

April  
2019

~ Your Community Newsletter ~  
Keeping the Community Connected since 2000



# Baden Outlook



*WALDA raises the beador flag on April 6th, to bring awareness to the importance of organ and tissue donation.*



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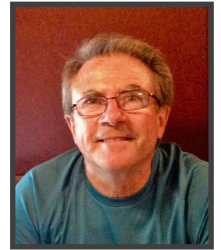


**This paper is priceless - Please have one!**

# Talking with Ed

## ~ Guilty as Charged!

*"We make a living by what we get, but we make a life by what we give." — Winston Churchill*



Growing up in a small northern community (MacTier, a town of 800) was an amazing experience. The closest town was Parry Sound, home of our high school and, of course, Bobby Orr. Our town was 25 minutes south of Parry Sound, far enough away to be a plus for our small community. Everyone made the sports teams, Lake Stewart was ten minutes' walk away for a swim, and you knew everyone in town.

Volunteerism wasn't even a thought, as we all had to rely on each other. I still recall being overwhelmed with the generosity of neighbours and friends during some tragic family moments. This was ingrained in my mind.

I moved to this area when I was 17 and, being a young spirited teenager, the thought of volunteering was far from my mind. Perhaps I assumed that volunteering was for other people. Then came the busy child-rearing days. Helping out with our son's hockey team was an enjoyable experience and I met many new friends. In general, we were very active in our kids' lives, donating our time and attention to whatever they were involved in, right up to being groupies as Mike joined a band. As the kids left the nest, along came the free-spirit thinking with no thoughts about giving more to the community. We just got busy with our lives.

It took a while to get my head back into giving to the community. I think the first thing to instill "community" in my life was starting the Baden Outlook with my better half. The second thing was my role as a councillor. In 2012, the only service group in town was the Baden Chamber of Commerce. I developed this knot in my stomach knowing that our town of just over 2000 people had one service group. It became clear to me that Baden needed more so, with the help of Pat, Kenton, and Teresa, a meeting was held at the school. From that, two groups were born, the Baden Optimists and Baden Community Association (BCA), which continue today.

The time spent with the BCA has certainly been a rewarding experience. I have developed many new relationships with wonderful people who give so much to the community and ask little in return...they are eager and proud to help. The BCA has touched everyone in some way in Baden with their family-g geared events, such as Corn Fest, the fishing derby, the New Year's Eve Kid's party, Family Day at the WRC, Community Cleanup, and of course the creation of the parkette on Foundry Street. All of that was orchestrated with about eight regular members!

Lately I have been developing a similar knot in my stomach. No, it is not hunger pain or indigestion. I am talking about the lack of volunteers that most groups are experiencing in Wilmot Township. There are some groups that have enough volunteers, but they are aging volunteers, who several years from now might not be around to carry the load, and should they?

The township has established a meeting on April 9<sup>th</sup> for all community groups to discuss attraction and retention of new volunteers. To me that is a great start, but I worry it won't be enough. Oddly enough, Amanda Salisbury (BCA chairperson) and I were talking about this at our Family Day event and both of us mentioned the necessity of a volunteer fair. The idea was proposed at the next meeting. The Baden Chamber of Commerce was asked to join in the project, and a date was set. On May 11<sup>th</sup> at the Wilmot Rec Complex there will be a volunteer fair. At the time of writing there will be over 20 booths of service groups in attendance to show citizens what they are all about. This is a great opportunity for high school students to see how to fill those volunteer hours. Everyone else, please come and check this out...you won't regret making Wilmot even a better place to live.

Until next month...Ed

### Quotes from those who experience giving.

1. Life's most persistent and urgent question is: What are you doing for others? – Martin Luther King Jr.
2. As you grow older, you will discover you have two hands — one for helping yourself, the other for helping others. – Audrey Hepburn
3. No act of kindness, no matter how small, is ever wasted. – Aesop
4. The effect of one good-hearted person is incalculable. – Oscar Arias
5. As we lose ourselves in the service of others, we discover our own lives and our own happiness. – Dieter F. Uchtdorf
6. Volunteering is at the very core of being human. No one has made it through life without someone else's help. – Heather French Henry
7. No one is useless in this world who lightens the burdens of another. – Charles Dickens
8. Volunteers do not necessarily have the time; they just have the heart. – Elizabeth Andrew
9. Volunteers are paid in six figures — S-M-I-L-E-S. – Gayla Lemaire
10. Volunteers don't get paid, not because they're worthless, but because they're priceless. – Sherry Anderson
11. Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. – Desmond Tutu
12. We can't help everyone, but everyone can help someone. – Ronald Reagan



*April 7-13 was National  
Volunteer Week*

*Thank you to those who help  
make our community great!*

# Greetings from Headquarters ~

Hello April, I surely hope that final snowfall on March 31st was your idea of an early April Fool's Joke, although no one was laughing. I'm glad that's behind us, let's get on with some well-deserved sunshine and let those budding daffodils and tulips bloom! Our move went well and we have settled into our new home. It took me by surprise when it was time to leave my key on the kitchen counter, turn around to lock the door and leave, that the tears did fall. The reality of 39 years of our life there and saying goodbye was emotional. Thanks for all your well wishes and we appreciate the concern some had about the future of the Outlook (but fear not) — we are feeling the love! I do understand that people move all the time, but my intentions are for our readers to know that the new folks at 178 Snyder's Road East do not have the Outlook mailbox in their yard nor are they expected to pass on any information that is pertinent to the paper, so please call or email as always if you want to reach us.



We received a nice email from the people to whom our old printer was donated at the Working Centre in Kitchener ...

*"It was so nice to meet you last week and see the work you are doing in the community including producing of the Baden Outlook. We would like to say a very special thank you to you for the donation of your printer. It is set up and being used actively in the Tax Clinic which started this week. The tax volunteers and people who are getting their taxes done all appreciate it very much!"*

*Attached is a photo of a couple of the many volunteers who make this project possible doing taxes for people with low-income in the community."*

We are so glad it's been put to good use. It was like an old car with lots of mileage which just wouldn't stop running—we wish them well and hope it keeps on pattering along! The transition for our printing went well, as Morgan and Mary at Ritz Printing have been super great to work with, and I will not miss the skid of paper in our basement.



*Seen here are volunteers Brigette Medeiros and Carlyn McNally enjoying their new printer.*

You can tell it is spring and April sure has a lot going on; even the advertising takes a new turn towards being busy both at home and in the community. Don't forget the upcoming Interfaith Annual Silent Auction on April 27th. April is daffodil month, and also organ donor month (meet Charles Cook on page 28). April brings Easter and Volunteer awareness which you will see throughout this issue. You will find the 5th entry for the Wilmot Key Quest wrapping up the big mystery to solving the clues for the big money—good luck to you all! Be sure to get out for the Baden Clean Up Day (see page 6), and also treat yourself to fine entertainment with both TCP and Fly Away Arts shows. We are proud to feature OK Tire as they win a prestigious award; read about them on page 5. Al has shared another interesting history article featuring Abraham Gingerich and what he was doing at the turn of the century. On page 35 Anthony explains what to do with your computer when you're not using it. This is the end of our sports pools with the final Outlook Hockey Pool winner — see who it was on page 16. We hope you enjoy the many spring-like things in this issue and that we all get out and stretch our wings and embrace all that the community has to offer.



Baden Outlook

## EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 80 places within Wilmot Township, while quantities last.



*The best things in life are free - like the ducks in the pond, the blooming tulips, robins digging for worms ...and this paper !*

# Checking out the Baden Library



## Thank You, Volunteers

National Volunteer Week in Canada is April 7 to 13. This event gives us the opportunity to recognize and thank our volunteers who give their time at the Baden branch.

Thank you to Kora Guilhauman for assisting our library staff person Leanne with the Baden Book Worms Kids Book Club. This club is for children ages 7 to 9 and meets monthly from October to April. They enjoy reading different genres and formats while participating in fun activities relating to the selected book.

Thank you to Robert Hanson for leading the Awesome Book Club (ABC) for 3 years with unique ideas and interesting books. This club is for children ages 10 to 12 and also meets monthly from October to April.

Thank you to Taylor Gruber who is a huge help with Summer Reading Club, and other library programs for kids.

Thank you to Katelyn Matthews who makes our large bulletin board come alive with colour and fun!

For more information about volunteering or to get a volunteer application form, visit <http://www.rwlibrary.ca/en/aboutus/Volunteers.asp>

**Baden Book Club at EJ's: Tuesday, April 16, 6:30 to 7:30 p.m.**  
This month the adult book club is reading the award winning novel, *Exit West* by Mohsin Hamid. Get your copy at the Baden branch and join us at EJ's Tavern for an interesting discussion.

## 1:1 Technology Coaching

The Region of Waterloo Library continues to offer free, one-on-one computer training sessions at the Baden branch on Tuesdays. Spring sessions are available April 23, May 7, 28, and June 11. Register for training sessions at [rwlibrary.ca](http://rwlibrary.ca) or by calling a branch.

## The Evergreen Award

The nominees are in! Have your say on Canadian titles that inspire with this year's must-read picks. Join us this spring as we launch Evergreen Award programming. Check the New Hamburg Library for more details.

## One Book One Community 2019 – Stay tuned....

The next One Book One Community book selection will be announced in mid-April and the author will visit Waterloo Region in September. More details to come!

Up-to-date program and event information is available on the Events Calendar at [rwlibrary.ca](http://rwlibrary.ca) or contact the branch at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca).

*Chris Baechler, Assistant Supervisor  
Baden Branch—Region of Waterloo Library*

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## OK Tire Baden receives prestigious Central Region Store of the Year Award

OK Tire Baden was awarded the Central Region Store of the Year for 2018, an honor given to only one of the 70 independently owned OK Tire franchises within the Central Region (there are five regions nationally). This award is proof that your local Baden tire shop is one of the top



national OK Tire teams – something we can all be proud of.



The OK Tire Baden team has been committed to serving the community since they opened doors in 1994. They became an OK Tire franchise in 1996 and built their current 6 service bay facility in 2009. This award is granted only to those who have great customer service and a clean, inviting location – proven by the unbiased mystery shopper scores they've received.

It's also granted to facilities that have a large selection of tire and mechanical services, as well as up-to-date equipment. OK Tire Baden has recently upgraded to offering passenger car and light truck mechanical services alongside their standard service of passenger, light truck, large truck, and farm tires. This new service offers customers convenience and choice with their vehicle needs, and its demand is obvious – as they are in the process of hiring another mechanic to join their team.

Finally, and most importantly for OK Tire Baden's owners Clayt and (his son) Paul Knarr, the award is given to a team who demonstrates a high degree of charitable and community involvement.

Clayt's been heavily involved in the Baden / Wilmot community, where he's a New Hamburg Optimist club member. In his 42-year membership, Clayt has impressively been appointed President twice and Vice President four times.

Known locally for their charitable events, folks will remember that the OK Tire Baden team held their 4<sup>th</sup> Bigfoot Monster Truck Event for Childhood Cancer in July of 2018 and raised over \$10,000! Seventy percent of the money was generously donated to the Klasson family, whose young child, Caeson, had been diagnosed with leukemia. The OK Tire Baden team and local community came together to support the family through this tough battle with the remainder of the donations going to Childhood Cancer Campaign.

Community involvement doesn't stop with charity. OK Tire Baden was an original supporter of the Wilmot Recreation Complex and continues annual donations to the twin ice pads located there. Organized sports are heavily sponsored by OK Tire Baden, including local baseball, soccer, and hockey teams, helping hundreds of local children build life-long skills and friendships.

Congratulations to Clayt, Paul, and the entire OK Tire Baden team for showing that this community continues to have businesses that are committed to excellence, not only locally, but across Canada.



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# Baden ~ Our Town

Mark your calendars! The Baden Community Association will be hosting the annual Baden community clean up on April 27<sup>th</sup> from 11- 1:00 and we are excited to see you join us! This has been a very popular event in the past, with some years having just over 100 environmentally concerned citizens coming out to make our town sparkle. Refreshments, plastic gloves, garbage bags, and treats will be provided by area merchants. Everyone is welcome!

Mark your calendars, part two: the BCA has joined forces with the Baden Chamber of Commerce to host a volunteer fair at the Wilmot Recreation Complex on May 11<sup>th</sup> from 11 to 3 o'clock. There are 20 confirmed Wilmot Township community groups, sports associations, and service groups who will be setting up booths so that citizens can see what volunteer offerings there are in the community. Hopefully we may see some students who need to fill their volunteer hours and also adults who want to contribute to their community but are unsure how. This is the first time that the two groups have tried this event and we are hoping for a good turnout – if so, it could become an annual event. Some folks just don't know what suits their personality and lifestyle, and we hope this helps.

Mark your calendars, part three: the Annual Baden Fishing Derby will be held on June 1<sup>st</sup> this year as 400 trout will be stocked in the Baden pond. The BCA are asking the public to not fish in the pond the week leading up to the derby so there are plenty of fish for the event. Once again there will be worms available for purchase, and a barbeque held from 11 to 1 o'clock. The event starts at 6 am and goes until 1 pm; there are 10 tagged fish with a value of \$50 each if caught within that time frame. There is no charge for the event, but anglers must register to be eligible for the door prize table. See more in the May issue.

You are welcome to join us the last Wednesday of each month at 7 pm at the township office.



## ~ Silly Spring Jokes ~

When do monkeys fall from the sky? During Ape-ril showers!  
What flowers grow on faces? Tulips (Two-lips)!  
What do you call a rabbit with fleas? Bugs Bunny  
Which bow can't be tied? A rainbow!



# Baden Corn Festival

## Vendors

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August 10, 2019

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### Yay Team Wilmot Council!

*This powerful group did some serious pancake flipping at the Elmira Maple Syrup Festival on April 6th, coming in 5th place out of 24 teams!*



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## What to do When a Tick Bites

By Dr. Rebecca Ricker

We began a discussion on ticks last month and with the warmer weather you certainly may start seeing them. If you are one of the unlucky people that finds a tick on your pet, you should remove it – even if they are on tick prevention. They aren't always the easiest to remove, so here is a little information on the things you'll need and the procedure you should follow.

You will need:

- Fine-tipped tweezers
- Disposable gloves
- Soap and water
- Small container, rubbing alcohol, and a marker



1. Put on your gloves. It is recommended to wear disposable gloves, as in rare cases, infectious bacteria may be passed through breaks in the skin simply by handling infected ticks.
2. Pour rubbing alcohol to the site where the tick is attached. It will help loosen the tick's grip.
3. Grasp close to the skin. Use the fine-tipped tweezers to grasp the tick as close to your pet's skin as possible without pinching your pet's skin. **DO NOT TWIST OR JERK THE TICK.** This may cause the mouthparts of the tick to break off and remain in your pet's skin, which will increase the chance of infection.
4. Pull slowly. Pull the tick slowly and gently, using steady, firm pressure. It may take several seconds for the tick to come out.
5. Wash the bite area with soap and water to disinfect it after the tick has been removed. You can also apply an antibiotic ointment (e.g. Polysporin) to the area. Do not forget to wash your own hands.
6. Monitor the bite site for signs of infection such as redness, inflammation, swelling or pus. Contact your veterinarian if you have any concerns.
7. Place the tick in a small container with rubbing alcohol and bring it to your veterinarian to test it for disease. Label the container with information about the time and place where the tick bite occurred.

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without them!!***

*Submissions are due on the  
1st of each month.*





## No More OOPS on Doggie Poops!

It's not pooch's fault, he's just doing his business but you're making him look like the bad guy —shame on you!

The snow is melting and what's left behind is yucky... do you want it on your shoes, your kids' clothes, baby's hands? Baden Cleanup day is coming up, but that is meant for collecting stray garbage that's been flying around over the past few months, not for picking up doggie do-do. It's not just about courtesy and respect, it's the law to pick up after your dog.

Speaking of the law, there is much to learn if you have a pet. We thought it may be wise for you dog owners to get up on the latest facts on the Wilmot by-laws in this regard. Thanks to Erin, Township By-Law Officer, who sent me the straight goods and I'm sharing a few of the by-laws, but you owe it to yourself to look into it further at the Wilmot Township website, under by-laws / pets. Fines start at \$85 and go up to \$200.

Pet by-law Briefing: Make it your business!

These are just a few of the sections that might be most applicable to you dog owners:



- ◆ Section 3.1 – Running at Large (dogs have to be kept on a leash if off of the owners' property)
- ◆ Section 3.4 – This is the Poop and scoop clause
- ◆ Section 3.9 – Info regarding "Farm Dogs"
- ◆ Section 11.1 – Dog licensing – this is an annual fee, and dog tags must be worn
- ◆ Section 13.1 – Max number of dogs for a property (3)

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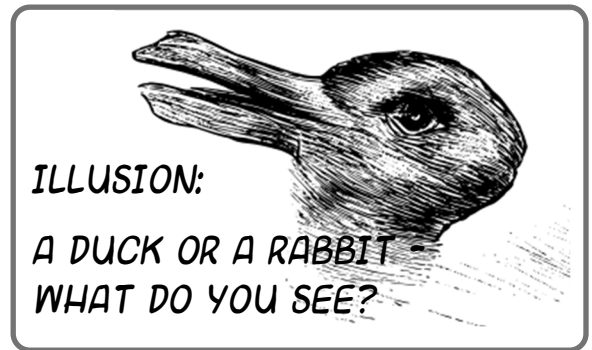
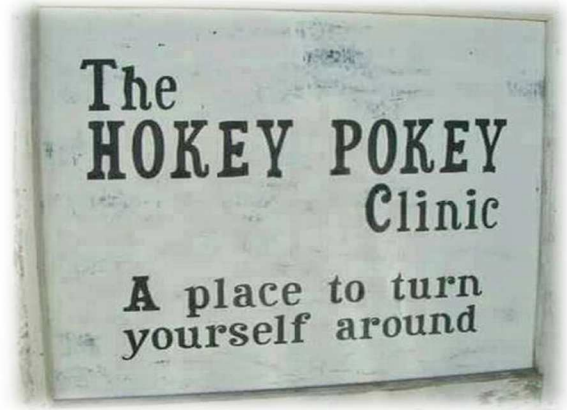


## LET'S HAVE A LITTLE PUN!

Answers on page 24

### WHO ARE THESE FAMOUS GUYS?

1. His reputation has 'Carried' over from his early success  
In his own 'write' he is now 'frightfully' rich.  
This 'King' is 'bound' to 'terrorize' his subjects.
2. This actor really got 'pumped' up for his first 'big' movie role.  
He became a box office hit simply on the 'strength' of his performance.  
He committed 'Barbaric' acts to get to the top.
3. He went from '5' to No. 1 on the hit parade.  
This entertainer once got 'fired' in the middle of a commercial.  
This recluse tells his fan to 'Beat It'.
4. This inventor's 'bright' idea made people go 'screwy'.  
People made 'light' of his achievements.  
His creation was a 'shining' example of everyday know how.
5. He performed the most amazing 'feet' in the history of Hollywood.  
He climbed 'Astaire' way to success.  
He 'spiced' up his act with 'Ginger'.

A photograph of a modern backyard deck. The deck is made of dark wood and features a hot tub, a pergola, and patio furniture. The background shows a residential neighborhood with houses and trees.

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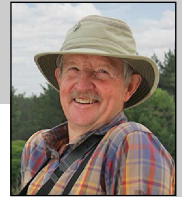
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## Baden Birding ~ Red-bellied Woodpecker

By Fraser Gibson



I was thrilled to have a Red-bellied Woodpecker (RBWO) at my feeder this fall, a first time visitor to my yard. This bird is a flashy addition to any feeder. The male's brilliant red crown and nape are sure to catch your eye. Unlike the more common Downy and Hairy Woodpeckers with their black wings checked with white, the RBWO has a black and white zebra pattern on its back along with a light coloured breast. The RBWO, named because of a faint touch of red on its belly which is rarely seen, is similar in size to a Hairy Woodpecker.



Photo taken from [allaboutbirds.org](http://allaboutbirds.org)

This woodpecker is a generalist forager, seldom excavating wood to find food. It consumes the insects and spiders it finds while hitching up larger tree branches but, depending on the season, it eats more plant material than other local woodpeckers, consuming acorns, berries and seeds. At feeders, RBWOs prefer peanuts and suet.

The RBWO has expanded its breeding range into Waterloo Region dramatically since the mid-1980s. I remember participating in Christmas Bird Counts south of Puslinch Lake and being excited when I saw my very first RBWO. It was years before I would see one closer to Kitchener, but now we would be surprised if one wasn't seen or heard on a regular basis in mature forests in this part of Waterloo Region. Its expansion northward is possibly due to maturation of forests, more bird feeders, and milder winters.

Woodpeckers peck with their beaks in a number of different ways. During mating season, woodpeckers may be heard drumming upon a hollow branch or, more annoyingly, upon a loose piece of metal in an effort to attract the attention of a prospective mate. When making a nest hole, they chisel their way in, twisting their heads slightly, and throwing debris aside. Experienced human wood splitters know that a small flick of the wrist at a precise time is a trick that greatly improves efficiency. Apparently woodpeckers have learned this skill as well.

While searching for food the woodpecker may tap lightly on the trunk of a tree and then listen keenly for evidence of concealed critters beneath the bark. If something is heard, drilling a small hole just through the bark may give the woodpecker access to the galleries of wood boring insects, such as the Emerald Ash Borer. Into this gallery the woodpecker thrusts its long, pointed, barbed and sticky tongue to extract the victim of its search. The RBWO's tongue may be extended two to three times the bill length which gives it an amazing reach within

insect galleries.

The brain of a woodpecker is well protected against the untold pounding it will experience. It is encased tightly within the skull where it cannot be shaken about. Additionally, a layer of spongy material separates the beak from the skull. This combination works to prevent concussions.

Unlike most birds which have three toes facing forward and one back, woodpeckers have two toes forward and two toes back. This arrangement gives woodpeckers a stable grip on vertical tree trunks and branches. The RBWO has two stiff central tail feathers which, along with the feet, provide the solid stance of a tripod from which to carve at the tree.

Red-bellieds nest in cavities, usually in dead or dying trees, where the male may begin excavating several holes in the hopes one will satisfy a possible partner. Cavities and appropriate trees for them are a scarce commodity, and unfortunately, European Starlings often force RBWOs out of their nesting sites. Both the male and female woodpeckers hammer out a 30 cm deep chamber where four round white eggs are laid. Both parents share in incubating and rearing duties. The RBWO breeds earlier than most of our local birds and may have young as early as mid-April.

I have not seen a female RBWO in my neighbourhood but look forward to one joining the male in my yard.

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- New Hamburg Concert Band 11:45-12:30PM
- Grand River New Horizons Band 1:00-1:45PM

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*This advertisement is courtesy of The Baden Outlook*

*Entry 5: Here We Go!*

It's been a long road from December until now - but here we are, at the precipice of the first annual Wilmot Key Quest! This is a one-of-a-kind, local, community, grassroots treasure hunt with a grand prize of \$5000! This month, we want to recap the most important information, starting with the basics:

1. There will be a **real life treasure hunt** in Wilmot Township this spring running from **April 29 to May 17**. Participants will solve **daily clues** that lead to the hidden treasure
2. The winner(s) will take home a **\$5,000 cash prize!**
3. You, your friends, and your family can participate - whether you live in Wilmot Township or not. The hunt is **open to everyone**
4. There is **no cost** to participate
5. Clues will be available daily at participating sponsors, and they will also be printed in the Waterloo Region Record. Visit [www.facebook.com/wilmotKeyQuest](http://www.facebook.com/wilmotKeyQuest) for more details!

For those of you who will be looking for the daily clues in the **Waterloo Region Record**, we have included a copy of what you should be looking for. Each weekday's Record will feature an ad like the one we've printed, somewhere in the paper, with a new clue each day!

We also hope that many of you will be stopping into the local Key Quest sponsors! These are the businesses who have contributed the funds to make a \$5000 grand prize possible! So pop into any of the following locations, any day during the quest, to see an up to date list of all the clues:

- Baden Feed and Supply
- Baden Village Pharmacy
- Big Leaf Print and Graphics
- EJ's Tavern
- Focus Computers
- Josslin Insurance
- Meadow Acres Nursery
- TLC Pet Foods
- Town Square Pharmacy
- Wilmot Centre Missionary Church



As we mentioned last month... it could pay off to familiarize yourself with the previous Outlook entries... including the Legend of Jakob Schatz. It's no guarantee, but some of his Journal Entries could prove useful in your hunt.

Also - **THIS JUST IN** - be sure to pay a visit to the Baden Community Association's / Chamber of Commerce's Volunteer Fair on Saturday May 11, between 11 am and 3 pm at the Wilmot Recreation Complex! Rumour has it that Quest organizers have agreed to release an early access clue at that event!

Next month's Baden Outlook will appear more than halfway through the Quest. You won't want to miss that one! If you've missed any months up until now, past entries are available on [facebook.com/WilmotKeyQuest](https://facebook.com/WilmotKeyQuest) or [badenoutlook.com](http://badenoutlook.com).

*Good luck, stay tuned, and happy hunting!*

# WILMOT KEY QUEST

A free, real life, grassroots treasure hunt!  
Open to everyone. New clues each day.

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Daily Clue



www.facebook.com/WilmotKeyQuest

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alive and thriving!

## WAKE UP ~ IT'S SPRING

This is a word association quiz with all answers being spring related. Here's an example:

PEANUT \_\_\_\_\_ FLY (the answer is BUTTER... giving you peanut BUTTER and BUTTER fly)

1. BED \_\_\_\_\_ FEVER
2. MAY \_\_\_\_\_ BED
3. FREEZING \_\_\_\_\_ BOW
4. BLUE \_\_\_\_\_ WATCHING
5. MARCH \_\_\_\_\_ FAST
6. DILL \_\_\_\_\_ EATER



Answers on page 24



Hello... it's great to be back! Please excuse me if I'm a little noisy right now, I've got lots to do!

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**Notice of  
Public Open House**

The Township has initiated a review of its Zoning By-law and is looking for your help to identify what improvements and changes should be made to the by-law.

Through the month of April, we are asking you to complete an initial survey to identify priority areas to be reviewed within the Zoning By-law. A background report on the zoning by-law review, along with a link to complete the online survey, is available on the Township's website at [www.Wilmot.ca/ZoningUpdate](http://www.Wilmot.ca/ZoningUpdate).

Two drop in format open houses will be held where you can complete the survey, review the current Township Zoning By-law, and discuss the zoning by-law update with Township planners.

**Join us at one of the following open houses:**

April 16, 2019, 1-4 pm at the Township of Wilmot Administration Complex, Wilmot Community Room, Lower Level, 60 Snyder's Road West, Baden

April 17, 2019, 4-8pm at the New Dundee Community Centre, 1028 Queen Street, New Dundee

For more information, please contact the Development Services Department: 519-634-8444, [planning@wilmot.ca](mailto:planning@wilmot.ca), or online at [www.Wilmot.ca/ZoningUpdate](http://www.Wilmot.ca/ZoningUpdate).

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**Place your home's furniture so it flows peacefully like a river.**

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- Carefully arrange furniture for conversation areas

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**Car Care Tips  
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Those new “shake, rattle and roll” noises coming from your vehicle are important sounds to pay attention to after a long winter and one too many potholes. It’s always worth having a technician check out your vehicle. The problems may be minor, but if you ignore what your car is telling you it could create major concerns down the road.

Here are a few common vehicle noises to be vigilant about:

**1. Shimmy, shimmy, shake**

If your steering wheel shudders a lot and you’re hearing louder than normal tire noise, it could mean your tires need balancing. If the vehicle is still not driving smoothly after your tires have been balanced, it usually means you must have your wheel alignment and suspension looked after.

**2. Just scraping by**

If you’re hearing loud, scraping noises as you slow down or make a turn, it’s a good chance your vehicle’s brakes need attention. When brakes start to wear out, you will hear about it. If the squealing has turned into scraping, that usually indicates metal rubbing against metal. The brake pads may be worn out and every time you brake one of the rotors is being damaged. Give your brakes a break and have them checked seasonally — spring and fall.

**3. Leave the chirping for the birds**

When your car starts to chirp or squeal when you step on the gas, it usually means a loose or slipping belt.

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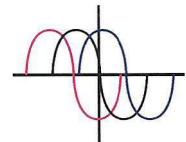
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## Baden Outlook Hockey Stats

Adults Pool			Kids Pool		
Place	Name	PTS	Place	Name	PTS
1	Paul Koenig	1056	1	Tyson Ruston	982
2	Shane Rooney	1052	2	Simon Marr	951
3	C J Eagleson	1051	3	Calvin Linthorne	947
4	Janet Knechtel	1046	4	Waylon Herlick	932
5	Derek Leis	1032	5	Joel Miller	924
6	Jesse Heibein	1023	6	Dallas Egli	919
7	Lois Kinney	1016	7	Xavier Kasper	916
8	Michael Vitello	1011	T8	Ryan Boronka	914
9	Steve Roth	1008	T8	Hudson Waechter	914
10	Geordy Fournier	1001	10	Cooper Hill	912
11	Papa Bob	1000	T11	Tessa Whitelaw	909
12	John Papa	997	T11	Hayden Jack	909
T13	Gavin Koenig	996	12	Aidan Miles	907
T13	Amanda Travers	996	14	Aiden Kooy	906
15	Tim E. Gowland	995	15	Evan Bizony	901
16	Charlie Baumbach	992	T16	Sofia Salese	898
17	Rick Hazelwood	986	T16	Taylor Naumann	898
18	Chris Young	983	18	Ryan Cutting	896
T19	Tim Wenn	979	19	Ryland Carney	890
T19	Ted Kinney	979	20	Lauryn Porchak	887
21	Tomy Rudd	978	T21	Trent Deckert	885
22	Liam Boronka	976	T21	Payton Egli	885
23	Zeke Heros	975	23	Easton Waechter	876
T24	Ryan Heinbuch	974	T24	Brooklin Hill	875
T24	Ryan Hadley	974	T24	Keaton Herlick	875
T26	R.J.W.	972	26	Cameron Langer	873
T26	Pamela Hadley	972	T27	Nathan Smith	872
T26	Deanna Carney	972	T27	Reese Faulhafer	872
29	Ian Kropf	970	29	Benjamin Linthorne	868
30	Steven Leskew	968	T30	Ronan Bastias	866

### Attention Sports Fans:

We are sorry to say that we will no longer be running the sports pools. We are wrapping up the hockey pool with our final year end winners. Thanks for playing with us—it's been great fun playing with you!



And the grand finale....

Congratulations to  
**Derek Leis** for taking the  
monthly Adult Leader  
Prize winning a gift  
certificate to **EJ's Baden Hotel.**



*(Remember Shane, CJ, and Janet, you can only win the monthly leader prize once).*

Hats off to **Paul Koenig** for being  
the final year end Adult Outlook  
Hockey Pool winner!

Congratulations to **Simon Marr**  
who took the kids monthly leader  
prize winning a gift certificate to  
**New Hamburg Lanes.**

Hats off to **Tyson Ruston**  
who won the final year  
end Outlook Hockey Pool!



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## COMEDY NIGHT AT EJ'S

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## New Hamburg Hockey Association

### 2019-2020 Rep Hockey Tryouts

Register before April 21, 2019 to be eligible for tryouts for a Rep team.  
Cost \$50

### 2019-2020 NHA Hockey Registration

Online Registration is now OPEN. Avoid disappointment and register EARLY. No registrations will be accepted after June 30, 2019 for the 2019-2020 season.

### 2018-2019 Annual General Meeting

Please join us at the Wilmot Recreation Centre on April 23<sup>rd</sup> at 7:00pm for our Annual General Meeting

Please visit our website for detailed information.



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## MIND BUSTERS!!

1. A group of soldiers were standing in the blistering sun facing due west. Their sergeant shouted at them:  
RIGHT TURN! ABOUT TURN! LEFT TURN!  
In which direction are the soldiers now facing?
2. Professor Quantum was on a dig for fossils and other artifacts in the far north. While digging through the layers of snow and frozen tundra he came across a perfectly preserved body of a man. Upon closer examination Quantum leaped for joy at the magnitude of his discovery. The frozen body was none other than that of Adam from the Bible. What was it about this body that convinced the professor that this was indeed Adam?
3. How can you physically stand behind your father while he is standing behind you?

*Answers on page 18*

*"Keeping the Community Connected"*



## EcoNugget

### Join a Spring Clean-up in your Community with family and friends

- The Baden Community Association Clean-up is April 27th.
- This year is the 49<sup>th</sup> anniversary of EARTH DAY.
- We need to do yearly clean-ups because so much trash is discarded needlessly.
- If you can't join an organized clean-up, do a community clean-up on your own or with family and friends.
- Recycling is good, but REDUCING AND REUSING are BETTER for conserving resources.
- Use reusable coffee cups, water bottles and bags.
- Avoid single use plastic and excess packaging.
- Strive for a Zero-Waste household.

### Let's make 2019 Earth Year!

Are you interested in climate change and other global environmental issues? Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns. Our next monthly meeting will be held at 7:00PM on Wednesday, April 24th.

**For meeting location or more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call 519-662-9372.**

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## You Must Be Joking!!



Yes...That's Him!

In a courtroom, a purse snatcher is on trial and the victim is stating what happened. She says, "Yes, that is him. I saw him clear as day and I'd remember his face anywhere." At which point the defendant burst out, "You couldn't see my face, lady, I was wearing a mask."

-----  
Stand in Line

A drill sergeant had just chewed out one of his cadets, and as he was walking away he turned to the cadet and said, "I guess when I die you'll come and dance on my grave." The cadet replied "No sir, not me Sarge! I promised myself that when I get out of the army I'd never stand in another line."

### ANSWERS FROM MIND BUSTER, PAGE 17

1. East — a right turn is 90 degrees, an about turn is 180 degrees, and a left turn is also 90 degrees. Therefore, the soldiers are now facing the east.
2. This body was missing what only Adam or Eve would be missing: a belly button.
3. The two of you must stand back to back.



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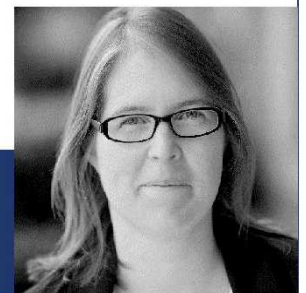


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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Spencer Hammond and Katrina (who took the photo) took their children Lucy, Crosby, and Tilly and the Baden Outlook along with them on their vacation to Cuba.



Deb Vinski took the Baden Outlook with her on vacation to Cuba and met up with Ismel at "El Bodegon Del Gordo" (*The Still Life of the Fat Man*) and enjoyed the best paella in Veradero.



Donna and Leif Nielsen took their Outlook along as they joined their daughter Sherry, son-in-law Greg, and granddaughter Beth in Davenport, Florida to chill out, where the only ice they saw was in their drinks.



Amy, Brayden, Mike and Ciara Williams took the Baden Outlook along with on their MSC Seaside Cruise and to Miami Beach!

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Brian and Irene Allison took the Baden Outlook along on their Asian cruise. They are on Mujajima Island visiting the Itsukushima Shrine which is famous for the large Red Torri gate and is a world heritage site where they took this photo. Shortly afterwards, the tide came in and this would not have been possible. This lovely island is across from Hiroshima, Japan and can only be reached by ferry.



Enjoying their time with the Baden Outlook on a cruise in the western Caribbean were residents of Foxboro Green Bob and Jean Norman, Don and Annette Kasta, Keith and Karen Lyon, Chris and Donna Wright.

Brian and Rosemary Fisher are on the beach in Gulf Shores, Alabama with their Baden Outlook enjoying the sun, sand, and warm weather in their winter home.



Don't forget to pack your Baden Outlook when going on vacation!



**Karen Weber**  
Owner/Consultant



**Traci Jutzi**  
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**Kristina Ziegler**  
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## HOW TO CHOOSE THE RIGHT MATTRESS

By Dr. John A. Papa, DC, FCCP(OR)(C)



Choosing the right mattress can go a long way in determining the quality of your sleep. Using a mattress that does not provide adequate support and comfort can also be a significant source of muscle and joint pain, especially in the shoulder, back, and hip regions.



The right mattress is usually defined as any mattress that helps a person sleep well, so that they wake up feeling rested and without pain and stiffness. However, there is no single best mattress for everyone as there are a variety of factors that go into choosing the right mattress.

Below are some useful tips that can help you find the mattress that's right for you:

- **Consider how the mattress is made.** Mattress support is determined by the internal architecture of the mattress. This can include innerspring coil mattresses (most common), memory foam, latex, and air mattresses. Some manufacturers also include additional padding on top of the mattress for extra comfort, but this may not be necessary for all individuals. Each of these mattress types offer unique advantages and disadvantages, along with different degrees of support and comfort.
- **Sleep experts recommend replacing your mattress on average every 8-10 years or sooner.** Look for visible

sagging and/or material breakdown as a sign to replace your mattress. Over time, an old mattress that had originally been comfortable may no longer be providing the support it once did. In addition, mattresses collect dust mites and other germs that can exacerbate allergies and impact sleep.

- **Consider your physical health.** Sleeping with painful conditions such as osteoarthritis, hip bursitis, and degenerative disc disease can be minimized by choosing the right mattress that offers the correct support where you need it.
- **Sleeping position(s) can play a role in determining the mattress firmness and support you need.** So try before you buy. Lay on a variety of mattresses (i.e. *firm, medium, pillow top*) for at least 10-15 minutes in several simulated sleep positions to get a sense of how the mattress feels. Generally speaking, back and stomach sleepers tend to prefer a more firm mattress than side-sleepers.
- **Shop at stores that specialize in mattresses.** These stores will offer a diverse range of choices and other important factors such as manufacturer and comfort warranties.
- **The right mattress achieves a balance between comfort and support.** A mattress that is too firm may cause discomfort in pressure points such as the hips. A mattress that is too soft may not offer enough support and cause pain and stiffness. Most people do well with a medium-firm mattress. However, at the end of the day, a person's overall comfort level will determine which mattress is right for them.

If you experience muscle and joint pain that is causing difficulty with your sleep, you should contact a licensed health professional who deals in the diagnosis and treatment of these conditions.

*This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.*



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Please email [info@canadalinc.com](mailto:info@canadalinc.com) or call **519-884-1103** for more information.

- Answers from Have a Little Pun from page 9
1. Stephen King
  2. Arnold Swartzenegger
  3. Michael Jackson
  4. Thomas Edison
  5. Fred Astaire
- Answers from Spring Quiz From page 13
- |           |          |
|-----------|----------|
| 1. SPRING | 4. BIRD  |
| 2. FLOWER | 5. BREAK |
| 3. RAIN   | 6. WEED  |



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# The Change of the Times

1979	2019
Long hair	Longing for hair
KEG	EKG
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Disco	Costco
Whatever	Depends



Max and Lily Demerling just couldn't resist the recent snowfall and made a snowman... or snow kid! Yes, that is Max inside the snow man and sister Lily proud of her creation.

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# Community Corner ~ Check Out What's Going On!



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**Canadian  
Blood  
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## Blood Donor Clinic

Monday, April 22, & May 20, 5 pm - 8 pm  
Steinmann Mennonite Church  
1316 Snyder's Road W., Baden

## New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brenneman  
Welcome Wagon Representative  
519-591-5963 [marlene.brenneman@gmail.com](mailto:marlene.brenneman@gmail.com)



## Wilmot Family Resource Centre

### FAMILY VIOLENCE PREVENTION PROGRAM

There are many ways a person can abuse. Abuse is about intimidation and control and comes in many forms.

- ◆ PHYSICAL ABUSE
- ◆ SEXUAL ABUSE
- ◆ VERBAL ABUSE
- ◆ EMOTIONAL ABUSE
- ◆ FINANCIAL ABUSE



*If you are experiencing any form of abuse and would like help, contact Kelly at Wilmot Family Resource Centre Family Violence Prevention Program*

[kelly@wilmotfamilyresourcecentre.ca](mailto:kelly@wilmotfamilyresourcecentre.ca) / 519 662-2731

## WFRC Volunteers (Past and Present)

*You are invited to a*

### Volunteer Reunion and Appreciation Evening

*hosted by Wilmot Family Resource Centre!*

Thursday, April 25, 2019  
6:30 PM to 8:30 PM

New Hamburg Community Centre  
251 Jacob St., New Hamburg



The family of Rod and Doris Weber invite friends, neighbours and family to help celebrate their 65th wedding anniversary on Sunday June 2, 2019. The event will include a hymn sing (2:30 - 3:30 pm), followed by an open house (3:30 - 5:00 pm) at Mannheim Mennonite Church. Best wishes only.

## T.O.P.S. (Take Off Pounds Sensibly)

We are a support group for weight loss. Meetings are held on Tuesday evenings St. James Lutheran Church, 66 Mill Street, Baden Weigh-ins at 6:30 pm followed by a short meeting. For more information call 519-634-9690 Everyone Welcome.

**To RSVP:** Call Mary at 519-662-2731 ext. 210 or email [mary@wilmotfamilyresourcecentre.ca](mailto:mary@wilmotfamilyresourcecentre.ca) or Register online: <http://bit.ly/WFRCVolunteerReunion>

This event will bring together WFRC volunteers from past and present for an evening of mingling and enjoyment. Also, it is an opportunity for us to demonstrate our appreciation of you!

Upstairs in the New Hamburg Community Centre is where the meet and mingle will be held.

At 7pm, our youth volunteers are welcome to take part in the games and activities led by our Child and Youth staff downstairs in the arena.

If you know someone (family member, team mate, friend, colleague, or neighbour) who volunteered with us in the past, please pass this invitation on to them. We don't want to miss anyone!

[wilmotfamilyresourcecentre.ca](http://wilmotfamilyresourcecentre.ca)

Wilmot Family Resource Centre

Unit 1-175 Waterloo St.  
New Hamburg, ON N3A 1S3  
t: 519.662.2731  
f: 519.662.2158  
e: [wirc@bellnet.ca](mailto:wirc@bellnet.ca)

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## 2019 Annual New Hamburg Art Tour

**CALL FOR ARTISTS** ~ Application & Information

**Key Dates: Application Deadline: May 31, 2019**  
**Tour Date: Saturday September 21, 2019, 10am – 4pm**

**Eligibility:** The New Hamburg Art Tour is open to Artists of all genres living in Waterloo Region.

### Guidelines:

1. Entries must not be copies, or based in any way on other copyrighted or published paintings, photographs of other artistic work.
2. Artwork must be in excellent condition and priced accordingly
4. Artists are expected to be in attendance for the duration of the tour.

### Application Requirements:

1. **Digital Images:** – 3 to 4 digital images of paintings/ sculptures indicative of the works you would bring to the tour, emailed to [newhamburgarttour@gmail.com](mailto:newhamburgarttour@gmail.com) along with a brief artist's bio.
2. **Application Fee: \$60** paid via cash, cheque or e-transfer (further payment details to follow if selected for the tour).

### Selection Process:

1. All submitted works will be juried by the New Hamburg Art Tour selection committee.
2. Artists who have shown in previous years are welcome to re-apply. It is suggested that your new and current works be shown, as opposed to those from previous years.
3. Applicants will be notified by email mid-June.
4. The application fee and all contact info will be due by June 30, 2019.
5. The New Hamburg Art Tour reserves the right to use submitted photographed work for publicity (promotional postcards, ads, social media and brochure) and reference purposes.

### Contact Information :

e-mail: [newhamburgarttour@gmail.com](mailto:newhamburgarttour@gmail.com)



## New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

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Friday, April 26<sup>th</sup>, 6 pm  
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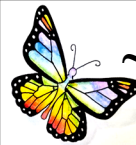
Express Lunch - Friday, May 3<sup>rd</sup>, 12-1 pm  
Beef on bun, soup, salad & dessert  
\$6 advance \$8 at the door



The New Hamburg Lioness will be hosting a Bake Sale Saturday, April 27th at the Wilmot Rec Complex during Interfaith's Silent Auction.



All proceeds go to Interfaith Counselling Centre



## ~ Fly Away Arts ~

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A Play written by Lisa Hagen

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Fri. May 17 - 8 pm

Sat. May 18 - 2 pm & 8 pm

Sun. May 19 - 2 pm & 8 pm



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New Hamburg Community Centre

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## CLIMATE CHANGE: TIME FOR CHANGE?

*Lecture Series Continues* ~ Climate change is one of the greatest challenges confronting humanity. International scientific studies indicate that time for dealing effectively with this issue is running out. What are the choices confronting us as citizens, producers and consumers? This series of lectures is designed to help us explore our options and their consequences.

April 17. **Climate Change and the Food Industry**

Speaker: Mr. Bill Fleming, Franchise Owner, Sobeys New Hamburg

April 24. **Electric Vehicles: Myths and Reality**

Speaker: Mr. Andy Wilson, Retired Computer Database Architect & Electric Car Owner

All presentations take place at St. George's Anglican Church, 3 Byron St., New Hamburg. 2-4 p.m. Cost: \$20 for the entire lecture series, or \$6 per lecture at the door

To register, please go to <https://stgeorgesnewhamburg.com> and download registration form, or contact the church office at 519-662-3450.

April has arrived. BeADonor month is a nationwide campaign to encourage people to consider organ and tissue donation. Are you and your family members registered organ and tissue donors?

WALDA, Wilmot Area Life Donation Awareness, is a volunteer not-for-profit organization whose aim is to build awareness within our communities around the need for and how to register consent to become an organ & tissue donor. Visit a local drive at [www.beadonor.ca/campaign/wilmot-be-a-donor-drive](http://www.beadonor.ca/campaign/wilmot-be-a-donor-drive) to register your consent.

WALDA would like to introduce Charles Cook, a Kitchener resident and a multiple transplant recipient (heart transplant April 2016 and kidney transplant October 2017). Here is an abbreviated version of his heart transplant journey:



“I was born with a heart condition called HCM which stands for Hypertrophic Cardiomyopathy. Over time HCM caused the muscles in the walls of my left ventricle to lose their ability to contract properly which sent me into heart failure. Following is an account of what happened when my heart finally wore out.

“On January 14, 2015 I went to Toronto General Hospital for a checkup and I didn’t get to go home for 100 days! During my stay, I underwent mechanical heart surgery or Left Ventricular Assist Device (LVAD) surgery as it is also known. I caught an infection from the surgery which led to many others. I spent the remainder of my time in the hospital fighting off one infection after another.

“After I was discharged, I came home for 3 weeks before I was asked to return to TGH for testing and observation. The doctors determined that there was a malfunction in my new LVAD and it needed to be replaced. So, I had a second LVAD surgery which went off without a hitch. I was placed on the heart transplant waiting list 3 months later. I was told to expect to wait between 2 to 3 years for my heart because of my blood type which is O+.

“I received **The Call** for my heart transplant surgery 9 months after I had been placed on the waiting list! I had

convinced myself that things could not have worked out so quickly for me. I was wrong! I was rolled into the OR around 7 in the evening on April 23, 2016. I was brought out of the OR around 7 in the morning of April 24th with someone else’s heart in my chest!

“When I woke up in my recovery room I realized that I was still alive and that the surgery had been a success. I had never felt so thankful, so humble and so unworthy all at the same time. I couldn’t think of a single thing that I had ever done in my life that made me worthy of receiving such a precious gift. I struggled with these feelings for weeks often bursting out in tears when my emotions got the better of me.

“I was finally able to get right with my unexpected good fortune by thinking about what the mindset of my donor must have been. My donor had to have been an individual who within their final wishes wanted to do something to help someone else have a chance at a better life. Now if that ain’t paying it forward then I just don’t know what is.

“I decided to live my new life in a way that honoured my donor and their family by doing whatever I could to pay it forward to all of the patients who were coming along behind me. I share my story with the hope that it will benefit others. I thank you for taking the time to read it.”

To learn more about Charles and his multiple transplants visit his blog [www.keepbangin.com](http://www.keepbangin.com).

Organ and Tissue donation saves lives, register at [www.beadonor.ca/campaign/wilmot-be-a-donor-drive](http://www.beadonor.ca/campaign/wilmot-be-a-donor-drive)

Submitted by: Ryan Morrison, Heart transplant recipient & New Hamburg resident.

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## THE WILMOT MARKET IS ON THE MOVE

The Wilmot Summer Market will be returning for another season this year but in a new location and on a new day! We are excited to announce that the Market will pair up with Cruisin' on the Pond's popular Wednesday night timeslot.

The market will be located in the parking lot of the Wilmot Seniors' Woodworking and Craft Shop, 27 Beck Street, Baden.

A grand opening is in the planning stages for Wednesday, May 29, with the official market season running from June 5 to August 28. The market will run from 5 pm to 8 pm.

New vendors will be joining us this year! We are looking for produce vendors/farmers to join our market. If you are a local business looking for an opportunity to showcase your products or services please go to our website to register. We have limited spots remaining.

Website: [wilmotsummermarket.wixsite.com/market](http://wilmotsummermarket.wixsite.com/market)  
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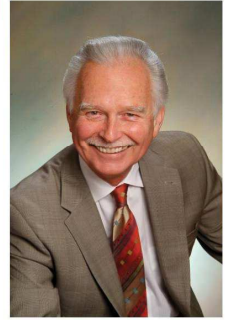
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## You Must Be Joking!!



### Hilarious What Kids Think

#### The Elderly ~

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will not believe this!"

#### Dress-Up ~

A little girl was watching her parents dress up for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit."

"Oh, and why not sweetie?"

"You know that it always gives you a headache the next morning."



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# Let's Help Feed Our Neighbours

Submitted by Diana Sutherland, Zehrs In-Store Registered Dietitian



Spring is finally in the air! As we all look forward to wearing less layers of clothing, we can also look forward to gardening and summer plans. For many of us, we are very fortunate in the sense that providing food for our families is as simple as going to the grocery store to pick up fresh produce and weekly staples as needed to make our weekly meals. But this is not the case for all Canadians.

According to the Food Banks Canada HungerCount 2018 report, there were 1.1 million visits to food banks in March 2018 and, overall, 35 per cent of those who visited the food bank last year were children.



**Feeding the Community**

Food bank donations peak in the winter around the holiday season and are often at their lowest in the spring and summer months. This spring, as we gather around our dinner tables to eat together with our families and friends, let's think of our neighbours and share what we can with others.

Donating is as easy as picking up a few extra items next time you do your grocery shopping and adding them to the donation bin at the front of your local grocery store. Some all-star items to consider donating: no-salt-added beans and vegetables, canned fruit and apple sauce (check for no-sugar-added options), dried fruit and fruit bars, and whole grain cereals with less than 8 grams of sugar and more than 4 grams of fibre per serving.

While non-perishable food items are always put to good use, monetary donations are also very useful to local area food banks, as it allows them the flexibility to purchase fresh grocery items such as seasonal local

produce, dairy products, meat and bread.

So, this spring, let's share a little bit of our fortune and lend a helping hand to those in need. Check with your local grocery store to see if they accept donations for the food bank. Let's support our community and ensure that no one goes hungry!

As the warmer weather sets in, enjoy the fresh citrus flavour in this simple chia pudding recipe:

## Orange Creamsicle Chia Pudding

1 cup (250 mL)	Light coconut milk (from a can)
2	Navel oranges
¼ cup (50 mL)	Black chia seeds
1 Tbsp (15 mL)	Honey
¼ tsp (1 mL)	Pure Vanilla Extract

- \* Segment one orange; cut each segment into thirds and set aside in small bowl.
- \* Grate rind off the second orange using a fine-holed grater then squeeze juice from orange; place both in large bowl. Stir in coconut milk, chia, honey and vanilla until well combined.
- \* Cover and refrigerate about 1 to 2 hours or until chia has absorbed all of the liquid. Divide pudding among four small serving bowls; top with sliced orange segments. Serve immediately.

Very high in fibre. Makes: 4 servings

Nutrients per servings: 574 Calories, Fat 0g, Sodium 4mg, Carbohydrates 16g, Fiber 6g, Protein 3g.

# HERITAGE

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St. James Lutheran Church, 66 Mill Street,  
Baden is pleased to announce a special  
evening of music with Jake & Chelsea Stern.

Sunday, May 5 at 7 p.m. at the church.

Free will offering. Refreshments.

Everyone is welcome!



**The Kitchen Table**  
Tea, coffee and conversation  
for seniors

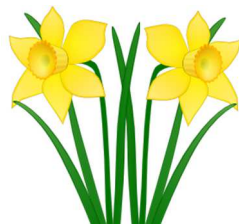
Join in the Conversation for Seniors

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg  
519-634-5030**

Tuesday, April 30th, 12-2

Topic: Lens on Life – Julia Maier  
A light lunch will be served at noon.

Happy Easter!



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for a directory of local churches.



**Wilmot Mennonite Church**

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones  
519-634-5030 [www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

**ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden, ON

519-634-5191 [www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)  
Interim Pastor: Bonnie Schelter-Brown

Sunday Worship 9 am / Sunday School



**Livingston Presbyterian Church**

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am  
Moderator: Linda Ashfield, 519-886-4150

**Emmanuel Lutheran Church**

1716 Snyder's Road East, Petersburg, ON

519-634-5511 [www.petersburgchurch.org](http://www.petersburgchurch.org)

\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School

**SHANTZ MENNONITE CHURCH**

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / [www.shantzmc.ca](http://www.shantzmc.ca)

Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

*Wilmot Centre Missionary Church*

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am

Rev. Wayne Domm

519-634-8687 [www.wcmc.ca](http://www.wcmc.ca)

**Steinman Mennonite Church**

1316 Snyder's Rd. W. (at Nafziger Rd), Baden

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / [www.smchurch.ca](http://www.smchurch.ca)





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All proceeds benefit the work of Mennonite Central Committee

## You Must Be Joking!!

Hilarious What Kids Think



At School ~ A little girl had just finished her first week of school. With hands on her hips she stated: "I'm just wasting my time at school. I can't read, I can't write, and they won't let me talk!"

Opinions ~ on the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

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April is volunteer month and we celebrate over 450 volunteers. When we try to define volunteerism, it is generally considered an altruistic activity where an individual or group provides services for no financial gain. Volunteering is also renowned for skill development, and it is often intended to promote goodness or to improve human quality of life. Volunteering has positive benefits for the volunteer as well as for the person or community served.



The benefits of volunteering are countless. For instance, many journals and reports have studied the benefits of volunteering in recent years. They find that volunteering is one of the best things you can do for yourself and the world. Why? Because we want to make an impact on others, but we are also caring for ourselves and our immediate social networks.

At the New Hamburg Thrift Centre, we are very thankful for all our hard working, committed, generous, gifted volunteers. Our volunteers are the heart of our organization. Did you know that just last year our volunteers worked over **61,541** hours? Amazing! Our Volunteers are giving their time, energy, and resources freely to support the work of MCC around the world and creating change on a global scale. It is incredible to think that one person's efforts can change the life of someone else somewhere in the world. If you are ready to make friends, improve your mental and physical health, and maybe develop new skills along the way, start volunteering. You can change your life and the lives of others when you do. Don't overlook the benefits of volunteering. Embrace them!

We are looking for volunteers during the month of May. May is our **Annual Perennial Sale** and there are still a number of jobs available! Volunteers are needed on cash, watering plants, potting plants, etc. No experience needed. If you want to learn more about plants and meet new people, this volunteer opportunity is for you. Call the store 519-662-2867 for more information. If you are plant enthusiasts, you are encouraged to share your perennials by donating plants (in 6" – 8" pots) after they are divided in the spring. We start accepting donations **April 25**. Identifying donations with the plant name and colour is helpful. Donations of garden tools are also accepted.



**New Hamburg  
Royal Canadian Legion**



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**Hall Rentals**

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Wilmot Township has had its share of individuals who possess what could be termed an entrepreneurial spirit. Our community is not alone in making this claim, as many places can point out people who went on to play a prominent role in business, sports or politics, or who played an interesting role in their community and, in some cases, beyond. Sometimes, these individuals were considered to be ahead of their time, innovative and representative of a practical hands-on approach to life. An approach which seems to have been lost in today's technology based lifestyle.

One such individual is Abraham Gingerich who resided south of Baden on Wilmot Centre Road. Abraham's grandfather, Jacob, was a wagon builder who built wagons for Napoleon before arriving in Wilmot Township around 1823. Jacob purchased land, cleared it for farming, and utilized the oak forest to make wagons from the lumber. He also built homes and barns using his woodworking skills. Rudolph, Abraham's father, carried on with the farm along with his son, John. Abraham, however, purchased a 50-acre farm nearby and pursued a fascination with electricity. Hydroelectricity had come to towns and villages in the area, Berlin in 1910 and later New Hamburg and Baden; however, it was not yet available in rural areas. Abraham decided he would generate his own hydroelectric power. He travelled by train from Baden to Guelph in 1912 and purchased a 10 kilowatt generating set for \$185. Utilizing the ingenuity he had picked up from his grandfather, Abraham developed his own generating system using a spring fed creek to power

his system. Water from a pond created on the farm was channeled into a drainage ditch which formed a gradually descending waterfall. After initial difficulties, Abraham visited Queenston and observed the construction of the Ontario Hydro Electric's Power Commission's new generating plant. He returned and made alterations to his "plant". Embankments were added, the ditch was excavated and concrete work completed. Abraham was able to create a head of 17 feet and channeled the water through a two-inch pipe, which turned a homemade undershot waterwheel that Abraham designed and built himself. The waterwheel was connected to the generator, Abraham had purchased, by a driving wheel and a belt.



Abraham pointing out his turbine amongst the ruins of his power generating building

Abraham used his power plant from 1912-1927. He wired his buildings and used the power to operate a churn, cream separator, feed cutter, and fanning mill. He also operated a butcher business for ten years with his own refrigeration. When rural hydro became available on Wilmot Centre Road, Abraham was one of the first farmers to sign up, thereby ending the need for his power generating plant.



The undershot waterwheel designed and built by Abraham Gingerich

Today, the farm is owned by Stewart Gingerich, Abraham's grandson, who gave me the material and photographs for this article. One story which Stewart told me about his father was that Abraham would tell him to run and let his mother know that it was okay to iron as the power was on. Abraham truly represents the pioneering spirit which many of our ancestors possessed and served as the basis for making our community the great place it is today.

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## SSSH... Computer is resting!

By Anthony Kurevija



Shut down, sleep, standby, hibernate... What does it all mean? What should you do when you're not using your computer? For years there has been debate whether to leave your computer running 24/7, or to shut it down when finished using it.

Shutting down a computer stops all the programs from running, then completely turns off the computer so it does not consume any power. One thought is that running your computer 24/7 will result in consuming a lot of unnecessary power and will wear out the components faster. The flip side of this is that turning it on and off each time causes continual heat/cool or "desert effect" cycles which are also not ideal for electronics; it causes expanding/contracting of the fan/drive bearings, components and solder points which would be less prevalent if components stayed running and hot the entire time. Leaving the computer on does mean that there isn't a delay for startup.

Putting the computer to sleep is another term used when referring to the standby state. Standby is when the computer keeps all your programs "open", but halts the processor from doing any work and cuts power to all non-critical components. This still consumes power, but a very small amount. While most people consider the computer to be still "running" when in standby, all the components will cool down just like if the computer was shutdown.

Hibernate is a feature that most people have not heard of, and

may not know even exists. Although Hibernation can be forced manually, on Windows XP through Windows 10 it has been more of a silent feature that activates when necessary. Basically, hibernation allows the computer to keep all your programs "open", but also fully shut down the computer so that it consumes no power. On a typical laptop computer, the power settings will be configured so that if the laptop is put to sleep (i.e. by closing the lid), the computer will remain in sleep mode for a period of time. If the computer is sleeping for an extended period of time, the computer will wake up and put itself into hibernation. On laptops, this primarily exists to prevent your laptop from running out of battery because it was sitting asleep for several days.

So, the verdict: Basically, one could argue either side and I don't believe either would be necessarily wrong. Modern computers come pre-configured to sleep after a period of time, which I believe is sufficient for the average user. For many years, I had run my main workstations 24/7. As a power user these days, I turn off the power management features on my workstations as I often leave my computers running a task that I don't want interrupted; however, I do shutdown, sleep or hibernate the computer when finished. I've not noticed any significant change, increase or decrease in the reliability of my components since changing methods.



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“There is no time like spring, when life’s alive in everything.”  
 ~ English poet Christina Rossetti

Spring is officially here but the warmup is off to a very slow start!

Planting season is just beginning, so how do you maximize your budget? Here are some tips:

- 1: **Start With a List:** determine your needs and stick to the list!
- 2: **Look for Mark-Downs:** buy discounted plants only if you feel it will recover or you don't care what colour it will be and if you have a spot for it.
- 3: **Save With Perennials:** there is a wide selection and they return each year. Talk to your nursery staff stating the colour you want, size, and your light and soil conditions. There are many dwarf versions. You save money because these plants come back every year.
- 4: **Divide and Conquer:** buy perennials that you can divide, like daylilies and hosta. Many have new offspring from seed such as purple coneflower and coreopsis.
- 5: **Choose Seeds:** some seeds, like zinnias, Rudbeckia (Black-eyed Susan) and sunflowers, come up fast and are easy to grow.
- 6: **Save Your Receipt:** some nurseries have warranties, so they will replace plants that die.
- 7: **Shop at the End of the Season:** nurseries and garden centres often cut prices at the end of the growing season. Before you buy, find out how to care for these.
- 8: **Be a Loyal Shopper:** sign up to receive emails to find out about discounts, sales, or news about special promotions.
- 9: **Buy in Bulk:** flats of plants are usually cheaper. If you don't have room for 18 marigolds or vincas (a standard flat holds 18 plants), split your purchase with a fellow gardener.
- 10: **Buy Small:** opt for smaller sizes of perennials, flowering shrubs, trees and other plants. Unless they're especially slow-growing, they'll soon catch up with their bigger, more expensive, bigger relatives.
- 11: **Buy Bare Roots:** buy bare root trees, roses and shrubs. They're less expensive than potted plants and they're sold while they're dormant, which lessens the shock of transplanting and makes them more likely to survive.
- 12: **Shop Around:** check for competitive prices at your local hardware or feed-and-seed store when you're in the market for a new shovel, hand tools, bulk garden seeds or fertilizer.



WHS's upcoming meeting is at **7:00 pm, Mon. May 7<sup>th</sup> Gardeners' Show and Share & WHS Youth Competition.**  
**Speaker: Kelly Fran Davis** is a member of the Cayuga nation, wolf clan and the Haudenosaunee Confederacy of the Grand River territory. **Topic: Haudenosaunee teachings** that encourage one to obtain and maintain a 'Good Mind' through understanding our **connection to our natural environment**; also teachings about the relationships necessary to maintain a good way of living with our natural environment and our responsibility to our future generations. Bring the whole family for the **Seed and Plant Swap, Silent Auction**, local horticulture related businesses will be there. For the **Show and Share**, bring a favourite houseplant, photo, cut flowers or greens, an arrangement, favourite gadget, outdoor plant or a work of art.

Come and enjoy an evening with other gardeners or dream-to-be gardeners. **Wilmot Recreation Complex, upstairs in Meeting Room A.** Free meeting, 50/50 draw (bring a loonie or toonie), Penny Auction (**Silent Auction for Youth Program so bring money!**) and social with tea/coffee/pie/snacks. Lug-a-Mug Please!

*Get your fingernails and knees dirty!*

[www.gardenontario.org/site.php/wilmot](http://www.gardenontario.org/site.php/wilmot)

email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)

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#200-Rick Skimson (Tavistock)- \$200 / #100-Carol Locke (New Hamburg) -\$100**

## Responding Instead of Reacting to Internet Threats

By Brooke Willis, MSW, RSW -Therapeutic Counsellor



If you are like me, you heard about the Momo challenge and immediately told everyone you know to monitor their kids on the internet and screen YouTube until the end of time. I laid eyes on that terrifying face and reacted immediately. I later found out it was a hoax, but I also know there have been times in the past when internet hoaxes have gained ground and become real threats.



There are a lot of scary things on the internet; challenges that encourage dangerous or harmful behaviours, fake news and clickbait that make it hard to know what information we can trust, and content or images that can be traumatizing. Knowing of these and the harm they cause can compel us to jump into action and react quickly. But a quick reaction is not always the most effective. Especially in the face of something designed to take advantage of our fears and shame, it can be really important to sit with your discomfort and take time to reflect, gather information, and discuss ideas before moving into action.

Many things on the internet, and life in general, prey on our emotions in order to get a quick reaction. Being able to remember it's okay not to hold a strong opinion on something until you feel you have gathered enough information is an option we often forget we have. Sometimes making no decision is the best decision. This allows us to move away from

immediate and impulsive reactions, towards well thought out responses.

This can be especially important when something is igniting our fear. Fear is an emotion that compels us to jump into action. Unfortunately, jumping into action before having a chance to process the emotion and gather our thoughts often means we are spreading more fear to others and causing a lot of action without thinking things through. People with malicious intentions know this, and will look to use it to their advantage in an attempt to manipulate us. The internet gives them the perfect platform.

Learning to respond instead of react allows us to maintain our boundaries of control. Being able to take a step back to process and think gives us clarity over our motivations and values which in turn allows us to make informed decisions, without fear in the driver's seat. When it comes to difficult things on the internet, especially when it comes to our children, responding allows for you to approach your child for a helpful conversation. It allows you to teach them how to have a healthy level of skepticism, how to make good choices, and why it's important to have an adult to keep them safe. If once we've gathered enough information and thought things through the decision is to screen YouTube and increase monitoring of our children, that's fine. But the decision will be made in the best interest of everyone instead of out of fear, which will always lead to a more positive outcome.

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Theatre Wellesley's spring production of Willow Quartet by Joan Borrows is a riveting story about the aftermath of a tragedy that ends Kim and Ben's marriage. Kim finds herself back

in her childhood home, a quiet farm away from the city. Here, she invites Jim, a visiting musician, to stay with her in a bed-and-breakfast arrangement. However Ben and Marjorie (Kim's mother) have other thoughts about this arrangement. It's not long before Kim becomes infatuated with Jim's sophistication and charm, and his ability to make her forget her anguish temporarily, until it inevitably boils to the surface. With Jim at her side, Kim struggles to navigate through her unresolved grief and begins to explore her buried feelings until eventually she finds what can be her new normal. Willow Quartet is an emotional drama about choices, consequences, and ultimately, forgiveness; allowing the actors some amazing opportunity to stretch and grow in these characters. The acting ensemble has

the familiar faces of Dave McNorgan (Jim), John Settle (Ben), Lori Hoelscher (Kim) and a returning Theatre Wellesley actor Mary Beth Jantzi (Marjorie). The show is being directed by long time Theatre Wellesley alum Al Strong and will be performed in Theatre Wellesley's Studio Space. The space will seat 30 people each show, making it a very intimate setting where you feel like you are right there in the scene with the actors.



*The show runs April 26, 27 & 28 and May 3, 4 & 5. Friday shows are at 8pm, Saturday shows 2pm & 8pm and Sunday Shows 2pm. Located at 1137 Henry St. in Wellesley. This space is not wheelchair accessible. Tickets are \$17 and can be ordered via their website [www.theatrewellesley.com](http://www.theatrewellesley.com). Don't forget to like their Facebook and Instagram pages @TheatreWellesley.*



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## ATTENTION BOY & GIRLS OF WILMOT: JOIN THE LOCAL SCOUT CLUBS



Give your kids the great experience of being part of a Scout Club. Eric Durham is starting up a Beaver Scout Colony in Baden, which is intended for boys and girls aged 5 to 7 years old. The group will meet at Baden Public School on Monday evenings from 6:30 pm to 7:30 pm. There will be an open house and information session on Monday, May 27 from 6:30 pm to 8:30 pm. Anyone who would like more information is welcome to come out; people can also sign up at the info session if they wish. You may contact Eric Durham at 226-791-2513, or email [eric.durham@scouts.ca](mailto:eric.durham@scouts.ca)

They are also asking for volunteers to help run the Beaver Scout Colony. Anyone who would like to know more about volunteering can contact Eric Durham directly, or ask at the information session, or visit our booth at the Baden Community Association volunteer fair on Saturday,

May 11, at the Wilmot Rec Complex. Folks can find the new Beaver Scout group on facebook @WilmotBeaverScouts

There is currently a Cub Scout Pack operating in New Hamburg. They meet at the New Hamburg Community Centre from 7:00pm to 8:30pm. Cub Scouts are for boys and girls aged 8 to 10. There are also plans afoot to start a Scout Troop in New Hamburg. Scouts are for boys and girls 11 to 14. Meeting details are yet to be determined.

Gerald Knight is the person in charge of the New Hamburg Cub Scouts, and who is working to start the Scout Troop. Gerald and Eric are planning to move forward together. Between them, they will offer Scouting to youth in Baden and New Hamburg.

## VOLUNTEER



Shout out of love and appreciation to our wonderful proofreaders Kendra and Lil, for doing what they do best... and making us look good!



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