



fall 2021 - winter 2022

Community guide



GET active • GET informed • GET exploring

Courage. Commitment. Compassion: Guelph/Eramosa thanks all front line workers for keeping our economy and communities safe and healthy throughout the pandemic.



Christmas in the Park!

- ARTISAN VENDORS • LOCAL FARM PRODUCTS
- LIVE CHRISTMAS MUSIC • FOOD TRUCKS
- VISIT FROM SANTA • HOLIDAY WORKSHOPS
- KIDS ACTIVITIES • CHRISTMAS LIGHTS AND DÉCOR

East Wellington Community Services will be accepting donations of non-perishable food items and gift cards at this event.

FREE ADMISSION

Saturday, December 4, 2021

Rockmosa Park, 120 Rockmosa Dr, Rockwood • 12:00pm-8:30pm



519-856-9596 x113
parks@get.on.ca
www.get.on.ca

LIKE
US 





Mayor's Message

On behalf of the Council of Guelph/Eramosa, we are pleased to bring you the 2021/2022 Guelph/Eramosa Community Guide! COVID-19 forced us to take a hiatus from our annual Community Guide in 2020/2021 but we're proud to offer you this edition and hope that you will find the content exciting and informative.

These have certainly been unprecedented times; the ongoing COVID-19 pandemic has had tremendous impacts both globally and locally. Our local businesses have either shut down or have had to become innovators in service delivery, we've discovered just how essential our frontline workers are and how important it is to never take our good health for granted. I would like to thank our residents for shifting to a very **shoplocal mindset**. The support from our community during these challenging times has been uplifting and I am confident that we'll arise from this situation stronger and more united than ever before.

Did you know that there are everyday heroes among us? **To all of our essential frontline workers - we recognize and thank you!** You can learn more about just a few of the everyday heroes in our community in the centre fold of this Guide.

Over the past year, we have witnessed the vital role that our parks and recreation infrastructure play in our community. While following public health guidance, providing access to our parks, trails and open spaces has allowed our residents to stay connected and has supported their physical and mental health and well-being. Our virtual programming during the pandemic offered through our **Rockmosa Older Adult Centre** has also allowed our older adult community to safely stay connected and engaged from their homes.

The Rockmosa Older Adult Centre is now **offering exciting workshops and social events virtually!** This includes seminars, cooking and art classes. We are thankful for the support of the Ontario Seniors Active Living Centre Program grant, which helps us to grow our programs and make the Older Adult Centre more accessible to our community.

The Township of Guelph/Eramosa is also prioritizing **efficient and convenient service delivery**. Over the past year the Township has introduced online dog licensing, online burn permit applications, online program registration, virtual Council and Committee meetings, and a new interactive "map my property" feature from the Planning Department.


Our Guide continues to play an important role as a one-stop resource for residents. Use it to learn about your local Township, the various departments and some of the important things that they do for Guelph/Eramosa. This Guide also continues to **promote our community partners** who also provide important services and opportunities.

Guelph/Eramosa Township Council and staff wish everyone a safe, healthy and enjoyable year! We hope that you have the opportunity to enjoy some of the many exciting activities and attractions right here in Guelph/Eramosa!

Mayor Chris White
Guelph/Eramosa Township

GET Social, GET Connected!

The Township of Guelph/Eramosa wants to make sure that you are informed about what is happening in YOUR community! In addition to our website (www.get.on.ca) we also use a variety of social media platforms to communicate with the public. You can find us on:

 @Guelph/Eramosa Township

 @guelpheramosa

 @Guelph/Eramosa

 GET



We use these outlets to share important information so you're definitely going to want to like, follow and interact with us!

Are you a photographer? Did you happen to snap a fantastic photo of a local landscape, business or event? We are always looking to showcase our beautiful community and will always give credit where credit is due! So, if you have a photo you think should be shared, please email us at clerks@get.on.ca.

VIRTUAL COUNCIL AND COMMITTEE MEETINGS

Have you ever wanted to attend a Council meeting but couldn't make it in person? Changes to municipal law during the COVID-19 pandemic has seen the arrival of virtual meetings to Guelph/Eramosa Township - a more convenient way for you to keep informed with what is going on in your local community!

Before March 2020 if you wanted to attend a Council meeting, the only way to do so was to show up in person. With pandemic restrictions in effect, those rules had to be changed for Council's to continue to meet and make important decisions for their communities. It took some time for municipalities across Ontario to establish their preferred delivery model for this new normal; the Township of Guelph/Eramosa has adopted the platform of Zoom for all their Council and Committee meetings. We welcome you to join in to listen to the proceedings. Attending is as easy as following the information available at the top of the meeting agenda!

Would you like to virtually attend a Council meeting? Please visit our website at www.get.on.ca and go to the Mayor and Council page and look for Agendas & Minutes or email clerks@get.on.ca for more information.

BY-LAW ENFORCEMENT ONLINE: NEW FORMS & FEATURES!

The Township's By-law Enforcement Services operate mainly on a complaint basis. When a complaint is received, it is investigated, and appropriate action is taken. To make this process easier for our residents, we have revamped the Township's By-Law Enforcement webpage to help you navigate the wide range of enforcement issues that the municipal By-Law Enforcement Officer regulates. Featuring individual icons for each type of issue, this page will allow you to quickly and conveniently access complaint forms, related municipal by-laws, associated legislation and information - all from the comfort of your own home! We encourage you to visit the Township website and familiarize yourself with what services the By-law Enforcement Officer may be able to assist you with.

With these new features at your fingertips, anyone can easily submit a complaint directly to the By-Law Enforcement Officer. Simply complete the complaint form on the website, attach any pictures or documents that help illustrate the issue you are reporting, and submit that electronically to the Township. It's that easy!

The goal of the Township is always to achieve compliance with municipal by-laws through education and mediation first, and through enforcement where necessary. To find out more, please visit our By-Law Enforcement webpage at <https://www.get.on.ca/township-services/by-law-enforcement>

GET Informed

Mayor's Message	3
Council	6-7
GET Voting	9
Township Department Directory	10
Public Works Department.....	11
Animal Control.....	12
Finance Department	
Sign Up For E-Billing Say Goodbye to Paper Bills!	13
Fire Department	
Fire Prevention and Awareness	14-15
Building Department	
Why do you need a building permit?.....	16-17
Emergency Management.....	18
Community Support	
Community Resource Contact Information.....	19

GET Active

Facilities	20
PerfectMind®.....	21
Thank You Essential Workers	22-23
The Role of Parks During the Covid-19 Pandemic	24-25
RDAPC Programming	26-27
Our Parks... vitally important!	28-29

Active 55+ Programming

Rockmosa OAC.....	30-31
Benefits of Physical Activity Among Adults & Older Adults...	32-33

GET Exploring

Community Contacts.....	34
Destination Local Food	35
Water Conservation and Saving Money	36-37
Festivals & Events.....	38-39
Heritage	40-41
Rockwood and District Lions Club.....	42





Bruce Dickieson Ward 1 Councillor

P.O. Box 700
Rockwood, ON N0B 2K0
519-831-8828
bruce.dickieson@get.on.ca

It has been an honour to serve as your Ward 1 representative these past two and a half years. The global pandemic has presented many challenges as we all learned to navigate during these times. We are all looking forward to getting back to normal; albeit the "new" normal.

We at the Township have done our best to continue to provide quality services. I would like to thank all the staff and members of Council for their ongoing encouragement.

I am excited that Township Road 3 will be rebuilt this summer. Please feel free to reach out to me with questions and concerns; I will do my best to find and help with solutions. Thank you for your continued support.



Corey Woods Ward 2 Councillor

P.O. Box 700
Rockwood, ON N0B 2K0
519-824-7377
corey.woods@get.on.ca

As the summer comes to an end, I hope everyone has made 2021 the best that they could have under the times that we are in.

At the time of this submission, we had not seen a lot of rain. With the heart of the farming community within and surrounding Ward 2, my hope is that we have had more rain and that the crop growing season was a good one.

If I were asked one thing to talk about it would be Support. We need to support our community, support our local businesses, and support our neighbours and family. Some of the best food around is produced by farmers in our community, check out the local stands at the end of the laneway. When you go out to spend your hard-earned money try and support a local business. Say hi to your neighbour, reach out to your family and check in on as many people as you can. Spend 5 minutes and make that phone call, it could literally save a life.

I am grateful for your support in allowing me to be your local representative for Ward 2 and encourage residents to contact me at any time with comments, questions or concerns.





**Louise Marshall
Ward 3 Councillor**

P.O. Box 700
Rockwood, ON N0B 2K0
519-856-0641
louise.marshall@get.on.ca

For the past seven years, I have enjoyed representing the residents of Guelph/Eramosa as a Councillor for Ward 3.

I am so proud of our community. This past year as we have come together in protecting our vulnerable citizens' health; as well as making commitments to support our local businesses.

I take my role as a civil servant to heart and I know it's my duty to listen to everyone about their concerns.

As we look toward the future, I am committed to supporting green initiatives, environmental protection and local economic growth.

I always look forward to hearing from you. It is my hope that I represent your ideas with integrity.



**Mark Bouwmeester
Ward 4 Councillor**

P.O. Box 700
Rockwood, ON N0B 2K0
519-856-2127
mark.bouwmeester@get.on.ca

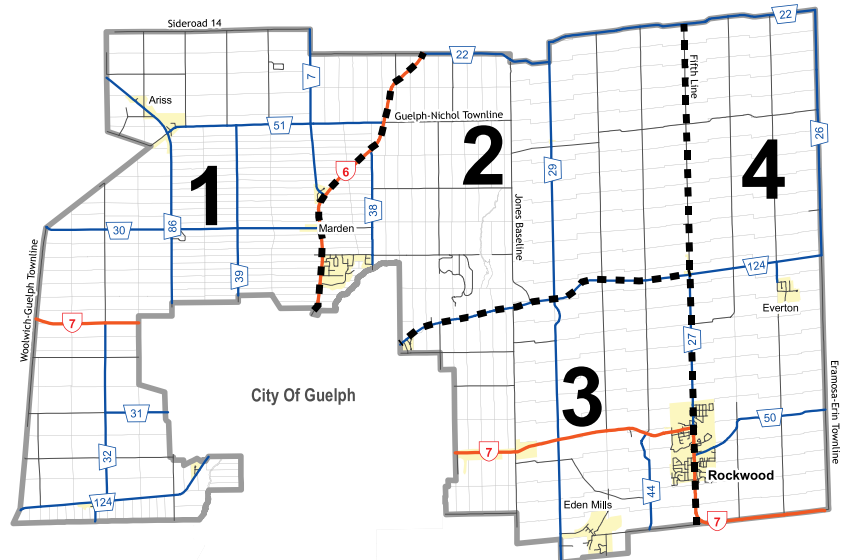
Situated in the east side of Guelph-Eramosa, Ward 4 is home to much of our agricultural countryside, the scenic community of Everton and the eastern half of Rockwood. Whether you farm here, work here or commute from here it is both my privilege and my honour to represent your interests on Council.

Life during Covid-19 has tested us all - while significantly impacting some more than others. I am extremely grateful for everyone's patience and want to offer a heartfelt thanks to all those that have worked so hard to keep us as safe as possible during this pandemic. Thank-you!

I encourage you to visit Rockmosa Park and experience all that it has to offer. In addition to 2kms of trails, sports fields and a skatepark it is also hosts the Rockwood Farmers Market (Jun – Oct). All of us are looking forward to the return of *Party in the Park* at Rockmosa next summer - I hope to see you there!

As always, my goal is to represent your interests with integrity and devotion to the best of my ability. Please feel free to contact me as I welcome your questions and suggestions on how to make our community an even better place to call home!

**TOWNSHIP OF
GUELPH/ERAMOSA
Ward Electoral Boundaries**





SEALY

KARATE SCHOOLS 30 YEARS

EST. 1991



We offer:

- Kids / Family Classes
- Adult Classes
- Fitness Kickboxing
- Activity Day Camps on School P.A. Days & Holidays

**1 month of lessons and a t-shirt for \$30.00
with the promo code **SKS30****

*"Martial arts is the best thing
I ever did for my child"*

519-821-5425 • www.sealykarate.ca



ROYAL CITY REALTY
BROKERAGE

SCOTT & KATI LEGGE

SALES REPRESENTATIVES

When you need to trust someone with your biggest investment, call a name you know.

Maybe you have seen us at Legion activities, cadet events, Rotary or Food For Life. Just know that we are also local Realtors with the knowledge and the time to get the job done right.

If you have any questions, give us a call at **905-691-7717** or email **katican45@gmail.com** we'd love to hear from you!



When you can't find the answers... Scott and Kati Can



October 24, 2022 is Voting Day for the Municipal Election!

Guelph/Eramosa is using a Vote-By-Mail system for the **2022 Municipal Election**.

What are the advantages of using Vote-By-Mail?

- Convenience - voters do not have to travel to polls or wait in line to vote.
- There is no confusion about where to vote.
- There is no need to take time off work in order to vote.
- A voter gets to mark their ballot in the comfort of their own home and have time to carefully evaluate issues and candidates.
- You can still drop your voter kit off at a voter kit return station.
- Provides a safe way for voters to cast their ballots in light of the uncertainties surrounding COVID-19 and hesitations with social gatherings.

WHY VOTE?

Voting is a fundamental right of our democracy. When you vote, you are selecting representatives who approve the laws and policies that determine how our community functions.

Municipal government is involved in many aspects of our daily lives – maintaining roads and sidewalks, providing clean water, clearing the snow, providing recreation opportunities and protecting our residents.

A person is entitled to be a voter at the municipal elections if on Voting Day (October 24, 2022), they are:

- A Canadian citizen
- At least 18 years of age or older on Voting Day
- Reside in the Township of Guelph/Eramosa or are an owner or tenant of land or the spouse of such owner or tenant
- Not otherwise prohibited from voting



SO YOU WANT TO RUN FOR COUNCIL?

The nomination period for the 2022 municipal elections is May 2 – August 19, 2022. The Township of Guelph/Eramosa is responsible for the coordination and management of municipal elections. In accordance with the **Municipal Elections Act** legislation, the Clerk conducts elections every four years for the offices of:

- Mayor
- Ward Councillors – 4 Wards (Township of Guelph/Eramosa)
- County Councillors for Wards 7 and 8 (County of Wellington)
- Upper Grand District School Board Trustees (English Public School Board Trustee)
- Wellington Catholic District School Board Trustees (English Separate School Board Trustee)
- Conseil scolaire Viamonde Trustees (French Public School Board Trustee)
- Conseil scolaire Catholique MonAvenir Trustee (French Separate School Board Trustee)

Qualification of a Member of Council

A person may be nominated for an office only if, as of the day the individual files a nomination paper, he or she is:

- 18 years of age or older; AND
- A Canadian citizen; AND
- A resident of the Township of Guelph/Eramosa OR an owner or tenant of land in the Township of Guelph/Eramosa OR the spouse of such a person; AND
- Eligible to vote.

Continue to check our website for more election information: www.getvoting.ca

Or contact us:
elections@get.on.ca
519-856-9596 ext. 125

Guelph/Eramosa Township Department Directory

<p>Township of Guelph/Eramosa 8348 Wellington Rd. 124 P.O. Box 700 Rockwood, Ontario N0B 2K0</p>	<p>Tel: 519-856-9596 Toll Free: 1-800-267-1465 Fax: 519-856-2240 www.get.on.ca General Inquiries: general@get.on.ca</p>	<p>Office Hours: Monday to Friday from 8:30 a.m. - 4:30 p.m. Urgent After Hours Service: 519-856-9596 ext. 150</p>
---	--	--

ADMINISTRATION SERVICES

Chief Administrative Officer..... ext. 105
Accessibility..... ext. 108
Birth and Death Registration..... ext. 140
Communications/Website..... ext. 107
Council Meetings ext. 107
Human Resources ext. 108
Municipal Election..... ext. 125
Civil Marriage Services ext. 140

ENFORCEMENT AND LICENSING

By-law Enforcement ext. 121
Property Standards..... ext. 121
Dog Licensing ext. 101
Lottery Licensing ext. 140
Marriage Licences..... ext. 140
Parking ext. 121
O.P.P. non-emergency contact..... 1-888-310-1122
Guelph Humane Society..... 519-824-3091

PLANNING SERVICES

Planning and Zoning ext. 112
Minor Variances ext. 112
Letters of Compliance..... ext. 112

FINANCE

Property Tax Information ext. 103 or 102
Accounts Receivable/Payable..... ext. 104
Budgets and Finance Information ext. 111
Water Billing and Meter Reading ext. 126

PUBLIC WORKS

Snow Plowing ext. 120
Sewer and Water ext. 122
Street Lights..... ext. 120
Toilet Rebates..... ext. 122
Roads & Ditches ext. 120
Boulevard Trees ext. 120
Sidewalks..... ext. 120
Signs..... ext. 120

PARKS AND RECREATION

Parks Inquiries..... ext. 113
Community Centres Bookings..... ext. 113
Royal Distributing Athletic
Performance Centre (RDAPC) 519-265-7905
Active 55+ Programs ext. 139
Older Adult Centre Programs..... ext. 139
Rockmosa Park Expansion..... ext. 113
Rockwood Cemetery ext. 140

BUILDING SERVICES

Building Inquiries ext. 114
Building Permits and Inspections ext. 114
Septic Inspections ext. 114

FIRE AND PROTECTION SERVICES

Emergencies..... 9-1-1
Fire Chief 519-546-7546
Rockwood Fire Station..... 519-856-9637
Open Air Burn Permit Inquiries ext. 101

REGIONAL SERVICES

County of Wellington 519-837-2600
County of Wellington Solid Waste Services
(Garbage & Recycling) 519-837-2601
County of Wellington
Social Services 519-837-2600
Grand River Conservation
Authority (GRCA)..... 519-621-2761
Wellington Dufferin Guelph
Public Health..... 1-800-265-7293
Hydro One – Power Outages 1-800-434-1235
Guelph Hydro – Power Outages
In Rockwood Only 519-822-3010
Ontario One Call
(Call Before You Dig) 1-800-400-2255

Annual Spring/Summer Road Maintenance Programs

The Township of Guelph/Eramosa's Public Works Department performs many spring road maintenance programs. At the time of this Community Guide arriving in your mailbox, the programs that have been completed by the Public Works Department so far are: Maintenance Gravel & Shouldering (this improves gravel road surface); Dust Suppression (calcium chloride is used as a suppressant to control dust); Street Sweeping (this cleans residual off the roads from winter maintenance); Line Painting (this improves visibility at stop blocks, railway crossings and center lines); Boulevard Tree Planting (to replace dead boulevard trees and keep the Township looking healthy and vibrant).

For more information on our Spring/Summer Road Maintenance Programs, please visit our website at www.get.on.ca/township-services/public-works

NEW BY-LAWS IN PUBLIC WORKS

Entrance Permit

Guelph/Eramosa has passed a new By-law for Entrance Permits. When widening a driveway or installing a new driveway, an Entrance Permit must be obtained from the Township no matter if the property is residential, agricultural, industrial or commercial. A copy of the Township's Entrance Permit Application and By-law can be found on our website.

Boulevard Alteration & Road Occupancy Permit

Guelph/Eramosa has also passed a new By-law for Boulevard Alterations & Road Occupancies. We encourage property owners to maintain a standard turf grass on the municipal boulevard in front of their property. Changes made to the boulevard, such as altering the landscaping or adding rocks, could make it difficult for our crew to plow the roads/sidewalks during the winter. A permit must be obtained and approved prior to any alteration within this area. The Boulevard Alteration Application form and By-law can be found on our website.

Occupying the roadway with materials, objects or trailers could create a road or traffic obstruction. Road safety is important to everyone, so it is essential that all precautions are implemented to ensure the roadways are safe for all who use them. To apply for a Road Occupancy Permit please visit our website.

WINTER OPERATIONS

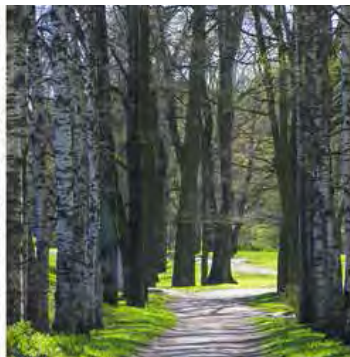
Roads

Guelph/Eramosa clears 450 kilometers of roads throughout the Township. We have 9 plowing/sanding/salting routes. Please allow 24 hours for our plow drivers to complete their routes.

Sidewalks

Guelph/Eramosa clears sidewalks throughout Rockwood and Eden Mills. Please allow 48 hours for our sidewalk plow driver to complete their routes.

Have questions for the Public Works Department? Contact the Department Administrator at 519-856-9596 ext. 120.



The Guelph Humane Society



The Guelph Humane Society (GHS), now located at 190 Hanlon Creek Blvd in Guelph, provides animal services and enforces animal by-laws in the City of Guelph, Township of Centre Wellington, and here in the Township of Guelph/Eramosa.

Some of these services include:

- Pick up and impoundment of dogs running at large
- Assisting with stray or injured cats
- Pick up and assistance with sick, injured or orphaned wildlife
- Pick up of deceased companion animals on public property and roadways
- By-law enforcement as per the animal control by-laws
- Responding to after-hours animal emergencies, such as assisting animals in distress (sick, injured or orphaned companion animals or wildlife), or dogs running at large that pose an immediate risk to public safety

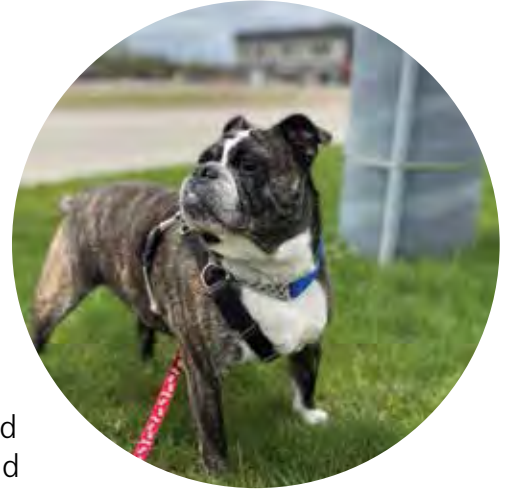
Call GHS at 519-824-3091 for assistance, 24/7. Visit guelphhumane.ca for more information.



DID YOU KNOW:

All dogs in Guelph/Eramosa Township are required to be licensed? As of January 1, 2020, all dog licenses must be purchased through DocuPet at https://get.docupet.com/en_CA/.

Interested in a spayed or neutered barn cat? GHS has a Working Cat Adoption Program, free to farmers. When we have a cat that isn't suited for a household environment, we still spay/neuter, vaccinate, and microchip them - and then look to find them a barn to call home. If you have a barn and are interested in joining this program, email adoptions@guelphhumane.ca.



THE ROCKMOSA DOG PARK

Opened in the summer of 2020, this PAW-esome fenced-in park boasts over 2 acres of space for your precious pooch to enjoy! Please note: All dogs must be on a leash until they enter the designated off-leash area. All dogs using the off-leash dog park must have a valid dog tag license.



Sign Up For E-Billing and Say Goodbye to Paper Bills!

E-billing is OPTIONAL and is not mandatory for our property tax and water bills.

Enroll in our e-billing program and receive your bill in your email inbox, in an easy-to-read PDF format.

You can sign up for e-billing for your property tax bill and for your water bill (for users of the municipal water system).

Your bill will arrive at least 21 days prior to the earliest installment due date shown on the bill.

E-billing enrollment forms can be found on the Township's website at www.get.on.ca.

For information about property tax e-billing, call 519-856-9596 ext. 102.

For information about water account e-billing, call 519-856-9596 ext. 126.

For bill payment methods, please visit our website at www.get.on.ca



County of Wellington SOLID WASTE SERVICES



**Providing for today,
planning for the future.**

Managing waste and diversion programmes:

- Curbside collection of materials
- Six waste facilities
- Mobile Household Hazardous Waste Depot

519.837.2601 | 1.866.899.0248
www.wellington.ca/sws

Alternate formats available upon request.



^{OM} Official Mark of The Corporation of the County of Wellington

Fire Prevention and Awareness



Between 2009 and 2018, the Office of the Fire Marshal reported that in fatal fires, smoke alarms were missing (not installed) in 14% of cases. In 22% of cases the smoke alarm was found to be non-functional.

Having installed, functional and regularly tested smoke/CO alarms provides your family an early warning of fire, smoke and/or carbon monoxide. They afford you the opportunity to evacuate your house in a timely manner in the event of a fire.

In our continued efforts to educate the public, we encourage you to inspect and test your smoke/CO alarm(s) by evaluating the date of expiration. The date is generally affixed to the side or rear of the smoke/CO alarm housing. Where not labeled, smoke/CO alarms can generally be assumed as having met their respective life cycle at 10 years from the date in which they were manufactured. Should you not know the history of the alarms installed in your home, should they be painted on or over or compromised in any way, a replacement is recommended.

Should you or someone in the community require a fire department representative to discuss testing, maintenance and/or installation requirements for your homes smoke/CO alarms, please contact our Fire Prevention Officer at 519-835-6724.

Mat Williamson,
Fire Prevention Officer
Guelph Eramosa Fire Department
Email: mwilliamson@get.on.ca

MEET YOUR FIRE DEPARTMENT

You are serviced by a group of highly-skilled and dedicated volunteer firefighters. We currently have 38 members on the Fire Department including one Fire Chief, one Platoon Chief, seven Captains, and 29 Firefighters.

Your firefighters respond to a variety of emergencies, including fires, motor vehicle collisions, medical calls, alarm activations, and many other requests for public assistance. In order to be able to respond to this variety of emergencies, the firefighters undergo intense training. All of our members are trained to the





level of Emergency Medical Responder medical certification, which is the highest level of medical training before paramedicine. We train a minimum of two hours every week, with several specialized weekend training sessions throughout the year. Every Saturday morning, we conduct apparatus and equipment checks to ensure that our fire trucks and all of our equipment is serviced and in good working order. With the support of Council, we have a very progressive department, with advanced fire apparatus and equipment. In addition to our emergency response, we have an extremely active Firefighters Association, which organizes many community and fundraising events throughout the year. As you can see, the commitment to be a member of the Guelph/

Eramosa Fire Department is significant! One unifying theme of all of our members is the desire to help our community. We are proud to be able to apply our training to help our residents through many different types of emergencies. We respond to our residents' calls for help, sometimes on the worst day of their lives. We understand the responsibility associated with doing that, and that is why we take our training and our duty very seriously.

We are very proud to serve our community. It is an honour to provide emergency services to the residents of Guelph/Eramosa Township and we thank you for trusting us with this responsibility.

 The logo for Nordic eden mills features a silhouette of a skier and the text 'Nordic eden mills'. Below the logo is a photograph of several people skiing on a snowy trail.

Eden Mills Nordic Ski Club offers ski classes for children ages 5-16 on 15 km of groomed trails through fields and forest at the south end of Guelph. Classes start in January and run until the end of March. The trails can also be used by adult club members. For more information, registration, and trail conditions, go to

<http://edenmillsnordic.blogspot.ca/>

 A portrait of Ted Arnott, MPP, smiling. To his left is the Ontario coat of arms.

TED ARNOTT, MPP
Wellington-Halton Hills

Web: www.tedarnottmpp.com
Phone: 1-800-265-2366

Why do you need a building permit?

A building permit is formal permission to begin a construction or demolition project. Building permits are necessary to ensure that construction methods meet the standards set out in the Ontario Building Code, Federal and Provincial regulations, and local by-laws. The Building Department promotes and assists with building development to ensure safe structures for our residents, businesses, and visitors.

WHEN DO YOU NEED A BUILDING PERMIT?

The property owner is responsible for ensuring there is a building permit for the project they are undertaking. A permit is required for:

- The construction, renovation, extension, or demolition of a building or structure (including decks)
- Structural work including alterations to interior partitions, installation of skylights, windows, doors or dormers
- Constructing or finishing rooms in the basement or attic, converting garage space into living space
- Construction or installation of an accessory building larger than 10m² (108 ft²)
- Some designated structures such as retaining walls and solar panels
- New water service, new sewers, alteration or extension of an existing plumbing system
- Any building that contains plumbing or plumbing work including solar heating and lawn irrigation systems
- Raising a dwelling or excavating a crawl space to provide full basement (underpinning of foundation)
- Installation of a new heating system including woodstoves
- The installation, alteration, extension, or repair of on-site sewage systems
- Change of use of a building
- Temporary tents greater than 60m² (645 ft²)
- Installation of a swimming pool



Please note these are general guidelines only. If you are unsure whether your project will require a building permit, please give us a call at 519-856-9596 ext. 114.

HOW TO APPLY FOR A BUILDING PERMIT

All building permit applications, including all required drawings, must be submitted electronically. All applications shall be emailed to building@get.on.ca. All documents are required to be in a "PDF" format and are required to be clear and readable. Illegible drawings and documents will result in an incomplete application.

In addition to a building permit, other approvals may be required, based on your location and type of project. These approvals could include:

Grand River Conservation Authority

Source Water Protection

Ministry of Transportation

Ontario Ministry of Agriculture Food and Rural Affairs

All Application forms and other resources including Information Guides are available online at: <https://www.get.on.ca/living-here/building-permits-and-inspections>

FROM BEGINNING TO END

When your application is received it will go through the intake process which will ensure completeness and compliance guidelines have been met. If there are documents missing or approvals that need to be obtained you will be e-mailed and asked to submit the outstanding items.

Once we have a complete application, you will be e-mailed an invoice with an online payment guide. Payments are to be made prior to issuance of the Building Permit. Payments are accepted in two forms: e-transfer or by cheque which can be mailed or dropped off in our night deposit box located directly outside of the Township Office. A receipt will then be issued and e-mailed to you. If choosing to pay through an e-transfer, instructions to do so can be found at:

<https://www.get.on.ca/living-here/building-permits-and-inspections>

The turnaround time for a review of a complete permit application is typically 10 business days for all residential projects. If there are deficiencies upon plans review, the deficiency list will be e-mailed to you. If there are no deficiencies, your permit will be issued and e-mailed to you accompanied by your approved drawings. Drawings are to be printed and available on site for inspections. Failure to do so will result in a failed inspection. Permits are to be printed and posted in such a manner that can be seen from the road when possible.

For more information, please visit our website at: <https://www.get.on.ca/living-here/building-permits-and-inspections> or call 519-856-9596 Ext 114.

We are here to guide you through this process, and we take pride in helping you achieve your goals in a timely and professional manner.



EarlyON Child and Family Centre's offer free, high-quality programmes for families and children from birth to 6 years old. You can learn and play with your child, meet people and get advice from early childhood professionals.

THEY OFFER A RANGE OF SERVICES AND RESOURCES WHERE YOU CAN:

- join fun activities such as reading, storytelling, sing-alongs and games
- find out about other family services in your community
- get advice from professionals trained in early childhood development
- connect with other families with young children

These services are available across the County of Wellington and City of Guelph with many Centre's being open on weekdays, evenings and weekends to fit the needs of families in their communities.

Learn more about **EarlyON** programming at [wellington.ca/EarlyON](https://www.wellington.ca/EarlyON)



ALTERNATE FORMATS AVAILABLE UPON REQUEST.

™ Official Mark of The Corporation of the County of Wellington

Be Better Prepared®!

WHAT IS EMERGENCY MANAGEMENT?

Emergency Management is defined as organized and comprehensive programs and activities taken to deal with actual or potential emergencies or disasters. It is based on a risk management approach and includes activities in five components: prevention, mitigation, preparedness, response and recovery.

WHAT IS AN EMERGENCY MANAGER?

An emergency manager is someone who is designated by the municipality as the Community Emergency Management Coordinator (CEMC) as required by the Emergency Management Civil Protection Act (EMCPA). This Act has many requirements to ensure the municipality is prepared to assist residents in the event of a large scale emergency.

The EMPCA requires an annually updated Emergency Response Plan, Hazard Identification Risk Assessment (HIRA), Critical Infrastructure list, Public Education and Awareness, training for response staff and more.



WHAT CAN YOU DO TO BE BETTER PREPARED?

- Emergency preparedness starts with you!
- Did you know that, you should be able to take care of you and your family for 3 days (72 hrs) following an emergency?
- Do you know what should be in a 72-hr kit?
- Do you know the hazards in your community and what to do in case one of these hazards happens?
- Do you have a plan for evacuating your home?



You can find all you and need and more at our Be Better Prepared Guide at the following link: www.wellington.ca/emergency

DO YOU KNOW WHERE TO FIND INFORMATION DURING AN EMERGENCY?

- Local radio stations
 - Magic 106.1 FM
 - CJOY 1460 AM
- County of Wellington Social Media on Twitter or Facebook
 - Twitter: @wellingtoncounty
 - Facebook: @wellingtoncounty
- County of Wellington website: www.wellington.ca

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Community Resource Contact Information

211 ASSISTANCE FINDING RESOURCES

A free helpline that connects you to services and programs in your area.
www.211.ontario



Adult Day Program – Offering social, cognitive and physical stimulation for older adults and those with different forms of dementia. Transportation, programming, meals and snacks provided.
Francesca: 519-833-0087

WELLINGTON DUFFERIN PUBLIC HEALTH

Partners in government, public health and health care.
160 Chancellors Way, Guelph, ON.
519-822-2715
www.wdgpUBLICHEALTH.ca



New to You Thrift Store – Deals on books, name brand clothes, accessories and more!
143 Dennis Street, Rockwood, ON.
519-856-2113

EAST WELLINGTON COMMUNITY SERVICES

Food Bank – Guelph/Eramosa
143 Dennis Street, Rockwood, ON.
519-856-2113



Volunteer Opportunities – From high school students looking to complete their hours, co-op students, groups looking to volunteer together or individuals wishing to connect and give back to their community.
Barb: 519-856-2113
www.eastwellingtoncommunityservices.com

Transportation – For Eligible Adults – Serving Guelph/Eramosa Township, Town of Erin, Hillsburgh, Brisbane and Ballinafad. Transportation to appointments, pick up prescriptions, groceries etc. Wheelchair accessible bus available.
Booking Hours: 8:30 AM to 4:00 PM
519-856-2113

Outreach Services – Assist with accessing supportive housing, completing and submitting rent geared to income applications, rent bank and rent subsidy programs. System navigation relating to health care, social services, legal/justice, government benefits and more.

System navigation relating to health care, social services, legal/justice, government benefits and more.
Amanda: 226-971-2352
Julia: 226-979-7308

EAST WELLINGTON FAMILY HEALTH TEAM

Workshops available to patients and community members such as: mental health (must be a patient and requires doctor's referral), diabetes and pre-diabetes, anxiety, better sleep, CBT for anxiety and depression, cooking classes, heart health, relaxation, stress management and more.



To register for workshops, please visit www.ewfht.ca or call 519-833-7576 ext. 362

SAFE COMMUNITIES – ERAMOSIA TOWNSHIP

Volunteer sub-committee including Snow Angels snow removal program.
Chairperson: Annemarie Linde
905-537-5358



Royal Distributing Athletic Performance Centre (RDAPC)

7384 Wellington Rd. 30, Guelph

FEATURES: Surrounded by 64 acres of Marden Park, this facility features an indoor artificial turf sports field, rubberized perimeter walking track, coaching/learning room and viewing gallery.



Royal Distributing Athletic Performance Centre

Rockmosa Older Adult Centre

121 Rockmosa Drive, Rockwood

FEATURES: A kitchenette, social gathering area with a television and gas fireplace, and ample folding tables and chairs. For members and older adults in the community. Available on weekends to rent for your private event.



Rockmosa Older Adult Centre

Marden Community Centre

7368 Wellington Rd. 30, Guelph

FEATURES: 100 person capacity, catering kitchen, enabling garden, parking, air conditioning, table and chairs, bar and pavilions.



Marden Community Centre

Rockmosa Community Centre

110 Rockmosa Drive, Rockwood

FEATURES: 300 person capacity, 3,600 Sq.Ft. room with stage, catering kitchen, parking, air conditioning, table and chairs, bar and wheelchair-accessible washroom and ramp.



Rockmosa Community Centre

For more information or to book one of our facilities email parks@get.on.ca or call 519-856-9596 x113.



PerfectMind®

GET... Digital!

The Township of Guelph/Eramosa has moved to a digital on-line recreation booking software called PerfectMind in January 2021. PerfectMind allows for program registration, hall bookings and many other features to ensure ease of use for everyone!

What is PerfectMind?

PerfectMind is a user-friendly, all-in-one member management platform that allows you to easily access countless membership tools all from one integrative dashboard. Created in 1998 by a business owner who wanted to better manage his growing membership base, PerfectMind has since become a leading parks and recreation platform, with more than 500,000 users in 21 countries.

What are the benefits?

PerfectMind's cloud-based parks and recreation software can be accessed anywhere with an internet connection, and on any device. Using PerfectMind, residents of the Township of Guelph/Eramosa can efficiently pay for recreation services, book facility space without conflict, enroll in classes, access documents—all online.

How do I use PerfectMind?

Go to <https://guelpherosatowship.perfectmind.com> to create a username and password that you will use to log in every time you would like to register for a class, book a community hall or pavilion, or just to see what GET is offering for recreational programming.

Who can I contact if I have questions?

If you have any questions or need assistance using PerfectMind, please reach out to parks@get.on.ca and one of our friendly Parks and Recreation staff members would be happy to help you.

To register for programming please visit www.get.on.ca/living-here/fitnessrec



PIONEER

SEPTIC SOLUTIONS INC.

Our services include:



- Excavating
- New Installation
- Site Servicing
- Replace Existing System
- Rejuvenate Septic Systems

Pioneer Septic Solutions
t: 519-763-3349 • f: 519-763-2741
admin@pioneer-snorks.ca
www.pioneersepticssolutions.ca

Snorks

*Your Trusted **Septic Maintenance** Provider*

Services We Provide:

- Pump, repair, maintain septic systems
- Provide septic tank inspection report
- Install risers, lids, filters
- Pumping catch basins
- Annual maintenance of treatment systems



Phone: 519-837-3661 • Fax: 519-763-2741
 Emergency Service: 519-994-0757
admin@pioneer-snorks.ca

www.snorksepticservice.com

THANK YOU ESSENTIAL WORKERS



JULIA MARTIN
Manager, Community Support Services, East Wellington Community Services

1. What has it been like to be an essential worker during this time?

It has it been tiring, yes, stressful, yes, busy, yes, continual changes to adjust to, yes...but it has also been a bond strengthening experience, not only among staff but the bond between community agency and community members also solidified as we all worked together to ensure our most vulnerable members' needs continued to be met within their community.

2. What are some things you did that helped you cope during the pandemic?

Again, the bond developed between my coworkers really allowed us to lean on each other. We continually checked in with each other to ensure we were all coping as best as possible. Our CEO was instrumental in supporting the staff and making sure that they practiced self-care regularly.

3. Did you learn a new skill or develop a new hobby during the pandemic?

I have learned new ways of communicating effectively with both clients as well as coworkers to provide support, I have learned a lot of new computer skills lol, and I have learned that there is nothing that we, as an agency, as a community, and as a team, cannot overcome, grow from, and strengthen from.

4. What are some of your favourite local businesses that you have supported during the pandemic and why would you encourage others to support them too?

There was so much support from all the small businesses in the community I couldn't name just a couple without unjustly not naming everyone. They really stepped up with monetary donations, goods and services donations, volunteer offers, and basically just moral support and encouragement for the work we continued to provide. It was overwhelming the emotional support and offers of assistance we received and we are forever grateful. #shoplocal



JASON JONES
Water/Wastewater Operations Manager/ORO, Township of Guelph/Eramosa

1. What has it been like to be an essential worker during this time?

The job hasn't changed but our processes have had to, such as scheduling alternative shifts to limit contact, wearing restrictive PPE while exerting energy, limiting breathing capability and vision, and keeping distances while working around each other in small work areas.

2. What are some things you did that helped you cope during the pandemic?

Coping within the workplace was a matter of accepting and adapting to the new criteria. Although it had its challenges, adaptations were made and I made it this far.

3. Did you learn a new skill or develop a new hobby during the pandemic?

The new skill I learned I thought was to make my honey do list shorter by spending the extra time that I now had to focus on things that were previously neglected...turns out the shorter you think the list is getting the longer it miraculously gets.

4. What are some of your favourite local businesses that you have supported during the pandemic and why would you encourage others to support them too?

The local businesses that I supported through this for the most part are probably between Home Hardware and The Home Depot, when not available to go into store, order curbside pick-up.





KIRK MACDONALD

**Provincial Constable, Badge #12539,
Wellington County O.P.P., Media
Relations & Community Safety
Officer**

1. What has it been like to be an essential worker during this time?

Like most people, it's been a challenge at times.

We continue to perform our day-to-day activities to ensure our communities are safe. At the same time, there was the added stress over concerns of the health of our own families during the pandemic.

2. What are some things you did that helped you copeduring the pandemic?

I've tried to remain positive believing that this is just a moment in time and things will soon get better. While I enjoy keeping up with current events, at times it has helped to step away from social media and the news. Getting outdoors and exercising is also good for one's mental health.

3. Did you learn a new skill or develop a new hobby during the pandemic?

I usually enjoy golfing and playing hockey. Like most others, I had to find something to pass the time. During the lockdown periods, we had some good quality family time playing online group games.

4. What are some of your favourite local businesses that you have supported during the pandemic and why would you encourage others to support them too?

As I live just outside the County, I've supported the local business in my community. When I'm working, I regularly support small businesses particularly those in the food and restaurant industry. As lockdown restrictions begin to ease, it's vital to support the local economy.



JEFF CROW

**Firefighter, Guelph Eramosa
Fire Department**

1. What has it been like to be an essential worker during this time?

Being an essential working during this time has changed. It has changed the way we respond to calls. The first thing we think about now when

responding is our level of PPE. For the protection of the patient and us. Our job when we get there remains the same. We just have to protect ourselves differently now.

2. What are some things you did that helped you copeduring the pandemic?

Relying on family during this time has helped a lot. It's our main way of coping with things. Whether it's a phone call or just talking around the dinner table.

3. Did you learn a new skill or develop a new hobby during the pandemic?

During this slow time, doing some "COVID Reno's" has become a new hobby, I guess.

4. What are some of your favourite local businesses that you have supported during the pandemic and why would you encourage others to support them too?

Supporting the local businesses is a must. Whether we order from the Hangout or Chompin' at the Bit once a week. To get some reno supplies from Home Hardware and Leather Town. Without this happening they will not survive. Please support your local businesses.



ANGELA WEBER

PHN at Guelph Hospital

1. What has it been like to be an essential worker during this time?

Every shift was constantly changing. Initially everything was uncertain and unknown which caused some anxiety. But those shifts became very rewarding knowing that I was able to help and care for others who were struggling and going through their worst experiences.

2. What are some things you did that helped you copeduring the pandemic?

I have spent extra time with my daughters and Dan hiking, swimming, boating, and playing games. Grateful for the time away at the cottage. A place and time to disconnect, relax, unwind and get away from the extra busyness of life. I could not have made it through this without the unconditional support of my family. They have kept the home front afloat allowing me to focus on other people and their needs.

3. Did you learn a new skill or develop a new hobby during the pandemic?

We bought a boat so learning to drive that and waterskiing.

4. What are some of your favourite local businesses that you have supported during the pandemic and why would you encourage others to support them too?

The local businesses have been very supportive from a simple smile to a thanks. Home Hardware is efficient, friendly, understanding, and personable. Foodland, the staff are always smiling, adapting very quickly to the changes, clean, well-stocked, and shorter lines. Whistle Stop, a great place to grab a coffee. The staff are always so welcoming and chatty. Rivers Edge, a great place to get personal, unique gifts for family. They were very accommodating, understanding shift work and going out of their way to assist me in my shopping at odd hours. So thankful to live in a small town where people support people and make that extra effort during these times to make your day just that much better.



MICHAEL PELLIZZER

Bell - Cable Repair Technician

1. What has it been like to be an essential worker during this time?

During these unforeseen times, I am happy and proud to be able to support my community that has given me so much.

Telecommunications has become so vital to assist our customers jobs, and our children's online schooling. I am so lucky to have a job that supports my family.

2. What are some things you did that helped you copeduring the pandemic?

A great coping tool I use is to cook when I get home from work. It helps me to separate from my workday and connect with my family.

3. Did you learn a new skill or develop a new hobby during the pandemic?

I have really enjoyed my off time with my kids and creating new recipes.

4. What are some of your favourite local businesses that you have supported during the pandemic and why would you encourage others to support them too?

I support Foodland regularly and Home Hardware in Rockwood. Their customer service has been consistent through the pandemic and they're always willing to help with anything I am looking for and answer any questions that I have.

The Role of Parks During the COVID-19 Pandemic

Guelph/Eramosa is blessed with rural landscapes and an abundance of parks, trails, and open spaces available to residents. Prior to COVID-19 it was easy to take these places for granted as we all went about our busy lives. However, when stay at home orders started to roll out, residents quickly found paradise in their own community. Many moved to Guelph/Eramosa because of its natural beauty and to escape the city while other multi-generational families have grown up accustomed to this lifestyle.



and a space where they can learn life skills such as teamwork, respect, and good sportsmanship. Many childhood memories are created in local parks.

With the opening of Rockwood's new leash-free dog park in 2020, residents now have an opportunity to exercise their dogs and socialize with other dog owners. The pandemic has taught us to be kind, patient, tolerant and function at a slower pace of life. During this time, hopefully you have

Regardless of what category you fall into, chances are you discovered an area of Guelph/Eramosa that was new to you during the pandemic. Parks and natural spaces provide an escape from our everyday lives. They allow us solitude and open space to exercise our bodies and minds and to reflect, meditate and appreciate nature.

found a little piece of paradise in one of the many green spaces in Guelph/Eramosa and it has helped you and your family get through this pandemic.

Parks help foster a sense of community and provide a safe space to meet friends and neighbours. Parks allow children the freedom of their first unsupervised outing with friends

Robin Milne
Director of
Parks and
Recreation



Domestic & exotic meats
 Made from scratch baking

FRESH FROM THE FARM

Fruits & vegetables
 Home grown sweet corn & pumpkins

MOSBOROUGH
 COUNTRY MARKET

Dickieson Family

5284 Wellington Rd #32 at Speedvale Ave. W., Guelph ON
 phone 519-763-5224 email info@mosboroughmarket.ca
www.mosboroughmarket.ca

ldawc • Learning Disabilities
Association of Wellington County

The right to learn, the power to achieve

Dedicated to improving the lives of children, youth and adults with learning disabilities and ADHD so that they can reach their full potential.

- Reading Rocks
- Executive Skills
- Social Skills
- SOAR (transition to high school)
- Typing Skills
- Workshops and Speakers

WWW.LDAWC.CA **519-837-2050**

ICE RINKS

The Township of Guelph/Eramosa has 7 beautiful outdoor community rinks to be used during the winter months. These rinks are run entirely by community team members and WE NEED YOU!



Where are the rinks located?

- Max Storey Park, 162 Dunbar Street, Rockwood
- Valentino Park, 121 Fountain Street, Rockwood
- David Masson, 201 Landrex Boulevard, Rockwood
- Lloyd Dyer Park, 209 Balaclava Street, Rockwood
- Memorial Park, 19 Memorial Street, Eden Mills
- Cross Creek Park, 78 Cross Creek Boulevard, Guelph
- Marden Park, 7368 Wellington Road 30, Guelph

Ice Rink Team Members Needed!

We invite you to join the list of community builders and become a team member at your local outdoor ice rink! The success of the outdoor ice rinks is in the hands of our community members! Being an outdoor ice rink team member is a great way to meet neighbours and give back to the community. If you are a high school student, volunteering at your local ice rink could count towards your 40 hours of required volunteer time.

How do I get involved?

The Township begins recruiting for Ice Rink Ambassadors in early October. Stay tuned to our Facebook, Instagram pages!  

Contact the Parks and Recreation Department at 519-856-9596 ext. 113 or parks@get.on.ca

What is the time commitment?

This depends on the number of team member at your local outdoor ice rink. The initial building of the rink is time consuming but once the base is established, it could take no more than one hour a night to maintain the rink. So, if your rink has seven team members, that would be one hour per week per team member.



2021 Lloyd Dyer Ice Rink Volunteers

Winters are getting milder, so why have outdoor rinks?

The temperature only needs to be below -5 degrees Celsius to make ice and it does not matter if there is snow. Typically, we are seeing 30 to 45 skating dates per season in southwestern Ontario.

Do I require equipment to be a team member?

No, the Township provides a water source, hose, shovels and nets for each location.



Volunteer and Help a Young Child Learn to Read

To register for Volunteer Coach training, please visit strongstart.ca.

Your help will be needed more than ever! When schools are able to safely welcome back volunteers, we want to be ready.

For more information: 519-743-9578
info@strongstart.ca | www.strongstart.ca



SCAN ME



Strong Start to reading™
"Making a difference in the life of a child"



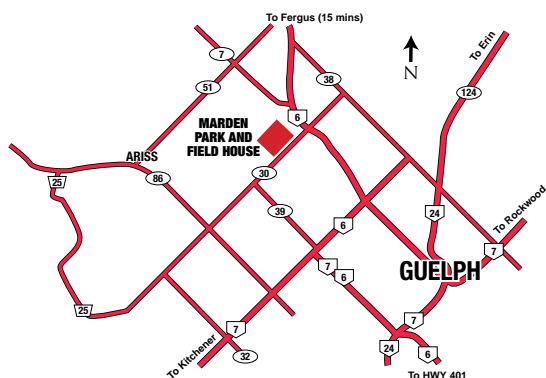


The RDAPC has a 4-lane walking track spanning 690'. The RDAPC also offers a full sized turf field that is 210'x120' and can be divided in half to accommodate more rentals. Please visit www.get.on.ca/RDAPC for more information!

Rentals - Available for single use rentals, as well as weekly rentals for a full season. Please contact rdapc@get.on.ca for details and check out our open times on the Township website www.get.on.ca/rdapc

Birthday Parties - Enjoy your special day with an hour of field time and use of our party room before and after for socialization!

Track - Guelph/Eramosa Township is so lucky to have our very own 200+ metre rubberized track for community use. Track memberships are free for Guelph/Eramosa residents and the track is a usable space for ALL ages and abilities. Strollers, walking poles, walkers, and wheelchairs are all welcome. The surface gives a cushioned feel on the body making it ideal for those with hip, back and knee problems. The track is also great for rehabilitating, getting exercise, or just meeting friends for a social stroll.



55+ Fitness - Join our growing offering of Active 55 fitness classes. See page 35 for class descriptions.



Remote Control Airplanes - Get in out of the cold and come meet some fellow remote control aircraft enthusiasts. Battery operated devices only.

Golf Driving Range - Keep the swing smooth through the off season or drop in and prepare to get back outside for the coming season. Soft flite balls simulate actual ball flite ideal for indoor play.

TOT 'n' PLAY!

Tot 'N' Play - Preschool age outdoor play on the inside! Enjoy the open space of a park on our indoor field through winter. Socialize, meet new friends and play with the hoola hoops, mazes, balance blocks, ride on cars and more.

Stroller Fit - Bring your baby to the RDAPC and get a workout with them in tow. This hour-long class gives time for socializing and gets you a workout without the need for childcare.

Walking Soccer - Does your body tell you to slow down but your mind doesn't want to? Come out for some walking soccer. Same beautiful game, but running is a foul.

Active 55 Soccer - Looking for a fun game of pick up post retirement? Drop in Active 55 soccer is for you.

Women's Soccer - Join our ever growing Women's pick up soccer league to stay on the field through the winter months.

CoEd Slo Pitch - Bring the social enjoyment of Slo Pitch inside for the chilly months and carry on playing year round.

Family Yoga - We have yoga for everyone at the RDAPC. Parents can join us with their babies and toddler right up through the teenage years.

DDPY - Combine the best of yoga, traditional fitness, sports therapy, and dynamic resistance to create an overall effective fitness class.



Classes available at the Rockmosa Community Centre and the RDAPC!

- Minimal joint impact/improved mobility
- Core strength
- Cardiorespiratory fitness and fat loss
- Builds muscle strength and endurance
- For all ages and fitness levels
- Helps with injury prevention
- Instructor teaches modifications to adjust to your level
- Helps restore function through safe and effective movements



Please visit our website to view and register for available classes.
guelphramosatownship.perfectmind.com/

The RDAPC requires a change of clean indoor shoes for participation in track use as well as all on field activities.



Our Parks... vitally important to establishing and maintaining the quality of life in the community.

- Children who play outside are more self-aware and have an increased awareness of others feelings; playground equipment encourages children of all abilities to participate with others
- Outdoor play can develop children's intellectual abilities and motor skills including coordination, balance, agility and enhanced multisensory experiences
- Parks are a place to make new connections, build community pride, meet new friends, participate in recreational activities and spend time with family and friends free of charge
- Spending time in parks can relieve anxiety and depression and strengthens overall health, with mental and physical benefits
- Green spaces improve air quality - removing carbon dioxide, sulphur dioxide and other pollutants from the air, they also provide natural cooling of surfaces and ambient air
- Recreation and fitness improve work performance - increase productivity, decrease absenteeism, decrease staff turnover and reduce "on the job" accidents



- Outdoor Recreation prolongs independent living for seniors and significantly reduces the risk of coronary heart disease and stroke - keeping seniors vital and involved in community life
- Parks provide a natural habitat for all sorts of animals
- 64% of Canadian say parks have become more important to their sense of connection to nature the past year
- 53% of Canadians say they've been more likely to visit parks that offer a more natural experience in the past year
- Almost two-thirds of Canadians report they are now visiting parks at least several times a week

- 82% of Canadians said that parks have become more important to their mental health during COVID-19
- Parks are having a significant impact on Canadians' social well-being—especially for those who live alone. While 38% of people who live with others said parks have become more important to their sense of social connection, this jumps to 47% for those who live alone
- Almost three-quarters (70%) of Canadians said their appreciation for parks and green spaces has increased since the pandemic hit

References

<http://www.gardinergreenribbon.com/parks-mental-health/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590734/>

<https://www.miracle-recreation.com/blog/why-should-my-child-play-outside-benefits-of-outdoor-play-for-kids/?lang=can>

<https://www.richmond.ca/parksrec/about/mandate/benefits.htm>

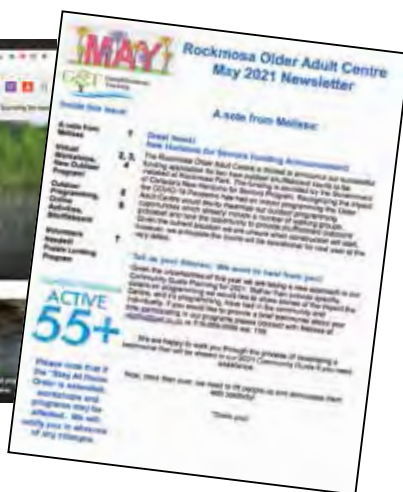
<https://parkpeople.ca/2020/07/16/covid-19-and-parks-highlights-from-our-national-surveys/#>

Rockmosa Older Adult Centre

After 5 ½ years in operation the Rockmosa Older Adult Centre had to close our doors and cancel programming on Friday March 13, 2020 due to the threat of the COVID-19 Pandemic. Time was not wasted and by April the Centre was alive virtually! By June, a number of outdoor programs were introduced and in September limited indoor programming was initiated with enhanced safety measures.

We recognize how important our programming is to many in our community and will gradually introduce in person programs in the Fall of 2021. Your safety is our priority, all programs will follow the Public Health recommendations at the time.

Stay up to date on our latest program offerings by visiting our website or signing up for our monthly newsletter!



We Need Your Help!

Do you have a skill or expertise you would be willing to share with your community? Peer based education and learning is an effective way to learn new skills and meet new people! Join our team of convenors. We will work with you to accommodate the days and times that best match your schedule!

Why become a convenor at the Rockmosa Older Adult Centre?

- Give back to your community
- Gain new experiences
- Meet new friends
- Share a lifetime of skills and experiences
- Enhance your health and wellbeing
- Keep active, stay healthy and have fun

Convenor opportunities for those who are:

- People oriented
- Enjoy teaching others
- Nature lovers
- Multilingual
- Artistic
- Travellers
- Bakers, cooks
- Gardeners
- Musicians
- Sewers, quilters, and more!

Email programming@get.on.ca or call 519-856-9596 ext. 139 for more details.

“These programs kept our minds occupied and offered many learning opportunities to pass the time during lock down and winter weather. This was also an opportunity to meet new people that we had not met before, even some in our own neighbourhood whom we now see when out for a walk.” ~ J&B

GET Involved at the Rockmosa Older Adult Centre!

Where We Support Active Living and Healthy Aging in Our Community!

Drop-in Activities

Pickleball, Shuffleboard, Pole Walking, Bocce Ball, Gentle Walk and Movement, Darts, Stitch and Chat, Euchre, Games for the Brain, Enabling Garden, Chess, Bingo.

Workshops

Cooking Classes, Educational Seminars, Crafting Connections, Travelogues, Community Partners, Technical Support, Health and Wellness, Art Instruction, Music Therapy, Creative Writing.

Special Events

Home Grown Art Event, Yearly Open House, Music in the Garden Series.



We welcome your ideas and suggestions!

Hours: Open Monday to Friday 8:30 AM to 3:30 PM • 519-856-9596 ext. 139

programming@get.on.ca • www.get.on.ca



Benefits of Physical Activity Among Adults & Older Adults

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

Those with poor mobility should perform physical activities to enhance balance and prevent falls. More physical activity provides greater health benefits.

Why should you be Active?

There are both immediate and long-term benefits to being active.

Immediate

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

- Improves sleep quality
- Reduces feelings of anxiety
- Reduces blood pressure



“The overall impact of participating in Active 55+ classes is that it improves my mental health and mood and it has helped to keep my blood sugar levels at a healthy level.”

– Active 55+ participant

Long-Term

Regular physical activity provides important health benefits for chronic disease prevention.

- **Brain Health** – Reduces risks of developing dementia (including Alzheimer’s disease) and reduces risk of depression
- **Heart Health** – Lowers risk of heart disease, stroke, and type 2 diabetes
- **Cancer Prevention** – Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- **Healthy Weight** – Reduces risk of weight gain
- **Bone Strength** – Improves bone health
- **Balance and Coordination** – Reduces risks of falls



Joining an Active 55+ Class

To view full class descriptions, dates, times, and costs visit www.get.on.ca/living-here-fitnessrec and register on-line.

Join one of our Active 55+ Classes!

It is good for adults (18-64) and older adults (65 and up) to do a mix of cardio and strength exercises. Older adults should also add balance exercises.

Practicing all 4 types of exercise provides the most benefit to your everyday life.



ENDURANCE

So you can climb steps, dance the night away



STRENGTH

So you can lift groceries, carry grandchildren



BALANCE

So you can prevent falls and related injuries



FLEXIBILITY

So you can drive, get dressed.

RDAPC Class Descriptions

The Benefits of Bone Fitness

Come and enjoy an active training program for health and exercise with BoneFit™. Nancy is a BoneFit™ trained exercise professional through Osteoporosis Canada. Great music helps us work through exercises and activities that will improve balance, strength, endurance and posture. Be brave! Join us for the health of it. All exercises can be modified so all can participate.

Use It Lose It Tone It Up

A complete workout incorporating the latest evidence-based medical research from the Canadian Center for Activity and Aging. Our CCAA-certified fitness instructor will take you through a 50 minute workout to boost your cardio, enhance your strength, stretch and tone those muscles in a safe, friendly, non-competitive atmosphere. Classes include great music, a lot of laughs and fun. Do something good for yourself!

Music 'N' Motion

Time to get moving! You get a little bit of everything with this class. A fun 50 minutes with all the components of a healthy exercise routine. This class is a great stress-reliever and the perfect way to get some movement into your life. Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit! Class can be done in a chair or standing.

Sit Fit

A recovery workout for so many missed activity days. All movement is from a chair position and is perfect for reintegrating into an exercise program. Sit Fit is a great way to get moving for people working from home as well as people with mobility limiting conditions including but not limited to Arthritis, Osteo ailments and Parkinson's Disease.

Yoga 55

Strengthen, lengthen, improve flexibility and balance while developing an awareness of breath and movement. This progressive yoga class will help release stress and tension leaving you with a sense of enhanced energy and well being.

Cardio-Sculpt Intervals

This class has it all! Alternate low impact cardio exercises to strengthen your heart and lungs with muscular endurance exercises to tone muscles and make daily activities a breeze! Finish the class off with a with a great stretch for an effective, whole body workout!

Rockmosa Class Descriptions

Rejuvenating Yoga (gentle)

This gentle practice encourages participants to explore poses while increasing their balance, flexibility, and strength.

Energizing Yoga (progressive)

This class will build on the postures from the more gentle practice. Beginner to more advanced variations will be given. A flexible body is a more Youthful body!

Cardio-Sculpt Intervals

This class has it all! Alternate low impact cardio exercises to strengthen your heart and lungs with muscular endurance exercises to tone muscles and make daily activities a breeze! Finish the class off with a great stretch for an effective, whole body workout!

Cardio Core

This energizing, heart pumping low impact cardio workout is followed by core strengthening exercises to help improve posture, strength and function. End the class with a thorough stretch to lengthen muscles and boost flexibility.

Strength & Stretch

This class uses hands weights, resistance bands and incorporates mat work to help strengthen and increase range of motion around the joints. Participants are required to bring their own weights, bands, and exercise mat, as well as a refillable water bottle. Gym shoes are required as well, for secure mobility and safety.

Bands and Bells

This class begins with a cardio component, followed by a balance and strength segment and winds down with flexibility / stretching exercises. The instructor will adapt exercises to accommodate all fitness levels; this class is suited for people who enjoy a little bit of everything!

GET Community Contacts

Sports

Ariss Valley Golf Course..... 519-824-1551
 Eden Mills Nordic edenmillsnordic.blogspot.com
 Guelph Lakes Golf Course 519-822-4222
 Guelph Nordic Ski club www.guelphnordic.com
 Rockwood FC www.rockwoodfc.com
 Rockwood Lacrosse..... www.rxlacrosse.ca
 Rockwood Tennis Club www.rockwoodtennis.com

Art/Culture/Club

Dance Classestammyeckerman@icloud.com
 Scouts/Beavers/Cubs www.scouts.ca
 Girl Guide/Brownies www.girlguides.ca
 Rockwood Karate..... 519-826-6111
 4H Ontario www.4-hontario.ca
 Order of the Bear www.orderofthebear.com

Camps

Camp Brebeuf http://cyo.on.ca/brebeuf
 Rockwood Summer Camp
 rockwoodsummercamp@gmail.com
 Rockwood FC www.rockwoodfc.com
 Rockwood Lacrosse..... www.rxlacrosse.ca

Outdoor Rinks

http://get.on.ca/living-here/outdoor_rink
 Cross Creek Park 78 Cross Creek Boulevard
 Lloyd Dyer Park209 Balaclava Street, Rockwood
 Max Storey Park..... 162 Dunbar Street, Rockwood
 Marden Park..... 7368 Wellington Road 30
 Valentino Park..... 121 Fountain Street, Rockwood
 Memorial Park19 Memorial Street, Eden Mills
 David Masson201 Landrex Boulevard, Rockwood

Community Shared Garden

Ignatius Jesuit Centre
 [https://ignatiusguelph.ca/ignatius-farm/
 community-shared-agriculture/](https://ignatiusguelph.ca/ignatius-farm/community-shared-agriculture/)
 Valentino Park..... 121 Fountain Street, Rockwood

Community Resources

East Wellington Community Services.... 519-833-9696
 Wellington County Library - Rockwood Branch
 519-856-4851
 Wellington County Library - Marden Branch
 519-763-7445

Schools/Childcare

Harris Mill – English/French Immersion JK – Gr. 5
 519-856-0306
 Sacred Heart Catholic Elementary JK – Gr. 8
 519-856-1157
 Rockwood Centennial JK- Gr. 8
 519-856-9556
 Rockwood Nursery School 519-856-4486
 Eramosa Public School..... 519-856-9529

If you would like to have your organization featured in next year's guide, or if your contact information has changed, please contact clerks@get.on.ca or 519-856-9596 ext 140

Destination Local Food

taste·real

FROM THE GROUND UP

GUELPH WELLINGTON LOCAL FOOD

Guelph/Eramosa Township is deeply rooted in agriculture and has an excellent variety of farms and businesses offering local foods to residents and visitors alike.

Home to well-established farm markets like **Thatcher Farms** or **Mosborough Market**, the Township is known for dozens of on-farm stores or farm gate stalls offering in-season products.

From u-pick strawberries to picking out your perfect pumpkin or Christmas tree, farm adventures await just around the corner all year long.

Since its beginning in 2015, the **Rockwood Farmers' market** has become a well-loved community meeting place and a key destination for local food lovers. It offers a large assortment of local produce, fruit, meats and cheeses, baked goods, preserves, maple syrup, honey, wine, cider, beer, local artisans, and more. Situated next to a playground, skatepark, and splash pad, the market is a unique community-centric, family-oriented place to visit. Come and see for yourself!



The **Rockwood Farmers' Market** is located at 120 Rockmosa Drive, behind the Rockmosa Community Centre, and is open every Wednesday from 4:00 – 7:00 pm from June 9 until October 6..

For more information on local food, farm adventures, events, and more, visit TASTEREAL.CA or pick up a free copy of the new Taste Real Local Food Map. Enjoy!



Water Conservation and Saving Money

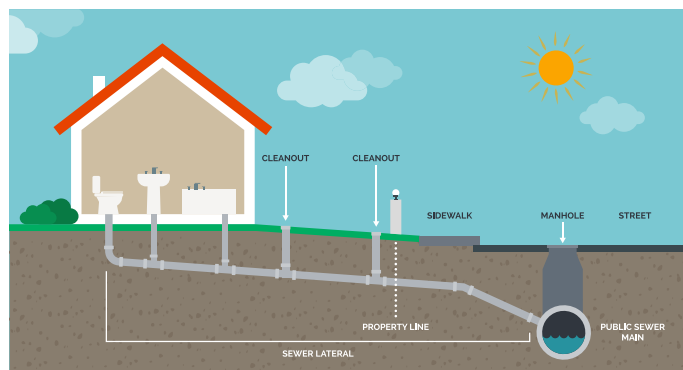
Avoid wasting water this season and reduce your water/wastewater bill:

1. Check regularly for leaks – you can use your water bill as a reminder:
 - Read your water meter before and after an eight-hour or longer period when no water is being used. If the meter does not read exactly the same, there is a leak.
 - Check for toilet leaks by adding a few drops of food colouring to the tank. If the water colour changes in the bowl, there is a leak (flush immediately to avoid staining the bowl).
 - A small drip from a worn washer in the faucet can waste 75 litres of water/day.
 - Maintain water softeners, humidifiers and reverse osmosis systems to avoid leaks.
2. Read manufacturer instructions for all water appliances such as water softeners and water filtration units to ensure settings are correct.

Water Softener settings for hardness as follows:

Hardness (total, as CaCO ₃)		
Location	mg/L	Grains/Gallon
Rockwood	480	28.07
Hamilton Drive	300	17.54
Gazer Mooney	370	21.63

4. Test your main water pipe’s shut-off valve (located before the meter) twice a year to ensure it is functioning properly and turn it off when going on vacation to prevent damaging leaks.
4. Turn off your outdoor water supply and drain taps before the first freeze: burst pipes can cause expensive damage.
5. Insulate pipes susceptible to freezing near outer walls, in crawl spaces, and the attic.



SEWAGE COLLECTION (ROCKWOOD ONLY)

It is up to you to maintain the pipes in your home that collect wastewater and the section of pipe that runs beneath your home to the property line. Drains are designed for wastewater and toilet paper only. Flushing the wrong things down your toilet or sink can block sewer pipes and may cause flooding at your home. It is also extremely important to keep medicines and garbage out of the toilet. Please do not flush any of the following items down the toilet:

- **Wipes** - Do not flush any type of wipe, even if the packaging indicates they are flushable.
- **Medicines** - Remember to always dispose of medicines by taking them to your pharmacy.
- **Face masks** - belong in the dry garbage. These get caught up in our sewage pumps along with wipes, oil, grease, and other unmentionables.

STORM SEWER DRAINS AND CATCH BASINS

Storm sewers and catch basins collect the water from outside and drain directly into the nearest creek, river or lake. This water is not treated, so it is important to not put items such as animal waste, automotive fluids, garbage, and chemicals down storm sewer or in a catch basin.

Pouring any chemicals in the storm sewer is illegal and pollutes our rivers and lakes.

If you are draining a pool or hot tub, before emptying pool water, remember to dechlorinate the water, consider the slope and surface of the property and the rate in which water is discharged. This will ensure it is absorbed in the ground and not running towards the home or a neighbour's property.

Saltwater pools should be discharged to the sanitary system connection on your property. The water from saltwater pools has such high levels of chlorides that this water cannot be discharged to the storm sewer system.

When you wash your car on your driveway or the street, the soapy, dirty water runs into our creeks and river. To avoid having dirty water run into our storm sewer system, consider these options for washing your car:

Use a commercial car wash facility or find a location where the wastewater won't flow into the storm sewer. For example, washing cars on a gravel surface or grass allows the wastewater to be absorbed before it reaches the storm sewer.

More questions? Please contact the Township office at general@get.on.ca or 519-856-9596 ext. 122 and we would be happy to help.



Authentic Montessori education since 1989 including French, Music, Yoga, Physical Education and more.

Toddlers 18-30 Mo.
Pre-school 2.5-4
JK & SK 5 FD/WK
Grades 1-6

**GUELPH
MONTESSORI
SCHOOL**

151 Waterloo Avenue
519-836-3810

www.guelphmontessori.com



Remembrance Day

Remembrance Day marks the anniversary of the official end to the hostilities of World War 1 on November 11, 1918. This massive conflict affected the globe but particularly the European countries where heavy combat occurred; countless troops from Canada were deployed to Europe in support of the Allied forces, and many did not return home.

World War I resulted in a staggering loss of life amongst both civilians and military personnel. The war left great emotional scars both in the servicemen who had experienced it, and in communities where many loved ones did not return home. Remembrance Day, or 'Armistice Day' as it was originally called, was first observed in 1919 throughout the British Commonwealth. This important event is held globally to commemorate

those who have died in armed conflicts, particularly in and since the First and Second World Wars.

At the Cenotaph in Rockwood, the Township of Guelph/Eramosa conducts a solemn, heart-felt ceremony annually on the first Saturday before November 11th at the 11th hour, to honour our Veterans and their sacrifices.

All information regarding the details of the 2021 Rockwood Cenotaph Remembrance Day Ceremony will be confirmed nearer the event date once any pandemic protocols have been determined. Once known, details about the ceremony will be published in the Wellington Advertiser and posted on the Township website and Social Media accounts.



Parade of Lights

The Township of Guelph/ Eramosa has developed a unique claim to fame in the local area, which is the annual Rockwood Farmers' Santa Claus Parade of Lights. This one-of-a-kind parade is held on the second Thursday in December, with 2020 marking the 28th time that Santa and the local farmers have made their special trip through Rockwood. Each year more than 25 farming families and their friends ride on floats of antique and modern tractors and other farm equipment adorned with lights and holiday decorations in an amazing nighttime parade – it is really a sight to behold!

According to the parade website, the humble beginnings of this event were very informal, starting with a group of local farmers who decided to decorate their farm equipment for the Christmas season and ride through the village streets as a holiday gesture of goodwill to their non-farming neighbours. Of course, the event was a hit and has been going



ever since – even through the pandemic! To ensure the success of this special event, Santa calls upon assistance from his special elves at the Rockwood OPP Detachment, the Guelph/Eramosa Fire Department, and the Township of Guelph/Eramosa Public Works Department who assist with the on-the-ground logistics and road closures.

Though Mr. & Mrs. Claus aren't sure what this December will hold in terms of the pandemic, they encourage you to check the official Parade of Lights website or the Township website for details as plans for this year's parade take shape. Announcements will be posted on the Township's

Facebook, Twitter and Instagram pages once the details of the 2021 Rockwood Farmers' Santa Claus Parade of Lights have been confirmed. We look forward to seeing you there!

<http://www.rockwoodfarmersparade.ca>

For information on other Festivals and events happening in GET, visit the website at www.get.on.ca and check out the Festivals and Events page.



*Canadian Certified BoneFit Instructor
Functional Aging Specialist
Online Training Insured*

Margaret Iutzi
BA, CPTN-CPT (M)

(519) 831-3221
iutzime@gmail.com

Then and Now

Birge Mills

Birge Mills, located in the northern half of the previous Township of Eramosa, was one of the first lots in the area to obtain a land patent from the Crown in 1821. Alonzo Birge purchased the property in 1871 and by 1880, it boasted a 4-storey stone mill that would produce flour and grain through its state of the art milling machinery. Alonzo's surname was lent to the site, and so the path was paved for Birge Mills to become a production hub for local farmers and residents. In the latter half of the 20th century, the Mill shifted to predominantly producing livestock feed, becoming one of the last water-powered commercial feed mills in Ontario before ceasing all production in 1991.



Outside of producing flour, grain and livestock feed, the Mill and its lands served as a gathering area for the local community. Farmers would meet in anticipation of their orders of livestock feed on grounds, while residents of the local communities would escape to the cool waters of the Mill pond for leisurely swims in the summers or to ice-skate in the winters, memories that are still reminisced about by locals.



In 2001 a local couple with a deep love of rural history purchased the Mill and immediately began restoring the site that had fallen into disrepair over the years, beginning with extensive work to the dam. The century of additions to the Mill have been removed and today the existing structure more closely resembles the original 1881 build, retaining original features such as the interior stone walls, hewn beams, posts, ceiling boards, line shafts, pulleys and a turbine. The dedication of the current property owners to ensure the historic legacy of the Mill building is preserved for future generations has been key to keeping this local landmark from slipping into annals of history.

Although the Mill ceased all production in 1991, the community that was established around it is still present and proud of the roots of the hamlet they call home. Recently residents advocated for the installation of historic signage that now marks the site of this once bustling area. Birge Mills is located on 3rd Line just north of Sideroad 20.

All inks used in the production of this guide are vegetable base inks.

History of the Rockwood Cemetery

The Rockwood Cemetery owes its humble beginnings to early settler John Harris, one of three Irish Quakers who arrived in present-day Rockwood in 1820. John settled in what is now downtown Rockwood and erected his first log shanty home in this location, though some years later built one of the first European-settler style houses in the area. In 1836, John donated 3 acres of land and timber for the construction of a church and cemetery - an exciting step forward for the growing community of Rockwood!

Being a Quaker, John belonged to a historically Protestant/Christian set of denominations known formally as *The Religious Society of Friends*. The Religious Society of Friends first erected a log shanty church building in this location in 1838-1839 however, that building was replaced five years later by the *Friends Meeting House* in 1844. At that time, the new building was an impressive sight for any passer-by on present-day Highway 7! The church and cemetery grounds are claimed to have been kept in pristine condition by the Society of Friends, and the fruits of those labours can still

be seen today with many old-growth trees gracing the cemetery grounds. The oldest burials in the cemetery date back to the 1840's and include the grave of John Harris himself, who died in 1857 and is buried in the cemetery's historic area with other members of the Harris family.

Today, visitors to the cemetery are greeted by the visually striking Gladys Hanna Chapel, which was designed by local architect Charles Simon and named after its local benefactor, Gladys Hanna. Built in 1991, the Gladys Hanna Chapel is the site for the annual Rockwood Cemetery Service of Remembrance and is one of the most architecturally unique buildings in Rockwood.

Though the Religious Society of Friends original church building is long gone, anyone visiting the cemetery today can find a simple stone marker placed on the site of the old meeting house in the cemetery bearing the following inscription:

***SITE OF FRIENDS MEETING HOUSE
1844-1899***



Rockwood and District Lions Club

The Rockwood and District Lions Club meets on the 1st and 3rd Wednesday of each month at the Rockmosa Community Centre at 110 Rockmosa Drive, Rockwood.



Events

- Annual Pancake Breakfast April
- Santa HOME Visits November/December
- Bottle Drive at Waterside Park Monthly
- Breakfast with Santa December
- Roadside Cleanup Spring/Fall

Club Contacts

- Ken McNabb (President) 519-856-1084
- Kevin March (Secretary) 519-831-9204
- Darryl Nichol (Membership) 519-856-4566

Information and Resources

- District website www.a15lions.org
- Club website www.rockwoodlionsclub.org
- International website www.lionsclubs.org

The Rockwood and District Lions club aims to help the less fortunate in the community and to serve and help those in need as best they can. 2022 marks the 50th anniversary of the Lions Club in Rockwood – a few original members are still an active part of the Club!

Please consider joining this organization and help your community grow!



Check out your local Wellington County Library branch

Rockwood Branch

121 Rockmosa Drive
Rockwood, ON
519.856.4851
rockwoodlib@wellington.ca

Marden Branch

7368 Wellington Rd 30 RR#5
Guelph, ON
519.763.7445
mardenlib@wellington.ca



ALTERNATE FORMATS AVAILABLE UPON REQUEST.

Official Mark of The Corporation of the County of Wellington

EXPLORE ONE OF
CANADA'S ORIGINAL
CRAFT BREWERS

OPEN
11^{AM} TO 7^{PM}
7 DAYS A WEEK

Come by and check out
our awesome draught
lineup, feature cans,
sparkling hop waters,
and our expanded menu
with charcuterie and
cheese boards, curated
food pairings, and more!

950 Woodlawn Rd. W Guelph, ON
wellingtonbrewery.ca

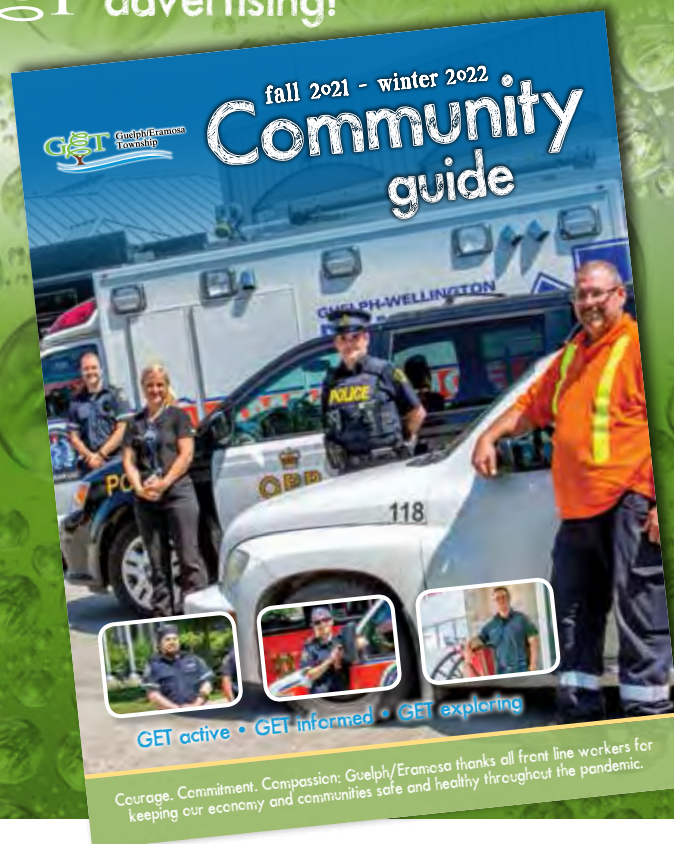


Guelph/Eramosa Township

This Guide is published
annually– fall/winter – and
provides citizens with a
comprehensive resource for
events, activities, important
municipal information and
Township services.

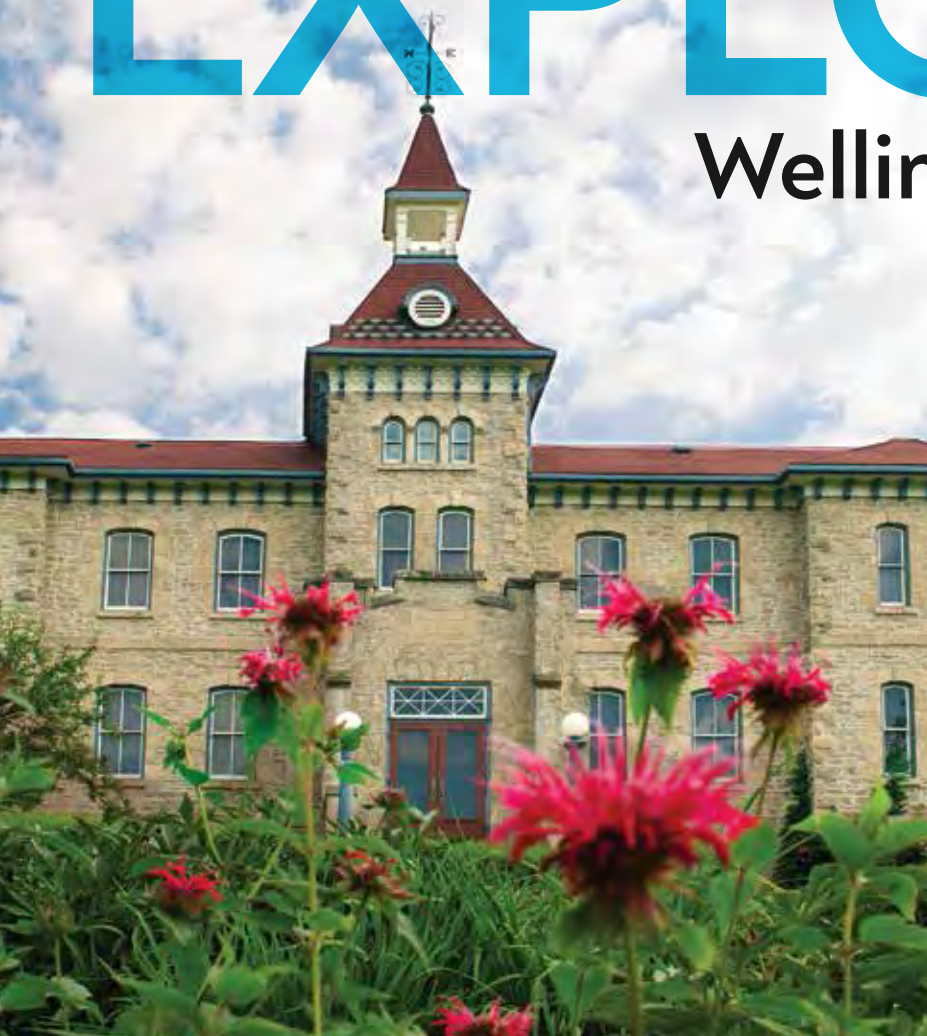
To advertise, contact
Glenn Knight at 519-835-0005 or
glenn@prismstudiosdesign.com

GET advertising!



EXPLORE

Wellington County



From backroads to small towns, uncover the treasures and adventures that await, right in your backyard.

Discover your roots at the **Wellington County Museum and Archives**, research your family or property history on site or virtually from home.

Take time to explore our **National Historic Site**, visit the renovated poultry house and meet the chickens, enjoy the gardens and walk the trails.

Find local food, go on farm and food adventures, and savour local eats and drinks with **Taste Real**.

www.experiencewellington.ca



Alternate formats available upon request.

SMOfficial Mark of The Corporation of the County of Wellington

