

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 44, Issue 6 - February 2020

Family Day Winter Classic Weekend

By Ken Williams

The Optimist Club of Puslinch is planning the 8th "Annual Family Day Winter Classic Weekend" February 15, 16, and 17, 2020.

The weekend starts off with a "Four on Four Adult Hockey Tournament" in our rink on the Saturday and Sunday. You will see teams representing local companies as well as teams from the surrounding area competing for prizes.

This is a great way for companies to show their support for their employees and the community.

Hot food and beverages will be available in the Puslinch Community Centre during the tournament.

MONDAY FEBRUARY 17, is the big day for kids of all ages. We have many activities organized.



antique Bombardier school bus will give everyone rides throughout the day (depending on weather).

We will have "**ACTIVITY CENTRES**" in the park to encourage young and old to join in the winter fun: Archery, Golf, Catapult and Human Bowling.

Check our website on the Monday for an up-to-date listing of activities and times.

A big fire will keep people warm and we will have some campfire music as well. A scavenger hunt will round out the afternoon.

All events and activities on Monday are **FREE** for everyone and the kids get free hotdogs and hot chocolate at lunch time in the Community Centre.

Additional hot food will be available for purchase. Proceeds from the Hockey Tournament and food sales will help fund the weekend.

Help wanted

We are looking for students who require volunteer hours and for musicians to perform at the campfire and in the Community Centre.

For any enquiries please call Ken: 519 763-0309.

For full information and final details please check out our website closer to the Family Day Weekend in February. Visit us at <http://www.optimistclubofpuslinch.com>

Hope to see everyone there.

photos from Elgin Featherston



The Community Centre will be open from 11:00am on with clowns, face painting, and we have special entertainment booked for everyone from 11:30 am until 12:30pm.

The Optimist Recreation Centre will be open from 11:00 am on. The gym will be available for use for those who wish to play pickup basketball, volleyball, dodge ball or other indoor activities.

These activities will have adult supervision to ensure safe and fair play for all. On the rink we are planning a variety of activities and games followed by open skating with no sticks in the afternoon.

All the favourites from last year will be back **PLUS WE HAVE SOME NEW ACTIVITIES!** The horse drawn sleighs and the

Editorial

Happy New Year! Likely we are the last to extend these wishes as we enter February.

There is a distinct theme with this issue of the *Pioneer* – the Township. We write introducing you to the new CAO – Glenn Schwendinger and the newest Councillor – Sara Bailey.

We also bring a message from our Mayor, James Seeley, as well as our regular Council Clips column.

And John McNie writes about the choices facing the Township with regard to the gravel pits.

Then Marjorie Clark takes us back into the history of volunteerism in Puslinch, something we demonstrate well at the *Puslinch Pioneer* as this paper has been produced by volunteers for the past 45 years,

We welcome back Marion Robertson who also brings us food for thought in her Naturally Speaking column.

You will read that the theme for the Fall Fair this year is From Pioneer Days to Modern Ways, which sparked an idea for us.

We are looking at the *Pioneer* publishing a cookbook with recipes from the different generations and cultures who moved to this community. What do you think?

Would you be interested in getting involved? Let us know. Email me at editor@puslinchpioneer.ca

Many of us have been horrified at the recent events around the world. Our thoughts and prayers are with the families impacted.

Anne Day

INSIDE THIS ISSUE

COMMUNITY



- Mayor's message.....Page 5
- New CAO.....Page 6
- Meet Sara.....Page 7

NATURE



- Ask the Expert.....Page 23
- Naturally speaking.....Page 25

FOOD



- Family Recipes wanted..... Page 3
- Cook's Corner.....Page 27



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The *Puslinch Pioneer* does not necessarily endorse the opinions expressed in articles or Letters to the Editor, We reserve the right to refuse items submitted and to edit all material. All advertising is accepted in good faith.

SUBMITTING ARTICLES Items of interest to Puslinch residents are welcome. Letters to the Editor must include a telephone number.

We ask that articles be submitted by email and adhere to the Writers Guidelines which can be downloaded from www.puslinchpioneer.ca

Unless otherwise stated, the deadline for submission is the 2nd Friday of the month. Next deadline is **Friday, February 7th, 2020**

Because of the increased interest we cannot guarantee inclusion, especially those received after deadline.

Annual subscription rate \$40. Forward request and payment to 29 Brock Road South, Puslinch, ON N0B 2J0

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Council Clips

New CAO/clerk.

Glenn Schwendinger has been hired as the new CAO/clerk for Puslinch Township.

Replacement Councilor.

Sara Bailey has been appointed as a member of Council for the remainder of the 2018-2022 Council term. Bylaw 2019-071

Interim Tax Levy.

Interim Taxes are due February 28, 2020 and April 30, 2020.

Hwy 6 by-pass.

Council supported Mayor Seeley in sending correspondence to Ted Arnott to request a meeting with Minister Mulroney regarding the Highway 6 by-pass. Res 2019-458

Mayor Seeley reported that in meeting with MPP Ted Arnott, that the Highway 6 by-pass was still a priority.

Phragmites invasion.

Council was approached about the alien invasion of Phragmites in the Township.

The Donkey Sanctuary is planning a test this winter on their property. The Township has a no spray policy, so they are attempting to suffocate the perennial grass with plywood, covered by used silage tarps and held in place by old tires for two years.

Council directed staff to inquire about grants available with respect to invasive weeds and participate in the existing trial and report back.

Staff was also asked to report back on the financial implication of spraying Phragmites on Township-owned road allowances and to include information on invasive species in the Township. Res. 2019-432

Severance Fees Waived.

The Hamilton Naturalist's club requested the waiver of severance fees for a 22 acre parcel being donated on Concession 1.

Council supported the request to waive the Township portion of the fees but could only support the request to waive the County fees, if the Township did not have to absorb those fees. Res. 2019-412

Cost Recovery Fees for Fire Department Specific Responses.

Council is considering enacting a by-law authorizing cost recovery or fees with respect to Fire Department Specific Response for services and supplies used by Puslinch Fire and Rescue Services at emergency events.

The use of an intermediary such as Fire Marque Inc. would act on behalf of the municipality to recover the costs through a mutual agreement.

They would invoice insurance companies directly for services rendered but costs would only be recovered if the individual has insurance coverage. Res. 2019- 413

New Stop Sign.

Council has authorized the placing of a stop sign at the intersection Roszell Road and Township road.

The unopened road allowance north of Roszell Road and Black Bridge Road will be transferred to be owned by the City of Cambridge.

Do you have some family recipes to share?



Every year I make an English Trifle for our Christmas Open House. My friends love it so much, I now have to make two.

And every year I get asked for the recipe. Well now I can share it – in the recipe book being compiled by the *Puslinch Pioneer*.

When you think about the family roots across Puslinch, we come from so many different countries. We have folks whose families came from Scotland, England, Ireland, Germany, Denmark, Eastern Europe and more recently Syria, Asia and more.

You likely have some family favourites, passed down from one generation to another. Or maybe it's more that you are the creative cook in your family.

Well we want you to share. Send us your tried and true recipes for appetizers, salads, soups, mains, desserts, preserves – you name it.

Just send in your recipe as a word document – add your name and phone number – in case we have questions - and you'll see it all in print come the Fall Fair.

Send them now to editor@puslinchpioneer.ca



TOWNSHIP OF PUSLINCH
(519) 763-1226

Council Meetings (519) 763-1226
First Wednesday at 1 pm.
Third Wednesday at 7:00 pm.
Please check the Council Calendar at www.puslinch.ca as meetings may be subject to change.

Library Hours (519) 763-8026
Tuesday 10 am – 8 pm.
Wednesday 10 am - 8 pm.
Thursday 10 am – 8 pm.
Friday 10 am – 6 pm.
Saturday 10 am - 5 pm.

Optimist Recreation Centre Hours
Monday – Friday 9 am - 10 pm
Saturday 9 am - 10 pm
Sunday 9 am - 10 pm
Contact: 519-763-1226 or rentals@puslinch.ca

Historical Society Archives
Saturdays 12 noon - 3 pm
or for appointment email ardyne.farm@sympatico.ca or 519-822-8559

Waste Facility (519) 837-2601
Open Wednesdays, Fridays and Saturdays 8 am - 4 pm. Located at 6922 Concession #4 between County Rd.#35 and Hanlon (Hwy #6)

Choices for the New Year

By John McNie

We're starting a new decade in 2020 and this first year will prove decisive for the Township of Puslinch.

The prosperous foundation our pioneer ancestors built for us upon the land now risks being eroded by that same land.

The erosion stems from the land's underlying gravel beds, the many valuable functions gravel provides and the unstinting supply of gravel by Puslinch to a growing Ontario community.

No one questions the value of those functions or of the gravel resource itself, just as we don't question the value of resources like water and trees.

However with respect to trees and water, we have learned harvesting must be done sustainably. It is urgent that same lesson be applied to gravel, for unlike trees and water, gravel can't be replenished.

It is critical to note that based on Ontario Government soil surveys, **ninety percent of Puslinch land** falls under either soil types with sufficient gravel presence to merit gravel extraction or pit buffer requirements. Each of the soil types has had or presently has, one or more pits operating in the Township.

Harvesting Puslinch gravel for Ontario leaves our Township with significant holes. The obvious holes are the pits themselves and although there has been conscientious rehabilitation on the part of many gravel companies, far too many of these holes have been left as "natural habitats" or un-rehabilitated.

The less visible holes are to the Township's revenues as these "natural habitats" provide little to no tax or social benefit.

When coupled with general community concerns, significant costs for road repair and minimal tax (see "mpac/gravel/market valuation/2016") and levy revenue associated with the actively extracting pits, these holes become even bigger.



Puslinch requires long-term, local input planning with enforced regulation to continue to provide for Ontario's gravel needs, while maintaining a healthy and vibrant community infrastructure.

This year will be decisive because a pivotal property, the **Lake Pit Property**, will be coming before Council for zoning change consideration.

It ticks all the boxes for protection due to agricultural, environmental, ecological, water resource and cumulative impact reasons.

Designated almost entirely floodplain or wetlands by the Conservation Authority, it lies deep within the Township's largest "Core Greenland" and "Natural Environment" zoning and includes our Township's largest cold-water creek, the Mill Creek plus its tributaries.

If this property can receive zoning change permission from the Township, then so can the land behind, beside and across from your property.

Our Township can be a willing partner with Ontario as we move forward but the key word is partner.

Our local **Mill Creek Stewards** group, MillCreekStewards@outlook.com aims to encourage that partnership, with our cornerstone being support for long-term planning including appropriately sited gravel extraction, which should indirectly protect land such as the Lake Pit Property.

Later this year we will be contacting all Puslinch residents for their support. In the meantime, our Township Councillors and the Mayor need your input as any communication on this critical issue can only benefit Puslinch. Please contact them at puslinch.ca.

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Mayor's message



photo from township website

Happy New Year everyone. I truly hope everyone had a wonderful holiday season. It is always my pleasure to provide updates to the community that I care so deeply for.

I am very excited to welcome Sara Bailey as our new Puslinch Councillor for the remainder of the 2018-2022 term. Please give Councillor Bailey a warm welcome.

Also I would like to acknowledge the other 13 Candidates who were part of the process. Determining one single individual from 14 very qualified applicants was not an easy task for Council.

Thank you to each and every one of you for taking time to participate in the Councillor appointment process.

2020 is going to be an interesting year. We have the reforms to the Aggregate Resource Act looming.

It must be noted that Council has been very supportive of me. Learning the history of aggregate operations, the Aggregate Resource Act and the planning/zoning process has been daunting, but made much easier by the support of staff and Council.

The team has their lens on this issue and while the updates come from me, be assured all members of Council and

staff are engaged on this important issue.

During the last quarter of 2019 it is important to note that we engaged the local Aggregate industry as well as the senior policy advisors at the Ministry of Natural resources in regards to the proposed changes to the Aggregate Resource Act.

The first teleconference was with myself, Councillor Bulmer and our interim CAO Pat Moyle. During this meeting with Jake Sikora we discussed with him the possible unintended consequences of the proposed changes.

Mr. Sikora recommended we speak to individuals dealing with the new zoning recommendations to get more clarity in respects to vertical zoning concerns. The hour-long conference call was productive and built our relationship with the Ministry.

It was Mr. Sikora's advice that we contact Pauline Desroches, Manager, Resource Development, which again Pat Moyle, Councillor Bulmer and myself did, with a teleconference lasting approximately an hour.

It is important to note that it appears the Ministry is continuing to value our input on the Aggregate Resource Act proposed changes, which include the changes to the haul routes and the removal of the vertical zoning.

We believe that if, as a Township, we are continually at the "table" to provide some influence on these proposed changes, that is a win.

As well as the teleconferences, we met with representatives of the Ontario Sand, Stone and Gravel Association. This meeting was very productive and encouraging.

Items discussed were a minor amendment to the Aggregate Resource Act, (where the industry is not required to notify the Municipality), and pit rehabilitation within Puslinch for the Dufferin pits.

I believe everyone left the meeting with a sense of accomplishment in progress on rehabilitation plans along with relationship improvements be-

tween the Municipality and Industry.

It is important to note that the Municipality never had vertical zoning for Aggregate. Under the Provincial Policy Statement, Municipalities had rights to three dimensional zoning, this is what is being amended and removed.

Proposed amendments to haul routes include removing a requirement to an agreed route. This topic is complicated as some transit Municipalities (pit is not located within their Municipal boundaries) have one set of concerns.

Our concern, without a haul route agreement, is whether the industry/province expects all possible routes to be maintained to haul route specifications? This is not affordable to Puslinch.

Pat Moyle had a great recommendation. Haul routes should be part of the planning process similar to a plan of subdivisions where traffic studies are required. This is where our continued engagement with MNR staff is vital.

Right now Council's focus is on the upcoming Rural Ontario Municipal Association (ROMA) conference. At this conference Council has requested delegations to the following Ministries:-

- Ministry of Natural Resources: Aggregate reforms/aggregate levy
- Ministry of Municipal Affairs and Housing: Rural Growth and Employment lands
- Ministry of Transportation: Highway 6 by-pass/ Halton Truck Inspection Station
- Ministry of Environment: Standardization of water taking permits across all industries
- Ministry of Heritage, Sport, Culture and Tourism: Grant applications for sport field improvements

All of the above delegations are important to our community. I look forward to the opportunity to meet with representatives and discuss our concerns.

James Seeley, Mayor

Glenn Schwendinger New CAO/Clerk

By Barbara Bulmer



After three days of interviews, Puslinch Council selected Glenn Schwendinger from a pool of highly qualified appli-

cants. He is a graduate of Seneca College in Environmental Engineering. He is married and has three grown children.

Glenn has impressive credentials; he has worked in the private sector for two environmental engineering firms, one in Guelph and one in Waterloo, has held engineering positions with both the Regions of Waterloo and Halton, and most recently served as Manager of Public Works and Parks then as CAO for Perth East.

Glenn's credentials also include Past President of the prestigious Ontario Municipal Administrators Association serving on the Board for six years. He said this Association is valuable to CAOs as an idea exchange and an opportunity to discuss the broader issues facing municipalities.

Glenn was drawn to Puslinch by the challenge presented by the geographic location of the Township – surrounded by three Regional governments, the City of Guelph, four universities, one community college and dissected by

major transportation corridors.

He was also impressed with the vibrancy of the community itself, and by the excellent, hard-working municipal staff and by the Council who he says are very unique in the collaborative, respectful way they work together as a team to find solutions to local issues.

Glenn appreciates the value of continuity in the building of a strong community and he would like to meet Puslinch community leaders to better understand the groups and organizations that make our municipality successful.

He prefers an informal environment and would be happy to schedule time to chat at the municipal office as time permits within his schedule.

He looks forward to attending the Farmers' Market, the Aberfoyle Fall Fair and other events as time allows.

Glenn can be reached at gschwendinger@puslinch.ca or 519-763-1226 ext 214.

Puslinch Hometown Ball



**All ages minor softball
T-ball 3-pitch Atom
Squirt Peewee**

puslinchminorball@gmail.com

Registration is open for the 2020 season

**Registration In Person
Monday March 2nd 5 - 8 pm
In the Alf Hales Room
at the Puslinch Community Centre
23 Brock Road South**

Meet Sara Bailey, our newest Councillor

By Anne Day



Congratulations to Sara Bailey, Puslinch's newest Councillor. After a nerve-wracking experience of talking and competing against 13 other candidates, Sara was selected.

She is no stranger to Puslinch, having been involved with the WhistleStop Co-op Preschool, serving as treasurer and then president for three years. She also serves on the boards of the Badenoch Centre and the Puslinch Minor Ball and is an active volunteer at Aberfoyle, where two of her three children attend school.

Growing up on a ten-acre hobby farm in Mountsberg, Sara is more than familiar with country living. As she says today "Puslinch is such a great place to raise children. It's safe and we want to keep it that way."

It is likely no co-incidence that she chose to go to Lakehead University in Thunder Bay to gain her degree in kinesiology. "It was a small community, and we couldn't exactly go home at the weekend, so we became a close-knit group."

After working part time at the city's fitness centre, Sara stayed on for a year and accepted a full time job in the clerk's office in Thunder Bay. She jokes "I guess you could say that was my first taste of politics."

Moving back to Waterdown, she worked for the YMCA which was being built at the time. "I would be selling memberships out of a trailer," she recalls. Once built, she worked in the fitness centre

and then also worked part time for a physiotherapist as the kinesiologist on the clinic team.

When the physiotherapist retired and closed the clinic, Sara went back to school, and gained her elementary teaching certificate through an Australian program based in Burlington. "It was tough. We were in the classroom from day one."

But no sooner had she gained her qualifications, than she had her first baby and so she chose to be a supply teacher while she juggled motherhood and work. Since 2017 however she has been working in the family business, running the office. Her husband is in the carpentry/construction business, with a niche of working in heritage homes.

So why did Sara choose to run for Council? She liked the current make-up of the Council and had a feeling she would fit in and her voice would be heard.

Also several friends and neighbours encouraged her to apply. "While I don't bring any specific technical skills," admits Sara "I like to think I am open-minded, practical and take a big picture look at a situation."

She is also well-connected and feels confident that when issues come up at Council she will be able to touch base with people who could be impacted and gain their input.

Sara shared the story of how when she worked with the SPCA a considerable amount of time and discussion was on the bottom line and the numbers. She was the one to point out that no one was stopping to look at why they were there and what about the animals and what was best for them.

And I think that is exactly what Sara will bring to Council – a fresh perspective, ensuring that decisions are made that are the best for the community.

International Women's Day – March 5 in Guelph

While women have certainly come a long way since the first International Women's Day over 100 years ago, there is still more to be done.



Inherent vulnerabilities continue to affect the lives of women of all ages who deserve to feel safe within their environments.

Inclusivity, safety, courage, truth and acceptance should be a given, not something for which we must fight.

"I'm proud that this event has continuously improved and evolved to reflect our community's commitment to advancing women," said Kristel Manes, event co-chair.

"This year's theme, Keep Our Sisters Safe, is so fitting as it addresses some of women's inherent vulnerabilities. Giving back to the community is our responsibility and our privilege."

This year's speaker, Pamela Barnum, will share real-world strategies she gained working as an undercover police officer and federal prosecuting attorney.

The goal is to help attendees crack the code on deception and increase trust using proven nonverbal techniques.

Barnum is a well-known speaker and TEDx Talk participant whose keynote is called Trust Starts with You.

This year proceeds will be directed to the YMCA-YWCA of Guelph's Safe Sisters program, a weekly drop-in program for girls in grades 7 and 8."

A vendor marketplace featuring local female entrepreneurs with a variety of unique and innovative products and services begins at 4 p.m.

The agenda will be 4 pm Doors open & Vendor Marketplace open, 6 pm Dinner & Announcements, 7:30 pm Keynote Speaker, 8:45 pm Closing Remarks & Vendor Marketplace.

Tickets will be \$70 and can be purchased through www.innovational-guelph.ca



TOWNSHIP OF
PUSLINCH
1848

Property Tax Reminder

Interim Bills will be mailed

February 1, 2020

DUE DATES:

February 28, 2020

April 30, 2020

Questions? Please contact the
Tax Office at 519-763-1226 x106 or
services@puslinch.ca
www.puslinch.ca

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Updates to the Drinking Water Source Protection Plan for the Grand River watershed

Members of the public are invited to read and comment on the draft Updated Drinking Water Source Protection Plan for the Grand River watershed. The plan has been prepared under the Clean Water Act, 2006 to protect municipal sources of drinking water and ensure their sustainable use into the future.

The Grand River Source Protection Plan was approved by the Ontario Ministry of the Environment, Conservation and Parks in November, 2015. Since then, technical studies have been completed in the Townships of Centre Wellington and Guelph/Eramosa for the Centre Wellington, Rockwood and Hamilton Drive municipal water supply systems. These studies provide a measured assessment of current and future sustainability of municipal drinking water sources in light of municipal growth and development. The results of these studies have been included in the draft Updated Source Protection Plan.

See the Plan

We welcome your comments and questions regarding the changes presented in the draft updated Source Protection Plan. **The draft updated plan is available for review at the following locations beginning Monday, January 13, 2020:**

- Online at www.sourcewater.ca
- Grand River Conservation Authority (400 Clyde Rd., Cambridge)
- Township of Centre Wellington Infrastructure Services Office (7444 Wellington Rd. 21, Elora)
- Guelph/Eramosa Township Municipal Office (8348 Wellington Road 124, Bruce Dale)
- Puslinch Municipal Office (7404 Wellington Road 34, Puslinch)

Attend a public meeting

Learn more about the plan, changes to the Centre Wellington, Rockwood and Hamilton Drive municipal water supply systems and provide comments at a public meeting.

- **Thursday, February 6, 2020** from 6 p.m. to 8 p.m. at the Elora and District Community Centre (29 David St. West, Elora)
- **Wednesday, February 12, 2020** from 6 p.m. to 8 p.m. at the Marden Community Centre (7368 Wellington Rd. 30, Guelph)

Submit comments in writing

To submit comments in writing:

Email: comments@sourcewater.ca

Mail: Ilona Feldmann,

Source Protection Program Assistant

Lake Erie Source Protection Region, c/o Grand River Conservation Authority, 400 Clyde Road, PO Box 729
Cambridge, ON N1R 5W6

Deadline for comments: Wednesday, February 26, 2020



Grand River
Conservation Authority



www.sourcewater.ca



Wood burning system safety

By Peter van Oordt

For as long as I can remember, I've always enjoyed the warmth of a real wood-burning fireplace or a woodstove.

Perhaps it reminds me of visiting my aunt and uncle in Huntsville during the winter as a child.

There was something comforting about the sweet smell of wood smoke in the air as my cousins and I played outside before coming inside to sip hot chocolate around Uncle Jack's woodstove.

Nowadays, I have a gas fireplace. And while I do enjoy it, to me it's just not quite the same. There's something primal about gathering around a real

wood-burning fire with friends and family during our long Canadian winter nights.

Perhaps you share my feelings. However, as much as real wood fires bring their unique comfort and warmth, they also bring their own risks.

According to the Ontario Fire Marshal, heating equipment fires are the second leading cause of home fires, and of those, woodstoves, fireplace/fireplace inserts, and chimneys are the top three specific causes.

If you want to enjoy the benefits of a real wood-burning fire this winter, it's important that you're aware of the risks and that you take these measures to reduce those risks.

Have your wood-burning appliances inspected regularly by a qualified technician. Fire codes and regulations regarding wood-burning appliances have changed over the years as more research is conducted and data is collected. What might have been an acceptable installation when your house was built may no longer be up to code and may not be safe.

Also, wood-burning systems have to deal with extreme changes in

temperatures, which can cause mechanical wear and tear on the system.

Having a qualified technician inspect your wood-burning system will help ensure that it meets the current code and is in good working order.

Some rural properties might also have wood-burning appliances in shops, garages, or other outbuildings. Don't forget that these appliances must also be inspected and properly maintained in order to reduce the risk to life and property.

Always use a fire screen around a fireplace. Allow ashes from your woodstove or fireplace to fully cool before emptying them into a metal container with a tight-fitting lid.

Keep the container outside. Burn only well-seasoned dry wood in fireplaces/woodstoves to reduce build-up of dangerous creosote in chimneys.

Our winters are long and cold. If you're enjoying a real wood fire this winter, I hope you're able to enjoy it in the company of good friends and family, and I hope that you've taken the necessary measures to make sure you're doing it safely.

We Make Meals Easy

It isn't always easy to make sure you're eating properly, especially if you live alone or have a busy lifestyle.

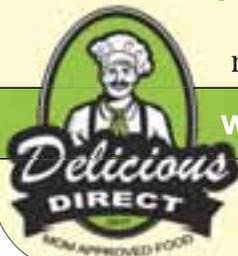
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A Message from Solid Waste Services



Tipping Fee Increase

Tipping fees for waste loads increase from **\$80.00** to **\$97.50** per tonne for waste materials as of **January 1, 2020.**

For more information, please contact Solid Waste Services:
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www.wellington.ca/sws

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Volunteers in our Township

By Marjorie Clark

Sadly, a few years ago about this time, I read that the COPS Committee had disbanded and the Township lost another volunteer organization.

This, after the demise of all of the Women's Institutes in Puslinch over the last number of years, organizations that did so much for their communities over all of the 20th century.

Volunteerism has been a way of life in the Township since its very beginning, when the young men went from clearing to build log homes for their fellow settlers.

This was followed by an era of barn raisings, wood, quilting and threshing bees, participated in by all the neighbours. The major tasks were always accomplished through helping one's neighbours, who also helped you.

Residents then turned to community welfare as a whole. Each community within the Township built its own school and formed its own school board.

Religious groups built their own churches. Church activities expanded with the forming of choirs, Sunday Schools, missionary societies and women's aid groups. Cemeteries were opened and operated by volunteer trustees, as almost all of them are still today.

Organizations were created to fill needs, as the government supplied only a portion of that required in the rural areas, mainly road maintenance.

The Puslinch Agricultural Society planned and co-ordinated the Aberfoyle Fair. Farm organizations were among the first groups to arise and the Puslinch Farmers Club was possibly the first farm organization in Ontario.

Not long afterward, football (soccer) teams, were set up and soon, baseball. At the same time, literary and debating societies and volunteer-operated libraries appeared.

Seven separate Women's Institutes began to enrich the quality of life in their corners and beyond. Dealing with the First World War caused a number of Red Cross branches to arise in the Township. During the 1950's, there was a multiplicity of church groups for all ages.

Through the years, volunteers have provided much to the citizens of

Puslinch.

Inhabitants of our Township are still the beneficiaries of the Red Cross, the work of churches, soccer and baseball associations and the Agricultural Society.

New groups, the Badenoch Community Centre Board, the Puslinch Optimist Club, the Puslinch Historical Society, the Puslinch Fiddle Orchestra, the newspapers, the *Puslinch Pioneer* and *Puslinch Today* and the Aberfoyle Farmer's Market, have been instituted to meet new or different aspects of those same needs.

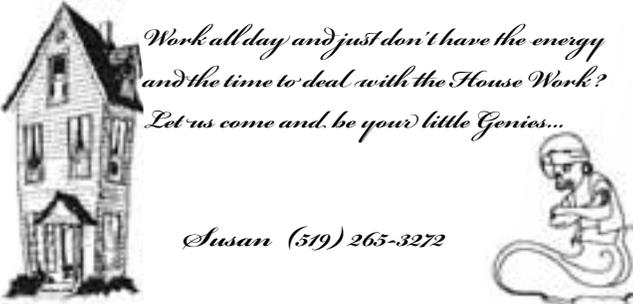
Notable also recently, was the effort of the Puslinch Threshing Bee Committee, providing a threshing bee each year for five consecutive years and combining its forces for another year with the Aberfoyle Agricultural Society.

How poor would our lives be without these volunteer organizations and all of these individual volunteers, who donate their time, talent and energy to meet our needs or enrich our experience and understanding. Let's consider how we, too, might contribute to life in our Township.

"We make a living by what we get but we make a life by what we give." - Sir Winston Churchill

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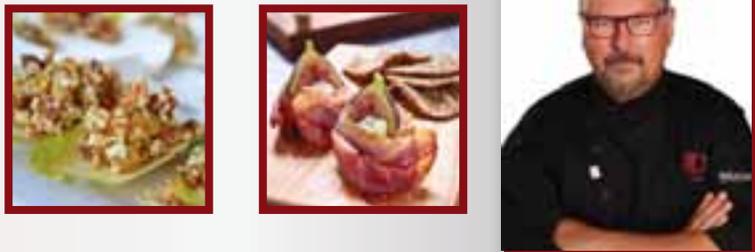
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HALF BAKED

It seemed like a good idea...

By Merri Macartney

It was about twenty years ago when I decided that I would switch from wearing glasses to wearing contacts.

I had just celebrated a milestone birthday – won't say which one – and this would be a special gift for me from me. Happy birthday to me...to me.

It was an easy transition. Over the years, I have talked to many who felt that putting something foreign in their eyes was akin to poking their eyeballs with a stick.

Not me! It was "easy peazy" and I loved not worrying about where I put my glasses.

Because I always read before going to sleep and didn't want to get out of bed to take out my contacts, I needed readers.

Dollar Store ones worked just fine. For that price, I could also have multiple pairs all over the house, in my car, in my purse and anywhere else I thought would help cut the time it took to find a pair. Know what I mean?

It was a workable plan. At least it was until I took up swimming last year. I had to wear contacts in order to drive to the pool. However, I didn't want to wear them IN the pool.

As a swimmer for many years I was prone to swimming under the surface of the water and doing some fancy twists and turns. Perhaps showing off a bit!

Something had to change. I needed glasses to drive so I didn't need to put in my contacts. Off to the optometrists I went and lickety-split I was ready to order them. And then it happened!

They suggested I take advantage of their best offer and get two pairs for the price of one. They suggested I get the second pair as readers. It seemed like a good idea at the time.

I was delighted when I could simply jump out of bed in the morning, put on my red driving glasses – very fashionable indeed – and head to the pool. Now I could swim or play without worry. It was liberating.

And now before bed, I would grab my black reading glasses – a colour most suited to look studious.

I even felt a little smug that I had done the right thing by having my personal prescription. I had indulged in self-care. And in-between, I had my contacts.

Some days I would think how great it

would be to just grab my red glasses, drive to the grocery store to get a few things, without having to go through the process of putting in my contacts.

Then I realized that I wouldn't be able to read anything once I got there. Fear of bringing home all manner of items I don't like or need, has kept me from doing that.

And switching back and forth seemed extremely tiresome.

But I don't want to wear my contacts every day if I am just working at home.

On those particular days I am often found roaming the house with both pairs on my head. One on my face and the other on top and alternating as needed.

I can read who is calling or look up quickly to catch an interesting tidbit on TV. But some days it can be quite crazy-making.

So why did I get one pair of each? It seemed like a good idea at the time.

Merri Macartney is a speaker, author, coach - www.merrimacartney.com

The Bahá'í Faith

A new religious principle is that prejudice and fanaticism—whether sectarian, denominational, patriotic or political—are destructive to the foundation of human solidarity; therefore, man should release himself from such bonds in order that the oneness of the world of humanity may become manifest.

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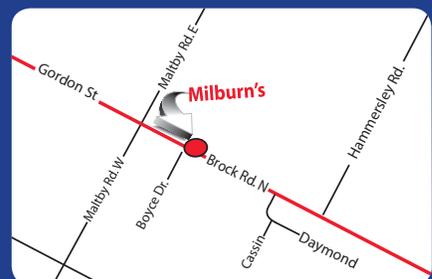
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Milestones for Duff's Fireside Club – 65 years young

By Duff's Fireside Club

On November 5th 2019, at 7:30pm in Nanson Hall at Duff's Presbyterian Church thirty eight guests were welcomed to the 65th anniversary celebration of Duff's Fireside Club. The evening was a reflection of past Fireside memories and positive predictions for its future.

Fred Law began devotions with a scripture reading from Phillipians 3:7-21. This was the same scripture read by Glennys Bell at the very first Fireside meeting on January 5, 1954.

Next, Brenda Law discussed how the values, social aspects, family and fellowship have grown over the past 65 years. In summary, "Jesus would be happy we are carrying out his work."

With a moving performance, the trio comprised of Wendy McDonald, Lois Mast and Brenda Law, accompanied by Susan Brown on piano sang, "What a Wonderful World."

Reflecting back on the first meeting in 1954, Bill Kerr read a poem by Tenyson. In lieu of this, Janice McCaig shared some famous quotes by Tenyson.

The highlight of the evening was John Gilmour's reflection of how Fireside began and when he first joined. His quick wit is always humorous and entertaining.

Doug Gilmour, the very first president,



spoke about the benefits of Fireside and the reason for its beginning. When Rev. Gordon came to Duff's in 1953 he realized that these newly married families at Duff's were looking forward to a positive future and fellowship.

Fireside was formed to help reach those goals. Doug shared some excerpts from his "Fireside Memories" poem which he compiled. He explained how Fireside is beneficial to all.

Lois Mast spoke about the activities and the fun had by the Fireside Club over the years. She talked about games played, theatre nights, bowling, corn roasts, travelling suppers, work bees, dinners, strawberry socials and many other adventures shared throughout the years with all the members.

Irish suppers were always a big success, especially the entertainment that followed. At the celebration, Ken Gunson, Wendy McDonald, George Nap, Brenda Law, David McCaig and Lois Mast were all decked out in Irish attire and performed two songs.

Years ago they worked together to come up with the famous song "Who put the overalls in Fireside's Irish Stew," and it was a delight to see it performed again.

John expressed with regrets that Ev Winer (one of the founding members) could not attend to tell us about "Duff's Fireside Bazaar." In her place, Audrey Gunson did a great job reading Ev's notes with "attitude" as Ev had instructed her to do. During her reading two lovely people "pretended" to pour tea from a silver tea service into fine china tea cups.

Fred Law and Neil McCaig looked stunning in their wigs, ladies hats, choir gowns and white gloves. They were serving tea at the bazaar the way it was originally done 65 year ago.

With the program at a close John Gilmour thanked everyone for coming and invited all to look at the display of Fireside memorabilia. A luncheon of sandwiches and cake was served.

So happy 65th anniversary to Duff's Fireside Club and as we look forward to the future we invite all to join in sharing to keep this tradition alive.

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Meet Puslinch's bag lady – Maureen Smith

By Anne Day



When Maureen Smith was given some left over fabric from her mother, she

tapped into her love of sewing and made a few cloth bags.

Little did she know just how this activity would blossom and grow. That was back in 2010, and to date she has sold over 1,300 bags.

She uses upholstery fabric donated by a retailer in Milton who otherwise would have been throwing out the fabric. Any fabric she can't use, she donates to Goodwill.

As she says, "it's a win-win situation." The fabric doesn't go to waste and she turns it into beautiful bags that are sold with proceeds going to local charities.

An active member of the Rotary Club of Guelph Trillium, this year she raised \$3,200 for Foods 4 Kids, a Rotary-supported program that provides food at weekends for families in need.

She also donated \$400 to the Salvation Army and another \$75 to a small village in Haiti.

It has become a family affair, with her sister, Christine Mackay, in London, making bags too.



Currently she is making project bags for knitters and her overnight bags are becoming popular.

On May 3 of this year, Maureen will be having a bag sale at the craft studio - make 1, in Guelph, again with proceeds going to Food 4 Kids.

"I love to make the bags. I get to be creative, I make people happy and charities get to gain."

Maureen's bags also make great bags to hold gifts. All of it good for the environment.



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Guelph & District Association of Realtors (GDAR) Rural, Farm, & Vacant Land Stats
January 1 2010 - December 31, 2018



*Based on rural and farm properties sold in Centre Wellington, Guelph-Eramosa, and Puslinch as reported through Guelph & District Association of Realtors (GDAR) from January 1, 2010 - December 31, 2018.

*Average agent listing sales calculated by dividing number of rural and farm sales in Centre Wellington, Guelph-Eramosa, and Puslinch from January 1, 2010 - December 31, 2018 (excluding Capstone) by number of Guelph & District Association of Realtors (GDAR) agents (excluding Capstone).

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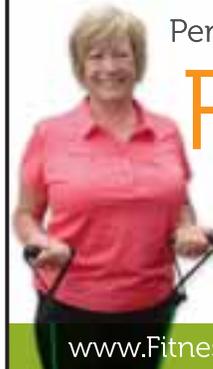
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Be kind to yourself

By Genny Ribalko

It's the beginning of a new year, and it's the time to clean the slate. It's the time to create goals, to plan out projects for the year and to imagine the possibilities. But don't forget to take the time to appreciate last year's growth and accomplishments.

Whether you're just beginning your crafting journey or are a gifted creator, appreciating the work you've achieved throughout the past year is an important part of self appreciation and future growth.

Be kind to yourself, even when projects don't turn out as planned. Acknowledging the time commitment,



Photo from Unsplash

the effort and the lessons learnt is very important and will help you progress in your journey.

I will be the first to admit that when it comes to my work, I am nothing short of critical. When the project isn't as good as I envisioned it, it will be unravelled.

It's okay to undo the work, but we

must first appreciate the hard work that went into it.

This is something that I struggle with and is on my list to focus on in 2020.

It's probably amongst the hardest things to say, "it's okay to make mistakes, but let's look at the positive lessons learnt".

It was 10 years ago, that my creating journey really took off; back then I started with scarfs and shawls. I remember finishing my first project and getting such gratification of creating something tangible.

Ten years later, I am creating outfits for myself and my kids. It is a labour of love, but it's also a labour of personal appreciation.

So, as you go about planning out your year, why not consider starting a project for no other reason than self appreciation, and the joy you receive from a job well done.



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February Events

Story Time (5 years and under)

Our Story Times are designed 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. Thursdays, February 6 - 27, 11:00 - 11:45 am

Art for Beginners (Adults)

Experiment with simple painting techniques to create a unique piece of art! All materials supplied. No experience necessary. Please register. Tuesday, February 4, 1:30 - 3:00 pm

Tech Talk (Adults)

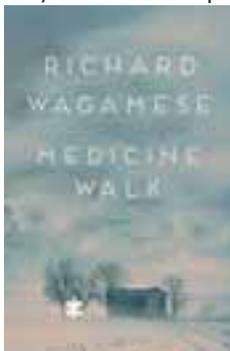
Join the conversation! Bring your questions about computers, e-readers, or other mobile devices, and we will explore them together. It can be as simple as how to turn your device on or as complicated as how a specific app works. Drop in. Thursday, February 6, 3:00 - 4:00 pm

Dungeons and Dragons (Preteens)

Let the adventure begin! Join us at the library for a game of Dungeons and Dragons. No previous experience required. Please register. Thursday, February 6, 5:30 - 7:30 pm

Friday Book Club (Adults)

Discussing *Medicine Walk* by Richard Wagamese. Please register. Friday, Feb 7, 1:00 - 2:00 pm



Scrabble Club (Adults)

Join us for an afternoon of casual word building entertainment! No experience necessary. Please register. Wednesdays, February 12 & 26, 2:00-4:00 pm

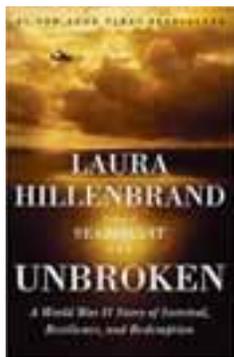
Tech Talk (Adults)

Come join the conversation about computers! Bring your questions and

we will explore together to find the answers. It can be as simple as how to turn your device on, or more in depth with how a specific app works. Please register. Friday, February 14, 11:00 am-12:00 pm

Tuesday Book Club (Adults)

Discussing *Unbroken* by Laura Hillenbrand. Please register. Tuesday, February 18, 1:30 - 2:30 pm

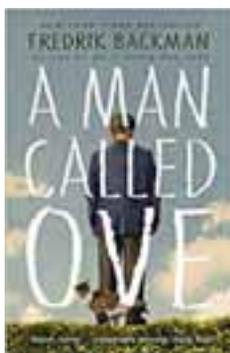


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Beginning Calligraphy (Adults)
Join us to explore the world of crafting with **Creativebug**, an online resource offering video tutorials, a pattern library, inspiration boards, and even livestreamed classes. You're more creative than you think! Please register. Tuesday, February 25, 1:30 - 3:00 pm

Thursday Book Club (Adults)

Discussing *A Man Called Ove* by Fredrik Backman. Please register. Thursday, February 27, 6:30 - 7:30 pm



Check out this list of new books at the library.

Fiction

Allen, Jane *I Lost My Girlish Laughter*
Bishop, Anne *Under the Bridge*
Brody, Frances *The Body on the Train*

Grice, Mark
Harmon, Amy
Hawker, Libbie
Klassen, Julie
Laurie, Victoria
Murphy, Shirley
Rousseau
Sebastian, Cat

Non-Fiction

Barlow, Maude *Whose Water Is It, Anyway? Taking Water Protection into Public Hands*
Bryden, Christine *Will I Still be Me? Finding a Continuing Sense of Self in the Lived Experience of Dementia*
Gray, Annie *The Official Downton Abbey Cookbook*
Hoyme, Ryan Jay *The Complete Guide to Modern Massage: Step-by-step Massage Basics and Techniques from Around the World*
Hunter, Clare *Threads of Life: A History of the World Through the Eye of the Needle*
Questlove *Mixtape Potluck: A Cookbook. A Dinner Party for Friends, Their Recipes, and the Songs that Inspire Them*
Robin, N. S. *Scotland and the Sea: The Scottish Dimension in Maritime History*
Siebel, Thomas, M. *Digital Transformation: Survive and Thrive in an Era of Mass Extinction*
Smith, Douglas *The Russian Job: The Forgotten Story of How America Saved the Soviet Union from Ruin*
Thom, Kai Cheng *I Hope We Choose Love: A Trans Girl's Notes from the End of the World*

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What the Wind Knows
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One for the Crow
The Bridge to Belle Island
Coached to Death
Cat Chase the Moon
A Duke in Disguise

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Ask the Expert

By Ben Cullen

When should I start planning my garden?

The gardening season starts in February with seeds.

Feb-“brrr”-uary might be the only month that makes an onomatopoeia, and a somewhat bleak one.

With this bleakness, you might think gardeners dread February. But you would be mistaken.

Most avid gardeners have already spent a month or more with their feet up and the 2020 seed catalogues in hand. If you haven't got your seed guides there is still time, and many are available online for streamlined ordering.

Why start from seed?

- **Variety.** Seed catalogues are packed with variety, as are Seedy Saturday events which pop up in Guelph and Fergus around March where unheard-of varieties can be bought or traded (check online)
- **Budget.** Vegetable transplants can cost anywhere from \$1.50 - \$3.00 per plant, whereas an entire packet of seed can run \$0.99.
- **Environment.** It is always better to choose home-grown, and you can also choose recycled pots unlike most commercial greenhouses which use plastic.
- **Extend the season!** By the end of February you can begin starting seeds indoors for cabbage, onion, leeks, leafy greens, chives and parsley for transplanting in May.

In 2019 last frost for Puslinch was May 13, so count back from that date by the number of weeks listed in the catalogue to determine when to start your seeds for earliest possible transplant.



photo from unsplash

How to Start from seed.

1. Gather some **containers** – you can go with purpose-made seed starting trays or reused dairy containers and anything in-between. Drainage is important, so cut holes if there aren't any.
2. **Growing medium.** You can buy a pre-mixed seed starting soil, or make your own with equal parts peat moss, vermiculite and sharp sand.
3. **Plant** according to the depth and density listed on the package. For smaller seeds it is sometimes easier to sprinkle the seeds on the soil then sprinkle more soil on top.
4. **Water** carefully to avoid washing away the seeds. Try fine misting with a spray bottle to start, then switch to watering from a can. Allow slight drying between watering.
5. **Cover** with any type of clear plastic lid or bag to create a humid environment. If evidence of fungal diseases such as powdery mildew appears, remove the cover for air flow.
6. **Heat mats** are optional – while they help speed up some vegetable seeds, they are not necessary if you start early enough. You can also start some seeds on top of the fridge for similar effect.
7. **Light** becomes important once the seed has germinated and green appears. For many seedlings, a sunny south-facing window will suffice provided plants are rotated daily to avoid getting lop-sided.

If you opt for artificial light, adjust it to 4-6 inches above seedlings for 15 hours per day.

8. **Fertilize** once multiple pairs of leaves start to appear. A water soluble fertilizer makes it easy as you can simply fertilize as you water.

9. **“Hardening off”** helps seedlings adapt before transplanting. Choose a warm, sunny day to leave the plants outdoors during the day and bring them back in at night.

Do this for a few days until you are comfortable leaving them in their pots outdoors overnight. After a couple of days and nights outdoors, and you will be ready to transplant.

New funding for Sunrise



Sunrise Therapeutic Riding and Learning Centre is delighted to announce that they have received an Ontario Trillium Foundation (OTF) Capital grant in the amount of \$138,300.

This funding is to be used for extensive renovations to the Sunrise indoor riding arena.

Renovations consist of a new ridge cap on the roof, a lowered and fully insulated ceiling, which will raise the temperature of the riding space in the winter, and control the summer temperature for comfortable activities.

This will result in greater accessibility for all riding students with special needs, some of whom with physical disabilities have had to discontinue their therapeutic riding sessions at this time of the year, due to the winter temperatures.

The grant will also provide automatic doors and windows on the indoor riding arena, for ease of operation and appropriate ventilation in summertime.

Board members, staff, volunteers, children and adults with special needs and their parents, acknowledge and appreciate the positive impact this grant will have for the ongoing Sunrise programming.



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NATURALLY SPEAKING

So you still don't believe in climate change?

By Marion Robertson

We have been growing at Bee Sweet Nature Co in every way. Attending more native plant sales, redesigning our website and doubling our stock.

This takes lots of time and took away from my time to write and blog. But the winter does afford some moments to write and I am glad to be back.

I had a sad moment as I was putting trees away for the winter at our nursery.

I had to pluck a frozen, dead giant swallowtail caterpillar off a prickly ash shrub. Not something you want to see the 2nd week of November. So what happened?

Take three steps back. Our spring was unusual in that it was delayed, wet and cool. Though we do, occasionally, have these springs it is not the normal.

Nature has an intricate timed agenda. Blooming occurs when pollinators are available and fruit is designed to occur when wildlife can disperse their seeds.

No different for the giant swallowtail. They emerge from hibernation and these 1st generation caterpillars mature and then lay eggs by June.

The second wave of giant swallowtails occurs in August with the caterpillars crawling off to hibernation safety by October.



Photo by Sara Robertson

So why was I seeing caterpillars in mid November? The unusual spring delayed emerging caterpillars by three weeks.

This pushed the second generation caterpillars back three weeks and they literally ran out of time to grow and then hibernate. The early winter snap accompanied with snow killed these late caterpillars.

Having unusual springs is not the issue – they happen. Where climate change comes into play is the frequency of the occurrence of these unusual springs. Instead of one in 10 or 20 springs, it seems to be almost every other spring.

So --- do you still not believe in climate change?

Don't bite off more than you can chew

In January the sale of cannabis edibles, beverages, lotions and concentrates became available for legal sale in Ontario.

As new cannabis products hit shelves, Wellington-Dufferin-Guelph Public Health urges that anyone who chooses to consume cannabis, including edibles and beverages, follow Canada's Lower-Risk Cannabis Use Guidelines for safer cannabis consumption.

"It's important that people understand that cannabis edibles and beverages affect your body differently than smoking or vaping," said Dr. Nicola Mercer, Medical Officer of Health and CEO of Wellington-Dufferin-Guelph

Public Health.

"It takes much longer for the active ingredients to get into your system and you may not feel the effects for 30 minutes to two hours, which poses a higher risk of overconsumption.

If you choose to consume, choose lower-strength products and monitor how much you're taking. Some people could have a bad reaction from over-consuming especially if they are first time users."

Other recommendations from Public Health include:

- Keep all forms of cannabis in a secure (locked) location, out of reach from children, teens and pets, where they aren't visible.
- Delay use if under 25 years old. Cannabis in any form can affect brain development.
- Avoid all forms of cannabis while pregnant or breastfeeding.
- Avoid mixing cannabis, including edibles, with alcohol or other drugs.
- Do not drive or use heavy machinery after consuming cannabis.

Upon cannabis legalization, Public Health launched its "Talking about weed" campaign, which includes evidence-based information, resources and videos on the physical and mental health effects of cannabis, how to talk to kids about cannabis, safer edible consumption, and more. Visit talkingaboutweed.ca to learn more.



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HERITAGE MATTERS

Puslinch: Swiss Cheese, Danishes and Justin Bieber

By Mary Tivy

When I say I'm from Puslinch Ontario, the most frequent replies I get (beyond "Pus-What?") are: Oh, that's (a) the Swiss Cheese Township, (b) the Danish place or (c) the place where Justin Bieber bought a home ("Not yet" I say when, inevitably I'm asked if I've met him.)

Swiss Cheese Township?

One look at Google's satellite map of our Township shows that gravel mining's open pits warrant the name "Swiss Cheese" for our landscape.

Aberfoyle has even been nick-named "Gravelfoyle". These huge gravel deposits, courtesy of the last ice age, are mined on former farmland that previously was occupied by different Indigenous groups.



Satellite view of gravel operations in Puslinch, Google maps, January 2020.



McNaughton stone house c.1860 and former farm at Dufferin Pit operations. Google maps, January 2020.

February 2020

Danishes?

Danes I meet in southern Ontario all know Puslinch as the centre of Danish heritage and "hygge". 52 acres of parkland in Crieff, Ontario, (formerly the property of Colonel John McLean of McLean's magazine), are owned by the Danish Sunset Villa Association. Campgrounds, a Danish cemetery, a Danish retirement community and an area for holding special events throughout the year are on site.

Anyone can visit, and also sample Danish cuisine at the Danish Place restaurant housed in Colonel McLean's former house, built in the 1850s as the manse for McLean's father who was the minister at Crieff's Presbyterian church.

The "Biebs"

Justin Bieber has put Puslinch on the international map with his recent purchase of property overlooking Puslinch Lake. Traditionally known for being Canada's largest kettle lake, the home of our national water-ski champions, and a local recreation area, Puslinch Lake now has an A-list celebrity connection.

What is your impression of our Township? Mine is of rolling farmland and forests with small villages, and a wealth of historic properties, streetscapes and landscapes built by European settlers.

The Township's new logo captures my image, shared by hundreds of other residents who participated in the development of the new logo.



New Logo for Township of Puslinch, 2019.

The leaves on top show the importance of the nature in our landscape.

The Scottish thistle, Irish trefoil symbolize some of our European settle-

ment groups, and the Devon cow the English ancestral home of Puslinch in Devon (the Germans, and the Indigenous peoples are not represented.)

Wheat stalks represent the agricultural foundation of our Township. The sun rising above fields and streams indicates potential and future opportunity for growth in our rural Township.

Overarching these elements is the roofline taken from a handsome heritage house in Morriston. This is the same house featured on the bronze plaques awarded by the Puslinch Heritage Committee for good stewardship of heritage properties.

It is fitting that this roof shelters the other elements in the logo. The consultants who prepared the new logo for the Township reported that conserving the historic architecture of Puslinch was a consistent and major concern for residents as the Township and its landscape continue to develop and change.

This concern is addressed by the efforts of the Township of Puslinch Municipal Heritage Advisory Committee, who work to record, evaluate and recommend the reuse when possible of these heritage properties.

These buildings and landscapes tell us where we came from, give us a sense of whom we are now and ask us how we want to see our future. We know that change is inevitable and that the landscape of Puslinch is changing.

Although we are still a rural area with a wealth of heritage buildings, we now have less than a dozen family farms left in the Township, and aggregate mining, water bottling, trucking and other industries have altered the economic framework of our landscape.

Lots sectioned from former farmlands have created neighbourhoods of large estate properties.

Certainly, the character of a landscape helps define the self-image of the people who inhabit it. It gives a sense of place that distinguishes one region from other regions.

What is your sense of place for Puslinch and what do you want it to be? Let me know, I'm interested!

mary.tivy@gmail.com

Cook's Corner

By Barbara Patterson

This replacement for fried chicken is healthier and eliminates messy frying.



Crispy Herbed Chicken

- 1-1/4 cups soft whole wheat breadcrumbs
- 1-1/2 tbsp. minced fresh parsley
- 1-1/2 tsp. grated lemon rind
- 1 tbsp. chopped fresh basil or 1 tsp. dried
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 tbsp. buttermilk or plain yoghurt
- 3/4 tsp. lemon juice
- 6 skinned chicken breast halves

lemon slices and parsley sprigs for garnish (optional)

1. Combine first 6 ingredients in a large zip-top plastic bag; seal bag and shake well.
2. Combine buttermilk and lemon juice; brush both sides of chicken with mixture. Place chicken in bag; seal bag, and shake until chicken is well coated.
3. Place chicken on a rack in a roasting pan which has been greased. Sprinkle any remaining breadcrumb mixture over chicken.
4. Bake, uncovered, at 400°F for 40 to 45 minutes or until chicken is tender. Garnish if desired.

This loaf is loaded with nutritious ingredients and is great anytime during the day. I had it for a very satisfying breakfast.

Cranberry, Orange Loaf with Zucchini, Carrots and Walnuts



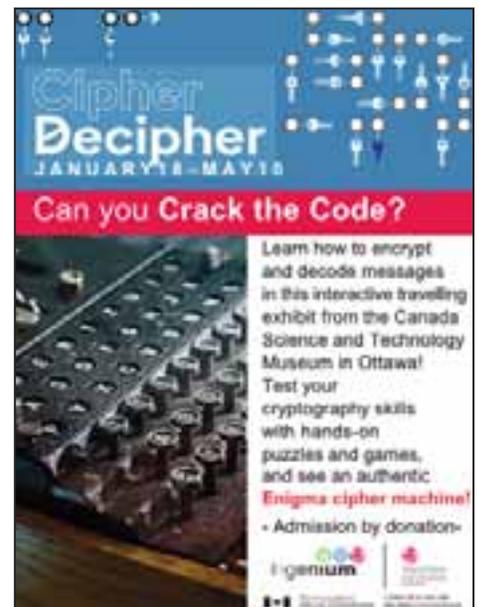
- 1-1/2 cups all-purpose flour
- 2/3 cup oat bran or natural wheat bran (not cereal)
- 1/2 cup lightly packed brown sugar
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 2/3 cup chopped dried cranberries
- 1/3 cup chopped walnuts or chopped pecans
- 1 cup plain yoghurt
- 3 tbsp. vegetable oil
- 2 eggs
- 2 tbsp. frozen orange juice concentrate, thawed
- 2 tsp. grated orange zest
- 1 cup each grated carrots and grated, unpeeled zucchini

1. Grease a 9" x 5" loaf pan.
2. In a large bowl, combine flour, oat or wheat bran, brown sugar, baking powder, baking soda, cinnamon and salt. Make sure to get all the lumps out of the brown sugar. Stir in cranberries and nuts.
3. In a medium bowl, whisk together yoghurt, oil, eggs, orange juice concentrate and orange zest. Stir in carrots and zucchini. Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened.
4. Spoon batter into prepared pan

and smooth top. Bake for 50 to 60 minutes in 350° F oven or until a toothpick inserted in centre of loaf comes out clean.

5. Cool on a wire rack for 10 minutes. Remove loaf from pan and cool completely on rack. Cover with plastic wrap and store at room temperature or in the fridge.

At the Museum



Wellington County Museum & Archives is located at 0536 Wellington Road 18 Fergus, ON

Update from the Aberfoyle Agricultural Society Religious Services

By Joanne Holt

From the Aberfoyle Agricultural Society, Happy New Year to our wonderful community supporters.

With another successful year behind us we continue to plan our **180th** celebration of the community harvest.

Yes, the Aberfoyle (Puslinch) Agricultural Society has very deep roots in the soil of this community. This year's theme is: "**From Pioneer Days, to Modern Ways**"

The core group of volunteers again built a wonderful float in the Santa Claus parade, back in November. It was filled with our future gardeners giving out chips and candies.

Now, after the Christmas break, we are all back at it planning a wonderful year to come. This is an important part of the heritage in this community. Let's keep it strong!

We are very short of volunteers, and we understand all are busy. It is great seeing the happy faces at the fair, but maybe you could lend a hand, maybe help fundraising, clearing tables at an event, putting up signs, or selling tickets at the market.

They all take time and we would love a bit more support from the community. With this being a very big year, consider us in your plans. Step up to the challenge.

Dates to put in your memories and devices are:

March 29, 2020: Afternoon Tea and Entertainment. 1 to 3pm at the Puslinch Community Centre. Tickets \$18. call 519-823-2687 for tickets or email the aberfoyleagriculturalsociety@gmail.com.

June 4th, 2020: Annual Chicken BBQ, call Don for tickets @519-822-2984.

September 11,12th 2020: 180th Aberfoyle Fall Fair.

To donate, volunteer or get tickets to any of the above events contact a director or email us at aberfoyleagriculturalsociety@gmail.com. Please leave a name and contact number.

ARKELL UNITED CHURCH

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(519) 821-7623

www.arkellunitedchurch.ca

Rev. Deborah Deavu

• 9:00-10:00 am Fellowship, coffee.

10:00-11:15 am Church service

followed by fellowship, coffee, juice, snacks.

• Sunday, February 9th, Annual Meeting following the regular 10:00am Church Service.

BAHA'I FAITH

• Conversations - once a month on Wednesday evenings we meet to read and discuss a short passage from the Baha'i sacred writings on a chosen theme. We invite anyone interested to join us. Please call (519) 767-3135 for driving directions. www.bahaisofpuslinch.ca.

• 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: Josh Sklar 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.

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Small Group information and more!

Facebook: Cross Roads BIC & Cross Roads Youth Group

Worship Sunday mornings at 10:30am, nursery care and children's programs available.

Youth group alternate Thursdays.

DUFF'S PRESBYTERIAN CHURCH

We look forward to welcoming you!

319 Brock Rd. S. & 401

(519) 763-1163

Minister: Rev. Jane Swatridge

www.duffschurch.ca

Come Check out Duff's NEW Facebook page: www.facebook.com/duffschurch/ or look up Duff's Presbyterian Church

• Sunday Services:

9:30 am Gathering & rehearsals

10:30 am Worship Service & Kid's

Program,

11:30 am Coffee Hour

Choir Practice 7pm.

EBENEZER UNITED CHURCH

12274 Guelph Line, (just North of 20 Sideroad) North of Campbellville

(905) 854-2423

Webpage: www.ebenezeruc.ca - Like us on Facebook

Minister: Carolin MacMillan

Music Director: John Zadro

Worship Services: Every Sunday 10am

Kid's Program during the service.

FREELTON UNITED CHURCH

155 Freelton Rd. at Douglas Street.

(905) 659-3380

www.

freeltonandstrabaneunitedchurch.org

Minister: Rev. Bill Wheeler

• Sunday Worship Services & Sunday

School at 9:30 am.

Coffee hour & fellowship to follow.

KNOX PRESBYTERIAN CHURCH, CRIEFF

7156 Concession 1, Puslinch

(519) 824-8757

www.pccweb.ca/knox-crieff/

Minister Rev. Michelle Yoon

• Sunday Worship at 10 am.

• Sunday, February 2nd the Annual

Meeting will take place following the service.

MOUNT CARMEL-ZION UNITED CHURCH

in Morriston at the corner of Church & Victoria Streets

Minister: Rev. Margaret Ruggles

(519) 822-8610

Website: morristonunitedchurch.com

Email: morristonunitedchurch@gmail.com

"Everyone Welcome"

Sunday Worship Service 10:30 am

Choir Practice 9:30 am

• Sunday, February 9th Annual meeting

• Sunday, February 23rd Transfiguration Sunday, following worship the Mission and Outreach committee is hosting a Pancake Luncheon in support of the Foodgrains Bank.

Monthly donations to Chalmers Community Services Centre for the month of February is canned meat: tuna, salmon, chicken and Peanut Butter. Skim milk powder & toilet tissue are always needed, and all donations are appreciated.

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- Sunday: 9:00 am and 11:00 am.

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 - Sunday School: 11:30 am (Age 2 to Grade 6)
 - 55 Club, 12 noon: 2nd Wednesday of each month
 - Jr. and Sr. Youth: Events as scheduled.
- Please check the website for all upcoming events.

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Hespeler - Cambridge

Rector Rev. Canon Linda Nixon

- Sunday Services

8:30 am Holy Eucharist - Traditional

10:00 am Holy Eucharist 1st, 2nd, 4th and 5th Sundays

Morning Prayer 3rd Sunday

Sunday School & Nursery at 10 am Service.

STRABANE UNITED CHURCH

1565 Brock Road, (Brock Rd & 8th Concession West)

BADENOCH MUSIC NIGHTS

First Friday of each month, **February 7th** at the Badenoch Community Centre, 4217 Watson Rd S. Puslinch.

BEACH BUFFET BREAKFAST

At Freelon United Church, 155 Freelon Road, Freelon Saturday, **February 22nd**, 8 a.m. to noon. Tickets available at the door; \$10 per person, \$7 for children 5 to 10 years. Bacon, sausage, eggs, pancakes, fruit, muffins, and a lot more.

BIBLE STUDY

In depth Bible Study led by Rev. Bob LaChance, 519-721-3422. Continuing the study of the Book of Romans. Phone Lynn Lodge, 519-822-4809 for location. Wednesdays **February 5th, 12th, 19th, 26th**, starting with refreshments at 9:30am followed by Devotions at 10:00am, then Bible Study until 11:30am. All are welcome.

COMMUNITY MEN'S BREAKFAST

Saturday, **February 1st** from 8 to 9 am at Ebenezer United Church, 12274 Guelph Line just north of Brookville. Come and meet other men in our community. Info: MaryLou at 519-853-4399. Check our webpage at ebenezeruc.ca or Facebook.

COMMUNITY SENIORS' SOUP AND SANDWICH LUNCH

Tuesday, **February 25th** at noon sharp at Ebenezer United Church, 12274 Guelph Line just north of Brookville. Come for a bowl or 2 of tasty home made soup, sandwiches, cards and games. For more information please leave message 905-854-2423.

DUFF'S LUNCH & LEARN

Wednesday, **February 12th** at 11:00am "Managing Change" by Ethina Williams Clinical councillor, social worker. Followed by soup lunch. Contact Karen if you have questions 519-820-8114 or karenharding349@outlook.com.

DUFF'S MOVIE IN FEBRUARY

Thursday, **February 27th** at 1:30pm. "Greenbook".

FITNESS CLASS

Puslinch Fitness, join us on Monday nights at Duff's church at 7:30pm. for an hour of fun and sweat. A certified instructor will lead the class in a variety of programs cardio, pilates, yoga, high intensity training, stability

ball and cardio drumming. First class is free, \$5/class. Please bring your own equipment if possible but extras are available. Contact Karen at karenharding349@outlook.com or Sarah at smainguy@nsenvironmental.com.

FREE EXERCISE CLASSES FOR 55+

Every Tuesday and Thursday from 9:30 - 10:30am followed by a hour class on fall prevention for the month of February at Duff's Church. The Victoria Order of Nurses offers a free exercise class for individuals 55+ who want to maintain their health and independence. The class focuses on aerobic endurance, balance, flexibility and strength.

FREE COMMUNITY EXERCISE AND FALLS PREVENTION CLASSES 55+

Every Monday and Thursday from 9.15-11am. at Ebenezer United Church, 12274 Guelph Line (just north of Brookville) (By Lifemark Health Health Group). 519-822-4374.

FRELTON WHEEL OF FITNESS

Freelton Wheel of Fitness now on **Mondays** and **Thursdays** 10 am to 11 am at Freelon United Church, 155 Freelon Road, Freelon. Sponsored by STEPS Company, Flamborough Information & Community Services. Free ongoing event.

GUELPH HORTICULTURAL SOCIETY

General Meeting Tuesday, **February 25th**, at 7:30pm Dublin Street United Church, 68 Suffolk Street West, Guelph. Guest Speaker: Paul Knowles-How Canadian Gardeners Can Survive Winter. New members are welcome. www.guelphhort.org

GUELPH-WELLINGTON MASTER GARDENERS'

present: **A Day in the Garden 2020**
Theme: *TREES: Branching out in the Garden* Sunday, **February 24th**, from 8:45 am - 2:30 pm. Location: Victoria Park East Golf Club, 1096 Victoria Rd. S., Guelph. Price: \$55 in advance, \$60 at the door includes lunch, prizes, demonstrations, and 3 speakers. For information call 519-824-4120 x 56714 or email: mgguelph@hotmail.com.

Community Events

No Charge under 50 words

If the event is a for-profit-event,
there will be a charge of \$25.

AFTERNOON OUT

Wednesday, **February 12th and 26th** at 2pm. Arkell United Church, 600 Arkell Road, Arkell. Cards, Sweets and More. Contact Ross at 519-822-6063.

MANNA DAY AT CRIEFF HILLS

Interchurch Families: Uniting the Church Through Love. Thursday **February 27th** from 10:30 to 3pm at Crieff Hills Retreat Centre. Speaker is The Rev. Amanda Currie, the Moderator of the 2019 General Assembly of the Presbyterian Church in Canada. \$30 per person (hot lunch included). Please register by email to programs@crieffhills.com or 1 800 884-1525.

MUSICAL HOOTENANNY

Friday, **February 28th** at 7- 9pm. Sign up for your time in the spotlight or just sit and enjoy. Arkell United Church, 600 Arkell Road, Arkell. 519-821-7623.

PICKLEBALL

Every Monday (except statutory holidays), and Wednesdays, 1:30 - 3:30, Optimist Recreation Centre (gym) Brock Rd., \$5.00 per session. Everyone welcome. Further information June 519-763-0309 or Lois 519-831-4052.

SENIORS' LUNCH

There will **not** be a Senior's Lunch at Arkell United Church in February. This usual monthly event will commence again at the church on Tuesday, **March 17th** from noon to 2:00pm.

SENIORS' POTLUCK LUNCH

Wednesday, **April 1st** at 11:30 am. Sponsored by Mount Carmel-Zion United Church. Reservations appreciated. Everyone Welcome. Bring a friend.

SQUARE DANCING ALL AGES

For both experienced dancers and beginners at Duff's Church on Saturday, **February 8th, March 14th and April 18th**. Cost is \$10/person. Lessons offered 7-7:30pm, Dance 7:30-10pm and Potluck Lunch 10pm. Caller is Bill Hands and he is fantastic. For more information contact sullivanpgs@gmail.com.

SUNRISE LESSON VOLUNTEERS

Lead a horse or sidewalk (alongside horse and rider) in group lessons taught by certified instructors. Weekday, evening and Saturday volunteers needed. 1.5 hours per week. Must be 15+, training provided. Volunteer Application Forms are available at www.sunrise-therapeutic.ca or contact Fiona at 519-837-0558 x35. Call now to register for our next training clinic.

TECH TUESDAY FOR SENIORS

At Strabane United Church, 1565 Brock Road, Strabane. Join us 2nd February 2020

and 4th Tuesdays of the month at 2:00 pm. and enjoy some fellowship, learn how to navigate new technologies and devices (iPads, Tablets, Laptops, Cell phones) and have access to the internet.

THE ROYAL CANADIAN LEGION Br. 272

26 Schofield Street, Cambridge (Hespeler) the Legion Ladies Auxiliary are hosting Friday Night Dinners **February 7th, 21st and 28th**. All dinners are \$15.00 and include potatoes, vegetables and salad, tea & coffee and desserts.

THE ROYAL CANADIAN LEGION Br. 234

57 Watson Parkway S, Guelph is hosting Sunday, **February 9th** - Pork Schnitzel dinner cost \$18 pp. Doors open at 3:30pm and dinner will be served at 5pm. Tickets are available during business hours in the Lounge Bar or the day of the dinner.

YOUTH DROP-IN NIGHT

Friday, **February 14th and 28th** 7-9 p.m at Ebenezer United Church, 12274 Guelph Line (Just north of Brookville) All youth Grade 7 and up are welcome for an evening of food, fun and games and just to hang-out. 905-854-2423.

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.

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) 823-3390 or email melabj@rogers.com.

BOOKING AGENT FOR THE BADENOCH COMMUNITY CENTRE

Contact Florence Peer at (519) 763-9782.

BOOKING AGENT FOR DUFF'S CHURCH

Contact Jules Ganning at 226-821-2002 or email duffschurchrental@gmail.com.

BOOKING AGENT FOR EBENEZER UNITED CHURCH

Contact David Wheeler (416) 569-4834 or david@wheelerburns.ca.

BOOKING AGENT FOR FREELTON UNITED CHURCH

Contact Ray McConachie at 905-659-3033 or email rayjo1819@hotmail.ca

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. For more information please visit our website at www.crowncemetery.ca or contact Darlene Harrietha at (519) 822-0874 or email darleneharrietha@gmail.com.

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 (church) or to contact by text, email or calling 519-820-8114 or karenharding349@outlook.com. All calls are confidential.

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>.

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

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, Doug Hoogendoorn 519-240-8825, or Ken Williams 519-763-0309 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 - 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."

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

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/guelphsouth for more information.

Contact Celia Clark for membership inquiries: (519-766-1097)

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 'Gerdau Ameristeel' recycling bin situated in our parking lot. We appreciate your support. For more info, contact Lynne O'Brien Sunrise (519) 837-0558 x31.

Job Mart

PART-TIME ADMINISTRATIVE POSITION (16 hours per week/ Tuesday to Friday)

Duff's Church has an immediate opening for an office support person. A variety of office duties will be required such as computer, phone reception, communication and organizational skills.

Please forward resume in mail or email to:

Duff's Presbyterian Church
319 Brock Road S, Puslinch ON
NOB 2J0
duffschurch@gmail.com

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The Back Page



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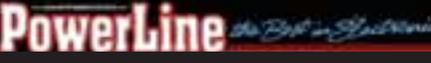
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