



Crieff Hills offers tasty, fresh food and more

By Anne Day

Like many Puslinch residents, I thoroughly enjoyed the Christmas buffet offered at Crieff Hills Retreat & Conference Centre.

So it is good to know that Chef Damien is preparing a special menu for Easter, Sunday, April 12 that includes spring lettuce with roast asparagus and shallot vinaigrette, buttermilk pancakes with blueberry lemon compote, and rosemary apricot stuffed leg of lamb.

The first seating is at 11:30 and the second seating is at 12:45 and will be served in their historic school house. The cost is \$25 per person (including taxes) and children under 12 years old are \$10 each.

In the event we are all still under "social distancing" rules, the meal will be prepared for drive through and pick up.

Reservations are required and can be made through the website <https://crieffhills.com/dining/easter-brunch/> or by calling 1-800-884-1525

Not only that, they will be launching their new catering service, bringing their beautiful fresh food to your church, home or event!



You can work with Chef Damien to create a custom menu for breakfast, lunch, dinner or brunch for up to 200 people.

They will arrive ready to set up the buffet or serve your plated meal, and when it's all over will clean up and leave you with a spotless kitchen.

This is perfect for anniversaries, weddings, fundraising events, funeral receptions, Sunday school picnics, and any other occasion that calls for sharing a meal with people you love.

And if you gather together a group of friends, you can treat yourselves to breakfast, lunch or dinner. Remember to book in advance.



Also new at Crieff Hills is the Quiet Garden, which provides outdoor space for prayer and reflection.

The Quiet Garden Movement nurtures access to outdoor space for prayer and reflection in a variety of settings, such as private homes, churches, retreat centres, schools and hospitals and creates opportunities for people to experience silence, restfulness and contemplative practices.

There are over 300 Quiet Gardens worldwide, and Crieff Hills is now one of them!

They were accepted by the organization this winter for our back perennial garden near the picnic shelter, sometimes called the Lily Garden. You can find more information and the global garden map at www.quietgarden.org.

They hope to add additional seating and shade in the next year or so and will gladly receive donations for this project.

Many Quiet Gardens host regular garden days, inviting people to spend time in prayer or reflection, painting, reading or simply wandering the garden spaces.

The first Garden Day will be held on May 23 and will begin with a short devotion and end with optional time of sharing at the end of the day. The cost is \$30 and includes lunch at Maclean Hall.

Work is underway to create and maintain the hiking trails and they are looking for more volunteers to assist the Trail Stewards.

As a resident of Crieff, I feel so blessed that we have this resource in our midst.

Editorial

Right now, with the country under lock down, and all of us hunkering in our homes, it feels surreal and like some horror movie.

But it is very real, especially for those who are sick, in quarantine or whose job or business is in jeopardy because of COVID-19.

And the *Pioneer* had to take steps to cancel our collating meeting, as we did not want to put our volunteers at risk. Our thanks to Ampersand for coming to the rescue.

As a community, I like to think we will come to help and support each other, and certainly that's the case in the fundraiser being organized for the Townes family.

We have a couple of historical articles this month – from Mary Tivy writing about the Neutrals, and from Marjorie Clark highlighting the achievements of David Stirton, past Puslinch resident.

On the nature front, Marion Robertson is highlighting the problems of plastic and Margaret Stewart gives us ideas for our spring planting.

We also have an article from John McNie updating us on gravel distribution in the Township.

Given all that is happening right now, it seemed timely to start our *Puslinch Pulse* which will go out mid-month to update the Puslinch community. We also have a Facebook page through which we post articles and notices to keep you informed.

While we have listed events scheduled for April and May, we recommend you check with organizers that they are taking place.

For now, take care and stay safe.

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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, April 10th, 2020.**

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

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Letter to the editor

Thank you for this new mid-month communique. It is most welcome during this difficult time and I hope it continues in the better times ahead.

I have no problem self-isolating; being retired definitely helps. Luckily, I have friends and family to phone or email, and several hobbies that use up a lot of time normally.

Now I have more time to spend on them without feeling guilty. Hopefully, this pandemic will be weeks and not months.

Regardless, perhaps it's time for all of us to take a pause, maybe even a step back, to determine what is really important and to look out for each other. Thanks again.

Joan Maynard

Council Clips

Contribution Agreement

Council has entered into a Contribution Agreement with the Minister of Agriculture, Food and Rural Affairs under the Rural Economic Development Program for the design, installation and manufacturing of wayfinding/directional signage and signage for facilities, parks, trails and vehicles.

External Committee Appointments

Councillor Bulmer has been appointed to the Well Interference Committee and the Well Protection Committee (Nestle) until 2022.

Councillor Bailey has been appointed to the Puslinch Lake Conservation Association and the Climate Change Steering Advisory Group (County of Wellington) until 2022.

Morrison Ball Diamond Backstop

The Recreation Committee has suggested to Council that they authorize an additional amount of funding, up to \$20,000 for the replacement of the old Morrison Ball Diamond Backstop.

It was suggested that the project be funded through the Asset Management Discretionary Reserve.

Community Safety and Well-Being

Puslinch Council has directed staff to work with Safe Communities Wellington County in the Community Safety and Well-Being Plan being prepared for the County of Wellington.

Councillor Bailey is to work with Safe Communities Wellington County to establish a local Puslinch chapter.

Enhanced Recycling

Council has directed staff to work together with Nestlé Waters to establish an enhanced recycling program in Puslinch.

Building trust

By Virginia Hildebrandt

Pamela Barnem, who worked as an undercover cop and a Federal Crown Attorney, was the speaker at the recent International Women's Day event in Guelph.

She encouraged us to exhibit confidence in our day-to-day lives and especially when we are out alone.

Non-verbal clues, such as how you carry yourself can communicate confidence or not, which can make you vulnerable.

Do you feel a person is more apt to lie online or on the phone? The latter is correct, as an email or text has a recorded message. Through photos she asked us to identify who was trustworthy or non-trustworthy? I failed just about every one.

A handshake with a genuine smile is more effective than a hand on your shoulder. A more confident look with a head tilt indicates openness, as the neck is exposed. Showing a vulnerable part of the body is a non-verbal sign of openness.

Having your hands in your pockets suggests greater security, and showing thumbs suggests boldness. Adjusting a tie or grooming suggests nervousness. Round tables with comfortable seating

suggests greater honesty in discussion than a rectangular table and straight-backed chairs, which suggests a 'get it done' attitude.

Context is always important. Hands on the hips is a strong pose and displays confidence. Sit with good posture. Don't slump and maintain eye contact. Try to see the colour of their eyes.

Perpetrators of crimes assess how their victims walk. Always walk with purpose and stride along.

Watch the feet. If someone is trying to escape the feet will start to move in the direction they wish to travel. Shift your feet and the centre of your body to match. To re-engage someone, lean in, use open body language and take deeper breaths in and out.

Trust starts with us, so be conscious of what you project.



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
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Editor, Anne Day, receives award

By Barbara Bulmer



"Giving back is important!" This is top of the list of principles which define the life of Anne Day. As a child she observed her father putting into practice that same simple philosophy.

Growing up in Scotland, her father left school at 14 to help support his family. While he became successful in business, he never forgot his humble roots; he helped young people with education costs, gave loans, many never repaid, to others who had fallen on hard times.

It was a natural progression that Anne should find that balance in her own life between family and giving back to her community, focusing mainly on women's issues.

In recognition of her volunteer activities, in Oakville, Guelph and Puslinch Township, Anne will receive a Guelph YMCA-YWCA Women of Distinction Award.

Anne is best known here in Puslinch for

her leadership as Editor of the *Puslinch Pioneer*. Her quiet, confident style and willingness to listen have led to good management decisions for the paper.

Anne is also the founder of Company of Women, a social enterprise dedicated to helping women entrepreneurs navigate and successfully grow their businesses.

With nine chapters and 300 members across south-western Ontario, around 170 events are hosted each year.

Anne is a 'people person', quick to see value in those she meets. She's a connector, bringing people together when she sees some synergy and how they can help each other.

A second honour was awarded to Anne this year by her Rotary Club, Guelph Trillium: the Peter Moore Vocational Services Award.

The list of what she's done is long and impressive, with the focus always on women and children.

In 1980 she co-founded the Oakville Parent Child Centre, a charity, which is still active today; then ran the Teen Education and Motherhood Program for the Halton Board of Education.

With her background in parenting, she was then hired to be the managing editor at the national magazine – Today's Parent.

After serving on the board of Halton Women's Place, she spearheaded the start of the Women's Centre with the goal of serving women in the community.

This led to her working on women's issues at the Province, where she helped start programs such as Women in Skilled Trades.

After four years Anne left government to set up her own consulting practice, working with non-profits and government to plan services for families.

While her business was successful, she found it isolating and felt sure other women felt the same way.

So she placed an ad in a local paper, booked a speaker and 165 women attended. Company of Women was born. That was seventeen years and several business awards ago.

Locally Anne has served on the Guelph's International Women's Day Committee, and was a mentor in the Rhyze program for women entrepreneurs. She has also served on the board of the Aberfoyle Farmers' Market.

Currently she is volunteering with the Sunrise Equestrian Centre as well as her Rotary Club. And for the past nine years, she has been Editor of the *Puslinch Pioneer*.

Anne has written seven books about women in business, two for the charity Opportunity International, which gives microfinance loans to women in developing countries.

She also has a publishing company, helping women writers publish their books.

Anne is so busy one almost wants to say that in her spare time she and her husband Andy enjoy quality time on their farm in Puslinch.

They have been married for forty-seven years, have two grown daughters, a dog, and occasionally cattle on the farm.

They are, each and together, a valued asset in our community.

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Community comes together

By Vince Klimkosz

Puslinch has always been an amazing community, to both live in and raise a family.

One of the families that has been in the Township many years - the Hohenadels - could use some "good old-fashioned support."

Joanne Hohenadel, now Townes, has brain cancer. Over the past 18 months Joanne has undergone treatment and then surgery to remove the tumour.

The operation was a success, however, the recovery has been a long, slow process and will continue for some time. While family and close friends help with care, support and day-to-day tasks, Joanne's husband, Jeff, left his job to stay home to care for Joanne and their two young children.

Joanne and Jeff have always volunteered in our community. It is now our turn, as a community to come together and rally support for the Townes/Hohenadel family. With Jeff's job on hold and extra medical expenses, they could use our help.

The Optimist Club of Puslinch is hosting a "fundraiser" to help the family with ongoing expenses.

"BLACK TIE & BLUE JEANS", Country style evening on SATURDAY, APRIL 25th, 8:00 – 1:00 am, PUSLINCH COMMUNITY CENTRE.

There will be performances from local musicians, dancing, silent and live auctions, buffet-style refreshments. Cash bar. Tickets are limited, \$75.00 per person.

Tickets can be purchased online at www.optimistclubofpuslinch.com or by calling Michael Marinovic, 519-780-2710 or Ken Williams 519-763-0309.

We are also looking for donations and auction items. If you could lend a hand it would be greatly appreciated. Please contact Andrea Miljkovic 519-580-0928.



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Successful strategy

Receiving mental health supports at the right place at the right time are key to recovery. This is why a partnership between the Canadian Mental Health Association Waterloo Wellington and Guelph-Wellington Women in Crisis is so impactful.

Since March 2019, thanks to funds raised through The Shopper's Run for Women, a CMHA WW Mental Health Clinician is able to work out of G-W WIC's Marianne's Place shelter one day a week.

This free, easy to access mental health service is important to help with the healing after experiencing trauma from domestic violence, physical, emotional, and sexual abuse as well as human trafficking.

The open communication between G-W WIC staff and the CMHA WW Clinician provides better mental health supports for residents.

On average, the women who have met with the clinician attend at least three sessions. The clinician is able to build a rapport with residents who have never accessed mental health supports or

may have had a bad experience with service providers in the past.

Systemic trauma and inherited family trauma are important concerns we are working to address by embedding a mental health clinician in the shelter.

Not only does this service provide benefit directly to the women staying in the shelter, the impact on the children is also critical.

In order for women to continue with mental health supports when they leave the shelter, the clinician helps direct women to service providers locally as well as in different cities.

This helps women work on their mental health and work through the trauma they have experienced when they move on from the shelter.

New pet weigh scales

Ren's Pets, a speciality retailer of pet supplies in Canada, is pleased to announce the launch of pet weigh scales at all 27 locations to help promote healthy pets!

Weight monitoring is essential in

determining a pet's health during every stage of their life and the addition of weigh scales in a company-wide pet store environment is a first in Canada!

A task that is usually only conducted as part of a pet's visit to the veterinarian can now be part of a pet's weekly or monthly routine.

Ren's Pets invites pet parents to weigh their pets in a relaxing environment they visit frequently for food, toys and treats. Each store will also offer convenient tracking sheets to pet parents to help monitor and track their pets' weight.

An important part of weight management is ensuring pets are fed a healthy, balanced diet. The launch of the scales comes in conjunction with the Ren's promise to help pet owners find the perfect food for their pet, guaranteed.

Whether it's a new member of the family coming home for the first time or a pet that requires a modified diet, the trained, knowledgeable staff at Ren's Pets can help find the right products for every pet's best life.

Scales are now available and free to use in every Ren's Pets store and every future store! Please visit your local Ren's Pets store for more information.



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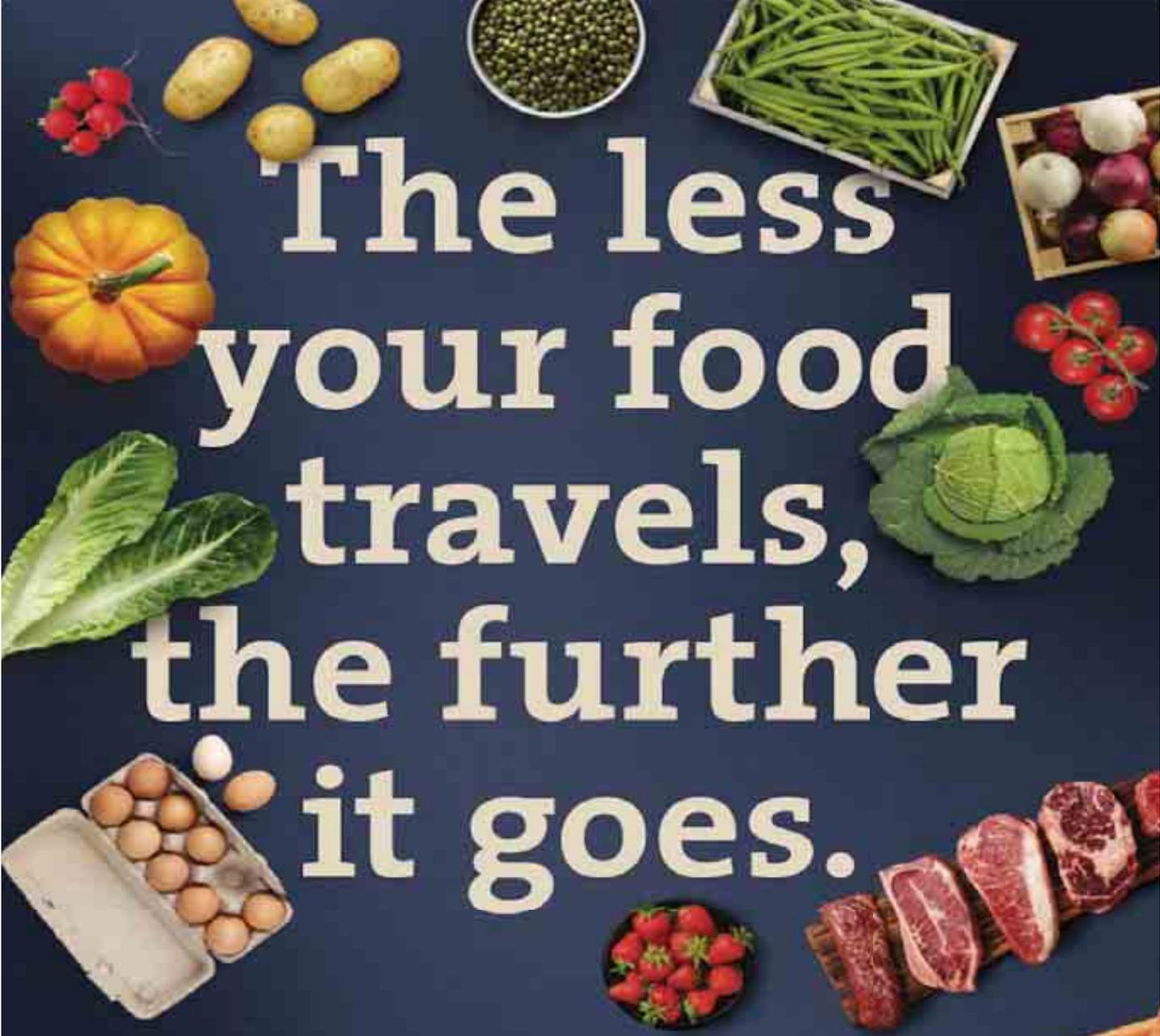
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Remembering Bob Gordon

By Lisa Gordon and Mark Crow



Puslinch recently lost one of its long-time community leaders. Robert (Bob) Gene Gordon passed away at Guelph General Hospital on February 29 at the age of 81.

Bob contributed in so many ways to life in the Township over his many decades of public service, as photos displayed at the celebration of Bob's life at the Puslinch Community Centre on March 8 illustrated so touchingly.

Bob appeared as a young man in a newspaper photo from 1965 receiving an award for winning the Junior Farmers' Provincial Debating Championship with his teammates.

There were many wonderful photos of Bob with his family over the years: parents, siblings, his three children and four grandchildren, nieces and nephews and, most recently, with his one-year-old great grandson.

And, of course, there were photos of Bob farming – loading hay with his tractor and driving his swather – that illustrated his absolute "Happy Place."

Bob was a Puslinch firefighter, a founding member who began training in 1968 in preparation for service in 1969. He served as Fire Chief from 2008 to his retirement – after 45 years of service – in 2014. He also served many years as a Puslinch councillor and chair of the planning board.

In 1971, a Skiroule snowmobile franchise became available, owned by Bob Hilborn at the time. This is when Bob Gordon, Bill McLean and Glenn Leachman decided with their combined skills and work schedules, they would make a good team to purchase the business.

This would be the beginning of Aberfoyle Snomobiles in the old blacksmith shop, where it still continues to operate. In 1976 Skiroule snowmobiles were no longer manufactured and Arctic Cat snowmobiles came on the scene.

Bob remained a partner for approximately 10 years before leaving Glenn to continue the business on his own.

Bob was also an active member with the Loch Buie Snowmobile Club for many years, acting as the secretary/treasurer. He committed many weekends of his time providing classes to prepare young riders for an operator license before they were old enough to acquire a driver's license.

Before County boards, the local schools were part of the Puslinch Township School Board. Bob was the secretary for the Puslinch Board and in later years drove a school bus as well, being remembered by many students for his classic smile and shake of the head.

Bob devoted many hours to the success of the Aberfoyle Fall Fair. He was the Fair President in 1989 and 1990 (its 150th anniversary). He can be remembered for the blue shack he built and would haul out to the tractor pulls every year on his yellow wagon to do all the announcing.

He was the organizer for the kid's tractor pull, including building the miniature pull sled, and photography judge right up until 2019.

Mark Crow, who was one of the impromptu audience speakers at the celebration of Bob's life, recalled how Bob and his father Bill (who were both born the summer of 1938) shared so many good times together.

One afternoon about a decade ago, Bob, Bill Crow and Dick Visser were shooting the breeze on the edge of a field, as farmers do, when Bill told a story from their school days that had Bob laughing and reminiscing himself.

Dick remarked that they should write down their old-timer stories titled "Wisdom of the Elders of Puslinch". Bob and Bill laughed that the best stories weren't suitable for print! Sadly, such a book never came to be and so many of this generation are now gone.

Bill used to joke that most farmers spent each day hoping their equipment wouldn't break down, while Bob instead hoped that it would, just so he could fix it.

Bob was an exemplary mechanic and his inquisitiveness about how things worked also led him to be at the forefront of personal computers as they transformed life in the 1980s and 1990s.

Mark also recalled how Bob taught him to witch (or dows) for water, a skill that Mark thought was a folk tale until the copper wire Bob had crafted for him responded strongly to an underground stream of water. Yet another skill that Bob had mastered!

Bob will be missed by so many because he touched many lives. We are inspired by the life he led. Bob, like so many in his generation, worked hard, had an incredible breadth of practical knowledge, and cherished family and community. We will always remember him in our hearts.

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ASK THE EXPERT

By Margaret Stewart

In spring, what are some ways to prepare perennial beds/mixed borders for the coming season?

When the snow melts, winter-crazed gardeners eagerly anticipate spring clean up.

If we have been messy fall gardeners, which we should be, we have left lots of plant material standing in place over the winter.

We have done this for several reasons. We have left

- seed heads for overwintering and migratory birds;
- plant litter and leaves for insect habitat (beneficial overwintering insects, food for birds);
- perennial foliage in place to protect the crowns of plants through the cold season and to catch and hold insulating snow cover;
- upright material for its sheer beauty sparkling with frost on a cold sunny morning.

So, first take stock. Clean and sharpen tools—pruners, loppers, shovels.

Then prepare a spray bottle of alcohol to disinfect pruners and loppers when pruning broken or dead branches with a clean cut.

Unless you are pruning for shape or congestion, wait until after flowering to prune early flowering shrubs. Late flowering shrubs, e.g. hydrangea, buddleia, can be pruned in spring. Be lazy about cleaning up. Wait for

several days of warmer temperatures, about 10 degrees or so, to allow insects to wake up and move from their winter hiding places.

Instead of cutting dead flower stalks to the ground, consider leaving 15-20 centimetres of stalk standing as nesting places for bees. They may look unsightly, but growing foliage will soon obscure them and you'll be doing the insects a big favour.

Rather than be meticulous, leave some leaf litter and small bits of dead foliage in place—again, for habitat as well as feeding the soil. Your plants will thank you.

And, despite the benefits of mulch, leave some open soil for ground nesting bees that cannot dig through inches of mulch.

Evaluate your emerging perennials for division and moving. If some plants are getting too big for your space, or you have planned to move them for reasons of aesthetics or plant association (think colour combinations, complimentary foliage, or "right plant, right place"), now is a good time to move and divide.

Some perennials tend to weaken in the centre. The more vigorous growth is around the edges. Dividing these with a sharp shovel or root knife will increase your inventory and give you more vigorous plants.

Some plants didn't thrive last year? Try to figure out if they would do better in a different location.

Think about blooming times in your beds. Many gardeners strive for continuous bloom, a tricky thing to achieve. Late summer and early fall can be challenging, but many of our native plants shine then.

I first have to recommend Carolina lupine (*Thermopsis villosa*), Blue False Indigo (*Baptisia*), and Bowman's Root (*Gillenia trifoliata*) for sunny spots in early summer.



Carolina Lupine
photo by Margaret Stewart

But here are a few of my sun-loving favourites for late summer to fall:



Blue Mist Flower
Photo by Margaret Stewart

Sneezeweed (*Helenium*), False Sunflower (*Heliopsis helianthoides*) Goldenrod 'Fireworks' (*Solidago rugosa* 'Fireworks'), Joe Pye Weed (*Eutrochium purpureum*), Blue Mist Flower (*Conoclinium coelestinum*), Mountain Fleece cultivars (*Pericaria aplexicaulis*) (non-native), Mountain Mint (*Pycnanthemum virginianum*).

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Important Notice From Solid Waste Services

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Friday curbside collection will be rescheduled to Saturday, April 11.

No other collection days are affected.



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REMINDER

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Questions?

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Aggregate distribution in Puslinch Township

By John McNie

In an article in the February issue of *Puslinch Pioneer*, our Mill Creek Stewards Group commented on the importance of a balanced relationship between the Township and provincial levels of government.

We noted this balance is especially critical when it comes to planning resource use, whether neighbouring municipal appropriation, water extraction, highway expansion, decreasing agriculture, landfill siting or aggregate development.

In that article, we were particularly concerned about aggregate development and made four main points.

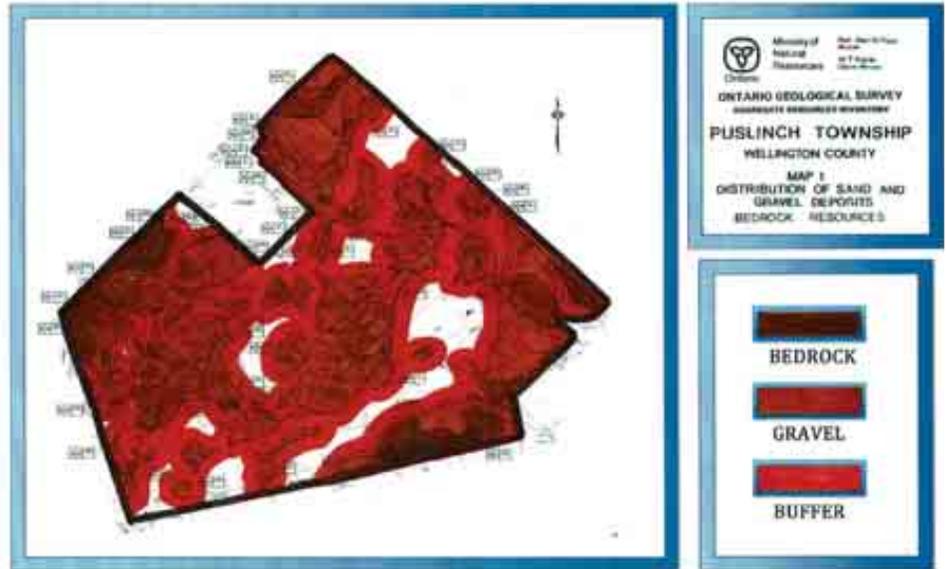
Due to valid article length restrictions for the *Pioneer* however, we were unable to provide sufficient background information in that issue, allowing residents to make their own judgment.

So with this follow up article and hopefully three others, we'd like to address those four points in detail, starting with "ninety percent of Puslinch land falls under soil types with sufficient gravel to merit gravel extraction or pit buffer requirements."

Some might argue that soil type alone is not sufficient to define aggregate presence although the Ontario Government Soil Survey details the extent of gravel presence in each of those soils.

So just to be absolutely clear, we are providing for the community a composite, of two Aggregate Resources Inventory maps (Gravel and Bedrock) of Puslinch Township prepared by the Ontario Government's Geological Survey Branch, detailing significant sand/gravel and bedrock resources (brown shades).

Sand and gravel give rise to pits, bed-



rock to quarries. We've incorporated into the map, a land buffer (orange) of 700 m around each of those aggregate areas, reflective of the Ontario Government's changes to the Aggregate Resources Act, contained in 2.5.2.4 of its Public Policy Statement, approved December 2019. "Lands adjacent to deposits of mineral aggregate resources shall be protected from development or activities that would preclude or hinder expansion or continued use."

The resulting map speaks for itself. Very little of Puslinch Township is not at risk. One additional point needs to be made though and that is the ultimate planning jurisdiction for this 90 percent of Puslinch, because of aggregate resources rests not with our Township/County but rather with provincial bodies and that is neither right nor responsible.

Finally, as in our previous article, the Mill Creek Stewards Group wishes to stress they do not oppose but rather value resource use, when it is part of

a balanced give and take, rights and responsibilities, on the part of respective governments.

We do oppose resource use when insufficient long-term planning and municipal input into the use of those resources, denies the residents of Puslinch a fair, secure and vibrant future.

It is especially important this year, that residents, opposed to any of the challenges to Township rights including municipal encroachment, landfill sites, water extraction, reduction in agriculture acreage, highway expansion or aggregate development, speak with one voice if our Township is to be heard in Toronto.

We hope this information and subsequent articles detailing other points made will encourage Puslinch residents to contact their local MPP (ted.arnottco@pc.ola.org) and Township Councillors (puslinch.ca) to express their concerns and support respectively. You can reach us at MillCreekStewards@outlook.com

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Roundabout safety

By Paul Spearman

Roundabouts improve traffic flow and reduce the impact on the environment. They also greatly reduce head-on and perpendicular accidents.

Remember to yield to other vehicles, cyclists, and to pedestrians that are already in the roundabout. When approaching, slow down and always be prepared to stop.

Roundabouts are designed for vehicles to travel at a maximum speed of 20km/h through them.

Proper signaling when approaching and exiting a roundabout greatly reduces the risk of accidents.

Roundabouts by definition are intersections, so when approaching a roundabout, signal as you would any other intersection.

If turning right, signal right before entering the intersection and then leave your right signal on until you exit.

If going straight, don't signal until you are approaching your exit, then signal right.

Pedestrian Safety at Roundabouts
When crossing the road at a roundabout, always cross at the marked pedestrian walkways. Body language is everything. You need cars to know your intent on crossing.

First, step to the curb then make eye contact with the driver of any approaching vehicle. Cross briskly and deliberately watching for traffic.

If you have any questions about this or any safety related topic, please do not hesitate to email Paul at pspearman@puslinch.ca or call 519-763-1226 Ext 304.

Get checked

Wellington-Dufferin-Guelph Public Health is advising anyone who received pedicure or manicure services at Victoria's Nail Salon on Stone Road in Guelph between April 1, 2018 and February 21, 2020 to consult their physician about being tested for hepatitis B, hepatitis C and HIV.

The risk of contracting disease from Victoria's Nail Salon is considered low but cannot be ruled out.

Clients who received services during the time period should speak with their health care provider about testing.

Public Health has also set up a call centre to answer the public's questions at 1-800-265-7293 ext. 7011.

Inspection results can be found at www.checkbeforeyouchoose.ca.

Good news

While the COVID-19 has created chaos, fear and concern, the environment has benefited with plummeting pollution.



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TREES FOR PUSLINCH

The Green Legacy continues in 2020

The Township of Puslinch will be holding its annual “Tree Day” on April 25, 2020. The Green Legacy distributes 5,000 seedlings to the Township that are handed out to residents at no charge. Trees are available on a first come, first served basis and donations to the food bank are greatly appreciated. There will be a variety of trees available for pick-up. Join us on April 25th at the blue shed at the Puslinch Community Centre between 8:30am and 10:30am.

For more information, please contact The Township of Puslinch (519) 763-1226 or admin@puslinch.ca



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Ren's Pets makes donation



Ren's Pets, a specialty retailer of pet supplies in Canada, is pleased to announce a \$38,000 donation to OVC Pet Trust as part of their continued support of this national charity.

This donation brings the total donation to \$53,000 over the past three years, raised through cookie sales, in-store events and, customer donations.

Part of the Ontario Veterinary College (OVC), University of Guelph, OVC Pet

Trust is Canada's first charitable fund that is entirely dedicated to the health and well-being of companion animals.

The funds donated were raised during the company-wide Ren's Pets "Dogust" event held throughout August 2018/2019. Each Ren's Pets location rallied behind the cause and held in-store events and sold Bosco and Roxy's dog cookies with all proceeds going towards OVC Pet Trust.

"We truly believe that our companion animals are family members who deserve the best care possible," said Scott Arseneault, President of Ren's Pets. "Thank you to all our amazing and supportive customers for their incredible contributions!"

OVC Pet Trust supports healthcare, research, and education at OVC to help pets like Bella, an eight-year-old Boxer mix that was diagnosed with osteosarcoma and had to have her leg amputated.

Ren's Pets celebrates Dogust every year to help raise funds to support animals like Bella and are proud to support innovative discoveries that improve the prevention, diagnosis,

and treatment of diseases in pets.

Please visit the OVC Pet Trust website at www.pettrust.ca for more information on how these donations help make a difference in every pet's life.

Be sure to pick up a complimentary copy of Best Friends Magazine at any Ren's Pets location or subscribe to get your free copy online at www.pettrust.ca/bestfriends.

Puslinch Pulse

This month we launched our bi-monthly bulletin to keep Puslinch residents up to date on what is happening in the community, and in this instance, around the world.

With the COVID-19 it seemed timely to start this communication and we sent out some information on social distancing.

If you would like to receive the Pulse, please go to our website - www.puslinchpioneer.ca and sign up.

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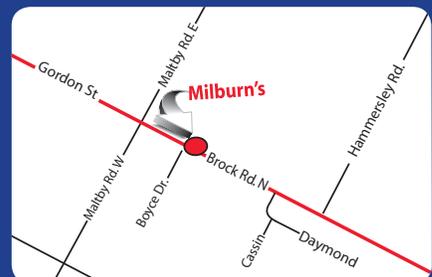
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Puslinch Branch, Wellington County Library

April Events

With the COVID-19 and social distancing, the in-person programs at the library are postponed.

We have, however, included the books that will be discussed at the different book clubs, as you can read them for the book club meetings.

Friday Book Club (Adults)

Discussing *Everything I Never Told You* by Celeste Ng.



Tuesday Book Club (Adults)

Discussing *Conclave* by Robert Harris.



Thursday Book Club (Adults)

Discussing *The Nickel Boys* by Colson Whitehead.



Don't know what to read next? Check out this list of new books at the library which you can order/select when the library opens again.

Fiction

Box, C.J. *Long Range*
 Erdrich, Louise *The Night Watchman*
 Graham, G *The Forgotten Home Child*

Hendricks, G *You Are Not Alone*
 Leon, Donna *Trace Elements*
 Maas, Sarah J. *House of Earth and Blood*
 Silver, Josie *The Two Lives of Lydia Bird*
 Steel, Danielle *The Numbers Game*
 Wilde, Lori *The Moonglow Sisters*
 Zigman, Laura *Separation Anxiety*

Non-Fiction

Until We Are Free: Reflections on Black Lives Matter in Canada
 Cole, Will *The Inflammation Spectrum: Find Food Triggers and Reset Your System*
 Ford, Leanne *Work in Progress: Unconventional Thoughts on Designing an Extraordinary Life*
 Gipson, Ellen *BLW Baby Food Cookbook: A Stage-by-Stage Approach to Baby-led Weaning with Confidence*
 Greer, Allison *Companion Planting: Organic Gardening Tips and Tricks for Healthier, Happier Plants*
 Gutmann, M C. *Are Men Animals? How Modern Masculinity Sells Men Short*
 Harriott, Ainsley *Ainsley's Caribbean Kitchen*
 Levy, Steven *Facebook: The Inside Story*
 McKeon, Lauren *No More Nice Girls: Gender, Power, and Why it's Time to Stop Playing By the Rules*
 Walsh, Sheila *Praying Women: How to Pray When You Don't Know What to Say*

For complete program information, visit www.wellington.ca/Library.

Online Resources at your Library

Your time at home doesn't have to make you and your family go stir-crazy. Bridge the learning gap and fill the hours with your Wellington County Library card.

Access online resources 24/7 via www.wellington.ca/Library, including:

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- Kanopy film streaming for all ages
- Creativebug for craft ideas and tutorials for all abilities
- Access to New York Times Online articles
- World Book Online for preschool and school-age activities
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Information and updates page at www.wellington.ca.

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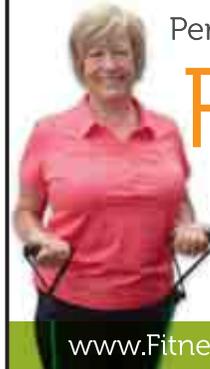
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HERITAGE MATTERS

Puslinch's unseen heritage: our indigenous settlements

By Mary Tivy

Do you know that people have lived in Puslinch for at least 10,000 years? European settlers arrived here in the 1820s, a mere 200 years ago. It is their heritage we celebrate most often, but the time has come for more recognition of those who lived here first.

Known by archaeologists as "Paleo-Indians" because of their distinctive stone tools, our earliest Puslinch pioneers were descendants of immigrants who had crossed the Bering Strait from Asia thousands of years before.

On the lands in which we now live and work, over the millennia, the descendants of the Paleo-Indians hunted, fished, built homes, raised families, celebrated life and solemnized death. Traces of these peoples were uncovered and recorded during our time through the process of road making and field cultivation.

Evidence of large prehistoric villages on our landscape led to archaeological excavations in the Badenoch area during 1983-1985. Here on the rear of Concession 8, archaeological teams uncovered the remains of a 16th century town on Lot 32 and a nearby village on Lot 28.

Built between 1450 and 1500, the town covered 13 acres and had a population upwards of 4000 people, making it the largest community to date in Puslinch Township.

The nearby village had 400-500 people on four acres and was inhabited between 1500-1530. The people who built these settlements and the archaeological excavations that discovered them are fully described by Marjorie Clark in *The Attawa-*



Model of Neutral village c. 1500 excavated in Badenoch in 1983. Model is part of an exhibit on the Neutral at the Wellington County Museum.

ndaron Discoveries published in 2015 the *Puslinch Pioneer*. Her article can be found at <http://archaeologymuseum.ca/the-attawandaron-discoveries/>

The Attawandaron, also known as the Neutral peoples, built these settlements. The Neutral were related in language and culture to the Huron to the north and the Haudenosaunee, (Iroquois confederacy) to the south.

The Neutral were farmers, with towns and villages spread across south-western Ontario during this time. Women were in charge of crops: they grew corn, squash and beans as food staples, sunflowers for oil, and tobacco for ceremonial purposes. They also made clothing, pots, baskets and other domestic items.

Men fished and hunted game, built canoes, houses and weapons. Extended families related through the female clan lineage lived together in large houses, some 100 feet long.

Neutral communities were politically united through a confederacy of elected chiefs from each settlement. Defensive walls surrounded each town and village.

Neutral towns were moved every 12-20 years to better locations as the local fields and hunting grounds became depleted. Our Puslinch sites form part of a network of other nearby Neutral village sites in Flamborough and Milton that archaeologists call the "Crawford Lake cluster."

It is likely that there are more sites in our area that remain undiscovered. Until then, the town site in Badenoch is the largest Neutral settlement known in Ontario.

Jesuit missionaries entered Neutral territory in 1626. Their journals describe the Neutral

confederacy as the largest and strongest Indigenous nation in what is now Ontario.

Numbering about 40,000 people with about 4000 warriors, the Neutral are portrayed in the Jesuit records as healthier and taller than Europeans, keeping well-managed farms and upholding a democratic society.

A mere 30 years later the Neutral confederacy was completely vanquished. European contact was catastrophic to this civilization. Small pox and measles transported to the New World decimated the Neutral as it did all other Indigenous peoples.

Following the smallpox epidemic of 1638-40 and the resulting famine, Jesuit missionaries reported that the Neutral population had shrunk to 12,000.

Competition for the European fur trade escalated into large-scale tribal warfare in the 1650s. The Huron and Neutral allied and traded furs with the French, while the Haudenosaunee partnered with the English.

In what is known as the "Beaver Wars" of 1650-1651 the weakened Neutral population was attacked and dispersed by the Seneca and Mohawk of the Haudenosaunee confederacy, who were armed with guns purchased from the Dutch. The Neutral citizens who survived disease, famine and warfare in these years were absorbed into other tribes, either as refugees or slaves.

Today there is no distinct Neutral society; their descendants form part of the Huron-Wendat community in Quebec, the Wyandotte in Michigan, and Seneca in Ontario and New York State. You can learn more about the descendants of the Neutral still living today at: <https://www.wyandottenation.org/culture/petun-research-institute/on-the-survival-of-the-neutrals/>

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Cook's corner

By Barbara Patterson

This soup is so much better than the canned version. The taste of the mushrooms really comes through.

Cream of Mushroom Soup

- 2 tbsp. olive oil
- 1 lb. whole mushrooms, sliced
- 1 tbsp. butter
- 1 small onion, finely diced
- 2 tsp. garlic, minced
- 2 tbsp. all-purpose flour
- 3 cups low sodium chicken broth
- 1/2 tsp. salt
- Freshly ground pepper to taste
- 1/2 tsp. thyme
- 2 tbsp. 35% whipping cream
- 4 tsp. chives, for garnish



1. Heat oil in a large saucepan set over medium heat. Add mushrooms and sauté until tender; remove from pan and reserve.
2. In the same pan, melt butter, add on-

- ion and sauté until softened, then add garlic.
3. Sprinkle 2 tbsp. flour over vegetables and stir. Gradually stir in broth until flour dissolves. Bring to a simmer, stirring constantly, until soup begins to thicken.
4. Add half of the reserved mushrooms and their juices. Reduce heat to low and simmer for 10 minutes then purée until smooth.
5. Stir in remaining mushrooms, salt, pepper and thyme, and bring soup to a simmer. Remove from heat, stir in cream and garnish with chives.

This cake serves 12 to 14 and is great for a family gathering or club meeting. Serve it with ice cream if you wish, but it's very good with just tea or coffee.



Chocolate-Orange Jaffa Cake

- 1 tbsp. butter
- 1-1/2 tsp. all-purpose flour
- Batter:**
- 1-1/2 cups granulated sugar
- 2 tbsp. orange zest
- 2-1/2 cups all-purpose flour

- 1 tbsp. baking powder
- 1/2 tsp. salt
- 4 eggs
- 2/3 cup canola oil
- 2/3 cup orange juice
- 1/3 cup buttermilk, plain yoghurt or sour milk
- 2 tsp. vanilla

Glaze:

- 2/3 cup finely chopped semi-sweet dark chocolate
- 1/2 cup 35% whipping cream
- 2 tsp. honey

1. Melt butter and flour in a small bowl, then brush inside a 10-cup ring pan.
2. Rub sugar and orange zest in a large bowl with hands, to release the natural oil. Whisk in flour, baking powder and salt.
3. In another bowl, whisk eggs, oil, orange juice, buttermilk and vanilla.
4. Stir into flour mixture until just combined. Pour into prepared pan.
5. Bake at 350°F oven until a toothpick inserted into centre of cake comes out clean, 35-40 minutes.
6. Cool for 20 minutes in pan. Remove cake to a rack and cool completely.

Glaze:

Place chocolate in a small bowl. Heat cream in a small saucepan over medium-high, until bubbles start to form. Pour over chocolate and let stand 1 minute. Stir until smooth. Stir in honey, then drizzle over cake.

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Remarkable Puslinch People

David Stirton - Politician & Public Servant

By Marjorie Clark

Land agents of the Columbia Company were recruiting settlers in Scotland in 1825. James Stirton, his wife, Janet, and their children, David (9), Elizabeth (7), Christian (5) and John (3) from Dunnichen, Forfarshire, went aboard ship at Aberdeen on Oct. 1, 1825.

They sailed for Venezuela, part of the new country of Gran Columbia, which had just emerged from the throes of many years of wars for independence from Spain in 1823. The group of Scots, of which the Stirtons were a part, found it was a lawless state, constantly fighting insurrections, where neither property nor life was safe.

Venezuela came close to seceding from Gran Columbia in 1826. Later, in 1831, the nation collapsed under the dictator, Simon Bolivar. As well, the lands, which the Scots were granted, consisted of barren mountains & arid valleys.

The Stirton family remained in Gran Columbia for over a year; the other settlers slightly longer. From that time, these settlers were referred to as the "La Guayrans".

The Stirtons left for North America and landed at New York on January 17, 1827, where they later learned that other La Guayrans had been directed to the Canada Company at Guelph. On September 8, 1827, the Stirton family arrived in Guelph, a clearance in the wilderness, composed of about twenty buildings.

Within three days, three members of the family developed either ague (malaria) or typhoid fever. Elizabeth was unconscious for days. The La Guayrans were settled on the Elora Road in the Scotch Block, Guelph Township on land assigned by the Canada Company. The Stirton family remained there for six years and then relocated to lot 9, front con 8, Puslinch in 1833. Six more children were born into the family by 1838.

David attended the parish school until he was nine years old, before the family's departure from Scotland. There was no

school in Venezuela and he did a man's work from the time he was 11, after the family arrived in Canada.

Such was his hunger for knowledge that, in the late 1830's, when in his 20's, after clearing forests all day, he attended night classes in the first school established in Puslinch, near the present location of Duff's Church. The early years were a time of continuous construction and by 1834, young David was already a skilled carpenter, who was entrusted to the crucial job of building the corners of log buildings.

In 1841, David bought lot 11, rear con. 4, Puslinch, which was partially cleared, and upon which there was a log shanty and began to farm on his own. In 1842, David married Mary Beattie. She died at only 21 years old, when her second child was born in April 1845. In 1847, he married again to Henrietta McGregor, with whom he had three more children. Both of David's wives where from his Puslinch neighbourhood.

By 1851, he owned a two-story stone house, one of only fifteen in the township. In 1865, he was able to purchase a second Puslinch farm, lot 13, front con. 5.

David was an early member of the Aberfoyle Agricultural Society. He served on a committee to select books for the library of S. S. #12 School, on lot 5, rear con. 4. In 1849, he was a fence-viewer for the Township.

That same year, he was appointed a Commissioner of the Peace, a position which he held for 30 years. These officials pronounced judgments in local civil cases and referred criminal cases to the police in the nearest town. In 1855, he served on a committee to fence in and beautify the cemetery at Kirkland Chapel, later known as Howitt Memorial Church.

He was elected a director of the newly formed Mutual Fire Insurance Company at McMeekin's Inn, north of Aberfoyle, in 1859.

He was elected to the first Puslinch Township Council in 1850. He served four years as Councillor, two as Deputy Reeve and three as Reeve. In 1857, he was elected as Reform Party member in the Assembly of the United Upper and Lower Canadas, which met in Toronto. Always popular in Puslinch, in Badenoch they referred to him as "Our Davey".

As a member of the Assembly, he was appointed to a commission to value land in

Peel and Maryborough in 1858. In 1858, he introduced a bill to extend the Canada North Western Railway from Guelph to Lake Huron.

He was instrumental in clearing the way, with the Commissioner of Crown Lands, for the building of George McLean's Aberfoyle Mill in 1861. He was responsible for Arkell receiving a post office in 1863. He served through the years leading to Confederation and was a member of the 1867 Confederation Parliament, remaining an elected member until 1876.

Originally a member of St. Andrew's Church in Guelph, he was part of the group that founded Knox Presbyterian Church. He was ordained an elder of Chalmers Church in 1870 and served on its Board of Managers for thirty years.

From 1861, he worked to establish the Guelph General Hospital, which opened in 1875 and he bequeathed money to it from his estate. He was President of the Guelph Speed Skating Rink Company and of the St. Andrew's Society.

In April 1872, David Stirton sold his Puslinch farm and took up residence on Edinburgh Rd., on the outskirts of Guelph. In 1876, he became President of the Guelph and Ontario Investment and Savings Society, where he remained until forced to resign due to ill health in 1897.

On June 1, 1876, he was appointed Postmaster of Guelph, a position of importance, when letters were the principal form of distance communication. He instituted the first locked mailboxes for customers within the facility and the first street post boxes. Due to declining health since 1897, he retired as Postmaster in June 1904.

About 1884, he moved to a large, stone house, built for him on the Speed River bank on Arthur St. in Guelph. In 1899, Kate Conway recorded David Stirton's reminiscences as "Pioneer Days in Wellington County", a series for publication in the Guelph Mercury.

David Stirton died on August 15, 1908. He was 93. Those who eulogized him emphasized his rise from inauspicious beginnings, his dedication to serving his community and his integrity in all things.

To read more about him, see Anna Jackson's book, David Stirton, M.P., a copy of which is available for perusal in the Puslinch Historical Society Archives in the Puslinch Library in Aberfoyle.



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NATURALLY SPEAKING

Plastic pollution

By Marion Robertson

I never really understood the magnitude of the plastics problem until news broke of ocean containers filled with our garbage being refused by foreign countries and being rerouted back to Canada.

What was going on? Didn't we have a recycling program for plastics? What I learned rocked me and made me, my family and our businesses vow to become as plastic free as possible.

On land

Plastic pollution is found everywhere in the world. In Canada, only 11 percent of plastics are recycled. The worst offenders are what we classify as single use plastics such as plastic bags, food packaging and straws. So what happens to all this plastic if we are not recycling it?

Burying plastic in landfills is ongoing but expensive. Poorer countries have been receiving our plastic garbage and incinerating it. The manufacture of plastics is a major user of fossil fuels. Eight percent of the world's oil production goes towards manufacturing plastics. When these plastic wastes are incinerated CO2 is released into the atmosphere. So instead of reducing our carbon dioxide emissions to combat climate change, we are actually enabling it.

What about these deeply buried plastics in our landfills? Turns out these plastics basically live forever. Their breakdown rate is estimated at 400 - 500 years. Over the past 50 years, world-wide production of plastic has doubled with only 9 percent being recycled. It is unimaginable as to the mountains of plastic garbage we have accumulated.

Right away my mind asks, "What are the impacts to us?" This is new territory. We are just starting to understand. It seems two culprits are coming to light. The first is vinyl chloride. The second is styrene. The degradation chemicals from these two culprits leach into our ground water. Then these chemicals are absorbed into our bodies. Styrene has been listed as a probable carcinogen to humans. Research is ongoing trying to determine how they alter human



hormone levels.

In water

Our plastic trash on land issues pales in comparison to what is happening to the world's water supply. In my ignorance, I assumed some plastics escaped the landfills or recycling programs and eventually found their way to our streams and lakes. My reasoning was way off.

As I write this article, 270,000 tons of plastic are floating in our seas. By 2050 the mass of the plastic in our world's oceans will exceed the mass of all fish that live there. This plastic is pervasive. It is even in Mariana's trench - the deepest section of our oceans.

How did it get this way? Basically, the world is using our oceans as a toilet. Communities worldwide, toss all their garbage into rivers that eventually connect to our oceans.

Most poor communities have no landfills for their garbage let alone a recycling

program. The easy answer is to dump the garbage into the waterways and it becomes someone else's problem downstream.

Well, the time has come where it is now everyone's problem - the plastic trash is on everyone's doorstep.

The plastics dumping into our oceans are so enormous that we now have worldwide garbage patches. The Great Pacific Garbage Patch is a collection of marine debris in the Northern Pacific ocean.

It is actually two distinct debris fields in the Eastern and Northwest Pacific ocean. These are spinning debris patches that are linked together by the convergence zone where warm water from the South Pacific meets cooler water from the Arctic.

This convergence zone acts as a highway between these two patches. The larger items, such as fishing nets have created huge entanglement issues for marine wildlife and birds.

What I want to know is, "How were we so blind not to see all this trash floating around in our oceans, especially these garbage patches?"

Again, never a simple answer. We didn't see these patches, even with satellite help, because it didn't look like plastic. Now we get down to the nitty gritty of it all. Micro plastics.

Next month I will delve into micro plastics and what we can do to combat plastic pollution.

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10:00-11:15 am Church service

followed by fellowship, coffee, juice, snacks.

• Sunday, April 5th at 10am, Palm Sunday, Communion service. Please bring good used coats to be donated.

• Friday, April 10th at 10am, community churches service, Arkell United Church,

• Sunday, April 12th at 7am. Easter Sunrise service. Meet at Starkey's Hill

for a hike and short outdoor service.

Followed by Pancake Breakfast at the church, freewill offering. Then, 10am.

Easter service.

10:30 am Worship Service & Kid's

Program,

11:30 am Coffee Hour

Choir Practice Thursday 7pm.

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Music Director: John Zadro

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Minister: Rev. Bill Wheeler

• Sunday Worship Services & Sunday

School at 9:30 am.

Coffee hour & fellowship to follow.

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Minister: Rev. Margaret Ruggles

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Email: morristonunitedchurch@gmail.com

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Sunday Worship Service 10:30 am

Choir Practice 9:30 am

• Sunday, April 5th - Palm Sunday

• Good Friday, April 10th - Good Friday

Service with Arkell hosting Community

Service

• Sunday, April 12th - Easter Breakfast

@ 9:00 am

• Sunday, April 12th - Easter Worship

Service @ 10:30 am with Communion

served.

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Sunday School & Nursery at 10 am Service.

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

Community Events

At the Puslinch Pioneer, we like to promote community events and we ask for your co-operation in keeping them under the 50 word count so we can accommodate as many as possible. If your event is taking place outside of Puslinch, or is a for-profit venture, there is a \$25 charge for the listing.

AFTERNOON OUT

Wednesday, **April 8th and 22nd** at 2pm. Arkell United Church, 600 Arkell Road, Arkell. Cards, Sweets and More. Contact Ross at 519-822-6063.

ART CLASSES (CANCELLED)

Saturday, **April 25th** from 10 am to 3 pm hosted by Ebenezer United Church, 12274 Guelph Line just north of Brookville. Classes are taught by Ruth Kranendonk and will be \$30 per person. Homemade Soup and coffee/tea will be provided. For more information call Willy at 519-763-7707 or send email to vanarragonw@gmail.com.

BADENOCH MUSIC NIGHTS

(CANCELLED) First Friday of each month, **April 3rd** at the Badenoch Community Centre, 4217 Watson Rd S. Puslinch.

BAG SALE FOR Food4Kids

Puslinch's bag lady (Maureen Smith) is having another bag sale Sunday, **May 3rd** 12-4pm, at Make 1 Studio, 88 Waterloo Ave, Guelph. Thanks to owner Jo Adlington for hosting. All proceeds go to Food4Kids. Please come to this free and fun event. Call 519-822-5065.

BIBLE STUDY

In depth Bible Study led by Rev. Bob LaChance, 519-721-3422. Phone Lynn

Lodge, 519-822-4809 for location. Wednesdays **April 1st, 8th, 15th, 22nd and 29th** from 9:30 to 11:30am. Arkell United Church.

BIBLE STUDY (CANCELLED)

Every Monday at 11am at Ebenezer United Church, 12274 Guelph Line (just north of Brookville). For anyone who wants to study the Bible, whether you are familiar with it or not. For inquiries please Contact Carolin MacMillan at carolin.macmillan@gmail.com.

BIRD BANDING DEMONSTRATION AND SPRING WILDFLOWER HIKES

At Crieff Hills Retreat Centre on Saturday **May 9th** from 8:30am to noon. Come and watch the birds as they are banded and enjoy a hike on the trails. Drop by the picnic shelter any time during the morning. \$5 donation appreciated. Bring the whole family! www.crieffhills.com.

BLUEBIRD TRAIL WALKS

At Crieff Hills with Marion Robertson. 9:30am every Tuesday in May (weather permitting). Crieff Hills Retreat Centre. Meet in the Conference Hall parking lot at 7098 Concession 1, Puslinch. Please call ahead to let us know you are coming! 519 824-7898. Come and watch the Eastern Bluebirds as they build their nests and raise their young! \$5 per person.

BOOK CLUB (CANCELLED)

Wednesday, **April 22nd** 7.00-8.30pm at Ebenezer United Church, 12274 Guelph Line, just north of Brookville. Reading for Enjoyment - All Welcome! For more information send email to carolin.macmillan@gmail.com.

BREASTSTROKES DRAGON BOAT TEAM

BreastStrokes dragon boat team is energetic women who are breast cancer survivors or supporters. We paddle to support each other and stay strong. BreastStrokes is accepting new paddlers! Meet the team: **May 7th** from 5 - 7pm at Dockside, Old Marina Restaurant, Puslinch Lake. Get more info here: www.BreastStrokes.org

BRIDGE SOCIAL (CANCELLED)

Wednesday, **April 8th and 22nd**, 12.30pm at Ebenezer United Church, 12274 Guelph Line, just north of Brookville. Friendly Bridge games every other Wednesdays in our hospitality room. For more information call church office at 905-854-2423.

CANADIAN EMBROIDERERS' GUILD GUELPH

Annual Open House Tuesday **April 28th**, from 1-5pm. at Kortright Presbyterian Church, 55 Devere Drive, Guelph. Come and enjoy an exhibition of embroidered art using a variety of stitching techniques by individual Guild members, demonstrations of embroidery techniques and a tea room. Admission is free and all are welcome. www.cegguelph.ca.

CHINESE BUFFET DINNER

Saturday, **May 2nd** - 5 p.m. Hosted by Freelon United Church at 155 Freelon Rd, Freelon. Enjoy a delicious Chinese Dinner along with tea, coffee and dessert. For more details see our website at www.freelonstrabaneuc.ca and/or to order tickets, call Arlene at 905-659-3314.

COMMUNITY MEN'S BREAKFAST (CANCELLED)

Saturday, **April 4th** 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.

DUFF'S LUNCH & LEARN

Wednesday, **April 8th** at 11am. Isobel Boyle from Hospice Wellington will be presenting "Speak Up Ontario. Advanced Care Planning". Join us for the presentation and stay for lunch. Contact Karen if you have questions 519-820-8114 or karenharding349@outlook.com.

DUFF'S MOVIE AFTERNOON

Thursday, **April 30th** at 1:30pm. Join us for "Upside" starring Bryan Cranston. The film follows a paralyzed billionaire who strikes up an unlikely friendship with a recently paroled convict whom he hires to take care of him.

EASTER BRUNCH

At Crieff Hills Retreat Centre. Sunday **April 12th** Seating at 11:30 am and 12:45pm. \$25 per person, \$10 children. Reservations required. Check out our website for the menu and reservations <https://crieffhills.com/dining/easter-brunch/>

FITNESS CLASS

Puslinch Fitness, join us on Monday nights at Duff's church at 7:30pm. for an hour of fun and sweat. Lead by certified Instructor Cassie, class includes a variety of programs. First class is free, \$5/class. Please bring your own equipment if possible, extras are available. Contact Sarah at smainguy@nsenvironmental.com or Karen at karenharding349@outlook.com.

FREE EXERCISE CLASSES FOR 55+

Every Tuesday and Thursday from 9:30 - 10:30am 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+ (CANCELLED)

Every Monday and Thursday from 9.15-11.30am at Ebenezer United Church, 12274 Guelph Line (just north of Brookville) (By Lifemark Health Group). 905-854-2423.

FREELTON WHEEL OF FITNESS

Freelton Wheel of Fitness now on April 2020

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 and Mini Flower Show Tuesday, **April 28th**, at 6:30pm. Dublin Street United Church, 68 Suffolk Street West, Guelph. "Sharpen My Knife" will sharpen your garden tools while you attend our meeting. The General Meeting and Mini Flower Show starts at 7:30pm. Guest Speaker: Marion Jarvie and her talk is on "Clematis for Everyone". New members are welcome. www.guelphhort.org.

JULIA'S 10th ANNUAL TEA PARTY & BAKE SALE

Sunday, **May 3rd**, 2:00-4:00pm, Puslinch Community Centre. All are welcome to join us for afternoon tea. Large bake sale and raffle table. Entertainment for the kids! All proceeds to the Children's Tumor Foundation. Admission is free, donations appreciated. Together, we can end NF! Contact juliasteaparty@hotmail.ca or (519) 803-6064 for info.

LINK UP WITH DUFF'S

Saturday, **May 30th** to help support Hospice Wellington and Community Parish Nurse program. Enjoy 18 holes of golf or euchre plus a wonderful bbq steak dinner. Door prizes, live and silent auctions and 50/50 draw. ALL WELCOME! For tickets & info please contact Duff's 763-1163 or Brenda 767-2462.

MUSICAL HOOTENANNY

Friday, **April 25th** at 7pm. Sign up for your time in the spotlight or just sit and enjoy. Arkell United Church, 600 Arkell Road, Arkell.

OPTIMIST CLUB ANNUAL FISH FRY

Thursday, **May 7th** from 5 to 7:30 pm. at the Puslinch Community Centre. Adults \$15, children ages 7 -12 \$10 (under 6 free). Tickets at the door or from any Optimist Club member or call 519-821-4256. Visit www.optimistclubofpuslinch.com for details.

PICKLEBALL

Every Monday (except statutory holidays), Wednesdays and Thursdays, 1:30-3:30pm, Optimist Recreation Centre (gym) Brock Rd., \$2.00 per session. Everyone welcome. Further information: June 519-763-0309 or Lois 519-831-4052.

SENIORS' POTLUCK LUNCH

Wednesday, **April 1st** at 11:30 am. at the Community Centre in Aberfoyle.

Entertainment provided by "Surf & Sand" a musical duo of Betty and Flo playing Hawaiian Steel Guitar Music. Sponsored by Mount Carmel-Zion United Church. Reservations appreciated. Please call @ Mary Beth Sutton 519-822-6211 or email janetc@sentex.net. Everyone Welcome.

SENIORS' SOUP AND SANDWICH LUNCH(CANCELLED)

Tuesday, **April 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 info please leave message 905-854-2423.

SPRING GARDENER'S EVENT

Saturday **April 18th**, 9:30 Arrival and Coffee, 10 am Guest Speaker David Hobson, gardener, gardening columnist, author and blogger. Hosted by Ebenezer United Church, 12274 Guelph Line just north of Brookville. \$25 per person includes lunch. Bring an annual or perennial for a plant exchange. For tickets please call Willy van Arragon at 519-763-7707.

SQUARE DANCING ALL AGES

For both experienced dancers and beginners at Duff's Church on Saturday, **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.

SUNRISE LIFE SKILLS DAY PROGRAM

Limited spaces now available in Sunrise's ongoing day program for adults with disabilities. Clients attend 1+ days a week, and participate in horse care, horticulture and a wide range of social and seasonal activities. Potential participants are welcome to join us for a day to check it out! www.sunrise-therapeutic.ca or 519-763-5517.

SUNRISE LIT PROGRAM

Applications are now being accepted for Sunrise's Summer Leader-in-Training Program for teens age 13-16. Gain valuable leadership and volunteer experience in a fun, supportive environment. 2-week sessions are available in July and August (with pre-camp training in June). www.sunrise-therapeutic.ca or call 519-837-0558 x23.

SUNRISE "LITTLE BREECHES" CLUB

Fun, safe introduction to horses for ages 4-7, with or without special needs. \$130 for a set of 5 visits: **April 4th, 18th, 25th, Sunday May 3rd (riding day!) and May 9th**. Choice of 9:30-11:30am or 12:30-2:30am. ON-LINE REGISTRATION OPENS FEBRUARY 21th. www.sunrise-therapeutic.ca or 519-837-0558 x23.

TECH TUESDAY FOR SENIORS

At Strabane United Church, 1565 Brock Road, Strabane. Join us 2nd 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. 234

57 Watson Parkway S, Guelph on Tuesday **April 28th**, a scaled back Seniors Day is planned. Doors open at 1 pm and the games will start at 1:30 pm. All the usual games. The bar will be open. There will be **NO** dinner served.

YOUTH DROP-IN NIGHT

Friday, **April 3rd and 17th** 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

Inquiries call 519-822-5232.

BOOKING AGENT FOR DUFF'S CHURCH

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

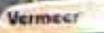
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BOOKING AGENT FOR EBENEZER UNITED CHURCH
Contact David Wheeler (416) 569-4834 or david@wheelerburns.ca.

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

COMMUNITY PARISH NURSE
Supporting residents of Puslinch to promote healing of body, mind and spirit. Don't understand what your doctor has told you? Questions about medication, resources, a new diagnosis or preparing for surgery. Contact Karen Harding Reg. Nurse P.N. call or text 519-820-8114 or karenharding349@outlook.com All calls are confidential.

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.

THE FRIENDS OF MILL CREEK
Meet at the Puslinch Community Centre at 3:30 pm. on the third

Wednesday of every month (except August). If you share our passion for protecting this precious resource for future generations and in developing the next generation of conservationists, join us. For more information <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 except during July and August. If you wish to become a member please visit www.optimistclubofpuslinch.com and fill out an application or call Ken at 519-763-0309 or contact any club 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, running September -June. It runs on Tuesdays at the Puslinch Community Centre from 9:30-11:30 and includes play, snack, art activities and circle time. If school buses cancelled and centre closed, there's no program.

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.

The Back Page



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