



## Puslinch Council approves 2023 budget

The Council of the Township of Puslinch approved its 2023 Operating and Capital Budget with a 4.50 percent tax increase.

For the typical Puslinch residence assessed at \$610,000, the increase represents a \$48 annual increase for the Township portion of the property tax bill.

The increase per \$100,000 of residential assessment value is approximately \$8 annually for the Township portion of the property tax bill.

Taking into account the County of Wellington's 2023 Budget and the 2023 Education Tax Rate, the blended tax impact for the typical Puslinch residence assessed at \$610,000 is 4.04% or \$236 annually.

The blended tax increase per \$100,000 of residential assessment value is approximately \$39 annually.

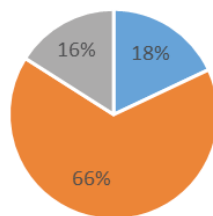
"Puslinch Council has passed a responsible budget that continues to focus on our key priorities during a very challenging period.

It is extraordinary that the annual increase to residents is only \$48 taking into account the significant inflationary trends and the numerous improvements this budget provides including expanded services and significant investments in infrastructure." commented Mayor Seeley.

### 2023 Budget Highlights

- Increase in operating costs due to significant inflationary trends including increases in the Ontario Minimum Wage, mandatory employee benefits, fuel, calcium, winter maintenance, and insurance premiums.
- Increase in operating costs due to enhanced service levels related to the addition of a full-time equipment operator and a health and safety shared service agreement.
- Increase in operating and capital costs related to the implications of Bill 23 including Heritage Act designations and amendments required to Township by-laws and policies.
- Contributions of \$1,767,342 into Discretionary Reserves for future projects and equipment including contributions of \$270,800 for future gravel road improvements.
- \$2,666,420 invested in roads, bridges culverts, and storm water management facilities to maintain a safe and efficient transportation network across the Township.
- Improvements to Leslie Road West, Kerr Crescent Storm-water Management Facility, Puslinch Lake Pedestrian Access and Signage, Little's Bridge, Concession 7, Maltby Road East, and Roszell Road
- Enhancements to Township parks and facilities.
- LED lighting upgrades at Township facilities
- Line Painting and Floor Refinishing at the Optimist Recreation Centre
- Replacement of Ceiling Components at the Puslinch Community Centre
- Parking Lot and Associated Enhancements at the front of the Puslinch Community Centre
- Playground upgrades at Boreham Park, Replacement of Old Morrision Bleachers, and Municipal Office upgrades.

% of Total Tax Bill for Median/Typical Single Family Home



■ Township ■ County ■ Education

# Editorial

As we enter March, and hopefully the last month of winter, this issue of the *Pioneer* seems to focus on making the most of the season while at the same time, looking forward to Spring.

We've included different activities that can be enjoyed at the Grand River Conservation Areas as well as a winter map of what's available locally.

There is also a theme of learning – from the yoga retreat and enrichment series at Crieff Hills to the Video camp for 10-14 year olds over March Break. And the library has several special programs on offer then too.

The Junior Garden Club is recruiting young gardeners to learn about growing their own vegetables In her Ask the Expert article, Denise Loop shares how we can enhance our gardens during climate change.

Talking of change, in this issue we tackle what is happening to the Green Belt and how that could impact us. It is somewhat ironic that we are sharing the Township's budget in this issue at the same time as we highlight what could happen to our taxes in the future as a result of Bill 23.

We thank John McNie and Mike Marcolongo for explaining the impact of this bill and giving voice to concerns many of us share.

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

### Note new email addresses:

Chair  
Karen Harding 519-820-8114  
[karenpuslinchpioneer@gmail.com](mailto:karenpuslinchpioneer@gmail.com)

Editor  
Anne Day 519 767 9383  
[editorpuslinchpioneer@gmail.com](mailto:editorpuslinchpioneer@gmail.com)

Advertising & Sales  
Dianne Churcher 519 763 6564  
[advertisingpuslinchpioneer@gmail.com](mailto:advertisingpuslinchpioneer@gmail.com)

Church/Community Notices & Circulation  
Stella O'Krafka 519 658 4767  
[stellao.pioneer@gmail.com](mailto:stellao.pioneer@gmail.com)

Board members  
Barbara Bulmer, Barbara Chillingsworth, Genny Ribalko.

The *Puslinch Pioneer* does not necessarily endorse the opinions expressed in articles or Letters to the Editor. We reserve the right to refuse items submitted and to edit all material. All advertising is accepted in good faith. The *Puslinch Pioneer* reserves the right to refuse an advertisement that is deemed inappropriate, racist or promoting hate.

**SUBMITTING ARTICLES** Items of interest to Puslinch residents are welcome. Letters to the Editor must include a telephone number.

We ask that articles be submitted by email and adhere to the Writers Guidelines which can be downloaded from [www.puslinchpioneer.ca](http://www.puslinchpioneer.ca)

Unless otherwise stated, the deadline for submissions is the 2nd Friday of the month. Next deadline is **Friday, March 10th, 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 NOB 2J0

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# Council Clips

## Shop Local Gift Certificate Program:

Council to discontinue the program effective April 1, 2023, due to the program's underutilization.

## Estill Innovation Community Development Proposal:

Council to consider the proposal to rezone Agricultural lands at 4631 Sideroad 20 N to Industrial lands through the use of the Community Infrastructure and Housing Accelerator tool.

## Badger Daylighting Zoning Amendment Application:

Property owner and agent to respond to staff report for property at 6678 Wellington Rd 34, and response be included in planning recommendation report to be considered by Council at March 2023 meeting.

## Wellington Motor Freight 128 Brock Road S:

Zoning By-law Amendment Application for the property currently zoned Highway Commercial to Site Specific Industrial to permit a warehouse and transportation hub.

## Youth Advisory Committee:

Established December 2022 to serve in an advisory capacity to Council and provide a meaningful and constructive voice for the youth of Puslinch. First meeting February 6, 2023.

## Acting Mayor Schedule:

Councillor Sepulis is appointed as the Alternate Member to the Upper Tier for the 2022 to 2026 term of Council.

## 82 Queen Street Morriston:

A by-law passed to authorize the designation of land located at 82

Queen Street as a property of cultural historical value.

## Safety and Maximum Speed Limits in and around Arkell:

Concerned citizens of Puslinch (60 families) are recommending to both Puslinch and Wellington Councils to initiate the below maximum speed limits for Arkell Rd and Watson Rd S and to consider the safety benefits of Arkell being a "Community Safety Zone" with electronic Speed Display Signs.

## Lease of Library Space for Puslinch Historical Society:

A by-law passed to authorize the execution of the renewal of the Agreement with Wellington County at the new lease amount \$12/sq ft from \$10/sq ft for the next five-year term.

## Interim Tax Levy Instalments:

Due February 28, 2023, and April 28, 2023.

## Enbridge Gas Assists Puslinch Fire & Rescue:

Enbridge Gas is helping Puslinch Fire & Rescue purchase firefighting training materials, through Safe Community Project Assist.

## Wellington County Residential Property Values:

Minto has the lowest average property values \$248,679 and Puslinch has the highest \$700,495. Average single-family detached dwelling in County \$448,488.

## Final 2023 Budget:

Council to enact the 2023 Budget By-law at their meeting February 8. Proposing a 4.5 percent tax increase for residential homes which would mean an additional \$48 per \$100,000 of assessment on Township portion of tax bill.



**TOWNSHIP OF PUSLINCH**  
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## Council and Committee Meetings (519) 763-1226

Council Meeting - March 1st at 10:00am  
Heritage Advisory Committee Meeting: March 6th at 1:00pm  
Youth Advisory Committee Meeting: March 6th at 6:00pm  
Committee of Adjustment & Planning and Development Advisory Committee Meeting: March 14th at 7:00pm  
Council Meeting - March 22nd at 10:00am  
Public Information Meeting: March 22nd 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](http://www.wellington.ca/Library).

## Optimist Recreation Centre Hours

The Optimist Recreation Centre ice rink will remain open during the month of March, dependent on the weather and ice conditions. To view the status of the facility and 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](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)

## Taxes on the Typical Single Family Home

(2022 Assessment - \$605,000; 2023 Assessment- \$610,000)

	% of Total Tax Bill	2022 Taxes	2023 Taxes	\$ Change	% Change
<b>TOWNSHIP</b>	18%	\$1,072	\$1,121	\$48	4.50%
<b>COUNTY *</b>	66%	\$3,840	\$4,020	\$180	4.68%
<b>EDUCATION</b>	16%	\$926	\$933	\$8	0.83%
<b>TOTAL BLENDED CHANGE</b>	100 %	\$5,838	\$6,073	\$236	4.04%



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# Junior Garden Club for students grades 1 to 8

By Maryann Hohenadle



Join us and learn a life-skill for a life-time, and to grow your own vegetables.

Enjoy the unique taste of veggies freshly-picked.

Meetings and events always on a Wednesday and will be held at the community centre gardens.

Registration for 2023 season is Wednesday April 5 and Wednesday April 12, 8 a.m. to 8 p.m. at 4407 Victoria Rd. S or call Maryann at 519-763-9849.

# Phone scams

By Anne Day



photo from Unsplash

"This is Service Canada and we have cancelled your social insurance number because...."

And that's when I hung up.

But sadly many seniors don't and worried that they've broken the law, they pay up or give away too much personal information.

The Wellington County OPP would like to remind residents of some warning signs to look for to protect yourself.

- If you receive a suspicious phone call claiming to be from a family member in an emergency situation, hang up the phone and contact them directly.

- If the caller claims to be a law enforcement official, hang up and call your police directly.
- Listen to that inner voice that is screaming at you: "This doesn't sound right".
- Be careful what you post online. Scammers can use details shared on social media platforms and dating sites for targeting purposes.
- Suspects can easily gather names and details about your loved ones.
- Be suspicious of telephone calls that require you to immediately take action and request bail money for a family member in distress, for example.
- Be careful with caller ID numbers that look familiar. Scammers use technology to disguise the actual number they are calling from (spoo) and make it appear as a trusted phone number.

If you know an elderly person, please reach out to them and have a conversation on what to do if they get a phone call like this.



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# Bill 23: What it Means for Puslinch and Ontario

By John McNie and Mike Marcolongo

On November 28th 2022, the Province passed Bill 23, the *More Homes Built Faster Act*. Through Bill 23, the province is proposing to build 1.5 million homes over the next 10 years.

This is a laudable goal and needs to be supported – unfortunately Bill 23 not only misses the mark, it will create more problems in our communities.

Bill 23 is a wealth transfer from taxpayers to developers. By reducing eligible expenses for Development Charges (which help pay for infrastructure for new houses, offices or industrial development), Bill 23 will increase taxes for residential property owners in Ontario.

In other words, property taxes will increase to pay for things like roads, fire stations, community centres and sports fields. This wouldn't be a bad thing if taxpayers were assured that an increase in property taxes would help young people and newcomers purchase homes. Unfortunately Bill 23 doesn't require developers to pass any of the savings they may gain onto new homeowners.

Bill 23 means less affordable housing: because Bill 23 defines affordable housing as any housing unit where the price is 80 percent or less than the average purchase price.

According to MLS, in February 2023 the average house price in Puslinch is \$1.1M. Using Bill 23's logic – any home that is \$880,000 or lower is consider "affordable".

Our kids or newcomers cannot afford an "affordable" as defined by Bill 23. Yet under Bill 23, those affordable units will be exempt from parkland dedication and development charges.

Bill 23 means less parkland and developers choose where parks are located. In short, Bill 23 caps the amount developers are required to pay for new parkland and its developers – not the municipality that would be able to choose where to locate new parkland.

Bill 23 is catastrophic for the environment and heritage protections. Bill 23 severely limits the ability for Conservation Authorities to comment on natural heritage concerns or to even classify wetlands.

And the province has dictated that in the next year Conservation Authorities need to inventory any lands for future disposition to be turned into housing. Bill 23 also makes it harder for municipalities to designate heritage properties that define Puslinch's architectural traditions by increasing the test or the threshold for what is considered to be of "heritage value".

If you value farmland, the rural character of Puslinch, are concerned about inappropriate aggregate expansion and value greenspace and the environment – please read up on this most egregious piece of legislation.

Take a look outside your window in Puslinch, that's not sheep in the field next door: it's Bill 23 in sheep's clothing. Bill 23 isn't about affordable housing – it's about a wealth transfer to developers that we will all pay for while cheapening the community that Puslinch's ancestors cultivated and built.

It's never too late to speak up for Puslinch and Ontario by contacting our Council ([jseeley@puslinch.ca](mailto:jseeley@puslinch.ca)) MPP Ted Arnott ([ted.arnottco@pc.ola.org](mailto:ted.arnottco@pc.ola.org)) and Premier Ford ([doug.fordco@pc.ola.org](mailto:doug.fordco@pc.ola.org)).

*John McNie is a Puslinch resident and member of the Mill Creek Stewards. Mike Marcolongo is the campaign coordinator for Keep the Greenbelt Promise.*



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- Jody W. (Puslinch)



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## Filmmaking March Break Camp



Monday, March 13th - Friday, March 17th | 11am - 5pm

Ages: 10-14

\$200/child | \$350 for siblings

Calling all future filmmakers!

This March Break Ed Video is offering a fun and engaging filmmaking camp where campers can get creative in a hands-on exploration of the filmmaking process.

Instructed by Jaden Howson, campers will learn skills in storyboarding, camera use, sound recording, prop making, lighting, green screen and video editing.

In using these skills, campers will work together to shoot their own short films and they will be screened for parents and guardians on the final day of camp!

Screening of works will be Friday, March 17th at 4PM.

Limited enrollment. Register your camper here: <https://forms.gle/RU9EkUaQnh4mr9gW9>

For any additional questions, please email [workshops@edvideo.org](mailto:workshops@edvideo.org).

## Whistle Stop Preschool

By Sarah Sabo



photo from Unsplash

While some of these frosty winter days have been too cold for outdoor play, the kids at Whistle Stop have kept busy in the classroom!

The flurry of activity has included creating paper plate animals, conducting science experiments with tornados in a bottle, learning about cold weather animals such as penguins, and the list goes on!

The colder season has provided a great opportunity to allow the Whistle Stop students to explore and discuss their environment including comparing warm and cold weather clothes, favourite winter activities and imaginative play like pretending to skate around the classroom.

Whistle Stop's program is centred around creativity, play, and hands-on activities. Their goal is to help foster a sense of belonging and exposure to a learning experience before entering primary school.

In addition, the Co-Op Preschool's community of parents and guardians are in the midst of organizing their biggest fundraiser of the year - Brunch with the Easter Bunny - happening on

Saturday March 25th at the Puslinch Community Centre.

This will be a great opportunity to get the family together for good food, have your photo taken with the Easter Bunny, participate in a fun raffle and help support our local non-profit school. More information to be found on the website listed below.

Since 1987 Whistle Stop has been catering to Puslinch and surrounding areas.

Currently operating out of the Puslinch Community Centre and led by early childcare educators, Sandra Gunson, Lisa Lee & Regina Williams. The ministry-licensed preschool welcomes children between the ages of 2.5 to 5 years old.

If you would like to learn more about the preschool please look them up on the web at [www.whistlestoppreschool.com](http://www.whistlestoppreschool.com), or contact them directly at 519-239-9878 or [teacher@whistlestoppreschool.com](mailto:teacher@whistlestoppreschool.com)

## Puslinch Camera Club

By Tamsin Lambert

I have recently started the Puslinch Camera Club which is having its first ever meeting March 8th, between 6:30-8pm at the Puslinch Library's Brad Whitcombe room.

The photography club will have a focus on documenting the community and events as much as possible as I am putting emphasis on preservation of memories through visual arts.

To learn more, email [info@theyesthelimit.com](mailto:info@theyesthelimit.com)

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

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

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

Cut flowers and cut herbs included.



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

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or check out our Facebook page at

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March 14, 2023

Intergenerational Worship for the Post Pandemic Church: The pandemic changed us, and it changed our communities, too.

Come to explore how your congregation might find new opportunities as you re-establish Sunday worship in person.

Tori Smit and Chris Fischer are skilled leaders who will ask important questions, share their insights and teach you new skills.

Take home creative ideas and important strategies that will help you shape music and liturgy in your own congregation.

Suitable for preachers, musicians, elders, leaders, worship committees, Sunday School teachers and youth leaders.

\$55.00 per person (+HST)

Register Here: <https://crieffhills.campbrainregistration.com/>

## SAVE THE DATE FOR OTHER ENRICHMENT DAYS!

March 29 - Enrichment Day with Adele Halliday

May 10 – Enrichment Day with Rev. Bob Faris

June 21 - Enrichment Day with Rev. Pam McCarroll

Sept 28 – Enrichment Day with Rev. Trevor Brisbin




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"I met Azra at an open house on our street. She is very friendly and relatable. She helped my husband and I purchase a farm and get the purchase price we could afford. She then helped us sell our house in 4 days getting the sale price we needed. She is an amazing negotiator and we highly recommend her." - Denise



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### Senior of the Year Award - Call for Nominations

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

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

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



# Reflect, Release, Renew Yoga Retreat

March 31 - April 2, 2023

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This weekend immersion will offer yoga practices to reflect where you are right now, release what is no longer serving you, and renew your body, mind and spirit.

Yoga practices will include gentle somatic movements, an introduction to pranayama, restorative yoga, and yoga nidra.

Taking time to create balance in a busy and overwhelming world allows us to be the best version of ourselves, to nurture our souls, and to regulate our own internal space allowing us to relate better to our external space.

There is no prior yoga experience needed. This weekend is suited to any level of experience, and all shapes and sizes.

All props are provided, and we even have mats if you don't have your own. Missi Chenier is a yoga therapist, certified with the International Association of Yoga Therapists and a RYT 500 registered with the Yoga Alliance.

Missi has spent many years studying yoga at a level beyond the physical practice and has focused on the clinical and therapeutic benefits of yoga and its philosophies.



Missi currently teaches at her studio, Santosha Yoga Therapy in LaSalle, Ontario where she offers gentle yoga, restorative yoga, somatic strength, and specialty workshops.

She is also working with Rock CF in Detroit Michigan on the development of a meditation and mindfulness program for the Cystic Fibrosis community.

Missi's classes are well balanced, firmly rooted in the yoga teachings and traditions and are accessible practices.

Her passion is to meet each student where they are and offer them a class that serves their needs.

Register here: <https://crieffhills.campbrainregistration.com/>

## Pricing:

Single Occupancy: \$550 per person (+HST)

Double Occupancy (room sharing): \$510 per person (+HST)

Weekend Day Pass: \$325 per person (+HST)

*Should you find you have barriers to attend this event due to cost, please reach out to our Director, Kristine O'Brien about our Wellness Fund. [director@crieffhills.com](mailto:director@crieffhills.com)*

# Family Activity – March

By Julia Preston



While at times it may not feel like it, this month marks the official end of winter.

Here are some ideas to get outside, welcome spring, and enjoy our beautiful Puslinch environment.

## Winds of change

Watch the wind to see the weather change as spring arrives.

Make your own windsock, flag or pinwheel, and install it where it will catch the breeze.

Your wind catcher can be a beautiful decoration for your home. It's also a great way to tune in with the outdoors.

Check how the wind is blowing each day, predict what weather may be coming and observe how the wind affects trees and animals around you.

## Hike of the month

Turn a hike into a hunt—a scavenger hunt. Search for signs of spring as you walk. Ice melting into puddles, animal tracks in the mud, plants starting to grow, birds building nests.

You'll connect to your surroundings and the coming season.

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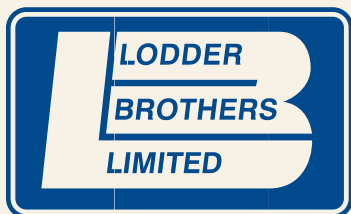
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# A train story

By Marjorie Clark

The recent rash of issues with the Guelph Junction Railway track through east Puslinch, raised by the *Train Committee of the group Concerned Citizens of Puslinch*, reminded me, that as Ecclesiastes states, there is nothing new under the sun. These are not the first nor will they likely be the last, complaints about railways in the Township.

Concerns were raised, as the route for the Credit Valley Railway through south Puslinch was first discussed in 1871. Farmers, whose land was to be bisected by or bordered the planned rail line were legitimately concerned that the steam engines, belching sparks, would set fire to their buildings and/or crops.

The Crieff correspondent wrote on August 4, 1913, "The air has been polluted with the smoke from the fires along the railroad. Several fires have started, burning large pieces of fences and swamp."

As well, some were anxious about the safety of their stock and some about accessing land, which would be isolated on the far side of the line.

The planned line for the Guelph Junction Railway was to run from Goldie's Mill in Guelph to connect with the now Canadian Pacific Railway at Schaw Station in Puslinch village.

Three surveys were made, two to the west of Arkell and one to the east, hoping to get a shorter line. Each new proposed route caused agitation among the affected farmers.

Then, the negotiations for the right-of-way through the land did not always proceed smoothly. On the morning of October 27, 1887, arbitration began at the Judge's chamber at the Guelph Court House to decide the value of land disputed between Mr. McCrae and the Guelph Junction Company.

Only in 1889 was the final right of way case settled with Puslinch landowner, David Watt. When the construction began, there were different problems. The following report appeared in the *Guelph Daily Mercury* of Wednesday, June 4, 1879:

"ROW AT MORRISTON – From a gentleman who was in Morriston on Saturday evening last, it is learned that a number of the Credit Valley Railway employees became very quarrelsome after having indulged pretty freely in the early part of the evening.

For a considerable length of time, the village was kept in a great state of excitement by a succession of wordy wars and hitting from the shoulder on the part of the railway men."

On the Guelph Junction line, the blasting gang at Arkell accidentally ignited the entire cache of dynamite, causing a terrific roar, that was heard for miles around in late December 1887.

Workmen were spotted installing a switch at Arkell on a Sunday in June 1888, which caused a stir, as labour on the Sabbath day could never be countenanced.

The railway labourers and those who served their needs on the Credit Valley were moving on by Tuesday morning, November 11, 1879, when Solomon Brown, butcher in Morriston, arrived in Guelph, accompanied by Constable Thomas Ingram of Puslinch, to speak with James Armstrong, who had kept a boarding house in Puslinch for the Credit Valley Railway workers.

James Armstrong owed Solomon Brown \$139.06 for meat and Mr. Leslie of the Puslinch store \$114.13 for groceries, for which he had tendered only \$209. Solomon Brown and Constable Ingram were persuasive and James Armstrong paid the outstanding debt before leaving from the Great Western Station in Guelph.

When finally in operation, occasionally, stock was killed by trains. In June 1891, Robert Watson, a farmer in south Badenoch, east of Schaw Station, lost four valuable horses. The C.P.R.'s fences were down, allowing them to get onto the track. Robert Watson was requesting that the C.P.R. reimburse him.

Puslinch Township Council, at the October 3, 1898 meeting, voted to advise the C.P.R. that the cattle guards at the crossings in the Gore were practically useless and to insist that they be repaired.

Robert McFarlane was forced to go to court, which was held on a Friday afternoon in Aberfoyle Hall in March 1909, to pursue his case for restitution for sheep lost. He won a compensation of \$55.

In 1899, Puslinch Township Council sent a letter to F. Williams, C.P.R. Superintendent, London, regarding safety at the intersection with the Brock Road. The Council suggested an "automatic signal gong". The C.P.R. responded with an enquiry about whether the municipality was prepared to bear the expense.

In 1900, Council apprised the Township Solicitor, Mr. Guthrie, of the difficulty. In 1905, Council resolved to send a deputation, consisting of Reeve George Meldrum, John Wilkinson, and John Cameron, to the railway authorities.

Bill Huether of Puslinch village requested in October 1922, that Township Council take up the matter with the Department of Public Highways. A signal was erected eventually.

Nevertheless, on June 8, 1927, about 8:40 a.m., two people were killed and two injured, one of the injured being the wife of the M.P.P. for Perth South, when a westbound C.P.R. passenger train hit a car, which was heading south. This accident provided the impetus for major change.

One evening in early August 1958, a spectacular fire in Arkell, stretching for one and a half miles, was caused by sparks from an engine. In two hours, it consumed pasture, parts of two fields of oats, fence posts and several telephone poles.

Again, in August 1997, a train heading out of Guelph ignited grass fires along four kilometres of track, when the train crew spotted the fires behind them.

Fifteen Puslinch Firefighters fought the larger blazes for over an hour. Again on Wednesday afternoon, March 24, 2010, three fire departments and several residents of Arkell turned out to fight fires along the tracks from the Arkell Road to County Road 34.

Lately, the issue has been the noise of the trains. No, nothing is new under the sun.



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# YOUR HEALTH MATTERS

## Gallbladder and Bile Health

By Dr. Laura Brown, ND

March 20th marks spring Equinox, a perfect time of year to appreciate gallbladder and bile function.

By the time spring comes, the gallbladder can be sluggish from digesting all the winter comfort foods like chips and crackers, processed meats, refined grains, sweets, desserts, pickles, and late-night snacks.

This leaves one feeling stagnated, irritable, and frustrated. It's time to lighten the load.

Your liver eliminates waste products, such as toxins, dead blood cells and excess cholesterol through bile. Bile is released in digestion and used to absorb dietary fats, vitamins, and other nutrients.

Bile is a substance your liver makes while filtering your blood. When bile is made, half goes direct into digestion and the other half is stored in the gallbladder where it is concentrated five-ten times.

Cholecystokinin (CCK) is used to trigger the gallbladder to release bile. CCK is normally released in the small intestine in response to a fatty meal.

If the small intestine is damaged from

gluten, inflammatory bowel disease, a poor microbiome, and /or leaky gut, then the cells that release CCK may be unresponsive.

This means two things, bile gets stagnant and sludgy and fats and fat-soluble vitamins like A, D, E and K are poorly absorbed. Fat not absorbed runs through the body and out the stool, a condition called steatorrhea; fatty (often floating), pale, voluminous, loose stools.

When bile gets sludgy there is increased risk of gallstone formation and inflammation of the gallbladder tissue, called cholecystitis.

Gallbladder sludge, stones and inflammation are big concerns. Early detection of the root cause of gallbladder concerns could prevent gallbladder surgery, infection, perforation, or gangrene.

Symptoms that indicate gallbladder needs attention

- Pain, especially right sided:
  - In the right side of the front rib cage
  - Head, neck and shoulders
  - Chest
- Bitter taste in the mouth
- Intolerance of alcohol and fats
- Heaviness in the upper abdomen
- Nausea
- Chronic constipation due to sluggish digestion
- Floating stool
- "Toxic" conditions associated with skin and autoimmune diseases

### What are Gallstones?

Sometimes this bile sludge solidifies into what are known as gallstones or cholelithiasis.

Gallstones are made 90 percent of the time from cholesterol, but also can be made of blood pigment product breakdown (bilirubin), or a mix. An ultrasound is needed to diagnose gallstones.

Gallstones happen especially in those whom are overweight, eat a lot of processed foods and a diet that lacks fibre and vegetables.

They form often during pregnancy, rapid weight loss, inflammatory bowel disease, use of contraceptives, surgery, burns, diabetes, or celiac disease.

Gallstones are related to age, female gender, cardiovascular disease, microbiome disruption, sugar metabolism, low levels of vitamin C, D, and iron, food sensitivities and various environmental exposures.

### Lighten the load!

Lighten the load on the gallbladder; eat healthy, whole foods, keep physically active and reduce the intake of alcohol. There are natural approaches to help reduce pain and support gallbladder health.

Questions? [drlaura@southendguelph.ca](mailto:drlaura@southendguelph.ca)

*This article is for educational purposes only and is not meant to diagnose or treat individuals.*

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## 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, March 2, 9, 23, 30 at 11- 11:45 am

## Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds.

Please register.  
Thurs, Mar 2 5:30 - 7pm

## PA Day: Chess Challenge (Kids/ Tweens)

Meet with other experienced players and exercise your chess skills! Ages 7 to 12 yr.

Please register. Friday, March 3 at 10:30 am - 12

## Book Club - Friday Book Club (Adults)

Meet with members of your community and join our discussion of books and ideas.

Please register.  
Friday, March 3 at 1:00 - 2:00 pm

## Scrabble Club (Adults)

Join us for casual word building entertainment!

Please register. Wednesday, March 8 and 22 at 2 - 4pm

## March Break Special Guest: Owen Anderson (All Ages)

Join us for a magical presentation with magician Owen Anderson!

Please register. Tuesday, March 14 at 10:30 - 11:30 am

## March Break: Adventures Await! Create a Mini World (Kids)

Create a diorama and make a magical world come to life! Ages 6 to 10 years.

Please register. Tuesday, March 14 at 2:00 - 3:00 pm

## March Break: Adventures Await! Dungeons and Dragons (Teens)

Pack your bags and join us for a thrilling D&D adventure! Ages 12 to 17. All supplies provided. New Dungeons and Dragons players welcome.

Please register. Wednesday, March 15 - Friday, March 17 at 12:30 - 2:30 pm

## March Break: Under the Sea!

### Super Sea Creatures (Kids/Pre-Schoolers)

Explore the amazing world of sea creatures with stories and crafts! Ages 3 to 5 years.

Please register.  
Thurs, Mar 16, 10:30 - 11:30

## Book Club - Tuesday Afternoon

**Book Club (Adults)**  
Meet with members of your community and join our discussion of books and ideas.

Please register.  
Tuesday, March 21 at 2- 3

## Craft and Create - Bunny Wreath (Adults)

Get ready for the holidays and create a festive bunny decoration! All materials provided.

Please register.  
Tues, Mar 28 at 2:30 - 3:30

## Mix It Up! Art Workshop (Kids)

Inspired by bestselling author and artist Hervé Tullet, this beautifully messy workshop will be active, collaborative, and entertaining, no matter your skill level. Ages 5 to 8 years.

Please register. Wednesday, March 29 at 3:00 - 4:00 pm

## Book Club - Friday Book Club (Adults)

Meet with members of your community and join our discussion of books and ideas.

Please register.  
Friday, March 31 at 1- 2

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## Fiction

Baldacci, David	<i>Simply Lies</i>
Deveraux, Jude	<i>My Heart Will Find You</i>
Henry, Emily	<i>Happy Place</i>
Mallery, Susan	<i>The Sister Effect</i>
Miranda, Megan	<i>The Only Survivors</i>
Patterson, James	<i>Countdown</i>
Robson, Jennifer	<i>Coronation Year</i>
Sandford, John	<i>Dark Angel</i>
Steel, Danielle	<i>Worthy Opponents</i>
Winspear, J	<i>The White Lady</i>

## Non-Fiction

Bringley, Patrick  
*All the Beauty in the World: The Metropolitan Museum of Art and Me*

Cavallari, Kristin  
*Truly Simple: 140 Healthy Recipes for Weekday Cooking*

Condon, Joanne  
*Furniture Flips: 25 Colour-Popping Painted Furniture Projects*

Dern, Laura  
*Honey, Baby, Mine*

Gay, Roxane  
*How to Be Heard*

Kennedy, Jonatha  
*Pathogenesis: A History of the World in Eight Plagues*

McKenzie, Caroline  
*Country Living Farmhouse Style: Warm and Welcoming Rustic Homes*

Taste of Home  
*What Can I Bring?: 175 Dishes Ideal for Parties, Picnics and Potlucks*

Thompson, Kelly S.  
*Still, I Cannot Save You: A Memoir of Sisterhood, Love, and Letting Go*

Wilson, Hap  
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# Ask the expert

By Denise Jupp

This winter has been a wild ride of unseasonably warm stretches, big snow storms, then rapid melting.

It does appear that this is the new normal, rather than the snow cover we were used to in our gardening zone years ago.

So how can we protect our gardens, and even have them thrive, in this changing gardening climate?

## How do we define climate change?

Changes in the start and end dates of seasons are just some of the ways we can see the effects of climate change as gardeners.

You may notice that you can't grow the same plants you used to a decade ago, much less the varieties that your parents and grandparents grew.

You may notice that those plants will grow, but not thrive any longer. But climate change in your garden can also be as simple as a small change in your own micro-climate.

If you need to remove a tree due to disease or age, your shade garden will now be full sun.

If your neighbour erects a fence or shed, your perfect spot for growing tomatoes may not work anymore.

All of these changes, both global and local, can have an effect on your garden's success.

## What can we do to combat the effects of these changes in our gardens?

Try growing varieties you have not grown before. Seek out native plants that are meant to grow here and are hardy in our climate, because they have adapted to the changes as they have happened.



When buying seeds or plants, buy locally! Plants that have been grown here, versus in greenhouses south of the border, will already be accustomed to our climate.

Seeds harvested from plants grown locally will also have that hardiness built in.

Learn from your mistakes! If something is not working, and you've tried repeatedly to grow that hibiscus or rose bush in the

same place, consider moving it, or trying another plant more suited to the location.

Consider the shade/sun requirements, water needs, and your soil condition.

Grow a variety of plants to encourage biodiversity, and discourage disease from wiping out large swaths of plants.

Take your cue from nature - look at how a meadow grows with all of the varieties mixed amongst each other.

## How can we protect the plants we already have in our gardens that are showing signs of stress?

To combat the effects of extreme weather, such as torrential rain, consider mulch in your garden. This can be in the form of compost, wood chips or bark, or a low-growing cover crop such as Sedum or clover. Bare soil is susceptible to erosion and drought.

Mulch will also help moderate soil temperature, so in the heat of summer, or during a freeze/thaw cycle in winter, mulched soil will be an insulating barrier for roots, and prevent disease from spreading due to rain splashing up from the soil to the plants.

By adjusting our understanding of how we garden, and following nature's example, the act of growing garden can be in itself an act against climate change globally.

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## Winter activities at Grand River



Belwood Lake, Guelph Lake, Laurel Creek, Pinehurst Lake and Shade's Mills offer formal winter programs.

Winter programming is subject to change, based on weather conditions. Also, conservation areas and/or trails may close from time to time during the operating season.

Check GRCA website – [www.grandriver.ca](http://www.grandriver.ca) to learn if an area is open or closed.

Services at some conservation areas during the winter months are limited, and may include a parking lot, garbage containers and information signs.

### Cross-country skiing and snowshoeing

Cross-country skiing and snowshoeing are offered at Laurel Creek, Pinehurst Lake, and Shade's Mills when trail conditions are suitable.

Learn more about cross-country skiing and snowshoeing including fees, rentals and how to access information about what trails are open and current conditions.

### Ice fishing

An ice fishing program is offered at Shade's Mills, Pinehurst Lake, and Belwood Lake when conditions are stable.

Conditions are monitored to ensure the ice thickness meets safety requirements.

When the ice is unsafe, the program is suspended until it is safe to resume.

Learn more about ice fishing including fees, hours and how to access information about current conditions.

### Hiking and walking

The following conservation areas are open during the winter months, even when ski trail and ice fishing conditions aren't suitable for formal winter programs: Shade's Mills, Pinehurst Lake, Laurel Creek, Belwood Lake, Guelph Lake and Rockwood.

For your safety, please heed any trail condition postings.

All other Grand River Conservation Areas remain closed for the winter season, and are generally open from May 1 to October 15.

## Winter adventures map

To highlight the unique, seasonal experiences available locally, Wellington County has launched a digital Winter Adventures Map.

"Wellington County is a destination worth exploring year-round," said Councillor Duncan, Economic Development Committee Chair.

"The Winter Adventures Map shows off the wide range of winter activities in our backyard, including some ideal adventures for families – be they local or visiting – to do together."

The map includes locations for outdoor and indoor skating, curling, snowshoeing, hiking and ski trails, as well as favourite hot chocolate destinations.

It also guides users to Wellington County's unique indoor and outdoor experiences, like horse-drawn sleigh rides, alpaca farm visits, or glassblowing classes.

More and more tourism businesses and destinations are expanding their offerings into the winter months," said Christina Mann, Economic Development Officer.

"This is an excellent opportunity for rural communities to attract visitors and benefits the local economy."

Browse winter outings and find the Winter Adventures Map at [www.wellington.ca/winter](http://www.wellington.ca/winter).



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Wellington - Halton Hills

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# Cook's Corner

By Barbara Paterson

*Baked beans - the easy way! These beans can be made in a crock pot or in the oven in an old-fashioned, bean pot or casserole dish.*

## Baked Beans



- 1 medium onion, chopped
- 1 tbsp. oil
- 3 (14 oz.) cans baked beans in tomato sauce
- 1 (19 oz.) can red kidney beans
- 1 small can crushed pineapple, drained
- ½ cup ketchup
- 1 tbsp. Dijon mustard
- ¼ cup brown sugar

- 1 tbsp. bacon bits
- ¼ tsp. Worcestershire sauce
- Salt & pepper

1. Cook onion in the oil until soft.
2. Put all the ingredients including the onions in a crock pot, stir well, and cook for 3 or 4 hours on low, or until hot and bubbling.

Alternately, place everything in a bean pot or casserole and cook in oven for 1 to 1½ hours at 350°F.

*This cake has an almost biscuit-like topping. It's very good!*

## Ruthie's Apple Cake

- 2 eggs
- ½ cup white sugar
- 2/3 cup extra virgin olive oil
- ¼ cup orange juice
- 2 tsp. vanilla
- 1½ cups all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ½ cup brown sugar
- 1 tsp. cinnamon
- 2 lbs. McIntosh apples, peeled and coarsely chopped
- 2 tbsp. coarse sugar

1. Beat eggs and white sugar with a whisk in a large bowl until thick



2. and creamy. Whisk in oil. Add orange juice and vanilla.
3. In another bowl, whisk flour, baking powder and salt until well blended. Stir into egg mixture just until combined.
4. Combine brown sugar, cinnamon and apples.
5. Spread about half the batter in a 9" springform pan. Spoon on apples. Spoon remaining batter over apples. Don't worry if the batter doesn't cover apples completely. Sprinkle generously with coarse sugar.
6. Bake in a preheated 350°F oven for 50 to 60 minutes until a cake tester comes out clean when inserted into the centre.

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# Religious Services

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

## ARKELL UNITED CHURCH

"The Little Church with the BIG Heart"  
600 Arkell Road at Watson, Arkell, ON  
NOB 1C0  
519-821-7623

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

Pastor John Adeyemi

- Sunday Worship at 10 am.

We will be following all Covid 19 guidelines.  
Masks are optional.

## BAHA'I FAITH

[www.bahaisofpuslinch.ca](http://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](mailto:lsapuslinch@gmail.com) for particulars of date, time and Zoom link.

## CALVARY BAPTIST CHURCH

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

[www.calvaryguelph.com](http://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/](http://www.youtube.com/channel/UCMKYAskvq1HdGsTiA7UQFsg)

[UCMKYAskvq1HdGsTiA7UQFsg](http://www.youtube.com/channel/UCMKYAskvq1HdGsTiA7UQFsg).

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

[www.facebook.com/duffschurch/](http://www.facebook.com/duffschurch/)

Pastoral Leader: Rev. Don McCallum

[donpmccallum@gmail.com](mailto:donpmccallum@gmail.com)

- Good Friday, April 7th

Community Service at 10:00am

Pancake Brunch 11:00am to 12:30pm.

## EBENEZER UNITED CHURCH

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905-854-2423

Webpage: [www.ebenezeruc.ca](http://www.ebenezeruc.ca) - Like us

on Facebook

Music Director: John Zadro

- Regular Sunday Worship, 11:00 am.

Puslinch Pioneer | March 2023 | Page 26

## FREELTON STRABANE UNITED CHURCH

*To live our discipleship with integrity and grace.*

1565 Brock Rd. (Brock Rd & 8th Conc W.),  
Strabane, ON L0R 1K0

Church Office – 905-659-3380

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

Facebook: *freelton and strabane united church*

Minister - Rev. Will Wheeler BA M. Div.

Sunday Worship at 10:30 am

## KNOX PRESBYTERIAN CHURCH, CRIEFF

7156 Concession 1, Puslinch, ON NOB 2J0

519-824-8757

[www.pccweb.ca/knox-crieff/](http://www.pccweb.ca/knox-crieff/)

[www.facebook.com/](https://www.facebook.com/knoxpresbyterianchurchcrieff)

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- Sunday Worship at 10 am.

## MOUNT CARMEL-ZION UNITED CHURCH

in Morriston at the corner of Church &

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Minister: Rev. Margaret Ruggles

519-822-8610

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

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

- Sunday Worship at 10:30 am.

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

## OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

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- Sunday: 9:00 am and 11:00 am.

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- Sunday School: 11:30 am (Age 2 to Grade 6)

Please check the website for more information.

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- Sunday Services

8:30 am Holy Eucharist - Traditional

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

5th Sundays

Morning Prayer 3rd Sunday

Sunday School & Nursery at 10 am Service.

# 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, March 3rd** and **April 7th** at 7 pm.

Music Night at the Badenoch Community

Centre 4217 Watson Road S. Puslinch.

Everyone welcome, masks optional. Info:

519-763-9782.

## BADENOCH SOCIAL TIME

Join us for a Social Time on **Wednesdays**

1 to 4 pm at The Badenoch Community

Centre, 4217 Watson Rd. S. Puslinch. Bring

your favourite board game or .....

## BREAKFAST WITH THE EASTER BUNNY

Hosted by Whistle Stop Co-op Preschool

**Saturday March 25, 2023** at Puslinch

Community Centre from 10am - 12:30pm.

Pancakes - Bacon - Eggs - Picture with the

Easter Bunny - Easter Basket Raffle - kids

craft area. Cost: \$10 for 10 years and up,

\$5 for 3-9 years, 2 years and under free.

Tickets available by calling 519-239-9878.

## CHILI DINNER

**Friday, March 31st** Dinner at 5 - 6pm

and 6 - 7pm. at Arkell United Church, 600

Arkell Road. Tickets \$15.00 each, Children

under 12 are free. Dinner is followed by

our world-renowned Open MIC/Hootenanny.

Sign up for your time in the Spotlight.

Contact the church for more information

519-821-7623.

## COOKING WITH THE SAINTS

**Last Saturday of the month.** We will

take a recipe from Alexandra Greeley and

Fernando Flores's book 'Cooking with the

Saints' and share a time of fellowship,

discussion on the lives of the Saints and

some nourishment for the body. Limit of 10

people. Contact Manse Office at 905-659-

3380 to register. Freelton Strabane United

Church, 1865 Brock Rd., Strabane

## HISTORICAL SOCIETY MEETINGS BEGIN AGAIN

**Tuesday, April 18, 2023, 7 pm.** at

Aberfoyle Library, Brad Whitcombe Room.

Annual meeting and presentation - the

McPhersons of Puslinch

## IRISH STEW SUPPER

**Saturday, March 18th 5:30 pm.** at

Freelton Strabane United Church, 1865

Brock Rd., Strabane. Open seating from

4:30 pm to 6:30 pm. \$20 per person, under

12 yrs. \$10. Pay at the door. For more info

call 905-659-5435.

## MEN'S BREAKFAST

**Saturday, March 11th 8:30am.** at Arkell

United Church, 600 Arkell Road, Puslinch.

Men and Boys welcome! Suggested

donation of \$5.00.

## MOVIE - "THE PASSION OF CHRIST"

**Wednesday, March 29th 10:30am** till

1:00pm at Arkell United Church, 600 Arkell

Road. Bring your own bag lunch. A Hearty

soup, tea and coffee will be provided.

RSVP to Peg at 519-763-8883 before

Monday, March 20th. "Free will offering "

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## **PLCA TOWN HALL MEETING RESCHEDULED**

The meeting has been scheduled for **Thursday April 13th** at the Hespeler Legion in the Jacob Hespeler Hall, 7 - 9pm.

## **SENIOR'S LUNCH**

**Tuesday, March 14th** at 12 pm. (noon) at Arkell United Church, 600 Arkell Road, Puslinch. \$5.00 at the door.

## **A STUDIES & STUDIO EVENT – COUNTRY MUSIC & COFFEE BAR**

**Sunday, March 5th** at 2 pm. Freelon Strabane United Church, 1865 Brock Rd., Strabane. Featuring award winning country music artist JAMIE WARREN and a variety of coffees with sandwiches and sweets. \$20 per person. Call 905-869-7936 for tickets.

## **TECH TUESDAY FOR SENIORS**

Every **2nd & 4th Tuesday** at 2 pm. Technology leaving you a bit baffled? Join us and learn! Contact Manse Office at 905-659-3380 to register. Freelon Strabane United Church, 1865 Brock Rd., Strabane

## **THE ART OF THE SPIRIT**

Every **1st & 3rd Tuesday** at 1 pm. Freelon Strabane United Church, 1865 Brock Rd., Strabane. A time for people to gather, work in their favourite art medium and share creative time and conversation. Contact Manse Office at 905-659-3380 to register.

## **WORLD DAY OF PRAYER SERVICE**

**Friday, March 3rd** at 1 pm. Prepared by the Women of Taiwan, Sponsored by the Women's Inter-Church Council Freelon Strabane United Church, 1865 Brock Rd., Strabane. For more info call 905-659-5435. All welcome!

## **Community Announcements**

### **BIG BROTHERS BIG SISTERS OF GUELPH**

Learn to be a kid again! Volunteer mentors needed for local children. Big Brothers Big Sisters of Guelph has five programs with varying levels of time commitment. Call 519-824-5154, email [info@bbbsg.ca](mailto:info@bbbsg.ca) or visit us online at [www.bbbsg.ca](http://www.bbbsg.ca).

### **BOOKING AGENTS**

#### **ARKELL UNITED CHURCH**

Contact Peg Lawson at 519-763-8883 or email [schurinklawson@rogers.com](mailto:schurinklawson@rogers.com).

#### **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](mailto: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](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).

### **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](mailto: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](http://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.

For assistance call:

Gary Will	519-763-3958
Fred Law	519-767-2462
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](http://www.rotary7080.org/guelphsouth) for more information. Contact Celia Clark for membership inquiries: 519-766-1097.

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

Drop off 'unwanted' metals, e.g. stainless steel, aluminum, copper, tin cans, wire, metal rods, fencing etc. in the 'Gerda Ameristeel' recycling bin situated in our parking lot. For more info, contact Lynne O'Brien Sunrise 519-837-0558 x31.

## **Volunteers Needed**

### **THE ABERFOYLE FARMERS' MARKET NEEDS YOUR HELP**

In order to continue with and rebuild our local market new ideas and energy are needed!

There are many ways you can help support the continuing success of this community run market.

Please reach out to let us know how you can help.

[aberfoylefarmers@gmail.com](mailto:aberfoylefarmers@gmail.com)

P: (226) 807-5236

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## Engine Repair

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871 Watson Rd. South, Arkell  
519 829-8795

## Farmers' Market

**Aberfoyle  
Farmers Market**  
New dates this season!  
June 17 to October 7, 2023  
afma.ca  
Instagram Facebook Twitter  
to 9am  
1pm

## Financial

**WARWICK MCLAUGHLIN** **Manulife Securities**  
Mary Warwick CFP, CIM, MBA  
Financial Planner, Manulife Securities Incorporated  
1499 Gordon St, Guelph, ON, N1L 1C9  
Phone: 519-763-6279; Cell: 226-979-7683; Fax 519-763-7167  
Proud Residents of Puslinch  
with over 30 years industry experience

## Health

**SOUTHEND  
NATURAL MEDICINE**  
Dr. Laura M. Brown, Naturopathic Doctor  
southendguelph.ca 519-829-9817

## Home Improvement

**Ball Exteriors Ltd.**  
Siding, Eaves Trough, Windows & Doors  
Soffit, Fascia, Sun Tunnels, Railings  
Free Estimates. Greg Bowles 519-841-0727

**Dave's Home Improvements**  
Repair Work - Aluminum & Vinyl  
Installations 519-835-4018

**DECKING AROUND**  
Licensed Carpentry since 1989  
Visit us at www.deckingaround.ca

**FERRARO**  
CONSTRUCTION GROUP .COM  
Repaint • Restore • Renovate • Rebuild  
Puslinch 519-822-2324

## Home cont'd.

**HUBER**  
Window Cleaning  
Windows ~ Pressure Washing ~ Eavetroughs  
519-836-2000  
www.HuberWindowCleaning.com

**PROPERTY MAINTENANCE  
BACKHOE - LOADER SERVICES**  
Custom Digging - Trenching - Augering  
Landscaping - Small Retaining Walls  
Mike 519 831-1808

**SHS**  
Concrete driveways  
Concrete stairs  
Decorative concrete  
Excavating  
info.shsconcepts@gmail.com Phone: 519-212-0638

**WHERE IS JACK?**  
Windows & Siding Specialists  
Since 1976 www.wherisjack.ca  
Jack's Aluminum Ltd 519 822-5000

## Photos

**Phipps Photo Management**  
Organizing & Managing your Photos and Memorabilia  
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Guelph, Puslinch & Area  
416-317-3713 maria.phipps@icloud.com

## Restaurant

**A Change of Pace  
RESTAURANT**  
Hwy #6 -- South of 401, Morriston Plaza  
519 767-9987

## Seasonal

**Chickadee Christmas Trees**  
6639 Wellington Rd 34  
519 654-2029  
www.chickadeechristmastrees.ca

**brock road nursery**  
Garden Centre & Gift Shoppe  
www.brockroadnursery.com 30+ YEARS  
1858 Gordon Street, Guelph, ON, 519-836-5010

**Hayden's Property Maintenance Ltd.**  
Snow Plowing, Sanding & Salting  
PROFESSIONAL LAWN & GARDEN CARE  
Tel: 519-823-2188

## Trailers

Stock trailers or have us custom build a trailer for you  
For all your trailer needs.  
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CARGO TRAILERS  
CAR HAULERS  
DUMP TRAILERS  
UTILITY TRAILERS  
speedwaytrailers.com 519-835-1070  
6792 Wellington Rd. 34 • Puslinch, ON. N3C 2V4

## Welding/Fabrication

**ABERMOR  
MANUFACTURING**  
WELDING, FABRICATION AND REPAIR SERVICES  
CERTIFIED - MICHAEL VIOL (519) 837-0424  
www.abermormanufacturing.ca