

Mar 16-17

The Art & Practice of Pruning

This half-day indoor-outdoor practical workshop will teach you the principles of easy and correct pruning in the home garden. Arboretum Horticulturist: Sean Fox. Fee \$55.00, Registration Deadline March 2 www.uoguelph.ca/arboretum

Mar 20 - 21

College Royal – University of Guelph

College Royal is the largest university open house event of its kind in North America. College Royal is a 100% student run and organized event that involves some 3000 volunteers each year. General Public and students alike welcome to see the University. Saturday 9-5 and Sunday 10-4 www.collegeroyal.uofuelph.ca

Mar 21

Rachmaninoff Vespers

Sergei Rachmaninoff's Vespers is a monumental Russian choral composition that consists of settings of texts taken from the Russian Orthodox All Night Vigil. The wealth of moods included in this work make the vast Church of Our Lady Immaculate the perfect venue for this not to be missed experience. 3:00 p.m. Church of our Lady Immaculate, \$35.

Mar 25

Military History Lecture Series at Guelph Civic Museum

A Brilliant Success: The Canadian Capture of Fresnoy, May 3 1917. Mike Bechthold, Laurier Centre for Military, Strategic and disarmament Studies.

Mar 30-31

Stop the World—I Want to Make African Music!

This program allows students the opportunity to perform African music. Using the Djembe drum students will experience its texture, tone, colour and create accompaniment to an African Folklore. 9:30-11:30am or 12:30-2:30pm, \$8.00 per child. Guelph Youth Music Ctr. 519-837-1119 or info@gymc.ca

Investing in employee health and well being

Even with the downturn in the economy, Hematite Manufacturing has chosen to invest time and money to provide wellness education and activities to their employees.

To have a great wellness program requires the support of the management team and Hematite's leader can't be more passionate about the health and wellness of his team. John Pavanel, president of the company says, "Employer's Edge has made a real difference to our employees. It has been amazing to watch the affects of the program on our people. We made the investment even during these difficult times for our sector because our employees have made us successful and are essential to our recovery. They feel better as individuals, but have also found camaraderie as a group that is needed in these tough times." He encourages employees to get involved in whatever aspects of the program appeals to them.

The employees have participated in a range of activities aimed at improving their health. Some group programs that have been enjoyed include an 8 week Extreme Lifestyle Makeover, with different topics explored each week, ranging from eating right to physical activity to stress management. Bootcamp classes during the noon hour and trial classes of boxing, tai chi, yoga and pilates were also offered. Different awareness programs have been offered to educate employees on a broad range of topics such as blood pressure, sun damage, flu prevention, heat stress and diabetes to name a few. Employees are encouraged to take part in monthly 30 minute consulting sessions to ensure they stay on track for the health goals they have set for themselves.

As a sponsor of the Waterloo Running Series, Hematite offered running clinics to prepare participants for the runs, whether it was their first run or their 100th run. There is always a feeling of accomplishment for those involved in the runs and newcomers keep getting convinced to join! Hematite has consistently been rewarded in the corporate team event year after year.

Activities provide an opportunity for employees to get to know each other outside of the work environment and having better relationships with each other definitely encourages better communication within the workplace. One of the most fun activities they participated in this year was the Guelph In Motion Couch Potato Race, where they were crowned the champions for 2009!

Business has started to pick up in the automotive industry and the employees at Hematite will be ready for it! They will be healthier and ready to handle the challenges that will get thrown their way in the busy times to come.



Hematite Manufacturing team. photo supplied

Happy Holidays
and a wonderful New Year to all!

Our thanks to all the teachers, students, volunteers and funders for their support in impacting youth success!

 **Junior Achiever**
Guelph-Well