

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 46, Issue 10 - June 2022

## Constitution Day to be held on June 5 in Crieff

By Anne Day

Calling all Danes. After a two-year break, Constitution Day will be held on June 5 at Sunset Villa in Crieff.

"We are so excited to go back to some kind of normal after a long two years. Our first event is Constitution Day on Sunday, June 5th" shares Monica Jensen, President of the Sunset Villa Association.

The Association was founded in 1955 and the first Danish Constitution Day celebration was held at Sunset Villa, on the land purchased from Lt. Colonel J.B. Maclean, the well-known publisher of Maclean's magazine.



There will be a Viking camp and Viking show and everyone is encouraged to dress like a Viking for the adults and children's contest.

Face painting and pony rides will be available for the children, as well as folk dancers and craft vendors.

Everyone is encouraged to bring a Lego creation from home. The theme is Denmark and is open to all ages.

As well it's an opportunity to sample Danish cuisine like open faced sandwiches and food from the Danish Place.



Constitution Day is a very special day in Denmark. After spending decades in an absolute monarchy, from 1660 to 1849, the first constitution was signed by King Frederick V11 in 1849, which finally declared Denmark a constitutional monarchy – a system allowing room to exercise power within a prescribed legal framework only.

Not entirely an official public holiday in Denmark, shops and businesses are shut down after midday and workers get a half-day off. Political organizations and associations meet for secular services, and the general public spends the day in celebration.

And that's just what will happen at Sunset Villa on June 5, 10 am to 4 pm.



Admission is \$10 per adult, free for those 19 and under and is open to the general public.

# Editorial

It feels like Puslinch is coming alive again after a two-year hiatus, with Constitution Day, the Farmers' Market and Ellis Chapel opening, and plans underway for the Aberfoyle Fall Fair.

We also bring you information on Tour de Guelph – a major fundraiser for Guelph Hospital and the Elora Festival which is going live this year. The Historical Society is opening its doors again, as is the Whistle Stop Co-op Preschool.

Along with spring comes the ticks, and we've interviewed local vet Abe Aho to learn more, as ticks are a threat to animals and humans alike. And in terms of our health, Dr. Laura Brown shares the importance of taking magnesium.

Spring is also gardening season and Lyanne Schlichter gives some practical advice on what to do with your wetland and Marion Robertson points out the merits of the Serviceberries tree. And if you want to plant tulips this fall, consider buying the End Polio Now tulips through Rotary.

Mary Tivy talks about refugees, past and present and kudos to her for supporting refugees coming from Ukraine. We've also provided some information on a Guelph group that is supporting refugees.

Have a wonderful 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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**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, June 10, 2022.**

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

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## Council Clips

### Audrey Meadows:

A proposed OP & Zoning Amendment to facilitate residential development abutting an existing Country Residential subdivision (Audrey Meadows).

### Building Permits:

In 2021, there were 361 building permits issued compared to 256 in 2020. This is an increase of 41 percent. First quarter of 2022 indicates this increased activity will continue.

### Temporary Patios:

Council to extend the Temporary Patio permissions until October 31, 2022 in order for restaurants to safely reopen when indoor dining restrictions are in place.

### Municipal Election:

Anyone proposing to be a candidate in the municipal election to be held October 24, 2022 must file a nomination form with the township clerk by Friday, August 19, 2022 at 2:00 pm.

### Asphalt Program:

Tender submissions due May 10 for asphalt surfacing on Concession Road 7 and Calfass Road including ditching, culvert replacement, subdrain installation, shouldering and other works.

### Highway 6/Hanlon Expressway Midblock Interchange:

MTO has awarded Phase 2 to Dufferin Construction and WSP Canada to complete CEA, detail design and construction of new interchange.

### Re-openings:

Office May 9, ORC May 24 for summer rentals, Historical Society archive April 16.

### Community Safety Zone:

Wellington Rd 46 through both north and south of Old Brock Road in Aberfoyle has been designated as Community Safety Zone under the County by-law.

### City of Guelph Water Supply:

The City has exhausted water sources within its municipal boundary and is looking at Puslinch and Guelph/Eramosa as locations for future wells.

### Lanci Pit:

CBM is seeking OP & Zoning Amendment to expand the Lanci Pit by another 10 hectares to extract 3 to 4 million tonnes of aggregate from the site.

### Deep Water Aquifer Monitoring Program:

Council requests Harden Environmental prepare a work plan

outlining costs and benefits associated with providing a program and Guelph/Eramosa's hydrogeologist collaborate on this initiative.

### Conestoga Badger Inc:

Ministry of Environment advises under environmental compliance approval, that Badger can pick up and transport approved wastes to a ministry approved site for disposal.

At no time can hazardous & non-hazardous waste be transferred to or stored at the 6678 Wellington Rd 34 site.

### Sunrise Learning Centre:

Delegation requests Council's additional support for their Supportive Affordable Housing project through approval of an alternate mechanism to address the financial assurances provisions of the site plan agreement as well as waiving the payment of cash-in-lieu of parkland dedication.

### Junior Garden Club:

Requesting permission to create three raised garden beds to be located between the ORC and blue storage shed.

### Mini Lakes:

Ontario Clean Water Agency and Mini Lakes provides capital project status update for waste water treatment plant replacement, road and drainage.

### Heritage Committee:

Staff to look into more information regarding the Killean school bell.

## Celebration of Life Joanne Marie Townes



The family of Joanne Marie Townes would like to invite you to Celebration of Life on Sunday June 5, 2022 from 1 - 5pm at Puslinch Community Centre.

## Community Bonfires



Crieff Hills Community Bonfires are back!

These events are in a safe outdoor space and will gather neighbours and new friends with no pre-registration and no cost.

Please bring a chair and a smile. We'll bring the s'mores! Let's bring our community together after a long time at home.

Dates – Sundays, 6.30-8.30pm  
June 19, July 17, August 21, September 18  
7098 Concession 1, Puslinch



**TOWNSHIP OF PUSLINCH**  
**(519) 763-1226**

**PUSLINCH**

### Council Meetings (519) 763-1226

Planning and Development Advisory Committee: June 14th at 7pm  
Council Meeting: June 15th at 10am  
Public Information Meeting: June 15th 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 open for non-ice rentals and the Optimist Recreation Centre Gymnasium is open. To view the gym and rink schedule, 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)



## Quiet garden days



The Quiet Garden Movement nurtures access to outdoor space for prayer and reflection in a variety of settings such as private homes, churches, retreat centres, schools and hospitals.

They create opportunities for people to experience silence, restfulness and contemplative practices, with regular quiet days being offered in many Quiet Gardens.

There are over 300 Quiet Gardens worldwide. Quiet Garden days at

Crieff Hills, will include lunch in MacLean Hall.

Registration is required through [events@crieffhills.com](mailto:events@crieffhills.com) and it is \$30 per person.

Dates are:

June 15, July 23, August 24, September 17, October 19.

Crieff Hills Conference Centre is located at 7098 Concession 1, Puslinch.

## Puslinch Historical Society Archives re-opened

By Marjorie Clark

Saturdays, 12-3pm  
Masks required.

During the virus shutdown work has continued within the Puslinch Historical Society, as the group continued to acquire information for the archive. The following items on paper have been added to the archive

and are now available for viewing:

- A copy and a transcription of the baptism records of Duff's Presbyterian Church, 1840-1900
- A copy of *Victoria Street, Morriston, A History of Early Houses and Families* by Cheryl McLean & Joanne Green
- The Wesleyan Methodist Baptismal Register for Puslinch Township, 1837-1900, transcribed by the Wellington County Genealogical Society
- Puslinch Township Clergy Reserves Land Sales Listing, 1829-1839
- A copy of The Puslinch Women's Institute Tweedsmuir Book

Throughout the pandemic, the group continued to answer enquiries by e-mail and by phone, and to offer access to the archive by appointment, when the library was open.

A used book sale was held in April 2022. As of April 16, 2022, the archive is once again open to the public every Saturday from noon to 3 p.m.



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Sunday September 25

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For more info contact [lynn@sunrise-therapeutic.ca](mailto:lynn@sunrise-therapeutic.ca) or (519) 837-0558 ext.31



# Tick talk

By Anne Day



It's that time of year again, when we have to be diligent in checking our pets, mainly dogs, for any tick bites.

Wanting to get the scoop on what we can do as pet owners, I fired a few questions at our local vet, Abe Aho of the Morriston Veterinary Clinic.

No matter where you live – in town or the country – it is hard to avoid ticks. They are often found in tall grass, bush or wooded areas. The key is to find them before they've latched on to your pet or yourself for over 48 hours, because after that time they start to transmit to the host and there's more risk of Lyme Disease.

In terms of prevention, Abe recommends monthly oral preventative medicine, which can cost between \$30-60 month.

Although rare, side effects to flea/tick prevention may include vomiting/diarrhea and, even more rarely, seizure. While some people use flea and tick collars, they can be dangerous to cats.

Checking your animal daily therefore makes sense. The most common areas where ticks like to go are the face, head or neck, around the eyes, lips and ears.

To remove a tick, you want to use a tick twister, which is a hook device that you slide over the tick and twist. You want to be sure to get the whole tick.

If you've missed a tick, and after a couple of weeks, your dog seems lethargic, has a fever and is off his food, you may want to get him checked by your local vet.

The tick season lasts as long as there is grass on the ground, and in fact, Abe observed that he sees more cases of dogs with ticks in November.

The big concern is Lyme disease – both for the pet and pet owner. It is recommended that you cover as much of your body when working in grassy or wooded areas.

Healthwise staff recommends "you wear a hat, a long-sleeved shirt and long pants with the legs tucked into your socks."

Just as you check your dog daily, give yourself and the children a quick once over, as you won't necessarily have felt a bite. It would appear that Lyme disease is hard to diagnose, and the treatment once identified, is antibiotics.

*My thanks to Dr. Aho for his time and expertise in writing this article.*

## Wanted ...

- Clean egg cartons
- Hand knit or crocheted dish cloths
- Small green produce basket

Drop off at Crieff Hills Retreat Centre, 7098 Concession 1, Puslinch

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## IMPORTANT NOTICE FROM SOLID WASTE SERVICES

### June 29 Waste Facility Closures

All County of Wellington waste facilities will be **CLOSED** on **Wednesday, June 29** for staff training.




There are no changes to the curbside collection schedule.

519.837.2601 | 1.866.899.0248 | [www.wellington.ca/sws](http://www.wellington.ca/sws)






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# Congratulations June

By Margaret Hauwert



There was a special surprise waiting at the Optimist Recreation Centre for a pickleball player on Wednesday, April 20th .

It was very appropriate to hear the satisfying whack of a paddle in the background waiting for her to arrive.

After all, she was one of two people who were instrumental in getting the three times a week event to happen. Many players pretended not to notice when Mayor Seeley and Councillor Goyda arrived to present the award for "Volunteer of the Year".

June Williams arrived shortly after and was shocked to see the Mayor

and a Councillor waiting for her.

As some of you may know this award has been handed out by the township to a deserving volunteer since 2014, before that it was arranged by the County.

The recipient must demonstrate a generosity of his/her time, make an extraordinary contribution to the community, be an inspiration to others and/or champion an issue.

The spirit of giving is definitely part of June's mission as she has been heavily involved with many fund raisers for Duff's Church, helped with The Aberfoyle Agricultural Society's fair, a huge supporter of the annual Optimist Santa Claus parade (and other optimist events) and stepped up to help organize and start the Pickleball club of Puslinch.

In her acceptance speech she stated, "helping others have fun is definitely something she has always liked to do, as putting a smile on someone's face is all the satisfaction she needs."

## Gill Mahnke Octogenarian Extraordinaire

By Barbara Bulmer

She might be small in stature but Gill Mahnke has a big capacity to care about her community, and her family.

She volunteers for her church, the Agricultural Society, and Ellis Chapel,

always dependable, always cheerful, but never neglecting her family.


Love of family was Gill's long suit, and the family demonstrated their love and respect for her at a gathering of friends and family, April 24 at the Danish Place, to celebrate Gill's 80th birthday.



Gill is pictured here with her granddaughters, left to right, Margo Mahnke, and Addie and Ainsley Pearson, who spoke of their special relationship with their grandmother, and how much they love her.

Congratulations Gill, on reaching the age when you can speak your mind without filter, and behave as outrageously as you want to and never have to apologize.

Just keep on being the wonderful granny and friend you are, and don't disappear from the volunteer scene. After all, you're only 80!

<p><b>CREMATION</b>  <b>\$1935<sup>+HST</sup></b>          If prepaid by          December 31, 2022</p> <p><b>All Inclusive</b>  <b>No Extra Fees</b>  <b>or Hidden Charges</b></p>	<p><b>WALL-CUSTANCE</b>  <b>FUNERAL HOME &amp; CHAPEL</b></p> <p>Locally owned and operated by Scott &amp; Betty Ann Young          206 Norfolk Street, Guelph, ON N1H 4K3          519-822-0051 www.wallcustance.com</p> <p><b>Includes:</b></p> <ul style="list-style-type: none"> <li>• Transfer of deceased from place of death or crematorium</li> <li>• Coroner and Death Registration fees</li> <li>• Cremation fee</li> <li>• Cremation casket &amp; container to hold cremated remains</li> <li>• Procurement of all legal documentation</li> <li>• Unlimited copies of death certificates</li> <li>• Notification of CPP/OAS; Filing of CPP Death Benefit and Survivor's Benefit forms</li> <li>• Memorial Tree at the Wall-Custance Memorial Forest - 400 acre Arboretum at the University of Guelph</li> </ul>	 <p>Scott Young</p>
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# PUSLINCH Leaf and Yard Waste Collection

- 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, June 13



[www.wellington.ca/yardwaste](http://www.wellington.ca/yardwaste)  
**519.837.2601 | [wasteinfo@wellington.ca](mailto:wasteinfo@wellington.ca)**

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# Magnesium magnificence

By Dr. Laura Brown ND

## What is magnesium?

The fourth most abundant mineral in humans, it supports over eight hundred roles in the body.

Magnesium is found in high concentrations in our bones, heart, muscles and nerves, is carried around in red blood cells, helps make energy and genetic building blocks of life – DNA and RNA.

## Signs of deficiency

Magnesium is fundamental to life. Yet almost fifty percent of the population is deficient. It is difficult to measure magnesium in blood work.

Serum magnesium is just what is floating around the blood stream and it comprises of 1 percent of total body stores.

Red blood cell magnesium, while helpful for monitoring magnesium therapy, does not capture the overall levels of magnesium since it is stored in so many different tissues.

Some of the first signs of deficiency include:

- muscle aches and pains
- chronic fatigue
- high blood pressure
- poor memory or confusion
- tremors
- headaches
- eye twitches
- anxiety and nervousness
- blood sugar sensitivities

## Roles of Magnesium

The uses of magnesium are immense. Here are just a few examples of conditions where magnesium therapy is involved:

- acid reflux and heartburn (GERD)
- attention deficit hyperactive disorder (ADHD)
- anxiety and stress
- Alzheimer's and dementia
- inflammation
- cardiovascular and heart health
- osteoporosis
- vitamin D deficiency

## Natural sources of magnesium

Magnesium is found in many foods such as: dark leafy greens, halibut, pickerel, quinoa, Chia seeds, almonds, cashews, pumpkin seeds, Brazil nuts, pine nuts, soybeans and tofu, white and black beans.

But our diets provide us with less magnesium than in years gone by. Our soils have become deficient in magnesium which means the food sources we rely on are also depleted.

Modern farming practices impact the soil's ability to restore. Increased consumption of processed foods provides little opportunity for magnesium intake.

## Types of magnesium

Magnesium loves to attach to things. Thus, it comes in many different forms. For this same reason, it must be taken away from other medications by at least an hour to make sure your medication properly absorbs.

What the magnesium partners with changes how it is used. Your healthcare provider will direct which one, how much, how long, and when it is safe for you to take magnesium.

Here are a few common forms of magnesium:

- Milk of Magnesia is effective treatment for constipation, especially during pregnancy.
- Magnesium citrate or oxide for drawing water into the colon, a constipation aid.
- Magnesium sulfide, or Epsom salts, for muscles relaxing baths or small amounts internally as a laxative.
- Magnesium threonate for migraines
- Magnesium bisglycinate for muscle aches and pains

## Absorption

There are many things that challenge magnesium absorption. Coffee, alcohol and soft drinks and high stress living increase demand for magnesium. High consumption of sodium (salt) competes for cellular entry.

To promote magnesium absorption, high oxalic acid greens like spinach and chard are best steamed and dry beans best soaked and rinse a few times before cooking to help reduce the phytic acid content.

## Medical Disclaimer

This article is for informational purposes only and is not intended as individual medical advice.

Always speak with your naturopathic doctor or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem.

Questions? Email [drlaura@southend-guelph.ca](mailto:drlaura@southend-guelph.ca)



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# Helping refugees from Ukraine

By Anne Day

Tired of watching the war in Ukraine on television and doing nothing, Samantha McCleave launched a group on Facebook – *Host & Supporters of Ukrainians in Guelph*.

In three weeks since it started she has over 130 members, all people wanting to help in any way that they can.

The couple that she hosted has since moved into their own apartment, but as she says, they need everything to set up home.

She has been busy collecting bikes for the new arrivals and is looking for helmets and locks as well as bikes.

Right now there are 19 families in Guelph and many more are expected at the end of May.

As well as collecting and distributing donations, she is looking for storage space and food cards to help with groceries.

With the arrival of children, back packs and school supplies will be needed.

Every Saturday, the group has been going on a walk, so people can connect and get to know each other.

If you can help or volunteer, contact Samantha at [guelphukraine@gmail.com](mailto:guelphukraine@gmail.com) or check out the group on Facebook.

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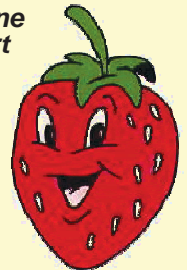
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## Bring your HHW materials to the County's Mobile Household Hazardous Waste Depot

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Township of Puslinch**

**Open 8:00 am - 4:00 pm**

**Wednesday, Friday and Saturday in June ONLY**

**Please allow for time at the beginning and end of the month to empty,  
move, and set up the Depot.**

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ALTERNATE FORMATS AVAILABLE UPON REQUEST



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## Municipal elections

While the Provincial election is currently underway, the elections locally are also ramping up.

The nomination period for candidates opened May 2, 2022 to August 19, 2022.

Candidates must obtain 25 endorsement signatures from eligible electors in the Township of Puslinch, which are filed with the nomination form.

Electors may endorse more than one candidate. The requirement for signatures does not apply for candidates running to be school board trustees.

The 2022 Municipal Election Candidate Information Package is available online or for pick-up at the Township Office.

You can book an appointment on line to file your nomination papers.

### Offices to be Elected

- Mayor
- 4 Council Members at large
- 1 County Councillor – Ward 7 (County of Wellington)
- 1 Upper Grand District School Board Trustee (English Public School Board Trustee)
- 1 Wellington Catholic District School Board Trustee (English Separate School Board Trustee)
- 1 Conseil scolaire Viamonde

Trustee (French Public School Board Trustee)

- 1 Conseil scolaire catholique MonAvenir Trustee (French Separate School Board Trustee)

### Important dates

May 2, 2022 – First day candidates can file nomination papers

August 19, 2022 – Last day candidates can file nomination papers, by 2:00 pm

October 15, 2022 – Advanced Voting Day

October 24, 2022 – Voting Day

October 25, 2022 – Official election results declared

November 15, 2022 – New term of office commences

## Elora Festival goes live

They are excited to announce their return to a live summer festival from July 8 – 24, 2022.

For three weekends in July, the village of Elora will resound with live music once again, with performances by The Elora Singers, international guest artists, and celebrated Canadian musicians.

The line-up of over 30 concerts is second –to-none and showcases a variety of musical styles, ranging from solo artists to world music and small ensembles to mainstage attractions. In addition to the Elora Singers, there will be performances from Sarah

Slean, Canadian Brass, Autorickshaw, TorQ Percussion Quartet, Shoestring Opera, The Gesualdo Six, the Rolston String Quartet and more.

Tickets are available for the season, a weekend or single performances. You can order online at [www.elorafestival.ca](http://www.elorafestival.ca)

## Bags galore



Maureen Smith's bag sale was a huge success, raising \$2,360 for Food4Kids.

Over 100 bags were sold – from book bags, knitting bags with hole for the wool, and grocery bags which with the upcoming ban on plastic, will prove most useful.

Maureen thanks Jon Macklin, owner of the Original Home Furniture Store for providing the space and having a display of food that could be donated to Food4Kids after a \$500 purchase of furniture.

At the check out table, there was a display of the food provided to children every week. While the menu changes, close to 400 children benefit from this service.

Maureen plans to hold another sale in the fall, so watch for notices in the *Pioneer*.

“We work and pray for the unity of mankind, that all the races of the earth may become one race, all the countries one country, and that all the hearts may beat as one heart...”

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## IMPORTANT NOTICE FROM SOLID WASTE SERVICES

Canada Day Waste Facility and Curbside Collection Changes

All County of Wellington waste facilities will be **closed on Friday, July 1.**

**Friday** curbside collection will be **rescheduled to Saturday, July 2.**

**No other collection days are affected.**



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## Berry picking season



While our fresh berry season might be quite short, it is so delicious, so don't miss it!

Here is the seasonal availability for some of the most popular Ontario Berries:

**Strawberries:** June and July

**Raspberries:** July until September

**Blueberries:** (high bush): July and August

**Goosberries:** July and August

**Currants:** July and August

**Haskap:** June and July

One place to go is Marcy's Berries, 1747 Valens Road in Puslinch.

There is plenty to pick at Marcy's berry patches. The farm boasts a total of acres of berries plus sweet corn. You can pick-your-own or browse their farm gate stall for freshly picked produce.

Phone 519.623.0219 or 519.249.6822 to find out what is available.

Looking for recipes – go to [ontarioberries.com](http://ontarioberries.com)

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## Know what should be recycled and what needs to be thrown away

Look for Recycle Everywhere bins around town to dispose of empty beverage containers.

Contribute to a cleaner environment and help protect natural resources in Puslinch.



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# Tour de Guelph – June 10-26



Join us for the 9th annual ride in support of Guelph General Hospital and other local organizations through the Rotary Clubs of Guelph South and Guelph Trillium.

We are so excited to bring our riders back together with our in-person group ride on Sunday, June 26th.

We also invite those riders who prefer to Ride Anytime on their own between Friday, June 10th - Sunday, June 26th.

Are you ready for the In-Person Group Ride? This year, there are two in-person registration options. The first, Fundraise-to-Ride!

**Fundraise-to-Ride:** When you agree to fundraise a minimum of \$50 per rider, we will waive the registration fee for each registered rider! YES, you read that correctly! You can ride for free when you fundraise!

Choose this option and you will not be charged a registration fee! On the day after the event, if you have not met your minimum fundraising goal, your credit card will be charged for the balance of the fundraising commitment.

**As a Free-Wheeler,** you pay your registration fee at the time of registration and then you can decide whether or not you wish to fundraise.



If you choose to fundraise, you set your own goal and you have no obligation to meet it. You can still qualify for milestone and top fundraiser prizes.

Note however, that we will not refund your registration fee should you meet the Fundraise-to-Ride fundraising requirement.

The only way to waive your registration fee is to make an up-front commitment to fundraise by choosing the Fundraise-to-Ride option at the time of registration.

Did you know when you register you can create a team as part of the Community Team Challenge, or you can

join a team that is already registered?

When you join a team, you have full flexibility to register in the distance you prefer, and you can decide to register to Ride Anytime, Fundraise-to-Ride or to be a Free-Wheeler, independent of how the rest of your team members registered.

You helped make 2021 a year to remember! Together, we raised \$165,000 in net proceeds, making last year Tour de Guelph's most successful year yet! Let's do even better this year.

For more details and to register visit, <https://tourdeguelph.ca>

## Campsite reservation

Camping is offered at eight Grand River Conservation Areas: Brant, Byng Island, Conestogo Lake, Elora Gorge, Guelph Lake, Laurel Creek, Pinehurst Lake and Rockwood.

Book a campsite online using the campsite reservation system at [www.grcacamping.ca](http://www.grcacamping.ca).

The online reservation system opened in early spring and is available until mid-October, when the camping season ends.

For more information on reserving a campsite, please visit the camping page.

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# Optimist Barry to cut hair to raise funds for Ukraine

By Gregg All



Puslinch Optimist Barry Dawn is cutting his ponytail to raise funds for the people of Ukraine.

"I just wanted to do something to show support for the Ukrainian people, especially the kids.

My hair will be donated to "Locks of Love", an organization that makes wigs for cancer patients and all the funds we raise will be sent to help the kids and people of Ukraine.

With the support of the Optimists and our community I hope to raise over \$1111.00 "

Barry will lose his hair July 1, 2022 at the Optimist Canada Day Breakfast held at the Community Centre in Aberfoyle. All are welcome to watch Barry's haircut!

To support Barry's cause;

- contact a member of the Optimist Club of Puslinch
- send a cheque to Optimist Club of Puslinch 86 Farnham Road Puslinch NOB 2J0

For more information please contact Barry Dawn 519 780 7721 or Gregg Allan 519 821 2319.

# Family Activity – June

By Julia Preston



Roses are red. Violets are blue. Puslinch is pretty in the month of June. Nature comes alive this month as bright leaves clad the trees, lush grass covers the ground and flowers fill the landscape with beautiful colours. Here are some ideas to use colours to celebrate our beautiful natural world this month.

### Find the rainbow

Red, orange, yellow, green, blue, purple, pink, brown, black, white. Can you find all of the colours? Hunt around your yard for blooms, berries, bark, bugs and other bits to make your own

rainbow. Snap a photo, paint a picture or carefully pick a small sample.

### Hike of the month

Take your search for the rainbow out to a trail. Walk until you find all of the colours. Paying close attention to your surroundings will help you to connect with nature more deeply. You might see things you've never noticed before.

# Help fill the barrel

By Anne Day



On June 26, Sunrise Therapeutic Riding Centre is celebrating its 40th anniversary of service to special needs children and adults and are holding a live auction.

Help me fill this barrel with 40 bottles of wine. And whoever wins the prize ... the party is at your place!

To donate, email me at [cwomen.admin@gmail.com](mailto:cwomen.admin@gmail.com)

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## Ellis Chapel opens for weddings and special events

By Barbara Bulmer



After two years of inactivity Ellis volunteers are busy dusting, polishing, washing and gardening to prepare to reopen for the 2022 season.

From the first of May to the end of October, and within current public health guidelines, the chapel is once again available for weddings, baptisms, and other appropriate events.

Instead of the usual four summer services, two special public events are planned this summer: on **Sunday August 14**, at 2:30 p.m. the chapel will host it's **Anniversary Service** celebrating 161 years, and on **Sunday, October 2, at 2:30 p.m. Rescue Junction**, a concert by the Canadian award-winning bluegrass band featuring gospel quartet numbers to traditional and contemporary bluegrass.

It's important to preserve the gems of our past. Ellis Pioneer Chapel is one of those gems and the volunteers who spend a great deal of time taking care of the chapel want to thank donors for their ongoing support.

The chapel is a registered charity and a tax receipt will be given for donations of \$20 or more.

Donations can be made by cheque or credit card. Cheque: Ellis Pioneer Chapel. Send to Ellis Chapel Treasurer, c/o Sheila Fletcher, 6681 Ellis Road, Cambridge, ON N3C 2V4. Credit card: [payellischapel@gmail.com](mailto:payellischapel@gmail.com)

To book your wedding or other event please call 519-767-2462, or email [ellischapel@sympatico.ca](mailto:ellischapel@sympatico.ca)

## Whistle Stop Co-op Preschool Inc.

By Sandra Gunson

Thirty-five years ago a group of Moms came together to start Whistle Stop Cooperative Preschool Inc at the Puslinch Community Centre.

The program was developed to meet the needs of the families of Puslinch Township and surrounding area. With the guidance of an Early Childhood Educator, parents would help out in the classroom several times throughout the year.

Ten years into the program the needs of families registered in the program changed, in-class duty days were eliminated and a second early childhood educator was hired.

With the two-year 'break' due to Covid and the closure of Puslinch Community Centre, we are excited to announce **we are opening our doors again in September 2022.**

What can you expect from our program...?

Through our daily program children have the opportunity to actively explore materials and interact with peers in an inclusive setting.

Following a developmental, activity-based model, children are encouraged to learn at their own pace through



creative exploration and discovery. Most importantly we believe children's learning should be FUN!

Learning through play programs allow children to learn concepts, discover and experience their world and build skills in a way that supports their natural ability to learn. It also builds imagination, creativity, and love of learning!

What is your role as a parent/caregiver in a co-op preschool?

As a co-op preschool, parents/caregivers are an integral part of our school community. They work with the teaching team by volunteering to do preschool jobs. They have the opportunity to participate on the executive board. They participate in fundraising efforts to keep cost down.

We are accepting registration for September 2022/2023 preschool year for children 2.5 -5 years.

Preschool runs Monday, Wednesday and Friday mornings 9 -11.30am, conveniently located in the Puslinch Community Centre.

Call 519-239-9878 or message [teacher@whistlestoppreschool.com](mailto:teacher@whistlestoppreschool.com)



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# Cook's Corner

By Barbara Paterson

*The pineapple in this Vietnamese dish gives it an exotic and fresh taste. Served over rice, it makes a delicious meal.*



## Chicken with Pineapple and Cashews

- 2 tbsp. shredded coconut
- ½ cup raw cashews
- 2 tbsp. vegetable oil
- 1 large onion, cut into large chunks
- 4 cloves garlic, finely chopped
- 2 tsp. chopped red chilli pepper
- 1 lb. boneless chicken thighs or breasts, cut into chunks
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- 2 tbsp. oyster sauce
- 1 tbsp. fish sauce
- 1 tsp. sugar
- 2 cups chopped fresh pineapple
- 3 green onions, chopped

1. Preheat the oven to 300°F. Spread the coconut on a tray and toast in oven for 10 minutes or until golden.
2. Remove from tray immediately to prevent burning and set aside. Increase heat to 350°F and roast cashews on same tray for about 15 minutes or until golden. Let cool.
3. Heat the oil in a wok or large frying pan; add the onion, garlic and chilli pepper and stir-fry over medium heat for 2 minutes. Remove from wok.
4. Stir-fry the chicken and red and green peppers, in 2 batches, until the chicken is light brown.
5. Return the onion mixture to the wok; add the oyster sauce, fish

sauce, sugar and pineapple and toss for 2 minutes. Add the cashews.

6. Serve the chicken mixture over rice and sprinkle with toasted coconut and green onions.

Note: The oyster sauce and fish sauce is found in the Asian section of grocery stores

## Jamoca Pecan Pudding

*This pudding is easy and quick to make and has great flavour. Serve it with a dollop of whipped cream.*



- 2 cups milk
- ¾ cup packed brown sugar
- ¼ cup unsweetened cocoa powder
- 2 tbsp. cornstarch
- 4 tsp. instant coffee granules
- 1 large egg
- 3 tbsp. toasted chopped pecans
- 2 tbsp. semi-sweet chocolate chips

1. In a heavy-bottomed saucepan, whisk together the milk, brown sugar, cocoa, cornstarch and coffee until smooth.
2. Bring the mixture to a boil over medium heat, whisking constantly. Remove the pan from the heat.
3. In a bowl, whisk the egg. Whisk ½ cup of the hot mixture into the egg. Pour this back into the saucepan.
4. Cook over medium heat for 1 minute, stirring until it is thickened and bubbling. Remove from heat.
5. Stir in the pecans and chocolate chips. Divide the pudding among 6 dessert dishes, cover with plastic wrap and chill.

Note: I find it is best to toast nuts in the oven.

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A photograph of the exterior of the Guildcraft store. The store has a dark facade with large windows displaying bedding and drapery. The name 'GUILDCRAFT' is visible above the entrance.



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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).

Registration for summer programming opens Saturday, June 25. Please register online through our new event calendar available at [www.wellington.ca/Library](http://www.wellington.ca/Library).

### Scrabble Club (Adults)

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

Wednesday, June 1 at 2:00 – 4:00 pm

### 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.

Thursday, June 2 and 9 at 11:00 – 11:45 am

### First Friday Book Club (Adults)

Discussing *Ask Again Yes* by Mary Beth Keane. Please contact branch staff for meeting details.

Friday, June 3 at 1:00 – 2:00 pm



### Baby Time (0-12 months)

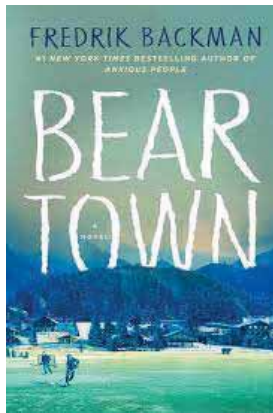
Introduce your baby to the library and a love of books through finger plays, songs, rhymes and stories. Please register.

Tuesday, June 7 at 10:30–11 am

### Third Tuesday Book Club (Adults)

Discussing *Beartown* by Fredrik Backman. Please contact branch staff for meeting details.

Tuesday, June 21 at 1:30–2:30pm



### 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.

### An Afternoon of Storytelling with James S. Gordon (Adults)

James Gordon has recorded 40 albums and toured around the world.

He's written for symphony orchestras, musical theatre, scored films, and for more than ten years was heard on CBC radio as songwriter-in-residence.

Between tours, James is a record producer, playwright, community activist and theatre director.

Join him for an afternoon of storytelling. Please Register. Tuesday, June 14 at 2:00 pm

### Wellington County Writers' Festival Closing Event

Join us in Hillsburgh for food and activities for all ages, local authors, our Summer Reading launch and more. Saturday, June 25 at 10:00 am-4:00 pm at the Hillsburgh Library

### 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

- Eddings, Mazey A Brush with Love
- Harris, Lisa The Catch
- Harvey, Gillian Everything is Fine
- Sandford, John The Investigator
- Schott, Phillips Fifty-Four Pigs
- Sharma, Nisha Dating Dr. Dill
- Simon, Christine The Patron Saint Of Second Chances
- Stuart, Kelli The Master Craftsman
- Swanson, Peter Nine Lives
- White, Loreth A The Patient's Secret

#### Non-Fiction

- Cabeca, Anna MenuPause: Five Unique Eating Plans to Break Through your Weight Loss Plateau and Improve Mood, Sleep, and Hot Flashes

- Magntorn, Ida The Sustainable Home: Easy Ways to Live with Nature in Mind

- Masuno, Shunmyō Don't Worry: 48 Lessons on Relieving Anxiety from A Zen Buddhist Monk

- Niequist, Shauna I Guess I Haven't Learned That Yet: Discovering New Ways of Living When the Old Ways Stop Working

- Palango, Paul 22 Murders: Investigating the Massacres, Cover-up and Obstacles to Justice in Nova Scotia

- Slagle, Ali I Dream of Dinner (so You Don't Have to): Low-effort, High-reward Recipes

- Smith, Gary J. Ice War Diplomat: Hockey Meets Cold War Politics at the 1972 Summit Series

- Smith, Ian K. Plant Power: Flip your Plate, Change your Weight

- Wheaton, Wil Still Just a Geek: An Annotated Memoir

- Wohlleben, Peter Forest Walking: Discovering the Trees and Woodlands of North America



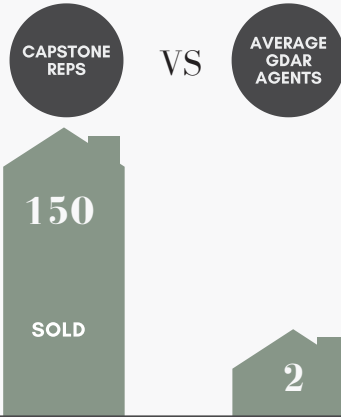
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# NATURALLY SPEAKING

## Serviceberries (Amelanchier spp)

By Marion Robertson

This is a small deciduous tree that has a lot of different common names that are fun to explore.

The first common name is common Serviceberry. The origins of this name date back to 19th century New England.

In April, the common Serviceberry would bloom at the same time when roads would thaw after a long winter and be passable and allow rural residents to attend church services. This was especially true for Easter services.

Also, in Spring, residents would be able to dig graves to bury the dead who departed in the Winter. Serviceberry blooms would be used for funeral services.

Another common name for Amelanchier is Shadbush. Typically, the blooms occur in April the same time as the shad fish migrate upstream from the Atlantic ocean to spawn.

And yet, another common name is Juneberry referring to the approximate time the berries would be ready for eating.

There are 13 – 20 types of Service



Photo credit: houzz.com

berry throughout North America. To differentiate between types is difficult especially since they like to hybridize with each other.

They even can be found as far north as James Bay. Truly a hardy tree that has tremendous ecological value.

First of all, one important feature of this tree is the bloom time. Because it blooms so early in April, bees and butterflies are attracted to these flowers. The massive amounts of white blooms are critical for early emergent pollinators that have survived a long hungry winter.

These flowers offer the first real feast of nectar and pollination experts have rated Serviceberry as, 'special value to native bees'.

Later in the season, the leaves are food for the caterpillars, tiger swallowtails, viceroy, admirals, red spotted purple, and striped hairstreaks butterflies.

I call the Serviceberry a dual purpose tree because it is also of great importance to wildlife, especially birds.

The fruit that ripens in June is a tremendous food source for birds. In fact, it has been documented that 50 types of birds will feed on the berries such as orioles, thrushes, woodpeckers, waxwings, gold finches, robins, blue jays, cardinals and catbirds.

The sugar content of the berries is 20 percent higher in sugar compared to blueberries and raspberries. This provides more energy to growing chicks on the nest.

Even black bears, moose, deer, rabbits, squirrels and chipmunks line up to eat the tasty fruit. Beaver will munch on the bark.

These trees are classified as early successional trees developing colonies at the edges of woods and slopes and stream banks.

They love full to partial shade as an understory, edge tree. They will tolerate a wide range of soils and moisture levels from moist to dry but they must have well-drained sites. No standing water.

A great candidate for urban plantings since they are tolerant of air pollution and do well in wind breaks and roadside plantings.

Will you consider planting Amelanchier? A win-win scenario for both us and wildlife.

Till next time.

*Marion Robertson is co owner of Bee Sweet Nature co. We grow native trees, shrubs and wildflowers and specialize in Carolinian and endangered species.*



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## Farm etiquette

Visiting a local farm can be both educational and exciting, but there are a few things you should know before heading out.



- Be safe. You are visiting a working farm.
- Only visit designated areas and keep an eye on your children.
- Leave your pets at home.
- Take care when interacting with farm animals – they are domesticated, not tamed.
- Always wash your hands after touching an animal.
- Farms are homes. Please respect privacy.
- Follow rules and adhere to signage (keep closed gates closed

and opened gates open).

- Park in designated areas.
- If you see no Sunday sales signs – please do not disturb this family on a Sunday.
- To avoid disappointment, call ahead for availability and hours.

Most of all, be sure to have fun on your adventure in the country.

To obtain a list of farms open to visitors, go to <https://www.wellington.ca/en/business/tr-partners.aspx>.

## Online cooking classes for teens



Looking for more than just an ordinary cooking class? Start anytime! Our classes are now online.

Your teen will learn to cook a variety of seasonal dishes using locally-sourced ingredients in our 90 minute weekly class.

On Tuesdays 4-5:30pm, our online Fundamentals cooking class will focus on learning the fundamentals of knife skills, using heat to create flavour, wet & dry cooking techniques, basic sauce making and how to use what is at hand in the kitchen to reduce food waste.

Above all, teens will build confidence, make new friends and experience how food brings us together while improving both our physical and mental health.

In this new rotating eight week course you can now START ANYTIME and run for the 8 week cycle of classes until you've taken them all!

Menus will focus on developing the skill of cooking without needing to even have a recipe.

Spring menus include Thai Cashew Chicken Stir Fry, Canadian Shepherd's Pie, Mac & Cheese, Mexican Fajitas, Pot Pies, Chicken Penne Alfredo, Chicken Slauvaki with Lemon Rice and a variety of Quiche.

The introductory price for eight weeks of just \$35/week for teens only OR \$65/week + HST for a family membership that allows parents and/or siblings to also join our online class.

Chef's recipes will be delivered to your inbox every Friday.

The classes are being offered through Fanjoy Culinary + Wellness Centre.

### Registration Link:

<https://www.fanjoycentre.com/junior-chef/>



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## End Polio Tulips



*Photo from Veseys.com*

Rotary International has been working to eradicate polio for more than 30 years and the goal of ridding the world of this disease is closer than ever.

As a founding partner of the Global Polio Eradication Initiative, Rotary has reduced polio cases by 99.9 percent since the first project to vaccinate children in the Philippines in 1979.

Rotarians around the world have helped immunize more than 2.5 billion children in 122 countries and so far, Rotary has contributed more than \$1.8 billion toward eradicating this disease.

Today, polio remains endemic only in Afghanistan, and Pakistan. But it's crucial to continue working to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.

Dutch Rotarians have led the world in using tulips to benefit this critical polio eradication project.

What began as the purchase of rights to name and sell a new variety of tulip during a 2013 charity auction, this idea has blossomed into a continuing and internationally successful fundraiser.

In the first few years of launching this initiative, over 1.5 million tulips were sold, generating approximately \$2,000,000 to fight polio.

The beauty of this program is that the only organization benefitting from the sale of these tulips is Rotary.

Every step along the way from grower to packaging, exporter to retailer, all the proceeds from the sale of these bulbs will go directly to the Polio Eradication Program.

Add to this the generous matching funds by the Gates Foundation and the end result becomes triple the initial contribution.

Each purchase of the End Polio Now tulip will be shipped in attractive gift

box containing 25 of these beautiful bulbs. The cost is \$25 for each box.

The Rotary Club of Guelph Trillium is not only selling these special tulips, but planting them in Marianne's Park in Guelph.

They will arrive in time for planting in October. To order from Rotary, contact Patsy Marshall at [trainon2@sentex.ca](mailto:trainon2@sentex.ca).

## ASK THE EXPERT

### Wet places in your yard? Lucky you!

**By Lyanne Schlichter**

*What can I do with unattractive wet patches in my yard?*

Where are they? Common places are at the bottom of your roof's drain pipe or the overflow from a rain barrel.

Some yards have a low spot that only floods occasionally after a rainstorm.

Some have an even lower spot with consistently moist soil or standing water.

You might be tempted to just drain the wet patches or fill them in – adding loads of soil, landfill or rocks.

But if you do, you'll have missed a great opportunity to build a beautiful and useful garden.

In nature, wetlands are some of the most productive, biologically diverse habitats. They store CO<sub>2</sub>, dilute and detoxify wastes, store groundwater, refill aquifers, modulate temperatures, and protect from erosion. We can copy some natural designs and plantings to make our wet patches into ecologically useful gardens.



*The edge of my pond with a bog area behind*

### Structural considerations.

Do you want the water to simply run away? Drain into the underlying soil? Supply a water feature?

*Rain gardens* can be useful to drain away excess water. They will alternate between flooded and dry, and the plant choices must be able to tolerate both conditions.

*Artificial Bogs* need to be continuously moist and, in nature, they contain peatmoss and are acidic.

*Bioswales* are basically ditches to move flood water somewhere else; for instance, into a rain garden or pond. They are sometimes lined with rounded stones (river rock) to make them attractive and functional.

To build a rain garden, make a shallow depression (~15 cm deep), fill it with sandy soil, and plant it with perennial flowers that tolerate both wet and dry conditions.

The City of Guelph has useful information on designing and building a rain garden at: <https://guelph.ca/living/house-and-home/lawn-and-garden/sample-garden-designs/rain-gardens/>.

The website suggests some native Ontario perennials that are easy to plant and maintain.

I like to use native plants because they are non-invasive, well adapted to our local conditions, and are the best choice for feeding our birds, beneficial insects and other wildlife.

Beautiful plantings will include a mix of textures (bold, feathery, sword-shaped), and plants that show colour throughout the seasons and provide winter interest.

Some great choices are cardinal flower (red), swamp milkweed (pink), turtlehead (white), and bee balm (red or magenta).

The photo shows my pond edge (I like blue!) planted with blue flag iris, bottle gentian (blue), bluestar, ironweed (purple), pickerelweed (white); and for greenery, I use sweetflag and horsetail.

If you have a larger area, add some shrubs, like elderberry, nannyberry, black chokeberry, red-osier dogwood, and buttonbush.

It's not hard to make your yard's wet patches beautiful, feeding your soul and the wildlife.



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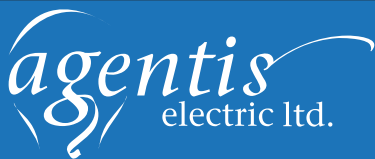
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# Puslinch Heritage Matters

## Refugees in Puslinch

By Mary Tivy

### Past

Puslinch has a history of refugee immigration. People have come here fleeing warfare, famine and land displacement for 200 years.

In the first half of the nineteenth century, Irish and Scottish refugees sailed to Canada. Failure of the potato crop and political malfeasance created a devastating famine in Ireland between 1845-1852.

Over one million people died there of hunger and disease. Another million and a half Irish escaped on crowded sailing ships to North America.

Those Irish who survived these "coffin ships" settled largely into shantytowns in cities such as Montreal (Griffintown), Toronto (Cabbagetown), and Hamilton (Corktown). A few of these refugees came to Puslinch, working mainly as domestic help.

Highland Scots were economic refugees, whose way of life was no longer feasible in their homeland. For generations, lairds leased lands to tenant farmers.

But by the 1800s grazing sheep and cattle on these lands had become more profitable than the income from farm leases and the leases were not renewed.

A series of economic depressions in Scotland left few opportunities for tenant farmers forced to find other work.

As Mark Spencer details in his essay "*The Origins and Legacy of Scottish Immigration to Crieff*", Highland Scots displaced by these land clearances

arrived in Puslinch Township in the 1830s, '40s and '50s.

Some of original log houses they built upon arrival remain standing, as are many of the stone and brick houses they subsequently built, and most of these properties are listed on the Puslinch Heritage Register.

Some of the possessions they brought with them are in the collections of the Wellington County Museum. Lachlan Kennedy's wool shawl that kept him warm during the voyage from Invernesshire to Badenoch in 1833 is here.

So is the Scots Gaelic New Testament I mentioned in my last article, undoubtedly kept close at hand during the arduous month-long Atlantic sea crossing. By 1860 over half of Puslinch Township was of Highland Scots heritage.

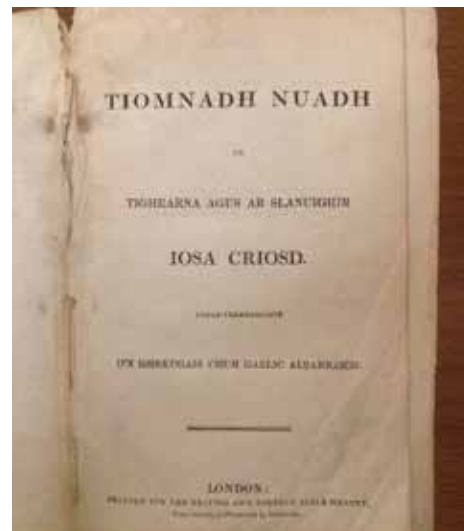
Puslinch also has a history of refugee exodus. I've written before about the Attawandaron (Neutral) Nation who farmed and lived in palisaded villages here in Puslinch Township and southwards down through the Niagara peninsula.

After European contact the Attawandaron Confederacy was weakened by disease and famine. Attack by the Haudenosaunee who allied with the English in the fur trade wars, decimated the remaining Attawandaron in 1651.

The survivors fled this area and joined with Huron refugees seeking shelter in French-controlled areas near Montreal and Detroit. There they were absorbed into the remaining Huron Wyandot peoples and their language and culture was lost.

We can only imagine what they took with them when they fled. What they left behind in Puslinch Township are the remains of their villages, now two important archaeological sites.

They also left behind lands that later became available to European refugees and others to settle. Lands upon which we now live and work.



### Present

I am hosting two refugee families fleeing the war in Ukraine. They are due to arrive this month. The family from Kharkov, a city near the Russian border that has been heavily hit, has very little left.

They fled their home and shop under fire. They ask only for blankets, beds, a roof over their heads and help finding work. The other family from Lviv has packed their life belongings into three suitcases.

Both families will cross the Atlantic Ocean seeking security in a new country. It's a historic theme for Puslinch and for Canada.

While I write this column, Jim Estill of Guelph, who sponsored 87 Syrian refugee families to come to Canada, is now organizing the sponsorship of 50 Afghan refugee families.

He is collecting furniture and house wares for them and making these items freely available for Ukrainian refugees as well.

If you wish to support this effort and have items to donate you can arrange to do so through the Facebook page: <https://www.facebook.com/50AfghanRefugeeFamiliesDanby> or, if you do not have Facebook, contact Blaire Rennie at Danby's Refugee Assistance Program. [BRennie@danby.com](mailto:BRennie@danby.com).

[1] Mark Spencer, "*The Origins and Legacy of Scottish Immigration to Crieff*" [https://eservices.wellington.ca/Museum.JournalAndEssays/FileUploads/Volume%2005\\_text\\_images.pdf](https://eservices.wellington.ca/Museum.JournalAndEssays/FileUploads/Volume%2005_text_images.pdf)

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• You are invited to join us in our study of – *Reflections on the Life of the Spirit* – a course on the spiritual nature of the human being. During the pandemic, this study will be conducted via the Zoom video conference platform. Call 519-766-7731 or email [isapuslinch@gmail.com](mailto:isapuslinch@gmail.com) for particulars of date, time and Zoom link.

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## 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.*

### BADENOCH MUSIC NIGHT

**June 3rd.** at 7 pm. Music Night at the Badenoch Community Centre 4217 Watson Road S. Puslinch. Everyone welcome, masks optional. Info; 519-763-9782.

### 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.

### CROWN CEMETERY MEMORIAL SERVICE

All Welcome! Sunday, **June 26, 2022** at 2:00 pm. The service will be held under a tent on the cemetery grounds. Please bring lawn chairs. After the official service, Paul McDonald's fiddle group will be sharing their musical talents. We hope you can extend your afternoon stay with us. Please share this invitation with friends, relatives and neighbours. For more information contact Darlene Harrietha, 519 822 0874 or [darleneharrietha@gmail.com](mailto:darleneharrietha@gmail.com)

### PRESCHOOL PROGRAM

Whistle Stop Co-op Preschool for children 2.5 - 5 years **September to June** in the Puslinch Community Centre.

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**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 [services@puslinch.ca](mailto:services@puslinch.ca)

**CROWN CEMETERY PUSLINCH**  
Crown Cemetery Puslinch is located north of Morriston at Brock Road and Highway 401. It is a non-profit cemetery operated by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials. For more information please visit our website at [www.crowncemetery.ca](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.

**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 this resource for 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 'Gerdau 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).

**Sign up to receive the Pioneer and Pulse electronically.**

**[www.puslinchpioneer.com](http://www.puslinchpioneer.com)**

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1499 Gordon St, Guelph, ON, N1L 1C9  
Phone: 519-763-6279; Cell: 226-979-7683; Fax 519-763-7167  
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## Health

**Kathy Kinzie R.M.T.**  
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967 Townline Rd. Puslinch

**SHIRLEY ANNE NOWELL RRP**  
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Email: relax@reflexologybyshirley.com

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