

Cultivating an attitude of gratitude

By Anne Day

I seem to recall that at this time last year, just prior to Thanksgiving, I was lamenting all the awful events happening around the world, never mind the natural disasters.

And here we are a year later, and it's worse – now we have war in the Middle East, and the war in Ukraine is still going on.

Plus, there's the election south of us where we await anxiously to learn who will be the next President.

All scary stuff. I've decided it's time for an attitude adjustment and I have been turning to books that share wisdom and coping strategies, which I want to share with you now, as we celebrate Thanksgiving.

One such book is *Infectious Generosity* by Chris Anderson. He starts by describing The Mystery Experiment, through which people were given \$10,000 from a secret benefactor. All the recipients had to do was spend it in three months, and account how they spent it.

They selected 200 people from around the world, all with different backgrounds. The results were fascinating – the majority gave away two-thirds of the money – to family, friends, causes and charities. They chose to pay it forward.

But as Anderson points out there are several ways to give back that are not about money – attention, knowledge, and connection, to name just a few.

"Many of the most awe-inspiring and effective examples of generosity are gifts of time and energy, talent and love, custom-fitted to a specific need. This type of giving is open to everyone."

So, the challenge is on. How can we, as a community,



continue our acts of generosity?

It requires a shift in attention – from ourselves, to the needs of other people. When we listen and pay attention, we show we care. Learning about other people's lives and challenges can put our own in perspective.

Sharing your knowledge and expertise with someone is a gift, one with a ripple effect. Think about volunteering, and lending your skills to an organization that would greatly benefit from that knowledge exchange.

Perhaps there's a young person you know that needs a job and you can help make the connections to get the teen on the right path.

One of the questions Anderson asks in the book is "What have you seen recently that gives you hope?" And as we approach Thanksgiving and gather with our loved ones, maybe that is a question we ask ourselves and we build on it.

Editorial

There is a tone of reflection in our issue this month – perhaps it’s because of Thanksgiving or maybe we are wrestling with what is happening in the world and seeking something positive.

Kristine O’Brien starts us thinking about our spirituality and how we can achieve peace and calm with everyday occurrences like birthdays. Marjorie Clark reminds us of how far we have come from when she grew up in Puslinch in the 50s.

On a more practical level, we gain a better understanding of the pros and cons of teeth whitening and the low down on glucosamine.

We received more articles than we could fit in to this issue, and so we will be mailing out a special issue of *Pulse* so we have kept you up to date and informed. To receive *Pulse*, you can sign up by emailing me at editorpuslinchpioneer.com

And at the community level, we’ve got information on the upcoming Rural Romp, as well as the Community Showcase on October 5. We will be at the Showcase, be sure to come by and say ‘hallo.’

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
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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, October 11th, 2024**

Letter to editor

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

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Letter to the Editor

I have just finished reading your wonderful magazine which was loaned to me by a friend.

I loved it!!!

It's so community focused as well as extremely informative.

Would you kindly add my name to your mailing list?

Theresa Fox
Dundas

Council Clips

Fire and Rescue Services:

Council authorizes replacement of Pump 31 Truck through the Co-operative Purchasing Program.

TAPMO: (Top Aggregate Producing Municipalities of Ontario)

Invited Kevin Mitchell to provide a presentation on aggregate rehabilitation at TAPMO's Annual General Meeting at AMO.

Heritage Advisory Committee:

Twenty-six additional properties are to be added for designation in 2025 and a proposal made for the installation of updated plaques on designated properties.

Puslinch Minor Soccer:

Soccer program is up and running at the PCC grounds.

Sunday Gun Hunting:

Robert Stark appears before Council to present proposal to amend current Township By-law to allow Sunday gun hunting in Wildlife Management Unit 87C (Puslinch Twp).

General Surplus:

2023 general surplus amount of \$28,203 be allocated to the Asset Management Discretionary Reserve.

Rural Economic Development Program:

Council enacts by-law authorizing the entering into an Agreement with the Minister of Agriculture, Food and Agribusiness for the Rural Economic Development Program for revitalizing the downtowns in Aberfoyle and Morriston.

Black and Ord Family Plaque:

Installed at the PCC grounds.

Indigenous Land

Acknowledgement Open House:

Archaeological Services Inc came and gave a presentation on Puslinch's Indigenous history as well as the archeology of Puslinch.

Doors of Puslinch Poster:

Now available.

Puslinch Community Showcase:

To be held Saturday October 5 at PCC Complex from 10 am to 2 pm.

Boreham Park Green Legacy Tree Planting Update:

Provided to Youth Advisory Committee with an update on the engagement opportunity and next steps.

Highway 6 Mid-block Interchange:

New bridge now open and access to Hanlon from Maltby Rd/Conc 4 is closed.

Intersection of Wellington Rd 34 and Hanlon is now closed for new bridge.

Human trafficking talk

You are invited to join the Guelph Police Service, Victim Services and Crime Stoppers as we explore the prevalence and impacts of human trafficking in our community featuring guest speaker Kaitlin Bick.

Kaitlin Bick is a survivor of domestic sex trafficking who uses both her lived and professional experience to support and advocate for others.

Kaitlin facilitates workshops and training to service providers and is dedicated to bringing awareness to domestic human trafficking and ending homelessness.

This event will take place on Monday, October 7th at 6:30pm, at the Guelph Police Service, 15 Wyndham Street South.

If you have any further questions, please do not hesitate to contact Jaclyn Millson at jmillson@guelphpolice.ca or D/S/Sgt. Melanie Clark at mclark@guelphpolice.ca



TOWNSHIP OF PUSLINCH
(519) 763-1226

Council and Committee Meetings

(519) 763-1226

Youth Advisory Committee Meeting:

October 7th at 6pm

Committee of Adjustment and Planning and Development Advisory Committee Meeting: October 8th at 7pm

Council Meeting: October 9th at 10am

Public Information Meeting - 2025 Proposed User Fees and Charges: October 9th at 7pm

Recreation Advisory Committee Meeting: October 15th at 7pm

Council Meeting - Road and Facility Tour with Department Heads and Council:

October 17th at 10am

Council Meeting - Present Proposed Budget and Capital Budget Sheets: October 23rd 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

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.

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.

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)

In Memoriam

James Hislop Smith



It is with deep sorrow and sadness that we announce the passing of James Hislop Smith at his home at the age of 92 on August 11, 2024.

He was predeceased by his parents and his wife of 64 years, Irene Jeffrey Williamson.

Jim will be missed by his sister-in-

law, Mary Ganson (Ian, deceased), his children, Jeffrey Smith (Louise), Kirstie Steip (Al) and Elizabeth Wyatt (Joe), his grandchildren, Gillian Lorentz (Taylor), Ethan Steip (Taylor), Glenn Steip (Lindsay) and Michael Steip as well as his niece Irene Light (Steve) and nephews David Ganson and Ian Ganson as well as many friends and extended family.

The family wishes to acknowledge the exceptional care of Dr. Ryan McArthur and the incredible team at Peace of Mind Care. Our deepest heartfelt thanks for looking after Jim over these past three years.

A private family gathering will be held. Arrangements entrusted to WALL-CUSTANCE FUNERAL HOME & CHAPEL (519-822-0051 / www.wall-custance.com).

Memorial contributions to the Foundation of Guelph General Hospital or a charity of your choice would be appreciated.

A tree will be planted in memory of James H. Smith in the Wall-Custance Memorial Forest.

To read the full obituary, visit <https://wallcustance.com/acf-death-notice/james-jim-h-smith/>

Books for children

By Anne Day



It was a windy, unseasonably cold Sunday when we set up our booth at the Eden Mills Writer's Festival.

So windy, that there were times when we had to hang on to our tent – a Mary Poppins moment you could say.

But it was all worth it, as we received over 110 children's books for our Rotary Club (Guelph Trillium) to pass on to the Children's Reading Room in Guelph.

The Children's Reading Room gives out free books to children who might not otherwise have books in their home.

Our thanks to all those who donated books.

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- 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

Scott Young

New eatery in Puslinch

By Anne Day



Source: www.freshtoast.ca

Together with other diners, we got to enjoy breakfast at the newest restaurant in town – French Toast.

Located across from the community centre at 30 Brock Road South, the new café offers breakfast and lunch, as well as having patio seating outside.

An extensive breakfast menu was available from omelets, pancakes, French Toast, as well as lighter options

such as yogurt and fruit.

For brunch or lunch options range from light, refreshing salads and gourmet sandwiches to satisfying, hearty mains.

Newly decorated, with a fresh look inside, it's worth a visit to sample what they have to offer.

Owner, Sera is new to Aberfoyle, so please give her a warm welcome.

www.freshtoast.ca

Optimist Club awards scholarships

By Don McKay

The Optimist Club of Puslinch has once again awarded scholarships to assist youth and families of the Township of Puslinch with educational expenses and to promote the Club as an organization committed to the

advancement of education.

This was the 23rd year that the Club has offered the scholarship program. Since its inception in 2001 the club has awarded over \$70,000 in scholarships.

Three scholarships of \$1500 each were available for the 2024-2025 school year. The scholarships were split into three streams; an academic scholarship; a community college scholarship; and a vocational-technical scholarship.

At the closing date for submissions the Club had received five applications for either the academic or community college scholarships.

Unfortunately, there were no applications for the vocational-technical scholarship. The successful applicants are; academic scholarships, Ms. Ellie Schlotzhauer and Ms. Elisa Napier and community college scholarship, Ms. Sydney Huether

The Optimist Club wishes to thank all those who submitted applications and wish them well in their careers.

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Fall Fair Fun

By Joanne Holt



Well, another year of fun and agricultural education is behind us.

The Aberfoyle Fair was a tremendous success again, with the rain and bad weather, holding back nothing that a warm sweater wouldn't solve.

We had the antique tractor pool Friday night with bouncy castles, fair activities, lots of people showing up then Saturday was in full swing.

If you didn't get to experience the planetarium, you really did miss out. Here's hoping we can get a science centre in town.

And then we had all the activities going on - races, the animals, food trucks, the vendors - it was all good and my goodness over 80 zucchini racers zooming down that track was a vision to behold.

The directors and members of the Aberfoyle Agricultural Society would truly like to thank the community for their support, and also all the donors and vendors that have made it possible to put on this event.

It's hard to understand that a not-for-profit organization can fund raise enough to make this event a success.

Yes, we are all volunteers but yes, we have very large expenses that keep growing each year. For those people that inquired, we do not pay our volunteers, but we do have expenses.

Please support the vendors and the sponsors that we had.

Check out our website because they came through to make this event a success.

We will be back next year and hope to expand on the advances we made this year.

Could you please go on line to *engage-Puslinch.ca* and give us feedback as to how we can improve and what you liked this year that we can bring back.

If you wish to volunteer to help out, there's a place online where you can add that and we will be in touch.

Again, a very sincere thank you to all who came out and supported the 182nd Aberfoyle Fall Fair. We will see you next year, the weekend after Labour Day.

Whistle Stop Co-op Preschool Inc

By Regina Williams

We are so excited to start another preschool year at Whistle Stop on September 9, 2024.

We hope everyone had a wonderful two months off for the summer, and we are so ready to get back into the swing of things.

Our program has only just begun for the year, but the children seem to be adjusting nicely to the routine of the classroom.

Some of the sad, unsure faces have turned into happy, confident faces that look forward to what the morning has in store for them.

The children have also been making some good connections with their new friends and reuniting with friends from the previous school year. It is very rewarding for us as teachers to witness this transition.

We would like to thank the parents, too, for taking on duties to help our preschool run smoothly and efficiently. It is truly appreciated.

So far, we have discussed what we do at preschool and how special each and every child is. For the month of October, we will be exploring Thanksgiving and all about fall and the beauty of the leaves changing colours. Pumpkins, jack-o-lanterns and Black and Orange Day will also be part of our October activities.

Whistle Stop is a community-run, ministry-licensed preschool catering to Puslinch and surrounding areas. It has offered a program that encourages a child's love of learning since its establishment in 1987.

Being a co-operative program, parents and guardians come together as a community to help maintain school resources, volunteer and assist with fundraising to keep costs manageable.

The preschool runs three mornings a week, from 9 to 11:30 on Mondays, Wednesdays and Fridays in the Puslinch Community Centre.

Please call 519-239-9878 or message teacher@whistlestoppreschool.com for more information. We currently have limited spaces available. www.whistlestoppreschool.com

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Ironfin's commitment to the local community is equally profound, as the company dedicates its resources to supporting local businesses and projects. Founder Tudor Whiteley, with his extensive background in design and leadership, has steered Ironfin towards not only serving large-scale corporations but championing local initiatives. Ironfin offers specialized services such as aerial footage for farmers and marketing visuals for local enterprises. They are continuously looking for ways to support Puslinch businesses and their recent projects highlight just how to make positive impact on the community. Ironfin volunteered to update the Crown Cemetery's website (crown cemetery.ca) and created a 3D augmentation for Aberfoyle Public School, showcasing how the school would be raising funds to improve their playground. Supporting Ironfin means investing in a business that enhances both local charm and operational efficiency, contributing to a vibrant, connected, and prosperous community.

To view the 3D augmentation of Aberfoyle Public School, scan the QR code to the right.



Human Trafficking Awareness



Rotary’s Eradicating Human Trafficking Committee (EHTC) is launching its biannual lawn sign campaign on October 1st!

Human trafficking is a major issue in Ontario. Every day, Canadian women and girls are trafficked along the

401 corridor and sexually exploited in motels, hotels, parking lots, and other locations.

Their rights are stripped away and they are treated like monetary assets. This appalling crime has to stop.

However, this issue can’t be properly addressed if the majority of Canadians don’t know about it. That’s why the Rotary clubs in Guelph have formed the EHTC. Our mission is to educate Canadians about the issue and support survivors.

Our lawn sign campaign is part of this mission. Each sign is designed to raise awareness about human trafficking in the Guelph-Wellington region.

They are bright, eye-catching, and contain Canada’s National Human Trafficking Hotline number.

Our signs also let victims of human trafficking know that our community is aware of the issue and is there to support them, while serving as a warning to perpetrators and users of

human trafficking that this heinous crime will not be tolerated in our region.

If you want to be part of the change, order your sign. All we ask is for a \$10-20 donation to cover the cost of production.

To order your sign, email ehc.rotary@gmail.com

Winter clothing collection

After Thanksgiving the Rotary Club of Guelph Trillium will be launching its winter coat /clothing collection campaign.

Winter clothing will be donated to the Clothing Closet where clothing is given away free to those who need it.

The Clothing Closet is based in New Life Church, 400 Victoria Road North, Guelph.

You’re Invited to Join Our Upcoming Events



Health & Wellness Fair
Oct 5th 2-4pm
8 Speakers & 20 Vendors

Chair Yoga &
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With the opening of our specialized Bedroom & Mattress Gallery we now have a lot more space in our main showroom. We've installed a new La-z-boy Custom Studio, and expanded our dining with some new additions to our Canadel and Amisco Gallery's. Two of the biggest changes is the addition of a Custom Sectional Area Featuring over a dozen custom sectionals and a NEW Custom leather and Upholstery Designer line called Linea. Linea is made in Toronto and is truly a custom line right down to the measurements and final detail.



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Rotary



ASK THE EXPERT

By Danielle Gignac

Why do my lupines keep dying? I thought they were perennials.

When choosing plants for your garden, ask how long they will live: are they annuals or perennials?

Annuals have one growing cycle: - grow, flower, produce seed, and die. These are great for areas that you may want to change from year to year, or for planters.

Often, they are bright and colourful and produce flowers abundantly. Think of petunia, cosmos, celosia, sunflower, or sweet pea.

Perennials, on the other hand, live longer than two years. Some are evergreen and others herbaceous (dying back each autumn and returning in spring). They tend to grow larger each year, Think of hosta, sedum, peony, or rose.

To complicate things further, there are also biennials, which produce foliage the first year, and then flower and produce seed in their second year before the plant dies. Many plants in the brassica family are biennial, like kale or collards, as well as root vegetables like beets and carrots.

Biennial flowers include foxglove, canterbury bells, or sweet William.

Then there's "short-lived" perennials which live three-five years and either die or reduce blooming after that time.

Lupines fall into this category. Others include hollyhock, columbine, blanket flower, coral bells, or delphinium.

Thankfully, many biennials and short-lived perennials will self-seed if you don't

dead-head them, and will germinate the following spring as new plants.

If you want to encourage self-seeding, make sure the soil in the garden is left exposed. A thick layer of mulch will not allow seeds to germinate or take root, in most cases.

If you want to be more deliberate about plant locations, you can collect seeds and start them yourself in pots. Gather the seeds from the best flowers so you ensure the genetics you are carrying forward are the ones you want.

Highly cultivated varieties tend to be more short-lived than the species, so consider that when planting as well.

To have a well-rounded garden, you'll likely want to have some of each type of plant. Perennials will provide the overall base and form of the garden, as well as consistent



foliage and variation in colour throughout the season.

Biennials add some variation and you'll want to ensure you are starting new ones each year, or allowing them to self-seed, so you won't have to skip a year of blooming.

Similarly, keep in mind that your short-lived perennials may need replacing every few years.

Finally, include annuals for colour and variety. A garden can look very different from year to year just by changing up the annuals you use.



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Support a local farm family. Santa Monica Farm and Growing Broke Farm are two that are worth the visit.

Santa Monica Farm



Growing Broke Farm



Don't forget to buy a ticket and support the Puslinch Optimist Club for the annual Fall Classic Steak Dinner on November 1st



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Real Estate Technology: How Puslinch Sellers Can Stand Out

By Amrit Gill

The real estate market, in general, is experiencing a tech-driven transformation, with new tools making it easier than ever to sell your home effectively.

As a realtor who stays ahead of the curve, I've seen firsthand how these innovations can give sellers a significant advantage in a competitive market.

Virtual tours are one of the most powerful tools at your disposal. These immersive 3D experiences allow potential buyers to explore your home from anywhere, meaning more people can see your property without needing constant showings.

This is especially valuable in areas like

Guelph and Puslinch, where properties range from urban townhouses to rural estates. A well-produced virtual tour can capture the unique appeal of your home, whether it's the modern finishes of a city condo or the expansive views of a countryside property.

High-quality photography is another must. Professional photos make your listing stand out online, capturing the best aspects of your home in a way that grabs attention.

Drone footage is also becoming increasingly popular, offering dramatic aerial views that can highlight the property's location, landscaping, and surroundings.

This is particularly effective for larger properties in Puslinch, where land is a major selling point.

In today's market, ensuring your home is listed on the right platforms with optimized keywords matching what buyers are searching for is crucial.

As realtors, we should ensure that

your listing looks great and reaches the right audience. I have always included data-driven insights to position a home competitively so it's seen by the buyers most likely to make an offer.

Beyond technology, the personal touch still matters. I believe in building solid relationships with my clients, understanding your unique needs, and tailoring my strategies to ensure you get the best possible outcome.

Whether it's staging advice, pricing strategy, or negotiating the best deal, a realtor should guide you through every step.

In Guelph and Puslinch, where the real estate landscape is dynamic and diverse, having a realtor who combines cutting-edge tools with expert local knowledge can make all the difference.

Let's work together to make your home sale a success.

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Thoughts on Peace

The endowments which distinguish the human race from all other forms of life are summed up in what is known as the human spirit; the mind is its essential quality. These endowments have enabled humanity to build civilizations and to prosper materially. But such accomplishments alone have never satisfied the human spirit, whose mysterious nature inclines it towards transcendence, a reaching towards an invisible realm, towards the ultimate reality, that unknowable essence of essences called God. The religions brought to mankind by a succession of spiritual luminaries have been the primary link between humanity and that ultimate reality, and have galvanized and refined mankind's capacity to achieve spiritual success together with social progress.

from the Bahá'í writings
bahaisofpuslinch.ca

2/10



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Is there glucose in glucosamine?

By Dr. Laura M. Brown, ND

Knee osteoarthritis is the most popular type of osteoarthritis that causes extreme pain, especially as we age. Currently, there is no cure.

To lessen knee pain, glucosamine is often suggested. In humans, glucosamine is required to make glycosaminoglycans, proteoglycans, and hyaluronic acid. These are used to make collagen and the material that lines your joints. But as a supplement is glucosamine safe? Does it affect blood sugar?

Glucosamine is an amino (protein) sugar. It is produced naturally in humans and is obtained from the exoskeletons of shellfish, including shrimp, lobster, crabs, aspergillus and fermented corn.

If you are sensitive to any of these sources, beware. There is also some concern about glucosamine raising eye pressure so if you have glaucoma, talk to your medical provider.

Glucosamine might worsen asthma and some side effects that may be experienced include nausea, heartburn, diarrhea, constipation, drowsiness, skin reactions or headache.

Research in people with normal glucose levels suggests glucosamine does not affect insulin sensitivity or plasma glucose.

Some preliminary research had

raised concerns that glucosamine might increase insulin resistance or decrease insulin production, resulting in elevated blood glucose levels and reduced glucose control in people with diabetes.

However, most clinical research in healthy people and people with diabetes or obesity suggests glucosamine doesn't have any significant effect on blood glucose or lipid levels when taken for up to three years.

The Western Ontario and McMaster Universities Osteoarthritis (WOMAC) and Visual Analog Scale (VAS) scales were used in a recent systematic review of glucosamine's effectiveness in knee osteoarthritis.

A total of 15 studies were selected. Global pain was significantly decreased in comparison to placebo, and pain, stiffness, and physical function had improved, however over-all the effects were not clear.

Some research suggests glucosamine only works for about half the population. Which half? Well, it is sometimes suggested if you are on it for 12 weeks, go off of it for two and see if the joint pain returns.

While this is not medical advice, you could discuss this strategy with your own health care provider and see if first of all the supplement is right and safe for you and if the break from it is a good idea once you are on it.

This article is for educational purposes and is not intended for medical advice.

Questions? drlaura@southendguelph.ca

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Community Showcase

The Township of Puslinch is excited to be holding the Puslinch Community Showcase, an event set to highlight local businesses and boost economic development in the Township.

The Puslinch Community Showcase will take place on Saturday October 5th from 10:00 a.m. to 2:00 p.m. at the Puslinch Community Centre Complex (23 Brock Rd S).

The Showcase will feature over 65 vendors, including artisans with handcrafts, sellers of homemade treats, businesses promoting their services with informative materials, and community groups highlighting their clubs' services.

The Township's Fire Department will be in attendance as well as the Youth Advisory Committee who will run drop-in youth programming out of the Optimist Recreation Centre Gymnasium.

Attendees can look forward to multiple food trucks offering a variety of delicious food options.

The Township continues building its economic development programs, with the aim of enhancing the visibility of its local businesses.

The Puslinch Community Showcase is more than just a market but a celebration of local entrepreneurship. The Showcase is a complimentary event for businesses and community groups to participate.

Participants and attendees of the free event are invited to make a \$15 donation towards the upgrade of the Township's electronic sign at the Puslinch Community Centre which is used to advertise Township and local community group initiatives.

This event offers a unique opportunity for businesses of all sizes to connect with the community, promote their products, and engage with potential customers.

From artisanal crafts to gourmet food, there will be something for everyone to enjoy.

Mayor Seeley stated, "The Township is excited to host the first Puslinch Community Showcase and support our local businesses and community groups. This event is an opportunity for businesses of all sizes to display their offerings and for the community to discover and support local. It's all part of our ongoing commitment to fostering economic development and community engagement within the Township."

The Township encourages everyone to come out and support the Showcase for a day of shopping, eating, and connecting with our vibrant local businesses.

For updates about the Puslinch Community Showcase visit the Township's social media platforms, [Facebook.com/TownshipofPuslinch](https://www.facebook.com/TownshipofPuslinch), [X.com/TwpPuslinchON](https://www.x.com/TwpPuslinchON) and [Instagram.com/townshipofpuslinch/](https://www.instagram.com/townshipofpuslinch/).

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



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, Oct 14
Monday, Oct 28



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What's Happening in Your Puslinch MARKET

Puslinch Market Update

SEPT 2024

- Single family homes are up 384% from last year
- 10 New Listings down 28.6%
- 43 Homes for Sale up 4.9%
- Total of 7 Sales up 250%
- Avg DOM 34 down 65%
- Avg Sale Price \$1,954,286
Stats from itsarealestate.ca
- BOC reduced its Target Overnight Rate to 4.25%
- Next announcement Oct 23 2024
- We are hoping for a .25% drop

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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.

Scrabble Club (Adults)

Join us for casual word building entertainment! Drop in.

Wednesdays, October 2, 16, and 30 from 1:00 – 3:00 pm

Baby Time (Babies)

Introduce your baby to the library and a love of books through finger plays, songs, rhymes and stories. Please register. Adult accompaniment is required.

Thursdays, October 3 – 31 from 11:00 – 11:30 am

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds.

Please register.

Thursdays, October 3, 17, and 31 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, October 4 1– 2:00 pm

Scavenger Hunt – Fall is Here (All Ages)

Stop by Puslinch Branch on October 5th and complete a pumpkin-themed scavenger hunt! Drop in.

Saturday, October 5 from 10:00 am – 3:00 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, October 9 and 23 from 3:00 – 3:45 pm

Craft and Create – Watercolour Workshop (Adults)

Follow step-by-step instructions to paint a fall-themed watercolour painting. No experience necessary. All materials supplied. Please register.

Thursday, October 10 from 5:30 - 7:30 pm

Book Club – Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register.

Tuesday, October 15 from 2– 3:00 pm

Sew Savvy – Mini Pumpkin Quilt Block (Teens/Tweens/Adults)

Piece together a cute pumpkin quilt block to decorate for fall. All materials supplied. This program is tailored to sewers who already have some experience using a sewing machine and are ready to handle more advanced projects.

When registering, please indicate if you require the use of one of our sewing machines or are bringing your own.

Please register.

Saturday, October 26 from 10:30 am – 1:00 pm

Craft and Create - Sharpie Art Tote Bag (Adults)

Create a unique design on a canvas bag using Sharpie markers. All materials supplied. Please register.

Tuesday, October 29 from 1 – 3:00 pm

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

Fiction

Child, Lee	In Too Deep
Connelly, M	The Waiting
Hawkins, Paula	The Blue Hour
James, Peter	One of Us is Dead

Kinsella, Sophie	What Does It Feel Like?
McCall Smith, Alexander	The Great Hippopotamus Hotel
Patterson, James	Murder Island
Penny, Louise	The Grey Wolf
Rankin, Ian	Midnight and Blue
Steel, Danielle	Triangle

Non-Fiction

Anolik, Lili	
Didion and Babitz	
Greenberg, David	
John Lewis: A Life	
Grisham, John	
Framed: Astonishing True Stories of Wrongful Convictions	

Kieffer, Sarah	
100 Afternoon Sweets: With Snacking Cakes, Brownies, Blondies, and More	

Ottolenghi, Yotam	
Ottolenghi Comfort: A Cookbook	

Pacino, Al	
Sonny Boy: A Memoir	

Presley, Lisa Marie	
From Here to the Great Unknown: A Memoir	

Slate, Jenny	
Lifeform	

Sobel, Dava	
The Elements of Marie Curie: How the Glow of Radium Lit a Path for Women in Science	

Tawwab, Nedra GI	
Consider This: Reflections for Finding Peace	



Michael Chong
Member of Parliament,
Wellington - Halton Hills

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Teeth Whitening

By Ruby Gill

Everyone loves a bright, white smile, and teeth whitening has become a go-to solution for many.

As a dental hygienist, I want to help you understand the pros and cons of teeth whitening, what options are available, and how to choose the best method for your teeth. Let's dive in!

The Pros and Cons

Whitening your teeth can boost your confidence and make you feel great about your smile. However, it's essential to be aware of the risks.

Overusing whitening products or not applying them correctly can lead to tooth sensitivity and gum irritation.

Sometimes, the whitening may be uneven if products are not applied carefully. It's always a good idea to consult a dental professional before starting any whitening regimen, especially if you have sensitive teeth or dental restorations like crowns or fillings.

Types of Whitening Products

There are a variety of whitening products on the market, each with different levels of effectiveness:

- 1. Whitening toothpaste** – Ideal for daily maintenance, but the whitening effect is usually minimal.
- 2. Whitening strips** – These are easy to use but can sometimes cause uneven whitening if not applied correctly.
- 3. Whitening trays and gels** – These provide better coverage and more noticeable results, especially when customized by a dental professional.
- 4. LED whitening kits** – These at-home kits combine light therapy with whitening gel, but results can vary depending on the brand.

Each option has advantages, and

your dental hygienist can help you choose the best option for your specific needs.

Professional vs. At-Home Whitening

Professional teeth whitening, performed by your dentist or hygienist, is one of the safest and most effective ways to brighten your smile. Professional treatments use more vital whitening agents and are carefully monitored to ensure your teeth are whitened evenly and safely.

Results are often visible after just one session, although professional whitening can be more expensive.

If you're looking for a more budget-friendly option, **at-home whitening kits** might be a good choice. However, they require more time and patience to achieve results, and the whitening agents used in them are less potent than those used in a professional setting.

What to Look For

When choosing a whitening product, look for ones that have received the American Dental Association (ADA) or Canadian Dental Association (CDA) seal of approval.

This ensures that the product has been tested for safety and effectiveness. Always follow the instructions carefully, and if you experience sensitivity, stop using the product and consult your hygienist.

What Not to Do

Don't overdo it! Too frequently whitening your teeth can damage your enamel and increase tooth sensitivity.

Also, avoid DIY whitening remedies like baking soda or lemon juice—they're too harsh on your teeth and can cause more harm than good.

As your dental hygienist, I'm here to help you achieve a healthy, beautiful smile in the safest way possible.

If you're considering teeth whitening, let's discuss your options and make sure you choose the right method!



Taste Real Rural Romp

Experience Wellington County's harvest season during the annual Taste Real Fall Rural Romp on Saturday, September 28 from 10:00 am to 4:00 pm.

The self-guided farm and food tour provides unique opportunities to meet Wellington County taste makers, learn about local food and agriculture, and discover food and farm destinations in Southern Wellington County and the City of Guelph.

The year's Rural Romp features 21 different locations throughout Centre Wellington, Erin, Guelph/Eramosa, Puslinch, and the City of Guelph.

Each destination has something unique to offer, including: farm tours, wagon rides, local food sampling, farm animals, greenhouse visits, free Green Legacy trees, nature hikes, corn mazes, fall decor, yard and kids' games, and hands-on learning activities suitable for all ages.

Rompers will have plenty of opportunities to discover delicious local food and drink, embrace the fall season through immersive farm experiences, and connect with Wellington agricultural traditions.

Participants are encouraged to share their Rural Romp adventures on social media using the hashtags #RuralRomp and #TasteReal, and to complete the Rural Romp Treasure Hunt by answering questions at each location for a chance to win a \$100 gift certificate to a local food business.

For more information, including a list and map of all Fall Rural Romp locations, visit www.tastereal.ca. Printed Romp Maps are available at all participating locations. There is no admission charge to participate but some locations require a fee to access certain activities.

Spiritual practice: It doesn't have to be complicated or expensive

By Rev. Kristine O'Brien

As strange as it may sound, spirituality has become an industry in North America--and it's booming.

Generations past may have sought spiritual nurture in formal places of worship (which in Puslinch was mainly Christian churches) but these days attendance numbers are in steep decline.

Now people who seek wellbeing, good health or deeper meaning in their lives are just as likely to spend money on a variety of goods and services like crystals, singing bowls, or psychic readings.

But a rich and meaningful life doesn't require a huge budget. Even those of us who can't afford classes or equipment can cultivate simple spiritual habits and patterns. Take birthdays, for example. Even without noticing, most of us engage in the familiar ritual: we gather with people we love, sing

a chorus of "Happy Birthday," and blow out candles on a cake.

No matter how modest the cake or how out of tune the singing, we celebrate someone close to us and happily acknowledge their year around the sun. It may sound ordinary, but even this is a spiritual practice.

Spiritual practice, at its heart, is an intentional and repeated pattern that draws us out of ourselves and into relationship with others.

For some, that may mean a connection to a Higher Power or Divine Being. For others it may be a meaningful bond with a community of people.

It can be as complicated as a formal ceremony with special clothing and incense or it can be as simple as a family meal at home. Both feed our human need for meaning and relationship.

There are countless ways you can begin to experiment with spiritual practice. The best place to start is simply paying attention to your everyday life.

Perhaps you drink your morning coffee out of a favourite mug every day or appreciate the fall colours when they appear each autumn.



Maybe you walk the dog along the same route in the evening or wear your lucky socks to cheer on your favourite team. What makes these moments meaningful, comforting or enjoyable?

Then wonder about how that connects you to someone beyond yourself—your partner or co-worker, the people in your neighbourhood, or the universe around you.

The potential for meaningful spiritual practice is everywhere. Whenever you are thoughtful about what's happening and drawn out of yourself, it becomes far more than just routine. It is the road to joy, connection and wellbeing.

*Would you like to explore this idea further? Try reading, **The Power of Ritual: Turning Everyday Activities into Soulful Practices**. HarperOne, 2020 or visit his website, caspertk.com.*

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The first wave boomers in Puslinch

By Marjorie Clark

When I was born in 1947, in the first wave of the Baby Boom (1946-1950), which followed World War II, my parents were farming in Badenoch.

Electricity came to the community in 1948, when sufficient subscribers were obtained. However, there was no indoor bathroom at the farm, when our family left it in February 1952.

Neither was there any plumbing in the new addition to Roy and Della Wingrove's stone farmhouse now part of Fox Run Estates, to which we moved, although ditches had been dug in preparation. Pails of water were carried from Della's kitchen.

In October 1952, we moved again, to Victoria Street in Morrison, with its amenities of plumbing and bathroom but with only cold water on tap. Warm water for washing was heated on the stove.

This was not unusual, as some homes in the village and on farms did not yet have indoor facilities. Most residents were using dug wells. Most homes were heated with wood or coal stoves or furnaces. None had a paved lane.

Throughout the 1950's, plumbing improved, oil furnaces began to appear and most residents acquired that new luxury, black and white televisions.

No-one was affluent. Our fathers were either farmers, tradesmen, or employed in the industries of Guelph or Galt. Our mothers were homemakers.

The majority of our families had lived in the Township for generations, often from its opening to settlement or in surrounding townships, such as Nassagaweya, East Flamborough, or Guelph Township.

All of this began to change with the dividing of our Township by the 401 highway, carving up the farms and bringing the world to our doorstep, and the advent of the heady 1960's.

Family Activity

By Julia Preston

As temperatures cool, we see the environment changing around us. Frost on the grass, colour on the trees, leaves on the ground. People, plants and animals are preparing for the colder weather ahead.

Here are some ideas to get outside and enjoy the changing environment and beauty of Puslinch.

Leaf art



Leaves are an endless source of inspiration. Observe the changes in the trees around you as October progresses.

Sit and watch leaves fall. Or collect leaves and create something beautiful. You can trace or rub the leaves, arrange them in a vase or glue them into a spiral, mandala or other arrangement.

Explore patterns, shape and colours in your own unique design.

Hike of the month

Make your hike into a maze or spiral. You can create your own route using leaves as borders for your path. Visit a labyrinth (there's one at Crieff).

Or go for a wander and see where you end up. Crieff explains that labyrinths are ancient spiritual tools for contemplation or prayer. It can also be fun to choose the trail less traveled.

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Cook's Corner

By Barbara Paterson

As the weather turns colder, a hearty soup is very welcome. This one is exotic tasting but easy to make.

Moroccan Lentil Soup



- 1 tbsp. olive oil
- 2 onions, chopped
- 2 cloves minced garlic
- 1 tbsp. finely chopped fresh ginger root
- 1 tsp. garam masala (See note)
- ½ tsp. tumeric
- ¼ tsp. cayenne
- ¾ cup dried red lentils, rinsed
- 1 28 oz. tin plum tomatoes with juices
- 8 cups homemade chicken stock OR
- 1 10 oz. tin chicken broth plus water
- 1 19 oz. tin chickpeas
- 1 19 oz. tin white kidney beans
- ½ cup vermicelli noodles, broken up
- 3 tbsp. lemon juice
- ¼ tsp. pepper
- Salt to taste
- 1/3 cup fresh parsley or cilantro

1. Heat oil in large saucepan. Add onions, garlic and ginger. Cook gently for a few minutes until onions wilt.
2. Add garam masala, tumeric and cayenne. Cook for 2 or 3 minutes. If mixture begins to stick or burn, add ½ cup water.
3. Stir in lentils, tomatoes and stock. Bring to boil, reduce heat and simmer gently for 20 minutes.
4. Add chickpeas and beans and simmer for 20 minutes. Puree about one-third of soup mixture and return to pot.
5. Add vermicelli and cook for 15

minutes, until very tender. Stir in lemon juice, pepper and salt. Taste and adjust seasonings if necessary. Serve sprinkled with parsley or cilantro.

Note: If you can't find garam masala, which is a blend of spices, use ¼ tsp. each of cinnamon and ground cloves.

Imagine a cookie made with no added sugar or flour. These are just that, and great for kids' lunch boxes and to satisfy everyone's sweet cravings.

Healthy Cookies



- 3 ripe bananas, mashed
- 1/3 cup apple sauce
- 2 cups quick-cooking oats
- ¼ cup milk
- ¼ cup raisins or nuts
- 1 cup chopped dark chocolate chunks
- 1 tsp. vanilla
- 1 tsp. cinnamon

1. In a large mixing bowl, combine the mashed bananas and apple sauce. Stir them together until well mixed.
2. Add vanilla and cinnamon. Mix thoroughly, then add oats.
3. Add milk, then raisins or nuts and the dark chocolate chunks. Stir the mixture well.
4. Line a baking sheet with parchment paper or grease it. Drop spoonfuls of dough on baking sheet and flatten slightly, as they will not spread much during baking.
5. Bake cookies at 350°F for about 15 minutes, or until they are firm and lightly golden.

Allow to cool on the baking sheet for a few minutes, then transfer to a wire rack to cool completely. Enjoy!

Religious Services

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

ARKELL UNITED CHURCH

"The Little Church with the BIG Heart"
600 Arkell Road at Watson, Arkell, ON N0B 1C0
519-821-7623
www.arkellunitedchurch.ca
Pastor John Adeyemi
• Sunday Worship at 10 am.

BAHA'I FAITH

www.bahaisofpuslinch.ca
• You are invited to join us in our study of Reflections on the Life of the Spirit. This is a course leading to a greater understanding of the spiritual nature of human beings. Call 519-767-0636 or email Isapuslinch@gmail.com for particulars of dates, times and locations.

CALVARY BAPTIST CHURCH

454 Arkell Road, Puslinch, ON N0B 2J0
519-824-1161
www.calvaryguelph.com
Pastors: Patrick Timney and Joe Yang
• Sunday worship: English 9:30 am
Chinese 11:30 am
• Children's Worship: Sunday morning program held during main services.
• Calvary Youth: For Jr. & Sr. High programs - please go to church website for more information.
• Adult Bible Study: Thursdays 10:00 am.

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Facebook: [Cross Roads BIC & Cross Roads Youth Group](https://www.facebook.com/CrossRoadsBIC&CrossRoadsYouthGroup)
Pastor: Melissa Richer
Sunday worship @ home: YouTube 'Cross Roads BIC' or in person via registration @ 'crossroadsbic.eventbrite.ca'
www.youtube.com/channel/UCMKYAskvq1HdGsTiA7UQFsg.

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For Rental and Other Information
519-763-1163 office@duffschurch.ca
www.duffschurch.ca
www.facebook.com/duffschurch/
Pastoral Leader: Rev. Lisa Dolson
revdolson@gmail.com 519-955-2158

EBENEZER UNITED CHURCH

12274 Guelph Line, (Just North of 20 Sideroad) N of 401, Campbellville, ON L0P 1B0
905-854-2423
Webpage: 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 L0R 1K0
Church Office - 905-659-3380
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

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www.facebook.com/knoxpresbyterianchurch,crieff
• Sunday Worship at 10 am.

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in Morrision at the corner of Church &
Victoria Streets, Morrision, ON N0B 2C0
Minister: Rev. Margaret Ruggles
519-822-8610
www.morrisionunitedchurch.com
Email: morrisionunitedchurch@gmail.com
• Sunday Worship at 10:30 am.
Monthly donations to Chalmers Community
Services Centre for the month of October
is high fibre cereal or instant oatmeal,
peanut butter. Skim milk powder & toilet
tissue are always needed, and all donations
are appreciated

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8:30 am Holy Eucharist - Traditional
10:00 am Holy Eucharist 1st, 2nd, 4th and
5th Sundays
Morning Prayer 3rd Sunday
Sunday School & Nursery at 10 am Service.

Community Events

*At the Puslinch Pioneer, we like to promote
community events and we ask for your co-
operation in keeping them under the 50
Puslinch Pioneer | October 2024 | Page 26*

*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.*

ARKELL UNITED CHURCH BAZAAR

600 Arkell Rd., (corner Watson Rd &
Arkell Rd) **Saturday, November 9th**
9am - 3pm. A perfect opportunity to
shop for Christmas! Featuring vendors,
homebaking, preserves, crafts & a raffle!!
Pottery, jewellery, candles, honey, kitchen
towels, pebble art, greeting cards, knitted
items and more! For information please
call Peg Lawson 519-763-8883.

**ARKELL UNITED CHURCH FALL
SUPPER & HOOTENANNY**

600 Arkell Rd., (corner Watson Rd &
Arkell Rd) **Friday, October 25th Dinner**
5-7pm. Hootenanny 7pm. Cold cuts,
famous salads & homemade desserts!
Costs: Adults \$20, children 5-12 yrs \$10,
under 5 free! For tickets please contact
Tracey Billings, 519-546-0892.

**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, October 4th, 7 pm at the Badenoch
Community Centre, 4217 Watson Rd. S,
Puslinch. Everyone welcome!

BADENOCH WELCOME WEDNESDAY

The Badenoch Community Centre is hosting
Welcome Wednesdays each week starting
October 16th 1-4 pm. For information
call or text 519-763-9782.

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 October 4th and October 18th
at 7 pm. Freelon 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.

FALL ARTS, CRAFTS & ANTIQUE SHOW

Saturday, October 26th 8:30am to 2:30
pm. at Freelon Strabane United Church at
1565 Brock Rd., Strabane. Vendors, Silent
Auction, Baked Goods & Light Lunch for
Sale.

I WONDER

Thursday, October 17th 7 pm at
Freelon Strabane United Church at 1565

Brock Rd., Strabane. Do you have Biblical
questions, history questions about the
Church, questions about spirituality?
If you have said "I wonder " then join us to
explore and find possible answers.

"IT'S SEW FUN" SEWING GROUP

Mondays at 12:00 - 4 p.m. Freelon
Strabane United Church, 1565 Brock Rd.,
Strabane. For info, call Linda at 289-962-
6737.

LEARN TO PLAY PICKLEBALL

4 consecutive lessons starting **November**
5th, 11:00am to 1:00 pm, in the ORC gym
Aberfoyle, \$40.00/player. This is available
to Puslinch residents only. Further
information please contact June, 519-242-
3114 or jwilliams@wilfiveholdings.ca.

MUSICAL HOOTENANNY

Hootenanny's are starting up again on
Friday September 27th from 7-9pm at
Arkell United Church, 600 Arkell Road,
Arkell, then the last Friday of the month
till further notice. Sign up for your time
in the spotlight or just sit and enjoy. For
information please call Rob Stark 519-
994-4996.

OLD FASHIONED HYMN SING

Kirkwall Presbyterian Church at 1545
Kirkwall Road is hosting an Old Fashioned
Hymn Sing, on **Saturday October 26th**
at 6:30 p.m. Good music, old hymns,
stories and good memories. Come join us!

**OPTIMIST CLUB OF PUSLINCH ADULT
STEAK DINNER**

Join us for Steak dinner **Friday, November**
1st at Puslinch Community Centre. Fun
for everyone - door prizes, elimination
draws, and raffles. Tickets: Cost \$40 per
person. All Proceeds go to support youth
in our community. Contact Hans at 519
823 6713 or any Optimist Club member for
tickets. Limited number of tickets available
at the door.
Note that this is an age of majority event.

PUSLINCH SANTA CLAUS PARADE

Join the Optimist Club of Puslinch with
a theme "Old Fashioned Christmas" on
Sunday, November 24th at 2 pm.
Parade starts at Puslinch Fire Hall, east to
Brock Road, South to Optimist Recreation
Centre, and finishes at the rink to meet
Santa for a goody bag, hot chocolate and
hotdogs. You are invited to participate,
come out to watch. Participants congregate
at the firehall at 1 pm. Donations to the
food bank are welcome. Bring your letter
to Santa and be sure to include your return
address. For more information, to register
your float or to volunteer, please call Ken
or June Williams at 519-763-0309.

**SENIOR'S OUTREACH PROGRAM &
LUNCH**

Wednesday, October 9th at 11:30
am. Doors open at 11 am at Freelon
Strabane United Church, 1565 Brock Rd.,
Strabane. Guest Speaker a Pharmacist for
Carlisle & Clappison Pharmacies who will
speak about medication interactions,
compound medications and answer
questions. Free will donations accepted
with lunch to follow. Call 905-659-3314
to register.

**STUDIOS & STUDIOS EVENT - WINE
& CHEESE**

Saturday, November 2nd 6 pm.
at Freelon Strabane United Church,
1565 Brock Rd., Strabane. See www.freelonstrabaneuc.ca
for event details &
updates.

Inside the Back Page . . .



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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, October 1st at 1 pm & Tuesday, October 15th at 10 pm 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.

TEDDIES 4 TRAGEDIES

The Puslinch Chapter of Teddies 4 Tragedies will be hosting a Teddy Bear Tea on **Saturday, October 26th** from 2 til 4pm at Duff's Church, 319 Brock Road, Puslinch. All are welcome to attend and enjoy the amazing collection of hand-knitted teddy bears and colourful cloth bags that are donated and sent around the world on various mission trips. Stay for refreshments and join in the fun! For info, call Pat at 905-659-3935.

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.

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 or visit us online at www.bbbsg.ca.

BOOKING AGENTS

ARKELL UNITED CHURCH

Contact Peg Lawson at 519-763-8883 or email 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.

FREELTON STRABANE UNITED CHURCH

1565 Brock Rd. (Brock Rd & 8th Conc W), Strabane, ON. Church Office at 905-659-3380.

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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.

FREELTON LIONS CLUB

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

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.

Donor Circle

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DUFF'S PRESBYTERIAN CHURCH SNOWPLOWING CONTRACT

Duff's is accepting quotes for seasonal, as-required, snow removal for front parking lot and sidewalks around the church. Please contact the Church Office at 519-763-1163 or office@duffschurch.ca.

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