

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1976

Vol. 49, Issue 7 March 2025

Morrison Historical Walking Tour

By Cheryl McLean, PHS

The streets of Morrison came to life on Sunday December 22, 2024 as many visitors came from near and far to attend the historical walking tour.



Characters from the past were resurrected to re-enact tales from many decades ago. The event, a way to celebrate the Puslinch Historical Society's 40th Anniversary, was prompted by a request for a walking tour of Morrison from the Wellington County Historical Society. Their assistance with microphones and highway crossings was appreciated.

Our walk tour guides and researchers were:

Queen St N, Marilyn Crow,

Queen St S - Lily Klammer Tsuji – with skit of John Morlock and his grandson Dr. Simon Morlock both played by Don McKay.

Badenoch St - Mary Main - with skit with Dr. King and his wife at 18 Badenoch Street by David Wiggins and Mary Victoria St - Cheryl McLean.

Morrison is situated in a hollow between hills to the west and east, which provided natural shelter for the two Native Attawandaron or Neutral villages located here.



Morrison was next settled mainly by German immigrants – skilled tradesmen. The natives were friendly to the newcomers and if it were not for them, the new settlers might have starved. Three of the original Pioneer families were Winer, Morlock and Calfas.

The village is blessed with many historical buildings, some with well-documented histories and others with secrets left to unfold.

Our walking tour notes have been placed in a binder and are available for viewing on Saturdays between 12 and 3pm at the archives located in the Puslinch library.

We appreciate the positive feedback from the walk, and plan to host a similar event in another location of Puslinch sometime in the future.

Editorial

Normally I start my editorial by telling you what's in the issue of the paper. But not this month.

Instead, I am sharing what is missing. Because of this "snap", some say costly and unnecessary, election we have not been able to bring you our usual coverage on each candidate - who they are and what they believe are important issues for Puslinch.

We couldn't even include coverage of the Candidates Meeting that the Optimist Club managed to organize for February 20, because by the time the paper came out, the election would be over.

That said, it should be noted that one candidate, Joe Racinsky, the Conservative candidate, refused to take part in any of the debates held.

All we can say - is we hope you voted, and voted wisely.

These are troubling, scary times with threats to our existence from the US. One positive outcome has been the flood of Canadian patriotism, and one way to use our voices, and wallets, is to shop Canadian.

Living in Puslinch we can support local farmers, and retail stores selling their produce and products. A list of stores we know of are included in this issue. Let's keep the list growing! Send your recommendations to me at editorpuslinchpioneer@gmail.com

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 2nd Friday of month. Next deadline is **Friday, March 14th, 2025**

Letter to editor

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

Board

Chair, Karen Harding 519 820 8114
karenpublishpioneer@gmail.com

Editor, Anne Day 519 767 9383
editorpuslinchpioneer@gmail.com

Advertising and Sales – Dianne Churcher
519 763 6564
Advertisingpuslinchpioneer@gmail.com

Church/Community Notices & Circulation
Stella O'Kafka 519 658-4767
stellao.pioneer@gmail.com

Barbara Bulmer, Barbara Chillingsworth,
Josie Facca.

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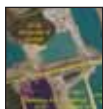
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Council Clips

Municipal Speed Camera:

Automated speed enforcement now live in Aberfoyle on Brock Road South from 225 metres north of Old Brock Road to 300 metres south of Old Brock Road.

Heritage Lake:

Council authorizes release of remaining securities in the amount of \$823,776.42 once any outstanding invoices are paid.

Killean School Bell:

Council seeks feedback from Historical Society and donor of school bell regarding the design of the cairn. An unveiling is planned.

Rebate Opportunities:

Staff to investigate new rebate opportunities through the provincial retrofit program for replacement of windows and doors.

Fire Master Plan:

Council prioritizes commencement of the Fire Master Plan and authorizes pre-budget approval.

Municipal Insurance Coverage & Services:

Council awards contract to Intact Public Entities for 2025 policy term.

Heritage Advisory Committee:

Council endorses 21 properties as priority for designation in 2026.

Site Alteration By-law:

Staff to include a review of how small-scale projects are permitted and whether any amendments can be made at next annual review.

Ontario Federation of Agriculture delegation provides comments from an agricultural perspective and suggestions for improvement.

Aggregate Resource Areas:

Ministry of Finance implements new aggregate extraction property class. Working group comprising small urban mayors discussing concerns around an increase in ancillary uses in ARA licenced areas.

Region of Waterloo:

Updating its Water Supply Strategy to ensure a safe, secure and sustainable water supply through to 2051.

Plan of Subdivision, Main Street, Morriston:

Application for subdivision received to permit 21 single detached residential units.

Kennel Licensing By-law:

Delegation received requesting to add to Kennel By-law inclusion for in-home dog sitting, care and training.

Fire Protection Grant:

Township enters into Agreement with Ministry of Solicitor General/Office of Fire Marshal for grant for cancer prevention, specifically Personal Protective Equipment \$8,230.45.

Interim Tax Levy Due Dates:

February 28 and April 30.

Proposed Donation Policy:

Outlines a framework for accepting and managing voluntary contributions that support municipal projects, programs and services.

Business Directory:

Sign up for Business Directory and/or Puslinch Profile Features.

Hunting Concerns:

GRCA and Township addressing concerns regarding hunting along the Speed River in the Niska Road bridge area.

Hunters taking advantage of a loophole in the law and finding a way to hunt that is far too close to a densely populated area.



TOWNSHIP OF PUSLINCH
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Council and Committee Meetings **(519) 763-1226**

Heritage Advisory Committee Meeting: March 3rd at 1pm
Youth Advisory Committee Meeting: March 3rd at 6pm
Recreation and Community Wellness Advisory Committee Meeting: March 4th at 7pm
Council Meeting: March 5th at 10am
Public Information Meeting: March 5th at 7pm
Committee of Adjustment and Planning and Development Advisory Committee Meeting: March 11th at 7pm
Council Meeting: March 26th at 10am
Please check the Council Calendar at <https://puslinch.ca/calendar/> as meetings may be subject to change.

Library Hours (519) 763-8026

For current hours and services, please call Puslinch Branch at 519.763.8026 or visit us online at www.wellington.ca/Library.

Optimist Recreation Centre

Drop-In Gym Times

The Township is now offering no-charge Drop-In Gym Times. Parent and Tot - Wednesdays 9am-11am and Youth - Thursdays 4pm-5pm. All Drop-In Gym times require supervision by a parent or guardian.

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.

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@sym-patico.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)

Local resident writes book for children

Nathan Skoufis, world champion martial artist and lifelong resident of the area is excited to announce the release of his first children's book.

The book, aimed at young readers, is a heartwarming and motivational story that teaches the values of persistence, resilience, and the importance of never giving up in the face of challenges.

Drawing on his own experiences as a martial artist, Skoufis crafted a story designed to inspire children to push through difficulties and believe in themselves, no matter how tough the road ahead may seem.

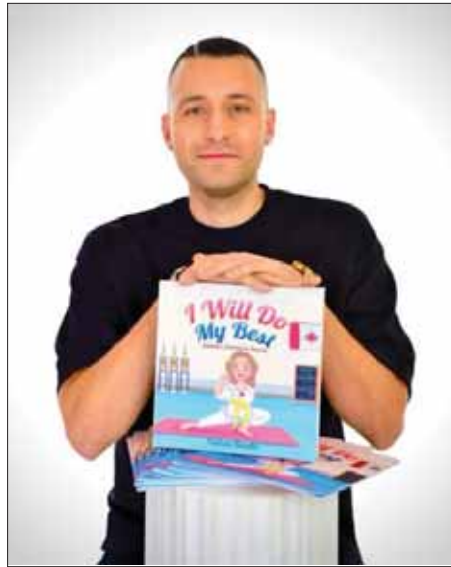
The book's protagonist, a young athlete, faces obstacles but learns that success comes not from avoiding struggles but from embracing them and learning from them.

"I've spent my entire life training, competing, and teaching martial arts, and I've learned that true strength isn't just about physical ability—it's about mental toughness and perseverance," said Skoufis. "Through this book, I hope to share that message with young readers, showing them that setbacks are just stepping stones to greater achievements.

That when something is challenging, we must find another way to get around it. Tough times never last but tough individuals do."

In addition to imparting a powerful life lesson, the story "I Will Do My Best" is filled with vibrant illustrations that bring the story to life.

The book is designed to be both entertaining and educational, making it a perfect addition to any child's library.



Skoufis, who has dedicated his career to martial arts and community involvement, has always emphasized the importance of personal growth and resilience.

This story reflects these values and his commitment to inspiring the next generation. A sport that he started at age four.

A portion of the proceeds will be donated to local youth programs and organizations promoting physical fitness, discipline and mental well-being, and to ensure the youth in our community have every opportunity to thrive to their fullest potential.

Skoufis is the owner and founder of Guelph Family Martial Arts and Fitness Kickboxing. He works with students from three years old to over 75 years old, Utilizing martial arts as a vehicle to facilitate person growth, development.

He works with students with a variety of learning challenges including ADHD, Anxiety, Fear and on the Autistic Spectrum.

Copies are available through Indigo and Amazon and from the studio.

Shop local

By Anne Day





Like many Canadians I have been shopping Canadian only.

But living where we do in Puslinch, we also have access to local farms where we can purchase fresh meat and produce.

In hunting around here is what I have found:

- Corwhin Herbs & Produce, 4402 Concession Road 11, Moffat
 - Crieff Hills Conference Centre – consider their food basket offer
 - Delicious Direct, 728 York Rd, Guelph
 - Eggs and More in Moffat
 - Growing Broke Farm in 433 Campbellville Road
 - Hillside Dairy, 2095 Foreman Road, Puslinch
 - Hoppy Fields Farm, 7784 Sideroad 15, Fergus
 - MacMillans Gourmet Frozen Foods 6834 Highway 7 West, Acton
 - Mosborough Country Market, 5284 Wellington Road 32
 - Ritzmann Farm, 6657 Concession 2, Puslinch
 - Roth Acres, 2064 Concession 10 Road W, Cambridge
 - Rowes, 1027 Gordon St, Guelph
 - Tigchelaar Apple Market 268 Flamborough/Puslinch Townline – Opens in Spring
- Let's support our local farmers. For other Canadian items go to madeinca.ca

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King Charles 111 Coronation Medals

There were three residents of Puslinch that received medals.

Township of Puslinch

Ann Caine



Ann Caine founded Sunrise Therapeutic Riding and Learning Centre in 1982, promoting horse therapy for individuals with special needs.

A dedicated leader, she's served on various boards and received multiple awards for her contributions to para-equestrian sports and community service.

Gayle Ecker



As the Director, Gayle's leadership, vision and dedication for 20 years has resulted in Equine Guelph being a nationally and internationally recognized centre of excellence for the horse. - Providing education, re-

search and health care knowledge.

Bob Ireland



Beyond Bob's business accomplishments, his philanthropic efforts, including substantial donations to Guelph General Hospital Foundation, have had a profound impact on the lives of countless individuals. His generosity has inspired others.

Thoughts on Peace

No serious attempt to set human affairs aright, to achieve world peace, can ignore religion. . . . That the perversion of this faculty has contributed to much of the confusion in society and the conflicts in and between individuals can hardly be denied. But neither can any fair-minded observer discount the preponderating influence exerted by religion on the vital expressions of civilization. . . .

Writing of religion as a social force, Bahá'u'lláh said: "Religion is the greatest of all means for the establishment of order in the world and for the peaceful contentment of all that dwell therein." Referring to the eclipse or corruption of religion, he wrote: "Should the lamp of religion be obscured, chaos and confusion will ensue, and the lights of fairness, of justice, of tranquillity and peace cease to shine."

6/10

from the Bahá'í writings
bahaisofpuslinch.ca



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THE PUSLINCH PROFILE FEATURES

Slot Construction Ltd.

Since 1978 Slot Construction has been a trusted name in the Puslinch community, evolving from its beginnings as a framing company into a renowned builder of custom homes, renovations, and specialty projects. As a family-run business, Slot Construction is committed to the community with all employees being proud Puslinch residents. This unique connection to the area means that every home built reflects a passion for quality, attention to detail, and a commitment to creating spaces that families will cherish for years to come. Whether it's a custom build, a renovation, or an addition, Slot Construction brings thoughtful design, superior craftsmanship, and an unmatched level of care to each project.



Slot Construction combines decades of experience with a personal touch that sets them apart. Their philosophy is to build a select number of homes each year, ensuring that clients receive the attention they deserve. Specializing in contemporary and traditional designs with luxurious finishes, Slot-built homes are a testament to their dedication and quality. As an award-winning builder, Slot Construction not only builds homes, they build relationships with their neighbours. Supporting local businesses like Slot Construction means supporting the heart of Puslinch and investing in a strong, thriving community for generations to come.

 admin@slotconstruction.com
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Junior Garden Club

By Jennifer Deter



For over 40 years, the Puslinch Junior Garden Club has been teaching children (going into SK and finishing grade 8) how to grow a garden and discover how good vegetables taste when you have grown and cared for them yourself.

The focus of the club is growing

vegetables along with some herbs and flowers. We teach kids how to plant and care for their garden from seed right through to harvest.

The registration fee, which includes all plants and seeds is only \$10. All you need is a maximum 10'x16' garden plot in Puslinch and area*.

It doesn't have to be at your house, maybe a family member or friend has a plot of land you could use! With just four Wednesday evening meetings two in May, one in June and one in August, club members will learn tips and tricks to help their gardens flourish.

Twice throughout the summer, the leaders visit each garden to see how it's progressing, award points and offer advice.

The club members' hard work and dedication will be showcased at the Aberfoyle Fall Fair on September 6th, where their produce is entered for an opportunity to win points and cash prizes.

Every point earned throughout the

summer and at the fair contributes toward a special awards banquet in September where the young gardeners will be recognized for their efforts.

How to Join

In person on Wednesday, April 2nd 6:30-7:30, at the Junior Garden Club demonstration gardens at the rear of the Optimist Recreation Center near the blue shed.

Or simply call, text or email Jenn Deter for registration details - (519) 837-5913; rjdeter@hotmail.com

For more information or to donate to the club and help inspire future gardeners, please contact Jenn Deter.

Gardening, learning, and growing—sign up today and keep this amazing tradition alive!

*New in 2025, we are expanding the club to include south Guelph and southern parts of Guelph Eramosa Township – discretion is up to the leader. Please inquire if you are interested at all.

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Human trafficking in Guelph Wellington

By Anne Day

Many of us are shocked by the thought that human trafficking is happening in our community, but sadly it does.

In an interview with Sergeant James Graham, he revealed that the number of calls the police has received has gone up dramatically from 35 calls in 2022 to 53 calls last year. And they've found that whereas only one girl was under 18 in 2023, in 2024 they heard from six.

The calls can be from the victims themselves self-reporting, community partner referrals, family members, front line officers recognizing the signs, or from hotel managers who have witnessed something suspicious.

Working also on Intimate Partner Violence, the current human trafficking team in Guelph consists of a Detective Sergeant, four investigating officers and an intimate violence worker who manages high risk offenders.

One of the challenges is that the team know this is just the tip of the iceberg, and many survivors do not come forward as they are scared of repercussions. Also, they are dealing with the extreme trauma of the situation and are reluctant to connect with the police because some may have had past negative experiences with police in other jurisdictions.

Sergeant Graham admits they need more resources and then they could do more proactive work but their priority is always the safety of the women.

They also partner with other organizations such as Women in Crisis and Victim Ser-

vices. "We are just one part of the puzzle, and it takes all of us to support the survivors."

This is one of the reasons that the team has been working in the community, spreading the word, letting people know what is happening.

Graham's advice to parents and teachers was to educate yourself. Knowledge is power and when you know the red flags, you know what to look for.

If you are concerned about someone, contact the police at 519 824 1212 and ask for the human trafficking unit, or reach out to Victims Services or Women in Crisis.

Imaginary Play

By Julia Preston

Since becoming a parent, I often feel like I'm in an improv acting class. My daughter throws out a line and I have to be ready to pick it up.

When she was very little, one of her favourite lines was, "What does Pink say?" referring to her stuffed toy cat. (The answer was never, "Meow.")

Children have powerful imaginations. Pretending they're a princess, cooking dinner with fake food, talking stuffed animals—pretend or imaginary play is one of the most common types of play for children.

Pretending can help children build their understanding of the world and their place in it. In imaginary play, they can be in charge and make the rules. But they also have to figure out how to get along with playmates, even if that playmate is a parent.

Pretend play can teach cooperation, problem-solving, empathy, creativity,



language, confidence, independence and more.

Imaginary play can also be a tool to help children prepare for real life. Playing doctor, dentist, school, or restaurant can teach children what to expect when they encounter these real situations.

For this month's play challenge, follow your child's lead and let your imagination soar. Will you build a fort together? Will the playground become a spaceship? Are the dolls having a party? Does the stuffed cat have an important insight to share? You may get a glimpse into your child's world and how they see themselves

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Additional items that can be ordered include eggs and microgreens.

Inclusion of extra local items including sweet corn, honey, maple syrup, strawberries, pumpkins and preserves.



For more information, check out our C.S.A./Farm Share page on our website at www.corwhinherbsandproduce.ca or check out our Facebook page at



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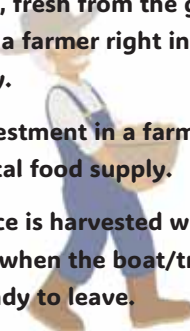
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COOK'S CORNER

By Barbara Paterson

This recipe is quick and delicious. The chops are topped with a sweet and spicy apple-mustard sauce.

Apple Pork Chops



- 2 tsp. olive oil
- 6 pork loin chops
- 1 cup apple sauce or apple butter
- 2 tbsp. yellow mustard
- 1 tsp. ground cumin
- ¼ tsp. each salt and freshly ground black pepper
- 3 cups peeled and sliced apples
- ½ cup thinly sliced onions
- 2 tbsp. cider vinegar

1. Heat oil in a large non-stick skillet over medium-high heat. Cook chops until browned on both sides, about 5 minutes.
2. In a small bowl, combine apple sauce, mustard, cumin, salt and pepper. Spoon evenly over chops. Reduce heat to medium-low, cover and cook until chops are just slightly pink in the centre and juices run clear, about 10 minutes. Remove chops from skillet, leaving the sauce, and keep warm.
3. Add apples, onions and vinegar to sauce in skillet. Stir to coat apples and onions with sauce. Cover and cook over medium heat for 5 to 7 minutes; until apples are softened and onions are tender.
4. To serve, spoon hot apple mixture over warm pork chops.

Any Frozen Fruit Cobbler with a Cornmeal Topping

This is a very versatile cobbler. You can use any combination of frozen fruit that takes your fancy. I used a bag of mixed berries. It serves 8 people.

For the Fruit Filling:

- 2 lbs. frozen fruit
- 2 tbsp. lemon juice



- 2 tbsp. cornstarch
- 2 tbsp. white sugar

For the cobbler topping:

- ¾ cup yellow cornmeal
- ¾ cup all-purpose flour
- ½ cup white sugar
- 2 tsp. baking powder
- ½ tsp. kosher salt
- 1 cup half-and-half
- 3 tbsp. butter, melted

1. Preheat oven to 375°F.
2. Place the frozen fruit, lemon juice, cornstarch and sugar in a 9" x 13" baking dish and mix well.
3. Place cornmeal, flour, sugar, baking powder and salt in a large bowl and whisk well to combine. Stir in the half-and-half and melted butter.
4. Evenly pour the batter over the fruit.

5. Bake until the topping is dark golden brown and the fruit is bubbling. In my oven, it took 1 hour and 10 minutes. The original recipe says it takes about 45 minutes.

6. Let cobbler sit for at least 15 minutes before serving to allow the juices to settle. Serve warm or at room temperature with vanilla ice cream.



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TOWNSHIP OF
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EST. 1850

Senior of the Year Award - Call for Nominations

The Township of Puslinch is seeking nominations to recognize the dedication, accomplishments and outstanding contributions made to our community by one of Puslinch's remarkable seniors (65 years and older). Nominations will be accepted from February 24, 2025 until March 28th at 4:30 PM.

To nominate a senior please visit our website at www.puslinch.ca/senior-of-the-year-award

For more information, please contact the Township of Puslinch (519) 763-1226 or admin@puslinch.ca



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University of Guelph Receives Failing Grade from Puslinch!

By John McNie

In December of last year, the University of Guelph student newspaper ran an article alerting students and faculty to the existence of a university- owned gravel pit in Puslinch.

The almost four decades old pit, one of the largest in the Township, has destroyed farmland, wetlands, threatened the Mill Creek and possibly facilitated even greater gravel pit sprawl in Puslinch and elsewhere in the province.

Our community group, the Mill Creek Stewards Association, followed up on that article with a Letter to the Editor of the student paper, in which we noted the skewed revenue priorities that facilitated the pit's approval, summed up by then University President Segal's statement, "The well-being of the University of the University is a higher priority than the environment."

Fortunately, those skewed priorities roused not only students but faculty from Guelph and abroad as well as the communities of Guelph and Puslinch.

In response the University made many promises, which our group has detailed at <https://win.newmode.net/mcsai/integrity>.

Among them were promises: to "not take every shovelful" but they have extended the area for extraction four times, to limit the duration of the pit (suggesting to our Council twenty-five years), but the pit is still operating thirty-five years later, to develop "a unique research and demonstration facility to study how aggregate extraction can be carried out with minimal environmental effects."

Butt the pit is nearly exhausted and no trace of a facility, and a promise to rehabilitate the property into "an approximately 280- acre lake suitable for water-sports, nature interpretive centre and trails and 26 residential lots", and "a wildlife and nature preserve."



Their most recent extraction expansion included the area they had set aside for the nature centre, while previous expansions obliterated any space for those 26 residential lots. The promise list goes on.

We concluded the Letter to the Editor by recognizing the University faces and always will face difficult revenue choices, but those choices must support the University's core values expressed by their mottos "Changing Lives", "Living Well" and "Improving Life".

Those core values especially apply to the fields for which the University is so renowned: agriculture, the environment and rural community development, and those fields especially apply to our home of Puslinch.

We're asking you just as we asked the University students and faculty, to access the webpage for more detail and then send the website's prepared email to the University's executive with a simple click. (The email can be amended if you prefer.)

The email essentially asks the University to support our community of Puslinch. This action is critical because

1. the University owns much more land in Puslinch,
2. because they are setting such a bad precedent for all the other aggregate pits in Puslinch (12% of Township land at present), and especially
3. because they are tarnishing their own great reputation and the wonderful work done by their students and faculty over decades.

Many thanks in advance. The Mill Creek Stewards Association millcreekstewards@gmail.com

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ASK THE EXPERT

By Judy Brisson

What gardening can I do with my kids during March Break?

A: March Break Microgreens



Most children love to get their hands dirty – eating the fruits of their labour is a bonus. This March Break, keep your little ones busy by creating an indoor microgreens garden.

Microgreens are edible plants harvested very early and when only a few cm high. Unlike sprouts, they grow in soil, don't need daily attention, and carry little risk of mold.

Leafy greens, herbs, broccoli, radish, peas, and sunflowers are popular microgreens. Peas and sunflowers have large, mild flavoured sprouts that make them popular with children; if your children like spicy greens, radishes germinate very quickly.

Any plant with edible leaves and stems can be grown as a microgreen so you can experiment with your favourite vegetables.

Choose what seeds to use. Mesclun mix is the perfect ready-made choice for leafy greens or you can choose a lettuce mix.

If you choose sunflower, corn or peas make sure the seeds are not treated with

a fungicide or buy organic seeds which will be untreated.

Also pick up a bag of seed-starting potting mix when you buy your seeds.

Next, select a container for your garden. Any shallow container will work including aluminum pie plates, plastic storage containers, berry clamshells, and recycled takeout containers.

An outing to the thrift store or dollar store could provide another day's activity! Make sure the container has drainage holes or cut some holes in the bottom. Your children will enjoy decorating them with paints or stickers before planting the seeds.

With the decorated containers, seeds, and seedling mix in hand, it is time to plant. Place the containers on a waterproof tray and put about 2.5 cm of moist seed-starting mix in the containers.

Scatter seeds evenly over the surface, then sprinkle a thin layer of seed-starting mix over the seeds. Press lightly to make sure the seeds touch the soil, then mist the soil with water.

Place the tray and containers in a warm, bright spot and check them daily. A south or west facing window works well; north facing windows will not have enough light.

Keep the soil moist but not saturated. To avoid disturbing the seeds, water from below by adding water to the tray, or mist water over the top with a fine mist sprayer.

Drain excess water from the tray so that the soil does not become waterlogged.

Most seeds will germinate in a few days to a week and your children will be thrilled to see the tiny seedlings pushing their way up.

Let the seedlings grow until they have three or four sets of leaves and are four to six cm tall. Harvest the greens by cutting

at soil level with scissors.

Add the greens to salads, smoothies or sandwiches; try peanut butter, banana and sunflower sprouts in a wholewheat wrap for a healthy and tasty lunch.

When all the greens are harvested, dispose of the root-laden soil and plant again. You can grow microgreens year-round.

Reflect, Release, Renew Spring Yoga Retreat

On April 1-2, join Missi Chenier C-IAYT RYT 500 for two days of turning the focus inward. A 'time out' to take the opportunity to check in with yourself, for yourself.

This retreat immersion will offer yoga practices to reflect where you are right now, release what is no longer serving you, and renew your body, mind and spirit.

Yoga practices will include gentle slow flow, an introduction to pranayama, restorative yoga, and yoga nidra.

Taking time to create balance in a busy and overwhelming world allows us to be the best version of ourselves, to nurture our souls, and to regulate our own internal space allowing us to relate better to our external space.

There is no prior yoga experience needed, this retreat is suited to any level of experience, and all shapes and sizes. All props are provided, and we even have mats if you don't have your own.

See the full schedule at www.criefhills.com/events. Register now at <https://criefhills.campbrainregistration.com/>



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Scavenger Hunt - Help the Dragon Find Their Treasure! (All Ages)

Dig through the stacks, wander past the computers, and keep an eye out for what might be hiding in the library! Drop in during branch hours, March 1 to 29.

Sew Savvy - Machine Appliqué (Tweens/Teens/Adults)

This programme is tailored to sewers who already have some experience using a sewing machine and are ready to handle more advanced projects. Let's explore how to use zig-zag stitching for an appliqued project. Please register. Saturday, March 1 from 10:30 am - 12:30 pm

Scrabble Club (Adults)

Join us for casual word building entertainment! Drop in. Wednesdays, March 5 and 19 from 1:00 - 3:00 pm

Steeped in Stories - Vinyl Café Storyland (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. Thursday, March 6 from 11:00 am - 12:00 pm

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, March 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, March 7 1:00 - 2:00 pm

March Break Adventures - Safari Animal Painting (Kids/Tweens)

Paint a vibrant picture featuring your favourite safari animal. For children ages JK to Grade 6. Please register. Tuesday, March 11, 1-2:00 pm

March Break Crafty Creations -

Ladybug Clay Pots (Kids)
Join us as we create ladybug sculptures using paint and clay pots! All materials provided. Please register. Wednesday, March 12 from 1:00 - 2:00 pm

March Break STEM Activities -

Robot Mazes (Kids/Tweens)
Join us for some fun and learn how to use a variety of different robots! Make mazes, solve puzzles, and more! Please register. Thursday, March 13 from 10:30 - 11:30 am

March Break Special Guest - Club Rex (All Ages)

Join us for a wild dinosaur adventure with Club Rex! Experience dinosaur skulls, claws, fossils and more in this fun and educational program for kids. Please register. Friday, March 14 from 10:30 - 11:30 am

Book Club - Third Tuesday (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday, March 18 from 2:00 - 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, March 20 and 27 from 11:00 - 11:45 am

Cricut Creations - Using Infusible Ink (Adults)

Decorate a mug with a design cut from an infusible ink transfer sheet. All materials supplied. Please register. Tuesday, March 25 from 1:00 - 3:00 pm

Creative Kids (Kids/Tweens)

Get crafty and learn new things with DIY, maker, and other hands-on activities just for kids. Please register. Wednesdays, March 26 from 3:00 - 3:45 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.

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

Fiction

Brown, Sandra	<i>Blood Moon</i>
Coben, Harlan	<i>Nobody's Fool</i>
Donoghue, E	<i>The Paris Express</i>
French, Nicci	<i>The Last Days of Kira Mullan</i>
Gerritsen, Tess	<i>The Summer Guests</i>
Mallery, Susan	<i>Beach Vibes</i>
Michaels, Fern	<i>Fight or Flight</i>
Patterson, J	<i>The Writer</i>
Sandford, John	<i>Lethal Prey</i>
Steel, Danielle	<i>Far From Home</i>

Non-Fiction

Adlington, Lucy
Four Red Sweaters: Powerful True Stories of Women and the Holocaust

Fisher, Jefferson
The Next Conversation: Argue Less, Talk More

Hammer, Joshua
Mesopotamian Riddle: An Archaeologist, a Soldier, a Clergyman, and the Race to Decipher the World's Oldest Writing

Knox, Amanda
Free: My Search for Meaning

Koul, Scaachi
Sucker Punch: Essays

Lechner, John
Death Is Our Business: Russian Mercenaries and the New Era of Private Warfare

McFadden, Bernice L.
Firstborn Girls: A Memoir

Nguyen, Amanda
Saving Five: A Memoir of Hope

Rogak, Lisa
Propaganda Girls: The Secret War of the Women in the OSS

Skye, Ione
Say Everything: A Memoir

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Are you infected with *H.pylori*?

By Dr. Laura M. Brown, ND

About 50 percent of people older than 50 years test positive for *Helicobacter pylori* (*H. pylori*). Approximately 90 percent to 100 percent of patients with duodenal ulcers, 70 percent of patients with gastric ulcers are also infected.

H. pylori is a gram-negative bacterium that infects the stomach and erodes its lining. It can cause ulcers, inflammation, or even stomach cancer. It produces urease and carbonic anhydrase, which cooperatively function to achieve a detrimental neutral pH in the stomach.

The presence of *H. pylori* is determined by measuring the level of antibodies to *H. pylori* in the blood or saliva or by culturing material collected during an upper gastric scope (endoscopy) as well as measuring the breath for urea.

Once you test positive in the blood for it, you will always test positive, regardless of treatment success. *H. pylori* are also found in saliva, plaque on teeth and poop.

Infection can be spread through kissing and by transferring the bacteria from the hands of those who have not thoroughly washed them after a bowel movement. It may even spread through contaminated water and food.

Signs of a neutral pH in the stomach

Acidic environments are pH below 7 and basic environments are above 7.

Stomach is typically around a 3 and buffers up around 4 as ingested food neutralizes it. We need stomach acid to begin the chemical breakdown of food, kill off invasive bacteria, trigger the release of digestive enzymes and allow for things like iron to be absorbed and intrinsic factor to get released so you can absorb vitamin B12.

Signs of not enough stomach acid could mean an overgrowth of *H. pylori*. It can show up in a number of ways:

- Bad breath
- Bloating, belching, burning, and flatulence immediately after meals
- A sense of “fullness” after eating
- Indigestion, diarrhea, or constipation
- Multiple food allergies
- Nausea after taking supplements
- Itching around the rectum
- Weak, peeling, and cracked fingernails
- Dilated blood vessels in the cheeks and nose
- Acne
- Iron deficiency
- Chronic intestinal parasites or abnormal flora
- Undigested food in stool
- Chronic *Candida* infections
- Upper digestive tract gassiness

Diseases associated with low gastric acidity

- Addison’s disease
- Asthma
- Celiac disease
- Dermatitis herpetiformis
- Diabetes mellitus
- Eczema
- Gallbladder disease
- Graves’ disease
- Chronic autoimmune disorders
- Hepatitis

- Hyperthyroidism or hypothyroidism, thyrotoxicosis
- Hives (chronic)
- Myasthenia gravis
- Osteoporosis
- Pernicious anemia
- Psoriasis
- Rheumatoid arthritis
- Rosacea
- Sjogren’s syndrome
- Systemic lupus erythematosus
- Vitiligo
- Blood group O would be a moderate risk factor for infection by *H. pylori*, with more severe cases in men.

Treatment

Conventional treatment is triple antibiotic therapy with a proton pump inhibitor. Many strains of *H. pylori* are now resistant to many forms of antibiotic therapy.

Unfortunately, antimicrobial resistance has been associated with increased failure in the standard triple therapies to get rid of *H. pylori* infection. Nonetheless, conventional treatment comes with some degree of adverse effects, such as nausea, metallic taste, vomiting, skin rash, and diarrhea and disruption of the remainder of the microbiome.

There are a number of plant based approaches that have scientific evidence of normalizing the levels of *H.pylori*, healing the gut lining, and restoring healthy stomach acid. These are carefully selected in an appointment setting with an individualized treatment plan.

Questions?

drlaura@southendguelph.ca

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



Michael Chong
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Monthly donations to Chalmers Community Services Centre for the month of March 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.

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• Sunday School: 10:30 am (Age 2 to Grade 6) Please check the website for more information.

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email: dorin_sdarm@yahoo.com
www.sdarm.ca
Elder: Paul Gavrlic
Pastor: Dorin Burca

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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
Reverend Canon Christopher Pratt
Website: 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, March 11th**, at 12 pm (noon) \$10 Soup and sandwiches at Arkell United Church, 600 Arkell Rd. at Watson, Arkell.

BADENOCH MUSIC NIGHT

Friday, March 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.

BREAKFAST WITH THE EASTER BUNNY

Whistle Stop Cooperative Preschool is excited to announce our 3rd Annual Breakfast with the Easter Bunny **Saturday April 12th** at Puslinch Community Centre from 9:30am - 12:00pm. Pictures with the Easter Bunny - Silent Auction - Crafts & Face Painting. Cost: \$15 for 10 years and up, \$5 for 3-9 years, 2 years and under free. For Tickets call 519-239-9878. Sold out last year. Limited tickets available.

CHILI DINNER

Friday, March 28th: Dinner at 5-7 pm. at Arkell United Church, 600 Arkell Road. Adults, \$20; children, 5-12, \$10; under 5, free followed by Hootenanny, 7-9 pm. Contact the church for more information 519-821-7623.

COOKING WITH THE SAINTS

Saturday, March 29th - 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.

FREE FALLS PREVENTION CLASSES

55+
VON is presenting a 6 week FREE education series to anyone who would like to learn about Fall Prevention! We will go over strategies on preventing Falls! Location - Duffs Church (319 Brock Rd S, Puslinch, ON) starting **Tuesday March 27th** at 10:40am. For more information please contact: Alan at 613-391-0413 or alan.sze@von.ca.

I WONDER

Thursday, March 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.

Inside the Back Page . . .



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IRISH STEW SUPPER

Saturday, March 15th Doors Open 4:30 pm – 6:30 pm at Freelton Strabane United Church at 1565 Brock Rd., Strabane. Come celebrate St. Patrick with us and enjoy a delicious Irish meal and music! Green clothing welcome! \$25.00 per person, \$10 for children 10 and under. For tickets, call 905-315-8706. Proceeds for the life and outreach work of the church.

"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.

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.

WHEEL OF FITNESS

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

Community Announcement

BIG BROTHERS BIG SISTERS OF GUELPH

Learn to be a kid again! Volunteer mentors needed for local children. Big Brothers Big Sisters of Guelph has five programs with varying levels of time commitment. Call 519-824-5154, email info@bbbsg.ca or visit us online at www.bbbsg.ca.

BOOKING AGENTS

ARKELL UNITED CHURCH

Contact Rob Stark 519-994-4996 or 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.

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. Contact Brenda Law at 519-767-2462 or brendalaw@hotmail.ca

OPTIMIST RECREATION CENTRE AND PUSLINCH COMMUNITY CENTRE

Call 519-763-1226 or email services@puslinch.ca

CROWN CEMETERY PUSLINCH

Crown Cemetery Puslinch is located north of Morrison at Brock Road and Highway 401. It is a non-profit cemetery operated by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials. For more information please visit our website at www.crowncemetery.ca or contact Darlene Harrietha at 519-822-0874 or email darleneharrietha@gmail.com.

EarlyON

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

FREELTON LIONS CLUB

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

THE FRIENDS OF MILL CREEK

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

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

OPP.

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

OPTIMIST CLUB OF PUSLINCH

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

PUSLINCH FIDDLE GROUP

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

PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE

is located in Duff's Presbyterian Church.

For assistance call:

Gary Will	519-820-7832
Fred Law	519-767-2462
Dianne Hersey	519-824-6304
Alan Fairweather	519-824-5726
Jen Deter	519-837-5913

THE ROTARY CLUB OF GUELPH SOUTH

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

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

Drop off 'unwanted' metals, e.g. stainless steel, aluminum, copper, tin cans, wire, metal rods, fencing etc. in the '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 or Contact Sandra Gunson 519-239-9878 or email whistlestopteacher@gmail.com.

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