

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 49, Issue 1 July/August 2024

Ellis Pioneer Chapel *Understanding the Past, Embracing the Future*

By Barbara Bulmer

Here's how one man's decision, made over 250 years ago, brought us together in our common interest, historic Ellis Pioneer Chapel.

The Ellis story began in 1767, three years after the Seven Years War between England, France and Spain, when Henry Ellis left Wales for Ireland, married, had several children, then emigrated to Pennsylvania.

During the American Revolution they remained loyal to the Crown, and about the year 1800 they emigrated to Canada as United Empire Loyalists. When the War of 1812 broke out Henry and his sons volunteered.

In 1839 two of Henry's grandsons, Thomas and Edward Ellis, came to the Puslinch Lake section of Puslinch Township, Thomas on the north part, Edward on the south part of lot 9, 2nd Concession. These lands had been acquired by the Crown for settlement from the Indigenous people of the Mississaugas in 1792.

In 1841 Britain enacted the Act of Union melding Lower and Upper Canada into the United Province of Canada. Nine years later, in 1850, at the first municipal election ever held in Puslinch Township, the general meeting of ratepayers elected Thomas Ellis Deputy Reeve.

Edward Ellis farmed his land for over thirty years. In 1859 Edward and his wife Mary gave one acre of their farm on the "Given" road, now Ellis Road, to the Puslinch Lake Community for the building of a community church. Edward made the Gothic windows we see today.

It was the construction of highway 401 that destroyed the farm. It was that same activity that saved the chapel. Lloyd Frank, supervising service station construction, learned that the old stone church was to be used as a construction shack. He contacted neighbours, and together they rescued the old stone chapel.

The first service took place in the partially restored chapel in August, 1963. An historic plaque, given by the provincial Department of Travel and Publicity, was unveiled commemorating the settlement of Puslinch Township and the Ellis Chapel site. This is the only such recognition in Puslinch.



Terry A. McDonald - luxBorealis.com

The Trustees are strategizing the future of this amazing historic site. The chapel and grounds are cared for by volunteers who arrange summer events to raise awareness and funds to help maintain this historic gem. It is a charming venue for weddings, and the naturally perfect acoustics are ideal for speakers or musicians.

Ellis Pioneer Chapel is non-denominational; services reflect the tradition of its origin. Congregants call out the hymn they would like to sing, Joanne Bakelaar brings the old organ to life, and the common joy in sharing this time-tested experience is palpable.

Speakers are from local churches, and special music is provided by local musicians: July 21, Paul McDonald and Friends; August 18, Norm Hughes and Friends; and the September 15 concert features Two of a Kind – music of the '50s and '60s and old country. All events are afternoons at 2:30 pm., and are followed by refreshments in the garden. A truly delightful afternoon for families and friends!

Enquiries or to rent contact Brenda at brendalaw@hotmail.com

To make a tax-receiptable donation: *e-transfer*
payellischapel23@gmail.com

Editorial

None of us want to believe that human trafficking happens in our community, but sadly it does. With our proximity to the 401, victims are moved and transferred using the highway.

For a couple of years, I served on the local Eradicate Human Trafficking committee and heard several horror stories. Our thanks therefore to Dale Sims for bringing this issue to Puslinch's attention.

On a more positive note, our thanks to the Optimist Club for hosting its Canada Day's celebrations.

And welcome to Christine Quinn, owner of Let it Be in Morriston. As Susan Fielding mentions, Morriston is becoming a destination, attracting people to visit Puslinch. We also welcome Suhavi Bajwa, a new writer for the *Pioneer* who shares her concerns for her mother, caregiving for her grandmother.




This is our July/August issue and we are taking a month off, and will be back in September, when we will be starting to celebrate our 50th anniversary.

At a time when local, community newspapers are closing their doors, we are proud, as volunteers to be bringing you local news for the past 50 years. Our thanks to our writers, advertisers and volunteers for enabling this to happen.

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.
www.puslinchpioneer.com
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, August 9, 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,
Josie Facca.

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www.puslinchpioneer.com

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Council Clips

Boreham Park:

Staff to work with Wellington Green Legacy to create a site plan for location and species of trees at park and to move forward with community engagement.

Heritage Advisory Committee:

Proposed budget request for the installation of plaques on designated properties and to explore design options.

Wellington Federation of Agriculture:

Agri-Food System Study shows that Wellington County is more than a farming area but an economic powerhouse.

County represents five percent of Ontario's agri-food industries total contribution of \$56 billion to Canada's GDP.

Indigenous Land Acknowledgement:

Puslinch in partnership with Archaeological Services Inc hosts open house in June to assist in the development of Indigenous land acknowledgements.

Grant Application Program:

Completed applications for Puslinch not-for-profit organizations or unincorporated community groups will be received until 2 pm on September 30th.

Irish Creek Bridge Rehabilitation:

Wellington Rd 34 will be closed to through traffic at bridge location through to end of August.

Puslinch by Design: Employment Land Study:

This planning study will be completed in partnership between Township and County to identify employment lands in Puslinch. To be added to interested party list and be notified of each phase go to Puslinch.ca/PuslinchByDesign.

Sportmens Club Galt:

Staff to develop, in consultation with community, GRCA and club, a shooting range by-law which prescribes maximum permitted impulse sound level at point of reception and includes hours of operation.

6706 Gore Road:

Public information meeting held in June to consider zoning application to rezone lands to permit a dog kennel and dog breeding operation.

Ontario Heritage Act:

Council directed staff to withdraw its intention to designate three properties of cultural heritage value or interest. 43 McClintock Dr, 4492 Watson Rd S, 32 Brock Rd N.

Highway 6 Streetscape Strategy:

Resident William Knetsch asks for a completion date for this project in Morriston and consideration of traffic lights on either Gore Rd or Leslie Rd at Hwy 6.

6678 Wellington Rd 34:

Ministry has received application from 2374868 Ontario Inc for a new Environmental Compliance Approval for a Waste Disposal Site for hydrovac soil processing facility.

Dufferin Aggregates:

Pit operator requested to confirm whether imported aggregate is being processed at their Mill Creek pit and if so, property owner requested to cease the activities.

University of Guelph/Mill Creek Pit:

Council receives delegation by Royal City Science proposal for a local Science Centre in Twp and ideal location being the Mill Creek pit as a preferred after use.

Watson Road Project:

Council receives delegation expressing concern that coal tar/bitumen does not end up on the shoulders of the upcoming road project and an environmental plan be completed to protect turtles in the provincially significant wetland that project will be impacting.

Canada Day – July 1



Join the Optimist Club of Puslinch at the Puslinch Community Centre in Aberfoyle between 9 am and 11 am for a complimentary Pancake Breakfast with maple syrup, eggs and bacon, juice and coffee.

.... and of course Happy Birthday Cake.

Free Fireworks Display at dusk on the Community Centre grounds.

All food and entertainment is free. Donations gratefully accepted.



TOWNSHIP OF PUSLINCH
(519) 763-1226

Council and Committee Meetings

(519) 763-1226

Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: July 9th at 7pm

Council Meeting: July 10th at 10am

Public Information Meeting - Proposed Development Charges By-law: July 10th at 7pm

Committee of Adjustment and Planning and Development Advisory Committee Meeting: August 13th at 7pm

Council Meeting: August 28th at 10am

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

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 Shiny
Thursdays	3-4:30pm	Rollerskating

July and August:

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

September to November:

Sundays	10am-1pm	Rollerskating
Tuesdays	3-4:30pm	Inline Shiny
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)

Letters to the editor

Thank you

Crown Cemetery would like to express their gratitude to Dufferin Aggregates and Red Rock Haulage for their generosity in supplying and hauling gravel for the cemetery road.

We would especially like to thank Superintendent Sand and Gravel West, Jonathan Clark for organizing and supervising the event.

Thanks also to the excellent driver from Red Rock.

As a not -for- profit cemetery in the Township we welcome local support.

Crown Cemetery Board of Directors

We apologize for the delay in running this letter. AD

Lake Road traffic

It was a punch in the face to see the award Wellington County got when we have been fighting them on their so-called improvements.

Detailed research was done on speed and the increase on our road, but the county continues to ignore our pleas.

Do we really need to award the same people who do not listen to their people?

A presentation made by our Lake Road representative to the County fell on deaf ears.

We asked for speed bumps and were told they do damage and our request was declined.

Instead, speed was increased from 50km to 70Km to fix speeding. Yes, read that again. That was their solution to our speeding issues on Lake Rd.

Every day we have trucks on our road, and when there are problems on the 401, our road becomes a highway for

the transport and gravel trucks.

My house is crumbling from the rumbling transport and frame trucks going by my home.

Our children are at risk. Our grandchildren are at risk and we will hold you accountable Wellington County.

Sylvia Bowman

Taste Real Local Food Map

The Guelph Wellington Local Food Map is our community's year-round guide to **restaurants, breweries, markets, retailers, caterers, farms and other businesses** that feature food grown in Guelph and Wellington County.

Pick yours up today at libraries, tourism outlets, and retail/business locations throughout Guelph and Wellington County.



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- Holding of cremated remains at funeral home until final disposition is arranged
- Procurement of all legal documentation • Unlimited copies of death certificate
- Notification of CPP/OAS or other agencies; Filing of CPP death benefit and survivor benefit forms
- Memorial tree for Wall-Custance Memorial Forest - 400 acre Arboretum at the University of Guelph



Betty Ann Young

Thank you – Link up with Duff’s

By Brenda Law

What an awesome day! The rain delayed the golfers for a short time but did not dampen spirits. It turned out to be a grand day for golf and euchre and lots of fun and laughter among players.

The annual Link Up with Duff’s “Fun Day with A Purpose” was held on May 25.

A sold-out crowd of 85 golfers, 32 euchre players and 140 hearty eaters enjoyed a fun-filled day from start to finish, all to support Mental Health Association Waterloo Wellington and Hospice Wellington.

Thanks to our many supporters and participants an unofficial tally of monies raised was \$13,000 which will aid in the worthwhile and ongoing work and services these two organizations provide for our community.

Sabrina Essery was our champion to take the honour of wearing the Duff’s Masters Green Jacket.



She was chosen from her foursome partners to show team leadership and sportsmanship.

John Carleton was the recipient of the Euchre Hat with high score.

During the amazing steak dinner with all the trimmings, our MC’s Alan Fairweather and Bill Shepherd kept everyone entertained with jokes and trivia.

We had several Silent Auction items generously donated by local businesses and everyone was able to take home a prize.

Our baker extraordinaire Bill Hanning donated an elderberry pie and two cherry

pies, auctioned off in the Live Auction along with one of Marion Hunter’s fruit cakes. Also auctioned was a gift certificate generously donated by GrandWay Events Centre in Elora.

We are grateful to you the participants, corporate sponsors, local businesses, organizations and individuals in the community and all the workers who helped to make this day a marvellous success.

Thank you to you – Duff’s Community and Friends!

Please thank and support the following corporate sponsors plus all the generous companies, businesses and individuals who donated.

Capital Paving, CBM Aggregate Division, Dr. Abraham Aho, Morriston Vet Clinic, DarMax Inc, George Good Construction, Global Currency Services, R.S. Gordon Transport Inc, HD Mutual Insurance Company, Future Insulation Systems Inc, Harden Environmental, Charles & Hetty Kuiken, Maglin Site Furniture, Michael’s Mobile Truck & Trailer Repair, Nestles/Blue Triton, North America Construction, Optimist Club of Puslinch, Rolf Deter, Van Harten Surveying Inc, Vinnie’s Mr. Fixit Inc, Wall-Custance Funeral Home Ltd, Whitcombe Bros Driving Range.

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THE PUSLINCH PROFILE FEATURES

Morriston Veterinary Clinic

Morriston Veterinary Clinic, established by Dr. Abraham Aho in 2020, is an animal clinic dedicated to providing top-notch veterinary care in Puslinch. The clinic offers a comprehensive range of services, including annual pet wellness exams, vaccinations, parasite control, medical diagnostics and treatment, soft tissue and limited orthopedic surgeries, as well as dental care. Dr. Aho, who resides in Puslinch with his family with numerous pets himself, has created a practice that prides itself on its community-oriented approach and a team committed to the health and well-being of pets.

Dr. Aho's journey to opening Morriston Veterinary Clinic is deeply rooted in his small-town upbringing, which instilled in him a strong sense of community and the importance of giving back. Morriston Veterinary Clinic plays a vital role in the Puslinch community, reinforcing the importance of supporting local businesses. The clinic's presence not only ensures that residents have access to high-quality veterinary care but also contributes to the Township's vibrant and welcoming atmosphere. Local businesses like Morriston Veterinary Clinic are the backbone of Puslinch, enhancing its reputation and making it a desirable place to live.

 contact@morristonvetclinic.com

 morristonvetclinic.com

 519-766-9494



Parents - Our Children are in Danger!

By Dale Sims



photo from Unsplash

Recently, Sarah Bowers-Peter, Program Coordinator for Crime Stoppers Guelph Wellington and a Detective Constable from the Guelph Police Service who leads the Internet Child Exploitation unit gave a shocking presentation about the effect of cybercrime on children and youth at an event hosted by the Bahá'í Community of Puslinch.

With the increased use of smart phones and other computer devices, children and youth are more aware about crime on the internet but, unfortunately, their adults are not.

Pornography crime knows no age limits. Children as young as seven are victims of pornography and other sex related and abusive crimes through the internet.

They advised that the child's brain is incapable of recognizing the criminal element or of dealing with these savvy, organized criminals.

Crime Stoppers and the police are working to educate adults about how to protect our children and youth.

Human trafficking is well-established, highly organized and infiltrates the

online activities of our children and youth.

The perpetrators are trained to groom unsuspecting children and youth for sex trafficking.

They start by forming an online friendship with the child, posing as another young person, and gradually, they gain influence and control over the child.

These "friendships" impact our children and may lead to mental health problems, drugs, unwanted pregnancy, and suicide.

Many "missing" children and youth are victims of these crimes. Few victims can go back to their original lives as they have been so changed and traumatized.

The criminals have playbooks or training manuals on grooming that can be found on the dark web.

Like icebergs, crime on the internet is very large and hidden from view.

There everything is for sale – including kids, guns and drugs. Predators easily learn how to find where a child lives, what school they go to and all sorts of details about their lives.

This criminal activity is well organized and global as well as here in Wellington County.

Predators go to the dark web to learn how to connect with kids – for example through online gaming, pretending to be children as the start of the grooming process.

If you do find an inappropriate video, photo or message on your child's phone or device, don't delete it.

Instead, using your phone take a picture of your child's screen showing the inappropriate message, photo or video.

Call the police and they will trace the source of the message and begin investigation. You will be helping not only your child but others who may be in danger as well.

Think before you post pictures of your children online and only share them with people you know well.

A good resource for further information is Canadian Centre for Child Protection.

People came away from the presentation understanding that parents especially, caregivers and others involved with children and youth, need to be educated and aware of the danger that children face today.

We, as parents, grandparents, caregivers, need to teach our children how to use and access the web safely and to understand there are dangers of being on the web.

We need to help our children and youth to develop good cyber habits for their health and safety.

Thank you to Crime Stoppers and Guelph Police Service, for opening our eyes and providing us with solid and useful information on this vital and important topic.

To arrange to learn more go to www.csgw.tips and click on "Contact Us" to book a: **"5 TIPS, 5 IDEAS, 5 SIGNS"** presentation for your group or organization.

You are also urged to report suspicious activity to the police or you can leave the information anonymously with Crime Stoppers by calling 1-800-222-TIPS or online at www.csgw.tips.

Check out Five tips, Five Ideas and Five Signs on page 19.



TOWNSHIP OF
PUSLINCH
EST. 1850

Property Tax Reminder

Final Bills will be mailed

August 1, 2024

DUE DATES:

August 30, 2024

October 31, 2024

Questions? Please contact the
Tax Office at 519-763-1226 x106 or
services@puslinch.ca
www.puslinch.ca

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DISCOVERING PUSLINCH

Brought to you by Lynn Weller



As I drive through the many country roads in Puslinch I cannot help but notice some hand painted signs offering "Brown Butt Nuggets" for sale. For those unaware of this affectionate slang, these are EGGS.

Buying locally raised eggs has many benefits;

Fresher Eggs: Fresher eggs often taste better and have a higher nutritional value.

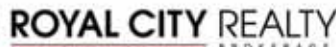
Supporting Local Economy: It helps small-scale farmers stay in business, preserving local agricultural traditions and landscapes.

Reduced Environmental Impact: Fewer miles traveled means lower emissions and less packaging waste.

Animal Welfare: Local farms often have smaller flocks, allowing for more personalized care of the chickens. They may have better living conditions, access to outdoor spaces, and humane treatment compared to large-scale commercial operations.



Take a drive in Puslinch.
Stop at the end of the laneway
Buy some local "butt nuggets"
Farmers Feed Cities.
Support local Puslinch Farm families



Help Protect Puslinch.ca

By Sandra Pady



We are a group of Puslinch residents, almost 70 strong so far, who are proud and grateful to be able to live in our beautiful Township.

As a reader of the *Pioneer* you are familiar with life in Puslinch, where there is a strong sense of community, and a collective commitment to our rural/residential neighbourhoods.

Every issue of the *Pioneer* brings article after article highlighting the variety of activities and services available to everyone, and all in the context of a safe, supportive environment.

This appreciation for what Puslinch has to offer has prompted us to come together under the banner, **HelpProtectPuslinch.ca**.

Not only do we want to enjoy our lifestyle, we want to preserve it too. We believe that the time has come to get together and forestall the ever-increasing pressures coming from industrial interests that would undermine the fundamentals of our way of life here in the Township.

Now that the *Puslinch by Design – Employment Land Study* is underway, each one of us can speak to our needs.

Yes, diverse employment areas are needed, but their location must support the goals of our Township where natural heritage conservation, drinking water protection, tolerable noise levels, and pedestrian safety are identified as essential commitments within the Official Plan.

We hope that you will join us in this campaign. Together, our voices can speak truth to power. We want to be a part of the Design.

Go to **HelpProtectPuslinch.ca** and let us know that you care too.



2025 TOWNSHIP GRANT APPLICATION PROGRAM

Completed Grant Applications for Township of Puslinch not-for-profit organizations or unincorporated community groups will be received until 2:00 pm on Monday September 30, 2024 electronically on the Township website at Puslinch.ca/GrantApplication or via email to the Finance Department finance@puslinch.ca

All qualified applicants will be considered during the 2025 Budget process. Applicants are advised that there is a limited amount of grant funding available.

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

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Let it Be Halotherapy: An Oasis in Morriston

By Susan Fielding



A beautiful oasis now exists in Morriston. The owner and operator of Let it Be Halotherapy, Christine Quinn, has transformed the building at 3 Badenoch St. (northeast corner of Queen St.—Hwy 6 and Badenoch St) into an inviting, warm and healing place.

Christine has had a long journey which finally brought her to this place. She retired in 2019 with the dream that she and her husband would travel the world. Life had other plans.

Her husband died suddenly while driving home from work in 2021. Shocked and grief stricken, Christine had to find a way to heal. Through various therapies and methods, she began to improve and in her quest to recovery, she decided to share the many modalities which were so therapeutic to her.

Thus, Let it Be Halotherapy was born. Christine has gone to great lengths to transform Let it Be into a state of the art, premier entity which offers many therapies, some of which are novel to Ontario.

The salt cave is filled with crystals, geodes and 25,000 pounds of Himalayan salt. It truly is an experience not to be missed



both for its healing properties and stunning beauty.

Other offerings include a vitality booth, an infrared sauna, a hot and cold plunge and a touchless massage.

Therapists are also a part of Let it Be. These include RMTs, restorative yoga instructors, reiki healers, emotional/life coaches.

There will be monthly life coach and meditation sessions as well as guest mediums, astrologers and tarot readers.

Renowned medium, Mark Hamilton, who is booked for years out for readings, will be a guest on August 31.

Christine is an engaging and down-to-earth person who is truly committed to serving our community.

To that end, she would like to encourage local charities to reach out for donations and sponsorship.

The salt cave can act as a play spot for children, so she encourages parents and caregivers to bring the kids along. Sand toys provided!

The front of the shop has a gift area which has hand-made jewelry, salt lamps and all kinds of eclectic curiosities.

Christine will be there to greet you warmly and you will meet her little dog, Bailey, who is also a fixture in her shop.

It is so inspiring to see Morriston becoming a destination boasting three restaurants, a

barber shop, two veterinary offices, a new medical centre and pharmacy, Picard's, Penwoods and now Let it Be Halotherapy!

You can find out more by visiting the website: letitbehalotherapy.com.

Great production

By Anne Day



Photography by Ted Belton

When three friends raved about the new musical being offered at Stratford, we knew it was a sign we should go see it.

We managed to get seats for the next day, making it a fun, spur-of-the-moment outing.

What did we go to see? **Something Rotten**, a new musical about Shakespeare.

Two brothers, struggling playwrights, were in competition with Shakespeare to write a successful play.

Drawing on the advice of a soothsayer, they start to develop a musical.

The acting, costumes, music and dancing made this an all-round production, coupled with the humour as they "borrow" ideas from later musicals and Shakespeare plays.

I particularly enjoyed how Shakespeare pranced about like a famous celebrity, full of his own importance as he greeted his fans.

The play is on until October 27. Tickets are still available. To order tickets, go to www.stratfordfestival.ca

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Puslinch Market Update

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JUNE 2024

- 👉 Single family homes are down 52.7% from last year
- 👉 34 New Listings up 36%
- 👉 58 Homes for Sale up 48.7%
- 👉 Total of 7 Sales down 30%
- 👉 Avg DOM 18 down 10%
- 👉 Avg Sale Price \$1,266,143
Stats from 33arealestate.ca
- 👉 BOC reduced its Target Overnight Rate to 4.75%
- 👉 Next announcement July 24 2024
- 👉 We are hoping for a .25% drop



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Family fun at Ribfest August 23-25

By Anne Day



Hosted by the Rotary Club of Guelph Trillium, this annual event has raised over \$1M for charitable organizations.

This fundraising event offers something for everyone.

For the children, there's the Magical Midways, an outdoor rock-climbing experience, curling as well as face

painting, which is available 1-5 pm on Saturday and Sunday.

Over 11 bands will be playing from noon each day, including True Rodeo, Practically Hip, Blackwater Trio. You can check out the schedule at the Ribfest website.

For the car lover, there is the Classic Car Show on the Saturday and Sunday, 9.00-3.30pm. No pre-registration required and it is \$10 per vehicle.

And of course, there are the Ribbers, with seven favourites returning. As well there will be vendors providing other food options and items to purchase.

Cash is required to buy drinks at the Beer Tent and there are ATMs on site. You are encouraged to bring your own water bottles as bottled water will not be on sale at the event. A water cart will be there so you can refill your bottles.

Held at Riverside Park, 709 Woolwich, Guelph, you can also ride your bikes there, as "valet parking" is available.

While there is no charge to attend, visitors are asked to make donations at either of the two entrances. The funds raised support local charities.

Please note that dogs are not allowed at the event, except for service dogs who must be kept on leash.

Thanks to local sponsors – Sleemans, Linamar, Guelph Today, Magic/CJOY, Battlefied Equipment, Palmer Audio, Farms.com, Ramar Contractors, Tacoma Engineers, RBC, Hanlon Park Storage, Original Home Furniture -without your support, this event wouldn't happen.

Likewise, thanks to the volunteers, with over 40,000 people coming to the event, volunteers play a crucial role.

If you want to volunteer, sign up through the website, www.ribfestguelph.com

A shuttle bus is available at Guelph Central Station.

Hope to see you there!

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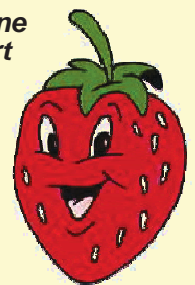
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2024 Community Guide, business directory

The Township of Puslinch is excited to announce the launch of the 2024 Puslinch Community Guide and Business Directory, as well as its monthly Puslinch Profile Features.

The Community Guide and Business Directory serves as a one-stop shop to promote, engage and support local business in the Township.

Through the development of this comprehensive community guide and business directory, the Township aims to enhance the visibility and accessibility of businesses in Puslinch.

The guide was mailed to all Puslinch residents in late May of this year and will be updated annually to ensure it contains the latest and most up-to-date information.

This program comes at no cost to participating businesses and provides a platform for businesses to display their offerings, attract customers, foster collaboration, and boost economic development in the Township.

Additionally, the Township has launched the Puslinch Profile Features campaign, a monthly spotlight on a local business's profile and story.

All Puslinch Profile Features will be published in the *Puslinch Pioneer*, shared on the Township's social media platforms, included in all Council Agenda packages and showcased on the Township's newly revamped Puslinch Economic Development Programs webpage.

Mayor Seeley stated, "We are thrilled to unveil the Puslinch Community Guide and Business Directory, and the monthly Puslinch Profile Features.


These programs are designed to support the growth of all businesses in our community, while highlighting the wide range of products and services they offer."

The guide includes valuable information on the community's local parks, trails, playgrounds and conservation areas, while highlighting some services provided by the Township and County of Wellington.

The Business Directory enables local businesses to share their contact information and provides the public with the opportunity to see the wide variety of local businesses that Puslinch has to offer, from home businesses to the industrial community.


For more information and to see the online Community Guide and Business Directory visit Puslinch.ca/EcDev.

For more information contact the Township at admin@puslinch.ca or 519-763-1226 ext. 4.




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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.

Summer Scavenger Hunt (All Ages)
Help a friendly alien put their spaceship back together by finding the pieces throughout the library! Drop in.
July 2 to July 31, during open hours

Special Guest - Mr. J and the Groovy Gang (All Ages)
Join us for a musical performance from special guests Mr. J and the Groovy Gang. Get ready to move and groove your way to a good time! Please register.
Thursday, July 4 from 2 - 3 pm

Summer Crafty Creations - Woven Stars (Kids/Tweens)
Exercise your mathematic and creative skills to make colourful woven star decorations. Ages 5 to 10 years. Please register.
Tuesday, July 9 from 2 - 3 pm

Summer STEM Activities - Roll for an Alien (Kids/Tweens)
Roll the dice to create some wacky aliens! Will your alien have 6 eyes? 4 legs? 3 noses? The possibilities are endless! Please register.
Wednesday, July 10 from 11:00 am - 12:00 pm

Summer Story Time (All Ages)
Join us for special family story time! Please register.
Thursdays, July 11, 18, 25 and August 1, 8, from 11:00 - 11:45 am

Dungeons and Dragons Club (Teens)
Join fellow fantasy fans to build characters and explore new worlds. Please register.
Thursdays, July 11, 25 and August 8, 22 from 5:30 - 7:00 pm

Summer Adventures - Flying Saucer Fun (Kids/Tweens)
Build a flying saucer and a silly alien pilot! Ages 5 to 10 years. Please register.
Tuesday, July 16 from 2 - 3 pm

Summer Crafty Creations - Paper Plate Planets (Kids/Tweens)
Using plates and paint, create a

series of planets that we can explore! Please register.
Wednesday, July 17 from 11:00 am - 12:00 pm

Summer STEM Activities - Make a Moon Lander (Kids/Tweens)
Use simple materials to design a moon lander. Ages 5 to 10 years. Please register.
Tuesday, July 23 from 2:00 - 3:00 pm

Summer Adventures - Rice Adventure Maps (Kids/Tweens)
Using rice to create the shape, join us in the library to create an adventure map! Could it lead you to buried treasure? Please register.
Wednesday, July 24 from 11:00 am - 12:00 pm

Summer STEM Activities - LEGO Challenge (All Ages)
Drop in and use your creative skills to complete some LEGO challenges!
July 30 to August 3, during open hours

Summer Crafty Creations - Design a Galaxy! (Kids/Tweens)
Join your fellow cosmic explorers and create a giant map using your knowledge of space! Please register.
Wednesday, July 31 from 11:00 am - 12:00 pm

Summer Scavenger Hunt - In Full Bloom (All Ages)
Collect a variety of paper flowers from around the library and put them together to make a beautiful bouquet! Drop in.
August 1 to 24, during open hours

Summer Adventures - Constellation Geoboards (Kids/Tweens)
Map out the constellations on your own geoboard! Ages 5 to 10 years. Please register.
Tuesday, August 6 from 2:00 - 3:00 pm

Summer STEM Activities - Pipe Cleaner and Bead Snakes (Kids/Tweens)
Venture into the jungle, but make sure to keep an eye out for any animals that may cross our path! Please register.
Wednesday, August 7 from 11:00 am - 12:00 pm

In Stitches - Drawstring Bags (Tweens/Teens)
Make a simple drawstring bag using our sewing machines. No experience necessary. All materials supplied. Ages 10 to 15 years. Please register.
Friday, August 9 from 10:30 am - 12:30 pm

Summer Crafty Creations - CD Mosaic Moon (Kids/Tweens)
Make a beautiful mosaic moon using recycled CDs! Ages 5 to 10 years. Please register.
Tuesday, August 13 from 2:00 - 3:00 pm

Summer Adventures - Dragon Eggs (Tweens/Teens)
Using clay and gems, join us to create your own dragon egg! Will your dragon breathe fire? Swim underwater? Maybe both! Please register.
Wednesday, August 14 from 11:00 am - 12:00 pm

In Stitches - Patchwork Owl (Tweens/Teens)
Use fabric pieces to construct a stuffed owl. Previous sewing experience required. All materials supplied. Ages 10 to 15 years. Please register.
Friday, August 16 from 10:30 am - 12:30 pm

Summer Games - Space Race (Kids/Tweens)
Use your creative skills to design a cool space race board game! Ages 5 to 10 years. Please register.
Tuesday, August 20 from 1:30 - 3:00 pm

Summer Reading Wrap-Up (All Ages)
Mission accomplished. We've had a blast! Come wrap up Summer Reading Club with us. Drop by the library to collect brag tags, submit ballots, and make a cool craft to take home!
Saturday, August 24 from 10:00 am - 3:00 pm

Craft and Create - Getting Ready for the Fair (Kids/Tweens)
Have some fun making a project or two that you can enter into the Fall Fair. Ages 5 to 12 years. Please register. Thursday, August 29 from 10:30 am - 12:00 pm

Summer reading

Just for You

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

- Bailey, Tessa *The Au Pair Affair*
 Castillo, Linda *The Burning*
 Heller, Peter *Burn*
 Kellerman, J *The Lost Coast*
 Krueger, W K *Spirit Crossing*

- Lapena, Shari *What Have You Done?*
 Patterson, J *Confessions of the Dead*
 Quinn, Kate *The Briar Club*
 Rollins, James *Arkangel*
 Steel, Danielle *Joy*

Non-Fiction

- Atlanta, Ellen
 Pixel Flesh: How Toxic Beauty Culture Harms Women
 Cabol, Nathalie A.
 The Secret Life of the Universe: An Astrobiologist's Search for the Origins and Frontiers of Life
 Cooper, Paul
 Fall of Civilizations: Stories of Greatness and Decline
 Frankl, Viktor E.
 Embracing Hope: On Freedom, Re-

sponsibility, and the Meaning of Life

Kellogg, Kathryn
 101 Tips for a Zero-Waste Kitchen

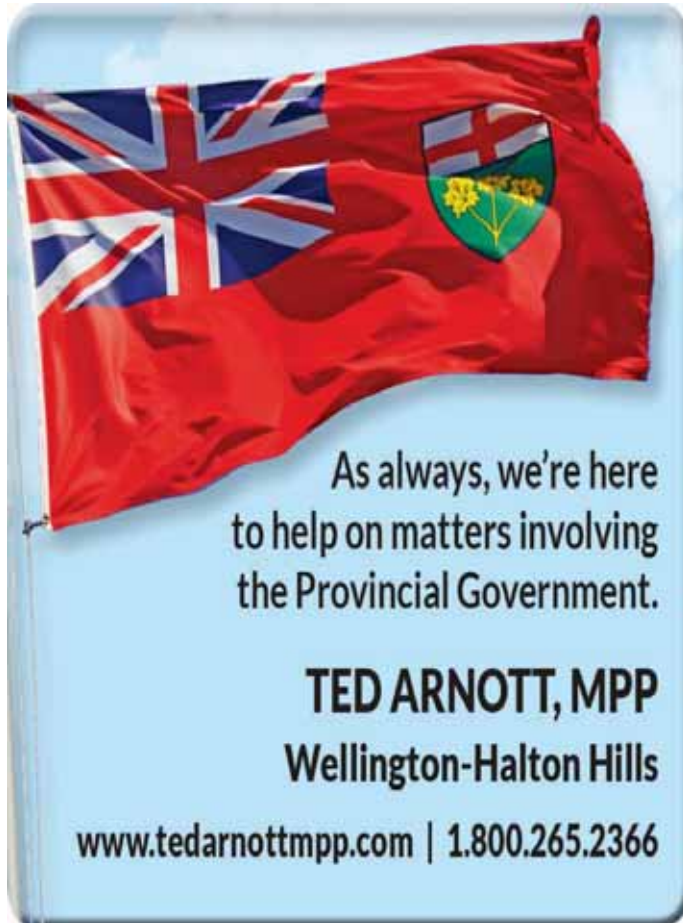
Parker, Matt
 Love Triangle: How Trigonometry Shapes the World

Radico, Julie
 You Will Get Through This: A Mental Health First-Aid Kit—Help for depression, anxiety, Grief and more

Sehee, Baek
 I want to die but I still want to eat tteokbokki – Further conversations with my psychiatrist

Silver, Nate
 On the edge, how successful Gamblers and risk takers Think

Yeager, David
 10-25 The Science of Motivating Young People: A groundbreaking Approach to leading The next generation for Managers, parent and Educators



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2023 Audited Financial Statements

Take notice that the Corporation of the Township of Puslinch 2023 Audited Financial Statements are available for viewing on the Township website at www.puslinch.ca

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Five safety ideas, tips and signs of human trafficking



How to keep your Child Cyber Safe and Human Trafficking Aware:

1. Have a device contract between you and your child – Download one at www.csgw.tips.
2. Lead by example – limit your own online time and have your privacy settings high.

3. Talk about “followers” and what to do if your child is asked for a photo or to meet up in person with a new online “friend”.
4. Talk to your child about Human Trafficking in age-appropriate language.
5. Ask your child to share with you who is sending them “DMs” (direct messages) so you know who is chatting with your child.

How to Talk to Kids about Cyber Safety and Human Trafficking:

1. Prevention – Know what social media platforms your child uses.
2. Ask your child to teach you about their favourite social media platforms and show you their privacy settings.
3. Talk about who follows them and if they know them offline, in real life.
4. Let them know they can tell you

anything.

5. Tell them what you’ve learned at presentations about cyber safety and human trafficking.

Signs Your Child is Being Groomed:

1. Changes in behaviour, routine - doesn’t interact with others in the usual way.
2. Change in health and hygiene – sudden shift to not caring for themselves OR suddenly wearing makeup or a more sophisticated look.
3. Change in social circle – long-term friends are replaced with new or older friends.
4. Change in personality – sullen, moody, secretive, sad.
5. Change in schedule – give up extracurricular activities, later nights, sleepovers with friends.

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Nurturing the Nurturers

By: Suhavi Bajwa

It is quite alarming how swiftly we can be humbled by the passage of time. How easily we are all reminded that each moment is precious, that each passing second is nothing but fleeting.

Seeing one's parents slowly morph from the invincible superheroes we consider them to be, into more fragile creatures, actualizes the passage of time more than anything.

For nearly eight years now, I have seen my mother break herself down in order to care for my grandmother, a stroke patient

Caring for a loved one, who has suffered a stroke has life altering repercussions, and can be a demanding feat.

While most focus often lies on the recovery of the patient, the mental health of the caretaker commonly goes unacknowledged, when they are the true heroes playing a crucial role in the rehabilitation process.

Over the years, it feels as though my mother has aged. She has always been the life of the party, the bubbly, talkative, bright, and loving centre piece of the puzzle, keeping everyone together.

Thus, when the time came to accommodate my grandmother's new condition and rearrange our lifestyle, my mother's spark slowly began to dim.

Caregivers are susceptible to a wide array of emotions, such as stress, depression, anxiety, however mothers are conditioned to keep those struggles to themselves, to battle the hardships alone to keep their ship steady, all leading to an overwhelming burnout, one that is often silenced.

In the case of my grandmother, who is unable to walk and talk, my mother has done her best to balance her caregiving duties with her professional and personal tasks, leading to a harsh strain.

I continuously ask her why she would never make plans with her friends and take some time to herself. I wondered why she seems so irritable, then realize that her life is no longer her own.

Caregiving, arranging nurse schedules, hospital appointments, her professional nine to five, the duties of a mother; that is her life. That is the life of many caretakers whose fatigue and signs of distressed mental health go forgotten and unnoticed.

Realizing this, I have learned the value of having a robust support system for these noble caregivers.

This is a side of a story that is not recognized, and one I hope to shine light on. As a noble responsibility it is, it has its challenges. The emotional toll goes beyond what we know, and reaching out a hand is all that we can do.

Let them be heard, and be supported, and held.

Bright Smiles Ahead

By Ruby Gill, RDH

Every parent dreams of seeing their child flash a bright, healthy smile. But did you know that maintaining good dental hygiene is not just about looks? It's about keeping those little teeth healthy and strong, too!

Teaching kids to care for their teeth from an early age sets the foundation for a lifetime of good habits.

Here's why dental hygiene is essential for children and how you can make it fun!

The Tooth Truth

Children's teeth are more than just placeholders for adult teeth. They help with chewing, speaking clearly, and even shaping the face.

Poor dental hygiene can lead to cavities, which are not only painful but can also cause infections and other serious health issues.

Untreated cavities can lead to problems eating, speaking, and learning. So, keeping those pearly whites clean is a must!

Brush, Floss, Smile, Repeat!

The magic formula for a healthy mouth is simple: brush twice daily, floss daily, and visit the dentist regularly. Here's how you can make these tasks fun and easy:

Brush Like a Superhero: Turn brushing into a game! Use a timer and challenge your child to brush for the full two minutes.



Let them pick out a toothbrush with their favourite character and toothpaste that tastes great.

Flossing Fun: Flossing might seem tricky, but there are kid-friendly flossers that make it easier.

Create a reward chart and give them a sticker each time they floss. After a week of good flossing, offer a small prize!

Dental Hygiene Adventures: Make dental hygiene visits an adventure. Explain that the hygienist is a tooth superhero who helps keep their smile bright.

Some dental offices even have fun themes, toys, and games to make visits enjoyable.

Healthy Habits, Happy Smiles

A balanced diet plays a crucial role in dental health. Limit sugary snacks and drinks, and encourage healthy foods like fruits, vegetables, and cheese.

These foods help keep teeth strong and gums healthy.

Also, drinking plenty of water helps wash away food particles and keeps the mouth clean.

Lead by Example

Children love to mimic their parents. Brush and floss together as a family activity. Show them that taking care of your teeth is essential and fun. Your enthusiasm will inspire them to follow suit.

A Lifetime of Benefits

By instilling good dental hygiene habits early, you're giving your child the gift of a healthy, confident smile.

These habits will benefit them for a lifetime, preventing many dental problems and ensuring they have a smile that shines as bright as their future.

So, let's make dental hygiene a fun and essential part of your child's daily routine. Happy brushing!

Telling our story

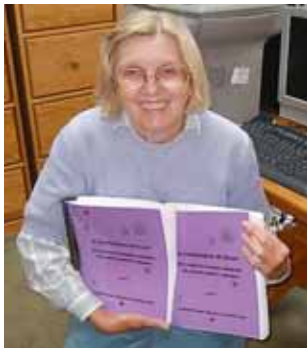
By Marjorie Clark

The Puslinch Historical Society is celebrating its 40th anniversary.

Historical Society authors have been publishing books to make Puslinch history and genealogy available to as many people as possible.



2003 - Anna Jackson



2003 - Marjorie Clark



2009 - Marilynn Crow, signing her book



2018 - Robert Moore

See our Puslinch Photograph display at the Optimist Canada Day breakfast on July 1st and Community Centre.

Family Activity

By Julia Preston



Summer is here. A few years ago, I made the decision to “do” summer. That meant saying yes to opportunities that came along, soaking up the great weather, being a bit flexible on the schedule, and spending time outside.

Nothing was overly complicated or expensive, yet we had the best time. So, for this issue’s column, I’m encouraging you to “do” summer. Whatever that means for your family. Embrace the season.

How to “do” summer

Summer should be relaxing and fun, and our activities should help to achieve that. Eat meals outside instead of in the house.

If a friend invites you to go swimming, say yes. Notice the animals, insects, birds, flowers that share our environment.

Maybe have a campout in the backyard or stay at the park a bit later.

Enjoy some farm fresh or homegrown food. Find simple moments to experience the wonder of this season.

Hike of the season

See how many hikes you can take this summer. Count kilometres, outings or routes. They don’t have to be long.

Even a simple walk can make a big difference in your day.

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PUSLINCH Leaf and Yard Waste Collection

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

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

WEEK B
Monday, July 22
Monday, Aug 19



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ASK THE EXPERT

Q: I am so confused about native versus non-native plants

A: Native Plant Naivety is OK

By Janine Robertson

Over twenty years ago, we purchased our first home, smack-dab in suburbia. We had intended it to be our starter home; however, with house prices the way they are, this is our forever home.

On the tiny postage stamp of a front yard, the previous owners had replaced the typical lawn with a dense thicket of periwinkle. It made sense. Why bother firing up the lawnmower for two measly passes? This stuff just grew with abandon.

Fast forward to 2014. I was reading my cereal box over breakfast, memorizing the scientific names of the B vitamins as usual, when I noticed that Billy Bee had vanished from the front of the Honey Nut Cheerios box.

According to the General Mills marketing team and a seed pack promotion, Canadians could lure back Billy Bee and all the other bees by sowing these pollinator seeds in our yards.

I jumped on the Bring Back the Bees Bandwagon.

Unfortunately, it was not that simple.

As it turns out, the seed pack promoted in the cereal box contained a broadly adaptive seed mix of plants that could grow as well in California and British Columbia as they could in P.E.I.: essentially, code for non-native plants.

According to native plant enthusiasts, non-native plant species have the potential to become invasive in the wrong setting; they can spread uncontrollably and threaten the environmental, economic, or social health of a region.

Through my reading, I learned that the periwinkle in my yard is both non-native and invasive, posing a threat to biodiversity because it spreads over large areas and competes with native plant species in several habitats.

I had to know more. I read everything I could get hands-on from experts like Douglas Tallamy, Lorraine Johnson, and Cathy Kavassalis.

Some of my favourite plants - cottage



garden classics- were non-natives: peonies, roses, lavender, Russian sage! Did that mean they were also invasive too?

The approach to incorporating native plants in the garden does not have to be all or nothing; it is not as simple as black or white.

Non-native and native plants can live together in perfect harmony, like ebony and ivory, as the legendary Paul McCartney sang.

Ideally, the goal is to choose to plant native plants more often. But we do not have to be elitist about it. Non-natives can have a place in our garden.

We need to keep them contained, figuratively and literally. Also, when considering a new plant for your garden, do some research. As any mint lover knows, it is best to corral that herb into a pot.

In a moment of mania, I ripped out every piece of periwinkle from my front plot and tried to replace it with mostly native plants.

Since then, I had more than a few quizzical looks from passersby. Why I am tending to my goldenrod, milkweed, and aster plants? Those are weeds.

But I have come to terms with this. With gardening, much like art, beauty is in the eye of the beholder. I love my pollinator patch.

To learn more about invasive plants, check out:

Canadian Coalition for Invasive Plant Regulation <https://ccipr.ca/>

Kids in the kitchen

Super Foodies returns to the Nourish Kitchen at 10C this fall!

Super Foodies is a culinary-focused children's program that combines safe food-fun and learning through an interactive, team approach.

Designed for kids ages 8 to 12, this



six-week program is designed to get children excited about cooking while integrating sustainable practices and working with healthy local ingredients.

Under the guidance of experienced chefs, participants will learn essential skills that will help them to feel comfortable and confident in the kitchen.

Each week will focus on key steps and recipes while exploring questions like "where does our food come from?", "how does our food grow?", and "what happens to the food we don't eat?"

The program will incorporate elements of the United Nations' Sustainable Development Goals and explore how they relate to our current food systems.

This includes covering topics like nutrition, food access and security, as well as sustainability. Through reflecting on cooking techniques, habits, and practices, participants will feel empowered to continue their culinary exploration beyond the course and integrate their learnings in their day-to-day life!

This program will be run by some of the wonderful chefs and food entrepreneurs at the Nourish Kitchen.

All guest chefs and class facilitators have been vetted and have their Vulnerable Sector check certificates.

All recipes included in the program are: dairy, nut, and gluten-free.

The cost to run the program is \$500 for each participant. We offer sliding scale payments with a recommendation of \$250 to \$350 for this six-week program.

We always appreciate additional pay-it-forward donations added on to program payments to help make Super Foodies accessible to more kids.

If you'd like to discuss course content, fees or any other accommodations with a staff member, please be in touch with Nathan at info@10carden.ca



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The ultimate guide to home renovation

By Amrit Gill

Embarking on a home renovation project can be both exciting and daunting. Whether you're looking to boost your property value or make your living space more functional, understanding the best practices in home renovation can help you achieve your goals efficiently and effectively.

Start with a Plan

The first step in any successful renovation is thorough planning. Outline your goals, budget, and timeline. Prioritize projects that will yield the highest return on investment (ROI).

Focus on Quality

Investing in high-quality materials and workmanship is crucial. While it might be tempting to cut corners to save money, using sub-par materials can lead to costly repairs down the line. Quality finishes enhance the aesthetic appeal of your home and its overall value.

Maximize Space and Functionality

Open floor plans continue to be popular among homebuyers. Knocking down non-load-bearing walls can improve the flow of your home and create a sense of spaciousness.

Consider multifunctional spaces and built-in storage solutions to maximize your square footage.

Energy Efficiency

Incorporating energy-efficient features is good for the environment and can significantly increase your home's value.

Upgrade to energy-efficient windows, insulation, and appliances. Adding solar panels or a smart thermostat can further appeal to eco-conscious buyers.

Stay on Trend

While choosing designs that suit your taste is important, staying abreast of current trends can make your home

more appealing to future buyers.

Neutral colour palettes, natural materials, and modern fixtures are all in vogue and can give your home a contemporary feel.

Hire Professionals

While DIY projects can be fun and cost-effective, some renovations require professional expertise.

Hiring licensed contractors ensures that the work meets all building codes and standards. Knowing that experienced professionals are handling your renovation also provides peace of mind.

KEY AREAS

Kitchen Upgrades

The kitchen is considered the heart of the home, making it a prime area for renovation.

Bathroom Remodels

Upgrading bathrooms can also provide a substantial return. Clean, modern bathrooms are a significant selling point.

Curb Appeal Enhancements

Enhancing curb appeal with landscaping, a fresh exterior paint job, and a new front door can significantly increase your home's attractiveness and value.

Basement and Attic Conversions

Converting underutilized spaces like basements and attics into functional living areas can add significant value.

Smart Home Technology

Incorporating smart home technology can modernize your home and attract tech-savvy buyers.

By focusing on these key areas, homeowners can improve their living spaces and ensure a high return on their investment.

A well-planned and executed renovation can transform your home, making it more enjoyable to live in and boosting its market value.

You can achieve a beautiful, sustainable, and valuable home by focusing on quality, functionality, and energy efficiency.

Cognitive Activity Kits

The County of Wellington announces the launch of Cognitive Activity Kits, which will be available to borrow from Wellington County Libraries starting June 3.

The Cognitive Activity Kit has been designed for people living with dementia and their families, friends, or caregivers to use together.

It helps exercise fine motor skills, encourages social engagement, and keeps the brain active.

"There is no right or wrong way to use this kit," which was designed in consultation with staff at the Alzheimer Society Waterloo Wellington," said Rebecca Hine, Chief Librarian.

"We invite users to explore the various activities and find one that works for the interests, skills, and abilities of the participants."

Each kit contains:

- Photo and activity cards with which to have a conversation or play sorting games
- A jigsaw puzzle
- A dementia-friendly book
- A Busy Bottle for I spy games
- Reusable activity sheets for colouring, sudoku and word searches
- A wooden sensory fidget
- A DVD with various videos for discussion

A list of additional resources available through the Wellington County Library

Learn more about the Cognitive Activity Kit

Kits can be requested through the library's online catalogue at www.wellington.ca/librarycatalogue

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Feel good medicine?

By Dr. Laura M. Brown, ND

Dopamine is often referred to as the “feel-good” chemical. It plays a crucial role in motivation, motor control, cognition, pleasure, reward, and reinforcement of certain behaviors.

Dopamine also influences gastrointestinal motility, hormone release, blood pressure, immune regulation, and sodium balance.

Medications like amphetamines and drugs used to treat Parkinson’s disease, can increase dopamine levels in the brain.

Substances of Abuse like cocaine, methamphetamine, and nicotine can significantly increase dopamine levels, contributing to their addictive properties.

Sugar triggers reward system in brain, releasing dopamine. Did you know sugar is **8x more addictive than cocaine**? Sugar contributes to many long-term chronic diseases that contribute to 35 million deaths a year.

Healthy Rewards with Dopamine
Dopamine is made by a healthy gut microbiome. *Prevotella*, *Bacteroides*, *Lactobacillus*, *Bifidobacterium*, *Clostridium*, *Enterococcus*, and *Ruminococcus* have been shown to modulate dopamine actions in the brain and body.

Dopamine release in the brain is a



complex process that involves various factors, including environmental stimuli, behaviors, and neurotransmitter activity. Factors include:

1. Natural Rewards: Dopamine is released in response to natural rewards such as looking at flowers, being out in nature, sex, and social interaction.

When you engage in pleasurable activities, your brain’s reward system releases dopamine, reinforcing the behaviour.

2. Exercise: Physical activity can increase dopamine levels in the brain, leading to feelings of pleasure and satisfaction. This is often referred to as the “runner’s high.”

3. Music: Listening to music that you enjoy can trigger the release of dopamine in the brain, contributing to feelings of pleasure and relaxation.

4. Sunlight: Exposure to sunlight can increase dopamine levels in the brain. This is one reason why spending time outdoors on a sunny day can improve mood.

5. Accomplishments: Achieving goals or completing tasks can lead to the release of dopamine, motivating you to continue working towards your objectives.

6. Social Interaction: Positive social interactions, such as spending time with friends or receiving social support, can stimulate the release of dopamine in the brain.

7. Novelty: Novel experiences or engaging in activities that are new and exciting can lead to an increase in dopamine levels. This is why trying new things can be rewarding and enjoyable.

8. Anticipation: The anticipation of a reward leads to the release of dopamine. For example, looking forward to a delicious meal or a vacation can elevate dopamine levels in anticipation of the reward.

9. Foods: Chicken and other types of poultry, if tolerable: dairy foods such as milk, cheese, and yogurt, avocados, bananas, pumpkin and sesame seeds, if tolerable, soy may help raise dopamine levels.

10. Mindfulness and Meditation: Many forms of prayer and meditation can enhance dopamine receptor sensitivity and promote overall well-being.

This article is meant to inspire healthy ways to find rewards for more positive living. It is not intended for individualized medical advice. Questions? Drlaura@southendguelph.ca

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Cook's Corner

By Barbara Paterson

A meat lover's dream, these super tender, finger-lickin' pork ribs will awaken your taste buds at the first bite!

Slow-cooked Pork Back Ribs



2 large racks pork back ribs (about 5 lbs.)

1 cup smoky barbecue sauce (I use PC's Smokin' Stampede)

Rib Rub

2 tbsp. brown sugar

1 tbsp. chili powder

1 tbsp. ground cumin

2 tsp. ground coriander

1 tsp. each smoked paprika, dried oregano, salt and black pepper

¼ tsp. cayenne pepper

1. Combine all rub ingredients in a small bowl. Mix well.
2. Place each slab of ribs on a large piece of aluminum foil. Rub ribs

with rub. Wrap ribs tightly in foil and place side by side on a large, rimmed baking sheet. Bake at 275°F for 2½ hours.

3. Carefully remove ribs from foil and place on greased BBQ grill. Slather ribs with barbecue sauce on both sides, turning ribs a few times so both sides get lightly browned. Be careful not to burn.

Or if you don't want to barbecue, you can unwrap from foil, brush with barbecue sauce and broil in the oven. Watch carefully!

This is a lovely 4-layer cake and a delicious way to celebrate Canada Day.

Raspberry Layer Cake



1 cup butter, softened

2 cups white sugar

4 eggs

2 tsp. vanilla

3 cups all-purpose flour

1 tbsp. baking powder

½ tsp. salt

1-2/3 cups milk

For decorating:

1 cup seedless raspberry jam

6 oz. raspberries

Cream Cheese Icing

1-1/3 pkg. (250 g each) cream cheese, softened

2/3 cup butter, softened

6 cups icing sugar, sifted

2 tsp. vanilla

1. In a large bowl, beat butter with sugar until fluffy; beat in eggs, one at a time. Beat in vanilla.
2. Whisk together flour, baking powder and salt; stir into butter mixture alternately with milk, making 3 additions of dry ingredients and 2 of milk.
3. Pour into 2 greased and parchment paper-lined 9" round cake pans.* Bake in 350°F oven until toothpick inserted in centre comes out clean, 30 to 35 minutes. Remove from pans; let cool on rack.
4. Make icing by mixing together the 4 ingredients until smooth. Cut each cake in two horizontally and spread icing on each layer, top and sides.

Decorate with raspberry jam and raspberries, forming a maple leaf, or as desired. You could spread raspberry jam on one of the layers. Just have fun with the decorating.

***Note:** I found my 2 pans were a bit too shallow so put excess batter in another smaller pan. I made just 2 layers.



Michael Chong

Member of Parliament,
Wellington - Halton Hills



michael.chong@parl.gc.ca

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Religious Services

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

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We will be gone visiting July 21st and July 28th, returning for scheduled service on August 4th.
Monthly donations to Chalmers Community Services Centre for the month of July is pasta or brown rice, peanut butter. Skim milk powder & toilet tissue are always needed, and all donations are appreciated.

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Morning Prayer 3rd Sunday
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Community Events

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

BADENOCH 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.

EUCHRE

1st and 3rd Friday each month at 7 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Marie at 905-659-1021.

FARNHAM CEMETERY

Farnham Cemetery. Barb Jefferson, Manager, has submitted by-laws to the Registrar of the Funeral, Burial, and Cremation Services Act, 2002. Any interested parties may contact Barb Jefferson, 519 766 6502. These by-laws are subject to the approval of the Bereavement Authority of Ontario 647-483-2645 or 1-844-493-6356.

"IT'S SEW FUN" SEWING GROUP

Mondays from 12 - 4 pm. No meetings July 1st, August 5th or September 2nd Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Linda at 289-962-6737.

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OPTIMIST CLUB OF STRABANE ANNUAL CHICKEN BBQ

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VALEN SCHOOL REUNION

Saturday September 28th at Valens Community Centre, starting at 1 p.m. BBQ hamburgs and hotdogs served at 4 p.m., and cake and beverages provided. All former students welcome! RSVP by September 20th to normareeve9@gmail.com or keith.marcy@outlook.com or 519-623-0219

WHEEL OF FITNESS

Freelton 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.

Community Announcement

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DUFF'S CHURCH

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

FRELTON STRABANE UNITED CHURCH

1565 Brock Rd. (Brock Rd & 8th Conc

W), Strabane, ON. Church Office at 905-659-3380.

HISTORIC ELLIS PIONEER CHAPEL

Charming historic pioneer chapel for weddings, baptisms, small concerts. Visit ellischapel.ca. Contact Brenda Law at 519-767-2462 or ellischapel@sympatico.ca

OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE

Call 519-763-1226 or email 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 or contact Darlene Harrietha at 519-822-0874 or email darleneharrietha@gmail.com.

EarlyON PLAYTIME

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

FRELTON LIONS CLUB

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.

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 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

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 or Contact Sandra Gunson 519-239-9878 or email 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.

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