



ROCK A BYE BABY: A one-day babysitting course was well-attended at the Rockwood Library on Saturday. It is held for those 11 and up who would like to obtain health and safety certification. Course Instructor, Elizabeth Fell, teaches the class at a cost of \$50 per student. – Denise Paulsen photo

Rockwood woman completes destination marathon event

Along with her drive and stamina, Rockwood's Margaret Iutzi needed her passport to compete in the recent Niagara Falls International marathon.

"It was strange, waving to the boarder guards on the Peace Bridge," Iutzi (pronounced yoot see) said on Friday. The event, a fundraiser for cancer research, is the only marathon in the world which begins in one country – the United States – and ends in another – Canada.

Iutzi, 50, a personal fitness trainer and seniors' fitness programmer at a Guelph nursing home, had no illusions of speed as she prepared for the marathon – her first in 10 years. She finished the 42-kilometre course in 5 hours and 47-minutes.

"My goal was not to walk, except at the water stations, and at times, I did my

version of running, but there was never any doubt I would finish," the former triathlete said on Saturday, adding it was a psychological, not physical challenge.

"I'm built for endurance, not speed," Iutzi said, adding the high point of the marathon was seeing "my guys" – her husband and son – at the finish line at the Horseshoe Falls.

A recent birthday was the catalyst to enter this marathon for Iutzi, who said she'd considered, but dismissed plans to do an Ironman competition, involving swimming, biking and running. It was not a tough run for Iutzi, who said the biggest hill was the Peace Bridge.

Iutzi's marathon was sponsored by Rocktoning Family Fitness and Running Club on Main Street, where she helps motivate a small group of runners.

The ROCKWOOD Miller

Township Digest

Planet Savers

Eden Mills author/illustrator Janet Wilson will read from her new book *Our Earth – How Kids are Saving the Planet* tonight (Thursday) as part of the Natural World Speakers Series at 7 p.m. at the Eden Mills Community Centre.

Wilson captured the stories and artwork of children around the world who are making a difference in helping the planet. "I talk about the power children have and that are probably getting a better environmental education than their parents, and can make a difference."

The lecture series is free, but free will offerings will be gladly accepted.

Book Club

Guelph/Eramosa Township kids are invited to "read, rave, rant and recommend" at a new book club beginning October 26 at the Rockwood library. Aimed at nine-to-12 year olds, the club invites kids to join a discussion about new books and ideas. The club meets at 6:30 p.m.

Diamond Dealer

Congrats to Jim's Re-

pair Shop where superior customer service and technical competency earned the Rockwood business a Diamond Dealer designation from Briggs and Stratton, the world's largest manufacturer of air-cooled gas engines, mainly used for outdoor

power equipment.

Jim's was named a Master Sales and Service Dealer in 1998, and owner Bruce Pinder and his staff are proud of the new Diamond Dealer status that affirms their commitment to the highest standards in the industry.



DIAMOND DEALER: Jim's Repair Shop owner Bruce Pinder (right) and his daughter Betty Anne Emmerson are proud of their new status as a Briggs and Stratton Diamond Dealer, recently awarded them by Briggs and Stratton representative Glen Pascoe. – Submitted photo

EWCS NEWS

News & Events

Messy Face Contest: Do you have absolutely adorable pictures of your child/children, under six years old eating, playing, and messing around? Enter our messy face photo contest to win a basket of toys! Photos can be delivered to our office or emailed to marlene.m@ew-cs.com along with an entry form which can be found on our website. Contest closes December 31.

Pilates: EWCS's Older Active Adults recreational programs will be adding Pilates to the schedule. Once a week from 3:30 - 4:30 p.m. in the Erin Seniors Centre, the cost will be less than \$10/class depending on number of participants. Pilates is a fitness program that seeks to increase the strength, flexibility and control of the body. All ages and skill levels are welcome. The yoga program is also still running in

the Seniors Centre on Wednesdays from 8:30 – 9:30 a.m. For more information on either class call Sherri 519-833-0087.

2011 Fill Up Your Tanks: Raffle Tickets are now on sale. Get yours for \$20 and have 12 chances to win \$500. Each month one person will win \$250 in grocery gift cards and \$250 in gas gift cards. Drop by one of our New to You stores or call the office for a ticket 519-833-9696.

Food Raffle: Elmira Farm Services is holding a Food Drive Raffle. Bring in a non-perishable food item to Elmira Farm Services outside of Erin on Highway 24 and receive a ticket for their raffle. The prizes are a Barbeque, a boombox, and a replica John Deer Tractor toy. All donations support East Wellington Community Services Food Bank.

Seniors News

Please contact Sherri Plourde for

more information on any of the following senior's programs or events 519-833-0087.

Active Adults

Recreation Schedule

All activities are \$1 per visit and take place in the EWCS Seniors Centre in Centre 2000, Erin

- InStitches – knitting and crocheting group. Tuesdays 10 a.m. – 2 p.m.
- Bid Euchure – Tuesdays 1 – 4 p.m.
- Garden Club – Occasional Wednesdays 7 – 9:30 p.m.
- Yoga – Wednesdays 8:30 – 9:30 a.m. (extra cost)
- Line Dancing – Fridays 10 – 11 a.m.
- Bridge Card Group – Fridays 1 – 4 p.m.
- Billiards & Darts Group – call if interested
- Book Club – call if interested

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ROCKWOOD
 (Just South of the Rockmosa Centre and Library)