

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 48, Issue 9 May 2024

Peace in Puslinch

By Anne Day

Little did Penny Burton know when she purchased an alpaca cape at a market in New York, that this would inspire both her love of alpacas and her dream of having an alpaca farm.



That was 14 years ago and at the time Penny lived in Toronto and then Cambridge, where she was the Regional Manager at the MS Society – a far cry from an alpaca farm in Puslinch.

But they fell in love with the Puslinch area and seven years ago, the family moved to their property on Maltby Road and built Brae Ridge Farm and Sanctuary.

Her first thought was to breed and sell alpacas, but her plan evolved as she rescued more alpacas and fell more in love with the peacefulness and calm they instilled.

Today on the 23 acre farm, she has seven female and five male alpacas, as well as two rescue horses, and Willow, a Vietnamese pot-bellied pig. They also have Indian Runner Ducks that keep the ticks under control

She smiles as she describes when she went to collect Douglas, the alpaca. Her truck wouldn't start and so she borrowed her mother's Volkswagon Jetta to pick him up. She drove home with Douglas sitting on the back seat! Willow, the pot-bellied pig and Douglas are best friends, and can often be found cuddled up together.

"We wanted to create something that was positive - good

for our family and yours, our community and our earth. So, we chose alpacas, bees and lavender. Alpacas are beautiful creatures, they produce a luxurious fibre that is as natural as possible. Bees are the salt of the earth and have an important role as pollinators, and lavender is a luxury that induces calm and serenity." shares Penny.

To help others find the calm of being around alpacas, Penny offered yoga with alpacas during COVID and continues today.

They also organize private tours to meet the alpacas and visit their studio, where knitted articles made from the alpaca wool, honey, lavender products are available for sale.



In addition to special tours and parties, you also have an opportunity to glamp on the property, where you will find Meadowlark Hut, fully equipped to provide an oasis and break from your day-to-day life.

Penny has become very knowledgeable about alpacas and delivers a fascinating talk to introduce children and adults to their unique attributes.

Based on that knowledge, she has also written a children's book – *Willow and Douglas* – telling the story of their friendship. Copies can be purchased through the store at the farm.

To learn about this special haven in the middle of Puslinch, go to www.braeridgefarm.com

Editorial

You can feel the "spring awakening mood" in this month's issue of the *Pioneer*.

For a start, we received more articles and advertisements. So, thank you, as a non-profit we rely on advertising to produce the publication.

From our cover article about the alpacas at Brae Ridge Farm to the lamb therapy available at Crieff Hills, it is easy to get into the spring mood.

And the gardening ideas in Ask the Expert, for soil that doesn't always lend itself to gardening.

There's also an emphasis on food, beyond our regular Cook's Corner column. From the Food Retreat, Sip and Pour and honouring our mothers at Crieff Hills' special Mother's Day Brunch.

As a farming community, we understand the importance of bees, with the Pollinator Festival and an article on ways to help bees in your garden.

Enjoy the warming weather in the weeks ahead. Get out there and embrace all that our community has to offer.

Anne Day

Get your copy in advance. Be the first to know what is happening in the community.
Sign up to receive the *Pioneer* and *Pulse* electronically.
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or email
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 within the community events and groups.

Publishing Policy

The *Puslinch Pioneer* does not necessarily endorse the opinions expressed in articles or Letters to the Editor.

We reserve the right to edit articles or to refuse items and advertisements submitted that are deemed inappropriate, racist or promoting hate.

Deadline

Unless otherwise stated, the deadline for submissions is the 2nd Friday of month. Next deadline is **Friday, May 10, 2024**

Letter to editor

Letters to the editor should include phone number and articles should be submitted by email to editorpuslinchpioneer@gmail.com.

Board

Chair, Karen Harding 519 820 8114
karenpublishpioneer@gmail.com

Editor, Anne Day 519 767 9383
editorpuslinchpioneer@gmail.com

Advertising and Sales – Dianne Churcher
519 763 6564
Advertisingpuslinchpioneer@gmail.com

Church/Community Notices & Circulation
Stella O’Krafka 519 658-4767
stellao.pioneer@gmail.com

Barbara Bulmer, Barbara Chillingsworth,
Kathy Holland

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www.puslinchpioneer.com

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

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Council Clips

Boreham Park:

Staff to look at cost of conducting a safety study of the grounds and investigate feasibility of installing a grate system over the ditches following delegation regarding safety.

Puslinch Minor Ball:

Township is collaborating with Minor Ball to upgrade facilities for the 2024/2025 season following delegation outlining their concerns.

Ontario Heritage Act:

Council affirms its decision to designate priority properties pursuant to the Heritage Act and authorizes staff to proceed with notice requirements.

Amendments to Official Plan:

Council request Ministry of Municipal Affairs to include addition of lands 4631 Sideroad 20 N to the Regionally Significant Economic Development Study Area and the reinstatement of historic Hamlet of Puslinch in the hamlet designation.

Lafarge McMillan East Pit:

Township consultant concurs with recommendation that North and South Pond stations be cleaned and deepened.

Keeping Energy Costs Down:

Council supports the need for equitable electricity rates in rural areas and natural gas currently offers an affordable option.

Community Guide & Business Directory:

Upcoming launch beginning May 2024.

Roller Skating Free Drop-in Time:

Staff recommend free drop-in schedule at the ORC rink continue.

CBM Aggregates:

CBM has applied for a licence to operate a pit below water table at 6947 Concession 2 and an annual

tonnage of 1,000,000 tonnes.

Canadian Red Cross Society:

Council considers entering into a Training Partner Agreement.

Heritage Designation Open House:

An open house held April 11 provided residents who are interested in learning more about the designation process. A recording of presentation is available online through Township's website [Puslinch.ca/HeritageDesignation](https://puslinch.ca/HeritageDesignation).

Hwy 6/Hanlon Expressway Midblock Interchange:

Concession 7 between WR 34 and Maltby Rd will be closed to the public until December 2024. Phase 2 has been awarded to Dufferin Construction.

Destination Downtown Campaign:

County is developing its marketing campaign and is seeking feedback from the Twp's business community, community groups and residents.

Seniors Advisory Committee Engagement:

Township is seeking the community's interest in participating as a member of proposed Committee along with mandate, purpose, qualifications.

Heritage Permit By-law:

A Heritage Permit will be required if property owners that want to alter, construct or demolish buildings and structures on designated properties.

Fire Chief:

Jamie MacNeil is appointed to position of Fire Chief effective April 2, 2024.

Puslinch Historical Society:

2024 marks the 40th year of their activities in the Township.

Child Care Portal:

County is setting up a new portal in April that will act as a one-stop shop for those seeking licensed child care using OneHSN software.



TOWNSHIP OF PUSLINCH
(519) 763-1226

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

Council Meeting: May 1st at 10am
Heritage Advisory Committee Meeting: May 6th at 1pm
Youth Advisory Committee Meeting: May 6th at 6pm
Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: May 14th at 7pm
Council Meeting: May 22nd at 10am
Public Information Meeting: May 22nd at 7pm
Please check the Council Calendar at <https://puslinch.ca/calendar/> as meetings may be subject to change.

Library Hours **(519) 763-8026**

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

Optimist Recreation Centre

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

New! Drop-In Gym Times

The Township is now offering no-charge Drop-In Gym Times. Parent and Tot - Wednesdays 9am-11am, and Youth - Thursdays 4pm-5pm. All Drop-In Gym times require supervision by a parent or guardian.

Back by popular demand... **FREE Drop-In Rollerskating** at the Optimist Recreation Centre!

May and June:

Sundays	10am-1pm	Rollerskating
Tuesdays	3-4:30pm	Inline Shinny
Thursdays	3-4:30pm	Rollerskating

July and August:

Sundays	10am-1pm	Rollerskating
Tuesdays	11-12:30pm	Inline Shinny
Thursdays	3-4:30pm	Rollerskating

September to November:

Sundays	10am-1pm	Rollerskating
Tuesdays	3-4:30pm	Inline Shinny
Thursdays	3-4:30pm	Rollerskating

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)

Volunteer with the Puslinch Pioneer

The *Puslinch Pioneer* is a non-profit organization that publishes ten times a year to provide a source of local and regional news, and to encourage participation in community events.

It has been produced entirely by volunteers for the past 49 years, and relies on advertising to cover production costs.

We are looking for someone to manage our accounts receivable. You should have good computer skills, and be familiar with QuickBooks.

You would be required to attend ten monthly board meetings, usually by Zoom, and never more than an hour.

This volunteer position would suit someone who has just retired, and who could make a time-commitment of about three hours/month, all from the comfort of your own home.

If this sounds like something you would consider, and would like more

details, please contact the editor, Anne Day at editorpuslinchpioneer@gmail.com

Pollinator Festival

By Marion Robertson



We are welcoming everyone to our 4th annual pollinator festival. Come join us for a fun, educational day learning about gardening and landscaping with native plants. This will happen, rain or shine, on Saturday June 15 from 10 am – 3 pm.

We will have tours all day discussing various topics from gardening to help

our native pollinators to discovering the amazing trees and shrubs of southern Ontario.

We want everyone to celebrate with us all our pollinators from bees, butterflies, and hummingbirds to bats.

They are all crucial to the health of our ecosystems and vital to a healthy food chain.

We will have many organizations on hand, all day, to provide information and assistance as you embrace the world of native plant gardening to protect our native pollinators.

Oh, and did I tell you – the price is FREE. There will be plants available for you to purchase or you can pre-order. To celebrate this special day all the plants will be TAX FREE.

We would love to see you at our pollinator festival and share our passion with you. For further information, please follow the link to our website.

<https://beesweetnature.ca/contact-us/upcoming-events/>

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Mother's Day Brunch



Treat your family to a beautiful buffet brunch at Crieff Hills Conference Centre, with fresh local farm ingredients on Sunday May 12th from 12 pm to 2 pm.

Afterwards, take a leisure stroll through our historic property, go for a hike or visit with the farm animals.

Cost:
\$48 adults
\$24 children

Includes:

- Hot and cold buffet
- Fresh scone bar
- Unlimited coffee, tea and juice
- Gluten free and vegetarian choices
- Day admission to the farm and grounds

For more information contact Scott. (519) 824-7898 or events@crieffhills.com

New resource for charities

Is your charity or non-profit looking for new funds?

Help is available at your local library. Grant Connect is a fundraising research tool that connects Canadian charities and non-profits with funders who share their cause.

This resource is available in-branch only. You can search by funder, location, cause, type of support and more.

90th Birthday Celebration for Clarence Fixter



Please help us celebrate Clarence's 90th Birthday!

Drop in between 1pm -5 pm on June 2, 2024 at the Puslinch Community Centre (Archie McRobbie Hall), 29 Brock Road, S, Aberfoyle, ON (Best wishes only)

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Founded in 2015 by Brooke Hohenadel, Bedtime Beginnings is an Infant and Adult Sleep Consultant that emerged from a personal journey. After experiencing sleep challenges following the birth of her first child, Brooke recognized the power of quality sleep on one's overall well-being. Driven by her own struggles and eventual success, she embarked on a mission to help others reclaim their sleep and their quality of life.

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Supporting local businesses like theirs is vital for nurturing vibrant communities. By choosing Bedtime Beginnings, you're not only investing in your own well-being but contributing to the economic resilience of your neighborhood. Together, Puslinch can build a stronger, more interconnected community, one good night's sleep at a time.

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Telling our story

By Marjorie Clark



The Puslinch Historical Society is celebrating 40 years of telling the story of Puslinch, its people, and its families.

Each year group representatives have taken displays to the Optimist Canada Day Breakfast at the Community Centre and to the Aberfoyle Fair.



Canada Day display 2017
Puslinch Historical Society
Archive

Very shortly after forming, the group began gathering information on the Township and its people.

We now have an excellent collection of books, files, atlases, maps, photos, and compact disks, which are made available to the public every Saturday from noon to 3 p.m.

Come to the Aberfoyle Library to learn about your Puslinch family.

Check out our Puslinch Photography Display at the Optimist Canada Day Breakfast on July 1st at the Community Centre.

Puslinch Lake

Lakeside Living

2024

HOME TOUR

Enjoy these 5 beautiful homes surrounding Puslinch Lake

Sat. June 15, 2024 - 10 a.m. - 4 p.m.

\$40 Boat or Land

Tickets available on: www.eventbrite.ca/e/puslinch-lake-2024-home-tour-tickets-868381110277
or www.mylpla.com/home-tour

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Upcoming Events

HIGH TEA
April 20th 2-4pm

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Register at 519-569-1187

SPRING BAZAAR
May 25th 10-3pm

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Bike Rodeo



Please join the Optimist Club of Puslinch for their annual Bike Rodeo, a free Bicycle Safety Course for kids.

This event takes place on May 11th from 9:00 am to 12:00 pm at the Township of Puslinch Office and the Puslinch Fire Hall and is co-hosted by the Puslinch Fire Department and the OPP.

The bike rodeo includes bicycle safety education, teaching of bicycle skills, helmet fitting, bicycle safety check, along with prizes and refreshments!

If it rains on the day, the event will be rescheduled for June 15 th.

Whistle Stop Co-op Preschool Thank You for Your Support!

By Sandra Gunson



On Saturday, March 26th the Easter Bunny made a special appearance in Puslinch, at the Whistle Stop Co-op Preschool's 2nd Annual Fundraising Event!

The preschool families organized silent auction baskets, a craft area, a photo booth and a delicious breakfast of pancakes, bacon and eggs cooked by The Puslinch Optimist Club.

The morning was a fun filled celebration of Easter with family, friends and Community.

The event would not have been the success it was without the hard work of the preschool families, teachers and event sponsors.

Thank you to our sponsors:

- Bonus Solutions Inc.
- Elevate Law Group
- Morrison Medical Centre

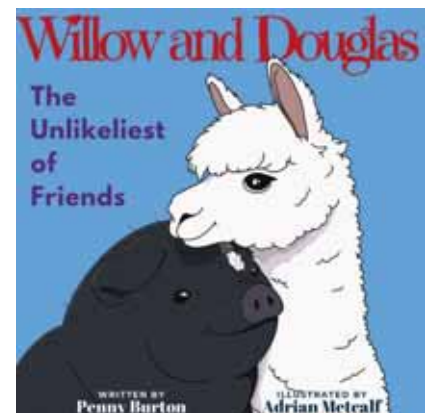
Rob Klowak CIBC Investment Consultant
The Puslinch Optimist Club
The Township of Puslinch
Wagyu Sekai

Thank you to everyone who attended our Fundraising Event and to those who purchased our silent auction items.

Your generosity will help us maintain the high quality of early childhood learning provided by Whistle Stop Preschool.

If you would like to learn more about Whistle Stop Co-op Preschool, please visit us at:
www.whistlestoppreschool.com

Willow and Douglas



A beautiful story of the friendship between Douglas the alpaca and Willow, the Vietnamese Pot-belly pig.

Author Panny Burton, has kindly donated a copy of her children's book, which we will give away to the first email received after May 2nd at editorpuslinchpioneer@gmail.com

Copies can also be purchased at www.braeridgefarm.com

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Optimist Scholarships for 2024

By Don McKay

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

This year three scholarships of \$1500 each will be awarded to qualified applicants commencing in September 2024 for the 2024-2025 school year.

This is the 23rd year that the Club has offered the scholarship program. The three scholarships will be split into three streams.

One scholarship will be awarded to those students who are pursuing a university degree, one scholarship will be awarded to those students who are pursuing a community col-

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

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

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

The due date for this year's submission is **June 28, 2024**.

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

St Patrick's celebration



Fifty-four people feasted on some amazing Irish-focused food at Crieff Hills Conference Centre to celebrate St. Patrick's Night on March 17.

Diners were also entertained by two musicians - Hugh Donnelly (guitar) and Sydney O'Brien (violin), who sang some Irish ballads as well as some stirring Irish tunes when the audience joined in.

Congratulations to the team at Crieff Hills, and we thank them for the opportunity to get together with neighbours.

What's Happening in Your Puslinch MARKET
Puslinch Market Update

MARCH 2024

- Single Family Homes are Down 23.7% from last year
- 12 New Listings up 33.3%
- 27 Homes for sale up 80%
- Total of 8 sales up 33.3%
- Avg DOM 65 up 109.7%
- Avg Sale Price \$1,486,375
- BOC Held its Target Overnight Rate at 5%
- Next Announcement June 5 2024
- We Expect a .25% drop

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Link up with Duff's Sat. May 25, 2024

Canadian Mental Health Association Waterloo Wellington
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GOLF TOURNAMENT
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EUCHRE TOURNAMENT
 Duff's Church
 3:00 pm

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 6:00 pm

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Live Auction
 Silent Auction
 Door Prizes

Random acts of kindness

By Anne Day

Like many Canadians, I find myself upset when I read or hear the latest news.

It's all doom and gloom, with wars, political arguments and strife.

Perhaps it is time to focus on and highlight the positives in life – those small gestures of caring, of kindness.

With that in mind, we are launching a campaign to collect stories of how people have made a difference in your life, while not expecting anything in return.

To get us started, I share one of mine. Years ago, when I was undergoing cancer treatments, a neighbour, who I didn't know at that time, came over when I had chemo bringing dinner for my husband and two small children.

It was such a kind, thoughtful gesture, and we went on to become good friends.

What stories can you share? Let's warm

our hearts with evidence that Puslinch is a community that cares.

We will publish the stories in upcoming issues of the *Pioneer*. Aim for 200 words and submit to me at editorpuslinchpioneer@gmail.com

The Eden Aeroponics Project

By Saskia Brussaard



With over thirty years of pioneering hydroponics expertise, Dan Atkinson of Puslinch, the founder of Eden Aeroponics invented **The Eden and The Eboo**—state-of-the-art indoor vertical aeroponic gardens designed for anyone eager to embrace sustainable living by growing fresh, hyper-local produce right in their living spaces.

After 2.5 years of rigorous prototyping and testing, The Eden and The Eboo emerge as symbols of how style and sustainability can coexist.

Crafted from sustainable and recyclable Bamboo, these indoor vertical aeroponic gardens are designed to enhance any living space.

They not only produce hyper-local, crisp greens but have also successfully grown strawberries and herbs all year round.

Beyond aesthetics, The Eden Aeroponics Project embodies sustainability, with a low carbon footprint, minimal operating costs, and a promise to reduce reliance on traditional grocery store chains.

For more information, go to www.eden-aeroponics.com

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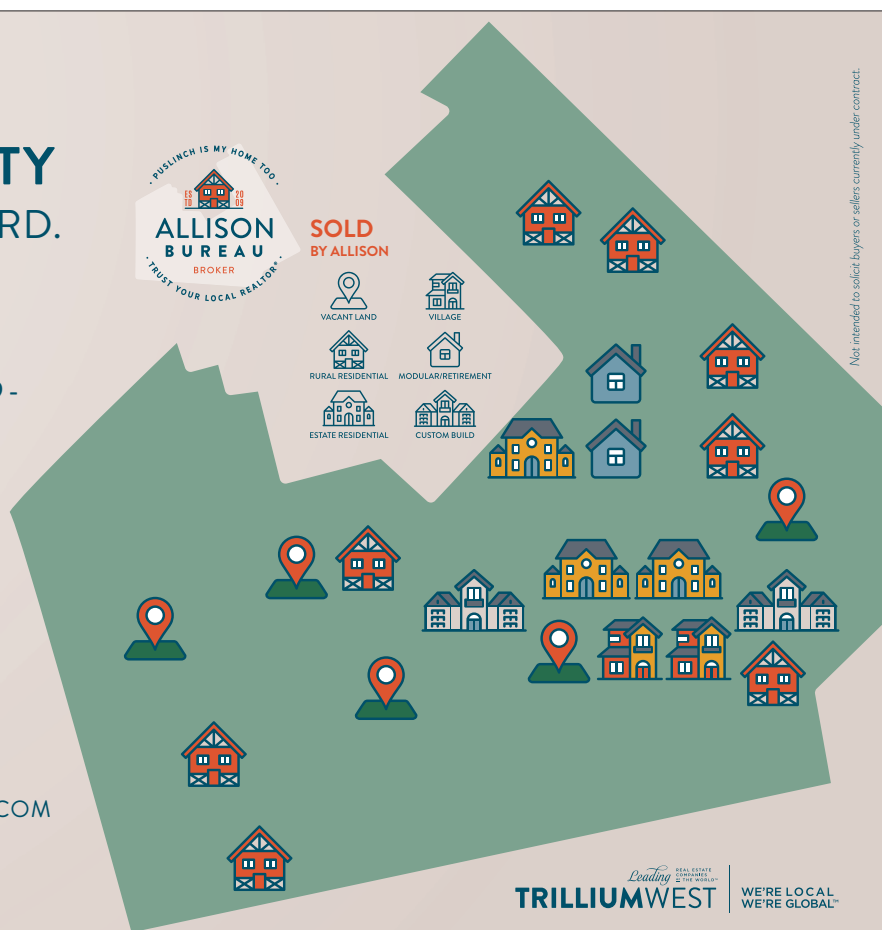
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Seven Ways to Help Bees in your Home Garden

Many practices that help bees also help to keep your garden looking its best! Plan for Continuous Bloom. This provides colourful flowers throughout the growing season, as well as a steady supply of food for bees.

Mass Plants

Placing several of the same plant species in a group helps to attract bees. Massing makes plants easier to find so that bees use less energy to collect pollen and nectar. Trees and shrubs automatically mass flowers together and provide long-term benefits.

Avoid Pesticides

Bees are sensitive to pesticides, so avoid them if possible. Plants along roadsides, in vacant areas, and in the garden, all benefit bees. If weeds are an issue, try to remove them without spraying.

Use Colourful Plants with Scent

Bees rely on the colours and scents of flowers to find food. Purple, yellow, white and blue flowers are easy for bees to see in the garden. Fragrant flowers are also irresistible to bees!

Bees can see Ultra Violet. For example, a flower that looks yellow to us may appear purple to bees. Plants with combinations of colours, are easier for bees to find.

Dead-Head and Prune

Removing spent flowers helps promote longer blooming. This means more colour for you, and more food for bees! Pruning plants to promote bloom will ensure plant health and bee food supplies each year.

Water and Fertilize

Adequately watering plants properly promotes nectar production. This means more food for bees and other pollinators. Too much fertilizer decreases nectar production in most plants.

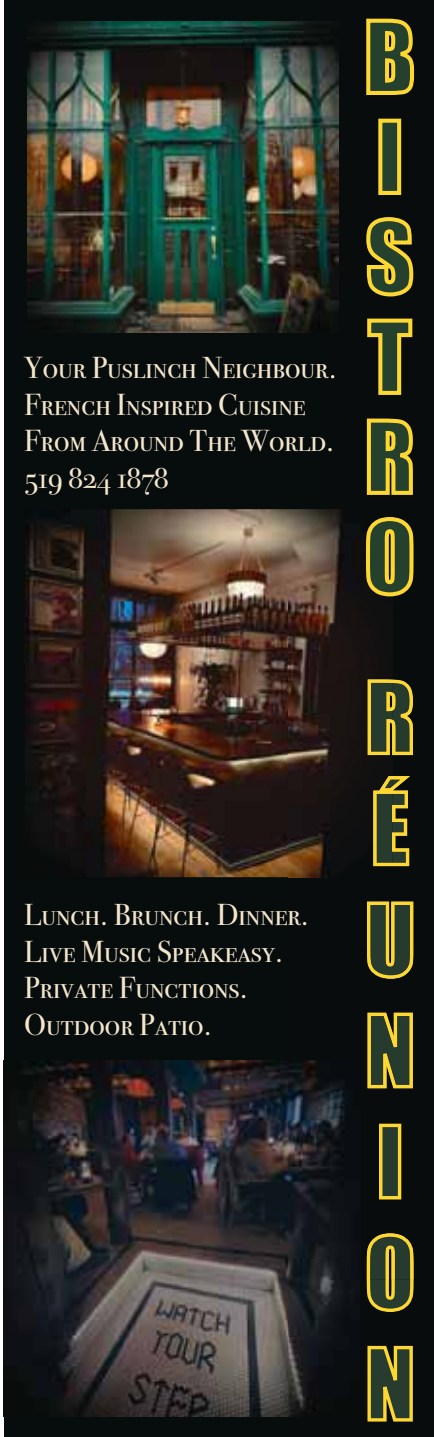
Try to use slow-release (chelated) fertilizers or natural alternatives such as compost. Be sure to use all fertilizers as instructed. Maple flowers bloom early in the season and are an important food source for bees. Lavender is both colourful and fragrant.

Choose Single Blooms

Double bloom flowers are stunning, but they are not easily accessed by bees. Planting flowers with a single bloom provides nectar and pollen that bees can gather.

Unlike double blooms, single blooms are easy for bees to access. Helleborus flowers early in spring, while Flax blooms in late summer to early fall. Hawthorn is an important shrub for bees.

For more information, go to Hrbc.ca
Source: *Honey Bee Research Centre, University of Guelph*



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Family Activity

By Julia Preston



May is the month where the growing season officially begins. Green has crept over the fields, leaves have returned to trees, flowers have begun to bloom. It seems like the ground under our feet is awake as new sprouts shoot up every day.

Get your hands dirty



Gardening is a great way to connect with the land. Spend some time this month getting ready to plant. Your garden can be a pot on your porch, some flowers along your front walk, a spot in a community plot, or rows of vegetables in your yard.

Prepare the soil, gather your seeds or seedlings, and keep an eye on the weather. According to the Almanac the last frost date for our area is May 13. By the end of the month, you should be safe to put your plants in the dirt.

Hike of the month

Incorporate seeds into your hike this month. Make a trail mix or pop some popcorn before you head out. A tasty snack can add some extra fun to your walk.

Sip and pour paint workshop



Image from: www.eventbrite.ca

Join Ellie at Brothers Brewing Company for a Pour Paint Workshop on May 14, at 6.30pm. Taking place at brewery, 15 Wyndham St N, Guelph.

With torches, paint, and canvas, you will learn the art of Controlled Chaos!

Enjoy a great atmosphere with even greater craft beers! *Paintings must be left at the brewery to dry a minimum of 7 days. Learn more about Ellie and PaintTastic.

Cost: \$45

Host Organization: Brothers Brewing Company

Phone: 226.790.3767

Email Event Host: customerservice@brothersbrewingcompany.ca

Website: <https://brothersbrewing-company.ca/>

Registration Link: <https://www.painttastic.com/collections/pour-paint-workshops-paint-tastic-by-ellie>

Good news ... Commercial Food Waste

Guelph-Wellington's Commercial Food Waste Diversion Collective works with industrial, commercial and institutional businesses to divert usable food to local charities and keeps food scraps out of landfill.

The Collective reduces cost, waste and greenhouse gas emissions. It's a win, win & win scenario.

Even-better news: after ONLY two years, the program:

- diverted 400 tonnes of surplus food and organic waste from disposal and
- recovered more than \$214,000 worth of surplus edible food, which means that...
- more than 62,000 meals were available to the food insecure.

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Celebrating 50 years



This year marks a significant milestone for Torchlight Services, a non-profit organization dedicated to supporting adults with developmental disabilities in the Guelph area.

As the organization prepares for its 50th anniversary celebration on June 15th, they reflect on their journey over the last half century and the impact they've made on the Guelph community.

From humble beginnings, Torchlight Services has evolved from an organization addressing employment challenges

for individuals with disabilities to a thriving Adult Option Day Program with over 50 participants in regular attendance.

Established on May 24, 1974, Torchlight Services (then Torchlight Industries) began its journey as a workplace for adults with disabilities that focused on the abilities of the person.

Through contracts and community connections, Torchlight participants had a workplace where their needs were accommodated, and work skills could be developed.

The tasks assigned, though repetitive - instilled a sense of purpose and belonging to all those who worked on them.

In 2018, Torchlight transitioned from a Sheltered Workshop to a Day Program, with many participants also making the move. Torchlight then relocated from its original location on Edinburgh and Crimea to Carden Street downtown, its current location.

Over the years, Torchlight has broadened its services, introducing The Ignite Social Enterprise Program and The Candlelight Social Program as well as The Reach Day Program.

The Reach Program offers participants the

chance to engage in fun and meaningful activities, go on community outings, practice new life skills, and make social connections. Participants in the Reach program can also join the Ignite Social Enterprise program, creating products for sale to earn money, promoting responsibility and teamwork.

Our newest program, The Candlelight Social, offers socializing opportunities outside regular hours at a low cost. It includes activities, dinner, and a chance to connect with friends in the evening.

Regardless of the new programs offered, it's the same principles Torchlight has always had that make it so special; a sense of community and belonging.

"It's a close-knit family feeling", says Executive Director Patty Cote - Duncanson. "We want everyone to feel like they are welcome". This is a sentiment you can feel echoed by the staff and participants.

Looking ahead, we are excited for what the next 50 years will bring and look forward to continuing to serve our community.

Curious to learn more? Come out to our open house on Saturday June 15th or check out our website at www.torchlight-services.ca

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Multi-Generational Homes

By Tanya Tagwerker & Rob Townsend

In an era where families increasingly seek multi-generational living arrangements, real estate solutions tailored to the needs of seniors and their loved ones are paramount.

This approach not only fosters closer familial bonds but also addresses practical considerations such as estate planning, customized living spaces, financial management, and finding the right home to accommodate diverse needs.

Consultation with a Lawyer

Effective estate planning is essential for multi-generational living arrangements. Consulting with a lawyer specializing in estate law helps families navigate legal complexities and ensure that their wishes are honored in the event of incapacity, death, or a desire to move out.

Establishing clear guidelines for property ownership, inheritance, and decision-making empowers families to manage transitions with confidence and clarity.

Tailoring Spaces to Fit Generational Needs

Creating separate living units or spaces within a multi-generational home requires thoughtful design and construction. Collaborating with a designer and contractor experienced in multi-generational living ensures that each area meets the unique needs of its occupants. From

accessibility features for seniors to child-friendly amenities for younger family members, customized spaces promote comfort, independence, and harmony across generations.

Financial planning and Mortgages

"Multi-generational living not only strengthens family bonds, but it also provides practical financial advantages that contribute to a more stable and secure lifestyle" observes Jayne Osborn, CFP

Downsizing within a multi-generational household may allow access to funds that might otherwise remain tied up in real estate.

"It gives you the opportunity to own more opportunity to own more house, pay down your mortgage faster and build equity for the future." advises Scott McLelland, mortgage broker.

Finding the Right Home: Planning for Future Needs

Choosing a home conducive to multi-generational living requires careful consideration of mobility, accessibility, and lifestyle preferences.

Whether it's a spacious property with separate living quarters or a centrally located residence with proximity to amenities and healthcare services, finding the right home sets the foundation for a fulfilling multi-generational lifestyle.

Factor in future needs such as aging in place or evolving family dynamics, ensuring that the home remains a comfortable and supportive environment for all generations.

A skilled realtor can guide you through the complexities of purchasing a multi-generational family home that

meets the diverse needs of all family members.

In conclusion, multi-generational living presents unique opportunities and challenges for seniors and their families.

By prioritizing estate planning, customizing living spaces, managing finances wisely, and selecting the right home, families can create a harmonious living environment that fosters mutual support, independence, and happiness across generations.

To delve deeper into these critical topics, we wish to extend an invitation to our 5-part event series "Sip Savour & Strategize - Exploring Real Estate Retirement Solutions".

Join us for the third segment in our series Multi-Generational Homes - Adapting to Changing Family Dynamics at TrilliumWest Real Estate Brokerage - 292 Stone Road West, Guelph, ON, on Tuesday, June 11, 2024, at 6:30 pm.

This free event promises an evening of information, appetizers, and refreshments as our expert panel provides insights into the wealth of knowledge they offer.

Our team is dedicated to fostering a supportive community where you can connect with like-minded individuals, share experiences, and explore the possibilities that lie ahead.

To secure your spot, please RSVP by June 6th, as space is limited. For registration or more information, reach out to Rob Townsend at rtownsend@trilliumwest.com, Tanya Tagwerker at ttagwerker@trilliumwest.com, or by telephone at 226-314-1600.



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By Anne Day

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Mornings: Monday, Wednesday Friday and Sunday

Afternoons: Friday

Cost:

\$20 per person includes an hour with the lambs and access to the property and hiking trails all day. Restrooms are available at Maclean Hall

To register call or email Scott at (519) 824-7898 or events@crieffhills.com

Special Instructions:

Check in at the schoolhouse (Maclean Hall) when you arrive. Day parking is available in the lot near the Pines Suites.

Wash your hands before and after visiting the animals.

Please no food or drink (except water bottles) at the barn.

Watch your step. The ground can be uneven, wet and muddy. We suggest bringing extra footwear. After you have visited the barn, do not wear your shoes inside at home.

A staff member will meet you at the barn and offer instruction. Do not go into the barn or feed the animals without staff assistance.

Please be kind and gentle with the animals and refrain from loud noises or running near the lambs.

Dogs are not permitted near the barn or the animals at any time. Dogs are welcome on other parts of the property as long as they are always on a leash. Please pick up after your pet.

Preparing Your Rural Home for Spring: Essential Tips

By Armit Gill

As winter fades away, it's time to ready your rural home for the vibrant season of spring. Here are vital steps to ensure your property is fresh and functional as the weather warms up.

Begin with outdoor cleanup. Remove winter debris, fallen branches, and dead leaves from your yard and garden beds to prevent pest issues and enhance your property's appearance.

Inspect your roof for damage and clean out gutters to ensure proper drainage during spring rains, preventing water damage and leaks.

Service your lawn equipment by sharpening blades, changing oil, and testing functionality for upcoming lawn maintenance.

Prepare garden beds by clearing weeds, loosening soil, and enriching them with compost or fertilizer. Consider starting seeds indoors for later transplanting.

Check your home's exterior for cracks or wear, sealing openings to maintain energy efficiency and keep pests out. Open windows on warmer days to air out your home and create a fresher indoor environment.

Clean outdoor furniture and make any necessary repairs for outdoor gatherings and relaxation.

Take preventive measures against pests by sealing entry points and setting up barriers or traps

Ensure proper water management by inspecting drainage systems and checking sump pump functionality.

Schedule HVAC maintenance to prepare for warmer weather and improve indoor air quality.

Following these steps will ensure your rural home is ready to embrace the beauty of spring.

Enjoy the outdoors, tend to your gardens, and appreciate the unique charm of rural living during this delightful season.

Food Retreat: Fresh Again



With the coming of the spring, we can feel our bodies crave the new, the fresh, the freedom of movement that sun and warmth allow.

After months of confinement and consuming frozen or faraway produce, we begin to dream again of local early

greens and asparagus.

To be held on May 15, 10 am-7pm at Ignatius Farm, Loyola House 5420 Highway 6 N, Guelph.

We'll take this day to celebrate the ingenuity, tenacity and creativity of renewed life, both physical in the food we'll enjoy and "metaphysical" in the hope and vivacity we feel in the lengthening of sunlight.

Ingredients of the day will include: quiet reflection; group discussion; mindful, joyful eating of lunch; a cooking class; a workshop on growing microgreens; participative preparation of supper and its celebratory enjoyment.

Become a part of Loyola House's renowned kitchen for an afternoon!

- Not a silent retreat
- Limited to 15 participants
- Price (\$135) includes a full lunch, supper plus a cooking class and microgreen growing classes
- Group activities

Facilitated Loyola House's Kitchen Manager, Sheri Bishop (co-founder of With the Grain), Greg Kennedy (Ignatius spiritual director) and Ignatius Farm's Education Coordinator, Lisa Conroy.

Host Organization:

Loyola House Retreats and Ignatian Training

Registration Link:

<https://ignatiusguelph.ca/event/food-retreat-2024-05-15/#bbox-root>
519.824.1250 x 266

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Scrabble Club (Adults)

Join us for casual word building entertainment. Drop in. Wednesdays, May 1, 15, and 29 from 2:00 – 4:00 pm

Baby Time (Babies)

Introduce your baby to the library and a love of books through finger plays, songs, rhymes, and stories. Please register. Thursdays, May 2 - 30 from 11:00 – 11:30 am

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, May 2, 16, and 30 from 5:30 – 7:00 pm

Book Club – First Friday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Friday, May 3 from 1-2 pm

Creative Kids (Kids/Tweens)

Get crafty and learn new things with DIY and other hands-on activities just for kids. Please register. Wednesdays, May 8 and 22 from 3:00 – 3:45 pm

Ancestry Library Edition Workshop

(Adults)
Learn the basics of navigating Ancestry Library

Edition to get started on your genealogy research. Please register. Friday, May 10 from 1:00 – 2:00 pm

Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, May 21, 2-3pm

In Stitches – Sew a Bucket Hat

(Tweens/Teens/Adults)
Get ready for summer by sewing a reversible bucket hat! Ages 12 years to adult. Previous experience using a sewing machine required. All materials supplied. Please register. Saturday, May 25 from 10:30 am – 12:30 pm

Craft and Create – Watercolour

Workshop (Adults)
Experiment with watercolours to paint an owl portrait. No experience necessary. All materials supplied. Please register. Tues, May 28, 1:30 – 3:00

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

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

Fiction

Andrews, MK	<i>Summers at the Saint</i>
Barclay, L	<i>I Will Ruin You</i>
Coben, Harlan	<i>Think Twice</i>
Fortune, Carley	<i>This Summer Will Be Different</i>
King, Stephen	<i>You Like It Darker</i>
Kwan, Kevin	<i>Lies and Weddings</i>

Patterson, J	<i>The 24th Hour</i>
Roberts, Nora	<i>Mind Games</i>
Simonson, H	<i>The Hazelbourne Ladies Motorcycle and Flying Club</i>
Ware, Ruth	<i>One Perfect Couple</i>

Non-Fiction

Alexander, Caroline
Skies of Thunder: The Deadly World War II Mission Over the Roof of the World

Goldberg, Whoopi
Bits and Pieces: My Mother, My Brother, and Me

Haddish, Tiffany
I Curse You With Joy

Hanna, Kathleen
Rebel Girl: My Life as a Feminist Punk

Kuzmic, Kristina
I Can Fix This: And Other Lies I Told Myself While Parenting My Struggling Child

Londono, Ernesto
Trippy: The Peril and Promise of Medicinal Psychedelics

Ponomarenko, Illia
I Will Show You How It Was: The Story of Wartime Kyiv

Rucker, Darius
Life's Too Short: A Memoir

Selleck, Tom
You Never Know: A Memoir

Stephanopoulos, George
The Situation Room: The Inside Story of Presidents in Crisis

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- Place acceptable materials curbside by Monday at 7:00 am of the date listed, as collection takes place throughout the week.
- Leaf and yard waste will be collected curbside in **urban** areas only.
- 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, May 27

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Preserving Smiles: The Crucial Role of Dental Hygiene for Seniors

By Ruby Gill



In senior health, one aspect often overshadowed is dental hygiene. While aging well is a cherished goal, maintaining oral health tends to fade into the background amidst other health concerns.

Yet, prioritizing dental hygiene for seniors cannot be emphasized enough.

As seniors traverse the aging journey, they encounter many dental challenges. These may include dry mouth, gum disease, tooth decay, and oral cancer.

Compounded by factors such as reduced saliva production and medications affecting oral health, the importance of proactive dental care becomes increasingly evident.

The repercussions of neglecting dental hygiene extend beyond oral discomfort. The research underscores the profound link between oral health and overall well-being.

Untreated dental issues can exacerbate chronic conditions like diabetes and heart disease, further compromising seniors' quality of life.

Moreover, oral health problems can hinder proper nutrition, contribut-

ing to malnutrition and its associated complications.

Recognizing these challenges, the Canadian Dental Care Plan (CDCP) has outlined a comprehensive strategy to address oral health disparities among seniors.

The plan emphasizes preventive strategies, access to dental care, and public education initiatives tailored to the needs of older adults.

Regular dental check-ups are not just about maintaining oral health; they are about empowering seniors. These visits facilitate early detection and intervention, preventing minor issues from escalating into major dental concerns.

Dental professionals play a crucial role in educating seniors about tailored oral hygiene practices, empowering them to take control of their oral health and feel capable of doing so.

In addition to professional care, cultivating simple yet effective habits is pivotal. Daily brushing, flossing, and a balanced diet rich in nutrients form the foundation of good oral hygiene.

Adequate hydration combats dry mouth, while abstaining from tobacco and moderating alcohol intake further protect oral health.

In essence, preserving smiles among seniors is not just about aesthetics—it's a transformative aspect of holistic well-being.

By prioritizing dental hygiene, seniors can relish life's joys with confidence, knowing that their smiles radiate not just happiness but also vitality and good health.

As we advocate for the health and happiness of our elderly population, let us underscore the transformative power of a well-maintained smile nurtured by conscientious dental care, instilling a sense of hope and optimism about their oral health.

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A photograph of the exterior of a Guildcraft store. The storefront is dark with large glass windows displaying various bedding items. The sign above the entrance reads 'GUILDCRAFT'.

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Ovarian Cancer Watch

By Dr. Laura Brown ND

Ovarian cancer is rare, however in women over 50 it is often a missed diagnosis that shares common symptoms with IBS and bladder control. Education and awareness can help save lives.

Two thirds of women are diagnosed late, when the cancer is harder to treat, leaving one in seven women dead within two months of being diagnosed. If diagnosed at the earliest stage, 9 in 10 women will survive.

Is it IBS?

Irregular bowel movements, gas, pain and bloating are signs of irritable bowel syndrome. IBS is often related to stress, lack of fibre, microbiome dysbiosis, food sensitivities,

medications, infection, and other environmental factors.

It is when the abdominal bloating is new, consistent and persistent and appetite is reduced or lost, ovarian cancer needs to be ruled out.

Is it Overactive Urinary Bladder?

Urgency and frequency of urinary symptoms, and unremarkable urine samples should raise concern.

Yes, it could be diabetes, an overactive bladder, or interstitial cystitis; however, if these symptoms are new and persistent, urgency and frequency are also possible signs of ovarian cancer, and they need investigation.

Could it be Ovarian Cancer?

Persistent, new and frequent abdominal bloating, regardless of what is eaten, change in stools, extreme fatigue, feeling full quickly, unexplained weight loss, loss of appetite, or weight gain from fluid retention, frequent and urgent urination are all symptoms related to

ovarian cancer.

There is no single test to diagnose ovarian cancer. During a pelvic exam, the physician feels the ovaries and uterus for size, shape, and consistency and that can be useful in finding some cancers early, but most early ovarian tumors are difficult or impossible to feel.

And cervical screening does not evaluate ovarian health. CA-125 blood marker measures proteins that can be linked with ovarian cancer. Together with ultrasound and the combination of symptoms, CA-125 may be used for ovarian cancer screening.

With the shared symptoms of other conditions and what one might just chalk up to "getting old", this certainly can be quite confusing.

Naturopathic medicine serves as medical primary care and can help treat symptoms of IBS, bladder frequency and aid in symptomatic and CA-125 screening for ovarian cancer. Ultrasound is reserved referral from your medical doctor. Questions? drlaura@southendguelph.ca



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Ask the expert

By Lyanne Schlicter

"What can I do?" asked an old friend. "I moved to a house with a small yard near Guelph. I'm excited about planting a veggie bed AND an English cottage-style garden but the only sunny spots are along the driveway, and the soil is, well – not soil."

Her builder (like many home builders) had excavated the house site and dumped landfill around the entire house. Then, they added an inch or two of topsoil and rolled out a layer of sod.

The challenge was clear – how to design and build two thriving beds along the driveway.

Here's one of the easiest methods. I know it works because we did this along my own driveway. Since the existing soil was useless, we built upward, creating a raised bed and a berm.



For the **vegetable bed**, we first stripped the sod, and then constructed a 2-foot high, raised bed. Raised beds offer several advantages.

They keep the plants contained, neat, and away from the driveway and any potential salt or gravel infiltration (and out of reach of hungry bunnies). A raised bed is also easier to plant, weed, maintain, and harvest, which is a big plus for families with aging members, young children or for those with physical limitations.



When choosing lumber for the sides, it is important to avoid the old-fashioned pressure-treated wood that contains toxic chemicals. The newer types of pressure-treated lumber are safe and non-toxic.

To fill the bed, the easiest solution if you don't have good soil on your property, is to bulk-purchase a rich soil mix that has been heat-treated to kill weed seeds. A good mix will contain sand, silt, and clay to create a great loam texture.

Then, add enough well-aged compost to yield about 15 percent organic matter. Veggies will love the nutrients, and it improves the soil structure, and increases water-stable soil aggregates.

This mixture will promote good water infiltration and good aeration. It will also help establish beneficial microorganisms (such as bacteria, fungal

mycorrhizae, protozoa, nematodes, worms, arthropods) that create a healthy 'rhizosphere' all around the plant roots.

If you start now, the bed will be ready to plant after the last frost. Then, it will be easy to water by drip-irrigation (which reduces wet leaves and fungal diseases), and easy to weed by hand, whenever needed.

For the Cottage-garden bed we built a long, kidney-shaped 'berm', made by simply piling rich soil right on top of the existing sod and driveway rubble. The sod soon dies, and then gradually decays, thereby adding organic material to the underlying layer and improving the soil structure.

A berm is like a raised bed without walls. The centre can be as much as few feet high: deep enough for larger perennial plants and even shrubs.

We bulk-purchased a heat-treated triple mix with about 1/3 topsoil (black loam), 1/3 peat moss, and 1/3 compost. This soil mix has good water retention, helpful along a sunny driveway that is usually a dry spot.

This means less frequent watering and maybe just using a hand-held hose.

But remember, because the sides of the berm are sloped, it is important to reduce soil erosion by planting it densely, for instance, with perennials, shrubs, flowers, and groundcover plants.

You can also mulch it with about four inches of shredded bark to reduce erosion, evaporation, and weed growth, and to help restore organic matter as it decays.

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Cook's Corner

By Barbara Paterson

I like this recipe because you can leave it to rise overnight. The combination of whole wheat and white bread flour gives it a lighter texture than using just whole wheat flour.

Whole Wheat Sandwich Bread



2 tbsp. sesame seeds
1 tbsp. poppy seeds
3 cups whole wheat flour, (regular or bread flour)
3 cups white bread flour
2 tsp. salt
1 tsp. quick-rising (instant) dry yeast
2½ cups lukewarm water

1. Combine ¼ tsp. sesame seeds and ¼ tsp. poppy seeds. Set aside.
2. In a large bowl, whisk together all the whole wheat flour and 2 cups of white bread flour, remaining seeds, salt and yeast. (Yes, it is only 1 teaspoon of yeast.)

Stir in lukewarm water until well combined. Cover with plastic

wrap; let rise in warm draft-free place until bubbly and doubled in bulk, about 12 hours. (To make ahead, let rise for up to 18 hours.)

3. Sprinkle work surface with 1/3 cup of remaining white flour. Punch down dough and sprinkle 1/4 cup of remaining flour over top. Using floured hands, gently knead flour into dough. Cover with tea towel; let stand 15 minutes.
4. Gradually add as much of the remaining flour as needed, and knead until the dough is not sticking to your hands.
5. Cut dough in half and roll each half into 8" x 4" cylinder. Place seam side down in 2 greased non-stick loaf pans. Sprinkle with reserved seed mixture. Cover loosely with lightly greased plastic wrap; let rise in warm draft-free place until doubled in bulk, about 1½ hours.
6. Bake in 425°F oven for 10 minutes. Decrease heat to 375°F; bake until light golden and loaves sound hollow when tapped, about 30 minutes.

Note: I used regular whole wheat flour, instead of whole wheat bread flour, and it worked well.

For the rising, I turn the oven on very low, 170°F or so, then turn it off and place the dough inside cushioned on a ceramic hot dish plate. (You don't want the oven rack to be too hot).

Of course, you may have a better

warming place. I found it difficult to get the warm bread out of the pan after it baked so next time, I will try lining the pan with parchment or foil.

This is an alternate way of enjoying asparagus in the spring. It's a very tasty, simple salad to make.

Asparagus Salad with Walnuts



1 - 1½ pounds of young asparagus, trimmed and cut on the diagonal into 1½" pieces
½ cup finely chopped walnuts
1 tbsp. walnut or dark sesame oil
1 tbsp. white wine or red wine vinegar
2 tbsp. soy sauce
1 tbsp. sugar, or to taste

1. Cook the asparagus in boiling water 3 minutes. Drain and run cold water over the asparagus. Drain and dry thoroughly.
2. Combine the remaining ingredients in a bowl. Mix until the sugar is dissolved. Add asparagus and toss well.
3. Cover and chill 1 hour before serving. Serves 4.



Michael Chong

Member of Parliament,
Wellington - Halton Hills



michael.chong@parl.gc.ca 866- 878 5556 www.michaelchong.ca

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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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.

ANTIQUÉ & CRAFT SHOW

Saturday, June 1st - 8 am to 1 pm at Freelon Strabane United Church, 1565 Brock Rd., Strabane. Do you deal in Antiques? Are you an Artist, a crafter? We are looking for vendors. If you are interested in being a part of this exciting opportunity please contact the Church Office at 905-659-3380 for details. Food & beverages will be available.

BADENOCH MUSIC NIGHT

May 3rd and June 7th 7pm at The Badenoch Community Centre 4217 Watson Rd S Puslinch starting at 7pm. First Friday of each month. Everyone Welcome. Info. 519-763-9782.

BADENOCH WELCOME WEDNESDAY

Open to any and everyone. **Every Wednesday 1 till 4** at The Badenoch Community Centre 4217 Watson Rd S Puslinch. Come for a visit, you might be surprised at what we may be doing. Bring your ideas and stay for a cup of tea. Info. 519-763-9782.

COOKING WITH THE SAINTS

Saturday, May 18th at 1 pm. Freelon Strabane United Church, 1565 Brock Rd., Strabane. A fun afternoon of cooking; how to cook and learning about the Saints and then enjoying what we have cooked! Limit of 10 people. Contact Office at 905-659-3380 to register

CRIME STOPPERS - 5 Tips 5 Ideas 5 Signs

A free public service presentation for parents and caregivers of children and youth to help keep them Cybersafe and Human Trafficking Aware. Hosted by the Baha'i Community of Puslinch.

Wednesday, May 29th at 7:00 pm. Alf Hales Room - Puslinch Community Centre For more info - call 519-767-0636.

EUCHRE

Friday May 3rd and May 17th at 7 pm. Freelon Strabane United Church, 1565 Brock Rd., Strabane. For info, call Marie at 905-659-1021.

FARNHAM CEMETERY

Open Gates **Sunday, June 2nd**. Plan to join us between 10 am - 3 pm. A pleasant time to reflect, learn and renew friendships. Contact 226-820-0497.

IDOE CHARITY GARAGE SALE

Saturday, May 11th from 8am to 12pm. 69 Shadybrook Cres, Guelph, ON. All proceeds to Chalmers West Food Shelf.

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Mondays from 12 - 4 pm Freelon Strabane United Church, 1565 Brock Rd., Strabane. For info, call Linda at 289-962-6737.

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the Puslinch Community Centre. Adults \$25.00, Children \$15.00 Tickets available online at optimistclubofpuslinch.com. From a member, at the door or reserved at 519-821-4256. Takeout is available, please indicate that choice when purchasing. Get your tickets early to help us prepare for the event. Thank you.

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SENIORS TALK & LUNCH

Wednesday, May 8th at 11:30 am at Freelon Strabane United Church, 1565 Brock Rd., Strabane. Guest Speaker, Jill Gittings, Health Care Councilor who will speak about Hearing Issues. Doors open at 11 am. Pre-register by calling 905-659-3314. Will offering for lunch.

TECH TUESDAYS FOR SENIORS

Tuesday May 7th and May 21st at 1 pm. Freelon Strabane United Church, 1565 Brock Rd., Strabane. A time for people to gather, and learn more about Technology. Contact Church Office at 905-659-3380 to register.

WHEEL OF FITNESS

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

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Inquiries call Ami DeVries at 226-979-0355.

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

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EarlyON PLAYTIME

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FREELTON LIONS CLUB

We 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.

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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

is located in Duff's Presbyterian Church.

For assistance call:

Gary Will	519-820-7832
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 for more information. Contact Celia Clark for membership inquiries: 519-766-1097.

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

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

WHISTLE STOP PRESCHOOL

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