



Local pharmacist speaks to Rock-a-Long women

Special to The Rockwood Miller
The June meeting of the Rock-a-Long Women's Institute was held at the home of Agnes Dunbar with six members and two visitors present. President Myrtle Mitchell welcomed everyone and read a poem "Sunshine and You." Meditations was by Enid Sim, who read the poem "Spring Comes."

The F.W.I.O. are celebrating 100 years in 1997 and a Centennial Plate has been produced. These may be purchased from the office. The opening of the F.W.I.O. office will be Aug. 21 at 1 pm.

Our branch sponsored The Bogus Beakers of the 4-H Batters Up course; their Achievement Night was held at Stone United Church.

Roll Call was a home remedy for a health problem.

Ruth Bayne was in charge of the program and she introduced Maija Dale of the Rockwood Pharmacy, who spoke about "You and Your Medicine." It was an interesting message about care of medications and following instructions. Be sure to advise your druggist of any other medication you are taking. She also mentioned vitamins

and herbal remedies.

Myrtle Mitchell was courtesy convenor and we are invited to her home for our next meet on September 6 at 7:30 pm.

Track time

CENTENNIAL NEWS

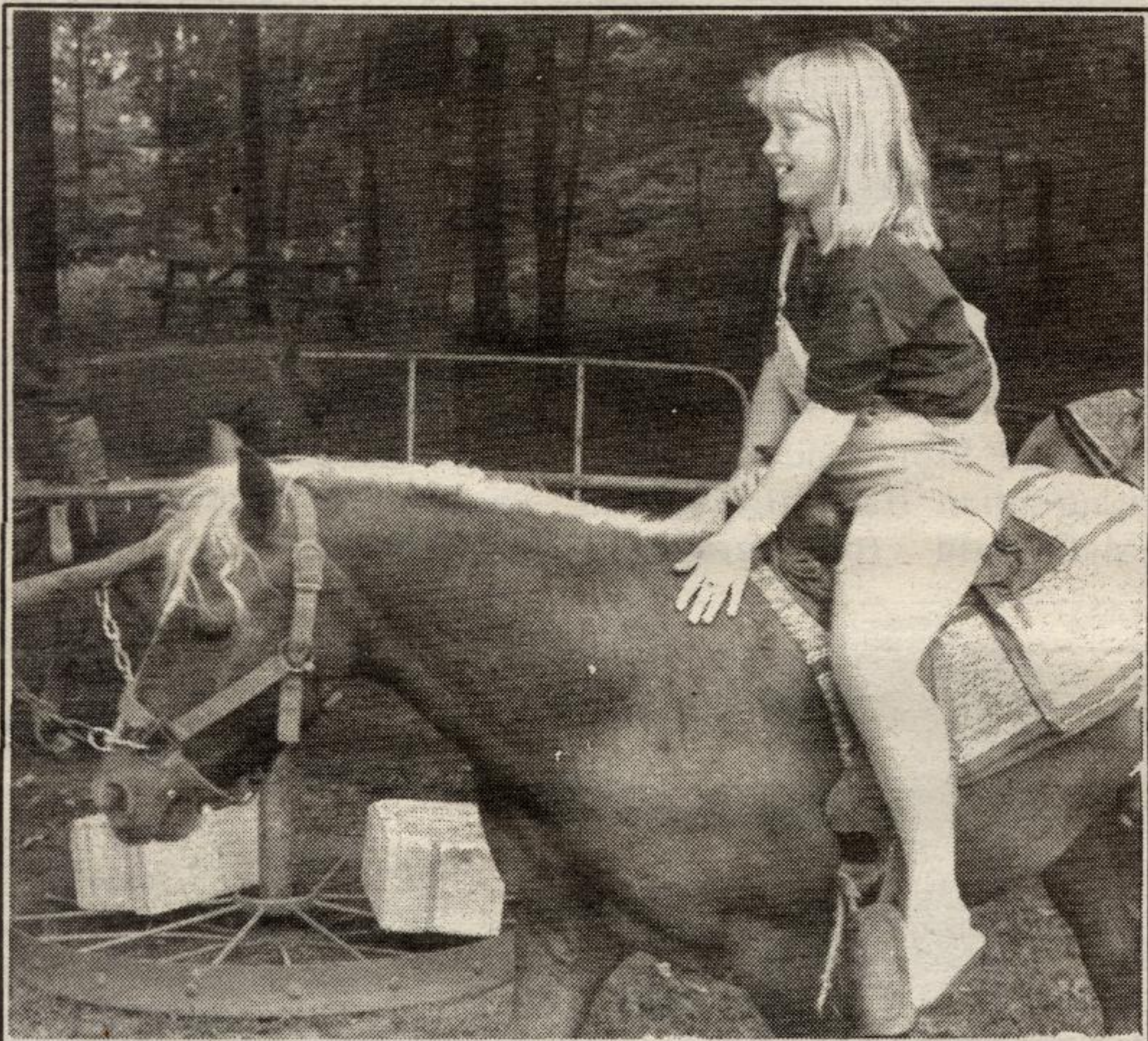
BY CHRISTA PARKINSON & JACKIE HUME

Last Tuesday the Intermediates went to the University of Guelph for their track and field meet. They had a great day.

On Thursday the Junior Track and Field members went to Erin. They had a great day too! Five records from our own school were broken. Seven records altogether.

The Boys 3-Pitch Intermediate Tournament was held at Guelph Lake on Thursday. Overall, they came in fourth. It was also, the girls' 3-pitch Intermediate tournament. They played at Exhibition Park and came in 5th overall.

The Kindergartens went to Bronte Creek on Friday. They had an excellent day.



TREKKIES: The Star Trek group of Bill, Tom, Mary and Pastor Blair of Rockwood's Highland Baptist Church made their way to Saturday's Pioneer Day at Lloyd Dyer Park. (Lori Frechette photo)

PONY RIDE: Brady French rides a pony on Saturday at Lloyd Dyer Park during Pioneer Day festivities. (Lori Frechette photo)



King Neptune and a Mermaid from the deep rode on a float from Ye Olde English Chip Shoppe. (Lori Frechette photo)

ASPHALT SEALING & REPAIRS

Commercial • Industrial
Residential
"No Mess Application"

FREE ESTIMATES

CDS BLACKTOP
Call Renzo **856-2314**
Rockwood

HAPPY FATHER'S DAY

June 19



Ye Olde English
Chip Shoppe

106 Main St. N., Rockwood, 856-2572

Bring Dad in for a
TREAT of FISH & CHIPS

**COD & CHIP
DINNER
only \$4.25**

ROCKWOOD FOOD MARKET

YOUR



SUPERMARKET

With Customer Service

Mon-Fri. 8am to 9pm • Sat. 8am to 6pm • Sun. 10am to 5pm

OUR GARDEN CENTRE IS NOW OPEN!

BEATRICE FRUIT

**BOTTOM
YOGOURT** **12/3.99**
Assorted Varieties 175g Cup

**LIBBY'S
BEANS OR
PASTA** **2/1.00**
Assorted Varieties 14oz Tin

**HEINZ
KETCHUP** **1.79**
750ml Squeeze Bottle Plus 250ml Bonus

**FRESH
CANTALOUPE** **.99**
Product of USA No. 1 Grade ea

Cut from
Canada "A"
Grades Beef Hip
(Eye Removed)

**BONELESS OUTSIDE
ROUND STEAK
ROAST**

2.29 lb
\$5.05/kg

ANNOUNCING

WE ARE THE NEW
MURRAY DEALER
IN THE ROCKWOOD,
ACTON & GUELPH
AREA

Jim's Repair Shop

Authorized
Briggs & Stratton
Tecumseh
Dealer 136 Main St. S.,
Rockwood

856-2564

BEATON & CO. ROOFING

Single Ply Membranes • Maintenance
Shingling • Thermal Upgrading
Hot Asphalt & Gravel
Sheet Metal Work



ROCKWOOD'S OWN
ROOFING COMPANY
856-9784