Food Bank needs you

Our colleagues at the Rockwood Food Bank tell us they are running low on a few items: canned fruit, canned salmon/tuna, Kraft Dinner, rice/Sidekicks, coffee, toilet paper, toothpaste, and diapers size 4/5. EWCS encourages the public to help. All donations greatly appreciated!

News & Events

If you are 55 years or older and live in the Township of Guelph Eramosa or the Town of Erin, your chance to have your say about services is almost over. EWCS's seniors' survey is available on our website and is open until early August. It will only take a few minutes to complete and will influence the recreational, housing, medical, and other services that may be brought to our area. Paper copies of the survey can be picked up at EWCS offices as well as doctors, dentists and libraries.

Seniors Day Trip to Famous People Players Theatre will take place on Wednesday, Sept. 22. to see "She Did What?" Cost is \$100, which covers your coach, lunch and admission price. We will be using the Great Canadian Coach Line and require a minimum of 35 people to make this trip

possible. Please contact Sherri Plourde at 519-833-0087 to reserve your seat or for more information.

Our Annual Fashion **Show** will once again be taking place this October. So many amazing items come into our New to You stores. This event showcases our selection. We welcome and are now accepting your extra special items – including wedding dresses!

Seniors News

Please contact Sherri Plourde for more information on any of the following senior's programs or events 519-833-0087.

- The 2nd annual Seniors Wellness Expo is coming. August 18 at Centre 2000 and September 13 at Rockmosa. Please come out and see what our Region can offer seniors with daily living and well being. Demonstrations and guest speakers will be on stage. Admission is free with a canned good donation.
- EWCS's Seniors Advisory Committee has been busy distributing senior surveys. Please check the local libraries and county buildings if you haven't had a chance to fill one out yet. You can also get a survey from EWCS main office or EWCS Seniors Centre.

Everyone who is 55 years old or more and lives in either the Town of Erin or the Township or Guelph & Eramosa should complete a survey. This is your chance to have a say about the programs and services offered in the area!

- "55 Alive" Driving Course. Wednesday, August 25th is cancelled.
- Book Club. Would you be interested in a Wednesday morning or afternoon book club? EWCS Active Seniors is hoping to start a regular book club. We are also looking for a volunteer to take charge of this new program. The club would meet at the Seniors' Centre in Centre 2000, Erin. Please contact Sherri at 519-833-0087 to sign up.
- How Can I Do This? A two day seminar focused on Caregivers brought to you by the Alzheimer Society of Guelph-Wellington and EWCS. Caregivers are not alone when looking after someone that has lost the ability to look after themselves. Seminars will offer strategies and coping techniques. Wednesdays August 4 and 11 from 1-3 p.m. in EWCS Seniors room, Erin – or - Mondays September 20 and 27 at Rockmosa, Rockwood. Please call Sherri to register @ 519-833-0087.

Candidate Information Session on August 12

If you've thought about putting your name forth in the upcoming Municipal election on October 25, are you working on a campaign team assisting a candidate, have questions about what would be involved or trying to figure out who to ask, your opportunity is coming in the next few months and answers to your questions even sooner.

A partnership of the Clerks from the area municipalities in Wellington County along with the Ontario Ministry of Municipal Affairs and Housing is presenting a Candidate Information Session in the County's Council Chambers on Thursday, August 12 beginning at 7 p.m. This session will provide information, useful for both new and

the nomination process, key dates, eligibility, duties, campaign rules, finances, compliance audits, the list of electors, the various roles and responsibilities of participants in the election and the voting method.

"With Wellington's Clerks working together with Ministry staff, incumbents, candidates and have an opportunity to gain a wealth of municipal experience, yet having one event is an efficient use of staff time and taxpayers' money. Hopefully, this session will also encourage participation in the upcoming municipal election" advises Donna Bryce, Clerk for Wellington County.

To file a nomination August 11 at noon.

returning candidates, on form for Council, candidates need to come to a municipal office during regular business hours but no later than 2 p.m. on Friday, September 10, 2010. A fee of \$200.00 for Mayor or \$100.00 for a Councillor is required along with the nomination form. The fee can be paid by cash, certified cheque or money order. For the location of those Clerks' interested residents will receiving nominations for school board trustees please check with your municipal Clerk.

> If interested in attending the Candidate Information Session, please RSVP to Patty Sinnamon, CAO/ Clerk for the Township of Mapleton at 1-800-385-7248 or 519-638-3313 or at PSinnamon@town.mapleton.on.ca by Wednesday,

Don't be a victim of Quick Change scam

OPP officers responded to a business in Mount Forest for a reported theft. The victim reported that two women entered the business and made a small purchase. The women then wanted to exchange some larger \$50 bills to smaller \$5 ones, then they changed their mind.

After all was done, the suspects left and the clerk was short about \$100. The suspects are described as looking Middle Eastern, wearing skirts with light tops. Both are described as having some gold teeth.

How to Spot Quick Change Scams

• Typically, two people will work this scam together, and they may have help. Be wary of people distracting the worker and customers near

Recently, Wellington the cash register by asking questions while the main con-artist pulls the scam.

- · Be cautious about customers who pay for small items with large denominations. The typical quick change con-artist pays for a low-cost item with a \$50 or \$100 bill and asks for change. Many businesses avoid this scam by only accepting denominations of \$20 or lower.
- Try to stay focused when giving change to customers. The con-artist will try to confuse you by telling you that they want the change in a different way or that they changed their mind and want to pay with a smaller bill instead. This usually comes after you have handed them the change for the initial payment. They will try to confuse the cashier by

keeping more money than was paid and then walking out with it.

- Don't give back the money, until they hand over the change you gave. Count it all before returning their bills.
- No matter how many times the con-artist changes their mind, focus on collecting the customer's money and making correct change.
- Keep the bill he gives you on the register in front of you. If a co-worker isn't busy, signal them to stand near the register while you deal with the customer.

These types of scams increase over the summer months when businesses have more senior staff on vacation. If you feel you have become a victim of this type of scam, contact your local police.





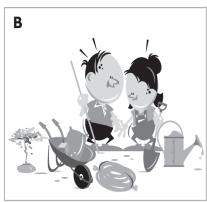
TRUE OR FALSE? WATER SHORTAGES ARE A GLOBAL PROBLEM.

ANSWER: TRUE

What's the Difference?

There are 4 things different between Picture A and Picture B. Can you find them all?





3. tree is smaller 4. box is missing from wheelbarrow Answers: 1. missing rake 2. watering pail is larger



1890: ARTIST VINCENT AN GOGH DIED .

1958: THE CONGRESS-IONAL ACT THAT CREAT-ED NASA WAS SIGNED BY PRESIDENT EISENH-OWER AND AUTHORIZED BY CONGRESS.

1981: PRINCE CHARLES OF BRITAIN MARRIED LADY DIANA SPENCER.





ENGLISH: Rain

SPANISH: Lluvia

ITALIAN: Pioggia

FRENCH: Pluie

GERMAN: Regen



SPRINKLER SYSTEMS CAN BE ADJUSTED TO **DELIVER JUST THE RIGHT AMOUNT** OF WATER TO LAWNS AND GARDENS.

