

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 47, Issue 9 - May 2023

Spring awakening...

By Anne Day

When you think of Spring, what comes to mind for you?



Seeing the photos of the newborn lambs, did it for me.

Meet Thunder and Lightning. Born during a recent thunderstorm, their names seem so appropriate.

They are in good company too, as ten lambs will soon have arrived at Crieff Hills Retreat and Conference Centre.

They are Soay sheep, a primitive breed, originally from Scotland. Small in size, they are not shorn, but hand-stripped or rooing as it is called in Scotland.

With a flock of close to 20 sheep, their main job, reports Kristine O'Brien, Executive Director, is to eat the buckthorn every day, a task they undertake with great relish.

As well as the sheep, the Centre also is home to numerous, productive hens and ten colonies of bees.

Several kitchen gardens can be found around the property – growing edible flowers and herbs, heirloom vegetables, as well as other fruits and vegetables.

To assist, a new farm manager is now in place - Gillian Murphy, who has managed farms from Nova Scotia to British Columbia and brings a wealth of experience.

"Much of the food we produce, explains Kristine, is used to harvest our dining room and we plan to sell to restaurants too."

The vision of the Crieff Hills Retreat and Conference Centre is to provide rest and renewal, recognizing that there is much healing to be found in the earth.



To that end they have been offering special retreats to health care professionals, ministers, and those in the social service sector.

COVID took a toll on everyone but especially those helping others, and Kristine wants to offer a safe haven so individuals and groups can find peace and calm as they embrace nature and their surroundings at the Centre.

Coming up there will be a special Mothers' Day tea. Check the website for more details – www.crieffhills.com

As Kristine says "Spring has the gift of new life, it brings hope", and after, what seems like a long winter, we are all ready for it.

Editorial

As I look over our content for this May issue of the *Puslinch Pioneer*, it truly seems like Spring Awakening is an apt title for the entire issue.

It feels like the community is more than ready for Spring's arrival with different articles focusing on the outdoors – from what to remember about fire permits to the Farmers' Markets' program to foster junior farmers.

Talking of youth, we hear from the Youth Committee on what they have recommended and learn more about Pam Fanjoy 's creative approach to helping young people learn important life skills.

This issue sees us introducing you to a new writer, Sydney Brooks, who will be sharing her knowledge on arthritis, something that affects many of us.

On the darker side of life, we also bring your attention to the warning signs that someone is being human trafficked.

But it is the lambs that captured my heart. What does spring mean to you?

Anne Day

Our Mission

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

Volume 47: Issue 9 May, 2023
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Ten issues are published a year and distributed free of charge throughout Puslinch. 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

Unless otherwise stated, the deadline submissions is usually 2nd Friday, but for next issue is the **1st Friday of the month**. Next deadline is **Friday, May 5th, 2023**.

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

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

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Letter to the editor

I always enjoy the *Pioneer* but I must say, I enjoyed particular merriment reading 'A Train Story'.

Bravo Marjorie Clark!

Marion Hawley

Council Clips

Volunteer of the Year Award

The recipient is Cameron Tuck.

Boreham Park:

Council receives a delegation regarding safety and accessibility of Boreham Park.

128 Brock Rd S:

Council directs staff to request owner to stake property in accordance with proposed application and permit Council and staff a site visit to view the proposed development concept.

Grant Application Policy:

Be amended to include groups or organizations of a religious nature where the funding request is for a local, non-denominational event, program, service or activity open and a benefit to the entire community.

Youth Advisory Committee:

Council approves new YAC logo and goals and objectives as presented. Three events proposed to promote youth engagement, Sports Day, Hobbies Day, Fall Fair.

Staff to report back on request to add roller skating free drop-in time at ORC and Arkell soccer lights initiative.

6678 Wellington Rd 34:

Council refuses Zoning By-law Amendment application due to concerns and noncompliance with several policies and the community has expressed significant opposition.

Aberfoyle Pit #2:

Adjacent property owner expresses concern over lower water levels and feels extraction should be reduced until water table returns to normal levels.

Truck traffic is excessive resulting in high noise and dirt levels.

2022 Financial Statements:

Audit statements show accumulated surplus of, end of year, \$29,043,088.

Temporary Borrowing:

Council passes by-law to authorize external temporary borrowings of \$1,500,000.

Animal Control Services:

Council passes by-law to renew the contract with Cambridge & District Humane Society for another two-year term at the new rate of \$1083.99 per month and mileage of \$.72 per km.

Human Resources:

Council passes by-law to sign a Shared Services Agreement with Township of Centre Wellington to share a full-time equivalent HR generalist position, with a Fee for Service arrangement.

Corporate Workplan:

Staff directed to select a gravel road and if funding available, construction commence early next year to take advantage of current pricing.

Safe Communities VON:

Fitness classes four days a week at Duff's Church Monday - Thursday and newly offered classes in Mini Lakes Tuesday and Thursdays.

Friends of Mill Creek:

Concern around executing the ranger program and uncertain how to carry on with the program. New membership and outreach are needed.

Heritage Committee:

Support the development of an Advisory Committee goals/objective proposals for Interpretive Signage at Community Parks and Historic Block Morriston Park Project.

Municipal Asset Management Program:

Council has been approved for maximum available grant funding of \$50,000 for the reporting of conditions and traffic volumes of Township's Road network.



Celebrate Sunrise!



Join in the celebration at Sunrise Therapeutic Riding and Learning Centre on **June 25, 1-4pm.**

It will be a rain or shine event, with a gourmet lunch, cash bar, silent and live auction with Auctioneer Robert Milburn and a filmed musical ride by Sunrise Riders.

Tickets are \$60 each or tables of eight available for \$400. For your safety, enclosed footwear is required.

For more information, contact Lynne O'Brien at 519 837 0558 x 31 or lynne@sunrise-therapeutic.ca

Please RSVP by May 30, 2023.



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

Heritage Advisory Committee Meeting: May 1st at 1:00pm
Youth Advisory Committee Meeting: May 1st at 6:00pm
Council Meeting - May 3rd at 10:00am
Committee of Adjustment & Planning and Development Advisory Committee Meeting: May 9th at 7:00pm
Recreation Advisory Committee Meeting: May 16th at 7:00pm
Council Meeting - May 24th at 10:00am
Tentative Public Information Meeting: May 24th at 7:00pm
Please check the Council Calendar at <https://puslinch.ca/calendar/> as meetings may be subject to change.

Library Hours (519) 763-8026

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

Optimist Recreation Centre Hours

The Optimist Recreation Centre Ice Rink is closed for the 2023 skating season. Thank you to all those who participated in both our public and private events this year! The rink surface is being prepared for non-ice rink rentals, which are being accepted as of May 23, 2023. To submit a rental request for the gymnasium or non-ice rink surface, please complete the online facility rental request form at <https://puslinch.ca/forms/rental-request-form/>. For more information on our facilities, please visit our Community Facilities page at <https://puslinch.ca/culture-recreation/community-facilities/> or email services@puslinch.ca.

Historical Society Archives

Saturdays 12 noon - 3 pm or for appointment email ardyne.farm@sympatico.ca or 519-822-8559.
WDG COVID restrictions apply.

Waste Facility (519) 837-2601

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

Do you know the signs...

of human trafficking?

Located in near proximity to the 401, sadly our area is prime for recruiting young men and women.

The Rotary Club of Guelph South's Eradicate Human Trafficking Committee has been hard at work to let people know the signs that someone may be lured into human trafficking.



One project has been to deliver posters, from the Joy Smith Foundation, to our local police departments and in turn, through them, to local schools.

What are the signs?

Signs of sex trafficking:

Have a new relationship with someone older or richer, perhaps online, that seems to involve manipulation and control?

Receive gifts or cash from a partner for no reason.

Seem to be in a relationship that has taken a sudden negative turn.

Have intimate images of you been shared by someone online with/without your consent.

Feel intimidated/ controlled. Traffickers often control their victim's phone for example, where they go, who they see and may withhold personal identification.

Live and/or work in brutal conditions.

If you wish to anonymously report a case of human trafficking, please call the Crime Stoppers Association National Tipline at 1-800-222-TIPS(8477).

Youth committee presents



Puslinch's Youth Advisory Committee members Katey Whaling and Carter O'Driscoll presented the Committee's proposed logo, Committee Goals and Objectives to the Puslinch Council at a meeting held on March 22, 2023.

Committee member O'Driscoll presented his winning proposed logo, for Council's approval which features linked hands in a circle to represent unity and collaboration.

The linked hands symbolize diversity, equity, and inclusivity, and convey the message that if we work together, we can better achieve our common goals. They also shared their proposed goals and objectives, which include three events to promote youth engagement in the community.

Committee member Whaling also presented their recommendation that the Township offer drop-in roller skating during the summer months at the Optimist Recreation Centre.

With the ice removed from the rink during the warmer months, the Committee members believe that adding drop-in roller skating could provide another fun and active recreational opportunity for residents of all ages.

Council expressed appreciation for the Youth Advisory Committee's presentation and praised their initiative and creativity.

Mayor Seeley commended the Committee members for their efforts in promoting youth engagement in the community, and expressed interest in exploring the recommendation for drop-in roller skating at the Optimist Recreation Centre.

Mayor Seeley further stated the important role the Youth Advisory Committee will play in making recommendations to Council regarding the programming opportunities youth would like to see within the community.



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Calling all junior farmers & growers!



Grow with the Aberfoyle Farmers' Market this season as we introduce our "Junior Farmer Program"!

The goal is to provide an opportunity for the next generation of producers to gain market experience, promote their up-and-coming small business and grow their network.

This program will be available completely free of charge with all market fees subsidized by the AFMA.

Eligible candidates should be 18 years of age or younger with an interest in selling homegrown food products from their farm or garden, which they have had a role in producing.

This could include homegrown fruits and vegetables from your garden, honey or maple syrup, locally raised meats, farm fresh eggs (graded), dairy products, etc.

There is no requirement for candidates to live in Puslinch or Wellington County in order to be eligible to apply.

Dates are flexible based on each applicant's availability and any seasonality of products being sold.

Applications can be submitted on our website (link below), and will continue to be accepted until all spaces/dates are filled.

Be sure to check off the appropriate box on the vendor application to indicate that you're applying for the Junior Farmer Program.

afma.ca/application

It's going to be a great season ahead! 🍎

🌟 Note new dates and times for the market 🌟

Saturdays 9am-1pm from June 17 to October 7

📍 The market is located at 23 Brock Road South, Puslinch N0B 2J0

inside the Optimist Recreation Centre.

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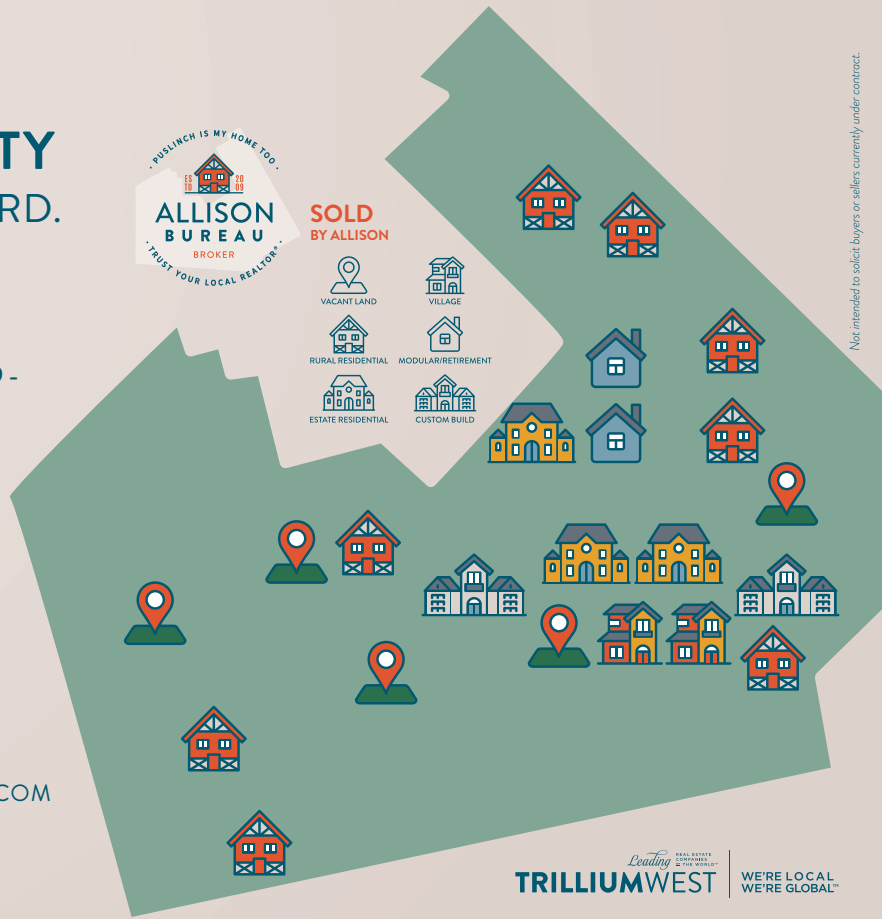
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Calling all artisans



The Rotary Club of Guelph Trillium is proud to be hosting its 25th annual Ribfest fundraiser.

As with many other Rotary events, one of the objectives is to raise funds for the community and Ribfest is their primary fundraising activity.

However, it is also an enjoyable family-oriented event.

For the children, there's the Midway and live bands, like the Practically Hip

who are performing on Friday night to entertain you. And don't forget the Classic Car Show.

In addition to Ribbers, food concessions and entertainment, this year we also include an area where artisans can sell their products and crafts.

While this event will be held in Riverside Park in Guelph from Friday, August 25 to Sunday, August 27, 2023, the Artisan Marketplace will be offered from Saturday August 26, 11 – 8pm and Sunday August 27, 11-8pm.

Exhibitors are expected to be set up by 10.30am on the Saturday and their booth and products remain on site until 8.00pm on the Saturday and Sunday.

Security staff are on site for the duration of the event.

No vehicles can be driven on the site while Ribfest is open.

Exhibitor spots are available on an

application basis only, with limits on the number of vendors selling similar products.

A minimum number of artisans are required to offer the marketplace.

A large tent will be provided to house the artisans. You will be required to bring your own table, display and chair, and should allow for 10 x 10 space.

What do we mean by artisan? A product or craft that has been handmade by the vendor – such as pottery, jewelry, art, wood or glass creations.

Cost for the two days will be \$400. Please provide a photo of the products you plan to sell.

Last year over 45,000 people attended this popular event.

More information check out the website at www.ribfestguelph.com or contact us at artisan.gtrillium@gmail.com.

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Cooking up change

By Anne Day



You can hear the excitement and passion in Pam Fanjoy's voice as she describes the move of her culinary programs to Guelph.

Pam is proof that you can never tell how one decision can change your direction in life.

A social worker by profession, she recognized that she needed to take up a hobby, to avoid burning out from her stressful work with high-risk families.

So, she embarked on a part-time culinary course at George Brown College. She loved it and pursued further courses but continued with her social work practice.

She invested in a small store in Erin, running cooking classes at the weekend.

It was when she started to see clients there that she saw the merit of combining cooking with therapy.

Fast forward to today, and she currently has two locations – a restaurant space in Hillsburgh and space in Guelph on Surrey.

Last year, she turned her program, Fanjoy Cooking Up Change, into a non-profit organization.

Pam is determined to improve the physical, emotional and mental health of youth and their families.

She believes that healthy lives begin with healthy food and how to prepare that food.

She offers three streams of programming – Culinary Fundamentals, Culinary Life Skills and Rainbow Culinary Connections.

The culinary programs support teens, young adults wanting greater independence as well as youth who want to enter the hospitality industry.

Pam often tries to tie the recipes and cooking lessons to the issues faced by the participants.

For example, cooking beef bourguignon requires making sure that each piece of beef is seared on all sides. That takes time and patience, something that the teens in the program often lack.

She would make sure they were doing the task properly and that would lead to a conversation about patience.

She would also ask the teens to take out the garbage and advise them to continue doing that at home.

Life skills and Rainbow Connects also aim to enhance physical and mental health for those at risk of depression, anxiety or other mental health concerns.

COVID was hard on everyone, she observes, but especially for rural youth. Their sense of isolation created more anxiety and depression.

There's long waiting lists for counselling but through this program they are seen within three-four weeks. Teens often don't want to sit one-on-one for counselling.

This program enables them to be part of a group and learn important life skills.

And it's not just for teens and young adults, there's cooking classes for adults too.

She has a dedicated team of therapists who specialize in working with individual adults, parents and youth experiencing a wide variety of issues.

Typical issues include separation/divorce, LGBTQ2S+ and coming out issues, anxiety, depression, ADHD, school programs or other mental health challenges.

Secure and convenient online appointments are also available across Ontario.

But Pam has big plans as she would love to see her model adopted by other communities.

Meantime, the Junior Chef Culinary classes will be starting in May at both the Hillsburgh and Guelph sites, and the Adult Supper Club will also start in May.

The Rainbow Connects will start in June.

For more information, go to www.fanjoycentre.com

Lamb therapy



It's here--your opportunity to enjoy a little 'lamb therapy!'

Sign up for a private appointment to go into the barn with mamas and babies (currently six lambs and counting!)

Special times may be available by appointment. \$20.00 per person includes time with the animals plus a day pass to walk the grounds or go for a hike.

Children under 5 are free. To book call 519-824-7898 or email events@crieffhills.com.

We recommend bringing extra footwear (the barn is messy!) Washrooms are available at Maclean Hall.

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Do you know what type of arthritis you have?

By Sydney Brooks, PhD

Perhaps you or someone close to you has been told that they 'have a little arthritis' or that their joint pain is 'just arthritis'.

Don't ignore it. Arthritis can be very disabling and it's the most common reason for hip and knee joint replacement surgery.

In many cases of arthritis, the cause is not known but there is a lot you can do to control symptoms and prevent joint damage.

There are over 100 different types of arthritis, so first, you need to know what kind of arthritis you have.

Osteoarthritis

The most common type of arthritis is osteoarthritis (OA). OA is caused by the breakdown of cartilage and other structures in the joints.

There may be a genetic predisposition, or it can result from injury, malalignment of the joints, or overuse.



Osteoarthritis of the Hand. Photo credit Sydney Brooks

It can cause pain and swelling in the knee or hip, the big toe, jaw or joints of the thumb and ends of the fingers.

(Figure 1). Note the hard bumps on the joints at the ends of the fingers (Heberden's Nodes) and the malalignment of the tip of the middle finger.

The pain of OA is usually worse after activity or at the end of the day.

Inflammatory Arthritis

Inflammatory types of arthritis are more complex. The body's immune system attacks its own tissues and causes damage.

Inflammation can affect more than just the joints (eyes, skin, blood vessels, organs).

This group of diseases include psoriatic arthritis and ankylosing spondylitis among others. Rheumatoid arthritis (RA) is the most common type.

It affects multiple joints, usually on both sides of the body, for example both wrists or the large knuckles of both hands (Figure 2).



Rheumatoid Arthritis of the Hand. Photo credit Val Brown

Note the swelling over the second and third knuckles. This is classic RA.

Pain is often worse during the night or

when you get out of bed.

Pain is often accompanied by stiffness, particularly in the morning. This usually improves as the day goes on.

If you think you have arthritis or if you have been told you have arthritis and don't know what kind, go to the Arthritis Society Canada website (www.arthritis.ca) and complete the 'Symptom Checker'.

This tool will be useful when discussing your symptoms with your doctor. Another great resource is Arthritis Consumer Experts (ACE).

This organization was founded and is led by people with arthritis. Information is based on science and available in both French and English. (www.jointhehealth.org).

The Arthritis Foundation in the United States is also a great source of information in English and Spanish. (www.arthritis.org).

In subsequent articles, I'll talk about treatment options.

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

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The monster in Puslinch Lake

By Marjorie Clark

For from the latter part of the 19th to the early 20th century, stories about a strange creature in Puslinch Lake flourished and enthralled listeners.

While rowing from the island to the mainland one day in September 1884, two Galt men saw a huge serpent rise fully four feet out of the water.

This entity headed toward their boat and only ceased following them when they reached shallow water. They described the serpent as being fourteen feet in length, with a large, flat-topped head.

A farmer, who lived across the lake remarked, that the same serpent had been seen twelve years previously.

Stories abounded. The tale was reported in the *Guelph Mercury* and the monster of Puslinch Lake became locally famous.

George Farncombe of Guelph went fishing in Puslinch Lake on June 11, 1895 and this story appeared in the *Guelph Mercury* on the following day.

On his return to the city, he approached the employees of the kitchen at the Victoria Hotel, explaining to them that he had caught the serpent and he desired it to be cooked. He exhibited it to the kitchen staff, placed among the fish he had caught, causing them to recoil in horror.

It, then, took considerable persuasion to convince them that it was a harmless but huge piece of rubber hose.

The possibility of a monster in the lake arose again on March 25, 1935, when a dark object was sighted bobbing under the ice.

When it broke through, it was discovered to be a steel drum.



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Brunch at the Barn

Is a fundraiser hosted by the Rotary Club of Guelph South on June 4, 10.30-2.00.

It is being held at Barn Swallow Fields at Thatcher Farms, 5727 5th Line, Guelph/Eramosa.

Featuring live music, a mimosa bar, catered brunch, silent auction, family-friendly games and more.

Live Auction, hosted by well-known local auctioneer, Robert Milburn of Milburn Auto Sales & Service, you will have the opportunity to bid on a special package that will directly support our five chosen charities: Sunrise,

Ronald McDonald House, Bracelet of Hope, Food4Kids, and Elora House.

Tickets are \$75 with proceeds going to fund local community charities.

To order tickets, go to <https://www.canadahelps.org/en/charities/the-rotary-club-of-guelph-south-charitable-foundation-inc/events/brunch-at-the-barn/>

Family Activity – May

By Julia Preston

In May, the world feels new. Animals are being born, plants are sprouting, warmer temperatures are returning.

As the world around us is refreshed, we may be inspired to try new things.

Here are some ideas to get outside and experience Puslinch in new ways:

Try something new

A new sport. A new spot. A new friend. Changing your usual activities can be fun. Visit a new playground. Learn a new sport (frisbee golf anyone?).

Introduce yourself to someone new and see what you have in common.

Broadening your horizons can expand your perspective and help you learn new things. You might even discover a hidden talent.

Hike of the month

Head out for a new-to-you hike. Choose a route that you've never tried. Go the farthest you've ever gone.

Add a different activity—stretches, skipping, running—to your walk.

Exploring a new area or challenging yourself can be motivating.

As you push yourself or adapt to new situations, you might be surprised by what you're capable of.

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2022 Audited Financial Statements

Take notice that the Corporation of the Township of Puslinch 2022 Audited Financial Statements are available for viewing on the Township website at www.puslinch.ca

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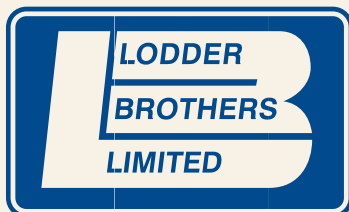
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YOUR HEALTH MATTERS

Calcium

By Dr. Laura M. Brown, ND



Calcium (Ca²⁺) is an elemental mineral that plays a role in nervous system electronic signaling, heart health, muscle tone, teeth and bones.

The World Health Organization (WHO) suggests a recommended daily intake (RDI) of 1000 mg calcium per day for young adults and 1300 mg/d for men over 65 years, postmenopausal women and children aged 9 to 18 years.

People often think of dairy as the only source of calcium. Rightly so, 100 g of milk and yoghurt contain between 100 mg and 180 mg.

For those intolerant of milk sugar, lactose free dairy may be a viable option. However, for those intolerant of the milk proteins (casein and whey), it takes some added attention to look at calcium rich vegetables, legumes and cereals.

Calcium rich foods include sesame seeds, canned salmon and sardines with the bones (eat the bones), bone broth soups, and low oxalate vegetables, which actually provide a better source of absorbable calcium than milk (41% vs. 32%).

Low oxalate vegetables include: broccoli, kale, collards, mustard greens, turnip greens, and Bok choy. A calcium rich meal might look like a stir fry or salad with these veggies topped with canned salmon (including the bones) and sprinkled with a tablespoon or two of sesame seeds.

We also must be mindful of foods that are high in oxalates as they bind to the calcium and make it difficult for the body to absorb.

Some of the highest oxalate rich foods include spinach, rhubarb, buckwheat, soy, and tea.

Bone Health

We often think of calcium and bones. Calcium is used for so much more than bone

health. And bone health needs so much more than just calcium.

Bones are a multi-mineral rich collagen complex scaffolding that require yes, nutrition, but even more importantly, weighted stress, to continually strengthen and encourage bone mass.

After age 35, bone breakdown occurs faster than bone buildup, which causes a gradual loss of bone mass. There are things that chew away at our bones and things that build bones.

The silent thieves of bone mass include Celiac and nonceliac wheat sensitivity, estrogen hormone deprivation, overactive thyroid or adrenal function, poor calcium and mineral intake, smoking, alcohol use, lack of exercise and Vitamin D and K2.

When the bone breakdown moves faster than the bone building, the bone tissue demineralizes and its structure weakens.

Osteoporosis is a condition of weak and brittle bones at increased risk of easy fracture.

Weight bearing exercise is one of the best ways to keep bones strong. This can involve walking with a weighted vest, weight lifting, body weight exercises or use of tension-based exercise with resistant bands.

Muscle tone

Calcium is needed to help muscles contract, or preserve tone.

Too much calcium?

Yes, you can get too much calcium. Especially if it is in supplemental form.

Cardiovascular disease

Calcium has multiple involvements in small

intestinal fat digestion and cholesterol regulation. Too much calcium floating around in the blood stream can deposit into atherosclerotic plaques, increasing the risk for cardiovascular disease.

In a 2021 meta-analysis of 28,935 participants, calcium supplements were significantly associated with an increased risk of cardiovascular disease and coronary heart disease, but not cerebrovascular disease (stroke).

Supplements like calcium carbonate have larger biological effects than dietary calcium. No significant difference was found between those with or without vitamin D3 supplementation. Vitamin K2 was not part of the study.

This comes from 13 double-blind, placebo-controlled studies, specifically in healthy postmenopausal women. It looked at dietary calcium intake of 700–1000 mg per day or supplementary calcium intake of 1000 mg per day.

Vitamin K2, naturally in Brie cheese, or in supplemental formats, helps keep calcium out of the arteries as it aids Vitamin D3 to get the calcium into the bones. Be sure to check with your medical provider to get the right amount of calcium, Vitamin D3 and K2 from the sources that suit your health the best.

Depending on your medications, you may need to take the supplement with your meals or between meals. Ask your doctor or pharmacist about possible interactions and which type of calcium supplement would work for you.

This article is for educational purposes only and is not individual medical advice. Questions? drlaura@southendguelpf.ca



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What is it like to travel blind?



Blind artist Alex Bulmer welcomes you to her five part “talk” exploring this question.

Adapted for theatre from her original blind travel essays, Alex sets off on a dramatic journey that playfully twists and turns across differing geographies and unexpected emotional terrain.

Imagine a play created by blind and

sighted artists. Imagine a play developed with a love of improvisation, sound, the absurd, and the uncertain. PERCEPTUAL ARCHAEOLOGY (or How To Travel Blind) is designed and created for blind and sighted audiences.

ASL interpretation dates, relaxed performances, venue access information, free companion tickets, transit support, and touch tours will be announced at a later date.

The Fire and Rescue Team is an artist-led performance collective, co-founded and helmed by theatre artists Alex Bulmer and Leah Cherniak.

Originally from Puslinch, Alex has a background in artistic adaptation, writing and music, finds creative momentum in the improbable, and creates within the disruptive uncertainty of blindness.

Leah has a history of directing – making theatre where improvisation is an impetus in the rehearsal process

which values rhythm, invention and uncertainty.

They share a rigour for analysis and language, an attraction to risk, and the playful subversion of audience expectations.

The emergence of Fire and Rescue as a collective evolved following a number of projects that explored the idea of de-centering vision from a creative process.

Presented by Crow’s Theatre and Fire and Rescue Team, PERCEPTUAL ARCHAEOLOGY (or How To Travel Blind) runs June 1st to June 25th at Streetcar Crowsnest, 345 Carlaw Avenue, Toronto, Ontario, M4M 2T1.

To order tickets, or if you have any issues accessing or reading this page, please call the box office at 647 341 7390 extension 1010, or email box-office@crowstheatre.com, to connect with Patron Services.

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

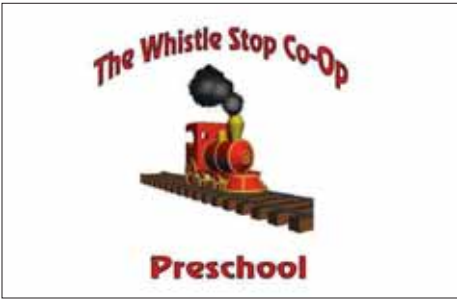
The next leaf and yard waste collection date for Puslinch is:

WEEK B

Monday, May 15

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Whistle Stop Co-op Preschool

By Sarah Sabo

At the end of March, Whistle Stop was thrilled to host their largest fundraiser of the year, the very first Annual Brunch with the Easter Bunny.

The event sold out and was a Hop'n success that brought the community together while helping to raise funds to purchase new toys and equipment, subsidize children's tuition, help fund field trips, support professional development, and other programs for community improvement.

We can't thank our fantastic community sponsors enough for showing up and helping to support the continued success of Whistle Stop which is in its 36th year of operation serving Puslinch and surrounding areas.

A very special thank you goes out to all community members, parents, donors, sponsors and of course the Optimist Club of Puslinch for their time and effort in ensuring our event was a successful one.

At Whistle Stop, children are encouraged to explore and learn through hands-on, play-based activities that cater to their individual interests and developmental needs.

The school's curriculum is designed to introduce kids to their first school experience and foster a love of learning that they will carry with them when they continue into primary school.

For many of our Whistle Stop students this is the first opportunity where they become independent learners away from home, and a first opportunity



to make new friends and share new experiences with their classmates.

Since 1987 Whistle Stop has been catering to Puslinch and surrounding areas.

Currently operating out of the Puslinch community centre and led by early childcare educators, Sandra Gunson, Lisa Lee & Regina Williams, The ministry-licensed preschool welcomes children between the ages of 2.5 to 5 years old.

If you would like to learn more about registering your child you can find information online at www.whistlestoppreschool.com, or contact them directly as 519-239-9878 or teacher@whistlestoppreschool.com

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Scrabble Club (Adults)

Join us for casual word building entertainment! Please register. Wednesdays, May 2, 17, and 31 at 2:00 – 4:00 pm

STEAM Story Time (Pre-Schoolers)

Bring your preschoolers to explore Science, Technology, Engineering, Arts and Math using stories and hands-on activities. Please register. Thursdays, May 4 - 25 at 11:00 – 11:45 am

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, May 4 and 18 at 5:30 – 7:00 pm

Book Club – Friday Book Club (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Friday, May 5 at 1 – 2 pm

Creative Kids (Kids)

Get crafty and learn new things with DIY, maker, and other hands-on activities just for kids. Ages 5 to 10. Please register. Wednesdays, May 10 and 24 at 3:00 – 3:45 pm

Book Club – Tuesday Afternoon Book Club (Adults)

Meet with members of your community and join our discussion of

books and ideas. Please register. Tuesday, May 16 at 2-3pm

Cricut Creations – Introduction to Papercrafting (Adults)

Learn to use a Cricut electronic cutting machine to create and embellish maker projects. Make a paper craft project and explore basic features of the Cricut machine. All materials provided. Please register. Friday, May 19 at 11:00 am – 12:30 pm

Cricut Creations – Adhesive Vinyl Design (Adults)

Learn to use a Cricut electronic cutting machine to create and embellish maker projects. Create a simple adhesive vinyl design. All materials provided. Please register. Tuesday, May 30 at 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 hand-pick a selection of titles for you to borrow. For more information, visit www.wellington.ca/JustForYou.

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

Fiction

- Barclay, Linwood *The Lie Maker*
- Barry, Dave *Swamp Story*
- Constantine, Liv *The Senator's Wife*
- Fortune, Carley *Meet Me at the Lake*
- Hanks, Tom *The Making of Another Major Motion Picture Masterpiece*

- Nesbo, Jo *Killing Moon*
- Quick, Amanda *The Bride Wore White*
- Roberts, Nora *Identity*
- Robinson, Peter *Standing in the Shadows*
- Steel, Danielle *The Wedding Planner*

Non-Fiction

- Antonson, Rick *Train Beyond the Mountains: Journeys on the Rocky Mountaineer*
- Berry, Mary *Cook and Share*
- Brown, Christen *Creative Embroidery, Mixing the Old with the New*
- Good, Michelle *Truth Telling: Seven Conversations About Indigenous Life in Canada*
- Grann, David *The Wager: A Tale of Shipwreck, Mutiny and Murder*
- Miller, Max *Tasting History: Explore the Past Through 4,000 Years of Recipes*
- Mulholland, S *The Batch Lady: Cooking on a Budget*
- Plait, Philip *Under Alien Skies: A Sightseer's Guide to the Universe*
- Schulman, Michael *Oscar Wars: A History of Hollywood in Gold, Sweat, and Tears*
- Wirak Trettevik, Ida. *A Knitter's Year: 30 Modern Knits for Every Season*



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NATURALLY SPEAKING

The Eastern Chokecherry (Prunus virginiana)

By Marion Robertson

The first thing people ask about this small, native, deciduous tree is why the name 'chokecherry'?

The common names of bird cherry, bitter cherry and chokecherry refer to the glossy red berries appearing in August to September.

Let me tell you, the berries are super astringent and the absolute sourness causes a gag reflex. But birds and wildlife love them.

In fact, up to 24 species of birds such as vireos, tanagers, robins, thrushes, flycatchers and king birds feast on the very nutritious fruit.

The berries have a high content of fat, up to 35 percent fat, which fattens birds for their upcoming migratory flights or for the upcoming winter months.

The Rocky Mountains have created a physical barrier to the chokecherry where there are now two different varieties.

The western chokecherry (Prunus var. demissa) resides west of the Rockies and the eastern chokecherry (Prunus var. virginiana) dominates the Canadian landscape east of the Rockies.

If you want to plant a native shrub to

make an ecological impact, then the eastern chokecherry is your choice.

From April to May lovely, white flowers appear in long racemes that are fragrant and remind me of almonds. Because of the very early flowering time it is listed as 'special value to native bees'

Early emergent pollinators derive much needed nectar and pollen. In fact, the cherry family is listed in the top ten pollinator plants for Ontario.



The leaves are larval sources for many moths such as cecropia, promeathea, polyphemus, and hummingbird clearwing.

Some caterpillars such as red spotted purple, spring azure, tiger swallowtail, and coral hairstreaks also much on the leaves.

The eastern chokecherry has immense ecological value due to its adaptability and growth habits. Due to its suckering growth habit, it is a great candidate for riparian plantings and stabilizing river banks.

They are used extensively in plantings of shelter belts and windbreaks for erosion control. Since it is so adaptable to many types of soils, it has been used for land rehabilitation from abandoned construction sites to grasslands.

Additionally, they provide cover and



nesting habitat for a variety of birds.

Thinking you might have room to plant eastern chokecherry? They attain heights of 20 – 30 feet and widths of 10 – 20 feet. For maximum berry production plant in a full sun location.

However, they can adapt to partially shady places. A well-drained site is needed since they will not thrive in areas that are flooded annually. Once established they are drought resistant. And you get all this ecological value quickly. Their growth rates are fast.

So why not consider planting an eastern chokecherry?

Marion Robertson is co owner of Bee Sweet Nature co. Growers of native trees, shrubs, wildflowers, and grasses for southern Ontario.


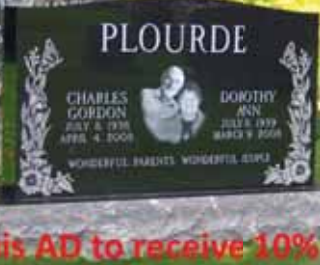
Pollinator Festival

Everyone here at Bee Sweet Nature co would like to invite you to our 3rd annual Pollinator Festival.


We hope to see you here at the nursery on June 17th for a free day of education and tours. Below is a link to our Eventbrite site for tickets and a summary of the festival.

<https://www.eventbrite.ca/e/bee-sweet-nature-co-pollinator-festival-tickets-579642896507>

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Optimist Club of Puslinch Scholarships 2023

The Optimist Club of Puslinch is once again offering scholarships to assist youth and families of the Township of Puslinch with educational expenses and to promote the Club as an organization committed to the advancement of education.

This year three scholarships of \$1500 each will be awarded to qualified applicants commencing in September 2023 for the 2023-2024 school year.

This is the 22nd year that the Club has offered the scholarship program. The three scholarships will be split into three streams.

One scholarship will be awarded to those students who are pursuing a university degree.

Another scholarship will be awarded to those students who are pursuing a community college degree, and one scholarship will be awarded to those students who are pursuing a vocational-technical apprenticeship/diploma.

To be eligible to apply for any of the scholarships the applicant must be;

- a resident of the Township of Puslinch;
- 21 years of age or younger in the year the award is given;
- entering their first year of post secondary education; and
- enrolled in either a university or a community college or a vocational-technical school or undertaking an apprenticeship.

The due date for this year's submission is June 30, 2023.

For further information and application forms please go to our web site; www.optimistclubofpuslinch.com and go to programs/scholarship; or contact your high school guidance department; or Don McKay (519) 822-2984, donmckay@golden.net

Fire permits



It's that time of year when we rush to be outside and want to clean up our yards.

But before you start your open-air fire, make sure you have not only got your Open Air Fire Permit from the Township, but have read all the requirements in place.

Just in case, we have summarized some of the rules to make sure everyone understands what is involved.

First off you have to be over the age of 18 to light or ignite an Open Air Fire and the permit has to be in your name. It is not transferrable.

There are also some rules about when, where and how you can light a fire.

Fires can only be between 7.00am-9.00pm with a person in constant watch over the fire until it is extinguished. Have proper extinguishing agents on hand in case the fire goes out of control.

The fire has to be fifteen (15) meters from any building, structure, hedge, fence, highway or overhead wire.

The fire is to be a maximum of one (1) meter in width and height – only unpainted wood, organic materials, ground cover and paper products.

Note that you want to be sure that your fire is not a nuisance or had an adverse effect on a neighbouring property owner.

To obtain a fire permit, you can go online at puslinch.ca. The cost of the permit is \$23.17 and covers the period up until December 31 of the current year.

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Cook's Corner

By Barbara Paterson

This recipe is one my mother used to make. It's tasty and economical.

Pork Chop & Rice Casserole



4 pork chops or more
1 can beef consommé plus 1 can water
1 cup uncooked rice, not instant (I use Basmati rice)

1. Heat a tablespoon of oil and brown chops on both sides in a very hot frying pan for a couple of minutes.
2. Spread uncooked rice in a baking dish or casserole. Top with pork chops in a single layer.
3. Carefully pour consommé which has been mixed with a can of water over chops and rice.
4. Cover baking dish with foil and bake in a 350°F oven for 40-45 minutes or until rice is cooked and chops are tender.

Note: You can easily double this recipe; just make sure you increase the amount of liquid needed to cook the rice, which is generally 1 part rice and 2 parts liquid plus a bit more.

This moulded tomato salad goes very well with the pork chop casserole.

Tomato Aspic

4 cups V8 or similar tomato based juice or plain tomato juice
1/3 cup chopped onion
2 tbsp. brown sugar



1 tsp. salt
2 small bay leaves
4 whole cloves, or a pinch of powdered cloves
2 tbsp. plain gelatine
3 tbsp. lemon juice
Chopped celery, cucumber and olives

1. Combine 2 cups of V8 juice, onion, sugar, salt, bay leaves and cloves. Simmer uncovered for 5 minutes. Remove from heat and pour through a sieve into a bowl, reserving the juice and discarding the solids.
2. Meanwhile, soften gelatine in 1 cup of remaining cold juice. Then add to hot juice to dissolve.
3. Add lemon juice, remaining cup of V8 juice and a bit of chopped celery, cucumber and olives.
4. Pour into a 5-cup mould or ring and chill till firm. Unmould by dipping briefly in a pan of hot water if the aspic doesn't come out of mould when inverted.

Are you prepared?

With news of fires, tornadoes and floods around the world, many people have had to evacuate their homes in an emergency.

At a recent meeting the conversation turned to what would you take if you had to get out urgently.

The answers ranged from pets, cash, passports, credit cards, prescription medicines to laptops and i-phones.

However, the Red Cross, often there in cases of emergency, has done some of the thinking for you and come up with a comprehensive list of items to consider.

One suggestion is to take copies of birth and marriage certificates, passports, wills, land deeds and insurance. Perhaps place these documents in a safety deposit box and leave with friends or family who live out of town.

Another thought, one that we never want to have to consider, is to take photos of family members in case a lost person record is needed.

In addition to the above, it is recommended that you compile an emergency kit.

In that kit, have the following:

- Water and food that won't spoil
- Manual can opener
- Battery powered flash lights
- First aid kit
- Extra keys to car and house
- Some cash in small bills
- List of contacts
- Candles and matches or lighter
- Change of clothing
- Sleeping bag
- Toiletries
- Toilet paper
- A whistle

Make sure your kit is easy to carry and everyone knows where it is. A backpack would work well.

Nobody wants to have to evacuate in an emergency, but being prepared helps.

For more information, go to www.get-prepared.ca



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ASK THE EXPERT

Five beautiful plants for biodiversity

By Sean James

Gardening is experiencing a renaissance, a revolution, and a realization. Some important words!

Recently, folks have taken a new look at their gardens and really noticed them, and realized that they can do more to make their gardens appealing: an oasis from the busy world.

Breaking away from the standard boxwoods and exotic flowers, we're finding that a garden with diversity, and BIODiversity is more beautiful and relaxing, and maybe native plants just might be kinda pretty.

At the same time, property owners are realizing that a garden is a chance to do GOOD, by stewarding soil, sequestering carbon, reducing the urban heat island effect, and supporting species that require a particular species of plant. In short, gardeners are superheroes.

Folks can choose plants that make many positive differences – more than just a green lump in the garden. What are some beautiful plants that support a breadth of biodiversity?

Anise Hyssop – *Agastache foeniculum*



is a perennial that blooms all summer with edible lavender flowers. It's a pollinator magnet! It's even fragrant!

Zig Zag Goldenrod: *Solidago flexicaulis*



blooms in the fall, with yellow flowers. It loves the shade, tolerates dry conditions and has nice, bold, fringed leaves. That's quite a lot of checkboxes ticked!

Bees, especially native bees, go gaga for it. It makes an effective slow-spreading groundcover, so is excellent for replacing grass that isn't doing well in the shade.

Silky Dogwood – *Cornus amomum*



– is a medium-sized shrub. In dry soil, it'll grow to five feet, but if that's too large, just cut it ALL the way to the ground in April every few years.

It has white spring flowers and blue-jean-blue berries in late summer. The fall colour is a rich burgundy. Even the red structure that holds the berries persists into the winter, giving it an overall pink haze – an all-star plant for the garden!

There are many great Milkweeds that don't spread aggressively! More are coming on the market every year.

The two or three foot tall orange **Butterfly Milkweed – *Asclepias tuberosa*** – loves well-drained soil! Its cousin, **Marsh Milkweed – *Asclepias incarnata*** – stands wet or dry feet, making it a suitable candidate for the rain garden (or a 'regular' garden, since it stands both flooding and drought).

It has pink flowers that smell like French vanilla. Many insects love it. Several insects NEED it. It's especially nice since it flowers later in the summer. There's even a white cultivar – 'Ice Ballet'.

A new push is happening for us to plant trees. If you're looking for a tree that's a bit different and satisfies many bio-niches, **Black Cherry – *Prunus serotina*** – has bark like burnt cornflakes, and so offers winter interest. The white flowers are beloved by butterflies, such as the Tiger Swallowtail (and its caterpillars feed on the leaves!).

It has long chains of berries in the high canopy that birds feed on. To borrow and soften an old phrase, it feeds many birds with one scone.

Are these all commonly available plants? No. Garden writers sometimes get grumped at for suggesting plants that aren't commonly on garden shelves. If 'we' don't, new plants won't end up available for purchase.

ASK! Be a bit pushy and request that your local independent garden centre to bring them in. Customer demand is the best way to make plants available. Follow up with them. Don't give up!

This is just one more way gardeners can make a difference.

A black banner containing the logo for Core Electric. The logo features a stylized 'CE' in a white outline font, followed by the words 'CORE' and 'ELECTRIC' in a large, bold, white sans-serif font. Below this, the words 'Residential', 'Commercial', and 'Industrial' are written in a smaller white font, separated by lightbulb icons. To the right of the logo, the phone number '519.827.7997' is displayed in a large white font. Below the phone number, the website 'www.CoreElectricGuelph.com' and email 'info@CoreElectricGuelph.com' are listed, along with the license number 'ECRA/ESA #7009619'.

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In these ever-changing times, it is wise to double-check the website to determine if in-person services are happening or the event is taking place.

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www.calvaryguelph.com

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- Adult Bible Study: Thursdays 10:00 am.

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

Minister - Rev. Will Wheeler BA M. Div.

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Email: morristonunitedchurch@gmail.com

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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

Friday, May 5th and **June 2nd** at 7 pm.
Music Night at the Badenoch Community Centre 4217 Watson Road S. Puslinch. Everyone welcome, masks optional. Info: 519-763-9782.

BADENOCH SOCIAL TIME

Join us for a Social Time on **Wednesdays** 1 to 4 pm at The Badenoch Community Centre, 4217 Watson Rd. S. Puslinch. Bring your favourite board game or

COOKING WITH THE SAINTS

Saturday, May 20th – 1 pm. at Freelton Strabane United Church, 1865 Brock Rd., Strabane. We will take a recipe from Alexandra Greeley and Fernando Flores's book 'Cooking with the Saints' and share a time of fellowship, discussion on the lives of the Saints and some nourishment for the body. Limit of 10 people. Contact Church Office at 905-659-3380 to register.

HOOTENANNY

Hootenannies the **last Friday of each month** at Arkell United Church, 600 Arkell Rd. at Watson Rd. Sign up for your time in the Spotlight or just sit back and enjoy the music. 'Freewill offering'.

LINK UP WITH DUFF'S

Saturday May 27, 2023 in support of Mental Health Waterloo Wellington and Hospice Wellington. Enjoy 18 holes of golf or euchre plus a wonderful BBQ steak dinner. Live & silent auctions, 50/50 draw and door prizes. For tickets, information and donations please call 519-763-0309 or 519-767-2462. All Welcome!

OPTIMIST CLUB ANNUAL FISH FRY

Thursday May 11, 2023 from 5 to 7:30 pm at the Puslinch Community Centre. Adults \$20, children \$10. Tickets at the door or from any Optimist Club member or call 519-821-4256 to reserve.

STUDIES & STUDIOS EVENT SOULCOLLAGE - RISE UP!

Sunday, May 7th at 2 pm with facilitator, The Rev. Allison Playfair. Freelton Strabane United Church, 1865 Brock Rd., Strabane. SoulCollage is an expressive arts practice done individually or in community and develops creativity and intuition, encourages self-discovery and provides personal guidance. Cost is \$10 for materials provided. See website at www.freeltonstrabaneuc.ca

SWEET BEGINNINGS DESSERT BUFFET

Saturday, May 27th at 7 pm at Freelton Strabane United Church, 1865 Brock Rd., Strabane. Join us and enjoy a buffet of homemade desserts, tea & coffee and Silent Auction. Tickets are \$20 with the proceeds to support the Window installation Fund. See Website at www.freeltonstrabaneuc.ca to reserve your ticket.

THE ART OF THE SPIRIT AND TECH TUESDAY FOR SENIORS

Tuesday, May 2nd and **Tuesday, May 16th** - 1 pm. at Freelton Strabane United Church, 1865 Brock Rd., Strabane. A time for people to gather, work in their favourite art medium and share creative time and conversation and/or learn more about Technology. Contact Church Office at 905-659-3380 to register.

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ARKELL UNITED CHURCH
Contact Peg Lawson at 519-763-8883 or email schurinklawnson@rogers.com.

BADENOCH COMMUNITY CENTRE
Inquiries call Ami DeVries at 226-979-0355.

DUFF'S CHURCH
Contact the church office at 519-763-1163 or email office@duffschurch.ca.

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Crown Cemetery Puslinch is located north of Morriston at Brock Road and Highway 401. It is a non-profit cemetery operated by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials. For more information please visit our website at www.crowncemetery.ca or contact Darlene

Harrietha at 519-822-0874 or email darleneharrietha@gmail.com.

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

FRELTON LIONS CLUB
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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.

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If you have a concern about a police matter, please phone 1-888-310-1122 and request to meet an OPP officer at the Puslinch Township office.

OPTIMIST CLUB OF PUSLINCH
Is one of the most active clubs in the Township. Our focus is youth. We meet on the 2nd and 4th Tuesday of each month. Visit www.optimistclubofpuslinch.com and fill out an application or call Ken at 519-763-0309 or contact any club member.

PUSLINCH FIDDLE GROUP
Meets the 3rd Sunday of each month at Duff's Church, Nanson Hall, from 1 - 4 pm. Come out and bring your fiddle, guitar, etc. and join in some good old fiddle music. Call Paul McDonald 519-763-9764.

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THE ROTARY CLUB OF GUELPH SOUTH
Meets every Thursday at 7:30 am. Check out www.rotary7080.org/guelphsouth for more information. Contact Celia Clark for membership inquiries: 519-766-1097.

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