-to-be
Be fit. Be together. Have fun!

There is nothing more Canadian than skating on an outdoor rink under the stars on a cold winter night. Guelph/Eramosa has several outdoor rinks in our neighbourhood parks that are maintained by fantastic community volunteers who have ensured hours of outdoor enjoyment by all ages. We invite you to join this list of community builders and become a volunteer at your local outdoor rink. The success of the outdoor ice rinks is in the hands of the community! Being an ice rink volunteer is a great way to meet neighbours and give back to the community and if you are a high school student, volunteering counts towards your 40 hours of volunteer time required by the Province.

HOW DO I VOLUNTEER? Contact Parks and Recreation at 519-856-9596 ext. 113.

WHAT IS THE TIME COMMITMENT?

This depends on the number of volunteers. The initial building is time-consuming but once the base is established, it takes no more than one hour a night to maintain. If your rink has seven volunteers, that is one hour/week per volunteer.

WINTERS ARE GETTING MILDER, SO ISN'T IT JUST A WASTE OF TIME?

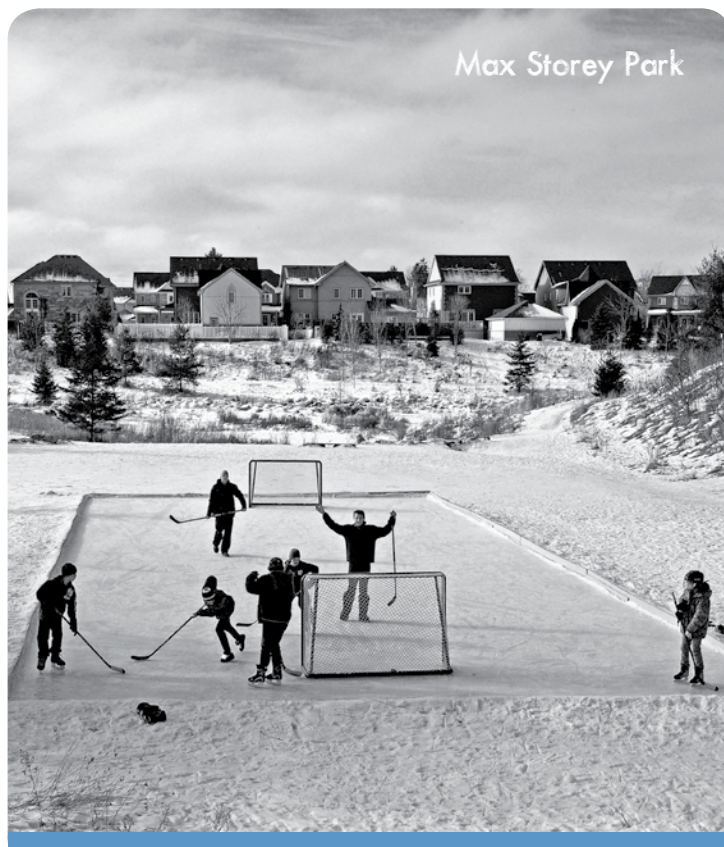
The temperature only needs to be below -5°C to make ice and it does not matter if there is snow or not. Typically, we are seeing 30-45 outdoor skating days/season in southwestern Ontario.

DO I REQUIRE ANY EQUIPMENT TO BECOME A VOLUNTEER? No. The Township provides a water source, hose, shovels and nets for each location.

WHERE ARE THE RINKS LOCATED?

- Lloyd Dyer Park, 209 Balaclava St., Rockwood
- Marden Park, 7368 Wellington Rd. 30, Guelph
- Valentino Park, Fountain St., Rockwood
- Max Storey Park, Dunbar and Ridge Rd., Rockwood
- Eden Mills Park, 19 Memorial St., Eden Mills
- Cross Creek Park, 78 Cross Creek Blvd., Guelph
- David Masson Park, 201 Landrex Blvd., Rockwood

For more information, or to sign up as a volunteer, contact Vicki at vhafner@get.on.ca or 519-856-9596 ext. 113.



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Sports & Entertainment

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— Adult Co-ed Leagues: **Spring, Summer, Fall & Winter** —

(519) 222-0095
dave@perpetualmotion.org
www.perpetualmotion.org

Royal Distributing Athletic Performance Centre

7384 Wellington Rd. 30

Located on the 64-acre lands of Marden Park, this facility houses an artificial turf sports field that can accommodate full-field or half-field games. A perimeter rubberized track offers a training area for amateur athletes or for recreational walking and running. You will find a coaching/learning room, a fully-lit CFL size football field, and additional amenities and services. The Centre compliments the features of the surrounding park, including natural wooded areas, 5.5-acre pond, cold-water stream, outdoor sports fields, picnic areas, community centre and county library. Visit us on Facebook!

FEATURES: indoor sports field and walking track, changing rooms, coaching room and viewing gallery



Royal Distributing Athletic Performance Centre

Marden Community Centre

7368 Wellington Rd. 30, Guelph

FEATURES: 100 person capacity, catering kitchen, enabling garden, parking, air conditioning, table and chairs, bar and pavilions



Marden Community Centre

Rockmosa Community Centre

74 Christe St., Rockwood

FEATURES: 300 person capacity, 3,600 Sq.Ft. room with stage, catering kitchen, parking, air conditioning, table and chairs, bar and wheelchair-accessible washroom and ramp



Rockmosa Community Centre

	Outdoor Rink	Outdoor Rink (Lighted)	Playground	Open/Natural Space	Path/Trails	Track (Indoor)	Sports Field (Indoor)	Splash Pad	Tennis Court (Lighted)	Ball Diamond	Batting Cages	Ball Hockey Court	Soccer Pitch	Basketball Court	Washroom	Picnic Shelter	Toboggan Hill	Pond/Stream
Cross Creek Park	•		•	•	•													
David Masson Park & Playground	•		•	•														
Eden Mills Memorial Park		•	•	•						•			•	•			•	
Guelph Lake Conservation Area*			•	•	•										•	•		•
Hampson Crescent Park			•	•	•												•	•
Ignatius Centre of Guelph*				•	•													•
Indian Trail					•													
James Lynch Park			•	•										•				
Kissing Bridge Trailway*					•													
Lloyd Dyer Park		• (2)	•							•	•	•	•		•			
Marden Park		•	•	•	•					• (2)					•	•		•
Max Storey Park	•		•	•	•													•
Rockmosa Park & Splash Pad			•					•	•	•	•		•	•	•	•		
Rockwood Conservation Area*			•	•	•										•	•		•
Royal Distributing Athletic Performance Centre						•	•								•			
Sarah Ransom Woodlot & Trails				•	•													
Valentino Park	•		•	•								•		•				
Waterside Park – Lion’s Park*																•		•

* These properties are not owned or operated by the Township of Guelph/Eramosa.

REGISTRATION

TELEPHONE: Call 519-856-9596 ext 113. Office hours are Monday to Friday, 9 a.m. to 4:30 p.m.

FAX: Fax registration form, including payment information, to 519-856-2240 to the attention of Vicki Hafner.

EMAIL: Email registration form to vhafner@get.on.ca and include in your email a number you can be reached at for payment.

IN-PERSON: Register for programs during office hours (Monday to Friday, 9 a.m. to 4:30 p.m.)

- Bruce Dale Municipal Office, 8348 Wellington Rd. 124, Rockwood
- Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30, Guelph

MAIL: Mail completed form and payment (no cash please) to:

Township of Guelph/Eramosa,
Attn: Vicki Hafner, 8348 Wellington Rd. 124, P.O. Box 700, Rockwood, ON N0B 2K0

PAYMENT

- Personal cheques and money orders (payable to the Township of Guelph/Eramosa). A fee of \$25 will be charged for NSF cheques.
- Cash (in-person)
- Debit (in-person)
- Visa or Mastercard (phone, mail or in-person at the RDAPC location only)

Note: Prices in the Guelph Eramosa Community Guide do not include taxes. Be sure to include applicable taxes (13%) with your payment.

NON-GUELPH/ERAMOSIA RESIDENTS: Non-residents are required to pay an additional \$5 per participant per program, plus applicable taxes, as they do not pay property taxes which support The Township of Guelph/Eramosa.

PROGRAM CANCELLATIONS: All classes are subject to cancellation if there are insufficient registrations. If your class is cancelled due to insufficient enrolment, you may transfer free of charge to another program (subject to availability) or receive a full refund.

REFUNDS: A full refund will be issued for all courses cancelled. Requests for refunds or credits based on withdrawal must be received five business days prior to program commencement. Prorated refunds will be issued for medical reasons only with a doctor's certificate, providing notification is received no later than halfway through the program and providing certificate is brought in prior to the end of the program.

TYPOGRAPHIC ERRORS: All effort is taken to ensure that accurate information and prices are printed in this Guide. Rates are subject to change and notice will be posted at all recreation centres. Where discrepancies in fees appear, the registration system will be taken as the correct fee.

Registrations will not be accepted on accounts that have an outstanding balance. Fees are subject to change based on Council approval.

REGISTRATION FORM

COST DISCOUNTS

MULTIPLE CLASS DISCOUNT: Sign up for two programs and receive a \$10 discount on the second class; additionally sign up for three classes and receive a \$20 discount on the third class.

PARTNER DISCOUNT: When two individuals living in the same household sign up for the same class, the second registration is only \$40.

NON-RESIDENT FEE: Non-residents are required to pay an additional \$5 per participant per program, plus applicable taxes. Additional registration forms are available at www.get.on.ca and at the RDAPC and Township Municipal office.

MAIN CONTACT

Adult's first name _____ Adult's Last Name _____

Address _____ City/Town _____ Postal code _____

Home phone _____ Daytime phone _____ Email _____

PARTICIPANT 1

First name	Last name	<input type="checkbox"/> Male <input type="checkbox"/> Female		
Program Name	Start Date	Start Time	Location	Fee + Taxes (13%)
1				
2				
3				
If class is full please: <input type="checkbox"/> Wait List <input type="checkbox"/> Try another course (below)				
Program Name	Start Date	Start Time	Location	Fee + Taxes (13%)
1				

PARTICIPANT 2

First name	Last name	<input type="checkbox"/> Male <input type="checkbox"/> Female		
Program Name	Start Date	Start Time	Location	Fee + Taxes (13%)
1				
2				
3				
If class is full please: <input type="checkbox"/> Wait List <input type="checkbox"/> Try another course (below)				
Program Name	Start Date	Start Time	Location	Fee + Taxes (13%)
1				

PAYMENT

Cash Cheque (payable to The Township of Guelph/Eramosa) Debit Visa MasterCard

Credit card # _____ Expiry date (mm/yy) _____

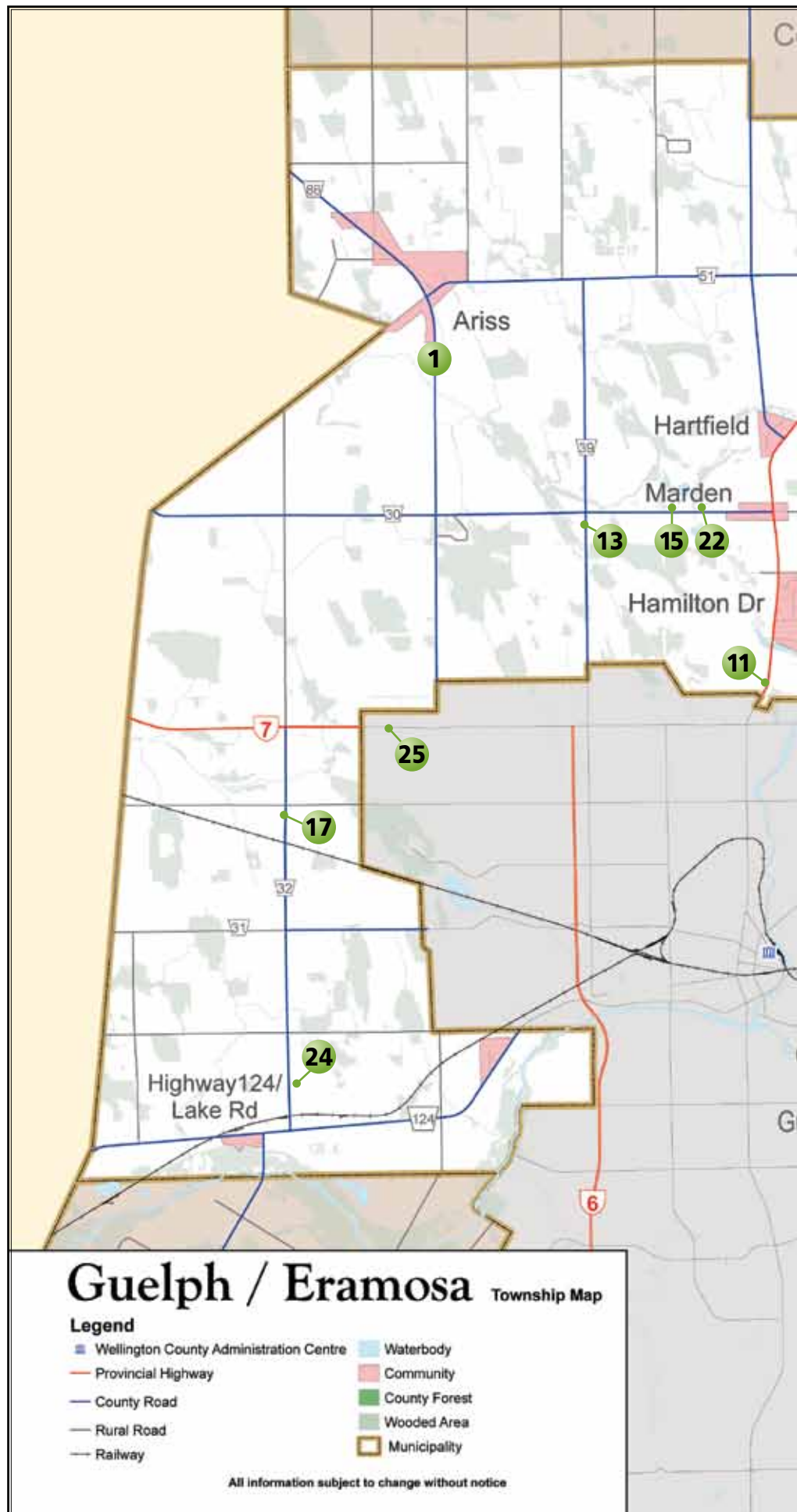
Cardholder's name (print) _____

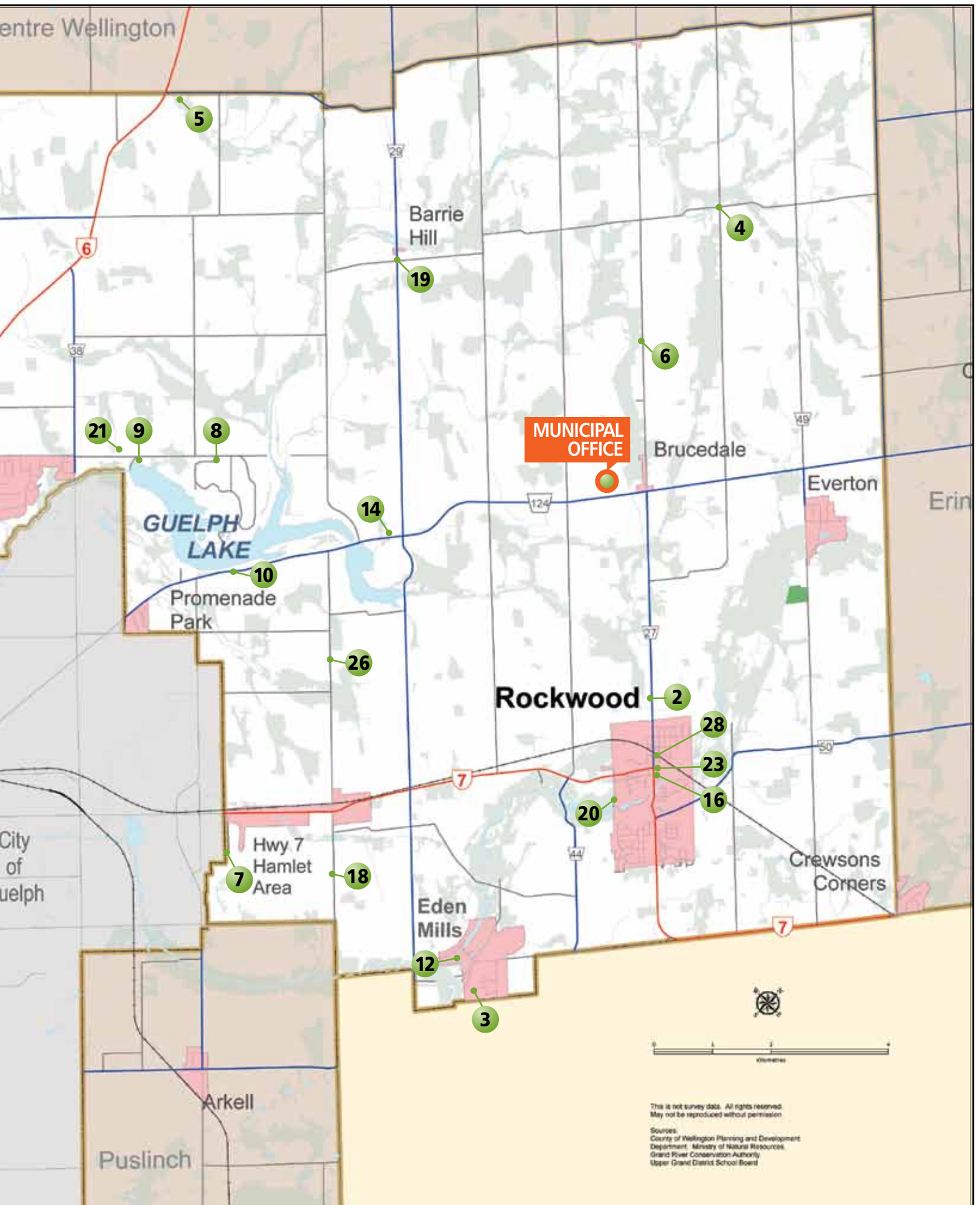
From time to time, the Township of Guelph Eramosa contacts participants in our programs for informational purposes. We are committed to protecting your personal privacy and will not share your personal information with outside organizations. By checking the box below you indicate you DO NOT wish to be contacted by The Township of Guelph/Eramosa for the purpose stated above.

Please DO NOT contact me with updates or for informational purposes.

RECREATION, AGRITOURISM AND TOURISM IN GUELPH/ERAMOSA

- 1 Ariss Valley Golf & Country Club
- 2 Camp Brébeuf
- 3 Camp Edgewood
- 4 Camp Joshua
- 5 Cox Creek Cellars Inc.
- 6 Eramosa Elk Country Store
- 7 Guelph Airpark & Cafe
- 8 Guelph Lake Conservation Area
- 9 Guelph Lake Nature Centre
- 10 Guelph Lakes Golf and Country Club
- 11 Ignatius Jesuit Centre
See our Ad on page 39
- 12 In a Heartbeat Art Gallery
- 13 Kissing Bridge Trailway
See page 40
- 14 Knapps Country Market
- 15 Marden Community Centre
See page 20
- 16 Mark Griffiths Photography
- 17 Mosborough Market
See our Ad on page 43
- 18 Mustang Drive-In
- 19 Parkinson's You-Pick Pumpkin Farm
- 20 Rockwood Conservation Area
- 21 Rotary Forest
- 22 Royal Distributing Athletic Performance Centre
See page 20
- 23 Saunders Bakery
See our Ad on page 39
- 24 Strom's Farm
- 25 Wellington Brewery
See our Ad on page 39
- 26 Wellington Country Marketplace
See our Ad on page 42
- 27 Wellington Museum and Archives
See our Ad on page 39
- 28 Whistle Stop
See our Ad on page 44





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Sources:
 County of Wellington Planning and Development
 Department of Natural Resources
 Grand River Conservation Authority
 Upper Grand District School Board

Stay Strong. Stay Healthy. Stay Active!



Welcome to the First GET Active Community Guide – Senior Program options. If you are 55+ and can't find something here to join and feel good about doing, then we need to hear from you! These classes have been offered as a direct result of the Township Parks and Recreation Master Plan public input sessions. We heard from many residents that a Community Guide was needed and needed to include programs for seniors. You spoke and we listened!

Evidence-based studies prove that joining a group fitness class alone or with a friend is the best way to stay or get healthy and active. Having a group to hold each other accountable, encourage and generally share with each other is an important social aspect of the total health and well-being picture. Trained instructors are another important component of healthy fitness. There is nothing like being put through your paces with fully-trained, passionate, enthusiastic instructors. We are here to prove to you that fun and fitness go together!

The cooler fall months will soon be upon us and your GET Community Guide has arrived just in time. Our challenge to you is to join a class or two. There are two exciting locations in GET for you to choose from – RDAPC in Marden and the Rockmosa Community Centre in Rockwood. If you are just starting out, here are some suggestions to help you decide what you can do to stay strong and healthy during the fall and winter.

As we age, it is important to find activities that will help us:

- Build strength
- Maintain bone density
- Improve balance, coordination and mobility
- Reduce risk of falling
- Maintain independence in performing activities of daily life

Studies around the world have shown strength training benefits women and men of all ages and levels of fitness. There are many aerobic activities and strength-developing exercises we can do to stay strong, healthy and active as we age. You have several creative classes to choose from in this Guide. Sign up and try something new. We look forward to seeing you in class. Be good to yourself – achieve a healthier you.

Submitted by Nancy F. Revie

What's Next?

The Township's goal is to establish financially-sustainable programming on a user-pay basis that appeals to community residents. This fall we will be gauging community response to new programming to determine if this programming should be continued. Dependant on enrollment in our new fall classes, look for **GET ACTIVE 55+** programming for January – March 2014 on the Township's website at www.get.on.ca, by signing up for our monthly e-newsletter, or calling 519-856-9596 ext. 113.



Nancy Revie – Nancy, the slightly taller one, has a passion for life and a zest for living. She focuses on sharing her expertise in recreation and leisure with older adults. Nancy is a Certified Senior Fitness Instructor with the Canadian Centre for Activity and Aging, a WaterART™ Instructor, BoneFIT™ Trained, a Nordic Pole Walking Instructor, musician, motivational speaker, writer and entertainer. Her philosophy of healthy aging is based on her own

experience of having fun while enjoying life to the fullest and keeping fit: “I hate exercising, but love living life to the fullest! It’s easy to have tons of fun while getting fit and staying healthy.”



Jill Simpson – Jill, the slightly shorter one, has been a dancer since the age of four (and that’s a long time). She has taught

Zumba, DanceFit, jazz and tap, and spent eight years as a company dancer. Now that the kids are adults, she has turned her attention to finding creative ways to integrate more music and movement into traditional fitness programs with a speciality in 55+ programming. She is a certified CanFitPro fitness instructor, certified Zumba and Zumba Gold instructor, and has been trained by the Canadian Centre for Activity and Aging as a Senior Fitness Instructor in optimizing fitness and well-being for older adults: “Actually, what I teach is fitness in disguise! Living a healthy, vibrant life is just the secret benefit of having fun.”



Chet & Pat Skibinski – Chet and Pat have run 1 Fitbug Training & Consulting since 1997. Chet is a retired teacher, Master Trainer of AquaFit and Nordixx. He is a personal trainer, yoga instructor and seniors group

instructor. He and Pat instruct CPR and First Aid, and present for Heart & Stroke Canada. Chet stays fit with cycling, resistance training, and yoga. He has a long background working with those 55+. He enjoys travel, photography, landscaping, motorcycling and being a first-time grandfather.

Margaret Iutzi – Margaret has been a certified personal trainer since 1993, holds an undergraduate degree in sociology/phys. ed. and a diploma in Sports Administration. She has trained clients and taught classes in several fitness facilities in Guelph over the years and currently works part-time as a program coordinator for Community Support Services at the Guelph Wellington Seniors Association. She has lived in the south end of Rockwood for the past 13 years, although her family has been in the community for nearly 40!

Kathi Rodd – Kathi Rodd has been involved in teaching others about health and wellness for almost 30 years. During this time she has been certified as a group fitness instructor with the Ontario Fitness Council and personal trainer through the University of Guelph. More recently she completed a 235-hour Yoga Teacher Training program at Blue Heron Yoga Studio in Guelph as well as BoneFIT™ Training with Osteoporosis Canada. Kathi has a diploma in Wellness and Lifestyle Management and has held various roles in corporate, municipal and private clubs and organizations.



Susan (Sue) Meads – Sue Meads has been active in fitness for over 15 years. Her enthusiasm for fitness and staying active, partnered with her love of music and dance, are the perfect combination for making her Zumba classes unique and fun for all ages. She holds certifications in Zumba, Zumba Gold, and Zumba Toning. She has studied the CanFitPro Group Fitness Program, and will soon receive her certification. Susan operated her own successful Zumba/Fitness Coaching business in Grey/Bruce counties for the past three years, before returning to her roots in the Rockwood area, where her family has resided for over 40 years. She is a member of the Hanover Lions Club, and looking forward to becoming active in the local community.



Music 'n Motion – Enjoy exercise again! You get a little bit of everything with this class. A fun 50 minutes with all the components of a healthy exercise routine. This class is a great stress-reliever and the perfect way to burn off calories! Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit! Minimum eight registrants required for class to run.

Required: Good-fitting shoes, comfortable clothing, water bottle, weights, mat

Instructor: Jill Simpson or Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays	8:30-9:20 a.m.	10 Classes	Oct. 1 – Dec. 3, 2013	\$60
Thursdays	8:30-9:20 a.m.	10 Classes	Oct. 3 – Dec. 5, 2013	\$60

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Mondays	9:30-10:20 a.m.	10 Classes	Sept. 30 – Dec. 16, 2013	\$60
Wednesdays	9:30-10:20 a.m.	10 Classes	Oct. 2 – Dec. 4, 2013	\$60

(No class on Monday, October 14th or Monday, November 11th)

Use it! Lose it! Tone it Up! – Okay, for you serious fitness buffs, this is an all-out, boot camp-style workout. Incorporating the latest evidence-based medical research from the Canadian Center for Activity and Ageing, our CCAA-certified fitness instructor will take you through a 50-minute workout to boost your cardio, burn those calories and tone those muscles in a safe, friendly, non-competitive atmosphere designed for the mature adult. Comes complete with great music, a lot of laughs and fun. Minimum eight registrants required for class to run.

Required: Good-fitting shoes, comfortable clothing, water bottle, weights, mat

Instructor: Jill Simpson or Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays	9:30-10:20 a.m.	10 Classes	Oct. 1 – Dec. 3, 2013	\$60
Thursdays	9:30-10:20 a.m.	10 Classes	Oct. 3 – Dec. 5, 2013	\$60

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Wednesdays	8:30-9:20 a.m.	10 Classes	Oct. 2 – Dec. 4, 2013	\$60

(No class on Monday, October 14th or Monday, November 11th)

Zumba for the Zoomer – So what is this Zumba thing people are all talking about? Zumba is a great form of cardio fitness and toning that uses Latin-inspired rhythms to get you moving. Our certified instructor will guide you step-by-step through the simple choreography, and in no time you'll be dancing up a storm, not to mention a sweat! Best part is... you're going to totally forget you're exercising! The less experience the better... it will open up a whole new avenue of fitness and fun. Minimum eight registrants required for class to run.

Required: Good-fitting shoes, comfortable clothing, water bottle

Instructor: Jill Simpson or Nancy Revie

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays	10:30-11:20 a.m.	10 Classes	Oct. 1 – Dec. 3, 2013	\$60
Thursdays	10:30-11:20 a.m.	10 Classes	Oct. 3 – Dec. 5, 2013	\$60

Nordic Pole Walking – The Marden Pole-Walking sessions are appropriate for virtually any age and fitness level. Burn 20-40% more calories than walking. But... effective technique makes all the difference. You can buy, rent or bring your existing poles. Sessions include addressing personal fitness issues, if required. Learn good technique and make new friends for an activity you can take beyond the class. Minimum eight registrants required for class to run.

Instructor: Chet Skibinski

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Wednesdays 9:00-9:50 a.m. 10 Classes Oct. 2 – Dec. 4, 2013 \$60

Weekday Co-ed Slo Pitch – Looking to get some off season activity in on the diamond? Join us at the Royal Distributing Athletic Performance Centre as we transform the field into a ball diamond for some off season slo-pitch. Has it been a long time since you had a ball glove on? Don't worry the scouts won't be watching. This program is registration dependant and needs a 20 player minimum.

Instructor: Independently led

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Wednesdays 1:00-3:00 p.m. 10 Games Oct. 9 – Dec. 11, 2013 \$60

Wednesdays 1:00-3:00 p.m. 10 Games Jan. 15 – Mar. 26, 2013 \$60

Bone Builder – Join a group resistance training class that focuses on exercises to strengthen the spine and hips for those with osteoporosis or those looking to keep their bones healthy and free from disease. Our BoneFIT™ trained instructor emphasizes falls prevention with lots of postural and balance training. A wonderful way to exercise! Minimum eight registrants required for class to run.

Required: Good-fitting shoes, comfortable clothing, water bottle, weights, mat

Instructor: Nancy Revie or Jill Simpson

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Mondays 10:30-11:20 a.m. 10 Classes Sept. 30 – Dec. 16, 2013 \$60

Wednesdays 10:30-11:20 a.m. 10 Classes Oct. 2 – Dec. 4, 2013 \$60

(No class on Monday, October 14th or Monday, November 11th)

BEST (Balance, Endurance, Stretch, Tone) – By maintaining and enhancing physical strength, flexibility, balance and endurance as you age you will be better able to enjoy independent living well into your retirement years. Join this friendly group of men and women as we go through a series of gentle exercise. This class is tailored to every fitness level. Minimum eight registrants required for class to run.

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Fridays 10:00-10:50 a.m. 10 Classes Oct. 4 – Dec. 6, 2013 \$60

Gentle Yoga – Whether you are new to yoga or have been practicing for years this class is for you. This progressive class will help participants improve strength, flexibility and balance while reducing stress, and promoting overall well-being.

Required: Comfortable clothing, yoga mat, water bottle

Instructor: Kathi Rodd

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Thursdays 9:00-9:50 a.m. 10 Classes Oct. 3 – Dec. 5, 2013 \$60

Zumba Gold: Get Groovin At Your Own Pace – This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults or beginners. No dance or fitness experience necessary. No need to feel uncoordinated or clumsy! No one is looking at you; they are all looking at the instructor! Minimum eight registrants required for class to run.

Required: Good-fitting shoes, comfortable clothing, water bottle, towel (optional)

Instructor: Susan Meads

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Thursdays 10:00-10:50 a.m. 10 Classes Oct. 3 – Dec. 5 \$60

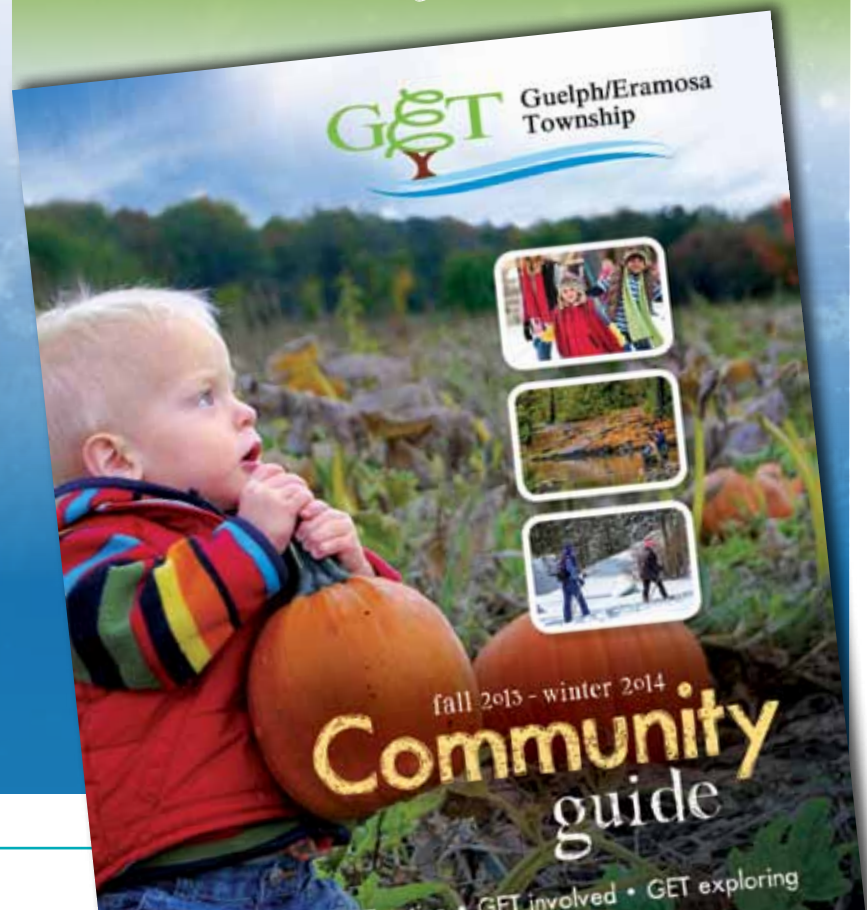


Guelph/Eramosa Township

This Guide is published twice yearly – fall/winter and spring/summer – and provides citizens with a comprehensive resource for events, activities, important municipal information and Township services.

To advertise, contact Glen Knight at 519-763-3743 or glenn@prismstudiosdesign.com

G&T advertising!






Regular Activity Key for Older Adults

Older adults benefit from regular physical activity. To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

- The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.
- Social support from family and friends has been consistently and positively related to regular physical activity.
- Older adults can benefit from muscle-strengthening activities to reduce the risk of falling and improve the ability to perform routine tasks of daily life.
- Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. This can include longer sessions of moderate intense activities like walking, or shorter sessions of more vigorous activities such as fast walking or stair walking.

Older adults should consult with a physician before beginning a new physical activity program. For more information visit www.wdginmotion.ca.



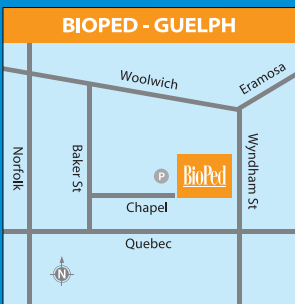


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ANNAerobic Fitness & Personal Training

Classes are held at Rockmosa Community Centre in Rockwood.
Classes may vary each session, with three sessions running per year:

Fall – Sept. 17 to Dec. 5
Winter – Jan. 7 to Mar. 6
Spring – Mar. 18 to May 29

BOOTCAMP: A total body conditioning class using various techniques and equipment to increase metabolism and lean muscle mass, while blasting fat and having fun.

Tuesdays: 6:45-7:30 p.m.

Starts: Sept. 17, 2013

ZUMBA: Fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a unique, dynamic and effective class to tone and sculpt the body. It's a blast and it's HOT! Do you dare?

Tuesdays: 7:30-8:25 p.m.

Starts: Sept. 17, 2013

YOGA STRENGTH: A series of yoga poses to increase strength, flexibility and balance. Vitality is optimized with exertion and relaxation. Restore, relax and rejuvenate. Namasté.

Tuesdays: 8:30-9:15 p.m.

Starts: Sept. 17, 2013

KICKASS KICKBOX: Release stress using gloves and pads to improve co-ordination, balance, strength and endurance.

Modified kickboxing and martial art techniques and intensity training combined.

Take a "jab" at it.

Thursdays: 6:45-7:30 p.m.

Starts: Sept. 19, 2013

JUMP & GLIDE: Use jump ropes and gliding discs to perform exercises that allow you to experience new movements that work all muscles in your body like never before. Jumping rope has greater fat-burning benefits than most cardiovascular activities. Be a kid again!

Thursdays: 7:30-8:15 p.m.

Starts: Sept. 19, 2013

WHATEVER: Something different each week. You never know, you will just have to come to find out. Are you game?

Thursdays: 8:15-9 p.m.

Starts: Sept. 19, 2013

For rates, information or registration visit www.annaerobicfitness.com,
email annaerobicfitness@gmail.com or call 519-856-9132.

Drop-in Fly Fishing – Seasoned veterans and newcomers are all welcome to learn and practice their casting in the offseason at the Royal Distributing Athletic Performance Centre. Fly instructors will be onsite to assist and answer questions, and offer new equipment to try out and purchase.

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30
Tuesdays: 8 – 10 a.m. \$10/session
Thursdays: 1 – 3 p.m. \$10/session

Adult Co-Ed Soccer and Ultimate Frisbee – Visit www.perpetualmotion.org for details and registration. Leagues run October 2013 through until March 2014.

Sundays: Between 4 – 10 p.m.
Mondays: Between 6 – 10 p.m.

10-week league beginning Oct. 27
10-week league beginning Oct. 28

Drop-in Indoor Golf – Calling all Golf enthusiasts! We have an indoor driving range at the Royal Distributing Athletic Performance Centre so drop in and keep your swing smooth with our Callaway soft flite balls, which simulate actual ball flight for better indoor practice. Junior golfers (10 and under) can swing for free with one paying adult.

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30
Monday to Friday: 1 – 4:30 p.m.
Saturday: 9 a.m. – 12 p.m. (Sept. 7 – Oct. 12)
Cost: \$8/bucket of 75 balls, two buckets for \$15 or purchase a 10-bucket card for \$70



Photo courtesy of Krista Harper

For change of hours visit www.get.on.ca/fieldhouse. WATCH FOR LESSONS COMING IN JANUARY 2014!

Drop-in Remote Control Airplanes and Helicopters – Visit the Royal Distributing Athletic Performance Centre to pilot your R/C flyer in our indoor field space.

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30
Thursdays: 1 – 3 p.m.
Cost: \$5/day or \$100 for a full-year card



Little Kickers Soccer – Visit www.littlekickers.ca or email Guelph@littlekickers.ca for information and registration.

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30
Tuesdays: 9:30 a.m. and 10:30 a.m. year-round



Saturday Night Co-Ed Slo-Pitch – Join us indoors for some off-season slo-pitch on Saturday nights. This program is registration dependant. Registration forms are available at www.get.on.ca

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

- Season 1: Oct. 19 – Dec. 21
- Season 2: Jan. 4 – Mar. 8
- Season 3: Mar. 15 – May 17

Cost: \$1,100/team or \$125/individual sign-up

Stroller Fit – Visit www.yummymummywellness.com for information and registration.
Mondays, Wednesdays and Fridays
10 classes beginning mid-October

Drop-in Weekday Frisbee Lunch – Drop in on your lunch break to toss the Frisbee with friends.

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30
Wednesdays and Fridays: 12 – 1 p.m.
Cost: \$10/drop-in or \$125 for 30 weeks

Women's Soccer – Join our full-field 8v8 women's soccer, open to all ages and all skill levels. Game officials and optional team shirts supplied. This league is registration dependant. Registration forms available at www.get.on.ca

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30
Sundays: 10 a.m. – 2 p.m. beginning Oct. 19 for 10 weeks
Cost: \$1,450/team (\$1,400 without team shirts) or \$150/player



Healthy Living: GET Up and GET Moving

Physical activity provides health benefits and is beneficial for all ages in the prevention or maintenance of some chronic diseases. It may help individuals maintain a healthy body weight, grow stronger, gain confidence, improve movement skills, learn better, have fun and be happy. In all cases, physical activity should start slowly and gradually increase in time, frequency and intensity of activity.



EARLY YEARS: 0 – 4 YEARS

Infants (aged less than 1 year) should be physically active several times daily through interactive floor-based play such as tummy time, playing or rolling on the floor, or crawling. Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity throughout the day through climbing stairs, playing outside, running or dancing. The older children get the more energetic play they need such as hopping, jumping, skipping and bike riding.



CHILDREN: 5 – 11 YEARS

Children need at least 60 minutes of moderate- to vigorous-intensity physical activity every day such as playing tag, rollerblading, skateboarding or sledding and should include vigorous-intensity activities three days a week. Moderate-intensity physical activity causes children to sweat a little and breathe harder such as bike riding and playground activities. Vigorous-intensity physical activity causes children to sweat and be “out of breath” such as running or swimming.



YOUTH: 12 – 17 YEARS

Youth need at least 60 minutes of moderate- to vigorous-intensity physical activity every day and should include vigorous-intensity activities three days a week such as skateboarding, fitness classes, basketball, hockey, soccer, swimming, tennis, or skiing. Moderate-intensity physical activity causes youth to sweat a little and breathe harder such as skating and bike riding. Vigorous-intensity physical activity causes youth to sweat and be “out of breath” such as running and rollerblading.



ADULTS: 18 – 64 YEARS

Adults should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is beneficial to add muscle and bone strengthening activities using major muscle groups at least two days per week.



OLDER ADULTS: 65 YEARS AND OLDER

Older adults should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least two days per week, and those with poor mobility should perform physical activities to enhance balance and prevent falls.

Source: *The Physical Activity Resource Centre (PARC)*. See <http://parc.ophea.net/>

Marnik Sports Association presents All-Starz Basketball

All-Starz Basketball (Junior) – Fundamental ball handling, dribbling, passing and shooting skills for ages 7 to 9 (co-ed) at Rockwood Centennial Public School will be highlighted with a smaller size #5 ball and lower basketball hoops. Registration includes jersey, basketball, progress report and group and individuals photos. Call 519-856-4491 for more information. Email mnchristian@sympatico.ca for a registration form.

Tuesdays: 6 – 7:30 p.m. beginning Oct. 17 for approximately 22 weeks
Cost: \$150/player (\$10 discount if two or more family members register)



All-Starz Basketball (Senior) – Fundamental skills will be applied to team offense and defense for ages 10 to 13 (co-ed) at Rockwood Centennial Public School and will include competitions and games with a size #6 ball and regulation height hoops. Registration includes jersey, basketball, progress report and group and individuals photos. Call 519-856-4491 for more information. Email mnchristian@sympatico.ca for a registration form.

Tuesdays: 7:30 – 9 p.m. beginning Oct. 17 for approximately 22 weeks
Cost: \$150/player (\$10 discount if two or more family members register)

Little Kickers Soccer – Located at the Royal Distributing Athletic Performance Centre. Visit www.littlekickers.ca or email Guelph@littlekickers.ca for information and registration.

Tuesdays: 9:30 a.m. and 10:30 a.m. year-round

Ontario Early Years Centre – As a satellite of Ontario Early Years, East Wellington Community Services (EWCS) offers a variety of free programs for families with children from birth to six years of age: infant programs, playgroups, music and movement programs, field trips, special programs and activities. Rockwood locations are the **Rockmosa Community Center (lower)** and **Anglican Church Hall**.

We welcome parents, caregivers and grandparents with children birth to six years of age to take time to experience a nurturing environment to make new friends, build crafts and sing songs at circle time. Facilitators will further empower and enable the desire to provide nurturing and enriching information for children.



For more information visit www.meetup.com/EWCS-childrens-playgroups.

Rockwood FC (Soccer) – Rockwood FC is a vibrant, competitive community-based soccer club with a variety of house league and rep programs. We field teams/programs from U4-U18 in both girls and boys divisions. Rep team tryouts for 2014 are in late September; schedules are available from www.rockwoodfc.com or rcregistrar@gmail.com. Registration for the House League 2014 season started Aug. 1, 2013 and registration forms and information can be found at www.rockwoodfc.com. Outdoor season runs from May to September depending on the age group.

In the winter, our rep teams practice at the **Royal Distributing Athletic Performance Center**. We run training programs at Rockwood Centennial School and at Royal Distributing Athletic Performance Center from November to May, including adult recreational pick-up. Fall and winter training programs will be taking registrations in September; please check website for details.

Tot'n'Play – Drop in for playtime at the **Royal Distributing Athletic Performance Center**. Half of our indoor field is available for parents and children ages two to five to run around and play games. We have a parachute, sports balls, hockey sticks, bowling and more, or bring in your own outdoor toys. Our coaching room is available for group social and snack time. Please remember to bring indoor shoes.

Monday, Wednesday and Friday: 9 a.m. – 12 p.m.

Cost: \$3/child, \$10 for a family of four or purchase a 10-play Tot'n'Play pass card for \$25

Love for Libraries – Wellington County's library branches offer free access to thousands of books, DVDs, magazines, audiobooks, eBooks and more. We provide programming for all ages, free Wi-Fi and public computer access, meeting room rentals and access to free online resources. Guelph/Eramosa Township is home to two of the County's Libraries, the Rockwood and Marden Branches, which offer the following services:

Preschool Programs – Our preschool programs are created to help your child get ready for reading. Share stories, songs, rhymes and activities aimed at developing your child's early literacy skills. Parents and caregivers are encouraged to participate.

Book Clubs – Our book clubs are a popular way to allow readers to discuss books in an informal setting. We offer monthly evening and afternoon time slots for a variety of age groups.

eReader Workshops – Thinking of buying an eReader or already have one, and wondering how to download free books from the library? Learn the basics to help you get started.

Seasonal Programs – Bring your holiday spirit and count down the days to Christmas with stories, games, movies and a countdown calendar activity.

Online Resources – Online resources are a great way to find free, up-to-date information on current events, world history, genealogy and more. Learn a new language, find information for your next school project or listen to a great audiobook, all from your home computer or one of our 14 branches.

Visit www.wellington.ca/Library for information on all of our programs.

MARDEN BRANCH

7368 Wellington Road 30, Guelph, ON N1H 6J2
519-763-7445

ROCKWOOD BRANCH

85 Christie Street, Rockwood, ON N0B 2K0
519-856-4851

Healthy Living: Keeping Your Children Healthy

Did you know that only 9% of Canadian boys and 4% of girls do enough physical activity for health benefits?

Increase your children's physical activity rates:

- Encourage your children to safely walk or bike to school, errands and sporting activities.
- Share responsibility with other parents for supervision of younger children as they travel to and from school and activities.
- Park the car a short distance from destinations and walk a few blocks when it is not possible for your children to walk the whole way.
- Provide time for structured and unstructured play outside of school.
- Be a role model. Adults should model and encourage an active lifestyle.
- Use praise, rewards and encouragement to help children be active.

By helping your children be active you are:

- Improving self-esteem and mental health.
- Improving posture and balance.
- Building strong muscles and bones.
- Assisting with weight control.
- Supporting stress reduction.

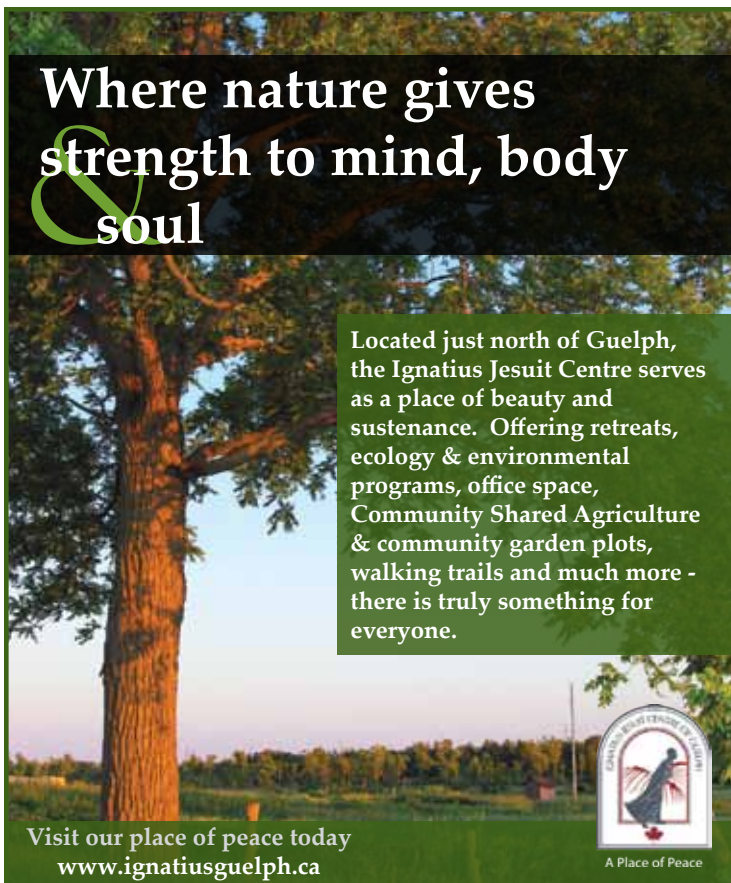


Keep in mind that active kids need to rehydrate with healthy beverages:

- Sugary drinks are the number one source of sugar for 9 to 18-year-olds in Canada.
- Tap water is the best drink for kids at minor sports games and practices.
- Sports drinks are not needed unless children are exercising hard for 60 to 90 minutes or more. Factors to consider include weather conditions, the use of heavy protective clothing/equipment and the intensity of exercise.
- Energy drinks are different than sports drinks and have a negative effect on athletic performance. Energy drinks can have extremely high levels of caffeine, sugar, and other potentially harmful additives and are not recommended for children or adolescents.

For more information visit
Wellington-Dufferin-Guelph
Public Health website at
www.wdgpUBLICHEALTH.ca,
call 1-800-265-7293 or
email info@wdgpUBLICHEALTH.ca.






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 Saturday 8:00am-5:30pm



A National Historic Site

Explore	the oldest surviving former House of Industry in Canada, the Poor House Cemetery, and the 1877 Barn
Experience	fascinating exhibits, engaging events, and family-fun festivals
Research	your house, your family tree, and Wellington County history in the Archives
Relax and Recharge	in our beautiful gardens or hike the Cataract Trail
Celebrate and Meet	in our unique venue, perfect for weddings, meetings, parties and more!

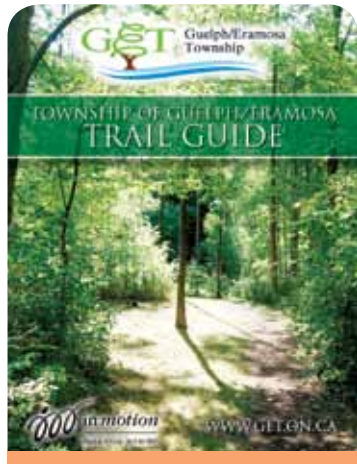
Museum and Archives
 Wellington Road 18 between Fergus and Elora
 T 519.846.0916 x 5221
 Toll Free 1.800.663.0750 x 5221
www.wellington.ca/museum



Trail Etiquette

The Township of Guelph/Eramosa is home to a number of trails, all nestled in a beautiful natural environment. We invite you and your family to explore our trails using the pocket-sized Trail Guide that is available at the Municipal Office at 8348 Wellington Rd. 124, Rockwood, or at www.get.on.ca.

When using trails, we ask that you please respect the environment and fellow hikers:



- For your safety, and to protect soil from erosion, do not take shortcuts.
- Respect the sound of nature. Avoid loud voices and noise such as mobile phones and radios.
- Respect the privacy of people living along trails.
- Keep dogs on a leash, especially on or near farmland.
- Be courteous to other hikers. Say hello to fellow hikers as you pass each other.
- Walk, ride or cycle in single file in the middle of the trail, even when wet or muddy.
- Visit trails in small groups: split larger parties into smaller groups.
- Unless you are passing someone, maintain a distance between yourself and other hikers.
- Leave flowers, wood, rocks and plants in their rightful place for others to enjoy.
- Do not break branches or strip bark off trees.
- Leave the trails cleaner than you found them. Carry out all litter.

FALL/WINTER FEATURE TRAIL

Trail Highlight: Kissing Bridge Trailway, Guelph to Millbank

This trail has to be the best kept secret in our Township: Pack a snack, lunch or just a container of water and head out for a delightful walk or cycle the whole family can enjoy! As a former CP rail line, the Kissing Bridge Trail is a groomed pathway that allows for easy access to take in all that rural Guelph/Eramosa has to offer. The trail is constructed of hard-packed limestone screenings that is wonderful for biking or walking. New in 2013 are 10 benches along the 10-kilometre portion of the trail that lies within Guelph/Eramosa Township.

At kilometer marker #15 trail users will be treated to views of the historic West Montrose covered bridge or the "Kissing Bridge" as it is more commonly called. The development and operation of the Trailway is carried out by a volunteer Trailway Advisory Board, jointly appointed by Wellington County and Waterloo Region.

For more information on the Kissing Bridge Trailway or to find out how you can become a trail volunteer go to www.kissingbridgetrailway.ca. This trail is a must-see attraction and another fine example of the positive impact that volunteers have on our community.

For more information on the Township's many other trails, pick up or download our Trail Guide at the Municipal Office or www.get.on.ca.



Photo courtesy of Kellie JOYce

East Wellington Community Services

Adult Day Program – Tuesdays at Rockmosa Community Centre from 9:30 a.m. to 3 p.m. This service is for older adults who have Alzheimer's disease or other forms of dementia. An opportunity for clients to interact with their peers while remaining independent. Transportation is available. Contact Sherri at 519-833-0087.

Medical Transportation – Free transportation for East Wellington senior residents to attend medical appointments in various locations. Minimum two business days advance notice. Contact Darci at 519-856-2113.

Adult Day Trips – Social outings to learn and enjoy for a reasonable fee. Excursions to a variety of venues and locations monthly. Pickup and return locations in Erin, Hillsburgh and Rockwood. Contact Rick at 519-856-2113.

Recreational Euchre – Thursdays from September through June from 1 to 3 p.m. at Rockwood Library. Contact Rick at 519-856-2113.

Food Bank – Donations of healthy food always welcome! Annual "Christmas Hamper Program" will occur again this year. Sponsor a family who needs support! Contact Darci at 519-856-2113.

New to You Thrift Store – Tremendous deals on name-brand clothes, accessories and books. Open Monday through Saturday 10 a.m. – 4 p.m. and the second Thursday of each month until 9 p.m.

Volunteer Centre of Guelph/Wellington

46 Cork St. E., Unit 1, Guelph, ON N1H 2W8
Tel: 519-822-0912 Toll Free: 1-866-693-3318
Fax: 519-822-1389
Email: info@volunteerguelphwellington.on.ca
www.volunteerguelphwellington.on.ca

Guelph/Wellington Women in Crisis

519-836-5710 or 1-800-265-7233

KidsHelpPhone.ca

1-800-668-6868



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OLG Slots at Mohawk Racetrack
9430 Guelph Line, Campbellville, ON
(905) 854-4053 or 1-800-732-2230
Open 24 hrs a day, 7 days a week

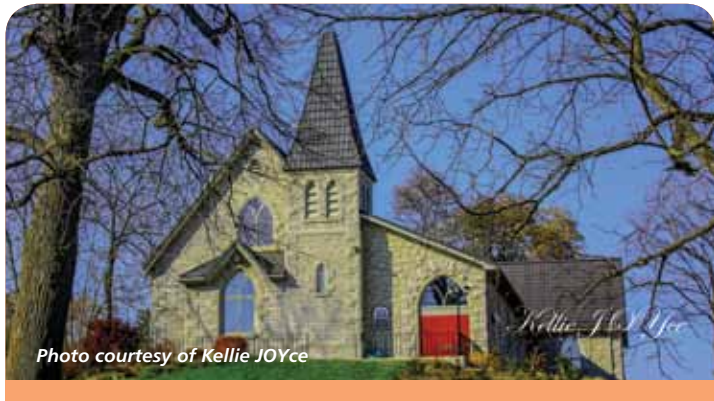
olg.ca



Must be 19 years of age or older. Valid government-issued photo identification may be required.

Church Suppers

Sept. 23, 2013 – Presbyterian Roast Beef Supper at Rockmosa Community Centre. For more information, call Barb at 519-856-4891.



Oct. 7, 2013 – St. Peter's Church Country Style Turkey Supper beginning 6 p.m. at the Rockmosa Community Centre. Adults are \$15, children under 10 are \$8, families are \$40 and take-out is \$14. For more information, call Alfie at 519-830-4131 or 519-856-4442.

Oct. 21, 2013 – Stone United Church Roast Beef Supper at Rockmosa Community Centre. For more information, call Eileen at 519-856-9648.

Nov. 18, 2013 – Presbyterian Spaghetti Supper at Rockmosa Community Centre. For more information, call Barb at 519-856-4891.

Community Groups

Ariss and District Lions Club – Meetings held second and fourth Tuesdays at 6:30 p.m. at the Heritage Park Community Centre, 85 St Charles St. E., Maryhill, ON. Contact Lion Jim Davis, Membership Chair, at 519-824-0471 or Lion Neil Perry, President, at 519-822-3330.

Rockwood & District Lions Club – Meetings held first and third Wednesdays (Sept – June) at 7 p.m. at the Rockmosa Community Centre, 85 Christie St. Rockwood, ON. Contact Scott Jamieson, President, at 519-856-9468 or Scott.Jamieson@sympatico.ca.

Rockwood & District Lioness Club – Meetings held fourth Wednesdays at 7 p.m. (Sept – June) at the Rockmosa Community Centre, 85 Christie St. Rockwood, ON. Contact Doris Ens, President, at 519-856-9419.

Guelph Township Horticultural Society – Meetings at the Marden Library and Community Centre, 7368 Wellington Rd. 30, RR#5 Guelph, on the third Tuesday of each month at 7:30 p.m. unless otherwise specified.

Our annual program includes flower and vegetable shows, photographic competition and potluck suppers. A variety of subjects are covered by guest speakers at meetings from February to November, and occasional garden tours or workshops are offered.

There is opportunity to serve on committees such as Civic Planting, Plant Sales, and Adopt-a-Road to name just a few. The youth program includes guidance on garden growing, flower and vegetable shows and hands-on activity meetings.

All are welcome to attend meetings, however in order to participate in a show or competition, you must be a member. Membership is \$10 for adults and \$2 for youth.

For more information, visit www.guelphthortwphortsociety.org or email gths1922@hotmail.com.



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Guelph Carving Club – Meetings on Monday nights from 6 to 9 p.m. at the Marden Community Centre. Members of all abilities carve animals, relief carvings, walking sticks and many other objects. The Club has someone on-site to show you how to sharpen knives or gouges and help with painting. Seasoned members show newcomers how to carve safely. Many of our new members have never carved before, but that has not stopped them from winning ribbons at the shows. There is a potluck in late spring and a Christmas dinner in November. For more information, contact Ray Lang at 519-822-7826.

Community Events

Sept. 22, 2013 – TasteReal Field Dinner

Celebrate the harvest season at the beautiful Nassagaweya Retreat in Moffat, Ontario. TasteReal is very excited to welcome Chef Lynn Crawford, star of Food Network Canada's show *Pitchin' In*, as the host of the event. Chef Lynn will be rolling up her sleeves and "pitching in" to prepare a feast featuring local food!

www.tastereal.ca

Nov. 23, 2013 – Start your shopping early at the **Annual Lioness Bazaar** and visit vendors, the penny table, and the bake table that includes delicious meat pies and tea at the Rockmosa Community Centre from 9 a.m. – 1 p.m.

Dec. 1, 2013 – Visit Santa with a wish list during the **Breakfast with Santa** event sponsored by Rockwood & District Lions Club at the Rockmosa Community Centre from 9 a.m. – 12 p.m.

Jan. 11, 2014 – Attend the **New Years Levee** at Rockmosa Community Centre from 1 – 4 p.m. for a chance to meet your Township Mayor and Council.

Jan. 30, 2014 – Enjoy a hot meal on a cold night during the Lioness Ham Supper at 6 p.m. at the Rockmosa Community Centre.

Teen Dances – Presented by Party Cinemas at Rockmosa Community Centre from 7 to 10 p.m. for ages eight to 14.

- Sept. 20, 2013
- Nov. 15, 2013
- Jan. 17, 2014
- Mar. 14, 2014
- Oct. 18, 2013
- Dec. 13, 2013
- Feb. 14, 2014
- Apr. 11, 2014

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www.mosboroughmarket.ca

Wellington County Museum and Archives

Visit a National Historic Site right in Wellington County! Join us for family fun festivals, events and programs all year long: Harvest Home when we celebrate all things agricultural, spooky Spirit Walks, Halloween

decorating crafts, ghost stories in the Barn and our special Christmas festival.



Research your family tree, your home and Wellington County history in our state-of-the-art Archives with complimentary access to Ancestry.ca.

Visit two floors of fascinating exhibits in our wheelchair-accessible building. Host your next

wedding, party, reunion or meeting in our unique venue: the Museum features two rental halls and outdoor gardens that are perfect for any social or business event.

Visit www.wellington.ca/museum to learn more.

In a Heartbeat Art Gallery

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www.inaheartbeat.cc

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All day breakfast, lunch and dinner!
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Saturday: 6:00am-9:00pm
Sunday: 7:00am-9:00pm
Kitchen closes at 8:00pm

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519-856-4801
Licensed establishment

Getting to Know Guelph/Eramosa

In 1999, the former Townships of Guelph, Eramosa and part of Pilkington and Nichol were amalgamated to form the Township of Guelph/Eramosa.

Eramosa Township was established in 1784, although it was not surveyed when the Mississaugas surrendered the land to the government. It was first surveyed in 1818 by Samuel Ryckman and this was the first time the name "Eramosa" had been used to describe the parcel of land. John Harris, the first settler of Eramosa Township, built a small shanty in 1821 followed by Col. Henry Strange in 1840. In the 1850s the community, originally known as Brotherstown, became known as Rockwood.

In 1825, Samuel Rife was the first settler of Guelph Township. In 1827, a group of Scottish settlers called the La Guayrans, who originally settled in Venezuela, were resettled in Guelph Township by the Canada Company. Throughout the 19th and 20th centuries, Guelph Township became a centre for agricultural excellence through rural and agricultural educational institutions.

A New Look



The Township of Guelph/Eramosa dipped into the past and looked to the future with the design of its new logo which incorporates the Eramosa and Speed Rivers, both local heritage rivers and major tributaries of the Grand River. These heritage rivers are not only important to this community for their natural beauty and recreational attraction, but they were crucial to the settlement of this area and agricultural uses of the land, which continue today. The design element of the tree within the logo recognizes the common respect for the natural environment that residents share.

Then and Now

Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood.

Visit the Cenotaph on Sat., Nov. 9 and Mon. Nov. 11 at 10:50 a.m. for Remembrance Day services.



RIDE THE RAILS

HALTON COUNTY RADIAL RAILWAY

ADMISSION INCLUDES
STREETCAR RIDES • DISPLAY BARN
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ICE CREAM SHOPPE

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MILTON, ON HCRY.ORG

There are lots of reasons to visit Guelph/Eramosa this fall and winter! And if you live here, there are lots of things happening right in your own backyard!

Sept. 15, 2013 – Eden Mills Writers' Festival

A nationally-acclaimed and widely-respected literary event takes place on the banks of the Eramosa River. Audiences of several thousand "come for the words" each year to enjoy readings and to visit Publishers' Way where publishers, booksellers, magazine producers and non-profit groups come to showcase their wares.

www.edenmillswritersfestival.ca

Sept. 28 2013 – 100 Year Feast – We invite you to join us for our annual fundraising event, The 100 Year Feast – A Celebration of the Jesuits, at the Ignatius Jesuit Centre. Come and honour this milestone event and enjoy a fabulous meal of locally-grown foods, and hear the stories of times gone by. Tickets are \$100/each. Call 519-824-1250 ext. 221, administration@ignatiusguelph.ca or <http://ignatiusguelph.ca/events.html>

Fall 2013 – Wellington Rural Romp – Celebrate the Fall Harvest by touring over a dozen Wellington County farms and markets on this self-guided tour. Enjoy the hearty eating of real food, the fall harvest and fresh-from-the-farm delights that can be stored and enjoyed all winter long. www.tastereal.ca

Oct. 15, 2013 – Guelph Township Horticultural Society Fall Flower and Vegetable Show – View the displays and hear the evening's speaker at the Marden Community Centre. www.guelphthwphortsociety.org

Nov. 9 and 11, 2013 – We Shall Remember

Every year Guelph/Eramosa acknowledges the courage and sacrifice of those who served their country during times of war, military conflict and peace.

On Saturday, in partnership with the Royal Canadian Legion Branch 234 Guelph and Branch 197 Acton, 121 Red Arrow RCAC Squadron and 1882 Wellington Rifles ACC, the Township will hold a Remembrance Day Service at the Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood. Service will commence at 10:50 a.m.

On Monday, in partnership with Rockwood Centennial Public School, the Township will hold a Remembrance Day Service at the Rockwood Cenotaph, located at the corner of Guelph Street and Highway 7, Rockwood. Service will commence at 10:50 a.m.

Dec. 12, 2013 – Rockwood Farmers Parade of Lights Bundle up and enjoy a special night with family and friends guaranteed to bring a smile to your face! This unique evening Christmas parade is brought to you by the farmers of Rockwood community. Each year farmers decorate their farm equipment and machinery with hundreds of beautiful lights. This unique holiday spectacle is a sight to behold for kids of all ages! The parade begins at 7 p.m.

www.rockwoodfarmersparade.org



Jan. 11, 2014 – New Years Levee – Mayor and Members of Council invite you to celebrate the start of a new year in Guelph/Eramosa! Join Members of Council and the Rockwood Lions Club at the Rockmosa Community Centre from 1 – 4 p.m. for a meet-and-greet and refreshments.

Feb. 17, 2014 – Family Fun Day – Hosted by the Township of Guelph/Eramosa and the Ariss Lions Club at the Royal Distributing Athletic Performance Centre, this one-day event has fun-filled activities for the whole family including indoor jumping castles, climbing walls, games and more! www.get.on.ca

55

+

NEW!

PROGRAMS

The Township of Guelph/Eramosa is now offering programs specifically for Active 55+ residents

Delivered by trained instructors at Rockmosa Community Centre and the Royal Distributing Athletic Performance Centre, our affordable 10-class programs will prove that fun and fitness go together!

Program registration is open – see pages 22-31 for registration and program information and take advantage of discounts when you sign up for two or more programs!

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