

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 46, Issue 9 - May 2022

## Farmers' Market to open on May 28

By Jayme Mast

All being well, the Aberfoyle Farmers' Market is poised to open on May 28. The board has been busy the last two months recruiting vendors to add to our roster.

There's no question that COVID had an impact on turnout at the market and the range of product available, yet on the last Saturday we were open, there was an estimated 1,500 visitors, ending the season on a strong note.

Several of the long-time favourites will be back - Parker Family Farm, The Burrs and the Bees, and Top Market Meats, as well as some of the newer vendors who joined last year.

While we are still finalizing arrangements with some vendors, we are pleased to announce that we will have at least two new farm vendors joining us.

The Cabbage Patch Farm is located right here in Puslinch. Felix is a first generation farmer with a passion for tackling food security sustainably.

We also have Forêt Mushrooms, also from Puslinch, and Mallory will be bringing both cultivated and foraged gourmet mushrooms.

We will once again have locally grown, fresh-cut bouquets of flowers available each weekend from Life Vine Creations.

There definitely will be no shortage of fresh baking at the market, as well as a rotation of food trucks joining us this year.

Local artisans seem to love our market and we have a number of returning favourites, as well as new areas such as woodworking, textile creations, candle making and more.

With changes in legislation, this year you will hopefully find craft beers for sale. We are busy in negotiations with several breweries.

And last but not least, the buskers are back! In fact, every weekend is already booked with a busker.

Based on recent conversations with Public Health it would appear that we can adopt pre-covid operations which means that visitors will be able to come and go as they please.

The back door of the rink will be open again and foot traffic won't be restricted to capacity constraints or one-way flow.



That said, we will still be taking some extra precautions like wiping down high-touch surfaces regularly and providing hand sanitizer at the main entrance.

Mask wearing is optional with people making their own choices. The market will remain a judgment-free zone, and we will welcome everyone with the same smile and cheer they've come to expect, regardless of their personal choice on masking.

To kick off the season we will have Garden Days, where we will have vendors with plants, seedlings, flowers and even speciality, sustainable potting mixes and organic fertilizers (all made locally in Puslinch).

And finally my usual shameless plug; our doors are always open to volunteers. The market is a great place for high school students to complete their mandatory volunteer hours for graduation. Our biggest need is always with set-up and take-down of the market between the hours of 6.30-8 am and 1-2pm. We also have space on the board of directors too. Fresh ideas and new skill sets are always welcome.

See you on the 28th.

# Editorial

With the provincial election looming up on June 2, we have given you a snapshot of the candidates running for office. We asked each one the same questions, and as you will read, their answers are different. It should be noted that as of the time of going to print, there was no Liberal candidate for our riding.

At the end of May we are thrilled to see that the Aberfoyle Farmers' Market is opening for the season. It has become such a community hub, not just for supporting our local farmers and crafters, but for connecting with one another.

We are also pleased to keep you informed of what one local resident is doing to support refugees from Ukraine, and I am sure in the months ahead, more of us will get involved one way or another.

We also bring you news of several fundraisers – the sale of rain barrels, the Sunrise 40th year celebration in June and the Treasure Trail being hosted by the Rotary Club of Guelph South.

Dr. Brown gives us some suggestions on how to tackle our allergies as the allergy season is now upon us. As someone who deals with allergies, I am going to try the wet socks. Anyone else game? We can report back and chalk this up as investigative journalism.

Meantime, 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.

Volume 46: Issue 9 May, 2022  
Published by volunteers for the community since 1975.

Ten issues are published a year and distributed free of charge throughout Puslinch. [www.puslinchpioneer.com](http://www.puslinchpioneer.com)

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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. The *Puslinch Pioneer* reserves the right to refuse an advertisement that is deemed inappropriate, racist or promoting hate.

**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, May 13, 2022.**

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

Annual subscription rate \$50. Forward request and payment to 29 Brock Road South, Puslinch, ON N0B 2J0

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**You can receive the *Pioneer* and *Pulse* electronically - just sign up at [www.puslinchpioneer.com](http://www.puslinchpioneer.com) or email [editorpuslinchpioneer@gmail.com](mailto:editorpuslinchpioneer@gmail.com)**

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# Letter to the editor

## Ukraine article

This message is meant to be a 'thank you' for highlighting the needs in Ukraine on the front cover of the April 2022 issue of the *Puslinch Pioneer*.

Thanks for making us aware of the many organizations that are doing great work and very deserving of our financial and other support.

I would also like to let you know that Puslinch has its own organization that has been actively involved since February 24 when the war began.

Terry Gray

## Council Clips

### Truck Traffic:

Council directs staff to contact Cargill Guelph location regarding their trucks not obeying the no heavy truck signs on Watson Rd and highlighting the safety concerns and financial consequences.

### Hospice Wellington:

A delegation was before Council to provide information about supports and services Hospice Wellington offers and promotion wants for the rural communities of Wellington County.

### Ontario Fire Service Modernization:

A report has been prepared in order to ensure Council is aware of proposed provincial legislation modernizing and making mandatory; firefighter training, certification and fire department level of service.

### Audited Financial Statements:

Statement of financial position shows an accumulated surplus, end of year 2021 of \$27,624,825.

### Filming on Properties & Streets:

To have a formal policy in place to be able to respond appropriately and consistently to requests for filming operations with the Township policy, and to ensure that these filming operations are an economic benefit as opposed to an expense to the community.

### External Advertising Proposal:

Purpose of report is to provide Council with the Recreation Committee's request for approval of an external

advertising proposal in support of the committee's approved goal "Public Engagement-Puslinch Event Spaces, Wellington Weddings"; promotion of facility rentals.

### Welcome to the Hub:

Taking the world wide web and filtering down to the community level, making it easier to connect Guelph Today readers to local businesses.

### Sports Field Lighting:

Old Morriston park ball diamond and PCC soccer field completion date October 2022 pending Hydro One approval. No lighting will be available for late night games for this season.

### PCC Park Renovation & Upgrade:

Anticipated construction November 2022 to October 2023.

### Home Industry By-law:

Planning staff will rework the by-law to address concerns raised at public meeting, so intent is to have no impact on surrounding area and residents.

Home businesses operate inside the main dwelling. Home industries operate from an accessory building on a residential property.

### Culvert Replacement Gilmour Rd:

Tender advertisement for replacement of culvert on Gilmour Rd including retaining wall construction and guide rail.

### Additional Residential Units:

Township is reviewing changes to zoning by-law to bring by-law in conformity with County Official Plan to permit an accessory unit in the principal building and an accessory unit in an ancillary building for a total of three dwelling units on one property.

### Public meeting April 13, 2022.

Young Playground Planners: Township is seeking the input of youth and their families on playground designs for the Puslinch Community Centre and Arkell Parks upgrades.

### Community Heritage Ontario Award Nomination:

A member of the Heritage Committee has been nominated for a Heritage Ontario award for their service to a municipal Heritage Committee.


### Heritage Student:

Grant application has been applied for through Young Canada Works for a summer student to assist with public engagement regarding heritage initiatives.



Hamilton Conservation Authority (HCA) is excited to announce a new partnership with the Wellington, Hamilton and Grimsby Public Library Systems.

HCA has provided membership passes to these library systems, allowing library patrons to visit HCA areas at no cost! Now everyone can enjoy our fantastic conservation areas. This service is available to December 2024. <https://conservationhamilton.ca/conservation-areas/>.



**TOWNSHIP OF PUSLINCH**  
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**Council Meetings (519) 763-1226**  
Council Meeting: May 4th at 10am  
Planning and Development Advisory Committee: May 10th at 7pm  
Recreation Committee: May 17th at 7pm  
Council Meeting: May 25th at 10am  
Public Information Meeting: May 25th 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 is closed for the season; thank you to all who attended and participated in our skating programs this year. The Optimist Recreation Centre Gymnasium is open. To view 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)



# The CoMotion Festival

Starts April 20

The CoMotion Festival, curated by Alex Bulmer, celebrates new ideas and expressions by Deaf and disabled artists in a multidisciplinary program including visual arts, music, performances, digital art, workshops and panel discussions.

It is being held at the Harbour Front Centre. 235 Queens Quay West in Toronto.

"Disability is political. Disability is community. Disability is identity. Disability is an experience of living in a world with a 'one size fits one' design.

An international artistic and cultural movement is growing, and Deaf and disabled artists are shouting 'we exist!'" says Alex Bulmer, who grew up in Puslinch.

Through the inaugural International Deaf and disability Arts Festival, they deepen the commitment to inclusion and accessibility for all artists, staff, volunteers and visitors to the 10-acre waterfront site.

Inclusion, diversity, equity and accessibility (IDEA) are foundational values in all that is on offer at the campus.

"We will continue to listen and learn how we can better create a place of belonging and serve all of our communities needs," adds Bulmer



A photography exhibit, Unseen, will run from April 20-September 11 and will be outdoors.

Suzie Larke uses magical realism in her photography to create images that challenge our notion of reality.

**This is not a Rehabilitation Project** will run from April 2-July 3.

This work deals with disability, politics, aesthetics of assistive devices and gender issues related to disabled women. Will be held at Artport Gallery.

Then on April 20-September 11, is **Not Born Yesterday, Not Going Away** which



includes artists from Canada, Iceland, Mexico and the United Kingdom.

Disabled and deaf people worldwide have a long history of artistic expression.



Learn more about the events and exhibits by going to <https://harbourfrontcentre.com/series/co-motion/>

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# Kindness - It's in you to give

By Anne Day



As we all watch the devastation and destruction happening in Ukraine, it can be all too easy to question and worry about what is happening to the human race.

That is why I gravitated to the book *Human Kind: Changing the world one small act at a time* by Brad Aronson.

In his book, Brad documents random acts of kindness delivered by friends and strangers alike, and the positive impact such action has on the recipient.

For him it all started when his wife Mia was diagnosed with Leukemia, and family and friends immediately cocooned around the family to make sure they navigated this cancer journey in tact.

He also provides practical tips on how to help a family coping with cancer. It doesn't have to be something big, although often it's big for the recipient.

I know when I was going through cancer treatments, I had a neighbour, who I barely knew at the time, who would make dinner for the days I had chemo, and others who would have the girls over to play so I could rest.

Brad was blown away by the generosity of people – giving of their time and talents to help them, and it started him on a path to learn more.

In his book he shares uplifting stories and provides tips on how we too can make a difference.

One of the stories was how Nancy, when approached by a teenage boy for money for food, took him to McDonalds. She didn't want to give him money as she wasn't sure how he would use it.

What started as a one-off gesture became a weekly activity and blossomed into a real friendship.

Maurice credits his completion of high school on Nancy's faith in him, and married now with children of his own, he's in the construction business and mentors local youth, paying forward the kindness he

received.

And as Nancy is quick to point out, she gained from the relationship too, as it gave her a new perspective on other people's lives and challenges.

Brad talks about the power of words and how cards developed by Cheryl Rice that said "You Matter" had a profound impact on those who received them.

Just knowing that someone else cares can change your outlook on life. You learn you are not alone.

Cheryl's cards were so successful, that she started the You Matter Marathon and had cards printed which she would give out, sometimes to strangers who would be so touched by the gesture.

Now in its fourth year, over a million cards have been given out across the US and in 73 countries.

There are so many easy and simple ideas in this book that we can all replicate and perhaps change the direction in someone else's life.

As the blood donor slogan says, "It's in you to give." And maybe in the giving, we are making a small dent in the sense of overwhelm and gloom that can swallow us up right now.

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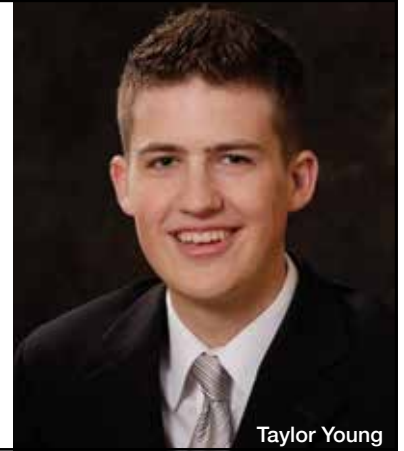
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Taylor Young

Subscriptions now being taken for boxes of in season vegetables, a share of the harvest, for weekly and every other week packages from June to October.

Additional items that can be ordered include eggs, turkeys, cheese and microgreens.

Inclusion of extra local items including sweet corn, honey, maple syrup, pumpkins and preserves.

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For more information, check out our C.S.A./Farm Share page on our website at

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

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# Dream - Believe - Achieve

By Ann Caine

It's Sunrise 40th Birthday Celebration on Sunday, June 26th.

Join donors, Sunrise families and community members at the Sunrise Farm for a gourmet BBQ, seated lunch, prepared by local chefs Emily Richards (Best of Bridge Cookbook series) and Connie Rasso (Cafe Two Forty Five, Guelph).

Meet the horses, watch the filmed Musical Ride by Sunrise young riders and senior competitive riders.

Engage in an exciting Live Auction led by Auctioneer Robert Milburn — all to celebrate 40 years of innovative programs for vulnerable children and adults who have taught us all so much and continue to do so!

Apart from a full slate of great silent auction items, the Live Auction features "ZULU NYALA" — Two Photo Safari Packages for two people each -



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# Dental services relaunched

The Healthy Smiles Ontario (HSO) program seeks to reduce financial barriers to dental care for eligible children under 17.

Services include teeth cleaning, sealants and oral health education. WDG Public Health also sees children experiencing dental emergencies from families that cannot currently afford the cost of care through the HSO Emergency program.

HSO is a provincially funded dental program that provides free preventive, regular and emergency dental services to eligible children and youth.

Residents seeking more information about Healthy Smiles Ontario or other dental services offered through WDG Public Health can call the WDG Public Health Dental Line: 1-800-265-7293 ext. 2661, or visit [wdgpublichealth.ca/HSO](http://wdgpublichealth.ca/HSO).

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First elected to the Ontario Legislature in 1990, Ted Arnott's constituents have re-elected him ever since. He has served in both Government and Opposition, and he's always been willing to work across party lines to get things done.

## Dedication

Throughout the pandemic, Ted Arnott responded to literally thousands of constituent inquiries. At the same time, he served in a challenging leadership role in the Legislature as it continued to meet, in person.  
In the next provincial Parliament, MPPs need to listen, seek consensus and work together.  
If re-elected, he will continue to be a voice of reason, working hard on behalf of all of us as the Province re-builds.

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6. **Save money.** Save the environment.

And if you need a seventh reason, buy it from Rotary, and the proceeds go to supporting local community groups.

The rainbarrels, composters are on sale through the Rotary Club of Guelph Trillium.


Cost of barrels ranges from \$45-60.


They can be ordered through <https://rainbarrel.ca/trilliumrotary>

Orders available until May 13.

Collection on May 18, 3-7pm from Original Home Furniture  
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# Fall fair

By Joanne Holt

Save the date: the Aberfoyle Fall Fair is back. September 9 and 10th, 2022.

Finally we can celebrate our 180 th year in the community. Our goal is to promote agriculture among the people in our community.

Agriculture is what you eat. We have many types of displays and competitions you are welcome to join in.



Starting off, Friday night with a Wrestling Match then Saturday is the main event.

Saturday at 9:30am we are having a grand opening ceremony to kick off the 180th fair day.

We are planning many surprises and hope you appreciate all the efforts to help you enjoy learning about agriculture in your community.

Have a bit of fun while you are there!

We extend a special invitation to those new to the area. Come and see what we have for you to enjoy.

Check our web site for regular updates [WWW.Aberfoyleagriculturalsociety.com](http://WWW.Aberfoyleagriculturalsociety.com)

Mark the date September 9,10, 2022 Aberfoyle Fall Fair.

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# In Memoriam

## Robert (Bob) Bruce Williams



October 30, 1953 - March 23, 2022

Robert passed away March 23, 2022. Son of the late Eileen and David Williams, also brother Paul Williams. Survived by Eileen and Joe, Roger and Carol, Rose, Paul's wife Mary, Linda (late Rick Newman) and Bernice.

He will be missed by many nieces and nephews.

Robert going to High School was very interested in the military. When he got out of school he joined the Air Force, stationed overseas and fought in Desert Storm.

When he returned from Europe, he joined Milton Legion 136, and worked at different jobs. (Toronto Auto Auction and Chudley Farms). He loved to golf and went to North Carolina with friends he made from Desert Storm.

His service was held at the Milton Legion with a military Service which was exceptional and showed how we'll all miss him. A special thank you to Milton Legion Branch 136.

He'll be remembered by family, friends and fellow comrades.

youth and families of the Township of Puslinch with educational expenses.

This year three scholarships of \$1000 each will be awarded to qualified applicants commencing in September 2022 for the 2022-2023 school year.

A scholarship will be awarded to one student who is pursuing a university degree, one who is pursuing a community college degree, and one who is pursuing a vocational-technical apprenticeship/diploma.

To be eligible to apply for any of the scholarships the applicant must be: a resident of the Township of Puslinch; 21 years of age or younger in the year the award is given; entering their first year of post secondary education; and enrolled in a program.

The due date for this year's submission is June 30, 2022.

For further information and application forms please go to our web site; [www.optimistclubofpuslinch.com](http://www.optimistclubofpuslinch.com) and go to programs/scholarship; contact your high school guidance department; or Don McKay (519) 822-2984, [donmckay@golden.net](mailto:donmckay@golden.net)

## Optimist Club Scholarships

The Optimist Club of Puslinch is once again offering scholarships to assist

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# Helping Ukraine

By Anne Day

When Terry Gray wrote to thank us for our Ukraine coverage and mentioned that his registered charity, Impact Bridges Group, based in Puslinch was already working with organizations in Ukraine, I was curious. I wanted to know more.

Prior to the war there his organization was working with a local partner in Lviv, and through their contacts they have been moving medical supplies from Poland into Ukraine.

His organization has been working closely with other international organizations in Ukraine. On the essential medical supplies the Canadian-based partners have been ICROSS, Health Partners International Canada, and Stirling Public Health.

A church in Langley BC, Christian Life Assembly, has placed a logistics expert in Warsaw who has been instrumental in getting supplies into



Poland and then across the border into Ukraine where Hosanna Church Lviv and other Ukrainian partners have distributed the supplies.

However, another important need has been identified – helping those remaining in Ukraine and those who have left, find work so they can financially support themselves.

One source of income would be to take on contract work, where they can work remotely. This would lend itself well to software development, IT, or digital marketing.

Leveraging their contacts both in Canada and Europe, IBG is working to develop a platform through which

employers and contractors can connect and find each other.

Other refugees want to create economic opportunities for themselves in the countries where they have settled by creating and launching a business.

Acting as an intermediary and broker is nothing new for the IBG group who has a track record of assisting social programs in finding appropriate investors or funders to take the programs to the next level.

While they have only been talking about the work platform idea for a couple of weeks, there has been much interest, and already they have received around 50 enquiries.

Right now they are looking for organizations and individuals that can help make this happen. As Terry observes working in partnership creates the right synergy to move a project along more quickly.

If you are interested and/or want to learn more, contact Terry Gray at [terry.gray@impactbridgesgroup.com](mailto:terry.gray@impactbridgesgroup.com)



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**2021 Audited Financial Statements**

Take notice that the Corporation of the Township of Puslinch 2021 Audited Financial Statements are available for viewing on the Township website at [www.puslinch.ca](http://www.puslinch.ca)



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- Leaf and yard waste will be collected curbside in **urban** areas only.
- **Place materials curbside by 7:00 am on the date listed here.** Collection may take place any time during the week.
- Set out materials in brown paper yard waste bags and/or reusable cans clearly marked “Yard Waste.”
- Small sticks must be in tied bundles.
- Loose materials, and materials in plastic bags, **WILL NOT** be collected.

**The next leaf and yard waste collection date for Puslinch is:**

**WEEK B**

Monday, May 16



[www.wellington.ca/yardwaste](http://www.wellington.ca/yardwaste)  
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Official Mark of The Corporation of the County of Wellington Alternate formats available upon request.





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*Puslinch Residential Market Update*

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▲ + 23.03% VS. 2021

AVERAGE DAYS ON MARKET

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## Treasure trail



Remember that saying one person's junk is another person's treasure?

Well the Rotary Club of Guelph South is keen to collect your "treasure" for its upcoming May 14 treasure trail.

Their plan is to have 20 locations across the area where people will set up and sell their items, with the proceeds going to Rotary.

Rotary in turn will donate the money to local community organizations such as Sunrise and Elora House as well as helping with international causes, like the efforts in Ukraine.

Just think of the decluttering you could do, and all for a good cause.

And if you like to find a bargain or a good book to read, a map of the Treasure Trail will be available, so you can check out all the treasures available. It's May 14, 7.30am – 1.00pm

If you are interested in getting involved, please contact Shelley Adlington at 226 820 6446 for more details.



### Story Time

Grab a favourite book (or two) and have story time outside. A bench in the park, a blanket on the grass or a chair in your backyard—anywhere is a good place to curl up with a book.

If you're feeling adventurous, tuck a book in a backpack and head out to explore somewhere new.

### Hike of the month

Invite a friend or family member to join you on a hike. Visiting while you walk is a great way to catch up and enjoy the outdoors.

Consider making it a multi-generation hike. No matter how old we are, we all benefit from connecting with each other and nature.

## Family Activity – May

By Julia Preston

May is traditionally a time of festivals and fun. Flowers are blooming, sun is shining, temperatures are rising.

This month is a great time to be outside and enjoy the beauty that is Puslinch.

Here are some ideas:

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# Provincial Election 2022 - Meet the candidates

## Ted Arnott, Conservative

Member of provincial parliament  
Age 59  
Lives in Fergus



**For 45 years, the Morrison Bypass has been an identified need. Will you and your party commit to final phase funding by putting it back in your first budget, five-year plan and if no, why?**

As always, I make no promises except my best efforts on behalf of our community. I have continually advocated for the Highway 6/Morrison Bypass project. The Minister of Transportation has repeatedly restated the Government's commitment to complete the Morrison Bypass, and it has been specifically referenced in the 2021 Budget. I want to see the Morrison Bypass built as soon as possible, and continue to push for firm timelines for its construction and completion.

**Do you and your party agree that priority funding should be given to building Hwy 413 over more pressing health and education needs? Please explain.**

I have raised many questions about the proposed Highway 413 on behalf of area residents. Before final decisions are made, alternatives should be evaluated and there should be more consultation with affected communities. Environmental impact studies and an independent cost-benefit analysis should also be completed. At the same time, I continue to push for our fair share of health and education dollars to meet our local needs.

**Aggregate operations receive low assessment values acting as a subsidy from rural tax payers. Will you and your party press MPAC to adjust their assessment formula so the aggregate industry pays its just share of taxes? If not agree, why?**

I have worked closely with the County of Wellington and the Township of Puslinch on the issue of the assessment of aggregate properties. Gravel companies should pay their fair share of property taxes to local municipalities, and the economic value of the aggregate should be included in the assessed value of the aggregate properties.

May 2022

## Diane Ballantyne, NDP

Wellington County Councillor  
(Ward 6) and high school teacher  
Age 53  
Lives in Fergus



**For 45 years, the Morrison Bypass has been an identified need. Will you and your party commit to final phase funding by putting it back in your first budget, five-year plan and if no, why?**

Morrison has been asking for this bypass for years, and both the Liberals and Conservatives have dragged their feet to act. The NDP will ensure that this is fixed.

**Do you and your party agree that priority funding should be given to building Hwy 413 over more pressing health and education needs? Please explain.**

We would not build Highway 413. Doug Ford wants to pave over farmland and the Greenbelt for a highway that municipalities oppose, and doesn't reduce commute times. Dollars are better spent on public transit projects. Only Ford's developer buddies benefit from the 413 as they own the land along the proposed route.

We have a plan to revamp Ontario's broken long-term care and home care systems. We also have a plan to make sure we fix our education system and undo Ford's cuts to classrooms.

**Aggregate operations receive low assessment values acting as a subsidy from rural tax payers. Will you and your party press MPAC to adjust their assessment formula so the aggregate industry pays its just share of taxes? If not agree, why?**

The wear and tear on local infrastructure from aggregate operations is considerable, and often local taxpayers have to pick up the tab. We would make sure that the burden is shared more fairly. We support a moratorium on new and expanded aggregate operations until we have a strategy that lays out what is needed and where it should be mined from. Currently, approvals are not based on any cohesive plan. We are committed to stopping new mining operations and reassessing Ontario's approach.



# Provincial Election 2022 - Meet the candidates

## Ryan Kahro, Green Party

Work Mother  
Age 40  
Lives in Rockwood



**For 45 years, the Morriston Bypass has been an identified need. Will you and your party commit to final phase funding by putting it back in your first budget, five-year plan and if no, why?**

I and Mike Schreiner, leader of the GPO, officially support this bypass. There are exceptional negative effects imposed on Morriston from Highway 6 due to ever increasing traffic and this bypass is needed even though the GPO does not view highways as a general solution to Ontario's transportation needs. Mike Schreiner has been very vocal on this issue and we condemn the delays by the Ford and previous governments including that of the NDP and Liberals. Ford is delaying further by putting emphasis on the proposed highway 413 debacle.

**Do you and your party agree that priority funding should be given to building Hwy 413 over more pressing health and education needs? Please explain.**

I adamantly oppose highway 413. The \$ billions proposed for 413 should be invested in a proactive healthcare system and in our youth through a much improved education system. The 413 proposal is a divisive election ploy in an attempt to distract the public from tangible issues needing focused attention now.

**Aggregate operations receive low assessment values acting as a subsidy from rural tax payers. Will you and your party press MPAC to adjust their assessment formula so the aggregate industry pays its just share of taxes? If not agree, why?**

The GPO wants a complete overhaul of the aggregate act in Ontario. Levies are so low there is little incentive to use this resource wisely. Aggregate extraction has huge environmental and social consequences impacting precious ground water and air quality. I support increasing the levies per tonne to better reflect the true cost to the health and the environment.

## Election 2022

**Is taking place on June 2, 2022.**

Puslinch is part of the Wellington-Halton Hills Riding and includes the town of Erin, Town of Halton Hills, Township of Centre Wellington, Township of Guelph/Eramosa.

### Voting

To be eligible to vote in an Ontario election, you must be:

- 18 years of age or older, a Canadian citizen and a resident of Ontario.

### How to get on the Voters' List

You can use eRegistration to confirm, update or add your information to the voters list if you change your address, name or become eligible to vote.

You can also notify Elections Ontario of a death to have that person's information removed.

### How to submit your vote

- You can vote in person on election day from 9 am to 9 pm at the voting location assigned to you
- You can vote at any of the advance voting locations in your electoral district (10am -8 pm)
- To vote by mail, you will need to complete a Vote by Mail application and provide a copy of at least one piece of government-issued ID. You can apply to vote by mail once an election in your electoral district has been called.
- You can also vote at home or if in hospital. Check on the special arrangements available.

When you visit Elections Ontario, ([elections.on.ca](http://elections.on.ca)) you can download their app, which will give you

- a scannable version of your voter information card
- a full list of your voting locations and dates
- customizable election notifications
- a list of candidates for your electoral district

At the time of going to print, there was no Liberal candidate.



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### WASTE



Coffee Cups



Leftover Liquids



Food Waste



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Take-out Cups



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# Seasonal allergies?

By Dr. Laura Brown, ND



Seasonal allergies, allergic rhinitis (AR) or hay fever, is inflammation inside the nose stimulated by pollen from trees, grass or weeds. Up to forty percent of the global population is affected.

Symptoms include itchy, red, watery eyes and nose, scratchy throat, sneezing and swelling of tissues.

Nasal congestion is the hallmark of the allergic response. In more than eighty percent of people with seasonal allergies breathing is affected, especially during sleep.

This leads to decreased productivity and increased daytime sleepiness.

Twenty five percent of adults and forty-five percent of children report they are unable to sleep or are awakened during the night because of nasal allergy symptoms.

Despite the many prescription drugs available for seasonal allergy treatment, there remains room for improvement in the quality of life, frequency and duration of allergy symptoms.

Here we start with five natural approaches to reduce seasonal allergy response.

1. Calm stress
2. Gut Health
3. Acupuncture
4. Wet Socks
5. Vitamins and minerals

## Calm Stress

It goes without saying that stress makes everything worse. Allergies not excepted. Stress can alter states of mucus production via the vagus nerve.

Cold therapy and bitter herbs can stimulate the vagal nerve. So will things that are relaxing like sound and vibrational healing, acupuncture, meditation, forest bathing, breath work, yoga, Qi Gong, Tai Chi, creative activities and laughter.

## Gut Health

Short chain fatty acids ( SCFAs), or "post-biotics" so termed in CBC's recent radio post, are the large intestine bacterial by-products of dietary fibre fermentation.

The balance of SCFAs, namely acetate, propionate, and butyrate, provide critical anti-inflammatory mediators in airways.

Interesting to note, when children at one year of age have higher levels of the SCFAs butyrate and propionate, they are significantly less likely to have allergies and less likely to develop asthma at three to six years of age.

Although administration of probiotics and fermentable fibre (prebiotics) do not eliminate allergies, they may help balance the production of SCFA's and reduce the incidence and duration of allergy symptoms.

Dietary sources of probiotics include coconut or milk kefir, unpasteurized sauerkraut, kimchi and yogurt.

Dietary sources of prebiotics include fibrous vegetables, onion, garlic, globe artichoke, banana, asparagus, flax, psyllium, dandelion root, and burdock root.

## Acupuncture

Naturopathic doctors and licenced acupuncturists are regulated to perform safe modes of acupuncture that can reduce nasal inflammation.

## Wet Socks

Wet socks and other hydrotherapy "tricks" help move upper respiratory congestion, boost immunity and ease sleep.

Here's how you do it:

- Get a thin pair cotton socks wet in very cold running water.
- Ring out.
- Bring them to bed with you.
- Sit on the side of your bed, pull the wet cotton socks on.

Yes, this feels weird. Just go with it. It's free after all!

Slide under the covers and say good night. A circulation pump will pull the congestion out of your head as the body warms the feet and dries the socks. The socks will be dry in 4-6 hours. Repeat as needed.

## Vitamins and minerals

There are numerous ways vitamins and minerals contribute to airway health and modify the immune response.

Vitamin A helps the mucous membranes cells regenerate.

Vitamin C, magnesium and medically supervised high doses of some B vitamins can help act as an anti-histamine.

Vitamin D keeps the mucous membranes intact.

Vitamin K reduces inflammation and zinc helps balance mucus production.

All of the above suggestions need to be dosed appropriately so please consult your health care provider as this article does not intend to provide individual medical advice.

*Dr. Brown ND has her own clinic and can be reached at [drlaura@southendguelph.ca](mailto:drlaura@southendguelph.ca)*

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# Puslinch Branch, Wellington County Library

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

### Story Time (Preschool)

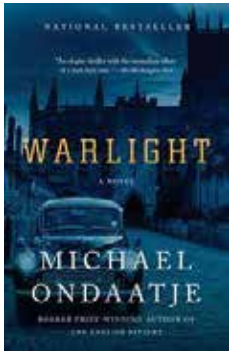
Join us in person for live songs, stories, rhymes, and activities aimed at developing your child's early literacy skills. Please register.

Thursdays, May 5 - 26 at 11:00 am - 11:45 am

### First Friday Book Club (Adults)

Discussing *Warlight* by Michael Ondaatje. Please contact branch staff for meeting details.

Friday, May 6 at 1:00 pm - 2:00 pm



### Baby Time (0-12 months)

Introduce your baby to the library and a love of books through finger plays, songs, rhymes and stories. Please register.

Tuesdays, May 10 - 31 at 10:30 am - 11:00 am

### Making the Most of Online Resources - Using BiblioCommons (Adult)

Curious about the library's new online catalogue? Would you like to know everything you can do while searching for the latest book or item?

Bring your questions and we will do our best to answer them! Please register.

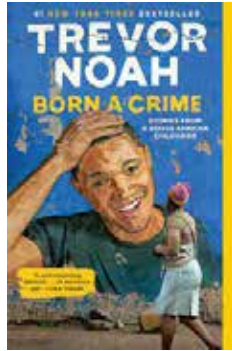
Thursday, May 12 at 1:00 pm - 2:00 pm

### Third Tuesday Book Club (Adults)

Discussing *Born a Crime* by Trevor Noah. Please contact branch staff for meeting

details.

Tuesday, May 17 at 1:30 pm - 2:30 pm



### Scrabble Club (Adults)

Drop into the branch for an afternoon of casual word building entertainment! No experience necessary. Please register.

Wednesdays, May 4 and 18 at 2:00 pm - 4:00 pm

### 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.

### 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

Carr, Robyn	A Family Affair
Graham, G	Bluebird
Graham, H	Crimson Summer
Green, Jane	Sister Stardust
Harris, C.S.	When Blood Lies

Keyes, Marian	Again, Rachel
Mandal, E	Sea of Tranquility
Mytting, Lars	The Sixteen Trees of the Somme
Novak, B	Summer on the Island
Stringfellow, T	Memphis

#### Non-Fiction

Bangerter, Jason  
Langdon Hall: A Cookbook

Barr, Suzanne  
My Ackee Tree: A Chef's Memoir of Finding Home in the Kitchen

Ferrante, Elena  
In the Margins: On the Pleasures of Reading and Writing

Greer, Tasha  
Weedfree Gardening: A Comprehensive and Organic Approach to Weed Management

Linden, Eugene  
Fire and Flood: A People's History of Climate Change, From 1979 to the Present

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Strutt, Laura  
Cut & Craft: Digital Die-cutting: Getting Started with your Machine

Taylor, Eva  
My Mother's War: The Incredible True Story of How a Resistance Fighter Survived Three Concentration Camps

Vater, Linda  
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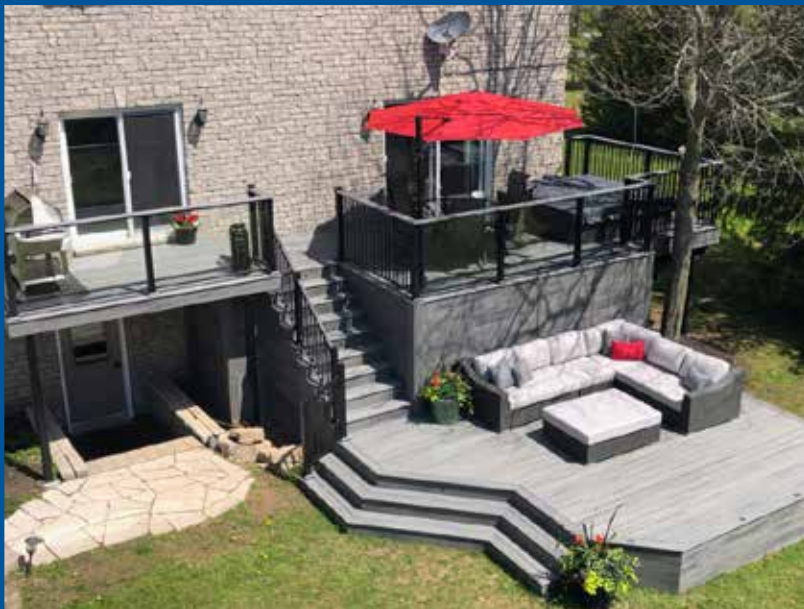
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# Ask the expert

By Sharon Zadorozny

*How do I plant a tree?*

This is a good and timely question because in the past few years there has been a dramatic change in the thinking about the best way to plant a tree.

You want your new tree to adapt quickly to its new home and surrounding native soil.

The previously common practices of planting deep, adding compost, manure, and peat moss, and mulching up to the trunk will limit the success of your tree's growth by preventing proper root development.

## Steps in planting

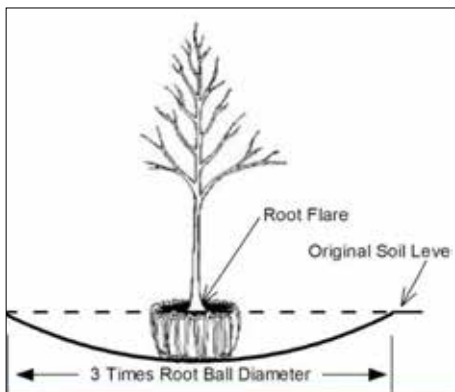
1. Dig a hole the same depth as the root ball. Keep the soil you dig out for refilling. The width of the hole should be 2 to 3 times the diameter of the root ball.

2. Remove the tree from the pot and remove any material around the root ball, including wire and burlap.

Any material left will impact the growth of the roots. Gently loosen the roots around the outside of the ball.

Try and remove as much of the nursery soil as possible as it is very different from the native soil the roots will grow in.

3. Place the tree in the hole. The bottom of the root ball should sit on top of the undisturbed soil.



The top of the ball should be slightly above the surrounding soil level to expose the root flare.

This is where the trunk meets the first main root. Remove the soil to expose the flare and remove the soil across the top of the root ball.

Developing a root flare is important for tree stability, getting oxygen to the roots and for helping to prevent disease and girdling.

4. Refill the hole with the soil you took out. Do not amend the soil. Tamp firmly with your hands but do not stomp with your boot. No need to stake the tree unless it is top heavy.

A tree that isn't staked will naturally build strength. Any stakes used should be removed after a year.

5. Mulch evenly and to a depth of 2-4 inches around the tree but not touching the trunk.



**A Volcano tree**

*Photo U of New Hampshire*

You do not want to create a "Volcano Tree". For a small tree leave a small gap between the mulch and the trunk. On a larger tree you want the mulch at least 3 inches from the trunk.

This will leave room for a proper root flare to develop. Too much mulch against a tree trunk encourages disease and decay as the trunk stays moist and prevents proper root development.

6. Water immediately and at least throughout the first year for health and survival. Water deeply and allow the soil to dry out at the top before watering again. There is no need to fertilize.

By planting a tree you are not only making your yard more beautiful but you are also providing a home for birds and wildlife and helping the environment by providing oxygen and sequestering carbon.

And in the words of Joyce Kilmer - "I think that I shall never see A poem as lovely as a tree".

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Seb Ramirez has been working in the ecological food sector for over 10 years. His passion for using food and farming as a way to create a better world have led him to becoming a seasoned market gardener, land steward, educator and food literacy advocate.

Seb is passionate about using food to bring people together in a joyful and empowering way.

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## Perennial Crop Spotlight

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<https://www.eventbrite.ca/e/regenerative-gardening-in-your-own-backyard-2022-workshop-bundle-tickets-300079705477>

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# Puslinch Heritage Matters

## Another Architectural Ghost...

By Mary Tivy

I spoke about architectural ghosts in my last column. They are visions of buildings no longer standing.

The second West Puslinch Presbyterian Church in Crieff, demolished in 1882, has a ghost that can still be seen from time to time. As I described before, it appears in the shape of a three-dimensional model in the collections of the Wellington County Museum.

This church has a companion ghost there, a model of the first West Presbyterian Church built in 1840. Unlike its successors, the church was not built on the main corner in Crieff, but sat further west on Lot 15 of the First Concession.

Neil McPhatter and his family settled this lot in 1832 and donated a section for the church.

The McPhatters and their neighbours constructed it the way they built their homes; stacked log walls on a stone foundation.

But within 15 years the church had become far too small for the growing Scottish Presbyterian families in the area and a larger one was built in Crieff.



Image: Model  
Credit: Wellington County Museum  
952.15.2.02

John Gilchrist made this model of the first West Puslinch Presbyterian Church when he was curator of the Crieff Museum in the 1930s.

This model is in two halves, and in this half we can see several pews and a stair leading to a loft. A chimney rises from the roof.

These buildings are gone, but religious objects used inside them have been saved and are in the Wellington County Museum.

These artifacts include a rare copy of *Tiomnadh Nuadh ar Tighearna agus ar Slanuighiu Iosa Criosd*, an 1843 New Testament in Scottish Gaelic, owned by a parishioner of the church.

Also included in the museum's collections are two silver metal communion tokens used at the second West Puslinch Presbyterian Church.

In the 1860s Reverend Andrew Maclean increased communion services to twice yearly, and these tokens were given to church members to receive communion.

One side of the token displays a communion table with bread and wine, while the other

side reads "This do in remembrance of me / 1 Cor. XI 24"



Image: Communion Token  
Credit: Wellington County Museum  
1952X.15.14.02

Knox Presbyterian Church, the third Presbyterian Church in Crieff, is 140 years old. It is the descendent of these ghost churches.

Built in 1882 from materials of the second church, this handsome brick building still has its original interior with beautiful curved pews.

Several other Township churches are historic buildings that continue in their role as spiritual places to this day.

Among them are the 1854 Duff's Presbyterian Church, the 1856 Mount Carmel Zion United Church, the 1874 Crossroads Memorial Church, and the 1877 Arkell United Church.

And the small gem among these places is the restored 1861 Ellis Chapel that is both a Provincial Historic Site and a functioning chapel.

Thanks to Marjorie Clark whose website <http://www.clarksoftomfad.ca/> was the source of historical information for this article.

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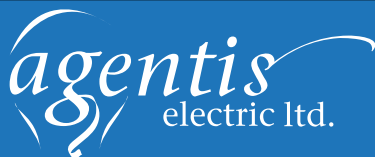


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# Cook's Corner

By Barbara Patterson

*This month I have featured two recipes using ground beef. Not surprisingly, the spaghetti pie tastes like lasagna. The party pie has a cornmeal crust and serves 12 people, hence its name.*

## Spaghetti Pie



- 1 large container cottage cheese (750 grams)
- 1 lb. ground beef
- 1 large jar of spaghetti sauce (about 3 cups)
- 2 eggs
- ½ -1 cup of parmesan cheese
- 1 lb. spaghetti
- Mozzarella cheese (optional)

1. While water is heating for the pasta, brown the meat, then drain off fat.
2. Cook pasta according to package instructions and when done, drain it well and put in a bowl.
3. Stir the parmesan cheese and eggs together then add to the spaghetti and stir it very well.

4. Add spaghetti sauce to the cooked ground beef and heat.
5. Place the cooked spaghetti in two 8" or 9" pie plates and form crusts to cover the bottom and sides.
6. Divide the cottage cheese and place on top of the spaghetti crusts.
7. Pour the heated sauce over each pie.
8. Add some grated mozzarella on top of each pie, if desired.
9. Bake at 350°F for about 40 minutes or a bit longer.
10. When done, cut into wedges and serve hot.

## Mexican Party Pie



### Filling:

- 2 tbsp. vegetable oil
- 2 lbs. ground beef
- 2 onions, finely chopped
- 2 cloves garlic, crushed
- 14 oz. can tomato sauce
- 19 oz. can kernel corn, well drained
- 1 green pepper, chopped
- 1 tsp. salt
- 1 tsp. chili powder

- ½ tsp. sugar
- 1½ tsp. cumin
- Dash of Tabasco or other hot sauce

### Topping:

- 1 cup cornmeal
- ¾ cup milk
- 1¼ cups all-purpose flour
- 2½ tsp. baking powder
- 1 tsp. salt
- ½ cup shortening or margarine
- ¼ cup white sugar
- 1 egg
- ¾ cup milk
- ½ cup grated cheddar cheese

1. Heat oil in a large frying pan, add ground beef, onions and garlic and cook until meat loses its redness. Drain off fat.
2. Stir in tomato sauce, corn, pepper and seasonings. Bring to a boil and then turn into a large baking dish.
3. In a small bowl, stir the cornmeal and ¾ cup milk together.
4. Measure flour, baking powder and salt and mix well.
5. In a large bowl, beat together the shortening, sugar and egg.
6. Add the flour mixture and the second ¾ cup of milk alternately to shortening mixture.
7. Stir in the cornmeal mixture and cheese.
8. Place on top of the meat mixture and bake at 375°F for about 1 hour.

Note: You can also make two smaller casseroles and freeze one, then they take only about 40 minutes to bake.

Don't be confused by the listing of two ¾ cups of milk. You need them both.



# Michael Chong

Member of Parliament,  
Wellington - Halton Hills



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*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.*

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*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.*

### ABERFOYLE AGRICULTURAL SOCIETY CHICKEN BBQ

Our spring chicken barbeque is happening Sunday, **May 29, 2022** between 4 - 6 pm at Duffs Presbyterian Church in Aberfoyle. The cost is \$20 for a half a chicken, two salads, roll and dessert. All dinners are **takeout** and must be ordered ahead of time. Book your dinner call 519-823-2687 or contact a member of the agricultural society. All profits go directly to the Agricultural Society and are used to put on the annual Aberfoyle Fall Fair which this year will be September 9 and 10th.

### GUELPH HORTICULTURAL SOCIETY

We are excited to again host our annual Garden Tour on Sunday, **June 12, 2022**, from 1 pm to 5:30 pm. This self-drive tour offers 5 unique gardens in Guelph and 2 special rural properties for you to enjoy. Pose your questions to the Owners, Garden Minders and Master Gardeners. Tickets remain at \$10 for adults, children 12 and under are free, no dogs please. Check our website: [www.guelphhort.org](http://www.guelphhort.org) for garden descriptions, map and ticket locations.

### LINK UP WITH DUFF'S

"Fun Day with a Purpose" Golf & Euchre Tournaments Saturday, **May 28, 2022** in Support of Ukraine Relief. Golf & Dinner Victoria Park Valley Tee Off 11 am \$105 includes cart. Euchre & Dinner Duff's Church 3 pm \$50. BBQ Steak Dinner Only Duff's Church 6 pm \$45. Live & Silent Auctions, Prizes, 50/50 Draw. Tickets & Info call June 519-763-0309 or Brenda 519-767-2462.

### OPTIMIST CLUB ANNUAL FISH FRY

Thursday **May 12, 2022** from 5 to 7:30 pm at the Puslinch Community Centre. Adults \$20, children \$10. Tickets at the door or from any Optimist Club member or call 519 821 4256 to reserve. Please check [www.optimistclubofpuslinch.com](http://www.optimistclubofpuslinch.com) for any last minute updates or format changes.

### TREASURER TRAIL

**May 14** - 7.30am - 1pm. Over 20 locations in Guelph area with proceeds to Rotary. To sign up as a location, go to [https://docs.google.com/forms/d/1mppV5v0r\\_2\\_WN8f1g\\_s7U4EWPfQGZzF7h42jzjriR7I/edit?usp=sharing](https://docs.google.com/forms/d/1mppV5v0r_2_WN8f1g_s7U4EWPfQGZzF7h42jzjriR7I/edit?usp=sharing).

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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 resource 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.

**VOLUNTEERS NEEDED**  
**Freelton Lions Club** are looking for new members and volunteers men and women for our club. We have been instrumental in building the Lions Villa Freelton, ice rink, two pavilions at our parks. We sponsored a number of charities over the years including Sunrise, Juravinski Hospital, Ronald McDonald House, Drummond House, Guide Dogs of Canada and Sick Kids. If you are interested in helping or joining please contact Jim Munday at 905-921-0095 or email [jkmunday@bell.net](mailto:jkmunday@bell.net).

**Job Mart**  
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Looking for mature person to help with part time gardening at private home - mixed flower beds, shrubs and hedge. Flexible hours with a projected 8 to 12 hours /month. Country property just south of Guelph city limits. Please call 519-821-3826.

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Financial Planner, Manulife Securities Incorporated  
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967 Townline Rd. Puslinch

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Registered Reflexology Practitioner  
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Email: relax@reflexologybyshirley.com

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