

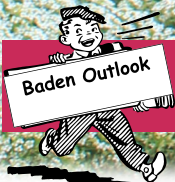
AUGUST 2022

VOLUME 23, ISSUE 1

Celebrating
22 Years!

Baden Outlook

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*The Annual New Hamburg Art Tour returns this September...
check out the details on page 21.*

This year's lineup of artists includes: Earla Boyd, Michele Brenneman, Karen Buhlman, Jan Cressman-Weiss, Josephine Czech, Benjamin Drobig, Pat Evans, Kathleen Freeman, Evelyn Gascho, Judy Gascho-Jutzi, Cornelia Leroux, Dixi le Roux, Amanda Lundrigan, Barbara McLeod, Tricia Preston, Donna Schyff, Nancy Taves, Barb Uffelman, Teresa Walker, and Joyce Young.



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Barry, Pat, & Katie Fisher

*Check out what's happening
in the paper this month:*

- Barry writes about their trip to Newfoundland
- Reflections of 22 years with the Baden Outlook
- The Baden Library has many fun things to do
- Digging into the Wilmot Archives over the years
- The importance of play with advice from ICC
- Great gardening advice with Marlene from the Horticultural Society
- Find out what health conscious foods you can indulge in from Mercedes Kay Gold
- New Hamburg Art Tour returns this September



The Baden Outlook is a grassroots family business serving the community of Baden and Wilmot Township.

The views expressed in this newsletter are not necessarily those of The Baden Outlook.

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Baden Outlook

Greetings from Headquarters ~



Hard to believe the Baden Outlook is 22 years old! When I think back to the year 2000 and I think of Baden, it's a bit mind-blowing. Baden Public School was still on Snyder's Road East across from Sir Adam Beck Park and only accommodated kids from kindergarten to grade 5. Then those in grade 6 were either bussed to Wilmot Senior Public School or Forest Glen Public School if they were French Immersion students. High school students were primarily bussed to Waterloo-Oxford D.S.S. and walking was discouraged as no sidewalk was in place. The traffic light at Snyder's and Foundry was not yet installed, just simply a stop sign at Foundry Street facing North. The subdivisions behind the Castle and also south of Schneller were in the planning stages but roads were not yet created. Teddy's Bakery was the place to go for a coffee and breakfast and Egli's Meat Market for meats and cheese. Baden didn't yet have a dentist or an eye doctor in town. There was no place to get gas in Baden besides the cardlock on Foundry Street south of the pond. When I think back to the park I grew up with at "Beck Park", there was only a three ringed metal structure that had three ladders attached to the rings and a slide. Also available were a few swings and a merry-go-round that would toss the children off gleefully. It definitely was the town favourite. The muddy track around the outside of it was surely a sign of popularity.

As I referenced dates for this article, I found most of the information Google gave me was from the Baden Outlook website. I am proud to continue documenting history of our small town and cheers to another 22 years! Happy birthday Baden Outlook!

Check out our newly updated website where you can also look back on fun and see the paper in colour! Or follow us on Facebook to catch happenings between the papers.



We are back, and yep—that's us in this 22nd year old caricature! We had a vision of us up high on the Baden tower looking over our town and sharing all the good news! As we enter our 23rd year of publication we reflect on all the change, not only in the town but ourselves as well. We left our family home of 40 years, Barry has retired, and Katie has taken over the chair giving us our freedom to choose and go as we please. We've been active in our neighbourhood and in the garden with a harvest that is still in progress. This fall Barry will complete his 12 years as councillor of Wilmot, hence even more time with less commitments. We've enjoyed more camping this summer and an awesome trip to Newfoundland with my brother Ron and sister-in-law Gwen (as Barry has shared in his article).

As travel is still a bit complicated I've heard so many who have chosen to spend their summer vacation in Canada. Many have stayed close to home and the travel section reveals that Newfoundland has been a chosen destination. I was intrigued by the NFLD flag and what it represents which prompted me to put together a quiz of all the provincial flags and their provinces and territories respectively. I didn't know many of them, so good luck to you with this one!

We were saddened to hear of the passing of Gail Corning on July 2nd with her son, Jesse and grandson, Evan by her side. She and her husband Bill enjoyed life in Baden for many years.



Gail was an Outlook enthusiast and volunteered to do proof-reading for us. We valued her time and expertise. In the later years, even as she struggled with her health.. she was eager to help.

~ Our thoughts are with Bill and his family.

Talking with Ed

~ Love the Rock



This summer we were happy to stroke one thing off our bucket list. Over the years we've heard people rave about how beautiful and friendly Newfoundland is and I agree! Ron and Gwen Cook, Pat's brother and sister-in-law, joined us for the one-week trip. Our planning started in January when we saw the amazing flight sales out of Kitchener. We began our travel research and quickly found that Newfoundland is a very large province with minimal roads, so we decided to concentrate on the western side of the island. It was very fortunate we started to plan early considering the car rental and accommodation shortage that people are experiencing this summer.

We flew out of Breslau with Flair; leaving from Breslau and landing in Deer Lake was a very pleasant experience. We are so fortunate to have a smaller airport close by with so many attractive destinations. Check in and checkout was simple, and we managed to have all our luggage arrive with us with minimal time needed to collect it and be on our way! The aircraft was new but it was a pretty bare bones for extras, as the price reflected it.

Our first two nights were spent at Gros Morne Park in a cottage right on the Gulf of St. Lawrence. There was a gentle rolling surf upon arrival, which next day turned into a blustery, noisy, wet day. As a result the deck of cards was brought out and we enjoyed the view from our big waterfront window. Ron cooked up a typical Newfoundland breakfast with fried bologna and eggs. We had dinner in a restaurant in Woody Point; the food was delicious, and it was exciting to have our first encounter with the friendly, fun locals. It would have been nice to explore that area more but weather was not our friend. The next three days were spent at Twillingate, a small fishing village on a cove which has become very popular as a whale watching and iceberg viewing area. We saw neither as it was too late in the year for bergs and the whales hadn't shown up yet. It didn't matter to us as we took in the local hospitality and site seeing.

Our accommodations were in the middle of town offering walking distance to many places. One of the attractions that we took in was the Twillingate Dinner Theatre. The amazing food was served by the performers in the show. It was a combination of local music, folk lore, history, and comical skits. We enjoyed funny moments with the locals around our table. What a terrific night!



We also took in Captain Dave's, a fishing museum and tour provider for whale and iceberg tours. A tour group had just returned from a fishing expedition, and it was interesting listening to the guide as he cleaned the freshly caught cod. We also visited the local lighthouse, Auk Island Winery, went on some hikes, and enjoyed the local restaurants.

We ended our holiday by heading back towards Deer Lake with an overnight stay in Kingsport. Again our accommodations were on the water. Overall, I would say the scenery in Newfoundland is stunning – it was not what I was expecting.

It was very mountainous and rocky. Houses were painted a variety of colours and they were placed in random order compared to our cookie cutter homes in our structured towns built in rows down manicured streets. The people are so friendly and they don't take themselves too seriously. They smile, laugh, and chat easily regardless of where we were. Their pace is so much slower than ours and that may be the ticket to their easy-going ways! Definitely a worthwhile trip... and we will be excited to travel the eastern part of that province next time.

Until next month...Ed



Everything is colourful and creative!

The Baden Outlook

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"Keeping the Community Connected"



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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 32

Zoo Animals

NIOL _ _ _ _
ARBE _ _ _ _
REED _ _ _ _
GRITE _ _ _ _
POPHI _ _ _ _
YONKEM _ _ _ _
FIREGAF _ _ _ _
THEAECH _ _ _ _
LAIRLOG _ _ _ _
PHAENTEL _ _ _ _

Summer Sports

FLOG _ _ _ _
GRUBY _ _ _ _
SINNET _ _ _ _
NIKBIG _ _ _ _
REACHRY _ _ _ _
RUINNING _ _ _ _
BOOTFALL _ _ _ _
SWIGNIMM _ _ _ _
SABELALB _ _ _ _
GIKNAKYA _ _ _ _

Keeping the Community Connected!

Congratulations to the Wilmot Thunder Boys on their silver medal in the U15 Canadian Baseball Championship!



The Canadian U15 Boys Baseball Championship was a great success! The community pulled together to fill the many volunteer duties needed to make this event happen, and the locals came out to cheer them on!



On June 10th, *The Horseless Carriage Club of America - Southern Ontario Region*, came for a tour of Castle Kilbride. It was quite a sight to see these cars from as early as 1903 arrive in the Castle's historic driveway.



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Summer days are here! Come have a drink on our patio!
EJ's Golf Tournament is on August 21st. Brian Gardiner
is playing live on September 17th from 6-10 p.m.
For take-out call 519-634-5710.

Check our website for hours and to see our menu online.



Checking out the Baden Library



End summer with a bang, and get excited for what's to come in Fall with RWL Libraries! FREE programming for all, and in-person AND virtual offerings!

Summer Reading Club

You still have a few weeks left to log in for SRC 2022. Track reading time, complete fun missions, and have a chance to win great prizes! Register at rwlibrary.readsquared.com

Programs and Events

FREE, IN-PERSON Programs

For Kids:

- **Discovery Time in the Park**
Monday, August 15, 9:30 – 10 a.m.
Kirkpatrick Park Gazebo, New Hamburg
- **End of Summer Bash**
Wednesday, August 17, drop-in between 2-4 p.m.
New Dundee Branch
- **Doodle Weaving**
Thursday, August 18, 3-4 p.m. – Wellesley Branch
- **Discovery Time @ the Wilmut Recreation Complex Splash Pad**
Friday, August 19, 11-11:30 a.m.

VIRTUAL Programs

For Adults:

- Unwind: Lip and Body Care
Tuesday, August 16, 7-8 p.m. – via Zoom

Coming this fall...

For Kids:

- Discovery Walks
- Ready, Set, Go, Kindergarten!
- Mad Science Workshops

For Tweens/Teens:

- Escape the Library
- Parent/Teen CraftEVEs

For Adults:

- Building Community Talks with Divonify
- Book Clubs
- Music Bingo
- Craft Nights

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Very clever Baden Library... Construction books on display in front of construction site at the library!



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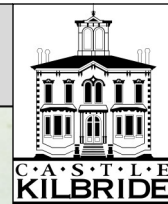


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Castle Kilbride Staff Looking Back in Baden 100, 75 and 50 Years Ago

By: Sherri Gropp, Assistant Curator & Tracy Loch, Director/Curator



August 1922

August 2, 1922- Two local passenger trains were temporarily taken off the daily schedule due to an interruption in coal production because of a coal miners' strike. The Noon westbound train (to Stratford and beyond) and the 2:09 p.m. eastbound (Kitchener and beyond) train were cancelled until a settlement could be reached in the miners' strike. These strikes also occurred in Nova Scotia in 1922 to 1925 and became a fundamental chapter in the history of the Canadian labour movement improving workers' everyday lives.



Photo: Baden Train Station from the Township of Wilmot Archives

Photo: Wilmot Centre Baseball Team from the Township of Wilmot Archives



Who is ready for baseball? These kids were in the summer of 1922! From left to right: Oliver Good, Mabel Kennel, Elsie Bowman, Edith Gardner, Irene Good, unidentified girl, Violet Honderich, and Vernon Shantz. These kids would have been so excited to know that one hundred years later the Wilmot Township Softball Association would be the host to the U15 Canadian Fast Pitch Championship!

August 1947

Heavy rain hit the district causing extensive damage to crops. The most severe was estimated at 35% loss. Several barns were hit with lightning and burned to the ground. The Grand, the Nith, and the Thames Rivers all rose by five feet causing damage to properties as well.

August 1972

Wilmot will now be divided into nine wards for the new municipality that will merge Wilmot Township and New Hamburg as one coming into effect on January 1, 1973. The wards indicate their boundaries as well as their approximate population. Ward One: Haysville (1100), Ward Two: New Dundee (1070), Ward Three: Petersburg (1200), Ward Four: Baden (1150), Ward Five: Victorian and Nith River (1290), Ward Six: Scott Park (1170), Ward Seven: Mint Valley (1180), Ward Eight: St. Agatha (980), and Ward Nine: Phillipsburg (990)

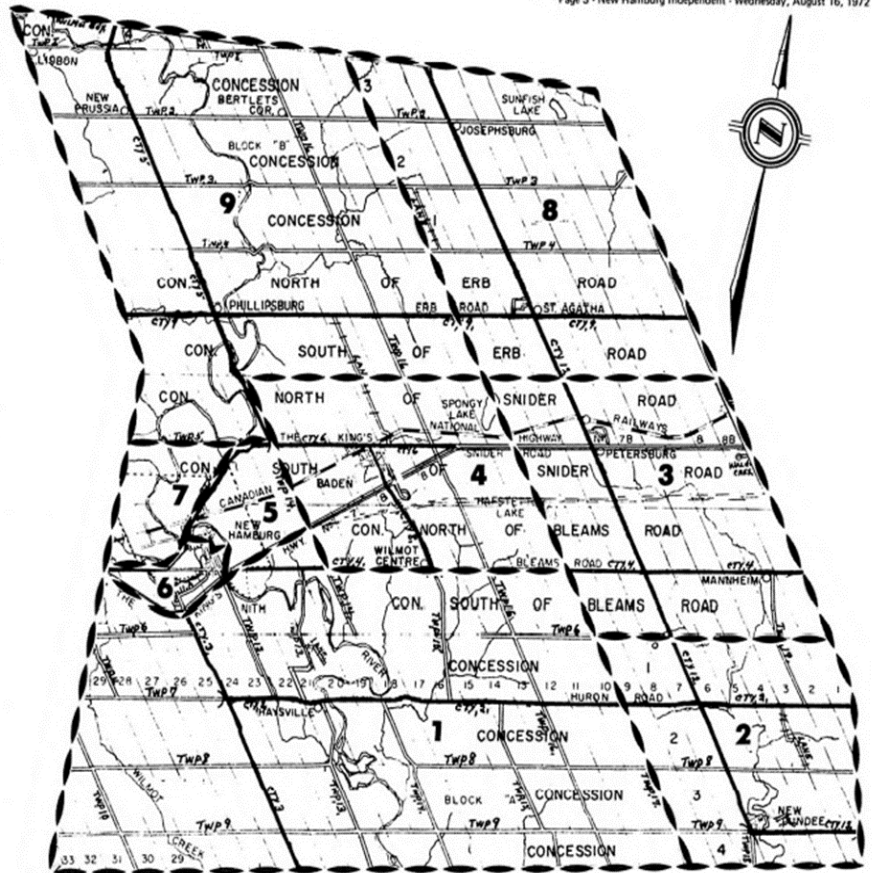
Also, the first female Councillor for Wilmot Township, Judith Row, brought forth the idea of selecting a new name for the municipality. Names such as Beckstown, New Burg, Nith Valley along with New Hamburg and Wilmot were proposed. In the end, the steering committee made the decision to keep Wilmot Township as the name for the municipality.



Photo: Flooding in New Hamburg from the Township of Wilmot Archives

August 30, 1972

This was a true 911. The New Fire Hall was under fire! The new fire hall that was to be built on Foundry Street was met by opposition from a neighbour. In the end, all was settled and the new fire hall on Foundry Street was constructed according to plan in 1973 and has been used ever since. The only addition to the site was the inclusion of the Wilmot Heritage Fire Brigade Museum, which was added 27 years ago. To learn more about the museum be sure to visit their website or make an appt to tour at www.WilmotFireMuseum.com





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Drop One For Fun

Answers on page 32

Write the five-letter answer to clue #1 in the first box. Drop one letter and rearrange the remaining letters to answer clue #2. Put the dropped letter into column A. Drop another letter and rearrange the remaining letters to answer clue three. Put the dropped letter into column B. Follow the pattern for each row into the diagram. When completed, the letters in column A and column B, reading down, will spell words or a phrase. Have fun!

	A		B	
1		2		3
4		5		6
7		8		9
10		11		12
13		14		15

1. Bundles of hay
2. A center of operation
3. Mr. Lincoln to friends
4. Send a payment
5. Decorate the Christmas tree
6. One of the three wise men gifts
7. A large drill
8. A strong desire
9. Short form for Reginald
10. A continuous humming sound
11. Finished
12. The lowest cardinal number
13. Highly unpleasant
14. Remain in the same place
15. Took a chair

Camping Hacks

- Instead of trying to be delicate with eggs on your journey, crack, beat, and pour the eggs in an empty water bottle. Saves space in the cooler!
- Store spices in Tic-tac boxes to save space.
- Put coffee grinds in a coffee filter and tie off with unflavoured dental floss. Pour hot water over and steep like a tea!
- Chilly at night? Pour hot water in your water bottle and slip it into your sleeping bag.
- Sleeping with a partner on a double or queen air mattress? Why not zip two sleeping bags together and be bag buddies!

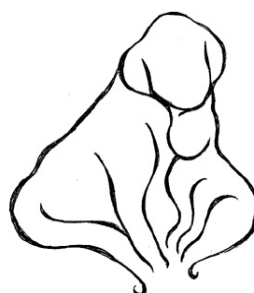


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Technology has changed our lives immensely over the past few decades. It has also had a significant effect on the hobby of birding.

In the 1990s, someone heading out for some early morning birding would likely take binoculars, a bird checklist or small notebook, and a bird field guide. The first technological advance for me came when I began using an iPod (prior to smart phones) on which I downloaded a bird app which replaced my awkward and heavier bird book. In addition to the usual photos of birds found in a book, the app also included audio recordings of the songs and calls of each species. Since birders often hear a singing bird before seeing it, birding by ear is just as important as birding by sight. Having the song of a bird easily accessible in the field, allows the user to check similarities of the actual singer with the song of the suspected bird, leading to a positive identification. Once identified by song, a search can be made to actually see the bird if it is a species of interest.

The next big change for me came when I began using eBird, a free online database that organizes and tabulates my bird sightings.

When I returned from an outing, I entered my sightings into eBird on my computer. eBird keeps a record of the location and the birds seen. This amazing program automatically organizes my sightings into innumerable lists. It maintains my Region of Waterloo list and my Perth County list. It keeps my Huron Natural Area list and my Schmidt Woods records. It builds my Ontario list and my life list. If I want to know how many times I have reported a Great Horned Owl in Waterloo Region, it will list the locations and dates for me. If someone sees an unusual bird in the area, eBird can send me a notification. Finding out what is being seen and where it has been sighted has never been easier, so more people are seeing more species. The eBird database does a marvelous job of organizing my personal lists, and the data collected by thousands of birders is valuable to scientists and decision makers as well.



With the advent of smart phones, sightings could be entered directly into eBird in the field, eliminating the need for a notebook. The GPS on the phone automatically determines the location. In recent years, eBird has started to record the path walked, indicate the distance travelled, and the time spent.

Some apps now aid in the identification of unknown birds. By answering a few short questions such as location, date, size of bird, habitat type, and several main colours, the app will suggest several possibilities. Don't know what kind of bird is visiting your feeder? Take a photo of it and let an app identify it for you!

The most recent addition to birding apps is the phone's ability to listen to a chorus of singing birds and identify the songsters with amazing accuracy.

Other apps now allow you to "look" at an object such as a Baltimore Oriole, (a butterfly or maple leaf) with the phone's camera (without actually taking a picture). The phone app's available artificial intelligence will give a possible but often very reliable identification.

Even binoculars have improved in recent years with clearer images, lighter weight, and the ability to focus on nearby objects. Technology has made birding much easier for all birders, but especially for novices. Phones can now do almost everything for a birder.

Get out there and enjoy the birds, but don't forget your phone!

- Interested in eBird? Just enter "eBird" in your search engine and get started
- "Merlin" is a free app that offers assistance with bird identification, and also includes photo and sound ID options
- "Seek" is a free app designed to help with the identification of any living species by looking at the object through the phone's camera

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The Importance of Play

Ainslie Martin, Registered Psychotherapist



When I was a kid, my friends and I could spend hours making up dance routines, organizing art shows, and playing dress-up. I can still remember the day when my friends decided we were too old for make-believe. Could it be true? Had I outgrown my need for play at the ripe age of 10?

As we age, we seem to pick up some unhelpful beliefs about play. Play is silly. Play is a waste of time. We can play when the work is done. When I play with my kids, I find myself distracted by all of the things on my to-do list.

But when I consider the stress that we carry, we grownups may need play now more than ever. Stress has always been a part of life, but the past couple of years have introduced challenges like we've never experienced before. As we've moved from one difficulty or disappointment to the next, many of us have found ourselves stuck in a state of stress and anxiety.

When we find ourselves stuck in stress, play can act like a reset button. Things like watercolour painting, fishing, laughing at home videos, jumping on a trampoline or starting a puzzle move us from stress to calm. Play offers us space to breathe so that we are better prepared to tackle the next challenge that comes our way.

This logic works for us as individuals, but also as families. When we pause to play, everybody wins. It's hard for me to connect with my husband or my kids when I'm stressed out. I'm in my head. I'm irritable. My kids pick up on my mood and get clingy or grouchy too. Family playtime can help us remember that we are all on the same team.

One way I've been embracing play has been letting my kids take the lead. Rather than getting out an activity or loading them up into the car, I've been trying to take a deep breath, let go, and say "I'm all yours". Our kids love to invite us into their worlds of play. For younger children, this might look like having a tea party with stuffed animals or building Lego cities. For older children or teens, this might look like listening to music together, shooting hoops or asking them to teach you a new skill. Letting our kids take the lead lets them know that we see them, understand them, and delight in who they are.

But play can also be the attitude with which we approach regular family life. Can we have lunch on a picnic blanket instead of at the table? Can we dance while we load the dishwasher? Can we playfully look for our toddler's "on" button when they're having a hard time getting out the door?

If you were waiting for permission to play this summer, this is it. I hope that in our play, we find the rest and connection we need.



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You Must Be Joking!!



HUSBAND: My wife is missing. She went shopping yesterday and has not come home!

OFFICER: Age?

HUSBAND: I'm not sure. Around 40. We don't do birthdays.

OFFICER: Height?

HUSBAND: I'm not sure. A little over five-feet tall?

OFFICER: Weight?

HUSBAND: Don't know. Not slim, not really fat.

OFFICER: Colour of eyes?

HUSBAND: Sort of brown, I think.

OFFICER: Colour of hair?

HUSBAND: Changes a couple times a year. Maybe dark brown now. I can't remember.

OFFICER: What was she wearing?

HUSBAND: Could have been pants or maybe a skirt or shorts. I don't know exactly.

OFFICER: What kind of car did she go in?

HUSBAND: She went on a motorcycle.

OFFICER: What kind of motorcycle was it?

HUSBAND: A 2018 Harley Davidson Roadglide, Twisted Cherry with 14" apes, stage 2 kit, Vance and Hines fishtail pipes, Klock Werks windshield, JPCycles foot boards, highway pegs, and crash bars.

At this point, the husband started choking up.

OFFICER: Take it easy sir, we'll find your motorcycle.



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Colourful Water Spaces of the World

Hot summers mean trips to local beaches to swim in the blue lakes that we have come to love, but did you realize that there are other lakes in the world that are not-so-blue? One lake located near Osoyoos, British Columbia, is affectionately known as the Spotted Lake. This lake is revered by the native people as sacred. In the summer, the water evaporates leaving behind multi-colored mineral deposits, each one different from the next.

Lake Hillier is located on the largest island in Western Australia and is deep pink year-round. This is due to its high salinity combined with the presence of a salt-loving algae species known as *Dunaliella salina* and pink bacteria known as halobacteria. Red Beach is in Panchin, China which is covered by a type of seaweed called Sueda. This seaweed turns bright red in the autumn and is a popular spot for migrating birds.

Glass Beach, which is located in California, had years and years of garbage dumped on it until 1960. Waves constantly pound the garbage into colourful pebbles, and the area has become a major tourist attraction. In the Black Rock Desert there is a geyser that was created accidentally as an energy company drilled down into the geothermal waters. Today the scalding fountain erupts up to five feet high with brilliant hues of red and green due to thermophilic algae. The resulting mineral build up means the cone is growing by several inches each year.

Finally, in Pamukkmal, Turkey, water cascades from natural springs down the white travertine terraces and forms stunning thermal pools perfect for a quick dip. The blue water pooled on the white backdrop and the ancient ruins of Hierapolis, the once great city that was built around them, is stunning!



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Resources:

<https://reepgreen.ca/home-energy-101/>

Local youth are joining the Nith Valley EcoBoosters as a way to make an impact in their community. The new NVEB **Youth Advocates** group gives local youth the opportunity to help support schools in Wilmot and Wellesley Townships to take action in response to climate change. You can help your school and community to become climate change leaders and get volunteer hours at the same time! Contact nveb.youthadvocates@gmail.com for more information. Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, August 24th**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

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50th Wedding Anniversary



Les and Bonnie (Seyler) Bowman

Congratulations to 50 years and counting.

We would like to invite family and friends to an Open House on Sunday, August 28 from 1:30-4:30
New Hamburg Legion - 65 Boullee Street.

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A

Provincial Flags Match-Up Quiz

Answers are on page 32.

Do you know the provincial flags? The flags are around the perimeter and the names are in the centre - match the name to the appropriate flag.

British Columbia

Alberta

Saskatchewan

Manitoba

Ontario

Quebec

New Brunswick

Nova Scotia

Prince Edward Island

Newfoundland

Yukon

Northwest Territories

Nunavut



M



L



B



K



C



J



D



I



E



F



G



H

Aerial Photo taken May 2022



This photo features Charlotta Street, Christian Street, and Snyder's Road West.



The Baden Outlook is having fun! Check out where it's been!

Craig and Helene Gibson took the *Baden Outlook* to Mexico, where they met up with their friends, Stuart and Nikkii Matthews from Southampton, England. They spent a wonderful week at the Occidental @Xcaret in the Mayan Riviera.



Thanks for taking the Baden Outlook with you on your vacation and sharing the fun!

Ron and Jill of Morningside Village enjoyed their boat cruise up the St. Lawrence River and down the eastern coast. They stopped at the harbour in Sydney, Cape Breton with their copy of the *Baden Outlook*.



C	C	B	A	R	R	I	E	I	S	L	A	N	D	R
A	A	F	R	G	R	U	B	S	R	E	T	E	P	D
Y	M	P	S	A	R	U	D	N	O	H	C	S	E	Q
U	P	U	E	L	A	K	E	M	A	N	I	T	O	U
G	I	N	D	B	O	A	G	E	R	M	A	N	Y	F
A	N	T	S	Z	R	P	D	X	A	H	B	G	V	V
R	G	A	L	Y	X	E	V	I	C	T	O	R	I	A
E	S	C	O	J	E	W	T	C	R	U	J	L	E	R
V	E	A	W	R	K	B	L	O	I	O	B	M	T	A
U	R	N	N	E	W	F	O	U	N	D	L	A	N	D
O	O	A	M	A	N	R	M	S	V	F	K	F	A	E
C	Z	S	T	M	A	A	R	T	E	N	F	T	M	R
N	A	G	R	A	N	D	C	A	N	Y	O	N	N	O
A	U	S	T	T	E	S	U	H	C	A	S	S	A	M
V	N	E	W	Z	E	A	L	A	N	D	P	U	O	B

WHERE IN THE WORLD HAS THE BADEN OUTLOOK TRAVELLED?

Below are just some of the places that the *Baden Outlook* has travelled in the last few years. Can find them in the grid to the left!

MEXICO
CAPEBRETON
NEWFOUNDLAND
CUBA
VICTORIA
PUNTACANA
PETERSBURG
MASSACHUSETTS
VANCOUVER
BANFF
SOBEYS
AZORES

BARRIE ISLAND
LAKEMANITOU
CAMPING
VARADERO
VIETNAM
CAYUGA
NEWZEALAND
FLORIDA
STMAARTEN
HONDURAS
GRANDCANYON
GERMANY



Ken, Gayle, and daughter Sandy Kritzer of Kitchener enjoyed their travels through Newfoundland as they celebrated Ken and Gayle's 50th wedding anniversary. They enjoyed Fogo Island and took their *Baden Outlook* to the Marconi Site.



Ron and Gwen Cook visited Gros Morne Park in Newfoundland and stopped for a rest at Woody Point with their *Baden Outlook*.



John and Elaine Mohr of New Hamburg took their *Baden Outlook* with them to Newfoundland in July when they visited their daughter and family in the Bonavista Bay area. They are pictured on a hike at Murphy's Cove.

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"Some cases of windowsill mold can produce toxic mycotoxins, like black mold, which can make you sick. Black mold toxins can lead to a more serious case of mold poisoning. Typical windowsill mold doesn't pose a serious danger, but it can trigger allergies that come with uncomfortable symptoms. May 13, 2020."

<https://homespireforlife.com/blog/mold-inside-windows/>

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5 Things to do before Back-to-School 2022!

- 1. Get the school bags ready**

Making sure the kids' school bags are clean and stocked with supplies is probably the *last* thing you want to be thinking about in August. But having it sorted early can help you beat the back-to-school shopping rush that we all love at the end of the month!
- 2. Check wardrobes from top to bottom**

Did any of your children go through a growth spurt this summer? If so, you may have the pleasure of finding out their *entire* wardrobe is now too small. Going through their clothing in the summer will help you beat the lines at stores and make sure your child has clothes that fit on the first day of school.
- 3. Review last year's curriculum**

Okay, we admit - this doesn't seem likely to happen. But if your child is willing to go over important topics from the year prior, it may just be what they need to get a head start on their classmates next semester.
- 4. Keep learning**

There are plenty of fun ways to keep your child's brain in gear - like reading, watching documentaries, visiting museums, and practicing foreign language skills, to name a few.
- 5. Relax and enjoy the end of summer!**

All of your hard work in the dog days of summer will pay off when your friends and family are rushing to get ready for school, and you're relaxing with your feet up enjoying the end of summer with the family!

“ *Jon and the team were fantastic! We loved the work they did for us. They were friendly, always helpful, and always available. Can't say enough about how much we appreciate their help selling our house. 100% recommend them to anyone!* ”

-Jon K.

FIFTH ANNUAL NEW HAMBURG ART TOUR

WE ARE BACK!! Don't miss the 5th annual New Hamburg Art Tour set to take place over **TWO DAYS**. The tour will run Saturday, September 24th and Sunday, September 25th from 10 a.m. to 4 p.m. both days at the New Hamburg Community Centre on Jacob Street.

Meet and enjoy the creative works of 20 local artisans showcasing their talents in painting, sculpture, photography, illustration, textiles, and stained glass. These artists will welcome you and gladly chat about their work.

This year's lineup of artists includes: Earla Boyd, Michele Brennehan, Karen Buhlman, Jan Cressman-Weiss, Josephine Czech, Benjamin Drobig, Pat Evans, Kathleen Freeman, Evelyn Gascho, Judy Gascho-Jutzi, Cornelia Leroux, Dixi le Roux, Amanda Lundrigan, Barbara McLeod, Tricia Preston, Donna Schyff, Nancy Taves, Barb Uffelman, Teresa Walker, and Joyce Young.

The organizers are pleased to have the support of our local businesses through The New Hamburg Board of Trade. Many thanks to Josslin Insurance, Heritage Pet and Garden, MeMes Café & Food Shop, Sobey's, Home Hardware, and Riverside Flowers for their contributions to the Tour. Amazing door prizes are to be won by lucky visitors to the tour. The Art Tour organizers are also very appreciative of the Community Grant provided by The Township of Wilmot.



Save the Date!

Saturday September 24th
and Sunday September 25th
10 a.m. to 4 p.m.

New Hamburg Community
Centre - Jacob Street

The Art Tour is a fabulous way to connect with the artisans, learn how they create their work, and enjoy the community and all it has to offer. Round out your day exploring our remarkable restaurants and shops, and get to know our beautiful, historic New Hamburg at its finest. Informational brochures are available at numerous businesses in and around New Hamburg.

Be sure to visit our **"SNEAK PEEK SHOW"**, hosted by Riverside Flowers and Heritage Pet and Garden (Peel Street, New Hamburg) during their business hours, in September.

We look forward to seeing you at the New Hamburg Art Tour, for an enjoyable arts and culture experience.

Follow us on Facebook at www.facebook.com/NHarttour or on Instagram @NHarttour. For more information call 519-577-8523 or email: newhamburgarttour@gmail.com

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Community Corner ~ Check Out What's Going On!

Calendar Fundraiser June/July Winners

June 2, 2022

Winner: Ron Roth (New Hamburg)

Prize: \$50 Gift Certificate to Cloverleaf Farms

June 9, 2022

Winner: Pamela Green (Waterloo)

Prize: \$50 Gift Certificate to Tim Hortons

June 16, 2022

Winner: Sharon Roberson (New Hamburg)

Prize: \$50 Gift Certificate to Massels Marine

June 23, 2022

Winner: Amy May

Prize: \$50 Gift Certificate to Puddicombe House

June 30, 2022

Winner: Debb Hoffman (Baden)

Prize: \$50 Gift Certificate to NH Cycle & Marine



July 7, 2022

Winner: Sara Faulhafer (Guelph)

Prize: \$50 Gift Certificate to Baden Coffee Company

July 14, 2022

Winner: Eileen Walker (Bluevale)

Prize: \$50 Gift Certificate to New Hamburg Thrift Centre

July 21, 2022

Winner: Alison Willsey (Plattsville)

Prize: \$50 Gift Certificate to Scrans and Dram

July, 2022

Winner: Alex Erb

Prize: \$50 Gift Certificate to Greb's Chocolate and Nut Shop

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50/50 CASH DRAW

Sale ends August 30 and winner drawn August 31
Go to Wilmot Heritage Fire Brigades Facebook for more info!

Baden Girls Club – Free Event

Every 3rd Tuesday from September 20th to May 16th

7:00 pm to 8:30 pm

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg

For More information contact:

Marcia Kastner (519-634-5960)



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Reduce to Produce *Answers on page 32*

Eliminate words from the clues below. The remaining words will create the answer to this riddle.
(Read remaining clues left to right, top to bottom)

What's the difference between a guitar and a fish?

A	B	C	D
ONE	YOU	TEN	CAN
TUNE	ORANGE	A	DAY
FLIPPERS	FLY	FATE	GUITAR
BUT	STUFF	YOU	TAFFY
PLATE	CAN'T	BUCKET	TUNA
BEE	SECOND	FISH	BLACK

1. Remove all beach toys
2. Remove all words containing "FF"
3. Remove all insects
4. Remove all measurements of time
5. Remove all colours
6. Remove all words that rhyme with "LATE"
7. Remove all numbers

Write leftover words here:



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NEW HORIZONS FOR SENIORS PROGRAM

Community Effort to Create Mobile Sign Board

This spring several members of Wilmot Thunder tossed around the idea of purchasing two permanent electronic scoreboards that could be installed at the New Hamburg ball diamonds. They were surprised to find that the cost of the signs including installation was over \$100,000. Someone suggested creating a mobile sign board which could be moved from diamond to diamond, so after some discussion the group reached out to McFarlane Trailer Service and Cress Ridge in New Hamburg for their thoughts. Both companies began their businesses in 1983 and have been community minded over their nearly 40 years in Wilmot.

Through the talent and generosity of the two businesses, the idea came into fruition just in time for the U15 (Under 15) ball tournament which was held in Baden and New Hamburg on the first week of August. Thanks to the two businesses' generosity the project came in around \$14,000. McFarlane's designed the trailer and Cress Ridge worked with the rest of the structure.

The mobile score board was manufactured to fold down for easy storage and safety during high winds, but also be tall enough to be seen over the fences on the diamonds. It is easily moved which would be beneficial as the New Hamburg diamonds sit on a flood plain. It will be very informative for players and fans, and can be operated by a handheld unit through WIFI.

Wilmot Thunder might consider adding to their inventory over the next couple of years, depending on how this prototype works out. This seems like an amazing idea and hats off to everyone involved.

Pictured here are Kevin Cressman, Dwight Brenneman (Past President), Ryan Roth (Thunder Executive), and Isaac Roth. Missing from the photo is Kyle McFarlane.



You Must Be Joking!!

Middle age is just like walking around all day muttering things like..



- "what was I going to say?"
- "why did I come in here?"
- "did I already take my pill?"
- "how did I get this bruise?"
- "why am I so sore?"
- "has anyone seen my phone?"



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Hallman Gravel Pit Update



The best part of Wilmot is how engaged our residents are. We can band together to fend off mass development. We can band together to fight off gravel pit rezoning. When our neighbours have a strong belief that something isn't right, we don't just sit back. We gather and stand our ground. That's a beautiful thing to have in a community.

The fight against the Hallman Gravel Pit is not over. Locally our Wilmot Township representatives said "NO" to the zoning change. Council stood up for our community and turned it down. Now the applicant is appealing to the provincial land tribunal. To make things worse, the applicant has asked for permission to dig down to within 5 feet of the water table, which could obviously have a massive impact on our drinking water. The local group, Citizens For Safe Ground Water, is standing up for us and fighting back.

To help offset the ongoing legal costs, they are throwing a pig roast to gain some attention and hopefully extra funding needed to fight the cause. The event will be held at the Wilmot Rod and Gun Club on October 1st. If you would like to help, please contact your local MP and say "NO" to the Hallman Gravel Pit and/or come to the Pig Roast on October 1st. Tickets have early bird pricing starting mid August to early September.

Let's do what we do best Wilmot, band together and protect our water!

Save the Date

Pig Roast

October 1, 2022
Wilmot Rod & Gun Club

*Tickets available at
Chef Adam Brenner
Garden Stand and
Laepple Organic Farm*

8 Things to Remember

1. The past cannot be changed.
2. Everyone's journey is different.
3. Overthinking will lead to sadness.
4. Happiness is found within.
5. Kindness is free!
6. You only fail if you quit.
7. What goes around comes around.
8. Smiles are contagious.

You Must Be Joking!!



- > Minutes at the table don't make you put on weight—it's the seconds!
- > On a diet? Go to the paint store ~ you can get thinner there!
- > If a parsley farmer is sued, can they garnish his wages?
- > The idea of a balance diet is having a bacon double cheeseburger in each hand!
- > If a cow laughed, would milk come out of its nose?

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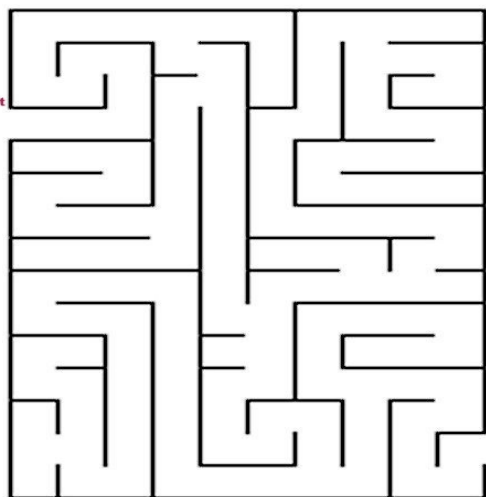
Kids' Corner

Karrienne Berberich
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August 30th is National Toasted Marshmallow Day!



HELP THE KIDS GET BACK TO SCHOOL!



Fill in the missing numbers.

___ 2 3 ___

6 ___ 8 9 ___ 11

12 ___ ___ 15 ___

___ 18 19 ___

Match the picture to the correct word.



bus



house



dog



sun



apple



ball



Local Churches Invite You to Join Them

Steinmann Mennonite Church

Sunday Worship 9:45 a.m.
www.smchurch.ca

Zion Philipsburg Lutheran Church

Sunday Worship 10:30 a.m.
www.philipsburglutheranchurch.ca

Emmanuel Lutheran Church

Sunday Worship 9:30 a.m.
www.petersburghchurch.org

Shantz Mennonite Church

Sunday Worship 9:30 a.m.
www.shantzmc.ca

St. James Lutheran Church

Sunday Worship 9:00 a.m.
www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.

St Agatha Mennonite Church

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JOIN THE CONVERSATION!



Back to school is in the air! Can you believe it? I certainly cannot!!! Summer is not over yet, but we must also look at the reality that back to school is only a few weeks away. As you know, we have had a hot and sunny summer that has been great for those of us with a pool or lake to enjoy. However, the farmers among us have had a bit of a challenge with no rain and dry crops. So how did you spend your sunny summer days?

Here at the New Hamburg Thrift Centre, we have had a summer of success and change! Despite the crazy weather in May, we still managed to raise just over \$75,000 during our plant sale days. A huge Thank You to all our wonderful volunteers who put in many long hours to help with it. The last weekend of May was the MCC relief sale which we have not been able to do for two years. That weekend brought out an abundance of volunteers, staff, and customers making it a fun and exciting weekend. As we entered into the thick of summer and school ended, we experienced a rush of student volunteers looking to fulfill their required volunteer hours during the summer months. The energy and pure excitement these young volunteers bring to the Thrift store makes it an invigorating place to be!

During the months of July and August we have also opened up our parking lot to host a variety of food trucks on Thursdays from 4 pm to 8 p.m. If you have not been to check it out yet, you have a few weeks left!

Bring a donation, check out the store, and enjoy a treat from one of our local food trucks. Follow us on social media to see a full list of what trucks are going to be here on which Thursday nights.

Summertime has also brought in some big changes at New Hamburg Thrift. In May, we said goodbye to Lisa Bauman, our Goods Coordinator and welcomed Karen into her place. Lisa left big shoes to fill but we are confident to have discovered that Karen is a perfect fit. In June, both Joan Martin and Jim Nafziger decided it was time to hang up their hats and retire. Jim and Joan will both be missed dearly, and we wish them all the best enjoying the days ahead. Sue has joined us in Jim's old role as Receiving Coordinator. Her cheerful smile and positive attitude makes her a wonderful addition to our team! In July we hired Jaden who will be replacing our Receiving associate, Eugene Moon. Eugene has decided to make some career changes and we wish him all the best. Last, but certainly not least, we said goodbye to Joanie Wilms who has been with MCC in New Hamburg for over 28 years. Joanie has not said goodbye to MCC totally—she has accepted a position at our Thrift on Kent Store. Joanie will be deeply missed by staff and volunteers here in New Hamburg as she leaves behind many friends. With Joanie gone, our own Taylor Martin has accepted the position of Softline Coordinator, and I have no doubt she will continue to build upon the amazing work and services to which we have become accustomed.

Want to meet the new staff? Come and visit us in the store and see what's new, or better yet... volunteer with us! We are currently looking for volunteers to help in receiving and volunteers interested in helping on the furniture truck. Please contact me for more information or go to www.newhamburgthrift.ca and fill out an application form.

Don't forget Thursday is 'Food Truck Thursday' at the thrift store! We would love to see you!

"Keeping the Community Connected"




Happy two year anniversary to the bag of clothes I packed up for donation which is still on the chair in the corner of my room!



Cook's Corner

In August, gardens are in full bloom and hopefully - full of plenty. If you have excess zucchini, give this recipe a whirl...



Zucchini Facts

- One zucchini is actually called a zucchini.
- A zucchini has more potassium than a banana.
- Bigger is not always better. Small to medium-sized are most flavourful and the darker the skin, the more full it is of nutrients.
- Zucchini is also known as courgette in other parts of the world. The name zucchini comes from Italian word 'zucca' which translates to pumpkin or squash.
- Zucchini's have family ties to squash, cucumber, and watermelon!

Recipe For: *Charlotte's Zucchini Loaf*

Ingredients

2 eggs
3/4 cup white sugar
1/2 cup oil
1-1/2 cups flour
1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 tsp cinnamon
1 tsp vanilla
1 cup finely grated raw zucchini
1/2 cup chopped walnuts

Directions:

1. Beat eggs until light. Add sugar and oil.
2. In a separate bowl, stir together flour, salt, baking powder, baking soda, and cinnamon.
3. Add egg mixture to dry ingredients, beating until blended.
4. Mix in vanilla, zucchini, and nuts.
5. Turn into greased loaf pan and bake at 350 degrees Fahrenheit for one hour or until toothpick comes out clean.

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Sunday, September 18

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Sign up or donate at WilmotTerryFox.ca

**New Hamburg Community Centre,
251 Jacob St, New Hamburg**





Thanks to the Wilmot Agricultural Society for donating space in the New Hamburg Arena during the Fall Fair.

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You Must Be Joking!!



- * I have always had superpowers, even my teachers noticed it! They called it "Constant Super Vision".
- * My teachers told me I'd never amount to much since I procrastinate so much. I told them, "just you wait!"
- * Teacher: If you received \$20 from 5 people, what would you have?
Student: A new bike!



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What a summer! A desert-like summer was had with no significant rain from June 1st throughout the summer. How did your garden fare? Were the bunnies kind? I heard many gardeners had a challenge with earwigs.

August/September Shoulda' Coulda' List:

- Cut back any tired-looking perennials and remove/ compost yellowed or dying stems & leaves. Remove seed heads to control spread of aggressive self-sowing perennials or to save for winter sowing of perennials. Seed heads can also be left to feed birds in the late summer & fall.
- When the weather cools, divide or transplant spring and summer flowering perennials such as iris, peony, phlox, wood poppy, native anemone. Water the new divisions well. Fill gaps in borders with asters, ornamental cabbage, sedum and mums to extend the colour to the end of the season. Leave some goldenrod for pollinators! Plant well-behaved goldenrods such as blue-stemmed and stiff. Ironweed is a great native plant that works well with golden fall colours.
- Choose a rainy day to overseed **lawn**, then cover seeds with a top dressing of fine compost or manure. Half the height of the blades of grass should still be visible. Fall feeding increases root growth for an early spring green up. Pull, rake or cut off weeds at ground level. Keep pulling bindweed to reduce the seed bank in soil.
- Feed the soil by adding compost or manure to garden beds & lawn or mulch with fallen leaves.

- Plant spring flowering bulbs such as crocus, tulip, hyacinth now, until freeze up of soil. Avoid invasive bulbs such as scilla. Consider planting native & endangered wood poppies instead of daffodils in a shady location, same yellow colour but no dying bulb foliage to deal with!
- Attach the **grass catcher** bag to the mower and collect a ready supply of chopped leaves to layer into the compost pile or use as mulch on the veggie or flower garden.
- Harvest green tomatoes to ripen indoors, freeze, or use in recipes. Plant cover crops such as red clover & winter rye on bare soil when harvesting.
- Plant new **trees** and **shrubs** to allow at least six weeks before frost to form roots. Water trees until freeze up, especially ones that were planted this year. Stop now feeding and fertilizing shrubs and trees to encourage stems to harden off.
- Collect seeds to start new plants and herbs for drying.
- Check **houseplants** for pests, then start to move indoors gradually when nights get cool. Prune tropicals such as hibiscus and move them into some shade to help transition indoors for the winter, where the light levels are lower.



We are back to in person meetings: Wednesday, 14th September 7:00 - 9:00 pm Wilmot Rec Complex Rm A. Free Meeting, Junior Gardeners' Awards and Wildlife Rescue talk/ photos with Deb Lehman.

For events, garden stories and info go to:

Wilmot Horticultural Society

Email: wilmothortsociety@gmail.com

FB: www.facebook.com/groups/3133495739996313

Website: wilmothortsociety.ca

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DON'T WAIT— Check the Date!

How old are your smoke alarms?

Smoke alarms don't last forever. **They usually last 10 years.** Check the manufacturer's date on your smoke alarms today! **Replace expired alarms.**



CHECK THE DATE.

Look at the back of the smoke alarm for the date of manufacture. The expiry date is usually 10 years from that date. **Replace expired alarms.**



TEST YOUR SMOKE ALARMS.

Once you've checked the date, test your smoke alarms by pressing the test button.



INSTALL SMOKE ALARMS ON EVERY STOREY OF THE HOME AND OUTSIDE ALL SLEEPING AREAS.

For added protection, install smoke alarms in every bedroom.



HOME ESCAPE PLANNING

It is **vital** that you know what to do when the smoke alarms sound in an emergency:

- Sit down with everyone in your home and discuss how each person will get out in a fire.
- **GET OUT & STAY OUT!** When the smoke alarms sound, get out immediately and call 9-1-1 from outside. Never re-enter a burning building.

Despite their best efforts, the fire department may not arrive quickly enough to save you from a fire. **You need to be outside when the firefighters arrive.**

For more information, contact your local fire department.



Wilmot Fire Department
60 Snyder's Rd WBaden ON N3A1A1
519-634-8444/fire@wilmot.ca

Office of the Fire Marshal
and Emergency Management
ontario.ca/firemarshal

Things to Ponder:

- What if my dog only brings back the ball because he thinks I like throwing it?
- If poison is past its expiry date, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word "SCENT"?
- Do twins ever realize that one of them is unplanned?
- Why is the letter w, in English, called double u? Shouldn't it be called double v?
- Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- Every time you clean something, you just make something else dirty.
- The word "swims" upside-down is still "swims."

You Must Be Joking!!



What did one firefly say to the other?

~ You glow, girl!



Why wouldn't they let the butterfly into the dance?

~ Because it was a moth ball!



What do you get if you cross an insect with a rabbit?

~ Bugs bunny!

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Puzzles Answers

All Things Scrambled

<u>Zoo</u>	<u>Summer</u>
<u>Animals</u>	<u>Sports</u>
Lion	Golf
Bear	Rugby
Deer	Tennis
Tiger	Biking
Hippo	Archery
Monkey	Running
Giraffe	Football
Cheetah	Swimming
Gorilla	Baseball
Elephant	Kayaking

Drop One For Fun

1. Bales	2. Base	3. Abe
4. Remit	5. Trim	6. Mir
7. Auger	8. Urge	9. Reg
10. Drone	11. Done	12. One
13. Nasty	14. Stay	15. Sat

Creating Words - Learn and Study

Province and Territories Flags

A -Manitoba
B -NWT
C -Newfoundland
D -PEI
E -Saskatchewan
F -Quebec
G -Ontario
H -British Columbia
I -Alberta
J -Nunavut
K -Yukon
L -New Brunswick
M -Nova Scotia

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you can't
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The Pillars of Fitness

By: Melissa Johnston Registered Massage Therapist, Certified Pilates & Yoga Instructor

What is mobility?

By definition **mobility** is the ability to move, or be moved freely and easily.

I look at mobility as the body's ability to move into end ranges and be strong without a lot of restriction.

What is flexibility?

By definition **flexibility** is the quality of bending easily without breaking.

I look at flexibility as the body's ability to move into end ranges with or without feelings of restriction.

What is stability?

By definition **stability** is the body's ability to maintain postural balance (equilibrium) and support joints through movement.

I like this definition.

Why does any of this matter?

Being able to move well is the cornerstone of wellbeing and health; without it, muscles and support structures become dysfunctional, painful and weak. Living in a body that hurts constantly can affect emotional and mental

wellbeing and can make simple daily living activities unbearable. *The good news is, you don't need to live in pain.*

Looking at fitness under the four pillars of fitness, we can see that stability is possibly the most important. We cannot have strength and cardiovascular health, or power / endurance, if the body is unstable and unable to perform basic movement patterns. It may be my bias, but, spending more time on first principles (stability) means having more gains in the other areas of fitness quicker.

Pillars of Fitness:

1. Stability
2. Strength
3. Cardiovascular Health
4. Power.



A huge component in **stability** is having muscles that can both contract and lengthen to either (a) move the bone or (b) hold the bone still. Tight muscles have an impact on the global chain because if one area is not moving well, then other structures need to pick up the slack. *This is not ideal.* The body is incredibly resilient and adaptable to keep you moving, yet, our goal is to live optimally and without pain. Muscles that become strained and overworked show up as weakness, pain, and tightness; this is seen in simple daily activities (picking up your kids, putting on your shoes, gardening) as well as, the big movements at the gym (deadlifts, squats, yoga).

The takeaway - compensation is a mechanical disadvantage that puts strains on other structures and tissues.

Manual Therapy is incredibly helpful in these situations to “undo” a tight knot, relieve pain and discomfort, and can assist in those long-term goals. However, what you do daily will have the biggest impact. Following a self care routine that involves stability, mobility, and rolling as your building blocks can prevent future injuries - I look at this as your “Preventative Plan”.



The preventative plan, can include a consistent yoga and pilates practice, a day dedicated to functional strength training, and where nutrition and recovery, and sleep are a priority.

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Happy holistic living is easy-breezy when you are planted in the perfect countryside setting. Eating a bounty of fresh local garden goodness provides an array of essential vitamins and minerals, plus the added bonus of disease preventing phytonutrients. The perfect plate is piled high with plenty of produce. The benefits of top-notch nutrition are linked to maintaining a healthy weight, increased energy, and a decreased risk of heaps of health ailments. Diet trends come and go but plant-based meals are always in style. Produce is portable perfection; preparation is a snap and hydration happiness is a body-boosting bonus.

A diet rich in fruits and vegetables contains potassium and magnesium, essential for supporting healthy blood pressure. Fibre is your friend, promoting fullness, aiding in digestion and ultimately supporting overall wellness inside and out. August brings a plethora of prime produce just outside your front door!

Whether you pick your own, browse a market or shop big box, please show support for your community and love local. August is an array of awesome fresh fabulousness. Here's my fantastic four!

- Carrots aren't just for bunnies! Their out of sight orange color is a good source of alpha- and beta-carotene, converting to usable vitamin A and connected to healthy vision. The vitamin C content helps build our immune system, warding off colds and infections. You may be shocked to learn carrots support and strengthen bones.



Because carrots contain the marvellous mineral calcium, they may help prevent osteoporosis. Nature is nifty. Did you know crunching on carrots is an all natural pain remedy? Don't toss the tops as the gorgeous green leaves easily replace herbs in dishes.

Their slight bitterness aids digestion and the greens contain more vitamin C than the root.

- Green beans are fantastically full of fibre and a dieter's dream for anyone counting carbohydrates and calories. The vitamin K and calcium content supports strong healthy bones. Green beans are a great go-to when planning a family. Fabulous

folate, a B vitamin is essential in pregnancy for reducing certain birth defects. Feeling under the weather or stressed? Vitamin B helps prevent the blues and vitamin C helps halt sickness and speeds up recovery time.

- Watermelon is truly wondrous. This stupendous summer day super fruit is 92% water and heaps of hydration love on hot humid days. Watermelon is a natural diuretic containing citrulline, an amino acid linked to improved sport performance and faster post-exercise recovery. Watermelon contains vitamin A and C, part of the famed A-C-E immune supporting trio of vitamins.
- Blueberries are small but mighty. They may be called "blue"-berries but their dramatic deep purple skin is courtesy of the powerful phytochemical compound anthocyanin. Its antioxidant effect is an all-star for offsetting inflammation throughout the body. Blueberries' mega magnesium content contributes to healthy blood pressure. Blueberries are beyond compare for top-notch nutrition. They are low in calories, carbohydrates and sugar but out-of-sight in appearance, taste and loaded with vitamin C. Blueberries belong in all baking recipes! They are cereal champions, salad sensations, superlative snacks, smoothie splendour, stupendous in soup, and definitely dreamy in desserts.



Eating a nutritious diet is easy with recipes focused on fresh fruits and vegetables. Eat the rainbow daily! Whether you steam, chop or roast please power up with plants. A fridge full of brightly coloured produce is truly nature's medicine cabinet.

**Always consult your MD, ND or health practitioner before starting any health program.*

Mercedes Kay Gold is a Certified Holistic Nutritionist, Certified Personal Trainer and a published writer who loves helping others live their best life when not spending time with her children and grandson Theodore.



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