



Fiddlers entertain Puslinch past and present

By Barbara Bulmer

Pandemic restrictions made it impossible for the Puslinch Fiddle Orchestra to perform in their traditional indoor spaces, so orchestra founder and leader, Paul McDonald, put his fertile imagination to work and over the summer the orchestra gave three concerts in the Crown Cemetery on Hwy 46 N, across from Duff's church.

And since they can no longer give in-person concerts at retirement and long-term care homes Paul is making CDs of the orchestra to give to the homes to be played for the residents as a virtual concert.

When asked if there was a difference between the violin and the fiddle Paul said, "Only about \$600 an hour, in favour of the violin."

Violins emerged in Northern Italy in the early 16th century. Informally, the violin is known as a fiddle. The word comes from Germanic roots and refers to the style of music being performed; when playing folk-music the instrument is called a fiddle.

The fiddle arrived in Canada with early settlers and explorers and is still popular in the Maritimes, Newfoundland, the Arctic, and most rural communities across the country.

Paul is a self-taught musician. At age ten his parents bought him a violin from an Eaton's catalogue. There was no money for lessons so he learned on his own. As a teen he formed a small country band, Country Squires, and played for local dances.

Wendy, Paul's wife, was taught piano by her mother who was the church pianist. She accomplished grade 8 music and went on to do Conservatory.

Wendy said the piano compliments the violin, giving it more body. Chording is a style of playing the piano popular in country music. She taught herself to chord; she likes it because she says it is spontaneous.

Paul and Wendy were married in 1969. With Paul on the fiddle, and Wendy chording the piano along with other musicians they continued to entertain as the Country Squires.



photo from Paul McDonald

In the late 1990s Paul took online and mail order violin building courses. They opened a shop in Aberfoyle to make and repair violins, along with bow re-hairing. To make a great violin Paul says you must have good, straight-grained wood, usually maple, and uses spruce for the top.

A few years ago the Aberfoyle ball park posts were being discarded. They were red cedar and Paul knew he could make a good violin from the wood.

A local resident heard about the project and bought the finished product. She not only had a good violin, she also had some Puslinch memorabilia.

In 2005 Paul and five interested fiddlers started the Puslinch Fiddle Orchestra, and in 2006 they gave their first concert. The orchestra has now grown to 45 members and has been a great success. All the proceeds from their concerts go to local charities.

Paul and Wendy continue to score and arrange music. Wendy has written three original compositions, and they continue to conduct the orchestra.

They are a unique couple who have greatly enriched our community.

Editorial

With the fate of Halloween unclear this year, it seems ironic that two of our articles are based in graveyards! Our cover story focuses on the music being performed at the Crown Cemetery, bringing the place to life and as Barb Bulmer says, performing for Puslinch past and present. Mary Tivy uses the graveyards to tell us a bit about our ancestors who are buried there and Marjorie Clark shares the story of Justice John Idington.

We are still dealing with the ramifications of COVID-19 as the Santa Claus Parade has been cancelled but the committee is determined that Santa will still come to Puslinch, but in a different way. Following a lecture by Margaret Heffernen, we have a report on her conclusions on how we move forward with our new normal.

And Kim Hussey reminds us to be sensitive to the words we use to describe how we are feeling as a result of the pandemic.

There is a definite fall/winter flavour to the *Pioneer* this month, with recipes for soup and the Fire Department cautioning us to cook safely indoors now that the barbecue season is behind us. And we learn that GRCA has not reached an agreement over the use of snowmobiles over their land.

In Ask the Expert this month we learn more about what plants we can purchase now to create a colourful display in the months ahead. And Marion Robertson gives us lots to think about with her article on how to reduce our use of plastic.

John McNie, in the last of his articles, highlights the current situation with the Lake Farm property and how we need to protect our rights and encourage Council to refuse the zoning change requested.

Anne Day

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Our Mission

The *Puslinch Pioneer* is a monthly publication produced by local volunteers to provide an authentic source of local information about the social and political activity within the community, and to encourage participation in community events.

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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, October 9th.**

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

Ontario Barn Preservation Advocacy:

The group requests Council to help find ways to prevent the further unnecessary demolition of our heritage barns. The request to be forwarded to Wellington Planning Staff and Puslinch Heritage Committee and Puslinch Planning Advisory Committee for consideration.

Boreham Drive:

Written delegation from Boreham Drive residents requesting Council install speed bumps to discourage speeding cars. To be forwarded to the Budget Committee for 2021 budget.

Municipal Asset Management Program:

Council approves funding of \$62,500, with \$12,500 as Development Charges and \$50,000 Municipal Asset Management Grant Program to go toward the costs for completion of a Roads Traffic Volume Study and Roads Condition Index Study.

Manulife Coverages:

Council directs staff to change the termination age associated with the Manulife coverages for Members of Council and eligible Employees (excluding Long-Term Disability) to 75. Staff to determine costs and report back.

Public Meeting: September 16, 2020 Public Meeting to obtain public input on proposed User Fees and Charges By-law.

Procedure By-law:

Council directs staff to bring forward amendments to the Procedure By-law specifically "Emergency Meetings of Council" and "Electronic Participation" and "Delegations" for consideration and approval. "Proxy Voting" not to be included.

NSERC Agreement:

Council approved the NSERC Agreement with the University of Guelph regarding the ongoing groundwater study. The University undertakes the study and the Township provides access to Township property for monitoring well installation and monitoring activities.

Council Schedule:

Council approves the amended 2020 Council Meeting Schedule that the September and October meetings be moved to a 2 pm start time.

Capital Project Update:

Moyers Bridge construction to start August 31, 2020 with completion October 5, 2020. Pulverizing and repaving of Concession Road 7 to start October 12, 2020 with completion October 16, 2020.

Soccer Field project to go to tender this fall and construction to commence spring 2021.

Mayor's Updates:

Council's approval to write a letter to the City of Guelph requesting additional enforcement on Victoria Rd S of Clair Rd as it relates to truck traffic.

Old Brock Road sidewalks have been installed and look great.

Bryan May, MP visits Sunrise



Liberal MP Bryan May, Cambridge & North Dumfries & North Brant, visited Sunrise Therapeutic Riding & Learning Centre on Tuesday, September 5th.

During his visit he met staff and board members and the Steering Committee members who are working on plans for an innovative building project to include some residential suites, a respite facility and an expansion of the present farm-based Life Skills program.

Sunrise has been providing therapeutic riding programs for children and adults with disabilities from Cambridge, Guelph and many surrounding communities for the past 38 years.

The considerable experience gained from working with hundreds of families over this time, has highlighted the need for respite programs.

There is a particular need to accommodate adult children over the age of 18, where the waiting lists for service are over five years. This not only impacts the adult with a disability, but also the parents of that adult child who are still providing full-time care.

A tour of the Sunrise facility gave MP Bryan May the opportunity to discuss the proposed barn extension that will accommodate additional programming and address the current waiting list, especially for students from school Special Education classes - 12 schools on the waiting list.

The plans for the proposed new Respite /Residential and Life Skills programs were also discussed.

Appreciation was expressed to Bryan May for taking time out of his busy schedule to learn more about this innovative building model on the doorstep of the constituency he serves.



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)

PUSLINCH HISTORICAL SOCIETY ARCHIVES

A Virtual Tour

By Lynn Crow, PHS



After planning meetings between Mayor Whitcombe, Wellington County Library staff, the architects and PHS executive members, the current Puslinch library branch opened in 2011 and included a dedicated room for the Puslinch Historical Society archives.

With triple the former space the collection had in the Township Offices, and the original 1867 Puslinch Council table as a much-needed work table for researchers, visitors are now welcomed into a bright spacious facility.

Located now in the library in Aberfoyle, the PHS collection houses a large variety of local materials. As you enter the

building, the archives are on your left.

To tour the room, start at the file cabinets. Drawers include two divisions – one filed alphabetically by surnames and the other by subject.

To research your family, start by looking in the surname files. If you are researching a topic such as gravel, look in the subject files.

On the east wall, the genealogy shelves have expanded from the work of a few family researchers to five shelves filled with family histories. Many genealogy researchers come to PHS for information, and the Society requests that they deposit a copy of their family history when it is completed.

Check the PHS website, puslinchhistorical.ca under the Research tab, for families researched. Publications written by PHS members, and local municipalities are next.

On the top shelf are Puslinch general publications such as *Annals of Puslinch, 1850-1950*. The next few shelves are arranged by the names of the former 12 school sections – from S.S. #1, Arkell to S.S. #12, Glen Christie. Below are house logs and lot histories.

The shelves nearest to the window hold Birth, Marriage and Death records including local church histories and cemetery records, marriage registers and obituary binders (that are regularly updated). Below these are Gazetteers and Voters Lists.

Nearest to the desk, is a CD/DVD collection and the original audio tapes with interviews of Puslinch notables (Pioneer descendants, community leaders) which are now available on CDs.

The central section houses the PHS photograph albums, with scrapbooks

and postcard collections below. The bottom center shelf has County Historical Society Journals for Wellington and Waterloo.

Closest to the window are publications organized by topics: Agriculture, Architecture (including copy books listing Puslinch properties that have been researched by the Puslinch and Guelph Heritage Committees), Biographies, Local Authors, Military, Natural Features, Transportation and First Nations.

The lowest shelf has the PHS collection of *Puslinch Pioneers*. Also look for a long counter with cabinets below. Nearest the door, is a stand with CDs. Next to it are sample PHS 'Books for Sale'.

A few display items also appear on the counter. The cabinets below store PHS Equipment, Office Supplies, and County Atlases, Maps, and PHS Display Items. Shelves next to the drawers house copies of books for sale, historical ledgers and large pictures which are rotated on the walls as display items.

The Puslinch Historical Society is volunteer-based. We are pleased to have such a wonderful space to house our collection. As libraries re-open, we invite you to visit on a Saturday from noon until 3, or make an appointment for a private tour of the archives.

Thanks goes to John Clark, archivist and to Puslinch Council for their support of our endeavours. Contact Betty Andersen at bettyandersen24@gmail.com; Marjorie Clark at marjorie@clarksoftomfad.ca or Lynn Crow, photo archivist at ardyne.farm@sympatico.ca for an appointment.

In person visits to the archives are still on hold, but PHS researchers are happy to access the collection for the public at this time.



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In Memoriam

Marilyn Jean Carlyle



*Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds
Or bends with the remover to remove:
O, no! It is an ever-fixed mark,
That looks on tempests and is never shaken.*

Shakespeare, Sonnet 116

It is with profound sadness that the family of Marilyn Jean Carlyle announce her sudden passing September 9, 2020 at the age of 82 after a devastating battle with cancer. Marilyn will be forever lovingly remembered by the love of her life and husband of 64 years, Neil, by her children Susan, Karen, Cathy, and Andrew (spouses Bill, Mark, and Shannon), by her grandchildren Chris, Matt, Jenny, Victoria, Beth, Emily, Jacob, Alyssa, and Ben, by surviving siblings Alan and Linda (Joyce predeceased), and by her extended family and friends.

Marilyn inspired many in her career as an English and Business Teacher. Gifted with an astute and beautiful mind along with strong intuition,

Marilyn always encouraged those who knew her to think before acting and speaking. Her words of wisdom and deeds of love will be forever etched upon our hearts and minds.

Due to the ongoing pandemic, the family will have a private celebration of life. Arrangements entrusted to the WALL-CUSTANCE FUNERAL HOME & CHAPEL.

In support of Marilyn's passion for higher learning and shaping the next generation of leaders and innovators, as well as Marilyn's strong sense of responsibility towards assisting one another during times of need, memorial donations may be made to the following:

- *University of Guelph: alumni.uoguelph.ca
- *University of Toronto: donate.utoronto.ca
- *Canadian Red Cross: redcross.ca>donate
- *Friends of Ile de Veche in Haiti: endsofileavachehaiti.com
- *Canadian Cancer Society: cancer.ca

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Register at <https://sunrise-therapeutic.ca/whats-happening/2020-online-auction/>

Questions? Contact amy@sunrise-therapeutic.ca

Or editor@puslinchpioneer.ca





We are helping to Fill the Boot this year to raise critical funds and awareness for Muscular Dystrophy Canada.

By donating today you are making a difference for all Canadians impacted by neuromuscular disorders. Every dollar counts. Together with your support we can help more individuals living with neuromuscular disorders access the programs, services, and support they need.

For more than 65 years Fire Fighters have been supporting Muscular Dystrophy Canada (MDC), and Canadians impacted by neuromuscular disorders, and it is a longstanding tradition that both Fire Fighters and MDC are extremely proud of.

Unfortunately, due to COVID-19, Fire Fighters had to cancel many of their in-person Fill the Boot events. But the needs of those impacted by neuromuscular disorders cannot be cancelled. MDC still needs to provide necessary programs and services to those impacted.

We want to keep the tradition alive which is why we're helping to Fill the Boot. Will you help us and thousands of dedicated and passionate Fire Fighters by donating today?

To support our Puslinch firefighters campaign, go to <https://muscle.akaraisin.com/ui/virtualfilltheboot/t/4a139c704aeb40be9a61f62e42031003>

Crieff Hills Happenings

Thanksgiving Takeout Feast: All summer, Crieff Hills has been offering Sunday takeout to help bring home cooked meals to your table. The final Sunday takeout of the season will be a Thanksgiving feast on Sunday, October 11.

Chef Damien will be offering a Thanksgiving meal for \$75 that serves four. It includes traditional roast turkey with gravy, smoked country ham, honey roasted fall vegetables, gratin potatoes and pumpkin pie. Vegetarian/gluten free options can be added for \$5 per serving.

Ordering and payment is offered on-

line, and a contactless pickup makes it a safe and easy way to celebrate the season. For more information and to order, visit crieffhills.com/dining/take-outdiners/ or call 519-824-7898.

Get Outside This Fall!

All fall programming is outdoors and socially distanced for everyone to be safe and have fun while spending time at Crieff Hills. Book a Fall Evening Campfire, and enjoy a private firepit stocked with free firewood, a private clean bathroom and a s'mores kit, too! The cost is \$10 per person for groups up to ten.

Saturday Scavenger Hunts

will be offered every week during October. Have a fun family day exploring the historic Crieff Hills property, meeting the chickens and learning about the labyrinth. Come for a special Halloween edition on October 31st!

Labyrinth Walk

Take some time out for a guided labyrinth walk (Wednesdays at 10am) or a Contemplative Forest Walk (Fridays at 10am).

For more information or how to register please visit <https://crieffhills.com/programs/mana-days/> or call 519-824-7898

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REMINDER

**Taxes are DUE
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Uncharted— how to navigate the future

By Anne Day

With all the uncertainty in the world, no one, claimed author Margaret Heffernan, wanted to hear or believe what may be down the road like a pandemic. And along comes COVID-19 to test everyone beyond their imagination.

Giving a lecture at the Rotman School of Management, Margaret's point was that while we cannot forecast or predict something like a pandemic, we can be pro-active and be prepared as much as we can.

She explained that's called backcasting and would include activities like developing vaccines for different diseases, building strong, collaborative relationships with other countries and getting the financial and manufacturing industries on board so they are poised and ready for action if necessary.

How can we get prepared? Margaret called it "just in case" thinking where you may not be able to see the entire picture, but you can map the eco-system and see where your organization fits in.

It calls for experimentation and thinking differently.

She cited how one financial institution involved staff from the entire organization to think through a more efficient system for collecting data.

They involved everyone and as a result, a junior engineer came up with and got to recode the data processing system.

Management also learned that no one liked the time-consuming, old-fashioned performance appraisals and a new inter-active process was launched, leaving staff feeling more motivated, productive and appreciated.

Her second example was a Dutch home care organization where the care of the patients was dictated by administrative contracts that limited the staff time allowed with each patient, leaving no one satisfied by the quality of care provided. While the contracts were complicated, the service delivery was complex, because no two patients were the same.

When they changed the process to allow staff to determine what was best for their patient, they found that they cut costs dramatically. Why? Because the patients got better faster with more individual attention.

The key ingredients to making the change, she found, was involving a diverse group of individuals in coming up with potential solutions.

Experiments, she advocated, get us out of the status quo mindset.

The collective approach further reinforces the collaborative efforts of everyone and builds a community where the individuals care about each other and want to stay within the organization.

Ask good questions, she suggests, ones that make everyone think beyond their normal scope.

What she is talking about are sound community development principles – bringing a diverse group of people together, giving them a voice in a safe environment and fostering ownership in the process and the outcome.

When I was a community developer that is what we did to build an effective social service structure where everyone was involved in designing a system that worked.

It sounds as if there would be a positive ripple effect too when implemented in business.

Today, she observed, is not just about keeping afloat, but building businesses and communities that are holding richer, more transparent conversations and working together to create change.

Her motto is "let's not play the game, let's change it."

Sounds like one good idea!

Her latest book, Uncharted: How to Navigate the Future came out September 8, 2020.

Santa Claus Parade

Like many other local events, the Santa Claus Parade will not be taking place in its usual form.

The Committee is meeting to determine the best way to move forward, as Santa is still coming to Puslinch. Stay tuned.

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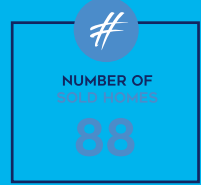


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Be wary of your words

By Kim Hussey

With the current COVID crisis, the world is watching and listening to what our leaders say, what our front line workers are doing and how our communities are responding.

The digital world seems to be blowing up with articles, opinions and pivoting new ideas to get us through to the other side.

At a time when emotions are high and times are uncertain, there are cautionary words that can be highly sensitive and then misunderstood.

“I am so poor right now.”

There are many times I have said to my children, “we are a little broke this month with that huge bill!”

But am I poor? Am I living in poverty? Poverty is defined and measured by the depth and duration of your financial situation. Every community and family has poverty lines that differ due to where you live and how many people are living with you.

It is VERY different than taking a financial hit right now or being nervous about your spending.

Poverty is a defined equation based on living location and household members, and is, therefore, highly complex.

Many people may be feeling poor during this situation, but the truth is that

we are in unfamiliar circumstances right now and being poor is subjective and frightening to many.

“I am so Depressed.”

How many of us have said sometime in recent weeks that they are feeling depressed?

I know I have! Life is different, isolating, uncertain and can be downright lonely or boring right now. But be wary. Depression is a mental health condition that can paralyze people without warning.

And depression is thriving right now.

We need to be mindful that those who are genuinely suffering and struggling with depression are also struggling to try to find the resources they need during this time.

Counselors and help centres are working minimally, and many supports are closed for those needing help. When I think I am feeling depressed, it is essential to capture the term accurately for what it is.

I encourage you to label an emotion explicitly during this sensitive time, using descriptive language.

While these phrases are expressive and honest, and they can be warning signs or calls for help, they may not be clinical depression. Feelings like:

- I feel in a funk
- I feel unproductive and unmotivated
- I want to nap a lot, and that is not like me
- I am struggling to focus

- It is taking me so much longer to get things done.

“I Feel Anxious.”

Anxiety is also a mental health condition that plagues many people. But the truth is we all could describe ourselves as being anxious these days.

Anxiety is caused by being consumed with the future. Worry is something we try not to do because it doesn't take away the troubles and keeps us from inner peace.

But anxiety is an actual condition that is being aggravated and consuming the lives of many during this time. Not necessarily because they have been more affected, but rather because they have a real medical, mental health condition called anxiety.

Instead of saying you have anxiety, you may label your emotions with phrases like:

- I worry about what will happen
- It is hard to watch the news and see all the sickness and hurting
- I wish I could know it is going to be fine
- I want to know when life can go back to normal
- I don't know how much more of this I can take

In a time where our world is needing our compassion and sensitivity more than ever, be careful of the language you use to convey your message.

I know your goal is to increase understanding and build unity, not cause confusion or division. So be wary of the words, now and always.

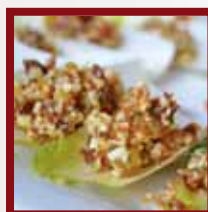
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ASK THE EXPERT

Fall is for planting

By Barb McKechnie

As another growing season wraps and before the next inevitable cycle of hibernation begins, fall gardens stand in full rustic glory.

With the waning season's plantings fresh in mind and within view at peak maturity, fall is an especially good time to analyze your garden.

Take note of which plants did well, what should be transplanted or removed, and any empty spaces in between for new additions. Identify the gaps in space, blooming time, colours and textures.

Doing this in the fall will likely influence you to add more fall colour and ensure multi-season interest.

Planning for a fall garden

Fall is likely the most ideal time for planting perennials, and a vibrant selection of plants in their autumn prime can be found at the nursery at this time of year.

Not only is the weather ideal, but planting in fall gives plants extra time to establish over winter while in dormancy (vs. planting in spring when fresh plantings will be subjected to the heat and drought of summer).

Adding fall-blooming plants to your garden not only provides a stunning late-season backdrop, but also serves as a vital last source of food and shelter to native wildlife as they prepare for the long winter ahead.

Plant now – and you're guaranteed to have multi-season appeal to enjoy in another cycle's time, and in the years to come.

Tips for fall planting success

1. Stick with your Plant Hardiness Zone and choose plants appropriate to your zone. Guelph-Wellington is zoned at 5b. Fall is not the time to push boundaries

and plant outside your zone. FYI: Most nurseries sell plants specific to their area's hardiness zone.

2. Give plants time to establish by planting a few weeks before expected frost. Guelph-Wellington first frost date is typically late September through early October.

3. Don't cut plants back too soon – or leave until spring! Enjoy the beauty of a four-season garden. Your winter garden provides food and habitat to beneficial insects and other wildlife. You'll be rewarded with much healthier plants in the long run too, as stored nutrients continue to feed the plant and provide a stronger start in spring.

If you prefer to cut back for a neater look, wait as long as you can – preferably after a few hard frosts. Protect those plants over winter with mulch and leaf litter.

4. Plant native when possible – Hardy and valuable as a late-season food source for an abundance of pollinators and insects (which in turn feed hungry birds and other wildlife).

Favourite native fall pollinator plants

For fall colour and bloom, consider: **Goldenrod 'Fireworks' (Solidago rugosa 'Fireworks')** – Not to be confused with ragweed, Goldenrod provides the essence of fall colour; considered the "top powerhouse host plant"- hosting 100+ species of native caterpillars + other species of wildlife.

It provides food and shelter to bees, butterflies, other beneficial insects, birds and small wildlife.

Alternate: Showy goldenrod (*Solidago speciosa*)

New England Aster (Symphyotrichum novae-angliae) – One of the showiest asters, clumps of large flowers top its many branching stems, ranging in colour from pink to deep-purple petals with yellow-orange centres.

Late-season nectar source for butterflies, bees and birds; host plant for several butterfly species.

Alternate: There are over 150 native species of asters to choose from.

Sneezeweed (Helenium autumnale)



Its very name autumnale means "of autumn" – and it is a fall beauty! Excellent for late-season gardens; provides months of gorgeous colour and continuous blooms as other perennials fade; blooms from summer, well into fall. Feeds butterflies.

Alternate: Wingstem (*Verbesina alternifolia*)

Other Perennials to Consider:

Tall Ironweed (*Vernonia gigantea*), Joe-Pye Weed (*Eutrochium purpureum*), False Sunflower/Oxeye (*Heliopsis helianthoides*), Black-eyed Susan (*Rudbeckia hirta*), Butterfly milkweed (*Asclepias tuberosa*), Blue giant hysop (*Agastache foeniculum*), Hairy beardtongue (*Penstemon hirsutus*), Fireweed (*Chamerion angustifolium*), Bottle Gentian (*Gentiana andrewsii*), Mountain Mint (*Pycnanthemum virginianum*)



Favourite native shrubs & trees

Downy Serviceberry (Amelanchier alnifolia) – Attractive landscaping tree/small shrub; offers four seasons of interest, excellent yellow fall colour and delicious small red berries – a favourite of birds

Showy Mountain Ash (Sorbus decora) – Underused small tree/large shrub in the landscape featuring blazing fall colour, showy flowers, and orange-red fruit that attracts birds

Pagoda/Alternate-leaf Dogwood (Cornus alternifolia) – Multi-season interest: white flowers in spring/early summer, followed by blue-black berries for the birds, lovely red leaves in fall.

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NATURALLY SPEAKING

Living a near zero plastic lifestyle

By Marion Robertson

It has been a slow process but definitely moving forward to a zero plastic lifestyle. As we try different products and ideas out, we will offer comments. The rest is up to you.

I wanted to get rid of large bulk plastic containers now that I know they are not being recycled.

Laundry - Well we tried the dry laundry strips. Seemed to do the job and super easy to use. Great customer service at Tru Earth. I finally settled on home made laundry recipes and Borax. Clothes are super clean with no plastic waste generated. Very happy.

Shampoo - Got rid of all those shampoo bottles and went with shampoo bars. Love them. Very luxurious. No more plastic waste from spent shampoo bottles. My hair doesn't seem to know the difference, but I do.

No cling wrap - To be quite honest, I never used it much. The beeswax cloths are great. The Internet is full of companies offering them for sale.

No straws - The hardest part has been to quickly remember to tell the waiter not to put straws in our beverages at sit-down restaurants.

We have travel mugs to fill up at the pop dispenser, for casual dining. Some raised eyebrows from customers but full support from the food establishments.

Water filter - This has been our biggest investment. By this action alone, we have decreased our micro plastic pollution by 50 percent.

The filter is designed to trap all the artificial cloth filaments (micro plastics) from the laundry machine discharge.

We went with a Canadian company, Environmental Enhancements. We found out about this company through the University of Toronto Water Lab. They are conducting water filtration tests on two Ontario cities and their discharge waters into the Great Lakes.

Toothbrushes - Did you know there are over one billion toothbrushes in North American landfills? And they stay there for hundreds of years.

We found an alternative - bamboo! The handle is extremely biodegradable. Simply snap the bristle head off and toss the bamboo handle into the compost.

Again, there are all kinds of choices out there but it is all on the Internet - no main stream stores offering these, yet.

Dental floss - I hate the plastic floss that is only available in main stream stores. You used to be able to buy dental string coated in wax which did a far better job. When you were done flossing, the string went into the compost. Completely biodegradable. Well, if you go online you will find the wax dental string.

Even when traveling we can reduce our plastic wastage.

Say no to the hotel soaps, etc. I am as cheap as they come and would use these and bring home the rest. Horrible plastic wastage.

We used our shampoo bars and body soaps, wrapped in our beeswax cloths, and it worked great. Absolutely no plastic wastage. Avoid the pitfall of carrying travel sized items.

Sunscreen - Did you know our conventional sunscreens are toxic to our oceans? In fact, Hawaii will be the first state, this year, to ban these sunscreens in stores. Only reef safe sunscreens.

Here is the brief: The oxybenzone and octinoxate cause coral bleaching and death once they rinse off our bodies from our sunscreens and into the ocean water. The titanium dioxide is not biodegradable and reacts with warm sea water to form hydrogen peroxide which is toxic to marine life. We actually found reef-safe sunscreens online and they were actually

on sale and cheaper than the conventional screens.

Dishwasher detergent - When you actually investigate the ingredients of main stream dishwasher pucks, it is scary. We definitely should not be adding these chemicals to our precious water.

We switched to Nature Clean, sold at Longos, that are 96 percent natural. The remaining four percent is the silly plastic container it comes in.

Ditch the cotton swabs - Yup, the convenient Q tips are found in 1 of 10 beaches, worldwide, as plastic garbage. We found a simple solution. Organic cotton buds! 100 percent biodegradable. Of course, you have to go online - main stream stores aren't offering them yet.

As always, we would love for you to share your stories with us. Tell us of your discoveries and ideas. We could all learn from one another.

Remember we are all in this together on our journey to a near zero plastic lifestyle.

Eco-friendly prize



At the upcoming online auction (November 12-21) you could win the box above which contains many of the products and ideas mentioned by Marion in her article.

Don't forget to register (www.bartlettauctions.com) and make your bid, so you can get a head start on your zero plastic lifestyle. Good luck.



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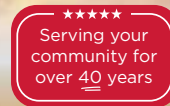
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Wellington County Library is excited to have our doors open this fall! Browse, pick up holds, or take home activity bags.

To keep us all safe, strict health and safety protocols are in place. Please call the branch at 519.763.8026 if you are unable to enter our buildings.

- Face coverings and screening protocols are required for entry.
- Visitors are asked to frequently sanitize hands and only touch material they plan to borrow.
- Patrons will be restricted to 30 minutes in branch and social distancing must be adhered to at all times.
- All materials accessed in branch and returned to the drop box will be quarantined. They will still show on your library card as checked out until the quarantine period is over.
- Limited service hours are in place with evening hours on Tuesdays and Thursdays.

Please call the branch at 519.763.8026 or visit www.wellington.ca/Library for details.

Fall 2020 Programming

Join us this fall for fun and safe programming for all ages! Look for monthly Take-and-Make activity bags

and Baby Time and Family Story Time resources for parents to use at home.

Individual branches may also offer live virtual programming based on demand and staff availability.

Please speak to staff at your local branch for details and watch www.wellington.ca/fall2020 for updates, including Ontario Public Library Week and PA Day events in October. In-person programming is not being considered at this time.

Don't know what to read next? Check out this list of new books at the library.

Fiction

Hernandez, Catherine	Crosshairs
Knecht, Rosalie	Vera Kelly Is Not A Mystery
Kosa, S.F.	The Quiet Girl
McCorkle, Jill	Hieroglyphics
McDaniel, Tiffany	Betty
Nawaz, Saleema	Songs for the End of the World
Poeppel, Amy	Musical Chairs
Rijneveld, M. L.	The Discomfort of Evening
Stewart, Mariah	The Last Chance Matinee
Taylor, Alison	Aftershock

Non-Fiction

Akins, Lauren; Dagostino, Mark	Live in love: Growing together Through Life's Changes
Alaska Northwest Publishing Co	The Milepost: All-the-North Travel Guide
Calderone, Athena	Live Beautiful
Cameron, Silver Donald	Blood in the Water: A True Story Of Revenge in the Maritimes
Davis, Jennifer	100 Things to do in a Forest
Davis, Lisa Selin	Tomboy: The Surprising History and Future of Girls Who Dare to be Different
Feldeisen, Bruno	Baking with Bruno: A French Baker's North American Love Story
Slaght, Johnathan C	Owls of the Eastern Ice: A Quest to Find and Save the World's Largest Owl
Smit, Irene	The Tiny Book of Tiny Pleasures
Welker, Liz	The Making It Guide to Crafting

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



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Building a win-win for Puslinch

By John McNie

This is the last in a series of five articles discussing the aggregate industry's relationship with its/our Puslinch community. In the previous four articles, we examined the massive extent to which:

- Puslinch land-planning is inhibited by the province and aggregate,
- Puslinch revenue options are restricted by the province and aggregate, and
- Puslinch rights are curtailed by the province and aggregate.

Given the province is the largest single client of the aggregate industry this might suggest a conflict of interest.

With this article we look at a specific example of Puslinch land, the Lake Farm on Concession 2, which the aggregate industry is presently seeking to have rezoned from agricultural to aggregate extraction.

This Farm comprises 200 acres bordered by streams and associated wetlands, including the Mill Creek, our Township's largest cold-water habitat.

Land-planning. The Lake Farm: Lies in the middle of the largest "Core Greenland" area in Puslinch, defined in the accompanying County land-planning map.

Lies alongside a more than fair amount (15 percent) of land that Puslinch already protects for aggregate. The province's new rules will protect 90 percent.

Lies across the Mill Creek from a massive 1500-acre below water-table aggregate extraction sprawl, whose cu-

mulative effects are damaging both the Mill Creek and Puslinch community.

Revenue. The Lake Farm: Has been productive farmland for almost 200 years, producing significantly more property tax revenue than it would as a working pit.

Could as part of a comprehensive municipal plan, offer the potential for multiple high revenue producing severances, while maintaining most of the farmland.

Would leave yet another non-taxable lake following aggregate extraction, as the entire pit site requires extraction from below the water table.

Given the distribution of aggregate areas, floodplains and wetlands, it would leave no other reasonable options for revenue legacy.

Rights. The Lake Farm's rezoning would be yet another gravel-pit that:

Threatens the representative power of municipal politicians.

Threatens the validity of municipal land planning.

Threatens long-term municipal budget planning.

Threatens the lifestyle of Puslinch residents who based home purchases on planning map assurances.

Threatens the budgets of Puslinch residents, who didn't realize homeowners would be required to subsidize the aggregate industry.

Threatens the right of future generations to a community with safe water and critical habitats like the Mill Creek.

This Lake property ticks all the "NO" rezoning boxes.

The aggregate industry as a member of our Puslinch community has in recent years chosen to profit from resource rights yet sidestep the responsibilities of:



Accepting municipal land planning.

Adhering to mutually agreed-upon site plans for surface areas, depths and durations of extraction.

Adhering to provincially dictated progressive rehabilitation during extraction and then final rehabilitation.

Enforcing hauling routes.

Ensuring fair property tax contributions.

Ensuring each extraction site is left as a positive legacy for the community.

At present the only fair option for Puslinch is to request a short-term moratorium from the province on the industry's right to new pit licenses, until such time as the industry shows itself willing to balance that right with its responsibilities.

The Lake property zoning change proposal is expected to come to Council later this year. The community must insist on the refusal of this zoning change, as the first step towards a more balanced "win-win" relationship between the aggregate industry, the province and our Puslinch.

This will not only save each resident tax dollars, but foster a far healthier, more prosperous aggregate industry and community.

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HERITAGE MATTERS

Pioneer cemeteries: landscapes of memory

By Mary Tivy

I spent the last few weeks wandering through nine pioneer cemeteries in Puslinch Township.

Every gravestone has a story to tell, however brief, about the person buried under it and their next of kin. Family members lie nearby as do friends and neighbours.

Kinship and community run deep in these places, where the ties of place, religion, country of origin, and social status that once united the living, continue to connect the dead. Our past is literally underfoot.

Scots and The Church of Scotland: Crown, Crieff Knox and Killean Cemeteries



McBain families immigrated to Puslinch in the early 1830s and took up lots in the southeastern part of the Township. They named it "Badenoch" after their home in Inverness-shire Scotland. Other members of their families, including Robert Kennedy, followed over the next few decades. Photo: Mary Tivy

Highland Scots occupied the lower part of Puslinch Township. These pioneers are resting today in one of the three Presbyterian cemeteries in Puslinch.

The largest is the 1835 Crown Cemetery
October 2020

(now a multi-denominational cemetery), associated with Duff's Presbyterian Church on Brock Road.

The gravestones of these Scottish pioneers often refer to their native homeland, places they had been forced to leave during the Highland clearances.

Many of those Scottish pioneers interred here are from the central Highlands: Invernessshire, Rossshire, and Perthshire. Pioneers from those same areas in Scotland but living further south in the Township are buried in the 1854 Crieff Knox Presbyterian Churchyard.

Scots from the Kintyre Peninsula and the Isle of Arran in the western Highlands who settled in the southwest part of the Township are lying in the Killean Presbyterian Cemetery further west on the First Concession. This cemetery began as a Thomson family plot in 1832, and expanded when Donald Fergusson donated land for the cemetery.

The Church of England: Farnham Cemetery on Arkell Road

English immigrants John and Thomas Arkell, gave land for an Anglican church and cemetery in their planned community of Farnham.

The church was built in 1840. The first burials were earlier, in 1837. Within a short time the cemetery became non-denominational, as it was the largest burying ground in the northern part of the Township.

When the village of Farnham did not develop as planned, the Anglican church was moved to Arkell in 1903 and subsequently demolished in 1945.

Today Farnham Cemetery has the second largest number of pioneer burials, after Crown Cemetery.

English Methodists: Ellis Chapel, Howitt Memorial and Arkell Methodist Cemeteries

English immigrants of the Methodist faith who lived near Puslinch Lake built the Ellis Chapel in 1861. Today only a few headstones remain in the churchyard, and these have been mounted on a cairn.

In the northwest corner of the Township at 4742 Sideroad 10 is the land that John Howitt donated in 1845 for the Kirkland Methodist Church and Cemetery.

It was later renamed the Howitt Church and Howitt Memorial Cemetery. It is the burial home of the Howitt family and their relatives and Methodist neighbours. The small stone Howitt Memorial Church was demolished in 1983.

Further east, Methodists attended the Arkell Methodist Church at the corner of Watson and Arkell roads, on land donated by Charles Willoughby in 1838.

Today they lie in the churchyard but the 23 remaining stones from these burials were arranged into a cairn in 1983. These Methodist/United Church cemeteries are now closed for burials.

German Baptist, Old Order Mennonite, Mennonite Brethren in Christ and Brethren in Christ: Puslinch Union Cemetery

Pennsylvania-German Mennonites settled in the very western part of our Township. Jacob Cober donated land for what today is the Crossroads Memorial Church: Brethren in Christ located on Wellington Road 32 at Concession 4.

The cemetery is now closed for burials and the number of graves is uncertain. In 1960 remaining tombstones were moved and placed into straight rows in the southeast corner of the cemetery.

Morrison Germans: Crown Cemetery and Marion Roman Catholic Cemetery

The first settlers in Morrison were German from Alsace-Lorraine. These Protestants founded a German Evangelical congregation and in 1856 replaced their log church with a brick church on Victoria Street in Morrison.

I can find no evidence of an associated cemetery. Instead these German settlers chose the pragmatic option of being buried in Crown Cemetery, the closest Protestant Cemetery to Morrison.

Some of the German immigrants that arrived in the Morrison area were Roman Catholic, originating from the Spessart (now Bavaria) region, so it was here that the first and only Roman Catholic Church in the Township was built.

Alexander Ochs donated the land for the Morrison Catholic church and Marian Cemetery on Concession 8, Lot 31, and he built the small frame Roman Catholic mission church there.

It was dismantled in 1910, as Roman Catholics chose to attend The Church of our Lady Immaculate in Guelph, or Our Lady of Mount Carmel in Freelon. For this reason, German and Irish Roman Catholic settlers are under-represented in Puslinch cemeteries.

Next month I will explore pioneer gravestone design in Puslinch Township and the meanings behind the symbols carved into them.



Cooking safely

By Peter VanOordt

Now that it's autumn and the cooler temperatures are here, many of us are spending less time at the barbecue and more time cooking indoors in the kitchen.

There is definitely something comforting about enjoying a hot meal inside with friends and family on a chilly fall day—I suppose it's why they call it "comfort food".

While a hot meal enjoyed in good company may nourish both the body and the soul, it is not without its attendant risks as well.

According to the Office of the Fire Marshal, cooking fires are the number one cause of residential fires in Ontario. Cooking has also been a cause in a number of fires here in Puslinch in recent years.

One of the leading causes of cooking fires is people leaving their cooking unattended.

Part of the problem, I think, is that in this day and age of multi-tasking and constant connection to the world via our electronic devices, we can easily get distracted while we're cooking.

For example, while we're waiting for a pot of water to boil, it can be tempting to leave the kitchen and go attend to another task around the house. The trouble with that, of course, is that we can get further distracted and totally

forget that we left something on the stove.

One way we can reduce our chances of getting distracted is to take a moment before we start cooking to make sure that we're mentally prepared to focus on our work in the kitchen and that we have everything we need for the task easily at hand.

With me, for example, I make a point of making sure that I have my reading glasses handy before I start cooking in case I need to read directions or read a recipe.

The fact is, unattended cooking can have unintended consequences, and those consequences can be catastrophic.

Fortunately, a little bit of forethought and diligence can go a long way in mitigating the risks.

Here are some practical ways to make cooking safer in your home:

- Stay in the kitchen whenever you are cooking.
- Keep a proper-fitting lid handy when using pots or frying pans.

If the contents of a pot or pan catches fire, carefully slide the lid over it and turn off the stove.

Do not attempt to move the pot or pan until the fire's out and it has sufficiently cooled.

- Keep an ABC type fire extinguisher in or near your kitchen so that it is easily accessible and NEVER attempt to use water to put out a grease or oil fire.

If you cannot extinguish the fire quickly, get everyone out of the house immediately and call 9-1-1.

- Keep your stove top and nearby counter tops clear of clutter; especially combustible material such as paper towels, wooden utensils, and food packaging.
- Avoid wearing loose-fitting clothing while cooking that could come in contact with the stove and catch fire.

By following these cooking safety tips, you can greatly reduce the risk of fire to you and your loved-ones. We hope you have a safe and enjoyable fall season.

LEAVING A POT ON THE STOVE CAN BURN MORE THAN JUST YOUR DINNER.

ALWAYS STAY IN THE KITCHEN WHILE COOKING.

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GRCA unable to reach licence agreements with snowmobile clubs

A number of options that have been explored by both the GRCA and the clubs, including:

- further review of the revisions requested,
- a reduced trail network, and
- the option that the clubs obtain additional insurance coverage.

The additional coverage explored included a package to cover the obligations as stipulated in the original agreements or a package that would respond to incidents involving non-snowmobilers that could be attributable to the action/lack of action undertaken by the clubs.

The GRCA remains unable to agree to the clubs' requested revisions. In order to accept the revisions, the GRCA would need to develop an enhanced risk management program to mitigate the GRCA's obligations, liability and risk.

This would require additional inspections, signage, equipment and staffing needs, resulting in increased costs to the GRCA.

Currently, the GRCA does not have the framework, resources or capacity to

implement such a program.

The majority of the trails where snowmobiling was permitted under the agreements are multi-use trails located on passive lands. These GRCA properties do not generate revenue and are not staffed.

Typically, these increased costs would be compensated through increased licence fees. The snowmobile clubs' licence fees were minimal and reflective of the GRCA's risk and obligations under the original agreements.

With increased risk, there is also potential for additional increased costs for insurance premiums in the event of a claim or if a claim exceeds coverage.

"Through the licence agreements, the GRCA and the snowmobile clubs, together with the clubs' dedicated volunteers, have provided a valued outdoor recreation experience on GRCA properties for many years," says Helen Jowett, GRCA Chair.

"While we would like to reach an agreement with the clubs, we must also consider other factors associated with the changes they have proposed."

The GRCA would consider permitting a reduced trail network if the clubs were to consider modifications to their requested revisions and obtain additional insurance. A review of the licence fees may also be required.

Without the licence agreements in place, snowmobiling will not be permitted on GRCA lands during the 2020-2021 season.



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- Jody W. (Puslinch)



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HALF BAKED

Getting conscious of physical health

By Merri Macartney

It has been about two weeks since I got my fitness tracker. It has been a game changer for me in terms of my activity level.

I have become more aware of how sedentary I am. Most of my daily work involves sitting at my desk, working on my computer.

Attention to emails, keeping up with what my clients need, doing homework for an online course has been my norm. Good for the brain but not so good for the bod!

With my fitness tracker, it is set up to record 250 steps an hour for a nine-hour day. That is what is suggested as good practice. Yes! I can work with that, but time becomes my enemy as it just flies.

Before I know it, a silent buzz tells me I have just ten minutes to get those steps in. Now, it isn't a rule that I get all nine done; but it does make me try.

So, I get up, go downstairs and make the rounds. First the kitchen, then round the dining room table and back to the kitchen. Having a big island makes it easier to keep the momentum going. Even the dog joins me on this "walk". Oh, there's the buzz. Excuse me. I'll be right back.

The part I am not doing so well on is getting the 10,000 steps a day in. Whose idea was that? And yet my friend says she does this during her normal workday. She is not alone. One day when I was in a retail store, one of the employees said he did about 30,000 a day. Boggles my mind!

However, it was time to become conscious of my life choices and being more active was one of them. I live out in the country with no sidewalks on my extremely busy road, so I bought an orange safety vest. Like the buzz of my tracker, it hangs where I can't escape its call to don my runners and go walking.

Can I do 10,000 steps? Only if I get

away from my desk and out of the house. Even if I don't do it daily, anything is better than nothing.

One of the features that I especially like is the tracking of my sleep. I am curious to find out how much sleep I get in each of the stages: light, deep and rem. It also gives me a score and mostly I am in the "good" category.

It also shows me how much time I am actually awake during the night. Many times it shows that I have been awake and didn't know it.

For a long time, I had dismissed getting such a thing. My first thought was that it would be too pricey, but alas it wasn't.

It has been well worth it as wearing it night and day has definitely brought my physical health into my consciousness.

Now is the time for me to take action before I can't and live to regret it. How about you? What keeps you conscious of your health?

Merri Macartney is a speaker, author, coach and can be reached at www.merrimacartney.com



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Remarkable Puslinch people

Justice John Idington
Justice of the Supreme Court of Canada

By Marjorie Clark

John Idington's grandparents, John Idington and his wife, Margaret Johnstone, natives of Berwickshire, Scotland, emigrated to Puslinch with their grown family in the fall of 1833.

They settled on lot 36, rear of concession 8, in the Badenoch section of the Township, where the family remained until 1853. Their third child was Peter Idington, who was born in Westruther, Berwickshire in 1806.

Peter Idington married Catherine Stewart of Flamborough in 1839 and on October 14, 1840, a son, John, was born in Puslinch. In 1853, the family moved to Waterloo County, near Fisher's Mills and remained there until 1879.

A brilliant scholar, John Idington attended primary school in Puslinch and secondary school at Galt Collegiate, under the renowned Dr. Tassie's tutelage.

He studied at the University of Toronto, graduating with an LLB in 1864. After being called to the bar, he joined Robert MacFarlane, M.P. in his practice in Stratford, Ontario, commencing a long, distinguished career.

Robert MacFarlane died in 1872, leaving John Idington with a large practice.



John was appointed a Provincial Crown Attorney in 1876. He served as a Crown Attorney and Clerk of the Peace of Perth County from 1879. In 1885, he was created a Dominion Crown Attorney.

He was elected President of the Western Bar Association in 1894-1895. On January 18, 1886, he became solicitor for the City of Stratford. In 1887, he was elected the first President of the Perth County Law Society.

He was appointed a Judge in the Ontario Supreme Court in March 1904. Only eleven months later, on February 10, 1905, he was appointed to the Supreme Court of Canada, where he served for 22 years.

He came to be recognized as an outstanding legal authority and adjudicated on nearly all of the most important cases in the country. His work was marked by industry and individuality.

He took stands for the rights of women

and racial minorities and opposed conscription to the armed forces in 1918, during World War I.

Aside from his illustrious legal career, when Stratford was incorporated as a city in March 1885, John Idington was chosen to deliver the keynote speech at the banquet held on July 22nd.

He served as a director of the Western Ontario Trusts Company and a member of the Stratford Hospital Trust Company. An active member in the Reform Party, he was also President of the North Perth Reform Association.

On September 25, 1866, while practicing in Stratford, he married Margaret "Maggie" Colcleugh of Mount Forest.

They had eleven children: Peter Stewart (1867); George A. (1871-1871); Flora Colcleugh (1871); John J. (1872-1872); Janet (1876); Margaret (1878); twins, Walter and Malcolm (1880); Agnes (1882-1882); Catherine (1883) and John (1887), who became a barrister in Toronto.

Justice Idington retired on March 31, 1927, after Parliament passed a law to legislate the mandatory retirement and pensioning of judges of the Supreme Court at 75 years of age.

He died February 7, 1928 at age 87 and was buried in Avondale Cemetery in Stratford.

For more detailed information on the career of Justice John Idington, please see the writing of Gordon Bale on the website, *Dictionary of Canadian Biography*.



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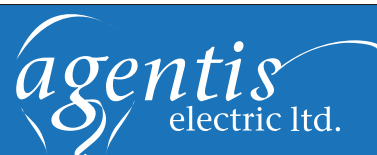
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Cook's Corner

By Barbara Paterson

Ready or not autumn is here and we turn our attention to warming soups and stews. This recipe makes use of favourite fall vegetables.

Cauliflower & Cheddar Soup with quick Salsa Garnish



- 3 tbsp. butter
- 3 tsp. olive oil
- 1 onion, chopped
- 1 carrot, peeled and chopped
- 2 celery ribs, chopped
- 1 cauliflower, broken into florets
- 1 potato, peeled and chopped
- 3 tbsp. fresh thyme
- 8 cups chicken stock
- Salt & pepper, to taste
- 1/2 cup sharp cheddar cheese

For Salsa

- 2 tomatoes, finely chopped
 - 4 tbsp. finely chopped green pepper
 - 3 tbsp. chopped fresh cilantro or parsley
 - 6 tsp. finely chopped red onion
 - 6 tsp. red wine vinegar
 - 2 tsp. cumin
 - 4 tsp. olive oil
1. In a large pot, melt butter with oil. Add onion, carrot and celery and cook for a few minutes, stirring frequently, until vegetables start to sweat.
 2. Add cauliflower and cook for 5 more minutes with lid on.
 3. Add potato, fresh thyme and chicken stock; season lightly with salt and pepper. Bring soup to a boil, then lower heat to simmer for 30 minutes.
 4. For salsa: In a small bowl, combine tomatoes, green pepper, cilantro, red wine vinegar, cumin and oil. Season with salt and pepper. Set aside.
 5. After 30 to 40 minutes, add cheddar cheese to soup, stirring until melted.

6. Remove soup from heat and blend into a puree.
7. Serve soup with a garnish of salsa.

A nice accompaniment to the soup!

Cranberry-Orange Scones

- 1½ cups all-purpose flour
- ½ cup oat bran
- ½ cup dried cranberries, chopped
- 1/3 cup packed brown sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ salt
- 1 cup buttermilk or plain yoghurt
- 2 tbsp. butter, melted
- 2 tsp. grated orange zest
- ½ tsp. vanilla
- 1 egg, for glaze



1. Grease a large baking sheet and set aside.
2. In a large bowl, combine flour, oat bran, cranberries, brown sugar, baking powder, baking soda and salt.
3. In a medium bowl, whisk together buttermilk, butter, orange zest and vanilla.
4. Add wet ingredients to dry ingredients. Stir until a soft dough is formed. Add a bit more flour if dough is too sticky. Turn dough out onto a floured surface.
5. Divide into 2 pieces. Shape each piece into a ball. Place balls on baking sheet. Roll out or pat dough to ¾" thick circles, about 6" in diameter.
6. Using a sharp knife, cut each circle into 6 wedges, but do not separate them.
7. To make glaze, lightly beat egg and 1 tbsp. water in a small bowl. Brush glaze lightly over top of dough. (You will use less than half of it).
8. Bake for 15 - 17 minutes at 400°F until scones are puffed up and golden. Cool slightly. Pull scones apart and serve warm.

Religious Services

In these ever-changing times, it is wise to double-check the website to determine if in-person services are happening or the event is taking place.

ARKELL UNITED CHURCH

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Rev. Deborah Deavu
Until further notice, due to COVID-19 restrictions, there are no Sunday worship services at Arkell United Church. See the church's website for updates. To receive weekly services via email, send a message to arkellunitedchurch@hotmail.com.

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.

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We are continuing to remain closed but are holding online services every Sunday at 10:30 am on our Facebook page. "Mount Carmel-Zion United Church"

Be sure to "follow us" and keep up on all resources, music and new updates being shared. We would love for you to join in!

Continued support of Chalmers CSC donations are welcomed.

The Christmas Bazaar and Seniors lunches have been cancelled for the remainder of this year and we hope to resume next year.

Updates on our reopening will be determined after Thanksgiving.

October 2020

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1565 Brock Road, (Brock Rd & 8th Concession West) Freelton, ON L0R 1K0

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.

SUNRISE LITTLE BREECHES AND MINI MOMENTS

Sunrise Therapeutic is excited to announce two NEW PROGRAMS with available dates weekdays and Saturdays beginning in **September!** **Little Breeches** (ages 4-7) will run 9am-12pm and **Mini Moments** (ages 7-11) from 1pm-4pm. Located on our 100 acre farm these programs will provide outdoor enrichment, skill building and more! Contact lydia@sunrise-therapeutic.ca

SUNRISE NEW PROGRAM

For fun and learning: Equine Assisted Learning participants work with horses to improve communication, leadership, team building and problem solving using objectively driven exercises. No horse experience required. Great for families, friends, sports teams, date/ladies night, youth groups and corporate groups. Contact suzy@sunrise-therapeutic.ca.

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

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BOOKING AGENT FOR DUFF'S CHURCH

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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.

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