

Puslinch Pioneer

Honouring The Past. Embracing The Future.

Produced by volunteers since 1975

Vol. 47, Issue 2 - September 2022

The Aberfoyle Fall Fair is back...

By Joanne Holt

How exciting we are finally back with a real Aberfoyle Fair September 9th and 10th 2022.

Yes we are 180 years in existence. It's time to celebrate. We have a grand opening on Saturday at 9:30 which will be near the sheep show area. It would very welcoming to have a great turnout from the community. There will be a ribbon cutting and lots of fun to be had by all.

Our volunteer committee has a great schedule planned. Starting off on Thursday night and until 430 pm Friday receiving the hall entries, with judging taking place Friday night. For Friday night entertainment we have a terrific show, the antique tractor pull, the Game Asylum trailer bouncy castles, and a new attraction - Independent Pro Wrestling. Admission on Friday night to welcome you back is \$5. Where can you get a better package of entertainment than at the Aberfoyle Fall Fair?

The Saturday program will start at 9 o'clock with animal competitions. At 9:30 we are having our grand opening. We've invited several special people to come and we hope the community will turn out in support of our 180th fall fair.

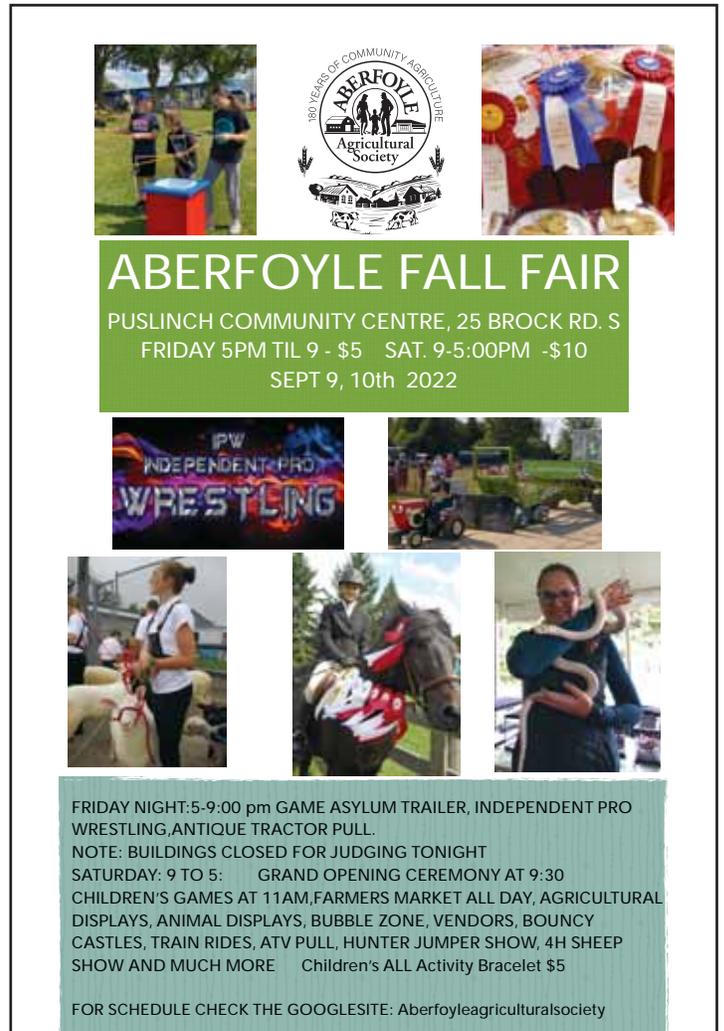
The day is full of excitement for the whole family. Admission cost for all day Saturday is \$10 for adults. Children can purchase a five dollar activity bracelet which covers all the activities on the grounds and a prize or two!!

We have bouncy castles, activity games, looney in the straw, ATV pull, The Canadian Raptor Conservancy, the bubble zone, Sciensational snakes, agricultural awareness and information, several historic displays, the all day Farmers Market, and so much more. Your day will be a memorable one.

Our volunteer committee has worked very hard to produce a welcome back Aberfoyle fall fair. We hope the community appreciates the effort and we look forward to many more years ahead. If you have any time that you could help our committee it would be most appreciated.

To keep our event current and appealing, we need new people to join our volunteer group. Please contact anyone at the fair and they will gladly take your information and look forward to seeing you in the future.

If you have any questions you can go on our website, use Google search on Aberfoyle Agricultural Society and you will see our events.



ABERFOYLE FALL FAIR
PUSLINCH COMMUNITY CENTRE, 25 BROCK RD. S
FRIDAY 5PM TIL 9 - \$5 SAT. 9-5:00PM -\$10
SEPT 9, 10th 2022

FRIDAY NIGHT: 5-9:00 pm GAME ASYLUM TRAILER, INDEPENDENT PRO WRESTLING, ANTIQUE TRACTOR PULL.
NOTE: BUILDINGS CLOSED FOR JUDGING TONIGHT
SATURDAY: 9 TO 5: GRAND OPENING CEREMONY AT 9:30
CHILDREN'S GAMES AT 11AM, FARMERS MARKET ALL DAY, AGRICULTURAL DISPLAYS, ANIMAL DISPLAYS, BUBBLE ZONE, VENDORS, BOUNCY CASTLES, TRAIN RIDES, ATV PULL, HUNTER JUMPER SHOW, 4H SHEEP SHOW AND MUCH MORE Children's ALL Activity Bracelet \$5
FOR SCHEDULE CHECK THE GOOGLESITE: Aberfoyleagriculturalsociety

We've had great success with our drive-through Chicken barbecues. We are hosting another one on September 25 which is a Sunday. It would be a great opportunity to gather a group and have a picnic or a social event for yourself. You can book chicken dinners by calling 519-823-2687, or purchase tickets from one of our volunteer members.

Set your phones, mark your calendars September 9 and 10th Aberfoyle Fall Fair and September 25 from 4 to 6 drive-through chicken barbecue. For tickets to the BBQ call 519-823-2687.

Editorial

How was your summer? It certainly was a hot one!

With the Aberfoyle Fall Fair fast approaching, our community can get together and celebrate once again.

It is with sadness that we share the story of the fire at the Old Marina. We understand that plans are underway to rebuild this important community venue.

We have several health-related articles this month – from learning more about gut health, vaccinations for the under-fives, and alternatives to getting the health care you need.

We also learn about the healing powers of Rose Hips and honey. At the risk of aging myself, I remember being given Rose Hip Syrup as a child as a way to boost my immune system.

On the political level, Ted Arnott has been appointed the Speaker of the House, and we have a message from the Mayor.

With the municipal election scheduled for October, we will be providing an overview of the candidates who will be running for office in our October issue of the *Pioneer*.

Until then, make sure you are on the voters' list.

Anne Day

You can receive the *Pioneer* and *Pulse* electronically - just sign up at www.puslinchpioneer.com or email editorpuslinchpioneer@gmail.com

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Our Mission

The *Puslinch Pioneer* is a monthly publication produced by local volunteers to provide an authentic source of local information about the social and political activity within the community, and to encourage participation in community events.

Volume 47: Issue 2 September, 2022
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Ten issues are published a year and distributed free of charge throughout Puslinch. www.puslinchpioneer.com

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The *Puslinch Pioneer* does not necessarily endorse the opinions expressed in articles or Letters to the Editor. We reserve the right to refuse items submitted and to edit all material. All advertising is accepted in good faith. The *Puslinch Pioneer* reserves the right to refuse an advertisement that is deemed inappropriate, racist or promoting hate.

SUBMITTING ARTICLES Items of interest to Puslinch residents are welcome. Letters to the Editor must include a telephone number.

We ask that articles be submitted by email and adhere to the Writers Guidelines which can be downloaded from www.puslinchpioneer.ca

Unless otherwise stated, the deadline for submission is the 2nd Friday of the month. Next deadline is **Friday, September 9, 2022.**

Because of the increased interest we cannot guarantee inclusion, especially those received after deadline.

Annual subscription rate \$50. Forward request and payment to 29 Brock Road South, Puslinch, ON N0B 2J0

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Council Clips

Clair-Maltby Secondary Plan:

Council directs staff to file an appeal with the Ontario Land Tribunal about concerns over a lack of commitment in implementing long term water monitoring and protecting Township Residents' water source, the wording around minimum set back and landscape requirements in the urban rural transition area, and planning comments not being acknowledged.

Shared Fire Chief Services Agreement:

Both Councils of the Townships of Centre Wellington and Puslinch have authorized an agreement which will see Centre Wellington's Fire Chief Tom Mulvey, act as Fire Chief for both Centre Wellington and Puslinch fire services.

Lanci Pit Expansion:

Before endorsing any official plan amendment, Council approved a motion to retain a consultant to review the various aggregate site operational plans to ensure compliance with existing licences and the self-administered annual compliance assessment reports.

Concession Road 2 Aggregate Review:

MNRF to be notified about all compliance issues related to hydrogeology and movement of water, and to enforce the requirement of a conveyor for the existing operations, and in no way consider at grade crossings for any future site approval.

Aggregate Levy:

TOARC to clarify how aggregate levy is calculated, what materials are included, and how material going from a feeder pit to a central processing pit is incorporated in the aggregate levy.

Additional Residential Units:

Due to the changes to the Planning Act through More Homes, More Choice Act, the proposed zoning by-law amendment includes permissions to allow for a total of two additional residential units per property.

Council gives three readings to by-law.

Guelph Junction Railway:

Council requests the removal of the stock-piled rail ties along the rail line.

Sports Lighting Upgrades:

Tender for PCC park soccer field and Old Morriston ballpark lighting upgrades be awarded to Nadelec Contracting Inc. at tendered amount of \$653,302.

PCC & Boreham Parks Landscape Concept Plans:

Council approves improvements for Concept B for both parks and instructs staff to put the contracts out to tender.

Costs for PCC park \$1.35 million and Boreham Park \$208,882.

Heritage Student:

Township received a Young Canada Works Grant for funding for a heritage summer student.

Duties include an Online Heritage Tour, public digital archive, and digitization of Township heritage records. Our student began work on June 6.

Community Improvement Plan:

Township received two CIP Financial Incentive Applications from Crepe Company (Lessee) and Envers Holdings (Owner) at 42 Queen Street, Morriston under the Façade, Signage and Landscape Improvement Grant for \$4,500 and the Building Improvement Grant.

Interior renovation components, accessible washroom and blending wall and fascia signage with the architectural elements of building.

County will disburse \$10,000 under County's Invest MORE Program.

Puslinch Lake Access:

On-going challenges continue in respect to the public access to Puslinch Lake at Travelled Road. Staff is seeking Council's direction.

Facility Rental Concerns:

Staff is recommending mandatory Township staffing presence during weekend and statutory holiday rentals be implemented immediately at PCC and an hourly fee be established.

Ted Arnott elected as speaker

Ted Arnott has been elected as speaker of the provincial legislature for a second term despite not being his own party's choice.

In a secret ballot, Arnott defeated the other candidate, Nina Tangri, who was the favoured choice of Premier Doug Ford and was favoured to win. She was nominated by Conservative MPPs. Arnott was nominated by an NDP MPP.



TOWNSHIP OF PUSLINCH
(519) 763-1226

Council and Committee Meetings (519) 763-1226
Council Meeting: September 7th at 10am
Planning and Development Advisory Committee: September 13th at 7pm
Recreation Committee: September 20th at 7pm
Council Meeting: September 28th at 10am
User Fees and Charges Public Information Meeting: September 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 Hours
The Optimist Recreation Centre Rink is open for non-ice rentals and the Optimist Recreation Centre Gymnasium is open. To view the gym and rink schedule, please visit our Recreation and Leisure Calendar page at <https://puslinch.ca/culture-recreation/festivals-events/recreation-and-leisure-calendar/>. For more information on our facilities, please visit our Community Facilities page at <https://puslinch.ca/culture-recreation/community-facilities/> or email services@puslinch.ca.

Historical Society Archives
Saturdays 12 noon - 3 pm or for appointment email ardyne.farm@sympati-co.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)

Summer's sad day

By Kim Hussey

It is hard to believe how on July 30th, a lovely summer Saturday on our beautiful cherished lake would become a devastating tragedy by mid-day.

The Old Marina Restaurant, one of the iconic landmarks of our community, so cherished by the lake residents, had a catastrophic fire.

On the morning of July 30th, Lakeside yoga took place at 9:00 am at dock-side, as it does every weekend, while a wedding crew was bringing flowers and setting up for the scheduled wedding later that day, (one that had been postponed two prior times due to the pandemic.)

The dedicated restaurant staff (often described as the OMR work family) arrived and prepared for a busy day at the restaurant, ready to welcome patrons with their newly renovated veranda overlooking the lake.

However, within a couple of hours of opening, smoke was spotted, and the owners responded quickly to call 911 and evacuate the restaurant.

In a deeply connected community like Puslinch Lake, our heartbeats get more rapid at the sound of sirens. There is an influx of concern, support and attention.

Sadly, neighbours quickly heard of the smoke-filled building, which was tragic enough but initially believed to be contained.

However, within an hour, the restaurant became engulfed with flames. The EMS teams, owners, staff and community, watched as the gathering place for so many of us, was burned to the ground.

During the fire crisis, to help, neighbours brought water for the staff and firefighters, hoping to do whatever possible to comfort and support the owners and staff.

A couple of forward-thinking neighbours went to find the bride and groom, who were understandably in shock and unsure what to do. The lake community swiftly pitched in to propose a collaborative plan to offer a place on the lake for their wedding to still take place.

Brainstorming and donating everything from food and drinks, tables and chairs, flowers and decorations. The couple was moved by the unprecedented generosity from the neighbouring community, but in the end, the Cambridge Mill offered them a spot.

Joel Cook and his partners purchased the restaurant from Donna McKenna and King Garrett just before the pandemic.

Donna and King had already experienced the devastation of the restaurant. So, in a labour of love, a special place on the lake was created, where neighbours often gather, and people travel for miles to experience lakeside dining and events.

The unbelievable part of this story is that many residents have sadly been here before. Previous owners Donna



photo from Kim Hussey

and King expressed heartbreak over the loss of the OMR for the second time.

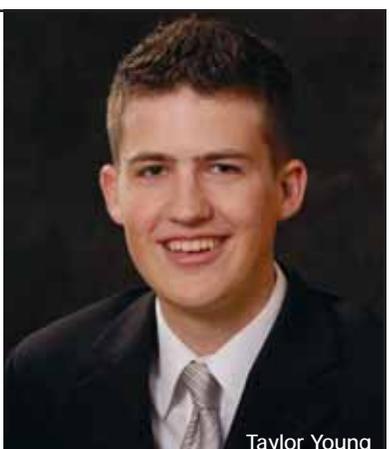
After the devastating fire 17 years ago that burned down the original restaurant, Donna, King and the McClintocks made it a labour of love to rebuild the restaurant they loved to become the beautiful hub for our community.

The new partners took ownership of the restaurant just before the pandemic and handled it with care and creativity.

During COVID19, they sponsored teams, offered special events, designed a pop-up patio along with unique take-out specials while continuing to support lake fundraisers.

It will be a long road ahead for the owners of the land, building and restaurant to process, heal and rebuild.

We know the community will continue to support and encourage the rebuilding of this very special spot on Puslinch Lake.

<p>CREMATION \$1935_{+HST} If prepaid by December 31, 2022</p> <p>All Inclusive No Extra Fees or Hidden Charges</p>	<p>WALL-CUSTANCE FUNERAL HOME & CHAPEL</p> <p>Locally owned and operated by Scott & Betty Ann Young 206 Norfolk Street, Guelph, ON N1H 4K3 519-822-0051 www.wallcustance.com</p> <p>Includes:</p> <ul style="list-style-type: none">• Transfer of deceased from place of death or crematorium• Coroner and Death Registration fees• Cremation fee• Cremation casket & container to hold cremated remains• Procurement of all legal documentation• Unlimited copies of death certificates• Notification of CPP/OAS; Filing of CPP Death Benefit and Survivor's Benefit forms• Memorial Tree at the Wall-Custance Memorial Forest - 400 acre Arboretum at the University of Guelph	 <p>Taylor Young</p>
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Puslinch Pioneer Volunteer Award Presented at Aberfoyle Public School



Sarah Breiding and Catrina Nagel receiving the Puslinch Pioneer Volunteer Award.

In support of Ukraine



Puslinch farmer, Rolf Deter, County Rd. 32, planted sunflowers along the edge of his corn field in remembrance of the plight of the people of Ukraine, and to remind us that corn and sunflower oil are two major Ukrainian agricultural products/exports on which the world depends.

Cheers



A barrel of 40 bottles of wine was collected and auctioned off to celebrate Sunrise's 40th anniversary.

Our thanks to Abe Aho, Ken Boyd, Barbara Bulmer, Celia Clark, Linda Craig, Karen Curtis, Tracey Curtis, Anne and Andy Day, Jackie Dinsmore, Stephanie Douthwaite, Susan Fielding, Jennifer Goody Brown, Donna Graham, David Halls, Karen Harding, Jennifer Kerr, Joni Lien, Kristel Manes, Sue Rate, Gale Ryckman and Maureen Smith.

Cheers to Celia Clark who bid \$2,000 for the barrel.

We Make Meals Easy

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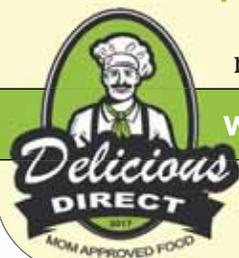
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Sunrise Open House

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2:30pm - 4:30 pm

Meet the Horses
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Children's
Activities
Colouring
Sheets



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For more info contact lynne@sunrise-therapeutic.ca or (519) 837-0558 ext.31

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Aberfoyle 2022

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Saturday September 17



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57 Brock Road S, Puslinch N0B 2J0

Mayor's message



Hello everyone,

I hope everyone is having a great summer. I would like to take this opportunity to update you on what Council has been working on.

By the time you read this I am hopeful that the Concession 7 Road paving is complete. This is a direct result of the Gravel Roads improvement reserve that was created when I was first elected.

Council has increased contributions every budget cycle. However we still need to continue increasing the amount we save each year.

My vision is that the amount placed in the reserve would allow the Township to pave a new section of road every two years.

The challenges with paving a road is that it is not as simple as placing pavement on top of the existing road. Half of the cost of "paving" a road is the underground (culverts), guard-rails and topography work.

I am committed to continuing to in-

crease funding to the reserve if re-elected for another term.

The Puslinch Community Centre and Boreham Park in Arkell are getting upgrades for which I am very excited.

Council engaged the Public through our Bang the Table portal on the internet. Residents could upload photos and suggestions. One such suggestion was an ability to walk in a loop at the PCC.

Designers presented a plan that incorporated such ability and I am very excited for when the project is completed.

The Township has hired consultants to review some aggregate operators.

Council understands the importance of aggregate, however they have rules that were part of their licencing and it appears as they may not be in compliance.

In order to ascertain if the operators are in compliance with their operations, we have hired a consultant to report back to Council.

The challenge we have is that the Province is the regulating/enforcement body of the industry. Puslinch has very few abilities other than to ask the Province to enforce the rules.

County Council will resume in September. A report on the implementation of electronic speed enforcement will be coming.

Now that we have those County Council can look at implementing photo radar in those Community Safety zones (CSZ).

I have heard the desire to have more areas designated as CSZ. It was a lot of work to get the ones we have implemented and I can assure you County Councillors are looking at the criteria for the CSZ's and that they may need to be adjusted so that more areas meet the criteria.

In saying that, I feel the focus right now is getting the speed enforcement up and running.

The election is quickly approaching. By the time you read this the nomination period will have closed.

I am very thankful for the opportunity to be your Mayor for the last 3.5 years. It has been a wonderful yet challenging experience, thank you again for the opportunity to represent you.

James Sealey

Municipal election

The following are the candidates:

Mayor

James Sealey

Councillor

Sara Bailey
Robert Cassolato
Jessica Goyda
Russell Hurst
Stephanie McCrone
John Sepulis

County – Ward 7

Matthew Bulmer

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Winds of change – local entertainer



The Scottish-born, Puslinch-based songstress and entertainer, Apricity, is captivating audiences once again with her recording *Wind Of Change*, available now.

Teaming with former Canadian Tenor, Joey Niceforo, Apricity breathes new life into *Wind Of Change*.

In true Apricity fashion, the song is accompanied by a stunning music video - shot in sepia, and captivating from the opening of an ominous phone call.

Apricity and Niceforo are thrust into a new mission - complete with action, drama, and suspense.

"Bringing this spy themed video to life with Apricity and Joey was an absolute pleasure. I don't think there are many artists that could do a classic song like *Wind Of Change* justice, but they were certainly able to do just that!

Shooting the video was a blast and using locations like Rosedale United Church and Dundas Square was surreal, Joey and Apricity brought a very James Bond-esque feeling to modern day Toronto and I'm proud of what we were able to create," says Jesse Read, Director. DropoutEntertainment.

The rock and roll vocalist has become synonymous with Canada's music community. Having been "bitten by the entertainment bug" as a child, Apricity has dedicated her life to music, and entertainment.

Hailing inspiration from female leads like Shirley Manson and Amy Lee, Apricity has nestled into her own groove as a songstress; singing songs that inherently move her.

Apricity's debut single, *All My Lies* set the precedent for her tenure in music back in February 2021. Teaming with producer Thomas McKay, Apricity is at the cusp of a turning point in her career - finding her voice, her style, and her groove.

"I feel so fortunate with respect to the way things have played out for me," she says. "It's been incredibly tough in some respects, but if it wasn't for the pandemic, I might not have had the chance to work with Vic and Tom and this great team."

Now Apricity's release with Joey Niceforo is steadily racking up views on YouTube with their interpretation of *Wind Of Change* and its Bond-esque cinematic music video.



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Attention all Electors in the Township of Puslinch!

The Township of Puslinch is bringing the Voters' List to you!

The Township will have a booth at the local Farmers' Market to provide you with an additional opportunity to register or correct your electoral information as an elector for the October 24, 2022 Municipal Election.

If you are a new resident to the Township of Puslinch or want to confirm that your electoral information is correct, stop by our booth or visit the Township Office on or after September 1, 2022.

Township of Puslinch Municipal Office (9:00 a.m. – 4:30 p.m.)

Weekdays from September 1 to October 21, 2022

Aberfoyle Farmers' Market (8:00 a.m. – noon)

September 10, 2022

Puslinch Community Centre on Advanced Voting Day (9:00 a.m. – 5:00 p.m.)

October 15, 2022

Voting Locations on Voting Day (10:00 a.m. – 8:00 p.m.)

October 24, 2022

Don't forget to bring your Identification! For a complete list of accepted forms of identification, please visit [Puslinch.ca/voters](https://puslinch.ca/voters)

The Township of Puslinch is committed to providing accessible formats and communication supports for people with a disability. If another format would work better for you, please contact 519-763-1226 x 223 or jbunn@puslinch.ca

The SEED – a new food system

The SEED, brings together diverse partners and community groups together to build a new kind of food system in Guelph-Wellington.

Focusing on food security, The SEED aims to improve food access, community health and economic growth!

Programs and social enterprises have included:

Good Food Distribution: A community embedded warehouse, storing and distributing fresh food to food banks and pantries and student nutrition programs.

Garden Fresh Box: A monthly affordable box of fresh produce distributed through neighbourhood pickup points.

Community Food Markets: A sliding-scale mobile produce market which encouraged people of all incomes to shop weekly in five different Guelph neighbourhoods.

Guelph Youth Farm and the Good Food Project: A partnership with Everdale Community Farm which trained (and paid) young people to learn and connect by growing food while improving access.

FoodFit and other community kitchen programs: Food workshops to increase learning and connection around food.

Upcycle Kitchen: A social enterprise that employs young people to take food that would be wasted and turn it into high-quality value-added products (which are then sold on a sliding scale).

Community Agriculture Challenge

Submissions to the Guelph-Wellington Community Agriculture Challenge (GWCAC) are now open!

The GWCAC is seeking proposals for local projects that use circular thinking and community agricultural practices to improve community connection and resilience by increasing production of nutritious food in Guelph-Wellington.

Successful applications will be eligible for a grant of up to \$2000.

To learn more go to <https://harvest-impact.ca/communityagchallenge/>

Sunrise 40th Anniversary



The event held at the Sunrise farm on Sunday, June 26th was a great success.

It was an afternoon of meeting friends from the past, making new connections, honouring those who have accomplished so much in the past for Sunrise.

Founding members were recognized and others who have contributed to Sunrise's journey were presented with a 40th Anniversary coffee table book containing a pictorial history of Sunrise.

Founding Program Director/Head Instructor, Nicola Harman was recognized for years of dedicated service. The longest rider, Margaret Yaskowich, and some newer young riders from this year's musical ride — to the tune of "Celebrate" — were also recognized.

Auctioneer Robert Milburn of Mil-

burn's Auto Sales & Service, who has supported Sunrise for many years, worked his usual magic, raising close to \$54,000 on the auction alone!

Donations are still arriving and it is expected that the net proceeds will be over \$65,000.

Most importantly— WE CELEBRATED!!



16th Annual Taste Real Fall Rural Romp

September 24, 2022



Photo from Unsplash

Fall Flavours Map - Farm Visits - Tours - Pumpkins - Corn Mazes - Harvest Foods - Fall Decorations and more!

We are excited to host our fall favourite event in person again this year!

The Fall Rural Romp is a self-guided farm and food tour to farms, markets and nurseries in Centre Wellington, Erin, Guelph-Eramosa and Puslinch.

Meet our taste makers, learn about local food and agriculture and discover local food destinations in Wellington County.



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Vaccines for children

In anticipation of the Moderna COVID-19 vaccine for children ages six months to five years Wellington-Dufferin-Guelph Public Health is working with local physicians and pharmacies to ensure parents have access to the vaccine for their children.

Locally, vaccinations for children six months to five years will be administered by primary care providers and in select pharmacies.

"I encourage every parent and caregiver to speak with their primary care provider or pharmacist to answer their vaccination questions – especially for children attending school or daycare this fall," said Dr. Nicola Mercer, Medical Officer of Health and CEO of WDG Public Health.

"Each one of us must continue to protect ourselves, our loved ones and our community from COVID-19 by following public health measures – including getting vaccinated. I

encourage everyone, regardless of age, to stay up to date with vaccinations."

Residents without access to a primary care provider should contact WDG Public Health at 1-800-265-7293 ext. 7006, Monday - Friday 9AM-4PM.

Vaccine appointment booking at Public Health for children ages 6 months to 5 years will only be available over the phone, not through our online booking system.

For more information, please visit wdgpublichealth.ca/under-five.

Rabid bat

A bat – found in the Melancthon area – is the first positive case of rabies identified in the region in 2022.

"Please don't take a chance on a bat found in your home, yard or outdoors. Contact your local animal control agency.

If anyone has direct contact with the

bat, call your family doctor, or visit your local hospital immediately," said Dr. Matthew Tenenbaum, Associate Medical Officer of Health for Wellington-Dufferin-Guelph Public Health.

Rabies is a fatal virus that affects mammals, including humans, and is most commonly spread by wild animals like raccoons, skunks, foxes and bats.

Rabies is transmitted through the saliva of an infected animal, usually through a bite. However, saliva can also enter the body through scratches, open wounds or mucous membranes of the mouth, nose and eyes.

Avoid wildlife, including bats, raccoons, foxes and stray cats and dogs and contact local animal control service or the police if they suspect an animal has rabies.

Ensure pets are vaccinated against rabies and are supervised when outdoors.

For more information about rabies, visit wdgpublichealth.ca/rabies.



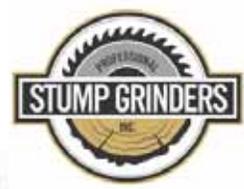
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MUNICIPAL ELECTION 2022 VOTE BY MAIL & VOTING PROXY REGISTRATION

As an alternative to attending your voting location on Voting Day, October 24, 2022, or on the Advance Voting Day, October 15, 2022, you may either register to Vote by Mail or appoint a Proxy.

Vote by Mail

This year, eligible electors have the option to Vote by Mail Ballot by request. Beginning September 12, 2022 voters may request a Vote by Mail Ballot Kit online at [Puslinch.ca/votebymail](https://puslinch.ca/votebymail), by calling 519-763-1226 ext. 103, or by visiting the Municipal Office at 7404 Wellington Road 34.

If you register to Vote by Mail, a Vote by Mail Ballot Kit will be mailed to you. You can return the completed kit either through the mail or hand-deliver it to the Ballot Return Station at the Municipal Office until 8:00 p.m. on Voting Day October 24, 2022. The last recommended day to mail back a completed voter kit is October 13, 2022. The Township will not be responsible for any Canada Post Delays.

Vote by Mail Key Dates:

Request a Vote by Mail Ballot Kit Online	September 12, 2022 – October 6, 2022
Request a Vote by Mail Ballot Kit by Phone or In-Person	September 12, 2022 – October 21, 2022
Vote by Mail Ballot Kits Mailed to Voters	September 16, 2022 – October 7, 2022
Last recommended day to return Vote by Mail Ballots by Mail	October 13, 2022
Last day to hand-deliver a Vote by Mail Ballot Kit In-Person to the Ballot Return Station at the Municipal Office	No later than 8:00 p.m. on Voting Day, October 24, 2022.

To learn more about Voting by Mail, please visit [Puslinch.ca/votebymail](https://puslinch.ca/votebymail).

Voting Proxy

If, for any reason, you will be unable to personally cast your ballot, you may appoint someone to go to the voting place and cast a ballot on your behalf. This person is called your voting proxy.

You can appoint a proxy after the nominations have been certified by 4:00 p.m. on August 22, 2022

To learn more about appointing a voting proxy, please visit [Puslinch.ca/votingproxy](https://puslinch.ca/votingproxy).

The Township of Puslinch is committed to providing accessible formats and communication supports for people with a disability. If another format would work better for you, please contact 519-763-1226 x 223 or jbunn@puslinch.ca

Gut health matters

By Dr. Laura M. Brown, ND

Did you know that over 70 percent of your immune system is in your gut?

It's true! The gut also has a direct influence on the health of your heart, liver, brain, mood, skin, lungs, eyes – you name it, your health truly begins in your gut!

Most of this has to do with the large amounts of bacteria, virus, fungi that live in what is referred to as the microbiome. A healthy balance of all these critters is critical to your well-being.

The microbiome's tasks include detoxification, protection, and regulation of other body systems such as hormone and energy distribution networks, and bidirectional communication with the brain.

It provides you nutrients such as folate, vitamin K, biotin, riboflavin (B2), cobalamin (B12), and possibly other B vitamins.

Role of a healthy microbiome

- Fat storage
- Detoxification
- Energy production
- Converts food into available nutrients
- Works with our immune system
- Communicates with our nervous system
- Affects hormone levels
- Affects our mood—happy, sad, or depressed
- Produces vitamins
- Reduces inflammation

The microbiome begins development

before birth and accelerates to full capacity by age three. Your mother's health, how and where you are born and first live, and what you eat, when you eat and how much you eat make a difference.

Your microbiome is unique to you, like a fingerprint, however has the capacity to change – for better or worse- over time.

What affects your microbiome?

- Mother's health
- Birth process
- Breast or bottle
- Where you grow up
- Infections
- Alcohol
- Drugs
- Plastics
- Chemicals
- Food—timing, quantity, quality, organic, GMO
- Genes
- Aging
- Sleep

Nurturing a healthy microbiome

- Food first and foremost is your most important medicine.

You replenish your microbiome when you eat fermented foods and feed it good amounts of both soluble and insoluble fibre.

Even small amounts of kimchi, kefir and yogurt (milk or coconut) and unpasteurized sauerkraut help provide mixed strains of gut healthy bacteria, or "probiotics".

Fibre is referred to as a prebiotic, where soluble fibre helps draw water to soften the stool and insoluble fibre bulks it up.

Both have things we do not digest,



Photo from Unsplash

but rather ferment in the large intestine. This fermentation process feeds the microbes and allows them to make what is now termed "postbiotics", or more scientifically called short chain fatty acids (SCFA's).

Postbiotics communicate with our immune, nervous and hormone systems.

- Healthy fibres include apples, bananas, raspberries, carrots, beets, broccoli, collard greens, spinach, artichokes, beans and lentils, nuts and seeds, onion, chicory, garlic, asparagus, root vegetables, Medjool dates, figs, apricots, xanthum gum, acacia gum, ground inulin, dandelion, burdock and fenugreek roots.
- Medicinal mushrooms rich in betaglucans are also a rich source of fibre.

Take care of your gut and it will take care of you!

This article is not meant to diagnose or treat any medical condition and is not intended to be medical advice. Seek the help of your trained professional or contact drlaura@southendguelph.ca.

 <p>Michael J. Marinovic</p> <p>Office: 519-780-2710 Fax: 519-780-2892 Cell: 226-203-0895 E-mail: m.mobile@bellnet.ca</p> <p>Repairs to light, medium & heavy duty vehicles</p>	<ul style="list-style-type: none">• Pick-Up & Delivery of vehicles and/or all sizes of Trailers• Motor Vehicle Inspection Station (Safety Inspections)• Mobile & Emergency Road Service• All Automotive Services• Welding & Fabricating• Float Service 
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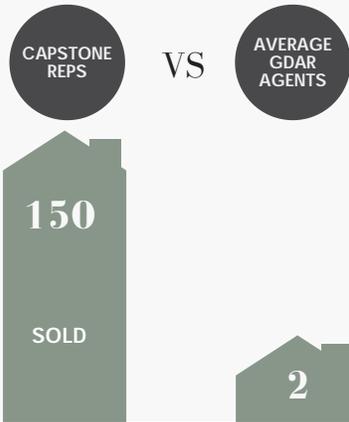
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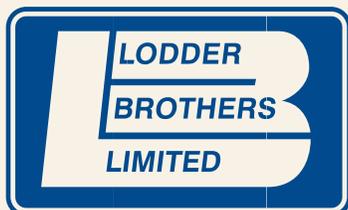
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The power of bees

By Anne Day



Photo from Unsplash

Did you know that Apiculture is one of the most popular courses at the University of Guelph, with over 800 students signing up for this program every year?

Well after hearing Paul Kelly talk about honey bees, I can understand why. Many of us immediately think honey when we hear the word bees, but they do so much more than produce honey.

One-third of the food we eat is pollinated by bees, and it is their role as pollinators that is crucial.

In fact, often bee keepers sell their pollinating services to farmers, traditionally in orchards.

Today, over 40,000 hives are shipped

overnight from beekeepers across Ontario to pollinate low bush blueberries in Eastern Canada and then once the job is done, brought back home.

Honey, beeswax and pollen have an important role in health treatments. If you have a cut, put some honey on it. Propolis is the product line being produced by the research centre.

Propolis is a tree resin that honey bees collect and use in their hives. It is anti-bacterial, anti-viral and anti-fungal, and helps with colds, sore throats or when feeling a cold is coming on.

The honey bee was first brought to Canada from Europe. Honey was the original sugar and then the beeswax provided light through candles.

Today there are 400 species in Canada and over 20,000 world-wide.

But there are many health issues impacting the bees themselves – with bacteria, fungus, and parasites.

One such threat is the Varroa Destructor, which pokes a hole in the bee and suppresses their immune system.

To combat this, the centre is breeding bees for resilience and teaching other beekeepers to do the same.

Drawing on natural resources from thyme and oregano, they are working

to kill the mites.

Numbers are down, and last year 50 percent were lost compared to 10 percent the year prior. Climate can influence this. For example, with warmer weather, the mites got an early start.

When bees have found a great source of nectar or pollen, they go back to their hives to spread the news, and they do this by doing a little dance.

Whichever way they waggle their bodies, is an indication of the direction to go in. The length of the waggle is to show how far away the bees have to fly, so they can stock up for the journey. They also bring back a sample, so their colleagues know which flowers to settle on. Who knew?

How can we help protect the bees?

Plant. Trees actually provide great resources for bees. Plant pollinating shrubs and plants in your garden.

Support. Buy honey from local beekeepers. You can purchase honey from Burr and Bees -from the booth at the Farmers' Market, Crieff Hills Conference Centre or from Marion/Rick Robertson.

To learn more, go to the University of Guelph Honey Bee Research Centre - hbrc.ca



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Taking charge of your health

By Anne Day

"Your call is number 11 in line." That's what I would hear every time I tried to make an appointment with my family doctor.

It's so frustrating isn't it? And I am not alone. In the end I walked in to make the appointment in person.

But at least I have a family doctor. Many don't.

A lack of family doctors in Ontario has led to another record-breaking month for ER wait times, according to a recent article published by the CBC.

Ontario Health recently released a new set of statistics that show patients who were admitted to hospital in May spent on average 20.1 hours in the ER before getting a bed in a ward.

That matches the highest average wait time ever recorded in Ontario — which was at the peak of the Omicron



Photo from Unsplash

wave of COVID-19 in January — and is more than seven hours longer than the wait time reported in May of 2021.

And it's not just emergency rooms that have seen longer wait-times.

Walk-in clinics are also under increasing pressure as more and more patients rely on walk-in clinics because they don't have a family doctor.

In fact, before the COVID-19 pandemic hit Ontario, some 1.3 million people in this province did not have a family physician, according to estimates by Statistics Canada.

Although more recent official figures aren't available, there's broad agreement among experts in the health system that the number of Ontarians without a family physician has only risen since then.

Medimap.ca is currently used by more than 1,200 walk-in clinics across the country and helps people find out how long the wait time is at each walk-in clinic in their community before they leave the comfort of their home.

Not only does this help patients receive the timely care they need, it also helps the healthcare system optimize its resources by diverting people to clinics with the shortest wait times.

Another option we have discovered is Rocket Doctor. With Rocket Doctor, you receive easy access to online doctors in Ontario.

You can connect with a full-licensed physician any time of the day, 24/7 and book a consultation from your computer, tablet, or mobile phone. The consultation is covered by OHIP at no cost to you and the doctor can arrange for medical tests to be done. www.rocketdoctor.ca

As we all learnt through the pandemic—we can't take our health for granted and timely treatment is important.

These are two options that can assist you in getting the medical help you need.

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- Leaf and yard waste will be collected curbside in **urban** areas only.
- **Place materials curbside by 7:00 am on the date listed here.** Collection may take place any time during the week.
- Set out materials in brown paper yard waste bags and/or reusable cans clearly marked "Yard Waste."
- Small sticks must be in tied bundles.
- Loose materials, and materials in plastic bags, **WILL NOT** be collected.

The next leaf and yard waste collection date for Puslinch is:

WEEK B

Monday, September 19



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Scrabble Club (Adults)

Join us for casual word building entertainment! Please register. Wednesdays, September 7 - 28 at 2:00 pm - 4:00 pm

Book Sale (All Ages)

Pick up some great used books at our annual book sale! Saturday, September 10 at 10:00 am - 3:00 pm

Party Safari (All Ages)

Join us for a special guest presentation from Party Safari and get up close and personal with all sorts of animals.

With their diverse selection of critters, Party Safari will take you on an interactive safari around the world! Please register. Saturday, September 10 at 11:00 am - 12:00 pm

Story Time (Pre-Schoolers)

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. Please register. Thursdays, September 15 - 29, at 11:00 am - 11:45 am

Book Club - Tuesday Afternoon Book Club (Adults)

Meet with members of your community and join our discussion of books and ideas. Please register. Tuesday September 20, 2:00 pm - 3:00 pm

Dungeons and Dragons Club (Teens)

Join fellow fantasy fans to build characters and explore new worlds. Please register. Thursday September 22, 5:30 pm - 7:00 pm

Craft and Create - Watercolour Workshop (Adults)

Learn new creative techniques and explore library resources with a hands-on project. Please register. Tuesday September 27, 1:30 pm - 3:00 pm

Saving Seeds and Tucking Your Garden Into Bed for Winter (Adults)

Seed saving is an opportunity to step into a fascinating world of getting to know plants on a deeper level, come learn some basic tips and tricks to get you started on your journey as a seed saver!

We will also explore how to get your garden ready for winter in a way that will help build your soil. Please register. Thursday September 29, 6:00 pm - 7:30 pm.

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Check out this list of new books at the library.

Fiction

- | | |
|------------------|---------------------------|
| Capes, Kirsty | Careless |
| Forsythe, Lauren | The Fixer Upper |
| Glass, Ava | Alias Emma |
| Halperin, Hanna | Something Wild |
| Hogeland, Anna | The Long Answer |
| Pulley, Natasha | The Half Life of Valery K |
| Robards, Karen | The Black Swan of Paris |
| Robertson, Ray | Estates Large and Small |
| Winfrey, Kerry | Just Another Love Song |
| Wingate, Marty | The Librarian Always |
| | Rings Twice |

Non-Fiction

- Chittka, Lars
The Mind of a Bee
- Collins, Sophie
The Little Book of Cacti Succulents: A Complete Guide to Choosing, Growing and Displaying
- Elkins-Tanton, Lindy
A Portrait of the Scientist as A Young Woman: A Memoir
- Gavin, James
George Michael: A Life
- Hathaway, Michael J.
What A Mushroom Lives for: Matsutake and the Worlds They Make
- Hinshaw, Stephen P.
Straight Talk About ADHD in Girls: How to Help your Daughter Thrive
- Montgomery, David
What your Food Ate: How to Heal Our Land and Reclaim Our Health
- Nevala-Lee, Alec
Inventor of the Future: The Visionary Life of Buckminster Fuller
- Savage, Inga
Yarn Mandalas for Beginners & Beyond: Woven Wall Hangings for Mindful Making
- Silcock, Elena
Salads Are More Than Leaves: Salads to Get Excited About



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Puslinch in 1851

By Marjorie Clark

Twenty years after their arrival in a pristine wilderness alive with wildlife, the settlers of Puslinch had wrought a great change.

The immigrants set foot in Puslinch with few possessions – perhaps a blanket or two, a couple of cooking pots and that most necessary tool, an axe. No programs of any sort were available to assist them.

There were by 1851, 3,798 inhabitants in the Township, of which 1,888 of these people were born in Canada West (Ontario), mostly the children of the immigrants.

Scots made up the largest block of immigrants, with 798. There were 418 from Ireland and 293 from England, one of whom identified as Welsh. One hundred and nine emigrated from Germany and 20 people listed as from Flanders, Belgium and 19 from France, were ethnic Germans.

Those recorded as French were from the disputed province of Alsace-Lorraine. These constituted the bulk of the population.

There were also 54 individuals, who were born in the U.S. There were, too, eight who were born in Prince Edward Island, five born in Nova Scotia, three of them in Cape Breton, two in New Brunswick and one in South America.

That one was undoubtedly a child of the La Guayran settlers and probably a Stirton family member. They were Scots, who spent a short time in Gran Columbia (now Venezuela), before finding it unsuitable and arriving in Guelph and Puslinch Townships.

The prevailing language of the Township was English, although a portion of the populace could not yet speak it but only their native tongue. Martin Cantwell, one of the enumerators for the 1851 census, recorded the four year old son of Angus Morrison as

“Something Morrison”, explaining:

“I could not find out the proper name of the person called Something Morrison, as the parents could not speak English. They spoke the Gaelic, which is very prevalent in the south of Puslinch, amongst the Highland Scots. The Gore, first, second and third concessions are almost entirely Scots.”

Most families (493) lived in log homes but remarkably, as well as clearing land of forest to plant and harvest crops, 68 frame houses and 17 stone houses had been constructed within those years. Some inhabitants had added a frame or stone house to their log homes, incorporating the original space.

Owners of new stone homes were: John Dickie, John McIvor, David Strome, David Simpson, Margaret McFarlane, Martin Cassin, John Black, Thomas Saunders, Crastor Johnston, Robert Beattie, John Clark Sr., John Caulfield, William Hamilton, John Cockburn, Francis Kerr, John Smith (stone and frame) and John Calfas (stone and log).

Martin Cantwell occasionally remarked on the state of a residence, farm or family. Of the Cornelius Panabaker family he wrote:

“Good frame barn and outhouses. Lives comfortable. Very hospitable people.”

There had been 30 deaths in the Township in 1850. Causes of death were: scarlet fever, bowel complaint, scalding, sore on the thigh, hives, inflammation of the lungs, croup, enlargement of the liver, kidney disease, heart disease, dropsy, ague (malaria) and old age. By 1851, they had established official cemeteries in their locales.

Most men were farmers. Tiny villages had arisen in each section, where tradesmen, such as blacksmiths, weavers, coopers (barrel makers), carriage makers and tailors plied their trades and merchants sold their wares.

The flourishing industry in 1851 was the sawmill. There were seven saw-

mills in the Township.

Charles Mickle’s sawmill on lot 26, concession 7 went into operation in 1849 at a cost of £500. It was steam-powered by a 12 horse-power engine and employed five men.

There were about 700 logs in the yard, when Martin Cantwell visited in 1851. Charles Mickle was building a sawmill on lot 22, concession 1 also, about which Martin Cantwell remarked:

“There is at present about 1,000 logs on the premises. And it’s admirably situated for lumbering because it’s surrounded by pine forest about five miles long and three miles wide.”

Beginning from 1831, when James Flyn opened the first hotel, the Centre Inn, on lot 18, rear concession 7, fronting on the Brock Road, inns sprang up all over the Township, particularly along the Brock Road, the immigrant’s route into this part of the province.

By 1851, there were about ten and the Township Council began licensing them on January 7, 1851.

The Clergy Reserves of 1827 must have been barely recognizable as the same section of land by 1851.

Holiday craft market – Oct 29

Shop local this holiday season while the farmers’ market is full of new and returning artisans.

Browse a wide selection of handmade, one-of-a-kind goods including home decor, jewelry, clothing & accessories, soaps & bath products, woodworking and so much more!

Take the time to stock up on veggies, meats, and honey while you’re there! We’ll have all your fall favourites including garlic, potatoes, and apples to name just a few!

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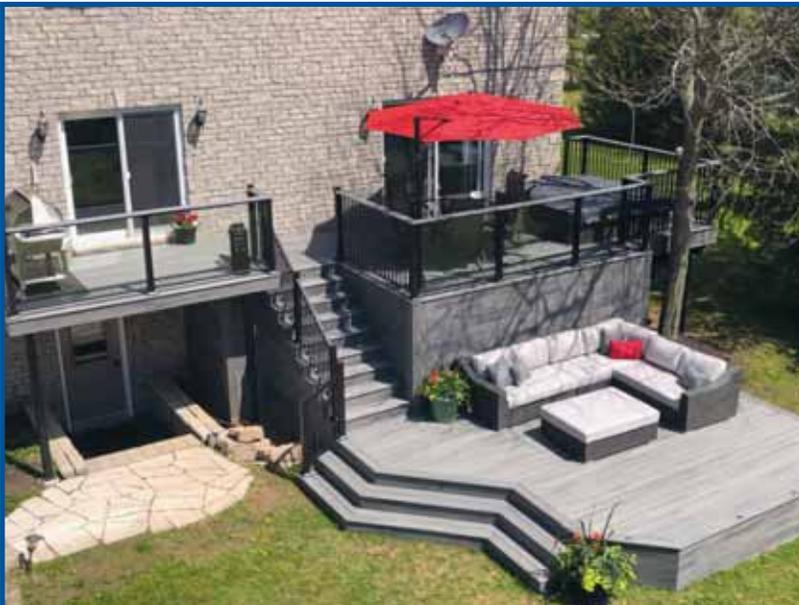


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Family Activity – September

By Julia Preston



September is a return to routine for many of us. Make sure time outside is part of your day.

Fall is a great time to enjoy comfortable temperatures, the changing environment and the beauty of Puslinch.

Leaf art

Tap into your artistic side with a little

help from Mother Nature.

Collect leaves, set up an art station outside and create something beautiful. Glue leaves onto a piece of paper to make a spiral or mandala.

Explore patterns, shape and colours in your own unique design. Crayon rubbings or pressing leaves are other fun activities.

Hike of the month

Go for a sunset hike. Watch how the light changes as the sun goes down, notice the long shadows, see what animals are out later in the day.

Exploring a familiar place at a new time can be a completely different experience.

and Regions Initiative (CCRI) and now a new group of 10 communities will embark on a similar journey in the second year.

Through the network, community leaders learn and share best practices for implementing circular economy strategies and policies, and have important access to mentorship and support from advisors representing leading Canadian and international circular economy educators and practitioners.

Guelph/Wellington is excited to be part of the new group of communities.

“The County of Wellington is thrilled to be a participant in this year’s Circular Cities and Regions Initiative. says Kelly Linton.

Through our partnership with Guelph on the Our Food Future project, we have seen our external partners realize great value from shifting to circular models. Joining the CCRI cohort offers us expert coaching to foster these same practices internally, and to better understand where we have potential for even greater success.”

The Circular Economy

Fifteen communities across Canada completed an immersive year of circular economy knowledge sharing and action planning as part of the inaugural year of the Circular Cities

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COOK'S CORNER

By Barbara Patterson

This recipe comes from a famous Irish cook, Rachel Allen.

Irish Apple Pudding Cake with Butterscotch Sauce



- 1 cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 1 egg
- ½ cup butter, melted
- 1 tsp. vanilla
- 1¼ cups brown sugar -divided
- 7/8 cup milk

Sauce

- 2/3 cup boiling water
- 2 tbsp. corn syrup
- half of the brown sugar reserved from cake
- 2 tbsp. Irish whiskey
- 2 cooking apples (about 1 lb.) peeled, halved, cored and cut into ½-inch dice
- Vanilla ice cream.

1. In a medium bowl, whisk flour, baking powder and salt.

2. In another medium bowl, whisk together egg, melted butter, vanilla, half the brown sugar and milk. Mix the dry ingredients into egg mixture just until combined.
3. In a small saucepan, bring to a boil water, corn syrup, remaining brown sugar and whiskey.
4. Spread diced apples over the bottom of a 8 inch square baking pan. Spread cake batter evenly over the apples. Pour hot syrup evenly over the batter. Do not worry if it sinks in.
5. Bake in a preheated 350°F oven 30 to 35 minutes or until cake springs back when gently touched in the centre. Serve cake upside-down.

This cake is moist and delicious. When I took it to a church gathering, I got many compliments and was asked for the recipe.

Date Cake with coconut topping

- 2½ cups chopped, pitted, dried dates
 - 1¾ cups water
 - ¼ cup margarine or butter
 - 1 cup white sugar
 - 2 large eggs
 - 1½ cups all-purpose flour
 - 1½ tsp. baking powder
 - 1 tsp. baking soda
- Topping
- 1/3 cup sweetened coconut
 - 2 tbsp. packed brown sugar
 - 3 tbsp. milk
 - 2 tbsp. margarine or butter

1. Place the dates and water in a saucepan and bring to a boil, cover and reduce the heat to low.

Cook for 10 minutes, stirring often, or until the dates are soft and most of the liquid has been absorbed. Set the pan aside to cool for 10 minutes.

2. In a large bowl, beat together the sugar and margarine. Add the eggs and mix well. Add the cooled date mixture and mix well.
3. In a bowl mix together the flour, baking powder and soda. Stir the dry ingredients into the date mixture just until everything is blended.
4. Pour the mixture into a 9" square, greased cake pan.

Mound the mixture very slightly in the middle of cake pan and bake for 45 - 50 minutes in a 350°F oven or until a toothpick comes out clean. Let pan cool on a wire rack.

Topping:

1. In a small saucepan, combine the coconut, brown sugar, milk and margarine or butter.

Cook the mixture over medium heat, stirring for 2 minutes or until the sugar dissolves. Pour the topping over the cake.

Note: If you use an 8 inch pan (as I did), it would be wise to make a couple of cupcakes with some of the batter because it rises to the very top of the pan.

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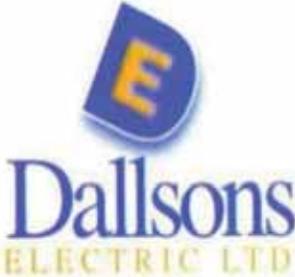
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ASK THE EXPERT

For the Birds - Hardy Roses with Hips

By Susan Mason

Birds that visit your garden will thank you for planting roses, especially roses with edible hips!

Roses provide essential shelter, protection and nesting sites for wildlife. In addition and significantly, rose-hips are an important source of food.

Rose-hips are the "fruit" of the rose. When successfully pollinated the fertilized seed pod forms and ripens from late summer through autumn.

As a member of the Rosacea family with countless fruit-bearing crops- apples, pears, plums- they are foraged by fruit-eating birds (thrushes, blackbirds, waxwings and finches).

Due to the sweet but tart apple-like taste, birds devour sweeter fruits early in the summer (berries from dogwood, hackberry, grape, elderberry and holly in my garden) and leave sumac and rose-hips until later.

The first frost helps to sweeten them resulting in an important food source during the hardship of winter for my garden visitors (cardinals, robins, goldfinches, woodpeckers, jays and chickadees).

Numerous hardy roses form hips. The best tasting, productive hips are from native species, the Rugosa rose and their hybrids.

Generally, the closer to native, old historical, old shrubs, climbers and ramblers, the better.

Modern breeders, in order to create double roses, increased petal count and continuous blooms by sacrificing stamens for petals.

Pollinators find it difficult to access pollen with fewer stamens through dense petals. Therefore, modern

roses such as Hybrid Teas, Grandifloras and Floribundas are the least likely to produce hips.

However, many modern roses such as David Austin and Canadian Explorer roses are hardy and have hips.

Tried and true in my garden are:



Red leaf rose

Species: R. blanda, Smooth Rose, R. setigera, Praire Rose.

Naturalized: R. glauca, Red-leaf Rose.

Historical: R. moyesii, Geranium, R. gallica, Rosa Mundi, R. spinosissima, Aicha.

Rugosa hybrids: Fru Dagmar Hastrup, Blanc Double de Coubert, Alba, Dart's Dash.

Hybrid Musk- Ballerina.

Canadian- Henry Hudson, John Davis, William Baffin.

Rambling- Darlow's Enigma.

Humans use rose-hips too! Throughout time they have been incorporated in food products: soup, syrup, jam and drinks: tea, mead, brandy and cocktails. The beauty industry manufactures anti-aging creams and oils.

High in Vitamin C (20-30 x more than oranges) they are used medicinally. During WW11, when citrus was unavailable, soldiers drank rose-hip syrup.

As well, rose-hips are aesthetically pleasing. They are creatively used in crafts and ornamental flower arrangements. With their striking hip colours of bright red, orange, wine to black against the white of snow they extend the beauty of the garden into the fall and winter seasons.

"Rosehips glow like rubies in the fading colours of autumn". Elise Krohn.

With so many attributes it is worth venturing to grow roses with hips. Start by planting roses known for their hips or leave off deadheading blooms in September so hips can form.

The birds will thank you, but you too will be rewarded with their benefits and beauty in your garden!

As Monty Don says: *"They look divine and provide food for humans and birds alike".*

And so rose-hips are not just "for the birds" but for gardeners too!

Vendors wanted



The Wellington County Museum is looking for vendors for its Christmas market to be held Friday, November 26.

With over 2,000 people in attendance last year, the event promises to be the perfect way to kick off the holiday season, with handmade gifts, musical entertainment and delicious local food.

Interested vendors for the handmade market are encouraged to submit an application by September 16, 2022.

Forms available on the museum website - www.wellington.ca/museum

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.

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www.bahaisofpuslinch.ca.

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- Adult Bible Study: Thursdays 10:00 am.

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Pastor: Melissa Richer

Sunday worship @ home: YouTube 'Cross Roads BIC' or in person via registration @ 'crossroadsbic.eventbrite.ca' www.youtube.com/channel/UCMKYAskvq1HdGsTIA7UQFsg.

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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.

FROM PIONEER WAYS TO MODERN DAYS

180 years in the making the **Aberfoyle Fall Fair held on September 9 and 10** at the Puslinch Community Centre will have something for everyone including an antique tractor pull and Pro Wrestling entertainment on Friday night. Saturday, we will showcase our home craft displays, 4-H sheep show, horse show, children games and bouncy castles, food vendors, a lawn tractor and ATV pull, old Macdonald's farm, free kids train ride and much much more. For events Google search Aberfoyle Agricultural Society.

ARKELL NEIGHBOURHOOD MEETING

Re improvements to Boreham Park. Bring your ideas. Everyone in Arkell and Puslinch is invited. **Sunday, September 11th**, 7 pm in Boreham Park, Arkell. Bring your lawn chair. If unable to attend, email park or other neighbourhood concerns to: brucetaylor101@gmail.com. Sponsored by Concerned Citizens of Puslinch.

BADENOCH MUSIC NIGHT

Friday, October 7th at 7 pm. Music Night at the Badenoch Community Centre 4217 Watson Road S. Puslinch. Everyone welcome, masks optional. Info: 519-763-9782.

BEGINNER PICKLEBALL CLINIC

Tuesday, September 27th, 1:00 - 3:00 pm Optimist Recreation Centre, in Aberfoyle For further information and REGISTRATION, please contact June, 519-763-0309 or jwilliams@wilfiveholdings.ca.

CHRISTMAS CRAFT SALE IN THE COUNTRY

Saturday Nov. 12th, 10-4 pm at Badenoch Community Centre, 4217 Watson Road S. Puslinch. Pick up your Christmas gifts. Info: 519-763-9782.

DUFF'S FALL BAZAAR

Saturday, October 15th, 9:30-12:30pm at Duff's Church, 319 Brock Rd. Bake, Deli, Candy, Stitchery & Craft, Country Store, Grandma's Closet and Kid's tables. Take-Out Lunch - Homemade Soup, Sandwiches and Pie.

DUFF'S VARIETY SHOW

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PRESCHOOL PROGRAM

Whistle Stop Co-op Preschool for children 2.5 - 5 years **September to June** in the Puslinch Community Centre.

It runs Monday-Wednesday-Friday morning 9:00am-11:30am.

SUNRISE CAPITAL CAMPAIGN GOLF TOURNAMENT

It is with regret that the decision has been made to postpone the Sunrise Golf Tournament, which was scheduled for **September 15th.** Any further information will appear in the *Pioneer*.

Community Announcements

BIG BROTHERS BIG SISTERS OF GUELPH

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

BOOKING AGENTS ARKELL UNITED CHURCH

Contact Peg Lawson at 519-763-8883 or email schurinklawson@rogers.com.

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.

FRELTON UNITED CHURCH

Contact Ray McConachie at 905-659-3033 or email rayjo1819@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.

THE MILL CREEK SUBWATERSHED COMMUNITY LIAISON TEAM

Holds its monthly meetings the second last Thursday of each month at 1:00 PM at the Community Centre in Aberfoyle. The public is invited.

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>.

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.

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.

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.

PARENT-CHILD PLACE

Is a free drop-in program for parents and caregivers with children birth to 6 years, running September-June. It runs on Tuesdays at the Puslinch Community Centre from 9:30-11:30.

PUSLINCH LOAN CUPBOARD HOME HEALTH CARE EQUIPMENT SERVICE is located in Duff's Presbyterian

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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.

VOLUNTEERS NEEDED

Freelton Lions Club are looking for new members and volunteers men and women for our club. We have been instrumental in building the Lions Villa Freelton, ice rink, two pavilions at our parks. We sponsored a number of charities over the years including Sunrise, Juravinski Hospital, Ronald McDonald House, Drummond House, Guide Dogs of Canada and Sick Kids. If you are interested in helping or joining please contact Jim Munday at 905-921-0095 or email jkmunday@bell.net.

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