

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 49, Issue 4 November 2024

## Santa Claus is coming to town

By Catherine Featherston

The Optimist Club of Puslinch is excited to announce the 29th annual Santa Claus Parade taking place on Sunday, November 24th at 2pm.

The parade will follow its traditional route, beginning at the Township Fire Hall, travelling east along Wellington Road 34, turning south on Brock Road and then finishing up at the Optimist Recreation Centre.

Following the parade, everyone is invited back to the Optimist Recreation Centre to warm up with free hot dogs and hot chocolate served by the Optimist Club of Puslinch.

Carols will be playing, and Santa will be handing out goody bags to the children and posing for Christmas photos.



The parade committee is always in need of volunteers to help with crowd control and collection of foodbank donations.



New bands, floats, animal friends, community groups and local businesses are always welcome!



Children are invited to bring their letters to Santa and post them in the North Pole Mailbox. All letters with a return address will receive a letter back from Santa!

There is no charge for the event but donations to the Food Bank are encouraged and will be collected along the parade route. Last year parade-goers donated 653 pounds of food!

If you are available to volunteer or would like to be a part of the parade, please contact Ken or June Williams at 519-763-0309.

The Santa Claus Parade is a wonderful Puslinch tradition enjoyed by all. Come join your neighbours and friends for an Old-Fashioned Christmas Parade!

*Photos from June Williams*

# Editorial

As the colder temperatures move in, it's clear that winter is just around the corner.

However, before we get there, we have a couple of events to celebrate and honour – Halloween and Remembrance Day. But on our cover, we highlight the Santa Claus Parade – a Puslinch tradition. While this event is aimed at the children, donations to the Food Bank are gratefully received which speaks to the needs in Guelph and Wellington County.

Talking of needs in the community, we have also provided articles on the needs of the homeless, and want to create awareness of the rise in human trafficking on the 401 Highway, and the Ask for Angela campaign.

For those of you who attended the Puslinch Community Day and stopped by to chat with us – thank you. It was gratifying to hear how much you love our publication, which has been produced by volunteers for close to 50 years.

We are so lucky to have some regular columnists like Marjorie Clark who brings the historical perspective, Julia Preston who shares family activities each month, Dr. Laura Brown who provides health information and Barbara Paterson who gives us new recipes to add to our cooking repertoire, and others who share their expertise with us. To all of you, thank you.

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)**

## INSIDE THIS ISSUE

### COMMUNITY



- Christmas at Crieff Hills.....Page 5
- Letter from Ted Arnott.....Page 7
- First wave of boomers go to school.....Page 27

### NATURE



- Junior Garden Club.....Page 4
- Ask the expert.....Page 25

### FOOD



- Cook's Corner.....Page 29

## 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, November 8th, 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)

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

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# Correction



The French Toast is great at Fresh Toast.

Now open for dinners on Friday, Saturday and Sunday until 7:30 pm.

## Council Clips

### Community Centre:

Delegation received regarding request for neighbourhood groups to use PCC for meetings pertaining to safety at no cost or at a reduced rate.

### Senior Advisory Committee:

Council direct staff to draft a terms of reference for a Senior Advisory Committee for consideration and approval.

### Cockburn Street and Barnside Road, Aberfoyle:

Proposed by-law to stop up, close and declare surplus said road allowances and to deem surplus with intention of disposal.

### Gymnasium:

Council direct staff to reduce hourly rate for gymnasium to \$42 per hour.

### Proposed Shooting Range By-law First Reading:

Feedback to be incorporated in next draft.

### Galt Sportsmens Club:

Delegation received to introduce club and share history and noise mitigation tactics taken to date and future plans to mitigate noise.

### Boreham Park Safety Study

#### Quote:

Staff to proceed with scope of work outlined in quote.

### Building Code Act:

Council direct staff to explore effluent flow thresholds in the Act that require septic design specifications to determine if current thresholds are appropriate.

### TAPMO:

Launching a new digital campaign bringing the issue of the lack of oversight in the aggregate industry to Ontarians and to ensure government supports an aggregate sector that works.

### Speed Limit Study:

Township retained Paradigm Transportation Solutions to conduct a review of posted speed limits on rural roads within its jurisdiction.

### Official Plan Review:

Puslinch by Design study to identify additional Rural Employment lands.

### Saved By the Beep:

Fire Chief challenges all Township residents to test their smoke alarms as part of Test Your Smoke Alarm Day.

### Highway 6 By-Pass:

Council direct staff to capture drone footage of the Highway 6 by-pass area to demonstrate the traffic congestion and safety issues.

### Brock Road:

Council asked about potential for increased monitoring on Brock Rd due to the recent accidents on road near community centre.



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

### Council and Committee Meetings

**(519) 763-1226**

Heritage Advisory Committee Meeting:  
November 4th at 1pm  
Youth Advisory Committee Meeting:  
November 4th at 6pm  
Council Meeting: November 6th at 10am  
Heritage Designation Open House:  
November 6th at 7pm at Puslinch Community Centre  
Committee of Adjustment and Planning and Development Advisory Committee Meeting: November 12th at 7pm  
Recreation Advisory Committee Meeting:  
November 19th at 7pm  
Council Meeting - Present proposed base Operating Budget to Council: November 20th at 10am  
Council Meeting: November 27th at 10am  
Public Information Meeting: November 27th 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

#### 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](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)

# Junior Garden Club

By Maryann Hohenadel

On September 25th the Puslinch Junior Garden club gathered for their year-end banquet and awards. It was a very delicious pot luck dinner. Aberfoyle Agricultural Society president Charlie Tilt was our MC for the evening.

Live entertainment was provided by Michael Marinovic with some excellent singing. Including an original version of Sweet Maryann to celebrate the club's leader Maryann Hohenadel.

Gardening always has its challenges, this year it was rain. The club members had a great show of their vegetables and flowers at the fall fair in a new location; a tent on the ball diamond.

The 4H sheep enjoyed sharing the space. There was also a great showing of scarecrows and garden angels this year.

All members were presented with certificates from the Agricultural Society and their prize money from



the fair.

Junior members included; Hank Forestell, Amy Forestell and Elena Webers.

Intermediate members included; Blair Webers, Charlie Hiller, Maggie Forestell, Kate Forestell, and Jane Forestell

Our senior members included; Gloria Prosser, Medina Hullyer, Will Shepherd, Nolan Richardson, and London German.

The overall winners for the 2024 season, which includes judging of their gardens and fair results were

Junior:

- 3rd place-Hank Forestell
- 2nd place- Elena Webers
- 1st place- Amy Forestell

Intermediate:

- 3rd place- Jane Forestell
- 2nd place- Charlie Hiller
- 1st place- Kate Forestell

Senior:

- 3rd place- Medina Hullyer and Nolan Richardson
- 2nd place- Will Shepherd and London German
- 1st place – Gloria Prosser

The club would like to extend a special thanks to Jenn Deter, Briar Shepherd, Linda Hayden, Josh Shepherd, and Bett Hohenadel for all their help over the season. A sincere thanks to all the 2024 sponsors.

Maryann announced that after 19 years, this is her last year as leader. Maryann gave each member a perennial Black Eyed Susan reminiscent of her grandmother's garden.

Don't worry young gardeners, Jenn Deter will be running the club in 2025.

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# Christmas at Crieff Hills



photo from Unsplash

## Holiday Wreath Making

Thursday November 28th at 7pm.

Join us in the schoolhouse to make a beautiful one-of-a-kind wreath using fresh greenery from the Crieff Hills property.

Kelly of Botanica Green Florals will offer easy to follow instructions so that even complete beginners will create a gorgeous wreath.

Plus you can enjoy tea, coffee and holiday sweets from our kitchen while you work. All materials are provided, and the facility is barrier-free.

\$75.00 per person.

To register contact Scott [events@crieffhills.com](mailto:events@crieffhills.com) or (519) 824-7898.

## Christmas Market

Sunday December 8 from 10 pm to 2pm.

Come for festive holiday shopping and find a range of hand-made items in our barrier-free schoolhouse, all from local vendors.

Our own honey, maple syrup, seeds and special once-a year items will be available for sale, too. Be sure to set aside time to go for a walk to visit the animals or hike one of our wooded trails before or after you shop.

For more information or vendor

information contact Scott [events@crieffhills.com](mailto:events@crieffhills.com) or (519) 824-7898.

## Community Christmas Lunches

Tuesday December 10 at 12:30pm

Wednesday December 11 at 12:30pm

Bring your sweetie, some co-workers or a circle of friends to celebrate the season in our historic schoolhouse.

Chef Matthew will prepare a special seasonal buffet with turkey and all the trimmings, plus beverages and holiday desserts.

Sit together at our harvest tables and soak in the atmosphere with fresh greenery, holiday music and a farm fresh fest!

\$43 (+HST) per person

To book your table call Scott 519 824 7898 or email [events@crieffhills.com](mailto:events@crieffhills.com)

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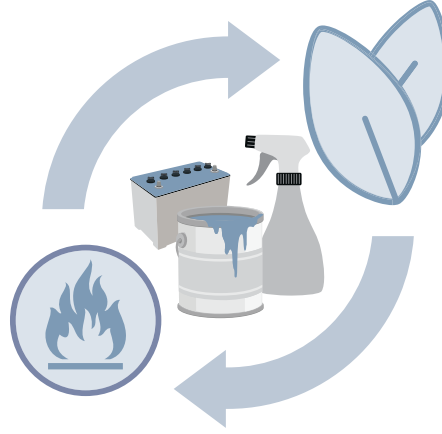
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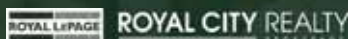
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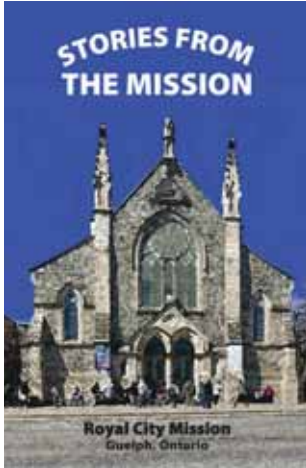
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# BOOKSHELF

By Anne Day



Like many people I have observed the people, and often police, gathering outside the Royal City Mission in Guelph, and made some assumptions, and yes, judgements.

And I suspect I am not alone.

That's why I wanted to share what I have learnt through reading *Stories from the Mission*, a new book that supports the work of Royal City Mission.

The first story gives you insights into the work of staff at the Mission. It follows Amanda as she works to diffuse an argument between two of the women, and later saves the life of one of the men who overdosed.

Shakily she shares that "This is the first time I have had to actually resuscitate a person."

The stories shed light on what has happened in a person's life to bring them to need the services offered at the Mission.

One story that I really liked was how a local school involves teens who as part of their cooking classes have to, not only prepare a meal for the Mission, but come along and serve it.

If you want to broaden your understanding of the plight of the homeless and maybe how you can help, buy a copy of this book.

It's \$25, with proceeds going to the Mission.

You can purchase it through their website – [www.royalcitymission.ca](http://www.royalcitymission.ca)

## Letter from Ted Arnott, MPP

The people who live in the County of Wellington, the Region of Waterloo, and the Region of Halton have built and sustained extraordinary, vibrant, and caring communities. For the past 34 years as our riding boundaries evolved, it has been my incredible privilege to represent people in Wellington, Waterloo, and Halton in the Legislative Assembly of Ontario. I have always sought to make a positive difference at Queen's Park and be worthy and deserving of my constituents' trust.

To everything, there is a season...

The time has come for me to consider whether I will run in the next provincial election, whenever it comes. After many conversations with my family in recent weeks, I have decided that I will not be a candidate in the provincial riding of Wellington-Halton Hills when that election is called.

In the meantime, I will continue to serve Wellington-Halton Hills to the very best of my ability and continue fulfilling my non-partisan responsibilities as Speaker of Ontario's provincial parliament in Toronto.

The love (and infinite patience) of my

wife Lisa and our family has made my tenure in the Legislature possible.

I also want to express my sincere thanks to the very special people who have been my staff colleagues through the years. They have worked with dedication to support me, help me voice the concerns of our constituents, and assume whatever role I have been assigned in the Assembly. Literally hundreds of people have volunteered to help in my nine election campaigns, giving freely of their time and talents to help me return to Queen's Park time and again. They have my eternal appreciation.

I have had the chance to work with many dedicated and passionate Members of Provincial Parliament on both sides of the House, some of whom became close friends. I want to thank them for the work all MPPs do to collectively provide for the leadership of the Province.

And finally, to all my constituents, those who supported me (as well as those who didn't), thank you for your encouragement, your feedback and your advice. No MPP does their job in isolation. It is only through ongoing interaction and communication with individual residents, local municipal Councils, and community organizations that MPPs can give our Ridings the representation they deserve.

I look forward to the months ahead, and there will be many opportunities to say goodbye. At the same time, I look forward to the promise of the future that together we will continue to build.





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## THE PUSLINCH PROFILE FEATURES

### Chickadee Christmas Trees





Nestled in the heart of nature, Chickadee Christmas Trees is a beloved family-run farm. Established by Joe and Alison, the farm planted its first trees in 1997 and opened to the public in 2002. In 2004, they expanded to offer cut-your-own trees, creating a truly unique holiday experience. With a passion for the outdoors and a commitment to family traditions, Chickadee Christmas Trees provides a warm and welcoming environment for families to make lasting memories. Choose from a beautiful selection of both pre-cut and cut-your-own trees, all while enjoying the festive atmosphere brought to life by their dedicated family and community.

Chickadee Christmas Trees is committed to environmental stewardship, implementing sustainable practices such as managed reforestation and wildlife habitat preservation. Their launch of biodegradable Christmas tree netting in 2022 highlights their commitment to eco-friendly initiatives. Opening for the 2024 season on November 29th, Chickadee Christmas Trees plays a vital role in the local community. They employ up to 20 locals each holiday season and donate annually to three local charities in the area. Come on out this holiday season for a festive experience filled with laughter and joy as you search for the perfect Christmas tree!



 chickadeetrees@sympatico.ca  chickadeechristmastrees.ca  519-654-2029  6639 Wellington Road 34

7404 Wellington Rd 34, Puslinch, ON, N0B 2J0 | 519-763-1226 | www.puslinch.ca  Facebook.ca/TownshipofPuslinch  Twitter.com/TwpPuslinchON  Instagram.com/townshipofpuslinch



# What Recent Trends Mean for Buyers and Sellers in Guelph and Puslinch

By Amrit Gill

The real estate market in Guelph and Puslinch has seen significant shifts in recent months, mainly due to changes in interest rates.

Understanding these trends can provide an advantage for both buyers and sellers in navigating this dynamic market.

One key trend is the recent decrease in interest rates. This has opened up new opportunities for buyers, making mortgages more affordable.

As a result, we are seeing increased buyer activity in the Guelph and

Puslinch areas, particularly for first-time homebuyers who were previously priced out of the market.

Lower rates mean lower monthly payments, giving buyers more flexibility and potentially higher buying power.

On the other hand, sellers should recognize that this increased buyer interest could mean more competition for homes, especially in sought-after neighbourhoods.

Pricing your home competitively and marketing it effectively will be crucial to taking advantage of this demand. With the right strategy, sellers can benefit from quicker sales and higher offers.

Looking ahead, the possibility of another interest rate decrease in December has further fueled optimism among buyers.

If this happens, it could spur even more demand, making it a great time to list your property. As a realtor, I

play a crucial role in helping sellers stay informed on these trends and adapt their strategies accordingly.

Whether it's setting the right price or leveraging the latest marketing tools, I ensure that my clients are in the best position to succeed.

For buyers, now is the time to act before further interest rate changes make the market more competitive.

With the right guidance, you can find the perfect property while taking advantage of favourable financial conditions.

Similarly, for sellers, timely action in adapting to the market trends is crucial for a successful sale.

In Guelph and Puslinch, staying informed about market shifts is critical to making intelligent real estate decisions, whether you're buying or selling. Let's make sure you're ready for the opportunities ahead.

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Christmas at CRIEFF HILLS

- Wreath Making November 28
- Christmas Market December 8
- Christmas Lunches December 10 & 11
- Christmas On-Farm Dinner December 13
- Lantern Labyrinth Walk December 21
- Christmas Tea at Dove House December 22
- Advent Quiet Days in Dove House December 4, 11, 17

Check the website for details or contact Scott  
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# Memories of the First World War

By Anne Day



A few months ago, my cousin in Edinburgh, in going through her mother's possessions came across an autograph book which was compiled 1913-20 – before, during and after the 1st World War.

Over 70 pages in total, each page includes hand-written comments, drawings, poems and funny rhymes about the war and the times in which the authors lived.

She sent it to me because my grandfather, Fred Henderson, and other relatives had entries.



His entry included a piece of tartan, as he served in the 4th Gordons.

A man of few words, he'd written "I'd like to make a great long rhyme, but my hair's too short and so is my time." This was written in 1914.

Another funny entry was from S.H. Noble in 1915 – "you ask me for

something original. Something just out of my head. I have nothing to give from the inside, so I give from the outside instead." And below was a short piece of his hair.

On a more profound note, Mo McDougall shared the following,

*"Though seas divide and distance parts,*

*whatever time may send, they cannot alter faithful hearts,*

*or sever friend from friend.*

*Time, distance or chance*

*We know cannot sever*

*The hearts that are true*

*And constant forever."*

And we should never forget the courage and valour of the soldiers who fought on our behalf and gave us the freedom we enjoy today.

## Christmas Adventures

### November 29

By Cheryl McLean

Leaders from Mount Carmel-Zion United Church and Duff's Presbyterian Church are joining forces to provide a full day of entertaining activities for children and youth.

The fun will begin at 9am and will run until 3pm. Lunch will be provided. This event has been especially designed to assist families who might need care for their school age children for the P A holiday.

We are also welcoming high school children to participate or to help the leaders which would qualify for volunteer hours.

There will be Christmas crafts, stories and skits learning of Jesus birth,

games, singing, fun with musical instruments, movies, Christmas tree trimming and cookie decorating.

We will be building our own pizzas for lunch and will also be offering other options for lunch and snacks.

All for only \$5 per child or \$10 per family.

To be a part of this great opportunity for your child to participate in this adventurous day contact [morrisonunitedchurch@gmail.com](mailto:morrisonunitedchurch@gmail.com) for a registration form.



## Make a difference

**Did you know:** if every household in Guelph and Wellington County spent an extra \$10 of their grocery money on local food, it would equal an investment of \$750,000 per week back into our local economy.

Wow! That's \$39 million per year! When you spend your money at local small businesses, your money returns to the local economy and is spent again locally, often another five to seven times.

That not only helps keep local businesses in business, it fosters new business and creates more jobs in town. Take the pledge!

No matter how much you already spend locally, why not consider how you can shift \$10 more toward local food?

It's easy to find the right places to spend that extra money. Pick up or download the **Local Food Map** or simply visit your local farmers' market, farm gate stalls or roadside stands; look out for retailers, restaurants or business that display the **Taste Real** logo, when you see it, you'll know you are buying food grown close to home

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# How human trafficking is impacting our community

By Lise Burcher

It was a deeply engaging evening, characterized by both profound discomfort and a collective experience of deep hope and optimism. What topic could compel this broad range of conflicting experiences?

Human trafficking.

Not the depraved activity that many of us still believe takes place in distant lands. This activity occurs in staggering numbers in our communities of Guelph Wellington and beyond.

A crime that dehumanizes primarily girls, with grooming by perpetrators starting at the average age of 13.

The evening event was hosted on October 7, by Guelph Police Services, Victims Services of Guelph, and co-sponsored by the Rotary clubs in Guelph.

Police Chief Cobey facilitated the event, with lead presenters including Sergeant Melanie Clark, Sergeant James Graham of GPS, Raquel Hall, Victim Services Wellington, and Kaitlin Bick, Survivor and Anti-human Trafficking Specialist, Victim Services Toronto.

It was the first of many gatherings to mobilize our community in addressing human trafficking and intimate partner violence, at which Guelph Police and Victims Services brought together many organizations that work directly in this area or intersect with trafficking activity in the delivery of other services.

Chief Cobey acknowledged that police and victim services are currently in response mode on this issue, with the goal to shift to pro-active strategies with greater allocation of resources.

The Chief's call to action to those in the room is to remove the silos of care and response, and to commit to working collaboratively for knowledge

sharing and service delivery.

Organizations participating in the event at Police Headquarters included Elora House, Hope House, Women in Crisis, the Wellington Catholic District School Board, the Upper Grand District School Board, University of Guelph, Zonta Club, Family and Children's Services, Guelph General Hospital, Mayor Cam Guthrie and several Guelph City Councillors.

A common question is why Guelph, Wellington, Waterloo Region, and Southern Ontario? The simple answer is Highway 401, the corridor of exploitation, enabling the movement of primarily young women throughout Ontario.

A key control strategy is to keep these women moving, isolated from their home communities and contact with people they know.

It keeps them vulnerable, fearful, and less likely to challenge their traffickers. The stakes are high with traffickers receiving income from each woman trafficked in the range of \$250K annually.

Traffickers control multiple victims. Statistics indicate that while Ontario represents approximately one third of the population of Canada, 70 percent of all trafficking takes place in Ontario.



Kaitlin Bick and Raquel Hall

Given the staggering numbers, the most surprising statement of the evening came from Chief Cobey, sharing that this crime is rarely reported to police.

The most powerful testimony of the evening came from Kaitlin Bick, a trafficking survivor and anti-human trafficking specialist.

Her remarkable courage, profound resilience, and deep commitment to serving victims, and creating transformative change, was deeply moving.

Kaitlin's call to action is a fitting statement to leave with. 'Change happens when we are uncomfortable. Continue the conversation throughout the community'.

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## Funding available

Wellington County is accepting applications for its annual Community Grants Program, through which it provides eligible applicants with up to \$2,000 to assist with projects that provide meaningful benefits to the community and enhance the quality of life for residents.

The Community Grants Program supports many initiatives, from cultural events, recreational activities to educational and social services.

Grants can help cover costs associated with project materials, operational expenses, and other resources that contribute to its success

Eligible applicants must operate as a not-for-profit organization with a formal structure, such as a Board of Directors or similar committee.

Additionally, the proposed project

must deliver services or products that directly benefit residents.

The deadline for applications is November 30.

For more information or to apply, visit [www.wellington.ca/grants](http://www.wellington.ca/grants).

## Vaccine clinics

Wellington-Dufferin-Guelph Public Health is now offering flu and COVID-19 vaccine appointments for ages 6 months and older for the fall respiratory illness season.

It is safe and convenient to receive both vaccines in one visit. Residents can book an appointment online by visiting [wdgpublichealth.ca/appointments](http://wdgpublichealth.ca/appointments).

"Vaccination is one of the most effective ways to protect yourself and

your loved ones from serious illness caused by flu and COVID-19," said Dr. Matthew Tenenbaum, Associate Medical Officer of Health. "As we approach the winter months, it's especially important for everyone to stay up to date with their vaccines—particularly those at higher risk, like young children, older adults and individuals with underlying health conditions. Protecting yourself also helps protect those around you."


Residents are encouraged to book their appointments and get vaccinated as soon as they can to ensure timely protection against respiratory illnesses this season.

The flu and COVID-19 vaccines can be accessed at pharmacies and primary care providers in addition to WDG Public Health clinics. For those needing assistance with booking or who have questions, help is available by phone at 1-800-265-7293 ext. 7006.

For more information, visit [wdgpublichealth.ca/flu](http://wdgpublichealth.ca/flu).

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Pedal by the **Flow State Bike Co.** in Arkell—an ideal stop for cyclists needing a caffeine boost. Enjoy a cup of quality coffee as you chat about your latest biking adventures or just unwind.


Whether you're grabbing a quick cup on the go or sitting down to relax, Puslinch's coffee spots offer something for every kind of coffee lover.




Call me to chat about the Puslinch Real Estate Market.





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# How Halloween Affects Oral Hygiene

By Ruby Gill

Halloween is a fun-filled holiday that brings out the costumes, spooky decorations, and mountains of candy. While it's exciting to indulge in treats, it's essential to recognize the potential impact Halloween can have on our oral hygiene.

With a bit of awareness and some simple steps, you can keep your teeth healthy while enjoying the holiday.

## The Sugar Dilemma

The main concern with Halloween is the sugary sweets. When we eat candy, sugar interacts with the bacteria in our mouths, producing acids that can erode tooth enamel.

If left unchecked, this can lead to cavities and other dental problems.

Sticky and chewy candies, like caramels and gummy bears, are particularly harmful as they cling to teeth and are difficult to remove.

Hard candies that you suck on for extended periods keep your mouth bathed in sugar, increasing the risk of tooth decay.

## How to Enjoy Halloween Candy Safely

You don't have to skip the candy



altogether. With a few smart strategies, you can enjoy Halloween while keeping your smile bright:

- 1. Moderation is Key:** Instead of munching on candy throughout the day, limit it to specific times, like after meals. This helps reduce the frequency of sugar exposure on your teeth.
- 2. Choose Wisely:** Opt for candies that are less harmful to your teeth. Chocolate is better than sticky or hard candies, as it melts quickly and doesn't stick around on your teeth.
- 3. Drink Water:** After eating candy, drinking water can help wash away some of the sugar and bacteria in your mouth, reducing the potential for acid build-up.
- 4. Brush and Floss:** Brushing your teeth after enjoying candy is crucial to removing sugar and preventing decay. Be sure to floss as well, as sticky sweets can get lodged between teeth.

## Visiting the Dentist

Regular dental checkups are important, especially after Halloween. Your

dentist can catch early signs of cavities and help with preventative care, ensuring your oral health stays in top shape.

## A Treat for Your Teeth

As you enjoy Halloween, remember that balancing fun and oral hygiene is possible. By making smart choices and maintaining good dental habits, you can protect your teeth from the haunting effects of sugar.

Happy Halloween, and don't forget to brush!

## Ask for Angela

is a campaign that started in Europe where a woman can discreetly seek help in an abusive situation or dangerous date.

In Canada, Victims Services has partnered with the Loblaws Companies – Zehrs, Shoppers Drug Mart, Loblaws, No Frills and Valu-Mart.

If you need help, it is suggested you ask for Angela at one of these stores.

Victims Services Wellington can be connected. They provide wrap around support to women and children experiencing gender-based violence.

To contact Victim Services Wellington directly, call 519 824 1212 ext 7304 or email [victim@vswguelph.on.ca](mailto:victim@vswguelph.on.ca)



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# It takes a village



When you bring a group of newcomers to Canada together, and language could be a barrier, what do you?

The Rotary Club of Guelph Trillium found some solutions at their recent Family Fun event on September 28.

When families first arrived at the event, they were asked to show on a map of the world where they were born, and from that exercise we learned that we had 17 countries represented at the event and a total of 75 people participating.

To get the children involved, we had Steph Dean from Shake it Off Studio lead them in Zumba – and some adults joined in as well. It was such

fun as the children danced to the music. No language was needed, they just followed Steph's lead.

Then there was the henna and face painting which again did not involve much conversation, more pointing at what the participants wanted.

Immigration Services, the Arab Women's Society and the City of Guelph were involved to share resources and information to the families who were provided with an information bag. The Children's Reading Room also gave away free books to the children there.

Refreshments were provided by Rotary member Sharron Riley Persson as well as the SEED which is also based at Sheldale where the event was held.

And to wrap it up, like all parties, the families were given goodie bags to take home, full of contents that had been donated by local companies, like Mr. Kettle Corn who gave bags of popcorn.

All told it was a great event and our thanks to all involved. It truly takes a village.

# Recycling program

L'Oreal and TerraCycle are teaming up to offer a free drop-off recycling program for all cosmetic brands at participating Walmart locations in Cambridge, Guelph, Kitchener and Waterloo.

- Through this innovative partnership with international recycling leader TerraCycle, Walmart customers can conveniently recycle their empty cosmetics products and packaging, including lipstick tubes, foundation packaging, mascara wands and tubes, eye-shadow cases, and more.
- Cosmetics products and packaging are not typically accepted through curbside recycling services.
- You can find an in-depth and visual explanation of *TerraCycle's recycling process for cosmetic packaging* [www.terracycle.ca](http://www.terracycle.ca)



## 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 final weeks of leaf and yard waste collection for 2024 begin on:**

<b>WEEK B</b>
Monday, Nov 11
Monday, Nov 25



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## What's Happening in Your Puslinch MARKET

*Puslinch Market Update*

**OCTOBER 2024**

- Single family homes are Down 22.5% from last year
- 23 New Listings down 21%
- 45 Homes for Sale down 8.2%
- Total of 5 Sales down 28.6%
- Avg DOM 16 down 52.9%
- Avg Sale Price \$1,649,200  
Stats from itsarealestate.ca
- BOC reduced its Target Overnight Rate to 4.25%
- Next announcement Oct 23 2024
- We for a .25%-.50% drop

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## Connections Fibre Artists



Wellington County Museum and Archives (WCMA) is pleased to announce the return of Connections Fibre Artists for a new exhibition, Re: Play.

On display from October 5 to March 6, Re:Play celebrates the joy of play and the power of imagination. Featuring unique fibre art creations from over 20 artists, Re:Play invites visitors to explore a world where nostalgia meets artistic innovation.

Toys and games from the Museum's artifact collection were used as inspiration for the works in the show, including 1950s tin toys, handcrafted wooden games, and toys from as recent as the 1980s that many visitors may still have at home.

"Looking through the toy collection was a lot of fun," said Elizabeth Litch, Connections member. "Toys bring back so many powerful childhood memories - how many of us still remember a favourite toy from when we were kids, and playing for hours on end in our own imaginary world?"

Some of the artists have designed interactive pieces, encouraging visitors of all ages to play and experience art in their own way. "Toys and games are for everyone, not just kids," commented Hailey Johnston, WCMA Curator. "Re:Play reminds us all that it's important to take time out of our busy lives to relax and have fun."

Established in 1999, Connections Fibre Artists is dedicated to the exploration of fibre as an art form. Coming together from diverse creative backgrounds, members work together to raise awareness of fibre art, and to develop their talents by exchanging ideas and sharing new skills and techniques.

Wellington County Museum and Archives is located on Wellington Road 18 between Fergus and Elora. Explore all current WCMA exhibits at [wcma.wellington.ca/exhibits](http://wcma.wellington.ca/exhibits).

## The Gift of Home – Wyndham House

Join us for an unforgettable evening at Guelph Youth Music Centre, 75 Cardigan Street, Guelph on Saturday November 30, 2024, at 8 pm, for a lively and memorable holiday evening out dedicated to supporting homeless youth to keep housed, warm and nourished. Advance Tickets recommended!

Immerse yourself in the warmth of community as we come together to enjoy a live performance. Guests will also enjoy bidding on exciting silent auction items and cocktails which are available for purchase.

This event is an opportunity to reflect on the importance of home and the comfort it provides ensuring our most vulnerable youth while on their journey to stability.

Tickets are \$35. Go to

<https://www.eventbrite.ca/e/the-gift-of-home-presented-by-wyndham-house-tickets-906280618727>

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## Thoughts on Peace

Banning nuclear weapons, prohibiting the use of poison gases, or outlawing germ warfare will not remove the root causes of war. However important such practical measures obviously are as elements of the peace process, they are in themselves too superficial to exert enduring influence. Peoples are ingenious enough to invent yet other forms of warfare, and to use food, raw materials, finance, industrial power, ideology, and terrorism to subvert one another in an endless quest for supremacy and dominion. Nor can the present massive dislocation in the affairs of humanity be resolved through the settlement of specific conflicts or disagreements among nations. A genuine universal framework must be adopted.

from the Bahá'í writings  
[bahaisofpuslinch.ca](http://bahaisofpuslinch.ca)

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# Think Zinc!

By Dr. Laura M. Brown, ND

**Zinc Functions:** Essential for immune function, skin and eye health, taste sensation, protein synthesis, and sperm development. Acts as an antioxidant and has anti-inflammatory and potential antiviral effects.

## Allergies and Zinc

- **Rising Allergies:** Allergic diseases are increasing globally; nearly a third of adults in the U.S. have allergies.
- **Zinc Deficiency Link:** Emerging research suggests a connection between zinc deficiency and allergy development, with supplementation potentially alleviating symptoms.

## Zinc Deficiency Signs

- Symptoms include:
  - o Impaired taste
  - o White spots on nails
  - o Poor appetite
  - o Growth issues
  - o Immunodeficiency
  - o Skin issues
  - o Deproductive issues (e.g., erectile dysfunction, low testosterone)
  - o Anemia and slow wound healing
  - o Craving non-food items (pica)

## Dietary Considerations

- **Sources:** Higher absorption from breast milk; artificial feeding may

lead to deficiencies.

- **Phytate and Fibre:** Diets high in phytates (from whole grains) may increase zinc needs.

## Supplementation Guidelines

- **Assessment:** Reliable lab tests for zinc status are limited, especially in mild cases.
- **Interactions:** Zinc can be depleted by certain medications (e.g., ACE inhibitors, PPIs) and should be taken separately from iron and some antibiotics.
- **Dosage:** Best taken with meals to minimize gastrointestinal discomfort. Long-term use may require balancing with copper (around a 7:1 zinc to copper ratio).

## Specific Forms

- **Forms of Supplementation:** Zinc chelate and picolinate are standard; Zinc L-Carnosine is noted for gut healing.

## Consultation

- **Advice:** Always consult a healthcare provider for personalized dosage and recommendations.

*If you have any specific questions or need further information on a particular aspect, feel free to ask [drlaura@southendguelph.ca](mailto:drlaura@southendguelph.ca)*

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

# Family Activity

By Julia Preston

Watching geese fly overhead as they migrate south, your inclination this month may be to retreat indoors—or follow them to a warmer climate.

Instead, get inspired by the many birds that stay in Puslinch through the fall and winter. Go outside, spread your wings, and enjoy what November has to offer.

## Bird watching



Get to know the birds in your own backyard. See what types are most common. Learn to identify different species by sight or by song. You don't have to be an expert ornithologist to enjoy bird watching.

Kids can draw a picture or count the birds they see. To attract more birds, set up a bird feeder or sprinkle some seeds outside.

## Hike of the month

Go for a bird watching walk. Notice what birds you see and how they're different from those you see at home. For an enhanced avian experience, choose a place where birds congregate.

From waterfowl to songbirds there are lots of spots where you can get up close and personal with our feathered friends.

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# Puslinch Branch, Wellington County Library

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Friday, November 1, 1-2:00 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, November 6 and 20 from 3:00 – 3:45 pm

**Story Time (Preschoolers)**  
Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Please register.  
Thursdays, November 7 – 28 from 11:00 – 11:45 am

**Cricut Creations – Snowflake Gift Box (Teens/Adults)**  
Cut and assemble a holiday gift box. All materials will be supplied. Please register.  
Thursday, November 7 5:30 - 7pm

**Scrabble Club (Adults)**  
Join us for casual word building entertainment! Drop in.  
Wednesdays, November 13 and 27 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, November 14 and 28 from 5:30 – 7:00 pm

**Book Club – Third Tuesday (Adults)**  
Meet with members of your community

and join our discussion of books and ideas. Please register.  
Tuesday, November 19 2 – 3:00 pm

**In Stitches – Christmas Gift Bag (Tweens/Teens)**  
Use hand and machine sewing to make a festive gift bag. No experience necessary. All materials supplied. Ages 10 to 15 years. Please register.  
Saturday, November 23 from 10:30 am - 12:30 pm

**Cricut Creations – Shadow Box (Adults)**  
Make a holiday themed shadow box scene using cardstock cut on a Cricut machine. No previous experience necessary. Please register.  
Tuesday, November 26 1:30 - 3 pm

**PA Day – Personal Paper Pizzas (Kids)**  
Pepperoni? Mushroom? Pineapple? Whatever you want to put on your paper pizza, it's up to you! Please register.  
Friday, November 29 1:00 – 2:00 pm

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

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

**Fiction**  
Archer, Jeffrey      Traitors Gate  
Baldacci, David      To Die For  
Bowen, Rhys      We Three Queens  
Ellison, J.T.      A Very Bad Thing  
Evanovich, Janet      Now or Never  
Johnson, Craig      Tooth and Claw

Murakami, Haruki      The City and Its Uncertain Walls  
Patterson, James      The House of Cross  
Steel, Danielle      Trial By Fire  
Williams, Beatriz      The Author's Guide to Murder

**Non-Fiction**  
Brolin, Josh  
From Under the Truck: A Memoir  
Carlin, Peter Ames  
The Name of This Band Is R. E. M.: A Biography

Cher  
The Memoir: Part One  
Clavin, Tom  
Bandit Heaven: The Hole-In-the-Wall Gangs and the Final Chapter of the Wild West

Clinton, Bill  
Citizen: My Life After the White House  
Egner, Jeremy  
Believe: The Untold Story Behind Ted Lasso, the Show That Kicked Its Way into Our Hearts

Kimmerer, Robin Wall  
The Serviceberry: Abundance and Reciprocity in the Natural World  
Merkel, Angela  
Freedom: Memories 1954 - 2021

Rundell, Katherine  
Vanishing Treasures: A Bestiary of Extraordinary Endangered Creatures  
Sutherland, Donald  
Made Up, But Still True



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# REFLECTIONS

## The soul of our pulse

By Suhavi Bajwa

*“Medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for”*

John Keating (Dead Poets Society)

There are preachers of science and art, poetry and logic. The ones who find a beautifully tragic fulfillment through limerence and love, and those who find comfort in empirical evidence and inquiry.

Science and art, two of the most powerful manifestations of human creativity, both offer such contrasting approaches to life that exist in a delicate parallel dance.

One relies on the head, while the other nurtures the heart, but only one

infuses life with meaning and beauty. The disciplines of science have blessed humanity with unfathomable technological advancements and an understanding of our world that is only deepening with time.

Such fields of medicine, law, engineering, and business sustain life in the most literal sense, as they are a reason for being. Science satisfies the “hows” of life.

However, when it comes to the question of “why” we live, the realm of art renders an answer that science cannot, as this is the reason for living.

Science is the expression of the natural world, but art is the language of the soul. Through the endless manifestations of art, our deepest emotions, longings, desires, creeds, all that we try to conceal and all that encompasses our beings, are ignited.

Music, literature, and architecture allow for emotional revelations and let the intricacies of love, sorrow and joy to be celebrated.

The distinction between the realms of science and art, is that wonders such as love, longing, poetry, and music

invoke ethereal sensations within humans, awakening intangible forces that truly cannot be justified nor captured by words.

It is both a blessing and a curse to feel so deeply, however when the only thing we can do is truly feel, we surrender ourselves to the most intimate forms of our existence.

Imagine a world deprived of art, a world where beauty and expression of the soul is stifled.

Regardless of whatever extraordinary scientific development our race could bring forth, the world would lack *purpose* and be nothing but cold and lifeless.

It is art and human expression that gives life to the products of science, as it is art that makes life worth living.

Science and art are not caught in rivalry, but rather an almost romantic conversation with one another. One prolongs the body, while the other nurtures the soul.

Human life goes beyond survival, and art simply, yet powerfully, gives it meaning.

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# ASK THE EXPERT

## Gardening for Winter Interest

By Heather Rajotte



Photo: *Hydrangea paniculata* 'Little Lime' (by H. Rajotte)

**Q: Winter is so dreary – how can I make my garden more interesting?**

A: Other than looking at seed catalogues and dreaming of spring, there are plenty of ways of gardening for winter interest to keep your green thumbs happy until the warmer weather returns.

Planting species with long lasting flowers or leaves that remain on the plant is a good place to start.

Any species of *Hydrangea paniculata* is a good example of this. The flower heads dry beautifully when left on the shrub and provide a pretty landing spot for birds and light snow.

You may even see a chickadee pluck some blossoms for nesting material!

Oak trees (*Quercus spp.*) are notorious for hanging on to their leaves throughout the winter and they make

a lovely sound in the winter winds.

*Echinacea* seed heads are a great food source for birds all winter long and anything remaining can be cut back in the springtime.

There are plenty of species with interesting bark that provide colour and texture to your winter gardens.

Several species of dogwood and willow have barks in brilliant shades of red, orange and yellow that really stand out against the snow.

If you have room for a larger tree, consider Paperbark Maple (*Acer griseum*) or London Plane Tree (*Platanus X acerifolia*), both of which have a stunning exfoliating bark.

You may also consider leaving spent perennials intact to provide structural interest in your garden.

Ornamental grasses hold their shape quite well and can also be decorated for the holidays.

The sturdy stems of perennial *Hibiscus* provide a nice perch for birds and can be strung with ornaments or small bird feed decorations.

Leaving perennials is also a great practice for ecologically-beneficial gardening – they provide vital shelter for overwintering insects and begin to return nutrients to the soil in the spring.

Of course, no winter garden would be complete without some evergreen species. For added interest, try a species that produces winter berries for added wildlife activity in your garden.

Most *Juniper* species will produce berries from fall through Christmas when mature. Iconic holly berries are vibrant and long lasting – just make sure to get a male and female plant!

There are even some herbaceous perennials that are semi-evergreen,

such as *Heuchera Coral Bells*.

If planted in a protected area, these low-growing plants will provide a pop of colour through the snow.

Finally, there are some fantastic early-flowering plants you can try that will give colour as early as February or March – weather and temperature dependent.

Hellebores, Witch Hazel, Winter Aconite and Fragrant Viburnum are all hardy, late-winter flowering plants that will bring a burst of spring cheer before the snow melts.

## Shop for second-hand items safely

Are you looking forward to treasure hunting at yard sales? Remember to put safety ahead of savings, especially when buying for kids.

- Do not purchase products if they are banned, damaged, or missing labelling or instructions.
- Look for labels on products. Some products, such as cribs and car seats, need to have information stating the manufacturer, the model number, and the date of manufacture.
- Ask questions. Ask the seller about the history of the product, for example: How old is it? How much use has it had? Have any repairs been made to it?
- Check if the product is damaged. Check for cracks and broken, loose, or missing parts.

For more second-hand shopping safety tips:

*Information for Shoppers of Second-hand Products*

## Lessons with leaders

United Way GenNext is excited to present our 9th annual **Lessons with Local Leaders** event on November 19, 8.30-12 at Victoria Park East Golf Club.

Through this event, our goal is to bring together like-minded community members and facilitate an introduction between current community leaders and future change-makers!

This year's event is focused on **affordability and resiliency**. We will hear from community leaders about what you can do today to build a strong future for yourself, your career and for your community.

Topics of discussion will include financial planning and management and building a sustainable and community centric business.

Speakers Include:

- Jamie Power, Founder and Wealth Advisor at Power Wealth
- Court Desautels, CEO, Neighbourhood Group of Companies
- Chris Hewitt, Chief Marketing Officer, Sunlife Financial

Tickets are \$45.

To learn more and register visit <https://unitedwayguelph.com>

## Parenting Survey

WDG Public Health has launched a parenting insight survey to understand the community need for health promotion services on children's health and development in our region.

The Agency is seeking participation from parents and caregivers of children ages 0 to 6 years.

"Services that support parents and caregivers are an essential tool to ensure our children start life on the best possible foundation," said Dr. Nicola Mercer, Medical Officer of Health and CEO for Wellington-Dufferin-Guelph Public Health. "We want to hear from as many caregivers across the region as possible to understand where the need is most and where extra resources can do the most good."

All parents and caregivers who participate in the survey can enter a draw to win one of five \$100 gift cards.

The Parenting Insight Survey takes about 10-15 minutes to complete and is available at [wdgpublichealth.ca/parent-survey](http://wdgpublichealth.ca/parent-survey).

The survey runs until January 31, 2025.

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# The First Wave Boomers went to School

By Marjorie Clark

In the early 1950's, the First Wave Baby Boomers began their schooling at one of the eleven one-room schools in Puslinch or at the one two-room school in Morriston.

There was no nursery school, pre-school, junior kindergarten or kindergarten. At age six, the first wave of Boomers started school in September. There was the occasional seven-year-old, who had been deemed too young to attend the previous year by his parents, sometimes due to the long walk required to and from the nearest school.

In September 1953, my mother took me from our home on Victoria St, in Morriston, down Church St. to Highway 6, where we met Donna McEdwards, shepherding a flock of younger kids along the far side of the street, where there was a sidewalk.

"Come on," she called, as she motioned with a wave. My mother saw that I got across the highway, and off I went.

We were early and Donna McEdwards and Pat Lasby spent the time before the bell, singing an a capella rendition of "On Top of Old Smokey", a popular song.

They sang it well. Sixteen children started in grade 1 in Morriston School that year and of course, Miss McPherson taught grades one to four in the Junior Room. I was incredulous, when my mother woke me the following morning and said, that I must go again.

The children, who lived at a distance, many of whom bicycled to school, brought their lunches and stayed for the day. Morriston youngsters went home for lunch, traversing highway 6 twice a day, walking on the edge of the paved highway whenever there was no traffic.

A sidewalk extended only on the east side of the road, and only halfway to the school.

Morrison School had more than its share of bullies in my early years. Let them remain nameless and let them account to God.

Despite this difficulty, we seemed to learn, probably due to the three good teachers: Miss Mary McPherson, from Crieff; Miss Jean Copeland (later McLean) and Mrs. Charlotte Torrance (later Gordon).

Having spent my eight primary school years here, I recall vividly the sight and smell of the dust from the cement basement floor, as it shimmered in a shaft of sunlight and every creak in the stairs, as we trudged up to the classrooms, in orderly single file, each morning.

## West Nile Disease

On September 16, Wellington-Dufferin-Guelph Public Health received notification of a positive test for West Nile Virus in a dead crow found in Dufferin County. There are currently no human cases in the region.

"If a bird tests positive for West Nile Virus, it means the mosquitos that can transmit the virus to humans are present in our region," said Dr. Matthew Tenenbaum, Associate Medical Officer of Health for Wellington-Dufferin-Guelph Public Health.

"While most people who are infected with the virus do not develop symptoms, about one in five people can develop headache, body aches, joint pains, vomiting, diarrhea or rash. For a small amount of people, West Nile Virus can cause serious symptoms or death."

The most effective way to avoid West Nile Virus is to reduce your chances of being bit by a mosquito by wearing light-coloured clothing (including long sleeves and pants), using an approved mosquito repellent and repairing holes in screen doors and windows.

Another way to protect yourself from West Nile is to reduce places where mosquitos can breed by removing any standing water from your property.

For more information on West Nile Virus – including how to submit a dead bird for testing – please visit [wdgpublichealth.ca/mosquitoes](http://wdgpublichealth.ca/mosquitoes).

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## Cook's Corner

By Barbara Paterson

*These sandwiches are a "go to" recipe when I want something quick and tasty for lunch or a light supper. And I often have all the ingredients on hand..*

### Open-Faced Tuna Sandwiches



- 1 can tuna
- ¾ cup sliced celery
- ¾ cup mayonnaise or salad dressing
- ½ cup shredded cheddar cheese
- 1/3 cup slivered almonds, toasted
- ¼ cup pitted ripe olives
- 2 tsp. lemon juice
- 4 English muffins or tea biscuits, split

1. Drain and flake tuna. Combine tuna, celery, mayonnaise, cheese, almonds, olives and lemon juice.
2. Split English muffins or biscuits. Spread the filling evenly between the eight pieces.
3. Preheat baking sheet in 350°F oven for 5 minutes. Place sandwiches on hot pan and bake for 10 minutes in oven.

*A good snacking cake. The baked-on topping is nice but you can also leave plain or ice with any topping you like.*



### Apple Sauce Cake

- ½ cup butter
- 1 cup white sugar
- 1 egg
- 2 cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- ½ tsp. ground cloves
- 1 tsp. cinnamon
- 1 cup raisins
- 1 cup warm apple sauce
- ¾ cup chopped walnuts

1. Soften the butter, add the sugar and egg and blend well. Stir in the apple sauce.
2. Sift the dry ingredients and add to them the raisins and walnuts. Stir into the apple sauce mixture.
3. Pour into a greased 8" x 8" cake pan and bake for about 1 hour in 350°F oven. Test until a toothpick inserted in the middle comes out clean.

You can also use a larger pan and the cooking time will be a little less.

### Baked-On Butterscotch Frosting

- 3 tbsp. butter, melted
- ¾ cup brown sugar
- 4 tbsp. cream
- ½ cup coconut or chopped nuts

Mix, spread on warm cake and put under the broiler until it begins to bubble. Watch carefully.

## Religious Services

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

### ARKELL UNITED CHURCH

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### BAHA'I FAITH

[www.bahaisofpuslinch.ca](http://www.bahaisofpuslinch.ca)  
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Chinese 11:30 am  
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• Adult Bible Study: Thursdays 10:00 am.

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Email: [morristonunitedchurch@gmail.com](mailto:morristonunitedchurch@gmail.com)  
• Sunday Worship at 10:30 am.  
• November 29th 9am to 3pm, Christmas  
PD day Holly Jolly Fun event.  
Email [morristonunitedchurch@gmail.com](mailto:morristonunitedchurch@gmail.com) for  
registration form.  
Monthly donations to Chalmers  
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## Community Events

*At the Puslinch Pioneer, we like to promote  
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### ARKELL UNITED CHURCH BAZAAR

600 Arkell Rd., (corner Watson Rd &  
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### ARKELL UNITED CHURCH SENIOR'S LUNCH

Arkell United Church, 600, Arkell Rd. at  
Watson is holding a Senior's Lunch on  
**Tuesday, November 12th** at 12 pm.  
Cover charge \$5.00.

### 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, November 1st,** 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  
from 1-4 pm. For information call or text  
519-763-9782.

### CALLING ALL KIDS

Looking for Something Fun to do on the  
**November 29th PA Day?** Join us for  
"CHRISTMAS ADVENTURES" **9am to 3pm**  
at Mount Carmel-Zion United Church, 22  
Victoria Street Morriston.  
Crafts\*Stories\*Games\*Skits\*Musical  
Fun\*Cookie Decorating.  
\*\*LUNCH PROVIDED\*\*

JK & up with Highschool students welcome  
to attend or be helpers for volunteer hours  
\$5 per child \$10 per family. Come  
have a Holly Jolly Time. Contact  
[morristonunitedchurch@gmail.com](mailto:morristonunitedchurch@gmail.com) for  
registration Forms.

### COOKIE WALK

**Saturday, December 7th, 2024** at  
Knox Crieff Presbyterian Church, 7156  
Concession 1, Puslinch. Doors open at  
**9:00 AM till 12:00 Noon.** Cookies \$20  
for 3 doz or \$7 ea doz, Crafts, preserves  
and other baked goods also available. Pre  
orders welcome email [kpccrieff@gmail.com](mailto:kpccrieff@gmail.com)  
or call Linda 905-659-0727.

### COOKING WITH THE SAINTS

**Saturday, November 30th** at 1 p.m. at  
Freelon Strabane United Church, 1565  
Brock Rd., Strabane. A fun afternoon of  
cooking; how to cook and learning about  
the Saints and enjoying what we have  
cooked! Limit of 10 people. Contact Office  
at 905-659-3380 to register.

### EUCHRE

**Friday November 1st and November  
15th** 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.

### I WONDER

**Thursday, November 21st** 7pm 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](mailto:jwilliams@wilfiveholdings.ca).

### MUSICAL HOOTENANNY

Hootenannies are held on the last Friday  
of the month until further notice from  
7-9pm at Arkell United Church, 600 Arkell  
Road, Arkell. Sign up for your time in  
the spotlight or just sit and enjoy. For  
information please call Rob Stark 519-  
994-4996.

### 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 TALK & LUNCH

**Wednesday, November 13th** at 11:30  
am. Doors open at 11 am at Freelon  
Strabane United Church, 1565 Brock  
Rd., Strabane. Guest Speaker is Rick  
Ludwig from Kitching, Steepe & Ludwig  
Funeral Home. Topic: Pre-planning  
funeral arrangements. Free will donations  
accepted with lunch to follow. Call 905-  
659-3314 by Tuesday, November 12th to  
register.



# Inside the Back Page . . .



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## STEW AND PIE DINNER

**Friday, November 8th, 2024** 6:00 pm at Knox Presbyterian Church Crieff, 7156 Concession 1, Puslinch. Featuring: Stew, Salad, Rolls and Pie. Tickets: \$20 Children 6-12: \$10, Children 5 and under: Free. Proceeds going to Cambridge Food Bank and Hope House in Guelph [www.hopehouseguelph.ca](http://www.hopehouseguelph.ca) Tickets available at the church from Rochelle Barber 519-763-0563 or Email [kpccrieff@gmail.com](mailto:kpccrieff@gmail.com) Ask about the takeout option.

## STUDIES & STUDIOS EVENT - ITALIAN EVENING

**Saturday, November 2nd** - 7 p.m. at Freelon Strabane United Church, 1565 Brock Rd., Strabane. Join us for an Italian Evening of Wine & Cheese Tasting in Heritage Hall. Tickets are \$40.00. To reserve a ticket, call Pam at 905-869-7936.

## 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, November 5th at 1 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.

## THE LADIES AUXILIARY OF THE ROYAL CANADIAN LEGION Br. 234

**CRAFT & BAKE SALE**  
57 Watson Parkway S. Guelph on **Saturday, November 30th** 10 am - 2pm. Many vendors, bake tables & our famous meat pies. Lunch is available. Free Admission, Free Parking.

## WHEEL OF FITNESS

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

## Community Announcement

### BIG BROTHERS BIG SISTERS OF GUELPH

Learn to be a kid again! Volunteer mentors needed for local children. Big Brothers Big Sisters of Guelph has five programs with varying levels of time commitment. Call

519-824-5154, email [info@bbbsg.ca](mailto:info@bbbsg.ca) or visit us online at [www.bbbsg.ca](http://www.bbbsg.ca).

### BOOKING AGENTS

#### ARKELL UNITED CHURCH

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

#### BADENOCH COMMUNITY CENTRE

Inquiries call Ami DeVries at 226-979-0355.

#### DUFF'S CHURCH

Contact the church office at 519-763-1163 or email [office@duffschurch.ca](mailto:office@duffschurch.ca).

#### FREELTON STRABANE UNITED CHURCH

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 [brendalaw@hotmail.ca](mailto:brendalaw@hotmail.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.

#### FREELTON LIONS CLUB

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

#### THE FRIENDS OF MILL CREEK

Meet at the Puslinch Community Centre at 3:30 pm. on the third Wednesday of every month (except August). If you share our passion for protecting this precious resource for future generations,

and in developing this resource for the next generation of conservationists, join us. For more information <http://www.friendsofmillcreek.org>.

#### OPP.

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

#### OPTIMIST CLUB OF PUSLINCH

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

#### PUSLINCH FIDDLE GROUP

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

#### PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE

is located in Duff's Presbyterian Church. For assistance call:  
Gary Will 519-820-7832  
Fred Law 519-767-2462  
Dianne Hersey 519-824-6304  
Alan Fairweather 519-824-5726  
Jen Deter 519-837-5913

#### THE ROTARY CLUB OF GUELPH SOUTH

Meets every Thursday at 7:30 am. Check out [www.rotary7080.org/guelphsouth](http://www.rotary7080.org/guelphsouth) for more information. Contact Celia Clark for membership inquiries: 519-766-1097.

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

Drop off 'unwanted' metals, e.g. stainless steel, aluminum, copper, tin cans, wire, metal rods, fencing etc. in the 'Gerda 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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