



GHOULISH GEESE: this flock of scary trick or treaters outside Rockwood got their fill of Halloween treats and entertained passing motorists. - Marie Shadbolt photo

Township Digest

Diabetes workshop
 Tips to develop good habits for those with type two diabetes will be offered at a seminar November 9 at the Rockwood Medical Centre. There will be information on meal planning, self-management, blood sugar monitoring, and facts and myths about improving glucose levels. The session is free, but space is limited, so it is best to reserve a spot. Register at www.ewfht.ca under "workshops" or call 519-833-7576, ext. 224.

Shop Rockwood
 From food to fun to fashion – there will be

something for everyone at the first annual Shop Rockwood Extravaganza sponsored by the Rockwood Women in business group.


On November 6, the St. John's Church Hall will be transformed into a Christmas shopping destination with fudge, cupcakes, wedding cakes, home and decorating ideas, jewellery, natural healing products and a children's fashion show.

The first 100 shoppers will get a tote bag and there will be door prizes. Doors open at 10 a.m. and there's no charge for admission or parking.

One for the ditch

An impaired 25-year-old Rockwood woman drove her 2003 Chevy Cavalier into the ditch on Wellington Road 26 near Wellington Road 18 just before 10 p.m. Tuesday night.

She wasn't hurt and there was no damage to the car. Police charged her with impaired driving and having over 80-milligrams of alcohol in 100-millilitres of blood.



East Wellington Family Health Team
 18 Thompson Crescent, Erin, Ontario

Check out our FREE workshops this fall to help improve the health and quality of life of those living in East Wellington

Managing Type 2 Diabetes: Learn how to tackle habit changes and gain resources to help build your diabetes management skills:
 Tuesday November 9th 6:30 to 8:30 pm, 175 Alma Street, Rockwood
 Tuesday October 26th 6:30 to 8:30 pm, 18 Thompson Crescent, Erin

Introduction to Diabetes Prevention and Management: For anyone with pre-diabetes, at risk of diabetes, needing a refresher on lifestyle management of diabetes or who would like basic information on diabetes:
 Wednesday Dec. 1st 6:30 to 8:30 pm, 175 Alma Street, Rockwood
 Tuesday Nov. 2nd 6:30 to 8:30 pm, Community Room Centre 2000, Erin

You MUST be registered to attend these events so avoid disappointment.

To register or for more information on other events call (519) 833-7576 ext.224 or go online at www.ewfht.ca under 'Workshops'.

Arnott fights for hospitals

Following debate in the Ontario Legislature on hospital projects last Thursday, Wellington-Halton Hills MPP Ted Arnott vowed to keep up the fight. "We're not giving up," declared Arnott after the Liberal majority voted down his motion that called on the Minister of Health to immediately approve the planning grant requested by the Groves Memorial Community Hospital, and requests approval for a small project capital

grant for the Georgetown Hospital, allowing it to proceed with its needed emergency room addition and diagnostic imaging renovation project.

The Liberals' refusal to accept Arnott's resolution came in the same week the Auditor General released a scathing report on the government's use of health care dollars. That report unveiled some hospitals' use of high-priced lobbyists to access government officials.

Hospitals must be able to go to their MPPs, without having to hire lobbyists, to advocate for their needs, Arnott said. On that score, he says, the Liberals' actions just don't match their rhetoric.

"On the very day that the Minister of Health was quoted in the Toronto Star as saying MPPs should advocate for their hospitals, her Liberal colleagues slammed the door in our faces."

Though local in scope,

the resolution had implications for hospitals across Ontario.

"Too many projects are still waiting, seemingly indefinitely," Arnott explained. "It's time the McGuinty Liberals finally disclosed exactly which hospitals are on its list, how long they've been waiting, and when they can expect to see progress."

8 DAYS - NOVEMBER 6-13

HUGE HUGE SALE!



13th ANNUAL SALE
50% OFF EVERYTHING

- Antiques
- Collectables & Oddities
- Furniture & Household Items
- Books, treasures & trash

OPEN every day during sale 11-5
 CASH OR CHEQUES ONLY PLEASE.

132 Main St. S. (Hwy 7) Rockwood



Join us
Saturday, November 6
 from 10 am - 4 pm at St. Johns Church HALL in Rockwood for great gift ideas for everyone on your Christmas list!

Vendors include health and wellness, childrens fashions, jewellery home shows, specialty baking, artists and artisans, home decor and much, much more.

Don't miss the childrens' fashion show by Munchkin Manor at noon.

FREE ADMISSION and FREE PARKING
FABULOUS DOOR PRIZES!!

SHOP LOCAL
SHOP SMART
SHOP ROCKWOOD

Brought to You by Rockwood Women in Business