

## These Lucky Losers are really winners

BY DOUG HARRISON  
The Rockwood Miller

If you lose weight, you're lucky. That's the message for 40 Rockwood and area women who call themselves Lucky Losers. It's a weight-loss group that meets Thursdays at 5:30 pm at St. John Parish Hall for fellowship, to provide support for one another and exchange recipes.

"I felt there was a need in the village," says Dot Polo, who helped form the group. "In the past, we were all members of an-

other club and when it closed we were all devastated.

"We all have problems. Sometimes you have a good week and sometimes you're not so lucky. We're not pointing fingers. We're all here for the same reason — to help each other."

The Lucky Losers, who recently hosted a fashion show, aren't just blowing in the wind either. They follow the Canadian Food Guide and get their information from the health unit.

The program offers 10-week sessions with extra money at the end going to local charities. The cost is \$50 for adults (the group is open to men and women) and \$40 for both seniors and students.

"If it was free there wouldn't be an incentive to attend meetings. If you had a bad week you wouldn't go," Polo says.

"Upcoming sessions include: *How to Get Motivated, Eating Out and Meals in a Hurry.*

"Fighting the battle of the bulge is a lifetime commitment. It's nice to get to know the people on a first-name basis who have the same problem," says Polo.

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## Lots of summer jobs for students

BY DOUG HARRISON  
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Who says the recession days are still with us? Certainly not the employees at the Canadian Employment Centre for Students in Guelph, where there was a 70 per cent increase from last year in the number of vacancies in May through-out Rockwood, Acton, Fergus, Guelph and Elora.

In addition, there was a 98 per cent increase in the number of placements (positions filled).

Vacancies for '94 are up 180 to 438 from 258. "We're getting steady traffic in the office," says Murray Odesse, supervisor for the Canadian Employment Centre for Students in Guelph.

Jobs available range from farm work on horse farms and government of Canadian customs work to environmental youth corps, landscaping and day camp.

"And there are tons of odd jobs. We've had a couple of students piece together four or five different households. There's certainly work to be had," says Odesse. He adds there are a huge number of private sector and clerical positions

available as well.

"The atmosphere is more positive. And that's not just here — I've heard that in Guelph and Kitchener too. We're not seeing people twice, unlike when the office first opened. The regulars have stopped coming through."

Odesse recommends high school students should begin visiting the centre.

There's a large increase in the number of government-funded positions as a result of youth and the country screaming loud enough that the government is "putting oil on the squeaky wheel."

"Students are high consumers, but they won't be if they don't have the money."

Wages for students under 18 years of age are running around \$6.35 per hour, while other positions range from \$6.70 to \$9.50. Odesse says there are a number of \$13-an-hour jobs, which include positions at either the Government of Canadian Customs office or union jobs.

Odesse says it's best for students to visit the centre at 147 Wyndham St. N. Suite 303 once or twice a week or call 837-1030.

## Garden club members urged to add some spice

The evening of May 26 was special for the Eden Mills Garden Club, thanks to guest speaker Nancy Enright of Acton.

Nancy is a cookbook author, columnist and consultant, and her subject that evening was Herbs: harvesting, preserving and cooking with herbs. In addition members learned about the making of herb vinegars, flavoured oils and pot pourri. All in all, an extremely interesting and fragrant Garden Club meeting.

The club plant sale on May 14 was a sell-out success. A big thank you to those Club members who gave so readily both their plants and their time.

Please note that June, July and August will be taken up with garden tours. On Thursday, June 16, there will be a Tour of Irises with Ron Crawford at Crescent Nursery on Hwy. 7. Meet at the Eden Mills Community Hall at 7:30 pm. For info call Gill at 856-4003.

## Track time!

### CENTENNIAL NEWS

BY JACKIE HUME &  
CHRISTA PARKINSON

On your mark, get set, GO!

On May 25 the Juniors had their Track and Field meet. Here are the things they did: 50m, 100m, 200m, 400m, 800m races; running long jump and standing long jump; soft ball throw and high jump.

The next day the Intermediates had their meet. They competed in the same events except shot-put took the place of the softball throw and we added the 1,500m race.

Last Tuesday there was a bus seminar in the gym for all the bus patrols, to train for September. We got to put out a fire, use the fire exit on the bus and learned First Aid.

That evening there was a Blue Jays Game for student helpers. It was unfortunate that the Jays lost, but it was a lot of fun.

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