# ROCKWOOD Miller



#### **Specializing in:**

- late model vehicles
- tune-ups
- electrical diagnosis
- air conditioning
- oil changes

## **YOU ASKED FOR IT!**

SO WE'RE NOW OPEN SATURDAYS 8- NOON

Starting Sat. Oct. 27 To Sat. Dec. 15

108 Station St. Rockwood 519-856-1531

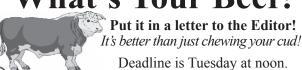




Fridays & Saturdays 7:00pm. Saturdays & Sundays 2:00pm

Tickets at Erin & Hillsburgh libraries, "Brighten Up" 67 Main St, Erin \$10 Or call the Box Office - Tickets \$12

# What's Your Beef?





SEAT SAFETY: Safe car seat installation and use was stressed at safety clinic at the Rockwood fire station last Wednesday afternoon, sponsored by East Wellington Community Services and the Guelph/Eramosa Fire Department. Ospringe mom Cherlena Grinchpan, holding daughter Caelynn, was glad to have her car seat checked by Chantal Twerdun. – *Ted Tyler photo* 

# 【Township Digest

### Nurturing non-denominational

Local senior Sytske Drijber offers a "safe, nurturing and non-denominational" after -school Bible Club in her Rockwood home on Fridays. With Bible stories, songs and activities, Drijber hopes to help kids develop their relationship with God.

Drijber, who has taught Sunday school for more than 40 years, was surprised at a recent session, the first of the school year, when the six kids who showed up were all in Grade eight. She said there's usually a younger

crowd – but was pleased to welcome the older kids who had "more to talk about and question."

All are welcome to Bible Club, which meets Fridays, from 3:30 to 4:30 p.m., at 231 Mary Street, Rockwood.

#### **Book sale fundraiser**

Rockwood's Christian, 7, and Anika Berringer, 11, hope to raise \$3,000 through a used book sale to help Dan Lajoie, a friend

of their mother's, buy a new wheelchair accessible van. Lajoie, a resident of Cambridge, suffers from spinal muscular atrophy and lost his van in a fire this summer.

Charlene Berringer's kids, 7 and 11 years old, didn't need much persuasion to help out, and are asking for donations of books for the sale, which will be on Saturday, November 3, from 10 a.m. to 2 p.m., at the Rockwood Tennis Club, which donated the space at Rockmosa.

The new van is estimated to cost \$60,000 and so far, the insurance settlement and some donations to a website – vanfordan. com – have brought in approximately \$35,000. On Sunday, Charlene Berringer said they'd collected more than 250 books and intend to make over 200 items for a bake sale. To make a book donation, until November 2, call 519-856-0363.

#### New Year's levee

Guelph / Eramosa Township officials have accepted an invitation from the Rockwood Lions Club to attend a New Year's Day levee at Rockmosa. "We decided on a levee, instead of trying to get a New Year's Eve party off the ground," Lions member Darryl Nichol said on Sunday. "We want the public to be able to meet their councillors, if they wish," he said, adding, by the time they approached council last year it was too late, and most had already made plans. Council voted unanimously to approve the levee plans, and waive the rental fee for Rockmosa. The hours for the levee have not been finalized.



Check out our **FREE** workshops this fall to help improve the health and quality of life of those living in East Wellington

#### **WALK FIT - 6 WEEK WALKING GROUP**

Erin: Starting Friday, Oct. 19, 26, Nov. 2, 9 – 9:00 am

#### PRE-DIABETES: YOUR CHANCE TO CHANGE THE FUTURE

**SESSION 2 - Erin:** Tues. Oct. 23 – 6:30 pm - 8:30 pm **SESSION 2 -** Rockwood Nov. 13 – 6:30 pm - 8:30 pm

#### LIVING WELL WITH DIABETES (3 SESSION SERIES)

**Erin:** Nov. 1 & 29 – 6:30 pm - 8:30 pm **Rockwood:** Nov. 6 – 6:30 pm - 8:30 pm

#### **HEALTHY YOU - 6 WEEK SERIES**

**Erin:** Thurs. Oct. 18, Oct. 25, Nov. 1, Nov. 9 – 9:30 am - 11:30 am **Rockwood:** Tues. Oct. 23, Oct. 30, Nov. 6 – 3:00 pm - 5:00 pm

#### **RELAXATION AND STRESS MANAGEMENT**

**Erin:** Thurs. Oct 18, 25, Nov. 1 – 7:15 pm - 8:45 pm

#### **CRAVING CHANGE**

**Erin:** Nov. 22, 29 – 9:30 am - 11:30 am **Rockwood**: Nov. 20, 27 – 3:00 pm - 5:00 pm

#### **BETTER SLEEP**

**Rockwood:** Nov. 8, 29 – 6:30 pm - 8:30 pm

#### **DIABETES DROP IN**

**Rockwood:** Mon. Oct. 29, Nov.19 – 3:30 pm - 5:00 pm **Erin:** Weds. Oct 24, Nov. 28, 27 – 3:30 pm - 5:00 pm

#### **NUTRITION AND HIGH BLOOD PRESSURE**

**Rockwood:** Nov. 13 – 9:30 am **Erin:** Nov. 15 – 3:30 pm

#### **HEART HEALTH NUTRITION**

Erin: Nov. 23 - 9:30 am

Erin Location: Erin Wellness Centre - 6 Thompson Crescent Rockwood Location: Rockwood Clinic - 175 Alma

To register please go to www.ewfht.ca and click on workshops or call Leah at 519-833-9396 Ext 362.