Honouring The Past. Embracing The Future.

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Vol. 49, Issue 9 May 2025

## **Election in Wellington Halton Hills North Riding**

The federal election is taking place on April 28.

Here is what you need to know if you are voting in the Wellington—Halton Hills North riding.

Did you know that our riding has changed?

WELLINGTON—HALTON HILLS-NORTH

The riding of Wellington—Halton Hills North includes the southeastern part of Guelph, which is bordered by College Avenue West, Hanlon Parkway, Hanlon's Creek, Edinburgh Road South, Gordon Street, Arkell Road and Victoria Road South.

It also includes the Town of Erin and the northwestern part of

Halton Hills, which is bordered by 15 Side Road, Trafalgar Road, Highway 7, 22 Side Road and Winston Churchill Boulevard.

Additionally, it covers the Townships of Centre Wellington, Guelph/Eramosa, as well as Puslinch.

On election day, **Monday, April 28**, you can vote at the Puslinch Optimist Recreation Centre, 23 Brock Street South, Puslinch, from 9.30am-9.30pm. The address will be listed on your voter information card.

Remember to bring your voter information card and identification when voting in person. But if you haven't received a voter card, you can still vote. Just bring valid ID includes most documents issued by any level of government that include your name and address. Photo ID is not required.

There are six candidates running in the Wellington-Halton Hills North Riding. See their profiles on pages 10 and 11.

- Andrew Bascombe. NDP
- Syl Carle, PPC
- Sean Carscaddem Liberal
- Michael Chong, Conservative
- Ian Smith, Centrist
- Liam Stiles, Green

In this issue of the *Pioneer*, we have asked each candidate to submit 250-word bio telling us a bit more about themselves.

We altered our deadlines to ensure that you received this information prior to voting.

Your vote counts.

## **Editorial**

Another month, another snap election. It's tough to turn the paper around to make sure we provide you with information so you can make an informed decision. You will find the short bios from each of the candidates on pages 10 and 11. The Optimist Club of Puslinch has kindly organized an all-candidates meeting on April 22nd.

Talking of the Optimist Club, they are also announcing their scholarships which are available to young residents of Puslinch. Still on the theme of money, with all the influx and chaos in the world economy, Terry Gray's article informs us on impact investing.

On to other news, we have a glimpse into the past with an article on the early settlers as well as the celebration for Knox Presbyterian Church in Crieff.

If you are looking for gardening ideas and gifts for Mother's Day, check out the Ask the Expert article which focuses on hen and chicks plants and how they make great ground coverage.

Remember to get out and vote on April 28.



Get your copy in advance. Be the first to know what is happening in the community.

Sign up to receive the *Pioneer* and *Pulse* electronically.

www.puslinchpioneer.com or email editorpuslinchpioneer@gmail.com

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**Follow us on LinkedIn.** https://www.linkedin.com/company/puslinch-pioneer/?viewAsMember=true

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## Our Mission

The *Puslinch Pioneer* is a monthly publication produced by local volunteers to provide an authentic source of local information within the community events and groups.

## **Publishing Policy**

The *Puslinch Pioneer* does not necessarily endorse the opinions expressed in articles or Letters to the Editor.

We reserve the right to edit articles or to refuse items and advertisements submitted that are deemed inappropriate, racist or promoting hate.

#### Deadline

Unless otherwise stated, the deadline for submissions is the 2<sup>nd</sup> Friday of month. Next deadline is **Friday**, **May 9th**, **2025** 

## Letter to editor

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

## **Board**

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## **Council Clips**

### Sideroad 10 South:

Council receives delegation regarding deplorable condition of Sideroad 10 S.

## Remuneration & Expenses Paid to Council 2024:

Grand Total \$147,196 includes remuneration, benefits and expenditures.

## **AMPS Draft By-laws & Policies:**

Council proposes by-law to enact an Administrative Monetary Penalty System to enforce designated by-laws for the Township to include policies preventing political interference, financial management and reporting, public complaints, undue hardship, conflict of interest and code of conduct, screening and hearing officer appointment.

## Written Information Security Policy:

To ensure the security and confidentiality of personally identifiable information of customers, clients, employees or vendors as well as sensitive Township data which includes emails, confidential information, employee information and the like.

## Cambridge District Humane Society Agreement:

Council authorizes required contract documents regarding animal control services agreement for another twoyear term.

#### Killean Bell:

Council redirect \$300 from Heritage Committee budget to fund the permanent framed display to be located in the foyer of Community Centre.

## Hwy 6/Leslie Rd W/Concession Rd 1:

Council requests MTO consider conducting traffic counts now, to

confirm whether new information warrants traffic lights at Leslie Rd, if Conc Rd 1 is closed.

#### Ted Arnott:

Council sends a letter to Ted Arnott acknowledging and thanking him for his years of service and a congratulatory letter is sent to the new MPP along with a Township welcome package.

## **Recreation Advisory Committee:**

Requests Council consider that nonresident rental rates be established for all other recreation facilities other than the Community Centre and discuss gaps in current facility rentals.

## Wellington OPP:

Reminds everyone to please drive according to weather conditions and wear your seatbelt.

## **Dufferin Aggregates/Mill Creek** Pit:

Dufferin Aggregates on behalf of University of Guelph has requested more below water table extraction from the MNR despite disapproval from Council and the Mill Creek Stewards

## **Royal City Science/Mill Creek Pit:**

A group of scientists from the University of Guelph hope to build a science centre on the Mill Creek Pit site when its aggregate license is up in 2028. County of Wellington has contributed \$20,000 towards a feasibility study.

## **Sunday Gun Hunting:**

Council approves Sunday gun hunting, subject to regulatory amendment made by MNR.

#### **Morriston Subdivision:**

Proposed 21 homes at 11 Main Street property. Residents cite traffic concerns as chief objection to proposal.



## TOWNSHIP OF PUSLINCH (519) 763-1226

## <u>Council and Committee Meetings</u> (519) 763-1226

Heritage Advisory Committee Meeting: May 5th at 1:00pm

Youth Advisory Committee Meeting:

May 5th at 6pm

Council Meeting: May 7th at 10am

Committee of Adjustment and Planning and Development Advisory Committee Meeting: May 13th at 7pm

Heritage Designation Open House: May 14th at 7pm

Council Meeting: May 28th at 10am

Public Information Meeting: May 28th 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.

#### **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.

## **Drop-In**"Inline Shinny and Roller Skating" at the Optimist Recreation Centre.

## May 20 to June 26:

Tuesdays 3-4:30pm Inline Shinny Thursdays 3-4:30pm Roller Skating

### July 3 to August 28:

Tuesdays 11-12:30pm Inline Shinny Thursdays 3-4:30pm Roller Skating

#### September 2 to November 27:

Tuesdays 3-4:30pm Inline Shinny Thursdays 3-4:30pm Roller Skating

For more information on our facilities, please visit our Community Facilities page at <a href="https://puslinch.ca/culture-recreation/community-facilities/">https://puslinch.ca/culture-recreation/community-facilities/</a> or email <a href="mailto:services@puslinch.ca">services@puslinch.ca</a>.

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 <a href="https://puslinch.ca/forms/rental-request-form/">https://puslinch.ca/forms/rental-request-form/</a>.

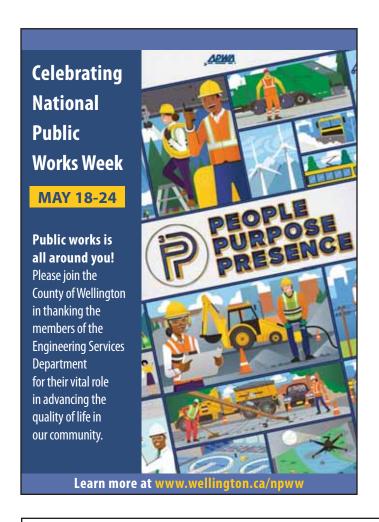
#### **Historical Society Archives**

Saturdays 12 noon - 3 pm or for appointment email *ardyne.farm@sympatico.ca* or 519-822-8559.

WDG COVID restrictions apply.

## Waste Facility (519) 837-2601

Open Wednesdays, Fridays and Saturdays 8 am - 4 pm. Located at 6922 Concession #4 between County Rd.#35 and Hanlon (Hwy #6)



## Thoughts on Peace

The emancipation of women, the achievement of full equality between the sexes, is one of the most important, though less acknowledged prerequisites of peace. The denial of such equality perpetrates an injustice against one half of the world's population and promotes in men harmful attitudes and habits that are carried from the family to the workplace, to political life, and ultimately to international relations. There are no grounds, moral, practical, or biological, upon which such denial can be justified. Only as women are welcomed into full partnership in all fields of human endeavor will the moral and psychological climate be created in which international peace can emerge.

> from the Bahá'í writings bahaisofpuslinch.ca

8/10

# PUSLINCH PROFILE FEATURES:

## **Norman Doud Estate Stables**



Norman Doud Estate & Boarding Stables is a serene and highly respected horse boarding facility, nestled in a tranquil 53-acre wooded property. Specializing in both indoor and outdoor boarding, the stables provide a safe and comfortable environment for horses, featuring separate barns for mares and geldings, each with attached shelters. The facility offers two training corrals, one equipped with lighting, as well as a spacious, well-lit riding area ideal for training, even during evening hours. Paddocks are cleaned daily, and the stalls are large, with padded floors for added comfort. Special attention is given to horses' digestive health through the use of slow feeder nets, ensuring horses have continuous access to hay.

What started many years ago as a personal endeavor has blossomed into a beloved local business in Puslinch, driven by a passion for horses and a commitment to providing top-quality care. Word of mouth quickly spread, and what began with just one horse has now grown to 24. The environment plays a key role in the horses' well-being, offering a peaceful atmosphere and plenty of space to roam. The expansive paddocks, blending wooded and open areas, provide natural shelter from the summer sun and protection from the winter elements, making it a year-round sanctuary for the horses.

## In memoriam

#### Kenneth E Gunson



With heavy hearts, we announce the passing of Ken peacefully at the Guelph General Hospital, surrounded in love by his family, on March 20, 2025. Ken will be deeply missed by his beloved wife, Audrey, of 65 years. He was much loved by his children, Ron (Sandra), Suzanne (Paul) Riley, and Janice (Alex) Weir. Ken was a proud and devoted 'Popa' to Kristan (Chris), David (Katie), MacKenzie, Sydney, Noah and Liam (Mikayla).

A cherished "Popa Popa" to great grandchildren, Charlotte, Adelaide, Sophia, Emily (Bohl) Clayton, Nash, and Eliza (Gunson). He will be fondly remembered and missed by many others.

Ken was deeply committed to his family, Church and community. He was a proud farmer in Puslinch Township where he worked the land and enjoyed driving his green tractors.

Ken was a dedicated volunteer for the Puslinch Red Cross loan cupboard, serving many in need with medical equipment.

He had a vegetable stand on the Hamilton Farmers Market for 50 plus

years and was a proud member of Duff's church choir and the Puslinch Squires, entertaining others around him

Ken's sense of humour and strength will be forever remembered in all of our hearts.

A celebration of life will be held at Duff's Presbyterian Church, 319 Brock Rd. S., Puslinch, on Friday, May 9, 2025, at 1:30pm.

Reception to follow in Nanson Hall. Arrangements entrusted to the WALL-CUSTANCE FUNERAL HOME & CHAPEL 519-822-0051 / www.wallcustance.com.

Memorial contributions to Duff's Presbyterian Church (current expenses) would be appreciated.

A tree will be planted in memory of Kenneth E. Gunson in the Wall-Custance Memorial Forest.

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## **Loose Parts Play**

By Julia Preston



The box. It's a common experience for many families. Something new arrives at your home. Maybe it's even a gift for your child. But they don't care about the item. They are all about the box.

The box is a great example of the power of loose parts play. "Loose parts are materials that are moved, carried, redesigned, lined up, taken apart, and put back together in multiple ways," the Better Kid Care program at Penn State explains.

That box can be a boat, house, animal, or whatever else a child imagines. Architect Simon Nicholson, who coined the term in the 1970s, believed loose parts inspire creativity.

Indoors, loose parts might include blocks, blankets, cardboard tubes, and, of course, boxes. Outdoors, loose parts might be a bit bigger, like logs, boards, rocks, or tires. Children can construct creatures, forts, obstacle courses and so much

The point of loose parts play is to let children to experiment, enjoy, and discover things for themselves. This leads to creativity, critical thinking and problem solving.

For this month's play challenge, build a collection of loose parts. Start with a few things and see what attracts your child's interest. Add more parts as you go through the month and see your child's creativity flourish.

# Thank you for your support!

By Sandra Gunson



On Saturday, April 12h the Easter Bunny made a special appearance in Puslinch, at the Whistle Stop Co-op Preschool's 3rd Annual Fundraising Event!

The preschool families organized silent auction baskets, a craft area, a

photo booth, face painting area and a delicious breakfast of pancakes, bacon and eggs cooked by The Puslinch Optimist Club.

The morning was a fun-filled celebration of Easter with family, friends and Community.

The event would not have been the success it was without the hard work of the preschool families, teachers and event sponsors.

Thank you to our sponsors:

Desjardins Insurance – Matt Hanley, Agent

Homestretch Health

LMS Real Estate – Kendra Howe, Real Estate Broker

Nadelec Contracting Inc

Sarmazian Flooring

The Puslinch Optimist Club

The Township of Puslinch

Wagyu World

A BIG THANK YOU to everyone who attended our Fundraising Event and to those who purchased our silent auction items.

Your generosity will help us maintain the high quality of early childhood learning provided by Whistle Stop Preschool.

If you would like to learn more about Whistle Stop Co-op Preschool, please visit us at:

www.whistlestoppreshool.com







519.827.7997

www.CoreElectricGuelph.com info@CoreElectricGuelph.com ECRA/ESA #7009619



## **Optimist Club of Puslinch -Scholarships**

## By Don McKay

The Optimist Club of Puslinch is once again offering scholarships to assist youth and families of the Township of Puslinch with educational expenses and to promote the Club as an organization committed to the advancement of education.

This year three scholarships of \$1500 each will be awarded to qualified applicants commencing in September 2025 for the 2025-2026 school year.

This is the 24th year that the Club has offered the scholarship program. The three scholarships will be split into three streams.

One scholarship will be awarded to those students who are pursuing a university degree, one scholarship will be awarded to those students who are pursuing a community college degree, and one scholarship will be awarded to those students who are pursuing a vocational-technical apprenticeship/diploma.

To be eligible to apply for any of the scholarships the applicant must be;

- a resident of the Township of Puslinch;
- 21 years of age or younger in the year the award is given;
- entering their first year of post-secondary education;
- enrolled in either a university, a community college or a vocational-technical school or undertaking an apprenticeship.

The due date for this year's submission is June 27, 2025.

For further information and application forms please go to our web site; www.optimistclubofpuslinch.com and go to programs/scholarship; contact your high school guidance department; or Don McKay (519) 822-2984, donmckay@ golden.net.



All proceeds benefit the Lake's restoration.



## Andrew Bascombe Syl Carle (NDP)

# Syl Carle (People's Party)

## Sean Carscadden (Liberal)



Andrew Bascombe is running to be your representative in the 2025 federal election, fueled by a belief in leadership that listens to the community. His mission is to challenge the status quo and explore alternatives that genuinely benefit the people of Wellington-Halton Hills.

In his various roles as a union member, Andrew prioritized open communication and collaboration, ensuring that everyone's concerns were acknowledged. This approach fostered a better workplace environment, a philosophy he carries into his political ambitions.

Honesty, accountability, and a commitment to learning define Andrew. He believes that elected officials should prioritize the needs of their constituents over corporate interests. Challenging the notion that voters have only two choices, he advocates for new voices and innovative ideas in politics.

As the NDP candidate, Andrew pledges to fight for affordable housing, true universal healthcare, and climate action that protects communities while using resources responsibly. He and his wife, Mary, have embraced the small-town charm of Acton, forging meaningful connections within their neighbourhood.

Having grown up with a strong sense of duty to care for one another, Andrew is determined to revive the spirit of community service in politics. He believes in the power of collaboration to create a brighter future for Wellington-Halton Hills. Andrew invites everyone to join him in this essential journey for change!



I have been a resident of Wellington and Halton Hills since 1993. I have five children. I was with the RCMP between 1990 and 2009 when I retired from active service to concentrate on his local business endeavours. I fluently speak both of Canada's official languages. This is my 3rd Federal election.

As your MP, you can count on me to represent you while honouring each of the four pillar principles of the PPC: Freedom, Responsibility, Fairness and Respect.

While the Trump administration's tariff agenda is at the forefront of this election, this crisis will pass too. As your MP, I will tackle many of the files that have been ignored by our current

Excessive immigration should be brought under control to return affordability to an overheated housing market. Permanently dropping the carbon tax will help cool inflation.

I will advocate to immediately increase the Federal income tax basic personal exemption to \$25,000 as well as have it permanently indexed to the CPI, saving you hundreds in income tax every year. Since 1982, Canada has been one of three countries in the world without a law on abortion. I will endeavour to return

Canada to the civilized world by pushing for a debate on a new law. I will support our military and work to depoliticize the RCMP. Balancing the budget, the right to self defense, the elimination of woke ideology, Canada's energy policy and removing internal trade barriers are also high priority files for me.



Sean has dedicated his life to service in the Canadian Forces, aviation, and his community.

Raised in Russell, Ontario, he understands the challenges and values of both rural and urban life. Sean briefly lived in Quebec City, where he became fluent in French, an asset for representing Wellington-Halton Hills North in Ottawa in either official lanquage.

A top graduate at Glebe Collegiate Institute, Sean enlisted in the Canadian Forces, later earning a B.Sc. in Physics and Oceanography from Royal Roads Military College. As a helicopter pilot, he completed postings across Canada, participating in humanitarian missions in Honduras and peacekeeping efforts in Bosnia.

As Aircraft Captain at CFB Petawawa and later at CFB Gagetown, he trained pilots supporting the Army. Promoted to Major, Sean oversaw aviation training at 1 Wing Headquarters, preparing units for Afghanistan.

After 20 years of military service, Sean transitioned to civilian aviation, serving as Chief Pilot at Chartright Air Group and now as an Air Ambulance pilot with Ornge, continuing his commitment to public service.

A proud resident of Guelph for over a decade, Sean is married with two teenage boys.

With a strong commitment to leadership, integrity, and service, he is prepared to bring his experience to the people of Wellington-Halton Hills North as their Liberal candidate, ensuring all voices are heard and represented.

# Michael Chong (Conservative)

# Ian Smith, (Centrist Party)

# Liam Stiles (Green)







Michael Chong was first elected to Parliament in 2004 and has represented Puslinch ever since.

Since his first election, Michael served as a cabinet minister, chaired several parliamentary committees and cofounded the All-Party Climate Caucus when it was formed in 2011. He currently serves as the Conservative shadow minister of foreign affairs.

Michael believes that an MP's first job is to represent their constituents. Too often, this job is made difficult because of the concentration of power in party leaders, particularly the Prime Minister. That is why in 2015, Michael introduced the Reform Act, which begins to address this long-standing problem in Ottawa. It gives MPs more power to represent their constituents and Canadians. Michael was able to reach across the aisle and work with members from other parties to secure support for the bill. The bill passed Parliament and is now law.

Before his election, Michael worked in the financial services sector for Research Capital and BZW (the investment banking arm of Barclays PLC), and went on to become the CIO of the National Hockey League Players' Association (NHLPA).

Michael co-founded the Dominion Institute, now Historica Canada, an organization committed to raising awareness of Canadian history and currently sits on its board of directors. Historica produces Canada's iconic Heritage Minutes that have been watched by millions of Canadians.

Michael grew up in Nichol Township in Wellington County. Michael and his wife Carrie have three sons, William, Alistair and Cameron. They live just outside of Fergus. Ian Smith has spent the majority of his life residing and working within the communities of Georgetown, Erin and Guelph.

As an entrepreneur and small business owner, along with his wife Shannon, he provides property management and financial services to clients in the area. His interest in housing has driven his involvement in local senior housing projects, and he is committed to contributing to the development of new housing for seniors in both communities.

Ian Smith has chosen to become a federal candidate because he believes that Canadians need transparency to rebuild their faith in federal politicians and the government.

He advocates for fiscal responsibility and accountability in the federal government to address the needs of our rapidly changing world. He says government should not be run only by career politicians, and we all must play a part in determining our nation's future.

Ian seeks to include local concerns in political discussions to ensure they are considered alongside major issues of the day.

This is why he supports the Centrist Party of Canada, believing it to be the only party that represents cooperation and accountability for the benefit of every Canadian, and the only party that genuinely offers potential for real change rather than empty promises.

I have a young family, and it was when we found out we were expecting that I was motivated to get elected and make positive change for our nation.

I am a Registered Kinesiologist in a Long-Term Care Home in Waterloo. As the Director of the Program for Active Living, I serve as a leader. I am on the on-call rotation, where outside of regular office hours, I am able to respond to any need of our residents or team members.

Daily, I educate our team members on how best to support residents with their mobility needs, respond to and help prevent falls, and help as many residents exercise as possible.

Sometimes helping individuals regain the ability to walk after being deconditioned from hospitalization.

My strongest skills in this role are very transferable to acting as a Member of Parliament. To list a few, I am known to stay positive and look for solutions even when the outcome is grim; win others over, and maintain harmony within a team when conflicts arise.

Although these skills are not specific for building policy, they are very effective at getting others on board and invested.

As an MP, I would thrive in getting non-Green Party MPs on board with our policies and helping to implement them at a federal level.

I would put my trust in fellow Green MPs and those who are passionate for change to build the policies we need. I will then do everything I can to see them implemented.



# Leaf and Yard Waste Services





Leaf and yard waste will be collected curbside in **urban** areas only. Please set out materials accordingly:

- In brown paper yard waste bags or in reusable cans clearly marked "Yard Waste"
- Twigs must be in tied bundles
- Max 18.2 kg (40 lb) per bag, can, or bundle

Loose materials and materials in plastic bags WILL NOT be collected. See the collection schedule below.

## 2025 Puslinch Leaf and Yard Waste Curbside Collection Schedule

## **WEEK A**

Monday, May 26

Monday, June 23

Monday, July 28

Monday, August 25

Monday, September 22

Monday, October 13

Monday, October 27

Monday, November 10

Monday, November 24

Please place materials curbside by 7:00 am on the Monday and keep curbside until collected. Collection may take place any time during the week. We thank you for your patience.

## **Drop-off**

Leaf and yard waste is also accepted at all County waste facilities from April through the end of November.

No charge for residential customers. Regular fees continue to apply to wood, brush, and commercial loads.



## **ACCEPTABLE**

- ✓ Leaves
- ✓ Twigs tied in bundles
- ✓ Garden trimmings
- ✓ Dead plants
- ✓ Fallen fruits and nuts from trees



## **NOT ACCEPTABLE**

- Grass clippings
- X Soil, sod, and rocks
- X Tree stumps
- X Branches
- X Plastic planter pots
- X Plastic bags

# Never miss a collection day!

Download the free Recycle Coach waste app from the App Store or Google Play.







www.wellington.ca/yardwaste

519.837.2601 | 1.866.899.0248 wasteinfo@wellington.ca



# Investing with Purpose: A Primer on Impact Investing

## By Terry Gray

Imagine a world where your investment portfolio could not only grow your wealth, but also address pressing social and environmental challenges right here in Puslinch.

What if you could support local initiatives, from affordable housing to sustainable agriculture, simply by choosing where your money is invested?

Impact investing offers this powerful opportunity, allowing you to align your financial goals with your values.

Unlike philanthropy, impact investing aims to generate both a financial return and a measurable, positive social or environmental impact.

This means you can grow your savings while making a real difference in the community you call home.

But what exactly is impact investing, and how does it work?

More than just a feel-good strategy Impact investing goes beyond traditional socially responsible investing (SRI), primarily focusing on avoiding harm by excluding companies with harmful practices.

Impact investing takes a proactive approach, actively seeking investments in companies, organizations, and funds demonstrably committed to addressing social and environmental challenges.

## A wide range of causes and approaches

Impact investing spans a broad spectrum of themes, allowing investors to target issues they care about most. These can include:

- Environmental sustainability: Investing in renewable energy, sustainable agriculture, or clean technology.
- Social equity: Supporting affordable housing, accessible healthcare, or quality education initiatives.
- Economic development: Providing support for a social enterprise that is financially sustainable while also having an intentional social development mandate.

#### Diverse investment options

Impact investing offers a variety of avenues for participation, catering to various risk tolerances and investment goals:

- Direct investments: Investing directly in social enterprises or sustainable businesses.
- Impact funds: Pooling capital with other investors through dedicated funds focused on specific impact themes.

 Community investing: Supporting local initiatives through a community hand

## Measuring the impact

A key principle of impact investing is the ability to track and measure the social and environmental outcomes generated by the investment.

This transparency allows investors to understand the real-world difference their capital is making.

## Is impact investing right for you?

Impact investing is gaining traction, attracting individuals who want their investments to reflect their values and contribute to a more sustainable and equitable future.

While financial returns remain a priority, impact investors accept the possibility of slightly lower returns in exchange for generating positive social or environmental change.

If you're seeking a way to align your financial goals with your values and contribute to a better world, impact investing might be the right path.

An increasing number of impact investments are providing financing to important social programs within Wellington County and Guelph.

For more details, contact Terry Gray at Impact Bridges Group, an impact investing specialist organization. Terry is the co-author of "Impact Investing at a Crossroads: A Pathway Forward" and lives with his wife Sue in Puslinch.











## Knox Crieff, celebrating 185 years in the community

### By Rochelle Barber

Puslinch is filled with heritage buildings that remind us of our past. There are many of these buildings along Concession 1.

One of note is Knox Presbyterian Church in Crieff. It has had deep ties to the community since 1840. On May 25th of this year, Knox Crieff will celebrate its 185th anniversary.

This historical building is much more than a place of worship. It has hosted various community groups over the years.

One of note was the group called the Friends of Crieff which was around in the 1980s and 1990s. People would gather regardless of affiliation with the church and enjoy outings, potlucks and card games.

Some popular community events of the past were dinners put on by the church members. The proceeds from these dinners would go towards the food bank or other charities.

It was a great gathering spot to meet your neighbours, enjoy a great meal and contribute to a worthy cause.

Currently, Knox Crieff is known for its annual Christmas Cookie Walk, which is held yearly on the first Saturday in December, and its annual Candlelight Service on Christmas Eve.



Historically the charm of the Candlelight Service has brought people from near and far.

As the birth of Jesus is celebrated through music and message, the church is warmly lit by candlelight. The glow brings out the rich colours in the building's stained-glass windows. It's truly beautiful.

Over the last 20 years the building use has changed. Programs ended. People in the community once so rich in family history have now aged and passed on. New families have settled here.

Then COVID hit, which was a struggle for all, and changed how we gather. This historical church building is not as busy as it once was. It could be a wonderful place to bring the community together again for those who wish to participate.

Crieff Church hosted its first community dinner since COVID last fall. It was put on by the members of the church. Proceeds went to the local food bank and the Hope House.

In May, the members are hosting another dinner and a comedy night.

One hundred and eighty-five years is a lot of history. The members of Crieff Church would like to invite anyone in the community who would like to enjoy a little history and also be part of new and old traditions that make Crieff and Puslinch a fantastic place to call home.

For information on worship service and community events, please see our website: pccweb.ca/knox-crieff





## SCOVERING PUSLINCH



There's something magical about spreading out a blanket, unpacking some fresh local finds, and soaking in the sunshine.

Especially when you're surrounded by the natural beauty our area has to

Whether it's a quiet afternoon at the Donkey Sanctuary, a waterside picnic at the Puslinch Tract Lake or a family gathering at the Community Centre, the best memories are often made outdoors. **Grab a basket. Go for a picnic.** 



As someone who lives, works, and plays in this community, I know that finding the right home is about more than just bedrooms and bathrooms, it's about lifestyle. And if your version of "home" includes easy access to trails, trees, and tranquil spots to picnic, you're in the right place.







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## **ASK THE EXPERT**

## By Sharon Zadorozny

## Q: How can I use hen and chicks in my garden?

Hen and chicks (Sempervivum spp) are becoming more popular and you will see many different varieties.

They make a unique addition to the garden, are colourful, hardy and easy to grow.



They come in an array of red, pink, green, yellow and greys. The unusual *S. arachnoideum* has a cobweb appearance. The Golden Nugget variety looks almost fluorescent.

The plants grow low to the ground, spreading "chicks" from the main "hen." Once established, they will produce a dramatic flower stalk 6 to 12 inches tall with a small flower on the top.

Even better, they provide year-round colour, particularly striking in the early days of spring when the ground is brown.

Growing is easy. They prefer a sunny, dry spot with rocky or gravelly soil. Sunlight is important for maximum colour.

The chicks spread from the main hen plant as they grow and establish themselves by sending out their own shoots

If you want more plants to fill in an area, you can propagate more by taking a chick, digging a small depression where you want to place the plant, and gently pat the chick into the ground.

As for ongoing maintenance, there is no need to prune, water or fertilize plants. The best advice is to ignore them and they will thrive.

Overwatering is the main enemy of the plants – they can go weeks without water.

If weeds do manage to get through the dense mat of plants, you can lift the chicks, pull out the weeds, and then pat the chick back in place.

And if they are growing where you don't want them, they are easy to lift out.

For home gardens, consider planting hen and chicks in rock gardens, as a ground cover, garden borders, path edging, and fairy or miniature gardens.

Cluster the plants together and use three or four different varieties for a striking display.

For vertical gardens, the shallow root system works well when planted in a picture frame or as part of a green wall.

Hens and chicks also make an attractive, easy container garden.

Put a few in an attractive pot or container (I like using china teacups) and you have a lovely gift. You will also find that children love a plant that is their size.



Take some time to explore the colourful, easy-care world of hens and chicks and add a few to your garden plans this year.

## Wildlife Photo Exhibit and Sale



Join teacher and photographer Richard Topping in historic Dove House at Crieff Hills on Friday May 30 7-9pm for an exclusive showcase of his work throughout the house.

Guests are invited to sip Canadian wine and graze a selection of chef-prepared snacks and charcuterie while chatting with Richard.

All framed prints will be available for purchase, with proceeds benefiting the work and mission of Crieff Hills.

Tickets are \$25 and include a glass of wine, snacks and access to the exhibit. Space is limited so be sure to book early. (519) 824 7898.

Richard Topping is President of Vancouver School of Theology.

Richard enjoys wildlife photography, mostly of birds.





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## Early settlers

### By Andrea Norton



Last fall a bronze plaque commemorating the Black and Ord families was placed outside the entrance of the Puslinch Community Centre.

These two settler families were among the many families that have made contributions to the fabric of daily life in Puslinch for the past two centuries.

John Gilmour (1930-2023) had requested an acknowledgement of the history behind the Community Centre lands.

His family thanks the efforts of the Puslinch Historical Committee and the Puslinch Township Council for placing the historical plague.

Jeanette Black, (1804-1895) and her husband, John Black (1799-1876) traveled from Ayrshire, Scotland to Canada West in 1832. They were the first of their family to arrive in Canada. Jeanette's parents, Hugh Black (1777-1855) and Elizabeth Gilmour (1779-1850) and many of

her siblings arrived in Canada West in 1834.

Hugh and Elizabeth established an inn at Fergus where many prospective settlers lodged while making a claim for a piece of Crown land in Wellington County.

Jeanette and John Black took up a claim in Aberfoyle and built a log cabin on the property which now houses the Puslinch Community Centre.

They soon had four children, William (1835-1885), Elizabeth (1836-1920), Hugh (1838- unknown), and Isabella (died in childhood). By 1842 they had met the requirements to get the official deed for their farm from the Crown.

John was a stonemason. He was frequently away in the city of Guelph helping to build the fine limestone buildings which dot its streets.

Jeanette was often alone with the children as wolves howled in the forest surrounding their farmstead clearing.

As their farm grew more established, they were able to build a stone farmhouse not far from the Mill Creek which ran through their farm.

By 1867, Puslinch was a growing and bustling farm community with a thriving Agricultural Society. Council meetings were held in various local establishments. The community felt they needed a town hall.

John Black offered to sell the township 3.5 acres of land on the corner of his farm. A 40 by 80 foot brick hall was proposed, but a substantial number of community members thought the price tag was too large.

When the building was completed, it



was a 30 by 60 frame Hall with an attached council chamber.

John and Jeanette's granddaughter, Janetta, married John Archibald Ord in 1894. John was the child of Scottish immigrant, Andrew Ord (1830-1919) and Flora McLarty (1845-1912), who was born in Puslinch.

In the years since the first Hall was built, descendants of the Black and Ord families have contributed greatly to their community.

Descendant Alex Ord, acted as Clerk Puslinch Township for many years; he lived on the home farm until his death in 1992. Douglas Gilmour, another descendant, also acted as Township Clerk.

Over the years, other descendants of these first settlers have fulfilled many volunteer roles within the Agricultural Society, the minor sports teams, township committees and many other aspects of community life in Puslinch.

Even today, seven and eight generations removed from those first families, several of their descendants continue to live and work to make Puslinch a special and vibrant community.

Sources: Annals of Puslinch 1850-1950, The McPhatter Letters, Puslinch Historical Society website: https://puslinchhistorical. ca/index.php



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## Why Your Brain Needs a Detox

## By Dr. Laura M. Brown, ND

Just as the lymphatic system removes waste from the body, the glymphatic system in the brain plays a vital role in clearing away toxins, heavy metals, damaged cellular components, and abnormal protein clusters.

These include beta-amyloid and tau, which are strongly linked to the development of neurodegenerative diseases like dementia and Alzheimer's.

Certain early warning signs may suggest that your brain could benefit from a detox.

If you are concerned about your cognitive health, it's important to consult a healthcare provider for a comprehensive evaluation.

## Warning Signs That You Might Need a Brain Detox:

- Memory issues or brain fog
- Difficulty concentrating or solving problems
- Fatigue
- Mood changes
- Irritability
- Sleep disturbances

## **How to Detox Your Brain**

Several dietary and lifestyle changes can activate the glymphatic system, promote cellular repair, and enhance brain plasticity, all of which support better cognitive health and neuronal longevity.

#### 1. Prioritize Sleep:

The glymphatic system is most active during sleep, so getting quality rest is crucial for brain health.

Maintaining an active lifestyle, limiting caffeine intake, and eating whole foods—particularly those that help boost melatonin production (like pistachios)—can enhance the quality of your sleep.

If sleep disruption persists, consider natural remedies that relax the nervous system and support liver and gut health, as these systems are interconnected with sleep and brain function.

## 2. Focus on Gut Health:

Since inflammation in the gut often ends up affecting the brain, maintaining a healthy gut is essential for optimal brain function.

Intermittent fasting and the ketogenic diet have been shown to stimulate glymphatic wasteremoval processes, aiding in the clearance of toxins and metabolic by-products from brain cells.

Over time, adopting gutsupportive habits like taking probiotics, reducing alcohol intake, and following an antiinflammatory diet (such as the Mediterranean diet) can lead to long-term improvements in brain health.

## 3. Minimize Digital Overload:

Evaluate your screen time and digital device use. Constant notifications, information overload, and the pressure to maintain a digital presence can

heighten anxiety and lead to a constant state of alertness.

When was the last time you truly unplugged? The addictive nature of digital devices and social media can disrupt sleep by interfering with melatonin production, further compromising your brain health.

Make it a point to reduce screen exposure, particularly in the hours before bed.

## 4. Limit Toxin Exposure:

Start by eliminating scented and chemically-based personal care products, as well as household cleaners that may contain harmful substances.

Choose glass containers instead of plastic for food storage and preparation.

#### 5. Get Outdoors:

Spending time in nature, especially among trees and plants, is a great way to support brain detoxification.

Breathing fresh air, and practicing mindfulness techniques like prayer or meditation, can help calm the mind and restore balance to your cognitive health.

## Final Thoughts

Taking care of your brain involves a holistic approach that includes sleep, nutrition, mental relaxation, and environmental changes.

However, always consult with a healthcare provider to determine what's safe and appropriate for you. This article is intended for informational purposes and should not be considered as medical advice.

Questions? Ask drlaura@southendguelph.





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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.

## Scavenger Hunt - O Where is the Bear? (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 May 1 – 31, during branch hours

## STEAM Story Time (Preschoolers)

Bring your preschoolers to explore Science, Technology, Engineering, Arts and Math using stories and hands-on activities.

Please register using your child's name only. Parents or quardians who use their library card to register can change the name of the registrant to the child and the card will remain linked. Adult accompaniment is required. Please register.

Thursdays, May 1 - 29 from 11:00 - 11:45

## **Dungeons and Dragons Club** (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursdays, May 1, 15, and 29 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, May 2 from 1 – 2 pm

## **Craft and Create - Spring Flowers**

(Kids/Tweens/Adults)

Come to the Puslinch branch to create spring flowers using pipe cleaners and clay pots! All materials provided. Please register. Saturday, May 3 1-2:00 pm

#### Creative Kids (Kids/Tweens)

Get crafty and learn new things with DIY, maker, and other hands-on activities just for kids. Please register. Wednesdays, May 7 and 21 from 3:00 - 3:45 pm

## **Sew Savvy - Reversible Bucket Hat**

(Teens/Adults)

This program is tailored to sewers who already have some experience using a sewing machine and are ready to handle more advanced projects.

Get ready for summer by sewing a reversible bucket hat! Ages 13 years to adult. Previous experience using a sewing machine required. All materials supplied. Please register.

Saturday, May 10 from 10:30 am - 12:30

#### Scrabble Club (Adults)

Join us for casual word building entertainment! Drop in.

Wednesdays, May 14 and 28 from 1:00 -

## Book Club - Third Tuesday (Adults)

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

Tuesday, May 20 2 - 3:00 pm

## Cricut Creations - Summer Welcome Sign (Adults)

Cut and apply vinyl pieces to canvas board to make a colourful welcome sign for summer! All materials supplied. Please regis-

Tuesday, May 27 1- 3 pm

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Spitfires: The American Women Who Flew in the Face of Danger During World War II Attenborough.

David Ocean

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## Cook's Corner

### By Barbara Paterson

This is my favourite way to cook a whole chicken. It is delicious!

#### Spice-Rubbed Roast Chicken



4 lb. Chicken, rinsed and dried 1 head garlic, cut in half crosswise or 2 - 3 large garlic cloves, cut in half 2 medium lemons, cut in half crosswise

1 tbsp. Salt

1 tsp. Black pepper

1 tsp. Ground cumin

½ tsp. Ground cinnamon

½ tsp. Cayenne pepper

½ tsp. Granulated garlic

1 handful fresh cilantro (optional)

2 medium onions, roughly chopped

- 1. Rub chicken all over with the cut side of the garlic. Place garlic in the cavity of the bird. Squeeze lemon juice over the chicken and rub into skin with the cut surfaces of lemons. Place one or two lemon halves in the cavity.
- 2. In a small bowl combine salt, pepper, cumin, cinnamon, cayenne and garlic powder. Rub into chicken skin with your fingers being sure to get spices into every part. Add cilantro to cavity if using. Refrigerate a few hours or preferably overnight.
- 3. Place onions in a roasting pan. Set the chicken breast-side down on onions. Roast at 375°F for one hour. Turn chicken breast-side up and continue roasting for another hour or until the chicken is nice and brown. Let sit 10 minutes before serving.

This cake is a wonderful spring-time treat.

#### **Rhubarb Cake with Butter Sauce**



2 cups diced rhubarb 11/2 cups granulated sugar ½ cup butter, softened 1 large egg 1 tsp. Vanilla 2 cups all-purpose flour 1 tsp. Baking soda ½ tsp. Salt 1 cup buttermilk or plain yoghurt

#### For the buttter sauce:

1 cup granulated sugar ½ cup butter 1/2 cup heavy cream or evaporated

1 tsp. Vanilla

- 1. In a large bowl, cream together the butter and sugar until light and fluffy. Add egg and vanilla, beating well to combine.
- 2. In a separate bowl, whisk together the flour, baking soda and salt. Gradually add the dry ingredients to the butter mixture, alternating with the buttermilk, beginning and ending with the dry ingredients. Mix until just combined.
- 3. Fold in the diced rhubarb.
- 4. Grease and flour a 9 x 13 baking pan. Evenly spread the batter in the pan and bake at 350°F for 40-45 minutes, or until a toothpick inserted into the centre comes out
- 5. Prepare the butter sauce by combining the sugar, butter and cream in a medium sauce pan.
- 6. Bring the mixture to a boil and let it boil for 1 minute.
- 7. Remove from heat and stir in the vanilla.
- 8. Cut the cooled cake into squares and serve with warm butter sauce drizzled over the top.

## **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 1CO

519-821-7623

www.arkellunitedchurch.ca Reverend John Adeyemi

Sunday Worship at 10 am.

· Sunday, June 8th - 100th Anniversary of the United Church of Canada special service and Celebration with Arkell United Church and Mount Carmel Zion United Church. To be held at Arkell United Church, 600 Arkell Rd, Arkell, NOB 1CO, Sunday, June 8th at 10 am. Potluck lunch to follow. Come join us!

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www. calvaryguelph.com

Pastor: Patrick Timney

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· Children's Worship: Sunday morning program held during main services.

· Calvary Youth: For Jr. & Sr. High programs - please go to church website for more information.

Adult Bible Study: Thursdays 10:00 am.

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www.freeltonstrabaneuc.ca Facebook: freelton and strabane united church

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/ www.facebook.com/ knoxpresbyterianchurch, crieff

• Sunday Worship 9:30 am

 Sunday May 25th Knox Crieff celebrates 185 years. Service 9:30 am and stay for potluck after.

#### MOUNT CARMEL-ZION UNITED CHURCH

in Morriston at the corner of Church & Victoria Streets, Morriston, ON NOB 2CO Minister: Rev. Margaret Ruggles 519-822-8610

www.morristonunitedchurch.com Email: morristonunitedchurch@gmail.com

· Sunday Worship at 10:30 am.

 Sunday June 8th at 10 am.--Joint service and potluck lunch at Arkell UC to celebrate the 100th Anniversary of The United Church of Canada

Monthly donations to Chalmers Community Services Centre for the month of May is canned tomatoes or pasta sauce, peanut butter. Skim milk powder & toilet tissue are always needed, and all donations are appreciated.

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\* 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 cooperation 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.

#### ANNUAL MEETING FARNHAM CEMETERY BOARD

The Annual General Meeting for Farnham Cemetery will be held Thursday, April 24th. 6:30pm at the Calvary Baptist Church, 454 Arkell Road, Puslinch. Members of the public are invited to attend. Please contact Barb Jefferson, barbjefferson11@ gmail.com, 519 766 6502.

#### ARKELL UNITED CHURCH SENIOR'S LUNCH

Senior's Lunch Tuesday, May 13th, at 12 pm (noon) soup, sandwiches and dessert at Arkell United Church, 600 Arkell Rd. at Watson, Arkell. Freewill offering.

#### **ASK AN ARCHIVIST**

Are you new to historical research and don't know where to start? Have you hit a wall in your family history hunt? Bring your questions and chat with Archives staff from the Wellington County Museum & Archives at Puslinch Historical Society Archives, located in the Puslinch Library, Saturday, May 3rd 12 – 3 pm. Everyone Welcome.

### **BADENOCH MUSIC NIGHT**

Friday May 2nd and June 6th 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. The last Wednesday will be May 14th and will resume in the fall. For information call or text 519-763-9782.

#### COMEDY NIGHT WITH TIMMY BOYLE

Friday May 23rd at Knox Presbyterian Church, 7156 Concession 1, comedy night featuring Timmy Boyle of Upstanding comedy and sweets at 7:00 pm, doors open 6;30pm. Tickets are \$25. Email kpccrieff@gmail.com or call Rochelle Barber 519 763-0563 for tickets.

## COOKING WITH THE SAINTS

Saturday, May 24th - 1 pm. at Freelton Strabane United Church, 1565 Brock Rd., Strabane. A fun afternoon of cooking and learning about the Saints and then enjoying what we have cooked! Limit of 10 people. Contact Office at 905-659-3380 to register.

#### **DECADENT DESSERTS & MUSICAL** TRIBUTE TO CANADIAN ARTISTS

**Saturday, May 3rd** at 6:30 pm. at Freelton Strabane United Church, 1565 Brock Rd., Strabane. Join us for an amazing buffet of desserts and be entertained as local musicians cover songs by Canadian artists such as Gordon Lightfoot, Anne Murray, Sarah McLachlan, Neil Young, Shania Twain, Blue Rodeo and many more. Proceeds for the life and outreach work of the church. Tickets are \$20 per person. Call 905-315-8706 to reserve.

#### **EUCHRE**

Friday, May 2nd & 16th at 7 pm. Freelton Strabane United Church, 1565 Brock Rd., Strabane. For information, 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) started **Tuesday March 25th** at 10:40am. For more information please contact: Alan at 613-391-0413 or alan.sze@von.ca.

HAM AND SCALLOP POTATO DINNER Friday, May 9th at Knox Presbyterian Church, 7156 Concession 1, Crieff. Ham and Scallop potato dinner and all the fixings. Dinner at 6:30pm, Adults \$20, children 6 to 12 \$10. For tickets: Email kpccrieff@gmail.com or call Rochelle Barber 519 763-0563.

## **IODE CHARITY GARAGE SALE**

Saturday, May 10th from 8am to 12pm. 69 Shadybrook Cres, Guelph, ON. Includes some estate items. All proceeds to Chalmers West Food Shelf.

"IT'S SEW FUN" SEWING GROUP Mondays at 12:00 - 4 p.m. Freelton Strabane United Church, 1565 Brock Rd., Strabane. For information, call Linda at 289-962-6737.

### LINK UP WITH DUFF'S

Saturday May 24th in support of Mental Health Waterloo Wellington and Hospice Wellington. Enjoy 18 holes of golf or euchre plus a wonderful BBQ steak dinner. Live & silent auctions, 50/50 draw and door prizes. For tickets, information and donations please call 519-763-0309 or 519-767-2462. All are welcome!

#### 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.

## Inside the Back Page . . .



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## OPTIMIST CLUB OF PUSLINCH

ANNUAL FISH FRY Thursday May 8th 5:00 TO 7:30 pm. at the Puslinch Community Centre. Adults \$25.00, Children \$15.00 Tickets available online at *optimistclubofpuslinch.com.*, from a member, at the door or reserved at 519-821-4256. Takeout is available, please

indicate that choice when purchasing. Get your tickets early to help us prepare for the event. Thank you.

PICKLEBALL - "LEARN TO PLAY"

**April 15, 22, 29, & May 6th**, 11:00 am - 1:00 pm in the ORC gym in Aberfoyle. \$40.00 for the 4 lessons. This is for Further information local residents.

contact June 519-763-0309 or jwilliams@ wilfiveholdings.ca

**SENIORS TALK & LUNCH** 

Wednesday, May 14th at 11:30 am at Freelton Strabane United Church, 1565 Brock Rd., Strabane. Doors open at 11 am. Guest Speaker is Ian Masterson from The CNIB who will speak about navigating through vision loss. Please call 905-659-3314 to register by **Monday**, **May 12th**. Free will donations accepted with lunch to

## 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 centact Figure training provided. To apply, contact Fiona at 519-837-0558 x35. Call now to register for our next training clinic.

**TECH TUESDAYS FOR SENIORS** 

Tuesday, May 6th & 20th at 1 pm at Freelton Strabane United Church, 1565 Brock Rd., Strabane. A time for people to gather, and learn more about Technology. Call 289-880-1218 if any questions and to register.

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**

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 http://www. robstark@bellnet.ca or arkellunitedchurch.ca

#### BADENOCH COMMUNITY CENTRE

Inquiries call Ami DeVries at 226-979-

#### 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-

#### HISTORIC ELLIS PIONEER CHAPEL

Charming historic pioneer chapel for weddings, baptisms, small concerts. Visit 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 Morriston at Brock Road and Highway 401. It is a non-profit cemetery operated by a volunteer board of managers and a secretary/treasurer. We welcome all denominations for burials. For more information please visit our website at *www.crowncemetery.ca* or contact Darlene Harrietha at 519-822-0874 or email darleneharrietha@gmail.com.

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.

#### 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.

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:

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

## THE ROTARY CLUB OF GUELPH SOUTH Meets 3 or 4 times a month. Check out https://guelphsouthrotary.ca/ for minformation. Contact Celia Clark membership inquiries: 519-766-1097. for more

## **METAL RECYCLING BIN - SUNRISE**

FARM (6920 Conc. 1, Puslinch)
Drop off 'unwanted' metals, e.g. stainless steel, aluminum, copper, tin cans, wire, metal rods, fencing etc. in the 'Gerdau Ameristeel' recycling bin situated in our parking lot. For more info, contact Lynne O'Brien Sunrise 519-837-0558 x31.

#### WHISTLE STOP PRESCHOOL

Licensed Preschool Program for Children 2.5 - 5 years. Monday, Wednesday and Friday mornings 9:00am-11:30am at the Puslinch Community Centre. For more information visit our website whistlestoppreschool.com or Contact Sandra Gunson 519-239-9878 or email whistlestopteacher@gmail.com.

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