

Mayor's message

Hello everyone,

I hope everyone has been enjoying our mild winter.

I would like to take the time to provide an update. As most of you have read, Puslinch approved a 4.5 percent tax increase.

This translates to approximately \$48 on a home assessed at \$600,000.

If you would like to determine how much your taxes will go up in relation to the 4.5 percent increase, simply multiply every 100,000 of your assessment by eight dollars. If your home is assessed at 1 million dollars that equates to \$80.

I will point out that Puslinch Township is only responsible for 18 percent of your tax bill, Wellington County and the school board taxes make up the balance.

This construction season will see improvements to three of our parks.

Old Morriston will receive new bleachers and field lighting, Boreham Park will receive a new accessible play set along with a pavilion and last but not least the Puslinch Community Centre will receive a significant upgrade.

The upgrades at the Community Centre grounds include, walking trails that create a "loop", reconditioned tennis courts with pickle ball lines, soccer field lighting and additional paved parking area.

Council has also approved through the budget the resurfacing of the basketball court inside the MURF with pickle ball lines. This will allow year-round pickle ball within the Township!

I have some great news to report, the position that aggregate operations shall be taxed more appropriately has been upheld by the divisional court on all aspects.

It is my understanding that all appeal options are now expired or exhausted.



You may have noticed construction on the Hanlon North of County Rd 34. This is the beginning of what the MTO refers to as the mid block. This is a full interchange being built with a bridge.

Construction is expected to take five years. When the project is complete, we as residents, will no longer be able to cross the Hanlon at Wellington Rd 34 or Maltby Rd.

If travelling on either of those roads in five years time you will be required to cross at the newly created bridge.

Lastly, myself and Wellington County Councillor Matthew Bulmer met with representatives from the Office of the Auditor General.

The Office is doing a review of the Province's management of aggregate resources in Ontario. It was a great meeting lasting over an hour. The staff members were very engaged and we look forward to their report this fall.

Have a great March and let's hope for an early spring.

James Seeley

Editorial

The first official day of Spring is March 21, and with the clocks changing and the lighter evenings, it already feels so much brighter.

And many of our articles in this issue are focused on spring and summer, and all that those seasons bring – like camping, cycling in Tour de Guelph and yes, ticks.

April is also Volunteer Month and as you will read Friends of Mill Creek and the Aberfoyle Farmers’ Market are keen to recruit new volunteers. We encourage you to get involved. Case in point, without volunteers, this publication would not happen and for the past 48 years we have proudly produced the *Puslinch Pioneer* for you.

Talking of volunteers, it is with sadness that we advise you of the passing of Mary Beverley Burton. Mary, when she lived in Puslinch, was one of our “roving reporters” and sat on the board for several years.

Congratulations to Mayor Seeley and his colleagues on lobbying successfully to have aggregate operations taxed more appropriately.

We welcome Marion Robertson’s Naturally Speaking article as she provides us with interesting information on spicebush and our Ask the Expert column with advice for our gardens.

We also welcome Tamsin Lambert who will be taking photos and capturing the essence of Puslinch.

Have a good month.

Anne Day

Our Mission

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

Volume 47: Issue 8 April, 2023
Published by volunteers for the community since 1975.

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

Note new email addresses:

Chair
Karen Harding 519-820-8114
karenpuslinchpioneer@gmail.com

Editor
Anne Day 519 767 9383
editorpuslinchpioneer@gmail.com

Advertising & Sales
Dianne Churcher 519 763 6564
advertisingpuslinchpioneer@gmail.com

Church/Community Notices & Circulation
Stella O’Krafka 519 658 4767
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

Unless otherwise stated, the deadline for submissions is the 2nd Friday of the month. Next deadline is **Friday, April 14th, 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

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

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Council Clips

PCC and Boreham Parks Improvements:

Tender advertisement released requesting tenders to supply all material and perform all work described. Construction to be completed October 31, 2023.

2023 Budget:

Council approves 2023 budget. Blended tax impact for typical Puslinch residence assessed at \$610,000 is 4.04 percent or \$236 annually.

Budget Highlights:

Improvements to Leslie Rd W, Kerr Crescent Stormwater Management Facility, Puslinch Lake Pedestrian Access & Signage, Little's Bridge, Concession 7, Maltby Rd E & Roszell Rd.

Tick & Mosquito Activity:

WDG Public Health Unit is launching an online tick submission process before summer tick season, which will allow residents to submit data to help the unit identify tick exposures.

Integrity Commissioner:

Council appoints Aird and Berlis LLP as Integrity Commissioner for Puslinch who will assist staff in training Council and Committees in conflict of interest matters.

Proposed Estill Innovation Community Sideroad 20 N:

Council is unanimous in voting against sending a Community Infrastructure & Housing Accelerator request to the Minister of Housing.

A zoning change application can still be made but will have to follow the typical zoning change process.

82 Queen Street Morriston:

The owner is appealing to the Ontario Land Tribunal a decision by Council to designate the home as a heritage property.

Lake Road Reconstruction (Wellington Rd 32):

To be completed this construction season, along with recommended changes to the posted speed limits and a number of road improvements as speed management measures.

Dufferin Aggregates Pit 2 Victoria Rd:

Requesting the maximum annual tonnage limit be increased to

2,000,000 tonnes per year from 1,000,000 tonnes.

Heritage Register Designations:

Bill 23, More Homes Built Faster Act, has introduced a time limit for how long a property can remain on the register without being designated.

All 109 properties on the Township's register will be de-listed as of January 1, 2025 if they are not designated by By-law.

If de-listed they cannot be re-added to the registry until January 1, 2030. Staff have prioritized a list of 18 properties consisting of primarily churches, cemeteries and school houses, commercial buildings and specified residential buildings.

Youth Advisory Committee:

At initial meeting Committee members were tasked with completing a goals and objectives proposal to be considered at next meeting.

Recreation Facility Survey:

Results of the survey for consideration when setting committee goals and objectives had recurring feedback received; tennis courts, gymnasium, splashpad or pool, additional programming at facilities, facility advertisement and rentals.

128 Brock Rd S:

Statutory Public Meeting scheduled on March 22, 2023 to receive input for a proposed warehouse and transportation hub.

Staff to prepare report regarding possibility to amend zoning by-law to eliminate specific uses in Industrial Zone, being a transport terminal and construction yard.

Look familiar?



Illegal dumping on public or private program is an environmental hazard and can pose a risk to public safety.

Not only does this growing problem look unsightly, it also spoils the natural beauty of our community, and costs public dollars to clean up.

Help stop illegal dumping by anonymously contacting Crime Stoppers Guelph Wellington at www.csgw.tips or 1-800-200 8477.

Earth Day is April 22, let's all get out there and clean up our countryside.



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Council and Committee Meetings
(519) 763-1226

Youth Advisory Committee Meeting: April 3rd at 6:00pm
Committee of Adjustment & Planning and Development Advisory Committee Meeting: April 11th at 7:00pm
Council Meeting - April 12th at 10:00am
Tentative Public Information Meeting: April 12th 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 will remain open for public skating events, dependent on the weather and ice conditions. To view the status of the facility and the public 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 for the gymnasium, 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)

Lending a helping hand.

By Anne Day

April is Volunteer Month. Do you volunteer? What was your first volunteer role?

I didn't start volunteering until I came to Canada and my first "job" was as a volunteer junior probation officer, working with a young lad who liked motor bikes, preferably other peoples.

To say we had nothing in common would be an understatement, but I was not discouraged about volunteering, and have continued to work with several non-profits over the years.

I have had several exciting volunteer roles, both nationally and internationally.

When I talk to young people about the merits of volunteering, my advice is that you always learn from the experience, even if it's just that this is not a career you wish to pursue.

But if you are open to opportunities, you can learn more about yourself as well as some new skills to add to your resume.

What I found is that often, especially early in my career, my volunteer positions led to paid jobs.

Now, that's not why I volunteered, but I have to say it was a positive outcome.

For example, I was the chair of the national association for family resource centres, and as a result, was invited in that capacity to sit on



Photo from Unsplash

an advisory committee for *Today's Parent* which gave me an "in" when they were looking for a managing editor, a position I got.

Now that I have retired, volunteering has become my new, almost full-time career and I embrace the opportunity to lend my skills and expertise to causes I believe in.

Frankly it's not all that altruistic as I was not ready to go out to pasture and am always learning and growing. It keeps me young.

As non-profits struggle in this new economy to find volunteers, give it serious consideration.

The recent closure of PIN – the organization that would help match volunteers to local opportunities, speaks to how hard it has become.

What are you good at? What do you want to learn? What cause calls to you? Consider volunteering.

It can be so rewarding and makes you feel good when you are making a difference in the lives of others.

One of my favourite quotes is "All that we send into the lives of others, comes back into our own."

And that's the truth.

Shop local gift certificate program discontinued

The Township of Puslinch's Shop Local Puslinch Gift Certificate Program will come to an end effective April 1, 2023. The decision was made after careful consideration and a review of the program's underutilization in 2021 and 2022.

This underutilization is consistent with the Township's other municipal partners who have concluded or are in the process of concluding the program as well.

The Shop Local Puslinch Gift Certificate Program was implemented in July 2020 in partnership with Wellington-Waterloo Community Futures to support local businesses in the Township during the COVID-19 Pandemic.

The program allowed residents to purchase gift certificates on shoplocalpuslinch.ca that could be used at participating businesses within the Township.

This was an excellent initiative in providing support and benefits to local businesses during very difficult times, but it appears to have run its course at the Township due to its underutilization.

Residents who have already purchased gift certificates can continue to use them at participating businesses until the expiration date.

The Township of Puslinch will be reaching out to participating businesses to provide guidance on how to handle any outstanding gift certificates, and is committed to supporting local businesses and will continue to explore ways to promote and support them.

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Remembering Mary Beverley-Burton



Long-time resident of Puslinch, Mary Beverley-Burton, 92 passed away on February 25, 2023, after several difficult years with a loss of mobility, advancing dementia and social isolation during the pandemic.

Mary, an only and much beloved child, was born on June 10, 1930 to Malcolm and Agnes Beverley-Burton in Abergavenny, Wales.

After Mary graduated from Aberystwth University in Wales, she went on to earn her PhD from Imperial College, in London, England.

Mary's first job was in Zimbabwe, and her second in Jamaica, starting a lifelong passion for traveling and exploring. She returned briefly to England but then emigrated to Canada to become a professor in the Department of Zoology at the University of Guelph.

During her time at the university, Mary was a fierce advocate for equal opportunities for women professionally and in sports. She retired after 27 years in 1996 as a Full Professor.

Mary and her husband, John Bull (deceased) bought an old farm from the Simpson family and moved to Puslinch in 1973, where they lived with their three children, Rachel Beverley-Burton, Mark Mettrick and Sarah Carter.

Mary enjoyed exploring Puslinch on horseback, and they were active participants in many horse activities, including the Aberfoyle Fall Fair.

Mary got her first pony as a three-year-old and her love of horses and

dogs never diminished over her lifetime.

On retiring, she and John built a new home on the back part of the old Simpson farm, staying on the land they had come to love.

Mary became a Master Gardener and created, with John, a beautiful garden for this new home. She loved science, traveling and exploring the world, birding, learning and being outside, no matter the weather.

Her three children, seven grandchildren and four great grandchildren survive her.

A memorial celebration of her life will be held later in 2023. For anyone who is interested, please contact Sarah Carter at marybb.memorial@gmail.com.

In lieu of flowers, and following Mary's passion for learning and traveling, the family requests donations be made to a scholarship fund established by the University Of Guelph in her honor.

The link to the scholarship fund can be reached at: <https://www.uoguelph.ca/registrar/studentfinance/apps/awards?id=T4512>

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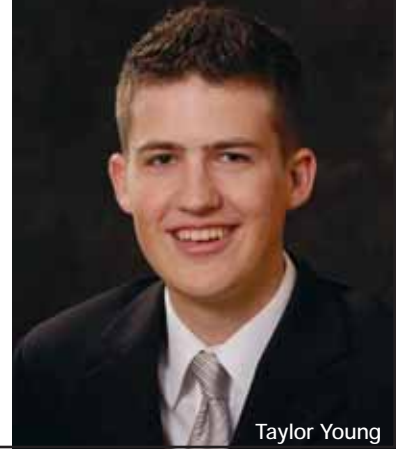
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Family Day fun

By Tamsin Lambert

Family Day is back!

After years of living through social distancing protocols there was nothing more Canadian, and dare I say Puslinch, than seeing so many people skating around.



Wearing pure joy on their faces as they swayed, glided, and sometimes kerplunked their way around the Puslinch Optimist Recreation Centre's outdoor rink capping off an amazing Family Day Winter Classic event.



Hosted by the Optimist Club of Puslinch, the event featured hands-on demonstrations by Puslinch Fire Department alongside many fun activi-

ties anchored by the Optimists club's community members.

When I asked the youngsters what their favourite event was the answers were split between the marshmallow roast with free hot chocolate around a toasty fire or the human bowling event.



Admittedly, Human Bowling is something I had to imagine until this Family Day event.

However, I was pleasantly surprised with how much joy I got out of watching children of various ages and sizes barreling into 10L water jugs while they hung on with excitement to the disk sled they were sitting on.



I can only imagine how much fun it was for the Optimist club members to be the pilots of how fast each "ball" was being pushed as they skated

them around using snow shovels like shuffleboard cues.

The whole experience was priceless and literally free!



Between the archery demonstration that hit the mark, and the magician who kicked off the day, this event brought to light how enthusiastically the Puslinch community works together.

It also shows how important it is to build a multigenerational community through events like this one.



If you didn't get the opportunity to attend this year, I hope to see you next year.

This is a gem of an outing that I am definitely adding to my calendar as a new Family Day tradition.

Photos by Tamsin Lambert
www.theeyesthelimit.com

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Puslinch Branch, Wellington County Library

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Scrabble Club (Adults)

Join us for casual word building entertainment! Please register. Wednesday, April 5 and 19 at 2:00 – 4:00 pm

Musical Melodies: Hand Bell Fun! (Kids)

Learn to identify note names and values, then use your new skills to play simple melodies. Ages 5 to 10 years. Please register. Wednesdays, April 5 - 26 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, April 6 - 27 at 11:00 – 11:45 am

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, April 6 and 20 at 5:30 – 7:00 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, April 18 at 2:00 – 3:00 pm

Craft and Create – Pom Pom Love Birds (Adults)

Learn the technique of pom pom animals! We will be creating pom pom birds that have a small letter with them. What it says will be up to you! No experience needed. All materials supplied. Please register. Tuesday, April 25 at 2:00 - 3:00 pm

In Stitches (Tweens/Teens)

Learn to thread and operate a sewing machine, then create a simple project.

Machines are also available for in-branch use. Ages 10 to 14 years. Materials supplied. No experience necessary. Please register. Saturday, April 29 at 12:00 – 2:00 pm

Just for You from WCL

Wondering what to read, watch, or listen to next? Wellington County Library staff are here to help! Tell us what you love and we'll hand-pick a selection of titles for you to borrow.

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

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

Fiction

- | | |
|--------------------|------------------------------------|
| Fox, Hester | The Last Heir to Blackwood Library |
| Griffiths, Elly | The Last Remains |
| Hay, Elizabeth | Snow Road Station |
| Hepworth, Sally | The Soulmate |
| Kelly, Martha Hall | The Golden Doves |
| McCall Smith, A | The Enigma of Garlic |
| Meissner, Susan | Only the beautiful |
| Norton, Kate | Homecoming |
| Patterson, James | The 23rd Midnight |
| Winslow, Don | City of Dreams |

Non-Fiction

- Attia, Peter
Outlive: The Science and Art of Longevity
- Boyd, Andrew
Want a Better Catastrophe
- Donofrio, Jeanine
Love and Lemons: Simple Feel Good Food
- King, Colin
Arranging Things
- Newmark, Amy
Chicken Soup for the Soul: Well That Was Funny
- Peyton, Gabby
Where We Ate: A Field Guide to Canada's Restaurants, Past and Present
- Pupo, Mark
Sundays: A Celebration of Breakfast and Family in 52 Essential Recipes
- Smith, Sally Bedell
George VI and Elizabeth: The Marriage That Saved the Monarchy
- Steves, Rick
Rick Steves Great Britain
- Wright, Emma
CIY: Crochet-It-Yourself

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Pasta dinner huge success



Guelph South Rotary's TASTE OF ITALY, PASTA DINNER, returned to Puslinch following a two-year hiatus due to COVID restrictions, and it was an overwhelming success!

Judging by the high energy in the Archie MacRobbie Hall, at the Puslinch Community Centre, it was obvious that everyone was enjoying coming together again.

With local residents and guests from other Rotary clubs in the Guelph area, people were enjoying the delicious meal, prepared by Guelph South Rotarians.

This was a fundraising event in support of Sunrise Therapeutic Riding & Learning Centre, and other local charities.

Funds were raised through the generosity of local businesses and individuals who sponsored 21 of the dining tables, together with many donors providing gift cards, for the 'Gift Card Game,' in addition to auction prizes.

The model of the Residential/Respite /Life Skills building, for adults with cognitive disabilities, proposed at the Sunrise farm, was on display.

A four-minute video that was shown during the evening, provided young adults with cognitive disabilities, and their parents, the opportunity to express the great need for a facility of

this kind.

In an attempt to ensure Guelph South Rotary was able to continue fundraising, in the event that COVID restrictions should arise again, an on-line holiday auction was held late last Fall.

The combined proceeds from that auction, and Friday's Pasta Dinner, was just over \$16,000 for local charities.

At the conclusion of Friday's event, students from the University of Guelph's Rotaract Club, gave their support, by arriving to help with the final clean-up.

Rotaract provides young adults the opportunity to experience being a part of community service, in preparation for later becoming a member of a local Rotary club.

Guelph South Rotarians extend appreciation to all who supported Friday's event.

Property Tax Reminder

DUE DATE:
April 28, 2023

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*Based on rural and farm properties sold in Centre Wellington, Guelph-Eramosa, and Puslinch as reported through Guelph & District Association of Realtors (GDAR) from January 1 2010 - December 31, 2021.

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The northern spicebush

By Marion Robertson



Photo - Piedmont Master Gardeners

This is a gorgeous native shrub to Eastern North America that has been sadly ignored by most gardeners.

Its growth range is from northern Florida to Ontario, the northern limit. This shrub has it all and has huge wildlife appeal and impact.

The Latin name, *Lindera Benzoin*, refers to the Swedish botanist, Johann Linder, whom the shrub is named after.

Benzoin is an old Arabic word meaning, 'aromatic gum' referring to the beautiful, aromatic scent released when the leaves are crushed or cut. The other common name for this deciduous shrub is wild allspice.

Typically in the wild, Spicebush is an understory shrub of cool woods, stream sides and swamp edges. It

creates natural thickets and clumps through root sprouts.

In early April to May they are adorned in yellow flowers long before the leaves begin to unfurl.

In fact, this early Spring flowering has earned the Spicebush the nickname, 'the Forsythia of the wilds'.

This very early blooming trait has critical importance for all the early pollinators that are in search of food after emerging from winter stasis.

The flowers are unique for this dioecious plant having separate male and female plants. The yellow flowers of the male plant are larger and showier than the female.

The female flowers must be pollinated by a male plant in order to be able to set fruit. Interestingly, you will find more male shrubs in the wild than female since the reproductive cost to produce fruit is so much higher for the female plant.



Photo - Sycamore Land Trust

By early Fall, the female Spicebush is covered in glossy, red berries that have huge wildlife appeal. Over 20 different kinds of songbirds enjoy its fruits from the great crested flycatcher, eastern kingbird, veery, white

and red eyed vireo, catbird, robin and white throated sparrow.

Of importance is the timing of the fruit since this coincides with Fall bird migration.

Though the Spicebush prefers partial shade to full shade, the best flower and subsequent fruit production is with full sun conditions.

The shrub will thrive in full sun as long as the soil is constantly moist. Soils should be well drained.

Overall, this is a very adaptable, non-fussy plant that can be companion planted with black walnut and not be affected by walnut juglans toxicity.

Don't be alarmed if your Spicebush shows signs of leaves being nibbled. The caterpillars of the Eastern Tiger swallowtail, Spicebush swallowtail, Promethea moth, and Tulip tree Beauty will munch the aromatic leaves.

Other than being a host plant for the mentioned caterpillars, the Spicebush has no real pest or disease issues.

You do not need to wait long for all these wildlife benefits since this is a fast-growing shrub. Spicebush will attain heights of 5 – 7 feet and widths of 5 – 7 feet.

So, will you consider planting a Northern Spicebush and give Nature a hand?

Marion Robertson is co owner of Bee Sweet Nature co dedicated to growing native and locally seed sourced trees, shrubs and wildflower plants.



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Leaf and Yard Waste Services

Leaf and yard waste will be collected curbside in **urban** areas only.

Please set out materials accordingly:

- **In brown paper yard waste bags or in reusable cans clearly marked "Yard Waste"**
- **Twigs and small branches must be in tied bundles**
- **Max 18.2 kg (40 lb) per bag, can, or bundle**

Loose materials and materials in plastic bags WILL NOT be collected.

See the collection schedule below.

2023 Puslinch Leaf and Yard Waste Curbside Collection Schedule

WEEK B

Monday, April 17
Monday, May 15
Monday, June 26
Monday, July 24
Monday, August 21
Monday, September 18
Monday, October 2
Monday, October 16
Monday, November 13
Monday, November 27

Please place materials curbside by 7:00 am on the Monday and keep curbside until collected. Collection may take place any time during the week. We thank you for your patience.

Drop-off

Leaf and yard waste is also accepted at all County waste facilities from April through late November. No charge for residential customers. Regular fees continue to apply to wood, brush, and commercial loads.



ACCEPTABLE

- ✓ Leaves
- ✓ Twigs and small branches no more than 92 cm (3 ft) in length and 8 cm (3 in) diameter
- ✓ Garden trimmings
- ✓ Dead plants
- ✓ Fallen fruits and nuts from trees

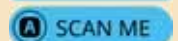


NOT ACCEPTABLE

- ✗ Grass clippings
- ✗ Soil, sod, and rocks
- ✗ Tree stumps
- ✗ Large branches exceeding 92 cm (3 ft) in length and 8 cm (3 in) diameter
- ✗ Plastic planter pots
- ✗ Plastic bags

Never miss a collection day!

Download the free Recycle Coach waste app from the App Store or Google Play.



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Out and about

The 59th Elmira Maple Syrup Festival is coming on March 31st - April 1st after a three-year hiatus.

And it's not just about the Maple Syrup. On the 31st there's the Toy Show and Sale on Friday, from 4:30 pm - 9:30 pm located at the Lions Hall in Elmira, with toys and collectibles for all ages.

Also starting on the 31st is the Craft and Collectible show with crafts, collectibles, and beautiful hand-made Mennonite quilts, and a silent auction.

Stop by the Elmira District Secondary School (4 University Avenue, Elmira) on the Friday, March 31st, 2023, 7:00 pm - 9:00 pm or the Saturday, April 1st, 2023 8:30 am - 4:00 pm and check it out. Admission is \$3.00 per person.

And then of course there's the maple syrup and pancakes.

We have moved the location of the pancakes to the Lions Hall, just a short walk from the downtown mall at 40 South Street, West or you can take the free town shuttle.

Last but not least, you can take a tour of a local maple syrup farm. Learn how we tap the maple trees, collect the sap, boil it down, and prepare it for your enjoyment!

Observing real maple syrup production is a truly Canadian experience. As the winter weather begins to warm, treat yourself and the whole family to the sweet freshness of maple syrup.

To learn more, go to elmiramaplesyrupfestival.com

Online tick reporting tool



The volume of tick submissions over the last few years has prompted the health unit to explore other methods of collecting data.

For example in 2012, just seven ticks were submitted to the health unit but

the number has increased steadily since then.

In 2017 234 ticks were submitted and the number jumped even higher to 371 in 2019.

With the proposed new process, residents will be able to take a photo of the tick on their mobile phone and send it directly to the health department.

The collection of tick data is used by the health unit to determine community exposure to ticks, and potentially Lyme disease.

Phil Wong, the manager of Environmental Health, advised residents to:

- use insect repellent
- be tick aware by avoiding tall grass
- covering up with long-sleeved shirts and pants
- wearing light coloured clothing so it is easy to spot ticks
- tuck your pants into your socks
- do a full check of your body as well as your children and pets
- shower with two hours of being outdoors
- put a tick collar on your pets
- put your clothes into a dryer on high heat for at least an hour to kill any possible ticks

“The man of science is perceiving and endowed with vision, whereas he who is ignorant and neglectful of this development is blind.”

‘Abdu’l-Bahá

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COMMUNITY CORNER



Mill Creek and its friends

By Don McKay

Mill Creek is a spring-fed cold-water stream that originates in the uplands and woodlands/wetlands of Puslinch Township, flowing south-west through the Township and the City of Cambridge, where it joins the Grand River.

The upland moraine landform and the extensive Class 1 wetlands that border the creek provide important rainfall and melt-water retention and infiltration.

This infiltration not only provides an important source of groundwater recharge, but also an excellent source of water that sustains Mill Creek, even in relatively dry periods.

This discharge of good quality and cold temperature water supports a cold-water fishery in some reaches of the creek.

Much of the creek is still bordered by forests and provincially significant wetlands, but it has had to endure many changes over time.

Early settlers dammed it for power, and these dams still block the flow and warm the water, making it harder for aquatic life to thrive in the creek.

Parts of the creek were even moved when Highway 401 and Highway 6 were constructed. Forests have been removed, land has been converted to agriculture and gravel has been extracted.

Fill and garbage has been put into the creek and all of this has really impeded the waterway.

Friends of Mill Creek (FoMC) is a volunteer, community-based organization that supports landowners in rehabilitating Mill Creek.

Our mission is to develop, promote, and implement projects in the watershed that maintain and enhance Mill Creek as a cold-water stream.

The group first organized in late 1997 for the purpose of implementing some of the recommendations contained in the Mill Creek Subwatershed Study.

Everyone who is part of the group freely volunteers their time and talent. To outside observers, our group members may appear to have conflicting interests; however, around the table, we set aside our differences and focus our efforts for the benefit of this cold-water creek.

Over the past 26 years, FoMC has undertaken a number of rehabilitation projects and initiated new programs to help us improve and enhance Mill Creek. Examples of our projects include;

- Removing debris from the creek



- Narrowing the creek channel to encourage sediment deposition to enhance trout spawning habitat
- Creek diversion around farm ponds to lower water temperature
- Water temperature monitoring and biomass (fish population) surveys
- Tree planting along the creek bank

One of our major programs is the Mill Creek Ranger Program. Each summer since 2003, except for 2020 and 2021 due to the pandemic, in collaboration with the Grand River Conservation Authority, a crew leader and four students are hired for the summer to undertake projects as mentioned above.

A second program is the development of our opportunity plan, developed 10 years ago which aids us in determining which annual projects we will undertake.

After being around for 26 years FoMC needs to rejuvenate with an influx of new members. If you are interested contact Don McKay (donmckay@gold-en.net).

For more information go to <https://www.friendsofmillcreek.org/>

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Reservations for camping season open



Planning a camping trip this summer? You will be pleased to know that Grand River Conservation Authority (GRCA) reservation system is now open.

The reservation system at www.grcacamping.ca provides a 24-hour online reservation service until mid-October when the camping season closes.

Camping reservations can be made for all eight GRCA conservation areas that offer camping.

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

Lake and Rockwood.

Group campsites are now also available to be booked online and feature a new fee structure.

Whooping cough cases

Wellington-Dufferin-Guelph Public Health is alerting the public to the presence of pertussis (whooping cough) in the region. Twelve cases have been reported over the fall and winter – higher than normal for the region.

Many individuals may be behind in their vaccinations because they were unable to get them due to COVID-19. Now is the time to get fully vaccinated as we engage in more community activities.

“Pertussis is serious – especially for our children,” said Dr. Nicola Mercer, Medical Officer of Health and CEO. “While we have only seen a few cases so far, it is particularly dangerous for children under one year of age and those who are not fully vaccinated. Infection in these individuals can

result in hospitalization or death.”

Vaccination is the best way to prevent pertussis. The pertussis vaccine is part of Ontario’s public vaccination program. Pertussis vaccines are available at either Public Health or your doctor’s office.

Pertussis is a bacterial infection that spreads easily through droplets that are sprayed into the air when someone sick with pertussis sneezes, coughs or talks.

It can also spread by direct contact with objects used by someone sick with pertussis. As always, practice handwashing, good cough and sneeze etiquette and stay home if you are sick.

Early symptoms of pertussis resemble a cold with a runny nose and a cough. The cough becomes more frequent and severe.

A child may gag, vomit, have trouble breathing or give a loud “whoop” sound when breathing in (not all infected persons make this sound).

If these symptoms develop, contact your healthcare provider as soon as possible.

Important Notice Solid Waste Services

Good Friday Waste Facility and Curbside Collection Changes



All County of Wellington waste facilities will be **CLOSED on Friday, April 7.**

Friday curbside collection will be **RESCHEDULED to Saturday, April 8.**



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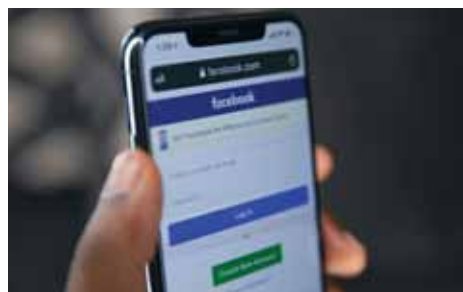
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Fundraising through Facebook

By Anne Day



For the last few years, I have used the fundraising tool on Facebook to raise funds for different causes.

How does it work? Tying the fundraiser into your birthday, you can launch just a couple of weeks prior to that date.

First select the charity and set a goal on how much you want to raise.

A tip on the goal, start modestly and as more people donate, increase the amount you want to raise.

Then send out an invite to friends to participate. Some will donate say \$20, and others give much more.

Facebook manages the donations and sends out the tax receipts and forwards the funds to charities after your birthday.

I have raised a total of \$3,000 this way, with proceeds going to Hospice Wellington, Food4Kids, The Seed and this year it was Sunrise Therapeutic Riding and Equestrian Centre's turn.

Not only did the campaign raise \$750, but one friend came out to visit

Sunrise and is now actively involved in helping them raise funds.

Think about it for your next birthday. We have so much and don't need more, so instead encourage your friends to honour your birthday by making a donation.

Exhibition of fine arts

The Insights Juried Exhibition of Fine Arts returns to the Wellington County Museum and Archives (WCMA) from March 30 to June 11.

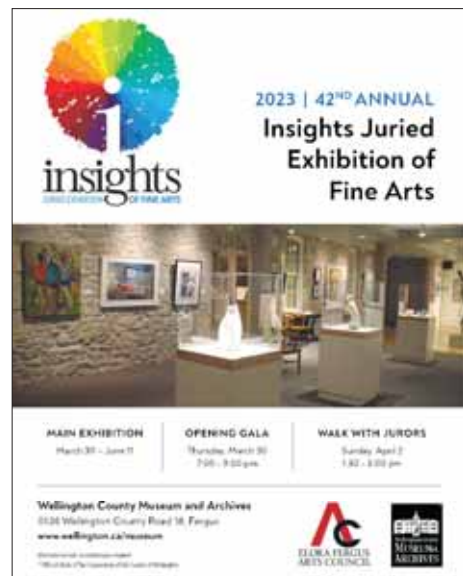
Organized and sponsored by the Insights Committee of the Elora Fergus Arts Council, Insights is one of the longest running juried art exhibitions in Ontario.

"Insights encourages and honours excellence, high levels of accomplishment, and innovative approaches to artistic expression in the work of local artists," said Natalie Burek, Chair of the Insights Committee.

"We're very excited to welcome Insights back for its 42nd year," said Hailey Johnston, WCMA Curator. "It's a privilege to host so many talented artists from Wellington County and our neighbouring communities in this annual show."

Submissions will be accepted from artists residing in the counties of Wellington, Dufferin, Grey, Huron, and Perth, and the City of Guelph.

Artist submissions can be delivered to the Wellington County Museum and Archives on Friday, March 17, between 9:30 am and 4:00 pm and



Saturday, March 18, between 1:30 pm and 4:00 pm in the Nicholas Keith room, accessed via the courtyard or rear building entrances.

To read the full rules of entry, please visit www.insightsart.ca/artists.

The exhibit's opening reception happens on Thursday, March 30, from 7:00 to 9:00 pm; the awards presentation begins at 8:00 pm.

All are welcome to enjoy music, refreshments, a cash bar, and cast a vote for the People's Choice Award. Admission is by donation.

The Insights Committee has also organized a Walk with the Jurors on Sunday, April 2 from 1:30 to 3:00 pm. Jurors Colette Laliberté, David Scott Armstrong, and Richard Smolinski will discuss their decision-making process and the influences on this year's show.

Admission for this event is \$5.00.

Wellington County Museum and Archives is located on Wellington Road 18 between Fergus and Elora.

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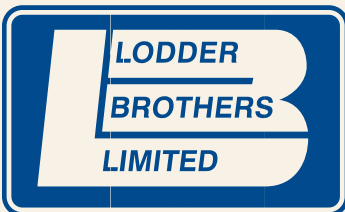
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Family Activity

By Julia Preston

10th Annual Tour de Guelph in June

Save the date and plan to be part of the 10th Annual Tour de Guelph presented by Label Design on Sunday June 25, 2023. Registration information and full details are at the website www.tourdeguelph.ca.

For those of you who are not familiar with Tour de Guelph, it is the area's premier community cycling event for all ages and abilities.

Tour de Guelph is organized and hosted by the Rotary Clubs of Guelph South and Guelph Trillium, and the Foundation of the Guelph General Hospital.

As well as being a great opportunity to get out and cycle, Tour de Guelph has raised over \$850,000 in net proceeds in support of Guelph General Hospital and many other local charitable programs through the Rotary Clubs.

The event on June 25th starts and finishes at the University of Guelph, with routes ranging from a 5 km family ride to a 100 km road course, with several distances and surfaces to choose from.

There is also a "Ride Anytime" option for those who are not able to make it on June 25th, or who prefer to ride at their own pace.

For the Ride Anytime option, just register at www.tourdeguelph.ca and ride any time during June. No matter which option you choose, we encourage you to fundraise by collecting sponsorships.

There are great milestone prizes for fundraising, and all funds raised go to support the Guelph General Hospital and Rotary supported charitable programs.

You can even get your friends or work colleagues together and register as a team.

Mark your calendar, and go to www.tourdeguelph.ca for all the details.



The Earth is waking up this month from its winter sleep. Fittingly, April is also the home of Earth Day.

We have a beautiful natural environment in Puslinch. Here are some ideas to celebrate it this month:

Watch it grow

Explore your yard or your neighbourhood and look for things starting to grow.

From tulips poking their heads out of the soil to baby birds peeking over the edge of their nest, there are lots of signs of life to see in April.

Count the nests you find or the shoots in the flowerbed. Record your findings by drawing pictures, marking spots on a map, or taking photographs.

April is also a great time to plant seeds indoors. Sowing seeds, watching them sprout and caring for your tiny plants is a magical experience of spring.

Hike of the month

Extend your hunt for growing things to the woods. Can you spot buds on the trees? Notice grass starting to turn green? Or find the earliest spring flowers? Every day is Earth Day.

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Cholesterol check

By Dr. Laura M. Brown, ND

Cardiovascular disease (CVD) remains the leading cause of death in adults worldwide.

Cholesterol is a back bone building block for steroid hormones, bile acids and vitamin D. It is a waxy and fat-like substance taken in through the diet and made in all cells, but mostly the liver.

Foods like egg yolks and shellfish are high in cholesterol. If you eat only 200 to 300 milligrams (mg) of cholesterol a day (one egg yolk has about 200 mg), your liver will produce an additional 800 milligrams per day from raw materials such as fat, sugars, and proteins. You need cholesterol.

Interesting fact: the liver stops making cholesterol when 800–1000mg of dietary cholesterol is provided. Dietary fibre is known to help support the excretion of cholesterol through the stool. Levels of cholesterol are tightly regulated to maintain a “just right” level in the body.

Disturbed cholesterol balance is the basis of cardiovascular and cerebrovascular diseases, neurodegenerative diseases and cancers.

Dietary fats are initially incorporated into small absorbable particles called chylomicrons, which deliver fats in the form of triglycerides to tissues. Once chylomicrons are depleted of their triglycerides, they become chylomicron remnants and are taken up by the liver.

The liver then uses these remnants to form very-low-density lipoproteins (VLDLs), which become intermediate-density lipoproteins (IDLs) in the bloodstream. A portion of VLDLs and IDLs are then converted into LDL particles.

Triglycerides - High levels of triglycerides (TAGs) identified at an earlier onset age was associated with higher risks for CVD and all-cause death. A diet high in refined carbohydrates, processed foods and sugar is related to higher levels of TAGs. A reduction in processed foods and sugars is shown to lower levels of TAGs.

LDL - Higher levels of low-density lipoprotein cholesterol (LDL-C) levels in the middle-aged and older population are associated with increased risk of CVD and death.

Low-density lipoprotein (LDL) is one of the five major lipoproteins that carry cholesterol through the blood stream. (LDL-C is the cholesterol carried in the LDL particle). Cells have receptors (LDLR) for LDL which are like doorsteps and doors for cholesterol to get into the cell.

Cholesterol is cleared from the blood stream through these LDLR doors. Depending where the cell is and what the need is, cells will take in cholesterol for making things like bile (liver cells), vitamin D and hormones like testosterone and estrogen.

LDL increase is associated with poor thyroid function, small intestinal bacterial overgrowth and *H. Pylori* bacterial infection. Blood tests and breath tests will help diagnose these conditions.

Non-alcoholic fatty liver disease (NAFLD) additionally leads to dysregulation of cholesterol metabolism and increased risk of cardiovascular disease. In these cases, address the root cause and LDL will generally normalize. Read: treat these issues first, then re-test.

Not so easy to reverse is Familial Hypercholesterolemia (FH), where there is a mutation in the LDL receptor. In FH, the receptor is damaged and this makes it difficult for LDL to be absorbed into the liver, leaving excessive amounts in the blood stream.

If there is an issue with the LDLR, or low numbers of LDLR, cholesterol

levels rise in the blood stream. Chronic elevation of LDL eventually leads to deposits in the artery to drive the formation of atherosclerotic plaques.

FH affected people may be helped by a reduction of foods high in cholesterol and saturated fats. Management of other key dietary and lifestyle factors in cardiovascular and metabolic disease will help reduce risk of events and prolong life.

HDL - HDL removes excess cholesterol from cells and takes it to the liver for recycling or disposal. That's why higher levels are generally a good thing. Regular exercise is known to boost HDL. HDL has a ApoA-1 protein core.

Apolipoprotein A1 (ApoA1) level is a significant factor in central nervous system inflammation as well as vascular, neuronal, and synaptic changes related to poor cognition in T2DM and those individuals at the preclinical stages of Alzheimer's disease.

ApoB:ApoA1 ratio - Several large prospective studies have shown that the ApoB:ApoA1 ratio performs as well, and often better, than traditional lipids as an indicator of risk.


Apolipoprotein B (ApoB) is the primary protein component of low-density lipoprotein (LDL). Apolipoprotein A1 (ApoA1) is the primary protein component of high-density lipoprotein (HDL).

Ratios are interpreted according to age and gender. Elevated ApoB and decreased ApoA1 are associated with increased risk of cardiovascular disease.

Treatment - Statins are the main course of action in conventional medicine. Additionally, or alternatively, there are numerous dietary, lifestyle and natural products involved in the support of cardiovascular health.

Questions: ask_drlaura@southendguelph.ca

This article is for educational purposes only. It is not intended to diagnose or treat any person or condition.



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Ask the expert

The Allure of Hellebores

By Danielle Gignac



While snowdrops may be one of the earliest signs of spring (although they might fool you like this year), they are, in my opinion, merely the prelude to the real winter symphony.

Those who are blessed to have even a single hellebore plant are certainly nodding their heads. Their subtle and graceful beauty shines at a time of year when we're used to the smaller peppy spring bulbs like crocuses and dwarf iris.

Aptly named the Lenten Rose, the *Helleborus orientalis* arrive during the Lent season and carry the elegance of summer roses to the garden still covered in dead leaves from last fall, reminding us of the spring resurrection underway.

The leaves of this species are removed in the spring, allowing the flower stalks to rise up and shine.

Even earlier in the year, you may be fortunate to see the *Helleborus niger*. This is what is referred to as the Christmas Rose, for its own timing.

Often it will begin blooming long after everything else in the garden is settled in for the winter and not even thinking of spring. Their pristine blooms are set off so perfectly against a light blanket of snow on the ground,

when nothing else is blooming to steal their glory. The foliage of this species is truly evergreen, and won't need to be trimmed out each year.

I wonder if everyone remembers their first real encounter with a hellebore. In their less cultivated varieties, they could easily be passed over many times until the moment they are truly recognized, and their enchantment takes hold.

This is what I love about them. Their little nodding heads are hiding such rich treasures—speckled sepals, double flowers, or even the whimsical seed pods.

In a world that is increasingly ostentatious, it's refreshing to have a flower in which only those who are curious and observant are rewarded.

Yet there are also such entrancing new varieties being cultivated all the time and I can't deny their attraction as well. Since hellebores are so easily cross-fertilized, it makes for a complicated taxonomy.

But that is also what keeps the species so endlessly interesting. While I admit to fawning over the frilly double flowers and diverse colours of the 'Wedding Party' Series, my favourites will always be the simple green-flowered hellebores.



They carry a maturity that other green blooms don't seem to possess, and a grace and humility which only enhances their appeal for me.

Hellebores will typically flower for months, and happily fill in that more shady area in your garden, although they can handle full sun fairly well in our region.

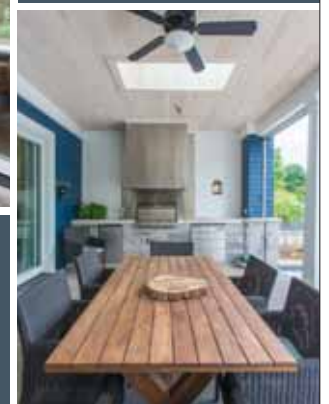
Plant these and experiment with other soft coloured flowers in varying heights. Give them space to expand into a nice large cluster one day.

Ensure they're in a good line of sight from a window so you can enjoy them when it's too cold to be outside.

And if you haven't grown hellebores yet, give them a try! You won't be disappointed.



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Cook's Corner

By Barbara Paterson

A frittata is a cake-like omelette thick with vegetables. It can be cooked in a heavy frying pan with a lid or in the oven (as I prefer).



Broccoli & Potato Frittata

- 1 onion, chopped finely
- 2 tbsp. olive oil
- ½ lb. broccoli, cut into tiny florets *
- 1 - 2 potatoes, (about 6 oz.) peeled and diced into small pieces
- Salt & pepper
- 4 eggs
- ¼ cup cheddar cheese, grated
- 1 tbsp. butter or margarine
- 1 - 2 tbsp. Parmesan cheese
- A little chopped mint for garnish (optional)

1. Sauté the onion in the olive oil. When the onion begins to soften, add the broccoli and potatoes and mix well.
2. Cover with a lid and steam over a gentle heat for 12-15 minutes, or until the vegetables are cooked but still slightly crunchy. You can add a little water if the vegetables are sticking to the pan.
3. In a bowl, beat the eggs well, then stir in the cheeses and the cooked vegetables. In a heavy frying pan, melt the butter until it sizzles.
4. Pour the omelette mixture into the foaming butter and then lower the heat as much as possible.

5. Cover with a lid. Cook very slowly, covered, until the eggs are set but still a little loose in the centre - about 15 minutes.
6. Sprinkle a little Parmesan cheese on top and brown slightly under the broiler.

Alternatively, you can sprinkle with Parmesan and bake the omelette at 325° F in an oven-proof frying pan until set; no need to cover it and it will brown nicely.

Slide onto a serving plate and leave to rest for several minutes before serving.

This releases the flavours, which come out better when it is warm rather than piping hot.

* You can substitute spinach for broccoli, as I have.

Maybe, as an Easter treat, you would like to splurge a bit. This cheesecake is not just delicious, but decadent. It is really quite easy to make, especially if you have a food processor. It serves 12-16.

Bailey's Irish Cream Cheesecake



Crust:

- 2¼ cups chocolate wafer crumbs
 - 2 tbsp. water
 - 2 tbsp. vegetable oil
- Filling:
- 2 cups cottage cheese
 - ¾ cup plain yoghurt, (low-fat if desired)

- 4 oz. cream cheese, (light or regular)
 - 2 large eggs
 - 2 tbsp. Bailey's Irish Cream liqueur
 - 2 tsp. vanilla
 - 1¼ cups granulated sugar
 - ½ cup unsweetened cocoa powder
 - 3 tbsp. all-purpose flour
- Topping:
- 1¼ cups sour cream
 - 2 tbsp. granulated sugar
 - 1 tbsp. Bailey's Irish Cream

Crust:

In a bowl, stir together wafer crumbs, water and oil until mixed. Pat mixture into the bottom of a greased 9" springform pan.

Filling:

1. In a food processor or blender, combine cottage cheese, yoghurt, cream cheese, eggs, Bailey's liqueur, vanilla, sugar, cocoa and flour. Purée until smooth.
2. Pour the mixture into the prepared crust. If you use a blender, it would be best if you blended in two batches, then combine in a bowl. Otherwise it might run over the top (as mine did).
3. Place a pan of hot water on the bottom rack of the oven. Bake the cheesecake in the centre of a 350°F oven for 50 minutes. The cake will still be quite loose.

Topping:

1. In a bowl, stir together sour cream, sugar and liqueur. Carefully pour a thin stream of this mixture over top of the hot cheesecake, smoothing it with a knife.
2. Return the cake to the oven and bake for 10 minutes. The topping will be loose but will set as the cake cools.
3. Run a knife around the edge of the cake. Let it cool on a wire rack until it is room temperature. Chill in fridge.

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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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Pastor John Adeyemi

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

BAHA'I FAITH

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.

CALVARY BAPTIST CHURCH

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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Sunday worship @ home: YouTube 'Cross

Roads BIC' or in person via registration @

'crossroadsbic.eventbrite.ca'

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www.duffschurch.ca

www.facebook.com/duffschurch/

Pastoral Leader: Rev. Don McCallum

dopmccallum@gmail.com

• Good Friday, April 7th

Community Service at 10:00am

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

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on Facebook

Minister: Rev. Jeff Werner

Music Director: John Zadro

• Regular Sunday Worship, 11:00 am.

FREELTON STRABANE UNITED

CHURCH

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Puslinch Pioneer | April 2023 | Page 30

1565 Brock Rd. (Brock Rd & 8th Conc W.),

Strabane, ON LOR 1K0

Church Office – 905-659-3380

www.freeltonstrabaneuc.ca

Facebook: *freelton and strabane united*

church

Minister - Rev. Will Wheeler BA M. Div.

Sunday Worship at 10:30 am

• Maundy Thursday Supper, April 6th -- As

we come to the end of Lent and Holy week

we invite you to join us for a Passover Meal.

We will gather downstairs at 6 pm in

Heritage Hall for a traditional Passover

celebration.

• Easter Sunday, April 9th -- Come and

celebrate with us as we gather at the

church for a Sun Rise Service at 7:30 am

with a Breakfast to follow.

Join us again for 10:30 a.m. worship in the

sanctuary as we celebrate the Risen Christ!

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7156 Concession 1, Puslinch, ON NOB 2J0

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www.pccweb.ca/knox-crieff/

www.facebook.com/knoxpresbyterianchurch,crieff

• Sunday Worship at 10 am.

MOUNT CARMEL-ZION UNITED

CHURCH

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Victoria Streets, Morrision, ON NOB 2C0

Minister: Rev. Margaret Ruggles

519-822-8610

www.morrisionunitedchurch.com

Email: morrisionunitedchurch@gmail.com

• Sunday Worship at 10:30 am.

Monthly donations to Chalmers Community

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beans, skim milk powder and Peanut Butter

but all donations are appreciated. Warm

Socks would be a welcome contribution.

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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.

ANNUAL MEETING FARNHAM CEMETERY BOARD

Farnham Cemetery Board is holding their

Annual General Meeting **Thursday, April**

6th, 2023, 6:30 pm at the Calvary Baptist

Church, 454 Arkell Road, Puslinch. Members

of the public are welcome to attend.

Contact: Barb Jefferson, 519-766-6502.

BADENOCH MUSIC NIGHT

Friday, April 7th and **May 5th** 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

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

GOOD FRIDAY WALK & POTLUCK

DINNER

Friday, April 7th at Freelton Strabane

United Church, 1865 Brock Rd., Strabane.

Gathering at the church at 3pm to drive up

to the Halton Forest for the walk. Pot luck

dinner back at the Church for 5 pm. Those

unable to walk are welcome to join us for

dinner. Any questions, please call Manse

Office at 905-659-3380.

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

OPTIMIST CLUB ANNUAL FISH

FRY

Thursday May 11, 2023 from 5 to 7:30

pm at the Puslinch Community Centre.

Adults \$20, children \$10. Tickets at the

door or from any Optimist Club member or

call 519-821-4256 to reserve.

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.

Inside the Back Page . . .



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SPRING CONCERT

Prepare Ye the Way to SING! - **Sunday, April 30th** at 7 pm. Freelon Strabane United Church, 1865 Brock Rd., Strabane. There will be a variety of music by local musicians including the Concert Choir with selections from Godspell and some sing-along for all! Other musicians interested in participating, please contact Director Joan Beckett-Simpson at 289-253-9904. This is a free will offering event with proceeds to support Mission & Service Fund and the life and work of the church. Refreshments and a time of fellowship to follow! All welcome! See www.freelonstrabaneuc.ca for further details.

STUDIO AND STUDIES EVENT

Sunday, April 16th at 2 pm. It's a Small World, The Art of the Miniature with Will Wheeler. Freelon Strabane United Church, 1865 Brock Rd., Strabane. A look how miniatures are built, inspiration & photographing. Light refreshments included. Contact Manse Office at 905-659-3380 to register. This is a free will offering event with proceeds being divided between Mission and Service and the former Freelon Church Window Installation Fund.

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.

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 or visit us online at www.bbbsg.ca.

BOOKING AGENTS

ARKELL UNITED CHURCH

Contact Peg Lawson at 519-763-8883 or email 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.

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.

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 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.

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