

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 48, Issue 6 - February 2024

## Family Day Winter Classic

By Ken Williams

Mark your calendars ... the Optimist Club of Puslinch is once more hosting its Family Day Classic on Monday, February 19th.



Starting at the Community Centre, there will be a magic show at 11.30 -12.30, after which free hot dogs and hot chocolate will be served to the children.

At the Community Park, from 1-3pm, there will be a bonfire to keep you warm.



Archery, giant sling shot, snow shoes as well as a safety demonstration from the Fire Department will also be taking

place from 1-3pm at the Community Park.

Then at 3.45 there will be a fun scavenger hunt. Gather at the Community Park to learn more.

And you can also go on a Nature walk on the W. Stokely Trail.

Over at the Rink, there is human bowling from 1-2pm and then from 2-4pm there is family skating.



There's something for everyone in your family.

Since 2013 The Optimist Club of Puslinch has sponsored a weekend of fun events on Family Day weekend for the people of Puslinch and area.

They are looking for volunteers – musicians, face painters, clowns.

With its focus on Youth, the club supports 4H, Children's Foundation of Guelph Wellington, Kidsability, Scouts Canada, Sunrise Therapeutic Riding & Learning Centre, Tim Horton Foundation and many more.

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

For more info call 519 763-0309.

# Editorial

Happy New Year!

As I write this editorial, we are in the midst of our first big winter storm and Vinnie's article serves as a timely reminder on how best to navigate in the winter.

Much has been happening in the Township, as you will read in the Mayor's Message. It's important that we stay aware of the challenges we face as a community. Our thanks to those who serve on Council and are looking after our best interests.

Talking of community, it is time to celebrate the contribution made by Barb McKay, who recently received the Luella Logan Award. She has a long history of supporting several causes as well as serving on the Council.

The Historical Society is also celebrating its 40th Anniversary and invite you to check out the stories and information they have on file at their space at the Aberfoyle Public Library.

There are several fun events coming up – the Rotary South's annual Taste of Italy night on February 9, the winter family day hosted by The Optimist Club of Puslinch on February 19 and International Women's Day on March 6. We have also provided some special spots to celebrate Valentine's Day on February 14.

Hope to see you out and about at one of these events.

Take care, drive safe.

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 6 February 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)

### Note new email addresses:

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

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

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

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

Board members  
Barbara Bulmer, Barbara Chillingsworth,  
Kathy Holland.

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, February 9th, 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

## Mini Lakes:

Council authorizes Noise Exemption to permit use of a scare gun to scare away geese during prescribed periods and times on a go-forward basis subject to no complaints being received.

## Grant Allocations:

Council approves grants amounting to \$16,870 to Aberfoyle Agricultural Society, Aberfoyle Farmer's Market, Crieff Hills Retreat, Ellis Chapel, Whistlestop Preschool, Sunrise Centre, Friends of Mill Creek and Optimist Club of Puslinch.

## Property Tax Levy & Due Dates:

Interim property taxes billed at 50 percent of previous year's levy and due in two instalments February 29 and April 30, 2024.

## Management of Aggregate Resources:

Council receives December 2023 audit report from the Auditor General following review of the Ministry of Natural Resources management of the Aggregates Act.

## Fire Chief:

Council authorize staff to commence recruitment for the full time permanent position of Fire Chief and renewal of existing Shared Service Agreement with Twp of Centre Wellington until complete.

## Parks Revitalization:

Township receives \$3,000 donation from Puslinch Minor Ball for parks revitalization.

## Triton Water Canada:

Proposed by-law to authorize a Private Well Interference Complaints Resolution Agreement with Triton Water (formerly Nestlé Waters).

## High Speed Internet:

Governments of Ontario and Canada have announced funding for Rogers to complete high speed internet projects here in Puslinch. To serve 1,100 homes, concentrated mostly west of Brock Road, plus east of

Highway 6 and south of Highway 401. Completion end of 2024.

## Kerr Crescent Storm Water Management Facility:

Staff directed to approach County of Wellington requesting that a cost sharing agreement for maintenance of stormwater facility be established.

## Puslinch by Design Employment Land Study:

Council receives Draft Scope of Work prepared by Wellington County Planning. Study recognizes strategic importance of lands near the Highways 401 and Highway 6 corridors for future industrial designation.

## Hanlon Midblock Interchange:

Spring – Fall 2024 roundabout at WR 34 and Conc 7 to be constructed. Conc 7 will be closed, and traffic detoured onto Hwy 6/Hanlon between WR 34 and Maltby Rd.

When Midblock interchange and Conc 7 can be open, Hwy 6/Hanlon and WR 34 intersection will be closed for construction of new bridge over the Hanlon for WR 34.

To access WR 34 and/or Conc 7 traffic will travel through Hwy 6/Hanlon Midblock interchange.

## Open Gym on PA Days:

Recreation Advisory Committee provides comments for Council's consideration to have open gym times on school PA days.

## Budget 2024:

Proposed 4.9 percent tax increase in 2024 on the Township portion of the tax bill.

## Carter-Caulfield Farmhouse 880 Victoria Rd:

City of Guelph considering moving this municipally owned historic home to another area of the site, then sever the lot and sell it.

## Lake Road:

Black Cat radar device installed found 85 percent of vehicles scanned were driving 70 to 79 km/hr and does not warrant enhanced enforcement despite protests from residents to return alleged speeding hot spot back to its original speed limit.



TOWNSHIP OF PUSLINCH  
(519) 763-1226

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

Youth Advisory Committee Meeting:  
February 5th at 6pm  
Regular Council Meeting/Final Budget Approval: February 7th at 10am  
Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: February 13th at 7pm  
Recreation Advisory Committee Meeting: February 20th at 7pm  
Council Meeting: February 28th at 10am

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@sympatico.ca](mailto:ardyne.farm@sympatico.ca) or 519-822-8559.  
WDG COVID restrictions apply.

## Waste Facility (519) 837-2601

Open Wednesdays, Fridays and Saturdays 8 am - 4 pm. Located at 6922 Concession #4 between County Rd.#35 and Hanlon (Hwy #6)

# In Memoriams

## Rena Victoria Finlay

It is with deep sadness that the family announces the passing of Rena Victoria Finlay on November 27, 2023.

Rena was born near Bangor, in Northern Ireland and grew up on the family farm. After high school Rena trained as a teacher and helped to foster a love of reading and learning in many young minds.

Rena emigrated to Canada in July 1974 where she earned her BA at the University of Guelph by day while she worked by night.

Rena was brilliant with technology and ultimately worked in IT for Peplow Transport in Guelph then AI's Cartage in Kitchener for the rest of her career. She also volunteered her time with the *Puslinch Pioneer*.

Rena bought her home in Morriston in the summer of 1986 and loved her "wee stone cottage".

She retired early and enjoyed her garden and travelling for as long as she was able.

She visited many different countries and shared those travel journeys through her humorous story telling.

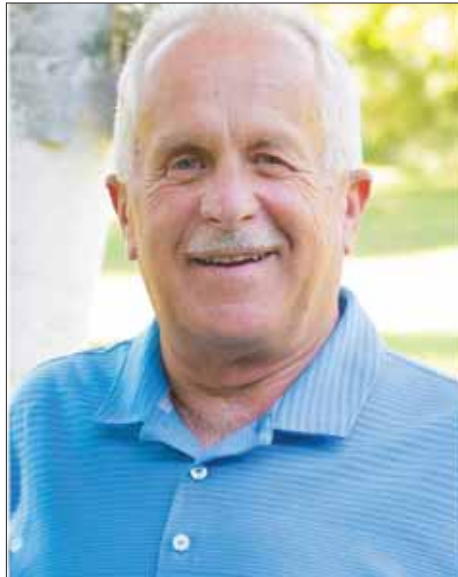
Rena will be missed by her many friends in the Morriston and surrounding communities and by her family overseas. She is survived by her brother Thomas in Australia and sister Florence in Northern Ireland.

She was predeceased by her parents, Molly and Terrence and her much loved younger sister Marie.

The family would like to thank all of who supported Rena in the community, the many friends who made her day to day life at home continue to be possible, the PSWs who came to be friends as well as caregivers, the community paramedicine team, and

the doctors and nurses on 4 East at Guelph General Hospital. You all played a part in allowing her to continue to reside in her home with respect and dignity.

## Jim Howlett



It is with great sadness that we announce the passing of James Edward Howlett (71) of Puslinch, Ontario on January 4, 2024 surrounded by family at the Guelph General Hospital.

James, fondly known as Jim, Jimmy, Howie or Grampa will be lovingly missed by his wife of 44 years, Lois; children Rob (Brandi) and Megan (Scott); grandchildren, Brady, Easton and Carson; sister Linda; predeceased by brother Robert (December 2023) and a host of extended family and friends who will forever cherish his memory in their hearts.

Jim was born to Henni and Roy Howlett on February 11, 1952 in South Porcupine, Ontario. During his early years he resided in many locations in both northern and southern Ontario. Landing in Guelph in 1966, he cemented his friendships and working relationships. Later, he finally found a place to call home in Puslinch.

Jim had a fulfilling 35-year career starting at the County of Wellington

followed by the Township of Puslinch where he served as a dedicated Public Works Director before retiring in 2010.

He was a fun-loving guy who enjoyed games and all kinds of sports - as long as he won! Jim was a consummate party planner. In fact, it was his hotel room that was "party central" for the Centennial CVI Grade 12, '71 Grad trip in Quebec City where Lois and Jim met. He was also the guy who organized the annual euchre tournaments since 1976, as well as fishing trips, curling bonspiels on the pond, golf tournaments, pool parties and maple syrup taste-offs.

His closest friends were treated like family and in return, he built a wonderful community around him. His sarcastic humour, family loyalty and profound presence will be missed, especially his special terms of endearment for those near and dear to his heart.

The family wishes to thank the GGH Emergency Team, the Surgical Team, Medical Support Staff and the ICU Doctors and Nurses, especially Jenn and Lisa for their dedicated support in Jim's compassionate care.

Soon after losing his father at the age of 8, Jim was offered the opportunity to go to a camp funded by the local YMCA; it was a lifetime opportunity which left a lasting impact on him.

A Celebration of Life took place Sunday, January 14 at the Puslinch Community Center, 23 Brock Rd. S., Puslinch, from 1:30pm-4:30pm with remarks starting at 2pm.

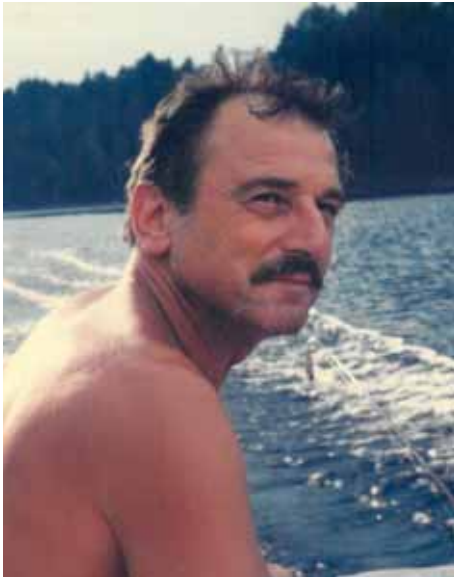
Arrangements entrusted to WALL-CUSTANCE FUNERAL HOME & CHAPEL (519-822-0051 / [www.wallcustance.com](http://www.wallcustance.com)).

In lieu of flowers, we encourage you to make a donation in Jim's honour to either your local YMCA or the Guelph General Hospital.

A tree will be planted in memory of James (Jim) E. Howlett in the Wall-Custance Memorial Forest.

# In Memoriam

## Kurt Huschka



The family of Kurt Huschka is sad to announce his passing peacefully on Tuesday, December 12, 2023 in his 84th year.

Along with parents Robert and Anna

and older brother of Bob, Kurt emigrated to Canada in 1948 after being displaced from their home in the Sudetenland region of Czechoslovakia during the Second World War.

Loving husband of Lorraine for over 63 years. Proud father of Michael (Iva) and daughter Susan Davidson. Fun, lovable Opa of Mathew, Nicholas and Anna. Adored by his nieces and nephews and their children and grandchildren.

Family and friends meant everything to Kurt, and he was the first to lend a hand when needed and always with a smile.

Kurt enjoyed a career as an exceptional precision machinist and foreman at Strite Industries, training and mentoring multiple generations of machinists but his true passion was gardening and landscaping. He thoroughly enjoyed creating beautiful flower gardens and planting trees and shrubs as well as building fireplaces, fishponds, outdoor furniture or anything else envisioned not only at his own home but also at those of friends and relatives. It was well known in his community that if you

needed help with something outside, the person to call was Kurt.

A lifelong love of the outdoors was experienced through camping, fishing, canoeing, hunting or simply cutting wood. Kurt loved to travel exploring almost all of Ontario, coast to coast of Canada, much of the U.S. including Alaska, Mexico, the Caribbean and Europe.

He could also be found on the tennis court and in the bowling alley or deep in a game of bid euchre or skat. Kurt was also renowned for his Octoberfest parties.

He has been blessed to spend the last 30 years at his retirement oasis on the front 50 acres of the family farm with Lorrie and their canine companions.

Kurt loved life and lived to the fullest.

At Kurt's request, there will be no funeral service. A Celebration of life will be scheduled at a later date.

In lieu of flowers, a donation to the Cancer Society would be appreciated by the family.

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**Rotary**



Club of Guelph South

**Don't miss out on our  
20th. Annual "Taste of Italy" Pasta Dinner  
Friday - February 9, 2024**

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Puslinch Community Centre**



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## In Memoriam

### Kenneth James Pearce



Passed away peacefully at Innisfree House, Doon (Kitchener), Ontario on December 2nd, 2023.

Predeceased by his wife, best friend and soulmate, Donna Mae Wake (December 3, 2016), parents: William John, "Jack" Pearce and Margaret Robena Louttit and brother Robert John. Survived by his children: Janice (Terry) Barnard, Robert, Gregory (Lisa), Douglas (Michelle).

Grandchildren: Christian (Jamielee), Amy (Mitch Kernick), Jordan (Jessica), Ben (Samantha), Brandon (Whitney), Courtney (Frank Thorne), Michael (Jessica), Stephanie (Brendan Kurtz).

Great Grandchildren: Judah, Jace, Griffin, Zoe, Ivy-Rose, Sawyer.

Ken's family received friends at Lounsbury Funeral Home, 1766 Franklin Boulevard, Cambridge on Sunday, December 10th from 2:00 – 3:00 p.m. followed by service at 3:30 p.m. and reception.

Special thanks to Innisfree House and their very caring and supportive staff.

In lieu of flowers donations to the Kidney Foundation, Diabetes Canada or Canadian Cancer Society would be greatly appreciated.

Condolences, donations and directions may be placed and found at [lounsburyfuneralhome.com](http://lounsburyfuneralhome.com), 519-658-9366.

## RIDE WELL

RIDE WELL is a demand based, public transit service available to all residents and visitors of Wellington County. The Government of Ontario is currently funding this pilot project.

Register, book, track, and pay for your ride! Service is available from Monday to Friday between the hours of 6:00 am - 7:00 pm.

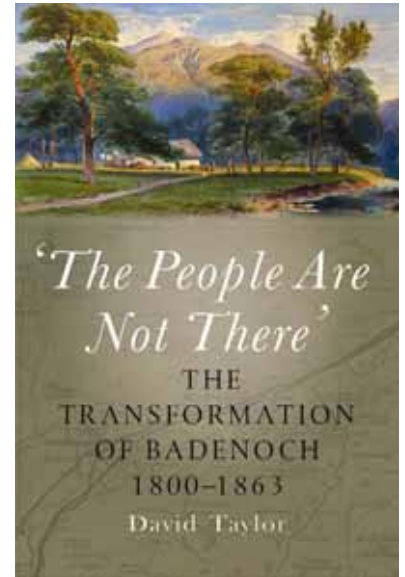
Download the RIDE WELL app on the App Store or Google Play Store, visit [www.ridewell.ca/book](http://www.ridewell.ca/book), or phone 1.833.900.RIDE(7433) to register or book your trip today!

RIDE WELL is available door-to-door in Wellington County and Guelph.

## Winter book reading

By John Clark

A little-known Scottish book might be worth a look, and what a surprise,



Puslinch Township has not been overlooked in David Taylor's *The People Are Not There – The Transformation of Badenoch (Scotland) 1800-1863*.

In actual fact, in Scotland, Mr. Taylor's book has been well received and has been named "History Book of the Year 2023".

For a once only reading, both the hardcover book and the e-book version are pricey, so a visit to the local library may be sensible.

It's a large amount of intense Scottish history, but still, Puslinch is there.





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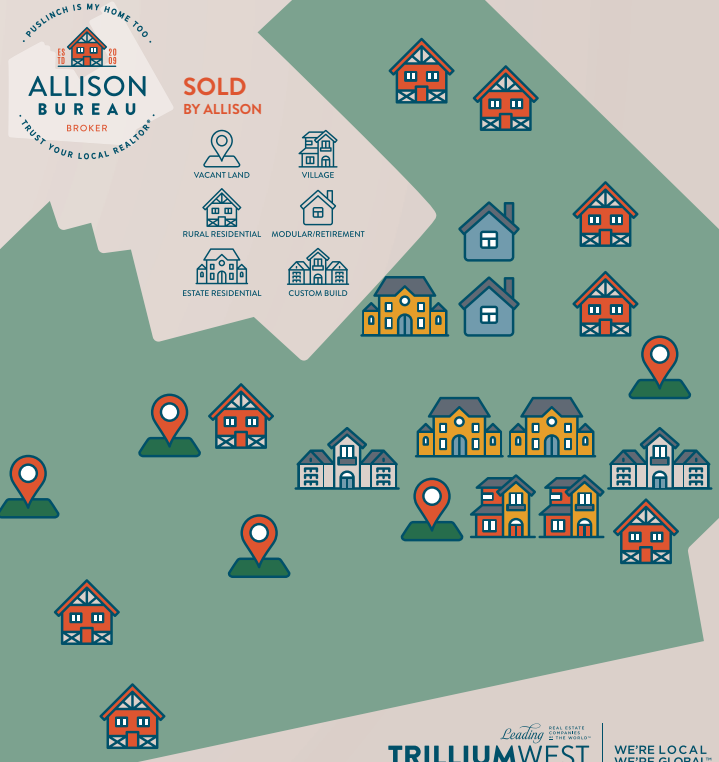
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# Taste of Italy, pasta night back on February 9

By Shelley Adlington



Rotary of Guelph South looks forward to hosting the upcoming annual 20th Pasta Dinner on February 9th, 2024, knowing our combined efforts will continue to make a difference in the community we serve.

Last year, on February 10, 2023, we were filled with anticipation as we prepared to host our 19th annual Pasta Dinner fundraiser after a two-year break due to COVID.

The event was once again held at The Puslinch Community Centre and was dedicated to raising funds for Sunrise Therapeutic Riding & Learning Centre and other Rotary projects .



The highlight of the evening was the Pasta Dinner, the Rotary members, along with a team of dedicated volunteers, worked tirelessly to ensure that every guest had a memorable experience.

The Pasta Dinner featured a classic Italian dish of meatballs and penne arrabiata. The chefs, (our own hard-working members) are known for preparing each dish with love and care, ensuring that every bite was bursting with flavour.

Laughter and conversations and the enticing smell of garlic and sauce filled the room as friends, families, and community members came together to support a common cause.

In addition to the Pasta Dinner, the event also featured a silent auction, where attendees had the opportunity to bid on a wide range of items generously donated by local businesses and individuals. We also introduced a gift card game which was a big hit.

The Rotary of Guelph South was overwhelmed by the support and generosity of the community and would like to express their gratitude to everyone who attended and contributed to the success of the event.

Special thanks to our last year's Table Sponsors:

- Capital Paving,
- Celia Clark,
- Croyden Management Services,
- Davies & Mahnke Private Wealth Management
- Isabelle Hodgkinson Journey Renovations,
- Linda Craig
- Montessaurus Puppy School,
- Paolo Fine Cheeses,
- Richard Van Dyke Insurance,
- Royal le Page,
- SRP Creations.

Held once more at the Puslinch Community Centre, doors will open at 5.30pm and dinner served at 6.00pm.

Tickets are \$25 for adults, \$15 for children aged 5-12 and \$10 for children under 5.

They can be obtained through Sunrise Therapeutic Riding and Learning Centre, (519) 837-0558 x31 or email [lynne@sunrise-therapeutic.ca](mailto:lynne@sunrise-therapeutic.ca) or through Canada Helps.

## A MESSAGE FROM SOLID WASTE SERVICES



# Tipping Fee Increase



**Tipping fees for waste loads increase from \$125.00 to \$130.00 per tonne for waste materials as of January 1, 2024.**

**For more information**

Please contact Solid Waste Services Division at:  
**T 519.837.2601 T 1.866.899.0248**  
[www.wellington.ca/sws](http://www.wellington.ca/sws)



TOWNSHIP OF

# PUSLINCH

EST. 1850

## Property Tax Reminder

Interim Bills will be mailed  
**February 1, 2024**

**DUE DATES:**  
**February 29, 2024**  
**April 30, 2024**

Questions? Please contact the  
**Tax Office at 519-763-1226 x106 or**  
[services@puslinch.ca](mailto:services@puslinch.ca)  
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# International Women's Day celebration on March 6

For our 13th year, the IWD Guelph-Wellington committee is excited to honour women from all ages and stages at our annual celebration of International Women's Day, at The Grand Guelph Banquet & Event Centre.

The 2024 IWD Guelph-Wellington event features a variety of appetizer and dessert stations, a marketplace of women entrepreneur vendors, and live activities.

In addition, this year we are joined by three amazing local women panelists for an open discussion about inclusivity and belonging, as we ask others to "Count Me In"; 2024 International Women's Day theme.

In our roundtable chat, our speakers will share incredible advice and insights on a topic that is a priority for so many of us.

We are excited to have Marva Wisdom join us as our moderator for this panel.

**Marva Wisdom** is a Senior Fellow at Munk School of Global Affairs & Public Policy (U of T) with a focus on Equity, Inclusion and Women's Study.

She is also a Fellow of the Environics Institute for Survey Research and was recently awarded the Order of Ontario for her selfless community engagement.



Marva Wisdom

**Leen Al-Habash** is the Project Manager for Guelph Wellington Local Immigration Partnership. Through her work, she knows too well the barriers facing immigrant women.



Leen Al-Habash

**Alex Bulmer**, who grew up in Puslinch, is an award-winning blind actor, playwright and film-maker who has worked extensively in Canada and the UK.



Alex Bulmer

**Vicki Olatundun** is the past executive director at Chalmers, a former attorney, social justice advocate and TED-x speaker who likes to challenge the status quo.



Vicki Olatundun

## Agenda

- 5:00pm Doors Open & Vendor Marketplace Open
- 5:30pm Bountiful Appetizer Stations Open
- 7:00pm Panel Discussion
- 8:00pm Dessert Stations & Continued Marketplace Shopping

Interested in being a vendor at IWD Guelph-Wellington? Fill out a Vendor Application or contact us at [iwd@guelphbusiness.com](mailto:iwd@guelphbusiness.com)

To purchase tickets which are \$67.80 in total, go to <https://www.eventbrite.ca/e/international-womens-day-guelph-wellington-2024-tickets-763700166757?aff=ebdssbdestsearch>

Hope to see you there!

  
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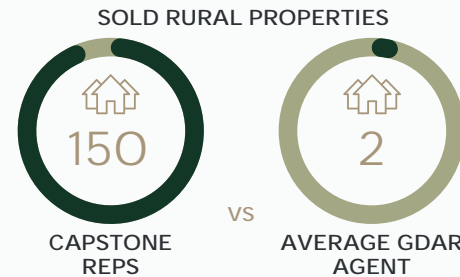
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# 2023 Luella Logan Award & Scholarship, go to Puslinch Residents

By Barbara Bulmer



Wellington County Council named Barb McKay the 2023 recipient of the Luella Logan Award for Outstanding Service by a Woman in Politics.

The Award comes with \$1500 which the recipient donates to a charity of her choice. Barb chose Wellington Women in Crisis.

With an undergrad BA from the University of Guelph Barb went on to get her Master of Social Work (MSW) from the University of Toronto.

She earned certificates in Gerontology, Sexuality, Death and Dying, Negotiation and Mediation, and Family Therapy.

As a social worker Barb worked at St. Joseph's Health Care Centre in

Guelph, and the Woodview Children's Centre in Hamilton.

And with her husband Don she still helps run a beef and sheep farm just south of Morrison.

In 1987 Barb joined Guelph-Wellington Women in Crisis (GWWC) and was part of the expansion into Puslinch of the agency's Rural Women's Support Program, now the Rural Women's Shelter Program.

She was also a member of the local Women's Institute, finding speakers for meetings.

Barb's contribution to the political life of Puslinch is impressive.

Before running for Council, Barb was appointed Puslinch representative on Hamilton Conservation Authority. When seeking a seat on Puslinch Council, she was the first candidate ever to knock on every door in the Township.

Barb was elected in 1997 serving for nine years. In 2006 she was elected to County council and served four years.

During her time on Puslinch Council she became part of the original Community Oriented Policing (COP) Committee, on the Puslinch Planning Advisory Committee, Wellington Community Futures and Wellington Farm Safety.

At the county level she served on the Social Services and Land Division Committees, St. Joseph's Health Care Board, and MacDonald Stewart (art Gallery) board.

Barb volunteered with the local Special Olympics committee for five years, participated in two Habitat for Humanity projects, ten years with Friends of Mill Creek, joined 100 Women Who Care, and joined medical, dental or optical projects in Central and South America with Medical Ministry International.

Barb is an avid reader, keen bridge player, enjoys golf and hiking, and special-interest movies. She has made volunteering part of her lifestyle that she says enriches the lives of those receiving assistance, and of those who participate.

Barb's advice to young people is, "Get involved in your community organizations. You are never too young. It's part of being good citizens".

It is clear that Barb McKay is a humanitarian: one who seeks to promote human welfare. She is also one who is very deserving of the prestigious Louella Logan Award recognition.

The Scholarship grants \$1500 to a young woman pursuing postsecondary studies in political science, public administration at a Canadian college or university.

County Council awarded the Luella Logan Scholarship to Claire Atkins of Puslinch.

Claire is currently studying for a BA degree in political science with a minor in economics at McGill University. Sincere congratulations to both recipients.

A black banner with white text and graphics. On the left is a large stylized 'CE' logo. To its right, the words 'CORE' and 'ELECTRIC' are written in large, bold, white, sans-serif capital letters. Below this, the words 'Residential', 'Commercial', and 'Industrial' are written in a smaller font, separated by lightbulb icons. On the right side of the banner, the phone number '519.827.7997' is displayed in a large, white, sans-serif font. Below the phone number, the website 'www.CoreElectricGuelph.com', email 'info@CoreElectricGuelph.com', and license number 'ECRA/ESA #7009619' are listed in a smaller white font.

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# Sharing the love



Here's a list of some wonderful Valentine's Day specials happening in Guelph and Puslinch.

**Bistro Reunion**, Morriston Live entertainment, special menu. 519.824.1878 [www.bistroreunion.ca](http://www.bistroreunion.ca)

**Borealis Grille and Bar**, Guelph Valentine's Day **3-course prix fixe meal**, View their menu. Available February 14, book online or call 519.265.9007

**Fixed Gear Brewing Co.**, Guelph **Love and Laughter Comedy Night**. Tickets are \$34.95 (+HST) and include an entrée, a beer flight including two feature Valentine's inspired beers, and admission to the show. Book your table online or call The Canteen 519.265.7026.

**Beer and Chocolatier**. Craft beer tasting paired with artisan chocolates, guided by their resident brewer at the Alma Street Tasting Room. Email [mallory@fixedgearbrewing.com](mailto:mallory@fixedgearbrewing.com), or call 519.265.7025 for more information or to book your space.

**Mijidaa Cafe and Bistro**, Guelph Offering a **3-course prix fixe chef curated menu** and feature craft cocktails. View their full menu. Reservations recommended, 519.821.9271 x 2.

## Reflect. Release. Renew.

Crieff Hills is holding a Weekend Immersion Yoga Retreat on Friday March 8 to Sunday March 10, 2024.

Join Missi Chenier, C-IAYT RYT 500 for a weekend turning the focus inward--a 'time out' to take the opportunity to check in with yourself, for yourself.

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

Yoga practices will include gentle yoga suitable for all, an introduction to pranayama, restorative yoga, and yoga nidra.

There is no prior yoga experience needed, this weekend is suited to any level of experience, and all shapes and sizes. All props are provided, and we even have mats if you don't have your own.

Single Occupancy \$560.00 + HST. Double Occupancy \$520.00 + HST

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

For more information, please contact us in the office Monday to Friday 9am to 4pm 519 824 7898 or [events@crieffhills.com](mailto:events@crieffhills.com)

## Navigating the Winter Chill

By Vince Klimkosz

As winter settles in with its icy grip, ensuring your car is prepared for the challenges ahead becomes paramount.

From plummeting temperatures to icy roads, the winter season demands extra attention to keep your vehicle running smoothly and safely.

Here are some essential winter car care tips to help you navigate the frosty roads with confidence.

### 1. Tire Maintenance:

Winter tires are not just a recommendation; they are a necessity in many cold climates. The specialized rubber compound and tread design provide better traction on snow and ice.

Check the tire pressure regularly, as it tends to drop in colder temperatures. Keep in mind that adequate tread depth is crucial for optimal grip, so consider replacing worn-out tires.

### 2. Fluid Check:

Fluids play a crucial role in the proper functioning of your vehicle, especially in winter. Ensure that your car has the right mix of antifreeze to prevent the coolant from freezing.

Additionally, check the oil, brake fluid, transmission fluid, and windshield washer fluid levels regularly. Use winter-grade windshield washer fluid to prevent it from freezing on your windshield.

### 3. Battery Health:

Cold weather can be particularly harsh on car batteries, often leading to unexpected breakdowns.

Test your battery's charge and replace it if

it's nearing the end of its lifespan.

Clean any corrosion on the battery terminals, as this can impede the flow of power. Consider keeping jumper cables in your car in case of emergencies.

### 4. Exterior Care:

Salt and ice on the roads can take a toll on your car's exterior. Regularly wash and wax your vehicle to protect the paint from corrosion.

Clean the headlights and taillights to ensure maximum visibility in low-light conditions.

Don't forget to clear snow and ice from all windows, mirrors, and lights before hitting the road.

### 5. Check Brakes:

Icy and slippery roads demand responsive brakes. Have your brake system inspected, including the brake pads and rotors, to ensure they are in good condition.

If you notice any unusual noises or reduced braking performance, address the issue promptly.

### 6. Emergency Kit:

Prepare for the unexpected by keeping a winter emergency kit in your car. Include items such as a blanket, flashlight, extra gloves, a first aid kit, and non-perishable snacks.

In case you get stranded in the cold, having these essentials can make a significant difference.

### 7. Wiper Blades and Defroster:

Clear visibility is crucial for safe winter driving. Inspect your wiper blades and replace them if they are worn out.

Consider using winter wiper blades that are designed to handle snow and ice. Ensure that your defroster is working efficiently to keep your windshield clear.

### 8. Drive Cautiously:

Adapt your driving habits to winter conditions. Increase your following distance, avoid sudden movements, and drive at a speed appropriate for the road conditions.

Be mindful of black ice, a common winter hazard that can be deceptive and extremely slippery.

By taking these winter car care tips to heart, you can enhance the safety and performance of your vehicle during the frosty season. A little preparation goes a long way in ensuring a smooth and secure winter driving experience. Stay safe on the roads!

# Support for Sunrise

By Lynne O'Brien



Therapy horse Jack inspects the cheque, while (L-R) Sunrise Riders Nicholas C and Jack I with Executive Director, Lynne O'Brien accept the cheque from tournament organizer Blake Sicard, Creative Landscape Depot.

Creative Landscape Depot held a charity golf tournament in support of Sunrise Therapeutic Riding & Learning Centre, a Canadian charity that provides programs for children and adults with a wide range of special needs from Guelph, Cambridge and surrounding communities for the past 40 years.

The Creative Landscape Depot Golf Tournament raised \$15,000 in support of the Sunrise programs. Each year hundreds of children and adults with special needs experience acceptance and empowerment while gaining life skills training, through interacting with the Sunrise therapy horses.

These horses are the champions, which includes an inclusive summer day camp, for children of all abilities, five years to teenage.

Through their generous support, Creative Landscape Depot continues to make these programs available.

# Whistle Stop Preschool

By Sandra Gunson

We are excited to be back at preschool after our Christmas Break.

The children have been busy this month discovering all things winter!

We have talked about dressing for the cold winter weather... activities that you can do in the winter and we learned about animals that hibernate during the cold long winter.

Looking back to November 2023 I wanted to highlight a very special visit we had with Jessica the Fire and Life Safety Educator with Puslinch Fire and Rescue.

Jessica made learning about fire safely with our group of preschoolers so much fun!

We learned about fire alarms – the importance of having a meeting spot – when to call 911 and how to “get low and go”. We even practiced crawling around the room, staying low!

Jessica showed us all the gear a firefighter wears and showed us we don't need to be afraid.

It is so important for the children to understand in the case of an emergency that the stranger in the uniform is there to help and bring them to safety.

Thank you, Jessica!



MARK YOUR CALENDARS BREAKFAST WITH THE EASTER BUNNY IS BACK!

We will be making this our annual fundraising Event!

Saturday March 23rd at the Puslinch Community Centre.

The Event was sold out last year!

Stay tuned for ticket information!

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# Mayor's Message

Hello everyone, I hope you had a great holiday season with family and friends. I want to take this opportunity to provide an update on items within the Township.

## Puslinch Community Centre

The upgrades to the PCC property are nearing completion. It is our expectation that all the new facilities will be open during 2024. We have reconstructed the tennis courts. Two courts will receive markings for pickle ball while the third will remain solely marked for tennis at this time.

New walking paths have been constructed. These paths are built in accordance with the accessibility requirements. Some paths did not receive asphalt topping as the path was within the GRCA regulated flood plain and that was not permissible.

You will be able to walk "loops" within the property, which is an excellent new feature to the PCC grounds. The rear large lit soccer field received a fresh layer of sod at the end of 2023. We are very excited to see our youth utilizing this new full size lit field in 2024.

## Aggregate

Puslinch is the host to many aggregate operations. Council and I have been keeping a very close eye on the operations within our Township. These operations under the planning act are intended to be interim land uses.

The reality is, they rarely surrender the license. Aggregate operation licenses and operational enforcement is entirely under the Provincial Governments area of jurisdiction. For us, these operations tend to turn into a tax and operational shelters.

The operations do not pay their fair taxes (leading to residential taxes making up that shortcoming) as well as being able to achieve land use permissions within the licensed area, which the Township may not otherwise endorse.

In short, we may start to see more industrial uses inside these aggregate operations as the Provincial Government loosens requirements or removes them entirely.

Through TAPMO I continue to advocate for the province to enforce compliance of aggregate operators to their site plans. TAPMO executive members were invited to participate with the Auditor General's Staff as part of their Value for Money Audit.

This audit looked at how well the Government is managing aggregate in Ontario. That report can be found here: ([https://www.auditor.on.ca/en/content/annualreports/arreports/en23/AR\\_mgmtaggregate\\_en23.pdf](https://www.auditor.on.ca/en/content/annualreports/arreports/en23/AR_mgmtaggregate_en23.pdf) ). The report is very alarming to Puslinch Council and TAPMO.

What we are seeing in Puslinch is a liberal approach to permissions granted in site notes. I believe when applications are brought forward, the intent is the aggregate from that site shall be processed on site. When exhausted, that interim land use (aggregate) in theory would cease and the license surrendered.

What we are seeing is the aggregate operations spreading similar to disease, using the first site as the processing location and importing material from other locations. When approving pits in Puslinch, is the intent that Puslinch process all material in perpetuity?

If so, the Public needs to know/understand this. I don't believe our community should have the impacts of aggregate from other Municipalities, I also don't believe portable/temporary processing equipment should be utilized to process raw material from off site for decades.

Portable/temporary processing plants are not required to meet the same standards as permanent plants, this is a loop hole that needs to be addressed.

These are just a few of many concerns I have around the aggregate operations in Puslinch. We will continue to advocate for strict compliance to site plans, in hopes to restore some public confidence in the approval and enforcement of this industry.

## Wellington Road 35 Bridge replacement

Unfortunately, even with every effort to have this bridge open for January of 2024, we were not able to make this happen.

The emergency bridge replacement has had significant impacts on our local roads; one especially is Sideroad 10. The increased traffic on our gravel roads required significantly more maintenance. Staff made every effort to detour traffic to the newly paved Concession 7. Unfortunately, this preferred detour was the "long" way around. People just opted to take our gravel roads.

Wellington County provided financial contributions to Puslinch to cover the additional cost of maintenance of our roads due to the detour, we are very appreciative of that contribution.

The timing of the construction of the new build is not reflective of a poor contractor, mismanagement by Wellington County Council or staff. As I stated earlier this is an emergency bridge replacement. Permits are required from third party organizations, which likely had other projects to review.

We did see some delays on permits being issued. With that, every attempt was made to have the bridge open by January of 2024. Staff will continue to monitor roads used as detours and continue an increased maintenance schedule.

## Paving roads Program

Puslinch Council continues to support improving gravel roads. Puslinch paved Concession 7 last year, marking the first time in 20 years a new segment of rural road was upgraded. I have been informed that each 3.8km of gravel road that is paved cost more than a million dollars to upgrade to paved surface.

Puslinch Council continues to increase the contribution to the gravel roads improvement reserve. This budget cycle will see an additional \$50,000 placed in the reserve. We will likely be paving another section of road in 2025 or 2026 budget cycles.

## Speeding

Myself and all of council understand speeding is a concern in Puslinch. The most important thing we can do is report our concerns to the OPP.

This accomplishes two things. The OPP is data driven for its deployment of resources. The OPP need to be aware of community concerns to help address them. This goes for all petty crimes too (looting items from your unlocked car), please report them.

Secondly by reporting speeding concerns it gives the OPP the opportunity to deploy devices that measure speeding, called Black Cats.

Your Wellington County Council is also taking a very close look at the OPP contract. Wellington County pays for additional officers beyond the "basic" OPP contract. County Council wants to ensure these additional expenditures are addressing the concerns we have in the community.

Wellington County is leading the way on electronic speed enforcement. The County created Community safety zones, which permit Electronic Speed Enforcement.

Aberfoyle is one of those zones. Once the program (electronic speed enforcement) is up and running Puslinch Council will be





### High Speed internet

I will be the first to admit I am not the expert on this topic. Councilor Sepulis has been working from the beginning with the Highspeed internet committee.

The worst kept secret was the funding provided jointly from the Provincial and Federal Governments to bring 50/10 (fibre) to Ontario.

Rogers is currently building out that infrastructure. The largest concern we have right now, is pockets that may be missed or skipped. The Highspeed committee is working on these concerns. It is very important that everyone check that either their home has 50/10 or the new build will be installed in your area.

### Budget

At the time of writing this, we have a proposed 4.8% tax increase. Puslinch Council and staff work very hard to reduce the impact to residents in these inflationary times.

Some may suggest cap budget increases at 2%. When you propose a budget increase that does not cover the needs of the organization, we have to cut some-

where. Things we can cut are, Winter Maintenance, Emergency response, Park Maintenance.

Puslinch Council is very proud of our current service levels and the quality of work our staff provides.

Puslinch receives 18% of your tax bill. If you pay \$5000 a year in taxes, 15% (\$1000) is education taxes, 18% \$900 is Municipal Taxes, 67% goes to Wellington County.

The Proposed 4.8 % increase is calculated against the Township portion of your tax bill. Puslinch receives a small portion of your tax bill, yet we provide the most noticeable services ( Winter Maintenance, Parks and Recreation).

Remember when you calculate our proposed tax increase; calculate it against 18% of your tax bill.

Thank you for taking time to read this update. Have a great winter season, if it ever arrives!

James Seeley

looking at creating more safety zones, and how to implement electronic speed enforcement. It is a possibility for Puslinch to create their own Electronic Speed enforcement program, however it would be very costly and expensive and likely will duplicate work being done at the County level.

I understand it may seem a slow process, however I believe it is in our interest to work with the County program vs build our own.

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# Human trafficking

By Tamsin Lambert

Recently, Crime Stoppers Canada and Safe Communities Wellington hosted an insightful talk on this subject at Aberfoyle Public School.

During the event, attendees were left almost speechless as Sarah Bowers-Peters, of Crime Stoppers Wellington, and Constable Beth Hickey, of Wellington County OPP, shared the results of a massive Ontario-wide law enforcement project called Project Maverick.

To assume our children are safe solely because our community has a lower crime rate is naive, to say the least.

As the facts started flowing at the talk, a local school's principal confirmed incidents brought to their attention in recent years, emphasizing the need for local parents and caregivers to be vigilant.

Drawing from the staggering information given during the talk, here are some key points I learned or had fortified that I want to share to help keep our teens safe from human trafficking and/or sexual image-based coercions.

## Establish Open Communication

Emphasized during the talk, open communication between parents and teens is crucial.

Creating a safe space where teens feel comfortable discussing their experiences, concerns, and online activities can prevent them from becoming vulnerable to traffickers.

## Educate Teens about Online Safety

Human traffickers often exploit the

internet to target and groom potential victims. Educating teens about online safety, responsible social media use, and the potential risks of sharing personal information online is crucial.

Encouraging caution when interacting with strangers online helps mitigate the risk of falling prey to online predators.

## Know Your Teen's Friends and Activities

Understanding your teen's social circle and being aware of their activities is essential. Establish connections with their friends and their parents to provide an additional layer of protection.

Educating teens about the importance of only allowing known friends into private chats helps mitigate the opportunity for grooming.

## Be Aware of Warning Signs

Crime Stoppers Canada highlighted several warning signs that may indicate a teen is at risk of trafficking.

These signs include changes in behavior, health, and hygiene, alterations in social circles, personality shifts, and changes in schedule.

Recognizing these indicators and fostering open communication, the talk stressed the importance of having a phone/online contract to navigate your instincts.

Other behaviors to watch out for are unexplained absences, possession of expensive gifts, or involvement in an abusive relationship.

Being vigilant and recognizing these indicators can prompt timely intervention to protect the teen from further harm.

## Keep your Kids Cyber Safe

As mentioned, having a device contract is important to ensure your child is behaving properly online. The analogy used in the talk was "You wouldn't give your kids the keys to a Ferrari without driving lessons".

Ensuring all of your privacy settings are high, and keeping personal information and location off of public posts and chats was also mentioned.

As AI (artificial intelligence) gets smarter it is easier for strangers to locate someone based off of landmarks in photos. Ask your kids about who is sending them DM's (direct message) and keep the communication open about what they are talking about while online.

By fostering open communication, educating teens about online safety, staying involved in their lives, recognizing warning signs, and promoting empowerment, parents and guardians can play a pivotal role in preventing the victimization of their children and teens.


## What to do if your child or teen receives something inappropriate?

Advise your kids to bring it to you and not delete it before you can see it, enabling you to inform the police, the school, or other trusted associations.

After contacting the police, delete the image and do NOT forward it to anyone, even to show a friend the disturbing image your child received.

The hope is that the more information and education is shared around cyber safety and safeguarding our kids the less access these criminals will have to youth.

For more information on Crime Stoppers Canada and their initiatives, visit *Crime Stoppers Guelph Wellington* or *cybertip.ca*.

<p><b>CREMATION</b> <b>\$1985<sup>+HST</sup></b> If prearranged and prepaid by December 31, 2024</p> <p><b>All Inclusive</b> <b>No Extra Fees</b> <b>or Hidden Charges</b></p>	<p><b>WALL-CUSTANCE</b> <b>FUNERAL HOME &amp; CHAPEL</b></p> <p><small>Locally owned and operated by Scott &amp; Betty Ann Young 206 Norfolk Street, Guelph, ON N1H 4K3 519-822-0051 www.wallcustance.com</small></p> <p><b>Includes:</b></p> <ul style="list-style-type: none"><li>• Transfer of deceased from place of death to crematorium (within 100km)</li><li>• Identification of deceased at funeral home if requested before transfer to crematorium</li><li>• Coroner and death registration fee • Cremation casket • Cremation fee</li><li>• Container to hold cremated remains ~ urn not required</li><li>• Holding of cremated remains at funeral home until final disposition is arranged</li><li>• Procurement of all legal documentation • Unlimited copies of death certificate</li><li>• Notification of CPP/OAS or other agencies; Filing of CPP death benefit and survivor benefit forms</li><li>• Memorial tree for Wall-Custance Memorial Forest - 400 acre Arboretum at the University of Guelph</li></ul>	 <p>Taylor Young</p>
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# Puslinch Resident Receives OPP Commissioner's Citation for Lifesaving Award



In a picturesque town on a sunny afternoon, Vince and Kimberley Klimkosz set out for a week-long vacation at their family cottage in Kincardine.

Seeking a change of scenery during the pandemic lockdown, the couple found themselves strolling through downtown Kincardine.

Disappointed to discover that the lighthouse museum and Walker house were closed due to pandemic rules, they decided to head back to their vehicle parked at the Marina.

As they meandered along, taking in the views of sailboats and the bridge, the tranquility of the moment was shattered by a sudden loud bang.

Their attention turned to a silver sedan crashing through the boat launch fence and plunging into the water below.

Without hesitation, Kimberley and Vince rushed to the scene, where the vehicle was rapidly filling with water, perilously close to submerging completely.

Kimberley, displaying remarkable courage, quickly discarded her shoes and, fortunately already clad in her bathing suit from an earlier swim, dove into the water.

Her immediate goal was to open the car door and free the occupants trapped within. Despite her valiant efforts—diving down to the vehicle three times—she found herself unable to access the submerged car as it sank further into the deep water.

Help arrived swiftly, but by then, the vehicle was no longer visible, marking a tragic turn of events. Regrettably, an elderly couple lost their lives that fateful day.

Kimberley, however, humbly believed she had not done anything extraordinary and initially resisted the acknowledgment that would follow.

Despite her efforts to evade recognition, the Ontario Provincial Police (OPP) pursued Kimberley for almost a year to present her with the OPP Commissioner's Citation for Lifesaving Award.

The award, along with two Lifesaving pins, was finally presented to Kimberley at her husband's workplace. The OPP, recognizing the rarity of receiving two lifesaving awards, commended Kimberley for her courageous actions on that unforgettable day.

It is a testament to her character that Kimberley, though hesitant to accept the accolade, should take pride in the recognition bestowed upon her.

In the midst of tragedy, her bravery and selflessness stood out, prompting the OPP to acknowledge her exceptional efforts.

Vince and Kimberley express their sincere gratitude to the OPP, firefighters, the dive team, and the officers who provided solace and support to their family in the aftermath of the heartbreaking incident.

# Family Activity

By Julia Preston



In Sesame Street fashion, this month's column is brought to you by the letter 'F.'

We're taking inspiration from the sixth letter of the 'alfabet,' to show that even if the weather is freezing, February can still be fun.

Here are some ideas to get outside this month.

## Find it

Find as many things as you can that start with the letter 'F.' Frost, fallen leaf, flower, fluff from a milkweed, feather, fur, flake of snow, footprint. Be creative.

For little kids, this search can help them associate the letter with the sound and the objects they find. Bigger kids can write a list of what they find or even sort their list into 'alphabetical' order.

## Hike of the month

Stick with the letter 'F' and come up with some creative hikes. Maybe you'll visit a forest or a farm. Bring along some food, family or friends.

Hike for 4km. Set a goal to go for 15 hikes in February. Whatever you do, it will be Fun with a capital 'F.'



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# COOK'S CORNER

By Barbara Paterson

*Now that the holidays are over, it may be time for simple, economical foods to see us through the winter.*

*With that in mind, I have featured potatoes and pasta in this month's recipes. The tortilla is a very common staple in Spain and is easily made.*

*The fusilli dish may become your go-to pasta recipe and you can vary it with different types of pasta and sausage.*

## Tortilla with Red Pepper



- 6 tbsp. olive oil
- 1 pound of potatoes, diced
- 1 Spanish onion, chopped
- 1 red bell pepper, chopped
- 5 eggs
- 1 tbsp. chopped fresh parsley
- Salt & pepper

1. Heat olive oil in a large, heavy, oven-proof skillet.\* Add potatoes, onion, bell pepper. Cover and cook over low heat 15 to 20 minutes until soft but not brown, stirring occasionally to prevent sticking.
2. Drain off and reserve oil. In a bowl, lightly beat eggs. Add the potatoes, onion, bell pepper and chopped parsley. Season with salt and black pepper. Let stand 10 minutes.
3. Wipe skillet with paper towels. Add enough reserved oil to cover skillet bottom. Add egg mixture, spreading it evenly in skillet.

4. Cook in oven at 350°F until eggs are set. Place under broiler to brown top. Serve warm or at room temperature. Serves 4 main-dish servings or 8 tapas.

\* You can also cook on top of stove and then put it under broiler.

## Fusilli with Sausage



- 2 tbsp. butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tsp. oregano
- ½ tsp. each basil and salt
- Pinch hot pepper flakes
- 1 lb. Italian sausage, cut into bite-size chunks\*
- 28 oz. (796 ml) can diced tomatoes
- ¼ cup tomato paste
- 1 cup 18% cream
- 12 oz. fusilli or rigatoni pasta

1. In a large saucepan, melt butter over medium heat. Cook onion and garlic for 2 minutes. Stir in oregano, basil, salt and hot pepper flakes and cook for 1 minute.
2. Cook sausage chunks in a frying pan.
3. Add sausage to onion mixture, along with tomatoes, tomato paste and cream. Bring to a boil; reduce heat and simmer uncovered, stirring occasionally for 15 minutes.
4. Meanwhile bring a large pot of salted water to a boil. Add pasta; cook according to package directions. Drain well; return to pot. Pour in the sauce, stirring until pasta is well coated.

\* I use mild Italian sausage.

# Thank you

By Catherine Featherston

The Optimist Club of Puslinch would like to thank all of the sponsors, volunteers and community members who came together to make this year's Puslinch Santa Claus Parade a huge success!

The weather held off just long enough for the parade, including the marching bands, horses, cute little elves, friendly clowns, a grumpy grinch and a very jolly Santa to make it down to the shelter of the ORC!

Inside, excited children shared their Christmas wishes with Santa while the community warmed up with hot chocolate and hotdogs.

Neighbours mingled while the band played festive carols. It was a joyous atmosphere and a wonderful way to 'Unwrap the Magic of Christmas'!

As a result of the parade, a donation of 653 pounds of food was delivered to the food-bank and \$1000 in gift cards were donated to the Adopt-a-Family program.

This wonderful event is made possible through the generous support of our local businesses, organizations, and community

A Change of Pace Restaurant, Aberfoyle, Benson Tire, Blue Triton Brands, Carl Bousfield, Brennan's Tire Service, Bryan's Farm & Industrial Supply, CK Vernon Construction, Capital Paving, County of Wellington, Roads Dept, Aberfoyle DLP Heavy Haul Inc, Dar Max, Don Davidson, Dr. Abe Aho, Farley Manufacturing, Great Wall Restaurant, Hammond Power Solutions, Henry Deter, Ken Tosh, Michael's Mobile Truck & Trailer Repairs. North America Construction, OPP, Robert Hammond, Reefer Sales & Service, Shar-a-Tree Christmas Trees, Township of Puslinch, Township of Puslinch Fire Dept, Victoria Park East & Valley Golf Club, Vinnie's Mr. Fixit, Wall- Custance Funeral Home, Wellington Systems.

Congratulations to June Williams, the 2023 Parade Committee and the Optimist Club of Puslinch on another very successful event.



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# Telling our story

By Marjorie Clark

The Puslinch Historical Society is happy to announce that 2024 will mark the fortieth year of its activities in the Township.

In the early 1980's, a few historians and genealogists were quietly working in Puslinch. Noting this, in October 1983, Gary Collins invited a small group to her home and proposed that an organization be formed.

Successive meetings were held in early 1984, resulting in the founding of the Puslinch Historical Society by 26 members.

The aim was stated as to research, collect, preserve, and share the history of our township and the genealogy of its families.

Jean Barber was the first president and Marjorie Clark, the first secretary-treasurer. The group held its first meeting, with a speaker, in May 1984 in the basement of Morryston Mount Carmel United Church.

Shortly thereafter, the new society had

a collection of printed history, housed in one drawer of a filing cabinet in a corner of the new Aberfoyle Library.

Puslinch Township Council offered the use of a room, shared with the O.P.P., in the Puslinch Municipal Office, in 2002. This room was promptly stuffed with information. A larger room was provided in the Aberfoyle Library in 2010.

The PHS Archive is open to all every Saturday from noon to 3 p.m. and research help is always available. The group has assembled an excellent collection.

Members have hosted researchers to the Archives from Germany and Scotland, New York City, Virginia, Florida, Kansas, California, Utah, Oregon, as well as from the Canadian West, Ontarians, and local residents.

Drawing on this extensive collection, members have responded to hundreds of queries by e-mail and letters, over the years.

The Society published two books by member, Anna McCormick Jackson, *David Stirton, A Man of Many Talents and Puslinch Lake and Its Past*, as well as *The McPhatter Letters and Puslinch Profiles 1850-2000*, a group effort to commemorate the Township's 150th

anniversary.

Individual members have contributed their own written publications to the storehouse of information.

Meetings have presented interesting guest speakers. Many events have been held throughout the years. "Spirit Walks", featuring stories about selected early Puslinch inhabitants, read at their gravesides, and historical walks in villages and on streets have proven popular.

These were produced by Betty Andersen and Lynn Crow.

You are invited to view selections from our spectacular photograph collection at the Optimist Canada Day breakfast and at Aberfoyle Fair, this year, 2024.

The group acquired a website about 2002 – [www.puslinchhistorical.ca](http://www.puslinchhistorical.ca). A newsletter, currently published twice a year, updates interested parties on our activities and acquisitions.

The Historical Society has been telling the story of Puslinch and its people for forty years.

There is more to be done. Would you like to join us? Contact [marjorie@clarksoftomfad.ca](mailto:marjorie@clarksoftomfad.ca)



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

The Township of Puslinch is seeking nominations to recognize the dedication, accomplishments and outstanding contributions made to our community by one of Puslinch's remarkable seniors (65 years and older). Nominations will be accepted from February 23, 2024 until March 28<sup>th</sup> at 4:30 PM.

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

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

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# YOUR HEALTH MATTERS

By Dr. Laura M Brown ND

## Blood sugar issues? If answer yes...Then ask "How is sleep?"

If the answer is "Not long and not great, and I'm usually tired in the morning." here's how blood sugar and sleep are related.

Do you snack into the late evening, usually on cookies or chips? This habit interferes with sleep and metabolism. Poor sleep affects hormones.

**Cortisol** – When you don't get quality sleep, the stress hormone cortisol increases, which releases stored glucose; chronic exposure contributes to waist area weight gain.

**Insulin** - Increase in cortisol triggers release or stored glucose, making it harder for insulin to properly regulate sugar. Blood sugar highs and low and disrupts the next night's sleep.

**Ghrelin and leptin** – Hunger and satiety hormones misalign with poor sleep, stimulates strong cravings for quick energy sources like doughnuts, orange juice, sugary cereal or other processed foods.

How do you get off this roller coaster? Blood sugar is regulated better with regular whole food meals. The body responds well with low to no alcohol or processed foods.

Big meals consumed at least two hours before bed gives some time for digestion, and, if hungry later, a small high protein snack high in fibre and protein is generally helpful.

Sources like nuts and seeds, lean cuts of meat, legumes, beans, high protein plain unsweetened yogurt are a great option.

The body loves routine! Going to bed at the same time and wake at the same time every day, including weekends can be helpful.

Early morning light exposure can aid in regulating the circadian rhythm. This can be as simple as a 15-minute walk on rising.

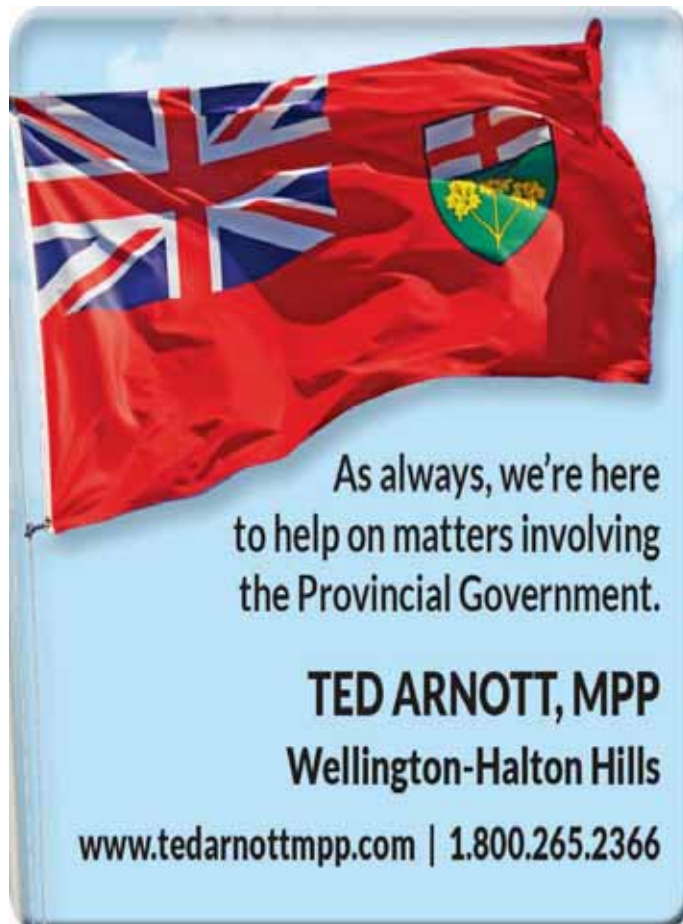
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Our Story Times are designed to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Drop in. Thursdays, February 1 and 8 from 11:00 – 11:45 am

## Book Club – First Friday (Adults)

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

## Scrabble Club (Adults)

Join us for casual word building entertainment. Please register. Wednesdays, February 7 and 21 from 2:00 – 4:00 pm

## Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, February 8 and 22 from 5:30 – 7:00 pm

## Hooks and Needles (Adults)

Bring your own project and join others for knitting, cross-stitch, and other fibre arts. Drop in. Fridays, February 9 and 23 from 11:00 am – 12:00 pm

## Creative Kids (Kids/Tweens)

Get crafty and learn new things with

DIY and other hands-on activities just for kids. Please register. Wednesdays, February 14 and 28 from 3:00 – 3:45 pm

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Learn to sew with knit fabric while making a top you can wear! Previous experience using a sewing machine is required. Ages 12 to adult. Please contact staff for fabric requirements prior to class. Please register. Saturday, February 17, 10:30 - 12:30

## Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, February 20 2 – 3:00 pm

## Craft and Create - 3D Papercraft Shadow Box (Adults)

Use a Cricut design to make a stunning framed piece of 3D art! All materials supplied. Please register. Tuesday, February 27 1:30 - 3:00 pm

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Box, C. J. Three-Inch Teeth

Burke, James L Harbor Lights  
Hannah, Kristin The Women  
Kellerman, J The Ghost Orchid  
Mallery, Susan The Summer Book Club  
Orange, Tommy Wandering Stars  
Paris, B. A. The Guest  
Patterson, J Crosshairs  
Phillips, Susan E Simply the Best

## Non-Fiction

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Coll, Steve - Achilles Trap: Saddam Hussein, the C.I.A., and the Origins of America's Invasion of Iraq

Crosley, Sloane - Grief Is for People

Devlukia-Shetty, Radhi - JoyFull: Cook Effortlessly, Eat Freely, Live Radiantly (a Cookbook)

Duhigg, Charles - Supercommunicators: How to Unlock the Secret Language of Connection

Evans, Richard Paul - Sharing Too Much: Musings from An Unlikely Life

Gregory, Philippa - Normal Women: Nine Hundred Years of Making History

Ranganath, Charan - Why We Remember: Unlocking Memory's Power to Hold on to What Matters

Tornio, Stacy - Ultimate Wildlife Habitat Garden: Attract and Support Birds, Bees, and Butterflies

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## Ask the expert

By Margaret Stewart

*Question: As prices at nurseries rise, how can I increase my garden stock or grow vegetables more economically?*

Answer: Seeds!

It's that time of year when gardeners spend inordinate amounts of time poring over seed lists—online, catalogues, local seed exchange programs.

Seed gathering and sowing are, in fact, two of the most addictive and exciting areas of gardening.



It's just so gratifying to watch the seed you've planted bear fruit, develop swoon-worthy flowers, or grow into a future shrub or shade tree that becomes protection or home for various creatures.

My 5 metre Kentucky Coffee Tree, grown from seed, excites me even more than the first crunchy peas or the first bloom on a rare, hard to source perennial.

And I would just like to say here, while many people think first of seed



ing vegetables and annual flowers, don't shy away from starting tree seeds. Many are straightforward, and your efforts are for the future—this is so important.

When your ordered seeds start to arrive, and your non-gardening partner sighs more notably with each arrival, you secretly wonder what has possessed you.

What on earth are you going to do with all those seeds, how are you going to germinate them or grow them on into the productive and beautiful plants in your mind's eye?

Ignore your misgivings! Recognize that seeds are amazing—even the tiniest, dust-resembling seed holds a future plant. And they are so varied. How is that not entrancing?

Furthermore, a packet of seeds is much cheaper than purchasing potted plants. Many seeds will keep for years, so you don't have to plant the whole package the year you order—you will have some for subsequent years.

You might even get interested enough to start saving your own seeds.

A few generalities:

Most annual seeds are easy to germinate. Seeds need moisture, air and

light, in varying degrees.

Seed packets come with instructions. In general, follow these. If you are ordering rare and unusual seeds, research germination requirements.

There is so much information quickly available now.

The Ontario Rock Garden Society has an excellent accessible germination guide online for hundreds of perennials.

On his website Gardenmyths.com local master gardener Robert Pavlis has posted several helpful seed starting techniques.

Use a good seed starting mix. Invest in LED grow lights if you can. I'm still using an ancient light stand with fluorescents; these work just fine too.

Remember to lower lights close to sprouting seedlings. Use pots, trays, plastic salad containers—anything with enough depth for roots to grow.

If you don't have room for lots of pots, distribute seeds on a moist piece of paper towel and insert in a baggie. Keep on a counter.

You can watch seeds germinate, and then transfer to a pot (handle seedlings by their leaves, not their stems). Not all seeds are viable, so this method avoids some empty pots.

If your seeds need a cold period (stratification), unlike pots, baggies take up little space in your fridge.

Or google Winter Sowing—this works very well for many perennial seeds, especially natives.

So, take the plunge. Grow something from seed. Like everything else about gardening, you learn by doing.

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Webpage: [www.ebenezeruc.ca](http://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.),  
Strabane, ON LOR 1K0  
Church Office - 905-659-3380  
[www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca)  
Facebook: *freelton and strabane united church*

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Minister - Rev. Will Wheeler BA M. Div.  
Sunday Worship at 10:30 am

## KNOX PRESBYTERIAN CHURCH, CRIEFF

7156 Concession 1, Puslinch, ON NOB 2J0  
519-824-8757  
[www.pccweb.ca/knox-crieff/](http://www.pccweb.ca/knox-crieff/)  
[www.facebook.com/knoxpresbyterianchurch,crieff](http://www.facebook.com/knoxpresbyterianchurch,crieff)  
• Sunday Worship at 10 am.

## MOUNT CARMEL-ZION UNITED CHURCH

in Morrision at the corner of Church & Victoria Streets, Morrision, ON NOB 2C0  
Minister: Rev. Margaret Ruggles  
519-822-8610  
[www.morrisonunitedchurch.com](http://www.morrisonunitedchurch.com)  
Email: [morrisonunitedchurch@gmail.com](mailto:morrisonunitedchurch@gmail.com)  
• Sunday Worship at 10:30 am.  
Monthly donations to Chalmers Community Services Centre for the month of February 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.

## OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

79 Freelton Road, Freelton, ON LOR 1K0  
905-659-3305  
Fr. Arpee Urquico  
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• Saturday: 5:00 pm  
• Sunday: 9:00 am and 11:00 am.

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[www.guelphsa.ca](http://www.guelphsa.ca)  
Email: [GuelphSA.office@salvationary.ca](mailto:GuelphSA.office@salvationary.ca)  
Majors Peter and Lee-Ann van Duinen  
• Worship Service: Sunday 10:30 am  
• Sunday School: 10:30 am (Age 2 to Grade 6) Please check the website for more information.

## SEVENTH DAY ADVENTIST REFORM MOVEMENT CHURCH

We welcome you!  
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905-659-1229  
email: [dorin\\_sdarm@yahoo.com](mailto:dorin_sdarm@yahoo.com)  
[www.sdarm.ca](http://www.sdarm.ca)  
Elder: Paul Gavric  
Pastor: Dorin Burca

## ST. JAMES' ANGLICAN CHURCH

520 Ellis Rd. (beside Hespeler Arena, west of Townline Rd.) Hespeler - Cambridge, ON  
N3C 0E6  
Rector Rev. Marita Williams  
519-572-2698 or [rector@stjamesang.ca](mailto:rector@stjamesang.ca)  
Honorary Priest: Rev'd John Phillips  
Website: [www.stjamesang.ca](http://www.stjamesang.ca)  
Facebook: <https://www.facebook.com/stjamesang>  
• Sunday Services  
8:30 am Holy Eucharist - Traditional  
10:00 am Holy Eucharist 1st, 2nd, 4th and 5th Sundays  
Morning Prayer 3rd Sunday  
Sunday School & Nursery at 10 am Service.

# Community Events

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

## BADENOCH MUSIC NIGHT

**February 2nd** and **March 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** 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

## COOKING WITH THE SAINTS

**Saturday, February 24th** 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

## CRIME STOPPERS - NO ROOM FOR HATE

**Thursday, February 22nd** - 2:00 to 3:30 pm. at Puslinch Community Centre. A public service presentation designed to increase awareness of Hate Crime in rural communities like ours hosted by the Baha'i Community of Puslinch. No fee. Everyone welcome. For more information please call 519-767-0636.

## EUCHRE

**Fridays, February 2nd and February 16th** at 7 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Marie at 905-659-1021.

## "IT'S SEW FUN" SEWING GROUP

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

## STUDIES & STUDIOS EVENT

**Sunday, February 4th** Freelton Strabane United Church, 1565 Brock Rd., Strabane. Save the Date. For further details, call Manse Office at 905-659-3380 or check our website - [www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca)

## TECH TUESDAYS FOR SENIORS

**Tuesday February 6th and February 20th** at 1 pm. Freelton 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

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

## WORLD DAY OF PRAYER

A World Day of Prayer service will be held at Mount Carmel-Zion United Church, Morrision, **Friday, March 1, 2024** at 10:00 a.m. All members of the community are welcome. For more information, send a message to [morrisonunitedchurch@gmail.com](mailto:morrisonunitedchurch@gmail.com).

# Inside the Back Page . . .



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## Community Announcement

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

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

### **BOOKING AGENTS**

#### **ARKELL UNITED CHURCH**

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

#### **BADENOCH COMMUNITY CENTRE**

Inquiries call Ami DeVries at 226-979-0355.

#### **DUFF'S CHURCH**

Contact the church office at 519-763-1163 or email [office@duffschurch.ca](mailto:office@duffschurch.ca).

#### **FREELTON STRABANE UNITED CHURCH**

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

#### **HISTORIC ELLIS PIONEER CHAPEL**

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#### **OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE**

Call 519-763-1226 or email [services@puslinch.ca](mailto:services@puslinch.ca)

#### **CROWN CEMETERY PUSLINCH**

Crown Cemetery Puslinch is located north of Morrissett at Brock Road and Highway 401. It is a non-profit cemetery operated

by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials. For more information please visit our website at [www.crowncemetery.ca](http://www.crowncemetery.ca) or contact Darlene Harrietha at 519-822-0874 or email [darleneharrietha@gmail.com](mailto:darleneharrietha@gmail.com).

#### **EarlyON PLAYTIME**

Is a free drop-in program for parents and caregivers with children birth to 6 years. It runs on Tuesdays and Thursdays at the Puslinch Community Centre from 9:30-11:30am. Check the EarlyON Guelph Facebook page for up-to-date cancellations.

#### **FREELTON LIONS CLUB**

Are looking for new members and volunteers men and women for our club. We sponsored a number of charities over the years. If you are interested in helping or joining please contact Jim Munday at 905-921-0095 or email [jkmunday@bell.net](mailto:jkmunday@bell.net).

#### **THE FRIENDS OF MILL CREEK**

Meet at the Puslinch Community Centre at 3:30 pm. on the third Wednesday of every month (except August). If you share our passion for protecting this precious resource for future generations, and in developing this resource for the next generation of conservationists, join us. For more information <http://www.friendsofmillcreek.org>.

#### **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)**

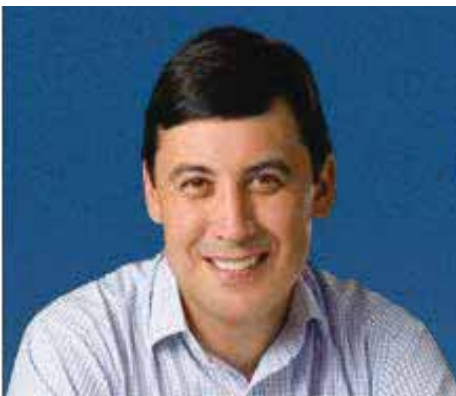
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#### **WHISTLE STOP PRESCHOOL**

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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