

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 48, Issue 3 - October 2023

## Giving thanks

By Anne Day

With Thanksgiving just around the corner, perhaps it is time for us to reflect on what we can be thankful for this year.

And it has been a tough year for many – between floods, fires and other acts of nature – let alone all the day-to-day strife that can impact a family.

“Count your blessings” my mother used to say, and she was right, because when we only focus on what is wrong or missing in our lives, we can easily pull ourselves down, making it harder to crawl back out and be optimistic about the future.

In many ways, it comes back to Maslow’s hierarchy of needs – the basics in life – family, home and health.

For example, I am grateful that I have a roof over my head unlike the homeless and those who can’t afford or find a place to live.



A friend of mine recently moved to Kitchener-Waterloo, where she and her husband were one out of 100, competing to rent this semi-detached house. They got it, but only after sharing all their finances with the owner and having to pay \$1,000 more a month in rent. How do young people compete in a housing market like this?

Many people have had to evacuate their homes, not sure if, when they returned, it would still be standing. Have you ever asked yourself what you would take, if that happened

to you? Interesting – perhaps family photos or other treasures associated with happy memories.

And that leads me to my next ‘blessing’ – family and friends. I am very fortunate to be surrounded by people who care about me. After COVID, many of us came to value even more those relationships that matter to us. I know this summer I have spent time re-connecting with folks that I haven’t seen for a while.



Then there’s health. For the past eight months I have spent time visiting an elderly relative in different hospitals, rehab and now palliative care and that experience has brought home to me that we shouldn’t neglect our health or take it for granted.

I’ve also found through my volunteering that you quickly gain a fresh perspective on your own life and how fortunate you are, when you are helping others who face tremendous obstacles.

We are so lucky to be living in Puslinch, surrounded by fields, trees and nature. With our farmers’ market, we are also able to enjoy local produce and support our farmers.

So, what are you grateful for? With an attitude of gratitude, we are better able to face the hurdles that may come our way.

Happy Thanksgiving!

# Editorial

If ever you wondered about the history of Puslinch, in this month's issue we share two fascinating stories – one from way back to our origins with Marjorie Clark's article about the Attawandaron First Nation who settled in Puslinch, and the other more recent about the Killean Railway Station from Bob Moore.

John McVie talks about the current situations with the Greenbelt Scandal and the avoidance of aggregate companies to pay their dues. While talking about future developments, we learn more from Dr. Jeff Wilson about the inroads made in poultry management and the power of collaboration.

Clearly Puslinch is a happening place in more ways than one and we're pleased to update you on what is happening at Crieff Hills Retreat and Conference Centre and Duff's Church, as well as the closing day at the Aberfoyle Farmers' Market, when they will be holding their annual craft show.

Our thanks to our health experts – Dr. Laura Brown and Dr. Sydney Brooks for keeping us informed on our thyroid health and ways to prevent arthritis.

As we enter the fall and Thanksgiving, it's timely that we give thanks for all that we have.

Wishing you and your family, a happy Thanksgiving.

*Anne Day*

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**[www.puslinchpioneer.com](http://www.puslinchpioneer.com)**  
**or email**  
**[editorpuslinchpioneer@gmail.com](mailto:editorpuslinchpioneer@gmail.com)**

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## Our Mission

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

Volume 48: Issue 3 October, 2023  
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Ten issues are published a year and distributed free of charge throughout Puslinch. [www.puslinchpioneer.com](http://www.puslinchpioneer.com)

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

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

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

Unless otherwise stated, the deadline for submissions is the 2nd Friday of the month. Next deadline is **Friday, October 13th, 2023.**

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

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

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# Council Clips

## City of Guelph:

Application for zoning by-law amendment to permit recreational use to allow for a golf simulator in two of the units at 585 Hanlon Creek Boulevard.

## Special Powers & Duties of Heads of Council:

Council supports resolution to petition Govt of Ontario that changes are unnecessary, specifically in smaller municipalities, and will negatively affect the municipality.

## Cost of Living Adjustment:

Staff recommends Council approve a Cost of Living Adjustment of 4 percent effective Jan 1/24 with remaining 2.9 percent be added to adjustment approved in 2025 budget and future.

## Environmental Registry of Ontario:

Proposal for new environmental compliance approvals for 7475 McLean Rd E for sewage works serving two new warehouse buildings; and for the establishment of a new subservice disposal works to serve a proposed industrial building to be used for warehouse/logistics operations at Lots 26-27, Concession 7.

## Roads Management Plan (RMP):

Staff recommends Council approve the RMP in order to meet the Federation of Canadian Municipalities Grant Agreement that costs are eligible from Jan 5/22 to Sep 30/23.

## 82 Queen Street:

Appeal of heritage designation for 82 Queen St at Ontario Land Tribunal has gone to case management conference and would return in September for further resolution.

## Youth Advisory Committee:

Three members of the committee will volunteer to provide Local Government Week presentation at Aberfoyle Public School during third week of October.

## Recreation Committee:

Committee requested to engage with local community groups to identify programs for seniors that could benefit from funding and propose an application be submitted.

## Canadian Federation of Independent Business:

Requesting all municipalities to implement a construction mitigation program for lengthy projects that cause major disruptions, to include direct funding to small businesses for income losses, such as Little Lake Market along Wellington Rd 32.

## Sign Variance Request:

The Donkey Sanctuary of Canada, 6981 Concession 4, requests relief from sign by-law to permit a sign with a reduced setback of 11.28 metres from required 27 metres.

## Site Alteration Agreement,

7176 Concession 1: Council authorization to enter into an agreement to construct property line berms and modify an existing farm pond using native fill on the property.

## Indigenous Land Acknowledgement:

Staff seeking Council endorsement of Land Acknowledgement and suggesting it be read at the inaugural meeting of Council each term.

## 20 Fox Run Drive:

Council approves a Publicized Display to occur at 20 Fox Run Dr, to include projected static image surrounded by Halloween decorations and props, October 27-31 from 6 to 9 pm.

## Economic Development Programs:

Launch of a new economic development program to encourage and support growth of local businesses. Businesses interested in joining community guide and business directory sign up online at [Puslinch.ca/DirectorySignup](https://puslinch.ca/DirectorySignup) or contact Township 519-763-1226 ext 4.

## Boat Access to Puslinch Lake:

Public asking for easier access to lake via Travelled Rd near Holly Trail and frustrated at lack of action since McClintock's restricted access to its boat launch in July 2020.



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

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

Youth Advisory Committee Meeting:  
October 2nd at 6pm  
Recreation Advisory Committee Meeting:  
October 3rd at 7pm  
Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: October 10th at 7:00pm  
Council Meeting - Adoption of User Fees and Charges By-Law: October 18th at 10 am  
Tentative Public Information Meeting:  
October 18th at 7pm.  
Council Meeting - Road and Facility Tour with Department Heads and Council: October 19th at 10 am  
Council Meeting - Present Proposed Budget and Capital Budget Sheets: October 25th at 10 am  
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

Looking for a facility to host lacrosse, roller skating, dry land training, etc? Then consider the rink surface or the gymnasium at the Optimist Recreation Centre.

To submit a rental request for the rink surface or the gymnasium, please complete the online facility rental request form at <https://puslinch.ca/forms/rental-request-form/>. For more information on our facilities, and to view our facility calendar, please visit our Community Facilities page at <https://puslinch.ca/culture-recreation/community-facilities/> or email [services@puslinch.ca](mailto:services@puslinch.ca).

Calling all roller skating and inline hockey enthusiasts! Check our facility calendar for our drop-in programming at the rink. <https://puslinch.ca/culture-recreation/community-facilities/>

## 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)

# In Memoriam

## George Campbell



December 14, 1926 – August 8, 2023

George was born in Swift Current, Saskatchewan, December 14, 1926, one of seven siblings. When their parents died within two years of each other the family was separated, and George, and his youngest sister Ellen, joined the Campbell family.

A few years later the family moved east to the Guelph area where George met and married his true love Dorothy Boreham, August 2, 1947.

George and Dorothy built their home on a lot severed off the Boreham farm on Cty. Rd. 34 in Puslinch. Over the years George and Dorothy welcomed three children to the family: Linda, Eleanor and Douglas.

This year, on Sunday July 30 the family gathered to celebrate George and Dorothy's 76th Wedding Anniversary. A real milestone to achieve!

One of George's trades was carpentry. At one job site he was working on a barn roof, missed his footing, fell off the barn breaking his collar bone.

He continued working on all types of buildings, eventually entering into a partnership to purchase a BA garage in Guelph. When the garage was sold George stayed with the new owners before going to work for his former partner who had purchased a gas station.

Then in 1978 George was employed by Hammond Manufacturing in the shipping department.

One of the family's favourite weekend pastimes was trailer-camping at Kincardine where a special Saturday event was the playing of the bagpipes when the stores closed for the evening.

Then to Clifford where George enjoyed lawn bowling. Other interests included the Molson Indy in Toronto, fishing trips to Thornberry, square dancing with Dorothy, listening to Johnny Cash, reading Western novels by Louis Lamour, and volunteering at Ellis Pioneer Chapel.

But most important to George was his family. As a family they made numerous trips to the West to visit George's siblings, nieces and nephews, especially going to his nephew Tom's ranch where he observed a cattle drive with ranch hands on horseback herding cattle down a ten-mile trail, cattle-branding, and ploughing with one of the big tractors. The

field was so large that by the time he ploughed one swipe down and back, it was time for lunch!

George and Dorothy hosted many family gatherings at their home in Puslinch that always included nieces, nephews, grand-children and great-grandchildren. He was our very special father, grandfather, great-grandfather, uncle. We will miss your kind, gentle, loving manner and pleasant smile. May you rest in peace.

*Excerpts from a eulogy given by George's niece, the Rev. Pat Cook, at a Celebration of George's Life, August 30, 2023, at Ellis Pioneer Chapel. George will be greatly missed by the Chapel volunteers, and all who knew him.*

## Thank you

By Anne Day

With its recent "back to school" collection, the Rotary Club of Guelph Trillium would like to thank the community for their generous donations.

Over 300 outfits, many new, were delivered to the Clothing Closet for free distribution to families. In addition, a barrel of school supplies and backpacks were delivered to Hope House to assist in their back-to-school campaign.

Building on these campaigns, and repeating one carried out last year, in October the Club in partnership with the Stone Road Mall and the Clothing Closet, will be asking for donations of new or gently used winter coats and clothing for new arrivals to Canada.

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# In Memoriam

## Pat Slade (nee McCarthy)



With sadness and a heart full of gratitude for a life led with love we announce the passing of Lorraine "Pat" Francis Slade (nee McCarthy) on

Saturday August 12, 2023, in her 94th year.

Pat has now joined the love of her life Alfred "Jerry" Gerald Slade who passed on the same day, August 12th, 28 years ago.

Cherished mother of Michael "Mick" (Mary) Slade, Lynne (Charlie) Sutton, Sherry (Rick) Kinsella, Mark (Karen) Slade, and Kelly (Craig) Peters.

Adored and loved by 14 grandchildren and 17 great grandchildren. Pre-deceased by 4 brothers and 8 sisters.

We'd like to thank the doctors and staff at the Guelph General Hospital for their outstanding support and compassion and the Hospice Wellington for giving our mom their love and care during her last days with us.

Funeral service was held at WALL-CUSTANCE FUNERAL HOME & CHAPEL, 206 Norfolk St., Guelph, on Monday, August 21, 2023. Interment followed at Crown Cemetery.

Arrangements entrusted to WALL-CUSTANCE FUNERAL HOME & CHAPEL

(519-822-0051 / [www.wallcustance.com](http://www.wallcustance.com)).

In lieu of flowers, memorial donations to the Hospice Wellington would be greatly appreciated by the family.

A tree will be planted in memory of L.F. Pat Slade in the Wall-Custance Memorial Forest.



*"Acknowledging the good that you already have in your life, is the foundation for all abundance."*

Eckhart Tolle



TOWNSHIP OF  
**PUSLINCH**  
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## Property Tax Reminder

**DUE DATE:**  
October 31, 2023

Questions? Please contact the  
Tax Office at 519-763-1226 x106 or  
[services@puslinch.ca](mailto:services@puslinch.ca)  
[www.puslinch.ca](http://www.puslinch.ca)



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**PUSLINCH Leaf and Yard Waste Collection**

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

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

**WEEK B**

Monday, October 2  
Monday October 16



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# In Memoriam

## Mark Robert Crow



December 1, 1972 – August 15, 2023

Our beloved Mark died on August 15, 2023 at Mount Sinai Hospital after fighting so courageously against a myriad complications that arose from his stem cell transplant one year ago.

Mark was the loving spouse of Taia Wong, and the adored father of Beatrice, Eloise, and Ethan who will forever miss their dad's enormous hugs, playfulness and unwavering love.

He was the devoted son of Lynn Crow, and the late Bill Crow (July 17, 2018); caring brother to Cathy and Karen (Gordon); cherished son-in-law to Dave and Jean; dearly loved brother-in-law to Peter, Sarah (Ryan)

and Jesse (Dan); a favourite uncle to Cameron, Aly, Ben, Cam, Henry, Sam, Felix, Ronan, Josie and Axel; and a much-loved friend and colleague to many.

Mark grew up on his family's farm in Puslinch (Cty. Rd. 34) where he developed a deep appreciation for the patterns of nature that he carried with him for the rest of his life.

Mark knew the crags and craters of the moon like the back of his hand, tracked the changing seasons of the constellations, and found mystery and beauty in little things, like the veining of leaves on the trees that he planted and tended to on the farm, and tumbled rocks that he collected from shores around the globe.

Mark was endlessly curious about the world, and our place in it, and his wide-ranging interests led him to pursue degrees in international development, and in law.

After clerking at the Supreme Court of Canada Mark continued to work as a highly-regarded lawyer, but he was also a farmer, an insatiable bibliophile, a Deadhead, a log cabin builder, an IPA connoisseur, a painter, an expert horse-ride giver, a masterful keepy-up player, and a stargazer.

His courage, resilience and unshakable belief that there is always a reason to hope will forever be an example to his beloved children.

Mark was privately interred in Puslinch on August 27, 2023. A Celebration of Life was held in Toronto on September 21st, 2023.

*Written by Mark's wife, Taia Wong, and edited by the Pioneer only to be appropriate to local time and place.*

# October 7th, Holiday Craft Market



Lynne Therrien Photo by Anne Day

Shop local this holiday season at the Aberfoyle Farmers' Markets' highly coveted, record-breaking "Annual Craft Market"!

Browse a wide selection of handmade, one-of-a-kind goods including home decor, jewelry, clothing and accessories, bath and skincare products, woodworking and so much more!

Take the time to stock up on veggies, meats, and pantry staples like honey and award-winning maple syrup while you're there! You can count on all of your fall favourites too, like garlic, potatoes, and apples to name just a few!

Admission is always free! Make a day of it, with coffee and prepared food options available on-site.

This will be the final week of the Farmers' Market.

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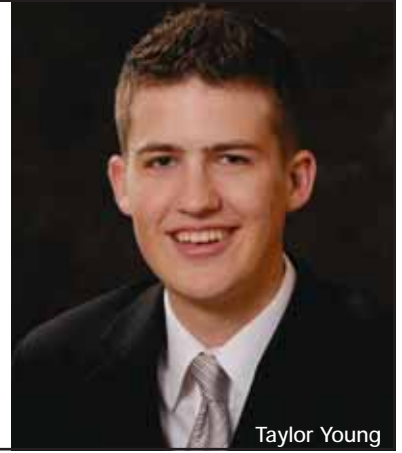
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## New economic development program

The Township of Puslinch is excited to announce the launch of a new economic development program to encourage and support the growth of local businesses.

Through the development of a comprehensive community guide and business directory, the Township aims to enhance the visibility and reach of businesses within the community.

This program comes at no cost to participating businesses and aims to support the local economy.

By providing a platform for businesses to display their offerings, the program seeks to attract customers, foster collaboration, and boost economic development in the Township.

To participate in the program, businesses are invited to sign up for inclusion in the community guide and business directory.

This opportunity enables local businesses to have a profile to highlight their contact information.

Additionally, through the Township's "Puslinch Profiles" featured businesses will have the chance to share what makes their business unique, milestones, and any upcoming events or promotions.

The Township of Puslinch encourages businesses of all sizes to seize this opportunity for increased visibility and community engagement from home businesses to the industrial community there is a space for all industries.

The Township staff attended the Aberfoyle Farmers Market on August 26th, to share this exciting opportunity with local businesses and answer questions about this new program.

Mayor Seeley stated, "We are delighted to launch this initiative to support our local businesses. The community guide and business directory will provide a valuable resource for residents and visitors alike, while also promoting the incredible range of products and services offered by our local entrepreneurs. We encourage all businesses to sign up and take advantage of this opportunity."

To facilitate further collaboration the Township held an Open House on September 14, 2023 from 6:00 p.m. to 8:00 p.m. at the Puslinch Community Centre.

The Township encourages businesses, as well as members of the public to learn more about these economic development opportunities.

Businesses interested in joining the community guide and business directory and/or being included in a "Puslinch Profiles Feature" sign up online at [Puslinch.ca/DirectorySignup](https://Puslinch.ca/DirectorySignup) or contact the Township for more information at [admin@puslinch.ca](mailto:admin@puslinch.ca) or 519-763-1226 ext. 4.



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## Special visitors to Sunrise



*L to R - Therapy pony Tucker, Program Co-ordinator, Suzy Bender, CanTRA Coach / Examiner, PA Logan Kanapathi, MPP, Ann Caine, Sunrise Board President, Jessica Goyda, Puslinch Township Councillor & Sunrise Board member, and Peter Cummins, Capital Steering Committee Chair.*

Logan Kanapathi, Parliamentary Assistant to the Minister of Children, Community and Social Services, Hon. Michael Parsa, visited Sunrise on Wednesday, August 23rd, to learn more about the proposed Sunrise Capital building project.

The goal of this project is to provide 14 bachelor affordable supportive housing suites, a six-bedroom Respite wing, and an expanded day program Life Skills facility.

This project also includes a barn expansion, to accommodate additional equine fee-based programming, and address the ongoing waitlist for services, for children and adults with special needs.

## Crieff's Little Free Library

**By Anne Day**

Will be opening, all being well, on Saturday October 7 in the parking lot of Knox Presbyterian Church, Concession 1, Puslinch.

My thanks to people in the community who donated books – we already have over 250 in our collection covering all genres – from novels,



mysteries, fantasy, and cook books to books for children of all ages.

My thanks also to Megan Barnes for designing and making the library.

The premise with the Little Free Library is you take a book, and either return it when read, or donate another one.

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# Start the school year off right



Learn how to plan, prepare and choose snacks that everyone will enjoy!

Children spend a large part of their day at school. In this context, healthy snacks are important because they provide children with the energy and the nutrients they need throughout the day, in addition to being a main source of the essential vitamins and minerals they need to grow and develop.

Here are some tips to help you choose healthy snacks.

- **Read labels** and choose foods

that have little or no added sodium, sugars or saturated fat.

- **Make water your drink of choice.** You can add fruits and herbs to your water for flavour. For example, blackberries and mint, raspberries and cucumber, strawberries and fresh basil, chopped apples and a cinnamon stick or pear slices and a drop of vanilla extract.

- **Limit highly processed foods** such as:

- jams and jellies
- desserts such as ice cream and chocolates
- salty snacks like potato chips and pretzels
- bakery products such as cookies and croissants
- sugary drinks like juice and sodas

- **Prepare your own snacks,** for example:

- Make muffins and store them in the freezer.
- Chop extra vegetables when cooking so you'll have some for snacks.
- Hard-cook eggs on the weekend. They will keep for a week in the fridge with the shell on.
- **Fruit.** Among the snacks that are easy to put in the lunch box:
  - oranges, bananas and plums are examples of fruit that come in their own natural packaging that makes them easy to transport
  - cut vegetables, such as carrots, cucumbers, celery and peppers, which you can store in the refrigerator and bring along in a reusable container

Looking for healthy and delicious snack or meal ideas? Let us help you! Visit the *Food Guide Kitchen* regularly for tasty, healthy and easy-to-prepare recipes.

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# Harvest on farm dinner



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After a walking farm tour, we will gather around a harvest table to enjoy the best flavours of the season.

A leisurely, four-course plated meal

prepared by Chef Matthew is the perfect prelude to Thanksgiving. Be sure to dress for the weather, including sturdy footwear.

Date: October 1, 2023

Time: 4:30-8:30 pm

Cost: \$80 per person \*Local craft beer and wine available for purchase\*

For more information call (519) 824-7898 or email [events@crieffhills.com](mailto:events@crieffhills.com)



Write people's names on leaves or use pinecones to hold name cards.

A centerpiece of branches and flowers or a bowl of gourds or rocks can all add beauty to your fall meals.

## Hike of the month

Take a gratitude hike. Spend some time thinking and talking about what you're thankful for.

It can be things you see right around you, the people you're with, or anything else in your life.

Practicing gratitude improves your well-being.

## Family Activity

By Julia Preston

October is a time of Thanksgiving. Take some time this month to be thankful for the world around us and our wonderful community.

Here are some ideas.

### Nature table decorations

Gather different things from nature and use them to decorate your table.

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# Collaborative projects propel Puslinch onto national stage

By Dr. Jeff Wilson

We all know that Puslinch is a great place to live. But did you know that our community is at the epicenter of a series of collaborative projects transforming how we live, work and govern ourselves across Canada - and beyond?

Our societies suffer from a constellation of problems that are too complex for any one person or institution to solve on their own. We need to work together more effectively.

At the same time, our increasingly siloed communities lack a way to bring everyone together to address our most pressing issues. That is, until now.

A local company has spent eight years developing a process to align government, business, academia, non-governmental organizations and the public - under a transparent governance structure to create solutions to important problems, where everybody wins.

The process, developed by Novometrix Research Inc is known as Community Network Integration - or CNI. It has been used to facilitate transformative change in issues as diverse as honeybee sustainability and post-secondary education. And it's now being applied to two new network initiatives at the national level.



The National Poultry Network (NPN) is bringing together industry players from across Canada to address industry and consumer issues under a

collaborative business structure.

Initial issues include control of Avian Influenza (AI), Antimicrobial Resistance and animal welfare.

As President of Novometrix, I often explain 'Like many other networks, the poultry industry has suffered from a number of issues that have held us back from becoming all that we can be. NPN is beginning to align stakeholders for a series of integrated projects to address these.'

At the national level, the network is working together to begin managing AI under outbreak management best practices.

This includes building transparent and accountable leadership teams to establish provincial and national data frameworks to identify the best interventions.

The approach is identical to that used in successful outbreak responses such as the Walkerton tragedy - but on a larger scale.

At the local level, Novometrix is facilitating a series of on-farm projects to address biosecurity and sanitation issues such as drinking water quality, surface disinfection and antimicrobial use.

The approach drives near term revenue to producers while engaging them in disease control at the provincial and national levels. Commercial and small

scale poultry growers - including representatives from Puslinch - are part of the national leadership team, as are members of the public.



As Jane Lee, a local backyard poultry enthusiast and leadership team member remarks: 'Local projects like this are an important way for regular people to be part of real solutions, and ensure the accountability of our systems.'

NPN intersects with another project under the same management structure - the Guelph Wellington Community Project.

It's bringing representatives together from across our community to address problems like food and environmental security, housing and mental health - and scaling the approach to communities across Canada.

For more information please see [www.novometrixinc.com](http://www.novometrixinc.com) or contact Dr. Wilson at [jbwilson@novometrix.com](mailto:jbwilson@novometrix.com).



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- Jody W. (Puslinch)



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## Scavenger Hunt - Halloween Hijinks (All Ages)

Dig through the stacks, wander past the computers, and keep an eye out for what might be hiding in the library! Drop in Tuesday, October 3 to Saturday, October 28.

## Scrabble Club (Adults)

Join us for casual word building entertainment. Please register. Wednesday, October 4 and 18 at 2 – 4pm

## Story Time (Preschoolers)

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, October 5 – 26 at 11:00 – 11:45am

## Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursday, October 5 & 19, at 5:30 – 7pm

## Book Club – First Friday (Adults)

Meet with members of your community and join discussion of books and ideas. Please register. Friday, October 6 at 1 – 2:00pm

## Creative Kids (Families/Kids/Tweens)

Get crafty and learn new things with DIY, maker, and other hands-on activities just for kids. Please register. Wednesday, October 11 & 25, at 3-3:45pm

## Tech Talk (Adults)

Join the conversation! Bring your questions

about computers or mobile devices and we will explore them together. Please register. Friday, October 13 at 11am – 12pm

## In Stitches - Experienced Class - Fabric Pumpkins (Teens/Adults)

Create cute fabric pumpkins to add to your fall decor. Previous sewing experience required. All materials supplied. Ages 12 to adult. Please register. Saturday, October 14 at 10:30am - 12pm

## Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, October 17 at 2– 3:00pm

## In Stitches - Beginner Class - Pyramid Bean Bag Chicken (Tweens/Teens)

Use simple sewing skills to create a whimsical bean bag chicken. No experience necessary. All materials supplied. Ages 10 to 14 years. Please register. Friday, October 27, at 10:30am - 12:30pm

## Cricut Creations - Heat Transfer Vinyl Craft (Adults)

Follow step-by-step instructions to make your own heat transfer vinyl (iron on) craft using a Cricut machine. All materials supplied. Please register. Tuesday, October 31 at 1:30 - 3pm

## 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 handpick a selection of titles for you to borrow. For more information, visit [www.wellington.ca/JustForYou](http://www.wellington.ca/JustForYou).

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

## Fiction

- Child, Lee - The Secret
- Evanovich, Janet - Dirty Thirty
- Grisham, John - The Exchange
- Hadfield, Chris - The Defector
- Kinsella, Sophie - The Burnout
- Nesbo, Jo - The Night House
- Sandford, John - Judgment Prey
- Steel, Danielle - Second Act
- Wiggs, Susan - The Twelve Dogs of Christmas
- Woods, Stuart - Obsession

## Non-Fiction

- Baz, Molly - More Is More: Get Loose in the Kitchen
- Campbell, Alyssa Blask - Tiny Humans, Big Emotions: How to Navigate Tantrums, Meltdowns, and Defiance to Raise Emotionally Intelligent Children
- Gay, Roxane - Opinions: Decade of Arguments, Criticism, and Minding Other People's Business
- Herzog, Werner - Every Man for Himself and God Against All: A Memoir
- Mundy, Liza - The Sisterhood: The Secret History of Women at the CIA
- Schneider, Amy - In the Form of a Question: The Joys and Rewards of a Curious Life
- Sisman, Adam - The Secret Life of John Le Carre
- Spears, Britney -The Woman in Me
- Stone, Sly - Thank You (Falettinme Be Mice Elf Agin): A Memoir
- Winkler, Henry - Being Henry: The Fonz . . . and Beyond

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# Promises

By John McNie

*Definition: (verb) To give one's word to do or not do something; to give cause for expectation; to undertake.*

Promises are the essential building block of any human group from a couple to a nation.

Unmet promises make weak and superficial groups because not only is the building block itself weak but unmet promises also foster distrust, an attitude that erodes the "trust" mortar, which holds our groups together.

Promises are always relevant but they are especially relevant in Puslinch today for two reasons.

The first is provincial. In recent months we have seen our provincial government break a promise that had been clearly stated on multiple occasions, including as recently as the last election campaign of June 2022, "We will not touch the Greenbelt".

That flagrantly broken promise creates a weak building block within our Ontario community. Worse, it appears that:

1. mandate letters, emails and videos, indicate the government never intended to keep this promise to the Ontario community,
2. the government's continued claim that breaking this promise was essential to resolve the housing crisis, was just smoke as their own housing studies plus many municipal studies have shown otherwise, and
3. that private industry (with still to be established connections to the government), will benefit to the tune of billions of dollars.

These three factors significantly erode our trust, the mortar critical to the functioning of our Ontario community at all levels and in all areas, entirely apart from the Greenbelt.

The second reason promises are relevant is a local one that has been exacerbated recently and concerns the role of the aggregate industry in Puslinch.

Recent local media stories have noted Puslinch Council's increasing frustration over the aggregate industry's non-compliance with promises made at the time pit licenses were issued and over the last five years.

These promises cover every aspect that makes a community strong, from roads and water to land use and species protection.

Once again as in the provincial situation, the unmet promises themselves make weak building blocks, that in turn weaken our community but more critically these unmet promises erode our community's trust in the aggregate industry, especially any future role as a community partner.

Promises surround us all the time, in the promise of the seasons rotating and the sun rising each morning.

Here in Puslinch most of us are especially blessed with surrounding farms and their promise of food on the table, with work and its promise of income and holidays, with greenspace and its promise of clean air and water and with a caring local community.

We must protect the integrity of promises if we hope to maintain communities like Puslinch for the future.

That obviously means each of us keeping our own promises but also immediately challenging those who are not keeping their promises in our communities including at this moment, our provincial government and the aggregate industry.

Make a promise now to touch base with your MPP and local councillors, both to support them for keeping their own promises and challenge them to ensure others keep theirs.

PS. And keep your promise!

# Taste Detours



Taste Detours offers guided walking food tours that feature locally flavoured tastings with a heritage twist.

We combine our tours with storytelling to offer food adventurers an authentic taste of place plus a sense of the history and culture of the region.

We're big believers in local and engage with partners who share this belief: from independent restaurateurs to food businesses that embrace local food sourcing and the notion of collaboration. We like to say we're telling stories through food.

Lynn has 24 years of experience creating events and driving tourism in Guelph. She's a certified Food Tour Professional who's sweet on this region's distinct food culture and keenly aware that set tour schedules don't work for all.

## How It Works

Once you find a tour you like, you can easily purchase tickets on our site for your chosen date.

All tastings are included in the price, all you need is a healthy appetite and a good pair of walking shoes!

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# Killean Railway Station

By Robert (Bob) Moore

When I wrote my book, *Puslinch At Work*, one community that I wasn't able to do justice to was Killean.

It was just difficult to get a lot of research results at the time. Rather than hold the book up I decided to release it and work on further research of the Killean area.

One person who subsequently came forward was Carol Briante (nee Bruder). Carol, subsequent to growing up in Killean, married Jim Briante who is now retired from teaching at John F. Ross secondary in Guelph.

Carol went to the Killean school (S.S.#7) and then secondary school in Galt. Her Grandfather was Norman Bruder, who is in this portrait picture.



Norman was section foreman (Orr's Lake (Galt) to Guelph Junction), for the CPR railway from 1938 until his retirement in 1963.

Norman's wife, and Carol's Grandmother, was Sarah Bruder who was first on a "Section Gang" of three women during the war and later as Station Master.



The three women in this picture, left to right are Sarah Bruder, Mary Witter and Beulah Burmaster, all from the Killean area.

Norman and Sarah lived in the train station for over twenty years, until it closed.

As Station Master, Sarah sold tickets, maintained the wood stove in the waiting room and other general maintenance at the station.

This next picture is of the last steam engine train through Killean. The man standing left of the tracks is Norman Bruder with the Station in the background.



The date is unknown, however the vehicle in the background is a 1958 Ford Station

Wagon belonging to Norman's son, Ed Bruder.

I hope readers have enjoyed a bit more of the *Puslinch At Work* theme, specific to Killean. All pictures are courtesy of Carol Briante (nee Bruder).

## Eco-anxiety: Practices Toward Hope

There is increasing attention to the fear and anxiety caused by climate change.

It manifests in a variety of ways, causing both physical and emotional distress.

If you feel these effects directly, or if you experience them through your grandchildren, coworkers or neighbours, we invite you into a day of helpful learning.

Spend a hope-filled day at Crieff Hills with Dr. McCarroll learning about biophilia, eco-literacy and other protective practices.

**Time:** 9am to 3:30 pm on November 10, 2023

**Lunch:** A farm-to-table buffet is included. Please let us know about any food restrictions when you register.

**Cost:** Please choose the fee most appropriate for your circumstances:

- Actual cost \$55 per person
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**Tickets:** To register call Scott our Events Manager 519-824-7898 or email [events@crieffhills.com](mailto:events@crieffhills.com)

**Accessibility:** Please alert us to any special needs or requests so that we can make you comfortable when you arrive.

\*Note that some of this day will be spent outdoors. Please dress for the weather.



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# Attawandaron First Nation

By Marjorie Clark

When Father Joseph de la Roche Daillon, a Franciscan priest, visited Attawandaron villages in October 1626, he described it. "The country of this Neutral Nation is incomparably larger, more beautiful and better than any other of all these countries.

There is an incredible number of stags, great abundance of moose or elk, beaver, wildcats and black squirrels ... a great quantity of wild geese, turkeys, cranes and other animals, which are there all winter. The rivers furnish much excellent fish, the earth gives good grain, more than is needed. They have squashes, beans and other vegetables in abundance."

Such was the nature of this area in 1625, when a young French explorer named Etienne Brulé travelled south from Midland into the Attawandaron territory of Southern Ontario, which included what is now Puslinch.

The Attawandaron or Neutrals inhabited dozens of villages in Southwestern Ontario stretching along the north shore of Lake Erie from the Niagara Peninsula to the Detroit River, perhaps as far north as Toronto in the east and Goderich in the west.

A semi-nomadic society, the Neutrals lived in villages, which would usually be abandoned after about twenty years. When the game, the soil and the wood in an area became depleted, the area would be left to regenerate and the village would relocate to a new spot.

Father de la Roche Daillon described them in a letter dated July 18, 1627 and at the time, there were approximately 40,000 Neutrals. The largest Neutral village site in Wellington County and perhaps in Ontario, covering thirteen acres, was in the Badenoch section of Puslinch, on the east side of Morriston, lot 32, concession 8.

The other one also situated within the Badenoch area was on lot 28, rear

of concession 8, the former McPhee farm. The McPhee site was excavated during 1982-1988; as a result, we have knowledge of the life of the people, who lived here.

The McPhee village dates from 1500 A.D. to 1530 A.D. It was surrounded by a "palisade", a cedar wall with stakes about 20 feet high. This kept out animals, kept it sheltered from the wind and provided protection from enemies.

Families lived in longhouses, which faced the prevailing wind. Families were organized within clans and clans lived in groups. As the society was matrilineal, when a man married, he moved in with his new wife's family. The cedar longhouse had a packed earth floor, sleeping bunks along the sides and fires in the middle, each fire shared by two families.

The roof was of cedar shingles, which were wind and watertight, except for holes over the fire pits to allow the smoke to escape and which were only covered in rain or snow storms.

The fires of maple and walnut provided both cooking facilities and heat. Longhouses were sometimes enlarged two or three times to accommodate a growing family, however not in the case of the McPhee village.

The largest longhouse in the McPhee village measured 125 feet long, contained ten fire pits and was home to about 20 families of approximately 100 people. In total, the McPhee village housed from 400 to 500 individuals.

The Elliot village consisted of about 40 longhouses, sheltered several thousand people and covered from five to nine acres.

This people hunted, fished and grew crops in Puslinch, choosing light soil, that was well drained, often near swamps. This is certainly true of the Elliot site.

From the evidence unearthed at the McPhee site, their diet consisted of 49 percent venison, 17 percent bear, some vole and some fish - perch, pickerel and catfish.

Fish were caught around Aberfoyle, in the Eramosa River, at Puslinch Lake and at Crawford Lake. They cultivated corn and squash, which they made into soup, beans, sunflowers and a little tobacco.

Corn was grown in the area as early as 700 A.D. They gathered wild raspberries. Medicinal herbs were gathered from their surroundings.


The Attawandaron retained a neutrality between the Hurons and the Iroquois and traded with both peoples. Their flints came mainly from the mouth of the Grand River in Hal-dimand County.

The people were taller than the French and are estimated to have possessed about the same life expectancy. As well as dogs, bear cubs were often kept as pets.

On April 2, 1984, Ken Oldridge, Project Director at the McPhee farm dig, spoke to the Puslinch Historical Society about the excavation.

*This information is based on his presentation that evening. More information can be obtained from the PhD thesis of William Fitzgerald, Project Supervisor of the dig, which is available at the University of Guelph, McLaughlin Library.*





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# YOUR HEALTH MATTERS

## Thyroid Health

By Dr. Laura M. Brown, ND

The thyroid is a butterfly shaped gland, centred around the windpipe, just above the base of the neck, beneath the skin. It is responsible for metabolic balance, cognitive development, reproductive, nervous and cardiovascular system functions.

The thyroid is regulated and may be monitored through blood work of thyroid stimulating hormone (TSH), thyroxine (T4), triiodothyronine (T3), thyroid regulating hormone (TRH) and thyroid antibodies like thyroid peroxidase antibody (TPO Ab) and thyroglobulin autoantibody (TgAb).

### Minerals, Microbiome and Environmental Impacts

The thyroid requires a dynamic balance of minerals for a healthy thyroid including selenium, iodine, iron, lithium, copper, zinc, manganese, magnesium, cadmium, and molybdenum.

A healthy gut microbiome is key as it influences the uptake of minerals required for healthy thyroid function and also plays an active role in breaking down used thyroid hormone and recycling its parts.

When medicated with thyroid or anti-thyroid drugs, the microbiome plays a role in their absorption. An altered microbiome increases the prevalence of Hashimoto's thyroiditis and Graves' disease.

Flame retardants (PCBs, PBDEs), plasticizers (phthalates, BPA) and certain pesticides, can directly interfere with thyroid hormone receptors (THRs) and their activity at several levels, which also made them suspect of increasing the risk of thyroid cancer.

### Thyroid and Diet

Patients with thyroid disease may develop an immune mediated nonceliac gluten sensitivity (NCGS), not associated with celiac disease or allergies to wheat or gluten.

It causes non-specific symptoms af-

ter eating foods containing gluten, such as headaches, joint and muscle aches, and brain fog.

A gluten-free diet significantly reduces the immune system's response. In those sensitive, a lactose free diet helps improve (lower) levels of TSH in those with Hashimoto's hypothyroid disease.

Lactose intolerance is associated, among others, with bacterial overgrowth, malabsorption, and damage to the intestinal villi, which results, in those medicated, in a greater demand for levothyroxine. Among 83 patients, almost 76 percent patients taking levothyroxine were lactose-intolerant.

After only three weeks on a ketogenic diet, T3 concentrations are significantly lower. The body needs at least 50g carb daily to support healthy thyroid function.

### Thyroid disease

Thyroid disease is frequently associated with celiac disease and other autoimmune conditions like rheumatoid arthritis, lupus, diabetes type I, lupus or vitiligo.

Graves' Disease is a common autoimmune cause of hyperthyroidism, where the immune system overstimulates the thyrotropin receptor. Symptoms include goitre, weight loss, diarrhea, insomnia, fatigue, menstrual changes, thin, warm moist skin, rapid heart rate, and or bulging eyes.

It can occur at any age, in both genders and is more frequent in 40-50 year old women.

Left untreated, Graves can contribute to miscarriage, heart rhythm disorder and structural changes in the heart muscles, brittle bones and in extreme cases a thyroid storm, a life-threatening condition.

Hashimoto's disease is the most common cause of hypothyroidism. Symptoms include fatigue, cognitive challenges, constipation, rough dry skin, hair loss, weight gain, low mood, decline in sex drive, and or puffy eyes and face.

Risks include genetic factors, mineral status, endocrine disrupting hormone exposures, Vitamin D status, infections, and the female sex is more susceptible. Fertile women require monitoring of their thyroid status to ensure healthy offspring.

Peri-menopausal years may worsen thyroid conditions as spikes in estrogen consume sex hormone binding globulin (SHBG) leaving less room to transport T4 to the cells.

Screening of perimenopausal women for thyroid disorders will assure timely detection and proper management.

Untreated hypothyroid disease can lead to high cholesterol, heart disease, heart failure, high blood pressure, depression, and in extreme cases, myxedema (severely slowed organ function).

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

*This article is for educational purposes and is not intended as medical advice.*

## Did you know...

that Grand River ([grandriver.ca](http://grandriver.ca)) offers a wealth of information and resources for land owners.

For example, the Agricultural BMPs are practical, affordable ways to manage your land that help to improve soil health and water quality without sacrificing your farm's productivity.

Did you know that thousands of farmers in the Grand River watershed are working to improve and protect water quality on their land?

Meet local producers, whose contributions are highlighted through their inspiring stories.

There's also additional resources from other organizations:

Best Management Practices Series (OMAFRA)

AgriSuite (OMAFRA)

Environmental Farm Plan (OSCIA)

Soil Test Manager (OSCIA)

Soils at Guelph (University of Guelph)

Soil for Life (University of Guelph)

4R Nutrient Stewardship (Fertilizer Canada)

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ADS1@bellnet.ca

# COOK'S CORNER

By Barbara Paterson

*These drumsticks are a bit messy so it's best to line your baking pan with parchment paper or foil. They are finger-lickin' good.*

## Baked Honey, Mustard and Herb Chicken Drumsticks



12 skinless chicken drumsticks (about 1.1 kg)

¼ cup liquid honey

2 tbsp. cider vinegar

2 tbsp. Dijon mustard

1 tsp. minced garlic

1 tsp. Herbes de Provence \*

¼ tsp. each salt and pepper

1. Arrange drumsticks in a pan in a single layer.
2. Whisk together the remaining ingredients and spoon sauce over chicken pieces.
3. Bake for 20 minutes at 400°F. Remove pan from oven and baste chicken with sauce. Tilting the pan to one side helps. Return to oven and bake an additional 25 minutes, or until chicken is no longer pink in the centre.
4. Arrange on a serving plate and pour sauce over top. Serve hot.

\* Herbes de Provence is a blend of basil, marjoram, rosemary, sage, thyme, savory and lavender and can be bought ready mixed at the grocery store.

## Banana, Bran, Apricot Muffins

*A nice treat to include in children's school lunches. These muffins are light and delicious.*



1 medium (1/3 cup) ripe banana, mashed

¾ cup granulated sugar

1 cup milk

¼ cup vegetable oil

1 large egg

1 tsp. vanilla

1 cup all-purpose flour

¾ cup natural bran

¾ cup chopped dried apricots

1 tsp. baking powder

1 tsp. baking soda

1. In a large bowl using a whisk or electric beater, combine banana, sugar, milk, oil, egg and vanilla.
2. In another bowl, stir together flour, bran, apricots, baking powder and baking soda. Stir the mixture into the banana mixture just until everything is combined.
3. Grease a 12-cup muffin pan and divide the mixture among the cups. Bake in 350°F oven for about 20 minutes

# Duff's Church is a happening place



October brings a rush of activity at Duff's Church.

First up is an afternoon concert on October 1st at 2.00 pm with the Singing Cowgirl, Naomi Bristow.

Naomi is a young cowgirl that hails from a small farm in Ontario. Her family was involved in the rodeo life which led her down the path of country, western and gospel music.

In the past 15 years she has traveled across the countryside in Canada and the United States performing for thousands.

Tickets are \$20. For tickets contact Donna Karn at 519 835 7408 or [donna.karn@rogers.com](mailto:donna.karn@rogers.com)

Then on October 21, there is the annual bazaar, from 930-12.30.

There's something for everyone, craft and bake tables, and more, including a take-out lunch.

You can also order your Christmas Cake. There are light and dark Christmas cakes, approximately 2 ½ lbs for \$27.

Your Christmas cake must be pre-ordered by October 8. Place your order at [dgsmith@sympatico.ca](mailto:dgsmith@sympatico.ca)

Duff's Church is location at 319 Brock Road S, Puslinch.

# Can you prevent arthritis?

By Sydney Brooks, PhD

Yes, you can. Not every type of arthritis can be prevented but there are several types that can be.

There are **types of arthritis that are associated with infection**. Arthritis can result from infections with Lyme disease, salmonella (food) poisoning, COVID infections and others.

Prevention strategies for these conditions include avoiding exposure to ticks (Lyme disease), safe food handling (salmonella poisoning), and getting vaccinated (COVID).

The Mayo Clinic in the USA (mayo-clinic.org) has a great website with information on preventing these conditions.

**Smoking and periodontal (gum) disease** have both been associated with the onset and development of inflammatory types of arthritis.

The specific reason for this is not well understood. **Good dental hygiene and stopping smoking** are possible prevention strategies.

Osteoarthritis is the most common type of arthritis. It can result from injury, malalignment of the joints, obesity and overuse of the joints. **Injury prevention strategies** include wearing seatbelts, wearing supportive footwear and using protective equipment during sports.

**Malalignment of the joints** because of poor posture, injury or being overweight can cause uneven stress

through the joints and may result in arthritis.

Being overweight puts excess stress through the joints of the hips, knees and feet with every step taken. Pay attention to good posture.

And losing as little as ten pounds will make a difference in how your joints feel.

**Overuse of the joints may result in arthritis** and arthritis symptoms may be worse on the dominant side of the body. You may be able to prevent or lessen arthritis symptoms by reducing stress on the joints.

Whether you have arthritis or not, here are some ways to **protect your joints**:

- Alternate right and left arms or legs when doing tasks.
- Use two hands to lift and carry.
- Use larger joints, for instance use a shoulder bag or backpack rather than a handbag that stresses the small joints of the fingers.
- Pad the handles of utensils, golf clubs, or tools to increase the grip.
- Use devices like electric can openers and ergonomically designed products. See an example of a joint friendly vegetable peeler.
- Increase leverage. Add a lever to car keys, use a long-handled shoehorn, choose levered door handles - see below.
- Wear shoes with firm heel counters (the part of the shoe that wraps around your heel). This provides stability for your foot and helps prevent the foot from rolling in (pronation).

- Strengthen the muscles around the joints to lessen stress on the joints.

This list goes on, but your joints will thank you!

*Sydney Brooks has a PhD in Health Studies from the University of Waterloo and 30 years' experience as a clinical researcher in arthritis care and treatment.*

## Leaf and yard waste



It's that time of the year when we start to gather leaves.

According to the County, leaves, twigs, garden trimmings and dead plants can be picked up through the free monthly curbside collection.

Or you can drop them off at Waste Facilities. Both options are available from April - November.

However, grass clippings, soil, sod, rocks, tree stumps, branches and plastic bags are not acceptable.

The advice is to leave grass clippings on your lawn to decompose naturally.

Benefits in doing this are:

- Diverts clippings from landfill
- Returns nutrients to your lawn
- And saves you time!

For more information on Solid Waste Services, go to [www.wellington.ca/yardwaste](http://www.wellington.ca/yardwaste).

Phone 519 837 2601 or email [wasteinfo@wellington.ca](mailto:wasteinfo@wellington.ca)

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## Ask the expert

### Providing food and habitat for wildlife overwintering

By Lyanne Schlichter

"Aren't you cutting down your perennial plants before winter?" my new neighbour asked. No – and neither should you. She was asking about the pollinator-friendly garden at the entry to our property.



One of the reasons we moved to Wellington County was to create a small refuge for native wildlife. That means providing suitable food and habitat for those that overwinter.

For a long time, landscaping practices have included the 'fall cleanup'. Cutting down flowers and ornamental grasses, pruning shrubs, removing fallen leaves, heavily covering ornamental beds with wood mulch – who hasn't done this?

The problem with this 'clean regime' is that it doesn't leave enough natural resources to support birds, insects, and small mammals over winter.

What do these creatures need? In spring, most native bees and wasps build their nests in exposed soil, in dead plant stems, or in cavities in wood. Throughout the growing season, they, and other beneficial insects escape predators by sheltering in leaf litter and brush piles.

This is where you'll find larvae of butterflies, moths, fireflies, lady beetles, ground beetles, and others. Then, over winter, many insects hibernate in stems of shrubs and wildflowers, in leaf litter, and in the soil; and then they emerge in spring.

Some birds and small mammals also find shelter over winter in dead wood,

brush piles, and rock piles.

There is lots we can do to help: from simple steps to bigger projects.

1. Simply, don't remove the stems of wildflowers and native grasses after blooming season. In addition to food, they provide housing for stem-nesting insects.

We've probably all seen the ball-shaped galls on goldenrod stems (one of my favourites). They are made by a fly and provide winter food for woodpeckers and chickadees.

If you do want to cut some plants down, leave them 20 cm to 60 cm long to make a vertical nesting habitat. They'll become home to stem-boring moths, cavity-nesting wasps, beneficial spiders, and others.

2. 'Leave the leaves', and, if possible, create a bit of a 'mess' by leaving some brush and rocks in your landscape. Use leaves as mulch instead of wood chips. In Canada, most butterflies and moths use leaf litter as winter protection of eggs, larvae, pupae, and even, adults. You can clean up the litter in late spring when insects and small mammals have emerged.

Brush piles provide marvelous sites for hibernating butterflies, shelter for fireflies, and food for beetles. Chickadees and other songbirds hide in the branches and small mammals make warm burrows in the interior.

3. Bigger projects: When developing or renovating your yard, plant diverse native shrubs. These include dogwood (Cornus), elderberry (Sambucus), sumac (Rhus), raspberry (Rubus), ninebark (Physocarpus), and Viburnum.

Plant lots of wildflowers from seeds or, for a quicker outcome, buy nursery-grown plants. Wildlife will thank you because their seeds are great sources of winter food.

And you can enjoy the beautiful growth forms, flower shapes, colours, scents, and fall leaf and stem colours. Perhaps grow some of the many gorgeous sunflowers (Helianthus), false sunflowers

(Heliopsis) and, if you have room, the giant cup plant (Silphium perfoliatum, up to 3 metres tall).

It always makes me laugh to see a chipmunk swaying from the top of a cup plant while trying to harvest the seed head.

Who can resist the late summer and fall colours of the meadows and roadsides filled with asters (*Symphyotrichum*), goldenrod (*Solidago*), purple coneflowers (*Echinacea*), blazing star (*Liatris*), and Joe Pye weed (*Eupatorium*)?

Just ask the birds, insects and small mammals who thrive on their seeds through fall and winter!

### New funds for dairy farmer program



The Ministry of Labour, Immigration, Training and Skills Development announced that the provincial government would be spending \$300,000 to expand the University of Guelph's dairy herd-person apprenticeship program.

In partnership with Dairy Farmers of Ontario, the expansion will offer a hybrid, distance education option for students who are not able to study in person full time or are already working on farms around the province.

"Ontario dairy farms are everyday heroes who work tirelessly to keep milk and dairy products on the table for families across our provinces and country," remarks Monte McNaughton, minister of labour, immigration, training and skills development.

The new distance learning program is expected to be available in 2024.

# 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

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Masks are optional.

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• You are invited to join us in our study of Reflections on the Life of the Spirit. This is a course leading to a greater understanding of the spiritual nature of human beings. Call 519-766-7731 or email [isapuslinch@gmail.com](mailto:isapuslinch@gmail.com) for particulars of dates, times and locations.

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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'*  
[www.youtube.com/channel/UCMKYAskvq1HdGsTIA7UQFsg](http://www.youtube.com/channel/UCMKYAskvq1HdGsTIA7UQFsg).

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Pastoral Leader: Rev. Don McCallum  
[donpmccallum@gmail.com](mailto:donpmccallum@gmail.com)  
• Beginning September 17th at 10:30 am.,  
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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.*

## ARKELL UNITED CHURCH BAZAAR

600 Arkell Rd., (corner Watson Rd &  
Arkell Rd) **Saturday, November 18th**  
9am - 3pm. A perfect opportunity to  
shop for Christmas! Featuring vendors,  
homebaking, preserves, crafts & a raffle!!  
Pies, tarts, sausage rolls, squares,  
Christmas cookies and more!

## BADENOCH MUSIC NIGHT

**Friday, October 6th** 7pm at The Badenoch  
Community Centre 4217 Watson Rd S  
Puslinch starting at 7pm. First Friday of  
each month. Everyone Welcome. Info.  
519-763-9782.

## BADENOCH WELCOME WEDNESDAY

Open to any and everyone. First one will  
be **Wednesday, October 11th** 1 to 4pm.  
Come for a visit, you might be surprised at  
what we may be doing. Bring your ideas.  
Info: 519-763-9782.

## CHRISTMAS IN THE COUNTRY CRAFT SALE

At Badenoch Community Centre, 4217  
Watson Rd.S. **Friday November 17th** 3  
to 7pm, **Saturday November 18th** 10am  
to 3pm. Info 519-763-9782.

## DUFF'S SUNDAY AFTERNOON CONCERT

**Sunday, October 1st** at 2 pm. Cost \$20.  
Duff's Church, 319 Brock Rd. Starring  
Naomi Bristow "The Yodelin' Cowgirl".  
Traditional country, western and gospel  
music. For tickets and information call  
519-835-7408.

## DUFF'S FALL BAZAAR

**Saturday, October 21st**, 9:30am  
-12:30pm at Duff's Church, 319 Brock  
Rd. Bake, Deli, Candy, Stitchery & Craft,  
Country Store, Grandma's Closet and Kid's  
tables. Take-Out Lunch - Homemade  
Soup, Sandwiches and Pie.

## EUCHRE

**Friday, October 6th and Friday,  
October 20th** at 7 pm. Freelton Strabane  
United Church, 1565 Brock Rd., Strabane.  
For info, call Marie at 905-659-1021.

## HALLOWEEN LUNCH

**Saturday, October 28th** at Freelton  
Strabane United Church, 1565 Brock  
Rd., Strabane. Freelton Strabane United  
Church is scaring up a Halloween Lunch on  
October 28! For further details, please see  
our Website [www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca) or  
call our office 905-659-3380


## "IT'S SEW FUN" SEWING GROUP

**Mondays at 10:30 am.** Freelton Strabane  
United Church, 1565 Brock Rd., Strabane.  
For info, call Linda at 289-962-6737.

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**PICKLEBALL**  
Introductory to Pickleball - **Tuesday, October 24th** from 11:00 am - 1:00 pm. at Optimist Recreation Centre gym, in Aberfoyle. To register call 519-763-0309.

**PUSLINCH HISTORICAL SOCIETY MEETING**  
**Tuesday, November 7th**, 6:30 pm. at Brad Whitcombe Room, Aberfoyle Library. Robert McFarlane speaks about his uncle's letters home from World War II.

**SENIOR'S OUTREACH PROGRAM & LUNCH**  
**Wednesday, October 11th** at 11:30 am. Freelon Strabane United Church, 1565 Brock Rd., Strabane. Guest Speaker Colleen Stinson of Flamborough Connects - on Flamborough Seniors Programming. Pre-register by October 10th, call 905-659-3314. Free will donations accepted.

**TECH TUESDAYS FOR SENIORS**  
**Tuesday, October 3rd & Tuesday, October 10th** at 1 pm. Freelon Strabane United Church, 1565 Brock Rd., Strabane. A time for people to gather, and learn more about Technology. Contact Church Office at 905-659-3380 to register.

**TEDDIES 4 TRAGEDIES**  
The Puslinch Chapter of Teddies for Tragedies will host the 2023 Teddy Bear Tea on **Saturday, October 28th** at Duff's Church. It is from 2 to 4 pm. Our speaker will be Melody Wren -- a world travel journalist and photographer. All are welcome to attend and discover the display of hundreds of hand knitted teddy bears and colourful cloth bags.

**WHEEL OF FITNESS**  
Freelon Strabane United Church, 1565 Brock Rd., Strabane. **Thursdays** at 10 a.m. "Flamborough Connects" Trained Instructor. Pre-registration required, call 905-689-7880 or email [admin@flamboroughconnects.ca](mailto:admin@flamboroughconnects.ca).

## Community Announcement

**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.

**HISTORIC ELLIS PIONEER CHAPEL**  
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**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.crown cemetery.ca](http://www.crown cemetery.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.

**WHISTLE STOP PRESCHOOL**  
Licensed Preschool Program for Children 2.5 - 5 years. Monday, Wednesday and Friday mornings 9:00am-11:30am at the Puslinch Community Centre. For more information visit our website [whistlestoppreschool.com](http://whistlestoppreschool.com) or Contact Sandra Gunson 519-239-9878 or email [whistlestopteacher@gmail.com](mailto:whistlestopteacher@gmail.com).

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