



## Volunteer Award – Ken Williams

Last month, Ken Williams received the Volunteer Appreciation Award from the Township.

Ken Williams' commitment to community service is unparalleled, evident through his remarkable achievements as a charter member of the Puslinch Optimist Club since 1976.

His extensive involvement includes ten terms on the Executive Board, four terms on the District Executive Committee as Lieutenant Governor.

His visionary leadership led to the creation of the Optimist Recreation Centre, playing a pivotal role in its design, construction, and fundraising.

His leadership further includes chairing the Santa Claus Parade Committee, successfully canvassing local businesses for financial support to offset costs for the Optimist Club in hosting the event.



*Optimist Club members and Council*

Ken also contributes to community safety initiatives by helping organize the Annual Bike Rodeo and Puslinch Township's Safe Communities Committee.

Additionally, he chaired the Committee for the Drug Awareness and Reduction Education Program (DARE) at Aberfoyle Public School, highlighting his dedication to fostering a safe and informed community.

Ken's volunteer impact extends beyond the Optimist Club and he is an active member of Duff's Presbyterian Church.

His volunteer work exemplifies a deep motivation to making Puslinch a better place to live, enhancing the lives of families in Puslinch.

His thousands of volunteer hours with the Optimist Club, combined with his active roles at Duff's Presbyterian Church, his coaching in minor ball and minor hockey, displays his commitment to youth development.

Ken has an extraordinary ability to balance various responsibilities while prioritizing community service.

Ken was born on January 22, 1946, in Stoney Creek. Married to his long-time sweetheart June since 1967, together they have three children—Warren, Kevin, and Denise—and five grandchildren.



In 1972 Ken purchased property in Puslinch, and in 1973, he and June built their now home on this property.

In 1981, Ken ventured into entrepreneurship, establishing J&D Systems, a business specializing in communication equipment for businesses, including FAX machines, telephone systems, and answering machines.

J&D Systems flourished until Ken's successful sale of the business to Bell Canada in 2006.

A sports enthusiast, Ken played Senior Men's Hockey for the Mustang Selects and Guelph Warriors and participated in fastball for local teams.

Ken Williams' life story epitomizes a harmonious blend of entrepreneurial success, sportsmanship, and an unwavering commitment to enhancing the fabric of the Puslinch community.

Thank you, Ken for all that you do.

# Editorial

Our cover article celebrating and honouring Ken Williams kind of sets the tone for this issue of the *Pioneer*.

It feels good to acknowledge those who dedicate themselves to making this community a better place.

And Tessa Kampen's article about the upcoming young leaders also fills you with hope.

Hope and optimism was the theme of the recent Oratorical Competition organized by the Optimist Club of Puslinch, and listening to the young students again makes you feel more positive about the future.

Learning more about the services provided by SEED to families in Guelph-Wellington makes you grateful that there are services and volunteers out in the community providing food for those in need. And talking of food, Judy Brisson in her Ask the Expert column provides us with ideas of how we can grow our own food at home.

That's the good news this month, the bad news is that Susan Fielding and her neighbours are still struggling with the stinky water:(

Anne Day

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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 2<sup>nd</sup> Friday of month. Next deadline is **Friday, June 2024**

## Letter to editor

Letters to the editor should include phone number and articles should be submitted by email to [editorpuslinchpioneer@gmail.com](mailto:editorpuslinchpioneer@gmail.com).

## Board

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

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# Council Clips

## Boreham Park:

Council provides direction to Joint Youth & Recreation Advisory Committee with regards to connecting with Green Legacy to explore planting additional trees at park.

## Heritage Committee:

Recommend Council consider the development of a policy or procedure with respect to prescribed events on delisted properties from Heritage Registry as of January 1, 2025.

## Black & Ord Family Plaque:

Staff proceed with contacting the Black & Ord Family to advise of the purchase and installation of the Plaque at the Community Centre grounds.

## New Heritage Plaque Design:

Committee to develop proposal to support proposed budget request for the installation of new plaques on designated properties for the 2025 budget.

## IT Services:

Request for proposal posted for fully managed Information Technology services.

## Compensation & Benefits Review:

Request for proposal posted for Compensation/Benefits review.

## Highspeed Internet:

Committee looking to identify internet gaps, specifically for residents who do not have access to 50 Mbps download and 10 Mbps upload speeds.

If this level of service is not available, residents are asked to fill out Puslinch Highspeed Internet Service Request Form.

## Community Engagement Survey:

Recreation Advisory Committee conducting survey to determine community's knowledge of existing recreation facilities and gather a better understanding of community's

wishes with respect to recreation and leisure activities.

## Well Water Testing:

Council supports resolution urging province to not proceed with Public Health Ontario's recommended phase out of free private well water testing.

## Historical Society:

Committee to purchase a new computer for the archives.

## Wellington Federation of Agriculture:

Organization expresses importance of maintaining Minimum Distance Separation requirements as a reduction of MDS can hurt attempt to reduce/prevent conflict between agricultural practices and nearby residences.

## Gun Ranges:

Delegation request Council to direct staff to investigate Regulatory By-law that regulates Gun Ranges in the Township.

## Dog Kennel & Breeding Operation:

Staff directed to proceed with notice of an application to rezone lands at 6706 Gore Road to permit a dog kennel and dog breeding operation.

## 2024 Asphalt Program:

Tender awarded to Cox Construction at tendered amount of \$1,409,353.

## University of Guelph:

University has withheld records from Township regarding aquafarming and fish farming at any use on property within Puslinch.

## Top Aggregate Producing Municipalities of Ontario:

Request for financial support for Executive Director position so municipalities have better lobbying, review/commenting, guidance efforts.

## CBM Aggregates:

Council provides objection letter to CBM regarding proposed Aberfoyle South Pit Expansion, Part Lots 18-20, Concession 1.



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

Youth Advisory Committee Meeting:

June 3rd at 6pm

Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: June 11th at 7pm

Council Meeting: June 12th at 10am

Public Information Meeting: June 12th at 7pm

Recreation Advisory Committee Meeting: June 18th 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](http://www.wellington.ca/Library).

## 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](mailto:services@puslinch.ca).

## Historical Society Archives

Saturdays 12 noon - 3 pm or for appointment email [ardyne.farm@sympatico.ca](mailto:ardyne.farm@sympatico.ca) or 519-822-8559.

WDG COVID restrictions apply.

## Waste Facility **(519) 837-2601**

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



# My heart is so full

By Tessa Kampen



This is our future my friends and they are going to make it bright!! You do not have to hop on a plane and go to a different country for a transformation trip, it happens right here at home.

Last week I had the pleasure of being a part of RYLA - Rotary Youth Leadership Academy program that is hosted worldwide through our Rotary clubs.

I had the honour of serving these young leaders over three days

through various activities and sessions and although I was there facilitating, they really were the teachers.

These beautiful souls taught me what it means to be kind, understanding, open, vulnerable. They showed me what it looks like to take risks, be brave, embrace differences, and value one another.

They taught me that experiences don't define you, that your pain can become your purpose, and that you are never too small to make a difference. One person CAN change the world.

I have always believed that you cannot help but love someone once you hear their story and even though I didn't have to hear their stories to love these new friends, I absolutely love them more now that I have.

Stories of pain, triumph, struggles and joy - stories that young people shouldn't even experience and yet they did - they experienced the good, the bad and the ugly and they are still smiling.

I used to be afraid of the future based on all the horrible stories we hear in the news and read in the papers but these young people are not going to create the default future many of us see.

They are going to create an even better future for themselves because they know what brokenness looks like and they are ready to put the pieces back together.

*Tessa Kampen lives in Puslinch and is a member of the Rotary Club of Guelph Trillium.*

## Volunteer this summer

Sunrise Therapeutic Riding and Learning Centre offers an amazing chance to volunteer towards your 40 hours of community service at our inclusive Summer Horse Camp.

Volunteers must be over 14. Training is provided, along with flexible scheduling. The instructors are Canadian certified and the horses are safe and well-schooled.

Adult volunteers are welcome.

The centre is located at 6920 Concession 1, Puslinch.

To learn more, email [fiona@sunrise-therapeutic.ca](mailto:fiona@sunrise-therapeutic.ca) or phone 519 837 0558 x 35.

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# Speaking out

By Anne Day



Public speaking has long been a big fear for many people. But not for eight young students who were speaking at the Optimist's Oratorical competition.

I had the honour of being one of three judges who had to select the top two

speakers. Trust me, a tough task.

The contestants had to speak on "How to change The World with Optimism." There were some common features in each presentation.

Several talked about the influence and impact of their grandparents or parents, who had demonstrated the power of being optimistic and how it had a ripple effect on them.

One student highlighted the lessons to be learnt from Banting and Edison, who never gave up on and believed in their discoveries.

Story telling was one tool several used, and one girl talked about the lessons she'd learnt in kindergarten.

Recognizing how scared she was, her principal took her under her wing. Newly arrived from Korea, she could not speak or understand English.

The principal let her colour and draw in her office, rather than facing her

first scary days with her peers.

That teacher's actions showed her how kindness instilled hope and optimism.

Another student injected humour into her talk, and entertained the audience (and the judges).

Congratulations to all the participants, and especially the two award recipients - in first place Kaya Bhandari from Grade 11 from Burlington, and in second place, Skhya Sandhu from Grade 6 at Aberfoyle.

My two main takeaways from hearing the students were that as parents and grandparents we have an important role to play in modelling optimism, and that kindness can kindle optimism in others, giving them hope.

Confidence in public speaking is a lifelong skill that will take these students far. Well done.

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# What's Happening in Your Puslinch MARKET

## Puslinch Market Update

**FREE IN HOME EVALUATION**

**APRIL 2024**

- Single family homes are Up 2.3% from last year
- 24 New Listings up 9.1%
- 45 Homes for Sale up 55.2%
- Total of 7 Sales down 36.4%
- Avg DOM 16 down 5.9%
- Avg Sale Price \$1,138,714 Stats from Rearealestate.ca
- BOC still holding its Target Overnight Rate at 5%
- Next announcement June 5 2024
- We expect a .25% drop

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# THE PUSLINCH PROFILE FEATURES: Brae Ridge Farm & Sanctuary



Nestled in the serene landscape of Puslinch, Brae Ridge Farm & Sanctuary stands as a testament to the transformative power of love for animals and nature. Founded six years ago, this sanctuary emerged from a former city dweller's enchantment with alpacas, evolving into a haven for various rescued animals, including alpacas, horses, Indian Runner ducks, and a mini pig. Led by two remarkable women, aged 56 and 76, Brae Ridge Farm & Sanctuary is a sanctuary not only for its animal residents but also for anyone seeking solace amidst nature's embrace. Guided by the ethos of "simply better for you, them, and us," the farm prioritizes simplicity and sustainability, offering educational and private tours that prioritize the well-being of both humans and animals.

Beyond its role as a sanctuary, Brae Ridge Farm & Sanctuary actively supports its community by practicing minimal processing and sustainable techniques in crafting wearables, sweeteners, and home products. Whether it's the therapeutic practice of Yoga with Alpacas on weekend mornings or private sessions tailored for team building and special events, every interaction is infused with the essence of harmony and care. Private farm visits and tours are offered every day at 11:00 a.m. or 4:00 p.m. throughout the year. All visits are reservation only.



[penny@braeridgefarm.com](mailto:penny@braeridgefarm.com) [braeridgefarm.com](http://braeridgefarm.com) 226-924-4065

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# Sound advice

By Eric Alper



It's hard enough to make a go of it in the entertainment business, and the complications are only compounded if you happen to be black.

Getting over those hurdles is the focus of the Grand River Black Music Festival and Conference, produced by Black Exposed Entertainment.

It's a three-day conference of seminars, performances, and other enlightening events that's coming to teach aspiring players how to win the game of music—as shared straight from the mouth of their peers and heroes.

Located at the Kitchener Public Library downtown Kitchener, the weekend of June 14 to 16. Featuring powerful live performances, exchanges of industry wisdom, unique vendors, film screenings, and emerging artist programming.

The event will impart valuable, real-life tools and knowledge—all of it pitched to empower emerging black artists, produc-

ers, digital creators, and future filmmakers living in Ontario.

Fifteen major acts will present inspiring concert sets. Topping the roster are legendary R&B singer, songwriter, and actor Jullly Black, rap icon Solitair, gospel collective the Toronto Mass Choir, Juno-Award-winning R&B vocalist Erroll Starr, Canadian Afrobeats pioneer Zochi, and jazz synthesist outfit Reharm.

On Sunday afternoon, June 16, Solitair will headline a free, 2,500-capacity outdoor festival at Civic Centre Park.

This family-friendly program will also feature a Black Emerging Artist Spotlight, spoken-word performances, DJ music, and a Black Artisan and Food Village.

Pop-up concerts will be held throughout the region, throughout the weekend, adding to the pervasive sense of fun and surprise.

On the conference front, more than 20 panelists will share their intimate experience of the music business through workshops, lectures, and other highly informative sit-downs.

Executives and artists who have truly been there and done that, will lay out proven strategies for getting signed, promoting your work, navigating the digital realm and just being Black in the music industry.

Headline performer Jullly Black will deliver one of the event's three keynote speeches when she appears as part of its Black Women in Music panel.

Solitair and Zochi will take part in seminars too, as will producer/CEO/singer-songwriter Carlos Morgan (also the festival's founder).

The film schedule will feature screenings of the short *Temple of Love: The Erroll Star Story*; *Making Music: The Making of "Why*

*I Sing the Blues"* (which shows how the LA Big Daddy's came to cover the B.B. King classic); and *Hip-Hop Hope* (a documentary focusing on the legacy of Hip-hop in The Waterloo Region)

To learn more, go to <https://www.grandriverblackmusic.com>

## Tour de Guelph fundraiser

Back for its 11th year, the Tour de Guelph fundraiser is being held on June 23 at the University of Guelph.

The event supports Guelph General Hospital and several local charities through the Rotary Clubs of Guelph Trillium and Guelph South.

Registration is open at [tourdeguelph.ca](http://tourdeguelph.ca) for all cyclists and of all abilities.

The event offers newly designed routes ranging from five to 100 km, with multi-surface, family-friendly and quiet street options, including routes in Puslinch.

All styles of pedal bikes are permitted, including pedal assist e-bikes.

Multiple fundraising and participation options exist, including "Ride Anytime" where participants can complete a bike ride between June 14 and 23.

Registration includes a barbecue lunch provided by Harvey's Restaurants of Guelph, rest stops on routes 25km or longer and a Family Fun Zone.

Participants fundraising \$300 and over will receive a custom Tour de Guelph jersey. All routes start and end at the University of Guelph where there is free parking.

For event and registration details, visit [tourdeguelph.ca](http://tourdeguelph.ca).

Volunteer positions are still available.



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# Bringing food to families

By Anne Day

Did you know that over half of the food produced in Canada is discarded, with a third of it still perfectly edible?

Thankfully, in Guelph-Wellington, The SEED—a program of the Guelph Community Health Centre—has made rescuing perfectly edible, delicious, nutritious, surplus food core to its work.

Each week, The SEED receives substantial donations of food. This food is distributed to its over 40 partner agencies, made available direct to participants, and in the case of the more blemished foods is sent to their kitchen for processing.

In this kitchen, a committed team of volunteers skillfully transforms these resources into nutritious, delectable meals and products.

These are then made available through an online store or offered at no cost at the Shelldale Community Centre.

The SEED's innovative approach not only addresses food waste but also upholds the



dignity of the families it serves.

Visit their warehouse on Huron Street to see this transformation in action: it resembles a mini-Costco, bustling with shelves stocked with food, walk-in coolers, and freezers—all filled with donated goods destined for local families and agencies.

The SEED also purchases food and provides that to the community in various ways.

For example, The SEED boasts Canada's first sliding-scale online grocery store.

This model allows individuals who can afford market prices to contribute to operational costs while still providing access to free, high-quality food for those in need. Discover more and shop at <https://theseedguelph.ca/grocery-store/>

Place your grocery orders online by logging into the store before Wednesday at



noon. Pick-ups are available at the Community Food Warehouse at 69 Huron Street on Thursdays from 1-5 pm, or at 20 Shelldale Crescent on Fridays from 10:30 am to 12 pm.

Alternatively, visit The SEED Market Table at the Guelph Farmers' Market on Saturdays from 8 am to 1 pm.


Another pioneering initiative is the Fresh Food Prescription program, where local healthcare providers prescribe fresh produce to community members in need, improving their health outcomes.

Participants can redeem these prescriptions for free fruits and vegetables using The SEED's online store.

How can you help? Volunteer in their warehouse, work in the Shelldale Kitchen, help maintain the gardens at Shelldale Farm, or deliver food to the household. Or make a donation or shop online. Learn more at [www.theseedguelph.ca](http://www.theseedguelph.ca).

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# Smelly Water...the Saga Continues

By Susan Fielding

Puslinch hamlet residents are anxiously awaiting a meeting with Puslinch Township staff, Council and consulting hydrogeologist Stan denHoed from Harden Environmental on May 23rd.

Last summer the issue of smelly water coming from the taps of homeowners received a lot of attention.

Despite a ditch in the area with the same putrid smell emanating and surrounded by dead vegetation and trees, residents were told by both Ministry of Transportation (MTO) and Ministry of the Environment, Conservation and Parks (MECP) that these were naturally occurring organics.

MECP experts felt a spill that would penetrate the aquifer was extremely unlikely because there was such thick overburden in the area.

The Township of Puslinch, to their credit, hired Harden to review the findings of MTO and MECP. The study commenced in the fall and a report was completed by the end of 2023, but the report remained confidential.

At the County Council meeting on April 25th, Mayor Seeley announced that the Harden report showed something had been spilled and the Township was considering sending the water for further testing to California to determine the exact substance.

Media outlets were contacting residents for comments and needless to say, this information made the rounds very quickly throughout the hamlet and residents were shocked as to why they were not informed of this before it became public knowledge.

Later that afternoon, the confidential report was released and emailed to residents who had been affected.

The Harden report recommended remedial actions that could help residents be protected such as water testing three to four times per year, installing reverse osmosis and UV systems etc.

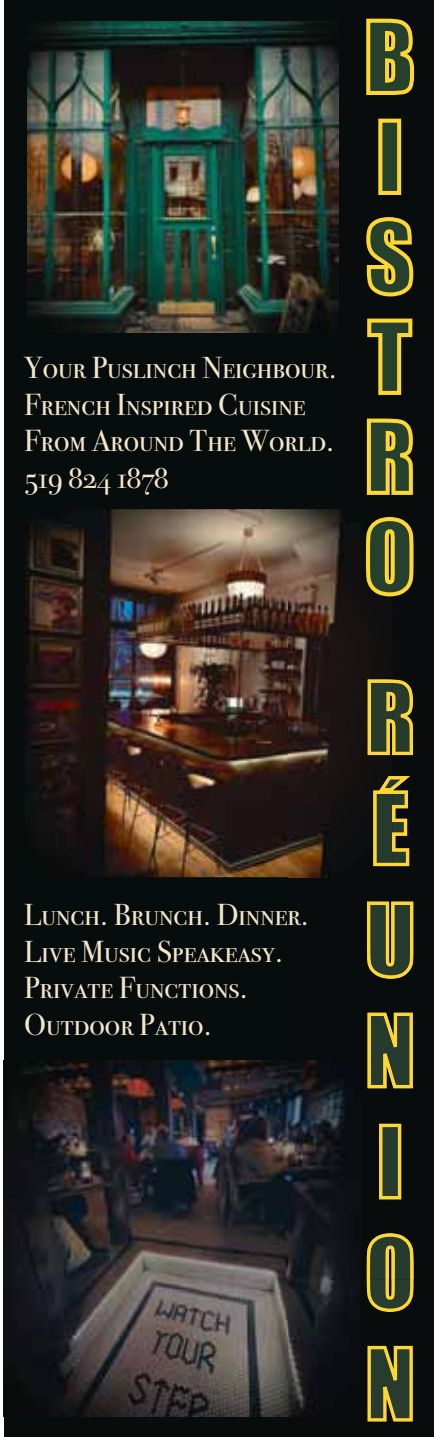
This information was known for four months before it was divulged to residents. No one can say for sure if the water is safe to drink as there is no standard within the province to determine safety of well water.

Although the smell seemed to abate for most by the fall, few residents feel confident to drink the water. The MECP has been extremely hard to deal with and do not agree with the findings.

Despite MECP having the testing capability to do more in-depth testing, they refuse to do so and this is why water samples may have to be sent to California.

The situation 'stinks' of a cover up and the affected residents are resolute in getting to the root of the entire incident and determined to enjoy what every human has a right to— clean, safe drinking water.

Stay tuned, more to come....



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# Why Keeping Your Teeth Clean Matters for Your Whole Body

By Ruby Gill RDH

Taking care of your teeth isn't just about avoiding cavities; it's about looking after your entire body.

When we don't brush or floss at least two times a day, bacteria builds up in our mouths, causing toothaches and gum problems.

But it doesn't stop there – these bacteria can sneak into our bloodstream, making us sick with heart problems or even diabetes.

Consider your mouth as a gateway to your body. If this gateway isn't kept clean, harmful elements can infiltrate and wreak havoc elsewhere.

Moreover, dental issues can significantly impact basic functions like eating and speaking, potentially leading to a negative self-perception.

Establishing good oral hygiene practices from an early age is of utmost importance.

Therefore, parents, it's crucial to ensure your children brush and floss regularly and consume nutritious foods.

However, here's the stark reality: only some have convenient access to a dentist or a dental hygienist; this is unacceptable. Every individual should have easy access to dental care when they require it.

By keeping our teeth clean and ensuring everyone can see a dentist or dental hygienist, we can all stay healthier and feel better.

So, remember, taking care of your teeth isn't just about having a nice smile – it's about caring for your whole body.

# Family Activity

By Julia Preston



June is, in the words of John Keats, the time of "perfect days." Here are some ideas to soak up that perfection in Puslinch.

## Take it outside

Find something you usually do inside and bring it outside. It could be eating, reading, exercising, playing, working, or even a chore like folding the laundry.

Fresh air, sunlight and nature will change the experience and add variety to your routine.

Dare we say laundry might even be enjoyable?

## Hike of the month

Take an activity for a walk. Bring a book and take a break beside the trail. Pack a picnic and enjoy lunch in the woods.

Or get moving during your next conference call. Even a favourite toy might enjoy the hike from the safety of a backpack. (We don't recommend taking laundry on a hike).

# Tick talk

As the warm weather approaches, WDG Public Health emphasizes the importance of tick awareness and preventive measures to safeguard against tick-borne diseases like Lyme disease.

- wear light-coloured clothing,
- use repellent that contains DEET or Icaridin, and
- perform full-body tick checks on yourself, children and pets after being outdoors
- contact healthcare provider or vet if have concerns

Ticks, particularly blacklegged ticks, are known carriers of Lyme disease and are often found in woody, bushy, or grassy areas. They can also be transported by birds into various environments.

To help identify a tick, Public Health encourages residents to submit a photo to their *Online Tick Photo Submission Form*, or use the Provincial tick identification service, *eTick*. Submitting tick photos helps identify blacklegged ticks and collect local data on where blacklegged ticks are being found and how often.

Public Health does not test ticks for the presence of harmful microorganisms (like Lyme disease).

For more information on tick safety, including instructions on how to safely remove a tick, visit [wdgpublichealth.ca/ticks](http://wdgpublichealth.ca/ticks).

**“The man of science is perceiving  
and endowed with vision,  
whereas  
he who is ignorant and neglectful  
of this development is blind.”**

**‘Abdu’l-Bahá**

[bahai.ca](http://bahai.ca)

# Navigating the Real Estate Market

By Amrit Gill, Broker

In the ever-evolving real estate landscape, buyers and sellers must stay ahead of the curve.

As we navigate through fluctuating markets and economic uncertainties, understanding current trends can make all the difference in securing the perfect home or maximizing the value of your property.

So, what exactly is happening in the world of real estate right now?

Firstly, interest rates are at a halt; the Bank of Canada is holding its overnight rate at 5 percent, making it an opportune time for sellers to start thinking about getting into the market and for buyers to secure favourable pricing.

This may increase competition in

many areas, driving up prices and creating a seller's market in some regions.

However, experts predict that interest rates may gradually decrease in the coming months, potentially impacting affordability for prospective buyers and price increases happening more quickly.

Second, although years have passed, the COVID-19 pandemic has significantly influenced the real estate market, particularly with the rise of remote work.

As more companies adopt flexible work arrangements, buyers increasingly seek homes with dedicated office spaces and high-speed internet access.

This trend has also increased demand in rural areas as remote workers seek more affordable options and access to outdoor amenities.

Lastly, experts suggest that the real estate market will continue to be

influenced by factors such as inflation, job growth, and government policies.

While some predict a gradual market warming as interest rates drop and inventory levels stabilize, others remain skeptical about sustained demand and steady price appreciation.

Buyers and sellers must stay informed and adaptable in this ever-changing real estate market.

A knowledgeable real estate agent can be your best ally in this journey, providing invaluable insights and guidance throughout the buying or selling process.

By understanding current trends and anticipating future shifts, you can position yourself for success in today's competitive real estate market.

How does one keep up with the changes in our economy? I don't have a magic ball to tell you the future, but I know this much: it won't be easy, but it will get easier.



## PUSLINCH Leaf and Yard Waste Collection

- 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, June 24



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# Your health matters

By Dr. Laura M Brown ND

## Anything natural for dry eyes?

The term dry eye is used to describe various presentations of eye discomfort and visual disturbance caused by tear film abnormalities.

With increasing age, the integrity of the ocular surface and tear film stability decreases and inflammation happens more easily.

Symptoms of dry eye:

- Burning or stinging in the eyes
- Watery or teary eyes
- Sensitivity to light
- Feeling of grittiness in the eye

Dry eye can be categorized as aqueous deficient, evaporative, or mixed. Aqueous deficiency arises from reduced lacrimal (tear) gland secretion, and evaporative disease arises from abnormalities in the tear film lipid (fatty) layer.

Meibomian gland dysfunction is a major cause of disruption of the tear film lipid layer. These glands line the rim of the eyelid near the base of the eyelashes.

When properly functioning, meibomian glands make an oily layer that makes up the outside of the tear film. It keeps tears from drying up too quickly.

Pooled prevalence of meibomian gland dysfunction was 21.2% in the US population between January 1, 2010, and August 16, 2021.

There is no gold standard diagnostic test for dry eye disease.

Ask your doctor about the scientifically supported use of:

- Eye hygiene, such as washing daily with mild soap (baby shampoo) and water
- Warm compresses to soften and help unblock the meibomian glands
- Intense pulsed light therapy which helps liquify and release the oils that have hardened in the meibomian glands.
- High doses of omega-3 essential to reduce inflammation and help supply the gland with healthy" fats
- Antibacterial manuka honey drops to reduce total eyelid marginal bacterial colony counts (namely *Staphylococcus epidermidis*)
- Topical use of castor oil for its antimicrobial, anti-inflammatory and lubricant effects.

Always consult your medical professional for full evaluation. Sometimes dry eye can be a part of Sjogren's autoimmune disease, and it is important to rule this out.

Sjogren's can present with dryness in many parts of the body including the eye, and can also cause vision problems and peripheral neuropathy if left untreated.

Each patient should have a tailored regime depending on their condition.

*This article is for educational purposes only and does not constitute medical advice. Questions? [drLaura@southendquelp.ca](mailto:drLaura@southendquelp.ca)*

# Farm tour

Get a behind the scenes look at this working, regenerative farm.

We'll visit the ducks, look in the sheep barn, seeing where the sheep are milked, meet the dogs that keep the sheep safe, then go for a walk out to the hayfield.

On the way you'll experience a nature walk to learn about living fences, systems-scale permaculture, and how animals are an important part of the landscape.

The tour will end with a delicious tasting of our very own sheep milk Gelato and Frozen Kefir. A visit to the gallery and some sheep cuddles with Neville rounds out the event

- Tour is approximately 2 hours.
- All ages welcome
- Well behaved and friendly on-leash dogs welcome (we have dogs here too)
- Happens regardless of weather (just like farming!)
- Please arrive 25 minutes before your tour begins.

When – June 7, 8, 14 or 15, 3-5pm, or June 9 2-4pm

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# Highspeed Internet in Puslinch

Puslinch Highspeed Initiative Committee, with support from the Township of Puslinch, is seeking to collect information to continue to advocate for high-speed internet for residents across the Township.

The Puslinch Highspeed Initiative Committee is a local volunteer organization, whose mandate includes encouraging the deployment of high-speed internet in the Township for over four years.

The Committee is looking to identify internet gaps, specifically for residents who do not have access to 50 megabits per second (Mbps) download and 10 megabits per second (Mbps) upload speeds (50/10 speeds).

If this level of service is not available at your address and if you are not aware of any plans to provide this level of service in the future, please fill out the Puslinch Highspeed Internet Service Request Form linked below.

This information will be collected by the Township and shared with the Puslinch Highspeed Initiative Committee and service providers, to assist in advocating for the provision of services to meet the 50/10 speeds.

The form can be found at <https://forms.office.com/r/JF-8802c9UK>



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# Puslinch Branch, Wellington County Library

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

### Creative Kids (Kids/Tweens)

Get crafty and learn new things with DIY and other hands-on activities just for kids. Please register. Wednesdays, June 5 and 19 from 3:00 – 3:45 pm

### PA Day – Emoji Paint Workshop (Kids/Tweens)

Use acrylic paint to create your own emoji! Ages 5 to 10 years. All materials provided. Please register. Friday, June 7, 11 am - 12:00 noon

### Book Club – First Friday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Friday, June 7 1 – 2 pm

### Let the Games Begin – Puzzle Swap (Kids/Tweens/Teens/Adults)

Tired of making the same jigsaw puzzles and need a new challenge? Bring one or two of yours to swap with others. Complete puzzles only please. All ages welcome. Drop in. Saturday, June 8 10 am - 2 pm

### Scrabble Club (Adults)

Join us for casual word building entertainment. Drop in. Wednesdays, June 12 and 26 from 2:00 – 4:00 pm

### Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, June 13 and 27 from 5:30 – 7:00 pm

### Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, June 18 2- 3:00 pm

### Summer Reading Launch (All Ages)

Blast into summer with us! Visit us to sign up for Summer Reading Club on Saturday, June 22 and receive a special collectable brag tag. Quantities are limited, first come first served. Saturday, June 22 from 10:00 am – 3:00 pm

### Craft and Create – Decorated Garden Signs (Adults)

Decorate a garden stake to enhance your outdoor space. All materials supplied. Please register. Tuesday, June 25 from 1:30 – 3:00 pm

### Just for You from WCL

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

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

### Fiction

Battles, Brett	<i>Stuart Woods' Smolder</i>
Berry, Steve	<i>Red Star Falling</i>
Burke, James	<i>Clete</i>
Graham, H	<i>Market for Murder</i>
Hilderbrand, E	<i>Swan Song</i>
Johansen, Iris	<i>Flashback</i>
Mallery, Susan	<i>For the Love of Summer</i>
Smith, Wilbur	<i>Warrior King</i>

Steel, Danielle *Resurrection*  
Winspear, J *The Comfort of Ghosts*

### Non-Fiction

Ayed, Nahlah  
*The War We Won Apart: The Untold Story of Two Elite Agents Who Became One of the Most Decorated Couples of WWII*

Dunne, Griffin  
*The Friday Afternoon Club: A Family Memoir*

Graff, Garrett M.  
*When the Sea Came Alive: An Oral History of D-Day*

Jobb, Dean  
*A Gentleman and a Thief: The Daring Jewel Heists of a Jazz Age Rogue*

Kurzweil, Ray  
*The Singularity is Nearer: When We Merge with AI*

Miles, Tiya  
*Night Flyer: Harriet Tubman and the Faith Dreams of a Free People*

Nguyen, Nini  
*Dac Biet: An Extra-Special Vietnamese Cookbook*

Prestney, Kay  
*Home for All Seasons*

Swift, Dyl  
*Mocktail Lounge: Creative Alcohol-Free Cocktails to Elevate Your Sipping Hour*

Wilson, Marie  
*North of Nowhere: Song of a Truth and Reconciliation Commissioner*

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small farm food production, meet local food producers and spend time in hands-on culinary workshops.

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### Friday July 12

- 4.00pm Check in
- 5:00pm - Welcome reception and cocktails
- 6:00pm - Dinner
- 7:00pm - Desserts with Sous Chef Nikki
- 9:00pm - Bonfire and live music

### Saturday July 13

- 8:30am - Breakfast
- 9:30am - Cooking demo with Chef Rob Howland or Chef Matthew Foote

- 11:00am - Local Food Tour
- 12:30pm - Lunch
- 1:30pm - Cooking demo with Chef Rob Howland or Chef Matthew Foote
- 3:00pm - Local Food Tour
- 5:00pm - Cocktails
- 6:00pm - 5 course meal
- 8:00pm - Fireside Desserts

### Sunday July 14

- 8:30am - Breakfast
  - 10:00am - Mushroom Growing Workshop with Mallory
  - 12:30pm - Lunch
  - 1:30pm - Depart
- Learn more at [crieffhills.com](http://crieffhills.com)



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## Come to Guelph and Wellington County

The Gather in Guelph website, social media channels, brand and message aim to inspire awareness and enthusiasm about Guelph and Guelph Wellington among travellers, sports groups and meeting professionals.

It highlights the array of visitor attractions and activities throughout Guelph and Wellington County from amazing downtown eateries, outdoor adventures, historic discoveries and arts and culture.

The new website also offers an events calendar and a new "Plan your Trip" itinerary building tool that visitors can use to plan the exact Guelph experience they're looking for.

In the coming weeks, DMG and the City will make three new funding and sponsorship streams available to achieve these aims and look forward to sharing these opportunities with the community.

More than 100 submissions highlighted popular eateries, green spaces, and community gathering.

Guelph residents do indeed love to *gather here*, and highlighted signature events like the Hillside Festival, Art on the Street, the new Spirit of the Season holiday market downtown, and the Guelph & District Multicultural Festival.

From cultural celebrations to artistic showcases, gatherings that unite residents and visitors alike took the top spot.

Nature enthusiasts revel in Guelph's green sanctuaries along the Speed River, Guelph Lake, Exhibition and Riverside Parks, and the University of Guelph's Arboretum.

Canoeing or kayaking the Speed River were also noted as enjoyable pastimes here.

Guelph's culinary landscape emerged as a flavourful favourite that blends innovation with tradition. From gourmet burgers at Park Eatery to tantalizing Mexican-Canadian fusion fare at Einstein's Café, the city's diverse dining scene captivates palates and ignites conversations.

For more information on the *Guelph: Gather Here* tourism campaign or to sign up for the upcoming DMG newsletter, visit [www.gatheringuelph.com/about](http://www.gatheringuelph.com/about).

## The Alligators in Morriston Pond

By Marjorie Clark

One fine day in early spring, about 1955, three young children, myself, my little brother, Johnny, and our neighbour from Victoria Street, Peggy Mast, wandered on the road around Morriston Pond.

The male redwing blackbirds were singing a symphony in the bullrushes and big willows, which grew along the road by the pond.

Just about where the water was closest to the road, we encountered a man peering intently into the edge. "What are you looking for?" asked Peggy. The man looked up from his crouched position. "Alligators!", he exclaimed.

At suppertime, I told the story. Being the eldest of our three, and somewhat skeptical, and not wanting to appear gullible, but inclined to believe what an adult told me, I couched my question thusly: "There aren't any alligators here, are there?" My father glanced at my mother and said, "It'll be Mike Gregor looking at his traps."

While I couldn't connect this information to my question, no further explanation was forthcoming. I decided it probably meant that alligators did not live in Morriston Pond, as otherwise our mother would have warned us sternly to stay away from them, as she had, concerning the snapping turtle, which we saw crossing Victoria Street from the pond to the gardens to lay her eggs.

Much later, I learned that Gerald "Mike" Gregor, who lived on Badenoch Street, set traps for muskrat in Morriston Pond.

The advertisement for Guildcraft is set against a background of a white duvet cover. At the top, the "guildcraft" logo is displayed in a red and grey font, with the tagline "DUVETS, PILLOWS, BLINDS & DRAPERY" underneath. Below the logo, a list of services is presented in a large, bold, black sans-serif font: "Custom Sewing", "Drapery", "Blinds", "Bedding", "Duvets", "Pillows", "Upholstery", and "Travel Pillows". The phone number "519-763-7651" is prominently featured in a large, bold, black font. Below the phone number, the text "In-Home Consultations" is written in a red, bold, sans-serif font. The address "32 Wilson Street Guelph, Ontario" is listed in a large, bold, black font, followed by the website "www.duvet-pillow.com" and the email "cguild@duvet-pillow.com" in a smaller, bold, black font. At the bottom of the advertisement, there is a photograph of the Guildcraft storefront, which is a modern building with large windows and a sign that reads "GUILD CRAFT".

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# County receives award



L-R: Gregg Davidson -Roads Committee Chair, Don Kudo – County Engineer, Joe de Koning – Manager of Roads and Warden Andy Lennox.

The County of Wellington, and its project team, received the 2023 John Niedra Better Practices Award at the annual Ontario Good Roads Association

Conference.

The John Niedra Better Practices competition aims to highlight a municipality’s ability to adapt and innovate to unique and challenging conditions, while solving problems in an inventive and original way.

These solutions help a municipality streamline a process or use equipment in ways never envisioned before.

Wellington County utilized cellular concrete lightweight fill to reduce the road structure load on two sections of Wellington Road 32 (Lake Road) in Puslinch.

The use of lightweight fill allowed the County to raise the road grade to address road drainage issues and is expected to extend the road service life.

Extensive geotechnical testing will

continue over the next year to determine whether the half load restriction on Lake Road is still required.

“I’d like to congratulate the County’s Road Division on their 2023 John Niedra Better Practices Award,” said Warden Andy Lennox. “It’s wonderful to have the County’s important work recognized at the provincial level.”

“Incorporating the light-weight cellular concrete fill on this project was an innovative way to address the need to reconstruct a road in challenging conditions” commented Gregg Davidson, County Roads Committee Chair.

“Reducing maintenance requirements and extending the pavement service life are great benefits of this project.”

The County was also recognized with an Ontario Concrete Award last December in the Specialty Concrete Applications category for the Wellington Road 32 (Lake Road) project.

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# Ask the expert

By Judy Brisson

**Q:** My 10-year daughter proudly sprouted an avocado seed this winter and wonders if other plants can be grown from grocery store produce? It might be our summer holidays project.

**A:** Tropical fruit seeds are easy to germinate, and the resulting plants can be set outside for active growth during the summer and returned to indoor warmth for a winter rest. You might even get a harvest!

**Trees:** Lemon, lime, orange, grapefruit, mango



Citrus are trees with fragrant flowers and fruit that ripens over 6 to 12 months. Clean all pulp from the seeds then soak them in water for 24 hours. Plant about 1cm deep, 3-4 seeds per pot, cover with plastic wrap to keep moist and store at 22°C. Germination will take 1-3 weeks. Once the seedlings have three or four sets of

leaves, they can be transplanted into individual pots.

The large husk inside a mango can be cleaned of pulp and dried for a few days. When dry, cut open the husk to reveal a large seed. Wrap the seed in a moist paper towel and place in a plastic zip top bag in a warm dark place.

Check it every three days; it should sprout a root in 2-3 weeks. Keep it in the warm dark place until the sprout grows some finer roots, and a stem sprout appears. You can then plant it into a pot and place it in bright indirect light, keeping it moist but not wet.

Citrus and mango can be moved outdoors to a sunny area after all risk of frost. Fertilize lightly once a month. Move indoors before the first frost, stop fertilizer and keep moist but not wet. Citrus will flower and set fruit after 5 to 10 years. Mango is a very large tree and will not set fruit.

## Ginger and Turmeric

These spices are rhizomes, not roots; they will grow both roots and shoots. Choose a firm rhizome with eyes or nubs on the fingers. Break into pieces with 2-3 eyes, wrap each piece in a moist paper towel and place in a plastic bag in a warm bright place.

Check them every three days; the eyes should swell in 1-2 weeks then form a shoot and roots. Keep it in the bag for 4-6 weeks until the shoot is about 5cm long then plant it into a pot and place in bright indirect light, keeping moist but not wet. Fertilize lightly, placing outdoors for the summer.

Ginger should grow for 2-3 years before harvest, cut some rhizomes, and return the remainder to the pot. Turmeric can be harvested as a whole plant after the leaves yellow and die back. Harvest the whole rhizome, keeping a piece to start a new plant.

## Elephant Ears (Dasheen, chembu, eddoes, taro)

Elephant Ears are grown for their edible leaves and tubers and as ornamental garden plants. Tubers should be half buried in a pot of sand, covered with a clear plastic bag and kept in a warm, bright place.

In a few weeks sprouts should appear, let them grow 10 to 15 cm tall, then plant into a container. Place them outdoors after the last frost in dappled sun, keeping well-watered.

After harvest, research proper cooking techniques as the leaves and tubers are toxic when raw or undercooked.

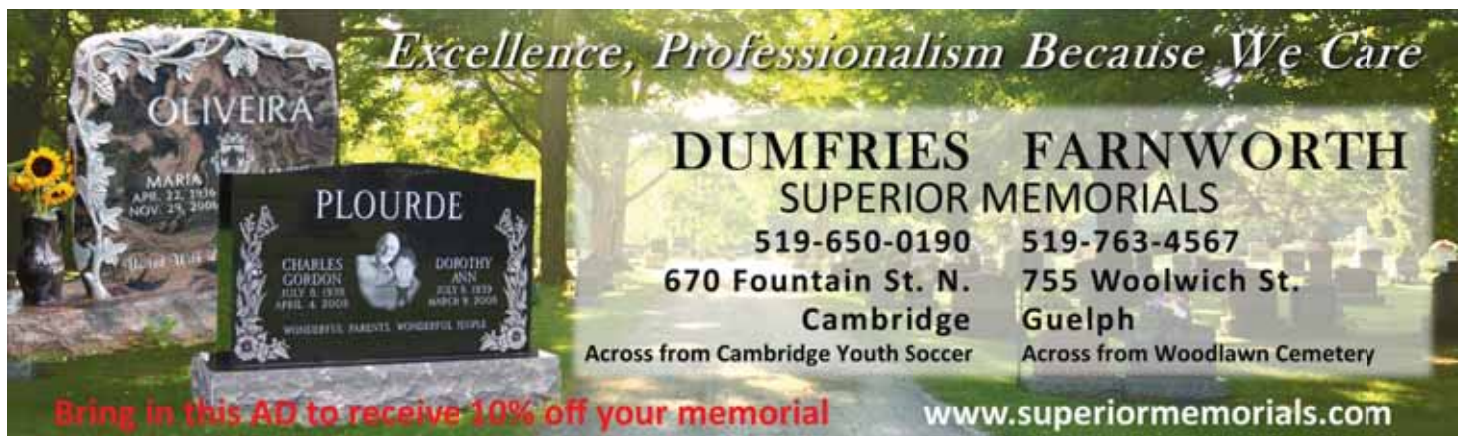
## Pineapple

Choose a ripe pineapple just turning yellow, smelling fragrant and with firm green leaves. Cut off the top with about 2cm of flesh and plant into a pot of well-draining potting soil. It will take 2-3 years to flower and set fruit

Experiment with other tropical fruits like passion fruit and dragon fruit, treating them like citrus and have fun this summer.

## Our apologies

Last month we spelt the name of the master gardener wrong. It should have read Lyanne Schlichter.



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# Cook's Corner

By Barbara Paterson

*This salad is a meal by itself and is very versatile. Use red, orange or yellow peppers. Fennel goes very nicely in this salad as well, but not necessary.*

## Roasted Pepper Salad



3 roasted peppers  
2 tbsp. juice from peppers  
¼ cup olive oil  
1 clove of garlic, minced  
1 tbsp. Balsamic vinegar  
Salt and freshly ground pepper  
2 tbsp. chopped fresh oregano  
3 grilled Italian sausages

1. Cut peppers in half, remove seeds, flatten and broil in the oven until skins are black. Place hot peppers in a plastic bag and leave for a few minutes. Then peel skin off and cut in 1" pieces saving the juice.
2. In a small bowl, whisk together the pepper juice, olive oil, garlic and vinegar. Season with salt and pepper. Stir in the oregano.
3. Grill or fry the sausages and cut into ½" diagonal slices and toss with the peppers.

Pour over the dressing and serve. Serves 3, or 6 as a side dish

*This dessert is perfect for a special occasion.*

## TARTE DES ANGES (Angel Pie)



### Pie Shell: (large size)

4 egg whites  
¼ tsp. salt  
1 cup white sugar  
1 tsp. white vinegar  
1 tsp. vanilla

### Filling:

4 egg yolks  
Dash of salt  
½ cup white sugar  
1 tablespoon lemon rind, grated  
3 tablespoons lemon juice  
1 cup whipping cream

To make pie shell, beat egg whites and salt until soft peaks form.

Gradually beat in sugar alternately with combined vinegar and vanilla. Beat until stiff and glossy.

Line a cookie sheet with foil or brown paper and outline a circle.

Spread meringue over circle and build up edge to form a shell. Bake in a very slow oven 250°F until crisp and dry. Turn off oven, keep oven door closed and leave until meringue is cold.

Baking times: at 250°F, large shell 1 - 1 ¼ hours, 2 medium shells (7" diam.) 45 minutes, individual shells (makes about 16) 30 minutes.

To prepare filling, beat egg yolks, salt and sugar together.

Add lemon rind and juice. Cook in double boiler over hot water, stirring constantly until thick, about 6 to 8 minutes.

Chill thoroughly. Whip cream until it begins to thicken. Gradually beat in chilled lemon filling and continue beating until thick and smooth.

Spread filling in meringue shell and chill overnight or at least 12 hours before serving.

Just before serving, decorate pie with sliced, fresh strawberries; slivered, toasted almonds, or grated chocolate. 8 - 10 servings.

## Rotary Clubs in Guelph

### Rotary Club of Guelph

Meets every Friday at 12.15 pm for lunch. Check out [www.rotaryguelph.ca](http://www.rotaryguelph.ca)

### 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.

### Rotary Club of Guelph Trillium

Meets every Wednesday for breakfast at 7.30am. Check out [www.trilliumrotary.org](http://www.trilliumrotary.org) Contact Anne Day at 519 -767-9383.

### Rotary Club - Wellington

Meets Monday evenings.  
<https://portal.clubrunner.ca/153>

# 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.*

## ARKELL UNITED CHURCH

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[www.arkellunitedchurch.ca](http://www.arkellunitedchurch.ca)  
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• Sunday Worship at 10 am.

## 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. This is a course leading to a greater understanding of the spiritual nature of human beings. Call 519-767-0636 or email [lsapuslinch@gmail.com](mailto:lsapuslinch@gmail.com) for particulars of dates, times and locations.

## 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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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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Pastoral Leader: Rev. Don McCallum  
[donpmccallum@gmail.com](mailto:donpmccallum@gmail.com)

## EBENEZER UNITED CHURCH

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## FREELTON STRABANE UNITED CHURCH

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[www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca)  
Facebook: *freelton and strabane united church*

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

## KNOX PRESBYTERIAN CHURCH, CRIEFF

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[www.pccweb.ca/knox-crieff/](http://www.pccweb.ca/knox-crieff/)  
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• Sunday Worship at 10 am.

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Email: [morristonunitedchurch@gmail.com](mailto:morristonunitedchurch@gmail.com)  
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519-658-4547 or [rector@stjamesang.ca](mailto:rector@stjamesang.ca)  
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8:30 am Holy Eucharist - Traditional  
10:00 am Holy Eucharist 1st, 2nd, 4th and 5th Sundays  
Morning Prayer 3rd Sunday  
Sunday School & Nursery at 10 am Service.

# Community Events

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

## CRAFT & ANTIQUE SALE

**Saturday, June 1st** - 8:30am to 2 pm  
at Freelton Strabane United Church, 1565 Brock Rd., Strabane. Multiple Vendors! Hot Dogs and drinks available starting at 11:30 a.m. Any questions call the Church Office at 905 659 3380 for details.

## BADENOCH MUSIC NIGHT

**Friday, 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.

## CHICKEN BBQ AND SILENT AUCTION

Aberfoyle Agricultural Society Chicken BBQ and Silent Auction **Thursday, June 13th** 5-7pm Puslinch Community Centre. Cost ½ chicken \$25. Meal includes baked potato, cold slaw, bun and dessert. Please buy tickets in advance (limited tickets at door) from Ag Soc. members or call Margaret at 519-993-4677.

## COOKING WITH THE SAINTS

**Saturday, June 29th** at 1 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. A fun afternoon of cooking; how to cook and learning about the Saints and then enjoying what we have cooked! Limit of 10 people. Contact Office at 905-659-3380 to register

## CRIME STOPPERS - 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.  
**Thursday, May 30th** at 7:00 pm. Alf Hales Room - Puslinch Community Centre  
For more info - call 519-767-0636.

## EUCHRE

**Friday June 7th & June 21st** at 7 pm. Freelton 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.

## "IT'S SEW FUN" SEWING GROUP

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

## OPTIMIST CLUB OF PUSLINCH CANADA DAY JULY 1st BREAKFAST AND FIREWORKS DISPLAY

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# Inside the Back Page . . .



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## SENIORS TALK & LUNCH

**Wednesday, June 12th** at 11:30 am at Freelon Strabane United Church, 1565 Brock Rd., Strabane. Guest Speaker, Kayla Corry from Hamilton Community Health Team who will speak about Nutrition & Healthy Eating for Seniors. Doors open at 11 am. Pre-register by calling 905-659-3314. Will offering for lunch.

## SUMMER SOIRÉE

**Thursday, June 27th** at 7pm. Live music, cocktails + apps, and live & silent auctions at the Aberfoyle Mill! Proceeds will be going to the Guelph-Wellington Women in Crisis Organization and the Royal LePage Shelter Foundation. Tickets at [www.thesummersoiree.ca](http://www.thesummersoiree.ca)

## TECH TUESDAYS FOR SENIORS

**Tuesday June 4th & June 18th** 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](mailto:admin@flamboroughconnects.ca).

## Community Announcement

### BIG BROTHERS BIG SISTERS OF GUELPH

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

### BOOKING AGENTS

#### ARKELL UNITED CHURCH

Contact Peg Lawson at 519-763-8883 or email [schurinklawson@rogers.com](mailto:schurinklawson@rogers.com) or <http://www.arkellunitedchurch.ca>

#### 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

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](mailto:jkmunday@bell.net).

## THE FRIENDS OF MILL CREEK

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

## OPP.

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

## OPTIMIST CLUB OF PUSLINCH

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

## PUSLINCH FIDDLE GROUP

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

## PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE

is located in Duff's Presbyterian Church.

For assistance call:

Gary Will	519-820-7832
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](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 'Gerdau Ameristeel' recycling bin situated in our parking lot. For more info, contact Lynne O'Brien Sunrise 519-837-0558 x31.

## WHISTLE STOP PRESCHOOL

Licensed Preschool Program for Children 2.5 - 5 years. Monday, Wednesday and Friday mornings 9:00am-11:30am at the Puslinch Community Centre. For more information visit our website [whistlestoppreschool.com](http://whistlestoppreschool.com) or Contact Sandra Gunson 519-239-9878 or email [whistlestopteacher@gmail.com](mailto:whistlestopteacher@gmail.com).

## Job Mart

### Too much to do this summer?

Puslinch student looking for summer work doing odd jobs or cutting grass. Please call 519 242-7264 or 519 803-8258.

## Automotive

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