Putting culture back in agriculture

By John Tigchelaar

Who can conjure up the image of the bells ringing at the start of another day of trading at the TSX? And a group of people, mostly men – as my memory recalls – applauding “Let the trading start and profits increase”?

Another image. May 28 2011, 8am. Matt Bulmer and Peter McClusky nervously shuffling about wondering how their new venture will go over.

It is the first day of the Aberfoyle Farmers’ Market. It had been on the drawing board for over a year and a half. As Matt quipped at the end of that first market day “We worried, but the vendors took over.”

Two quite different images, seemingly opposite. One – what the world is becoming, and the other, what the world was and is struggling to recapture. One based on the pursuit of money, the other on the core of life itself.

I was there as a vendor on that very first day; a participant, a server, an observer and a member of the community that resulted. That community was always there, but needed to be gently excavated and exposed.

Since that first day, the market has matured and found its legs. Some vendors have come and gone depending on their success or time commitments, but all were well received and have been missed.

Others, however, have taken their place. There is a feeling of camaraderie and a knowledge that we all need each other to make the market a success.

Then there is the customer, a very active participant, not only in sampling the wares and hearing how best to use the products, but also how they have been able to bring out the best in what they are buying.

We have come to know each other, sometimes in very personal ways. We share laughter, stories and moments of joy and sadness. This is what makes the market a community.

Families meeting on the picnic bench with a coffee and a fritter or breakfast bagel or hot dog. And we miss those who have been absent for a week or two like the party gals, or Beth and David, or Mary……This has become a family.

Vendors start arriving at 6:30, a couple of hours after waking, to prepare for the market. The product brought there is close to the end of a journey.

The journey started with a dream that over a period of years became a reality.

Land was purchased, bank managers negotiated with, equipment secured, families started, seeds and plants bought, plants planted, hoed, nurtured, coaxed, weather worried about; seeing a year’s crop taken by a violent storm, fixed machinery, poured concrete, constructed buildings, balanced books, fought with the government agencies, trained the next generation, changed with the times, never took holidays, retiring without a pension, spent many sleepless nights…..

Yet this is still a dream that we are committed to because this is our life; this is our culture.

As one vendor said to another, who has recently been immersed into farming “I didn’t know it was so much work.”

There are no applauses, but the satisfaction of knowing you have served your neighbour and, in the end, you are selling joy. What do we value in this world?
Editorial

With Thanksgiving this month, how appropriate that our October issue appears to be focusing on gratitude.

It was so lovely to receive the thank you note from Owen Batista. If his letter is anything to go by, this young man will go places.

In our cover article on the Aberfoyle Farmers’ Market, John Tigchelaar eloquently captures what the market and Puslinch is all about – community. We have just one month left to enjoy the market, make sure you get there to sample the fresh produce from our local farmers.

This month the community lost one of its leaders – Robert McCaig – and Barbara Bulmer paid tribute to all his contributions to make Puslinch an even better place to live and work.

We certainly know how to play too as you will read in Kim Hussey’s article on the Puslinch Lake Hoe Down.

We talked to many of our readers at the Aberfoyle Fall Fair and it was good to hear how much you are enjoying the paper, and particularly like the new gardening ask the expert section. Don’t forget to send in your questions.

However, without fail, readers mentioned that one of the first sections they check out is the Cook’s Corner, with all the tasty recipes provided by Barbara Paterson.

Learning more about nature, local critters and our feathered friends proved to be popular reads as well. Our thanks to Marion Robertson and Marjorie Clark for sharing their expertise with us.

As I write this editorial, it is the first cool day in a long time. The freshness in the air is appreciated, and as fall progresses, let’s enjoy the beautiful colours.

Happy Thanksgiving to you!

Anne Day

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Letters to the editor

Thank you

I have enjoyed the honorable award you gave me. Now it’s time for me to show you a debt of gratitude by writing a thank you letter to you and your co-workers. It’s the first award I have ever received at Aberfoyle so I know that I was really doing it out of my heart because I never knew this would happen.

I read what you put in my card, showing how I made the world a better place just by volunteering around my school. Now I feel I’m going to do that around my high school, so I can continue making the world a better place.

Owen Batista

(Extract from a letter received from Owen Batista who was presented with the Puslinch Pioneer Volunteer Award at Aberfoyle School this June.)

Another Thank you

Thank you so much for your donation in support of the Aberfoyle Farmers’ Market. We so appreciate the donation and your continued support with articles in the Puslinch Pioneer.

It is local groups like yours and ours that make Puslinch a special place to call home.

The Aberfoyle Farmers’ Market Board and vendors

Council Clips

By Frankie Shaw

Royal Canin Canada. Renewal of Permit to Take Water

There have been no complaints about the water levels of private wells in the business park since Royal Canin started operations.

An increase in water taking was approved in 2013 extending the allowable limit from 110,000 litres per day to 240,000 litres per day. This was to allow for short-term spikes in water taking. However, the level of water taken remains below 110,000 litres per day.

Harden Environmental recommends that Royal Canin re-install an on-site monitoring well in the same aquifer as the pumping well.

Rural Address Changes

There are approximately 1,425 addresses within the Township using a Guelph postal code.

In order to accommodate the growth of communities and to better serve the increasing demand for Internet shopping and parcel delivery, Canada Post will provide these addresses with a postal code specific to the Township. Those affected use postal codes N1H 6J3 and N1H 6H8.

At this time, Canada Post is not in a position to consider a private request to identify Aberfoyle separately from Puslinch, but suggests that in order to pursue this, Council should list the exact civic addresses, street name and number then make a formal request to Canada Post.

New Ballpark for Arkell

Nine year-old Graham Williams wants a ballpark near his home in Arkell, so he wrote a letter to the Township Council.

Council were impressed by his initiative and forwarded the letter to the Optimists, who agreed to fulfill Graham’s request.

The projected cost of a half size court (like Morriston Meadows) is $30,000. Davan Landscape has offered services without cost which would result in a saving of $10,000. The Optimists are hoping for more offers of help in order to make this a community project.

Well done, Graham!

Green belt walks

MTO have approved the installation of eight signs at the 401 and Highway 6 to help guide visitors to Fletcher Creek.

The Friends of the Greenbelt Foundation would like to work with Council to have more signs installed at Concession 1, Concession #7 and the Gore Rd. The installation would take place next Spring in time for the hiking season.

Comprehensive Zoning By-law

The present Zoning By-law has been in effect since 1985. In order to keep it current and not be subject to numerous amendments the Township has retained a team of consultants from Stantec Consulting Ltd., and MLS Planning Consulting to assist Council, staff and members of the community to create a new, more contemporary document.

This initiative is timely, coming at the completion of the Community Based Strategic Plan as well as the ‘Our Corridor’ Improvement Plan.

60th Wedding Anniversary Celebration

Doug and Lois Mast

With our family Brad and Kevin. We invite friends and family to an OPEN HOUSE on Saturday, October 8th, 2016 from 1:30 to 4:00 pm. at Nanson Hall, Duff’s Church, Puslinch, Best Wishes Only
Ask the expert

How do I start growing organically?

If you are concerned about the way food is currently produced and what you eat then - GOOD FOR YOU!

Educating yourself is not only wonderful for you, but it is also good for the planet. YOU can make a difference! Just a small shift in behaviour and action can make a massive change. Be part of the problem or the solution – always your choice.

Growing food (and ornamental gardens) organically (or naturally) is very easy – just follow nature's example and the great news is the lazy gardener way is usually the best, and least expensive way, for the ecosystem and soil life to thrive!

- Use open pollinated seed varieties (OP), NOT hybrids, so you can save your own seeds.
- Support local organic open pollinated growers/seed producers. This protects biodiversity in our seed banks, and enhances food sustainability.
- Local organic food starts with local organic seed. Hybrids are usually indicated by F1 in the description and seeds will not come/grow true to the parent plant.

Organic is a term that is getting very convoluted and misused – so let's just call it authentic natural gardening. So how do you start? Here are a few tips I use here at Full Circle Garden in Fergus with fabulous success.

How do I fertilize?

I use compost and alfalfa pellets. I believe the chemical companies in a bid to sell their products make fertilizing complicated and take your money needlessly.

I don’t believe nitrogen is a major crop requirement, but a symptom of microbial activity. This is why compost makes for big healthy plants but is very low on nitrogen. Try alfalfa pellets, which are absolutely loaded with micronutrients.

Add water to the pellets with a shovelful of soil/compost, let it sit in a warm spot to “work” and pour it on your warm soil. It will work better than when dry because the plant roots will work with the rapidly multiplying microbes to uptake nutrients.

Save even more time and money by mulching with “garden gold” provided free by nature every fall - leaves. This helps keep an even temperature, suppresses weeds and preserves moisture while feeding the soil life with organic matter. Happy soil = happy healthy plants.

What are Dandelions good for?

Dandelion greens are packed with vitamins and minerals such as vitamin A, C, E and K, and calcium, iron, zinc, magnesium, copper, about 14% protein, high beta-carotene and flavonoid content and are especially beneficial for the liver and aid in flushing out toxins and re-mineralizing the body.

They are one of the richest sources of plant-based vitamin K. Isn’t nature incredible? They are also good for your soil so if you pick them – toss them in your compost or leave on your garden.

Found in a chemical free garden near you – FREE!! Just freeze and add to your soups, smoothies etc

Happy, healthy gardening to all.

Kat Granger,
Full Circle Garden
Guelph Wellington Master Gardeners

Have any gardening questions?

Send them into the Pioneer and we will get our gardening experts to give you the answer.

Aberfoyle Fall Fair

By Joanne Holt

Thank you to all the patrons, sponsors, volunteers, vendors, exhibitors and directors who helped make the 176th annual Aberfoyle Fall Fair a success.

The community comes together to show the best of the best in agriculture and fun. A wonderful mix of young and young at heart in a gathering of the community.

With the smiling faces, laughter and expressions of joy, the fair has again become history.

A big thank you to all who participated, sponsored, volunteered, planned and executed this event. You made it happen.

See you next year, same time, same location but even more great fun.

Thank You

Badenoch Community Centre wish to thank all those who supported our annual BBQ and Quilt draw.

A special thank you to all that donated to our Raffle table.
**One Red Lipstick documentary**

![One Red Lipstick](image1)

On a quest to find role models, 23 year old Spenser Chapple, launched a project to share the stories of women from across North America who’d faced obstacles in life and yet carried on to find success.

Through a kickstarter campaign, she raised the funds to make the documentary, which will be shown on October 27 at the Book Shelf Movie Theatre at 41 Quebec Street, Guelph at 6.30pm.

This is a fundraiser for The Rhyze Project, which cultivates the entrepreneurial spirit in women living in Guelph and Wellington County.

Local Puslinch resident Anne Day is featured in the documentary and was the editor of the accompanying book. Both she and Fay Chapple, executive producer of the project will be at the event to answer questions.

To obtain tickets which are $15, contact Innovation Guelph at www.innovationguelph.ca or 519-265-4495 x 101.

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**Volunteers wanted..**

By Lynne O’Brien

Can you help a child with special needs one hour per week?

There are many ways volunteers can be involved in the therapeutic riding program at Sunrise’s beautiful 100 acre farm only 15 minutes from Guelph and from Cambridge.

Training is provided for volunteers to help as Leaders or Side Walkers in therapeutic riding lessons once per week. Volunteers also help with gardening, office support, building and maintenance projects, painting, and housekeeping. Weekdays and evenings as well as weekends.

Autumn is a beautiful time at the Sunrise farm – come out to the country and enjoy fresh air, exercise and new friends – and make a difference in your community!!

Contact Lynne O’Brien at Sunrise to sign up for a Volunteer Orientation and Training.

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**TOWNSHIP OF PUSLINCH**

**Change to the November Puslinch Council meeting schedule:**

- Meetings are taking place the second and fourth Wednesday of the month

**The November Council schedule is:**

- November 9, 1:00 p.m.
- November 23, 7:00 p.m.

The Puslinch website has been updated to reflect this schedule.

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October 2016
Robert McCaig – a community statesman

By Barbara Bulmer

It is difficult, and not entirely fair, to compress into a few hundred words the life story of someone who gave so much of himself to his community.

The important thing is that we take away that which was instructive about Robert’s life.

The McCaig family arrived in the newly surveyed Puslinch in 1838. They were farmers and community-builders. Robert exemplified the traits and values of his ancestors: commitment, honesty, fairness, dependability, service, not for self, but for family, church and community.

Robert was born on the family dairy farm on the 3rd Concession, one of five children. He married Doris Schwartz in 1948. He was 17. They moved to the Schwartz farm on the 8th Concession and lived there until moving to Guelph in 2005.

Robert and Doris had five children, and all five were members of the Puslinch 4-H Calf Club. Robert was a Puslinch 4-H Leader for 27 years. His son Dave said his father loved encouraging young people to succeed.

Robert and Doris loved to dance. They were Champion Square Dancers and were honoured to dance at the 1954 Wellington County Centennial Celebration.

As a young dairy farmer Robert became president of the Guelph Milk Producers, then chairman of the Wellington County Milk Marketing Board. He was a good leader with a clear focus and successful approach. He was well-liked, trusted and always treated people fairly and equally.

Robert’s dedication and service to his community was extensive. He was a member of the Puslinch Recreation Committee for 23 years, some as chairman, from 1977 to 2000.

I am proud to say I was a member of the Council that asked Robert to chair the Building Committee that ran a successful campaign to build the current Puslinch Community Centre, without a penny owing at the end of the project. A triumph!

Robert was elected to Puslinch Council in 1986, serving some of those years as Deputy Reeve, until 2000. In 1984 he was awarded the prestigious Ontario Bicentennial Medal for his many years of community service.

Robert and Doris were members of Duff’s church. Robert served several times as chair of the Board of Managers, and as an Elder from 1962 until his death.

Doris died on August 21st, 2016, aged 85, and Robert on September 5th, 2016, aged 88. On October 23rd they would have been married for 68 years.

Puslinch has lost a leader, a statesman, a man whose purpose in life was to make his community a great place for all to enjoy, now, and for future generations.

He was a quiet man, unassuming, absolutely ethical and genuine in all he said and did. We offer our sincere condolences to his family. They have much for which to be proud.
Wow – what a fabulous Hoe Down event we enjoyed as a lake community on September 4th!

Perfect weather, a united and generous community and fantastic fun all contributed to a successful fundraising event for the lake we cherish and love in our Puslinch community.

Following the lit up and decorated properties on the North Shore of Puslinch Lake, many could hear the ‘hootin and hollarin’ that went down for the annual Hoe Down and Pig Roast this past Labour Day weekend.

Decked in country hats and boots, with a constructed dance floor under a large tent, this family-friendly event available to lake residents and non-lake residents was a huge success.

Open to all, over 150 guests flooded the event, participating in a buffet beyond believes of pot luck items and a 50/50 draw, raffles and silent auction items available to indulge in from the generous donations that flooded in for this event.

There are so many to thank for the success of this event, and all who participated with your attendance, donations or time to help all go smoothly.

A special thank you shout out to:

- Sara and Robin Puskas (35 Lake Ave) and Michelle and Ken Scott (37 Lake Ave) for offering their properties to host our event! Going above and beyond with festive decorations, creating a venue with adequate seating to encourage community enjoyment AND a homemade dance floor we are so grateful for your willingness to host;

- The Puslinch Fire Department Crew 4 who donated their tent and provided the manpower to set up and take down.

- All the Puslinch Lake volunteers who helped plan, orchestrate and participate in the planning and setting up/cleaning up of the event – YOU are amazing and we could not have done it without you. Special thanks to Sara Puskas, Michelle Scott, Kellie Parks, Melanie Spencer, Melanie Theriault, Kerry Jacobs and Sherri Carter for countless hours to help all run smoothly and look wonderful!

- ALL of the generosity of the lake community who donated potluck meal additions that made for a delicious buffet and the items for the raffles and silent auction!

If you would like to see some photos from the hoe down, Michel and Melanie Theriault have created a link to share from the event http://tinyurl.com/hoedown16

Thank you Michel!

Add to an amazing lake event and the fun enjoyed by all, we also can say we had a successful event for our cherished lake! All in all, we are close to $5000 raised!

I love the generosity and commitment of my lake community! Thank you again for a successful hoe down event! You are fantastic! See you next year!

For more information on how you can become involved in the lake alive efforts on Puslinch Lake, please contact Donna McKenna 519-575-1717 at Oldmarina@aol.com.
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The Cuban Connection

By Anne Day

Last month Guelph and Puslinch residents had the opportunity of hearing Jane Bunnett play at the Guelph Jazz Festival, and I had the distinct pleasure of interviewing her.

Five-time JUNO award winner, Jane often plays with Maqueque, her all-female band made up of young musicians from Cuba.

Since 1990, she and her husband Larry Cramer, have arranged for over 80 musicians, men and women, to leave Cuba to play elsewhere in the world. This is no mean feat.

The paperwork, time and money involved is considerable, but Jane is passionate about enabling these young musicians to realize their potential elsewhere. It involves not only getting Cuban government permission, but visas for Canada and petitions for visas for the US.

In Cuba, she explains, you can’t just put on a concert. You have to get government permission, so it is difficult for musicians to get heard, let alone recognized for their talent. And for women, it is even more challenging given the culture in the country.

Sunwing and Jazz FM 99.1 bring jazz fans down to Cuba where Jane plays at a private concert in a hotel owned by Colin Hunter, who also owns Sunwing and is a jazz performer himself. “Each year the number grows and it is wonderful that we can showcase local musicians.”

Jane laughs as she recalls one time when they were auditioning for the concert. “We were meeting in a bar and the lights and electricity kept going out. As soon as the electricity came on, we rushed to play.” Let’s say we had time to get to know one another,” she adds.

And they really do get to know the musicians that they bring to Canada as they usually live with them for the first six months. “It keeps life interesting,” observes Jane.

In the past some of the musicians have gone back to Cuba, others have pursued their musical careers in other cities and one for example, has become a professor at Humber College.

“What I love is that we are sending out positive messages to young women and audiences everywhere that these young women can achieve so much if given an opportunity.” shares Jane.

The band is currently made up of five young women in their twenties, with a wide range of musical talents. “They are highly creative, composing their own music and very supportive of each other.” Jane says with pride. Watching them grow and gain confidence is joyful for Jane.

As part of their Canadian tour to launch their new CD - Oddara, Jane Bunnett and Maqueque will be playing at Hugh’s Room in Toronto on October 14 and 15, the first stop in their North American tour and then at the Burlington Arts Centre on October 20 at which time they will be playing music from their new album.

While Jane didn’t mention it, you should also know she has received the Order of Canada and most recently Ontario’s Premiers Award for Excellence. And you can see why.

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Puslinch Library October Events

Hallowe’en Mask-Off (Ages 3 to 12 years)
Saturday, October 1 to October 29

Drop by the library and pick up supplies to decorate a Hallowe’en mask. Return your mask for display and your name is entered into a draw!

Friday Adult Book Club (Adult)
Meeting Friday, October 7 (first Friday of the month) 1:00 pm to 2:00 pm

Discussing Evergreen Award selections by Canadian authors. Please register.

Saturday Adult Book Club (Adult)
Saturday, October 29, 11:00 am to noon

Are you interested in belonging to one of our popular book clubs, but unable to come through the week? Join us for our Saturday book club. Discussing Purity by Jonathan Franzen. Please register.

Trivia Tuesday (Adult)
Tuesdays, October 11 and October 25, 2 - 3 pm.

Test your memory in a fun and interesting way! Join us for an informal round of trivia challenges. Please register.

Scrabble Club (Adult)
Wednesdays, October 12 and October 26, 2:00 pm to 4:00 pm

Join us for an afternoon of casual word building entertainment! No experience necessary. Please register.

Story Time (All Ages)
Every Thursday, September 8 to December 15, 11:00 to 11:45 am

Story Time is created to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child’s early literacy skills. Parents and caregivers are encouraged to participate. Please register.

Tuesday Adult Book Club (Adult)
Meeting Tuesday, October 18 (third Tuesday of month) 1:30 to 2:30 pm


Making the Most of Online Library Resources (Adult)
Wednesday, October 19, 2:00 to 3:00 pm

The library is open 24/7! Learn more about our online services including ebooks via OverDrive, the BookMyne mobile app, our new Enterprise online catalogue, and other databases that you can access free of charge. Please register.

Tales and Enchantment (K – Grade 6)
Thursday, October 20, 11:00 am

Join acclaimed storyteller Brenda Byers for this interactive performance full of wonder, and let the oral tradition of telling stories out loud transport you to new places! Please register.

Art for Beginners (Adult)
Friday, October 21, 10:30 am to noon

Thinking of trying a paint night, but feeling a little shy? Join us for a watercolour day and test your talent there! No experience necessary. Materials supplied. Please register.

PD Day Event – Harry Potter Party (K to Gr. 6)
Friday, October 28, 10:30 am to noon

Come dressed up in your costume and be ready for some friendly Hogwarts fun! Please register.

Registration for any of these programs can be done by email at puslinchlib@wellington.ca or phone at 519.763.8026.

Check out this list of new books at the library.

NEW FICTION
Sandra Brown
Sting

Robyn Carr
Swept Away

Janet Evanovich & Phoebe Sutton
Curious Minds

Andrew Gross
The One Man

Sara Novic
Girl At War

B.A. Paris
Behind Closed Doors

James Patterson
Triple Threat

Louise Penny
A Great Reckoning

James Rollins
War Hawk

Lisa Scottoline
Damaged

NEW NON-FICTION
Kelly Brogan
A Mind of Your Own

Shi Davidi
The Big 50, Toronto Blue Jays

Michael Jay Geier
How to Diagnose and Fix Everything Electronic

David H. Klemanski
Don’t Let Your Anxiety Run Your Life

James Laxer
Staking Claims to a Continent

Peter McPhee
Liberty or Death

Dana Schultz
Minimalist Baker’s Everyday Cooking

Trevor Talley
The Ultimate Guide to Minigames & Servers

Check your branch for availability.

For a complete list of programs at Wellington County Library, please visit www.wellington.ca/Library.

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October 2016
Writers’ retreat

By Darlene Gudrie Butts

In the hustle and bustle of real life, it is hard to step away and take some much-needed “me” time.

You know you have a story in your heart, but there never seems to be that string of moments to get it down on paper. Now is your time.

The Write Way to Retreat is taking place at Crieff Hills on November 4-6, 2016. It is for women who want to bring life to an old writing project or get energized and inspired to start a new one.

There will be plenty of time to write, as well as reconnect to the inner you with yoga, a mindfulness session, nature hikes, and perhaps a walk through the on-site labyrinth.

There will also be a time to learn from a variety of best-selling authors from both the traditional, large-house, publishing companies and different self-publishing arenas.

Guest speakers include Margaret Terry and Vesna Bailey. Margaret Terry is an award-winning, international best-selling author of Dear Deb, a book that started out as words of encouragement to a dying woman but turned into a collection of sparkling and intimate short-stories that warm the heart and feed the soul.

Vesna Bailey is an award-winning, international best-selling author of the series of books, Notes Before You Go.

These books, originally written for her own daughters and son as a guide to life, are now in the hands of sons and daughters around the world as they begin their journey of adulthood. Inspiring, insightful and beautifully designed, she has given parents the last minute words that will last a lifetime.

The retreat will also be facilitated by Darlene Gudrie Butts and Anne Day, both published authors themselves.

To register and find out more, go to http://www.companyofwomen.ca/The_Write_Way_to_Retreat.1043.xei
A small animal, with a dark brown coat and a long, bare tail dragging on the ground, somewhat resembling a rat, was busily eating the seed, in which there was a good amount of corn, which we provided for the birds. Before long, off it went into the pond.

The muskrat can swim at a speed of three miles per hour and can submerge itself for approximately 15 minutes. Its semi-webbed hind feet serve as paddles and its long, scaly tail as a rudder. Its soft, dense undercoat provides insulation and buoyancy and is overlaid with thick, stiff, glossy hair, making it nearly waterproof. Perfectly suited for life in the water, the muskrat can close off its ears to keep the water out and can close its lips behind its front incisors, so that it can gnaw on brush underwater.

Thus equipped, it lives in marshy borders of rivers, ponds, swamps, irrigation canals and lakes.

Indigenous to Canada from south of the tundra into the southern United States, the muskrat has been introduced to parts of Europe, Asia and South America.

A member of the rodent family, it was given its name for the musky odour it produces to mark its territory.

The muskrat is equipped with long front claws for digging burrows in the banks, from which it can reach its nest in the water.

The nest is usually based on a stump, surrounded by water and constructed of brush, mud and plants to a height of about three feet.

It reaches above the water line, where the muskrat will live in dry chambers, like a castle surrounded by a moat. The nest is complete with a series of ventilation ducts out the top. Muskrats are territorial and can be aggressive in defence of their nest.

It also builds feeding platforms in the water. Although it is an omnivore, 95 percent of its food consists of plants. It likes cattails, sedges, arrowhead, yellow water lily and ferns. It will also eat frogs, fish, small turtles, salamanders and snails. It must eat about one-third of its weight each day.

A tiny creature, it weighs only two to four lbs. and has poor eyesight. Muskrat are prolific breeders, birthing two to three litters of six to eight babies a year.

A muskrat household normally consists of a pair and their offspring. This creature is most active from dusk to dawn. They communicate by squeaks and squeals.

If not devoured by snapping turtles or large fish as babies and if it does not fall prey to foxes, coyotes, mink, snakes, large owls or hawks, dogs or man, as an adult, it may live four years.

The Optimist Club of Puslinch – Scholarships

By Don McKay

The Optimist Club of Puslinch has once again awarded scholarships to assist youth and families of the Township of Puslinch with educational expenses and to promote the Club as an organization committed to the advancement of education.

This is the 15th year that the Club has offered the scholarship program. Three scholarships of $1,000 each were available for the 2016-2017 school year.

The scholarships were split into three streams;

• an academic scholarship;
• a community college scholarship; and
• a vocational-technical scholarship.

At the closing date for submissions the Club only had submissions for the academic and the community college scholarships. There were no submissions for the vocational-technical scholarship.

The committee then agreed to award two academic scholarships and one community college scholarship. This year’s three recipients are; for the academic scholarship Ms. Emily Sanderson and Mr. Iain Bulmer, and for the community college scholarship Mr. Mark Eichorn.

As in the past the selection committee had a difficult time given the high caliber of applications from the youth of Puslinch.

The Optimist Club wishes to thank all those who submitted applications and wish them well in their careers.
Poor House Walks

Meet several characters from the Poor House agricultural past who either lived or worked here on a guided lantern lit tour on October 20, 21, 27 and 28 at 7:00 pm and 8:00 pm.

Space is limited, tickets must be purchased in advance, no sales at the door.

Poor House Cemetery Walks 2016

Meet several local historic characters from the poor house past who will enthral you with stories of those buried beneath the ground!

October 26, 7:00 and 8:00 pm
October 30, 2:00 and 3:00 pm

Admission is $8.00 plus HST per person
Purchase tickets at the museum or call 519.846.0916 x 5221

Death Perceptions

By Kym Drinkwater

Organized by Shelley Carter (Elora Tarot Card Project, 2013), Death Perceptions is an exhibit of over 100 original works of Wellington County art designed to promote conversations about death and dying. It is being held at the Wellington County Museum until November 6.

Shelley states, “Although it is a difficult part of life, death is also an important part of life, and the death of a close loved one changes us. By talking about death, we talk about life.” Don’t miss this extraordinary and unique exhibit.

Go fly a kite

From birds in flight to simple experiments demonstrating Bernoulli’s Principle and Newton’s Third Law of Motion, join GRCA staff to build and fly your own kite on Saturday, October 8, 2016 1:30 p.m. - 3:00 p.m.

This program is suitable for adults and school-aged children. Children under the age of 14 must be accompanied by an adult.

Preregistration is not required.
Shade’s Mills Park
450 Avenue Road
Cambridge
Suicide Prevention

By Karen Harding

World Suicide Prevention day was September 10, people from over fifty countries joined together to raise awareness about suicide.

The Canadian Association of Suicide Prevention chose an orange and yellow ribbon to promote awareness this year. The goal was to distribute 100,000 free ribbons across Canada.

They picked that number because that’s how many deaths by suicide and suicide attempts there are every year in Canada. Each year, an average of 4,000 deaths occur by suicide.

For every death, there are approximately twenty-five attempts. One out of six youth contemplate suicide. Those are huge numbers to think about.

Suicidal thoughts are usually associated with problems that can be treated. If you are unable to think of another option, it’s not that solutions don’t exist, you may not see them.

Studies of Nazi Concentration Camp Survivors were found to have strong beliefs about what is important in life. Reasons for living can help to sustain people in pain.

Help is available, find someone you trust and let them know what you are feeling. Contact a crisis centre or help line.

If someone talks to you about their thoughts of suicide, never agree to keep it a secret. It’s better to have someone alive and upset with you than dead by suicide and you feeling that you missed the chance to help keep them safe.

People deserve to be treated with dignity, respect and compassion. Find out how to connect with help, being a listener is the best intervention anyone can give.

Listen, care, validate what they are saying and be non-judgmental. Talk with the person about resources available, stay with them until help is provided.

Suicide survivors want people to know, they are your neighbours, family members, colleagues or friends.

They are one of thousands of Canadians affected by suicide every day. They are courageous, brave and strong. They are suicide attempt survivors and they have something they want to share.

They have fought back through the dark and are making the choice to live.

Resources

casp@suicideprevention.ca, Mental Health Commission of Canada Wellington Dufferin Counties
distress line 519-821-3760 or 1-888-821-3760

111 crisis line 519-821-0140 or 1-877-822-1040

here24seven: 1-844-437-3247
Comfortable Retirement Living
Quality care provided by friendly, professional staff
24 hours a day
Long and short term accommodation

(519) 822-2006
2113 Gordon St. Guelph, ON N1L 1G7
www.heritagehouseguelph.com
Writer’s Workshop: Writing a Novel (Adult)
Saturday, Oct 1, 10:30 am

You’d love to write a novel, but it seems such a monumental task. (That may be because it is.)

Join our 2016 Writer in Residence Kathy Stinson as she describes various approaches that writers have used to getting started - and finished. Attention will also be given to where novel characters come from and writing effective dialogue. Please register.

We acknowledge the support of the Canada Council for the Arts, which last year invested $153 million to bring the arts to Canadians throughout the country. Nous remercions le Conseil des arts du Canada de son soutien. L’an dernier, le Conseil a investi 153 millions de dollars pour mettre de l’art dans la vie des Canadiennes et des Canadiens de tout le pays.

Calling all foodies

Join Taste Real on their Core Food Tour, when you’re lunching with a tour that gets right to the heart of things in downtown Guelph.

Sample a to-die-for club sandwich, artisanal cheese and house-made pastrami, eat sweet treats from the great, great, great Granddaughter of one of the “27 boys” accompanying John Galt to set up Guelph, have a taste of Trinidad, refresh yourself with cold pressed juice, nosh on piri piri and bannock (!), and melt into a pastry that is oh so French.

You’ll learn a little bit about the faces behind the food and the stories about our distinct businesses. In between these stops, listen to an old Guelph tale or two with a taste of history, architecture and cultural highlights.

See what Guelph used to be and consider where we’re going next.

When? Saturdays in October 11.30-2.30

Or if that isn’t possible, what about the Little Bites Food Tour?

Sometimes we just need a taste or two followed by something to wash those bites down.

Join Taste deTours on a bit of a shorter appetizer tour where we’ll visit four of our food purveyors to feast on their tastiest morsels and beer samplings.

Late afternoon sets your Thursday evening table for a perfect night out in the core.

When? Thursdays in October 4.30-6.30

To check availability go to www.tastedetours.ca/calendar or phone 519-837-2600 Ext. 2615.

The Bahá’í Faith

The fruits of the tree of man have ever been and are goodly deeds and a praiseworthy character.

— Bahá’u’lláh

www.ca.bahai.org
Having grown up in Puslinch, it gives me great pride to now be working for this beautiful community. Going the extra mile in helping you find all your real estate needs is my promise, I am here to work for you.
Gravel Watch Ontario

By Barbara Bulmer

Gravel Watch Ontario held a public meeting on September 13 at the Puslinch Community Centre. About 70 people attended to hear guest speaker Ellen Schwartzel, Deputy Environmental Commissioner for Ontario.

The focus of her presentation was to help citizens and non-governmental organizations engage with government under the Environmental Bill of Rights (EBR), which came into being in 1994.

The EBR is intended to promote citizen participation and be a vehicle for consultation and complaint.

The Bill created an Environmental Commissioner, an Environmental Registry, and gathered fourteen Ministries under its umbrella.

MPP Ted Arnott launched a complaint to the MNRCC under the EBR asking for better rules for safe disposal of excess soils.

Wellington Water Watchers are asking for new rules for water-taking. Ms. Schwartzel stressed the need to learn to complain effectively, and respectfully. You will need to support your claim with appropriate evidence, and you will need to sign an affidavit. Names are kept confidential.

There were many questions from the floor, demonstrating, as Ms. Schwatzel said, “that democracy is participatory”.

You can learn more about Gravel Watch Ontario at www.gravelwatch.org and about the Environmental Commissioner at www.eco.on.ca and about the Environmental Bill of Rights at www.ebr.gov.on.ca
We are a small, family owned business that has called Guelph home since 1975; you can trust us to satisfy your need for quality and value.

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423 Woolwich St., Guelph Ontario N1H 3X3
660 Riddell Rd., Orangeville Ontario L9W 5C5

www.vanharten.com
Meatless Moussaka

Many Canadians of Greek heritage still prepare this delicious casserole that they learned from their mothers or grandmothers in their homeland. To save time on the day you intend to serve it, you can make the tomato sauce and cottage cheese topping the day before and refrigerate.

2 large eggplants, sliced 1/2" thick but not peeled
2 tsp. salt

Tomato Sauce:
3 medium-size onions, chopped
1 clove garlic, crushed
2 tbsp. olive oil
4 medium-size tomatoes, peeled, and coarsely chopped (reserve juice)
1/4 tsp. rosemary, crumbled
2 tbsp. minced fresh mint or 1 tbsp. mint flakes
2 tbsp. minced parsley
2 tsp. sugar
1 tsp. salt
1/4 tsp. pepper
1 (8 oz.) can tomato sauce

Cottage Cheese Topping:
1 carton (1 lb.) cream-style cottage cheese*
1 egg
2 tbsp. grated Parmesan cheese
1/8 tsp. rosemary, crumbled
1/8 tsp. mace
1/4 tsp. salt
1/8 tsp. pepper
4 tbsp. olive oil
2/3 cup grated Parmesan cheese

1. Sprinkle both sides of each eggplant slice with salt; place between several thicknesses of paper towels; weigh down and let stand 1 hour.
2. For tomato sauce, fry onions and garlic in a large, heavy skillet until limp and golden. Add tomatoes, their juice and all remaining ingredients except tomato sauce and heat, uncovered until tomatoes begin to release their juices.
3. Cover; lower heat and simmer 1 hour, stirring occasionally. Stir in tomato sauce and simmer, uncovered, 15 minutes longer.
4. Mix together cottage cheese, egg, 2 tbsp. Parmesan cheese, rosemary, mace, salt and pepper.
5. Brush both sides of each eggplant slice with olive oil, then broil quickly on each side until brown.

To Assemble:
1. Spoon half the tomato sauce over bottom of a 13 x 9 x 2 inch, lightly greased baking pan; sprinkle generously with some of the grated Parmesan cheese.
2. Next place eggplant slices on top of tomato sauce and cover with remaining tomato sauce.
3. Sprinkle with 1/2 of remaining Parmesan cheese.
4. Pour cottage cheese mixture over all and top with remaining Parmesan cheese.
5. Bake at 375ºF oven for 45 to 50 minutes or until hot and steaming.

* Blend cottage cheese if you can’t find the creamed variety.

Quinoa Bread

A friend gave me this recipe. It has a unique taste and is very nutritious, and it is gluten free. It originates from the Andes mountains and is a staple in that part of the world.

1. Soak quinoa in plenty of cold water overnight in the fridge, SEPARATELY FROM CHIA.
2. Soak chia seed in 1/2 cup water, stir and refrigerate overnight.

3. Drain and rinse the quinoa really well through a sieve making sure there is no water left. Place the quinoa in a blender or food processor.
4. Add chia, which is now a gel, along with the other 1/2 cup of water, olive oil, baking soda, sea salt and lemon juice.
5. Blend until the mix resembles a batter with some whole quinoa left, about 3 minutes.
6. Cut a piece of parchment paper that will cover bottom and sides of loaf pan and pour batter on it as it sinks down in pan.
7. Bake at 320ºF for 1 hour or 1 hour and 15 minutes. The bread should be firm to touch and bounce back when pressed. Some ovens may take less time.
8. Remove from oven and cool for 30 minutes in tin then remove from tin and cool a bit, remove paper and cool completely on a rack.

Best served lightly toasted in a buttered pan until golden on both sides but can toast in toaster.

I like it topped with cheese and a slice of tomato. You can also serve it plain with your favourite soup or topped with avocado and tomato, jam, honey or nut butter or anything else that takes your fancy.

*Note: The whole quinoa must be used - don’t use rolled quinoa, flakes or quinoa flour.
Religious Services

ARKELL UNITED CHURCH
“The Little Church with a Big Heart”
600 Arkell Road at Watson
(519) 821-7623
www.arkellunitedchurch.ca
Rev. Marcie Gibson
• 9:00-10:00 AM Fellowship, coffee.
• 10:00-11:15 AM Church service followed by fellowship, coffee, juice, snacks.
• Sunday, October 2 at 10 am. St. Francis’ Blessing of the Animals worship service. All pets and animals are welcome (please bring on leash or in a carrier).

Baha’i Faith
• Devotional Gathering every Sunday morning at 10:00 AM. All welcome. Call (519) 822-3369.
• Join us also in our study of: Reflections on the Life of the Spirit – a course on the spiritual nature of the human being. Call (519) 767-3135.

CALVARY BAPTIST CHURCH
454 Arkell Road
(519) 824-1161
www.calvaryguelph.com
Pastors: Lindsay Taylor and Joe Yang
• Sunday worship: English 9:45 AM
Chinese 11:30 AM
• Children’s Worship: Sunday morning program held during main services.
• Calvary Youth: For Jr. & Sr. High programs - please go to church website for more information.
• Adult Bible Study: Thursdays 10:00 AM

CROSS ROADS BIC CHURCH
Bringing Help and Hope to Our Neighbours
4614 Wellington Rd 32 at Concession 4
email: office1.crbic@gmail.com
• Worship Service: 10:30 AM Sundays
• Sunday, September 24 Junior Church
We welcome kids to our Junior Church on Sunday mornings!
Junior Class (age 3-Grade 1) at 10:30
Senior Class (Grade 2-5) dismissed mid-service
Junior High (Grade 6-8) dismissed mid-service every other Sunday.
Nursery available for infants to age 3 for the entire service.

DUFF’S PRESBYTERIAN CHURCH
We welcome YOU!
319 Brock Rd. S. & 401
(519) 763-1163
Minister: Rev. Jane Swatridge
www.duffschurch.ca
Sunday Services:
9:30 am Coffee & Gathering
10:30am Worship Service & Kids’ Program
11:30 am Coffee Hour
Every Thursday in October: 7 pm Choir Rehearsal
ALL welcome!
• Sunday, October 2nd - “Communion & Baptism” Service
• Sunday, October 9th - “Thanksgiving” Service
• Sunday, October 16th - “179th Anniversary” Service
• Sunday, October 30: “Duff’s Remembrance Sunday” for all who lost “Friends or Family” from November 1st 2015 – October 30th, 2016.

EBENEZER UNITED CHURCH
12274 Guelph Line,(just North of 20 Sideroad)
North of Campbellville
Minister: Rev. Willy van Arragon, M.Div.
519-763-7707 vanarragonw@gmail.com
Webpage: www.ebenezerunited.ca - Like us on Facebook
Music Director: John Zadro
Worship Services: Every Sunday 10 a.m.
Kid’s Program during the service
• Sunday, October 2nd - Worship and Communion Service
• Sunday, October 9th - Thanksgiving Sunday
• Sunday, October 16th, 23rd and 30th 5:30 - 8 p.m. Small Group Potluck and Study “What on Earth Am I Here For?”
Call Rev. Willy at 519-763-7707
• Sunday, October 30th - Ebenezer United’s 193rd Anniversary. SPECIAL SPEAKER followed by lunch. Come join us for a time of celebration and conversation!

FREELTON UNITED CHURCH
155 Freelton Rd. at Douglas Street.
(905) 659-3380
www.freeltonanstrabaneunitedchurch.org
• Sunday Worship and Sunday School – 9:30 a.m. All welcome!
• Sunday, October 16th – 153rd Anniversary Celebration Service at 10:30 a.m. with lunch to follow. All welcome!

KNOX PRESBYTERIAN CHURCH,
CRIEFF
7156 Concession 1, Puslinch
(519) 824-8757
www.pccweb.ca/knox-crieff/
Interim Moderator: Rev. Mark Richardson
• Worship Service 10 am
• Sunday School 10 am
• Sunday October 9th - Thanksgiving Service

MOUNT CARMEL-ZION UNITED CHURCH
in Morriston at the corner of Church & Victoria Streets
“Everyone Welcome”
(519) 822-8610
www.morristonuc.com
Rev. Deborah Deavu
• Worship Service 10:30 am, Choir
• Sunday, October 2nd – World Wide Communion
• Sunday, October 9th – Thanksgiving Sunday with Food Drive
• Sunday, October 16th - Baptism
• Sunday, October 30th - Monthly donations for Chalmers’ Community Services. October suggestion is high fibre cereal, instant oatmeal or peanut butter but all donations are appreciated.

OUR LADY OF MOUNT CARMEL
ROMAN CATHOLIC CHURCH
78 Freelton Road
(905) 659-3305
Father Wallace Metcalf
Masses as follows:
• Saturday: 5:00 PM
• Sunday: 9:00 AM (Children’s Liturgy at the same time) and 11:00 AM

SALVATION ARMY GUELPH
CITADEL
“A Place of Christian Worship & Service”
1320 Gordon St.
(519) 836-9360
www.guelphsa.ca
Pastors: Majors Chris & Claudette Pilgrim
• Worship Service: Sunday 11:00 AM
• Sunday School: 11:30 am (ages 2-18)
• Seniors 55 Plus Club: Wednesdays at 12 noon
• Jr. and Sr. Youth: Events as scheduled.
Please check the website for all upcoming events

SEVENTH DAY ADVENTIST REFORM MOVEMENT CHURCH
We welcome you!
3997 HWY 6, Puslinch ON, N0B 2J0
(905) 659-1229
email: dorin_sdarm@yahoo.com
www.sdarm.ca
Minister: Rev. Dorin Burca
Elder: Paul Gavric
Like us on Facebook
Webpage: www.sdarm.ca - Email: dorin_sdarm@yahoo.com

Community Events

AFTERNOON OUT
Wednesday, October 11th and October 25th at 2:00 p.m., Arkell United Church, 600 Arkell Road. Cards, Sweets & More. Contact Ross at 519-822-6063
ANNUAL BREAKFAST WITH SANTA
Saturday, November 19th at Puslinch Community Centre, hosted by Mount Carmel-Zion United Church and Car-Store Automotive. More details next issue.

BAKE SALE AND OPEN ARMS CAFE
Saturday, October 1st 9 - 2 pm. Bake Sale and Open Arms Cafe, activities for kids. Join us for the SPIRIT ALIVE weekend! Ebenezer United Church at12274 Guelph line just north of Brookville. 519-763-7707

BIBLE STUDY
Wednesday's, October 5th, 12th, 19th and 26th from 9:30 a.m. to 11:30 a.m., Arkell United Church, 600 Arkell Road. Contact Lynn at 519-822-4809.

BIRD BANDING, TREE PLANTING AND FALL HIKES
at Crieff Hills Retreat and Conference Centre on Saturday October 1st from 8:30am until noon. Come plant a tree and learn about growing native woody plants from seed. Drop by anytime during the morning. Bring the whole family. There is no charge for this event, but donations are welcome. Meet at the picnic shelter. Refreshments will be available. For more information see our website www.crieffhills.com. Like us on Facebook and check out photos from our spring bird banding!

“CIZE” - the end of exercise!
at Duff’s with the Parish Nurse begins Monday, October 3rd at 7 pm and will continue on Monday and Wednesday evenings.karenharding349@outlook.com

COUNTRY CRAFT SALE
Catherine McMillan and Friends invite you to a Craft Sale in the Country, 4278 7th Concession, Puslinch on Thursday, November 17th: 2 to 4 pm. and 7 to 9 pm., Friday, November 18th: 2 to 4 pm. and 7 to 9 pm., Saturday, November 19th: 10 am to 4 pm. Children's homemade clothes, gift baskets, homemade soap, jewellery, sewing (Christmas runners, aprons, embroidery towels, etc.) stained glass, children's books, scarves, outdoor planters, etc. and more. Come and enjoy complimentary coffee and bring your friends. For more information please call (519) 824-4599.

DUFF’S FIRESIDE BAZAAR
Saturday, October 15th 10 am to 1 pm. Enjoy browsing or purchasing items from the Bake, Candy, Country Store, Deli, Kids’ Treats, Party Fare, Stitchery & More Tables! Enjoy a coffee or a wonderful lunch with family and friends in our Cozy Bistro!

FALL COUNTRY HOEDOWN
The Puslinch Fiddle Orchestra Hoedown and special guests on Saturday, October 29th & Sunday, October 30th at Duff’s at 2pm. Cost: Adults $15, 10 & under $8. Enjoy refreshments after the show! Wheelchair accessible! For tickets, please call Wendy 519-763-9764 or Duff's 519-763-1163, or any members of the Orchestra.

FALLSUPPER/MUSICALHOOTENANNY
Friday, October 28th at 5pm. Fall Supper, followed by a Musical Hootenanny at 7pm. Arkell United Church, 600 Arkell Road, Arkell. Sign up for your time in the spotlight or just sit and enjoy. For info contact the church at 519 821-7623.

FIDDLERS JAM SESSION
Waterdown Legion Fiddlers Jam Session, Every Thursday 1 p.m. to 4 p.m. Free Admission 50/50 draw. For information call Howard at 905-639-0602.

GUELPH HORTICULTURAL SOCIETY
General Meeting and Mini Flower Show. October 25, 2016, 7:30 pm. at the Dublin Street United Church, 68 Suffolk Street W. Our guest speaker is gardener Victoria Bick who will speak about Dundurn Castle's historic kitchen garden. New members welcome. To find out more about us, please visit: www.guelphhort.org

GUELPH LINE!
Facebook and check out photos from our 18th year of exercise! Please join us online, or just sit and enjoy. For info contact Sarah Mainguy at 519-803-4266. First class is October 2016

HELP! I’M A STEP-PARENT!
Wednesday, October 5th, 12th, 19th and 26th from 7 - 9pm. If you are in a step-family or are thinking of blending your families, this is for you. Ebenezer United Church 12274 GuelphLine, $20.00 p.p. or $30./couple. Info: Willy at 519-763-7707

JAZZ CONCERT BY JOHN ZADRO
Saturday, October 22nd at 7 p.m. Come for an evening of popular songs, gospel numbers and a few originals. Tickets: $25.00. Ebenezer United Church at12274 Guelph line just north of Brookville. 519-763-7707

MEN’S BREAKFAST
Saturday, October 8th at 8am. Arkell United Church, 600 Arkell Road, Arkell. All men are invited for a morning of conversation and food. Contact Grant at 519-993-1730.

MUSIC NIGHT AT BADENOCH
First Friday night of the month 7pm. October through till May. Everyone welcome. For information call Florence at 519-763-9782

OIL PAINTING CLASSES
Button Factory Arts, Waterloo, October 11 to November 15th. Tuesdays 10am - 1pm. Call (519) 886-4577 to register. Beginners welcome!

PILATES CLASSES
At Badenoch Community Centre (4217 Watson Road – south of Well. Road #36) for FALL, session begin Wednesday September 14th until December 14th, 2016 (14 weeks), cost $182. Beginners welcome! Two class times available: Wednesdays 9am and 10am (gentle/beginners). Please call Joanne at 763-4697 or email joannedebrayn@xplornet.com for more information or to register.

PUSLINCH FIDDLER ORCHESTRA
rehearse on the 3rd Sunday of every month at Duff's 1 pm. Listeners welcome!

PUSLINCH FITNESS CLUB
starting up at the Aberfoyle School gym each Monday, from 7:30pm - 8:30pm., our 18th year of exercise! Please come and experience a certified fitness instructor who combines cardio, stretching and weights that promote a full range of physical fitness and health. We are not for profit; our rates pay only for our instructor, gym rental and insurance. We are a group of varying levels of fitness and we all enjoy the opportunity to work out together. Please call Sarah Mainguy at 519-803-4266. First class is October 2016
Tuesday, October 18th at Puslinch Library, 7pm Guest speaker Lloyd Osburn of Artful Restorations. Come and hear about the different restorations available.

PUSLINCH OPTIMIST SANTA PARADE
WANTED: FLOATS, VOLUNTEERS, FOOD BANK DONATIONS
Sunday November 27th at 2:00 pm, Parade Route: Firehall 7404 Wellington Road 34, east to Wellington Road 46, south to Maple Leaf Lane and into the back of the Community Center Grounds. We finish at arena to meet Santa. You are invited to participate, come out to watch. Theme - A Beary Merry Christmas. Participants to congregate at Firehall at 1:00 pm on Parade Day. For more information, please call Harry Janssen 416-605-6062, Ken Williams 519-763-0309. www.optimistclubofpuslinch.com

SENIORS’ EUCHRE CLUB
Starting October 11th at 1:30pm you are invited to an afternoon of friendly euchre games at the Puslinch Community Centre on the 2nd and 4th Tuesdays of the month.

SENIORS’ EXERCISE CLASSES 55+
Exercise & Falls Prevention by Bayshore Therapy & Rehab every Monday and Thursday 9:30am-11:30am. FREE at Ebenezer United Church, 12274 Guelph Line, North of Campbellville. 519-763-7707.

SENIORS’ FALL POTLUCH LUNCHEON
Wednesday, October 5th at noon (gathering from 11:30 a.m.) – at the Community Centre in Aberfoyle. Entertainment by the ‘Silvertones’ choir. Reservations appreciated call Mary Beth at 519-822-6211 or email janetc@sentsex.net. Everyone Welcome – Bring a friend! Event sponsored by Mount Carmel-Zion United Church in Morriston. Tickets will be on sale for our Christmas Craft & Bake Sale on November 26th from 10:00am to 2:30pm. There will be assorted vendors. There will be a lunch counter, touch & take table, bake table, and our famous meat pies will be available for sale. Come early and start your Christmas shopping.

SENIORS’ LUNCH
Tuesday, October 18th at noon Arkell United Church 600 Arkell Road. An afternoon of food, music, cards and fellowship. Contact the church at 519-821-7623.

SENIORS’ SOUP & DESSERT LUNCHEONS
Wednesday, October 12th 12 noon lunch at Duff’s. 11 am “Karen Harding’s Adventure” the excitement of travelling to China and teaching conversational English,

SENIORS’ OR WANNABEES LUNCHEON
Tuesday, October 25th at 12 Noon. Come for an afternoon of homemade soup and sandwiches and cards and games. Ebenezer United 12274 Guelph Line just North of Brookville-763-7707

SMART EXERCISE PROGRAM
Gentle strength building Exercise program for Seniors’ at Duff’s from 9:30 am to 10:30 am every Tuesday & Thursday. All welcome. FREE!

TEDDIES FOR TRAGEDIES ANNUAL TEA PARTY
The 2016 Tea Party will be held at Duff’s Church at 2 pm. on Saturday, October 22nd.

THE ROYAL CANADIAN LEGION Br. 234
57 Watson Parkway S, Guelph. Ladies Auxiliary are holding their annual Christmas Craft & Bake Sale on November 26th from 10:00am to 2:30pm. There will be assorted vendors. There will be a lunch counter, touch & take table, bake table, and our famous meat pies will be available for sale. Come early and start your Christmas shopping.

COMMUNITY ANNOUNCEMENTS

BIG BROTHERS BIG SISTERS OF GUELPH
Learn to be a kid again! Volunteer mentors needed for local children. Big Brothers Big Sisters of Guelph has five programs with varying levels of time commitment. Have a one-to-one friendship or assist with a group of children on the waiting list. Please contact Big Brothers Big Sisters of Guelph at (519) 824-5154, email info@bbbsg.ca or visit us online at www.bbbsg.ca.

BOOKING AGENT FOR ARKELL UNITED CHURCH
Contact Melanie Hardie at 519-822-9433 or email melabj@rogers.com.

BOOKING AGENT FOR THE BADENOCH COMMUNITY CENTRE
Contact Florence Peer at 519-763-9782 or 519-822-5232

BOOKING AGENT FOR DUFF’S CHURCH
Contact Wendy McDonald at (519) 763-1163 or email wendymcd7@gmail.com.

BOOKING AGENT FOR EBENEZER UNITED CHURCH
Contact Ellen Gilbert at 519-856-2273.

BOOKING AGENT FOR THE OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE
Call (519) 763-1226 or email rentals@puslinch.ca

CROWN CEMETERY PUSLINCH
Crown Cemetery Puslinch is located north of Morriston at Brock Road and Highway 401. It is a non-profit cemetery operated by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials.

DUFF’S PARISH NURSE
reaching out to all of the community of Puslinch through shared faith and caring to promote healing of body, mind and spirit.

Don’t understand what your doctor tells you? Have questions about medications or preparing for surgery or tests? Or maybe you just need someone to talk to about a stressful situation. If you have questions please call Karen Harding Reg. Nurse at (519) 763-1163 or (519) 829-3042 or email karenharding349@outlook.com.

THE FRIENDS OF MILL CREEK
Meet at the Puslinch Community Centre at 3:30 pm. on the third Wednesday of every month (except August). We encourage anyone who can spare a few hours, and shares our passion for protecting this precious resource for future generations and in helping to develop the next generation of conservationists to attend and join us. For more information please visit the Friends of Mill Creek website http://www.friendsofmillcreek.org/

THE MILL CREEK SUBWATERSHED COMMUNITY LIAISON TEAM
holds its monthly meetings the second last Thursday of each month at 1:00 PM at the Community Centre in Aberfoyle. The public is invited.

OPTIMIST CLUB OF PUSLINCH
Is one of the most active clubs in the township. Our focus is youth. We meet on the 2nd (general meeting) and 4th (dinner meeting) Tuesday of each month.

If you wish to become a member, please call our secretary, Carl Gorman (519) 827-
Sue Gray  
Independent Sales Consultant  
www.susangray.norwex.biz  
519-829-4008

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PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE is located in Duff’s Presbyterian Church. For assistance call:  
Gary Will  (519) 763-3958  
Fred Law  (519) 767-2462  
Dianne Hersey  (519) 824-6304  
Carolyn Vandenheuvel  (226) 962-1173

PUSLINCH TOWNSHIP COP COMMITTEE  
(Community Oriented Policing). This is a group that acts as a liaison between the public and first responders (Police, Fire and EMS). We listen to safety concerns and suggestions from the Township residents and support Neighbourhood Watch Groups.

We are a member of Safe Communities Wellington. Meets the last Wednesday of each month at Puslinch Community Centre. For more info call: Glenna Smith (519) 824-0217 or Karen Harding (519) 829-3042.

ROADWATCH  
Do something about dangerous, aggressive driving in Puslinch Township. You can now report this to www.roadwatch.ca or pick up an incident form at the Township Office or Library.

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THE ROTARY CLUB OF GUELPH SOUTH  
meets every Thursday for breakfast at the Springfield Golf and Country Club, 2054 Gordon Street, Guelph at 7:30 am. Check out www.rotary7080.org/guelphsout for more info. Contact Margaret Nixon for membership inquiries: (519) 824-0852 (evenings)

METAL RECYCLING BIN – SUNRISE FARM  
(6920 Conc. 1, Puslinch)  
Drop off ‘unwanted’ metals, e.g. stainless steel, aluminum, copper, tin cans, wire, metal rods, fencing etc. in the ‘Gerda Ameristeel’ recycling bin situated in our parking lot (next to the Abitibi paper bins). We appreciate your support. For more info, contact Lynne O’Brien Sunrise (519) 837-0558 x31.

Market Place  
TROUT 4 POND (STOCKING)  

Donors Circle  
Ken & Audrey Gunson

Advertising Rates:  
Contact Dianne Churcher (519) 763-6564 or advertising@puslinchpioneer.ca.

9306 or Don McKay (519) 822-2984 or any Optimist member.

OPP.  
If you have a concern about a police matter, please phone 1-888-310-1122 and request to meet an OPP officer at the Puslinch Township office.

PARENT-CHILD PLACE  
Is a free drop-in program for parents and caregivers with children birth to 6 years. The program runs Tuesday mornings at the Puslinch Community Centre from 9:30-11:30 and includes free play, snack, art activities and circle time. If school buses are cancelled due to inclement weather the community centre is also closed and the program doesn’t run. The program runs September to June and does not run in July and August.

PUSLINCH FIDDLE GROUP  
Meets the 3rd Sunday of each month (except July, August and December) at Duff’s Church, Nanson Hall, from 1:30 - 4 pm. Come out and bring your fiddle, guitar, etc. and join in some good old fiddle music. For more information, please call Paul McDonald (519)763-9764. Please remember the theme is “OLD TIME COUNTRY FIDDLE.”
Kathy Kinzie R.M.T.
519 651-0401
967 Townline Rd. Puslinch

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