

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 47, Issue 10 - June 2023

## Rediscover Your Local Farmers' Market

By Jayme Mast

I found myself sifting through some articles and blogs recently, and landed on a piece about the best farmers' markets in Ontario. I'm always looking for inspiration and new ideas to table for our market here in Aberfoyle, so naturally it caught my eye.

What really stood out though, was a feature photo of one of the markets showing a display of bananas!

When I think of a true farmers' market, the first thing that comes to mind is locally grown food ... not imported or tropical fruits like bananas. That mindset was the foundation the Aberfoyle Farmers' Market was built on 13 years ago and continues to operate with to this day.

We've made some changes in recent years in order to adapt to the post-pandemic way of life and ultimately keep the market alive.

sourced with full transparency. When you shop at the market, you will be able to clearly identify which products are being offered by the growers themselves and which are being resold.



Most notably, we have made some adjustments to the length of our season and operating hours. The market will run for 17 weeks, 9am-1pm each Saturday from Father's Day weekend to Thanksgiving weekend. This year, that's June 17 through to and including October 7.

We also introduced some flexibility for our vendors with respect to reselling in an effort to fill some essential product gaps that shoppers want to see at the market (things like Niagara fruits, apples, dairy products). It was important to us however, to ensure these items continued to be locally



In other exciting news, we're introducing two new initiatives this season. The first being our Junior Farmer Program which aims to extend an opportunity to the next generation of producers to gain market experience, promote their small business, and grow their network, with all fees subsidized by the market association.

We're excited to welcome some of our local youth through this new program in just a few short months!

Secondly, in lieu of our 'Soccer Snack' program, plans are in place to shift to a digital loyalty program for ALL shoppers to use.

As I write this, some of the finer details are still in flux, but what I can share is that every purchase you make, regardless of which vendor it's from, will count towards a reward!

If you haven't already, I encourage you to preview our vendor list under the 'About Us' section on our website at [www.afma.ca](http://www.afma.ca).

Opening Day is just around the corner on Saturday June 17. Be sure to stop in for a visit this season and rediscover the Aberfoyle Farmers' Market!

# Editorial

For sure we are all anxious to get outdoors and enjoy our Canadian spring/summer and in this issue of the *Pioneer*, we are highlighting different events like the Water Festival, Danish Constitution Day and the upcoming Writers Festival as well as celebrations for Father's Day that we can all enjoy.

It is encouraging to hear that there are plans to rebuild the Old Marina, although it will be a couple of years when this favourite, local haunt will be open.

Learning about the services available at Ronald McDonald House in Hamilton brought back memories of when our two-year-old daughter was in Hospital for Sick Kids. Every day I was there before she woke up and left when she fell asleep. We were lucky that we were able to do this, but for many parents who live far away from a children's hospital, that isn't an option, which makes the role played by Ronald McDonald House so important. We are lucky that they serve the Guelph-Wellington community.

We also draw your attention to the Pay it Forward grant from the Guelph Arts Council and the Maureen Smith Sunshine Award available to a high school student who is entering nursing in the fall.

Talking of youth, I had the honour of taking part in the Optimist Club Oratorical Contest as a judge and was reassured as I hear the students share why they are optimistic.

And on that note, have a wonderful June.

Anne Day

You can receive the *Pioneer* and *Pulse* electronically - just sign up at [www.puslinchpioneer.com](http://www.puslinchpioneer.com) or email [editorpuslinchpioneer@gmail.com](mailto:editorpuslinchpioneer@gmail.com)

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## Our Mission

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

Volume 47: Issue 10 June, 2023  
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Ten issues are published a year and distributed free of charge throughout Puslinch. [www.puslinchpioneer.com](http://www.puslinchpioneer.com)

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

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

We ask that articles be submitted by email and adhere to the Writers Guidelines which can be downloaded from [www.puslinchpioneer.ca](http://www.puslinchpioneer.ca)

Unless otherwise stated, the deadline for submissions is the 2nd Friday of the month. Next deadline is **Friday, June 9th, 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

## School Bus Stop Arm Cameras:

Council endorses the resolution received from the Municipality of North Perth regarding the request for stop arm cameras be installed on all school buses and paid by Province.

## Act on Litter Ontario:

Council direct staff to send notice to the MECP requesting that litter on the roadside of Highway 401 be cleaned up in accordance with the Ministry's initiative Act on Litter Ontario.

## County of Wellington Clean-Up:

County continues to support Township Roadside Clean-up Day in Puslinch and offers to aid in clean-up events for all the County's member municipalities.

## Additional Clerical Support:

An operational need has been identified for additional clerical support in the municipality on a temporary basis relating to a number of 2023 Corporate Workplan items and Council authorize staff to retain additional clerical support as required.

## County OP Amendment 119:

A decision was made on April 11 to approve, with modifications, OP Amendment 119 to the County OP, which includes an economic development study area in the Township and designating the Hamlet of Puslinch as a hamlet.

## Town Hall Meeting:

A recent meeting on May 5 in Guelph was hosted by the Ontario Association of Sewage Industry Services to discuss concerns related to limited availability in accessing municipal wastewater treatment plants combined with availability and accessing of field spreading sites.

## Zoning Amendment Part Lot 31, Concession 8 Morriston:

Application received to amend zoning by-law to Urban Residential Site Specific and Natural Environment to permit a subdivision development consisting of 23 residential lots, approx. 0.2 ha, with an extension of Ochs Street & Main Street frontage.

## Zoning Amendment 6706 Gore Road:

Application received to amend zoning by-law to Agricultural Site Specific

to permit a dog kennel and dog breeding operation.

## PCC and Boreham Parks

### Improvements:

Tender for improvements be awarded to Ritchfield Inc. at an amount of \$2,254,702.

## Roller Skating Free Drop-In

### Time:

Council authorize staff to offer free drop-in time at ORC rink for roller and inline skating for a pilot period from 2023 to 2025 in support of the Youth Advisory Committee's request and staff report back upon completion of the program with results.

## County Official Plan Review:

County provides Council with update on work completed related to the Agricultural System Mapping and Policy Review under the Official Plan Review.

## Youth Advisory Committee:

Committee has identified a need for upgraded player benches, spectator benches, and infield safety fencing at the Morriston Meadows Park-south ball diamond.

## Heritage Designation Process Open House:

An Open House for the Heritage Designation Process will begin at 6 pm on May 31 at the Community Centre with a formal presentation followed by staff available to answer questions.

## Little's Bridge Sideroad 25 N:

Tender opens for Little's Bridge rehabilitation contract.

# Old Marina rising from the ashes

Plans are underway to rebuild the Old Marina Restaurant that was burnt to the ground on July 30, 2022.

The cause of the fire was never discovered and this was not the first fire to strike the restaurant which was burnt to the ground in 2005.

But the rebuild will not happen quickly. Much has to be done before



it can happen and with new building codes and upgrades required, several regulations have to be met.



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## Council and Committee Meetings

**(519) 763-1226**

Heritage Advisory Committee Meeting:  
June 5th at 1:00pm

Youth Advisory Committee Meeting: June  
5th at 6:00pm

Committee of Adjustment & Planning and  
Development Advisory Committee Meet-  
ing: June 13th at 7:00pm

Council Meeting: June 14th at 10:00am

Tentative Public Information Meeting:  
June 14th 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](http://www.wellington.ca/Library).

## Optimist Recreation Centre Hours

Looking for a facility to host lacrosse, floor  
hockey, 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. As well, please keep an eye on  
our Facebook age, Twitter account and  
website for upcoming 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/](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/](https://puslinch.ca/culture-recreation/community-facilities/) or  
email [services@puslinch.ca](mailto:services@puslinch.ca).

## Historical Society Archives

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

## Waste Facility (519) 837-2601

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

## Help wanted. Ribfest at risk of being cancelled.

The three-day event hosted by Rotary Club of Guelph Trillium needs one or more organizations to step up to handle parking co-ordination and directing waste collection.

In its 25th year, Ribfest is set for August 25-27 at Riverside Park, but without this help, it may have to be cancelled.

Organizations that come forward will receive an honorarium of \$2,000 for handling parking and \$4,000 for directing garbage collection.

To learn more or express interest, email [entertainment@ribfestguelph.com](mailto:entertainment@ribfestguelph.com)

## Summer camp at Sunrise

Sunrise is proud to offer inclusive day camps for children and youth aged 5 – 13+.

We provide structured programming and theme days throughout the summer in a safe and friendly environment.

We have accredited staff, certified riding instructors and lifeguards, with low ratio of counsellors to children.

For more information, go to <https://sunrise-therapeutic.ca>



Left to right: Colin Markle, Mazakkir Alam, Chelsey MacPherson, Isabella Lindsay Bertrand, Cassie Dickerson

Although an annual event, it was cancelled for the past three years due to Covid-19 restrictions.

There were 21 guests in attendance this year including contestants, parents, teachers, and judges who joined the Club for a catered dinner at 7 pm followed by speeches.

All five contestants competing were from Aberfoyle Public School. Each participant received a cash award from the Puslinch Optimist Club.

The top prize went to Colin Markle who went on to represent our Club at the zone level, April 19, 2023.

## Optimist Oratorical Contest - March

By Bob Jefferson

The Optimist Club of Puslinch held their Oratorical Contest March 28, 2023, at the Community Centre.

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# The Gathering Circle



Last month, Wellington County Council officially opened the Gathering Circle located on the Wellington Place Campus.

The Gathering Circle was developed through community conversations facilitated by the Indigenous Advisory Committee (IAC) of the County of Wellington.

It was developed as an alternative, land-based space for education, healing and gathering as a means to support the Indigenous community in a culturally safe environment.

It will be shared with our community as a place of inclusion to help facilitate some of the 94 Calls to Action identified by the Truth and Reconciliation Commission.

"It's an honour to officially open Wellington County's Gathering Circle," commented Warden Andy Lennox. "The Gathering Circle would not have been possible without the vision of the IAC and the support of County Council. There is space for all of us in this project – Indigenous, neighbours and allies."

The County received \$250,000 in Federal funding to develop the Gathering Circle. Once fully completed in the fall the Gathering Circle will include:

- Space to grow medicines for ceremony
- Native plant species
- Pavilion

"The Gathering Circle was developed to provide our Indigenous community and the agencies that serve them a safe space to meet.

One that is not confined by walls – but plants, water and natural space," said Colleen Brunelle, IAC Chair. "This

is part of our commitment to putting action into Reconciliation. The work is far from finished – but this is a great start."

The Gathering Circle is located behind the Wellington County Museum and Archives.

## Special nursing scholarship

Is someone in your family heading off to become a nurse?

Maureen Smith was a well-regarded, member of Puslinch who sadly died in January, 2023.

She was also a very active Rotarian and the Rotary Club of Guelph Trillium and the Smith family have decided to create an award in her honour.

A nurse by profession, it was decided that a \$1,000 scholarship would be awarded to someone entering the nursing profession.

Ask at the Guidance Department at your teen's high school about the Maureen Smith Sunshine Award.

The Optimist Club Of Puslinch Hosts  
**BIKE RODEO**  
Pre-register by May 28th for a free BICYCLE SAFETY course for kids.  
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# Family Activity – June

By Julia Preston



We celebrate the return of summer this month. June is a great time to enjoy the best of Puslinch. Here are some ideas.

## Time to shine

The days are getting longer building

up to the solstice on June 21.

Soak up some sunshine this month with one (or more) fun activities. Make a sundial or sun catcher. Play shadow tag.

Or sit and quietly observe how shadows change throughout the day. Incorporate weather tracking into your day. Mark off whether a day is sunny or cloudy or rainy.

Older kids can even track the time of sunset and sunrise and how they change over the month.

On the solstice, a traditional celebration is an evening bonfire. Watch the sun go down on the longest day of the year.

## Hike of the month

Head out for a sunrise or sunset hike. Even a familiar area can feel magical at a different time of day.

# Danish Constitution Day – June 4



Join us to celebrate all things Danish at our beautiful park, Sunset Villa, Concession 1, Crieff.

Gates open 10-4pm. Fun for the whole family.

Visit the Viking Village and watch a demo of Viking battle skills. Take a selfie in Viking gear.

Come dressed for the dress-like-a-Viking contest.

Sample authentic Danish food. Create your LEGO masterpiece with a Danish theme at home & bring it to the park for judging.

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After the hour yoga class, spend time with the alpacas as you hand feed them, meet our Indian Runner Ducks and don't forget our two special horses.

You won't find another experience like this - just on the edge of Guelph; it's so much more than yoga!

We will follow proper guidelines, creating space during this event to ensure social distancing protocols are being upheld.

Please arrive only ten minutes early to find a spot on our sanitized carpet areas spaced appropriately.

We encourage everyone to bring their own mat, any props you may want to use, and a water bottle.

### Host Organization:

Brae Ridge Farm and Sactuary, 7667 Maltby Road East, Puslinch.

### Dates

Sunday, June 18, 2023 10am-11.30am

Saturday, June 24, 2023 10:00am - 11:30 am.

Sunday, July 2, 2023 9:00am - 10:30 am.

Sunday, July 9, 2023 9:00am - 10:30 am.

Saturday, August 19, 2023 9:00am - 10:30 am.

Sunday, September 17, 2023 10:00 am - 11:30am.

To register

<https://www.braeridgefarm.com/yoga-with-alpacas>

Cost: \$50 + HST.

## Children's Water Festival is back



The 2023 Waterloo Wellington Children's Groundwater Festival will be back in person this June, at Guelph Lake Conservation Area!

This year we are excited to announce a hybrid festival:

In person festival at Guelph Lake Conservation Area (7743 Conservation Rd RR4, Guelph, ON N1H 6J1).

From Tuesday June 5th to Friday June 9th from 9am to 2pm.

Virtual festival offered online on Tuesday June 13th at 10am.

The activity centres at the Children's Water Festivals focus on five themes:

**Water science:** Learn about the water cycle, watersheds and the physical science of ground and surface water.

**Water protection:** Investigate how human activities can affect our natural environment including our water resources. Students learn what actions they can take in their daily lives to improve and protect water quality.

**Water and technology:** Explore the technology we depend on to treat, store and distribute our local water supply.

**Water conservation:** Examine the different ways to conserve water in homes, schools and communities.

**Water attitudes:** Explore the historical and present day uses of water and how our attitudes change over time.

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# Home away from home

By Anne Day

Having a seriously sick child is every parent's worst nightmare.



And Ronald McDonald House is not somewhere you think about until you have an ill child or a premature baby, and then you are eternally grateful for its services.

Yet, it truly provides a home away from home for over 1,000 families a year.

Based in Hamilton, close to McMaster Hospital, Ronald McDonald House offers a safe haven for families.

In addition to their own bedrooms and bathroom, two meals/day (breakfast and dinner) are prepared and provided to the families.

With their own chef on site, different dietary needs are met and there's also two family rooms at the hospital where families can find some respite, or get some laundry done.

In talking to Meaghan Moore, Director of Advancement and External Relations, I remarked that they seemed to have thought of everything

to enable parents to focus on their sick child.

Meaghan agreed, and added that they even had slippers at the front door of every unit and toiletries in each room.

Birthdays, for example, are celebrated and the doors to their bedrooms decorated.

Around 60 percent of the patients are infants, born prematurely. Other children have cancer, eating disorders or been involved in an accident or trauma.



Ellis Family from Guelph

The average stay is 21 days, but one family stayed 500 nights, while others just two – three nights.

Not all the children make it and when a child dies, the charity purchases and gives a star in the child's name to the family.

There are five Ronald McDonald Houses in Ontario – London, Windsor, South Central (Hamilton), Ottawa and Toronto.

The house in Hamilton serves families from Kitchener, Waterloo, Guelph-Wellington Country, Halton, Hamilton, Cambridge and Brant.

The families pay \$12/night for their

accommodation and meals, while the real cost is closer to \$200/day.

While McDonalds is the founding partner, only 30 percent of its funding comes from the organization, the charity has to fundraise the balance.

Owner/operator of McDonalds in Kitchener, Waterloo, Fergus, Elmira, Listowel and Hanover, Kathie Gilmour, also a resident of Puslinch, is a generous supporter of Ronald McDonald House.

Families from Wellington County make up around 20 percent of the families using the accommodation and family rooms.

So how can we support this vital service?

"It's all about pillows and plates," says Meaghan and she goes on to explain that they need help with covering the cost of accommodation and meals.

Right now, they have 39 families staying at Ronald McDonald House and they serve meals to around 100 people twice a day.

It costs \$350/day to serve breakfast to everyone and another \$500/dinner to provide dinner.

If you would like to make a donation, go to <https://www.rmhcso.ca/donate/individual-general-donation>.

Ronald McDonald House is one of the charities to be supported at the upcoming **Brunch at the Barn** being hosted by the Rotary Club of Guelph South on June 4.

Why not purchase tickets and support several great local causes. For tickets, go to [guelphsouthrotary.ca](http://guelphsouthrotary.ca)

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## Pay it forward fund



The Guelph Arts Council is presenting for the second time an opportunity for all artists, musicians, writers and creators in the Guelph-Wellington Community to submit applications for the Pay it Forward Fund.

The fund totals \$5,000 per year for the next three years and will support one or more projects per year.

This award will help local artists, in any discipline, fund art projects that pay it forward and benefit the community.

The award is the gift of artist Barbara Salsberg Mathews and her husband, Bruce Mathews. It is designed to encourage artists to rise to the challenge and pay it forward by using their talents to benefit others and the Guelph community.

Any artist (or group of artists) working in Guelph and are permanent citizens of Canada in the creative sector is invited to submit proposals for creative projects that pay it forward and benefit the community. (All artistic mediums are welcome to apply).

Guelph-Wellington area artists are invited to submit proposals for creative projects that focus on improving lives and thereby enriching our community.

The award could take many forms by using the arts to heal, give a hand-up, help build self-esteem, beautify our environment, or enrich and improve others' lives.

These projects must be original in nature (this fund does not support events, projects or programs that have already been established) and cannot have begun prior to the award being granted.

This project should also be able to be completed within the funding requested.

This grant will fund one or more projects of up to \$5000.

If you would like a hardcopy application form, please contact [programs@guelpharts.ca](mailto:programs@guelpharts.ca).

Applications must be received no later than June 26th, 2023 at 11:59pm.

Selections will be made by a Jury, applicants will be notified before July 29th, 2023.

### Submission Requirements:

General contact Information

Project Proposal (Max. 1000 words)

Five – ten samples of your work, this can take the shape of images, video, audio files or word documents and other mediums in a digital format.

Bio and/or CV

Two references who can speak to your artistic practice and/or your ability to execute a project of this type.

Please submit a written proposal (Max 1000 words) outlining your project, a general timeline for completion and how your project will impact the Guelph community.

Please include the specifics of who will be involved and how they will engage with the project, how your project will give back to the community, and detailed steps on how you intend to execute the project.

An outlined budget of expenses that the project will cost to conduct. Expenses can include and are not limited to; Materials, resources, equipment, installation fees, artist fees, space rental, transportation and more.

Contact [programs@guelpharts.ca](mailto:programs@guelpharts.ca) with any budget related questions.

Questions can be submitted by email in advance to [programs@guelpharts.ca](mailto:programs@guelpharts.ca), please title your email "Q&A – PIFAF 2023".

## Ontario Heritage Act



The Township of Puslinch is seeking to preserve and protect built heritage within the community.

There will be an Open House Information night on May 31, 2023 at 6.00pm. You can attend in person at the Puslinch Community Centre and the presentation component will also be live streamed via Zoom.

The purpose of the Open House is to provide information regarding Ontario Heritage Act designations to property owners with properties currently listed on the Heritage Register.

For more information, go to [puslinch.ca/heritagedesignation](http://puslinch.ca/heritagedesignation)



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# Talking about optimism

By Anne Day

No matter your age, it is what happens in your life and how you deal with it, that shapes who you become.



I say this because after listening to seven young people share why they are optimistic it was clear that their life events had shaped their views on life.

With wisdom beyond their years, they shared their stories at the Optimist Club's Oratorical Contest, where I had the honour of serving as a judge.

And it wasn't an easy task, because each speech had its merits and the presenter impressive. I don't recall being that confident in my teens.

Heck, even as an adult I find public speaking to be an intimidating experience and as a senior now, worry about forgetting my words!

But back to the contest. The contestants were mainly in grades 9-12, as well as one young lad, Colin Markle

from Puslinch who is in grade 6. The students were from schools in Burlington, Oakville and Etobicoke as well as Puslinch, and represented Optimist Clubs from across Zone 3.

The theme for the event was "Discovering the optimism within me." Something we all need to think about as we face different life curves.

The students talked about a special life event that had triggered them to reflect on their level of optimism – a personal illness or accident; a father's illness and his courage in overcoming it; and the fear of dentists and wisdom teeth removal.

For others it was more about addressing their fear of failure; lowering their expectations on themselves and realizing that they are good enough.

Social media was criticized for creating false impressions of how successful other people were, leading you to compare yourself and falling short.

For one student it was when her father asked who she loved most in the world, and her answer was herself. A good place to start.

There were three judges, and we had to score based on poise, content of speech, delivery and presentation and overall effectiveness.

Once the scores were tallied, the two young women - Misimi Sanni from Oakville and Ariya Sud from Brampton – who had the highest scores were announced to the audience and will move on to the next round, representing the area. We wish them well.



Ariya Sud 1st runner up, with Misimi Sanni - winner

So I ask you... are you a glass half full or glass half empty person? What do you do to discover optimism in yourself?

After listening to the students, it gives you hope and optimism for the future.

## Boost your optimism

Looking for ways to help you focus on optimism? *Wisdom from a humble jellyfish and other self-care rituals from Nature* by Rani Shah does that.

Not only does the book give you interesting factoids on sunflowers, jellyfish and 16 other aspects of nature, it provides useful quotes to keep you positive, and cute cartoons and illustrations that make you smile.

For example, on the resilience of the porcupine, she says "you can't control whether you will get hurt – it's inevitable. But you can control how you let setbacks affect you."

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# YOUR HEALTH MATTERS

## Messages from the body...

By Dr. Laura M. Brown ND

Thank you for listening. Not to me. To your body. Are you?

Messages from the body are sensed. Before we learn to wrap language and logic around it, we easily share with coos, wriggles or grunts. As adults, we like to think we are smarter than this.

Consequently, we often get caught up in our head. Such a disconnect exists with the rest of our being. We forget. Our head doesn't feel. Our body does! All along, the body whispers and pokes at us, and if that is not enough, it screams at us.

The human body is so savvy that millions of scientists and doctors over thousands of years have yet to fully master it. But what if what you have right now is fully enough?

Constantly amazed at these marvelous machines we get to live in, I welcome you to join me on a journey of discovery. Your body is an incredible messenger.

By tuning into your physical sensations and strengthening trust in its signs and signals, you will re-awaken to the wisdom deep within you. It's true, if you are quiet enough in your body, you already know what's going on.

If this seems difficult or unattainable for you, then perhaps you need help to clear the chaos. Remove the obstacles. Let energy move more freely.

Medicine is more than a diagnosis or a treatment plan. It is about allowing energy to smoothly flow so we can feel confident in our body. Confident in what we sense.

We are inspired by the wonderful, positive results experienced when we listen to our bodies and make healthier choices that serve our highest good.

We sense shifts and changes as we transform energy in our body. All we ever are and will be is some form of energy. Energy is neither created or destroyed, it is merely transformed.

It shifts in and out of liquid, solid mass, air and ether. We are all of these. When we eat there is a tremendous exchange of energy from food to blood, skin, bones and organs.

Breath is the exchange of air and spirit. (Did you know in Latin, breath means "spirit"?) Our physical body also senses the wave form of emotions from its environment.

That's food and the world around us. The HeartMath organization has proven this. Our heart transmits energy signals that can be currently measured up to three feet away.

Yes, emotions are energy too. Emotions are supposed to be energy-in-motion. Flowing. We are supposed to feel them, name them, decide where they need to go and then let them go.

They need to be acknowledged, but they need not control us.

If emotions transform from waves to matter, they can get stuck in us. Then we get stuck. That's because emotions are chemically based and need to be digested too.

Sometimes we have difficulty naming what emotion we experience. It helps if we can. Other times we get mixed up when we try to sense what energy is ours and what is another's.

Our boundaries need to be clear, and are important. We choose what we let in. We choose what stays out. We create boundaries to protect us physically, emotionally and spiritually.

Whether skin, gut, brain or emotional -to keep us safe- we need to be in harmony with healthful boundaries.

Are you listening to the messages from your body? Next time you say "I am tired" or "I am so stressed" pause for a moment and tune in to your body.

What is the message your body sends that makes you label it so? What is the sensation you experienced in your body before you gave it a name?

*Questions? [drlaura@southendguelph.ca](mailto:drlaura@southendguelph.ca)  
This article is for educational purposes only. It is not meant to diagnose or treat and is not intended for individual medical advice.*



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# New playground



Wellington County Museum and Archives (WCMA) recently opened the new playground, located next to the Heritage Barn.

The design for the playground incorporates ideas from the project team, which includes staff from the Wellington Place Child Care Centre and the Museum, as well as those from local children and youth.

The theme of agriculture is integrated to ensure the playground reflects the look and character of the former Poor House Industrial Farm.

WCMA is oldest remaining rural Poor House in Canada and a National Historic Site.

The playground is now open for all to enjoy at the WCMA, located on Wellington Road 18, between Fergus and Elora.

For more information about the playground, visit [www.wellington.ca/museum](http://www.wellington.ca/museum).

## Canada Day Waste Facility Changes

All County of Wellington waste facilities will be **CLOSED** on **Saturday, July 1.**

---

**No curbside collection days are affected.**



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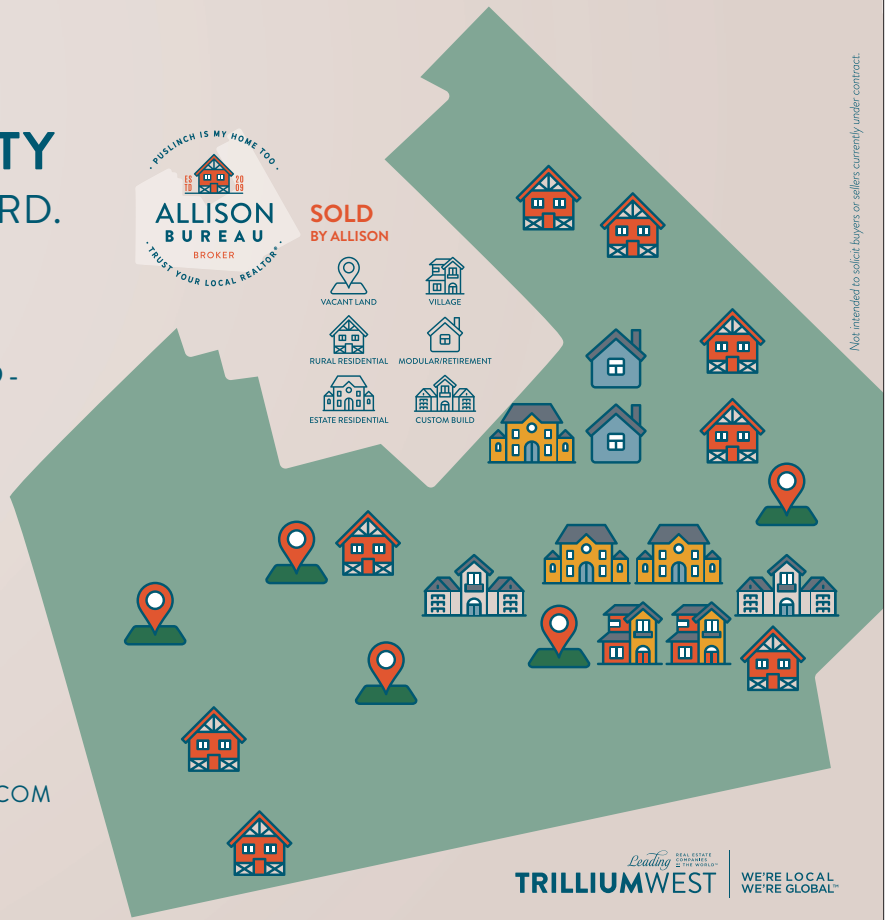


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# People with arthritis can exercise too

By Sydney Brooks

We all know the many benefits of exercise I'm sure, but there are some things to consider that are unique to arthritis.

## Range of Motion Exercises

In the early stages of arthritis, people typically lose movement at the end of the joint range. As an example, they might lose the ability to fully bend or straighten the knee or elbow. Pain may only occur as the joint reaches the end of its full range.

For this reason, it's important to routinely check the full movement of all your joints. Compare the movements on each side of the body.

If pain and stiffness occur at the end of the movement, talk to your doctor or physical therapist about an arthritis assessment.

Range of motion exercises may help improve range.

## The 'Finger Tuck'

Note the fingers and knuckles are held straight.



Try to touch the pads of your fingers to your palm. Keep the knuckles straight.



The pads of the fingers trying to touch the palm of the hand with difficulty. Knuckles are still straight.

## Strengthening Exercises and Maintaining a Healthy Weight

Did you know that in middle age you start to lose muscle? This is one of the reasons that many people start to gain weight as they age – there are fewer muscle fibres to burn calories. Weight gain can change the mechanics of the joints and put more stress through. This can cause increased arthritis pain and damage.

This is why strengthening exercises are so important for people with arthritis and older adults. They need to build strength in the muscles that remain to help protect the joints and maintain a healthy weight.

Start slowly. Add small weights to your wrists and ankles while exercising. Or exercise in water using the resistance of the water to build up strength. Yoga is also a great option. It uses your own body weight as resistance.

**Aerobic Exercises and Physical Activity**  
People with some types of arthritis like rheumatoid arthritis have an increased risk of heart disease. Aerobic exercises (exercises that increase your heart rate) are therefore important to improve lung and heart function.

The recommendation is 150 minutes a week of moderate physical activity that uses the large muscles of the body and increases heart rate.

Try brisk walking, cycling, swimming or tai chi. And as an added benefit, exercise in general can trigger the release of endorphins which may help to provide pain relief.

## Other resources

Canadian Physical Activity Guidelines and for tips for staying physically active. <https://csepguidelines.ca/>

The Arthritis Society offers physical therapy services that are funded by the Ontario Ministry of Health and Long-Term Care.

You must have an Ontario Health Card and a confirmed diagnosis of arthritis to receive services.

For more information on staying active and safe exercise for arthritis, go to the Arthritis Society Canada website <https://arthritis.ca>

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



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# 40 Ways to Connect with Nature in Your Backyard



Connecting with nature at home doesn't have to be difficult. It only takes a visit to your yard!

Here's an inspired list of things you can do to connect with nature at home.

Build your own bird's nest.

With your family, make a plan to add wildlife-friendly features to your yard.

Use a magnifying glass to explore your yard.

Make your own nature 'perfume'. Fill a cup with things that smell good!

Use markers to draw patterns on leaves.

...and 35 others!

Download *40 Ways to Connect with Nature in Your Backyard*

Source: [grandriver.ca](http://grandriver.ca)

## Protect your pet



*Echinococcus multilocularis*, a tapeworm that is normally found in the intestinal tract of wild canids (coyotes, foxes) is causing concerns in Ontario as it can also infect dogs and can be transmittable to humans.

Dogs that are prone to eating feces or rodents (dead or alive) are at highest risk of exposure.

To protect your pet:

- Avoid contact with wild canids and wild canid feces as much as possible
- Dogs act as a bridge between households and the wildlife cycle of this parasite
- Treat dogs for tapeworms monthly, especially for dogs that might have contact with wild canids or that are prone to eating things like feces and small rodents.

More information about this parasite can be found on the Worms & Germs Resources – Pets page and at [emul-tiontario.com](http://emul-tiontario.com).



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**PUSLINCH**

## Leaf and Yard Waste Collection



- Leaf and yard waste will be collected curbside in **urban** areas only.
- **Place materials curbside by 7:00 am on the 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 date for Puslinch is:**

WEEK B

Monday, June 26



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# Puslinch Branch, Wellington County Library

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

**STEAM Story Time** (Pre-Schoolers)  
Bring your preschoolers to explore Science, Technology, Engineering, Arts and Math using stories and hands-on activities. Please register. Thursday, June 1 at 11-11:45

**Dungeons and Dragons Club** (Teens)  
Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursday, June 1, 15, 29 at 5:30 - 7:00 pm

**PA Day Chess Challenge** (Kids/Tweens)  
Meet with other experienced players and exercise your chess skills! Ages 7-12 years. Please register. Friday, June 2 at 10:30 -12

**Book Club – Friday Book Club** (Adults)  
Meet with members of your community and join our discussion of books and ideas. Please register. Friday, June 2 at 1-2

**Creative Kids - Tie-Dye Creations** (Kids/Tweens/Teens)  
We will be going over different tie-dye techniques and then making our own creations.

Participants are required to bring their own white t-shirt made of 100% cotton. All other materials will be provided.

Creations will have to be completed at home with provided instructions. Ages 8-14 years. Please register. Wednesday, June 7 at 3:00 - 3:45

**Stuffie Sleepover** (Preschoolers)  
Bring your stuffed animal to the library for a sleepover adventure! What will those cute and cuddly creatures get up to overnight in the library? Ages 2-5 years. Please register. Thursday, June 8 at 11:00 am - 12:00

**Ancestry Library Edition Workshop** (Adults)  
Learn the basics of navigating Ancestry Library Edition to get started on your genealogy research. Please register. Tuesday, June 13 at 2:00 - 3:00 pm

**Scrabble Club** (Adults)  
Join us for casual word building entertainment! Please register. Wednesdays, June 14 and 28 at 2:00 - 4:00 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, June 20 at 2-3

**Craft and Create - Air Dry Clay Art** (Adults)  
Explore texture imprints to embellish an air-dry clay project. All materials supplied. Please register. Tuesday, June 27 at 1:30 - 3

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Berry, Steve The 9th Man  
Hilderbrand, E The Five-Star Weekend  
Johansen, Iris The Survivor

Mallery, Susan. The Happiness Plan  
Sager, Riley The Only One Left  
Sanderson, B The Frugal Wizard's Handbook for Surviving Medieval England

Steel, Danielle. Palazzo  
Ware, Ruth Zero Days  
Wiggs, S Welcome to Beach Town

**Non-Fiction**  
Ackerman, Jennifer  
What an Owl Knows: The New Science of the World's Most Enigmatic Birds

Bilbreath, Ashley  
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Gay, Roxane.  
How to Be Heard

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How to Sew Clothes

Brandreth, Gyles  
Elizabeth: An Intimate Portrait

Kisner, Cristina  
Cristy's Kitchen: More Than 130 Scrumptious and Nourishing Recipes Without Gluten, Dairy, or Processed Sugars

McKinnon, Hetty Lui  
Tenderheart: A Cookbook About Vegetables and Unbreakable Family Bonds

Stolzoff, Simone  
Good Enough Job: Reclaiming Life from Work

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Calm Living: Simple Design Transformations to Fill Your Spaces with Tranquility

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# Father's Day adventure



Looking for a fun way to celebrate Father's Day?

The farm is open and ready for your outdoor adventures. This event will have a number of fun activities and performances, such as:

## Musical Performances

June 17, 1 pm - 3 pm  
Taylor Moore

June 18, 1 pm - 3 pm  
Sean Pinchin & Patrick Fitzgerald

## Fun Activities

Hot Sauce tasting [www.tjuanatomshouseofhotsause.com](http://www.tjuanatomshouseofhotsause.com)

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The Chicken coop, The Fish Pond, Wagon Rides, and of course... the Children's play area and all the photo ops are here for your enjoyment.

Puslinch Pioneer | June 2023 | Page 24

Dad Joke Competition.

Rodeo Roping activity for all ages.

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This will be a Father's Day Weekend Event that you won't want to miss!

## Host Organization:

Erin Hill Acres  
5837 3 Line, Hillsburgh

## Cost

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## Website

<https://erinhillacres.farm/>

Saturday, June 17 and Sunday June 18 9:00-6:00 pm.

# Summer Comfort: Clergy Wellness Retreat

Summer is the perfect time to join your colleagues for a relaxed retreat designed to offer what weary church

leaders need most: relevant conversation, nourishing food, beautiful surroundings and even time for a nap!

You will enjoy arts, music and an opportunity to learn about Empathic Strain/ Compassion Fatigue with Shawna Percy, President of Life Force in Guelph, Ontario.

Private appointments for Reiki and Indian Head Massage are available.

To be held at Crieff Hills Conference Centre on Sunday July 9 - Tuesday July 11.

Cost: \$450 per person single \$400 double (If a financial barrier would prevent you from participating please email [director@crieffhills.com](mailto:director@crieffhills.com) and ask about our Wellness Fund).

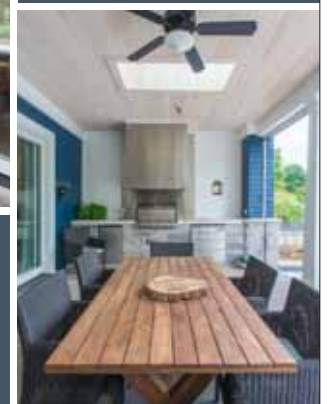
To register, go to <https://crieffhills.campbrainregistration.com>.

Bonus retreat time: If you would like to extend your time away, there is 50 percent off private suite bookings for up to three nights before or after to anyone attending this event (limited spaces available).

Contact [registrar@crieffhills.com](mailto:registrar@crieffhills.com) (519) 824-7898 to book your stay.



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## Cook's Corner

By Barbara Paterson

*A sensational healthy dinner bowl you can't wait to dig into. Serves 4.*

### Mediterranean Quinoa Bowl



2/3 cup quinoa, rinsed  
1 cup canned chickpeas, drained and rinsed  
3 mini cucumbers or 1 English cucumber, chopped  
2 cups cherry tomatoes, quartered  
1/4 red onion, finely chopped  
2 tbsp. cider vinegar  
2 tbsp. extra-virgin olive oil  
2 tsp. dried oregano  
1/4 tsp. salt  
1 avocado, sliced  
2/3 cup crumbled feta cheese  
8 kalamata olives, pitted  
1/2 cup prepared hummus or tzatziki

1. Combine quinoa and 1-1/3 cups water in a medium saucepan and bring to a boil. Reduce to a simmer. Cover and cook until tender, 15 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork, then stir in chickpeas.
2. Stir cucumbers, tomatoes, onion, vinegar, oil, oregano and salt in a bowl to combine.
3. Divide quinoa mixture among bowls, or put on a large platter. Top with cucumber salad, avocado, feta, olives and hummus. Drizzle quinoa bowl with any left-over dressing.

*This is most delicious served warm with or without ice cream or whipped cream.*

### Saucy Rhubarb Maple Pudding Cake



About 3 cups fresh rhubarb, sliced into 1/2" pieces  
1/3 cup plus 1 tbsp. maple syrup  
1/4 cup water

#### Cake

2/3 cup all-purpose flour  
1/3 cup cornmeal  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
1 large egg  
1/2 cup milk  
1/2 cup butter, melted  
1 tsp. vanilla  
2 tbsp. coarse sugar

1. Combine rhubarb, maple syrup and water in a saucepan. Bring to a simmer and then cook 3 minutes. Rhubarb should be starting to become tender but still in pieces. Reserve 1/2 cup with some juices and pour the rest into a buttered 8" or 9" square baking pan. Place in a 400°F oven for 5 minutes.
2. Meanwhile make cake by whisking flour with cornmeal, baking powder and salt in a bowl. In another bowl, whisk egg with milk, melted butter and vanilla. Stir into dry ingredients just until mixed.
3. Remove fruit from oven, scrape batter over fruit and spoon reserved fruit and juices over top. Sprinkle with coarse sugar.
4. Bake 20 minutes or until top is crusty and brown and cake springs back when pressed. Serve with ice cream or whipped cream.

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# Wellington Writers' Festival

This summer the Writers' Festival will take place on Saturday June 10, 2023 from 11:00AM - 4:00PM at the Wellington County Museum and Archives.

Join us for a day filled with writers' talks, creative workshops, live entertainment, and a book fair!

## Author Panels

Stop by our restored 1877 Heritage Barn, on our national historic site, to listen to this year's keynote address and author panels.

Authors will read from their work, participate in discussion with colleagues in their genre, and participate in Q&As with the audience.

## Master of Ceremonies, Rio Youers



Rio Youers is the British Fantasy and Sunburst Award–nominated author of *Westlake Soul* and *Lola on Fire*.

His 2017 thriller, *The Forgotten Girl*, was a finalist for the Arthur Ellis Award for Best Crime Novel.

He is the writer of Refrigerator Full of Heads, a new six-issue series from DC Comics, and Sleeping Beauties, based on the best-selling novel by Stephen King and Owen King. Rio's new novel, *No Second Chances*, is available now from William Morrow.

## Keynote Speaker, Robin Lefler



Robin Lefler lives near Toronto with her husband, two children, and an anxious goldendoodle.

After high school, Robin spent one semester attempting to become an English teacher before settling on equine massage therapy as her career of choice.

She graduated two years later and moved to Australia. Doing everything from leading trail rides through rainforests to being a model for a clothing company, Robin eventually returned to Canada.

Throughout this time, Robin wrote. Short stories, blog posts, the first fifteen pages of countless novels.

Her first published work was a personal essay in *The Globe & Mail*.

More than a decade later, Robin found the gumption to push past those first fifteen pages. *Reasonable adults* is her debut novel

## Home energy tool kits

The County of Wellington announces the launch of Home Energy Tool Kits, which are now available to borrow in select Wellington County Libraries.

The Home Energy Tool Kit provides simple tools, daily activities, tips, and

information to help residents better understand their household energy use.

Residents will be able to borrow the tool kit and use the tools and activity book to help identify ways to save energy, money, reduce their carbon footprint, and have a healthier, more comfortable home.

The tool kit and activity book guides residents through eight different activities which can be completed around their home:

Day 1 - Mechanical System

Day 2 - Windows and Doors

Day 3 - Insulation

Day 4 - Humidity

Day 5 - Air Quality

Day 6 - Water

Day 7 - Appliances and Electronics

Day 8 - Lighting

The Home Energy Tool Kit can be borrowed for up to three weeks, and the activity book can be kept for future reference.

The tool kits are currently in three libraries, but the plan to expand to all 14 libraries is underway.

"We are seeing an increase in the energy bills in Ontario with many residents looking for ways to save energy and money," says Mayor James Seeley, Chair of the County Planning committee.

"We are pleased to offer a simple and affordable way for our residents to better understand their household energy use to help to save money and have a more comfortable, healthier home."

Learn more about the County of Wellington's Home Energy Tool Kit and how you can conserve energy while reducing the impact on the environment.

[www.wellington.ca/energykit](http://www.wellington.ca/energykit)



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# ASK THE EXPERT

## To buy or not to buy?

By Sharon Zadorozny

Gardeners love adding new plants to their gardens but sometimes things don't work out as planned.

For me it was the weeping redbud that I just had to have, and though it was on the edge of the growing conditions needed - I would protect it!

And even with that all I have is a twig that starts new each season.

Well, how to avoid the wrong plant? A good place to start is the plant label that usually shows growing conditions and the "hardiness zone".

To find your zone check the "Plant Hardiness Zone" map from Natural Resources Canada.



Based on a variety of climatic factors, Canada is divided into 9 zones from 1 to 9, with 1 being the coldest.

Within each zone there is an a and b, with an "a" being colder than a "b". You can look these up by municipality.

If you live in Puslinch you will likely be in zone 5b. Then you have to consider what you know about your own garden.

For example I know that I get frost later in the spring and earlier in the fall than Guelph, so consider my garden a 5a.

Another very important thing is to use the Canadian system not the USDA. Many plant labels use USDA ratings so very confusing! But they are different.

My redbud is listed as a zone 5 on US sites, but a reliable Canadian site tells me it a zone 6. Checking Canadian websites can give you a better idea of the appropriate zone.

On the other hand, there are plants that grow too well and take over the garden. These are often called invasive.

And just because a plant is invasive, it doesn't mean you won't find it for sale. A good place to start is "Grow Me Instead", that lists 20 invasive species and alternatives.

There are plants that are not officially called invasive but are problematic. Look for buzzwords like " propagates easily, seedy, quickly fills in".

For example, a friend of mine bought a chameleon plant or *Houttuynia cordata*. It seemed like a great ground cover, easy care, very colourful.

I took a cutting, planted it and then did some research. Known to take over, and impossible to remove. No thanks.

I dug it up and deposited it in the garbage - not the compost as that is a great way to spread a problem.

My friend's garden is overrun by the "beautiful bully".

Other things to consider are susceptibility to insects and diseases. For example, Japanese beetles are pretty well impossible to control, so the best solution is to buy plants that the beetles don't like.

In the past few years I've removed many plants (oak leaf hydrangea, hollyhocks, potentilla), and replaced with less beetle attractive species.

So please, enjoy plant shopping, but sometimes a little bit of research can save a lot of future grief.

As the saying goes "Whoever said money can't buy happiness has never been to a greenhouse!"

### Further reading:

*A Guide for Southern Ontario Beautiful Non-Invasive Plants for your Garden Edition 3 revised, 2020.*

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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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• Sunday Worship at 10 am.

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

## BAHA'I FAITH

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

• You are invited to join us in our study of – *Reflections on the Life of the Spirit* – 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](mailto:lsapuslinch@gmail.com) for particulars of date, time and Zoom link.

## CALVARY BAPTIST CHURCH

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

Pastors: Patrick Timney and Joe Yang

• Sunday worship: English 9:30 am  
Chinese 11:30 am

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

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

• Adult Bible Study: Thursdays 10:00 am.

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

Pastor: Melissa Richer

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

*'crossroadsbic.eventbrite.ca'*

[www.youtube.com/channel/UCMKYAskvq1HdGstIA7UQFsg](http://www.youtube.com/channel/UCMKYAskvq1HdGstIA7UQFsg).

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

Minister - Rev. Will Wheeler BA M. Div.

Sunday Worship at 10:30 am

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

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5th Sundays

Morning Prayer 3rd Sunday

Sunday School & Nursery at 10 am Service.

# Community Events

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

## BADENOCH MUSIC NIGHT

**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 .....

## CARDS & GAMES NIGHT AT BADENOCH

Join us for a Cards & Games night at the Badenoch Community Centre, 4217 Watson Rd. S. Puslinch **Wednesday, May 31st** 7 - 8:30 pm. All welcome!

## 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 N0B 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!

## COOKING WITH THE SAINTS

**Saturday, June 24th** – 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.

## 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](mailto:gmsutton@sympatico.ca). Musical entertainment by: Peter Baumann (Accordionist). Free Will Offering.

## THE ART OF THE SPIRIT AND TECH TUESDAY FOR SENIORS

**Tuesday, June 6th** - 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.

# Community Announcements

## BIG BROTHERS BIG SISTERS OF GUELPH

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

## BOOKING AGENTS

### ARKELL UNITED CHURCH

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

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#### **BADENOCH COMMUNITY CENTRE**

Inquiries call Ami DeVries at 226-979-0355.

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

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

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

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

#### **CROWN CEMETERY PUSLINCH**

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

#### **EarlyON PLAYTIME**

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

#### **FREELTON LIONS CLUB**

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

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

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

#### **THE MILL CREEK SUBWATERSHED COMMUNITY LIAISON TEAM**

Holds its monthly meetings the second last Thursday of each month at 1:00 PM at the Community Centre in Aberfoyle. The public is invited.

#### **OPP.**

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

#### **OPTIMIST CLUB OF PUSLINCH**

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

#### **PUSLINCH FIDDLE GROUP**

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

**PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE** is located in Duff's Presbyterian Church.

For assistance call:

Gary Will	519-763-3958
Fred Law	519-767-2462
Dianne Hersey	519-824-6304
Alan Fairweather	519-824-5726
Jen Deter	519-837-5913

#### **THE ROTARY CLUB OF GUELPH SOUTH**

Meets every Thursday at 7:30 am. Check out [www.rotary7080.org/guelphsouth](http://www.rotary7080.org/guelphsouth) for more information. Contact Celia Clark for membership inquiries: 519-766-1097.

#### **METAL RECYCLING BIN – SUNRISE FARM (6920 Conc. 1, Puslinch)**

Drop off 'unwanted' metals, e.g. stainless steel, aluminum, copper, tin cans, wire, metal rods, fencing etc. in the 'Gerda Ameristeel' recycling bin situated in our parking lot. For more info, contact Lynne O'Brien Sunrise 519-837-0558 x31.

#### **MUSIC DIRECTOR**

Arkell United Church requires Musical Leadership approximately 10 hours/week includes preparation for Sunday Service, Sunday Service, Choir practice, playing the piano and/or organ to accompany congregational singing and providing service music, preparing and co-ordinating the other musicians. For further information please call 519-546-0892 or email [arkellunitedchurch@hotmail.com](mailto:arkellunitedchurch@hotmail.com)



# Michael Chong

Member of Parliament,  
Wellington - Halton Hills



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