

Support program for women starts here in Sept.

Special to The Rockwood Miller
Sue (not her real name) was trapped in a violent marriage for many years and felt helpless to change it. Then she heard about the women's support group sponsored by the Rural Women's Shelter Program in Erin and decided to join it.

"I now realize that I am not to blame for my husband's violence," she says. "Hearing other women tell about their experiences lets

me see I'm not alone and that it isn't anything I say or do that causes the violence."

Sue realizes that her husband must seek counselling in order to stop the violence, and is hopeful that he may agree to seek help. She has borrowed books from the RWSP office, and through her reading and discussions with other women in the group, now understands the cycle of violence.

Sue's biggest concern right now is that her three children are witnessing their father being verbally abusive almost daily and occasionally physically abusive as well. She doesn't want her children to grow up thinking that abuse is a normal part of male-female relationships. If her partner refuses to seek help, Sue fears she may have to leave.

One in 10 women in Canada

living with a man is being abused, according to conservative government figures. That means there are many "Sues" in Erin and Eramosa Townships. Some are newlyweds or have been in a common law relationship or dating relationship for only a short time. Others have been with the same partner for many, many years.

Most feel isolated and alone and blame themselves for the vio-

lence in their lives.

To all those "Sues," the Rural Women's Shelter Program extends an invitation to join our Monday afternoon support group starting in early September. Transportation and child care are provided free of charge.

For more information, please call Betty or Jean in Erin at 1-833-9696 or right here in Rockwood at 856-2191.

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WORK OF ART!

We caught Beth Shultis, 8, hard at work putting the finishing touches on the plaster cast of her face last Wednesday at the Eramosa Community Library. It was part of the theatre summer program. (Doug Harrison photo)

Fitness classes back for Year 6

BY DOUG HARRISON

The Rockwood Miller

September not only means back to school in Rockwood, but the return of Ann's Aerobics.

"I'm looking forward to it, because I've been doing practically nothing all summer," laughs Ann Mammoliti, who's taught aerobics for five-and-a-half years at the Rockmosa Community Centre. She admits to only training two-days-a-week during the hot months.

"I take it easier in the summer because I don't want to get sick of it."

Mammoliti says she averages about 30 fitness gurus, all women, for each session. The upcoming fall session runs from 8 to 9 pm on Tuesdays and Thursdays from Sept. 13 to Oct. 27, excluding Sept. 27 and Oct. 4.

"When I first started teaching there were a couple of husbands who came out," says Mammoliti, who received her fitness instructor certificate through the "Y" in Guelph in 1987. "I'd really like to see guys get out. Some are afraid of the women and others feel uncoordinated."

But Mammoliti, a Rockwood resident, stresses her class doesn't resemble a club atmosphere where the participants have to count aloud and dance to the aerobic exercises.

"It's not a typical club atmosphere," she assured. "There's no audience, so you're not performing for anyone."



ANN MAMMOLITI

"Some take it seriously, others talk all the time. The class is about getting stress relief. If that's how they get it, it's their time."

Ann's Aerobics attracts a variety of people, ranging from 16 to 60. Mammoliti caters to everyone by supplying music they all enjoy.

The 37-year-old instructor begins each 60-minute class with a five to 10-minute warm-up before 20 minutes of aerobic exercise. Then it's muscle toning and flexibility exercises, at times using a rhombus, before a cool down.

Mammoliti, who works at the

University of Guelph, teaches people to exercise at their own pace, either at low or high impact.

"People often get the word impact mixed with intensity," explains the mother of three. "You can still do low-impact aerobics at a high intensity. Low means keeping one foot on the ground at all times, while high is more of a jumping exercise."

Mammoliti offers a hint to beginners: In judging your progress in the class, gauge how your clothes fit rather than looking at your bathroom scale.

While she says aerobics isn't for everybody, Mammoliti does feel some sort of physical activity should be.

"I'm a firm believer in physical fitness, not just aerobics," says Mammoliti. "Cycling, walking, playing ball and swimming are all great exercise."

"Once people are done the class they're glad they came. I think people are realizing how important fitness is, that it's a way of life. Everyone should do it."

Registration for Ann's Aerobics is Sept. 13 from 7:30 to 8 pm at Rockmosa. The cost is \$45.

Dino-mania at Museum!

Rockwood students can get a final blast of summer fun at the Guelph Civic Museum over the next few days as the ROM's Dinosaurmobile will be appearing at Dino Activity Days.

The exhibit runs Thursday and

Friday from 12 to 8 pm, and on the weekend from 10 to 5. A Dinomania! Exhibit, Dino Crafts, Museum Open House and Dinosaur Gift Shop are featured.

Admission is just \$1 per person; call 836-1221 for more info.

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