

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 49, Issue 2 September 2024

## Aberfoyle Fall Fair is coming soon...

By Joanne Holt

Bring your friends and neighbours for the exciting revamped Aberfoyle Agricultural Fall Fair on September 6 and 7th 2024.

We ARE a great event to celebrate the harvest. Starting in 1840 this event has been run entirely with volunteers.

So, get your entries in for the competitions. We are looking for your best baking, canning, sewing, needle arts, go into the hall for judging Friday night. You can pick up competition guide at the library. For the garden and flower folks, those entries can come in as well prior to 5 o'clock on the sixth.



A big kick off at 5 o'clock on Friday. We have an exciting ANTIQUE TRACTOR PULL. You can join us at the sample sit and savour event in the rink, with samples of products for you to enjoy and if you wish to take some home, they're available for purchase as well.

Another new item to the Friday night lineup is the Motocross. This will be taking place in the ball diamond on Friday night and again on Saturday.

There will be a live band playing and you can dance on the newly laid out patio area near the ball diamond. How is that for the kick off Friday night?

Coming up on Saturday. We have a craft show from nine until two in the rink and after 6.30, roller-skating.

For the children, there's the bouncy castles, bubbles, races and a chance to see the animals



We will have a free shuttle bus running every half hour from the Township office on County Road 35.

The cost for this great event: Friday night, adults \$15, children 6 to 12, \$10. Saturday, adults \$20, children 6 to 12, \$10.

We are setting up a tap and pay online so you can pay in advance. Check our website out, Google Aberfoyle agricultural society just make sure you're looking at 2024. We will still accept cash at the gates, and you will be able to tap using your phone or card at the gates to pay. Bring some cash as there will not be an ATM onsite.

If you have any questions regarding the FAIR, please send an email to [Aberfoyleagriculturalsociety@gmail.com](mailto:Aberfoyleagriculturalsociety@gmail.com).

This is a busy time of year. We will get back to you as quick as we can. If urgent, call 519-823-2687. Please leave a message and we will get back to you.

See you on the 6th and 7th.

# Editorial

How was your summer? It's hard to believe that fall is just around the corner.

Recently a friend observed that these days all news is negative. Well, not in this issue of the *Pioneer!*

Such as the special awards to special people in our community like the Senior of the Year Award to Barb Hagey and the *Puslinch Pioneer Volunteer* award to Aberfoyle student, Katey Whaling.

And then there's the successful fundraisers that support causes close to our heart, like Tour de Guelph and Celebrate Sunrise which were both successful in raising funds. Then this fall, there's the Brunch at the Arboretum and 100 Women who care.

We also provide information on health issues such as dental care during pregnancy, protection from ticks, and supplements to support you through cancer treatments.




But first we have the Aberfoyle Fall Fair. The committee provided us with a precious postcard from 1910, speaking to how the fall fair has long been an integral part of the Puslinch community.

Hope to see you there

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](http://www.puslinchpioneer.com)**  
**or email**  
**[editorpuslinchpioneer@gmail.com](mailto:editorpuslinchpioneer@gmail.com)**

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## Our Mission

The *Puslinch Pioneer* is a monthly publication produced by local volunteers to provide an authentic source of local information 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, September 13, 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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Ten issues are published a year and distributed free of charge throughout Puslinch.

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

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# Council Clips

## Senior of the Year Award:

Presented to Barbara Hagey at July 10 Council meeting.

## Badger Daylighting:

Council objects to Waste Disposal Site ECA posted, expects the hydrovac use to cease and application withdrawn, and if not, requests Ministry of Environment take steps to enforce compliance with Act.

## Youth Advisory Committee:

Allowed to use the gym on Fall Fair day to run youth programming.

## Killean School Bell:

Council requested to consider the Killean school bell as the centre piece of a commemorative cairn, to mark our roots on the occasion of the Township's 175th anniversary in 2025 and to symbolize all 12 of the original school sections, possibly on the east side of library.

## Energy Conservation and Demand Management Plan:

Council approves Energy Plan (updated every five years) and projects outlined in report be approved, subject to budget review.

## Sign Variance Request, 256 Brock Rd S:

Council requested to approve request for relief from Sign By-law to permit a display area of 21.39 sq.m. from 9.0 sq.m.

## Kennel 6706 Gore Road:

Council amends Zoning By-law to permit a kennel with a holding provision to require site plan approval and implantation of appropriate noise measures.

## Community Risk Assessment:

Will serve as a document to inform and direct the development of a municipal Fire Master Plan to address the strengths, threats and vulnerabilities that are

unique to the Township, to protect lives, environment and property.

## Heritage Properties:

Council considers by-law to establish a Heritage Permit Process and to grant Heritage Permits for the alteration of designated heritage properties.

## Director of Public Works:

Informs Recreation Advisory Committee of interest received from small vendors to utilize the large concrete plaza, near the rear parking lot, on Saturday mornings during soccer and baseball programming.

## 2025 Grant Application Program:

Township accepting grant applications to provide support for not-for-profit organizations and unincorporated community groups that maintain and improve the quality of life for our residents. Deadline September 30 at 2 pm.

## Puslinch Community Showcase:

This is a complimentary event to support the economic development initiatives in Puslinch. When Saturday, October 5 from 10 am to 2 pm at Puslinch Community Centre grounds.

## King Charles III Coronation Medal:

Township will be selecting a resident for this prestigious honour to mark the first anniversary of this coronation on May 6, 2023.

## Watson Road Rehabilitation Project:

Township invests more than \$215,000 from the federal government's Canada Community Building Fund to help cover the estimated \$750,000 cost.

## Workforce Planning Board of Waterloo Wellington Dufferin Survey Opportunity:

The Workforce Planning Board is conducting a survey to gather insights on job search and employment experiences among immigrants living in this region.



**TOWNSHIP OF PUSLINCH**  
**(519) 763-1226**

## Council and Committee Meetings

**(519) 763-1226**

Special Council Meeting: September 3rd at 10am

Heritage Advisory Committee Meeting:

September 9th at 1pm

Youth Advisory Committee Meeting:

September 9th at 6pm

Committee of Adjustment Meeting & Planning and Development Advisory Committee Meeting: September 10th at 7pm

Council Meeting: September 11th at 10am

Recreation Advisory Committee Meeting:

September 17th at 7pm

Council Meeting: September 25th at 10am

Public Information Meeting: September 25th 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!

### **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)



# In Memoriam

## Isobel Tryne Rankel (nee Lake/Jzioro)



March 8, 1927 to June 28, 2024

Isobel passed away peacefully on Friday, June 28, 2024 at Winston Park (Emma's Neighbourhood), Kitchener at the age of 97 years.

Isobel Tryne Rankel, dearly beloved wife of the late John P. Rankel (2012). Loving mother of Dennis Rankel (Barbara), Wendy DesChamp (Robert), and John Rankel. Cherished grandma to David (Bevin), Stephen (Lindsay), and Brian (Marliya) (late

Kavitha 2022) DesChamp, Ceilidh Rankel (Peter) and Shelby Martyn (Kyle). Admired Super Grandma to Avery, Taya, Lochlan, Maeve, Emalena, Mealana, and Lucas.

Isobel was the last surviving member of her family having been predeceased by her parents Julian and Josepha Jezioro and siblings. Aunt Isobel/Irene will be sadly missed by many nieces, nephews, their extended families, and many friends.

Isobel (aka Pie Lady) was a prize winning baker who had a stand at the Guelph Farmer's Market for over 30 years. She had the brightest smile and brought light and love to all who met her.

Friends were received at WALL-CUSTANCE FUNERAL HOME & CHAPEL, 206 Norfolk St., Guelph, on Wednesday, July 3, 2024 from 2:00 pm to 4:00 pm and 6:00 pm to 8:00 pm. A celebration of Isobel's life, officiated by Chaplain Kathleen Sorensen, took place on Thursday,

July 4, 2024 at 2:00 pm. Reception followed in the Wall-Custance Family Reception Centre.

A private family burial will take place at New Hope Cemetery, Cambridge. Arrangements entrusted to WALL-CUSTANCE FUNERAL HOME & CHAPEL (519-822-0051 / [www.wallcustance.com](http://www.wallcustance.com)).

In Isobel's memory, donations to MS Society, Juvenile Diabetes Research Fund and Wilfred Schlegel Hope Fund would be appreciated by the family.

Isobel's family gratefully appreciates the kindness, compassion and devoted love from her Winston Park family for the past 10 years as well as the Home and Community Care Support Services Palliative Support team for the past 18 months.

"I like to be happy and smile at everyone because I get a smile back."

A tree will be planted in memory of Isobel T. Rankel in the Wall-Custance Memorial Forest.

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<p><b>CREMATION</b> <b>\$1985<sup>+HST</sup></b> If prearranged and prepaid by December 31, 2024</p> <p><b>All Inclusive</b> <b>No Extra Fees</b> <b>or Hidden Charges</b></p>	<p><b>WALL-CUSTANCE FUNERAL HOME &amp; CHAPEL</b></p> <p>Locally owned and operated by Scott &amp; Betty Ann Young 206 Norfolk Street, Guelph, ON N1H 4K3 519-822-0051 <a href="http://www.wallcustance.com">www.wallcustance.com</a></p> <p><b>Includes:</b></p> <ul style="list-style-type: none"> <li>• Transfer of deceased from place of death to crematorium (within 100km)</li> <li>• Identification of deceased at funeral home if requested before transfer to crematorium</li> <li>• Coroner and death registration fee • Cremation casket • Cremation fee</li> <li>• Container to hold cremated remains ~ urn not required</li> <li>• Holding of cremated remains at funeral home until final disposition is arranged</li> <li>• Procurement of all legal documentation • Unlimited copies of death certificate</li> <li>• Notification of CPP/OAS or other agencies; Filing of CPP death benefit and survivor benefit forms</li> <li>• Memorial tree for Wall-Custance Memorial Forest - 400 acre Arboretum at the University of Guelph</li> </ul>	<p>Taylor Young</p>
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## In Memoriam

### Alex Don Wayne (Don) Mackie



November 9, 1944 to July 3, 2024

After a long struggle with cancer, Alex Don Wayne (Don) Mackie, born November 9, 1944, passed away peacefully with his family at his side on Wednesday, July 3rd at the age of 79.

Loving father of daughter, Angie Mackie (Gordon Muschett) and son, Donald (Keith) Mackie (Donna Mackie). He so loved and cherished his granddaughters, Cierra Fasken and Jacey Mackie. Loving brother of his siblings, Russell Mackie (deceased) (Mary), Bruce Mackie (Marie), Shirley Kitchener (Norm) and Lynda Warren (Jim deceased), Joanna (Bonnie) Kesimaat. His passing will be deeply felt by many nieces, nephews and dear friends.

Don lost his beloved wife Shirley (nee Peesker) in 2020. He missed her terribly. They shared a wonderful life together in Puslinch, Ontario.

It is hard to imagine Puslinch without Don. For years, he was a leader of the Puslinch Softball Association as a coach, umpire and convenor. As a member of the Puslinch Optimist Club he helped to raise funds for the building of the Puslinch Community Centre.

In his spare time, he loved to fish, hunt and make maple syrup. There were many fisherman tales spun throughout the years and revisited with dozens of visitors who came to

see him these last few weeks.

Cremation has taken place. A Celebration of Don & Shirley's Life was held at Puslinch Community Centre, 23 Brock Rd. S., Puslinch, on Sunday, July 14, 2024 from 2 p.m. – 4 p.m.

## Fall Rural Romp

Farm Visits · Tours · Kids Activities  
· Pumpkins · Corn Mazes · Harvest Foods · Fall Decorations · and more!

Saturday, September 28 · 10:00 am  
- 4:00 pm

The Fall Rural Romp is a self-guided tour to farms, markets, nurseries, and local food and beverage businesses in Centre Wellington, Erin, Guelph/ Eramosa, Puslinch and the City of Guelph. Meet our taste makers, learn about local food and agriculture and discover food destinations in our communities.

To learn more, go to <https://www.wellington.ca/experience-wellington/farm-food-experiences/rural-romp/fall-rural-romp>

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# Aberfoyle 2024

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## Saturday Special Antique Show! Saturday September 21

8am-4pm, \$10 admission

\*\*\*\*\*

## Regular Sunday Market Days: Sunday April 28 to Sunday October 27

(Sundays only!) 8am-4pm,  
\$5 admission, rain or shine



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

[www.facebook.com/aberfoylemrkt](https://www.facebook.com/aberfoylemrkt)

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## THE PUSLINCH PROFILE FEATURE

### Go Hard Corporation

[gohardcorp.com](http://gohardcorp.com)

519-212-1296

[chris@gohardcorp.com](mailto:chris@gohardcorp.com)



Go Hard Corporation stands out as a premier home renovation service provider. They specialize in a comprehensive range of services, including everything from drawings and permits to kitchen and bathroom remodels, as well as home additions, deck renovations, fence installations, and extensive exterior transformations. Their mission is to enhance the value of homes by creating intentional and inviting spaces that cater to the everyday needs of their clients. With a commitment to excellence, their experienced team tackles projects of any size, ensuring exceptional results and client satisfaction.



Serving the Puslinch, Kitchener-Waterloo, Guelph, Cambridge, and surrounding areas, Go Hard Corporation has become a trusted name in the community. This business is rooted in family, driven by owners Chris Smith and Shane Felhaber. Chris renovated and owns 8 rental properties bringing 38 years of experience in the service industry, while Shane offers 20 years as a Red Seal Carpenter. Their team also includes Melissa Smith, an in-house designer and former Design Professor from Conestoga College. Together, they deliver a full-service renovation experience combining expert craftsmanship with innovative design. Go Hard Corporation is a strong supporter of the trades and the local community by sponsoring the Ontario Trades and Apprenticeship Program. They proudly recruit and support Conestoga College students, with 5 Conestoga graduates currently on the team. Their focus on local businesses and talent not only improves homes but also contributes to the community's growth.



7404 Wellington Rd 34, Puslinch, ON, N0B 2J0 | 519-763-1226 | [www.puslinch.ca](http://www.puslinch.ca)

[Facebook.ca/TownshipofPuslinch](https://www.facebook.com/TownshipofPuslinch)

[Twitter.com/TwpPuslinchON](https://twitter.com/TwpPuslinchON)

## Barb Hagey Named Puslinch Senior Of The Year



photo from Township of Puslinch

The Senior Of The Year Award recognizes a senior resident who has made outstanding contributions to their community. Barb Hagey understands that communities need nurturing and care just like its citizens and families.

Barb grew up on a farm in Puslinch and says, "growing up in a farming community you grew up in the tradition of helping others". And for Barb that tradition, and volunteering, became a way of life.

Barb attended Conestoga College, graduating in Consumer and Family Studies. Following college she earned certificates from the Canadian Healthcare Association in Nutrition and Diet, and from the Ontario Management Development Program: Supervisory Studies. She was a member of the Canadian Food Service Supervisors Association for thirty-five years.

Barb's career in senior food services included St. Luke's Long Term Care in

Cambridge, Lafontaine Senior Living Services in Kitchener, Homewood Health Centre in Guelph, and twenty-five years at Cambridge Memorial Hospital.

Friends and neighbours were frequent recipients of Barb's care and concern: making meals or grocery shopping when illness struck, or driving to appointments. Whatever the need, Barb was there to help.

Barb's volunteer commitment to our community includes coaching Minor Girls Ball, collecting for the Cancer Society; joining a group of women in Aberfoyle to help create and care for the beautiful garden next to the library; joining local women in fundraisers for Sunrise Riding and Learning Centre, and for schools in Uganda.

In addition Barb has had a long association with the Aberfoyle Agricultural Society serving on the board as Director and Convenor of Adult Art, and organizing lunch for Judges on fair day. As a youth she participated in the 4H Calf Club, and Homecraft.

Barb has also been a life-long blood donor, and volunteers at the Hamilton Theatre in Cambridge and at her church.

Barb has also had a long association with Ellis Pioneer Chapel, one of three Trustees, serving on the volunteer Board as the after-event lunch convenor, and now retired, taking on the mantle of Board Chairman which has become very demanding this year as they plan for the Chapel's future as the only provincially recognized historic site in Puslinch.

Congratulations Barb, and thank you for caring about our community!

## Puslinch Pioneer Volunteer Award Presented at Aberfoyle Public School



Katey Whaling from Aberfoyle Public School receiving the Pioneer Award from Stella O'Krafka.

The Puslinch Pioneer Award recognizes exceptional contributions to the community, and this year's honoree is no exception.

Katey Whaling has played an active role in the Youth Advisory Committee, bridging the communication gap between Puslinch's youth and the Council.

Katey supports the Committee's dedication to develop programs and services that could significantly improve the quality of life, health and well-being of Puslinch youth.

They consistently bring a positive attitude, focusing on finding solutions and overcoming challenges with determination and grace.

Quietly offering support to her peers, ensuring others feel safe and confident, Katey is the deserving winner of this year's Puslinch Pioneer Award!

### Mango Tree Family Health Team

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### Sold Rural Properties

104

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3

AVERAGE GDAR AGENTS

\*Based on rural and farm properties sold in Centre Wellington, Guelph-Eramosa, and Puslinch as reported through Guelph & District Association of Realtors (GDAR) from Jan 1, 2016 - Dec 31, 2023.

<b>70+</b> YEARS OF COMBINED EXPERIENCE	<b>1000+</b> TOTAL HOMES SOLD
<b>\$600M+</b> SOLD IN REAL ESTATE	<b>Top 1%</b> OUT OF 20,000 ROYAL LEPAGE AGENTS



# Sunrise celebrates

By Lynne O'Brien

On Sunday, June 23rd Sunrise Therapeutic Riding & Learning Centre in Puslinch held its annual signature fundraiser, Celebrate Sunrise!

This year volunteer Auctioneer Extraordinaire, Robert Milburn, of Milburn Auto Sales and Service in Aberfoyle was honoured.

After many years raising millions of dollars to support Sunrise, Guelph Rotary clubs, Guelph General Hospital, St Joseph's Health Centre and numerous other community organizations Robert was honoured by Rotary with a Paul Harris Fellow award.

Sunrise was honoured to host this well-deserved Rotary recognition for Robert Milburn, who has willingly stepped up to donate his phenomenal skills for Guelph community events, for so many years.

The event was well attended and there

were some great silent auction items for guests to compete for, including several beautifully handcrafted bowls, in a variety of different woods, donated by a local artisan. Robert Milburn took the Live auction to a new level!

An unexpected highlight for Sunrise, was the return of one of our former riders, Jordan Tucker, who had moved on from riding a horse independently, to becoming a competitive swimmer in the Butterfly stroke.

Her swimming skills have taken her from a regional team, through provincial, to representing Canada on the National Swim team. She has just returned from Chile, where her team won a bronze medal in the 50 metre Butterfly! Jordan was well recognized by all the guests.

The Board of Directors, staff, volunteers, parents and riders greatly appreciate all the local businesses, and individuals who sponsored the Celebrate Sunrise! event this year.

As well our thanks to those who provided the many auction items and

professional services; and of course, those who "opened their hearts to Sunrise" and bid so generously.

Through your support we cleared \$132,634 which will go directly to support the many year-round programs at the farm, for children and adults with disabilities.

# Celebrating Pride at Crieff Hills



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# DISCOVERING PUSLINCH

Brought to you by Lynn Weller



Fresh, local corn isn't just a seasonal treat—it's a cornerstone of our community's agricultural heritage.

As your local real estate agent, I believe in supporting our town's farmers and savouring the bounty they offer. Did you know that local corn is picked at the peak of ripeness, ensuring unparalleled sweetness and flavour?

By buying local corn, you're not only getting a taste of summer; you're supporting our farmers who work tirelessly to bring us this golden goodness. Corn isn't just a staple; it's a versatile grain rich in fiber, vitamins, and antioxidants, making it a healthy addition to any meal.

Let's celebrate our community's harvest together—pick up some local corn today and experience the difference freshness makes. Visit some roadside stands to enjoy the taste of summer.

Morrison CORN Stand



Check out these CORN recipes



Some Local Options



DID YOU KNOW?



All cobs of corn have an even number of rows. It is generally 16.



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# HYDRATING PUSLINCH...



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# Continuing to tell our story

By Marjorie Clark



To celebrate our 40th year, the Puslinch Historical Society, in conjunction with the Wellington County Historical Society, is hosting a walking tour of the Village of Morriston.

If you live in Morriston or if your family or ancestors resided here in the past or if you have an interest in the history of architecture in Puslinch, you are

invited to attend.

Our members, Lynn Crow and Cheryl McLean, will tell the stories of dwellings and businesses on Queen, Badenoch, and Victoria Streets.

Our quaint village features buildings of log, stone, frame, brick, and cement block, dating back to the earliest Scottish and German settlers.

The event takes place on **Sunday, September 22nd at 1:30. p.m.**

Assembly and parking are at Mount Carmel Zion United Church, corner of Church Street and Victoria Street, in Morriston.

## Brunch at the Arboretum

Please join the Rotary Club of Guelph South for an unforgettable experience at the Brunch at the Arboretum on September 29th!

Indulge in a delectable brunch catered by Platters, complete with a complimentary mimosa, all while supporting

our local and international charitable initiatives.

The event will feature exciting silent and live auctions, as well as a gift card tree.

Help us raise funds for our five chosen charities:

- Elora House
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## Thoughts on Peace

The Great Peace towards which people of goodwill throughout the centuries have inclined their hearts, of which seers and poets for countless generations have expressed their vision, and for which from age to age the sacred scriptures of mankind have constantly held the promise, is now at long last within the reach of the nations. For the first time in history it is possible for everyone to view the entire planet, with all its myriad diversified peoples, in one perspective. World peace is not only possible but inevitable. It is the next stage in the evolution of this planet—in the words of one great thinker, “the planetization of mankind.”

from the Bahá'í writings

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

# The Crucial Link Between Pregnancy and Oral Health

By Ruby Gill

Pregnancy is exciting and is filled with many changes, both seen and unseen.

While most expectant mothers are well-informed about physical changes, the connection between pregnancy and oral health often goes unnoticed. However, maintaining good oral hygiene during pregnancy is vital not just for your smile but for your overall health and that of your baby.

## 1. Hormonal Changes and Gum Health

Hormonal fluctuations during pregnancy can make your gums more susceptible to inflammation and bleeding, a condition known as "pregnancy gingivitis."

This is a common issue that affects many expectant mothers. If left untreated, it can lead to more serious gum disease,

which has been linked to complications like preterm birth and low birth weight.

Regular brushing, flossing, and dental check-ups can help keep your gums healthy.

## 2. Morning Sickness and Tooth Enamel

Morning sickness is an unfortunate reality for many pregnant women, and it can take a toll on your teeth.

The stomach acids during vomiting can erode tooth enamel, increasing sensitivity and a higher risk of cavities.

To protect your teeth, rinse your mouth with water or a fluoride mouthwash after an episode of morning sickness.

## 3. Cravings and Cavities

Pregnancy often brings cravings for sweet and sugary foods, which can increase the risk of cavities.

It's essential to maintain a balanced diet and limit sugary snacks. Incorporating healthy alternatives, like fruits and vegetables, can satisfy cravings while protecting teeth.

## 4. The Importance of Routine Dental Care

Routine dental visits are safe and important during pregnancy. Inform your dental hygienist about your pregnancy so they can tailor your care to your specific needs.

Regular cleanings and check-ups can help prevent oral health issues and ensure your mouth stays healthy throughout pregnancy.

## 5. Oral Hygiene at Home

Maintaining good oral hygiene is essential. Brush your teeth twice daily with fluoride toothpaste and floss daily to remove plaque.

Staying hydrated with plenty of water also helps keep your mouth clean and fresh.

A healthy mouth contributes to a healthy pregnancy. Paying attention to your oral health can reduce the risk of complications and ensure a healthier experience for you and your baby.

If you have any concerns, don't hesitate to contact your dental hygienist for advice and care.



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# Turtles - Our Biodiversity Heroes

By Jaime Kearnan

Everything is so connected that the loss of just one species can result in the collapse of a whole ecosystem.

One way to look at- when we remove a plant, bug, animal from an area, it is like removing blocks from a Jenga tower. The tower may not collapse right away but it has become weaker and could collapse when another block (species of plant, bug, or animal) is removed.

Today, we have removed too many blocks! We humans have changed so much of the world's ecosystems. We have transformed the landscapes by removing or relocating species partially or sometimes entirely.

"Shaving" so much of the earth's surface clean, even in your own backyard, has changed many essential processes. Removing native plants and trees, hardening surfaces, installing artificial lights at night and spraying insecticides, have all reduced biodiversity on a global scale, and have even contributed to the increase of the overall surface temperature of the Earth.

## Why Turtles are heroes

Turtles are one-of-a-kind vertebrates that have incorporated a shell into their skeleton. A turtle's shell is made up of a fused rib cage and spine which has remained relatively unchanged for nearly 200 million years!

Turtles were likely here before all the



dinosaurs, they certainly have outlived the dinosaurs and they survived five mass extinctions.

Turtles have incredible navigation abilities, and using chemicals in their brain as well as the sun, they travel between many habitats and ecosystems following very specific routes.

They always know exactly where they are going! It's not only where turtles go that is important, but what they are doing there, carrying and delivering!

Many turtles are scavengers and get their nutrients by eating dead things from the bottom of waterbodies, in addition to eating small living plants and animals. In the lakes, rivers, ponds and wetlands that they occupy, they are effectively the cleaning crew, removing sources of harmful bacteria.

This "nutrient" cycling keeps all of the living things in those ecosystems, including us, healthy. Because turtles travel between both aquatic and terrestrial ecosystems they are a major source of energy transfer between the two.

Turtles' diets and unique digestive systems means that they carry and deliver the seeds, bacteria and nutrients from one habitat to another. They essentially leave the gift of restoration. Turtles help new plants

grow and ecosystems thrive; they bring new seeds and the necessary plant fertilizers across wide expanses as they travel between ecosystems, through their droppings!

But turtles are not just any harbingers of biodiversity: Turtles, and vertebrates in

general, retain a large proportion of nutrients, specifically nitrogen and phosphorus, in their bones. Nitrogen and phosphorus are essential nutrients needed by plants for their growth.

Because turtles have such a long-life span and grow slower and slower as they age, adult turtles no longer use these nutrients for bone growth; instead, they become stable sources of large supplies of essential nutrients.

The extra nitrogen and phosphorus that they get from the environment then gets carried and dropped off as they travel through their territories! For the seeds they leave behind, and the other plants in that habitat, turtles leave a trail of healthy and enriched biodiversity wherever they go!

Despite being on the planet for eons and surviving mass extinctions, turtles are now at risk of disappearing too.

Mortality from cars on roads, misinformed persecution (dangerous, threat to fish populations, etc.), and removal of turtles from their natural territories and environment, are all threatening the future of our heroes.

When any turtle species disappears from an ecosystem, a very large role, that cannot be filled by any other creature is left. Become a turtle guardian in your community! Watch out for them on roads, keep them in lakes, and spread the word.

*Submitted by Maggie Main*

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# Aberfoyle Fall Fair Welcomes Back Antique Tractor Pull

By Vinnie Klimkosz

After a brief hiatus due to construction on the fairgrounds, the highly anticipated Antique Tractor Pull is returning to the Aberfoyle Fall Fair.

With a newly constructed track ready for action, this year's event promises to be better than ever.

The Aberfoyle Fall Fair, a cherished tradition for nearly 180 years, is known for its rich history and vibrant community events.

Among these, the Antique Tractor Pull has always been a crowd favourite, drawing enthusiasts from near and far to witness the mighty machines of yesteryear in action.

This year's pull is set to take place on Friday evening, with weigh-ins beginning at 5:30 PM and the pulling commencing at 7:00 PM. Participants will be vying for cash prizes, which will be awarded on the night of the event. It's a thrilling spectacle of power and skill, showcasing tractors doing what they were built to do—work hard and pull with all their might.

But the excitement doesn't end there. On Saturday night, the fair will feature the Stoneboat Pullers, along with lawn tractor and ATV pulls. Weigh-ins for these events start at 1:30 PM, with the pulling kicking off at 3:00 PM.

It's an action-packed weekend that promises fun for all ages.

For those interested in participating or

seeking more information, please contact James Seeley at 519-400-7984 for the Antique Tractor Pull or Vinnie at 519-820-3639 for the Saturday events.

Additional details, including updated rules and classes, can also be found on the Aberfoyle Fall Fair website.

Don't miss out on this opportunity to be part of a historic tradition—come out to the Aberfoyle Fall Fair and experience the excitement of the Antique Tractor Pull and much more!

## 100 women who care



As 100 Women Who Care Guelph completes their 10th year of giving with their most recent donation to Hope House Guelph, they have crossed the \$500,000 mark in donations for local charities. That's half a million dollars put to work in support of fellow community members, friends, and families.

The 100 Women concept has proven to be a powerful grassroots funding strategy that has spread around the globe.

The Guelph chapter formed in October of 2014, arising from a conversation among friends who recognized the great need that exists in the community, matched with a great desire for people to contribute locally.

"The simplicity of the idea appealed to us," says Sharon Lewis, one of the co-founders of the group. "We never really set a goal for the amount raised, but we knew the direction felt right."

"When we began this endeavour, we had no idea how long it would last, or what kind of impact it would have, but we knew the potential was great. What we did have was a healthy dose of optimism, some great energy, and lots of ideas to bounce around the room," says Tannis Sprott, another co-founder.

That spirit has taken the group far. The inaugural meeting saw 98 members sign up. That number has grown over the decade to 175 members currently.





Their unflagging commitment and generosity have meant so much to local charities, allowing them to dream a little bigger, and to reach even more people in need.

The group's funds have supported 35 different charities, encompassing many of the issues facing our community from hospice care, food insecurity and mental health, to the library, gardening, and even the purchase of a horse for Sunrise Therapeutic Riding and Learning Centre!

The donation thermometer on the 100WWCG website was gleefully raised to \$1,000,000 this week as the group launches into its second decade. New members are always welcome. The next meeting is October 16.

To learn more about this group of women who care deeply about our community and are passionate about contributing to its health and vitality, and the charities they have supported, visit their website at [www.100womenwhocareguelph.com](http://www.100womenwhocareguelph.com).

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# Making home buying affordable with house hacking

By Amrit Gill

Let's face it: buying a house is pricey.

The average home in Guelph now costs over \$770,000, and the price is even steeper for a single-family home.

As housing becomes less affordable, creative buyers—especially first-time buyers and savvy investors—find new ways to own homes without breaking the bank.

Enter "House Hacking." This real estate trend is on the rise, sometimes out of necessity due to high housing expenses, but also as an intelligent way to turn a home into an income-generating property.

In cities where buying a home seems impossible, house hacking offers a solution. Creating multi-family properties allows you to generate passive income while living in your home.

## What Is House Hacking?

House hacking means renting out parts of your primary residence to offset mortgage and other expenses.

But it's not just about renting a room in your house. Think bigger—like adding a guest house or converting your basement into an apartment.

Essentially, you're creating a secondary living space that provides additional income.

Done right, house hacking can allow you to live in expensive areas for free, or even make money from your home.

## What Type of Property Should I House Hack?

Talk to your local realtor about the best options for house hacking in Guelph. Here are some common choices:

- **Duplexes:** Rent one part, live in the other.
- **Triplexes:** Similar to a duplex, but with three units.
- **Spare Bedrooms:** Rent rooms to roommates or Airbnb guests.
- **Accessory Dwelling Units:** Convert basements, garages, or build tiny homes.
- **Mobile Homes or RVs:** Rent these

on large lots.

- **Parking Spaces:** Rent out your driveway or garage space.

## Pros & Cons of House Hacking

### Pros

- **Cash Flow:** Extra monthly income can pay down your mortgage or fund other investments.
- **Financing:** Owner-occupied multi-units often get better mortgage rates.
- **Experience:** Learn valuable landlord skills with minimal risk.

### Cons

- **Landlord Responsibilities:** You need to understand local laws, lease agreements, and tenant management.
- **Living Near Tenants:** Expect less privacy and sharing your space.
- **Home Modifications:** You might have to give up parts of your home.
- **Higher Costs:** Detached homes are ideal but more expensive.

## Getting Started

House hacking is a great entry point for real estate investing. It offers immediate action and lets you learn by doing. Look for opportunities in up-and-coming areas to maximize gains.

## Costs and Creative Income Streams

Costs vary widely, but to maximize returns:

- Create separate apartments with extra bedrooms.
- Use local guidelines to build additional residential units or tiny homes.
- Check property values and renovation costs to ensure profitability.
- Get multiple contractor quotes.
- Charge enough rent to cover your mortgage.
- Consider additional income from garage spaces or parking.

## Short-Term Rentals

If long-term rentals aren't appealing, try short-term rentals on platforms like Airbnb. This can be a safer option, especially for women property owners using sites like Golightly.

## Tax Implications

Rental income from house hacking is taxable, but living in your home means no capital gains tax if you sell after a year. Consult an accountant to learn about tax write-offs.

House hacking is a practical and creative solution to high housing costs, turning homeownership into a viable and potentially profitable venture.

# Enjoy the outdoors without a tick!



Photo Tick Talk

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

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

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

**When you return, take time to specifically inspect these ten areas of your body** (favourite tick hiding spots):

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

**What to look for:** You may not notice a tick bite because ticks are tiny and their bites are usually painless. Feel your skin for bumps and see if there are any tiny black dots. Most people get Lyme disease after being bitten by:

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

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

**Don't forget to also check your pets!**

To learn more, visit [Canada.ca/LymeDisease](#). You will also find **awareness resources** available in multiple languages and for Indigenous communities.



# Your health matters

By Dr. Laura M. Brown, ND

*Are there nutritional supplements to support chemotherapy and radiation?*

There are numerous plant-based supplements that can make cancer treatment more aggressive or less effective. It is important to recognize both factors and be mindful of unwanted, unexpected outcomes.

The whole idea of cancer therapy is to kill the cancer cells and this can be hard on the healthy cells too. Plant based medicine, minerals, nutrients, may protect the healthy cells, help the body prepare for, and overcome, the side effects or damage from treatment.

Plant medicines demand respect for their strength in action. For example, some will increase or slow down the blood's clotting factors. Others will increase or slow down the liver's ability to process, or detoxify drugs.

We best be forthright with the oncologist during the course of treatment. Plant based medicines are potent, in fact are inspiration behind some of the most toxic chemotherapy drugs, like Taxol.

The utmost respect is well deserved for the process and timing, duration, interaction, and effect of anything one does at any time in natural or conventional health care.

Food as medicine is critical. Microbiome balance is critical. What you eat affects your microbiome and studies show imbalance of gut microbes in the gut can lead to inflammation and chronic disease states, hormone imbalances, and cancer. Gut and skin and organs need love and nurture.

On another note, there is controversy about whether or not antioxidants do or do not interfere with the actions of pro-oxidative cancer therapies.

Dietary amounts of antioxidants found in foods are not contraindicated. Small amounts of antioxidants found in most multi-vitamins are not usually contraindicated.

It is only the high doses that may cause for concern during the course of therapy. Care for the diet and microbiome are key components to healing and recovery from both cancer and the aftermaths of bystander tissue damage in radiation and chemotherapy.

Naturopathic doctors are educated to treat the patient, improve their terrain and balance physiology so the body can do its healing. Oncologists excel in treatment of the cancer.

There are some therapies that may be combined during the course of radiation and chemotherapy, but what is most important is education, careful consideration and full disclosure.

*Questions? [drlaura@southendguelph.ca](mailto:drlaura@southendguelph.ca)  
This article is for educational purposes only and is not for medical advice.*

# Family Activity

By Julia Preston



For many, September means a return to our regular schedules. As the weather cools and days get busier, it can be harder to spend time outside. Here are some simple ideas to enjoy the world around us.

## Reap the rewards



September is harvest time. Be part of it, whether you are picking your own garden, strolling through a farmer's market, or visiting a local orchard. If you happen to spot a combine in the fields around Puslinch, take a minute to watch and appreciate the work our farmers do.

## Hike of the month

Make September your shortest hike yet. A walk around the yard or down the driveway. A quick trail on the way home from school or work. Even five minutes in nature can make a difference in our moods.

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# Feeding children

Two local charities focused on children's nutrition are 'getting married' in an effort to better address childhood hunger.

It's an analogy Food4Kids and the Children's Foundation of Guelph and Wellington County are using to describe their newly announced merger on July 1.

The two organizations have been close allies for years, and are excited to seal the deal and hopefully expand their services, while offering the same services under a new name.

"The bottom line is that by joining forces, we will be stronger together. I believe that we'll be able to help more children in the long run," said Terrie Jarvis, volunteer program director for Food4Kids, which provides food packages for severely food insecure children in Guelph on weekends and holidays.

The Children's Foundation has

provided universal access to school breakfast, snack and lunch programs in Wellington, Dufferin and Guelph since 1999. It typically sees upwards of 20,000 students accessing the program at any given time.

Going forward, Food4Kids will operate under the Children's Foundation as the Keep Kids Fed @ Home program, and the foundation's Food & Friends program will operate as Keep Kids Fed At School.

Despite the name change, both programs will remain the same.

Food4Kids started in 2018 by Guelph Rotary clubs to combat kids going hungry on weekends.

"We just never anticipated how the need would grow, and grow and grow in the community to the point now that we're supporting more than 500 children, not only on school weekends, but also during school holidays," Jarvis said.

# Here4hope – call for nominations

Everyone has a role to play in preventing suicide and the goal of Here4Hope is to engage as many individuals and organizations as possible in this important work.

Here4Hope is calling for nominations for the 2024 Neil Dunsmore Power of One Award. Nominate someone whose efforts have made a difference to those struggling with mental illness or suicide. Perhaps they are an exceptional professional, a committed family member, or someone that has supported your recovery journey.

"The Power of One Award was inspired by Neil Dunsmore's Steps to Stop the Silence Walk from Elora to Ottawa in 2020," said Cecilia Marie Roberts, Project Lead for Here4Hope. "Neil's message to everyone was that we must not stay silent about mental illness and suicide."

Nominate someone today at [www.here4hope.ca](http://www.here4hope.ca). The 2024 Power of One Award will be announced on World Suicide Prevention Day – September 10, 2024.



## 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, Sept 16**



**[www.wellington.ca/yardwaste](http://www.wellington.ca/yardwaste)  
519.837.2601 | [wasteinfo@wellington.ca](mailto:wasteinfo@wellington.ca)**

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## What's Happening in Your Puslinch MARKET

*Puslinch Market Update*

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**AUGUST 2024**

- Single family homes are Down 14.3% from last year
- 15 New Listings up 7.1%
- 40 Homes for Sale up 37.9%
- Total of 6 Sales down 14.3%
- Avg DOM 64 up 52.4%
- Avg Sale Price \$1,849,167  
Stats from itsarealestate.ca
- BOC reduced its Target Overnight Rate to 4.5%
- Next announcement Sept 4 2024
- We expect a .25% drop

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# Tour de Guelph raises over \$204,000



The 11th annual Tour de Guelph, presented by Label Design Ltd. and Scotiabank welcomed a record-breaking 780 riders.

While the event continues to welcome donations to reach its \$200,000 fundraising goal, they are already celebrating a record-breaking year with an estimated \$204,000 net revenue.

Proceeds support Guelph General Hospital and numerous local

charitable programs through the Rotary Clubs of Guelph South and Guelph Trillium.

All three of Tour de Guelph's organizing partners, The Foundation of Guelph General Hospital, Rotary Club of Guelph South and Rotary Club of Guelph Trillium extend thanks to all who contributed to the event's success.

In addition to the 780 riders, more than 2000 people supported their fundraising with donations. Over 100 volunteers helped plan the event and helped on the day of the event. Dozens of local businesses contributed through sponsorship, as vendors, or by contributing in-kind service and product.

The Foundation of Guelph General Hospital's portion of the proceeds will help the Hospital expand their inventory to provide colonoscopies to keep pace with important, and often

life-saving, screening exams and medical procedures.

In addition to supporting Guelph General, a portion of the proceeds support dozens of local charitable organizations and programs through the Rotary Clubs of Guelph South and Guelph Trillium, making the event's impact far-reaching throughout the community.

Many local groups aimed at youth development, family support, and community building will be supported. Tour de Guelph takes place at the University of Guelph campus and across the city and county. All are all ages and abilities are welcome and encouraged to register, fundraise and enjoy a bike ride together.

Mark your calendar now for the 12th annual Tour de Guelph on Sunday, June 22, 2025. Full event details can be found on the Tour de Guelph website at [www.tourdeguelph.ca](http://www.tourdeguelph.ca).

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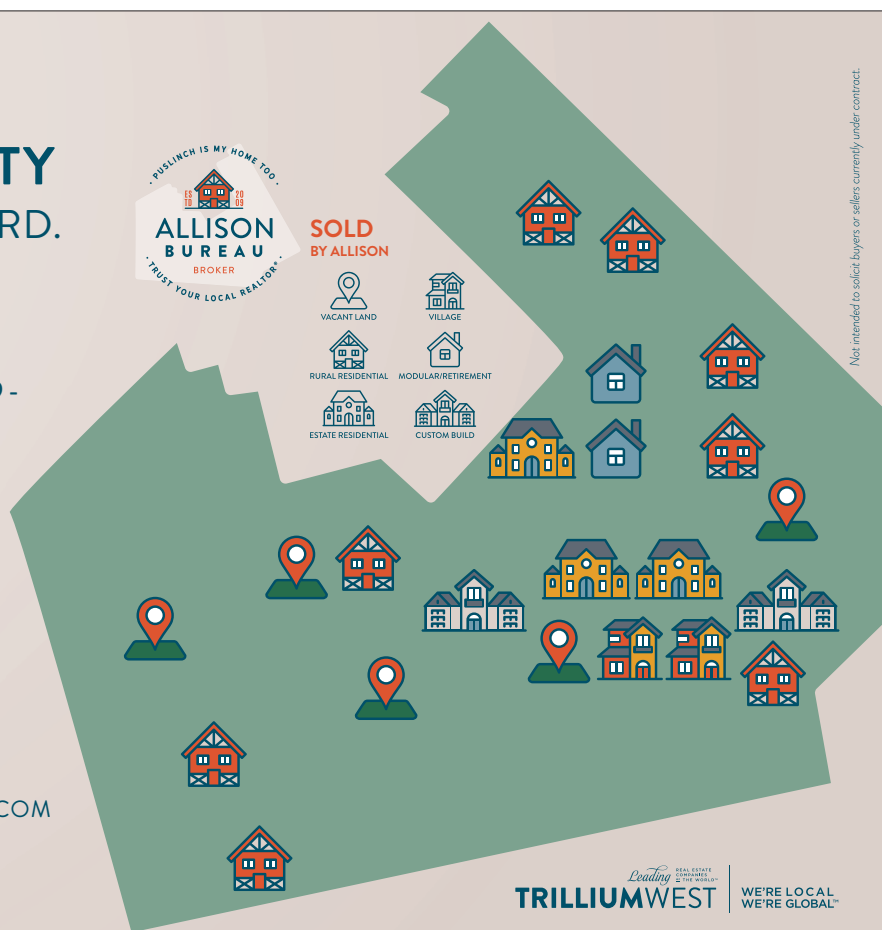


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# Puslinch Branch, Wellington County Library

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).

## Summer Scavenger Hunt – Sneaky Scarecrows (All Ages)

Dig through the stacks, wander past the computers, and keep an eye out for what might be hiding in the library! Drop in. September 3 to 28, during open hours

## Scrabble Club (Adults)

Join us for casual word building entertainment! Drop in. Wednesdays, September 4 and 18 from 1:00 – 3:00 pm

## Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, September 5 and 19 from 5:30 – 7:00 pm

## Book Club – First Friday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Friday, September 6, 1-2 pm

## Special Guest – Inflated Ego (All Ages)

Stop by the branch before your visit to the Fall Fair and enjoy the magic of balloon artists Inflated Ego! Kids will get their own balloon creation to take with them. Drop in. Saturday, September 7 from 11:00 am – 2:00 pm

## Creative Kids (Kids/Tweens)

Get crafty and learn new things with DIY, maker, and other hands-on activities just for kids. Please register. Wednesdays, September 11 and 25 from 3:00 – 3:45 pm

## Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, September 17 from 2:00 – 3:00 pm

## Craft and Create – Harvest Acrylic Painting (Adults)

Create a beautiful harvest painting on canvas! No experience necessary. All materials supplied. Please register. Tuesday, September 24 from 1:00 – 3:00 pm

## In Stitches – Fabric Hand Warmers (Tweens/Teens)

Learn basic straight sewing and use these skills to make some cozy hand warmers. Ages 10 to 15 years. Please register. Saturday, September 28 from 10:30 am – 12:30 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

- Archer, Jeffrey *An Eye for An Eye*
- Child, Lee *Safe Enough*
- Dave, Laura *The Night We Lost Him*
- Jance, J.A. *Den of Iniquity*
- Johansen, Iris *On the Hunt*
- May, Peter *The Black Loch*
- Moriarty, Liane *Here One Moment*

- Osman, Richard *We Solve Murders*
- Robb, J.D. *Passions in Death*
- Sparks, Nicholas *Counting Miracles*

## Non-Fiction

- Bishop, Kelly *The Third Gilmore Girl: A Memoir*
- Coe, Tyler Mahan *Cocaine and Rhinestones: A History of George Jones and Tammy Wynette*
- Godfrey-Smith, Peter *Living on Earth: Forests, Corals, Consciousness, and the Making of the World*
- Harari, Yuval Noah *Nexus: A Brief History of Information Networks from the Stone Age to AI*
- Heath, Chris *No Road Leading Back: An Improbable Escape from the Nazis and the Tangled Way We Tell the Story of The Holocaust*
- Macintyre, Ben *Siege: A Six-Day Hostage Crisis and the Daring Special-Forces Operation That Shocked the World*
- Parton, Dolly *Good Lookin' Cookin': A Year of Meals - a Lifetime of Family, Friends, and Food*
- Smarsh, Sarah *Bone of the Bone: Essays on America by a Daughter of the Working Class*
- Snyder, Timothy *On Freedom*
- Thompson, Wright *Barn: The Secret History Of Murder in Mississippi*



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# Eden Mills Writers' Festival

Canadian authors and readers of all ages will reunite for the 36th annual Eden Mills Writers' Festival (EMWF) on Sunday September 8, 2024, in the historic riverside village of Eden Mills, Ontario.

The outdoor event is a favourite for booklovers, and will feature 45 Canadian authors who will share their recently released books through panel discussions, interviews, readings, and more.

The lineup includes best-selling authors Cherie Dimaline (Into the Bright Open: A Secret Garden Remix), Hannah Mary McKinnon (Only One Survives), Heather O'Neill (The Capital of Dreams), Danny Ramadan (Crooked Teeth), Robert J. Sawyer (The Downloaded), Tanya Talaga (The Knowing), Drew Hayden Taylor (Cold), and Zoe Whittall (Wild Failure and No Credit River).

Also presenting at the festival are award-winning authors Premee Mohamed (We Speak Through the Mountain) and Shani Mootoo (Oh Witness Dey!), celebrated botanist Diana Beresford-Kroeger (Our Green Heart: The Soul and Science of Forests), and former CBC journalist Carol Off (At a Loss for Words: Conversation in the Age of Rage).

The Eden Mills Writers' Festival is a wonderful opportunity for readers to connect with their favourite Canadian authors in a magical outdoor setting, and to discover diverse new voices. Event attendees in the pre-Confederation village of Eden Mills will have the chance to hear from Vincent Anioke (Perfect Little Angels), Faith Arkorful (The Seventh Town of Ghosts), Cheryl Isaacs (The Unfinished), Deepa Rajagopalan (Peacocks of Instagram), Leanne Toshiko Simpson (Never Been Better), Anna Julia Stainsby (The Afterpains), Natalie Sue (I Hope This Finds You Well) and many more.

"We are delighted to offer everyone who loves books a fantastic 2024

program to enjoy in our beautiful riverside village of Eden Mills," says Theresa Ebdon, Chair of the Eden Mills Writers' Festival.

The EMWF's family programming includes poetry from Nicholas Ruddock, a graphic novel from Anna Humphrey, enchanting and entertaining picture books from SJ Okemow, Sahar Golshan, and Derek Mascarenhas, a novel for young readers by Danny Ramadan, and spooky stories from Jeff Szpirglas.



These sessions will involve interactive readings, fun activities, and engaging discussions with the authors, making it a fun-filled event for readers of all ages.

EMWF's Emerge! session is an exciting opportunity for emerging writers to share their work at the festival, including the winners of Read at the Fringe 2024, who are invited to read their winning entries, and some of the bright new writers in the University of Guelph's Creative Writing MFA Program.

The EMWF is grateful for the support of their funders and sponsors, including Angel Gabriel Foundation, Canada Council for the Arts, Department of Canadian Heritage, Waterloo Region Community Foundation – The Musagetes Fund, Ontario Arts Council, The Government of Ontario, Ontario Trillium Foundation, City of Guelph, and the County of Wellington.

Advance tickets to the festival are on sale now and available at a reduced rate until August 31. Admission is free for children and offered at a discount for students with ID. Tickets and further details are available at [emwf.ca](http://emwf.ca). Media inquiries can be directed to Alexandra Moorshead at [executivedirector@emwf.ca](mailto:executivedirector@emwf.ca).


The Children's Reading Room promotes literacy in children and provides free books to children. If you have children's books to donate, please contact [anneday@daybreakfarm.ca](mailto:anneday@daybreakfarm.ca) or 519 767 9383.



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# Canada Community Building Fund

The Township of Puslinch announced an investment of more than \$215,000 from the federal government's Canada Community-Building Fund (CCBF) into a local road rehabilitation project.

Approximately 3.7 kilometers of Watson Road South will be repaved between County Road 37 (Arnell Road) to Maltby Road East.

The work will include pulverizing of existing surface, repaving, and the replacement of three underground culverts.

The Township has budgeted \$756,036 for the project, with \$215,121 coming from the CCBF. The project is slated for completion by the end of 2024.

"This project is a huge endeavour for the Township of Puslinch. The rehabilitation of Watson Road will extend the lifespan of the road by more than two decades, and improve overall safety for motorists," said Township of Puslinch Mayor James Seeley.

"Having access to a permanent source of funding like the CCBF is crucial to completing largescale capital road and culvert projects like this one. We are thankful for these investments in our community."

"Maintaining local infrastructure is essential for growing communities," said the Honourable Sean Fraser, Minister of Housing, Infrastructure and Communities. "Repaving roads and replacing culverts is necessary work that ensures safe and efficient travel and drainage. We will always be there to partner with communities like Puslinch to meet the needs of Canadians from coast to coast to coast."

The Canada Community-Building Fund is a permanent source of funding for municipal infrastructure.

It is predictable, long-term and stable, and is helping Ontario's municipal governments address a massive, province-wide infrastructure deficit while improving environmental sustainability and creating jobs and economic growth.

The Association of Municipalities of Ontario (AMO) administers the Fund to all municipalities in Ontario, except for the City of Toronto.

To learn more about the Canada Community-Building Fund in Ontario visit <https://www.buildingcommunities.ca/>

## 60s, 70s, 80s music

By Anne Day

Looking for a fun night out, come check out Thomas Kovacs at the Danish Place! He's performing on September 22, October 20 and November 17.

Come for dinner or just a drink, you will soon be singing along to the music.

We went a few months ago with some neighbours and it was a real blast from the past.

Music starts at 5pm!  
Be ready for a great night full of your favourite hits of the 60s 70s 80s, and maybe even some dancing.

There is no admission fee.

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# Hive update from Honey Bee Research Centre

The word for the hive update this spring is 'mixed'. We had a 30 percent loss, which is our highest loss ever.

Unfortunately, the hives in our overwintering room did not do well.

The health of these hives was already challenged going into the winter and with the cool weather in March, we left our bees in for an extra two weeks, which probably did not help.

However, our outdoor hives, which were our best hives going into the winter, did well. Some of our weaker hives perished in March and some in May, but by the end of May, any weaker hives that survived began to thrive.

This spring, we also purchased 64 colonies, from Munro Apiaries, for Ph.D. candidate, Wissarut Sukhaket's, study on Nosema disease.

We took splits from the colonies using an interesting method to ensure uniform genetics and parasite and Nosema load. We shook bees from two brood frame splits into a screened bulk bee box.

We then measured out six cups of bees for each split. The split got their original queens and the original colonies got queen cells.



The first thing we did was find the queens in all 64 colonies.



We lightly misted the bees with water to ensure they wouldn't fly away!



The bees are then poured into their new brood chamber with two brood frames.

The splits went well and we now have more colonies than ever, coming to a total of 380!

## Fall Yoga Retreat

October 22-23

This mid-week retreat offers the perfect opportunity to enjoy two days of rest, nurture and laughter. Join Missi Chenier, for a mid-week 'time out' on your own or with a friend. at Crieff Hills Centre.

This retreat requires absolutely no yoga experience and is suited to all shapes and sizes. Props are provided and we have mats if you don't have your own. Come to catch your breath in the middle of the busy fall season.

What's included? Overnight accommodation, all program sessions, buffet meals, snacks and beverages, free parking and wifi.

Cost for a private room with adjoining bathroom: \$420 per person.

Registration: go <https://crieffhills.campbrainregistration.com>

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# ASK THE EXPERT

By Susan Mason

## Are there roses that are hardy, disease-resistant and pollinator/wildlife-friendly that grow in the shade?

This appears to be a tall order but there are such roses. I know because they thrive in my shady garden.

Over the past years, environmental issues have been raised that affect how we garden: climate change, sustainability and pollination, to name a few.

We are encouraged to garden with natives, pollinators and non-invasive plants.

### Where is the rose in this conversation?

The Rose timelessly remains the most popular flower since its cultivation 5,000 years ago. I too love the rose: its history, scent, colour, beauty and I have always wished to have them in my own garden.

When I started gardening, I was reluctant to grow roses. I thought they needed full sun and rich soil which I did not have, due to a shady tree canopy and tree roots competing for moisture.

At that time, the Modern Roses were out-of-favour, especially the Hybrid Tea. Modern breeding programs sacrificed scent and pollination over larger petal count, for instance. The popular Tea was prone to disease. It required much care and attention- too challenging for me.

It was only when I researched the history of roses that I realized that there are roses that do not need full sun and such intense care. As well, many roses are excellent for pollination and their hips feed wildlife.

At that point, I started experimenting with roses.

There are many categories of roses to

choose from for shade. I started with locally grown **Native Species Roses** that are now 20 years old:

Rosa blanda- "Smooth Rose". Pink. Scented. Fewer thorns. Hips.

Rosa palustris- "Swamp Rose". Pink. Scented. Prickly. Hips.

### Hybrid Rugosa Shrubs:

They are exceptionally hardy and tough. Often with scent and hips.



Alba

"Therese Bugnet" "Blanc Double de Courbert", "Alba", "Henry Hudson", "Dart's Dash", "Hansa".

### David Austin English Roses:

Bred for their scent and beautiful form:

"Gertrude Jekyll", medium pink, vigorous, tough. Climbs to reach for the sun above shrubs.

### Canadian Roses:

The Canadian program bred roses for our harsh winter at zones 2 and above.



William Baffin

"William Baffin", fuchsia, tall climber, known for no winter dieback, tough, repeats.

"Lucy Irene", "Oscar Peterson".

### Historic Roses:

**The Alba Roses:** "Rosa Maxima"/ "Jacobite Rose", 15th c. during War of the Roses, white with grey-green leaves, beautiful, highly scented, once only, hips.

### The Gallica Roses:

Rosa Mundi", Roman times, unusual stripes and streaks of fuchsia and white (like a pinwheel), scented, once only, hips.

**Moyesii Roses:** "Geranium", red, large shrub, prickly, hips.

### Ramblers:

The ramblers grow very tall, up trees and over pergolas.

"Darlow's Enigma", "Rambling Rector", "Paul's Himalayan".

### 20th Century:



The Fairy

"The Fairy", Polyantha shrub, small pink flower, 3 ft, profuse blooms, repeats.

"Ballerina", Hybrid Musk shrub, pink with white eye, 4-5 ft, scent, some repeat.

"New Dawn", climber, pale pink, beautiful blooms, repeats.

Finally, I have roses that grow in shade. And roses that mark history in my garden from Roman times to the 21st Century!

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# Cook's Corner

By Barbara Paterson

*This casserole is a great way to enjoy a variety of vegetables in one delicious dish. The creamy dill sauce complements the casserole perfectly.*

## Autumn Vegetable Casserole



- 2 large potatoes
- 1 carrot
- 1 small cauliflower
- 1 small broccoli
- 1 leek or mild onion
- 1 tbsp. salt (to add to boiling water)
- 7 tbsp. olive oil, separated
- 1 red or orange bell pepper

### Batter

- 3 eggs
- 2/3 cup milk
- 1 cup all-purpose flour
- 1 tsp. salt, or to taste
- Black pepper, to taste
- 1 tsp. dried herbs such as thyme, oregano, rosemary or tarragon
- 1 cup shredded mozzarella cheese

### Dill Sauce

- 2 tbsp. Greek yogurt or drained plain yogurt

- 2 tbsp. mayonaise
- 1 clove garlic
- 1 small cucumber
- Fresh dill

1. Peel and dice the potatoes and carrot. Cut the cauliflower and broccoli into bite-sized pieces. Boil these vegetables in salted water for 5-7 minutes until slightly tender. Drain and set aside.
2. In a skillet, heat 2 tbsp. of the olive oil over medium heat. Slice the leek or onion and dice the red pepper, then sauté until soft. Set aside.
3. To prepare the batter, whisk together the eggs, the rest of the olive oil (5 tbsp.), and the milk. Gradually add the flour, salt, pepper and herbs, whisking until smooth.
4. Place the blanched vegetables, leek and bell pepper in a greased baking dish. Pour the batter over the vegetables evenly. Sprinkle cheese on top.
5. Bake in a 350°F oven for about an hour until the top is golden brown and the batter is set.

### Dill Sauce

While the casserole bakes, mix together the yogurt, mayonaise, minced garlic, grated cucumber and chopped dill in a bowl. Season with salt and pepper to taste. Serve on the side.

## Chocolate Zucchini Bread

*This bread is good way to make use of zucchinis which are abundant at this time of the year.. It is moist and nutritious and no one will recognize zucchini as the secret ingredient.*



- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 1/3 cup quick-cooking rolled oats
- 1 tsp. baking soda
- ½ cup soft butter
- ½ cup white sugar
- 2 eggs
- 2 tbsp. plain yoghurt
- 1 tsp. vanilla
- ½ tsp. grated lemon rind
- 2 cups shredded zucchini
- 4 oz. chopped bittersweet chocolate
- ½ cup chopped walnuts

1. Melt chocolate in a small pot or microwave it.
2. Combine flours, oats and baking soda. Mix well and set aside
3. In a large bowl, cream together butter and sugar until light. Add 2 eggs, plain yoghurt, vanilla and lemon rind, beating well. Stir in the zucchini.
4. Add the flour mixture in 2 additions, then add ½ cup walnuts and the melted chocolate.
5. Grease a loaf pan and line it with parchment paper. Bake the loaf in a preheated 350°F oven for 45 minutes or until a toothpick comes out clean.

Cool on a rack. Enjoy!



# Michael Chong

Member of Parliament,  
Wellington - Halton Hills



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319 Brock Rd. S & 401, Puslinch, ON,  
NOB 2J0  
For Rental and Other Information  
519-763-1163 [office@duffschurch.ca](mailto:office@duffschurch.ca)  
[www.duffschurch.ca](http://www.duffschurch.ca)  
[www.facebook.com/duffschurch/](https://www.facebook.com/duffschurch/)  
Pastoral Leader: Rev. Don McCallum  
[donpmccallum@gmail.com](mailto:donpmccallum@gmail.com)

## EBENEZER UNITED CHURCH

12274 Guelph Line, (Just North of 20 Sideroad) N of 401, Campbellville, ON  
LOP 1B0  
905-854-2423  
Webpage: [www.ebenezeruc.ca](http://www.ebenezeruc.ca) - Like us on Facebook  
Minister: Rev. Jeff Werner  
Music Director: John Zadro  
• Regular Sunday Worship, 11:00 am.

## FREELTON STRABANE UNITED CHURCH

*To live our discipleship with integrity and grace.*  
1565 Brock Rd. (Brock Rd & 8th Conc W.),  
Strabane, ON LOR 1K0  
Church Office - 905-659-3380  
[www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca)

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

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

## HISTORIC ELLIS PIONEER CHAPEL

6705 Ellis Road, Puslinch, ON  
Email: [brendalaw@hotmail.ca](mailto:brendalaw@hotmail.ca)  
• September 15th Concert Two of a Kind '50's '60's and old country music.  
All events begin at 2:30 pm followed by refreshments in the garden.  
Free-will offering only.

## KNOX PRESBYTERIAN CHURCH, CRIEFF

17156 Concession 1, Puslinch, ON NOB 2J0  
519-824-8757  
[www.pccweb.ca/knox-crieff/](http://www.pccweb.ca/knox-crieff/)  
[www.facebook.com/knoxpresbyterianchurchcrieff](https://www.facebook.com/knoxpresbyterianchurchcrieff)  
• Sunday Worship at 10 am.

## MOUNT CARMEL-ZION UNITED CHURCH

in Morriston at the corner of Church & Victoria Streets, Morriston, ON NOB 2C0  
Minister: Rev. Margaret Ruggles  
519-822-8610  
[www.morristonunitedchurch.com](http://www.morristonunitedchurch.com)  
Email: [morristonunitedchurch@gmail.com](mailto:morristonunitedchurch@gmail.com)  
• Sunday Worship at 10:30 am.  
Monthly donations to Chalmers Community Services Centre for the month of September is canned vegetables and peanut butter. Skim milk powder and toilet tissue are always needed, and all donations are appreciated.

## OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

79 Freelton Road, Freelton, ON LOR 1K0  
905-659-3305  
Fr. Arpee Urquico  
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• Saturday: 5:00 pm  
• Sunday: 9:00 am and 11:00 am.

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Email: [GuelphSA.office@salvationary.ca](mailto:GuelphSA.office@salvationary.ca)  
Majors Peter and Lee-Ann van Duinen  
• Worship Service: Sunday 10:30 am  
• Sunday School: 10:30 am (Age 2 to Grade 6) Please check the website for more information.

## SEVENTH DAY ADVENTIST REFORM MOVEMENT CHURCH

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email: [dorin\\_sdarm@yahoo.com](mailto:dorin_sdarm@yahoo.com)  
[www.sdarm.ca](http://www.sdarm.ca)  
Elder: Paul Gavric  
Pastor: Dorin Burca

## ST. JAMES' ANGLICAN CHURCH

520 Ellis Rd. (beside Hespeler Arena, west of Townline Rd.) Hespeler - Cambridge, ON  
N3C 0E6  
Rector Rev. Sharla Maliff  
519-658-4547 or [rector@stjamesang.ca](mailto:rector@stjamesang.ca)  
Honorary Priest: Rev'd John Phillips  
Website: [www.stjamesang.ca](http://www.stjamesang.ca)  
Facebook: <https://www.facebook.com/stjamesang>  
• Sunday Services  
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.*

## BADENOCH CHRISTMAS CRAFT SALE VENDORS

IF you are interested in having vendor space in the Badenoch Christmas Craft Sale **Saturday, November 30th**, 10am till 3pm and **Sunday, December 1st**, 11am till 3pm. please contact Flo. at 519 763-9782.

## BADENOCH CHRISTMAS CRAFT SALE.

Held at the Badenoch Community Centre, 4217 Watson road S. Puslinch. **Saturday, November 30th** 10am till 3pm and **Sunday, December 1st** 11am till 3pm. Save the date and bring a friend.

## BADENOCH MUSIC NIGHT

**Friday, September 13th**, 7 pm at the Badenoch Community Centre, 4217 Watson Rd. S, Puslinch. Everyone welcome! PLEASE NOTE DATE CHANGE due to Aberfoyle Fall Fair September 6th.

## COOKING WITH THE SAINTS

**Saturday, October 5th** at 1 p.m. at 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

## DUFF'S FALL BAZAAR

**Saturday, October 19th**, 9:30am -12:30pm at Duff's Church, 319 Brock Rd. Bake, Deli, Candy, Stitchery & Craft, Country Store, Grandma's Closet and Kid's tables. Take-Out Lunch - Homemade Soup, Sandwiches and Pie.

## EUCHRE

**Friday September 6th & September 20th** at 7 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Marie at 905-659-1021.

## FREE EXERCISE CLASSES FOR 55+

The Victoria Order of Nurses offers a free exercise class for individuals 55+ who want to maintain their health and independence. The class focuses on aerobic endurance, balance, flexibility and strength. This class is Monday, Tuesday, Wednesday and Thursday at 9:15 am located at Duffs Presbyterian Church. For registration please contact Danielle 519-803-0144.

## HISTORIC ELLIS PIONEER CHAPEL TWO OF A KIND CONCERT

**Sunday, September 15th** at 2:30 pm. Two of a Kind concert - music of the '50's '60's and old country music. Ellis Chapel, 6705 Ellis Road, Puslinch. Admission by donation.

## "IT'S SEW FUN" SEWING GROUP

**Mondays at 12:00 - 4 p.m. Resumes Monday, September 9th.** Freelton Strabane United Church, 1565 Brock Rd., Strabane. For info, call Linda at 289-962-6737.

## OLD FASHIONED HYMN SING

Kirkwall Presbyterian Church at 1545 Kirkwall Road is hosting an Old Fashioned

# Inside the Back Page . . .



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Hymn Sing, on **Saturday October 26th** at 6:30 p.m. Good music, old hymns, stories and good memories. Come join us!

### **SENIOR'S OUTREACH PROGRAM & LUNCH**

**Wednesday, September 11th** at 11:30 a.m. Doors open at 11 a.m. at Freelon Strabane United Church, 1565 Brock Rd., Strabane. Guest Speaker is a Paramedic from The Hamilton Paramedic Community Care Program. Free will donations accepted with lunch to follow. Call 905-659-3314 to register.

### **SUNRISE 'LITTLE BREECHES'**

Sunrise Therapeutic Riding & Learning Centre provides a fun, safe introduction to horses and outdoor enrichment for children of all abilities, ages 4-12. Five 2-hour visits all on Sundays: **September 29, October 6, 20, 27, and November 3** is Riding Day! To register call Lynne at 519-837-0558 x31.

### **SUNRISE VOLUNTEERS NEEDED**

Assist as a Volunteer Leader or Side Walker in therapeutic riding lessons taught by certified Instructors. Weekdays, evenings and Saturdays. 1.5 hours per week minimum commitment. Ages 14+, training provided. To apply, contact Fiona at 519-837-0558 x35. Call now to register for our next training clinic.

### **TECH TUESDAYS FOR SENIORS**

**Tuesday, September 17th & Tuesday, October 1st** at 1 p.m. at 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.

### **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](mailto:normareeve9@gmail.com) or [keith.marcy@outlook.com](mailto:keith.marcy@outlook.com) or 519-623-0219

### **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).

#### **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](http://ellischapel.ca). Contact Brenda Law at 519-767-2462 or [ellischapel@sympatico.ca](mailto:ellischapel@sympatico.ca)

#### **OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE**

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.

#### **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](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).

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