

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 47, Issue 6 - February 2023

International Women's Day comes to Puslinch - March 8

By Anne Day

For its 11th year, the IWD Guelph-Wellington committee is excited to honour women from all ages and stages at our annual celebration of International Women's Day at Victoria Park East Golf Club, 1096 Victoria Road in Puslinch.

The 2023 IWD Guelph-Wellington event features dinner, a marketplace of women entrepreneurs and a keynote address from Indigenous French-Canadian Entrepreneur Jennifer Ménard-Shand.

As an Indigenous French-Canadian entrepreneur, Jennifer Ménard-Shand always dreamt of leading a purpose-driven organization.

Today, she lives that dream as the founder and CEO of Staff Shop, an award-winning certified diverse staffing and recruitment firm.

Through sharing her inspirational entrepreneurial journey as well as insights into truth and reconciliation in the workplace; equity, diversity, and inclusion; she inspires leaders and their teams to reach their full potential both at home and work.

A First Nations Ojibwe, Ménard-Shand's entrepreneurial story celebrates the triumph of resiliency. She is a survivor of oppression having faced alcoholism, abuse, neglect, trauma, abandonment, and imposter syndrome throughout her life. She is committed to breaking the silence and putting an end to generational trauma and unhealthy cycles.

The evening opens with a vendor marketplace at 5.00 showcasing women entrepreneurs, and dinner at 6.30, with the keynote speaker talking at 7.30pm.

If you would like to apply to be a vendor in the marketplace, please contact diana.train@innovationguelph.ca. and further information will be sent to you. Please note they have 20 vendor spots. The \$150 cost covers one table in the vendor marketplace as well as entry & dinner for one person.

The Committee believes in the importance of supporting and giving back to our community. This year event proceeds will be donated to United Way Guelph Wellington Dufferin's Home for Good Campaign which is a public commitment



and invitation to solve homelessness in our community. Guelph and Wellington County have been working hard on this issue for many years and we have the data to show these three projects will go a long way in reaching our goal.

Through the generosity of the community, the goal is to raise \$5 million to build homes for people experiencing homelessness in Guelph and Wellington. The immediate focus is to raise the capital investment required to complete three projects that will contribute 72 supportive housing units in Guelph over the next year.

This solution will provide people experiencing chronic homelessness with consistent social and emotional support. Called 'Permanent Supporting Housing (PSH)' this can include programs supporting mental health, wellness, and food security.

While not the only solution, PSH is life and system changing. Funds raised through the Home for Good campaign will support three PSH projects, including Kindle Communities, Stepping Stone, and Wyndham House, and will move our community toward a 50% reduction in homelessness. To find out more visit www.homeforgoodgw.ca.

Tickets for the event are \$85 or \$600 for a table of eight. To purchase tickets go to <https://www.eventbrite.ca/e/international-womens-day-guelph-wellington-tickets-489923724047>.

Editorial

Happy New Year!

This issue of the *Pioneer*, emphasizes that Puslinch is very much a busy, supportive community - with thanks given to the sponsors of the Santa Claus Parade and the refugee winter clothing collection by the Rotary Club of Guelph Trillium.

Talking of Rotary, you will be glad to hear that Pasta Night is back and will be held at the community centre on February 10.

We have introduced a new column in this issue – Community Corner – through which we will highlight work done and needed by local community organizations. Our first column focuses on the Aberfoyle Farmers’ Market.

Recognizing that many are worried about serving meals that are healthy and not cost a fortune, Barbara Paterson has kindly agreed to focus on low-cost meals.

Many are also concerned about the demands placed on our medical system, and so Susan Fielding’s story about Jakob is reassuring.

And after all our indulgences over the holidays, Dr. Laura Brown has submitted a timely article about shaking off sugar.

That said, you may want to try out the new restaurant in Morriston and sample their amazing cuisine.

On a sad note, Puslinch lost an incredible woman in January. Maureen Smith, aka the bag lady, sadly succumbed to cancer and will be sorely missed by many.

Anne Day

You can receive the *Pioneer* and *Pulse* electronically - just sign up at www.puslinchpioneer.com or email editorpuslinchpioneer@gmail.com

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Our Mission

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

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Published by volunteers for the community since 1975.

Ten issues are published a year and distributed free of charge throughout Puslinch. 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

Unless otherwise stated, the deadline for submissions is the 2nd Friday of the month. Next deadline is **Friday, February 10, 2023.**

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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Council Clips

Badger Farms:

Public Information Meeting held November 30 to consider proposed amendment to rezone lands, 6678 Wellington Road 34, to permit use of a Vacuum Truck operation.

County of Wellington:

Changes are being proposed for the recycling services offered by the County. There is a speeding complaint portal on the County website for County roads. Reconstruction of Wellington Road 32 (Lake Road) from Wellington Road 33 to Concession 2 planned in 2023.

Insurance Coverage and Services:

The renewal of the municipal insurance contract to Marsh Canada Limited for the 2023 year is quoted at \$211K plus prov sales tax.

Fire and Rescue:

Fire Chief to commence procurement process for replacement of Pump 31 Truck in 2023 in order to have the truck delivered by 2025.

Frisbee Golf:

Council decided to no longer pursue a disc golf course, as the Township does not have the required green space to safely offer this activity. Youth Advisory Committee may provide input.

Electronic Sign at PCC:

A request is received to change the colour of the display, as the red display can be difficult to read. Based on discussions, cost to upgrade would be higher than replacing it, as it is over 10 years old. Estimated cost to replace \$35K, plus installation \$2.5K.

Township Committees and Boards:

Council approves a by-law to establish a Youth Advisory Committee for the Township and will advertise for appointments to this committee along with other committees.

CBM Aggregates Lanci Pit:

County Planning advises Ministry of Natural Resources and CBM Aggregates that it maintains its objections to this application until the planning approvals are in effect and all concerns are addressed.

Maple Leaf Lane:

A resident shares with Council, a vacant parcel of land on Maple Leaf Lane coming up for sale zoned Natural Environment which would be suitable for additional recreational grounds.

Puslinch Lake Conservation

Authority:

Scheduling a Townhall meeting at the end of March 2023 to determine their dredging future. Hopes to inform residents that Township is still there both financially and through information sharing. PLCA requesting a Township grant.

Boreham Park:

Township successful in obtaining an Ontario Trillium Foundation capital grant in the amount of \$150,000 for the building of an accessible playground at Boreham Park.

82 Queen Street Morriston:

Staff recommends Council affirm its decision to designate 82 Queen Street as a property of cultural historical value. The owner has filed a notice of objection to the designation.

Guelph Junction Railway:

A recent discussion with Guelph/GJR provided positive updates of primary issues related to noise at Arkell siding, fires along right of way, and stockpiling of old rail ties.

Proposed Development 4631 Sideroad 20 N:

Council received a proposal for the use of a Community Infrastructure and Housing Accelerator Order for a proposed development at this site.

Danby Guelph and Upper Canada Forest Group are partnering to establish a \$100 million shared 'Innovation Community'.

Council did not make a decision and is seeking community feedback at a Public Information Meeting scheduled for early February as well as a staff information report.

Did you know...

that you could donate seeds to the Seed Library through the Wellington County library system?

They accept seeds for vegetables, herbs and flowers.

Seeds should be dry, in sealed bags or envelopes and donated at the circulation desk.

Please do not donate cannabis, poisonous, hybrid or invasive seeds.

Include information

- Seed name and variety
- Year they were collected
- Notes or special information if applicable.

For more information, go to wellington.ca/seedlibrary.



TOWNSHIP OF PUSLINCH
(519) 763-1226

PUSLINCH

Council and Committee Meetings **(519) 763-1226**

Council Meeting - Final Budget Approval:
February 8th at 10:00am
Committee of Adjustment & Planning and Development Advisory Committee Meeting:
February 14th at 7:00pm
Recreation Advisory Committee Meeting:
February 21st at 7:00pm
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.

Optimist Recreation Centre Hours

The Optimist Recreation Centre ice rink is open for the 2023 season. To view the skating schedule, please visit our Recreation and Leisure Calendar page at <https://puslinch.ca/culture-recreation/festivals-events/recreation-and-leisure-calendar/>. To submit a rental request, please complete the online facility rental request form at <https://puslinch.ca/forms/rental-request-form/>. 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.

Historical Society Archives

Saturdays 12 noon - 3 pm or for appointment email 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)

In Memoriam

Yvonne Maureen Smith (Finkbeiner)



Yvonne Maureen Smith (Finkbeiner) passed away peacefully at home with her family at her side, on January 07, 2023, in her 68th year.

The loving wife of Peter John of 48 years; devoted mother to Jacob and his wife Melanie, and Laura and her husband Duncan; and proud grandmother to Ethan and Oliver, Maureen will forever be remembered by the family she loved. Maureen is predeceased by her father Eugene, and survived by her mother Wenonah, her sister Chris (John), and brothers Michael (Leslie) and Paul (Susan).

Leaving Thornton, Ontario, for the big city, Maureen graduated from the University of Toronto with a Bachelor of Science in Nursing and began a lifelong commitment to helping those in need. As an active nurse, a community volunteer and a compassionate friend, she supported countless people using her education and her personal experiences.

Maureen was a two-time survivor of breast cancer and the founder of the Guelph Dragon Boat team, the Breaststrokes, where she also became an advocate and personal supporter of many women going through breast cancer treatment.

An active Rotarian and seamstress, Maureen's well-known handmade bags raised over \$30,000 for Food4Kids, a charity providing food packs to hundreds of food-insecure children in the Guelph area.

For over 10 years, Maureen chaired the Sunshine Committee of the Rotary Club of Guelph Trillium, leading countless initiatives, big and small, to bring compassionate gestures of support to those in the community going through times of difficulty.

At home, Maureen took deep joy walking her beloved black lab, Bella (no matter the weather), and always making family, friends and visitors feel welcome with her superb cuisine and bright smile.

Married as students, Maureen and

Peter created homes for the family in Toronto, Mississauga, Guelph and Puslinch, as well as their cherished cottage on Shabomeka Lake.

Friends are invited to attend a Celebration of Life which will be held on Sunday January 22nd at 1:30 pm at the Cutten Fields in Guelph.

In lieu of flowers and as an expression of sympathy, donations may be made to Food4Kids Guelph or to the Canadian Cancer Society.

Crieff sky in December



Photo by Anne Day



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In Memoriam

Eileen Joyce Webb (nee Mitchell)



May 6, 1929 – November 20, 2022

It is with grateful hearts that we say goodbye to our dear Mom, Eileen Joyce Webb at the age of 93.

Lovingly remembered by Pam (Jurgen 2019), Bev (Doron), Richard (Sandy) and Nancy. Nanny to Todd (Elyse), Amy (Jason), Noa, Miya, Nava and GG Nan to Holly, Hazel, and Claire.

She will be missed by her brother Allan Mitchell, her sister Betty Bedini also many nieces, nephews and friends.

Mom was a positive influence in all our lives and helped guide us through the years in her own loving and caring way.

Born in Burlington, she lived the majority of her adult life raising her family on the farm in Badenoch.

She was involved in her community as a 4-H leader, WI member and VON homemaker.

Her next 20 years were spent in Guelph where she continued her volunteer work at the Senior Centre enjoying her books and flower garden.

She moved to Riverside Glen

Retirement after turning 90. When asked "How are you today?" she would often answer with "It's as good as it gets".

Mom lived each day on her own terms and just got on with it. We are so thankful for her sweet smile, her balanced advice, and the unconditional love for her family.

Cremation has taken place and a private celebration will be held at a later date.

Arrangements entrusted to the WALL-CUSTANCE FUNERAL HOME & CHAPEL 519-822-0051 / www.wallcustance.com.

A tree will be planted in memory of Eileen J. Webb in the Wall-Custance Memorial Forest.

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In Memoriam

John Gordon Hamilton



It is with great sadness that the family of John Gordon Hamilton, aged 94, of Guelph, Ontario, announces his peaceful passing on November 19, 2022, at Guelph General Hospital.

Beloved husband for 55 years, of Janet (Smollett) Hamilton, who predeceased him in 2014. Loving father of Edna, Susan, Jane (Brian), Bill (Flor), and Brenda (Gord). Proud grandfather of Daniel, Karl, Alexander, Dalton, Erik, Marian, Leah, Isabel, and Hamish.

Predeceased by his parents John Daniel Hamilton and Helen Elsie (McWhinnie) Hamilton of Ormstown,

Quebec. Also predeceased by his older siblings, Gladys, Bruce, Dalton as well as his brother-in-law Lewis. Gord is survived by his sisters-in-law Olive and Judy, and by his nieces and nephews.

Gord was hired by Northern Electric, in Montreal, two weeks after his eighteenth birthday and did machine piece work for a few months before moving to wiring operations on telephone equipment. During this time Gord heard about job openings in the installation department. Since this job involved travel, with paid living expenses, he applied. His first out of town transfer was to Brantford. Gord laid telephone cables, and installed equipment, in different places in Canada, including Churchill, Manitoba, before getting a desk job and becoming a quotations specialist for the rest of his career. He retired from that same company forty years later. After they'd both retired, Janet and Gord travelled all over the world on many wonderful vacations.

Janet and Gord were long-time churchgoers and members of Duff's Presbyterian Church, in Puslinch. They made many friends there and were greatly enriched and blessed to be a part of the Duff's church community.

Gord was also an active member of A.N.A.F. Club 344 Guelph, for many years.

His family wishes to thank the wonderful staff at Arbour Trails for their excellent care and attention to Gord over the last six years.

A memorial service for Gord was held at Duff's Presbyterian Church,

Puslinch, Ontario, Saturday, December 3rd, at 11:00am. Reception followed in Nanson Hall at the church. Interment will be at a later date.

Memorial donations may be made to the Canadian Cancer Society in Gord's name.

Arrangements entrusted to Gilbert MacIntyre and Son-Hart Chapel, 1099 Gordon St, Guelph. 519-821-5077 www.gilbertmacintyreandson.com

Computer scams

Tech support scammers want you to believe you have a serious problem with your computer, like a virus.

They want you to pay for tech support services you don't need, to fix a problem that doesn't exist.

They may try to trick you with a pop-up window that appears on your computer screen.

It might look like an error message from your operating system or anti-virus software, and it might use logos from trusted companies or websites.

The message in the window warns you about a security issue on your computer and tells you to call a phone number to get help.

If you think there may be a problem with your computer, update your computer's security software and run a scan.

If you need help fixing a problem, go to someone you know and trust. Many software companies offer support online or by phone. Stores that sell computer equipment also offer technical support in person.



We Are Back!
19th Annual "A Taste of Italy" Pasta Dinner
Friday February 10, 2023

Puslinch Community Centre: Doors Open 5:30pm. Dinner Served 6:00pm.

All You Can Eat

Adults: \$25 Children 5-12: \$15 Children 5: \$10

Tickets available at Sunrise Therapeutic Riding & Learning Centre Office: 519-837-0558 x31 or email: lynne@sunrise-therapeutic.ca

New restaurant in town

By Anne Day



When I heard that a new restaurant was opening in Morriston where Envers used to be, I was thrilled.

When I heard who it was, I was even more excited because when we lived in Oakville we would frequent La Parisienne and loved their crepes.

So what brought Mikael and Courtney Colas to Morriston? Their place in Oakville was being pulled down to make way for condominiums and so they needed to find a new home.

“We liked the idea of being based in a small community, and with the historical building could see that we could create an interesting vibe and design it to suit our needs.” shared Courtney.

“The name Réunion came from the French island, part of the Mascarene Island in the Indian Ocean, giving us some flexibility to broaden our food offering.” she added.’

So it is not only crepes but other Vietnamese and Asian flavoured food being offered, as well as well-known French dishes like Beef Bourguignon and French onion soup.

They also liked the name reunion as they wanted the restaurant to be a

place that brings people together, especially after the pandemic.

Open just two months now, they've welcomed people from Guelph, Hamilton and regulars from the Oakville area.

Courtney's sister Meg has joined them from Australia and they also have their head chef Yang, sous chef Nick on their team and a crew of young people who are also helping with dishes and general clean up.

Plans are underway to open up the lower level of the restaurant which will be available for groups and private events, and in the summer, the patio will be open for outside dining.

Bistro Réunion is open Wednesday and Thursday, 11.30-9, Friday 10.30-10, Saturday 10-10 and Sunday 10-4.

You make reservations for lunch or dinner through their website www.bistoreunion.ca or email at reservations@bistoreunion.ca

Or you can just drop in for a glass of wine after work.



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YOUR HEALTH MATTERS

Shake off sugar

By Dr Laura Brown

Tired of energy crashes?

Carry excess stubborn weight?

Have digestive or skin issues that won't resolve?

When you eat fresh veggies, fruit and unsweetened dairy products, you're taking in simple sugars in their natural form. In this case, as long as you don't overdo it, it's okay for your health.

Sugar provides energy for the body to move, think and function. The body needs blood sugar to keep even throughout the day. It's about regulation not starvation.

The trouble is when sugars are refined, extracted and concentrated from natural foods, they are stripped of their fibre.

This happens, for example, when sugar cane is refined to white sugar, and corn refined to high fructose corn syrup.

Fibre helps regulate the body's use of sugars and helps to keep hunger and blood sugar in balance. When we strip food of fibre, the sugars get into the blood stream too quickly.

High blood sugar levels and excessive sugar intake in any form disrupt the microbiome diversity and balance, promotes gut permeability, influence nutrient absorption, leave you feeling hungry and disrupt the body's ability to maintain healthy levels of blood sugars.

Although noncaloric artificial sweeteners such as stevia, monk fruit, saccharin, sucralose, and aspartame don't seem to immediately drive-up blood sugar, they still change the composition of the gut microbiome, associated with increased caloric consumption and weight gain.

All of this affects immunity and increases risk of infection.

As little as a 10 percent increase in the proportion of ultra-processed foods in the diet is associated with a significant increase of greater than 10% risk of cancer.

The rise in ultra-processed foods began in the 1980's as the tobacco industry fell out of favour and the ownership of the companies transitioned into growth of major food conglomerates.

The success of their marketing tactics now provides 60 percent of all calories in the Standard American Diet (SAD). This is sad. The enticing advertisements and colourful, sound enhanced packaging is formulated to maximize your attraction.

Artificially elevated amounts

of rewarding ingredients like hydrogenated oils, refined carbohydrates (e.g., white flour, added sugars), sodium (salt), and other additives like flavour enhancers keep you coming back for more.

Processed foods are chemically engineered to be addictive. And **sugar is actually more addictive than cocaine**. When one eats sugar packed or processed food, it affects dopamine, a brain chemical involved in addiction, memory, movement, motivation, mood, attention and reward.

Why is this important? Dopamine is made in your brain and acts as a hormone (relays information to multiple sites in the body) and a neurotransmitter (a chemical messenger in the brain).

It plays a role in memory, movement, motivation, mood, attention and reward. Addiction to sugar could impact all of these.

The long-term health consequences of a diet high in sugar, processed foods and non-caloric sweeteners including high consumption of ultra-processed foods is associated with an increase in blood pressure, cardiovascular disease, diabetes, irritable bowel syndrome, depression, overweight, obesity, non-alcoholic fatty liver disease and cancer. It contributes to over 35 million deaths a year.

Contact drlaura@southendguelph.ca for her exciting and affordable 2023 community programs on how to shake off sugar!



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A Message from
Solid Waste Services



Tipping Fee Increase

Tipping fees for waste loads increase
from **\$120.00** to **\$125.00** per tonne
for waste materials as of
January 1, 2023.

For more information, please contact Solid Waste Services:

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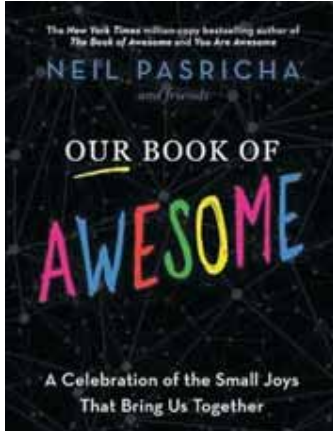
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Staying positive

By Anne Day



Everywhere you turn, there seems to be bad news and it is little wonder that some of us get pulled into a negative funk.

I am sure that's why I gravitated towards the book *Our book of Awesome* by Neil Pasricha.

First he's Canadian and it is the sort of book that you can dip into when you need a quick fix of joy.

His premise is that in this overwhelming world of ours there are small achievements that we should celebrate and not take for granted.

After these small acts, he says AWESOME.

Some examples of these small steps are:

- Opening the dishwasher and it's already empty.
- Remembering the attachment right before sending the email.
- Finding a lid that correctly fits the Tupperware container on the first try.
- Peeling a hard-boiled egg and getting a big chunk of shell off all at once.

See what I mean.

Simple successes that if we were appreciating them, could change our mood for the day.

What would be awesome to you? I know on CBC radio, they had a phone-in with listeners sharing their awesome moments.

Maybe this is an exercise to introduce with your family.

Ice skating




The Optimist Recreational Centre is open for public skating.

During public skating sessions, the Township recommends that helmets be worn by all participants for your safety.

During Stick @ Puck and Shiny programs, a CSA approved helmet is required for all participants.

Family skate times are 12-4pm during the week and 6.30-8.30pm on Friday, Saturday and Sunday.

The rink is also available for private rentals.



As always, we're here to help on matters involving the Provincial Government.

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The Optimist Club of Puslinch

Family Day Winter Classic 2023

By Ken Williams



Monday, February 20 - please note that times are tentative. Please check our website www.optimistclubofpuslinch.com

We are looking for Volunteers. Musicians, Face Painters, Clowns

Come out and join in the winter fun. It's at the Puslinch Community Park, Aberfoyle.

Events

11.30-12.30

Magic show – Community Centre

12.30-3 pm

Hotdogs & Hot Chocolate for kids (free) Community Centre

1-2pm

Human Bowling - Rink

1-3pm

Bonfire -Rink

Archery – Community Park

Giant Slingshot – Community Park

Nature Walk- W. Stokley Trail

Horse Drawn Sleigh Rides - Community Park

Bombardier School bus Rides Community Park

Fire Dept. Safety Demo Community Park

Snowshoes – Community Park

3.45pm

Scavenger Hunt Community Park

2-4pm

Family Skating – Rink

For more information call 519-763-0309.

Pasta dinner is back



It is with great pleasure that the Rotary Club of Guelph South is bringing back

the "Taste of Italy " Pasta Dinner, on February 10.

After having to cancel this popular event during the pandemic, it will be at the Puslinch Community Centre, 23 Brock Road South for the 19th year.

This social gathering has always had strong support from our community, and raises much needed funds for local charities, including Sunrise Therapeutic Riding & Learning Centre.

As well as the Pasta Dinner, there will be a cash bar, door prizes and gift card game, as well as a children's table where they will receive a free ticket to win a prize.

Doors will open at 5.30pm, with dinner served at 6.00pm.

It's all you can eat with tickets at \$25 for adults, \$15 for children 5-12 and \$10 for children under 5.

If you are new to Puslinch, come on out and meet with your neighbours.

We look forward to coming together again this year, to spend time with family, friends, neighbours and Rotarians from the other three Guelph Rotary clubs.

Tickets are available at Sunrise Therapeutic Riding & Learning Centre, 6920 Concession 1, Puslinch or phone 519 837 0558 or email Lynne O'Brien at lynne@sunrise-therapeutic.ca

Hope to see you there!



Ted Van Dinther
President

Office (905) 659-9000
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Thank You Puslinch Santa Claus Parade!

By Brenda Law



The Optimist Gods must have been with us!

The rain stopped long enough for the Optimist Club of Puslinch annual Santa Claus parade to travel down the streets of Aberfoyle bringing Santa to the kids.

Lots of kids smiles and happy parents and grandparents got everyone in the

festive mood!

The music, floats, clowns, mascots, characters, police, fire and Santa, brought joy and made it a very special afternoon.

Santa Claus was his jolly good self and greeted each of the boys and girls with a big smile, picture and goody bag.

Lots of Dear Santa letters were collected, 68 plus. 500 hot dogs, hot chocolate and special Christmas music by the Salvation Army band were enjoyed by all.

One hundred and forty seven kgs of food was collected for the Food Bank.

Extra proceeds and goody bags were donated to the Adopt a Family Children's Foundation. Way to go Puslinch!

Thank you to all our sponsors, parade organizers, participants and volunteers. We couldn't do it without you!

This event is made possible through the generous support of our local

businesses, companies, organizations, individuals and community members. Please thank them and support them!

A Change of Pace Restaurant, Aberfoyle Snowmobiles Ltd., Benson Tire, Brennan's Tire Service Inc., Bryan's Farm & Industrial Supply, C.K. Vernon Construction, Capital Paving Inc., County of Wellington Roads Dept. Aberfoyle, Dar Max Inc., Dr. Abraham AHO Veterinary Professional Corp., Farley Manufacturing Inc., Great Wall Restaurant, Hammond Power Solutions, Henry Deter, Ken Tosh, Michael's Mobile Truck & Trailer Repair, Molly Maid, Blue Triton Brands (formerly Nestle Water), North America Construction Ltd., Reefer Sales & Service Inc., Shar-A-Tree Christmas Trees, Township of Puslinch, Township of Puslinch Fire & Roads Depts., Victoria Park East & Valley Golf Clubs, Village Restaurant, Vinnie's Mr. Fixit Inc., Wall-Custance Funeral Home Ltd., Wellington OPP, Wellington Systems Inc., and all the people that entered floats and participated in the parade.

Yours in Optimism!

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The advertisement features a large, clear plastic bottle of Pure Life water in the foreground. In the background, a woman in a purple winter jacket and a child in a blue and purple striped jacket are sitting on a snowy mountain peak, looking out over a vast, snow-covered landscape. The Pure Life logo, which includes the brand name and a stylized figure of three people, is prominently displayed in the upper left. The text 'START YOUR YEAR WITH HEALTHY HYDRATION' is written in bold, pink and blue letters. At the bottom, there is a call to action to visit the website and a small copyright notice.

Thank you



Our thanks to all the generous citizens of Puslinch and Guelph for donating winter clothing for refugees and others in need through the Clothing Closet.

Armed with a copy of the *Pioneer* people arrived with their donations to the Clothing Closet, while others donated coats and other winter clothing through the Rotary donation box at Stone Road Mall.

"A project of the Rotary Club of Guelph Trillium, we were thrilled at the community response." shares Lisa Burke at the Clothing Closet.

Over 73 coats were collected, along with 109 hats and 52 scarves for adults and children. Five shopping carts were filled with the donations.

Some of the items were brand new

with the price tags still attached. Clearly people got into the holiday spirit.

The Clothing Closet offers free good quality clothing in a thrift store environment to help people stretch their budgets.

Located at 400 Victoria Road N, Guelph, The Clothing Closet is open for in-store browsing on Thursdays, 9.30-12 and 5-7pm.

Whistle Stop Co-Op Preschool Inc.

By Sarah Sabo

The final weeks of 2022 were full of lots of excitement for the students at Whistle Stop Preschool, from festive activities to experiencing all the wonder that came with the changing season.

After two years away we were once again able to march in the Puslinch Santa Parade on November 27th as well as enjoying a visit from Santa Claus and Ms Janice, from the Puslinch library.

In addition, the Co-op Preschool held their first fundraiser of the school year with a successful poinsettia sale.

Being a co-op program, it is fundraisers organized by parents and guardians that help maintain school resources and keep costs manageable.

The school community is made up of caregivers, students and teachers that come together to make Whistle Stop a truly special place for children to begin their learning journey.

The ministry-licensed preschool welcomes children between the ages of 2.5 to 5 years old and has been operating since 1987 catering to Puslinch and surrounding areas.

Using a learn-through-play model, the children are encouraged to discover their surroundings through exploration, art and imaginative play.

Prior to the new year they uncovered a mysterious dinosaur fossil made of cotton swabs, explored a living ant farm, created hot air balloon art, and mixed colours to create evergreen trees!

Led by early childcare educators, Sandra Gunson, Lisa Lee and Regina Williams, the school itself operates every Monday, Wednesday and Friday out of the Puslinch Community Centre from 9:00 to 11:30 am.

The program continues in 2023 with everyone happily returning to explore and play during this brand new year!

If you would like to learn more about the preschool please look them up on the web at www.whistlestoppreschool.com, or contact them directly as 519-239-9878 or email teacher@whistlestoppreschool.com

Registration for 2023/2024 School year opens in February. Watch for details of an Open House coming soon!

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Scott Young

Sunrise patron dies



Following the recent announcement of the death of David Onley, one of Sunrise's Honourary Campaign Directors, Sunrise expresses their sorrow.

"It is with great sadness that the team at Sunrise Therapeutic Riding & Learning Centre, acknowledges the death last night, of former Lt. Governor of Ontario, and recipient of the Order of Canada, David Onley.

Our condolences are extended to his family. David was a strong advocate for improved accessibility for children and adults with disabilities.

He was an Honourary Director of the Sunrise Capital Campaign, and when asked, he had no hesitation in accepting, and joining our team.

David will be sadly missed, and his fight for accessibility and acceptance will not be forgotten."



Child care campaign

The County of Wellington's Children's Early Years Division is partnering with all 47 of Ontario's Early Years and Child Care Service System Managers to launch a province-wide marketing campaign.

"The importance of high-quality

licensed child care to economic growth, children's optimal development, and the success of women in the workforce, has long been known among professionals, researchers, and analysts in the sector," said Luisa Artuso, Social Services Administrator for the County of Wellington.

"All 47 Child Care Service System Managers across the province have come together to create a common toolkit to share in their local communities."

The campaign is aimed at generating an increased understanding of, and support for, Ontario's licensed child care sector.

The goal of the campaign is to increase public awareness with a stable early education system that is equitably available, accessible, and affordable.

The key messages are:

- Quality child care supports the economy.
- Quality child care is important for a child's development and future success.
- Early Childhood Educators are essential for quality child care.

TOWNSHIP OF
PUSLINCH
EST. 1850

Volunteer Appreciation Award - Call for Nominations

The Township of Puslinch is seeking nominations to recognize the outstanding contributions made to our community by one of Puslinch's remarkable volunteers. Nominations will be accepted from January 23rd to February 21st, 2023 until 4:30 PM

To nominate a volunteer please visit our website at Puslinch.ca/volunteerappreciation

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

Jakob's road to recovery

By Susan Fielding

It was a balmy afternoon. One of the lazy, hazy days we often get at the end of summer. This was Labour Day.

Six year old Jakob Ganning who lives in the hamlet of Puslinch was excited about entering Grade One the next day and seeing all his friends.

Jakob was playing outside where his dad, Jason, was nearby. Without warning, Jakob suddenly let out several blood curdling screams. It was obvious to his parents and the nearby neighbours that Jakob was in excruciating pain.

It was quickly determined that the main injury was to his right arm. It was obviously a fracture, and his hand was becoming very numb and cold. 911 was called and in short order a welcome sight, an ambulance from Guelph Wellington Paramedics arrived.

Two paramedics caringly and competently assessed Jakob and gave him medication for his pain. The two paramedics, who we later learned were Elliott Brown and Connor Downes, immediately realized that Jakob was seriously injured and would need specialized treatment.

They felt going directly to McMaster Children's Hospital would be the best option for Jakob. They needed permission from their supervisors to allow this. It was quickly determined

that McMaster was only a 60 second longer drive than transporting to the Guelph General and that McMaster had beds available to treat him. It was a go.

Jakob was loaded into the ambulance and his father rode up front. Within minutes he was being off loaded and medical staff were awaiting his arrival.

His orthopedic surgeon, Dr. Michelle Arakgi, diagnosed Jakob with a fractured humerus that was broken in half. There was also loss of circulation to his hand.

He was whisked into surgery where the repair of his humerus required several pins. Thankfully, when the surgeon realigned things blood began to flow into his hand.

This negated the possibility that she may have to transplant an artery from another part of his body. It was a rough few days in hospital.

Jakob was still in severe pain and was in a cast from his shoulder to the tips of his fingers.

His dad never left his side and his mother, Julian, nursed him at home for weeks of long, sleepless nights.

Jakob has made a tremendous recovery and was able to return to school in November.

He wanted to see his paramedics, Elliott and Connor, so a special visit was arranged to their station on Clair Rd in Guelph. Jakob enjoyed a tour and sat in the back of the ambulance and had a long chat with his paramedics. It was a very touching time.



Jakob with paramedics Elliott Brown and Connor Downes

Despite all the negative things we hear daily about our medical system, Jakob received excellent care in an expeditious manner. Jakob, along with his parents, Jason and Julian and older brother, Alex, want to thank everyone for the outpouring of support.

The mystery to this entire story, is how exactly did Jakob's injury occur? Generally, this type of fracture is seen in those who have experienced severe trauma from a motor vehicle accident or falling from a height.

Jakob has very little memory of what happened. This may be seen as a blessing. The important part of this story is Jakob will make a full recovery and when he was in need, the medical system performed spectacularly.

Above all, although the system is strained, all the players from the paramedics, nurses and physicians, never let these issues stand in the way of making sure Jakob was given first class care all the way.

A blue banner featuring a portrait of Michael Chong on the left. To the right of the portrait, the text reads "Michael Chong" in large white letters, followed by "Member of Parliament, Wellington - Halton Hills" in smaller white letters. On the far right is the coat of arms of the province of Ontario.

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Property Tax Reminder

Interim Bills will be mailed

February 1, 2023

DUE DATES:

February 28, 2023

April 28, 2023

Questions? Please contact the
Tax Office at 519-763-1226 x106 or
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www.puslinch.ca

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For current hours and services, please call the Puslinch Branch 519.763.8026 or visit us online at www.wellington.ca/Library.

After School Adventures (Kids)

Join us at the end of the school day for games, crafts, and a wide variety of fun activities. Ages 5 to 10 years. Please register.
Wednesdays, February 1 - 15 at 3:00 - 3:45 pm

Story Time (Pre-Schoolers)

Our Story Times are designed to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Please register.
Thursdays, February 2 - 23 at 11:00 - 11:45 am

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register.
Thursday, February 2 and 16 at 5:30 - 7:00 pm

Baby Time (Babies)

Introduce your baby to the library and a love of books through finger plays, songs, rhymes and stories. Please register.
Fridays, February 3 - 24 at 10:30 - 11:00 am

Book Club - Friday Book Club (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register.
Friday, February 3 at 1-2pm

Scrabble Club (Adults)

Join us for casual word building entertainment! Please register.
Wednesday, February 8 and 22 at 2:00 - 4:00 pm

Book Club - Tuesday Afternoon Book Club (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register.
Tuesday, February 21 at 2:00 - 3:00 pm

Craft and Create - Reverse Canvas Craft (Adults)

Explore the exciting world of reverse canvas crafting! All materials supplied to make a finished project. Please register.
Tuesday, February 28 at 1:30 - 3:00 pm

Just for You from WCL

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.

Meantime, check out this list of new books at the library.

Fiction

- | | |
|------------------|--|
| Atwood, Margaret | Old Babes in the Wood |
| Beaton, M. C. | Devil's Delight Bowen, Rhys. Perils in Paris |
| Brennan, Allison | Seven Girls Gone |
| Coble, Colleen | Dark of Night |
| Hechtman, Betty | But Knot for Me |
| Hedlund, Jody | Last Chance Cowboy |
| Irvin, Kelly | Every Good Gift |
| Koontz, Dean | The House at the End of the World |
| Moyes, Jojo | Someone Else's Shoes |

Non-Fiction

- Baggerly, Allison
Money Made Easy: How to Budget, Pay Off Debt, and Save Money
- Condon, Joanne
Furniture Flips: 25 Colour-Popping Painted Furniture Projects
- Crummey, Michael
Passengers
- Galbraith, Melissa
How to Embroider Texture and Pattern: 20 Designs That Celebrate Pattern, Color, and Pop-Up Stitching
- Griffiths, Caroline
Natural Bakes: Everyday Gluten-Free, Sugar-free Baking
- Heche, Anne
Call Me Anne
- Hostetter, Mary Alice
Plain: A Memoir of Mennonite Girlhood
- Laird Gardner, Graham
Tiny and Wild: Build A Small-Scale Meadow Anywhere
- MacAskill, William
What We Owe the Future
- Monterroso, Dalia
Let's All Keep Chickens!: The Down-To-Earth Guide to Natural Practices for Healthier Birds and A Happier World



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Aberfoyle Farmers' Market

By Jayme Mast

Here we are at the start of a new year, with the 13th season of the Aberfoyle Farmers' Market approaching quickly.

We're eager to see what lies ahead for this coming market season, and we hope you are too!

After a record-breaking finish to the 2022 season, our small-but-mighty team took advantage of some much-needed downtime in the off-season, but as we turn the page into 2023, rested and recharged, we're back at the planning table to prepare for another year.

There is always lots to do to pull things together ahead of opening day at the end of May, and as a smaller community market, we rely almost entirely on the efforts of volunteers to keep the market going.

Everything from day-to-day operations and social media marketing, to seeking out and applying for grant funding or liaising with community partners is led by volunteers.

Like many community-led organizations here in Puslinch, there's always a need to prioritize tasks, and there are never enough hands to do it all!

We always have room at the table for fresh perspectives and new skill sets, and welcome anyone interested in getting involved. Helping at the market is also a great way for students



to fulfill their mandatory volunteer hours. We'd love to hear from you!

Getting involved with the farmers' market could also come in different forms. Perhaps a hobby that was once a creative outlet has grown into something a bit bigger, and you're looking for new ways to connect with customers. There's never a better time to consider joining us as a vendor!

As a non-profit organization, we are grateful for the support we receive from the Township and County which enables us to maintain some of the lowest vendor fees in the region for similar events.

Aberfoyle is a great place to test the waters for new vendors and young entrepreneurs alike, and you just might meet a few neighbours and friendly faces along the way!

Over the years, Aberfoyle's market family of visitors, vendors and volunteers have created this welcoming community hub, bustling with activity, rain or shine, each Saturday morning.

Our team is wholeheartedly invested in keeping the market going, despite the many hurdles encountered since

the pandemic, but pushing the limits of the clock and stretching each dollar as far as it will go have become even more challenging in the last year.

As consumers, we're all experiencing the pressures of inflation, which can make the barriers to shopping locally seem even larger.

Many will say that purchasing from small businesses is often more expensive, and on paper it might look that way, but perhaps there are different ways to measure the true cost of each dollar.

For some, it might include an element of environmental sustainability, time and quality or even the personalized customer service that comes from dealing directly with a small business owner.

The weight we assign to each of these factors will vary with what we value most as individuals, and it's perfectly reasonable to expect that shopping habits will change during recessionary times.

We know this community is passionate about seeing local businesses thrive, especially after the hit many took during the pandemic.

Please, help us keep the spirit of shopping local alive and well in Aberfoyle! Shop small when you can, consider getting involved and be sure to add a stop at the market in your Saturday morning routine this growing season!

For more information about the farmers' market, please visit www.afma.ca or feel free to reach out by email or phone.

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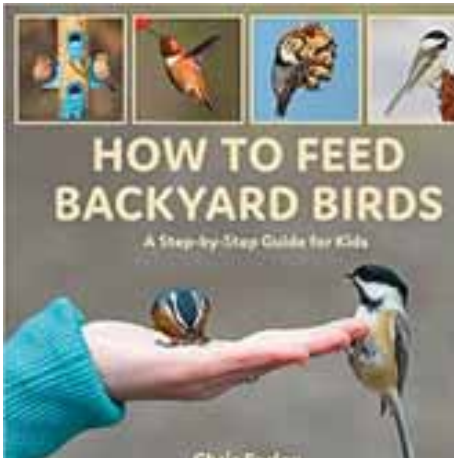


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Feeding backyard birds



Guelph resident, Chris Earley, has recently published a guide for children on how to feed backyard birds.

He is the Interpretive Biologist and Education Co-ordinator at The Arboretum in Guelph and has written previous books on birds.

In the book he covers how birds keep

warm in winter, what they eat and the type of feeders that work best.

Along with some warnings about predators, there's a gallery of photos to help you identify the birds that frequent your backyard.

The book is illustrated with beautiful photos of birds in action and written in a way to talk to your children.

The book is available at Amazon and Indigo.

Do you have unwanted electronics cluttering up your home?

Electronics recycling is available at all County of Wellington waste facilities.

Electronic waste materials may be dropped off, free of charge. Metals,

glass and plastics are recovered from the electronics and recycled.

Acceptable items include:

- Phones and cell phones
- Computer, monitors and peripherals
- Printers and photocopiers
- TVs, projectors, cameras
- Stereo systems, headphones and microphones
- Audio/video recorders and players
- Video game consoles and peripherals

Remember to protect your data. Please clear your devices of personal data before dropping them off for recycling.

You can do this by hitting the factory reset button on each device.

For more information, visit www.wellington.ca/sws.

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Check out local farm share programs at wellington.ca/en/business/trlocalcsas.aspx for options locally.

Winter is the perfect time to sign up to a farm share, as it helps farmers with early-season expenses such as seeds and tools!

Our Stories. Our History. Our Heritage.



Eat up your February

Did you know you can eat local food year-round?

While some might associate locally grown food mainly with summer farmers' markets filled with local fruit and produce or farm side stands fully loaded with corn or squash, we guarantee that you will find local products on store shelves year-round – even during the cold and icy days of February.

Taste Real has teamed up with the Guelph Box to bring local winter flavours to your doorstep.

Orders are on a first-come, first-served basis and you will receive a selection of delicious local foods and products to your home on February 26.

Five percent of each order will be donated to Wellington County Food Banks!

Limited quantities available. Delivery available within Wellington County and Guelph.

Vendors include Cedarwood Honey, Thatcher Farms, Truly Baked Granola, Ewe-nique dairy, Maggie's Bakery, Nourish @ 10C, Gamble Farms, and Rootham's Organic.

We strongly believe that the way to someone's heart is through good food!

Check out the Taste Real website for a list of some wonderful Valentine's Day specials happening throughout Guelph and Wellington County.

Another way to support local farmers is through purchasing farm shares, often called CSAs (Community Supported Agriculture programs) allow Wellington County and Guelph residents to have direct access to high quality, fresh produce grown by local farmers.

Quiet days in Dove House



Join us for a quiet day in historic Dove House at Crieff Hills Retreat Centre, 7098 Concession 1, Puslinch.

This day is set aside to help those who need space to disconnect, clear their head or just rest.

Spend the day curled up with a good book, explore the wintery trails, or nap the day away.

A locally inspired lunch is included, served in the Dove House kitchen.

Each person will receive their own bedroom and have access to the common areas of the house during the day.

A host will be present to welcome you and offer suggestions on how to use your day.

February 10, 2023

February 19, 2023

March 25, 2023

April 7, 2023

April 25, 2023

\$35.00 (+HST) per person – email events@crieffhills.com to reserve your spot!

In celebration of Black Heritage Month, the Wellington County Museum and Archives is pleased to unveil **Our Stories. Our History. Our Heritage - A Guelph Black Heritage Society Exhibit.**

Curated in partnership with Denise L. Francis, President of the Guelph Black Heritage Society (GBHS) and Kween, Executive Director of GBHS, this exhibit explores the significant role the GBHS has in advocating for and celebrating Black heritage and culture in Wellington County. Highlighted are items from the GBHS collection.

"The Black community has been in Wellington County since the 1800's," says Denise L. Francis. "At the GBHS, it is our mission to amplify the voices and share the stories of the people who helped build our community."

This exhibit highlights the past and present accomplishments and acknowledges the resilience and bravery of those that came before.

"It's not about being in fear of what is to come – but brave for what can change," says Kween.

This exhibit explores the significant role the GBHS has in advocating for and celebrating Black heritage and culture in Wellington County. Highlighted are items from the GBHS collection.

The exhibit runs until July 9, 2023. Wellington County Museum and Archives is located on Wellington Road 18 between Fergus and Elora and is open weekdays from 9:30 am to 4:30 pm and on weekends from 1:00 to 5:00 pm.

Admission is by donation. Learn more at www.wellington.ca/GBHS.

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HERITAGE LOST

The Callfas/ Stewart House

By Marjorie Clark



From a painting of the Callfas/Stewart home by Puslinch artist, Yvonne Richard.

To view this house in its final years during which it was allowed to deteriorate, after it passed from the ownership of the Stewart family, it was difficult to envision this property as a treasure.

However, it certainly was. To begin with, this house was solid stone, the like of which is now beyond the capacities of most owners to fund or contractors to construct. This fact alone, should have merited its conservation.

Secondly, the house was built by German masons for the Callfas family, one of the very earliest German families to settle in the Morriston area of the Township, an area predominately opened up by German pioneers.

The late Professor Gordon Couling of the University of Guelph, an expert on the qualities of architecture, stated that the work of the German masons was superior to that of the Scottish masons of the Township. It is important that these buildings remain, as artefacts produced by the Germanic culture of this section of the Township.

John Callfas (1790-1884), his wife, Eva Rau and their family of five children, emigrants from the Black Forest of Württemberg Province, Germany, arrived on this property in 1832.

Four more children were born in Puslinch. The first sections of the

stone house were constructed for the Callfas family in 1850-55. It was one of only seventeen stone or partial stone houses in the Township, as recorded on the 1861 census.

Other residences were still mostly log, with some frame. Thus, part of this structure was one of the earliest examples of stonework used in housing in our Township.

Although yet a young country, we need to value our history and to protect it from being lost. For family descendants, the house remained a memorial to their ancestors, drawing them from near and far.

The property was visited over the years by descendants of John Callfas from Toronto, Whitby, Edmonton and the United States and by relatives from Germany, as well as by present day members of other German families, who first settled in and around Morriston.

Callfas family members, visiting from the U.S. remarked with dismay about the ruinous state of the house. An opportunity presented itself to put this aright. However, it was not secured against vandals and left with a leaking roof.

Every year, genealogical researchers tour sites like this in our Township, dine in local restaurants, buy gas, purchase history books, lodge at nearby bed and breakfasts and thereby, contribute to our economy. Our heritage is an economic investment.

Sadly, this once beautiful home was abandoned in its dilapidated condition, until it was truly beyond repair, when it could have been renovated to become the crown jewel of the new subdivision.

As a civilized society, ought we not to preserve our architectural heritage from destruction?

The Puslinch Heritage Committee, a Committee of Council, has now established its ability to recommend designation of properties to Puslinch Council and did so with another lovely Morriston home, for which demolition had been requested.

Council has approved that designation. It's a step in the right direction. Many others remain to be protected.

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ASK THE EXPERT

Jumping worms

By Pat Van Benthem

I've been hearing about invasive Jumping Worms and their impacts on our forests and gardens. What are they and how can I help to avoid their spread?

In 2021 invasive Jumping Worms (JWs), also called snake worms or crazy worms, were confirmed in multiple locations in Ontario, including Toronto, Hamilton and Kent County.

It is thought that initially they were transported from Japan and Korea entering the United States and migrating north in plants and horticultural materials.

You can identify JWs from European worms by their reddish brown colour and shinier skin with a distinctive white band (clitellum) fully around their body and nearer their head.

They are sleeker, smoother and slightly smaller than our typical earthworms. A noticeable feature is that they thrash and spring when they are held.

Adult JWs worms die in the fall but the cocoons survive in up to -12 degrees, hatching in the spring.

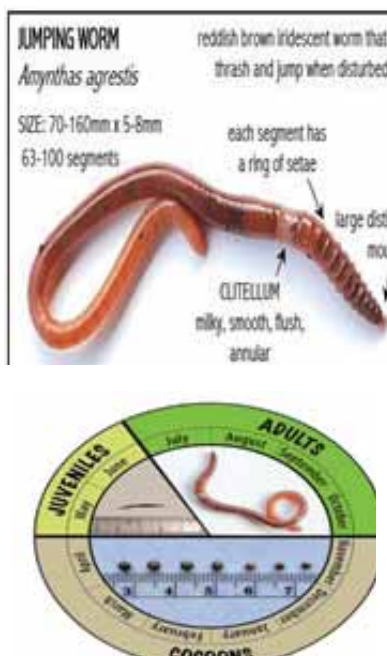
JWs take about 70 days to be an identifiable size so worms you see in the spring and early summer are not JWs.

The other way to determine if there are JWs in an area is to look closely at the surface of the soil for a coarse, coffee ground like texture which are the worm castings.

So why are JW's a threat to our forests, agriculture, nursery production and gardens? They voraciously eat all organic material and leave behind high density worm casting on top of the soil.

The castings leave a high mineral soil few plants can survive in. They eat micro-fungal communities and the soil becomes bacterial dominated. JWs don't aerate the soil, infiltrate water or move nutrients.

These changes make soil less nutrient rich, drier and prone to erosion, negatively impacting the growth of



plants and trees and the habitat and food for insects, fungi, birds and amphibians.

At this time there is no way to get rid of JWs or to control areas already infected, so prevention is the best strategy.

Do not move plants with soil to new locations without thoroughly inspecting for worms or eggs.

Root washing is recommended before moving plants. Be aware that worms for composting or fishing may be contaminated with JWs.

Consider creating your own compost and buy garden materials from reputable sources.

There is research being done on methods for removing JWs such as using fungi and soaps to kill them. Solarization of compost and mulch is helpful.

Sharp angular particles added to the soil like biochar, sand and diatomaceous earth deter them and may kill the worms when ingested.

If you suspect JWs in an area you can check the soil by using a solution of 1/3 mustard powder to 1 gallon of water, steeped for an hour and sprinkling it on the soil.

The jumping worms come out of the ground and can be picked. Destroy any JWs by solarizing, freezing or putting in isopropyl alcohol.

If you find JWs contact your local Canadian Food Inspection Agency office (CFIA).

Crime on the rise in Aberfoyle



When the economy is bad and people are struggling financially, it seems that crime rates increase, as is evident by two recent thefts in Aberfoyle.

First thieves caused thousand of dollars of damage after backing through the door of the business and stealing power trimmers and generators.

This happened on Thursday January 12. Two pick up trucks were involved, but one was later found abandoned and set on fire.

Three men were involved in this crime and the second vehicle has been identified as a silver GMC pickup that was seen travelling south on Highway 6.

Then that same evening, a gravel pit was broken into and thieves took catalytic convertors from several work trucks. Seven full-size trucks were tampered with and the trucks were flipped on their sides.

Catalytic converters are part of a vehicle's exhaust system and the precious metals found inside – palladium, platinum and rhodium are valuable to recyclers.

Anyone with information is asked to contact Wellington County OPP at 1-888-310-1122.

Or if you wish to remain anonymous, you can call Crime Stoppers at 1-800-222-8477.



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Cook's Corner

By Barbara Paterson

Since the cost of food is so high now, I am featuring two recipes which are less expensive but still tasty and nutritious.

Chickpea Soup with Lemon & Tahini



This recipe comes from Movati in Guelph. It makes a large pot of soup.

- 3 cans chickpeas, drained and rinsed
- 3 tbsp. olive oil
- 1 large onion, peeled and sliced
- 3 ribs celery, diced
- 3-5 garlic cloves, peeled
- 3 quarts (12 cups) vegetable or chicken stock
- Juice and zest of 2 lemons
- ¼ cup tahini (sesame paste)*
- Pinch of minced mint leaves
- 1 tsp. ground coriander
- A sprinkle of crushed red pepper flakes
- 1 bunch scallions, chopped
- Salt & pepper to taste
- Handful of fresh cilantro for garnish (optional)

1. Heat olive oil in a large pot, add onion, celery and garlic. Cook for 10 minutes.
2. Add 2 cans of drained chickpeas and stock. Bring to a boil. Add lemon zest, tahini, mint, red pepper flakes and coriander.
3. Blend the mixture, then add the remaining can of drained chickpeas, the scallions and salt & pepper. Stir to combine. Garnish with cilantro and lemon wedge.

* Available at the Bulk Barn or in jars in the grocery stores.

Kickin' Chicken Legs

You can often buy chicken legs with thighs attached in a package of four at a very reasonable price compared to skinless chicken breasts or thighs. I got them at No Frills.



- 4 chicken legs with thighs attached
- 1 tsp. salt
- 1 tbsp. soy sauce
- 1 tbsp. olive oil
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 1 tsp. dry onion soup mix or

- granulated onions
- ½ tsp. cayenne pepper

1. Combine all the ingredients except chicken and mix well.
2. Wash and pat dry the chicken legs with a paper towel, then evenly apply the rub all over. If the rub doesn't stick well, rub the legs with a little oil, then apply the rub.
3. Bake in oven at 375°F until the legs are nicely browned, about 1 hour.

Not sure what to recycle?

There is a new waste app that can help you.

Recycle Coach is Wellington waste's new digital tool that you can access from your computer, tablet or smartphone.

You can download the app from the App Store or Google Play or from Access Recycle Coach at www.wellington.ca/sws

This free tool will let you know

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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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www.bahaisofpuslinch.ca.

• 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 lsapuslinch@gmail.com for particulars of date, time and Zoom link.

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454 Arkell Road, Puslinch, ON NOB 2J0
519-824-1161

www.calvaryguelph.com

Pastors: Patrick Timney and Joe Yang

• Sunday worship: English 9:30 am
Chinese 11:30 am

• Children's Worship: Sunday morning program held during main services.

• Calvary Youth: For Jr. & Sr. High programs - please go to church website for more information.

• Adult Bible Study: Thursdays 10:00 am.

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Facebook: *Cross Roads BIC & Cross Roads Youth Group*

Pastor: Melissa Richer

Sunday worship @ home: YouTube 'Cross Roads BIC' or in person via registration @

'crossroadsbic.eventbrite.ca'

www.youtube.com/channel/UCMKYAskvq1HdGsTIA7UQFsg.

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Pastoral Leader: Rev. Don McCallum

donpmccallum@gmail.com

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Email: morristonunitedchurch@gmail.com

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Monthly donations to Chalmers Community Services Centre for February are kidney beans, baked beans, skim milk powder and Peanut Butter but all donations are appreciated. Warm Socks would be a welcome contribution.

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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

Friday, February 3rd and March 3rd

at 7 pm. Music Night at the Badenoch

Community Centre 4217 Watson Road

S. Puslinch. Everyone welcome, masks

optional. Info: 519-763-9782.

BIBLE CHARACTER STUDY

Join us for a six week Bible Character Study

beginning with Deborah, followed by Esther.

Commencing **Wednesday, February 1st**

from 10:00am till 12:00 noon and each

Wednesday following for six weeks at

Arkell United Church, 600, Arkell Rd./at

Watson. Pastor John will facilitate this. Bring

your own beverage and snack as required.

HOOTENANNY

Hootenannies have restarted at Arkell

United Church, 600 Arkell Rd. at Watson Rd.

The **last Friday of each month**. Sign up

for your time in the Spotlight or just sit back

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STUDIES & STUDIO EVENT

Saturday, February 18, 2023 (1 p.m. – 4

p.m.) Learn the Art of Needle Felting with

Fibre artist and instructor, Cathy Disbrow.

Heritage Hall at Freelton Strabane United

Church, 1565 Brock Rd., Strabane. For full

details - see www.freeltonstrabaneuc.ca or

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All welcome!

'TASTE OF ITALY' PASTA DINNER

Guelph South Rotary -- We're back! Mark

your calendars for **February 10, 2023**, and

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BADENOCH COMMUNITY CENTRE
Inquiries call Ami DeVries at 226-979-0355.

DUFF'S CHURCH
Contact the church office at 519-763-1163 or email office@duffschurch.ca.

FREELTON STRABANE UNITED CHURCH 1565 Brock Rd. (Brock Rd & 8th Conc W.), Strabane, ON. Church Office at 905-659-3380.

OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE
Call 519-763-1226 or email 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 or contact Darlene Harrietha at 519-822-0874 or email darleneharrietha@gmail.com.

EarlyON PLAYTIME
Is a free drop-in program for parents and caregivers with children birth to 6 years. It runs on Tuesdays and Thursdays at the Puslinch Community Centre from 9:30-11:30am. Check the EarlyON Guelph Facebook page for up-to-date cancellations.

FREELTON LIONS CLUB
Are looking for new members and volunteers men and women for our club. We sponsored a number of charities over the years. If you are interested in helping or joining please contact Jim Munday at 905-921-0095 or email jkmunday@bell.net.

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>.

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.

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.

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 and fill out an application or call Ken at 519-763-0309 or contact any club member.

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.


PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE
is located in Duff's Presbyterian Church.

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Dianne Hersey 519-824-6304
Alan Fairweather 519-824-5726
Jen Deter 519-837-5913

THE ROTARY CLUB OF GUELPH SOUTH
Meets every Thursday at 7:30 am. Check out www.rotary7080.org/guelphsouth for more information. Contact Celia Clark for membership inquiries: 519-766-1097.

METAL RECYCLING BIN – SUNRISE FARM (6920 Conc. 1, Puslinch)
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