

# Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 49, Issue 6 February 2025

## Winter Family Day will be fun for everyone

By Jamie Holmes

Monday, February 17th is Family Day in Ontario and the Optimist Club of Puslinch has a fun day planned to consist of entertainment, food and activities for families of all ages. Come and join us at the Puslinch community centre and skating rink for activities.

Doors at the community centre will open around 10:30am allowing everyone to gather for the return of Rumpel the Clown with his magic and comedy show.



Face painting will take place inside the community centre starting at 10:30am. Outdoor activities include: snowball slingshots, archery, campfire with marshmallow roasting, human bowling in the arena and activities with the Puslinch Fire Department including their Smokehouse along with the amazing playground at the community centre.



All of this will be capped off with a one-hour family skate in the arena from 3 to 4pm.

Come join us in a fun filled day of family oriented activities and fun, we look forward to seeing you there.



After Rumpel entertains and amazes, a Hot Dog lunch along with Hot Chocolate will be served before you head outside to take part in the afternoon activities.



# Editorial

Happy New Year!

Before I launch into what is in this issue of the *Pioneer*, I'd like to talk a bit about the last issue and the amazing efforts by the Optimist Club of Puslinch and our local councillors in getting out and delivering the paper for us.

Thank you. Without your efforts Puslinch would not have received the December/January issue.

As a community that cares, we have highlighted several events that are taking place in February and March and encourage you to get involved and attend.

And building on the theme of caring, we are pleased to share that Ann Caine is receiving the King Charles 111 Coronation Medal, a well-deserved recognition.

We welcome back our regular columnists – Dr. Laura Brown, Julia Preston, Barbara Paterson and the master gardeners.

Going back to the recent Postal Strike, it flags the importance of signing up for our electronic version of the paper, to ensure you stay informed on what is happening in Puslinch and Guelph.

Anne Day

## 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, February 14th, 2025**

### 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)

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

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# Council Clips

## Zoning By-law Amendment Application 1873 Townline Road:

Recommends the use of a holding provision that prohibits outdoor recreational trailer storage on subject lands until all requirements identified in the holding provision have been completed to Township's satisfaction.

## Badenoch Storage Shed:

Council accepts the Gift-In-Kind donation of labour to rebuild the storage shed from Sloom Construction and thanks all who provided monetary donations and support.

## Lake Road Speed Limit Change:

County Roads Committee recommend maintaining the current posted 50km/hr and 70km/hr speed limits, based on the seasonal speed monitoring results to date.

## Cambridge Fire and Emergency Services Agreement:

Council agrees to terms set out in agreement being the Serviced Area map and Cambridge-Puslinch Fire Protection Contract Fee 2025-2027.

## Cost of Living Adjustment:

Council approves adjustment of 3.0 percent effective January 1, 2025. Mayor's pay \$40,928 and Councillor's pay \$21,468. Also, can opt for a health benefit package.

## Corporate Seal:

Council passes by-law to authorize an official seal for Township.

## County of Wellington Rural Residential Growth Analysis:

Council requests County remove the rural residential severance date of March 1, 2005, and control growth by allowing a property one severance every five years in Secondary Agricultural Areas with a review every five years.

## Puslinch Growth Target:

600 new homes by 2051. County has identified the hamlets of Aberfoyle and Arkell as areas of expansion.

Morrison falls in the Greenbelt Area and is protected.

## Business Owners:

County and Township staff will be visiting business owners throughout the Township to conduct Business Retention & Expansion (BR&E) surveys to help local businesses and municipalities understand issues and opportunities for the business community.

## Youth Advisory Committee:

Committee unable to support the Youth Tennis Pilot Project Goals and Objectives Proposal as committee does not have the capacity to manage a youth tennis program.

## Morrison Heritage Conservation District Sub-Committee:

To review and outline the process of establishing a Heritage Conservation District including any potential future budget implications.

## Sunday Gun Hunting:

Council directs staff to conduct public consultation with respect to permitting Sunday gun hunting in the Township, known as Wildlife Management Unit (WMU) 87c.

## Speed Study Engagement Survey:

Township seeking feedback regarding a Speed Study that was conducted by Paradigm Transportation to make decisions about potential speed adjustments.

## Site Alteration By-law:

Staff inform Council that by-law is serving the community well and there should be no changes.

However, Council hears from delegation that permit fees too high, process is complex, by-law is filled with legal jargon and individual property rights are being infringed upon.

## Blue Triton Bottling Plant:

Blue Triton formerly Nestle Water merging with Primo Water Corporation headquartered in Tampa, Fla into a single company.

Aberfoyle facility will wind down operations by end of January.



TOWNSHIP OF PUSLINCH  
(519) 763-1226

## Council and Committee Meetings (519) 763-1226

Youth Advisory Committee Meeting:  
February 3rd at 6pm  
Committee of Adjustment and Planning and Development Advisory Committee Meeting: February 11th at 7pm  
Recreation and Community Wellness Advisory Committee Meeting:  
February 18th at 7pm  
Council Meeting – Final Budget Approval: February 20th at 10am  
Employment Land Open House:  
February 26th 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.

To view our facility calendar and our 2025 Ice Skating Schedule at the Optimist Recreation Centre Rink, please visit our Community Facilities page <https://puslinch.ca/culture-recreation/community-facilities/> or email [services@puslinch.ca](mailto:services@puslinch.ca).

Looking for a facility to host indoor recreation activities? Consider renting the Optimist Recreation Centre Gymnasium. To submit a rental request for the Optimist Recreation Centre gymnasium or rink, please complete the online facility rental request form at <https://puslinch.ca/forms/rental-request-form/>.

## 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)

# Pasta night is back

By Shelley Adlington



We're back on Friday February 7th for the 21st "Taste of Italy" Pasta Dinner at Puslinch Community Centre.

This community favourite all-you-can eat food and fellowship gathering is an annual fundraiser by Rotary Club of Guelph South Charitable Foundation Inc in support of Sunrise Therapeutic Riding & Learning Centre and other worthwhile Rotary-supported projects.

Tickets are available now! <https://tinyurl.com/pastadinner2025>.

Tickets for this event can sell out quickly, so get yours soon! Adults \$25; children (5-12) \$15; children under 5 \$10.

No need to cook that night, bring your friends and family. Tax receipts available for donations (sorry, not for ticket sales).

Our wonderful kitchen crew makes the delicious vegetarian sauce and the meatballs are always popular - we usually make extra to buy for your freezer.

The silent auction may be the answer to your Valentine's Day shopping. The gift card tree is always popular and every child under 12 receives a free gift.

Table sponsorships are still available (still only \$150) and more information is available from Rotarian Deb Allen ([deb.allen.re@gmail.com](mailto:deb.allen.re@gmail.com))

## Thank you

By Catherine Featherston

The Optimist Club of Puslinch would like to thank all the sponsors, volunteers and community members who came together to make the 2024 Puslinch Santa Claus Parade a huge success!

This year's parade was made up of 30 festive floats plus many clowns, some friendly reindeer, a bear, a horse, Madeline, many cadets and three bands! The chilly weather didn't stop hundreds of children from lining the highway to enjoy the spectacle.

After the parade, everyone gathered in the ORC to warm up with hot chocolate and hot dogs. Excited children

took photos with Santa and mailed their Christmas letters off to the North Pole.

With the help of the Heritage Lakes Community, an unprecedented 1,393 pounds of food was collected and, thanks to our very generous Corporate Sponsors, \$1000 in gift cards will be donated to the Children's Wish Foundation.

This event is a community favourite and is only possible with the generous support of our local businesses, organizations, and community members. Please thank them and support them when you can!

Dr. Abraham Aho, Veterinary, Benson Tire, Blue Triton Brands, Benson Tire, Brennen's Tire Service Inc, Bryan's Auction Services, Capital Paving, Carl Bousfield and Family, Charlie and Hetty Kuiken Farley Manufacturing Inc, Fred Prior, Great Wall Restaurant, Michael's Mobile Truck and Trailer Repair, Robert Hammond, Victoria Park East & Valley Golf Clubs, Mr Fixit, Wall Custance Funeral Home, Aberfoyle Power Sports, County of Wellington Roads Dept, DLP Heavy Haul Inc, Dar Max Inc, Henry Deter, Ken Tosh, Ontario Heritage Steam Museum, OPP, Shar-a-Tree Christmas Trees, Township of Puslinch, Township of Puslinch Fire Department.

Congratulations to June Williams, the 2024 Parade Committee and the Optimist Club of Puslinch on another wonderful event.

## DID YOU KNOW....

Winter is one of the best times of year to get your carpets cleaned!

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# Community rallies to help

By Anne Day

When the postal workers went on strike, the team at the Pioneer faced a dilemma as the Post Office delivers it to every household in Puslinch.

We had to decide whether to go ahead and print the December/January issue and if we did, how do we get the paper delivered?

The Optimist Club of Puslinch came to our rescue and undertook to deliver the paper to households in Puslinch.

Not only did the club members step up, but so too did all the councillors in Puslinch Township.

In order to reach those who receive their mail through the Smart Post Boxes, we arranged for papers to be available at local churches,

restaurants and where possible, hand-delivered them.

If you still don't have the December/January issue, you can collect one at the Aberfoyle Library.

There are special thanks to be given to several people – first Mark and Karen Slade who not only delivered the papers, but spread the word through Facebook that it was coming.

Next to Sara Bailey who undertook the bulk of the paper delivery to the volunteers delivering it.

And last but not least, Matthew Bulmer, who on hearing our challenge, took the lead in approaching the Optimist Club, making the delivery happen.

This amazing support was gratifying to us and speaks to how much our community paper is valued.

Thank you.

# Calling all cooks



Photo source: Unsplash

Wyndham House, an emergency shelter for youth is looking for volunteers to prepare and bring in frozen meals.

Meal or baking donations, can be delivered to the Shelter located at 18 Norwich Street East, next to Hakim Optical.

There is parking available in front of the Shelter, which is open 24/7, so delivery times are quite flexible.

For more information, 519.822.4400 x 206  
[kim.evershed@wyndhamhouse.org](mailto:kim.evershed@wyndhamhouse.org)

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Wellington Group of Companies (WGO) is a key player in North America's logistics and transportation industry, offering essential supply chain solutions through a comprehensive network of trucking, rail, drayage, warehousing, air, and ocean services. With a commitment to keeping supply chains running smoothly, WGO provides tailored solutions like custom-built trucking fleets designed to meet the specific needs of their clients.

Founded in 2014 and headquartered in Puslinch, WGO has grown rapidly, with offices now across North America. Even with this expansion, the company remains deeply committed to its local community. WGO has a float in the annual Puslinch Santa Claus Parade and purchases pet items from Ren's Pets to donate to animal shelters. Recognized as one of Canada's top employers, WGO has received the "Best Fleet to Drive For" award for five consecutive years and earned a spot among Canada's fastest-growing companies in the Globe and Mail's 2022 Report on Business. Additionally, the company was named Trucking HR Canada's Top Small Fleet in both 2021 and 2022. WGO is committed to keeping supply chains moving and fostering the growth of the communities where it operates, creating a ripple effect of positive change.



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- Procurement of all legal documentation • Unlimited copies of death certificate
- Notification of CPP/OAS or other agencies; Filing of CPP death benefit and survivor benefit forms
- Memorial tree for Wall-Custance Memorial Forest - 400 acre Arboretum at the University of Guelph



Scott Young

# Local resident honoured

By Anne Day



For the past 42 years Ann Caine has been the driving force behind Sunrise Therapeutic Riding and Equestrian Centre which is now based in Puslinch.

Now in her eighties, she is still working tirelessly to see the Centre expand to include residential and adult respite

space.

It therefore comes as no surprise to those who know her and her work, that she should be awarded the King Charles 111 Coronation Medal for her contributions to Canada.

"I was embarrassed when I heard the news, after all I love what I do and am blessed to be part of Sunrise." shares Ann.

Ann first came to Canada from the UK in 1973, together with her husband and four children.

Sadly, three years after their arrival, her husband died of cancer.

But it was the support of the community, her church and friends, that spurred Ann on to start a therapy riding program as a way of giving back.

After four major moves, Sunrise settled in its current home in Puslinch, where a wide range of programs are offered to children and adults with special needs.

But Sunrise is not Ann's only involvement in the community. She is a founding member of the Rotary Club of Guelph South.

She serves on the Eradicating Human Trafficking Committee and is an active member with the Salvation Army.

Ann got her first taste of fundraising when she worked at the Vet College in Guelph, where she taught 3rd year students in the surgical lab.

Realizing that the students came to that program with little background knowledge, she raised funds to create an instructive video on suturing.

And she hasn't stopped.

Sunrise's goal is to raise \$2M this year towards their capital campaign. Reaching that goal will add substance to their applications for government funding.

To learn more, contact Lynne O'Brien at 519-837-0558, ext. 31.  
[lynne@sunrise-therapeutic.ca](mailto:lynne@sunrise-therapeutic.ca)



**Rotary**  
Club of Guelph South

**Don't miss out on our  
21st. Annual "Taste of Italy" Pasta Dinner  
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**Proceeds support Sunrise Therapeutic Riding & Learning Centre and other Rotary projects**  
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**Puslinch Community Centre**



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## New Year Reminder: Check Your Smoke Alarms

By Jessica Buczynski

### Homes Built in 2015 May Need Replacements

As we welcome a new year, it is the perfect time to focus on safety in our homes.

If your home was built in or before 2015, your smoke alarms could be reaching their expiry date.

Smoke alarms have a typical lifespan of 10 years, and ensuring they are in proper working condition is essential for your family's safety.

At Puslinch Fire and Rescue Service we are urging homeowners to check the manufacture date printed on their smoke alarms.

If they were installed in 2015, they should be replaced this year. Building and fire codes require specific standards for smoke alarm replacements to maintain the same level of protection:

- **Hardwired and interconnected alarms** ensure that when one alarm detects smoke, all alarms in the home will sound, providing early and widespread warning.
- **Alarms with strobe lights** are crucial for those who are deaf or hard of hearing, ensuring everyone in the home is alerted in case of an emergency.

"It's important to replace expired alarms with the same level of protection that was originally installed," says Chief MacNeil. "Maintaining compliance with fire and building codes is not only a legal obligation but a vital step to keep your household safe."

When replacing your alarms, opt for models that meet current safety standards and consider combination smoke and carbon monoxide alarms for added peace of mind.

Additionally, test your alarms monthly and ensure everyone in your household knows what to do if they sound. A few moments of preparation can make all the difference in an emergency.

Start 2025 on a proactive note—check your smoke alarms today and keep your home safe for the years to come.

For more information on smoke alarm safety or assistance with choosing the right smoke alarms, contact your local fire department Public Fire and Life Safety Educator at, [jbuczynski@puslinch.ca](mailto:jbuczynski@puslinch.ca) or visit our website at [www.puslinch.ca](http://www.puslinch.ca).

## In our backyard

By Aidan Harris

On February 24th, join the Rotary's Eradicating Human Trafficking Committee (EHTC) for, "In Our Backyard: A Discussion of Human Trafficking in the Guelph-Wellington Region."

This event is designed to be an informative dive into one of our community's darkest and most pressing issues, human trafficking.

Few people are aware, but Guelph and the 401 corridor are the epicentres of human trafficking in Ontario, and one of the biggest centres for human trafficking in Canada.

Every day, women and girls are trafficked in our hotels, and are sexually abused for the financial gain of their traffickers.

A key way of fighting against human trafficking is through education: the more people that know about it, the harder it is for traffickers to hide in the shadows.

That's why our committee is hosting a panel discussion on human trafficking.

Our panelists are frontline workers and experts in the field.

They include:

- Vicki Olatundun, the Executive Director of SEEDS
- Cindy McMann, a Public Educator from Guelph-Wellington Women in Crisis,
- Mandira Arnab Aich and Krystal Snider, the Program Manager and Lead Project Consultant from Women at The Centre,

### Event Details:

**When:** February 24th, 7:00-8:30 PM.

**Where:** The Salvation Army Citadel, 1320 Gordon St, Guelph, ON, N1L1H3.

**Cost:** None.

**Registration:** Please email [ehc.rotary@gmail.com](mailto:ehc.rotary@gmail.com) to register for the event.

So, if you're interested in learning more about the issue and becoming part of the solution, come join us for an incredibly important discussion next month!

Let's stop human trafficking together.

## Against Traffick

The committee's email newsletter, Against Traffick will also be coming out in February. To receive it, email [cwomens.admin@gmail.com](mailto:cwomens.admin@gmail.com)

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## Thoughts on Peace

World order can be founded only on an unshakable consciousness of the oneness of mankind, a spiritual truth which all the human sciences confirm. Anthropology, physiology, psychology, recognize only one human species, albeit infinitely varied in the secondary aspects of life. Recognition of this truth requires abandonment of prejudice—prejudice of every kind—race, class, color, creed, nation, sex, degree of material civilization, everything which enables people to consider themselves superior to others.

. . . Universal acceptance of this spiritual principle is essential to any successful attempt to establish world peace. It should therefore be universally proclaimed, taught in schools, and constantly asserted in every nation as preparation for the organic change in the structure of society which it implies.

5/10

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

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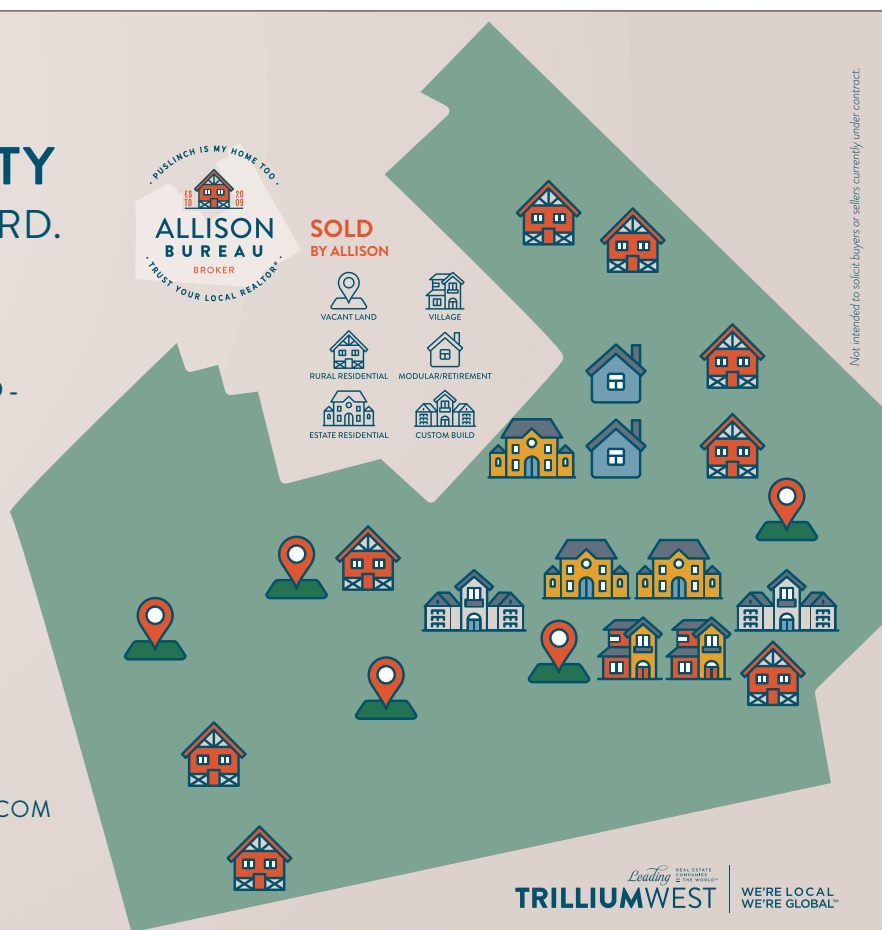


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# Food Box from Crieff Hills



Introducing our new **Weekly Fresh Food Box Program**, designed to bring fresh food from our farm to your table.

Enjoy locally grown, sustainable and seasonal produce that is lovingly cultivated right here at Crieff Hills.

All proceeds support our mission of providing rest, renewal and transformation to a weary world.

## What's in the Box?

For 20 weeks beginning in spring 2025, you will come by and choose your favourites from a selection of fresh, handpicked produce.

You are also welcome to pick your own herbs straight from the garden.

Small (for 1-2 people) \$550  
Large (for 3-4 people) \$875

## But wait—there's more!

Every subscription includes an annual family pass to Crieff Hills so you can come anytime to hike the trails, walk the labyrinth or visit the animals. (A value of \$420!)

During the weekly pickup you can choose to purchase additional farm foods including eggs, whole chickens, honey, maple syrup and fresh flower bundles.

Want to support the program but live too far away? Want to support another local family? You can donate a subscription and we will distribute a weekly box through our friends at Hope House in Guelph.

## Why Choose Crieff Hills Farm?

- **Farm-to-Table Freshness:** Lovingly grown and harvested for unmatched flavor and nutrition. No chemicals!
- **Sustainable Practices:** Supporting regenerative agriculture and caring for the land.
- **Local Love:** Grown right here in your community, which is great for the planet plus you support a charity that cares for weary folks.
- **Seasonal Variety:** Choose familiar favourites or experiment with new-to-you foods.

## On-Farm Dinner Series

Come to our historic property for a unique learning experience followed by a multi-course meal made from ingredients grown and foraged right here on our farm.



Each event is hosted by a local expert or Crieff Hills staff member.

The cost is \$100+HST per person and includes:

- approximately an hour and a half with one of our skilled workshop leaders
- dinner in our historic school house at shared harvest tables
- multi course meal featuring meat, vegetables, herbs and flowers from our fields and forest
- one glass of beer or wine per person

## Coming soon in 2025:

March 30 Making Maple Syrup

May 28 Forest Foraging Walk

Registration will open soon. For more information contact Scott (519) 824-7898 or [events@crieffhills.com](mailto:events@crieffhills.com)

## History of Crieff Hills

Colonel John Bain Maclean, the founder of Maclean's magazine, The Financial Post and Maclean-Hunter publishers, was born and raised in the small village of Crieff, Ontario, where his father was the minister at Knox Presbyterian Church.

After establishing a successful career in Toronto, he returned to Crieff in 1916 to visit and found the churchyard in disrepair.

He then led efforts to restore both the grounds and the cemetery with the help of the Olmstead Brothers landscape architectural firm.

In recognition of his service, the church gave Col. Maclean the old manse and an acre of land, which became his country home.

He bought adjacent farmland (300 acres) and created an industrious farm with a dairy herd, pigs, grain fields, orchards and about 100 acres of reforested land.

His estate, known as Crieff Hills Farm, was famous for its beautiful landscape and gardens.

When Col. Maclean died in 1950 he left 250 acres of the farm and its buildings to the Presbyterian Church in Canada, along with money invested to maintain the properties "...as a model and example to other communities."

In the mid 1970's the denomination began to develop the land as a retreat facility, gradually adding buildings as demand increased.

Today, Crieff Hills is open all year long, welcoming individuals and groups of up to a hundred people.

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## Volunteer Appreciation Award - Call for Nominations

The Township of Puslinch is seeking nominations to recognize the outstanding contributions made to our community by one of Puslinch's remarkable volunteers. Nominations will be accepted from January 13<sup>th</sup> to February 14<sup>th</sup>, 2025 until 4:30 PM.

To nominate a volunteer please visit our website at [Puslinch.ca/volunteerappreciation](https://puslinch.ca/volunteerappreciation)

**For more information, please contact The Township of Puslinch (519) 763-1226 or [admin@puslinch.ca](mailto:admin@puslinch.ca)**



# Power of Play

By Julia Preston



For the past three years in the *Pioneer*, I have been sharing different activities people can do to connect with others and spend time outside.

This year, I am going to continue to do that, but in a slightly different way. This year, I am going to focus on play.

Oxford Languages says that to play is to “engage in activity for enjoyment and recreation rather than a serious

or practical purpose.”

However, play does serve a very important purpose in our lives—especially children’s lives, but adults as well.

In fact, the UN Convention on the Rights of the Child explicitly states that children have the right to play. Play is a natural instinct and is important in our learning, development, health and growth.

Psychologist Peter Gray defines play using four characteristics:

- Play is self-chosen and self-directed. Players choose not only to play, but also what to play and how.
- Play is intrinsically motivated. The reward comes from the doing, not from the product.
- Play has structure that derives from rules in the player’s mind.

- Play is creative and usually imaginative (more on this to come).

The play I’m going to be writing about this year is different than organized sports, lessons or other adult-directed activities.

Throughout this series, I am aiming to focus on “free play,” show why it is important and offer some ideas of how to bring more play into your life.

Gray notes, “We can enjoy life more, and even fulfill our obligations better, if we carry out our obligations in a playful manner.”

So, your mission for this month is to head outside and play.

Don’t have an agenda or a plan. Do something just for fun. It can be as simple as a walk, tag or throwing a ball.

Take yourself out and see what play you can find.

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### Discover the Sweetness of Maple Syrup Season! 🍁

One of our favourite family outings is enjoying the charming **Maple Town** at **Mountsberg Conservation Area**.

Watch as sap is transformed into golden maple syrup, then savor samples that capture the pure, sweet essence of the season. Stroll through serene trails then indulge in fluffy pancakes drizzled with syrup made right on site.

It’s a heartwarming experience that blends tradition, nature, and delicious treats creating endearing family memories to cherish forever.

#### Fun Facts

- 🍁 A single mature maple tree can produce about 35-50 litres of sap each season = 1 litre of syrup.
- 🍁 The maple syrup season typically lasts 4-6 weeks
- 🍁 Over 70% of the world’s maple syrup comes from Canada
- 🍁 Tapping doesn’t harm trees when done properly; trees can continue to produce sap for over 100 years.





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# International Women's Day



At the beginning of a new year, many of us search for our purpose in life, wanting to do something meaningful that will make a difference.

The keynote speaker, Jill Valentine is a true embodiment of the IWD 2025 theme: Accelerate Action

As co-founder of UGO Impact, Jill leads life-changing initiatives like Seeds of Change in Tanzania and the Give and Grow Community, helping others discover purpose and a deeper connection to humanity.

She will be sharing lessons learned from her humanitarian endeavours around the world, as well as how to take accelerated action to make the

change we want to see in the world and live a more meaningful life.

Not only has her travels taken globally, but she has led groups and summited Mount Kilimanjaro four times.

"As I step deeper into my Why this year, which is to educate, inspire, and empower others to powerfully answer their call to contribution, I am so excited and honoured to be the Keynote Speaker for International Women's Day Guelph-Wellington in March 2025." shares Jill.

This year's theme is Accelerate Action - something we need to do to help our ailing world and society.

Join us on March 5th, 2025, from 5 to 9 PM for an evening of inspiration, celebrating empowerment and action.

Our 2025 #IWDGW event will feature a seated plated dinner and new to the celebration this year, we will showcase organizations that support women services in our community.

Tickets are \$55 plus taxes or \$400 for a table of eight.

Taking place at the **Victoria Park East Golf Club**, 1096 Victoria Road, Puslinch.

Click the link below to get your tickets today

<https://www.eventbrite.ca/.../international-womens-day...>

# Film Friendly Puslinch

The Township of Puslinch recognizes the direct and indirect economic benefit that the film industry can provide.

The pre-approval of projects ensures that Township property and the rights, safety and privacy of the public in the Township are protected while supporting this industry.

If you are interested in filming in Puslinch please review our Filming on Properties and Streets within the Township of Puslinch Policy prior to submitting an application.

It can be found at [puslinch.ca](http://puslinch.ca)

It provides a framework for all filming in Puslinch. Please note this policy only applies to professional, commercial production for distribution and/or public consumption.

You can find application and notification requirements of the Filming on Properties and Streets within the Township of Puslinch Policy in order to assist in completing the Film Permit Application.

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# Men's Shed in Puslinch

By Anne Day



Photo Brian Gibson and Cheryl Milani

Retirement can be challenging for anyone in terms of finding something meaningful to fill your newly found time.

For men in particular, it can lead to loneliness and a sense of isolation, as most of their lives have been focused on work.

After a visit to Australia, where she learned about Men's Sheds, Puslinch resident Cheryl-Lyn Milani, came home and decided to start one in Puslinch.

She knew first-hand how retirement had impacted her father.

The Shed is at 1241 Concession Road 10 at the family farm, where there's wood and machine shops, all on the acres at the farm.

Started last fall, the group is open to anyone and men don't have to be retired to join.

"This is something we need right now, bringing people together in community, and helping them find purpose". shares Cheryl.

As she's observed, men communicate best shoulder to shoulder, rather than face to face like women. So, coming up with activities that enable this is key.

There are currently 35 members and a wood working group of five men.

But woodworking is not the only potential activity, she has thirteen more –

- Cooking
- Photography
- Furniture refurbishing

- Metal working
- Automotive Projects
- Machinery - learning drive skid steers and tractors
- Farm skills - fence maintenance, wood splitting
- Supporting rural seniors through visiting and driving
- Creating learning opportunities for passing skills to youth
- Nature walks
- Repair Cafe
- Fishing
- Coffee Groups by the Pond

Cheryl is working to form a non-profit and is keen to find other ways to involve the members in helping in the community.

To learn more, contact her at 416-220-7581

[cheryl@cherylmilani.com](mailto:cheryl@cherylmilani.com)

## March Break Arts Explosion



### March 10 to 14, 2025

A variety of Arts activities including Dance, Music, Visual Art, Theatre, Mindfulness, Yoga and Story Creation taught by exceptional teaching artists, for campers currently in JK to Grade 5.

Camp is held at the River Run Center, 35 Woolwich St, Guelph, ON N1H 3V1

Programming will be offered to campers JK to Grade 5.

**IMPORTANT-** If you are registering a child currently in JK or SK please reach out to Jennifer at [registration@guelphdance.ca](mailto:registration@guelphdance.ca) we are approaching capacity for this age group.

Cost: \$350 per camper (5% sibling discount)

Hours: 9:30 AM to 3:30 PM (scheduled arts activities)

Pre-camp care: 8:30 AM to 9:30 AM (free and optional)

Post-camp care: 3:30 PM to 4:30 PM (free and optional)

Additional post-camp care: 4:30 PM to 5:30 PM \$35

A typical day starts with campers arriving between 8:30 to 9:30 AM, during which time, there is supervised play. The scheduled arts activities begin at 9:30 AM, typically two activities before lunch and two activities after lunch. Lunch is supervised and followed by supervised outdoor play.

Because we go outside, please ensure your child has adequate clothing for a variety of weather situations. Scheduled arts activities wrap up at 3:30 PM, and campers can be picked up between 3:30-4:30 PM.

## Township Snow Clearing

Roads are cleared according to classification (generally traffic volume and speed limit determine classification) with asphalt roads being cleared first, followed by gravel roads and local streets.

All Township snow removal equipment has a predetermined route it follows when snow clearing is required.

The Public Works department is responsible for clearing all Township roads.

The County of Wellington is responsible for clearing all County roads and the Ministry of Transportation is responsible for clearing all provincial highways.

- 1 The Township does not maintain any Class 1 or Class 2 Roads
- 3 12 hours, when snow reaches a depth of 8 cm  
Roads to be served first by the Township.  
Ice to be treated within 8 hours
- 4 16 hours, when snow reaches a depth of 8 cm  
Roads to be served second by the Township  
Ice to be treated within 12 hours
- 5 24 hours, when snow reaches a depth of 10 cm  
Roads to be treated third by the Township  
Ice to be treated within 16 hours

To check what number your road is Go to <https://puslinch.ca>



TOWNSHIP OF  
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## Property Tax Reminder

Interim Bills will be mailed  
January 31, 2025

**DUE DATES:**  
February 28, 2025  
April 30, 2025

Questions? Please contact the  
Tax Office at 519-763-1226 x106 or  
[taxes@puslinch.ca](mailto:taxes@puslinch.ca)  
[www.puslinch.ca](http://www.puslinch.ca)




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# Vitamin B1 Thiamine

By Dr. Laura M. Brown, ND

Thiamine (vitamin B1) is a water-soluble B vitamin that plays a role in energy production and generation of genetic information.

Your body needs thiamine to break down and digest the foods you eat, to keep your metabolism going, and help your muscles and nervous system do their jobs effectively.

It can provide a softness and elasticity to muscles. It plays an unidentified role in propagating nerve impulses and taking part in nerve insulation (myelin sheath) maintenance. The conversion of thiamine to its bioactive state requires magnesium.

Thiamine is used to prevent or treat many neurological and painful conditions. Thiamine may be useful for preventing or treating epilepsy, neuritis, peripheral neuropathy, sciatica, trigeminal neuralgia, back pain, diabetes, dementia, fibromyalgia, Parkinson's disease, essential tremor, multiple sclerosis and cluster headaches.

Thiamine deficiency presents many challenges to clinicians, in part due to the diversity of presenting symptoms that overlap with other conditions affecting the metabolic, neurologic, cardiovascular, respiratory, gastrointestinal, and musculoskeletal systems.

Deficiency symptoms can be mild, appetite and weight loss, vomiting, fatigue, nervous system (muscle function) issues. It is absorbed in a healthy small intestine; damage to the small intestine can be a factor in deficiency.

Thiamine is consumed by the body rapidly during alcohol consumption. Beriberi is a thiamine deficient condition

that presents itself as cardiovascular or nervous system disorders such as muscle weakness, decreased reflexes, edema, enlarged heart.

Food sources of thiamine include whole grains, legumes, nuts, meat, enriched flour. Significant losses in high temperature cooking, and discarded cooking water.

Tea, coffee, raw fish, and shellfish contain thiaminases - enzymes that destroy thiamine. At risk populations include populations where polished (white) rice and milled cereals are the primary food source.

In resource-rich countries with fortified foods and diverse diets, a thiamine deficiency is more often seen in individuals suffering alcoholism, diets restricted to heavily processed foods, renal disease, eating disorders, bariatric surgery, and dependence on parental nutrition.

Reliable laboratory testing is not readily established. Typical approach is to be mindful of at-risk populations, supplement at appropriate dose and timing under medical supervision, and observe changes.

Thiamine may be taken orally, sublingually or by injection. Sensitivity reactions are rare but possible: hives, redness, shortness of breath (anaphylaxis possible).

It is generally non-toxic. B vitamins are used together to produce energy in the body. Higher dosing of one may deplete another.

That's why it is important to consider a B-complex along-side higher dose of any other B vitamin. Talk to your medical practitioner about what's right for you.

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

## Winter activities



With the Aboyne and Trestle Bridge Trails close by, the Wellington County Museum and Archives is a great location for snowshoeing.

We have a limited number of snowshoes for rent during our business hours. Rentals are available on a first-come, first-served basis; no pre-registration is required.

Rentals are \$5 per pair; all participants must sign a waiver.

Snowshoes must be returned at least half-an-hour before the museum closes; 4:00 pm on weekdays and 3:30 pm on weekends.

To protect our equipment, we require at least 10 cm of snow on the ground to rent snowshoes.

### Tobogganing

When there is some snow, our hill is perfect for all ages! BYOS (Bring your own sled).

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The hours at the Wellington Museum are  
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# Puslinch Branch, Wellington County Library

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

## In Stitches - Fabric Card Wallet (Tweens/Teens/Adults)

Learn to thread and operate a sewing machine, then create a simple project. Machines are also available for in-branch use. Please register.

Saturday, February 1 from 10:30 am – 12:00 pm

## Scrabble Club (Adults)

Join us for casual word building entertainment! Drop in.

Wednesdays, February 5 and 19 from 1:00 – 3:00 pm

## Story Time (Preschoolers)

Our Story Times are designed to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Adult accompaniment is required. Please register.

Thursdays, February 6 - 27 11:00 - 11:45

## Dungeons and Dragons Club (Teens)

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

Please register.

Thursdays, February 6 and 20 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, February 7, 1-2:00 pm

## Let the Games Begin - Puzzle Swap (All Ages)

Tired of making the same jigsaw puzzles

and need a new challenge? Drop in during open hours this week and bring one or two of your puzzles to swap with others. Complete puzzles only please.

Tuesday, February 11 to Saturday, February 15, during branch hours

## Creative Kids (Kids/Tweens)

Get crafty and learn new things with DIY, maker, and other hands-on activities just for kids.

Please register.

Wednesdays, February 12 and 26 from 3:00 - 3:45 pm

## Steeped in Stories – Vinyl Café: Odd Jobs (Adults)

Rediscover the joys of listening to a tale while sipping a warm drink in the company of friends. Quiet activities will be available during this time. Adults only.

Please register.

Friday, February 14 11– 12:00

## Book Club – Third Tuesday (Adults)

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

Tuesday, February 18 from 2:00 – 3:00

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

Enjoy the company of others as you create a fun acrylic painting on canvas. No experience necessary. All materials provided. Please register.

Tuesday, February 25 from 1:00 - 3:00 pm

## Just for You from WCL

Wondering what to read, watch, or listen to next? Wellington County Library staff are here to help! [www.wellington.ca/JustForYou](http://www.wellington.ca/JustForYou).

## Fiction

Box, C.J.	Battle Mountain
Hurwitz, Gregg	Nemesis
Jenoff, Pam	Last Twilight in Paris
Kellerman, J	Open Season
McCall Smith, A	Looking for You
Moyes, Jojo	We All Live Here
Nesbo, Jo	Blood Ties
Patterson, James	Paranoia
Robb, J.D.	Bonded in Death
Rotenberg, R.	One Minute More

## Non-Fiction

Baker, Josephine	Fearless and Free: A Memoir
Brooks, Geraldine	Memorials Days: A Memoir
Brown, Alton	Food for Thought: Essays and Ruminations
El Akkad, Omar	One Day, Everyone Will Have Always Been Against This
Gates, Bill	Source Code: My Beginnings
Hendriksen, Ellen	How to Be Enough: Self-Acceptance for Self-Critics and Perfectionists
Kelly, Brian	How to Win at Travel
Kross, Ethan	Shift: Managing Your Emotions — So They Don't Manage You
Meltzer, Brad	The JFK Conspiracy: The Secret Plot to Kill Kennedy – and Why it Failed
Morrison, Susan Lorne	The Man Who Invented Saturday Night Live



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# Simply Indian Cooking Class

February 13, 6.30-9pm

Puslinch Community Centre

Join us for an exciting and flavorful journey into the heart of Indian cuisine in our Simply Indian cooking class!

- Onion pakoras
- Garlic naan
- Butter chicken
- Coconut chickpea curry
- Fluffy, aromatic basmati rice
- Masala chai

All you need to bring are a few reusable containers to take home some delicious leftovers. Everything else is provided for you!

**Fee:** \$70.00

**Event Host:** Krisha Indian Cooking School

**Event Contact:** Chitra Saravanan

**Phone:** 519.766.7347

To register go to

<https://www.krishaindiancookingschool.com/classes.html>

# April is Volunteer Month

Thank your volunteers in the April issue of the Pioneer - business card ad is only \$45 (special rate)

advertisi ngpusl inchpioneer@gmail . com

Deadl ine: March 14



# HYDRATING PUSLINCH...



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## ASK THE EXPERT

### Winter Houseplant Care

By Heather Rajotte

*Q: I would like to have more indoor tropical plants, but they always seem to be plagued with problems in the winter. How can I keep them healthy?*

A: Houseplants are a great source of happiness, especially for Canadian gardeners in the wintertime!

Not only do they brighten up any indoor space, but they can also clean the air.

However, they are not all easy care, and may require some extra attention, particularly in the winter.

The first thing to consider is that tropical plants are just that – tropical. This means that in their native environments, they are not exposed to extreme fluctuations in temperature and light like we are in temperate climates.

Although the temperature in your house may feel somewhat constant to you throughout the seasons, plants are responsive to the fluctuations in temperature between summer and winter even though they are indoors.

In addition, they are also affected by the changes in amount of daylight and humidity.

In the winter months, although your plants are inside, they are biologically less active due to the decreased amount of light, cooler temperatures, and decreased humidity. Think of it as a 'rest period'.



As a result, they will require less frequent watering and fertilizing. In addition, plants can be exposed to outside cold air from drafts due to the opening of doors or windows,

or blowing hot, dry air from furnace vents.

Most houseplant issues seen in the winter (wilting, leaf dieback, leaf spots, yellowing) can be attributed to drafts, overwatering and over fertilizing.

It's a good idea to double check soil moisture before watering – check with your finger or use a moisture meter – and ensure that the soil has dried out slightly.

Reduce fertilizing frequency for most plants by half – once every month to six weeks should be sufficient. Move plants away from doors, windows, and floor vents.

It is worth noting that some leaf drop in the winter is normal – this is a natural way for plants to conserve energy.

Some people may also find that insect pests may be more prevalent in the winter months. Mealybug, fungus gnats and spider mites are all well known to appear with seemingly no reason once the weather turns cold.

There can be a few possible reasons for this – if the plants were placed outside during the summer, it's very typical for them to pick up pests and bring them inside.



Some pests thrive in dry air and will flourish once the furnace kicks on. As well, if your plant is dropping leaves, the dead organic matter is a magnet for pests.

Using insecticidal soap or rubbing alcohol, sticky traps, and keeping a close eye on your plants will help you stay on top of pests.

Although the plants may be snoozing, a little bit of careful attention will help them continue to thrive. Just be sure not to give them TOO much love!

Photos: by H. Rajotte

## Rural Transit

Help the county understand rural transportation needs, uses and preferences.

Complete the Rural Transit Survey to help shape the future of rural transportation in Wellington County.

Participate for a chance to win \$250 in Ride Well credits.

[www.wellington.ca/transitsurvey](http://www.wellington.ca/transitsurvey)

## Waste Collection

Starting January 1, 2025 all Wellington County waste facility sites will implement a \$10 minimum user-fee.

Yellow County garbage bags are for curbside collection only.

If you choose to bring your garbage to the waste facilities, be sure to use regular garbage bags as yellow user collection bags are not exempt from fees at our waste facilities.

Our five transfer stations and one active landfill site are available to all residents and businesses in the County of Wellington (excludes City of Guelph residents).

A transfer station may take almost any material that a landfill will take, but in smaller quantities that will fit in a pickup truck or small utility trailer.

Site attendants have the authority to turn loads away that are too large for their facility to accommodate.

Reuse Centres are operated at three County Waste Facilities. By providing a convenient location for people to drop off items they no longer need and allowing others to pick these items up, many items can be given a second life.



## Cook's Corner

By Barbara Paterson

*This high-fibre soup is very welcome on a cold winter's day, and it's economical too.*

### Chickpea and Spinach Soup



2 tsp. olive oil  
1 onion, chopped  
2 cloves garlic, finely chopped  
½ tsp. ground cumin or curry powder  
Pinch hot red pepper flakes  
1 19 oz. tin chickpeas, rinsed and drained  
4 cups chicken stock  
½ cup small pasta  
10 oz. fresh spinach, chopped  
¼ tsp. pepper  
Salt to taste  
2 tbsp. chopped fresh parsley (optional)

1. Heat oil in large saucepan. Add onion, garlic, cumin and hot pepper flakes. Cook gently until tender.
2. Add chickpeas and stock and bring to boil. Reduce heat and simmer gently for 10 minutes.
3. Add pasta and cook for 5 minutes or until almost tender.
4. Add spinach, pepper and salt and cook for about 3 minutes. Taste and adjust seasonings. Garnish with parsley.

*This simple, finger-lickin' baked chicken will surely please your family.*

### Baked Honey, Mustard, Chicken Drumsticks



12 skinless chicken drumsticks  
¼ cup liquid honey  
2 tbsp. cider vinegar  
2 tbsp. Dijon mustard  
1 tsp. minced garlic  
1 tsp. dried Herbes de Provence\*  
¼ tsp. each salt and pepper

1. Preheat oven to 400°F. Grease a 9 x 13" baking pan. Arrange drumsticks in pan in a single layer.
2. Whisk together the remaining ingredients in a small bowl. Spoon sauce evenly over chicken pieces. Bake for 20 minutes.
3. Remove pan from oven and baste chicken with sauce. Return chicken to oven and bake an additional 20 to 25 minutes, until chicken is no longer pink in the centre.
4. Arrange chicken on a serving platter and pour sauce from pan over chicken. Serve hot.

\* A combination of herbs used in southern France. You can buy it already blended but if you can't find it, you can make your own by mixing basil, marjoram, rosemary, sage, thyme, savory and lavender, or any combination of these you prefer (as I did).

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# Religious Services

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

## ARKELL UNITED CHURCH

"The Little Church with the BIG Heart"  
600 Arkell Road at Watson, Arkell, ON  
NOB 1C0  
519-821-7623  
[www.arkellunitedchurch.ca](http://www.arkellunitedchurch.ca)  
Reverend John Adeyemi  
• Sunday Worship at 10 am.

## BAHA'I FAITH

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

## CALVARY BAPTIST CHURCH

454 Arkell Road, Puslinch, ON NOB 2J0  
519-824-1161  
[www.calvaryguelph.com](http://www.calvaryguelph.com)  
Pastors: Patrick Timmey and Joe Yang  
• Sunday worship: English 9:30 am  
Chinese 2:00 pm  
• 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.

## CROSS ROADS BIC CHURCH

4614 Wellington Rd. 32, Guelph, ON  
N1H 6J3  
(corner of Wellington Rd. 32 & Conc. 4)  
519-658-9746  
[www.crossroadsbic.ca](http://www.crossroadsbic.ca)  
Pastor: Melissa Richer  
• Worship Service Sunday 10:30 am  
• Children's program and nursery during Sunday service  
• Youth (grades 6-12) alternate Thursdays 7-9 pm

## DUFF'S PRESBYTERIAN CHURCH

In-Person Worship at 10:30 each Sunday!  
319 Brock Rd. S & Hwy. 401,  
Puslinch, ON, NOB 2J0  
For Rental and Other Information  
519-763-1163 [office@duffschurch.ca](mailto:office@duffschurch.ca)  
[www.duffschurch.ca](http://www.duffschurch.ca)  
[www.facebook.com/duffschurch/](https://www.facebook.com/duffschurch/)  
Pastoral Leader: Rev. Lisa Dolson  
[revdolson@gmail.com](mailto:revdolson@gmail.com) 519-955-2158

## EBENEZER UNITED CHURCH

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

## HISTORIC ELLIS PIONEER CHAPEL

6705 Ellis Road, Puslinch, ON  
Email: [brendalaw@hotmail.ca](mailto:brendalaw@hotmail.ca)  
Ph. 519-767-2462

## FREELTON STRABANE UNITED CHURCH

*To live our discipleship with integrity and grace.*  
1565 Brock Rd. (Brock Rd & 8th Conc W.),  
Strabane, ON LOR 1K0  
Church Office – 905-659-3380  
[www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca)  
Facebook: [freeltonandstrabaneunitedchurch](https://www.facebook.com/freeltonandstrabaneunitedchurch)  
Minister - Rev. Will Wheeler BA M. Div.  
• Sunday Worship at 10:30 am

## KNOX PRESBYTERIAN CHURCH, CRIEFF

7156 Concession 1, Puslinch, ON NOB 2J0  
519-824-8757  
[www.pccweb.ca/knox-crieff/](http://www.pccweb.ca/knox-crieff/)  
[www.facebook.com/knoxpresbyterianchurchcrieff](https://www.facebook.com/knoxpresbyterianchurchcrieff)  
• Sunday Worship 9:30 am

## MOUNT CARMEL-ZION UNITED CHURCH

in Morriston at the corner of Church & Victoria Streets, Morriston, ON NOB 2C0  
Minister: Rev. Margaret Ruggles  
519-822-8610  
[www.morristonunitedchurch.com](http://www.morristonunitedchurch.com)  
Email: [morristonunitedchurch@gmail.com](mailto:morristonunitedchurch@gmail.com)  
• Sunday Worship at 10:30 am.  
Monthly donations to Chalmers Community Services Centre for the month of February are kidney beans or baked beans and Peanut Butter. Skim milk powder and toilet tissue is always needed as well, and all donations are greatly appreciated. Warm Socks would be a welcome contribution.

## OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

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

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

## SEVENTH DAY ADVENTIST REFORM MOVEMENT CHURCH

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3997 HWY 6, Puslinch ON, NOB 2J0  
905-659-1229  
email: [dorin\\_sdarm@yahoo.com](mailto:dorin_sdarm@yahoo.com)  
[www.sdarm.ca](http://www.sdarm.ca)  
Elder: Paul Gavric  
Pastor: Dorin Burca

## ST. JAMES' ANGLICAN CHURCH

520 Ellis Rd. (beside Hespeler Arena, west of Townline Rd.) Hespeler - Cambridge, ON  
N3C 0E6  
Rector Rev. Sharla Maliff  
519-658-4547 or [rector@stjamesang.ca](mailto:rector@stjamesang.ca)  
Reverend Canon Christopher Pratt  
Website: [www.stjamesang.ca](http://www.stjamesang.ca)  
Facebook: <https://www.facebook.com/stjamesang>

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

# Community Events

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

## ARKELL UNITED CHURCH SENIOR'S LUNCH

Senior's Lunch **Tuesday, February 11th**, at 12 pm (noon) \$10 Soup and sandwiches at Arkell United Church, 600 Arkell Rd. at Watson, Arkell.

## BADENOCH MUSIC NIGHT

**Friday, February 7th** 7pm 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.

## COOKING WITH THE SAINTS

**Saturday, February 22nd** – 1 p.m. at Freelton Strabane United Church, 1565 Brock Rd., Strabane. A fun afternoon of cooking; how to cook and learning about the Saints and then enjoying what we have cooked! Limit of 10 people. Contact Office at 905-659-3380 to register.

## EUCHRE

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

## 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, February 20th** 7pm at Freelton 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.

## IRISH STEW SUPPER

**Saturday, March 15th** – 5 p.m. at Freelton Strabane United Church at 1565 Brock Rd., Strabane. Join us as we celebrate St. Patrick with a delicious Irish Stew! Call Manse Office at 905-659-3380 or check [www.freeltonstrabaneuc.ca](http://www.freeltonstrabaneuc.ca) for details & reservation options.

## "IT'S SEW FUN" SEWING GROUP

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

# Inside the Back Page . . .



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## MOVIE TIME

Movie afternoon for children of all ages, at Arkell United Church, 600 Arkell Rd. at Watson, **Saturday, March 15th**, 1-4pm. Come out for a fun time to watch a movie, "Mr Magorium's Wonder Emporium", and have some snacks and a drink. For further information call Debbie at 519-572-2458.

## 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.

## 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.

## 'TASTE OF ITALY' PASTA DINNER

Rotary Club of Guelph South **February 7th** 5:30pm come and enjoy the "TASTE OF ITALY", pasta dinner with your friends and neighbours at the Puslinch Community Centre. All proceeds go to support of Sunrise Therapeutic Riding & Learning Centre and other worthwhile Rotary-supported projects. Tickets are available now! <https://tinyurl.com/pastadinner2025> or call Celia 519 766-1097.

## TECH TUESDAYS FOR SENIORS

**1st and 3rd Tuesday each month** at 1 pm at Freulton Strabane United Church, 1565 Brock Rd., Strabane. A time for people to gather, and learn more about Technology. Contact Church Office at 905-659-3380 to register.

## WHEEL OF FITNESS

Freulton 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 Rob Stark 519-994-4996 or [robstark@bellnet.ca](mailto:robstark@bellnet.ca) 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).

## Automotive

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## Fire Safety

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