

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 48, Issue 1 - July/August 2023

Puslinch Bike Safety Rodeo a success!

By Sara Bailey

On Saturday June 3rd, close to 30 youth attended the 2nd Annual Puslinch Bike Safety Rodeo.

The event was hosted through the coordination of local community groups including the Puslinch Optimists, Puslinch Fire Department, Wellington County OPP Auxiliary and Puslinch Safe Communities.

Other community groups in attendance included Elliott Bus Lines, the Brain Injury Association Waterloo-Wellington, Shawn Whaling shared information about train safety and The Bike Lady helped with bike maintenance.

The event started in the Puslinch Fire Hall where Officer Beth Hickey shared information about sharing the road, proper equipment fit, the ABC quick check and hand signals.

The participants then hopped on their bikes and completed the eight stations.



Volunteers at each station encouraged the kids to try their best to complete the challenge. The kids were given safety vests to wear and flashing lights for their bikes to help them be more visible when riding on our roads.

The weather was fantastic, and it was so great to see a variety of community groups coming together to host this event for our youth. It was also a lot of fun!



Thanks to all the participants for registering and attending the event and thanks to the volunteers for giving your time and enthusiasm to the kids!

Stay safe on the roads everyone!

Editorial

Before the *Pioneer* goes out, the board meets to review the content and our advertising revenue to justify the size of the publication that month.

As I looked at the make up of this issue, we seem to have it all covered. From health-related articles on sleep, childhood arthritis to one on protecting yourself from ticks.

We've also shared what is happening in the community both near and far, such as the Puslinch Lake Cruises and the Elora Festival.

As much as possible, we try to keep the information current, with reports on Bill 97 which impacts our farmland and wildfire smoke.

Steeped in history, Puslinch has much to share and we are fortunate to have writers like Marjorie Clark who tell us stories from the past. We are also reminded of the early beginnings of Ellis Chapel, a local treasure still enjoyed by young couples getting married.

Being a farming community, we'd be remiss if we didn't share articles about our farmers' markets or recipes that you can try at home.

Further afield, I indulged myself by sharing some of our recent trip on the Rocky Mountaineer, so you too can enjoy some of the amazing scenery Canada has to offer.

Last weekend I participated in the Writers' Festival in Fergus, armed with my books and copies of the *Pioneer*. It was so gratifying to hear the compliments on our publication. Our thanks to the team, writers and advertisers who make this small, but mighty publication possible.

Anne Day

Gone fishing...



The team at the *Puslinch Pioneer* will be off for part of the summer.

Our next issue will be coming out in September.

The deadline for submissions to the September issue is August 11.

Meantime we wish you all a healthy, happy summer.

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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 1 July/August, 2023
Published by volunteers for the community since 1975.

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 for submissions is the 2nd Friday of the month. Next deadline is **Friday, August 11th, 2023.**

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

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

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Council Clips

Public Works:

Public Works Department will be hiring students to work at ORC over the summer.

Heritage Committee:

Township has hired a heritage summer student and received funding with Young Canada Works.

Agricultural Lands:

Council will be requesting the province to consider limiting the number of additional lots on agricultural lands to one and to have the province consider a maximum lot size.

Expansion of settlement areas outside of a municipal comprehensive review is a concern.

Species at Risk:

Council directs staff to reach out to Hydro One in relation to Morrison By-Pass to have Township ecologist install a wildlife recording device on property to document and confirm if there are species at risk on the property.

Energy Audit Kits:

New home energy audit kits are available for the public to 'sign-out' at library.

Historical Society:

Society wishes to approach schools more and will be present at Canada Day celebrations and Aberfoyle Fall Fair.

Society opens every Saturday from 1 – 3 pm at Puslinch Library.

Human Trafficking:

Council receives delegation from Guelph Rotarians to raise awareness within the community of the sex/human trafficking crisis in Guelph & Wellington County, along the 401 corridor.

Final Tax Levy & Rates:

Final levy approved, and tax due dates established as August 31 and October 31.

Planning Services:

Council directs staff to proceed with the recruitment for the full-time permanent position of Senior Planner for the Township.

128 Brock Rd S:

Council defers a decision on the application. Staff recommends Council approve application with holding provisions.

2023 Asphalt Program:

Tender for asphalt program be awarded to Cox Construction at \$2,079,412.

Hwy 6/Hanlon Expressway Midblock Interchange:

New connector road be named Wellington Rd 53 and Concession 7 between

Wellington Rd 34 and Maltby Rd be renamed Wellington Rd 54.

PCC and Boreham Parks:

Lights in back soccer field, new playground, tennis courts, pedestrian patio & additional parking at back; and pickleball lines and three pointer lines at ORC gym; and playground and shade structure and soft landscaping at Boreham Park.

Youth Advisory Committee:

Goals and objectives including Sports Day, Hobbies Day and Fall Fair Day.

Grant Application Program:

Completed grant applications for not-for-profit organizations or unincorporated community groups will be received until 2 pm on August 31.

Wellington Rd 32:

Work on road improvements on Lake Rd from the MTO carpool to Concession 2 will be closed to the end of August, local and emergency access will be maintained. A full road closure will commence in July while road base is built.

Niska Land Holdings Property:

GRCA has completed a draft management plan for the Niska Road property.

Property currently closed to public. Draft plan may be reviewed, and comments received until June 25.

Coming soon to Crieff

By Anne Day



Plans are underway to build a Little Free Library in Crieff, which will be located at the Knox Presbyterian's church parking lot.

How do these libraries work?

It's take a book, share a book. People donate books which are then taken home by another family. Books are then rotated.

Our goal is to have the library up and working by September at the latest.

Little Free Library is a non-profit

organization based in St. Paul, Minnesota, but is world-wide.

There are 150,000 libraries in 120 countries and 300 million books have been shared.

Their mission is to be a catalyst for building community, inspiring readers, and expanding book access for all through a global network of volunteer-led Little Free Library book-exchange boxes.

If you have books to donate, especially children's books, contact us at anneday@daybreakfarm.ca or phone 519 767 9383.



TOWNSHIP OF PUSLINCH
(519) 763-1226

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

Committee of Adjustment & Planning and Development Advisory Committee Meeting: July 11th at 7:00pm
Council Meeting: July 12th at 10:00am
Committee of Adjustment & Planning and Development Advisory Committee Meeting: August 8th at 7:00pm
Council Meeting: August 16th at 10:00am
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

Looking for a facility to host lacrosse, roller skating, dry land training, etc? Then consider the rink surface at the Optimist Recreation Centre, which is being prepared for non-ice rink rentals as of May 23, 2023.

To all those roller skating enthusiasts! Keep an eye on our Facebook age, Twitter account and website for our drop-in programming at the rink.

To submit a rental request for the rink surface or the adjacent gymnasium, 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)

Drop in Roller skating program



The Township of Puslinch is excited to announce the launch of a new drop-in roller skating program at the Optimist Recreation Centre Rink beginning May 23, 2023.

The decision was approved by Council at the May 3, 2023 Council Meeting based on a recommendation from the Township's Youth Advisory Committee.

The new drop-in roller skating program will provide an opportunity

for individuals of all ages and skill levels to participate in a fun and engaging physical activity.

The drop-in programming will be provided a Summer Schedule as follows:

July 1-August 31

Mondays and Wednesdays Additional drop-in times

Tuesdays 11am – 12.30pm and additional drop in times

Thursday 3-4.30 pm

Sundays 10am-1pm

Additional times will be shared through the Township of Puslinch's Facebook and Twitter accounts by 4:00 p.m. on the day of the additional drop-in times.

"We are thrilled to offer a new recreation activity for the public," said Mayor Seeley. "The Youth Advisory Committee did an excellent job in identifying an opportunity for the use of Optimist Recreation Centre's rink in the summer months and we believe that the drop-in roller skating program will provide a fun and healthy

outlet for our community to enjoy."

The Township of Puslinch looks forward to continuing to work with the Youth Advisory Committee to promote youth engagement and leadership in the community, and to explore new opportunities for recreational activities for residents of all ages.

Get your copy in advance. Be the first to know what is happening in the community.

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Historic Ellis Pioneer Chapel opens again

By Barbara Bulmer

With the pandemic behind them, the Trustees and volunteers for Ellis Chapel have again opened the chapel for weddings, services, a concert, and visitors. Dates and times for this summer's services and concert are listed in the Religious Services section of the paper. The chapel is non-denominational.

Ellis Chapel is important because it has so many connections to world events, in England, Scotland, Ireland, and America.

Religious persecution, famine and poverty, the highland clearances, the American Revolution, the War of 1812 and colonialism have all touched the historic past of the chapel.

In 1767 Henry Ellis left Wales for Ireland, married, had several children there, then emigrated to Pennsylvania. During the American Revolution they remained loyal to the crown, and about 1800 they emigrated to Canada as United Empire Loyalists.

When the War of 1812 broke out Henry and his sons volunteered. In 1839 two of Henry's grandsons, Edward and Thomas Ellis came to the Puslinch Lake Section of the Township, Thomas on the north part, and Edward on the south part of lot 9, Second Concession.

These lands were known as Church Lands, lands that had been acquired for settlement from the Indigenous people of the Neutral Nation.

In 1850, at the first municipal election ever held in Puslinch Township, the general meeting of ratepayers elected Thomas Ellis Deputy Reeve, a position he held for three years. Thomas died in 1906, age 91.

Edward Ellis farmed his land for over thirty years. He was known for his philanthropic disposition, and like his preacher father, he was a staunch member of the Methodist Church.

In 1859 Edward and his wife Mary gave one acre of their farm on the "Given" Road (now Ellis Road) to the Puslinch Lake community for the building of a community church. And that is where you will find it today, on the same one-acre lot.

Only today the farm has been swallowed up by the 401 Hwy. Edward died on November 24, 1883, aged 69.

Although it was the construction of Hwy 401 that destroyed the farm, it was that same activity that saved Ellis Chapel.

Lloyd Frank was supervising service station construction along the route when he learned that the old stone church was to be used as a construction shed. He encouraged local residents to restore the building. That was April 16, 1963.

In August of that same year a plaque was erected on the chapel grounds by the provincial Department of Travel and Publicity commemorating the settlement of Puslinch Township, and the building of the old Ellis Community Pioneer Chapel in 1861, the only such recognition in Puslinch Township.

When you visit you will see much that is original: two-foot-thick random faced fieldstone walls, two-inch thick pine plank-ing floor, window over the north entrance and six Gothic, pointed-top windows and sashes made by Edward Ellis, deep interior sills, unpainted, pine wainscoting with plastered walls.

Help preserve this cherished example of pioneer faith, courage and community. Make your charitable donation by e-transfer to payellischapel23@gmail.com or cheque to Ellis Pioneer Chapel, c/o Joanne Hamilton, Treasurer, 28 Honeysuckle Dr., Guelph, ON N1G 4X7.

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In Memoriams

Ruth Ann Krouskie (nee Lightle)



Ruthann Krouskie, 83 of Guelph passed away on Mother's Day, May 14th after a lengthy battle with multiple cancers. Ruthann was born on January 4th, 1940 to Edward and Isabelle Lightle in Orangeville.

As a shy, hardworking farm girl Ruthann moved to Guelph in pursuit of a career as a legal secretary at Moon and Heath Barristers & Solicitors.

She eventually married Thomas Krouskie and went on to have five children, David Krouskie, Tracy Muller, Brian Krouskie, Katherine Krouskie, and AnnMarie Krouskie.

After raising her children she returned to the workforce as a clerk for the Township of Puslinch which she excelled at and thoroughly enjoyed until her retirement at the age of 65.

She is survived by her sister Grace Greenaway, and her brother Kenneth Lightle. She was also blessed with nine grandchildren, and five great grandchildren.

Funeral Service was held at the Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Thursday May 18, 2023.

Memorial donations to Ovarian Cancer Canada or New Hope Animal Rescue would be appreciated by the family.

Condolences may be offered to the family at www.dodsandmcnair.com

Warren, Dorla Grace (nee Mountain)

(May 6, 1930-May 27, 2023)



Passed peacefully in Powell River, BC, in her 94th year. Cherished and devoted wife for 57 years of the late Rev. Bernard Warren (2009). She stood with him, selflessly supporting him in years of Christian ministry.

Trained as an opera singer, Dorla studied with George Lambert at the Royal Conservatory of Music in Toronto.

Though blessed with a spectacular voice, she chose family life over life on the stage becoming the loving mother of Cindy (Jurgen), the late Stephen, and Daniel (Rosanne). Precious Nanna of Jesyka and Autumn Skye (Neo), Gramma to Will and Lucy.

Predeceased by her devoted mother, Inez Dick (nee Dempster) and father Russell Mountain.

Cherished sister of Fred (Judy), Carol (late Steve) and the late Gloria (Harry). Treasured sister-in-law of Barb Wright (late Jim), Jeannie (late Jack), the late Margaret (Buzz).

Much loved by many dear nieces and nephews. Many thanks to the wonderful staff of Willingdon Creek Long Term Care Facility, Powell River, for their devoted care and attention.

The Funeral Service was held on Saturday June 17th at 2:00 pm at Ebenezer United Church, 12274 Guelph Line, Milton, ON. Internment at the Ebenezer cemetery.

Donations in loving memory of Dorla

Grace (Mountain) Warren would be greatly appreciated by the family to one of these charities: The Royal Conservatory of Music: rcmusic.com/donations; The Kitchener Waterloo Community Orchestra through Canadahelps.org; World Vision Canada: donate.worldvision.ca.

Family Activity – July

By Julia Preston



Summer in Puslinch is full of delicious locally-grown food. Food is a great way to bring people together. Plus growing, picking, shopping or eating can all be done outside giving you plenty of opportunity to enjoy the summer season.

This month we're sharing some ideas to help you connect to our wonderful environment and the people we share it with.

Fill your plate

Grow your own, pick your own, or visit a farmers' market. There are many ways to add fabulous local food to your plate. Gather your ingredients, and then prepare a meal together.

Kids of all ages can pitch in with various parts of cooking, from choosing the recipe to plating the meal.

Invite some friends to share your food and set up a dining area outside. Food tastes better in the fresh air.

Hike of the month

Take a walk to a local farm or around the farmers' market.

Search for ingredients you've never tried before or some of your favourite foods. While you're there, enjoy a snack of fresh picked local produce.



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Drop-in Roller Skating at the Optimist Community Centre Rink

The Township's drop-in roller skating program provides an opportunity for individuals of all ages and skill levels to participate in fun and engaging physical activity! This summer, join us Tuesdays from 11:00 a.m. to 12:30 p.m., Thursdays from 3:00 p.m. to 4:30 p.m. and Sundays from 10:00 a.m. – 1:00 p.m. during July and August!

Follow the Township's Social Media pages for additional drop-in times and the fall schedule!

For more information, please contact the Township of Puslinch (519) 763-1226 or services@puslinch.ca



Puslinch Lake Conservation Association



www.mypclca.com

It is with great anticipation that the Puslinch Lake Conservation Association, [PLCA] can offer the second season of the Puslinch Lake Boat Cruises; beginning Tuesday, June 13th and each Tuesday until mid-September.

Two time slots are available each Tuesday at 6:00pm and 7:30pm allowing you to have dinner before or after your tour.

This event is a fundraiser for the non-profit PLCA with funds going toward the continuation of the dredging program.

The Home Tour was a popular event that was curtailed by the Covid Virus. We hope to have it up and running again next summer for everyone to enjoy.

Other public events over the years included the Hoe Down, Silent Auctions online, Music Festival and Golf Tournaments which were open and enjoyed by the public.

Puslinch Lake is the largest Kettle

Lake in North America. The tours will provide a tranquil and leisurely tour aboard easy to step on pontoon boats.

The drivers are Lake residents who will entertain you with the history of the lake, the ongoing dredging program, some fun stories about Puslinch Lake, information on the non-profit PLCA organization and other interesting bits and bites to keep you relaxed and enjoying this unique experience.

There will be complimentary bottled water and snacks to enjoy as you tour around the lake.

Boat Cruises last year were a great success, capturing the delight of guests from outlying areas such as Toronto and Woodstock, as well as our local communities of Kitchener, Waterloo, Guelph and Cambridge.

Many of our guests made it a full night out by enjoying the boat trip on the lake and having dinner at the Old Marina Restaurant.

Unfortunately, the OMR burnt down July 31st of 2022. We were able to direct patrons to several very close-by restaurants to continue their night out.

Tickets on:
www.eventbrite.ca/e/2023-puslinch-lake-boat-tour-tickets-632681105217

The Puslinch Lake Conservation Association was established in 1997 as a non-profit organization by a handful of dedicated residents.

The goal was to restore the lake back to its original piece of heaven for residents and the surrounding communities to enjoy.

Government agencies including the GRCA, Puslinch Township Council and interested residents formed a committee to investigate methods to revive and renew the lake's health.

The Adaptive Management Plan was created to protect the fish and wildlife on the lake as well as to enable the dredging to take place in a controlled and systematic manner.

In 1999 the first dredger was purchased, and work began to clean the silt from the bottom of the lake.

Years of decaying weeds and other decomposing matter caused a buildup of thick mud and silt. This caused the weeds to grow and decreased the depth of the lake.

In 2013 a different concept and equipment was introduced enabling the machine to work in areas of the lake which before were inaccessible.

This method was more efficient in removing the sediment buildup from the bottom of the lake. The GRCA granted the PLCA use of five acres of land for stockpiling the sediment from the bottom of the lake.

To date the PLCA has removed 300,000 tons of silt from the lake. The sediment from the bottom of the lake is put through a filtering system turning it into fertile topsoil.

The soil is available for the public to purchase at a very low cost.

Funds for this project over the last many years have come from a handful of grants, fundraising events, help from the Township of Puslinch, community supporters but mainly from the residents living on or around Puslinch Lake.

The boat cruises are not only a fundraising event, but they also allow the public to spend time on the lake enjoying a relaxing evening on the water.

Please come and join us one Tuesday evening for an enjoyable cruise on Puslinch Lake.



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Future of agriculture in Ontario is at risk

The Ontario Farmland Trust is continuing efforts to bring awareness to the public of what they believe to be worrying policy changes in the new provincial planning statement – Bill 97.

As they observe on their website “Every day in Ontario, we lose 319 acres of farmland to non-agricultural land uses like urban development and aggregate extraction; this rate of farmland loss is unsustainable and cannot be allowed to continue.

Everyone in Ontario relies on agriculture, from the food we eat, to the jobs in our communities. Without strong protections in place for our farmland, we may not be able to provide enough food to feed our growing population.”

The provincial government introduced a new policy that would have permitted farmland to be severed and developed as residential, estate-size lots as part of its housing initiatives.

The Ontario Federation of Agriculture (OFA) has been loudly opposed to this plan.

It has recently been reported that the province will not be moving forward with their farmland severance proposal. However, questions have been raised as to whether this will in fact happen.

Watch and stay tuned. The commenting deadline has been extended to August 4.

To learn more about the Take Action campaign, go to www.ontariofarmlandtrust.ca



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Property Tax Reminder

Final Bills will be mailed

August 1, 2023

DUE DATES:

August 31, 2023

October 31, 2023

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All aboard

By Anne Day



"It's on my bucket list."

That's what everyone would say to us when we shared that we were going on the Rocky Mountaineer. And certainly, that was true for us. With its breathtaking scenery and let's be honest, the cost of the trip – it deserves to be on people's bucket list.

The trip attracted people from all over the world, and our carriage had folks from US, Australia, the UK and Germany, as well as those from other parts of Canada. Meeting and connecting with our fellow passengers proved most interesting.

Our two hosts, Sarah and Nikola, did a wonderful job catering to our every need and sharing the history of each part of the railroad as we travelled through. Turns out, Nikola was from Hespeler and had friends in Puslinch – small world.

Passengers were picked up from their hotel in Vancouver and taken to the train station and then we all embarked on this exciting journey. There were around 30 people in our carriage and we would be observing the scenery from upstairs, going downstairs to the ground level dining room for our breakfast and three-course lunch.



The food was amazing – a gourmet delight, and in between the main meals we were served snacks, and

the bar was open for most of the trip.

We were instructed to shout out left or right, if we spotted any wild life, so that others could capture them too as well as other people in carriages behind our one.

I was lucky enough to spot some deer and wild horses on the mountains, and another passenger actually saw a bear.

The train did not go fast, so it was possible to capture different scenes and I took over 200 photos.

The first day we travelled from Vancouver to Kamloops which took 12 hours. Here's what we saw as we made our way.



The next day we went from Kamloops to Banff, travelling through Revelstoke.



It is said that the Canadian Pacific Railway is a feat of construction that amazed the world and we would concur.



After another 12 hours we arrived in Banff where we spent two days exploring the town, including going to the top of Sulphur Mountain on the Gondola.



Would we recommend the Rocky Mountaineer? You bet. It was a trip of a lifetime.

Elora Festival

Now in its 44th season, the Elora Festival has established a reputation as Canada's international choral festival, presenting world-class choirs and vocal ensembles over two weeks in July in Elora.

The Elora Choir performs throughout the two weeks of the festival, both with solo concerts and in collaboration with guest artists and ensembles.

In addition to the musical performances held in different locations throughout Elora, the Festival is holding its first Barn Dance on July 18 at Gabriel Barn.

This family-friendly event will feature food, games, a silent auction and music and dancing led by The Barrel Boys, a five-piece, bluegrass band, with a little help from The Elora Singers.

Doors open at 6.00 open and at 7.00 performances begin. Tickets are \$25 for adults and children (16 and under) \$10, children 5 and under – free. A family pass of four is \$60.

To purchase tickets for the festival, go to www.elorafestival.ca



Puslinch Branch, Wellington County Library

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

Summer Reading Club: Off the Map - Me On the Map (Kids)

Join us as we spend time focusing on where we live and where we come from. Help us to build a city together and spend time crafting our own maps. Grades 1-6.

Please register.

Wednesday, July 5 at 11am - 12pm

Summer Reading Club: Special Guest - Wild Ontario (All Ages)

Join us for an entertaining and educational presentation from Wild Ontario and meet some very special live birds! Please register.

Thursday, July 6, 10:30 - 11:30 am

Summer Reading Club: Backyard Explorers - Dragonflies and Seed Bombs (Kids)

Join us as we make seed bombs and dragonflies to decorate your home! Grades 1-6.

Please register.

Tuesday, July 11, 2-3pm

Summer Reading Club: Wardrobe of Wonder - Magic Messages (Kids)

Do you want to know how to write secret messages? Now is your chance to learn! Join us as we explore unique and magical ways to communicate. All supplies provided. Grades 1-6.

Please register.

Wednesday, July 12, 11am - 12pm

Scrabble Club (Adults)

Join us for casual word building entertainment!

Please register.

Wednesdays, July 12, 26, August 9, 23 at 2:00 – 4:00 pm

Story Time (Pre-Schoolers)

Story Times are designed to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Please register using your child's name only.

Adult accompaniment is required. Thursday, July 13 – August 10 at 11:00 am – 12:00 pm

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds.

Please register.

Thursdays, July 13, 27, August 10, 24 at 5:30 – 7:00 pm

Summer Reading Club: Discovery Lab – Creative Science Fun (Kids)

Use your STEAM skills to solve a problem and create amazing fizzy art! Grades 1-6.

Please register.

Tuesday, July 18, 2-3 pm

Summer Reading Club: Imagination Creations - Monster Mayhem (Kids)

Join us as we create different types of monsters! Could yours be from the desert? The ocean? From your own backyard? Anywhere is possible! All supplies provided. Grades 1-6.

Please register.

Wednesday, July 19, 11-12

Summer Reading Club: Off the Map - Wonders of Space (Kids)

Explore the solar system with an out of this world craft! Grades 1-6.

Please register.

Tuesday, July 25 at 2:00 - 3:00 pm

Summer Reading Club: Backyard Explorers - Busy About Birds (Kids)

Create your own baby bird that you can take home. We will also be building bird feeders to offer your feathered friends outside! All materials provided. Grades 1-6.

Please register.

Wednesday, July 26 at 11:00 am - 12:00 pm

Summer Reading Club: Imagination Creations - Colours Galore! (Kids)

Learn how to make a yarn wrapped cloud rainbow to hang in your room! Grades 1-6.

Please register.

Tuesday, August 1, 2- 3pm

Summer Reading Club: Curious

Creatures - Dive Right In (Kids) Journey with us as we explore vast ocean waters and all the creatures that call it home! Create little ocean friends to bring home while we examine the rich colours the ocean has to offer. All materials provided. Grades 1-6.

Please register.

Wednesday, August 2 at 11:-12

Summer Reading Club: Wardrobe of Wonder - The Land of Narnia (Kids)

Step through the portal into a world of wonder! We'll use props and crafts to have some creative fun! Grades 1-6. Please register.

Tuesday, Aug 8 at 2-3pm

Summer Reading Club: Epic

Adventures - On the Lookout for Treasure! (Kids)

Help us locate a secret and mysterious treasure by creating maps and telescopes to aid in our search! What will we discover when we find the 'X' that makes the spot? Grades 1-6. Please register.

Wednesday, August 9 at 11-12:00

In Stitches: Beginner Class – Coasters (Tweens)

Learn to sew straight seams and make a set of coasters! Ages 10 to 14 years. Please register.

Tuesday, August 15, 1-3 3 pm

In Stitches: Experienced Class

- Reversible Apron Dress (Teens/ Tweens)

Go beyond the basics! Use your previously learned sewing skills to make a project to wear! Ages 10 to 15 years. Please contact branch for list of supplies. Please register.

Wednesday, August 16 at 1:30 - 4:00 pm

Continued on page 23

Summer reading

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

Brown, Sandra	Out of Nowhere
deWitt, Patrick	The Librarianist
Jewell, Lisa	None of This Is True
Lapena, Shari	Everyone Here Is Lying
Macomber, D	Must Love Flowers
Martin, Madeline	The Keeper of Hidden Books: A Novel of World War II
McAllister, G	Just Another Missing Person
Patterson, J	Circle of Death
Patterson, J	Obsessed
Steel, Danielle	Happiness

Non-Fiction

Booth, Robin	GROW: Fill Your World With Plants
Hind, Andrew	Ghost Towns of Ontario's Cottage Country
Kordalis, Kathy	Mediterranean Summer Table: Timeless, Versatile Recipes for Every Occasion and Appetite
Le Cordon Bleu	Cordon Bleu Bakery School: 80 Step-By-Step Recipes for Bread and Viennoiseries
O'Neill, Fifi	Small Spaces, Big Appeal: The Luxury of Less In Under 1,200 Square Feet
Page, Elliot.	Pageboy: A Memoir
Sevigny, Melissa L.	Brave the Wild River: The Untold Story of Two Women Who Mapped the Botany of the Grand Canyon
Sterritt, Angela	Unbroken: My Story of Survival and My Fight for Justice and Hope for Indigenous Women and Girls
Strambio, Isabella	Macrame Christmas: 24 Festive Projects Using Easy Knotting Techniques
Von Benda-Beckmann,	Bas After the Annex: Anne Frank, Auschwitz and Beyond



Taste Real

The season sees the return of the Taste Real Farmers' Market Trail, a Wellington County food tourism experience encouraging residents and visitors to explore the different local markets.

"Farmers' Markets are an important seasonal economic driver, especially for rural communities.

They provide a sales venue for local farmers, an incubator space for start-up businesses, and a great setting for established businesses trying out a new product," says Jeff Duncan, Chair of the County's Economic Development Committee.

"They are a reason for locals and tourists to visit our downtowns and explore our communities.

Based on data provided by Farmers' Markets Ontario, up to 70 percent of market-goers visit neighbouring businesses."

Market Trail passport holders can collect stamps at each market visit and can enter a draw once they have collected three stamps for a chance to win one of eight market prize packs worth \$100.00.

Passports are available at all local farmers' markets, at Wellington County Libraries, or can be requested at www.TasteReal.ca.

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Farmers' Market Box

Local farmers' markets have teamed up to bring the award-winning Market Box Series and the Taste Real Farmers' Market Trail back to Wellington County and Guelph.

All eight Wellington County and Guelph farmers' markets and the County's Taste Real Program are collaborating on a Farmers' Market Box Series featuring a curated goods from a different market every two weeks.

The initiative aims to highlight the unique flavour of each market, showcase new vendors and products, and promote local markets as destinations for outstanding local food.

The Market Box Series launched in 2021 and was well received by the community with boxes selling out quickly.

The innovative initiative won provincial and international awards via the Economic Developers Council of Ontario and the International Economic Development Council.

Taste Real Market Boxes cost \$59.00, feature pick-up and home delivery options, and can be ordered on the Taste Real website.

The first box featuring the Elora Farmers' Market is scheduled for Tuesday, June 20 with orders closing one week prior.

This year, the Market Box program has partnered with the Wellington County Social Services Department to further support access to healthy, nutritious food in a manner that maintains dignity, builds health and community, and challenges inequality.

When ordering a Market Box, individuals have the option to donate to the Market Bucks program which enables recipients to purchase food at Wellington County farmers' markets.



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2024 TOWNSHIP GRANT APPLICATION PROGRAM

Completed Grant Applications for Township of Puslinch not-for-profit organizations or unincorporated community groups will be received until 2:00 pm on Thursday August 31, 2023 electronically on the Township website at Puslinch.ca/GrantApplication or via email to the Finance Department finance@puslinch.ca

All qualified applicants will be considered during the 2024 Budget process. Applicants are advised that there is a limited amount of grant funding available.

For further information or to obtain a copy of the Grant Application Policy and Grant Application Form, please visit the Township's website at www.puslinch.ca or contact the Township at 519-763-1226 ext. 106.



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COOK'S CORNER

By Barbara Paterson

Please forgive me for featuring another pork chop recipe so soon after the last one, but this one is especially good on the BBQ. I find that pork is often on sale lately so it's relatively economical.

Juicy Pork Loin Chops



- 4 - 6 pork loin chops
- ½ cup ketchup
- 2 tbsp. freshly squeezed lemon juice
- 2 tbsp. molasses
- 2 tbsp. minced onion
- 1¼ tsp. chili powder
- 1 tsp. minced garlic

- 1 tsp. grated lemon zest
- ½ tsp. dried rosemary
- ¼ tsp. black pepper

1. Combine all ingredients except the pork chops in a small saucepan. Bring to a boil over medium high heat. Reduce heat to low and simmer 2 minutes, stirring occasionally.
2. Marinate the pork chops in the sauce overnight if you have time; otherwise just brush the chops with sauce as they are cooking.
3. Pre-heat the grill and place chops and sauce in a grill pan or on a BBQ sheet or foil and grill about 6 minutes per side depending on thickness of chops, brushing with sauce as they cook. Don't overcook or they will be dry. Enjoy!

A wonderful summer salad to serve with grilled meats or on its own for a light meal.

Delicious Pasta Salad

- 4 cups small rotini pasta or fusilli or small shell pasta
- 1 red pepper, chopped



- 1 yellow pepper, chopped
- 1 cup chopped cucumber
- 1/3 cup chopped red onion
- 3/4 cup crumbled feta cheese
- 1/2 cup chopped fresh parsley
- 10 black olives
- 1 cup bottled Italian dressing
- 2 tomatoes, cut into wedges or 8 to 10 cherry tomatoes, cut in half

1. Cook pasta according to package directions. Drain and rinse in cold water to cool; drain well.
2. Combine cooked pasta with all ingredients except dressing and tomatoes. Pour dressing over pasta mixture and toss to coat. Cover and let stand 30 minutes.
3. Just before serving, add tomatoes and toss gently. Serves 8

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ASK THE EXPERT

By Heather Rajotte

Q: I would really like to grow my own vegetables, but I don't have a big garden. What are my options?

A: As much as we treasure native and heirloom plants, home vegetable gardening is one area where advancements in science and plant breeding can be appreciated!

There are more varieties than ever of vegetables that will grow quite happily in containers on a patio or balcony, and in small spaces in a flower bed.

You will find dozens of varieties of tomatoes, beans, peas, cucumbers, lettuce and even a potato or two that can squeeze into tight spots.

Vegetable gardening is a great way to save money on your grocery bill, increase backyard biodiversity, and even attract some more pollinators and birds to your garden.

Here are a few tips to have a successful harvest, no matter how small!

Ensure your containers are filled with a fresh, soilless potting mix. You can use the same kind as you do for planting annual flowers.

If you are planting your veggies in a garden, make sure the soil is amended with some compost or manure before you plant.

Don't be afraid to start from seed! You will find a greater selection of small space veggies in seed form than if you wait until late spring to buy plants.

Take the opportunity to escape the cold winter by perusing your favourite seed catalogue, or visit a garden centre to browse their selection.

Vegetables need a good supply of nutrients, so fertilizing regularly will be key, especially if you plant in containers!

No need to get specific, any sort of all purpose or flowering plant food will do. Make a schedule and stick to it.

Diversification is the best defence. It's true that vegetable plants can attract some pesky critters, but don't let that

discourage you from planting!

Monocropping - planting a large area with the same plant - is a sure way to encounter pests.

Try mixing up your vegetables by planting different types together, or surrounding them with other perennials or annuals that will naturally repel unwanted hungry insects.

This is called companion planting, and the Farmers Almanac has a great guide: <https://www.almanac.com/companion-planting-guide-vegetables>.

Plant and harvest often! Vegetable gardening isn't about one and done - some after-harvesting early crops can be replanted before exhaustion of the first plant.

A good example of this is lettuce - as it is somewhat cold tolerant, lettuce can be one of the earliest crops to plant in your yard.

But after you harvest, there is still plenty of time to sow more seeds and get a second crop!



Peas growing as a centerpiece in one of my containers

Other varieties of vegetables such as beans and tomatoes benefit from frequent small harvests.

This can encourage the production of more vegetables, and thus more end product for you to enjoy.

I hope you are inspired to try some vegetables in your garden this year!



PUSLINCH Leaf and Yard Waste Collection

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

The next leaf and yard waste collection dates for Puslinch are:

WEEK B

Monday, July 24

Monday, August 21



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YOUR HEALTH MATTERS

Sleep is medicine

By Dr. Laura M. Brown, ND

If you are not sleeping, not much else is happening. You need sleep. Your body needs the day, and it needs the night, too. It is not an option, and it is not inactive.

Many immune and physical restorative functions are done on the body's night shift. When you sleep, your mind organizes daily events and unprocessed emotions. If you don't sleep, your cognitive function declines. There is even evidence that sleep deprivation can be as dangerous as driving drunk.

Cues for sleep include changes in light, temperature and purification cycles. For example, in a natural rhythm, as the sun goes down, the hormone cortisol goes down as well. And when the moon rises, so does the hormone, melatonin. We need these hormones to rise and fall on schedule to coordinate the proper biorhythms. A lovely, balanced wave.

WHY CAN'T I SLEEP?

Chronic stress increases cortisol production which in turn affects many biological processes, including the balance of microbes in the gut. More on the microbes in a minute.

Chronically elevated cortisol can leave one feeling "tired and wired". Calming cortisol takes time and may require professional assistance to normalize the stress response with dietary adjustments, plant-based medicines or nutrients.

Walks in nature, acupuncture, massage, sound and vibrational therapy and breathwork are all helpful tools that could be considered in the calming toolbox.

Poor sleep may also be linked to reduction in melatonin. Melatonin potentially declines

with age. Melatonin plays a crucial role in regulating body temperature, sleep-wake cycle, female reproductive hormones, and cardiovascular function. Low melatonin is linked to anxiety, stress, depression, seasonal affective disorder, sleep disorders, immune disorder, cardiovascular disease, and cancer.

High melatonin (without supplementation) is linked to inflammation in the brain. Melatonin supplements are best prescribed by a knowledgeable practitioner. Even the tiniest amounts can impact sleep. And it is a hormone, so it is important to get just the right amount for a prescribed amount of time.

Both cortisol and melatonin interact with the gastrointestinal microbiome to induce a release of cellular biochemicals, which appear to help the body shift from early (non-REM) sleep to late sleep (REM/dream).

During REM (rapid eye movement) sleep, we dream the deepest. Dream deprivation results in catastrophic breakdown of the human psyche. Dreams and sleep are keepers of our sanity.

An imbalanced microbiome can impair sleep. Imbalance can come from stress, as mentioned above, or many other dietary and environmental factors. The microbiome bacteria normally make small quantities of toxins called lipopolysaccharides and cellular chemicals called cytokines that induce your dream state (REM) sleep.

An imbalanced microbiome can promote larger quantities of these toxins and chemical messengers, which will disrupt sleep, not to mention that the excess toxins can lead to inflammation and pain in the head, muscles, or joints. Pain keeps you up at night.

Microbes in our microbiome additionally have their own circadian rhythms that interconnect with our human sleep-wake cycle, hormone release, and metabolism. Abnormal sleep-wake cycles and disruption of cues for sleep aggravate the circadian

rhythm for both human and microbes which makes intestinal cells more vulnerable to injury. It is true that sleep deprivation can weaken the immune system and increase risk for short term and long-term illness.

Chronic circadian rhythm disruption, regardless of shift work, electromagnetic smog, blue light, or other robbers of sleep, is linked to many chronic diseases, including metabolic syndrome, obesity, cardiovascular disease, intestinal dysbiosis (IBS), inflammatory bowel disease (IBD), neurodegenerative diseases, and cancer.

Sleep disruption can be temporary or long-standing. Good questions to ask include: What time to bed, what time to rise, how many times up in the night? How long to get to sleep at bedtime or after waking up in the night? Do you wake rested? What disturbs you or keeps you awake? How much caffeine (coffee, tea, chocolate, energy drinks) are you consuming? Do you have food sensitivities? Indigestion? Pain? Pets? A partner? What about room temperature, noise, light disturbances? Anxiety? Breathing issues? Sleep apnea? Snoring? Midnight snack?

A few tips for a better sleep

- Address gut health
- Calm stress
- Keep a regular routine
- Minimize or avoid stimulants
- Avoid anxiety provoking tasks close to bedtime
- Avoid TV, tablet, computer, phone screens 1 hour before bedtime and through the night
- Keep bedroom air, sheets and environment fresh and clean
- Consider replacing mattresses and pillows - you spend nearly half your life on them!

Here's to a good night sleep. It truly is a beautiful thing!

Questions? Email drlaura@southendguelp.ca This article is for educational purposes only. It is not meant to diagnose or treat and is not medical advice.

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Weddings in Earlier Puslinch

By Marjorie Clark

Our impression is that many aspects of weddings are traditional but actually a great amount of change has occurred over the years since settlement in the Township.

To begin with, almost all Protestant weddings took place at the home of the bride's parents until the 1940's, as young women seldom left home before marriage.

If her parents were deceased, it would be held at the home of another close relative, an uncle or married brother or sister. Some made their vows at the manse, the home of the bride's minister.

Seldom were services held in a church. An exception was that of Charles Morison of Morriston and Mary McLean of Aberfoyle, who were united in Duff's Church on Oct. 28, 1886.

A "dainty" meal, provided by the bride's mother, followed. The wedding cake was referred to as "bride's cake" as late as 1931.

If the participants were of Highland Scottish origin, particularly in early times, the wedding feast could be more lavish and followed by dancing, which continued into the wee hours.

Over 300 neighbours, friends and relatives attended the wedding of Donald Clark and Margaret McPherson on March 28, 1850, a Highland community custom, that was fading

by that time. After this, 100 guests constituted a very large wedding.

Sarah Paddock and Donald McMillan celebrated with 150 present in March 1891. For many nuptials, only immediate family were in attendance.

Most Roman Catholic brides were married in the Church of Our Lady in early morning, usually 7.30 a.m.

Even earlier, Michael Schwartzburg and Teresa Lepard were joined in wedlock at 6:30 a.m. on June 5, 1913. A few opted for the rectory, like Minnie Moran in 1903.

Brides often carried a prayer book. A wedding breakfast would follow at the bride's parents home or sometimes, at a Guelph hotel.

Although a marriage might take place on any day of the week, except Sunday, the popular day from the 1880's to the 1920's was Wednesday.

A few were held on Thanksgiving Day. Jennie Reid and John McNaughton married on Christmas Day 1895. Saturday became the usual day in the 1930's.

The bride-to-be entered the room "leaning on the arm" of her father. The minister conducted the ceremony under an arch of evergreens, created for the occasion, or in front of a stand of ferns in the parlour.

It is said that white wedding gowns became fashionable when Queen Victoria wore white to wed Prince Albert in 1840. If the bride chose a white gown, she was crowned with a veil, caught up with a wreath of mock orange blossoms and carried a white bouquet.

However, Puslinch brides selected a white, variety of shades of off-white and many colours from first descriptions to at least 1938. Among these were cream, champagne, French beige, biscuit, fawn, grey, blue, powder blue, electric blue, pale green and peach

Emma Crawley was outfitted in a mottled claret and green silk in October. 1896. In the 1920's, some wore pink, as did Mae Hood, dressed in heavily beaded pink georgette, when she married Alex Ord in January 1927. Margaret Clark was attired in midnight blue velvet at her wedding to Ernie Cockburn on September 24, 1938.

From about 1900 to 1917, brides often wed in white dresses but embarked on their honeymoon trips in a "travelling suit" of navy blue, green or tan broadcloth or serge, frequently in a military style. Many donned a suit for both service and trip.

Detached animal furs were sometimes combined with the suits – fox, sable, in one case, squirrel.

Maude McGill must have been stunning in September 1915, in her suit of plum velvet, with American marten fur and hat to match, decorated with the exotic Bird of Paradise flower.


Occasionally unattended, particularly in early times, by the 1880's, the bridal pair were likely to be accompanied by a bridesmaid, groomsman and maybe a flower girl or two, clad in pink.

Rice was thrown on the couple, as they departed for their honeymoon or future home. Confetti was popular, too, by 1893.

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Childhood Arthritis (CA)

By Sydney Brooks, PhD

Arthritis can affect children of any age, even infants. It's one of the most common chronic diseases affecting children.

There are seven different types, all involving inflammation of the joints. The most common joints involved are knees, ankles, wrists or elbows.

In some types of childhood arthritis, there can be a fever, skin changes, eye disease or bowel problems. The cause is unknown but may be related to an infection or injury to the joint.

It may also be associated with other conditions like lupus, psoriasis or diabetes.

CA is often hard to detect. Children don't experience and express pain the same as adults.

The first signs may be a limp or difficulty moving an arm or a leg when getting up in the morning. Symptoms vary and might go away for a while and then return.

One of the issues unique to children with arthritis is that they are still growing.

For instance, if they have arthritis in one knee, the growth plates might be affected, and one leg can end up longer than the other.

If the joints of the jaw are affected, the child might have an underdeveloped jaw (a small chin).

Children with arthritis may also develop eye problems. This can require regular eye examinations and treatment by an ophthalmologist.

One type of CA involves both the joints (arthritis) and the spots where muscle tendons attach to bones (for example where the Achilles tendon attaches to the heel).

This form of CA generally affects children over the age of ten and is more common in boys.

This is one of the few types of arthritis that may run in families. The hips and legs are usually affected, especially around the knees, ankles and bottoms of the feet.

Children may complain of knee, heel or foot pain, which may improve with activity.

Joint inflammation often continues into adulthood, sometimes progressing into joints in the back and often leading to pain and stiffness.

Children with arthritis are typically referred to a pediatric rheumatologist to confirm a diagnosis and for ongoing care.

In our area, there are pediatric rheumatologists at the McMaster Children's Hospital in Hamilton, the Hospital for Sick Children in Toronto and the Children's Hospital at the Health Science Centre in London.

Arthritis Society Canada offers online programs and resources for children and teens with arthritis. Summer camp (Club Sunrise) is offered in Ontario, the Atlantic provinces, Manitoba, Alberta and British Columbia.

To learn more, check out the Arthritis Society Canada website *Childhood Arthritis - Symptoms, Causes, Diagnosis & Treatments | Arthritis Society Canada*

Cassie and Friends is a Canadian organization providing support and resources for children and youth with arthritis.

It also provides resources for teachers who are working with children with arthritis. Go to www.Cassieandfriends.ca

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.

Wildfire smoke

Wildfires produce thick smoke which can lead to serious health issues.

Smoke can carry hundreds or thousands of kilometres from the fire zone. There is no safe level of exposure to wildfire smoke.

This means that it can damage your health at very low levels. Even if you're not close to a fire, you can still be affected by the smoke.

Everyone is at risk from wildfire smoke but especially small children, pregnant people, elderly people, people with existing lung or heart conditions and people involved in outdoor work or sports.

What you can do:

- Visit Canada.ca to find out more about Wildfire smoke, air quality and your health
- Download and share the Wildfire smoke 101 fact sheets.
- Learn how to use the air quality health index (AQHI) to check air quality conditions in your community.
- Download the WeatherCAN app to get free notifications about weather events, extreme heat and special air quality statements.

Source: Health Canada

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

The Township is seeking applications for one (1) opening on its Heritage Advisory Committee.

Please help us share this existing opportunity with your contacts in our community to get involved on the Heritage Advisory Committee and share ideas on important issues and projects related to heritage within our community.

More information regarding the Heritage Advisory Committee's requirements, mandate and composition can be found at [Puslinch.ca/Committee-Application](https://puslinch.ca/Committee-Application).

Applications are available at [Puslinch.ca/CommitteeApplication](https://puslinch.ca/CommitteeApplication) or for pick-up at the Municipal Office during regular business hours. The deadline for applications is July 4, 2023 at noon (12:00 p.m.).

Enjoy the outdoors without a tick!



You can enjoy the return of warm weather and outdoor activities by preventing tick bites that can cause Lyme disease and other infections like anaplasmosis.

Before your outdoor activity, you can take the following precautions to prevent tick bites:

- Wear light coloured long-sleeved shirts and pants to spot ticks more easily;
- Tuck your shirt into your pants, and pull your socks over your pant legs;
- Use bug spray containing DEET or Icaridin on your skin and clothing (always follow the directions on the label);
- Walk on cleared paths or walkways.

When you return, take time to specifically

inspect these ten areas of your body (favourite tick hiding spots):

- head and hair
- in and around the ears
- under the arms
- around the chest
- back (use a mirror or ask for help)
- waist
- belly button
- around the groin
- legs and behind the knees
- between the toes

What to look for: You may not notice a tick bite because ticks are tiny and their bites are usually painless.

Feel your skin for bumps and see if there are any tiny black dots. Most people get Lyme disease after being bitten by:

- a nymph, which is about the size of a poppy seed (1.15 mm)
- an adult female tick, which is about the size of a sesame seed (3 mm)

Found a tick? Remove it immediately to reduce the risk of infection. To do this properly, watch the *Lyme disease video: How to properly remove a tick*.

(<https://www.canada.ca/en/public-health/services/video/lyme-disease-properly-remove-tick.html>)

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Religious Services

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

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Pastor John Adeyemi

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Masks are optional.

BAHA'I FAITH

www.bahaisofpuslinch.ca.

• You are invited to join us in our study of – *Reflections on the Life of the Spirit* – a course on the spiritual nature of the human being. During the pandemic, this study will be conducted via the Zoom video conference platform. Call 519-766-7731 or email lsapuslinch@gmail.com for particulars of date, time and Zoom link.

CALVARY BAPTIST CHURCH

454 Arkell Road, Puslinch, ON NOB 2JO
519-824-1161

www.calvaryguelph.com

Pastors: Patrick Timney and Joe Yang

• Sunday worship: English 9:30 am

Chinese 11:30 am

• Children's Worship: Sunday morning program held during main services.

• Calvary Youth: For Jr. & Sr. High programs - please go to church website for more information.

• Adult Bible Study: Thursdays 10:00 am.

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Facebook: *Cross Roads BIC & Cross Roads Youth Group*

Pastor: Melissa Richer

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

'crossroadsbic.eventbrite.ca'

www.youtube.com/channel/UCMKYAskvq1HdGsTiA7UQFsg.

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www.duffschurch.ca

www.facebook.com/duffschurch/

Pastoral Leader: Rev. Don McCallum

donpmccallum@gmail.com

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Webpage: www.ebenezeruc.ca - Like us on Facebook

Minister: Rev. Jeff Werner

Music Director: John Zadro

• Regular Sunday Worship, 11:00 am.

Puslinch Pioneer | July/August 2023 | Page 30

FREELTON STRABANE UNITED CHURCH

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1565 Brock Rd. (Brock Rd & 8th Conc W.),
Strabane, ON L0R 1K0

Church Office – 905-659-3380

www.freeltonstrabaneuc.ca

Facebook: *freelton and strabane united church*

Minister - Rev. Will Wheeler BA M. Div.

Sunday Worship at 10:30 am

HISTORIC ELLIS PIONEER CHAPEL

6705 Ellis Road, Puslinch, ON

www.ellischapel.ca

July 16th 2:30 pm Service: Rev. Kate Ballagh-Steeper from Harcourt Memorial United, Guelph.

August 20th 2:30 pm Anniversary Service: Rev. Don McCallum from Duff's Presbyterian, Puslinch.

September 24th 2:30 pm Fall Concert

Bakers Dozen Barbershop & Gospel

Enjoy refreshments and fellowship in the garden following events.

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www.pccweb.ca/knox-crieff/

www.facebook.com/knoxpresbyterianchurchcrieff

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• Sunday Worship at 10 am.

MOUNT CARMEL-ZION UNITED CHURCH

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

Minister: Rev. Margaret Ruggles

519-822-8610

www.morristonunitedchurch.com

Email: morristonunitedchurch@gmail.com

• Sunday Worship at 10:30 am.

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

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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.

COMMUNITY VACATION BIBLE SCHOOL

Vacation Bible School Ages 4 to 12. Come join the adventures when we pretend. We are SHIPWRECKED on a deserted Island from **Monday, August 14th to Friday, 18th** 9am to 11:30am at Mount Carmel-Zion United Church, 22 Victoria Street, Morriston NOB 2C0. BIBLE ADVENTURES * SINGING * VIDEOS GAMES / CRAFTS / STORIES / SNACKS. \$10 per child, \$20 per family. To Volunteer or for more information call Cheryl McLean 519 822 8781. All Children Welcome. Save the date!

SENIORS STRAWBERRY SOCIAL

Mount Carmel-Zion United Church invites you to a "Seniors Strawberry Social" **Wednesday, June 28th**, from 1:00-3:00pm at Puslinch Community Centre, Aberfoyle. Please **RSVP by June 21st** Mary Beth at 519-822-6211 or gmsutton@sympatico.ca. Musical entertainment by: Peter Baumann (Accordionist). Free Will Offering.

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 Contact the church office at 519-763-1163 or email office@duffschurch.ca.

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CROWN CEMETERY PUSLINCH
 Crown Cemetery Puslinch is located north of Morriston at Brock Road and Highway 401. It is a non-profit cemetery operated by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials. For more information please visit our website at www.crowncemetery.ca or contact Darlene Harrietha at 519-822-0874 or email darleneharrietha@gmail.com.

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

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

THE FRIENDS OF MILL CREEK
 Meet at the Puslinch Community Centre at 3:30 pm. on the third Wednesday of every month (except August). If you

share our passion for protecting this precious resource for future generations, and in developing this resource for the next generation of conservationists, join us. For more information <http://www.friendsofmillcreek.org>.

THE MILL CREEK SUBWATERSHED COMMUNITY LIAISON TEAM
 Holds its monthly meetings the second last Thursday of each month at 1:00 PM at the Community Centre in Aberfoyle. The public is invited.

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

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

PUSLINCH FIDDLE GROUP
 Meets the 3rd Sunday of each month at Duff's Church, Nanson Hall, from 1 -

4 pm. Come out and bring your fiddle, guitar, etc. and join in some good old fiddle music. Call Paul McDonald 519-763-9764.

PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE
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 Dianne Hersey 519-824-6304
 Alan Fairweather 519-824-5726
 Jen Deter 519-837-5913

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

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