

# Two Rockwood women nominated for 'Y' awards

BY FRANCES NIBLOCK  
The Rockwood Miller

Two Rockwood women are among 13 Wellington County women nominated for Women of Distinction Awards to be presented by the YMCA-YWCA of Guelph later this month.

The awards recognize the nominees' unique contributions to the advancement of

women and although the 'Y' has issued the awards nationally, this is the first time the Guelph 'Y' has taken part in the program.

The Rockwood women nominated are Margo Davis and Janet Daly.

Davis, nominated in the Community Life category, is an accredited La Leche League leader, who said she

was both "excited and surprised" to have been nominated.

"It's quite an honour, but you're not taught how to accept honours gracefully, so I'm very proud, but also very humbled," Davis said after hearing the news.

"I've always considered the work I do with moms and their babies to be my reward."

Davis's nominator praised her for being available "24 hours a day, 365 days a year" to help breast-feeding moms and their babies and noted Davis had gone out in snowstorms and on Christmas Day when someone needed her.

Business and Economics nominee Janet Daly was recognized for her 30 years of voluntary work with the

Guelph Humane Society, where she keeps the books, organizes annual tag days and does "just about everything else," according to her nominator, her daughter Margaret Daly-Nolan.

"If I could be half the woman my mother is, my life would be fulfilled," Daly-Nolan wrote on her mom's nomination form.

Daly-Nolan said her mother didn't want to be nominated at first.

"She said there were people more deserving of the award than herself, but I think that deep down she was excited."

All of the nominated women and winners will be honored at a ceremony in Guelph tomorrow (May 30).

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## Spirit Valley show celebrates the arts

BY FRANCES NIBLOCK  
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If you've ever had the urge to be a callithumpian – to be a boisterous music-maker in a mock serenade – organizers of *The Spirit Valley Experience* want you.

The nature-inspired arts experience in the Rockwood Conservation Area on Saturday, Sept. 7, will explore the performing and visual arts, music, song, dance and food – all along a beautiful section of the Eramosa River – an area some call Spirit Valley.

Audience members will wind their way along the river, past limestone caves and bluffs to the 150-year-old Harris woolen mill ruins, where a main stage and bleachers will be set up.

*The Spirit Valley Experience* is an Arts and Culture in Eramosa (ACE) production involving some who staged the *Spirit of Shivaree* and *The Eramosa Theatrical Hike*.

ACE member Dale Hamilton said interested people can get details of the production at a public meeting tomorrow (May 30) at the Rockwood Town Hall.

"We will have a slide show of the different sites and do a visual walk-through of some of the planned events and give people a taste of the local entertainment we will present," Hamilton explained.

Everyone is encouraged to get involved and there are

many volunteer positions – from production crews, security, food, fundraising and street performers.

"Mime artist Stephen La Frenie will offer free workshops during the summer for people who would like to learn and there will also be workshops for performance skills, and mask and costume making," Hamilton said.

Hamilton hopes the event will become an annual event and also an economic development tool for Eramosa.

"This will bring people to Rockwood and dovetail nicely with the Eden Mills Writers Festival, which is the following day.

"We have confirmed artists from Russia and Brazil and will be doing a lot of advertising asking people to come to Rockwood," he said.

Although the Grand River Conservation Authority rejected ACE plans for a temporary entrance into the Conservation Area along Valley Road, it did approve the building of two permanent, wooden platform stages in and around the mill ruins.

For more information, call Hamilton at 856-9891.



GOING FOR IT: A group of intermediate girls react to the starter's gun during the qualifying heats for the 100 metre dash at Rockwood Centennial School's track and field day last Thursday. (Karen Wetmore photo)

## Get pumped at Fit for Heart fundraiser

**Special to The Miller**  
Fit for Heart, a fundraising event for the Heart and Stroke Foundation, takes place this Sunday, June 2 at Rockmosa.

As there is no door to door canvassing in Rockwood, this event is a great way for the community to contribute.

The day begins at 1 pm with a 45-minute fitness walk. This walk is appropriate for any fitness level. Enjoy the beautiful outdoors while

learning the proper techniques needed to avoid injuries and gradually increase your level of fitness. Let's walk, for the health of it!

At 2 pm, exercises for beginners, geared to men and women who have little or no experience exercising, will start. This will be low-intensity, low-impact focusing on the basics of exercise. It is never too late to start!

An hour-long seminar on

health and wellness begins at 3 pm. Sit back and relax while learning important tips on nutrition and weight management. Learn the tools for a healthy lifestyle!

Fitness for Fun takes place at 4:15 pm and can be enjoyed by men and women at any level of fitness. Set your own pace as you take part in a challenging, yet enjoyable workout. Burn calories, tone muscles and gain flexibility. Just for the fun o' fit!

The Fit for Heart fund-

raiser is hosted by Ann's Aerobics. A minimum \$10 participation fee is requested (tax deductible), or you can collect pledges to earn incentives. Free childcare is available, but pre-registration is suggested. Plan to arrive 20 minutes early to register and complete a waiver form and wear appropriate footwear.

If you are unable to participate but wish to make a donation, or need more information, call Ann Mamoliti at 856-9132.

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