

Meals on wheels boon for 10 shutins here

By Kerry Chalmers
Meals on wheels is running smoothly for senior citizens in Rockwood because of the cooperative effort of many area residents.

Mary Coulter co-ordinates the program here in the village with Betty Eason as back-up co-ordinator. They take referrals from Dr. Jane Hosdill, the public health nurse and personal applications and try to fit them in. Mrs. Coulter is in contact with the meals on wheels program co-ordinator in Guelph, and details are worked out with St. Joseph's Hospital who supply a maximum of 36 meals per day.

The Red Cross package the meals and local volunteers deliver them from Guelph. There is a minimum fee of one dollar per meal and the overall cost is underwritten by health services.

Changes
There are approximately 10 people receiving meals at the present time but this changes daily. Often poor eyesight, injury requiring crutches or a wheel chair, or severe weather prevents both the purchasing of proper food and its preparation.

We provide service to those who cannot or will not prepare nutritious well-balanced meals," Mrs. Coulter outlined. "Often a

person living alone falls into a pattern of snacking and fails to prepare a full-course meal."

Take more
Mrs. Coulter reports that there is room for additional people. Many referrals have come from a friend or neighbour who felt someone would benefit from this program. If you know anyone who qualifies for meals on wheels or would like to volunteer your services for the distribu-

tion of meals contact Mrs. Coulter at 856-4624.

Drivers presently volunteering their services are: Lynda Duncan, Maureen McLeod, Barbara Wynneek, Helen Bayne, Grace Knegt, Marion Ostrander, Judy Dunne, Ed Pasmore, George Day, Virena Swanston, Carol Gregg, Marjorie Saunders and Olive Carriek. Distributors are Verna Root, Virena Swanston, Mrs. M. Nightingale and Jean Martin.



MEALS ON wheels volunteer Lynda Duncan serves lunch to main street resident Mrs. Scott who is just recently out of hospital and is very pleased with the service. Lynda is holding container used to bring each meal to a house from a heated styrofoam box.



Lions speaking contest award winners named

By K. Chalmers
Rockwood and District Lions Club held their annual Effective Speaking Contest in conjunction with the Guelph club recently at the Cutten Club where the Lions and their ladies, parents, teachers and judges enjoyed an evening out.

High school students under the age of 20 from the five high schools in South Wellington can participate.

This year the Rockwood and District Lions are sponsoring Garth McFadden 17, of Guelph, a grade 11 student from G.C.V.I. who took first place and Marilyn Fletcher 17, a grade 12 student from Guelph attending John F. Ross, the second place girl. They go on to district A-15 in Waterloo on April 15 and the winners of A-15 go on to multiple district A finals.

Jack Hooghiem was chairman and responsible for organizing the event and Wes Heald chaired the successful evening at the Cutten Club in Guelph.

40 member tennis club

By K. Chalmers
Rockwood Tennis Club is a reality. The club met Monday night at the Parish Hall and already there are 35 to 40 members. The lines on the court will be completed by the end of April and nets up if the sunny, dry weather permits.

Many new faces have joined the group and anyone interested in playing tennis is welcome to come to the next meeting, states club president Barbara Funk. The club hopes to have all memberships in by May 1.

President is Barbara Funk, vice-president, Brian Storey, secretary, Patti Jacobs, treasurer, Donna Ford; tournament organizer, Bart Jacobs; social convener, Lorraine Root; junior club member representative, Teresa Moss and senior club member representative is Vesna Mance. Membership chairman is Lynda Duncan.

The next meeting is Monday, April 25 at 7:30 p.m. at the Parish Hall.

Shoot up

Bulls are sending up shoots this week.

Rockwood & District

Rockwood bowling

Team Standings
Carnegys 121, Guelphites 104, Optimists 103, Kay's Feeds 101, Mustangs 99, Dynamites 94, Countrymen 90, The Happy Gang 90, Nortons 88, Five Plus One 86, Four Corners 82, Popeye 79, Men over 600
Bob Lilley 731, Paul Holman 723, Ted Jestin 716, Sam Lawler 652, Danny Renaud 629, Wayne Nightingale 628
Women over 500
Violeta Lilley 645, Nellie Stokman 622, Ann Parkinson 566, Denise Bolton 565, Alice Johnston 539, Marg McKersie 530, Diana Carney 508, Gwen Martin (spare) 503, Val Samuel 500

Bolton 565
Dynamites 5 pts., Paul Holman 723, John Dales 542, Popeye 2 pts., Gordon Ostrander 498, Garfield Tarzwell (spare) 469
Guelphites 7 pts., Sam Lawler 652, Russ Gordon 594, Mustangs 6 pts., Harvey Reid 547, Dave Cleland 473
Carnegys 7 pts., Bob Lilley 731, Violeta Lilley 645, Nortons 6 pts., Roy Nightingale 590, Alvie Johnston 539

Insecure premises

Guelph OPP report finding insecure premises in Erin and Rockwood. Owners of property should check doors and windows before leaving their business premises," the police advise.

Shoot up

Bulls are sending up shoots this week.

Rockwood Roundup

By Kerry Chalmers
Lori Bell and Mary Pollock were enrolled into the second Rockwood Brownie pack Tuesday night. District commissioner Mrs. Petrie and parents were present for this special event. The girls recently had a visitor, Mr. Burke from Guelph, showing slides on the history of astronomy and the warm March weather resulted in a walk through the conservation area after school one day for the brownies.

Wideman have live entertainment Thursday, Friday and Saturday nights. There is a full menu offered in the dining room daily from 11:30-8:30 p.m. and children are welcome in the dining room. The owners offer ample parking behind the building and ask that patrons co-operate and avoid street parking. Senior citizens can enjoy a meal with 10 per cent off on Monday, Tuesday and Wednesday with a senior citizens card.

Chairman of Finance, George Day reports that the Wellington County Board of Education approved a budget for 1977 of \$38.1 million, an increase of 9.9 per cent over 1976. This approval was given at the board meeting on March 28, 1977.

Rockwood and District Lionettes will be at the Willow West Mall this Saturday, April 2 selling house plants and other articles.

Attention Peter Rabbit—Schneiders Reliable Sweets is still open for business this Easter! They offer a wide variety of Easter novelties with everything from plain or decorated bunnies to marshmallow, cream or jelly filled eggs. Assorted chocolates are also available. People can drop in to 179 Main Street south in Rockwood Monday to Saturday from 10 a.m. to 4 p.m. at the rear of the building.

Rockwood Hotel owners Angelo Ferraro and Paul

Leisure servers

On March 26, The Rockwood Leisure Ladies held their fourth meeting at Mrs. McDuffe's. The roll call was to show how much they had done on their garments.

They discussed their skit and agreed on an inside setting, and the possibility of using stuffed animals and pillows was suggested.

The Achievement Day programs were handed out and the activities discussed briefly.

The girls who had some sewing to do on their outfits then did so with the assistance of Mrs. Eloise Gardiner and the leaders and senior members.

A letter regarding Pioneer Days in Rockwood was read by Miss Bayne, and for the roll call next week it was agreed that they decide whether they will participate or not.

Tennis courts

Ermosa township council has received a cheque from the Ministry of Culture and Recreation for payment of the tennis courts built in Rockwood park last summer. A grant had been applied for and received for the construction of the courts. Reeve Bill Adsett noted the cheque settled the funding of the project, and it was now fully paid for.

Parents and friends—don't forget to buy your ticket for the dance held by the Rockwood Brownie and Guide Parent Committee. The dance will be held at the Acton Legion Hall Saturday, April 2 from 9 p.m. to 1 a.m. and all proceeds go to assist brownie and guide activities in Rockwood. For tickets call Marlene McKendry 856-9143, Carol Petty 856-9981 or Julie Thatcher at 856-4283. The parent committee will also have a couple of tables at the Willow West Mall on Saturday selling second hand books.

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6:30 The Bible's View
7:00 The Rud Whiting Show
7:30 Karate in Action
8:00 The Questors

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A special edition of the Rud Whiting Show will answer your questions. Chartered accountant "Graeme Goebelle" will be the special guest.
Send your questions to "The Tax Man" c/o Halton Cable System, 247 Armstrong Ave., Georgetown
Questions received by April 5 will be answered April 6 at 7:00 pm.

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Here in Ontario, the Ministry of Health provides the vaccines and your Ontario Health Insurance Plan (OHIP) pays a fee to the physician for administering them.

But the responsibility for immunization—for making sure your children are protected—is still up to you. Have your children immunized by your family physician. Or, for school age children, use school immunization programs provided by Health Units.

Immunization is quick and convenient—vaccines against several diseases are often combined. And the only way to control these diseases is to immunize as many people as possible.

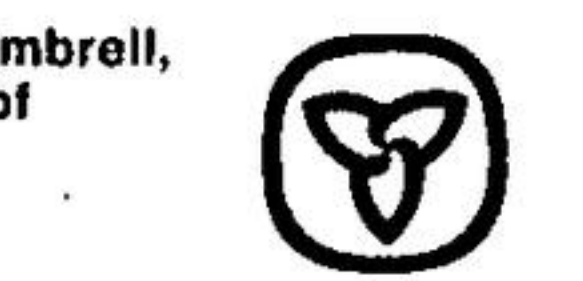
Your Ontario Government is doing its share—by providing vaccines and paying for immunization through OHIP.

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A free booklet, "Immunization is your responsibility," is available with a chart showing what diseases your children should be immunized against, and at what ages. For your copy, write to:

Health Resource Centre
Communications Branch
Ontario Ministry of Health
Hepburn Block, Queen's Park
Toronto, Ontario M7A 1S2

Dennis Timbrell,
Minister of Health



Province of Ontario

William Davis,
Premier