

The ROCKWOOD Miller

Township Digest

Synchro wins

Congrats to Rockwood residents Drew Trainor and Coral Meredith who meddled recently at the West Regionals Championship swim meet. Both compete as members of the Guelph Synchronized Swim Club – Trainor on the 10-and-under team, and Meredith on the 13-to-15 team and duet. Guelph earned Bronze in the 10-and-under routine and Meredith and her partner earned fourth place in duets.

Cemetery rates up

The price for a full-size interment at the

Rockwood Cemetery will increase by 13.5 per cent to \$795 on May 1 with Guelph/Eramosa Township Council's recent approval of new plot and service rates. The cost to excavate for a cremation ground interment jumped 25 per cent to \$390, and the cost of a full size grave is now \$1,300, an 8.3 per cent increase. The Township contracts Woodlawn Memorial Park Cemetery in Guelph to oversee the interments and plot sales in Rockwood.

Avery's Bravery Race

The focus will be on family fun and fundraising on Saturday, April 28 in and around the Rockwood Conservation Area for the third annual Avery's

Bravery Race. Three-year-old Rockwood resident Avery Bond had life-saving heart surgery at SickKids Hospital when she was 13 days old, and her parents said thanks by raising donations – \$12,000 so far – for the hospital.

Along with a five-kilometre run, there will be a two-km walk, a free 100-metre dash for kids 10 and under, a bouncy castle, face painting, crafts, cupcake decorating, obstacle courses and martial arts demonstrations. For details call Christine at 519-856-0066.

Twain time

Actor Patrick C. Smith will channel Mark Twain during an evening of humour at the Century Church Theatre in Hillsburgh on April 28. Call 519-855-4586 for information.



VETERAN HONOURED: Deputy-Chief Dan Hitchcock (centre) received a plaque to commemorate both his 30 years of service with the Guelph/Eramosa Fire Department, and his retirement on Monday at the Township council chambers. Doing the honours were Mayor Chris White (left) and Fire Chief John Osborne. – Melissa Paul photo

Top three innovations to improve home efficiency

Our homes are a great measuring stick of how far we've progressed in the past 20 years, especially when it comes to their efficiency in terms of saving us energy and money. Here are the top three innovative technologies that can improve the efficiency of our homes:

Home Automation

- It wasn't that long ago that an automated home was a focus of science fiction. Today, adding the convenience and control of our indoor climate, lighting, electronic media and home security is increasingly affordable and accessible through home PCs, smart phone and

tablet applications. With home monitoring systems, you can track energy and water usage in real time, spot key sources of energy loss and make immediate adjustments.

Insulation

- If your home is more than 10 years old, there's a good chance it has fibreglass or cellulose insulation behind its walls. Since they are difficult to install perfectly and can sag or settle over time, they can leave gaps and seams. It's like leaving a window open 24 hours a day in the freezing cold.

- Insulation advancements have brought us spray foam insulation options that won't settle, sag or leave any gaps. Spray foam acts as an air barrier and can deliver up to 50 per cent energy savings over older insulation options.

Appliances and HVAC

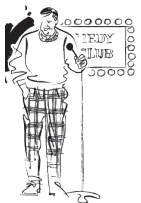
- Appliances and heating/cooling systems are essential in Canadian homes – and not surprisingly, they are constantly undergoing improvements. New energy-efficient refrigerators use less than half the energy of models that are 12 years old and use 75 percent less energy than those produced in the late 1970s.

- If you have a conventional natural-draft furnace made before 1992, it might only operate between 55 to 78 percent efficiency. Upgrading to a new induced-draft condensing furnace can increase efficiency to above 90 percent as a result of more efficient.

ROCKWOOD FIRE FIGHTERS ASSOCIATION

presents

"YUK YUKS ON TOUR"



Saturday April 28

Tickets \$25
Available at Foodland

Doors open at 7pm
Show starts at 8pm



Light Lunch, Silent Auction, Dance

For more info please call Adam 519-993-5767



East Wellington Family Health Team

Check out our upcoming FREE workshops:

Heart Smart Strategies: Learn how to de-stress and relax your cardiovascular system

Rockwood: Tuesday, May 15th, 4:00-6:00pm
Erin: Wednesday, May 23rd, 4:00-6:00pm

Healthy You: a 6wk. group weight management approach that focuses on lifestyle changes;

a non-diet approach to achieve a healthier weight
Rockwood: runs for 6 weeks, starting Tuesday, May 1st, 9:30-11:30am
Erin: runs for 6 weeks, starting Thursday, May 3rd, 3:00-5:00pm

Bone Health and Falls Prevention

Rockwood: Friday, May 4th, 10:00-11:30am
Erin: Wednesday, May 9th, 10:00-11:30am

Understanding Diabetes Medications

Erin: Thursday, May 3rd, 6:30-8:00pm

Diabetes Foot Care and You

Erin: Monday, May 7th, 9:30-11:00am
Rockwood: Thursday, May 24th, 9:30-11:00am

Pre-diabetes: Your Chance to Change the Future

Erin: Thursday, May 10th, 6:30-8:00pm

Living With Diabetes

Rockwood: Tuesday, May 15th, 6:30-8:00pm

Meal Planning with Diabetes

Rockwood: Tuesday, May 29th, 6:30-8:00pm

Diabetes: Carbohydrates and You

Erin: Thursday, May 31st, 6:30-8:00pm

You must pre-register. To do so, or for more information about these sessions, go to www.ewfht.ca and click on "Workshops" or call 519-833-7576 ext. 341

Erin sessions are held at the
Erin Wellness Centre, 6 Thompson Cres.;
Rockwood sessions are held at 175 Alma Street

4th Annual Giant Lawn & Garden Auction

Saturday April 28th @ 10 am

Consisting of:

NEW & USED EQUIPMENT, MOWERS, TILLERS, RIDING TRACTORS AND CHAIN SAWS

Location: JIM'S REPAIR SHOP OF ROCKWOOD
105 ALMA STREET ROCKWOOD
on the corner at the lights on #7

Viewing: FRIDAY APRIL 27TH 2012 12-4PM
OF SALE DAY 8AM TO SALE TIME

Terms: Cash, Cheque with proper ID, Visa/Interact

Any announcements day of sale take precedence over ads.
Proprietors & Auctioneer not responsible for accidents day of sale.