

Advertorial

Yoga in the Park returns



Staying Alive Fitness's popular fundraiser heads into its 8TH year

Gym owner Leanne Monaghan, Acton's trusted fitness guru, leads the charge to get residents active and healthy. The fundraiser has become a summertime institution, encouraging EVERY BODY to try something new in a safe environment and get back to nature. ALL FITNESS LEVELS WELCOME.

The event adds a 'feel-good' vibe not only to Acton's line-up of summer events, but to the community itself. With the venue set for Prospect Park, those in attendance can expect a relaxing yoga session surrounded by trees and water, guided by yoga instructors Leanne Monaghan and Renita Lobo.

Renita is a prolific instructor, having studied Hatha Yoga at the International Sivananda Yoga Centre. Coming from a background as a professional dancer, having been onstage with performers like Sting, Renita turned her focus to the healing properties of Yoga. She amassed over 800 hours of advanced training, and now passes her knowledge to beginners and experts alike.

This is a free community event thanks to our generous sponsors. A non-perishable food item, or a small monetary donation will be accepted during the event to support the Acton Foodshare, Links2Care and the CRC Hidden Quarry.

Those interested in volunteering can contact Staying Alive Fitness 519-853-2650.

**Yoga in the Park with Staying Alive Fitness
July 7TH - August 11TH
Thursdays 7 pm
Prospect Park, Acton**

Please follow us on Facebook for updates on this event and more:

www.facebook.com/stayingalivefitnessinc

STAYING ALIVE
FITNESS

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The ROCKWOOD Miller



Guelph / Eramosa COUNCIL CHIPS

By: Vivien Fleisher

Wellington source water protection annual report

Kyle Davis of Wellington Source Water Protection presented two items Monday night: the 2015 annual report, and his own appointment as Risk Management Inspector and Official. Established in the wake of the Walkerton tainted-water tragedy, the province of Ontario created the Clean Water Act in 2006, setting out requirements for municipalities. Guelph / Eramosa has two water systems: Rockwood and Hamilton Drive. The GRCA source protection plan, approved in

fall 2015, entailed hiring an inspector and official by the July 1 2016 deadline. Education and outreach is a big part of the program, since properties close to wellheads are subject to inspection and possible modification. Septic systems, agricultural practices, industrial operations etc. are all potential polluters, and in Guelph/Eramosa, septic inspections are ongoing.

All of this prompted Mayor Chris White to lament that "Agricultural folks are the stewards of the land, and yet have to foot the bill", in reference to the cost of repairing deficiencies

identified through inspections. The cost to protect source water rurally that goes to urban areas should be shared in his opinion. For more info, go to www.wellingtonwater.ca

Finance Department Report

Director of Finance Linda Cheyne gave a summary of Development Charge Reserve Funds. Highlights include the collection of \$1.4 million in development charges in 2015, which included \$483,963 in capital initiatives, \$932,466 for water and wastewater infrastructure, \$185,065 for budget initiatives

and \$160,112 for water development charges repaid to Seaton's upfront costs for Rockwood Well and Booster Station. \$858,573 remains in reserve.

Water Meter Cost Increase

Another water item, a report on revised water meter charges, was presented by Director of Public Works Harry Niemi. The cost per meter in 2000 was \$125 each, before digital replaced analog. After a comprehensive review, a new price of \$225 was determined, which is revenue neutral to the water department, and recoups both unit and meter readout costs.

'Mix It Up' at the Rockwood Library

By: Vivien Fleisher

Budding artists Katie, Sarah, Aven and Noelle enjoyed the latest art workshop at Rockwood Library on Saturday. Led by program coordinator Kiirsten Maki, the 'Mix It Up' workshop is a collaborative and sometimes messy program held several times a year. Based on author/artist Herve Tullet's books of the same name, kids are encouraged to take a different approach to painting by being told to use a certain color or brush size, of a shape or an object, and with another person who might move the paper as the other paints, for results that surprise and delight. All work will go on display throughout the summer at the library.

