

# Baden Outlook

Your Monthly Newsletter  
"Keeping the Community Connected"

What do you see  
from your window?



Baden's front porch goose wearing Fred's workshop safety mask. Submitted by Dorothy Pikor



Shhh... I hear dinner coming!  
Submitted by Mike Jennings



Thanks for the daffodils Rosi! ♥



This paper is priceless - Please have one!



Wow! More exciting destinations as *The Baden Outlook* continues to travel to Cuba, Portugal, Grand Canyon, Turks and Caicos and Florida... see more pics on page 35 ...



Lynn Ramsay and Dianne Brackenbury (Foxboro Green) took the Baden Outlook to Portugal.



Mike and Helen Trotter sitting on the South Rim of Grand Canyon with their Baden Outlook.



Bryan and Mary Pfaff took the Outlook on vacation to the beautiful Turks & Caicos islands. This picture was taken just after Bryan rescued it after it had fallen in the pool. Apparently it can't swim.



The Baden Outlook went to sea with Carson, Leah, and Cole in the front with the Captain. These three daredevils just finished parasailing on the Gulf of Mexico in Englewood, Florida.

# Greetings from Headquarters ~

Hello, fellow friends and readers! I feel so blessed to be able to sit in my home safely and create the April issue while so many cannot go to work, or have to go to work in precarious places in this very scary time. I wish this were some Earthly April Fool's Joke and not a place in time where our lives have been flipped upside down like we've never known before. I will admit that, during the first week, I was a bit naïve over the enormity of the situation. Now I must guard myself from too much media input, so the fear of the situation doesn't get the best of me. Most recently my books of choice to read have been about war times; it's a history lesson but also most intriguing to learn of the way people lived during those times that seem unreal to me. In some ways, we are now living that way with curfews, quarantines, and food rationing to stay safe, with our government leaders giving us daily updates and guidelines on how to carry on.



As you can see in my profile pic this month, I am having fun doing jigsaw puzzles. We putter away at them for days and are getting more courageous, choosing larger and more difficult puzzles. I feel lucky that we've been in retirement mode for a few months now and are feeling quite comfortable with being with each other 24-7... or is it 24-14, 24-30? But some couples and families could be feeling quite stressed out with everyone crammed together in the house—which doesn't bring out the best in anyone. I hope you know when to walk away, sit quietly alone, or go out to the yard and stretch your legs if close proximity to others is challenging for you. Listening to music while playing cards and games is another fun way that we pass the time; it helps to keep us feeling relaxed. I admit that being lazy is getting easier with movies, snacks, and books, but I do realize it is not a good thing in the long term and will be sure that it will not be my new normal.



Our son Mike takes his girls to have a safe distance balcony visit with his Grandma Cook.

In this issue, there are quotations and words of wisdom from professionals that could help support you, like the articles from Interfaith Council on page 13 and from therapist Colleen Hesch on page 26. When it comes to our finances and the stock market, Joe has some insight for us on page 21. We have learned that the Wilmot Key Quest is being postponed and waiting for better days to return. Check out page 7 from the Waterloo Region Library on the status of events there. Interesting how the chickadees self-isolate; may we learn from them on page 11.

There is a feel-good story on being a good neighbour on page 31, and as April is Organ Donor Awareness month you will enjoy the story of a live donor who gave of herself for a good cause on page 30. On a lighter note, you have our usual quizzes, quotes, and trivia to entertain you. It's been quite interesting to see how many have kept busy sharing messages of inspiration with sidewalk chalk art and the clever ways to visit grandparents and other friends and family. We have seen lit up angels and porch candles burning, not to mention the folks out banging pots and making music to honour the doctors, nurses, and other front-line workers. It's enlightening to see how many cheerful and spirited people surface in times of crisis—high five to them too!



Many of our March papers are also in isolation as the quick lockdown happened shortly after our publication date. You may be able to catch up with that issue once the doors open again. The April issue availability will be more focused on our outdoor boxes, the grocery stores, and local variety stores. Till next month, enjoy the hope spring brings from your front window and try to vision brighter days... they are coming!

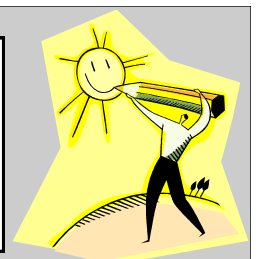
Barry and Pat Fisher  
P.O. Box 5154  
Baden, ON N3A 4J3  
Phone: 519-634-8916  
Email: badenoutlook@hotmail.com  
Web: www.badenoutlook.com

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# Talking with Ed

~ Things that make you go hmm???



I really enjoy the Waterloo Region Library's online digital book borrowing system (the app is called Libby). It certainly encourages me to read books – with over 29,000 titles available and an amazing search system, it's hard to choose just one. One of the latest that I downloaded was entitled "You are a Badass". Of course, the title grabbed my attention, but the focus of the book is on being the best you can and enjoying life to the fullest. It also discussed the conscious part of the brain which develops around the age of ten and the subconscious part which starts developing as a very young child. The author suggests that we as adults are controlled more by our subconscious, which is formed thanks mostly to our parents, rather than our conscious side, which we start learning later in life on our own. I guess this is what you learn about in therapy sessions.

I like researching mysterious topics; one of such is the Great Pyramid of Giza, the largest stone building in the world – truly an amazement. It covers an area of 13 acres, roughly the size of seven midtown Manhattan blocks, and it rises to the height of a 40 story building. Approximately 2.3 million limestone and granite blocks were used to build it, each weighing 2.5 to 70 tons apiece. This is a total mass of about 6.3 million tons. There are no cranes large enough these days that would lift stones that size. The bedrock was leveled out so perfectly that no corner of the pyramids base is more than a half inch higher or lower than the others. All six sides of the pyramid were carved together so perfectly that cracks between them were only one fiftieth of an inch wide, which is narrower than a human finger nail. There are so many other incredible things about the structure: exact measurements, why it was built, the design of it, the energy produced from it, and the positioning of it which have scientists scratching their heads. Totally amazing!

Dinosaurs are also a mystery to me. They survived for 180 million years from about 250 million years ago to about 65 million years ago. Seems like a long time ago, but it is not when you consider our Earth is about four billion years old. Our world was one continent then (Pangaea) which was surrounded by the world ocean (Panthalassa). These words mean "all the land" and "all the sea" respectively.

One of the largest dinosaurs to walk our land was the Argentinosaurus, which was 121 to 131 feet long (37 to 40 metres) and weighed 99 to 110 tons. That is an incredibly large beast. One of the smallest dinosaurs was the Compsognathus which was about three feet long and two feet tall. It was a predator – fast and agile. I wondered if there were many dinosaur digs in our area or even Ontario. Apparently only Northern Ontario up near Hudson's Bay was an area for the discovery of bones. Alberta and Saskatchewan are major areas in Canada for archeologists; I guess that

might explain the wealth of oil and gas in those provinces. British Columbia and Nova Scotia are also sites for major dinosaur digs.

And closer to home, another mystery is a local one – "The Nith River Monster". Back in July 1953, Nithy (also called Slimy Caspar) first made its appearance.



What the locals saw was actually tracks, a continuous groove about the size of a bicycle tire suggesting an animal dragging a tail and a set of three-toed footprints.

Chief Constable George Thomas claims to have seen the monster once at night, but could not clearly make out what it was. He spotted it dragging itself towards the river from the business section of New Hamburg and made a decision to fire at the animal. The story created national and international attention. The mystery was never solved, even though there were professionals called in such as an alligator wrestler, Tuffy Truesdell. Today Nithy can be seen walking parade routes. Many spectators have concerned themselves about the monster, but we all know that his handler has him under control (mostly), even though he escapes from his cage occasionally.

One last mystery before closing is the fascination that people have with toilet paper. I just don't get it! Until next month...Ed

## Making the most of that excess toilet paper!

Interesting are the various hobbies that have surfaced under these restricted times. ...Whatever keeps you busy and making you smile!



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Region of Waterloo

Stay connected and up-to date!

Visit [www.wilmot.ca/coronavirus](http://www.wilmot.ca/coronavirus) for all COVID-19 information and news releases from the Township of Wilmot and the Region of Waterloo.

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# Baden ~ Our Town

These are extraordinary times which we hope we will not have to experience again in our lifetimes. With extraordinary times come unexpected occurrences. The Baden Community Association has had to make some difficult decisions regarding their events, which are scheduled over the next couple of months, especially with the mandate by the federal and provincial governments regarding physical distancing.

**In an effort to respect the mandatory physical distancing due to the spread of COVID-19, the BCA are cancelling their annual Baden Community Spring Cleanup. However, if you are inclined to clean up our town, then we would recommend that people take some time on the scheduled day of Saturday, April 25<sup>th</sup> to collect garbage in your area. The BCA recommends that you use gloves and bring your own garbage bags.**

**Citizens must take the garbage bags back to their home and put to the curb on your regular scheduled garbage day--which is three days later. The garbage bag allowance is now increased to 6 bags.**

### Above all- Stay safe!

In regards to the Annual Baden Fishing Derby, unfortunately we will be cancelling that event for this year. At this time, we are to follow the rules regarding groups of people and there is no way to predict what the upcoming months will bring us. Trout will not be released into the pond this year.

Please stay safe, stay home as much as possible, and practise physical distancing. We will get through this virus and life will get back to our lives, hopefully sooner than later.



# You Must Be Joking!!

It's been a blessing being home with my wife these past few weeks. We've caught up on everything I've done wrong the past 20 years!



COVID 19 - DOGS are NOT the PROBLEM



It is PEOPLE who will not SIT and STAY !!

Submitted by Glen Mathers

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*And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.*

*And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.*

~ Kitty O'Meara



Hello Everyone,

This is an update on the Region of Waterloo's closure information. Please be aware that our library branches will remain closed until further notice, in order to support the health, safety and well-being of our patrons and the community. All in-person library programs and events for April and May have been cancelled.

To continue to assist patrons with this closure, all library material due dates and hold expiration dates have been extended until May 12, with no additional fees or fines. This date will be extended as needed.

While our branches are temporarily closed, our e-services are open! We invite patrons to explore our wide range of [free digital resources](#), including:

- Ebooks and audiobooks
- Video streaming
- Newspapers and magazines
- Music
- Language courses and online learning
- Now available online at home - Ancestry!

We also carry a wide range of [online educational materials for children](#).

Our new [mobile app](#) allows you to access all of our library offerings in one convenient place, and at an ideal physical distance!

You can connect with us online to stay up to date on the latest happenings as well as watch our online events by following us on [social media](#).

Access to all of our digital resources is available using your library card. If you need a membership you can [apply online!](#) Signing up is easy and provides instant access to our online services.

Thank you, everyone.  
The Region of Waterloo Library



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**Samuel Merner**  
Generations  
Region of Waterloo

**Senator Samuel Merner: New Hamburg Entrepreneur**

Wilmot Township has had many entrepreneurs over the years who played a prominent role in the development of our communities. People such as Jacob Beck and James Livingston of Baden and Josiah Cushman, William Scott, and Samuel Merner of New Hamburg. This month we will focus on Samuel Merner.

Samuel Mürner was born on 9 January 1823 in Kien, Canton of Bern, Switzerland. He immigrated to Canada with his family and they settled on a farm on Bleams Road, two miles east of New Hamburg. After a year, Samuel was apprenticed to a blacksmith in Preston. In 1840, he became a journeyman blacksmith. He opened a blacksmith shop in Hamburg in 1844. A notice in German dated 16

October 1845 placed by Samuel Mürner in Der Deutsche Canadier announced the opening of a wagon business in Hamburg; later, carriages were added. In 1856, Samuel sold this business to his brother Frederick.

In 1848, Samuel established a foundry in New Hamburg. He also opened a foundry in Waterloo. The 1851 census reveals that the foundry produced stoves, ploughs, scrapers and small agricultural implements, and employed six people. In 1861, the Census shows the number of employees had increased to twelve and the foundry’s annual production consisted of 30 threshing machines, 50 stoves, 200 ploughs, and various castings valued at \$7100. Labour and material costs were in excess of \$3500. The 1864 Business Directory for Waterloo County notes the foundry employed 18 people and manufactured “reapers,

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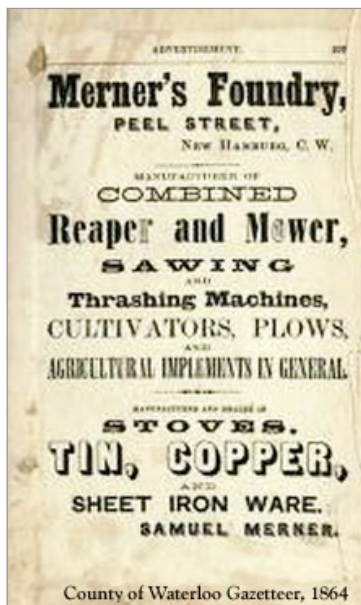
mowers, thrashing (sic) machines, separators, plows and all kinds of agricultural implements, woodsawing machines etc." A large tin and sheet iron factory was associated with the foundry. The complex was powered by an eight-horse engine and was located on Peel Street. Sutherland's 1870-1871 Business Directory provides additional details, noting that Samuel Merner's large foundry and agricultural works were located in a two storey, brick and frame building, sized 120 by 35 feet, powered by a 20 horsepower engine, and employed 25 to 30 people. The facility manufactured "threshing machines, reapers and mowers, ploughs, cultivators, grain drills, straw and root cutters, sawing machines, all kinds of agricultural implements and tinware to the amount of \$25,000 annually." In 1873, Merner sold this foundry to his son Simpson and his Waterloo foundry to Absalom, another son.

Samuel Merner began a lengthy political career in 1867 when he was elected as councillor for the village of New Hamburg. In 1872 he was elected reeve, serving until 1878, and then again from 1887 to 1888 and 1894 to 1896. He also served two terms as the Warden of Waterloo County in 1878 and 1896. In 1878, Merner was the Conservative candidate in a by-election in the riding of Waterloo South for the Ontario legislature. He was not successful. However, he ran in the federal election later that year for Waterloo South as an Independent candidate who supported Sir John A. Macdonald's National Policy of tariff protection. This time he was successful, defeating the incumbent James Young by 44 votes. Merner served one term as MP. In 1882, he lost his seat to Liberal Candidate James Livingston of Baden in the only federal election that saw a resident of Baden face off against a resident of New Hamburg. Merner challenged Livingston in the 1887 federal election, only to lose again. On January 12, 1887, Samuel Merner was appointed to the Senate by Sir John A. Macdonald, a position he held until his death in 1908. Merner also served on the New Hamburg School Board for 10 years, several as chairman.

Merner owned several prominent buildings in New Hamburg. On September 30, 1867, he purchased William




Scott's home on Huron St. He surrounded his home with expansive gardens, especially the front yard, which today is the location of the Royal Bank. Merner lived there until 1908 when he moved to the Brunswick Hotel in Berlin which he owned. Among the buildings constructed by Merner in New Hamburg were the William Tell Block, currently the home of Cook's Pharmacy, and the Independent Block, currently the home of Josslin



Insurance and the Short Stop. Merner was also involved in the newspaper business. He owned the German language paper, the *Canadisches Volksblatt*, from 1862 to 1865. To support his campaign in the 1878 federal election and reach New Hamburg's English-speaking residents, a group of Merner's supporters established the New Hamburg Independent.

Samuel Merner was appointed as a Justice of the Peace in 1862. He also helped settle immigrants from Switzerland throughout Ontario. He married Mary Ann Grasser of Wilmot Township in 1845. They had fourteen children. At some point after 1851, Samuel anglicized his name from Mürner to Merner. Mary Ann

died in 1892. Merner married Ellen Fletcher in 1898 and they moved to Berlin. Samuel Merner passed away on August 11, 1908, bringing an end to an amazing career that started as a blacksmith and evolved into one of New Hamburg's most successful entrepreneurs.



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*Be like this little piggy...*  
**AND STAY HOME!**

With the COVID-19 situation ever changing, it's hard to believe this is even happening, let alone know what information is true or not. There have been a lot of rumours and speculations on how animals may or may not be affected, and in this time of uncertainty it would be nice to have things clarified.

An article taken from **Dr. Scott Weese's WORMS and GERMS BLOG** (an excellent resource for anything related to potential zoonotic disease between humans and animals) has posted the latest information available in regards to COVID-19 and our pets. Some of the important points are as follows:

**What is the evidence that animals can become infected and develop illness from the SARS-CoV-2 (the virus that causes COVID-19 illness in humans)?**

Currently there is limited evidence that animals can be infected with SARSCoV-2. Although SARS-CoV-2 is believed to have originated in bats and possibly passed through at least one other animal host before being transmitted to humans, reports of infected animals have been rare in this outbreak. The overall risk that most animals (domestic animals in particular) can become infected and develop illness is thought to be low. However, only limited information is available and there is still uncertainty and many unknowns about how this virus will behave in various animal species.

**If an animal becomes infected, what is the evidence that it can transmit the virus to other people or animals?**

The risk of transmission by an infected animal is currently assessed as low, although this assessment is made with some uncertainty, given there is limited information.

**What is the evidence that animals can act as fomites to mechanically transmit the COVID-19 (SARS-CoV-2) virus from a human case to another person?**

Although there is a potential risk of exposure to SARS-CoV-2 through contact with a contaminated hair coat, there is only a theoretical risk of transmission of the virus to a person through this route. It is considered unlikely that a sufficient amount of virus would remain on the hair coat long enough to transmit infection. Practising proper hygiene such as handwashing would further reduce any possible risk.

For the most up to date information regarding animals and COVID -19 please refer to the Centre for Public Health and Zoonoses website or Dr. Weese's Worms and Germs Blog.

These resources offer information relating to zoonotic diseases (diseases transmitted from animals to people), including aspects of human and pet health, infection prevention and control, and vaccination. It is located at the University of Guelph.



Please stay healthy and WASH YOUR HANDS!

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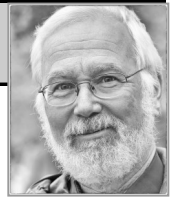


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Every fall and winter, my favourite bird, the Black-Capped Chickadee, starts to gather into groups called flocks. This is done for many reasons. There is more safety from predators such as Sharp Shinned Hawks when you have more eyes watching for danger. A sophisticated chickadee language quickly warns other members of flock that trouble is brewing. That partial second when a feeding bird takes its eyes off the sky to focus more closely on possible food could give an incredible advantage to a fast flying and diligent hawk. I have watched hawks strike a feeding area using the same route and good speed many times in a row, each time flying away empty-taloned. However, a sudden change of the direction of attack and an incredible increase in speed can be very rewarding - unless enough eyes are watching for danger from every direction.

Chickadees also gather into flocks to keep warmer overnight. Often a whole flock will be found spending the night in an old woodpecker nest, with the cold birds trying to dig into the middle of the pile to get warm. Without this strategy, many more chickadees would die every winter.

Perhaps the most compelling reason to gather together in social groups is to play the mating game. Chickadees usually mate for life, but when one of a pair dies, the surviving mate quickly chooses another partner. In this circumstance, it pays to be part of the flock, or to be a frequent visitor!

In the early spring and through the summer, Chickadee couples claim their territory and keep other chickadees away. This reduces competition for food as the young are raised in privacy. The quickly multiplying insects and spiders provide local food, which is socially distanced from other Chickadees so any diseases that would be found in flocks are less transmissible. I have noticed our neighbours emulating this behaviour by spending more time with their family, while keeping an acceptable distance from other families. Even at the grocery store we are seeing territory being observed.



Ducks, geese, and swans are starting to raise their young. Watch the increased social distancing occur as the parents defend their territory and as families stick closer together. If you don't believe they mean business, just try to approach a cygnet. Mom or dad will become ferocious.

Crows are very gregarious. They seem to love each other's company about as much as humans do. While they remain separated when the young are in the nest, they soon get back together to chat and perhaps tell some jokes. This has led to problems in the recent past, not with the jokes but with disease transmission. Crow populations were decimated by West Nile Virus in the years from 1999 to 2009. This virus was spread by mosquitoes through densely populated areas of crows.

What have we learned from this experience? A great deal of research was done which established more evidence for the "dilution effect", which states that once a disease or infection is established, the odds are that the next infected individual will be of the same species. If there are very few species in an area, the disease will spread rapidly through the population because mosquitoes have less choice for their supply of blood to incubate their eggs (think cities like New York where humans dominate), while an area with many species will see much slower spreads of disease or infections. In the case of West Nile Virus, mosquitoes in healthy ecosystems (more species present) had less chance of biting another susceptible species (Crow) and more chance of biting an immune species.

Therefore, the greater the biodiversity of your area and the less you have contact with your own species other than your family, the less likely you are to be infected. Since saliva transfers Covid-19, practise social distancing, spend time with your family and pets, and stay in communication with other people by internet, phone, and the Baden Outlook!

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Don't you fear, Spring is here!

We will be out and about soon, and what a wonderful feeling that will be!



In a rush to return to normal, use this time to consider which parts of normal are worth rushing back to. ~Dave Hollis

## LET'S HAVE A LITTLE PUN!

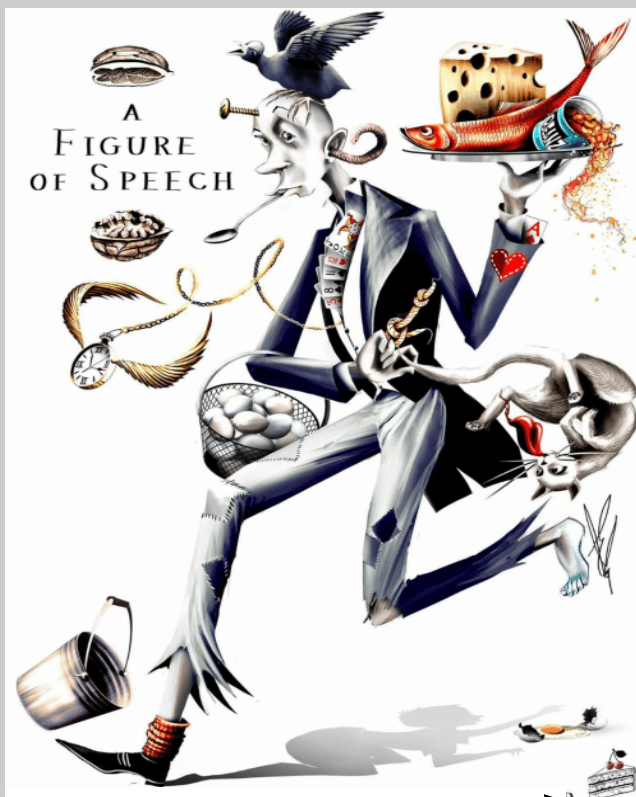
### I'M HERE TO SERVE YOU

1. Their job is to 'cheer' you up and keep you in good 'spirits'.  
They spend many 'Happy Hours' 'mixing' with the public.  
They end up behind 'bars' for taking 'shots' at people.
2. They're paid to 'C.A.' way of solving 'sum' of your problems.  
They help people find 'shelter' from a 'a tax'.  
They're forced to 'account' for the 'statement' they make.
3. By the 'end of March' they're usually 'fatigued'.  
He 'taps' his way to sleep.  
These 'Privates' often see action in a 'war-house'.
4. These 'doctors' like to 'examine' 'student' bodies.  
They have a high 'Degree' of knowledge.  
'Pros' with real 'class'.
5. They 'climb' the corporate 'ladder' knowing they can be 'fired' any day.  
They get 'alarmed' by people's 'burning' desires.  
These 'hosers' are always 'hot to trot'.

ANSWERS ON PAGE 34

There are 27 Figures of Speech within this picture.  
Can you find them? See hint at the bottom.

Answers on page 34



"Cherry on top" .. Or "Piece of cake" →

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# What is Motivating Your Actions?

By Amanda Andreotte—BSW Intern



Over the past few months, a lot has happened in our world that is difficult to grasp. Every day brings change that can feel very dramatic and unsteady. Messages of panic, isolation, and fear fill our news feeds and dictate the conversations we have with people around us. In the midst of this, it is so important to remember that there can be hope and encouragement in the world.

Right now, there is a lot of emphasis on social distancing and self-isolation. This is being done in a time where many people already feel isolated from those around them. I'm in no way doubting the value in these protocols, but I also have to think about how this will impact well-being. Well-being isn't an individualistic thing. Humans are naturally social creatures and need to be in the context of social support. Well-being requires community and social interaction, even for the most introverted among us. Positive relationships have consistently been found as a strong predictor for life satisfaction. Please do not take this as me saying that people shouldn't take precautions and stay safe. People


need to be following the government and health care professionals who are putting protocols into place. What I am trying to say is that it could be helpful to reflect on what is motivating your actions.

A musical artist I respect a lot recently posted a video asking people what is motivating them to act; is it love or fear? This is an important question in all aspects of relationships and is particularly relevant in our lives right now. Are you showing love for those around you by keeping social distance because you recognize it lowers risk? Maybe you're showing love for yourself by avoiding situations than can result in you getting sick. What happens when you reframe the question though, and ask, "Am I pushing people away out of fear of being vulnerable, either physically or emotionally?" What about, "Am I getting all of these extra groceries out of love for my family, or because of panic?" Some fear is healthy, but it should never control us. Rather it should be used to inform decisions.

My encouragement to everyone is to act rationally, be safe, but don't allow panic to validate shutting yourself off from everything entirely. Now, more than ever, we need community around us to ground each other in hope. Maybe connecting to people in the next few weeks will look different than normal. There may have to be more phone calls or video chats. We'll have to find something other than sports to talk about to our friends. However, this is an opportunity to come together. Share our resources rather than hoard them. Reach out to people rather than push them away. Let love motivate our actions and build community around us rather than having fear dictate our day.




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See guidelines below:

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

Application Requirements: 3 to 4 digital images of artwork indicative of your body of work, emailed to [newhamburgarttour@gmail.com](mailto:newhamburgarttour@gmail.com) along with a brief artist's bio. There is an application fee of \$60 paid via cheque or e-transfer, if selected.

#### Selection Process:

1. All works will be juried by the NHAT 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 via email mid May.
4. The application fee and all contact info will be due by May 30.
5. The New Hamburg Art Tour reserves the right to use submitted photographed work for publicity (promotional postcards, ads, social media, brochure) and reference purposes.

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### You Must Be Joking!!

I just noticed two large bumps on my car battery.  
 I had them tested and one came back  
 positive... hope it's not terminal.



Submitted by Bruce Bousher



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## ALL THING SCRAMBLED

Within each category the words are jumbled up.  
 Can You unscramble them? Answers on page 34

### Off to the Gym

- FLIT \_ \_ \_ \_ \_
- GOAY \_ \_ \_ \_ \_
- CHOCA \_ \_ \_ \_ \_
- CLECY \_ \_ \_ \_ \_
- PUTIS \_ \_ \_ \_ \_
- AWEST \_ \_ \_ \_ \_
- CLEMUS \_ \_ \_ \_ \_
- THEGIW \_ \_ \_ \_ \_
- LABLERB \_ \_ \_ \_ \_
- TWOKOUR \_ \_ \_ \_ \_

### Things You Wear

- ATOC \_ \_ \_ \_ \_
- KASM \_ \_ \_ \_ \_
- SREDS \_ \_ \_ \_ \_
- STANP \_ \_ \_ \_ \_
- HOESS \_ \_ \_ \_ \_
- OVESGL \_ \_ \_ \_ \_
- TONENB \_ \_ \_ \_ \_
- PILESPR \_ \_ \_ \_ \_
- RATEEWS \_ \_ \_ \_ \_
- BORREMOS \_ \_ \_ \_ \_

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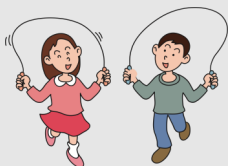
EJ's is closed to the public due to the Corona Virus, but we are still happy to serve you. Currently we are doing takeout orders from 4-8:00 pm 7 days a week. You will find our menu on our website at [www.badenhotel.com](http://www.badenhotel.com) then give us a call. We miss you and will look forward to hearing from you!

*We are looking forward to fully serving the community and we appreciate the support we have received during this time.*



A children's skipping rhyme from the 1918 Influenza Pandemic

"I had a little bird,  
Its name was Enza,  
I opened up the window,  
And in-flew-enza."



*Submitted by Dr. Laura Morlock*

It's nice to choose cozy, comfy clothes through this indoor and stressful time... but perhaps you should continue to rotate into your jeans or anything with buttons and zippers to keep track of your belly. Don't let it get away on you —it's hard to tame it once it's out!

**I Thought The Dryer Made My Clothes Shrink.  
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- ◆ Step 3: Provide more details if you want to increase the accuracy of your results.

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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 22<sup>nd</sup>**. For meeting location or more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call **519-662-9372**. Want to know more about the Nith Valley EcoBoosters? Check out our website at: [nvecoboosters.com](http://nvecoboosters.com)



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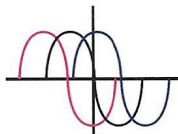
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## Demtool Helps Covid-19 Crisis

Demtool Inc, located at 1611 Snyder's Road East in Petersburg, is a manufacturing facility focusing on laser cutting, forming, fabricating, machining, 3D printing and powder coating. Demtool was formed in 2004 by brothers Jim and Derrick Demerling. In 2006 they became incorporated, and their brother Matt joined their business. All three brothers are licensed tradesmen with specialties in machining and fabrication. They have gone through an amazing expansion and today they have a staff of 50.

Demtool owners and staff are grateful that they have the skills and experience to extend their services to support the dire needs caused by this pandemic. All members of the Demtool team are very concerned about the reality of what we are facing and felt that their organization could help in the fight with Covid-19. A local company, InkSmith of Kitchener, reached out on Facebook looking for local manufacturers to help create personal protective equipment. Demtool responded to them and offered their services. They are busy 3D printing head bands--a strap where the face shield will be attached to create safe spaces for front line workers. The process to create the head bands is quite involved, beginning with a Prusa 3D printer that heats and extrudes layers of plastic together to form the head bands. It takes about six hours to create 4 pieces. The printer is set up and they let it run for the full six hours and then reset it. Once the head bands are made, they are shipped to a bin in Kitchener where InkSmith picks them up, sterilizes them, and assembles them for use, with no human contact during the delivery process. Demtool started making them on Sunday, March 22nd<sup>th</sup> and is averaging about 12 pieces a day. Demtool is also creating a variety of metal products for Nicoya Lifesciences of Kitchener, which is a leading provider of advanced analytical instruments for the biotechnology and pharmaceutical industries. One of Nicoya's products is *Alto*, the world's first fully-automated, high-throughput benchtop surface plasmon resonance system, which reduces the time and cost of drug discovery, enabling scientists to better understand and cure human diseases faster. Nicoya hopes to play a major role in finding a vaccine and cure for Covid-19. Demtool makes approximately 25 parts for *Alto*, including the outer shell and many intricate parts inside.

It is great to see local companies such as Demtool step up and make a difference in this war with Covid-19, which has changed our lives. Way to go Jim, Derrick, Matt, and your team of specialists!

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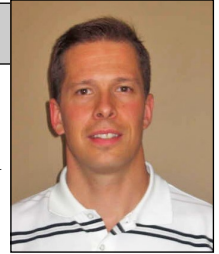
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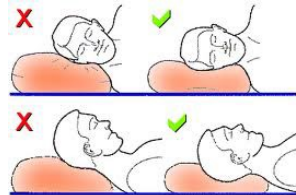
## HOW TO CHOOSE THE RIGHT PILLOW

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



A good night's sleep is important for maintaining good health and optimal functioning, and choosing the right pillow can make all the difference in the world when it comes to how well you sleep. Using a pillow that is the wrong size and fit can be a significant source of neck and back pain. In some cases, incorrect head and neck positioning can also affect breathing and cause snoring, which can hinder sleep.

The right pillow will help support the head, neck, and shoulders, keeping them in alignment, and thereby minimize stress and strain on muscles and joints. As a result, this will also create a feeling of comfort and increase the likelihood of a restful sleep.



There is no one best pillow for everyone as there are a variety of factors that go into choosing the right pillow. Below are some useful tips that can help you find the pillow that's right for you:

- \* **Consider your sleeping position.** *Back sleepers* should choose a pillow that is not too firm or too high. The pillow should keep the chin in a natural resting position, and support the head and neck so they are aligned with the upper back and spine. *Side sleepers* should opt for a firm pillow that supports the neck in a neutral position.

The pillow should hold the head high enough to ensure that the spine is aligned. *Stomach sleepers* should choose a soft or flat pillow so the neck isn't turned or tilted at an uncomfortable angle.

- \* **Choose a size of pillow suitable for your body size or frame.** The pillow should cover the back or side of the head and neck, allowing it to comfortably mold to one's individual shape to alleviate any pressure points.
- \* **Try out a variety of pillows.** Most pillows are packaged in a plastic wrapper so you can lay it on a display bed in the store and put your head on it. Some pillows also have options for adjustable shapes and degrees of firmness. Visit a store that has a wide range of pillow options to find the one that best meets your needs.
- \* **A hypoallergenic pillow** is a must if you suffer from allergies, but it is also a good choice for anyone.
- \* **Replace your pillow every 12-18 months.** Pillows will wear over time by losing their shape and ability to provide proper alignment and support.

If you experience pain and discomfort at night or have difficulty falling asleep, consider visiting a chiropractor. Chiropractors are trained to treat muscle and joint problems that can interfere with a restful night's sleep. They can also offer nutritional and lifestyle advice that can help improve sleep quality. The author credits the Ontario Chiropractic Association in the preparation of this educational information for use by its members and the public.

*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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## Entry #4 - Strange Days

This is a tough entry to write! As these strange and challenging days have impacted seemingly every area of life, we at the Wilmot Key Quest have had to determine our next steps. Maybe you've already heard that in late March we made the difficult decision in to postpone the 2020 Wilmot Key Quest. We didn't want to have to postpone the event, but we made the decision that we thought was best for our community, for families, for our sponsors, and to also give us our best chance at a successful 2020 Wilmot Key Quest. We are optimistic that we will be able to go forward with the event in either summer or fall of 2020, but of course time will tell. Stay tuned for an announcement in the weeks and months ahead.

We want to again say thank you to our fans in the community who have been so supportive. We have received so many encouraging messages throughout the year from people who enjoy the Wilmot Key Quest. That kind of feedback motivates us to work so hard to bring the event to life - so thank you!

We also want to say thank you to the following sponsors who continue to support the Key Quest, and plan to play a role in the event when it is able to take place:

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- \* Big Leaf Print and Graphics
- \* EJ's at the Baden Hotel
- \* Meadow Acres Garden Centre
- \* TLC Pet Food
- \* Town Square Pharmacy
- \* Wilmot Centre Church

To summarize:

1. The **2020 Wilmot Key Quest** is **delayed**, but we hope to run the event in either summer or fall 2020. If and when the treasure hunt takes place:
2. The winner(s) will receive a **\$5,000 cash prize**.
3. You, your friends, and your family can participate - whether you live in Wilmot Township or not, and there is **no cost to participate**.
4. **facebook.com/WilmotKeyQuest** is a great place to go for up to date information related to the Key Quest. We will make an announcement there, and in the Baden Outlook when we decide on our next steps for 2020.
5. Daily clues will be released **each weekday**, during the hunt, and will be available **at our sponsors' locations**, NOT in the Waterloo Region Record. At any of these locations, you will be able to see a full list of all the available clues.

Until next time... hang in there, Wilmot! Stay safe, be responsible, and grateful! We hope that the worst of this challenging situation will be behind us soon... and when it is, we are excited and committed to bring the joy of the Key Quest back to Wilmot Township!



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## The Uncertainties of our Finances



### Where are we? – Financially Speaking...

As I am writing this article, I am thinking about George Orwell's novel 1984. The book, published in 1949, looked into the future to 1984 and forecasted the advanced technology of surveillance. He explained a world of technology that we have actually reached today. I won't make any predictions, but I do want to speculate on what you did or did not do during this pandemic - financially speaking.



The possibilities (if you read my last article, you will recognize the categories):

- **Young and just starting to Work Full-time** – Hopefully, you had some money to invest into a market which was down 30%+. At the very least, you were making regular monthly contributions and increased your contributions. Good for you! There is still time to invest. A drop like this will take time to recover and you will benefit by investing for your future. If you were unfortunately laid off from work or did not have extra cash to invest, you are learning an important lesson in saving for a rainy day. Look at your spending: are you saving anything? Use this time to review your situation and be prepared for next time.

- **Older prior to retirement** - You have probably been in panic mode. I don't blame you. Can I still retire? Do I need to work longer? Will my investments recover? Investments do recover but nobody can predict how long it takes. Let's look at history – remember the 2008 financial crisis? Most portfolios dropped 30% in 3 months. But they did recover with a good boost in 2009, on average 25% and then with subsequent increases. If you still have a window of time before retirement, you should be fine and you could take advantage of the lower markets. If retirement is closer, then keep in mind that you are not pulling out all your investments when you retire. You will need an annual paycheque and the goal is to determine how long the money will last. Fortunately, the remainder is still invested and will recover.
- **Older – already retired** – You either are fine with everything because you already went through the 2008 crisis like a pro or you are in the same boat as group #2. I often think that clients want to draw a retirement income from investments and still maintain their original starting value. Cake and eat it too? The goal is to create the same income level (allowing for some extra) as long as possible. It is normal to dip into the principal amount, especially during market downs. If you are thinking about saving your retirement investments for your children/church/estate etc, there are better ways to do this, i.e. life insurance. Maybe that will be my next article.

If you sold your investments during the crisis, then you locked in your losses. But maybe this decision helped you sleep. With any luck, you were working with a financial advisor who not only has been planning for a drop in the market (we knew that something was going to happen) but helped you in your decision making.

*Joe Figliomeni is a Chartered Professional Accountant and Certified Financial Planner owning KLT Wealth Management in New Hamburg.*



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## New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

With the continuing threat of COVID -19, the branch will be closed for the month of April.

We hope to hold our executive nominations at the General meeting May 7<sup>th</sup>.

Please check our website for further updates.

### You Must Be Joking!

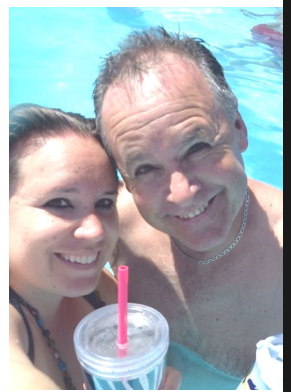
#### Alternative Weather 'Book Titles'

- "Wet Weather" by Ray Ningdown
- "Struck by Lightning" by Barbie Kewd
- "What is Rain?" by H. Tuwoe
- "Trees Uprooted" by Torn Adoe
- "One Fine Day" by Ike An, C.D.Sun & D.Sky
- "Weather Observation" by Skye Watcher
- "The Farmer Needs Rain" by Andy Prays
- "Localised Flooding" by I. Swimround



### It's a Family Affair — Music Trivia Quiz

We always enjoy the selected music play list when visiting my brother, Ron Cook. He and his daughter Lesley's time together always includes music. They are quite entertaining as they are competing and jumping in to be the first to name the title or the name of singer of the song being played. On our visit last summer, we marvelled at the particular play list that included only songs with the word 'rain' in it. The play list included 20 songs. As April showers are currently in the forecast, we thought we would challenge you to write down as many songs you can think of and see if you can out-do Lesley! Game on!

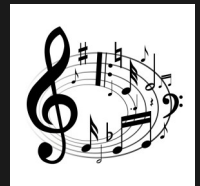


1. Purple Rain — Prince
2. Rainy Day People — Gordon Lightfoot
3. Raindrops Keep Fallin' on My Head — B.J.Thomas
4. Have You Ever Seen the Rain — CCR
5. It Never Rains in Southern California — Albert Hammond
6. Rain Dance — Guess Who
7. Let It Rain — Eric Clapton
8. Fire and Rain — James Taylor
9. I Wish it Would Rain — The Temptations
10. Singin' in The Rain — Gene Kelly
11. Somewhere Over the Rainbow — Judy Garland
12. Fool in the Rain — Led Zeppelin
13. Crying in the Rain — Everly Brothers
14. It's Raining Again — Supertramp
15. Rainy Days and Monday — The Carpenters
16. I Love a Rainy Night — Eddie Rabbit
17. Here Comes The Rain Again — Eurythmics
18. I Wish it Would Rain Down — Phil Collins
19. Set Fire to the Rain — Adele
20. Blue Eyes Crying in the Rain — Willie Nelson



It won't be a surprise if these 2 come up with the latest theme—the Isolation Playlist. Perhaps this is a good way to entertain ourselves. Give it a try. Here's our attempt to get you started:

- "All by Myself" - Eric Carmen,
- "Don't Stand so Close to Me" - Police
- "Song for the Lonely" - Cher
- "Only the Lonely" - Roy Orbison
- "I Will Survive" - Gloria Gaynor
- "Dancing with Myself" - Billy Idol
- "Alone Again" - Gilbert O'Sullivan
- "I am a Rock" - Simon & Garfunkel



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"Every year back spring comes, with nasty little birds, yapping their fool heads off and the ground all mucked up with plants." ~ Dorothy Parker



Hello Everyone, it's me again, Mabel the Maple. I hear you are experiencing uncertain times with this Covid-19 virus. So sorry to hear that. It is distressing. There have been some positive things happening though. I am seeing more people out walking and am so happy to see that. I was wondering why you were all spread out and my human friend said you need to do physical social distancing. Well, I like you to come close to me, and I like hugs too! Hug away.



My human friend says her activities have slowed down so she is enjoying much more time in her garden. She also enjoys walks and comes to chat to me. I love having the longer and more frequent chats.

My human friend was all excited about a **Green Wilmot with Trees** project. Some of this stuff does not make sense to me but you will probably understand what she is talking about. On March 11<sup>th</sup>, 36 people came out to a meeting about planting trees. I mean planting lots of trees over the years! **Wilmot Horticultural Society (WHS)**, **Wilmot Rotary** and **Nith Valley Ecoboosters** hosted the meeting and invited everyone out. They want to plant trees everywhere throughout Wilmot Township, on public and private land. For public land, they will be working closely with Wilmot Township staff. There are all kinds of things to think about! Where to plant the trees, grants to apply for, organizing the planting events. My human friend says they are looking at doing tree inventory. What is that, I ask? She says they have a list of 30 or so things to check off when looking at a tree, such as where one of us lives, our size, health, things that can hurt us, and more. Apparently you want to know how many of my buddies there are and what our health is. One thing I can tell you, I want a whole lot more company! Many great ideas were generated, and how about planting at least 21,800 trees. That is one for each person living in Wilmot Township!

So, there are a lot of people signed up to help but the team is looking for more. They need people all around the township thinking about spaces for trees to go on public lands, such as parks. While you are wandering around, think about this. Private landowners can be involved too. I want you to plant more of us too. Just contact WHS [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com) to share your ideas. The group is applying for a Home Hardware grant this month and plans on starting to plant in September. I am so excited!



See this picture? This is a tree volcano and you are smothering my buddy here. Pleassee read last October's issue about how much this hurts us or go to <https://extension.psu.edu/mulching-landscape-trees>. I still see too many of these. Obviously they are not Baden Outlook readers!

PS: Be a Tree Hugger... I'm waiting! Thanks, Mabel the Maple



Check out our Facebook page for news of when programs will resume. Meanwhile, go to [www.facebook.com/groups/3133495739996313](https://www.facebook.com/groups/3133495739996313) to get tips, news and all things gardening.

Website: [gardenontario.org/view/society-layout/entry/852](http://gardenontario.org/view/society-layout/entry/852) email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com) Graphics: Pixabay

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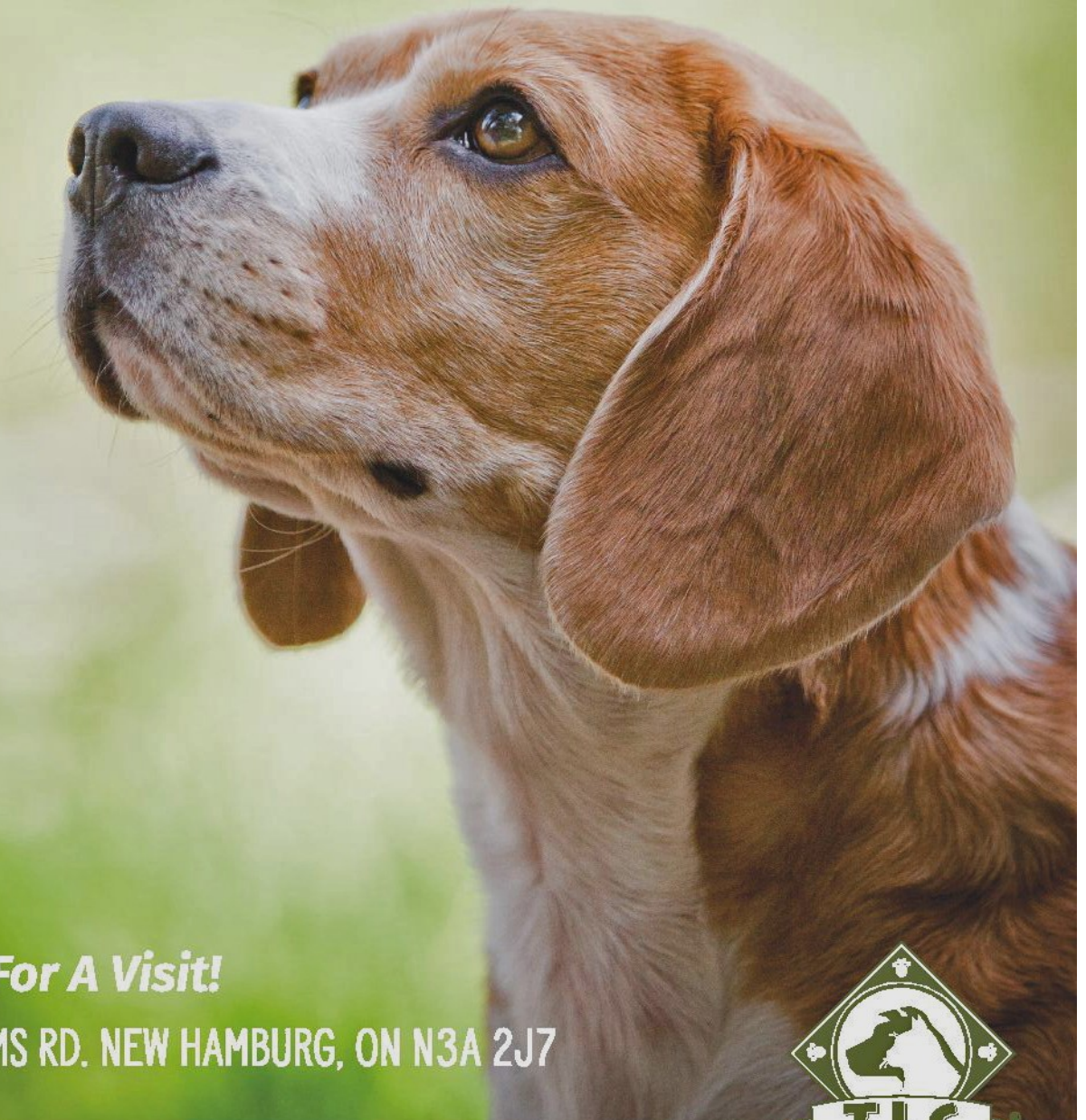
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Since the outbreak of COVID-19, we seem to be living in a state of heightened fear and anxiety. This response is understandable when we do not know what this virus will mean for our family, friends, and ourselves. I think it is important that we focus on how we can respond to people's needs rather than on possibilities of the illness that are rooted in fear. I would recommend that we reduce the time we spend watching news to once a day and do not watch late at night as you are preparing to sleep. I would advise us to remind ourselves of how we have cared for ourselves and our loved ones in the past when we have been ill. We possess the knowledge to manage illness; draw on that experience and we can help each other recover. Consider your personal strengths and talents and how you can use them to benefit your family, friends, and community. Concentrate on what you can do to contribute in reducing the transmission of this illness and in not participating in increasing the anxiety of others. Remember to thank our first responders, nurses, doctors, and the cleaning staff of agencies who are working tirelessly on our behalf. Finally, be willing to delay meeting our own desires so that we can comply with the directives of health officials to stay home and

not spread this disease to vulnerable members of our society.

There really is nothing as valuable as our health and well-being; this is our opportunity to re-prioritize what is of importance. We have the capacity to manage this crisis, and we will protect our peace of mind by reminding ourselves of the hope of healing, reflected back to us in the season of Spring. Hope is the antidote to fear, and we have a lot of reason to hope as we live in a community of care. If we all focus on what we need and be willing to delay our wants and desires, we will be able to support each other and give generously of our strengths and talents, thus reducing our own anxiety through the act of helping others. We can forgive ourselves for fanning the flames of fear by overpurchasing supplies, and instead, we can focus on building healing through hope and resiliency. Let's show the world the Canadian response to COVID-19 by demonstrating consideration, care, and compassion. I believe we can do it; I think we have already begun.

*Submitted by Colleen Hesch, M.S.W., RSW*

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

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66 Mill Street, Baden, ON

519-634-5191 [www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)

Sunday Worship 9 am / Sunday School

Pastors: Bonnie Schelter-Brown & Pastor Barry Boeckner



**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

**SHANTZ MENNONITE CHURCH**

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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 Mennonite Church**

2995 Bleams Road, New Hamburg, ON

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

Pastor Susan Allison-Jones

519-634-5030 [www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

**ZION PHILIPSBURG LUTHERAN CHURCH**

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519-214-0055, [www.philipsburglutheranchurch.ca](http://www.philipsburglutheranchurch.ca)

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

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

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HOURS

MON-THURS	9:00 am - 5:00 pm
FRIDAY	9:00 am - Open Late 8 pm
SATURDAY	9:00 am - 4:00 pm
SUNDAY	CLOSED

No matter which way you deal the cards, there's one reality that we all have to accept: there's only one Earth.

With Earth Day being in April, the importance of keeping our one and only planet clean and healthy is at the forefront of most people's minds. Unfortunately, it might seem like there's nothing you can do to fix some of the damage that's been done. After all, the projections that are given on the state of our planet can be scary ones, and you're just one person!

Thankfully, you have a lot more power than you probably realize. Apart from writing your local politicians about important environmental issues, there are loads of tangible things that you can do right now!

At New Hamburg Thrift, we have made a commitment to repurposing and recycling whatever we can if we cannot use what comes into our store. We have volunteers who make things like rugs or make entirely new items from donations that are not in good condition to be sold. This allows us to take something that would otherwise be taking up space in a landfill and give it a new purpose and new value. For instance, our wipes program takes cotton t-shirts that are not in saleable condition and repurposes them into rags for cleaning. It is a win-win situation!

So, that leads us back to the original question: what exactly can you do?

Let your old items be reused, repurposed, or recycled by dropping them off at New Hamburg Thrift Centre! Your items will end up in much better places than they would be if they were simply thrown out or left to clutter up your home, so you can count on the fact that you will have done something to help the fight against climate change.

And, if you want to do even more than that, come check out the store for volunteering opportunities! We always need people to help us make our dream of a waste-free centre a reality!

*At publication time the Thrift Store is closed and not accepting donations because of Covid-19.*

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♥ *On Being a Mother* — Somebody said ...

♥ ...it takes about six weeks to get back to normal after you've had a baby—somebody doesn't know that once you're a mother, normal is history.

♥ ...you learn how to be a mother through instinct—somebody never took a three-year-old shopping.

♥ ...being a mother is boring—somebody never rode in a car driven by a teenager with a driver's permit.

♥ ...if you're a good mother, your child will turn out 'good' —somebody thinks a child comes with directions and a guarantee.

♥ ...good mothers never raise their voices—somebody never came out the back door just in time to see her child hit a golf ball through the neighbour's kitchen window.

♥ ...you don't need an education to be a mother—somebody never helped a fourth grader with his math.

♥ ... you can't love the fifth child as much as you love the first—somebody doesn't have five children.

♥ ... a mother can find all the answers to her child-rearing questions in the books—somebody never had a child stuff beans up his nose or in his ears.

♥ ... the hardest part of being a mother is labour and delivery—somebody never watched her "baby" get on the bus for the first day of kindergarten or on a plane headed for military "boot camp".

♥ ... a mother can do her job with her eyes closed and one hand tied behind her back—somebody never organized seven giggling Brownies to sell cookies.

♥ ... mother's job is done when her last child leaves home—somebody never had grandchildren.

♥ ...your mother knows you love her, so you don't need to tell her—somebody isn't a mother.

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## Men's Fashion: How do we move forward while staying still?



A few months ago, who would have thought we would be in this position? I'm not a psychologist, but I've read that the toilet paper thing is all about controlling the situation. The more toilet paper in your garage means the more control you have over this vile virus.

I'm not hoarding toilet paper and all the stores are closed, so here's what I'm doing instead: I'm visiting local retailers as well as designer websites to see what's happening for Spring/Summer fashion.

"Ahh, but Scott, I don't purchase online, especially clothes/shoes. It makes me nervous." Here are some tips that might help. These are in no particular order:

- ◆ Check for return policies. How long and how easy is it to return an item? Some retailers will even send vessels to return items.
- ◆ If an online site has a local bricks and mortar store, returns are even easier (when the stores open again).
- ◆ If you're unsure of your size, use the size charts provided before checking out.
- ◆ Read customer reviews. They're very helpful. Look for things like "fit to size" which means that if you

wear a 10 in a shoe it will fit properly. Also look at the star ratings.

- ◆ If you're skittish about shopping online, dip your toe in the water and order something simple like socks, a belt or a wallet.
- ◆ Belt sizes are usually one size bigger than your pant waist size.
- ◆ Jean waist sizes are usually one size smaller than pant waist sizes. Especially now that many jeans have a spandex component (read the description and it will usually tell you).
- ◆ Aim to strike a balanced appearance with the colours you wear.
- ◆ Pair bold colours with neutral hues to avoid clashing.
- ◆ For a smart and stylish combination, try partnering navy with burgundy or red.
- ◆ Partner light shades of grey and brown with other light colours and darker tones with other dark hues.
- ◆ If you're wearing your shirt tucked in, try to have your shoes match your belt. Black belts with white running shoes is not a great look.
- ◆ If you're not sure of your shoe size, grab a pair out of your closet that fit well and check inside on the tongue or the wall.
- ◆ If shoes are a little too big but you don't want to return them, put a cushion insole inside.
- ◆ When you're wearing shoes for the first time and they chafe on the heel, you can order self-adhesive insert pads that adhere to the back wall of the shoe.
- ◆ Past the knee shorts and any form of cargo shorts are out of style. I look for inseams no longer than 9 1/2".
- ◆ Instead of running shoes or flip flops this summer, try slip-ons, boat shoes or espadrilles.



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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 & 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 [www.beadonor.ca](http://www.beadonor.ca) to register your consent.

WALDA would like to introduce Karen Cook, a Baden resident and a living donor. Here is an abbreviated version of her story to choose to be an organ donor:

### Taking a Leap of Faith

When I retired 2 years ago, I prayed on the direction this next chapter of my life would take. But like any retired person, my life got busy and I wasn't listening carefully enough for the answer God was trying to give me. So I prayed again. Thankfully, He found the time between sleep and wakefulness to answer me so that I would hear Him. I don't exactly know how it happened except you might say it was a whisper of a thought that I awoke to, 3 mornings in a row before I acted on the idea. I'm a person of strong faith.

I've always been a blood donor but this day I was directed to the Centre for Living Organ Donation/UHN at Toronto General Hospital. The Living Donor Program is the largest Transplant Centre in North America.

I travelled to Toronto many times to have procedures that were the equivalent to the best physical of my life. I was told I was in "pristine health" and became the average 1 out of 6 hopeful donors to get the green light. On average 5 out of 6 well-meaning hopeful donors are turned down for one reason or another.

On May 14th, 2018 with my supportive husband by my side, I became the 57th (Anonymous) Non Directed Living Liver Donor at UHN. Despite all the advances made with deceased organ donations, living donor outcomes for the recipient are still the best. In fact, if only 1 in 13,000 of us would be a living donor, we could eliminate the waiting list for donations! What I learned after my surgery is that about 50% of the people I spoke with didn't know they could be a living donor. I donated 40% of my liver; it grows back to 90% of what it was within 8 weeks!

It was an amazing experience. The Transplant team treated me like gold. I didn't want for anything. I had a private room and only shared my nurse with one other transplant donor. I was hooked up to many machines when I awoke and received medication for pain before I became uncomfortable. I really just remember having a sore back and feeling super weak. The usual stay in hospital is 6 days. The Team wanted to make extra sure I left in as perfect health as possible, considering the donation I just made. An issue with my blood pressure kept me an extra 2 days. Once home, the other amazing member of the team, Randy, my husband, took such lovingly good care of me that I felt more than blessed. I won the lottery when I married him!

I was told that the recipient was doing "amazingly well and will continue to do amazingly well" because of my donation. It all happened so fast! My surgery was almost 3 months to the day from my first phone call and I was riding my bike 10 weeks after surgery. Honestly, if it wasn't for the tidy 6" scar running down my abdomen, I might forget I ever had that amazing experience!

I sincerely hope my story will inspire others to truly consider giving the gift of life to someone in need. There's someone out there who is loved and cherished beyond measure but doesn't have a donor. You could be their miracle! It's a special and amazing experience even when it's for someone you don't know! Thank you for reading my story.



Organ and Tissue donation saves lives, register at [www.beadonor.ca](http://www.beadonor.ca)



## Good, Good Neighbour!



It's nice to have hobbies, especially now when we are at home and trying to stay busy through the pandemic.

Meet Gail: her hobby is making soup. Gail lives in Morningside Village and makes large batches of soup, puts them in meal size takeout containers and offers them to her neighbours. She posts on a private Facebook group announcing when a new batch is ready and what kind of soup is available.

Morningside has put the village in isolation, closing all facilities and canceling social activities to keep the folks safe. With the need for food and the fear of venturing out to the grocery stores, Gail continues to cook...and not just soup. Saturday night she offered a spaghetti dinner posted it on the Facebook page and got 26 orders. She packed it up with some greens, put it in take-out containers, and placed them on her porch where people came by to pick it up, all done with

no social contact. These appreciative people leave donations and Gail has recently given \$400 to Wimot Family Resource Centre. Gail's kindness and generosity defines who she is.

When asking Gail what motivates her, she explains that as a young girl living on a farm, her mother always had a pot of soup on the stove--a staple in their home. There was a long laneway down to the road where her dad would drive and pick up and bring home hitch-hikers, feed them soup, and send them on their way. Gail learned first-hand about serving and supporting people, and she shares that today with the people in her life. Gail's father lost his arm in the war, which is also what motivates her to volunteer at the NH Legion, cooking and serving others there for over 20 years. Bravo Gail, your neighbours are blessed to have you in their life.

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### Thinking of you Baden

As we make our way through this pandemic, we find ourselves each day wondering when this may be over and when we can return to life as we previously knew it.

Here at The Lambert Group, we understand the severity of the COVID-19 Pandemic. We are working each day to help those around us in the community through these tough times, continuing to serve our clients the best we can, and helping do our part in flattening the curve.

We are still here to serve the community with all of your real estate needs and have put systems in place to work remotely and safely with our families.

As the Real Estate Market is changing by the day, we are working diligently to stay on top of the changes and are happy to provide anyone with an update, anytime. Just reach out, we are here to help.

Stay Safe & Stay Healthy.

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### You Must Be Joking!!

To practise safe distancing, our cleaning lady just called and told us she will be working from home and will email us instructions on what to do.



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**50 Year International Lions Club Chevron presented to New Hamburg Lions Club member Robert ( BOB ) Starr**

On February 20, 2020, a very special presentation took place at the home of New Hamburg Lions Club member, Bob Starr.

Following the New Hamburg Lions Club's annual Spaghetti Dinner held at the New Hamburg Legion, Vice District Governor George Corrin and Second Vice District Governor Harvey Wood, on behalf of Lions International President Dr. Jung-Yui Choi, presented Bob Starr with a 50 Year Monarch Chevron, to recognize Bob's 50 years of service, as both a Charter Club member and regular proud member of the New Hamburg Lions Club. A letter to Bob, signed by the International President was presented to Bob along with the Chevron.

The New Hamburg Lions were extremely happy to see Bob recognized for his efforts, as a Charter member of the club and for his continued support of the Lions Club and of the community in which he has lived and served for those many years.



*Happy Birthday Grandma!*



Dorothy Bender, a long time resident of New Hamburg, celebrated her 94th birthday. She lives in Assisted Living at Nithview and because of Covid-19 she is not allowed to have visitors.



Her great granddaughters Kaylee, Mackenzie and Rylee Kaufman decided to make a huge *Happy Birthday* poster and hold it up outside her window.

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*Answer from Figures of Speech from page 12*

- |  |                           |
|--|---------------------------|
| 1. Time flies                              | 17. Living in your shadow |
| 2. An ace up your sleeve                   | 18. Piece of cake         |
| 3. Spill the beans                         | 19. Bird brain            |
| 4. Cat got your tongue                     | 20. Cherry on top         |
| 5. Got the cat by the tail                 | 21. Chalk & cheese        |
| 6. Kick the bucket                         | 22. Knock your socks off  |
| 7. Born with a silver spoon in the mouth   | 23. Red herring           |
| 8. Don't carry all your eggs in one basket | 24. An earworm            |
| 9. Wear your heart on your sleeve          | 25. In a nutshell         |
| 10. Keep your cards close to your chest    | 26. On a silver platter   |
| 11. Nail on the head                       | 27. On the wings of time  |
| 12. Loose screw                            |                           |
| 13. Cold feet                              |                           |
| 14. Something fishy                        |                           |
| 15. Fish out of water                      |                           |
| 16. Tie the knot                           |                           |

*ANSWERS FROM HAVE A  
LITTLE PUN PAGE 12*



- Bartender
- Accountant
- Soldier
- Professor
- Fireman

Answers from ALL THINGS SCRAMBLED  
from page 15

AT THE GYM	THINGS YOU WEAR
LIFT	COAT
YOGA	MASK
COACH	DRESS
CYCLE	PANTS
SITUP	SHOES
SWEAT	GLOVES
MUSCLE	BONNET
WEIGHT	SLIPPER
BARBELL	SWEATER
WORKOUT	SOMBRERO

*You Must Be Joking!!*

Being quarantined with a talkative child is like having a caffeinated parrot glued to your shoulder!


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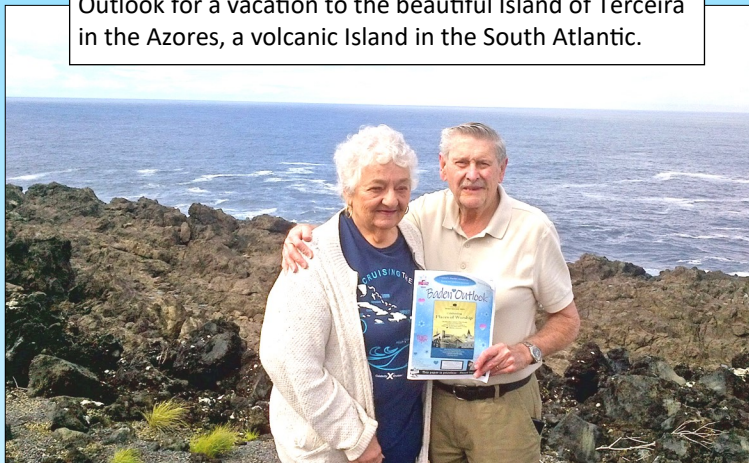


Barmen Alain and Elian proudly show the Outlook with Deb Vinski at Los Delfines hotel in Varadero, Cuba.



The Baden Outlook enjoying a wonderful vacation in Saint Maarten with Foxboro friends Abby Hartman and hubby Paul, Adrian & Angela Baas.

Barry and Lola May of Morningside took their Baden Outlook for a vacation to the beautiful Island of Terceira in the Azores, a volcanic Island in the South Atlantic.



Chris & Donna Wright and Bob & Jean Ann Norman from Foxboro Green with their Baden Outlook enjoying their holiday on Roatan Island, Honduras.

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