

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 48, Issue 5 - December 2023/January 2024

## The Donkey Sanctuary receives award

The Donkey Sanctuary of Canada is proud to announce that it has been awarded the prestigious GFAS Outstanding Equine Sanctuary Award for 2023.

The Global Federation of Animal Sanctuaries (GFAS) recognized the sanctuary's exceptional commitment to the well-being and welfare of donkeys, mules, and hinnies.



Since 1992, The Donkey Sanctuary of Canada, nestled in the heart of Puslinch, has provided a safe and caring environment for donkeys, mules, and hinnies in need.

The sanctuary's mission centres around rescue, rehabilitation, and advocacy for these often overlooked and misunderstood equines.

The GFAS Outstanding Equine Sanctuary Award is a testament to The Donkey Sanctuary of Canada's tireless efforts in promoting the humane treatment and welfare of donkeys, mules, and hinnies.

To earn this prestigious accolade, the sanctuary has demonstrated the highest standards of care, sustainability, and



commitment to education and advocacy for these deserving animals.

The sanctuary's founder and Board Chair, Sandra Pady, expressed gratitude for this recognition, saying, "This award is a testament to the hard work and dedication of the DSC community: our supporters, staff, and volunteers who have made this accomplishment possible.

We are thrilled to have our efforts acknowledged by GFAS, and we will continue to strive for the best possible care and advocacy for donkeys, mules and hinnies."

The GFAS Outstanding Equine Sanctuary Award is a significant milestone for The Donkey Sanctuary of Canada and reflects the impact of work both locally and in the broader animal welfare community.

For more information about The Donkey Sanctuary of Canada, the GFAS Outstanding Equine Sanctuary Award, or how you can get involved, please visit [thedonkeysanctuary.ca](http://thedonkeysanctuary.ca) or contact:

Dale Gellatly - [dale@thedonkeysanctuary.ca](mailto:dale@thedonkeysanctuary.ca) 519-836-1697

# Editorial

To help us get into the festive mood, we've included several ways to celebrate the season with much taking place at Crieff Hills Conference Centre.

We have two cycling stories this month, one a senior and the other a teen. We share the amazing generosity of Mary Rife, who fixes and repairs bikes, turning the money raised to donations to the Stephen Lewis Foundation. And this is not a small amount of money, this year alone, she donated \$29,100. Perhaps her story will inspire you to donate to your favourite cause this year.

Our other story is on Kiara Kylyk from Guelph who received a gold medal at the Pan Am Games. This teen has raced around the world.

We are also highlighting ways that you can give back – through the Adopt a Family program and Trees for Tots, both offered through the Children's Foundation.

While many of us will be celebrating the holidays, it's important to remember that this can be a tough time of year for some families who have maybe lost a loved one, or who struggle financially to make it happen.

This is our last issue for 2023 and we will be back in February with all the latest community news.

Wishing you all the best for the season.

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](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 5 December, 2023/ January 2024. Published by volunteers for the community since 1975.

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, January 12th, 2024.**

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

## Recreation Advisory Committee:

Proposed procedural by-law amendment to remove requirement for Recreation Committee meetings to be video recorded and published to Twp YouTube page.

## Dufferin Aggregates, Pit 2:

Council grants extended operations from November 15 to December 15/23, Monday to Friday 7 am to 6 pm. Neighbours to be notified, no trucks parked on Victoria Rd, and County be contacted to adjust timing of red light at intersection and consideration of a left hand turn light.

## Digital Transformation Program:

Council to receive delegation regarding upcoming Digital Transformation Program for remote communities to be delivered to Puslinch

Puslinch employers in 2023 and 2024 designed to help businesses build capacity and resilience.

## Mini Lakes:

To continue to provide quarterly progress update report including a construction schedule and additional information relating to emergency treatment system.

Corporation promises to get wastewater plant in compliance, moving tile beds 2024 and installing new treatment plant in 2025.

## County of Wellington Planning:

Council receives Planning Committee reports regarding New Provincial Housing Fund – Building Faster Fund; Official Plan Review – OPA 123 Future Development Lands (lands across from County Roads Shed on WR34 to be redesignated Residential) and Regionally Significant Economic Development Study Area (east side of SR 20 N from WR 34 to Forestell Rd).

## Service Level Review:

Request for proposal for Managed IT Services, approve aerial survey of Concession Rd 2 from Wellington Rd 35 to Concession Rd 7 for 2D orthomosaic mapping.

Develop a rotational shift schedule and mandatory staffing presence during weekends at PCC, staff to analyze anticipated loss of revenue if hall capacity reduced to 100.

Option to only rent to residents and community groups and addition of facility operator versus status quo with current staffing resources.

Remove free Family Skate scheduled from 12 pm to 4 pm on Saturdays to facilitate rental of ice during this prime time.

## Ontario Heritage Act:

Advertising budget \$10,800 related to heritage designations be transferred to newly developed Heritage discretionary reserve to fund future heritage financial incentive programs.

## Minor Soccer:

Council receives correspondence and delegation material from Puslinch Soccer "What are the future plans for soccer fields in Puslinch?"

## Conservation Authorities Act:

Changes made to Act, which requires Conservation Authorities to focus on and deliver their core mandates of protecting people and property from flooding and other natural hazards and conserving natural resources.

## Radiocommunications Tower, 7424 Wellington Rd 34:

Heritage Advisory Committee opposes application due to its proximity and impact of site lines with respect to 8 Brock Rd.

## Leslie Road West:

Approximately 2.8 kms will be rehabilitated between Watson Rd S and Puslinch Flamborough Townline. Budget \$834,195 with \$339,793 coming from Canada Community Building Fund.

## Travelled Rd Pedestrian Lake Access:

Council approves design concept to be constructed in Spring 2024.

## 128 Brock Rd S:

Appeal filed with the Ontario Land Tribunal over Council approval of a new trucking headquarters. No hearing dates have been set.



TOWNSHIP OF PUSLINCH  
(519) 763-1226

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

Youth Advisory Committee Meeting:  
December 4th at 6pm  
Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: December 12th at 7pm  
Council Meeting: December 13th at 10am  
Council Meeting: December 20th at 10am  
Tentative Public Information Meeting:  
December 20th at 7pm.  
Committee of Adjustment Meeting & Planning and Development Committee Meeting: January 9 at 7pm  
Regular Council Meeting/Updated Capital and Operating Budget based on Council's direction: January 10th at 10am  
Heritage Advisory Committee Meeting:  
January 15 at 1pm  
Joint Youth Advisory Committee and Recreation Advisory Committee Meeting:  
January 15 at 6pm  
Proposed Budget Public Information Meeting: January 17th 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](http://www.wellington.ca/Library).

## Optimist Recreation Centre

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

The Township is now accepting rental requests for the Optimist Recreation Centre ice rink. To submit a rental request, please complete the online facility rental request form at <https://puslinch.ca/forms/rental-request-form/>.

To view the ice skating schedule, please visit our Recreation and Leisure Calendar page at <https://puslinch.ca/culture-recreation/festivals-events/recreation-and-leisure-calendar/>.

For more information on our facilities, please visit our Community Facilities page at <https://puslinch.ca/culture-recreation/community-facilities/> or email [services@puslinch.ca](mailto:services@puslinch.ca).

## Historical Society Archives

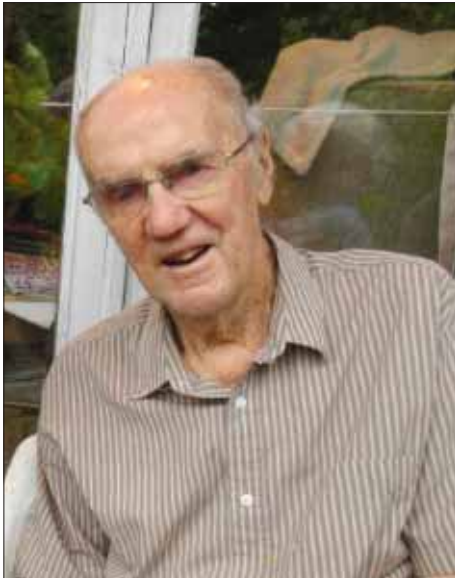
Saturdays 12 noon - 3 pm or for appointment email [ardyne.farm@sympati-co.ca](mailto:ardyne.farm@sympati-co.ca) or 519-822-8559.  
WDG COVID restrictions apply.

## 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

## John Gordon Gilmour



February 16, 1930 - October 17, 2023

With much love and sorrow, we celebrate the life and mourn the death of John Gordon Gilmour of Badenoch, Ontario. John slipped away from us on a brilliant October afternoon

while holding the hand of his beloved "Brown Haired Girl", Norma, his wife of 69 years. He was in his 94th year.

John was the eighth of nine children born to Andrew Gilmour and Effie Ord. John was a Badenoch Boy through and through. He spent his whole life with-in walking distance from his birthplace on a farm that straddled the Puslinch/Flamborough Line.

In the 1950's and 1960's the Badenoch Ball Team was a force to be reckoned with in the Rural Ontario Fastball League. John was a lefty pitcher with a mean rising curveball and a formidable knuckleball. When his kids were growing up, John shared his love of fastball with the many youth teams he coached.

John was a dreamer and an explorer. He knew every corner of the farm he and Norma have owned since 1958. He and Norma also traveled widely across North America, Australia, New Zealand, Hawaii and Europe. While at home, he devoured history and travel books. He was a lifelong learner.

Wherever John went, he made friends from all walks of life. He worked for 30 years as a Poultry Science Technician at the University of Guelph. During his years there, he befriended students, coworkers and professors alike. He

spent his life in service to his community. He was an active volunteer and fundraiser for many initiatives over the years. He helped many people by donating blood more than 100 times.

John had a voice that entranced small children and calmed nervous livestock. He delighted his grandsons with wooden toys from his workshop. He was a gifted storyteller and he loved to sing in the shower. John and Norma were a handsome couple as they waltzed around the dance floor.

John was a caring husband to Norma and loving father to Stephen (Ruth), Bradley (Patricia), Andrea (Randy), Diane (Shelby), and Patrick (Maria). He and Norma were also so very proud of their eight grandsons: Greg (Cora), Jeffrey, Mark (Hannan), Matthew, Daniel (Joanna), Ben (Tasha), Jacob (Katie), and Matthew. Their four great grandchildren lit up their lives. Lincoln, Rhett, Priya and Georgia will miss their gentle great grandfather.

John also leaves his very dear surviving siblings, Douglas and Wylda and many wonderful relatives and friends.

In remembrance of John, please be kind to one another and reach out by contributing to a charity that is close to your heart. A memorial may be planned at a later date.

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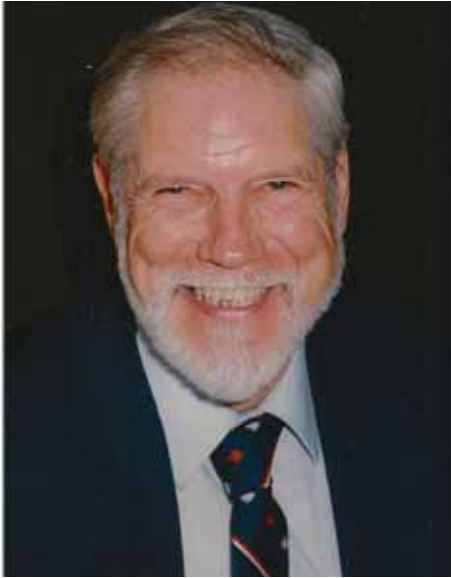
Have a safe & happy holiday!  
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# In Memoriam

## John Frederick Hamilton



John Frederick Hamilton of Puslinch, passed away at his residence on Thursday, October 26, 2023, at the age of 85.

Beloved husband of Ann and loved father of William "Bill" and Lisa. Also survived by his sister Linda Fisher. Predeceased by his parents Alice and Frank as well as his 3 siblings. He will be dearly missed by friends and relatives.

Friends were received at WALL-CUSTANCE FUNERAL HOME & CHAPEL, 206 Norfolk St., Guelph, Tuesday October 31, 2023, from 7:00pm – 9:00pm. Funeral service was held Duffs Presbyterian Church, 319 Brock Rd S, Puslinch, on Wednesday, November 1, 2023, at 11:00am. Reception followed. Interment at Crown Cemetery.

Arrangements entrusted to WALL-CUSTANCE FUNERAL HOME & CHAPEL (519-822-0051 / [www.wallculance.com](http://www.wallculance.com)).

Memorial contributions to the Guelph Humane Society or Duffs Presbyterian Church would be appreciated.

A tree will be planted in memory of John F. Hamiton in the Wall-Culance Memorial Forest.

# Christmas lunches



Back by popular demand! Bring your staff, team of volunteers or a circle of friends to celebrate the season in our historic schoolhouse.

Sit together at our harvest tables and soak in the atmosphere with fresh greens and dried flowers from the property.

Chef Matthew will prepare a special seasonal buffet with turkey and all the trimmings, plus beverages and holiday desserts.

Tuesday December 12 at 12:30pm  
Wednesday December 13 at 12:30pm

\$40 (+HST) per person

To book your table call Scott 519 824 7898 or email [events@crieffhills.com](mailto:events@crieffhills.com)

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Chicken Scallopini \$15.00  
with Sweet Potato Mash and Asparagus



Mongolian Beef Stir-fry \$14.00  
with Chow Mein Noodles



Spinach Stuffed Chicken \$15.00  
with Mushroom Risotto and Broccoli



Baked Ham \$14.00  
with Scalloped Potatoes, Broccoli & Carrots



Maple Glazed Salmon \$15.00  
with Rice Pilaf and Green Beans



Gulf Coast Shrimp Fettuccine \$16.00



Coconut Crusted Haddock \$15.00  
with Chili Lime Potatoes Green Beans

### DIABETIC FRIENDLY



New Mexico Style Steak \$16.00  
with Rice & Beans and Grilled Vegetables



Turkey Creole \$15.00  
with Rice Pilaf and Broccoli



Tuscan Chicken \$15.00  
with Zucchini Spirals



California Nut Stir-fry \$14.00  
with Rice Pilaf



Vegetarian Jambalaya \$13.00



Kofta Kabobs \$14.00  
with Turmeric Rice and Spring Peas



Teriyaki Salmon Stir-fry \$16.00  
with Cauliflower Fried Rice



Creamy Mushroom Pork \$15.00  
with Cauliflower Mash & Green Bean Bundle



Black Bean Loaf \$14.00  
with Roast Butternut Squash and Brussels Sprouts



Szechuan Tofu and Veggies \$14.00

### BUDDHA BOWLS & SALADS



Fish Taco \$14.00  
with Blackened Haddock Cauliflower Rice, Cucumber Corn, Black Beans, Cheese & Pico de Gallo



Cobb Salad \$14.00



Asian Chicken Salad \$14.00



Julienne Salad \$14.00



Mediterranean Turkey \$14.00  
with Roast Turkey, tomatoes Red Onion, Yellow Pepper Cucumbers, Feta Cheese Black Olives & Quinoa



Caesar Salad

Chicken Gumbo 250 ml \$4.50  
500 ml \$8.00  
1 litre \$14.00



Chicken Noodle Soup

### SOUPS & STEWS

Cream of Mushroom 250 ml \$4.50  
500 ml \$8.00  
1 litre \$14.00



Beef Barley Soup

Curried Cauliflower 250 ml \$5.00  
500 ml \$9.00  
1 litre \$16.00

Butter Chicken 250 ml \$6.00  
500 ml \$11.00  
1 litre \$20.00

Chicken Noodle 250 ml \$4.50  
500 ml \$8.00  
1 litre \$14.00

Canadian Maple Chili 250 ml \$5.00  
500 ml \$9.00  
1 litre \$16.00

Beef Barley 250 ml \$4.50  
500 ml \$8.00  
1 litre \$14.00

Texas Beef Chili 250 ml \$5.50  
500 ml \$10.00  
1 litre \$18.00

Beef Bourguignon 250 ml \$6.00  
500 ml \$11.00  
1 litre \$20.00



Florentine Chicken Penne

Meat Lasagne \$14.00

Chicken Pot Pie \$9.00

Sausage & Pepper Penne \$14.00

Beef Pot Pie \$9.00

Florentine Chicken Penne \$14.00

Sweet Potato Cottage Pie \$9.00

Fettuccine Carbonara \$14.00

Quiche Lorraine \$9.00

Mac & Cheese \$13.00

Broccoli Quiche \$9.00



Beef Pot Pie

# Meet the bike lady – Mary Rife

By Anne Day



Often when people come to her home with their bikes, they ask for the person who repairs bikes.

What they don't realize – is it's Mary. A senior, unassuming in her effect, Mary Rife has fixed hundreds of bikes. When her father broke his ankle back in 2010, both her parents moved into her home.

He was the one who fixed the bikes and Mary would help him. "Hold this wrench, do this, do that." he would instruct.

And when he died five years ago, it was natural that Mary would take over.

Now we are talking a lot of bikes. Like last year she sold 292 bikes that she'd fixed, and that doesn't include the ones that people asked her to work her magic on.

But Mary doesn't keep the money – instead she donates it all to the Stephen Lewis Foundation and this year that donation equated to \$29,100, and for the last three years, the donations have been around \$20,000/year.

It was a visit to Africa that inspired Mary to continue supporting the Foundation.

It was a real eye opener for her, especially her time in Malawi where she observed that women have no rights.

Through a translator an eight-year-old girl asked Mary if it was true that all children in Canada owned bikes?



So, when Mary got approached to provide bikes going to an orphanage in Africa, she was only too happy to oblige and 98 bikes were shipped there.

"It was a lot of work as we had to remove the pedals and handlebars for safe packing, but I was pleased to help."

Mary also gives lessons to children and adults who want to learn to ride a bike, and true to all her efforts, just asks for a donation.

Often bikes are found at the dump and people drop them off. Even if the bikes cannot be fixed, there's always parts that can be used.

So, if you have a bike that is no longer needed, consider dropping it off at Mary's home at 63 Arkell.

## Nordic market



Experience the Hygge spirit at Sunset Villa's Annual Nordic Market Sunday December 3rd, 10am - 3pm.

Celebrate the Festive season with these Family-favourite activities:

- The Vikings are back for a winter visit.
- Explore the Nisse trail in the woods to find hidden Nisse.
- Tombola (raffle) for kids
- Shop the Christmas Butik for your supplies - Nisse, advent candles, collectibles & more.

Smørrebrød Buffet at The Danish Place Restaurant

The Danish Pastry House has Danish pastries, breads and imported foods.

Craft vendors with lots of gift ideas.

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Attention Puslinch area businesses! This program is designed to support small and midsize enterprises (SME) employers with hands-on digital marketing training and consulting for business owners.

The Digital Transformation Project helps SMEs embrace technology through practical training, with a focus on digital marketing and sales to boost revenue. It's not just training—it's an essential investment in your future, all at no cost, with extra subsidies for growth.

Embark on your journey towards propelling your business into the future through our Digital Transformation Program.



Take the first step by submitting your application here:  
<http://prepr.org/dtp>

Terms and conditions apply. Subsidies are subject to eligibility.

Funded in part by the Government of Canada's Community Workforce Development Program





# Christmas dinner and dance



This year the Guelph Black Heritage Society salutes the twin island country of Trinidad and Tobago.

Trinidad and Tobago are known for their natural beauty, including forests, beaches, mangroves, coral reefs and is home to many unique birds and other wildlife.

The twin islands are the birthplace of steelpan and host a boisterous carnival every year featuring not only calypso and soca music but a deep history and tradition of artistry and political commentary.

The Caribbean Christmas Dinner and Dance will feature scholarship presentations, food by Big Jerk Smoke-

house, music by DJ Jinx and prizes!

Join The Kween Company for a full dance performance featuring various styles of the Caribbean. This performance will be led by Guelph-based dance instructor Kween.

This will touch on both traditional and modern dance allowing participants to experience a story telling dance experience and even join along to the fun!!

Guests will receive one complimentary cocktail of rum punch or ponche de crème.

Ponche de crème is a favourite drink in the Caribbean for Christmas and is like eggnog.

This event will be held on December 2 at the Puslinch Community Centre (23 Brock Road South, Aberfoyle), with doors opening at 6:30 pm, dinner will be served at 7:00 pm.

Tickets – **November 1st** \$75 per person, groups of 4 \$65 per person and \$45 students.

Tickets available through *Eventbrite.ca*

# Thank you



With the winter months fast approaching, the Rotary Club of Guelph Trillium, with help from the Stone Road Mall, organized a winter coat and clothing collection for the month of October.

People were very generous and over 87 winter coats were collected, along with three car loads of winter clothing and were delivered to The Clothing Closet.

"Fast as the coats come in, they're gone," reports Lisa Burke, Co-ordinator at The Clothing Closet which is located at the back of New Life Church, 400 Victoria Road North, Guelph.

Clothing is available free of charge and the Clothing Closet is open Thursdays, 9.30-12.00pm and 5-7pm.

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# Christmas

at

## CRIEFF HILLS

- Wreath Making November 22
- Christmas Market December 3
- Dove House Christmas Tea December 10
- On-Farm Christmas Dinner December 15
- Lantern Labyrinth Walk December 21
- Advent Quiet Days in Dove House December 1, 6, 13, 22

Check the website for details or contact Scott  
[events@crieffhills.com](mailto:events@crieffhills.com)  
 519 824 7898  
[www.crieffhills.com](http://www.crieffhills.com)



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TOWNSHIP OF  
**PUSLINCH**  
EST. 1850

## Township of Puslinch Holiday Closure

Please note that Township of Puslinch will be closed December 25, 2023 and will reopen for regular business hours on January 2, 2024.

Thank you for your understanding and warmest wishes this holiday season.



# BUYING, SELLING AND LIVING IN PUSLINCH

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## New playground



The Township of Puslinch unveiled the exciting addition of a new playground and shade structure at Boreham Park in Arkell.

This project was made possible through the generous support of an Ontario Trillium Foundation (OTF) Capital Grant of \$150,000 whose substantial contribution enabled the Township to enhance the recreational opportunities for the community.

“Our thanks go out to the Ontario Trillium Foundation, as well as Township of Puslinch Council and staff,” said Ted Arnott, MPP for Wellington—Halton.

“This new playground in Arkell will not only give children a wonder-filled place to play, but from an early age they will also feel the vitality of our caring community.”

OTF played a pivotal role in bringing this project to fruition by providing funding that significantly contributed to the construction and installation of

the playground and shade structure.

This partnership between the Township of Puslinch and OTF exemplifies a commitment to creating vibrant and inclusive outdoor spaces for residents of all ages to enjoy.

“The unveiling of the new playground and shade structure at Boreham Park is exciting for our community. We are deeply grateful to the Ontario Trillium Foundation for their support in making this project a reality,” said James Seeley, Mayor of the Township of Puslinch.

“This addition to our park will undoubtedly enhance the quality of life for residents and create lasting memories for generations to come.”

This project aligns with the Township of Puslinch’s commitment to promoting a healthy and active lifestyle, fostering community engagement, and creating inclusive recreational opportunities for all residents.

The Township looks forward to future opportunities to partner with the OTF to enhance recreation in the community.

The Ontario Trillium Foundation (OTF), an agency of the Government of Ontario, and one of Canada’s leading granting foundations celebrates 40 years of grant-making in Ontario and making a lasting impact in communities.

Last year, OTF invested over \$110M into 1,022 community projects and partnerships. Visit [otf.ca](http://otf.ca) to learn more.

## Little free library opens

By Anne Day



After several delays – like COVID – the new little free library opened its doors on November 4th.

Several people helped make this happen – Knox Presbyterian Church for allowing the library to be housed in their parking lot, Megan Barnes for designing and making the library as well as Patrick Barnes, and Josh Mast for digging the ground for us.

And thank you to members of the community who donated books. We have a collection of over 250 books, covering all genres.

The library is located on Concession 1, in the parking lot of Knox Church.

Check it out. In December we will have a selection of books for the Christmas season.

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- Food!**
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# YOUR HEALTH MATTERS

## High Blood Pressure?

By Dr. Laura M. Brown ND

High blood pressure, or hypertension, is a concern because it often has no symptoms and can lead to more serious health problems like coronary artery disease, vascular dementia, eye damage, stroke, kidney disease, peripheral artery disease and heart attack.

Blood pressure (BP) is the measurement of the pressure or force of blood pushing against blood vessel walls. Your BP reading has two numbers:

- The *top* number is the *systolic* blood pressure, which measures the pressure on your artery walls when your heart beats or contracts.
- The *bottom* number is the *diastolic* blood pressure. This measures the pressure on your artery walls between beats when your heart is relaxing.

"Normal" readings are around 120/80mmHg, but this can vary with age and disease condition. For some 140/90mmHg might be acceptable.

Ask your medical provider what is a good range for you. And it takes two to three readings to really get an average of the reading. Measurements taken first thing in the morning will generally be a little higher and the lowest reading will happen around three in the afternoon.

Be consistent with the time of day you measure if you are doing day to day comparison. Your blood pressure can be too high!

If it gets to 180/120 mmHg or higher it can produce headaches, heart palpitations or nosebleeds. Blood pressure this high requires emergent care.

The usual causes of high blood pressure include situational stress, poor diet, smoking and vaping, alcohol and lack of physical exercise.

Other contributors include certain medications, including immunosuppressants, NSAIDs like Advil and ibuprofen, oral contraceptives and recreational drugs like amphetamines and cocaine.



Conditions like diabetes, age over 50, obesity, kidney disease, obstructive sleep apnea, primary aldosteronism, hyperparathyroid disease, also contribute to high blood pressure.

Natural ways to lower blood pressure include a heart healthy diet- typically one that is more like the Mediterranean diet, which is lots of vegetables, generous doses of olive oil, lean meats and fish, a little fruit.

That means not a lot or no breads, sweets, cakes, candy, sugar, sweeteners, alcohol, or processed foods. Salt affects about a third of the population's blood pressure.

If you cut back on the cheese and processed foods and breads, much of your salt will disappear from your diet.

Herbal medicines, mineral balance, hibiscus tea, omega-3's, garlic, may be considered with advice of your naturally based healthcare practitioner.

Managing your cholesterol will keep your arteries healthy and flexible. We learned about cholesterol in *Puslinch Pioneer's* April 2023 edition.

Stress management is super important to blood pressure regulation. When the body perceives a threat to its security, survival mode is triggered.

It is important to find ways to discharge stress. This means a good night sleep, regular physical activity, time outdoors, regular healthful meals, positive social interaction, time to pray and play.

Acupuncture, yoga, massage therapy, vagal nerve activation therapy, breathing techniques and positive focus of love, care or appreciation for someone or something in your life all can help regulate blood pressure.

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

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

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## A HOLIDAY MESSAGE FROM SOLID WASTE SERVICES

# Waste Facility and Collection Holiday Changes

### CLOSURES

All County of Wellington Waste Facilities will be closed on Tuesday, December 26.

### CURBSIDE COLLECTION

All curbside collections scheduled for Tuesday, December 26 will be postponed until Saturday, December 30th.

### Natural Tree Collection

Natural trees will be collected in urban areas only during the week of **January 8**. Please have trees out by **7:00 am on Monday**. However, please note it may not be collected until later that week. We thank you for your patience.

Natural trees will be accepted free of charge at all County waste facilities **December 27 to January 31** during regular operating hours. Food Bank donations are gratefully accepted.

A number of service clubs and organizations will also be providing curbside collection of natural Christmas trees. These collections occur in various locations across the County. Please visit [www.wellington.ca/Christmas-Trees](http://www.wellington.ca/Christmas-Trees) for information on these programmes.



[www.wellington.ca/sws](http://www.wellington.ca/sws) | 519.837.2601 | 1.866.899.0248

Alternate formats available upon request.

<sup>OM</sup> Official Mark of The Corporation of the County of Wellington



# Trees for Tots



Trees for Tots is a one-day donation-for-service event that began in 2013 when the City of Guelph discontinued its Christmas tree pick-up service.

The Children's Foundation of Guelph and Wellington saw this as a unique opportunity to help the community and children at the same time. Trees for Tots has since grown to bring together over 250 volunteers, equipment partners, and property partners who provide logistical expertise and showcase the best of our community!

Trees for Tots 2024 will take place on Saturday, January 13th and is proudly presented by *Axiom Mortgage Solutions Guelph*.

## How Does it Work?

For a suggested minimum donation of \$15, residents of Puslinch and Aberfoyle can register to have their tree picked-up and returned to nature through local naturalization projects.

Most trees will be chipped and used on walking trails and in gardens, and others will be kept whole and used for creek restoration, and other community projects.

Since starting in 2013, Trees for Tots has saved over 30,000 trees from ending up in local landfills, and has supported naturalization projects in the community.

Thanks to event partners and sponsors helping to keep costs low, 100 percent of event proceeds go directly to enhancing the well-being of children and youth.

## "Environment" Community Builder Award Recipient

In 2023, Trees for Tots was awarded the "Environment Award" through the Guelph Today Community Builder Awards.

To learn more about Trees for Tots, please visit our website at: [www.treesfortots.ca](http://www.treesfortots.ca)

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## Volunteer Appreciation Award - Call for Nominations

The Township of Puslinch is seeking nominations to recognize the outstanding contributions made to our community by one of Puslinch's remarkable volunteers. Nominations will be accepted from January 15<sup>th</sup> to February 13<sup>th</sup>, 2024 until 4:30 PM.

To nominate a volunteer please visit our website at [Puslinch.ca/volunteerappreciation](http://Puslinch.ca/volunteerappreciation)

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





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# Christmas at Crieff Hills

## Wreath Making:



Join us in the schoolhouse to make a beautiful one-of-a-kind wreath using fresh greenery from the Crieff Hills property.

Kelly of Botanica Green Florals will offer easy to follow instructions so that even complete beginners will create a gorgeous wreath.

Plus, you can enjoy tea, coffee and holiday sweets from our kitchen while you work. All materials are provided, and the facility is barrier-free.

Wednesday November 22nd at 7pm  
\$75.00 per person.

## Christmas Market:



Do some Christmas shopping as you sip a cup of cider while browsing a wide variety of locally-made holiday items in our (barrier-free) schoolhouse, all from nearby vendors.

Our own honey, maple syrup, seeds and special once-a year items will be available for sale, too.

Staff will be on hand to answer questions and tell you more about Crieff Hills' history and you are welcome to visit the animals or hike one of our wooded trails before or after you shop.

And once you're finished, be sure to pop in to visit our neighbour's Nordic Market at Sunset Villa for more seasonal festivities! Free. No registration required.

Sunday December 3 from 12 pm to 5pm

## Lantern Labyrinth Walk on the Longest Night of the Year:



Mark the longest night of the year with a quiet candlelight experience.

When you arrive, you will be given a brief introduction to the labyrinth and a lantern to carry.

Then follow the path lit by vintage kerosene lanterns up to the labyrinth for a meditative walk at your own pace.

This is the perfect time to consider Advent themes of light and darkness, or mark the end of the old year and beginning of the new.

Because it is all outdoors, be sure to dress for the weather. Sturdy footwear is also recommended.

Thursday December 21 from 5:00-7:00

No registration required.

Suggested donation \$10.00 per person, cash or e-transfer accounting[at]crieffhills.com

## Christmas High Tea in Dove House:



Savour the season in historic Dove House, sipping tea and sampling fresh Christmas goodies.

This lovely old stone home will be decorated with seasonal greenery and dried flowers from the property, plus a fresh tree from Jingle Bill's Christmas Tree Farm just down the road.

Each person will enjoy a selection of teas along with four sweet and four savory treats each, all prepared in house by Chef Matthew.

Small tables are perfect for a mother daughter day or a couples' outing while larger tables make room for a family or friends gathering.

Sunday December 10 from 12am-4pm

\$38 per person and \$19 for children 12 and under

To book your table or register for events call Scott 519 824 7898 or email [events@crieffhills.com](mailto:events@crieffhills.com)



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## Vaccinations for those over 65

Protection after a COVID-19 vaccine dose decreases over time, especially against new variants. Vaccination to protect against COVID-19, as well as an annual flu shot continues to be the best way for people to remain protected against severe outcomes, including hospitalization, from these viruses.

The ministry is recommending vaccination with a COVID-19 XBB formulation this fall, six months after a previous dose, as it better protects against the new Omicron XBB variant. You may receive a COVID-19 vaccine at the same time as, or any time before or after other routine vaccinations including your flu shot.

It is recommended to wait six months before booking your next COVID-19 vaccine dose if you have had a recent confirmed COVID-19 infection or developed symptoms after close contact with someone who tested positive.

You can book a COVID-19 vaccine through:

- Participating pharmacies at <https://covid-19.ontario.ca/vaccine-locations>
- The Provincial Vaccine Contact Centre at 1-833 943-3900, available in more than 300 languages (TTY for people who are deaf, hearing-impaired or speech-impaired: 1-866-797-0007)
- The COVID-19 vaccination portal at <https://www.ontario.ca/book-vaccine/>
- Public health units using their own booking system <https://www.phdapps.health.gov.on.ca/phulocator/>
- Participating primary care providers
- Indigenous-led vaccination clinics

You can book a flu shot through:

- Participating pharmacies
- A doctor or nurse practitioner
- Some local public health units

Many pharmacies and clinics that of-

fer vaccines this fall will have both COVID-19 vaccines and flu shots available.

Check with your pharmacy, the Provincial Vaccine Contact Centre or the COVID-19 booking portal before you book for availability of both products.

### Antiviral Medications and Testing

Antiviral treatments are available at no cost, by prescription, to symptomatic COVID-19 positive individuals at high risk for severe outcomes from COVID-19.

Treatment must be started within five to seven days of your symptoms starting, depending on the treatment. For more information, visit <https://www.ontario.ca/page/covid-19-testing-and-treatment>.

Anyone who is high risk for severe outcomes of COVID-19 is eligible for PCR testing. If you are high risk, you should get tested as soon as possible if you develop COVID-19 symptoms. Visit <https://www.ontario.ca/page/covid-19-testing-and-treatment> for more information.

Dr. Kieran Moore, Ontario's Chief Medical Officer of Health

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# Adopt-A-Family Program



The Adopt-A-Family Program connects families who need support during the holiday season with donors who give the gift of hope and joy by shopping for tangible gifts and grocery-needs cards.

Families are referred to the program by social-community agencies in Guelph and Wellington County.

Adopt-A-Family helps reduce the financial and emotional stress and lifts the spirits of local families during the holidays.

It also helps to strengthen family relationships by providing them with the opportunity to create family traditions and memories.

While Adopt-A-Family was originally a Christmas holiday program, it is open to families of all backgrounds and traditions to meet their needs and wishes.

## Ways to Support

Supporting Adopt-A-Family can be done in many ways, such as:

- **Signing up as a Donor:**

When you sign up as a donor, you will be “matched” with a local family(ies) or independent youth.

Once you receive your match(es), you can use the information provided to shop for their holiday wishes and needs, giving the give

of hope and joy this holiday season.

- **Making a Cash Donation:**

Monetary donations allow us to pool together funds to buy gift cards in bulk, along with other gift items.

This helps us reach even more families and independent youth in need during the holiday season.

- **Spreading the Word:**

Sharing information about Adopt-A-Family with friends, family, and colleagues can help more people learn about our program.

To learn more about Adopt-A-Family, please visit our website at:

<https://www.childrensfoundation.org/programs/adopt-a-family>

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# Guelph teen wins gold at Pan Am games

By Anne Day



The last couple of years have been a whirlwind for nineteen-year-old Kiara Lylyk who recently won a gold medal at the Pan Am games in Chile.

Her cycling has taken her all around the world, competing in the Netherlands, Belgium, France, Czech Republic, Spain, Australia, Israel, the

USA and now Chile.

Kiara started mountain bike riding with her mother when she was fourteen and has literally taken off in her racing career.

On average she spends 15-22 hours a week training – riding her bike, running and working out at the gym.

Currently a student at Brevard College, North Carolina on a cycling scholarship, she is majoring in Exercise Science.

When she got the call from Cycle Canada to join the team as an alternate going to the Pan Am games in Chile, she wasn't sure if she wanted to do it.

"My mom was quick to point out that this was an amazing opportunity" and so she said yes.

But even then, she didn't really expect that she'd get to race. So, when

she did and the team won gold, it seemed surreal.

The team was made up of cyclists from Vancouver, Edmonton and Hamilton.

"It was a great team to be part of and we all know each other". shares Kiara.

As with any sport, winning is the exciting part but there are lessons to be learnt from losing too.

"I've learnt from my failures that you carry on, grow and become better next time." admits Kiara.

Now Kiara is back at school and she remarks that it feels good to be back in the groove. Her next big race will be the Nationals in January.

She especially wanted to thank her parents and brother for all their support.

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# The indigenous people of Puslinch in the 1830s

By Marjorie Clark

The Huron First Nation called their southern neighbours "Attawandaron", meaning "People of a slightly different language". The French labelled those same people "Neutrals", as they remained neutral between the Huron and Iroquois.

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.

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 situated within the Badenoch area was on lot 28, rear of concession 8, the former McPhee farm.

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 de-

scribed them in a letter dated July 18, 1627.

At the time, there were approximately 40,000 Neutrals.

In the autumn of 1650 & 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 immigrants, and some were assimilated by surrounding tribes.

After that, this area was frequented by Mississauga on hunting parties. The Mississauga were in the area after the arrival of the European settlers in Puslinch and, although documentation is scarce, some settlers reported interactions with them to Matthew McPhatter, when he collected information about the early days of settlement.

Despite differences in lifestyles, amicable relations were reported by the European settlers. Salome Borthwick stated that, "The Indians were plentiful in the early days in these parts. They had a wigwam nearby. They had a habit of visiting our shanty, asking for food and sometimes they would pull the turnips out of the turnip patch, roast and eat them." Elias Eagle said that indigenous hunting parties spent time at Puslinch Lake, fishing, hunting and making baskets.

Charles Callfas of Morriston remarked, "Indians used to camp near here and in return for milk, potatoes and such like, kept us supplied with venison and were faithful friends indeed". "Deer in those days were very numerous and the

Indians would kill a great many of them and we never were scarce of meat as the Indians would trade a carcass of deer for bread and vegetables or anything that they needed at the time", said his neighbour, Chris Morlock.

Archie McAllister was born in Puslinch in 1834. As a child he played with the indigenous children, him speaking Gaelic and they, Anishinaabemown.

Two boys, James Laird and Martin Cassin, whose families had settled in the township around 1830, spent their childhood with the First Nations hunters and their families.

"I remember when the Indians would camp in the district and I have seen as many as 65 deer lying dead in their camp, on their return from a hunting tour and we would trade a loaf of bread for a whole carcass of deer, after the hide was taken. The Indian wigwams were very large, that I can remember." declared Martin Cassin.

Bread was scarce and valuable in the first years, as the settlers had to carry their grain to Dundas to have it ground.

He said that the women and the youngsters would keep plenty of wood on hand. When night came, the families would sit around the fire and smoke tobacco and sumach. He had often seen them hang their babies on the limb of a tree, facing south, in the fall of the year.

The child would be strapped to a board, on its back, with slippery elm or dogwood bark. "The little ones would hang there, kick, squeal and crow for hours at a time.

These were the happiest days of my life, among the Indians and the wild beasts in the forest in Puslinch in the early days", reminisced Martin Cassin.



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# Puslinch Branch, Wellington County Library

For current hours and services, please call the Puslinch Branch 519.763.8026 or visit us online at [www.wellington.ca/Library](http://www.wellington.ca/Library).

## Scavenger Hunt – Holiday Fun (Families/Kids)

Dig through the stacks, wander past the computers, and keep an eye out for what might be hiding in the library! Drop in December 1 to December 23

## Book Club – First Friday (Adults)

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

## Musical Melodies – Learn to Play Hand Bells (Kids)

Have fun playing the sounds of the season! Work collaboratively to play hand bell songs. Ages 5 to 9 years. Please register. Tuesday, December 5 from 3-3:30pm

## 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, December 6 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, December 8 from 11:00 am – 12:00 pm

## Scrabble Club (Adults)

Join us for casual word building entertainment. Please register. Wednesday, December 13 from 2:00 – 4:00 pm

## Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursday, December 14 from 5:30 – 7:00 pm

## Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, December 19 from 2:00 – 3:00 pm

## Just for You from WCL

Wondering what to read, watch, or listen to next? Wellington County Library staff are here to help! Tell us what you love, and we'll handpick a selection of titles for you to borrow. For more information, visit [www.wellington.ca/JustForYou](http://www.wellington.ca/JustForYou).

## Fiction

Bradford, Barbara Taylor - The Wonder of It All: A House of Falconer

Gray, Shelley Shepard - Amish Love Letters

Harrod-Eagles, Cynthia - The Mistress of Ashmore Castle

Higashino, Keigo - The Final Curtain

Irwin, Kelly - The Year of Goodbyes and Hellos

|               |                       |
|---------------|-----------------------|
| Lindsay, Jeff | The Fourth Rule       |
| Marrs, John   | The Vacation          |
| Parks, Adele  | Two Dead Wives        |
| Rice, Luanne  | Last Night            |
| Ryan, Renee   | The Paris Housekeeper |

## Non-Fiction

Chopra, Deepak - Quantum Body: The New Science of Living A Longer, Healthier, More Vital Life

Janssen, Sarah - World Almanac and Book of Facts 2024

Jesseph-Balaa, Julie L. - Low-Cost Emergency Planning: A DIY Guide to Family Disaster Preparedness

Malimban, Stacy - Adorable Macramé: 20 Cord Projects That Add Charm to Your Surroundings

Otsuka, Tracy - ADHD for Smart Ass Women: How to Fall in Love with Your Neurodivergent Brain

Perrone, Vanessa - Everyday Mediterranean: A Complete Guide to the Mediterranean Diet With 90+ Simple, Nourishing Recipes

Snodgrass, Alex - Dinner Tonight: 100 Simple, Healthy Recipes for Every Night of the Week

Taste of Home Easy Everyday Vegetarian Cookbook: 300+ Fresh, Delicious Meat-Less Recipes for Everyday Meals

Weinersmith, Kelly - City on Mars: Can We Settle Space, Should We Settle Space, and Have We Really Thought This Through?

Zerkel, Kimberly - French Bakery Cookbook: Over 85 Authentic Recipes That Bring the Boulangerie into Your Home

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# COOK'S CORNER

By Barbara Paterson

*I think many of us like to bake something extra special over the Christmas season. This dessert is a British classic which will please every sweet tooth. Serve warm with caramel sauce and cool crème Anglaise. The sauces can be made ahead of time. Just heat the caramel sauce when needed.*

## Sticky Toffee Pudding



1¼ cups packed chopped dates  
¾ cup water  
½ tsp. baking soda  
1-1/3 cups all-purpose flour  
¾ tsp. baking powder  
½ tsp. salt  
1/3 cup butter, softened  
2/3 cup packed dark brown sugar  
2 eggs  
1 tsp. vanilla

1. Combine dates and ¾ cup water in a medium pot and bring to a boil. Reduce heat to medium-low and simmer for 3 to 4 minutes. Remove from heat, stir in baking soda and let stand for 10 minutes. Lightly mash with a fork.
2. Whisk flour, baking powder and salt in a medium bowl.
3. In a large bowl, beat butter and sugar until fluffy. Beat in eggs then vanilla. Add flour mixture and beat until just combined. Stir in date mixture.

4. Grease an 8" square baking pan and pour batter into it. Place pan in a roasting pan.

Pour boiling water into roasting pan to come almost halfway up the side of the cake pan. Cover roasting pan tightly with foil. Transfer to oven. Bake until centre is slightly firm, about 50 minutes at 350°F.

5. Remove cake from water bath. Immediately poke holes all over with a skewer; warm ¾ cup of the caramel sauce and pour overtop. Let stand 15 minutes. Serve with more caramel sauce and crème Anglaise.

### Caramel Sauce

1 cup packed brown sugar  
½ cup evaporated milk  
3 tbsp. corn syrup  
4 tsp. butter  
½ tsp. each ground ginger and cinnamon  
Pinch of allspice and nutmeg

Mix all ingredients together and cook over low heat for 5 minutes, stirring constantly, until the sauce is smooth and slightly thickened.

### Crème Anglaise

1/3 cup white sugar  
1 large egg  
1 tsp. vanilla  
¾ cup homogenized milk

1. In a bowl, whisk together, sugar, egg and vanilla.
2. In a small saucepan, heat the milk over medium heat until it is steaming. Gradually add it to the egg mixture, whisking constantly. Return the mixture to the saucepan.
3. Cook over low heat, stirring constantly, for 5 to 8 minutes or until slightly thickened. Do not boil.
4. Place a piece of plastic wrap on the surface of the sauce. Chill.

*This is another dessert that I think is special. This recipe makes 4 servings but it can be easily doubled.*

## Crème Brulé



3 egg yolks  
¼ cup sugar  
½ tsp. vanilla  
½ cup whipping cream  
½ cup evaporated milk (Carnation)\*  
½ cup 2% or homogenized milk\*

### Topping:

½ cup white sugar, caramelized

1. Blend together egg yolks and ¼ cup sugar.
2. Mix vanilla with cream and milks and add to egg yolk mixture.
3. Pour mixture into 4 ramekin or soufflé dishes. Set in a pan containing 1" of hot water.

Bake custards at 325°F for about 30 minutes or until just set. Cool and refrigerate.

4. Place ½ cup sugar for the topping in a small pan and cook over medium-low heat until it is melted and golden brown. Don't stir; just tilt the pan slightly as it melts. Immediately pour over custards.

\*You can substitute 1 cup of light cream for the evaporated milk and 2% milk.

|  |   |
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|  <p><b>Michael J. Marinovic</b></p> <p>Office: 519-780-2710<br/>Fax: 519-780-2892<br/>Cell: 226-203-0895<br/>E-mail: m.mobile@bellnet.ca</p> <p>7424 Wellington Rd 34<br/>Puslinch, ON N0B 2J0</p> <p><b>Repairs to light, medium &amp; heavy duty vehicles</b></p> | <ul style="list-style-type: none"><li>• Pick-Up &amp; Delivery of vehicles and/or all sizes of Trailers</li><li>• Motor Vehicle Inspection Station (Safety Inspections)</li><li>• Mobile &amp; Emergency Road Service</li><li>• All Automotive Services</li><li>• Welding &amp; Fabricating</li><li>• Float Service</li></ul>  |
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# Ask the expert

By Judy Brisson

**Q:** I bought a Rosemary plant shaped like a Christmas Tree as a holiday decoration. How do I keep it looking its best for the holiday season? Can I plant it outdoors next summer?

**A:** Congratulations on choosing a living plant for your holiday decor.

With its dense growth and fine needles, Rosemary is well suited to topiary and can be found in a variety of shapes.

*Rosmarinus officinalis* is an evergreen culinary herb native to the Mediterranean; consider the climate where it naturally grows to understand how to care for it.

Soils found along the Mediterranean are sandy, well drained, and low in fertility. Mediterranean summers are hot and sunny while winters are also sunny with temperatures seldom below freezing or above 16°C.

Keep your Rosemary topiary tree in bright light over the holidays; a south or west window is ideal.

Be careful not to overwater but don't allow the soil to totally dry out either. Before watering, test by putting a finger in the soil; there should be moisture midway down the pot but dry soil in the top two inches.

Inspect the plant when watering as spider mites and white fly can be a problem. If you spot any insects or webs, spray the entire plant with insecticidal soap.

Keeping Rosemary alive indoors over the winter can be a challenge. To replicate a Mediterranean winter, you need to provide at least six hours a day of bright light, daytime temperatures under 16°C and overnight temperatures between 4°C and 10°C and adequate humidity.

A bright unheated sunroom or basement window would be good winter storage areas if your house is humidified.

Keeping Rosemary alive in an



un-humidified house will be very difficult. Don't fertilize your plant during the winter.

In the spring you can prune your Rosemary topiary to keep its Christmas Tree shape. Trim new soft growth with sharp, fine bladed scissors and avoid cutting into woody stems.

The trimmings can be used as a fresh herb or placed in a paper bag until dry. Once all danger of frost is past, you can move the plant outdoors for the summer.

Fertilize lightly with dilute all-purpose fertilizer then place in full sun and allow to dry between waterings.

Fragrance and flavour will suffer if over fertilized. One more pruning to maintain shape can be done in mid-summer before the end of July.

Rosemary is hardy to Zone 7 and will not survive a Puslinch winter outdoors so bring it indoors well before there is risk of frost.

Move your plant into outdoor partial shade on September 1 to prepare it for the lower light indoors. After two weeks, move it indoors to a bright window, and your Rosemary will be ready for the next holiday season.

Rosemary has been used for centuries to flavour meats, vegetables, and baking. The fragrant leaves are often found in potpourri, bath oils and moisturizers.

For a savoury addition to holiday charcuterie board, try finely chopped rosemary leaves and lemon zest in your favourite shortbread recipe.

*Master Gardeners provide expert horticultural advice to the general public. Visit [gwmastergardeners.ca](http://gwmastergardeners.ca) for advice and information.*

# Family Activity

By Julia Preston



The end of the year is often a time of reflection. We think about what has gone well, the things we have done, the people we've spent time with, and the highlights of the past year.

Hopefully time outside in Puslinch is part of your highlights.

As we look ahead to 2024, many of us will be setting goals and thinking about what we want from the year ahead.

I encourage you to think of simple ways to connect with the people and environment around you.

As we wrap up 2023, here are some activities to do outside this month.

## Snack time

Food is a great way to bring people together. Even as the temperatures drop, bundle up and connect with friends and family over a meal or snack outside.

Whether you decide to build a fire and cook, grab some simple snacks from your kitchen, or have pizza delivered to your backyard sharing food and conversation is a great way to reflect on the past year.

Ask those around you what their highlights of 2023 are and what they're most looking forward to for 2024.

## Revisit a favourite hike

Take a walk at a place that is meaningful for you. Remember what makes this spot special and soak up the beauty and energy of your surroundings.

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

Pastor John Adeyemi

- Sunday Worship at 10 am.
- Sunday, November 26th Service (Reign of Christ) 10 am
- Wednesday, December 20th Solace Service 6 pm
- Sunday, December 24th (Christmas period - Communion Sunday in the morning, 10 am and Eve Candle lighting in Evening) 7 pm
- Sunday, December 31st, New Year's service

## BAHA'I FAITH

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

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

## CALVARY BAPTIST CHURCH

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519-824-1161

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

Pastors: Patrick Timney and Joe Yang

- Sunday worship: English 9:30 am  
Chinese 11:30 am
- Children's Worship: Sunday morning program held during main services.
- Calvary Youth: For Jr. & Sr. High programs - please go to church website for more information.
- Adult Bible Study: Thursdays 10:00 am.

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

Pastor: Melissa Richer

*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).

## DUFF'S PRESBYTERIAN CHURCH

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Pastoral Leader: Rev. Don McCallum

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

- Messy Church, Sunday, December 17 at 10:30 am for children kindergarten to grade 5.
- Sunday, December 24th Christmas Eve Services at 10:30 am and 7:00 pm.

## EBENEZER UNITED CHURCH

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Music Director: John Zadro

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## FREELTON STRABANE UNITED CHURCH

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

- Thursday, December 21st Longest Night Service 7pm. The season rolls around again and Christmas is in the air, but the season also brings with it sadness with memories of those whom we have lost and dreams that have faded. Join together with others who come to own the sadness of the season and know that we do not carry the sadness alone.

- Sunday, December 24th Christmas Eve Service 8:00 pm. Join us on this Silent Night, Holy Night for a majical Candlelight Communion Service as we rejoice together at the coming of the God in the Child Jesus.

## KNOX PRESBYTERIAN CHURCH, CRIEFF

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

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- Sunday Worship at 10 am.

## MOUNT CARMEL-ZION UNITED CHURCH

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519-822-8610

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

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

- Sunday Worship at 10:30 am.
- Sunday, December 3rd ADVENT 1  
HOPE - Hanging of the Greens
- Sunday, December 10th ADVENT 11  
PEACE - Young at Heart Christmas
- Sunday, December 17th ADVENT 111  
JOY - Communion / Blue
- Sunday, December 24th ADVENT 1V  
LOVE - Merry Christmas Fun Morning Service and Christmas Eve Candlelight Service held at 7:00 pm.
- Sunday, January 31st Bringing in the New Year.

Monthly donations to Chalmers Community Services Centre for the month of December are kidney beans or baked beans and Peanut Butter. Skim milk powder and toilet tissue is always needed as well, and all donations are greatly appreciated. Warm Socks would be a welcome.

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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.*

## ADVENT BIBLE STUDY

**Wednesday, November 29th -**

**Wednesday, December 20th, 10 am**

(The Birth of Christ) at Arkell United Church, 600 Arkell Road at Watson, Arkell.

## BADENOCH MUSIC NIGHT

**December 1st and January 5th 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** at The Badenoch Community Centre 4217 Watson Rd S Puslinch. 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

## CHRISTMAS CONCERT & COMMUNITY CAROL SING

**Sunday, December 3rd at 7 pm.**

Freelton Strabane United Church, 1565 Brock Rd., Strabane. We invite you to join our musical family on December 3rd at 7 pm as we gather for our annual Concert & Community Carol Sing. Light refreshments to follow. Free will offering.

## COOKING WITH THE SAINTS

**Saturday, January 20, 2024 at 1 pm.**

Freelton Strabane United Church, 1565 Brock Rd., Strabane. A fun afternoon of cooking; how to cook and learning about the Saints and then enjoying what we have cooked! Limit of 10 people. Contact Office at 905-659-3380 to register

## EUCHRE

**Fridays, December 1st, 15th, and January 5th, 19th at 7 pm.**

Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Marie at 905-659-1021.

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## **"IT'S SEW FUN" SEWING GROUP**

**Mondays at 10:30 am.** No meeting on December 25th or January 1st Freelon Strabane United Church, 1565 Brock Rd., Strabane. For info, call Linda at 289-962-6737.

## **KNOX CRIEFF CHURCH CHRISTMAS COOKIE AND BAKE SALE**

On **Saturday, December 2nd** between 9 am and 12 at 7156 Concession 1, Puslinch, ON. Cookies, squares by the dozen (3 doz in a box for \$20 or \$7 a doz.), loaves, preserves along with crafts will be for sale. Preordering is available for pick up. Contact [kpccrieff@gmail.com](mailto:kpccrieff@gmail.com) or 905-659-0727. All proceeds go to charity. COVID-19 protocol will be followed.

## **ROBBIE BURN'S SUPPER**

**Saturday, January 27, 2024** Freelon Strabane United Church, 1565 Brock Rd., Strabane. Hold the date and join us as we answer the call of the Highlands as we celebrate the venerated Scottish poet Robbie Burns with a traditional Burns supper. For further details and reservation options call Manse Office at 905-659-3380 or check our website [www.freelonstrabaneuc.ca](http://www.freelonstrabaneuc.ca).

## **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](mailto: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.

## **TECH TUESDAYS FOR SENIORS**

**Tuesday, December 5th & Tuesday, January 16th** 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 am. No class on December 21st or December 28th. Resumes January 4th, 2024 "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**

Charming historic pioneer chapel for weddings, baptisms, small concerts. Visit [ellischapel.ca](http://ellischapel.ca). Contact Brenda Law at 519-767-2462 or [ellischapel@sympatico.ca](mailto:ellischapel@sympatico.ca)

#### **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 '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](http://whistlestoppreschool.com) or Contact Sandra Gunson 519-239-9878 or email [whistlestopteacher@gmail.com](mailto:whistlestopteacher@gmail.com).

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