

The ROCKWOOD Miller

Township Digest

Well septic grants available

Landowners who want to decommission old private well, or upgrade their septic system are invited to apply for grants from the Grand River Conservation Authority. As part of a province-wide move to protect the sources of municipal water supplies, grants are available to landowners in Guelph/Eramosa and Puslinch Townships and the City of Guelph. For details call 519-621-2763, ext. 2268.

Green Legacy

Approximately 5,000 trees were distributed by Wellington's Green Legacy program on the weekend - 3,500 of them from the Rockwood Fire Hall and the balance from the Marden Centre. "There was approximately 150-pounds of food donated and \$80 in cash, going to the food banks," Councillor John Scott reported to Guelph/Eramosa Township Council on Monday.

Local woman rides to conquer cancer

On June 9 and 10, Emily Morse of Rockwood will be taking part in this year's Enbridge Ride to Conquer Cancer. The 220 kilometre bike ride, over two days, runs from Toronto to Niagara Falls and benefits the Campbell Family Institute at The Princess Margaret hospital

The Campbell Family Cancer Research Institute is an elite team of cancer researchers - scientists, clinicians and others that work together to move basic research into therapeutic reality.

The money raised goes towards research, teaching and care at The Princess Margaret. Emily



Emily Morse

has personally selected that any funds she raises will be directed towards looking for a cure and early detection in childhood cancers.

In her second year involved in the Ride, Emily has already raised over \$2000 towards her goal of \$3000 and will be at Georgetown Marketplace mall on Saturday, May 19 from

9:30 a.m. to 1:30 p.m., accepting donations towards this cause.

Emily's inspiration for the ride was the passing of her Grandmother to cancer, who Emily recalls "never once said anything about any pain or discomfort she was in." During one of her training rides, while thinking about how incredibly hard the training was, Emily

realized that it is nothing compared to battling cancer. So the very least she felt she could do is ride up a few hills without complaining.

"By fundraising for The Princess Margaret I'm able to fight back in hopes that one day we will no longer have to know the pain of losing a family member or friend to cancer"

East Wellington Family Health Team

Feeling tired? Lacking energy? Trouble managing weight?

Get moving! Walk-fit is for you!

No cost, no huge time commitment, no special equipment other than a good pair of walking shoes. The East Wellington Family Health Team is partnering with Rockwood Physiofitness to provide a 6-week walking group

Professionally trained Erin Physiofitness staff will show you how to warm-up and cool down safely.

Conversation as you walk helps to make walking fun!

WHEN: Friday mornings, 9:00 - 10:15am, starting Friday, May 25th

WHERE: Group will warm up and leave from the East Wellington Family Health Team clinic, located at 175 Alma Street, Rockwood

COST: FREE! Courtesy of Rockwood Physiofitness and the East Wellington Family Health Team

HOW: Register by calling (519) 833-7576 ext. 341 or go to www.ewfht.ca and click on "Workshops"

Do something for yourself. You don't have to be experienced with fitness, you just have to be able to walk.

East Wellington Family Health Team

Rockwood Physiofitness
178 Alma St. Unit #1. PO Box 209 Rockwood On. N0B 2K0



TRAFFIC WOES: Construction season has Hwy. 7 through Rockwood torn up causing delays for traffic in both directions. - Marie Shadbolt photo

Police Report

Damage done

On May 10, a 2001 Ford Escape parked in the South parking lot of Acton High School had

extensive damage done to the passenger side of the vehicle. Damages are estimated around \$1500, and there are no suspects

at press time.

Concerned citizen calls in erratic driver

Around 1 a.m., on May 11 a concerned citizen contacted the Guelph Police to report an erratic driver. The citizen was able to provide police with the license plate, make

and model of the vehicle. A short time later police located the vehicle and a 49 year old Rockwood man was charged with having more than 80 milligrams of alcohol in 100 millilitres of blood. He will appear in court later this month.