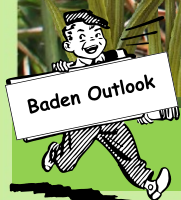


Baden Outlook

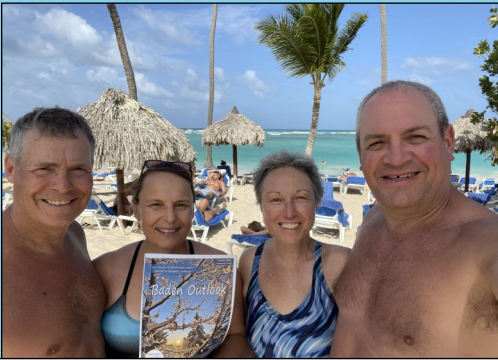
~ Your Favourite
Good-News-Letter ~

Keeping the
Community Connected



This paper is priceless - Please have one!

The Baden Outlook has finally been on vacation in the sunny south! Don't forget to take us with you when you go!



Baden friends, Brent and Martha Kuehl and Gayle and Paul Fangrad, (left to right) took their Baden Outlook along on their trip in February to Punta Cana, Dominican Republic.



Mike Taves (the one hiding in the back row) took the Baden Outlook to Barcelo Mayo Riviera in Mexico with friends.

Happy Easter

Have a happy & safe celebration

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Barry, Pat, & Katie Fisher

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

- Katie writes about Ukrainian Easter facts
- BCA is back in action... details on page 6
- Check out the many activities offered at the Baden Library
- Learn about Castle Kilbride's new storage on wheels!
- Are your kids stuck on the screen? Tips from ICC
- Cheryl Weber Good finishes up her three-part series on listening
- Fraser Gibson explains about Atlassing your yard
- April is Donor Awareness month. Learn more what WALDA does for us.
- Do you procrastinate? Find out why we do this.
- Check out what's new with Nith Valley EcoBoosters

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

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

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Greetings from Headquarters ~



As the war in Ukraine rages on, my heart feels empathy for those unable to celebrate Easter safely this year. Even if the Covid cases continue upwards, our immediate families living in our own homes can celebrate without worries of safety.

My better half is part Ukrainian and reminded me that Easter is a huge celebration in Ukraine. I did some research on their most anticipated holiday and I am fascinated. The word Easter in Ukrainian is Velykden; this translates to 'Great Day'. It follows the same origins as celebrated in other Christian religions but mostly resembles to Orthodox faith. They spend months preparing for Easter in Ukraine. They have a committed following of fasting and Lent; the country has passion for their faith. Easter day, families come together to celebrate with food, songs, and family. Ukraine's most famous cultural product is their beautiful, intricate, decorated eggs.

Their holiday is celebrated with their traditional Easter bread, kulich or paska. Easter in Ukraine does not typically consist of the Easter Bunny, egg hunts, or candy. They do, however, keep the basket theme but carry the breads, eggs, and other edibles like meats and cheeses that will be eaten to break the fast. Baskets are lined up to be blessed by a priest on Easter.

If you would like to help displaced Ukrainians who have newly arrived to our region, show your support and visit www.wrgrassrootsresponse.ca

-Happy Easter Wilmot!

Neat Ukrainian Easter facts

Pysanka – decorated eggs with design and patterns that have significant meaning, traced out by using beeswax. These eggs are often raw, but sometimes drained by a tiny, drilled hole.

Krashenka – decorated eggs dyed in red food colouring to reflect the blood of Jesus, modern traditions have added more colours. These eggs are often hard-boiled and are typically just one colour.

Bytky (Egg Battle) – A childhood game that consists of smashing your hard-boiled egg with the shell still on into someone else's without breaking your own. Whoever has the last unbroken egg wins.



On par... April 1st gives us yet another treat of winter flakes...not to worry we'll get there! I'm sure all the gardeners are dreaming of getting their hands dirty. As you will see in this issue, we are truly getting back in motion with activities and connecting with one another. There are many events for you to join in—and garage sales are back...get busy!

- * This month marks the 73rd anniversary of the Baden Opera House fire that changed the core of town... see the photos of now and then.
- * It's been a common concern in these past few challenging years how much time our kids spend with their eyes glued to the screen. Check out what Rebecca, who is a Children's Specialist with ICC, has to say about this.
- * Catch up with Fraser as he tells about The Challenge of Atlassing—that's so cool!
- * As the Baden Outlook continues its trek around the world, check out this odd but amazing country of Bhutan—why aren't we all living like this? I want to go there!
- * The Eco-Boosters tell you why it is important to plant a native tree or shrub in your yard.
- * Cheryl shares the final segment of this three part series on how to be a better listener. I think we can all agree that we should learn how to do this.
- * Finally, enjoy the usual jokes, puzzles, and other tidbits of fun reading!

Happy Easter to you all—I hope you get to gather with your families once again!

Talking with Ed

~ Welcome Back



I find it astonishing that animals such as bears, chipmunks, skunks, groundhogs, raccoons, and numerous bugs spend the winter months in hibernation. We, as humans, can't go very long without water, food, exercise, light and warmth to survive, whereas these creatures seem to defy logic with their annual rituals. Hibernation is the sleep-like process that involves a depression of metabolic rate, body temperature, and breathing rate that these such animals enter during the coldest months. It allows animals to survive only on their energy stores (fat and muscle) until the hunting and foraging happen again in the spring. Bears do not go into a deep sleep like ground squirrels (not the squirrels in our area as noticed by my bird feeder). They lower their metabolic rates by 90% which is pretty fascinating when you think of it.

It is also remarkable that birds know when to fly south or north at just the right time. I noticed the first robins several weeks ago, which was followed the next day by a good dumping of snow. A day or so later spring was here, and the robins did just fine. Birds aren't the only migraters. Whales, porpoises, seals and fish, such as salmon, all make a journey. Whether it is for better food sources, to lay eggs, or to get away from harsh winters, it is still impressive.



The arctic tern has the longest migration round trip traveling 71,000 kilometres. The next furthest round trip travellers are the leather-back turtle (18,000km), humpback whale (10,000km), whooping crane (7,000km), monarch butterfly (6,000km), and the barren ground caribou (4,800km). Over the course of its lifetime, an arctic tern may fly nearly 2.5 million kilometres.

It is also amazing to see a duck, or Canada goose sitting between chunks of ice on a river, lake, or pond in freezing water. Ducks, as well as many other birds, have a counter-current heat exchange system between the arteries and veins in their legs. Warm arterial blood flowing to the feet passes close to cold venous blood returning from the feet. The arterial blood warms up the venous blood, dropping in temperature as it does so. This means that the blood that flows through the feet is relatively cool. This keeps the feet supplied with just enough blood to provide tissues with food and oxygen, and just warm enough to avoid frostbite.



We humans have our own issues too. Should we go south for the winter during the pandemic? Should we stick with Daylight Savings Time (DST)? On July 1, 1908, the residents of Port Arthur, now Thunder Bay, turned their clocks ahead by one hour to become the first place to use DST. Germany and Austria also used DST in 1916. On April 23, 1914, Regina implemented DST and on April 24, 1916, Winnipeg and Brandon followed suit. Today DST is now used in over 70 countries and affects over 70 billion people each year. The beginning and end date varies from country to country.

Lately, there has been a push to discontinue the switch to Daylight Savings Time. On March 15, the US Senate voted to do away with that switch, making Daylight Savings Time - the summer month clock settings - permanent year-round. The reasons being that heart attacks and accident rates increase around the time changes and any time that children can be given more time to play outside is a good thing. I am not sure what will happen here in Canada.

To me I do not see a big change in my mood or tiredness, but is it a good idea? I think it is, I would much rather see that daylight at the end of the day, but to be fair, I am a late riser.



Until next month...Ed



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The best things in life are free - like the loud cheerful chirps of the Spring birds busy building nests ...and this paper ~ Enjoy!

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You Must Be Joking!!



That's not my Job!

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to do and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry because it was Everybody's job. Everybody thought Anybody would do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

ANYBODY'S GUESS

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Baden ~ Our Town



It's great news for the Baden Community Association (BCA) to get back into the community! Earth day is fast approaching and so is the annual BCA town spring clean up. The last two years the group had to deal with pandemic restrictions and modify this annual event, but this year they feel that it is time to bring it back and beautify our town! The occasion will be held on April 23 from 11 am -1 pm.

There will be a registration table staged at the fountain beside Tim Hortons where snacks and refreshments will also be provided courtesy of Tim Hortons and Circle K Variety. Garbage bags and gloves will be provided to all participants.

In the past the BCA was always pleased with good crowds attending, and hopes to see locals take pride and gather again to clean up Baden this year.



The Wilmot Trails Committee and Wilmot Sustainable Working Group have joined together to host a similar event. Their event will run from 9—12 and their clean up will be focussed on Schmidt Woods and the Baden Hills trails, as well as other areas in Wilmot Township. Let's make our township shine!

Follow us on Facebook to see what we are up to. You are most welcome to join in when you choose!

We're Back in Motion!

Mark your calendars! The BCA will be bringing back their annual Fishing Derby again this year. The derby will be held on May 28th starting at dawn.



Four hundred Rainbow Trout have been ordered and ten of them will be tagged for a chance to win \$50 per fish. The fish must be caught during the event which will run from dawn until 1 p.m.

Fishing licenses are required and the daily limit for the trout must be adhered to. There will be worms available to buy, plenty of door prizes, and the BCA will be having a barbeque for hungry anglers.



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Checking out the Baden Library



Welcome back to the Library! With public health restrictions now lifted, we are thrilled to welcome you back to the branch to browse as long as you wish. While the couch and comfy chairs are back for your reading pleasure, we continue to offer our Click & Collect service, which allows for quick and contactless pick-up of your items. You can access Click & Collect in one of three ways: through the RWL app, from the RWL website or by using our Ask A Librarian service online or by phone at 226-748-8030.

Programs for All Ages

A variety of in-person programs is back: check out all newly added programs at www.rwlibrary.ca

Baby & Me (in person)

Enjoy quality time interacting with your baby, socialize with other caregivers, and learn tips and tricks

- Tuesday, May 3, 10-10:30 a.m. – New Dundee Branch

Discovery Time (in person)

Join us for stories, songs, and more!

Wednesdays, 9:30-10 a.m.

- April 6 – Baden Branch
- April 20 – Wellesley Branch
- May 4 – New Hamburg Branch

Code. Like a Kid (virtual)

- Tuesday, April 5 – Tuesday, May 17, 4:30-5:15 p.m. via Zoom

Calling all future kid coders! Through story-based learning and problem solving with friends, kids can try their hand at coding with Prenda Code Club. Beginners welcome!

Wildflower Seed Bombs (in-person)

Get your hands dirty creating homemade seed bombs to sprinkle throughout your yard to create beauty and habitats for pollinators.

- Thursday, April 21, 4-5 p.m. – New Dundee Branch
- Wednesday, May 11, 4-5 p.m. – Baden Branch

Crafty Tween (in-person)

Get crafty, meet new friends and have fun!

- Thursday, April 14, 4:30-5:15 p.m. – New Hamburg Branch – Marble Dipped Mugs
- Thursday, May 26, 4:30-5:15 p.m. – Wellesley Branch – Seed Paper

Going Green: Sustainability for Kids (in-person)

Join us as we learn how to take better care of our earth. Participate in hands-on activities and weekly challenges!

- Thursday, May 5, 4:45-5:30 p.m. – Baden Branch

Growing and Harvesting a Cut Flower Garden (in-person)

• Tuesday, April 12, 7-8 p.m. – New Hamburg Branch
Theresa Schumilas, Owner of Garden Party Flower Farm, will overview typical cutting flowers for gardens in our zone, how to source and grow, cut them, and how to make sure flowers last as long as possible in a vase.

Paint Night with A. Decker: Beautiful Daisies (virtual)

- Wednesday, April 20, 7-8 p.m. via Zoom

Gender Pronouns and Creating Cultures of Respect (virtual)

- Wednesday, May 18 via Zoom - 7-8 p.m. talk + Q&A, 8-8:30 p.m.

Join, Tommy Mayberry (he/she/they), for a talk on how we can get ahead of our daily communication practices and activate in ourselves inclusive ways of thinking and speaking for gender and sexed identities. Tommy is the Executive Director of the Centre for Teaching and Learning at the University of Alberta and is someone who will always call the Waterloo Region of Ontario (specifically, Elmira and Waterloo) "home."

Questions? For more information, please contact the Baden Branch at 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca.



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Drop One For Fun

Answers on page 33

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

A

B

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

1. Marker, usually worn
2. Uttered a greeting or farewell
3. Resting place
4. Causing pain or suffering
5. A hint
6. A signal
7. Burning
8. Just or open minded
9. A long way
10. Occurrence
11. An outlet for air
12. Decade
13. Annoyance
14. Temper
15. A cleaning cloth

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Diving Into the Wilmot Archives



While the museum was closed to the public in January and February to prepare for the 2022 reopening, exciting things were also happening behind the scenes. A new mobile storage unit was meticulously installed to accommodate the ever-expanding collection for the Township of Wilmot.

This collection first started twenty-eight years ago when Castle Kilbride committee members began searching and collecting objects in 1994 to compliment the opening of the new museum. Originally many artifacts were obtained to furnish the interior of the Victorian home, but residents also brought in other important artifacts from the community that created a secondary collection that pertains to the history of Wilmot Township.

Over the years the collection grew from hundreds to thousands of artifacts and the room that houses these treasures was bursting at the seams.



Artifact Storage Room -Before



Artifact Storage Room -After

It was quite a process and collaborative effort by Castle staff, Township Facility staff, and Altitude Storage Solutions to make this project possible. During the many times when the museum was mandated to close due to COVID, staff were busy preparing for this project that required extensive planning and organization. To do so, all the artifacts were examined, inventoried, carefully packed in boxes, and labelled during the summer months before they were moved to temporary storage by the facilities crew. Plans and diagrams were created to ensure everything fell into place, and that it did!



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This long-awaited project was part of the larger municipal capital program for the Castle Kilbride department estimated at \$35,000. In 2021, staff wrote a grant application to the Department of Canadian Heritage under the Museums Assistance Program (COVID-19 Emergency Support Fund) and a grant in the amount of \$28,456 was awarded to help Wilmot's National Historic Site carry out this project. The announcement of funding was a wonderful surprise to receive. Museum staff are very grateful for the financial support and this funding has allowed the continued care and growth of Wilmot Township's heritage collections.



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H	J	S	A	D	J	E	E	R	F	V	ANIMALS
A	W	O	R	L	D	C	L	E	A	N	CARE
B	L	I	T	T	E	R	C	U	H	K	CLEAN
I	S	L	H	S	C	U	Y	S	O	Y	EARTH
T	E	R	O	N	U	O	C	E	M	C	ENERGY
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T	E	V	R	E	S	E	R	P	K	E	HABITAT
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N	Y	P	S	T	N	A	L	P	M	N	OCEANS
											OXYGEN
											PEOPLE
											PLANTS
											PRESERVE
											RECYCLE
											RESOURCE
											REUSE
											SOIL
											WATER
											WORLD



Spring is in the Air

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Earth Day
Friday, April 22, 2022

In honour of Earth day, I'm sending all of my



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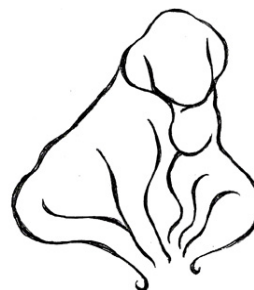
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Baden Birding ~ The Challenge of Atlassing

By Fraser Gibson



I was walking a hydro corridor, mid-May, when a bird quietly disappeared into a patch of brambles. Ron, a younger birder with sharp eyes and acute sense of hearing, was accompanying me on this sunny morning. We were data gathering for the Ontario Breeding Bird Atlas. This, the third atlas, is a five-year project running between 2021-2026.

The Atlas is sponsored by several NGOs and both federal and provincial governments. All data collected provides vital information for scientists and government officials and will guide future environmental policies.

The entire province has been divided into a grid of 10-by-10-kilometre squares and I volunteered to collect at least 20 hours of data in one of them, over the next 5 years. My square is mostly in Wilmot Township and encompasses the area from near St. Mary's Hospital in Kitchener, running west to St Agatha, south to near Pinehill Road and Bethel Road, west bisecting New Dundee to Trussler Road and Bridge Street and from there north to the start.

This activity creates an interesting challenge because it compels volunteers to look beyond the identity of a bird. While atlassing, the observer watches for any evidence of breeding activity - carrying nest material, for example or an adult feeding young. This information, along with the species, gets entered in an atlas checklist.

We approached the brambles quietly and peered into the intertwining branches. There, just 4' off the ground and below the uppermost leaves of the bramble patch, a well-concealed female Rose-breasted Grosbeak sat upon a nest! I entered this exciting early morning find as "AE" in my record book, standing for "adult entering or occupying a nest." This entry confirmed the breeding of one of approximately 135 breeding bird species in the Region of Waterloo. Over the next five-year period, the objective is to confirm the breeding of as many birds in the square as possible. That morning, with Ron's help, we also recorded a Black-billed Cuckoo carrying food, a Baltimore Oriole entering her nest, and a Hairy Woodpecker feeding young. All of these activities "confirm" breeding in this square. There are other signs which suggest possible but do not confirm breeding, such



as a courtship display or agitated behaviour. Such observations are likely to entice the observer back to the same location at a later date in an attempt to confirm breeding.

A week later, Ron and I met again, this time at his friend's rural property. There he showed us a Turkey Vulture nest, the one documented in the November issue of the Baden Outlook. While visiting that site I found a Ruby-throated Hummingbird sitting on a nest, the first one I have ever found!

Obviously having permission to access rural properties is very important during this project and I have been blessed with meeting generous and friendly landowners.

During this first breeding season, I was thrilled to confirm the breeding of numerous other interesting birds. They include Yellow-billed Cuckoo, Great Blue Heron, Red-tailed Hawk, Barn Swallow, Grey Catbird, Eastern Bluebird, Wood Thrush, Savanna Sparrow, and Yellow Warbler. But for space, an interesting vignette could accompany each.

I heard an Indigo Bunting singing in the same area every time I visited a rural property, but it took me 5 visits to finally see a bunting carrying food into a thicket! I saw a Great-horned Owl sitting on its nest on January 25 and it was April 14 when I returned to see two fluffy youngsters occupying the space.

I also entered data for but was unable to confirm the breeding of the following less common birds: Virginia and Sora Rails, Red-headed Woodpecker, Bobolink, Grasshopper and Vesper Sparrows and Scarlet Tanager. I will try to get confirmation in the remaining years of the Atlas.

Strangely, over my many hours of observation, I have failed to confirm the breeding of some fairly common birds including dove, pigeon, killdeer, and blue jay.

I enjoy the challenge atlassing presents and over the next 4 years hope to confirm the breeding of numerous other birds in the richly diverse habitats of this square. Please contact me if you know of a breeding bird of interest on or near your property.

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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 33

Relating to Barbeque

- BIRS _ _ _ _ _
- ASETK _ _ _ _ _
- RIGLL _ _ _ _ _
- STABE _ _ _ _ _
- LIORB _ _ _ _ _
- BABOK _ _ _ _ _
- TOOTAP _ _ _ _ _
- GRUBER _ _ _ _ _
- NICKCHE _ _ _ _ _
- RAINMADE _ _ _ _ _

Simpson's Characters

- TRAB _ _ _ _ _
- SAIL _ _ _ _ _
- PHARL _ _ _ _ _
- HERMO _ _ _ _ _
- LIEWIL _ _ _ _ _
- YEARNB _ _ _ _ _
- STRUKY _ _ _ _ _
- RM SUBNR _ _ _ _ _
- RIMTHESS _ _ _ _ _
- SHIMLOUE _ _ _ _ _

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Creating Healthy Screen Time Habits

Rebecca Giroux, MSW, RSW, CPT Intern - ICC Children's Specialist



Has it been difficult to pull your children away from their devices during the pandemic, or perhaps even before? The Covid-19 pandemic has only amplified this concern as many parents have had to navigate working from home during online learning, daycare closures, and strict protocols. Learning how to manage the safety and limits of our children's technology can feel like a never-ending task. It's becoming more difficult to stay on top of the ongoing tech trends and social media platforms that our kids are following. I'm here to tell you that there are some simple ways that we can keep our kids safe from a technical culture that lacks boundaries.

Many of us adults can probably admit, with some encouragement, that we too struggle to put the devices down, or not check an incoming text message in the middle of dinner. If we want our kids to set healthy boundaries around their device usage, we must also lead by example. Here are a few suggestions that your family could try.

Establish proper device etiquette. This can be done by creating a family rule that no one in the household is permitted to use their device while you eat as a family. Eventually, you might find that your family even

talks to one another during the meal. We all enjoy some TV after school and even the odd movie night, but does the TV or Youtube really need to be on during mealtimes?

Turn off all screens at least one hour before your children's bedtime, and your own. Our brains need to rest! Sleep comes more naturally when our brain is not stimulated.

Social media time limits can be enabled in your device settings, as well as your children's. We all struggle to stop scrolling at times.

Keep TVs, computers, and laptops out of all bedrooms when your family is supposed to be sleeping. If your child has a smartphone, you may also want to check in and see if they are using it when they are supposed to be resting. The blue

light emitted from our devices is highly addictive and can arouse a person, preventing the brain from settling down for rest.

Introduce at least one family activity a week where devices are not required or permitted. This could be a family cooking night, a camp out, a games night or something unique to your own family values.





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Remember, short term pain for longer term gain! You can expect your children will protest when limits are tightened around their devices. But how does a parent even know how much screen time is too much? You may want to ask yourself these questions. Is your child constantly asking for a device? Do they spend most of their day using a device? Whether it's a Playstation, Xbox, Nintendo Switch, phone, laptop, or tablet. Do they get angry and escalate when this device is taken away? These might be warning signs that it's time to reel in how much time they are spending on their device(s).





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SELLING THE SENIORS' WAY

Procrastination—Is it a virtue, characteristic flaw or just the nature of things?

Procrastination is the action of unnecessarily and voluntarily delaying or postponing something despite knowing that there could be negative consequences. Do you have trouble persuading yourself to do the things you should do or even would like to do? When you procrastinate, instead of working on important, meaningful tasks, you find yourself performing trivial activities and ultimately end up feeling bad about ourselves. Are we just being neglectful and lazy?

So...Why Do We Procrastinate?

If procrastination isn't about laziness, then what is it about? That self-awareness is a key part of why procrastinating makes us feel bad. When we procrastinate, we're not only aware that we're avoiding the task in question, but also that doing so is probably a bad idea. And yet, we do it anyway.

Procrastination isn't a unique character flaw or a mysterious curse on your ability to manage time, but a way of coping with challenging emotions and negative moods induced by certain tasks — boredom, anxiety, insecurity, frustration, resentment, self-doubt and beyond.

Experts say that procrastination is an emotion regulation problem, not a time management problem. Put simply, procrastination is about being more focused on the immediate urgency of managing negative moods than getting on with the task at hand.

The particular nature of our aversion depends on the given task or situation. It may be due to something unpleasant about the task itself, but it might also result from deeper feelings related to the task, such as self-doubt, low self-esteem, anxiety or insecurity. Staring at a blank document, you might be thinking, I'm not smart enough to write this. Even if I am, what will people think of it? Writing is so hard. What if I do a bad job? The internal dialogue is the problem to overcome.

- * *If good things come to those who wait, then isn't procrastination a virtue?*
- * *If I wait till the last minute I'll be a little bit older and a little bit wiser.*
- * *I'm too busy doing things I don't have to do to avoid doing things I should do.*
- * *Procrastination can teach you to do 30 minutes of work in 8 hours, and 8 hours of work in 30 minutes.*
- * *Me a procrastinator? I'll prove you wrong some day... just you wait and see!*

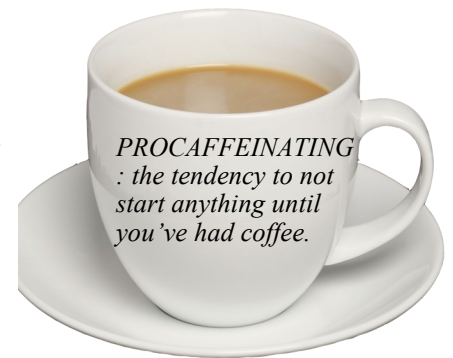


How to bust out of this mood?

First, forgive yourself for procrastinating. Next make a list and choose just one thing to focus on, even a small one, or prioritize the list to continue to work at. Commit to this task and promise yourself a reward.

Minimize distractions—stay away from television or your devices. Give the task a time-line, whether 10 minutes or an hour to commit to it. Ask someone to check up on you—accountability is helpful.

Change your internal dialogue about being a procrastinator, don't label yourself. Tackle tasks as soon as they arise, rather than letting them build up over another day. Regardless, always keep a list so you can see the success when you stroke it off. Enjoy and acknowledge the satisfaction. Some people strive under pressure and if that serves you well then don't beat yourself up!



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 5lb Smoked Pork Chops
 5lb Fresh Pork Sausage
 12 Wieners
 18 Beef Burgers
 Sub 15 Turkey Burgers

Then & Now

Pictured on the left is the former Baden Opera House block before the fire in 1949. Pictured below is Pizza Express and Wings, the remainder of the Baden Opera House block as it stands today on the corner of Snyder's Road and Foundry Street. As you can see, the building was reduced to nearly half. It's awesome to see part of its original structure still in our town.



The Baden Opera House was a key structure in the centre of Baden. When we hear the word "opera," we think of formally dressed singers on stage, singing very complicated songs. But in the first part of the twentieth century, many small towns had what they called an "opera hall" that was actually a community centre of sorts. These places would have a stage inside a large open hall, where tables and chairs could be set up -- or where people could dance. Yes, the "opera house" of days gone by welcomed all kinds of events, from wartime dances to dinners for dignitaries, from grade-school Christmas pageants to traveling vaudeville shows.



Eggheads

When cooking eggs, carefully crack and save lower two-thirds of shell intact. Wash and then draw mouth, eyes and nose with a felt tip pen. Fill shells with potting soil. Sprinkle grass seed on surface (ryegrass works well) and gently press seeds into soil. Water gently, put egg shells in egg carton, and cover with lid. Keep soil moist but not soggy. The sprouts become "egghead hair" and can be clipped with scissors to keep short or go for the shaggy look.



FACT:

Easter egg hunts are proof that kids can find things when they want to.



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- **Provides homes and shelter** for many mammals and other wildlife
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To learn more about native tree selection, how to plant/maintain and more, go to letstreewilmot.ca



The Nith Valley EcoBoosters are pleased to announce our next educational event entitled Let's Talk – Your Home's Energy Use which will take place on April 28th. Our keynote speaker is Greg Labbé who is a Building Science Consultant at Ryerson University. Greg's presentation will focus on how homeowners can reduce their home's energy use through improvements and retrofits including insulation, air sealing, windows & doors, heat pumps, water heaters, solar panels, and smart thermostats. A question & answer period will be part of this webinar. To register, please go to: nvecoboosters.com

Our next general monthly meeting will be held at 7:00PM on Wednesday, April 27th. Please contact us via e-mail (nvecoboosters@gmail.com) or call 519-662-9372 if you would like to participate in this "Zoom" meeting.

Don't wait. Help our communities. Help our environment.

You Must Be Joking!!



- * What if my dog only brings back the ball because he thinks I like throwing it?
- * If poison is past its expiry date, is it more poisonous or is it no longer poisonous?
- * Which letter is silent in the word "SCENT," the S or the C?
- * Do twins ever realize that one of them is unplanned?
- * Why is the letter W, in English, called double U? Shouldn't it be called double V?
- * Maybe oxygen is slowing killing you and it just take 75-100 years to fully work.
- * Every time you clean something, you just make something else dirty.
- * The word "swims" upside-down is still "swims".
- * Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.

April showers...
so let's march on to
bring May flowers!



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Reduce to Produce *Answers on page 33*

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

What's the difference between weather and climate?

A	B	C	D
BUNNY	PEN	YOU	BENT
CAN'T	SENT	THEM	HAT
HELMET	WEATHER	A	DAY
TREE	MINUTE	SUNNY	BRUSH
SOAP	BUT	MARKER	YOU
VENT	CAN	STOP	CLIMATE

1. Remove all words that are headwear
2. Remove all words containing "NN"
3. Remove words relating to time
4. Remove all 4-lettered words in column C
5. Remove all writing instruments items
6. Remove all words that are toiletries
7. Remove all words that rhyme with tent

Write leftover words here:

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PLANTAR FASCIITIS: A COMMON SOURCE OF HEEL PAIN

By Dr. John A. Papa, DC, FCCP(C) - New Hamburg Wellness Centre



Plantar fasciitis is caused by injury to the plantar fascia, which is the tendon-like soft-tissue along the bottom of the foot that connects your heel bone to your toes. This condition is a common source of heel pain that can be quite disabling.

Plantar fasciitis usually develops gradually, but it can also come on suddenly. Sharp, knife-like pain on the inside-bottom part of the heel is often characteristic. Pain and discomfort can also extend into the arch of the foot. Heel pain tends to be worse with the first few walking steps in the morning, and after extended periods of sitting or inactivity. If plantar fasciitis becomes severe or chronic, heel and/or arch pain will be present with all weight-bearing activities, and may result in secondary areas of discomfort in the foot, knee, hip or back due to compensatory movements.

Improper footwear can make the plantar fascia more susceptible to stretch and strain during these activities.

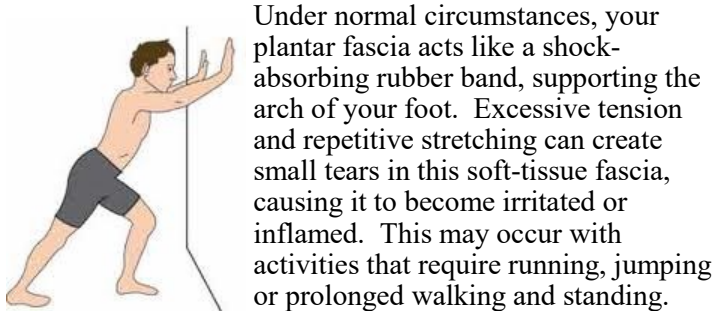
Faulty foot mechanics may also contribute to the development of plantar fasciitis. Individuals with flat feet or those who excessively pronate (roll feet inward) will experience added strain on their plantar fascia. Old lower extremity injuries such as ankle sprains and fractures can increase susceptibility due to altered lower limb movements. Being overweight is also a risk factor. Carrying extra pounds can break down the protective fatty tissue under the heel bone, causing heel pain and putting additional mechanical load on the plantar fascia.

Self-care strategies for reducing the pain of plantar fasciitis include: ice application; rolling a tennis ball or soup can from your heel and along the arch of your foot; and gentle stretching and strengthening of the achilles tendon, calf muscles, and plantar fascia. Gel or “donut pads” placed under the affected heel(s) in shoes may also provide relief.

Plantar fasciitis that does not respond to self-care strategies may require professional treatment. This can include electrotherapeutic or laser modalities to assist in healing, manual and soft tissue therapy to supporting structures, therapeutic taping of the heel, and specific rehabilitative exercises for the muscles and joints of the lower leg and foot. A custom made orthotic may also be helpful by minimizing pronation, cushioning the heel, and supporting the arch.

It is important to establish an accurate diagnosis of plantar fasciitis. Other causes of heel pain may include stress fractures, heel fat pad syndrome, achilles tendonitis/bursitis, arthritis, gout, or nerve irritation. If you are having difficulty with heel pain, a qualified health professional can determine the cause of your symptoms and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance.

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.



Under normal circumstances, your plantar fascia acts like a shock-absorbing rubber band, supporting the arch of your foot. Excessive tension and repetitive stretching can create small tears in this soft-tissue fascia, causing it to become irritated or inflamed. This may occur with activities that require running, jumping or prolonged walking and standing.



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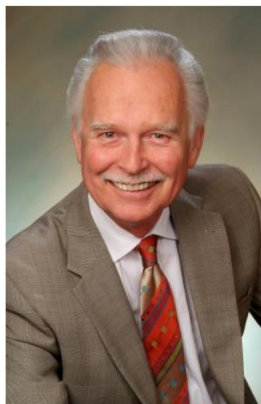
There was an old man who lived by a forest. As he grew older and older, he started losing his hair, until one day, on his deathbed, he was completely bald. That day, he called his children to a meeting...

He said, "Look at my hair. It used to be so magnificent, but it's completely gone now. My hair can't be saved. But look outside at the forest. It's such a lovely forest with so many trees, but sooner or later they'll all be cut down and this forest will look as bald as my hair."

"What I want you to do..." the man continued. "Is, every time a tree is cut down or dies, plant a new one in my memory. Tell your descendants to do the same. It shall be our family's duty to keep this forest strong."

So, they did. Each time the forest lost a tree, the children replanted one, and so did their children, and their children after them.

And for centuries, the forest remained as lush as it once was, all because of one man and his re-seeding heir line.



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April is Donor Awareness Month



April is BeADonor Month. Wilmot Area Life Donation Awareness, WALDA, encourages all Ontarians to show their support for organ and tissue donation

by registering their consent for donation. Our goal is to inspire and encourage those who have not yet registered to go ahead and do so. Registration has a strong connection to donation. When a potential donor has registered, families almost always proceed with donation.

The need for transplant continues to outweigh the number of organs available. There is still much work to do. St Mary's Hospital has received the Provincial Conversion Rate Award for meeting or exceeding the target conversion rate of 58% set by Trillium Gift of Life Network. The conversion rate is the percentage of potential donors who went on to become actual donors.

Our local Donor Registration Rate is 56%, setting us up at #14 out of 170 Ontario communities, something WALDA is very proud of.



You can also consider being a living kidney donor. Most of us are born with two kidneys. However, a healthy person can live a normal, healthy life with just one kidney. This means that a healthy person can give (donate) a kidney to someone whose kidneys aren't working. This gift is living kidney donation.

WALDA, has set up a campaign "One of Our Own" to help Jim Scott, a Wilmot businessman, volunteer, and community supporter who needs a kidney. Jim has spent

many hours at our sports facilities coaching New Hamburg Minor Hockey, Wilmot Girls Hockey, and softball. Some of your families may have benefited from his service as a professional or a volunteer in kids sports.

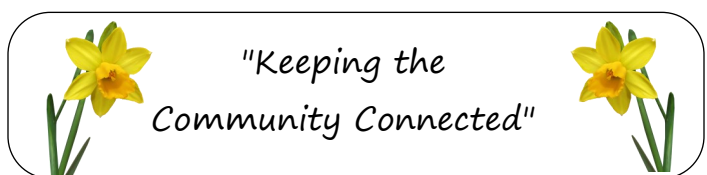


Jim's sister donated one of her kidneys to their father almost 20 years ago and he is now 81, proving that donation works! His sister is also leading a normal healthy life with her one remaining kidney. Being a living donor is a "Big Ask" and those receiving the organ certainly feel the "Big Gift". This life saving effort can only happen if the donor is healthy. Candidates go through extensive testing before being accepted. Both the donor and the recipient have their own team of medical professionals looking out for their best interest.

Can you help Jim Scott, One of Our Own? Kidney paired donation matches transplant candidates which is exactly what Jim needs. Start the domino effect by sharing this message. Let's get Jim a kidney.

Check out "One of Our Own" on Facebook

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March 10, 2022

Winner: Sheila Walker (New Hamburg)
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March 17, 2022

Winner: Shawn Burchatzki (Tavistock)
Prize: \$50 Gift Certificate to MacKay's No Frills

March 24, 2022

Winner: Angela McElligott (Tavistock)
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March 31, 2022

Winner: Pat Mighton (New Dundee)
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2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2,500 for each additional person

We are not able to prepare complex returns for:

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Bring all your information slips to the office; there are a few forms for you to fill out; you will receive a phone call when the return has been completed.

Any questions about eligibility or how it works please call 519-662-2731 or email info@wilmotfamilyresourcecentre.ca.



Wilmot Family Resource Centre

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For more information or if you want to volunteer please contact Gerald Knight knightowlsrock@gmail.com



Community Wide Garage Sales May 28 in Baden and New Hamburg

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make a few dollars at the same time!



5 OPTIMIST CLUBS

1 FOOD DRIVE

SATURDAY APRIL 23, 2022



In partnership with the Wilmot Family Resource Centre Food Bank

Optimist Club of New Hamburg:
Selling premade bags of food for \$10.00 & accepting cash donations & other food donations.
9:00am till 3:00pm
New Hamburg Sobeyes

Some things that are needed are:
canned food
(soup, beans, pasta sauce ect...)
Feminine Hygiene products
Toilet paper/kleenex



Optimist Club of Baden

Food & Money donations
1pm-3pm
Waterloo Oxford High School's New Field

Optimist Club of Petersburg:
Food & Bottle drive
9am-12pm
1239 Notre Dame Drive Petersburg



Optimist Club of New Dundee

Bottle Drive
10am-2pm
Corner of Queen St. & Kirk Place

Optimist Club of Wilmot:
Has donated \$200 to the Wilmot Family Resource Centre foodbank!!!



Coffee House Talks

sign up for a tour of :

Colour Paradise Greenhouses

Colour Paradise Greenhouses
1209 Bleams Rd.
Petersburg, ON

April 20th 2022

Time: 10:00 AM

Registration
Required

To register for this FREE event
email: coffeehousetalks2020@gmail.com

For Adults 55+ Wilmot & Wellesley Townships
Funding in part provided by:
New Horizons for Seniors



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

We are open Wednesdays, Fridays,
and Saturdays from 1-5 p.m.

Entertainment with The Crippled Ducks
Saturday, April 23rd, 2-5 p.m.

Elections of Executive & Committees will
be held May 5th at 7:30 p.m.
-All members welcome-



The Art of Listening—Is Anybody Listening?

By Cheryl Weber Good



In this series on listening, we've been discussing the relationship between people speaking and listening to each other. But what about listening to ourselves?

If we are waiting for the perfect friend to come along, maybe they are already here. There is only one person that has faithfully been with us all our lives from birth and will be our companion until the end of our lives. Oneself.

Many of us feel like we have an awkward, or troublesome relationship with ourselves, perhaps even trying to escape from our own thoughts and feelings. But wait, who is trying to escape from who when there is only one person? What's going on here?

Have you ever heard someone say, "I said to myself"? Or "Part of me wanted to do something and part of me did not?"

It seems strange to think of different parts within one person that could be speaking to each other. Most of us see a person as a complete single identity and have quite a time getting used to this idea. Let's play with it for a moment.

A whole new world can open up to us and how we relate to ourselves when we are able to notice that there are various different ways of thinking and feeling, needs, choices, and even inner conflicts between parts of ourselves.

It may seem unthinkable to discover ways to negotiate and communicate with them. Instead of pushing uncomfortable or confusing thoughts and feelings away, with practise we can say hello to them, listen to them and accept that they are there. It is possible to tend to their needs separately.

Sometimes these different parts we discover inside feel critical and negative, even cruel. But also inside are our more desirable characteristics. We have our personal cheerleader or wise mind to guide and remind us of our worth and

strengths. We can trust ourselves to make the decisions that take us where we need to be, even when the whole picture can't be seen until there is hindsight.

Instead of being overwhelmed by their presence, we can offer hospitality, nurture and care for them. Even though it may seem hard, with practise we can be as kind to them as to another person. We can listen to ourselves with compassion and begin to find a way out of negative self talk. We can learn about our own values and make choices from what we care about rather than what it seems someone else wants.

We can develop a sense of companionship with ourselves where being alone is quite pleasant. Then we are less needy in our relationships with other people.

Listening to ourselves takes special practice and patience. But what better friend and listener could there be for us than the one we travel through life with all the time. Loneliness is real, but so is the possibility to find a friend in ourselves.

Take care of yourself and send yourself some love.

"Embrace the glorious mess that you are" Elizabeth Gilbert"

You Must Be Joking!!

* Why did the Easter egg hide?
Because he was a little chicken

* Where do Easter eggs grow?
On egg-plants

* How can you tell which rabbits are the oldest in the group?
Just look for the gray hares

* Why shouldn't you tell an Easter egg a good joke?
It might crack up



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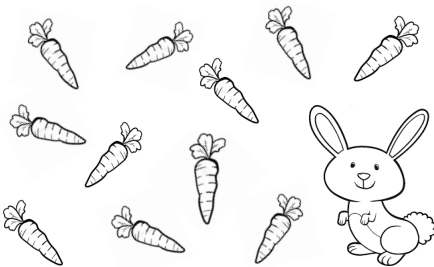
It's easy to transfer your prescriptions here!

Kids' Corner

By: Karrienne Berberich
www.beereadyresources.com



How many carrots does the bunny get to eat? _____



Funny Days in April...

- 21st - National High Five Day
- 29th - National Zipper Day



HIP HOP HOORAY FOR EASTER!

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

Earth Day is April 22

Earth Day



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It gives us water, soil, and sun.
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Let's all lend a helping hand!
You can save water, and plant a tree
Make a better home for you and me.
Recycle things, don't throw away.
Make every day an Earth Day!



Canadian Teachers 2012



Find and colour all of the Easter eggs hidden on the page!



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Well done Lambert Group!*

-Chris

Local Churches Invite You to Join Them

Steinmann Mennonite Church

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

Zion Philipsburg Lutheran Church

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

Emmanuel Lutheran Church

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

Shantz Mennonite Church

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

St. James Lutheran Church

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

Wilmot Mennonite Church

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St Agatha Mennonite Church

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It was once said that *Those who can, do. Those who can do more, Volunteer.* Here at New Hamburg Thrift Centre, we have a lot of people who definitely “do more”!



If you are currently a Volunteer at the New Hamburg Thrift Centre, know that you are very much appreciated and we are so thankful for your time and talent!

April 25th-30th is Volunteer Appreciation Week and we honour those many volunteers in our neighborhood who form the cornerstone of the success of New Hamburg Thrift! This week is certainly a special week for us here at New Hamburg Thrift Centre as one of the largest volunteer-run operations in our area! Our volunteers are truly the heart of our organization and we are often astounded by the commitment of time and energy these people bring.

I started at New Hamburg Thrift in September of 2021 as the Volunteer coordinator and had absolutely no idea what I was signing up for. What a wonderful community of people giving their time and talents to support the work of MCC. Even though I've been here almost 7 months I still feel like I meet someone new every day and make wonderful connections with so many from our own community! The benefits of volunteering are endless! For instance, it is renowned for skill development, and is often intended to promote goodness or to improve quality of life. Not to mention it gets you out of the house and socializing with neighbours and friends, old and new! If you are ready to make new friends, improve your mental and physical health, and maybe develop a few new skills along the way, come talk to me about volunteering!

COMING SOON..... Back by popular demand (and the opening of COVID restrictions) New Hamburg Thrift Centre is excited to be preparing for our annual plant sale! We start accepting plant donations April 27 and will continue to accept plants Monday through Saturday during regular business hours until the end of May. The plant sale will begin Monday May 2nd!!

Share your perennials by donating plants in 6-to-8-inch pots. Identify the plant name and colour if possible. If you are unable to pot your donations, please bring them in a box to our drop off area and our volunteers will assist you. Garden tools, planter pots, etc. are also welcome.

If you looking for volunteer opportunities with our Annual Perennial Sale, there are a number of jobs available. Volunteers are needed on cash, watering plants, potting plants, etc. If you want to learn more about plants and meet new people, this volunteer opportunity is for you. Visit newhamburgthrift.com and fill out an application or Call Jennifer at 519-662-2867 for more information.

"Volunteers are not paid-- not because they are worthless but because they are priceless."

Thank you for volunteering!



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Journey Around the World ~ The Country of Bhutan

Many of us probably haven't heard of the country of Bhutan, which is located east of Nepal, north of Bangladesh, and south of Tibet. This country has an area of 38,394 km. (somewhat smaller than the size of Switzerland), and has a population of about 760,000 inhabitants. The landscape is mostly mountainous with some fertile valleys, savanna, and bamboo jungles. The country has a strong Buddhist culture and was tucked away from the rest of the world to avoid foreign influences. They are certainly doing many things right as noted in the rest of the article.

Bhutan is the first country in the world with specific constitutional obligations on its people to protect the environment. At least 60 percent of the nation must



remain under forest cover at all times. It is the only carbon negative country in the world, which means it absorbs more carbon dioxide than it produces thanks to its lush forests. The sale of tobacco is banned in Bhutan and the use of tobacco in public places is also banned. The use of plastic bags is banned in Bhutan.







The majority of the population practise Buddhism which teaches love and compassion which means crime rates and violent crimes are very low. Women are the head of the household and run businesses and farms. The government has taken steps to ensure free health and educational facilities for all and most people still get their education from monasteries.

Bhutan does not believe in Gross Domestic Product as an indicator of economic growth and development. It has introduced another measurement known as Gross National Happiness. These are measured in four categories; sustainable development, preservation and promotion of cultural values, good governance, and a healthy environment. The king of Bhutan realized that the country might not have a good honest king so he favoured democracy and elections. A constitution was formed in 2005 converting government from monarchy to democracy.

The national animal of Bhutan is a Takin which is a goat-antelope. It is illegal to kill anything in Bhutan, so meat is shipped in from other countries. Bhutanese love spicy foods and chillies are not considered a seasoning but a vegetable. Everyone in Bhutan becomes one year older on New Year's Day, so you don't have to worry about missing a birthday. There are no stop lights in Bhutan and many of the roads are treacherous due to farm animals and roads built on the sides of mountains. The airport at Paro is the most dangerous airport in the world to land at. Gangkhar Puensum is the highest mountain in Bhutan (7570 metres) and has never been fully summited. One third of Bhutan's population is under the age of 14 and the average age is 22.3 years old. Television sets only arrived in Bhutan in 1990.



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You Must Be Joking!!



- * Whatever you do, always give 100% unless you're donating blood.
- * Intelligence is like underwear. It is important that you have it, but not necessary that you show it off.
- * A courtroom artist was arrested today for an unknown reason, details are sketchy.
- * People are making end of the world jokes like there's no tomorrow.
- * I've always had an irrational fear of speed bumps but I'm slowly getting over it.



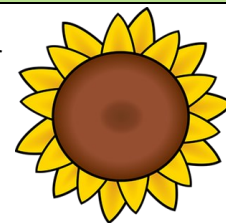
The beautiful, sunny sunflower is being showcased to support the Ukraine as it is its national flower. How did this North American native plant achieve that honour? This drought-tolerant, easy-to-grow annual arrived hundreds of years ago and thrived in the hot climate. The seeds provided food for people and animals. Sunflower oil was one of the few things allowed during the Ukrainian Orthodox Lent. The sunflower has become an integral part of the

Ukrainian tradition. It is a symbol of hope and resilience. The native sunflower for our indigenous represents harvest, bounty, and provision because it provides seeds, pigment, and more.

Grow sunflowers from seeds. Check out your local seed racks or online catalogs to view varieties that grow from 18 inches to 12 feet tall with many colour variations. Find one what fits your yard and try growing them. As cut flowers, pollen-free sunflowers keep your tabletops clean. There is the cute, double teddy bear version. To support pollinators, go with the open-face, pollen bearing versions. Birds and critters also love sunflowers. Growing a number of sunflowers combined with other pollinator plants will result in your yard buzzing with bees and chatter of birds, especially the American Goldfinch.

If you are looking for look-alike perennials for longer bloom time in the garden, there is a variety of native species such as Gallardia, Coreopsis, Rudbeckia, false-sunflower *Helianthus*, Prairie and lance-leaved coneflowers and Helen's flower (sneezeweed) that you can grow. Annuals such as zinnias, dahlias, English

Marigold, African daisy, bidens, and a variety of daisies can fill your garden or pots with golden colour.



Combine the yellow with sky blue, the Ukraine flag colours, representing the sky and the wheat fields. True blue flowers are hard to come by but here are some suggestions. For annuals, lobelia, salvia, verbena, heavenly blue morning glory, bachelor buttons, nemesia, and pansies/violets. For blue or near blue native perennials, woodland phlox, hepatica, blue eyed grass, liatris, fall-blooming high lobelia, asters, and closed bottle gentian. Some non-native are the spring blooming brunnera, lungwort, salvias, catmint, and clematis and for foliage, blue hosta.

A little trivia! The sunflower belongs to the heliotropic species that seem to track or follow the movement of the sun as it travels across the sky from East to West. Research discovered only the buds and leaves of the sunflower will display any of this behavior. Once a head of the plant has flowered and come into bloom with its petals on display, it is no longer actually heliotropic. It then remains fixed facing towards the east where the sun rises. In my garden, I have found it facing west as well. Enjoy this happy flower.

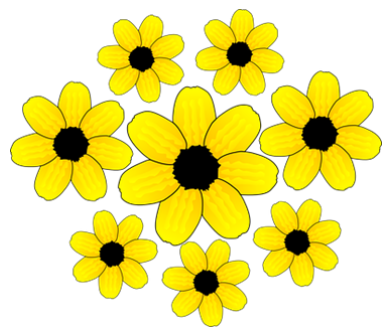
Upcoming WHS events for all ages are **Bring Back Nature, Beekeeping, Nature Families and Invasive Plant webinar**. Let's Tree Wilmot has Tree Planting events on May 7th and 28th. Checkout the websites listed below or Eventbrite.

Keep your fingernails and knees dirty!

For events, garden stories and info go to:
www.facebook.com/groups/3133495739996313
 Email: wilmothortsociety@gmail.com
 Website: wilmothortsociety.ca

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 Website: letstreewilmot.ca





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At last I know why I've got fat hips!

When taking a shower I often use the rest of my shampoo to lather myself. ..Well, until I read what was written on the bottle— "For extra volume and body". What a shock!!

No wonder it is so difficult to keep my weight under control. So from now on I will use dish-washing soap for showering, as it claims "Dissolves fat that is otherwise difficult to remove!"



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Love Your Neighbour Communities



Love Your Neighbour Communities, a grassroots non-profit organization in the heart of New Hamburg, seeks to revitalize people and communities. Made up of dedicated local Wilmot Township community members, LYNC's Board of Directors recognizes that small towns are struggling to maintain their local population and that distinctive small-town feel. Rural communities lack the resources urban centres possess. The shortage of resources, including lack of access to jobs and attainable housing, has caused migration from small towns to big cities. This migration coupled with urbanites moving to rural communities while working in the big city has severely affected the close-knit community of many small towns.

LYNC is committed to a 3-pronged approach to revitalizing people and communities: Economic Development, Community Living, and Equitable Housing. LYNC is Led by Chairman Steve Wagler of Josslin Insurance. Wagler along with LYNC's community champions Jim Miller, a local realtor, and Jeff Van Gyssel of Just Working Construction are excited about Love Your Neighbour Communities' first project.

The *Mill Block Community Development* is strategically situated between the rural tourism hubs of St. Jacobs and Paris, Ontario. LYNC's Mill Block Community will provide equitable, intergenerational housing and envisions multiple developments that will increase community connections and tourism in the heart of New Hamburg.

"Community is at the centre of all we do," says Vice Chair Lisa Doherty (retired Associate Director, Operations-Advancement ·U of Waterloo). "We hope you will be as excited as we are about the vision of Love Your Neighbour Communities".

LYNC Secretary Glen Good, retired college professor and building code consultant is passionate about LYNC's commitment to an environmentally responsible, net zero development that will include beautiful living spaces for intergenerational communities to thrive. The Mill Block Community Development will include a vibrant social hub featuring a commercial kitchen, urban gardens, and collaborative spaces for local social services, clubs, and enterprises. LYNC's goal is to revitalize New Hamburg's core by building community and attracting tourists to enjoy the beauty of our town.

Love your Neighbour Communities knows that to accomplish its vision the community is needed. We are already providing small opportunities for grass root

involvement. LYNC director Paul Ming, retired businessman, is pleased that Sittuk Investments Limited has joined with LYNC to begin the revitalizing process by providing recycling bins from Dundee Recycling for the collection of e-waste. This is a terrific first step opportunity for us to work together to revitalize our community. Everyone is encouraged to drop off e-waste in the bins located at 43 Snyder's Rd. E., Baden. You can ensure electronic waste is properly disposed of. All funds generated through the e-waste bins will be used to support the development of the Mill Block Community.



LYNC welcomes community involvement and support. You can be part of this meaningful development by contacting Boris at bmanuel@lyncommunities.com or 519 573 0600. Together we can revitalize and build a thriving community.



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| 4. Cruel | 5. Clue | 6. Cue |
| 7. Afire | 8. Fair | 9. Far |
| 10. Event | 11. Vent | 12. Ten |
| 13. Anger | 14. Rage | 15. Rag |



All Things Scrambled

- | | |
|-----------------------------|-----------------------------|
| Relating to Barbeque | Simpson's Characters |
| Ribs | Bart |
| Steak | Lisa |
| Grill | Ralph |
| Baste | Homer |
| Broil | Willie |
| Kabob | Barney |
| Potato | Krusty |
| Burger | Mr Burns |
| Chicken | Smithers |
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Spring Greetings from Mayor Les Armstrong

The sun is starting to set a little later. Birds are chirping again in the morning. While I'm not putting my winter boots away just yet, this is Canada after all, spring appears to be on its way. After a long, dark, winter, we are all looking forward to brighter days ahead.

We have all endured challenges over the last two years. In Wilmot, we faced these challenges together and I think we're stronger for it. I want to express sincere gratitude to our frontline workers, including many Township employees, who continued to deliver vital services during a difficult time. Our community came together like never before, finding creative ways to stay connected and celebrate life's important moments. Wilmot is resilient.

While the pandemic presented us with unique challenges, there are also lots of accomplishments to celebrate. We're on our way to rebuilding the Bridge Street Bridge and expect work to begin shortly. Working with the Region of Waterloo, reconstruction of Snyder's Road will continue in 2022. The Baden Trunk Sanitary Sewer project is in the planning phase along with plans to develop the Wilmot Employment Lands which will support growth and attract significant investment to our community.

The Township continues to make sustainable action by investing in reforestation. Our Tree Canopy Policy will help ensure that Wilmot's trees and greenspaces can thrive.

With more people looking to secure ice time, Council is considering the construction of a third ice pad.

All of this work will help ensure that Wilmot's infrastructure can meet the needs of our growing community.

As we enter a new season and a new phase of the pandemic, there is so much to look forward to. I'm most excited about the return of many local events and festivals, beginning with the Mennonite Relief Sale in May. I hope to see many of you there in person and at other events through the spring and summer.

We're welcoming this new season after having been through a lot. Our community has weathered a storm together, and I am hopeful that over the next few months we will finally be able to come together again and celebrate the things that make Wilmot a fantastic place to live, work, and raise a family.



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