

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 48, Issue 4 - November 2023

Santa Claus is coming to town

By Catherine Featherston

The Optimist Club of Puslinch is excited to announce the 28th annual Santa Claus Parade taking place on **Sunday, November 26th at 2 PM.**

The parade begins at the Township Fire Hall, heads east along Wellington Road 34, turns south on Brock Road and then wraps up at the Optimist Recreation Centre.

The festivities continue in the Optimist Recreation Centre where the carols keep playing and the Optimist Club will be serving yummy hotdogs and hot chocolate.

Santa will park his sleigh then join the party at the ORC to hand out goody bags to the children and pose for Christmas photos.



We are always looking for new musical bands, floats, animal friends, community groups, and local businesses to join in the fun.

Volunteers are always needed for crowd control and food donation collection. For more information, please call Ken or June Williams at 519-763-0309.



Children are invited to bring their Letters to Santa and post them in the North Pole Mailbox. All letters with a return address will receive a letter back from Santa!

There is no charge for the event but donations to the Food Bank are encouraged and will be collected along the parade route.



It's a fun event for the whole family and a great way to kick off the holiday season.

Unwrap the magic of the season and join the Puslinch community at the Santa Clause Parade!

Editorial

When I think of Puslinch, it is the traditions that form the backbone of our community and it is often those annual events that bring us all together. In this issue of the *Pioneer*, we are sharing updates on the Aberfoyle Fall Fair and news of the upcoming Santa Claus Parade.

We also bring you news of the Junior Garden Club which recently celebrated its 42nd year and of Whistle Stop Preschool, another mainstay of the community, serving families for years.

In her latest article, Marjorie Clark tells us about our earliest settlers which I personally found fascinating as some of the artifacts found were on our property.

As winter approaches and the days get shorter and darker, Dr Laura Brown explains the importance of light. Now is the time to get your flu shot and latest COVID vaccination, as already people are falling sick.

Crieff Hills Retreat Centre is offering a couple of retreats to help us slow down and reflect on what is important to us.

It was interesting to meet and talk to Cecil Rosner about today's media and its influence on what we think and believe. He raised some good points on how we need to be discerning in what we choose to follow and accept as the truth.

With more and more community papers closing their doors, it is harder to find local news. Having been in existence for over 48 years, the *Pioneer* is another tradition in the community. As some of you may know, the team at the *Pioneer* are all volunteers. We rely on our advertisers and donors to cover the printing costs. Please continue to support us.

Anne Day

Get your copy in advance. Be the first to know what is happening in the community.
Sign up to receive the Pioneer and Pulse electronically.
www.puslinchpioneer.com
or email
editorpuslinchpioneer@gmail.com

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Our Mission

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

Volume 48: Issue 4 November, 2023
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The *Puslinch Pioneer* does not necessarily endorse the opinions expressed in articles or Letters to the Editor. We reserve the right to refuse items submitted and to edit all material. All advertising is accepted in good faith. The *Puslinch Pioneer* reserves the right to refuse an advertisement that is deemed inappropriate, racist or promoting hate.

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

We ask that articles be submitted by email and adhere to the Writers Guidelines which can be downloaded from www.puslinchpioneer.ca

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

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

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

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Council Clips

Youth Advisory Committee:

Committee receives delegation from Crime Stoppers Guelph-Wellington regarding Crime Stoppers 101 and requests Council consider funding sweaters/t-shirts as Township representatives.

To participate in ribbon cutting ceremony with Trillium Foundation for completion of Boreham Park and members volunteer to participate in Santa Claus Parade and Puslinch Minor Ball Halloween Dance.

Proposal to include two joint committee meetings with Recreation Advisory Committee.

Mill Creek Pit:

Council receives 2022 Ecological Monitoring Report and rehabilitation of the pit for a wetland going forward as a preferred after use.

Fiber Internet:

Announcement made by Province and Federal Governments that funding has been made available for fiber internet which includes areas in Puslinch.

Arkeil Trails Parking and Speeding Update:

Staff to send correspondence to City of Guelph requesting parking options be included in their considerations of the Arkeil Spring Ground Management Plan.

Aberfoyle Agricultural Society:

Council direct staff to assist Society by printing the Fall Fair pamphlets utilizing the Township printer and paper supplies on an annual basis.

Public Works, Parks and Facilities Level of Service Survey:

Council seeking feedback regarding its service levels as part of the 2024 budget process.

Council remains divided on whether to accommodate for recreational traffic in future plans for road development and construction.

Council also discusses increasing park maintenance and staffing.

Radiocommunications Tower:

Application received for proposed tower at 7424 Wellington Road 34.

Group Benefits Program:

Council to provide approval for proposed changes to Benefits Program approximately \$3,711 for changes to be implemented as soon as possible.

Dufferin Aggregates, 4445 Victoria Road:

Proposal from Dufferin Aggregates, Aberfoyle Pit 2, to amend their site plan license to increase the tonnage limits from 1,000,000 tonnes to 2,000,000 tonnes annually and hours of operation to May 1 to December 23 from 7 am to 7 pm Monday through Friday.

Energy Conservation/Climate Change:

County of Wellington has initiated an energy and emission inventory and action plan to reduce corporate and community greenhouse gas emissions.

Greenroads Project Announcement:

Township in collaboration with Biodiffusion Technologies Inc and Dufferin Construction will be executing a road surface stabilization project along one kilometer on Sideroad 25 starting at Concession Rd 2.

Enbridge Gas and Puslinch Fire and Rescue:

Working together to improve home safety and bring fire and carbon monoxide related deaths down to zero.

Puslinch Fire received 144 combination smoke and carbon monoxide alarms.

Travelled Road Pedestrian Puslinch Lake Access:

Staff seeking Council approval to proceed with construction of the

pedestrian lake access and to approve a design concept.



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

Heritage Advisory Committee Meeting:
November 6th at 1pm
Youth Advisory Committee Meeting:
November 6th at 6pm
Council Meeting: November 8th at 10am
Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: November 14th at 7:00pm
Council Meeting - Proposed Base Operating Budget and Grant Applications:
November 22nd at 10am
Council Meeting: November 29th at 10am
Tentative Public Information Meeting:
November 29th at 7pm.
Recreation Advisory Committee Meeting:
November 30th at 7pm
Please check the Council Calendar at <https://puslinch.ca/calendar/> as meetings may be subject to change.

Library Hours (519) 763-8026

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

Optimist Recreation Centre

Looking for a facility to host indoor recreation activities? Then consider the gymnasium at the Optimist Recreation Centre.

The Optimist Recreation Centre Rink will be closed as of November 6, 2023, at which time facility staff will begin preparing the surface for ice skating.

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. To submit a rental request for the Optimist Recreation Centre gymnasium or rink, please complete the online facility rental request form at <https://puslinch.ca/forms/rental-request-form/>.

Historical Society Archives

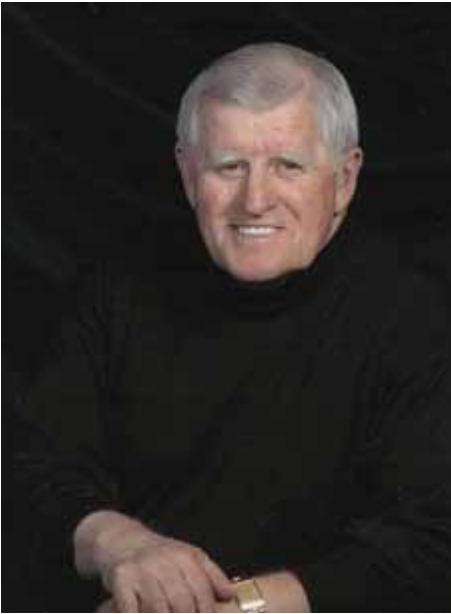
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In Memoriam

Harold Edward Holm



July 2nd, 1936 - September 18th, 2023

Harold Edward Holm passed away peacefully at Cambridge Memorial Hospital on Monday, September 18,

2023. Dearly loved husband of Brenda (Palmer) Holm and loving father of Calvin and Sharon. Dear step-father to Andrea and Chris Ferneyhough and Kathy and Derek Pescod. Cherished grandfather of Nicholas Kelly and step-grandfather to Erik, Ethan, Anna and Avery Pescod and Noah and Riley Ferneyhough. Harry is also survived by his sister-in-law Mildred Nicol and by several nieces and nephews, great nieces and nephews. Harry was predeceased by his first wife June (Mac-Millan) Holm, his father and mother Cecil Ernest and Irene Elizabeth (Brubacher) Holm, his brother and sister-in-law Ernest and Audrey Holm and his brother-in-law Alex Nicol.

Harry was born and raised on the family farm on Franklin Blvd. He and his father both enjoyed the farming life. Harry also worked as a brick layer for Earl Dahmer. He continued farming on the former Reeve homestead in Puslinch. As a young man, he was involved in baseball and played for the Hespeler Juvenile "B" Orioles. He and his brother Ernie both played hockey for the Puslinch Flyers. As well, Harry also played for the Hespeler Shamrocks. Harry enjoyed summers at Lake of Bays, early morning fishing expeditions, the challenge of a good puzzle and taking his dogs for rides

around his property. Harry did most of his thinking while riding the lawn mower and cutting the vast lawns around the property.

A very special thank you to the doctors, nurses and PSWs of Wing C, 4th Floor, Block 200 at Cambridge Memorial Hospital for the excellent care and compassion given to Harry during his four-week stay at the hospital. Also, a sincere and grateful thank you to Dr. Nguyen and Dr. Sehl for their exemplary care and compassionate advice over this most difficult time. You are all angels.

Visitation took place on Thursday, September 21st at Lounsbury Funeral Home, 1766 Franklin Blvd., Cambridge from 2:00 to 4:00 p.m. and 7:00 to 9:00 p.m. The funeral service was held on Friday, September 22nd at St. Andrew's Hespeler Presbyterian Church, 73 Queen St. E., Cambridge at 11:00 a.m. followed by a reception at the Royal Canadian Legion Branch 272, 26 Schofield Street, Cambridge.

A private family interment will take place at a later date. In lieu of flowers, donations in memory of Harry should be directed to Cambridge Memorial Hospital Foundation for the Liver Clinic or to Lisaard House.

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Junior Garden Club

By Maryann Hohenadel



The Puslinch Junior Garden Club's 2023 season ended with a potluck banquet on September 20th at the Puslinch Community Centre.

There was a small group of gardeners this year but they were all eager to learn and did very well. We didn't need to water this year, but had some blight and lots of weeds.

To start the evening our MC, Charlie Tilt, president of the Aberfoyle Agricultural Society shared how gardening was when he was young.

His family had five acres of turnips and two acres of potatoes and Charlie did a lot of hoeing.

He spoke of left hand and right hand hoes which develop as you use your hoe and one side wore more than the other. The secrets of older gardeners.

The Tilt family didn't show vegetables at the fair but did show geese. 2022 was the 100th year that the family has shown geese at the Royal Winter Fair.

All members were presented with certificates from the Agricultural Society and their prize money from the fair.

Junior members included; Vanessa Klimkosz, London German, Blair Webers, Kaitlynn Dailous and Jane Forestell.

Intermediate members included; Nolan Richardson, Kate Forestell, Gloria Prosser, and Maggie Forestell.

Our senior members were Kortney Macpherson and Will Shepherd.

The overall winners for the 2023 season, which includes judging of their gardens and fair results were.

Junior:
3rd place-London German,
2nd place-Kaitlynn Dailous,
1st place-Jane Forestell

Intermediate:
3rd place-Nolan Richardson,
2nd place- Kate Forestell,
1st place- Gloria Prosser

Senior:
2nd place-Kortney Macpherson,
1st place-Will Shepherd

The club would like to extend a special thanks to Jenn Deter, Betty Ann Hohenadel, Audrey Mast and Linda Hayden for all their help over the season.

Thank you to Charlie Tilt for being our MC for the evening.

Keep gardening and we hope to see everyone next year.

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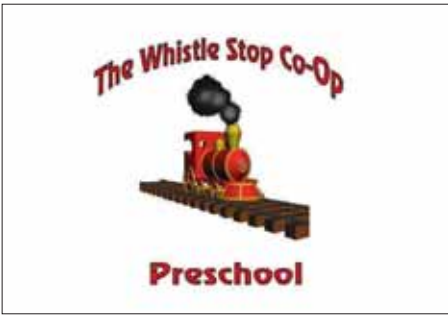
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Whistle Stop Co-op Preschool Inc

By Regina Williams

We are so happy that Whistle Stop opened its doors once again on September 11, 2023.

Everyone had a wonderful two months off for the summer and we are so happy to get back into the swing of things.

What a great beginning we have had.

Already into the second month, the children are happy and have adjusted nicely to the routine of the classroom.

Some of the sad, unsure faces have turned into happy, confident faces looking forward to what the morning has in store for them and they are making connections with one another.

It is very rewarding for us as teachers to witness this transition.

We would like to thank the parents, too, for taking on duties to help our preschool run smoothly and efficiently. It is truly appreciated.

So far, we have discussed what we do at preschool and how special each and every child is.

For the month of October we explored Thanksgiving and all about fall and the beauty of the leaves changing colours. Pumpkins, Jack-o-lanterns and Black and Orange Day were also part of our October activities.

Whistle Stop is a community-run, ministry-licensed preschool catering to Puslinch and surrounding areas.

It has offered a program that encourages a child's love of learning since its establishment in 1987.

Being a co-operative program, parents and guardians come together as a community to help maintain school resources, volunteer and assist with fundraising to keep costs manageable.

The preschool runs three mornings a week, from 9 to 11:30 on Mondays, Wednesdays and Fridays in the Puslinch Community Centre.

Please call 519-239-9878 or message teacher@whistlestoppreschool.com for more information.

We currently have limited spaces available.

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We did it!

By Joanne Holt

Well, another exciting year has passed for the Aberfoyle Agricultural Society.

This year we had the stress of construction on the grounds, which was made to work by the very exceptional help of the Township staff and the construction workers.

They did an outstanding job, helping us get back on track after a very tumultuous time in the summer.

We had unusual animals, sheep competitions, beautiful flower displays, and in the hall fantastic homecraft displays.

Out back there was a tug of war, pony games, kids' races, and much more. The bubble machine with foam was an exciting adventure for children (sorry parents an extra set of clothes might have been needed!)



It was very exciting this year to see new Canadians coming and learning about agriculture in our country.

If any of you saw the little train, running around the grounds, it was always full with young and old.



Everybody enjoyed a little ride on the train. It's such a fun thing to have and we hope it will continue next year.

We were able to conquer the parking issue by having a shuttle bus for the first time. Using the Township lot

made parking more accessible and I think some of the kids enjoyed riding the bus back-and-forth.

The live auction, although not as well attended as we would've liked, helped to raise a bit of money towards our fair.

Friday night wrestling was great for the kids, but next year we must have a parent with the kids. Please keep that in mind.

So now it's all done for another year, everything tucked away. This is when we come up with new ideas and input from the community about what we can do to make the Aberfoyle Fall Fair even better than before.

If you can give us a few hours, we would really appreciate it. Our annual meeting will be held in January, the third Wednesday.

We encourage you to come out and join us. Learn what we have done, learn where we're going and maybe offer some ideas for next year.

Retreats at Crieff Hills

Women's Christian Retreat Friday, November 10 - Sunday, November 12

Men's Christian Retreat Friday, November 24 - Sunday, November 26

In the past several years we have all weathered unprecedented change, pressure, grief, loss, anger, fear, and confusion. We have also experienced times of great love, joy, connection, celebration, new beginnings and personal growth.

These retreats are an invitation to slow down, turn inward and cultivate our hearts toward the wholeness, healing and spaciousness we desire.

Registration

Single Room: \$490 per person includes private room and bath, six meals, snacks and all programs.

Double Room: \$450 per person per person includes shared bedroom (separate beds), six meals, snack and all programs.

If a financial barrier would prevent you from participating, please email director@crieffhills.com and ask Kristine about our Wellness Fund.

Register <https://crieffhills.camp-brainregistration.com/>

Stay tuned for more information coming soon!

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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 dates 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 dates for Puslinch are:

WEEK B

Monday, November 13

Monday, November 27



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New safety partnership

Last month, Enbridge Gas Inc. (Enbridge Gas), the Fire Marshal's Public Fire Safety Council (FMPFSC) and Puslinch Fire and Rescue Service announced they are working together to improve home safety and bring fire and carbon monoxide-related deaths down to zero.

Puslinch Fire and Rescue Service received 144 combination smoke and carbon monoxide alarms through Safe Community Project Zero—a public education campaign that will provide more than 10,000 alarms to residents in 50 municipalities across Ontario.

This year, Enbridge Gas invested \$315,000 in Safe Community Project Zero, and over the past 15 years, the program has provided more than 86,000 alarms to Ontario fire departments.

When properly installed and maintained, combination smoke and carbon monoxide alarms help provide the early warning to safely escape from a house fire or carbon monoxide exposure.

Carbon monoxide is a toxic, odourless gas that is a by-product of incomplete combustion of many types of common fuels.

"Properly maintaining fuel burning

equipment is the best way to reduce potential exposure to carbon monoxide, and an alarm is a critical second line of defense for protection. When we implement these strategies together, we protect our loved ones from carbon monoxide poisoning, also known as the silent killer," says Blair Hiseler, Manager Operations, South-east Region, Enbridge Gas.

"Across Ontario there is a renewed focus on the importance of having working smoke and carbon monoxide

alarms in your home."

The objective of Safe Community Project Zero is to deliver these alarms to areas where they are needed most," says Jon Pegg, Ontario Fire Marshal and Chair of the FMPFSC.

"It's a program that fire departments can adopt to help educate their communities about the requirement for all Ontario homes to have a carbon monoxide alarm if they have a fuel-burning appliance or an attached garage."

Remembrance Day

- Waste Facility Sites Closed -

All County of Wellington waste facilities will be **closed** on **Saturday, November 11.**

No other collection services are affected.



 **Questions?**
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Scott Young

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Ask the expert

By Ester Reid

Question:

What can I grow in sandy soil? My plants have been struggling all summer and don't seem to be growing very well.

Answer:

Not all soil is created equal and many plants have specific needs because they have adapted to the type of soil they evolved in.

Three components of soil are sand, silt, and clay. Sand is the most easily identifiable and is the only one whose particles you can see with a naked eye because particles measure between 0.05 to 2 millimeters in size.

Sand is made up of weathered rocks, feels gritty to the touch, and doesn't hold its shape if squeezed in your hand. If you have sandy soil in your garden, you probably already know that it doesn't behave like other garden soil.

Due to sand's large particle size, it has a low surface area which means that it does not attract nutrients or retain water the way clay soil does.

Water drains freely through the particles and washes away nutrients with it.

Microbe populations are low because there isn't very much food or water for them to

thrive. However, there is good oxygen exchange from plant roots and the atmosphere, which roots need.

Sand also warms more quickly in the spring, which means a slightly longer growing season for seedlings to establish and grow.

Finally, sand doesn't compact like other soils so it's easier and lighter to work with.

Some tips for sandy soil:

- Water frequently and place irrigation directly over plant because water moves downward rather than sideways and drains quickly.
- Use organic matter such as compost and mix it thoroughly in. Alternatively, apply a slow-release fertilizer and mix in to soil well or apply liquid fertilizer more frequently.
- Mulching beds with compost and manure will add nutrients over time versus woodchips, which decompose too slowly.

Though sandy soil has unique and quirky properties, it is possible to grow some beautiful plants with a few extra considerations.

Planting sand-loving native plants is a good choice as these plants are already adapted to this soil type.

Some suggestions include:



Hop tree

Hop tree *Ptelea trifoliata*-- Deciduous small tree reaching 10-20' tall, tolerates full sun to part shade and has pretty papery fruits that dangle in clusters throughout the winter.



Red Oak

Red Oak *Quercus rubra* – Deciduous tree reaching 50-70' tall and wide, tolerates a variety of soils and is an important keystone plant which supports hundreds of species.

Wild Lupine *Lupinus perennis* – Perennial, approximately 1-2' high, tolerates poor soil while fixing nitrogen.

Lanceleaf Coreopsis *Coreopsis lanceolata* – One of my favourite perennials! Likes full sun to part shade, 1-3' tall, blooms from spring to frost and is a pollinator magnet.

I hope this inspires you not to get discouraged and work with the soil you have. Happy gardening!

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Local teacher wins award



Justin Trudeau, announced Canada's top educators receiving this year's Prime Minister Awards for Teaching Excellence. These distinguished awards celebrate outstanding educators for their dedication and commitment to their students.

County Councillor Diane Ballantyne, a recently retired teacher who worked at Centre Wellington District High School for 23 years, was selected as a 2023

recipient for her activism, advocacy for fundamental values.

"Councillor Diane Ballantyne is an inspirational educator who made a real difference in the lives of the students she taught for over 28 years," said Warden Andy Lennox. "

On behalf of County Council and the residents of Wellington County, I would like to congratulate Councillor Ballantyne on this well-deserved award, and thank her for her dedicated service to the Wellington County students she taught."

"This is a great honour to cap off a deeply rewarding career," commented Councillor Diane Ballantyne. "The enthusiasm, curiosity and humour of teenagers was a joy to experience over my 28 years in the classroom. I learned so much from them, this award is really for them.

Education matters. But sufficiently funded, universally accessible, public education matters more. It has been the honour of my life to be a teacher and this award is a wonderful way to wrap up a much-loved career."

Councillor Ballantyne was a teacher with the Upper Grand District School Board for 28 years and retired in June.

Vaccine clinics

Wellington-Dufferin-Guelph Public Health has launched its Fall 2023 respiratory vaccine clinics.

Clinics will offer both flu and COVID-19 vaccines. Members of the public can receive both vaccinations in one visit.

Appointments can be made by visiting wdgpublichealth.ca/appointments or by calling 1-800-265-7293 ext. 7006.

"Now that fall is upon us, we are seeing the rapid return of COVID-19, RSV and seasonal flu," said Dr. Matthew Tenenbaum, Associate Medical Officer of Health. "Any of these viruses can pose serious health risks especially for those who are particularly vulnerable because of age or an underlying medical condition.

Each of us can reduce our individual risk and protect our community by choosing to get vaccinated as soon as we are able, wearing a mask and staying home when ill. We know what works to keep us safe and well. I'm asking everyone to start making use of these tools right away."

For more information on respiratory vaccines or to book your appointment, contact your primary care provider, pharmacist or visit wdgpublichealth.ca/flu.

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COOK'S CORNER

By Barbara Paterson

Like me, you may have cranberries in the freezer left over from Thanksgiving. This cake is a delicious way to enjoy them.

Cranberry Dessert Cake



- 2 cups all-purpose flour
- 3 tsp. baking powder
- ½ tsp. salt
- 1 cup white sugar
- ¼ cup butter or margarine
- 1 cup milk
- 1 tsp. vanilla
- 2 cups whole cranberries, uncooked

1. Stir together flour, baking powder and salt.
2. Cream sugar and butter thoroughly.
3. Add dry ingredients alternately with milk to creamed mixture, beginning and ending with dry ingredients. Stir in vanilla and cranberries.
4. Place in greased 9" square pan and bake at 400°F for 35-40 minutes. Serve warm with hot butter sauce.

Hot Butter Sauce:

Melt ½ cup butter in saucepan over medium heat. Brown slightly. Add 1 cup sugar and ¾ cup light cream. Cook 3 - 4 minutes, stirring occasionally.

Brownies that are moist and oh so chocolaty!

Best Brownies



- 1 cup butter
- 2¼ cups white sugar
- 4 large eggs
- 1¼ cups unsweetened cocoa powder
- 1 tsp. salt
- 1 tsp. baking powder
- 1 tbsp. vanilla (yes, 1 tablespoon)
- 1½ cups all-purpose flour
- 1 cup chocolate chips

1. Line a 9 x 13" baking dish with foil or parchment paper, allowing it to hang over the edges. Grease and set aside.
2. In a small pot, melt butter. Once melted, add the sugar and stir. Continue cooking for 3 - 5 minutes, stirring continually. Don't let it boil.
3. Pour butter/sugar mixture into a large bowl and add cocoa and mix well.
4. Add in eggs, salt, baking powder and vanilla. Beat well.
5. Add in flour slowly until just combined.
6. Stir in chocolate chips and make sure they are evenly distributed.
7. Pour batter into prepared pan and bake at 350°F for approximately 30 minutes, until a toothpick comes out with moist crumbs attached. Don't over bake.
8. Once cool, lift brownies out of the pan using the foil overhang. Cut into squares.

Family Activity – November

By Julia Preston

As we turn the calendar to November, we move into the 11th month. We're taking inspiration from the number 11 for some activities this month.

As the days get colder, there are still plenty of ways to spend time together, get outside and enjoy Puslinch (many more than 11).

Count to 11

Take a tour of your yard and collect 11 items. They could be rocks, pinecones, leaves, or anything else you find.

Use some of your collection to write the number 11 on the ground.



Watch birds flying overhead or at a feeder and try to count to 11.

For littler kids, the act of collecting and counting may be enough. For older kids, add some math or sort items into different categories. How many different ways can you make 11?

Hike of the month

Go for an 11-minute hike.

Or, if you're feeling more ambitious, track your hikes and see how many days it takes you to reach 11 kilometres.

Head out for 11 hikes this month. Embrace the number 11 and see where you end up.

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Scrabble Club (Adults)

Join us for casual word building entertainment. Please register. Wednesdays, November 1, 15, and 29 at 2 – 4:00 pm

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, November 2, 9, 23, and 30 at 11 – 11:45 am

Dungeons and Dragons Club (Teens)

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

Book Club – First Friday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Friday, November 3 at 1– 2:00 pm

Paws 4 Stories (Kids/Tweens)

Readers are encouraged to build new skills and gain confidence by reading aloud to a certified therapy dog. Please register. You will be contacted by your branch to book your exact time slot for this program. Tuesday, November 7 at 3 - 5 pm

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, November 8 and 22 at 3:00 – 3:45 pm

Tech Talk (Adults)

Join the conversation! Bring your questions about computers or mobile devices and we will explore them together. Please register. Friday, November 10 at 11:00 am – 12:00 pm

Book Club – Third Tuesday (Adults)

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

In Stitches – Experienced Class –

Heart Zipper Pouch (Tweens/Teens) Learn to insert a zipper in a sewing project. All materials supplied. Ages 10 to 14 years. Previous basic experience using a sewing machine required. Please register. Friday, November 24 at 10:30 am – 12:30 pm

Cricut Creations – Wood Slice Ornaments (Teens/Adults)

Make a painted wood slice ornament and add a vinyl decal cut on a Cricut machine. All materials supplied. Please register. Tuesday, November 28 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.

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

Fiction

- Albom, Mitch The Little Liar
- Arden, Jann The Bittlemores
- Baldacci, David The Edge
- Connelly, Michael Resurrection Walk
- Deaver, Jeffery The Watchmaker's Hand
- Gerritsen, Tess The Spy Coast
- Macmillan, Gilly The Manor House
- Patterson, James Alex Cross Must Die
- Roberts, Nora Inheritance
- Steel, Danielle The Ball at Versailles

Non-Fiction

- Arefi, Yossy - Snacking Bakes: Simple Recipes for Cookies, Bars, Brownies, Cakes, and More
- Crupain, Michael - The Power Five: Essential Foods for Optimum Health
- Heughan, Sam - Clanlands in New Zealand: Kilts, Kiwis, and An Adventure Down Under
- Horwitz, Jeff - Broken Code Inside Facebook and the Fight to Expose Its Harmful Secrets
- Land, Stephanie - Class: A Memoir of Motherhood, Hunger, and Higher Education
- Lee, Geddy - My Effin' Life
- LePera, Nicole - How to Be the Love You Seek: Break Cycles, Find Peace, and Heal Your Relationships
- Mansbridge, Peter - How Canada Works: The People Who Make Our Nation Thrive
- Oliver, Jamie- 5 Ingredients Mediterranean: Simple Incredible Food
- Streisand, Barbra - My Name Is Barbra



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Fact vs fiction?

By Anne Day

These days it is often hard to tell fact from fiction – and is what we are reading – both in print and on social media – actually true? Or is it fake news?

Cecil Rosner explores this further in his book *Manipulating the message: How powerful forces shape the news* through which he cautions readers to be careful about what they read and believe.

In a recent talk, he explained that the number of journalists is dwindling. Not only are newspapers disappearing but even the national publications have fewer journalists and often there's no longer a physical newsroom.

Instead, there's a dramatically increasing number of people working in the PR industry.

Why? Because the driving force behind today's communication is to get the message out, and with fewer journalists and publications, the information is more likely coming from PR companies, with their special spin.

The demands placed on journalists are high, meaning that they have less time to do the fact-checking to verify that the information is accurate and true.

Case in point, Dan Nainan appeared in several publications, being quoted everywhere as the voice of millennials. But a reporter at the *Daily Beast* was puzzled by the inconsistencies on how old he was reported to be.

He decided to investigate further. Turns out it's been several years since Dan was a millennial, and he was in fact a 55-year-old comedian, but he'd fooled a lot of people.



Polling is another way to stretch the truth. Often used by politicians, it begs the question of how we are being manipulated into what they want us to believe.

Photos, especially on social media, can be used to influence us. It is all too easy to share a photo, only to find out that in fact the image was taken years ago of a different war, or another natural disaster.

In his book, Rosner provides suggestions on how we can check the authenticity of an article or photo.

- Hone your critical thinking skills and ask yourself questions.
- How do they know that?
- What is the source of this information. Is it credible?
- Be skeptical. Are the sources free of conflict of interest?
- Are you looking at an original source? Who and when was it created?
- Where and when was the photo taken?
- Does the headline support the content of the article or is it there just to draw you in?
- Think about the motivation for the information? Is it sponsored, and if so, who by?

It is concerning that all that we read and hear in the media may not be the truth or the total story, so it does behoove us to develop a cynical eye and reflect carefully on whether we believe it or not.



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Attawandaron Discoveries

By Marjorie Clark

In 1615-1623, some of Samuel de Champlain's men travelled south from Midland to meet the Neutrals and in 1625-1626, Etienne Brulé spent the winter among them. A Récollet priest, Father Joseph de la Roche Daillon described them in a letter dated July 18, 1627. At the time, there were approximately 40,000 Neutrals.

In the autumn of 1650 and spring of 1651, the Iroquois tribes from the south, that is, the Mohawks, Onondaga and Seneca, armed with guns given them by the Dutch in New York State, nearly annihilated the Neutrals. Some were carried off as captives and were assimilated into the Seneca.

Those who remained fell victim to diseases like smallpox and measles, which had been introduced by European emigrants or were assimilated by surrounding tribes. After that, this area was frequented by Mississauga on hunting parties. The Mississauga were still in the area after the arrival of the European settlers and our ancestors in Puslinch interacted with them.

Although they had lived in harmony with nature and did not significantly alter the landscape, the Neutral Nation left shreds of evidence of their civilization, which have and are still emerging from the earth.

Throughout the years, farmers would pick up artefacts that surfaced in their fields, while ploughing. My uncle, John Clark (1908-2000), who was born and raised on a farm, adjacent to the McPhee site and who farmed across the road from it in adult life, collected arrowheads and skinning

stones throughout his lifetime.

In 1982, Ken Oldridge, a teacher at John F. Ross Collegiate Institute in Guelph learned of John Clark's collection from his student, Richard Ussher, who was John Clark's grandson. At the time, Ken Oldridge was the Regional Vice-President of the Ontario Archaeological Society and Archaeological Conservation Representative for the Ministry of Citizenship & Culture.

John showed the artefacts and the locations, where he found them, to Ken Oldridge. This created a flurry of activity and during the summers of 1983-85, digs on the sites were funded. The result was a significant enrichment of our society's knowledge of the people, who preceded us on this land.

The 1st excavation took place on McPhee farm, owned by Raymond Reid at the time of the archaeological dig in summer 1983. A 500-year-old village site, inhabited by about 1,000 people around 1500-1530 AD, was located. It covered three and a half to four acres. Ken Oldridge was project director and the site co-ordinator was Bill Fitzgerald, a PhD student at McGill.

The dig was visited by archaeologists from the University of Toronto and the University of Guelph, some 50 members of the Ontario Archaeological Society, James Schroder, M.P. and Aberfoyle School Principal, Fred Dack and teachers. Ken Oldridge was guest speaker at one of the first meetings of the Puslinch Historical Society, held on April 2, 1984.

The Morriston or Elliot site was excavated in 1984-85. This village covered 13 acres, with 4,000 inhabitants. It existed for approximately 20 years, around 1450-1500. The village was constructed about 50 metres from a spring. The longhouses were 200 to 300 ft long, 2 ½ metres apart and appeared more structurally sound than

those at the McPhee village.

Bob Penrice (1906-1985), who farmed south of Morriston, had a collection, which contained a 7,000-year-old Stanley stem from the Morriston area. Ontario Hydro was forced to map a new route for its transmission towers, which had been slated to be erected through here, due to this discovery.

Three sites were identified in the vicinity of Crieff. Artefacts found on lot 20, rear of the Gore, the farm belonging to Donald A. Stewart (1903-1991), indicate the sites were used in 3,000 to 5,000 BC.

Andy Scott's collection from his farm, lot 26, rear of the Gore, was one of the best collections in Wellington County, with some items dating back as far as 8,000 years.

The Crieff sites were within hunting and fishing area for the Attawandaron, which probably extended as far west as Puslinch Lake, where Winfield Brewster of Hespeler reported finds. Andy Scott (1901-1984) remarked that artefacts were to be found on his and every farm for three or four miles along the 1st Concession Road.

In January 1989, Catherine and Maurice Smith, on behalf of Margaret Starkey, donated a collection of 17 artefacts from 600 to 9,000 years old to the Wellington County School Board.

These items were found by hired man, Willie Fraser (1870-1961), around 1900, on the farm owned by Richard and Jim Starkey of Arkell, part of lots 7, 8, and 9, con. 10.

Would you like to know more about the Attawandaron? The Neutral Indians of South-Western Ontario by Elsie McLeod Jury, is available to read in the archive of the Puslinch Historical Society, as well as information on the Puslinch sites.

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Role of light in health and healing

By Dr. Laura M. Brown, ND

Natural sunlight affects sleep cycles, mood, energy, blood pressure and the immune system. We need just the right amount. Too much sunlight can damage skin, and increase risk of skin cancer.

Sunlight: Vitamin D, Blood Pressure, Mood and Cognitive Function

Sunlight UVB skin exposure promotes the change of cholesterol to vitamin D. Regardless of whether it comes from sun, food (fatty fish, fish liver oils, beef liver, and egg yolks) or supplement, vitamin D is essential for a strong immune system and generally good health.

Low levels are linked to hypertension, cardiovascular disease, metabolic syndrome, autoimmune disease, intestinal permeability and solid organ cancers. Supplementation with oral vitamin D is not adequate to reduce disease.

Additionally, vitamin D is not solely responsible for all proposed health benefits of sunshine. Nitric oxide (NO) is also made when the skin is exposed to UVB, which is involved in arterial vasodilation, and ultimately reduces blood pressure and improves blood flow.

This together with light exposure's improved regulation of sleep and circadian rhythm helps support mood, emotional regulation and cognitive function.

Artificial Light Therapy

White Light

Bright or white light (BLT) therapy in the intensity range of 2500-10,000 lux helps improve mood and activity levels. Even 20 minutes a day can help prevent Seasonal Affective Disorder or the "Winter Blues".

Over exposure can make you feel edgy, like you've had one too many cups of coffee. Bright light therapy is an effective treatment for boosting endorphins, serotonin and reduces symptoms of bipolar depression. BLT showed a lower risk of manic switches (2.3%) than antidepressants (15%–40%).

Blue Light

Responsible for about 44 percent of solar radiation, and our general illumination, blue light is experienced from light bulbs, televisions and smartphones.

Blue light cues human circadian rhythms and suppresses melatonin, reason why it helps prevent the "post lunch dip" in energy and also why it is a good idea to avoid tablets and screens at least an hour before bed, or wear the blue light blocking glasses.

Blue light accelerates the relaxation process after stress in comparison with conventional white lighting.

Red Light Therapy

Red or near infrared light therapy is also known as low-level light therapy (LLLT) or photobiomodulation. It enhances mitochondrial ATP (energy) production, cell signaling, growth factor synthesis, reduces oxidative stress, activates stem cells and increases blood flow; which all promote healing.

In dermatology, LLLT has beneficial effects on wrinkles, acne scars, hypertrophic scars, and healing of burns. LLLT can reduce UV damage both as a treatment and as a preventative.

You might use an infrared sauna to help promote healing at home. I use an infrared therapy lamp to help mobilize the tissues beneath the skin to accelerate the effects of acupuncture.

In pigmentary disorders such as vitiligo, LLLT can increase pigmentation by stimulating melanocyte proliferation and reduce depigmentation by inhibiting autoimmunity.

Inflammatory diseases such as psoriasis and acne can also be managed. Fibers impregnated with FIR emitting ceramic nanoparticles and woven into fabrics, are being used as garments and wraps to generate FIR radiation, and attain health benefits from its effects including gloves for arthritis and Raynaud's, wraps to reduce cellulite and pain, increase blood flow.

Let there be light.

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



Michael Chong
Member of Parliament,
Wellington - Halton Hills



michael.chong@parl.gc.ca 866-878-5556 www.michaelchong.ca

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.

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600 Arkell Road at Watson, Arkell, ON
NOB 1C0
519-821-7623

www.arkellunitedchurch.ca

Pastor John Adeyemi

• Sunday Worship at 10 am.

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

BAHA'I FAITH

www.bahaisofpuslinch.ca.

• 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 for particulars of dates, times and locations.

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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Web Site: www.crossroadsbic.ca

Facebook: [Cross Roads Youth Group](https://www.facebook.com/CrossRoadsYouthGroup)

Pastor: Melissa Richer

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

'crossroadsbic.eventbrite.ca'

www.youtube.com/channel/UCMKYAskvq1HdGsTiA7UQFsg.

DUFF'S PRESBYTERIAN CHURCH

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519-763-1163 office@duffschurch.ca

www.duffschurch.ca

www.facebook.com/duffschurch/

Pastoral Leader: Rev. Don McCallum

donpmccallum@gmail.com

• Messy Church, Sunday October 29 at

10:30 a.m. for children K to Gr. 5.

EBENEZER UNITED CHURCH

12274 Guelph Line, (just North of 20
Sideroad) N of 401, Campbellville, ON
LOP 1B0

905-854-2423

Webpage: www.ebenezeruc.ca - Like us

on Facebook

Minister: Rev. Jeff Werner

Music Director: John Zadro

• Regular Sunday Worship, 11:00 am.

FREELTON STRABANE UNITED CHURCH

To live our discipleship with integrity and grace.

1565 Brock Rd. (Brock Rd & 8th Conc W.),
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Church Office – 905-659-3380

www.freeltonstrabaneuc.ca

Facebook: [freelton and strabane united church](https://www.facebook.com/freeltonandstrabaneunitedchurch)

Minister - Rev. Will Wheeler BA M. Div.

Sunday Worship at 10:30 am

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www.pccweb.ca/knox-crieff/

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• Sunday Worship at 10 am.

MOUNT CARMEL-ZION UNITED CHURCH

in Morriston at the corner of Church &
Victoria Streets, Morriston, ON NOB 2C0

Minister: Rev. Margaret Ruggles

519-822-8610

www.morristonunitedchurch.com

Email: morristonunitedchurch@gmail.com

• Sunday Worship at 10:30 am.

Monthly donations to Chalmers Community Services Centre for the month of November is kidney beans or baked beans, peanut butter.

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Honorary Priest: Rev'd John Phillips

Website: www.stjamesang.ca

Facebook: [https://www.facebook.com/](https://www.facebook.com/stjamesang)

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• Sunday Services

8:30 am Holy Eucharist - Traditional

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

5th Sundays

Morning Prayer 3rd Sunday

Sunday School & Nursery at 10 am Service.

Community Events

At the Puslinch Pioneer, we like to promote community events and we ask for your co-operation in keeping them under the 50 word count so we can accommodate as many as possible. If your event is taking place outside of Puslinch, or is a for-profit venture, there is a \$25 charge for the listing.

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 CHRISTMAS 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.

BADENOCH MUSIC NIGHT

Friday, November 3rd and December 1st 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. **Every Wednesday 1 till 4.** Come for a visit, you might be surprised at what we may be doing. Bring your ideas and stay for a cup of tea. Info. 519-763-9782

COOKING WITH THE SAINTS

Saturday, November 25th at 1pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. YES we are back! Join us for the return of another exciting season of Cooking with The Saints. A fun afternoon of cooking; how to cook and learning about the Saints and then eating what we cook. Limit of 10 people. Contact Office at 905-659-3380 to register.

EUCHRE

Friday, November 3rd and Friday, November 17th at 7 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Marie at 905-659-1021.

FELTING EVENT

Saturday, November 18th at 1 to 4 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. Join us for a felting workshop with Cathy of WoolyDoodles and make a charming winter scene in a tea cup. Cost of \$60 includes instruction, all materials and light refreshments. Register on line at www.woolydoodles.com to follow fall classes OR by calling 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.

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.

PUSLINCH SANTA CLAUS PARADE

Join the Optimist Club of Puslinch and "Unwrap the Magic" of the season **Sunday, November 26th** at 2 pm. Parade starts at Puslinch Fire Hall, east to Brock Road, south to Optimist Recreation Centre, and finishes at the rink to meet Santa for a goody bag, hot chocolate and hotdogs.

Inside the Back Page . . .



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You are invited to participate, come out to watch. Participants congregate at the firehall at 1 pm. Donations to the food bank are welcome. Bring your letter to Santa and be sure to include your return address. For more information, to register your float or to volunteer, please call Ken or June Williams at 519-763-0309.

SENIOR'S CHRISTMAS SOCIAL

At Mount Carmel-Zion United Church on **Sunday, December 3rd, 2023**, gathering at 12:30 pm, light Lunch Served at 1:00 pm at Puslinch Community Centre in Aberfoyle. RSVP by November 17, 2023 Mary Beth (519) 822-6211 or email gmsutton@sympatico.ca. Entertainment: Dance Improvisation by Vitalii Luzan, Ballet Dancer and Choreographer for the Ukraine National Ballet. In lieu of ticket purchase a donation to Ukraine Relief would be appreciated.

SENIOR'S OUTREACH PROGRAM & LUNCH

Wednesday, November 8th at 11:30 am. Freelon Strabane United Church, 1565 Brock Rd., Strabane. Guest Speaker Chris Garofalo (CFP CLU RRC) of IG Investments to speak on Financial Strategies. Pre-register by November 6th, call 905-659-3314. Free will donations accepted.

STUDIES & STUDIO EVENT

Sunday, November 5th at Freelon Strabane United Church at 1565 Brock Rd., Strabane. Join us as we celebrate our anniversary with a Wine & Cheese Tasting. Cost: \$20.00 per person. For further details and to reserve - see www.freeltonstrabaneuc.ca OR call 905-869-7936

TECH TUESDAYS FOR SENIORS

Tuesday, November 7th & Tuesday, November 17th 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.

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.

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 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.

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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 'Gerdau 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 or Contact Sandra Gunson 519-239-9878 or email whistlestopteacher@gmail.com.

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