



## Sunrise celebrates 40th anniversary

By Anne Day

Back in 1982 when Ann Caine and her daughter Nicola started Sunrise, neither had any idea of just what they were starting. Using the facilities at Circle C Ranch in Puslinch, "We had five riders with cognitive disabilities, a borrowed horse and two ponies" confesses Ann. Nicola ran the part time program for 15 years which later became a full time-year round program.



*Ann C with Trooper and Sam looking on*

From those humble beginnings, Sunrise would move four times before the farm, where it is now located, was purchased in 1996. Since then they have served hundreds of adults and children.

"We have up to 145 riders a week from September to June, including six schools that bring students from special education classes," shares Ann. During the summer months, Farm Discovery Camps and Riding Camps are offered, with up to 50 campers on site every week day, and around half are campers with disabilities.

Ann was on the board since its inception and then joined staff in 1996 as Executive Director, and on her retirement in 2015, returned as President of the Board. Today there is an executive director, six full time instructors, and a part time maintenance co-ordinator. There are usually 35 leaders in training each summer, and close to 300 volunteers support the programs year-round.

On average 3,368 hours of riding lessons are delivered annually, as well as on-ground grooming sessions, Equine Assisted Learning (EAL) sessions which focus on team building, lowering anxiety and mental/emotional well being. A life skills program for school graduates with disabilities is also offered.

While the majority of the participants come from Wellington County, the program draws clients from across South Western Ontario. "Children and adults are referred by their family doctor," explains Ann. The children are assessed and come with a wide range of special needs – cognitive, FASD, high anxiety, ADHD, Downs Syndrome, Autism, as well as physical disabilities such as Cerebral Palsy, head injury, and many other diagnoses.

Most parents want their children to make friends and experience



*Early days Guelph lake Rider Shawn K with Program Director Nicola*

being socially accepted because children with disabilities experience a great deal of isolation and alienation. But at Sunrise everyone is valued and accepted.



*Cadbury with Rider since childhood Brooke F  
Now a Life Skills participant*

"It is wonderful to see the impact our program can have on children," reports Ann. For example, one three year old girl who couldn't crawl or walk and when she was first put on a horse she just lay forward and had to be carried from place to place. Fast forward to today, and she can now sit upright on the horse, uses a walker on her own and can now stand and sit without assistance.

"To sit on a 1,000 pound horse and feel in control, maybe for the first time in their lives, is a transforming moment. It's my passion to have the privilege of working with such a wonderful community of people from whom I have learned so much – and continue to do so."

*Throughout the year, the 40th Anniversary will be celebrated and Sunrise will launch the quiet phase of a capital campaign to build residential facilities, meeting a much-needed gap in service for people with disabilities.*

# Editorial

This year marks the 40th anniversary for a couple of Puslinch mainstays – Sunrise Therapeutic Riding and Learning Centre and the Puslinch Junior Garden Club.

Congratulations to both – programs that pass the test of time usually survive because of strong and committed leadership. Thank you to Ann Caine and Maryann Hohenadel for your dedication.

In this issue, we also want to welcome two new columnists. First, Dr. Laura Brown who will be providing useful information to keep us healthy. This month she focuses on the value of Vitamin D. Second, Julia Preston who will be bringing different activities to get us outdoors with our families.

We are also providing summaries of the budgets approved at the County and Township levels.

And yet again we are questioning what is happening, or more to the point, not happening with the Highway 6 Bypass? This is a long-standing issue in Puslinch, one that we thought had been solved. But maybe not.

Have a good month.

Anne Day

## 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](http://www.puslinchpioneer.ca)

Unless otherwise stated, the deadline for submission is the 2nd Friday of the month. Next deadline is **Friday, March 11, 2022.**

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

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# Council Clips

## Clair-Maltby Secondary Plan:

Guelph City responds to Council's concerns around traffic, road network, urban-rural transition area, hydrogeology and building heights of the Clair-Maltby urban expansion area.

## Wellington Road Master Action Plan Approved:

Provides a long-term plan for County roads and identifies the transportation network improvements required to accommodate the County's population and employment growth over the next 20 years.

Council requests socioeconomic factors and quality of life of residents be included in their vision statement.

## Social Media Program:

The Township has launched its corporate Facebook and Twitter pages, providing another way for the Township to deliver timely information to the public.

## "Road Diet" Design Through Aberfoyle:

Council hesitant on County's proposed "road diet" being the conversion of the existing four lane cross section.

It consists of the two travel lanes in each direction between Wellington Road 34 and Gilmour Road, merging into a single travel lane in each direction with a two-way centre left turn lane and a parking lane.

## County Growth Structure:

Wellington County proposed official plan amendment, includes identification of a new economic development study area and identification of the historic hamlet of Puslinch.

## Township Budget:

Council considers its budget with a Township tax increase of 3.83% with a blended tax increase of 2.03%.

This amounts to another \$19 per \$100,000 of assessment. Four % cost of living increase for staff was approved.

Allocation of \$5,000 to facilitate inspection of community centre roof prior to proceeding with replacement of ceiling tiles.

## High Speed Internet:

Council authorized letters to our local MP and MPP requesting their support in expressing the Township's frustration to the Ministry of Rural Economic Development over their delay in announcing the approval of Universal Broadband Fund projects.

## Aggregate Resources Act:

The Ministry of Northern Development, Mines, Natural Resources & Forestry is proposing regulatory changes under the Aggregate Resources Act to harmonize with new provincial requirements under the Environmental Protection Act for soil that is moved during construction activities to another site for a beneficial reuse.

Township consultants to provide comments.

## Year of the Garden:

Council received a delegation presenting the Year of the Garden 2022 celebrations and inviting Council to proclaim 2022 as the Year of the Garden in Puslinch in celebration of the ornamental horticulture sector's centennial year.

## Municipal Insurance:

Council authorized the renewal of the municipal insurance coverage and services contract to Marsh Canada Limited for the 2022 year at the quoted cost of \$148K plus taxes.

## Howitt Memorial Cemetery:

Council authorized the transfer of ownership of the Howitt cemetery from the Western Ontario Waterways Regional Council to the Township for nominal consideration and costs.

## Brock Road Crosswalk:

Staff will continue to work with Wellington County to implement additional measures at the crosswalk requesting enhanced and ongoing enforcement by the OPP and MTO in Aberfoyle corridor and supports the County implementing this location as a community safety zone.

## Heritage Committee:

Puslinch cemeteries were highlighted in a publication written by committee member.

Abandoned heritage properties report was received and review of property standards by-law.

# County budget approved

Wellington County Council has adopted its 2022 budget with a 2.0% increase to the County portion of property taxes to focus on core services.

## Highlights

Significant investment in roads capital infrastructure and public works facilities over the next ten years.

To include a \$41.2 million investment in facility upgrades and updates to the Aberfoyle public works facilities throughout the forecast.

Continuation of Rural Broadband investment to complete the gigabyte fibre optic buildout. A municipal contribution of \$4.0 million over five years, which began in 2021 and will continue from 2022-2025.

Implementation of the Climate Change Mitigation Plan for the County of Wellington.

Land Ambulance service expansion that will add a new 12-hour shift to improve response times across Wellington County.

Affordable housing property acquisition for future development to assist with meeting community needs.



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**Council Meetings (519) 763-1226**  
Council Meeting March 2nd at 10am  
Planning and Development Advisory Committee, March 8th at 7pm  
Council Meeting March 23rd at 10am  
Public Information Meeting March 23rd at 7pm  
Please check the Council Calendar at <https://puslinch.ca/calendar/> as meetings may be subject to change.

**Library Hours (519) 763-8026**  
For current hours and services, please call Puslinch Branch at 519.763.8026 or visit us online at [www.wellington.ca/Library](http://www.wellington.ca/Library).

**Optimist Recreation Centre Hours**  
The Optimist Recreation Centre Rink and Gymnasium are open. For the 2022 Skating Schedule, the Gym schedule and current rules and restrictions, please visit our Recreation and Leisure Calendar page at <https://puslinch.ca/culture-recreation/festivals-events/recreation-and-leisure-calendar/>. For more information on our facilities, please visit our Community Facilities page at <https://puslinch.ca/culture-recreation/community-facilities/> or email [services@puslinch.ca](mailto:services@puslinch.ca).

**Historical Society Archives**  
Saturdays 12 noon - 3 pm or for appointment email [ardyne.farm@sympatico.ca](mailto:ardyne.farm@sympatico.ca) or 519-822-8559.  
WDG COVID restrictions apply.

**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)



# Vitamin D shines

By Dr. Laura Brown, ND



Photo from Unsplash

Vitamin D is made naturally in the body when summer sunshine absorbs into skin. Because the sun is lower in the sky October through May, our stores of vitamin D deplete in winter months.

A simple supplement can help keep levels healthy.

It takes about thirty to sixty minutes of unprotected sun exposure between the hours of 10am to 2pm in the months May to September to make 1000IU of vitamin D in your body.

Amounts vary based on quantity of skin exposed and colour of skin. Fair skinned people absorb much quicker than dark skinned people.

## Why the “sunshine” vitamin is important

There are vitamin D receptors all over your body. Below are few reasons, and there is so much more to consider!

### Vitamin D and Bones

Vitamin D3 helps your bones absorb calcium and phosphorous. This makes bones strong. When combined with K2, D3 and a mineral matrix like calcium and magnesium, the K2 helps get the minerals into the bones.

### Vitamin D and the Gut

Vitamin D is responsible for pulling together the gap junctions, or spaces between the cells lining the gastrointestinal tract.

It helps heal and prevent leaky gut, inflammatory bowel disease and may even help reduce risk for colorectal cancer.

It also helps promote a healthy microbiome, especially those microbes that make the B vitamins.

### Vitamin D and Immune

Vitamin D reduces severity of respiratory tract infections. Specifically, it

tightens mucosal barriers which protects us from infection.

Research recently shows populations at highest risk of COVID are also at highest risk of vitamin D deficiency.

Patients with COVID-19 with low vitamin D have higher levels of inflammatory markers like D-dimer, interleukin-6, and C-reactive protein. Talk to your doctor if you are concerned.

### How much Vitamin D do you need?

Vitamin D3 is a hormone. Hormones have a happy level – like Goldilocks-not too high, not too low. You want it just right.

I like to see levels around 120 nmol/L. Be careful when you look at numbers quoted on American literature because they use a different measurement of ng/mL.

If you get sick at all, you will consume your stores more rapidly. I dose according to the blood level, the health of the patient and the season.

Please dose responsibly. This article is not intended as medical advice. Please seek individual medical advice from your preferred medical professional.

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# Morriston Bypass - priority or phased in project?

By William Knetsch

I live on the busiest and most congested two-lane highway in Ontario. This is Highway 6 South in Morriston. Over 25,000 vehicles per day have been forced through a reduced two lane roadway through our small village for decades now.

On March 30, 2016 the Ontario Provincial Government finally announced and promised to start constructing the Morriston Bypass in 2019.

Then the Conservative Government came into power and other projects became a priority like the highly controversial Bradford Bypass and Highway 413 projects.

These projects have serious opposition from environmental and other groups. Meanwhile the Morriston Bypass has been a project ready to go for "shovels

in the ground" for many years and has resounding support on many levels.

One level is the Morriston Bypass Coalition. This Coalition consists of major cities, townships, counties, major industries and a letter was sent on May 11, 2020 to the Ministers of Economic Development and Finance urging that the Bypass start without delay.

Apparently "With respect to funding and schedule, provincial priorities can change over time and this project is currently being funded based on the phased approach."

Whatever that means.

It leaves many questions unanswered, like why was the Bypass project downgraded? When will government funding be put in place to complete all phases? What are the schedule and timelines for all the phases?

Letters have been sent to local politicians, and meanwhile Morriston awaits the answers.

To share your views, contact our provincial politicians  
[ted.arnottco@pc.ola.org](mailto:ted.arnottco@pc.ola.org)  
[minister.mto@ontario.ca](mailto:minister.mto@ontario.ca)  
[premier@ontario.ca](mailto:premier@ontario.ca)

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## Senior of the Year Award - Call for Nominations

The Township of Puslinch is seeking nominations to recognize the dedication, accomplishments and outstanding contributions made to our community by one of Puslinch's remarkable seniors (65 years and older). Nominations will be accepted until March 28<sup>th</sup> at 4:30 PM

To nominate a senior please visit our website at  
[www.puslinch.ca/senior-of-the-year-award](http://www.puslinch.ca/senior-of-the-year-award)

For more information, please contact the Township of  
Puslinch (519) 763-1226 or [admin@puslinch.ca](mailto:admin@puslinch.ca)





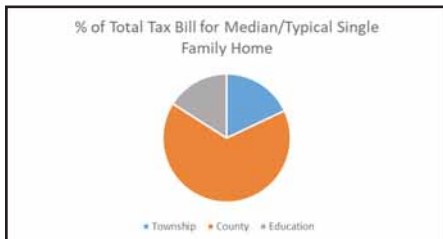
# Township budget approved

The Council of the Township of Puslinch approved its 2022 Operating and Capital Budget with a 3.83% tax increase.

For the typical Puslinch residence assessed at \$604,700, the increase represents a \$40 annual increase for the Township portion of the property tax bill.

The increase per \$100,000 of residential assessment value is approximately \$7 annually for the Township portion of the property tax bill.

Taking into account the County of Wellington's 2022 Budget and the 2022 Education Tax Rate, the blended tax impact for the typical Puslinch residence assessed at \$604,700 is 2.03% or \$116 annually. The blended tax increase per \$100,000 of residential assessment value is approximately \$19 annually.



## 2022 Budget Highlights

Increase in operating costs due to enhanced service levels related to the addition of a full-time by-law enforcement officer, addition of a full-time equipment operator, and addition of a part-time crossing guard.

Increase in operating costs due to increases in the Ontario Minimum Wage, 2022 Municipal Election, and insurance premium costs.

Contributions of \$1,725,750 into Discretionary Reserves for future projects and equipment including contributions of \$207,800 for future gravel road improvements.

Over \$1,879,430 invested in roads, bridges culverts, and storm water management facilities to maintain a safe and efficient transportation network across the Township.

Improvements to Leslie Road West, Kerr Crescent Stormwater Management Facility, Carriage Lane Stormwater Management Facility, Gilmour Culvert, Little's Bridge, Concession 1 Culvert, and Concession 7 paving.

Enhancements to Township parks and facilities: Puslinch Community Centre Park Renovation and Upgrade, Replacement of Morrison Meadows Bleachers, LED lighting upgrades at Township facilities, and Municipal Office upgrades.

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# Puslinch Junior Garden Club celebrates 40 years

By Barb Bulmer

In 1981 the Aberfoyle Agricultural Society sponsored a new program: Puslinch Junior Garden Club.

The idea was to teach the art and benefit of gardening, and to encourage participation in the Fall Fair.

Russell and Edith Inglis along with Betty Jefferson, Jack Forestell, Gill Mahnke and Doug Mast established the club; twenty-two children joined that first year.

Maryann Hohenadel took over the club leadership in 2006. She says the garden specifications are the same now as they were in 1981: for grades 1 through 8; garden plot 3m x 4.5m; gardeners are given the seeds and learn to grow tomatoes, potatoes,



peppers, carrots, beets, onions and flowers.

Maryann always tells the kids, "You will learn what a little seed can do for you."

Gardens are inspected in July and August and points are assigned for progress and success, and they learn how to present their vegetables and flowers for judging at the Fall Fair.

In 2008 Maryann added making a scarecrow to the program and the kids have fun making some very creative and unique scarecrows.

"This year", Maryann says, "we plan to wrap up the season with a

banquet to celebrate members' gardening achievements, and to recognize the founding leaders and others who volunteered a great deal of time over the past 40 years to teaching Puslinch children a valuable life-skill for a life-time."

Gardening is exercise! It uses every muscle group, and research has shown that it relieves stress and promotes a positive state of mind.

It is an activity you can use anywhere, anytime, and at almost any age. If you don't have a plot you can grow almost anything in a pot!

Maryann said some of her "senior" gardeners were unable to complete their last year due to pandemic restrictions.

She wants you to know that you are very welcome to return this year and complete the program.

Registration for this year's Garden Club is the 1st week of April by calling Maryann at 519-763-9849.

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# Family Activity – March

By Julia Preston 226-972-4479



Spring officially arrives this month. While at times March may not feel very spring-like, there are lots of ways to get outside, celebrate the season, and enjoy our beautiful Puslinch environment. Here are some ideas:

### One week weather tracking

See how the weather is changing as spring arrives. Spend some time outside every day and notice what you feel. Make note of whether it's sunny or cloudy, rainy or clear, warm or cold.

Young children can draw pictures. Older ones can record the temperature and predict what might happen tomorrow.

Watch a puddle disappear (or refreeze) and talk about where the water goes and the importance of clean water.

Go for a spring scavenger hunt to look for signs of spring. Melting ice, nests, buds, shoots. Who will spot the first robin?

### Hike of the month

In honour of the third month of the year, head out for a 3km hike. Walk around your own neighbourhood or try out a new trail. Tune into your surroundings and explore.



## Notice re: Tennis in Puslinch

Given the ongoing pandemic over the last two years, there have been a number of limitations and restrictions applied to various facilities and activities. Understandably, the tennis club was not operating during this time, and as a result, the Township decided to open the tennis courts and make them available for use, free of charge, in an effort to provide recreation opportunities for the community during a time where indoor activities were limited. Previously, access to the courts was available only by becoming a member of the Puslinch Tennis Club and paying a modest annual fee.

The Township has been notified by the Tennis Club that they have made the decision to cease their operations and programs. The Puslinch Tennis Club has indicated that they intend to transfer their remaining funds collected over the years to the Township of Puslinch. The Township will use these funds toward the rehabilitation of the tennis courts.

If any group wishes to reserve the courts for an organized tennis event, they should contact the Township at 519-763-1226 or [services@puslinch.ca](mailto:services@puslinch.ca)

An advertisement for Superior Memorials. It features two gravestones in the foreground: one for OLIVEIRA (MARRIA, APR. 22, 1906, NOV. 23, 2004) and one for PLOURDE (CHARLES GORDON, JULY 8, 1908, APRIL 4, 2008; DOROTHY ANN, JULY 5, 1919, MARCH 1, 2008). The background shows a cemetery with trees. The text reads: "Excellence, Professionalism Because We Care". Contact information for two locations is provided: DUMFRIES SUPERIOR MEMORIALS (519-650-0190, 670 Fountain St. N., Cambridge) and FARNWORTH SUPERIOR MEMORIALS (519-763-4567, 755 Woolwich St., Guelph). A red banner at the bottom says "Bring in this AD to receive 10% off your memorial" and the website www.superiormemorials.com is listed.





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# News from Crieff Hills

As of February 21, Crieff Hills is back and open for business.

## New chef Matthew Foote

Living in nearby Cambridge, Chef Matthew has an extensive history at restaurants and inns in Ontario, including Elora Mill Inn, Langdon Hall, Oliver & Bonacini and Borealis, as well as catering with Little Mushroom Catering.

He loves fresh, local food and is very excited to cook with ingredients grown right here on the property.

## Farm expansion

They now have nine Soay sheep, 25 chickens and a cage full of quail. This summer their vegetable production will be expanding. For the first time in years a seasonal farmer will begin this month planning the back garden, and



a new weekly CSA – vegetable-box subscription.

## Green initiative

This winter we will be replacing all of the florescent light fixtures with LED panels. No ballasts or bulb changes means less waste and they only use about one-third of the energy of the old lights.



## Dove House at Crieff Hills

The restoration of the historic Dove House has been underway for a couple of years now. With three new bathrooms, refinished floors and stairs and a kitchen upgrade, guests should be able to enjoy the house in April.

## Online auction

Keep an eye out for information on their upcoming online auction.



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# Cook's Corner

By Barbara Patterson

*A tasty soup for a blustery March day. When served cold, it becomes the classic Vichyssoise which is wonderful on a hot summer day.*



## Potato & Leek Soup

- 1 tbsp. olive oil
- 3 large leeks, trimmed and chopped\*
- 1 clove garlic, finely chopped
- 3 large potatoes, peeled and diced
- 1 carton (900 ml) sodium-reduced chicken stock
- 1½ - 2 cups evaporated milk (Carnation)
- 1 tsp. chopped fresh thyme, or pinch of dried

- ½ tsp. pepper
- Salt to taste
- Extra old cheddar cheese for garnish

1. Heat oil in large saucepan. Add leeks and garlic. Cook gently for 5 - 7 minutes. Add diced potatoes and mix well.
2. Add stock and bring to boil. Add thyme, pepper and salt. Reduce heat and simmer gently for 20 minutes, or until the potatoes are tender.
3. Puree soup with hand-held blender or put in food processor or blender.
4. Return to burner and heat thoroughly. Serve garnished with cheddar cheese or green onions.

Note: \* 3 medium yellow onions can be substituted. I did, with good results.

When served cold, garnish with chives or green onions.

*To accompany the soup try this very simple recipe for biscuits. If you use self-raising flour (which the original recipe called for), you only have three ingredients because self-raising flour contains baking powder and salt.*

## Tea Biscuits



- 2 cups all-purpose flour
- 4 tsp. baking powder
- ½ tsp. salt
- 3 heaping tablespoons mayonnaise
- 1 cup milk

1. Mix together flour, baking powder and salt.
2. Add mayonnaise and milk. Mix well.
3. Knead until the dough is elastic-like. Add a little more flour if the dough is too sticky to handle.
4. Form into 12 balls and put in a greased muffin tin.
5. Bake at 350°F for approximately 18 minutes.



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## March Break 2022

Join us for March Break 2022 as we collect clues, tackle puzzles, and embrace our inner spy!

Pick up special activity kits and check out more fun activities in-branch. Plus, sign up for virtual science workshops with Scientists in Schools. Monday, March 14 – Friday, March 18

## Take-and-Make Kits

Get creative with activity kits for all ages! Contents may include a hands-on activity, activity sheets, and suggestions for additional library resources. Pick up at your local branch on a first-come, first-served basis.

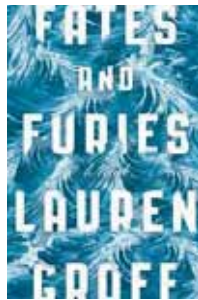
## Story Time at Home (All Ages)

Join us virtually for live songs, stories, rhymes, and activities aimed at developing your child's early literacy skills.

Pre-registration is required to receive a kit and virtual meeting link. If you would like to join us from another branch, please let the hosting branch know upon registration. Wednesday, March 2 - 30 at 11:00am

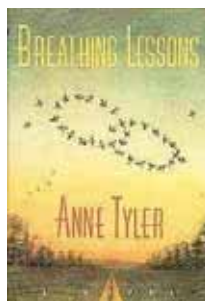
## First Friday Book Club (Adults)

Discussing *Fates and Furies* by Lauren Groff. Please contact branch staff for meeting details. Friday, March 4



## Third Tuesday Book Club (Adults)

Discussing *Breathing Lessons* by Anne Tyler. Please contact branch staff for meeting details. Tuesday, March 15



## Just for You from WCL

Wondering what to read, watch, or listen to next? Wellington County Library staff are here to help!

Tell us what you love and we'll hand-pick a selection of titles for you to borrow. For more information, visit [www.wellington.ca/JustForYou](http://www.wellington.ca/JustForYou).

While you're waiting for Just for You selections, check out this list of new books at the library.

## Fiction

Alexander, Ellie	Bake, Borrow, and Steal
Gailey, Sarah	Upright Women Wanted
Hore, Rachel	A Beautiful Spy
Lowell, Joanna	The Runaway Duchess

Lutz, Lisa	The Accomplice
Manansala, Mia	Homicide and Halo-halo
Randel, Weina	The Last Rose of Shanghai
Snow, Jennifer	Alaska Dreams
Taylor, David	L.A. Burning
Wilkerson, C	Black Cake

## Non Fiction

Brown, Leanne  
Good Enough a Cookbook: Embracing the Joys of Imperfection and Practicing Self-care in the Kitchen

Co Chua, Carla  
Creative Acrylics: A Step-by-step Beginner's Guide to Creating with Paint & Mediums

Doucette, Bre  
The Gift of Home

Douglas, John E.  
When A Killer Calls: A Haunting Story of Murder, Criminal Profiling, and Justice in A Small Town

Hallam, Andrew  
Balance: How to Invest and Spend for Happiness, Health, and Wealth

Halliday, Thomas  
Otherlands: Journeys in Earth's Extinct Ecosystems

Heath, David  
Longshot: The Inside Story of the Race for a COVID-19 Vaccine

Jallow, Toufah  
Toufah: The Woman Who Inspired an African #MeToo Movement

McGee, Haley  
The Ex-Boyfriend Yard Sale: Finding A Formula for the Cost of Love

Snel, Eline  
The Little Frog Awakes: Mindfulness Exercises for Toddlers (and Their Parents)

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## Year of the Garden 2022

By Barbara McKechnie

In honour of the ornamental horticulture sector's Centennial year in Canada, the federal government has proclaimed 2022 as "Year of the Garden" – a year-long celebration that encourages municipalities to celebrate Canada's rich garden heritage, vibrant culture, and contribute to our future sustainability.

A follow-up initiative spearheaded by the *Canadian Garden Council and Communities in Bloom* to get citizens

involved and "Live the Garden Life" has inspired over 40 cities across Canada to proclaim "Year of the Garden" in their communities.

There's been a renewed interest in gardening, particularly in recent years, as more Canadians began to plant gardens in response to food insecurity and foster a sense of control in unprecedented times.

A follow-up initiative spearheaded by the *Canadian Garden Council and Communities in Bloom* to get citizens involved and "Live the Garden Life" has inspired over 40 cities across Canada to proclaim "Year of the Garden" in their communities.

### Guelph-Wellington Master

**Gardeners presents** Year of the Garden 2022 – a year-long celebration of events in Guelph-Wellington, featuring:

- Monthly Speaker Series - local experts
- Open Garden Series: public and private garden walks and tours
- Children's events and activities

- Educational programs with the Guelph Public Library
- Demonstration workshops
- Photo contests and garden showcase via Instagram and Facebook
- Day at the Roots and Shoots Garden at the Arboretum
- Map and information on local public gardens

### Other ways to get involved and Live the Garden Life!

- Plant red and show your Canadian garden pride
- Join a community tree-planting event
- Register your garden as a 2022 "Celebration Garden"
- <https://www.communitiesinbloom.ca/?s=celebration+garden&lang=en>

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# NATURALLY SPEAKING

## In search of the ancients – the Black Oaks of Vineland

By Marion Robertson



Photo credit. Pennsylvania German folklore society of Ontario

Our trekking brought us to Vineland to the oldest Mennonite church in Canada. In 1786, after the American revolution, Mennonites immigrated from Pennsylvania to Ontario due to concerns over religious freedom.

As pacifists, they were afraid of religious persecution or being conscripted into the US colonial militia.

Also, there was dwindling good farm land in Pennsylvania but vast amounts in Ontario.

The main west migration trail had a stop over point near Twenty Mile creek. One of the immigrating families had lost a child on their journey to Ontario and buried the child at this resting point.

This point was the beginnings of the Vineland Mennonite church and the one-acre burial area.

And it is this historic cemetery associated with the Mennonite Church that we searched.

Throughout this old cemetery are 200 + year old black oaks. They tower over the gravesites of the early colonists to the Twenty Mile creek area.

Of interest are the black oaks shading the Rittenhouse family plot.

Moses Rittenhouse (1846 – 1915) was born in Vineland but moved to Chicago in 1864 to make his fortunes in lumber. But he never forgot his roots and donated monies back to his community.

He is famous throughout the Niagara region for being a co founder of the Vineland Research station. He donated the land for the research station that is renowned for its research on tender fruit production.



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Minister: Rev. Margaret Ruggles

519-822-8610

[www.morrisonunitedchurch.com](http://www.morrisonunitedchurch.com)

Email: [morrisonunitedchurch@gmail.com](mailto:morrisonunitedchurch@gmail.com)

• Sunday Worship in person 10:30 am.

Service is live streamed on our Facebook

page.

Monthly donations to Chalmers Community

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## OUR LADY OF MOUNT CARMEL

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Father Edward Mahony

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• Saturday: 5:00 pm

• Sunday: 9:00 am and 11:00 am.

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[www.guelphsa.ca](http://www.guelphsa.ca)

Majors Peter and Lee-Ann van Duinen

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• Sunday School: 11:30 am (Age 2 to

Grade 6)

Please check the website for more

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905-659-1229

email: [dorin\\_sdarm@yahoo.com](mailto:dorin_sdarm@yahoo.com)

[www.sdarm.ca](http://www.sdarm.ca)

Elder: Paul Gavric

Pastor: Dorin Burca

## ST. JAMES' ANGLICAN CHURCH

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Hespeler - Cambridge, ON N3C 0E6

Rector Rev. Canon Linda Nixon

• Sunday Services

8:30 am Holy Eucharist - Traditional

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

5th Sundays

Morning Prayer 3rd Sunday

Sunday School & Nursery at 10 am Service.

## STRABANE UNITED CHURCH

1565 Brock Road, (Brock Rd & 8th

Concession West) 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.*

## LOCAL SENATOR ROB BLACK SPEAKING IN PUSLINCH

Advanced Notice!! **Senator Rob Black** will be giving a virtual talk on Tuesday **March 1** at 7pm. Sponsored by Duff's Fireside Group but all residents are welcome! Preregister at [senatorblacktalk@gmail.com](mailto:senatorblacktalk@gmail.com).

# 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. Call 519-824-5154, email [info@bbbsg.ca](mailto:info@bbbsg.ca) or visit us online at [www.bbbsg.ca](http://www.bbbsg.ca).

## BOOKING AGENTS

### ARKELL UNITED CHURCH

Contact Melanie Hardie at 519-823-3390 or email [melabj@rogers.com](mailto:melabj@rogers.com).

### BADENOCH COMMUNITY CENTRE

Inquiries call 519-822-5232.

### DUFF'S CHURCH

Contact the church office at 519-763-1163 or email [office@duffschurch.ca](mailto:office@duffschurch.ca).

### FREELTON UNITED CHURCH

Contact Ray McConachie at 905-659-3033 or email [rayjo1819@hotmail.ca](mailto:rayjo1819@hotmail.ca).

### OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE

Call 519-763-1226 or email [rentals@puslinch.ca](mailto:rentals@puslinch.ca).

### CROWN CEMETERY PUSLINCH

Crown Cemetery Puslinch is located north of Morrision 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](http://www.crowncemetery.ca) or contact Darlene Harrietha at 519-822-0874 or email [darleneharrietha@gmail.com](mailto:darleneharrietha@gmail.com).

### 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.

# Inside the Back Page . . .



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**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 for future generations and in developing resource the next generation of conservationists, join us. For more information <http://www.friendsofmillcreek.org>.

**OPTIMIST CLUB OF PUSLINCH**  
Is one of the most active clubs in the Township. Our focus is youth. We meet on the 2nd and 4th Tuesday of each month. Visit [www.optimistclubofpuslinch.com](http://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.

**PUSLINCH FIDDLE GROUP**  
Meets the 3rd Sunday of each month 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. Call Paul McDonald 519-763-9764.

**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.

**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
Alan Fairweather	519-824-5726

**THE ROTARY CLUB OF GUELPH SOUTH**  
Meets every Thursday at 7:30 am. Check out [www.rotary7080.org/guelphsouth](http://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 'Gerda Ameristeel' recycling bin situated in our parking lot. For more info, contact Lynne O'Brien Sunrise 519-837-0558 x31.



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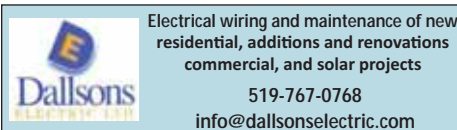
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