

APRIL 2023

VOLUME 23, ISSUE 9

Baden Outlook

~ Your Favourite Feel Good Newsletter ~

Keeping the Community Connected since 2000

*We captured these daffodils last year—
thanks to the Wilmot Horticultural Society
who volunteer their time to make our
community blossom with flowers!*

This paper is priceless - Please have one!





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Barry, Pat, & Katie Fisher

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

- April is Organ Donor month... read the inspiring story of Jim and his new kidney
- Tips on pruning this Spring from Nith Valley EcoBoosters
- The Outlook has travelled far and wide... see all the places it has been
- Learn about the magical root vegetable - beets from Mercedes Kay Gold
- Being mindful of life balance with Chip from ICC
- Try your hand at the Star Wars wordsearch submitted by Theresa Billo
- There is a new store in town and we write why you should check it out
- Earth Day is present throughout the paper this month... let's get involved



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 ~



Happy April Wilmot! I have lived in many places in my lifetime so far and one of the most wonderful parts about living in Wilmot Township has been the sense of community through its residents. The “hellos” from new people on walks, the stopping to chat or catch up with neighbours, seeing regulars in popular spots like EJ’s, Mars, or Tim Hortons, and that feeling of belonging. I appreciate those small chats among locals who also care about the place in which we live. And thanks to those who stop and say hi to me while delivering the paper each month... you know who you are, and I’m always happy to see you!

Another wonderful thing about Wilmot is the amazing number of volunteers who participate in so many ways. There are volunteer based groups who run events to make life more fun such as the Baden Community Association, the many Optimist Clubs in our area, the Lions Club, the Agriculture Society that hosts the Fall Fair each year, the Rotary Club, and so many other amazing organizations - too many to list. There are also groups of volunteers who are focussed on more specific work, such as the Horticultural Society which is in charge of making all the Township flower beds beautiful. Or, Let’s Tree Wilmot volunteers who help plant new trees in the region. Of course, there is also the New Hamburg Thrift Centre who have regular and rotating staff who help with many aspects of the business. Thank you to those who consistently make Wilmot the best place to live.

If you have any interest in volunteering and don’t know how to help out, you can always email us at badenoutlook@hotmail.com. We can help point you in the right



Yes, tis the season, so embrace the wind and rain — After the shower and blow dry we will rejoice in the bright sun, blue sky, green grass, and multi-coloured spring flowers!



You can't have a rainbow without a little rain.

It is super exciting to see how many travel photos we have to feature this month. Simply to realize that after the difficult years of pandemic restrictions we are indeed moving forward. It’s such a privilege for us that folks take our paper with them on vacation, stage a photo opportunity and send it to us to share with our readers. Thank you very much to all of you who thought of us as you made your holiday plans!

As April is daffodil month it is also Donor Awareness month and we are happy to share yet another amazing story of a life altering experience. April is also when we focus on Earth Day—April 22, and when the BCA does their annual shout out to locals to pitch in and help clean up the town on April 29th. It’s a great time to get the family outside and working together to make a difference. Also in this issue we are happy to welcome a new business to Baden—be sure to drop by at Miller Mercantile and see what Susan has to offer.

I love when we get emails telling us when kids get engaged with the paper. We got word that Laurie’s granddaughter, Sadie, has been working on a social studies project including a well-loved book character, Flat Stanley. Stanley is a boy who gets squashed flat by a bulletin board while sleeping and makes the best of being flat by going on adventures. Check out Flat Stanley’s adventures on page 20.

And as Chip tells us, (on page 33) be mindful to keep balance in our busy lives!

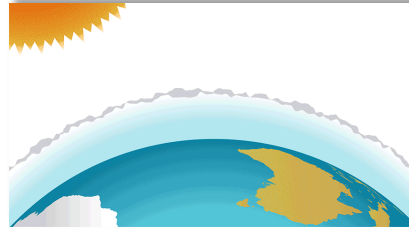
Talking with Ed

~ Hope for Climate Change



On Monday March 20th the Intergovernmental Panel on Climate Change (IPCC), which is made up of the world's leading climate scientists, delivered a final warning on the climate crisis. The report took eight years to compile and consisted of thousands of pages of documents. "This report is a clarion call to massively fast-track climate efforts by every country, and every sector, and on every time frame. Our world needs climate action on all fronts: everything, everywhere, all at once." Basically what it boils down to is act now, before it is too late.

The report goes on to state that extreme weather caused by climate breakdown has led to increased deaths due to intensifying heatwaves in all regions, millions of lives destroyed by droughts and floods, millions of people facing hunger, and "increasingly irreversible losses" in vital ecosystems. I think one person would only have to look at the state of California to see the effects that they are experiencing. Temperatures are now at 1.1 degrees Celsius above pre-industrial levels, the IPCC found. It may be still possible to avoid the ravages that would follow at a 1.5 degrees Celsius rise.



Natural resources Canada has determined that the transportation sector is responsible for 27% of greenhouse gas emissions in Canada. The United States Environmental Protection Agency stated, "Since 1970, CO₂ emissions have increased by about 90%, with emissions from fossil fuel combustion and industrial processes contributing about 78% of the total greenhouse gas emissions increase from 1970 to 2011. Agriculture, deforestation, and other land-use changes have been the second-largest contributors."

I thought I would try buying an electric bike, to try and cut down on my trips to New Hamburg downtown with my gas-powered car. It has not been overly successful so far for many reasons. It is parked in the garage for six months of the year and many times I need to pick up bulky items which would not be good on an E-bike. It is also challenging to change habits but I will keep trying.

One thing that I find quite alarming are the amount of trucks on the road which is a segue into the next conversation. East Germany-based Klosterbrauerei Neuzelle is developing the world's first powdered beer – turning water into lager in a mere matter of moments. Apparently, a person would take two spoonful of powdered beer, add water, and stir and voila -Beer. "We have calculated that, if we now relate this to Germany, we can save about 3 to 5 percent of the CO₂ emissions for

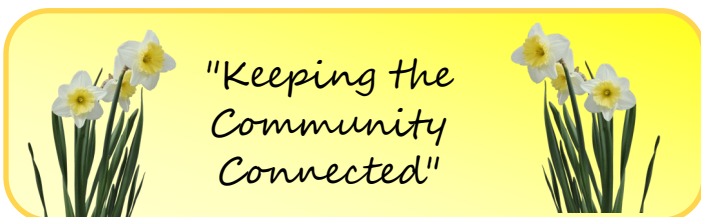
Germany alone," said the brewer's general manager Stefan Fritsche.

Alright, so a couple of things come to mind here. First off, what will the product taste like and secondly that is an amazing feat. The amount of transportation that goes into the beer process is huge. First trucks deliver ingredients and supplies to the plant. Beer is manufactured, poured into bottles, loaded onto skids, loaded onto trucks, and shipped to various warehouses and stores. Next people drive to the stores and bring home the products, consume them, and drive them back to the stores to return the empties. The Beer Store currently does an excellent job of recycling. Next the glass returns are sent back to bottle washing stations and refilled, while cans are sent to recyclers to make new cans which would be filled again. The powdered version would be to buy the product and consume. If this project becomes popular then the soft drink category might be next in line for a wholesale change.

The second bulkiest product in the grocery store, next to paper products, is laundry soap. For years people had the options to buy big boxes of soap. Next, the manufacturers decided to package them in plastic bottles – still very bulky. A British Columbia company TruEarth is making single use strips for your washing machine. They are getting very good reviews and it is a win-win as it has less trucks on the road and less plastic created and recycled for the product.

Stories like these are very encouraging to me. Habits are very hard to break and if we can all make a conscious effort to make small changes in our life, then we will make ground on that goal of avoiding an irreversible crisis. Until next month...Ed

We recently watched an interesting documentary on Netflix entitled "Kiss the Ground". The show is hosted by Woody Harrelson and features science experts and celebrity activists who unpack the ways in which the earth's soil may be the key to combating climate change and preserving the planet. It is thought provoking and worth a watch.



"Keeping the Community Connected"

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ALL THINGS SCRAMBLED

Within each category the words are jumbled up. Can you unscramble them? Answers on page 28

Fish in Ontario

PRAC _____
SABS _____
KIPE _____
CHERP _____
TOTUR _____
SUKMEI _____
CURESK _____
MOLASN _____
LELEWAY _____
SHATFIC _____

Animals in Ontario

RABE _____
REED _____
FOWL _____
OSMOE _____
KUNSK _____
MOSUSP _____
TOYCOE _____
RAVEBE _____
COCONAR _____
SKRUMAT _____

Keeping the
Community Connected



Baden ~ Our Town

Hello Badenites! Things get messy over the winter season and we want to start off the warmer months with the glory of spring.

This is a time for you to come, join in, and make our town shine. We are doing our annual Spring Clean-Up... and we need you!

Please join the Baden Community Association on April 29th from 11:00 am to 1:00 pm at the fountain next to Tim Hortons.

We supply gloves, garbage bags, refreshments.

This comes just after we celebrate Earth Day and this could be a great family event.



Follow us on Facebook and see other upcoming events. You are welcome to join in the fun. The Annual Fishing Derby is coming up on June 3rd.

It takes a village, one person at a time — we can make a difference!



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the world

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Pearls of Wisdom

- * A good laugh and a long sleep are the two best cures for anything.
- * Definition of a friend: Someone who says nice things about you when you aren't around.
- * As we grow up, we realize it's less important to have lots of friends and more important to have real ones.
- * Worrying won't stop the bad stuff from happening it just stops us from enjoying the good.



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Checking out the Baden Library



WE TAKE YOUR SUGGESTIONS! If you are looking for a recent book that is not in our collection, please let us know you'd like RWL to consider purchasing it by filling out this form: <https://forms.rwlibrary.ca/Request-Form>
If the book is purchased, we will automatically place a hold for you and notify you when it's ready to read!

Spring library programs are underway! Enjoy FREE in-person and virtual programs during our regular program session until Friday, May 26, 2023. Call 226-748-8030 or email rwlprograms@regionofwaterloo.ca if you have questions about upcoming programs.

For babies:

- Baby & Me – Wednesdays, through to May 24, 11:00-11:30 a.m. – Wellesley Branch

For kids:

- Discovery Time:
 - * Wednesdays, through to May 24, 9:30-10:15 a.m. – New Dundee Branch
 - * Wednesdays, through to May 24, 9:30-10:00 a.m. – Wellesley Branch
- STEAM Team:
 - * Mondays – April 17, May 1 & 15, 4:00-4:45 p.m. – New Hamburg Branch
- Crafternoons: DIY Rock Cacti – Thursday, April 20, 4:00-5:00 p.m. – Baden Branch
 - * Dairy Farmers of Ontario:
 - * Day in the Life of a Dairy Farmer– Tuesday, April 18, 4:30 p.m. – Wellesley Branch
 - * Dairy Farming: Lifecycle from Calf to Cow with Butter Making – Wednesday, April 26, 4:30-5:30 p.m. – Baden Branch
- Sticky Storytime – Tuesday, May 2, 10:30-11:15 a.m. – Baden Branch
- Risky Play – Wednesday, May 10, 4:15-5:15 p.m. – Baden Branch
- The Great Outdoors Storytime – Tuesday, May 16, 10:30-11:15 a.m. – Baden Branch



For adults:

- Book Talk – 2nd Wednesday of the month, 3:00-3:30 p.m. – New Hamburg Branch
- Adult Book Club – Wednesdays, April 19 & May 17, 2:00-3:00 p.m. – Wellesley Branch
- Drop-in Yarn Craft Club – Wednesdays, 6:30-8:00 p.m. – New Hamburg Branch
- Budgeting for Success with Ambitious Adulting – Thursday, April 20, 7:00-8:00 p.m. via Zoom
- Getting Published Panel with KW Writers' Alliance – Tuesday, April 25, 7:00-8:00 p.m. via Zoom
- Building a Side Hustle with Ambitious Adulting – Thursday, May 4, 7:00-8:00 p.m. via Zoom
- Building Community with Colleen James, founder of Divonify – Thursday, May 11, 7:00-8:00 p.m. via Zoom
- Passive Income Strategies with Ambitious Adulting – Thursday, May 18, 7:00-8:00 p.m. via Zoom

NEW! Book a Librarian

We're here to help! Book a 30 minute timeslot in New Hamburg to get support with library computers, your own laptop, tablet or phone to access library services such as Libby, Hoopla, and Kanopy.

- Tuesdays & Wednesdays: 2:00-4:00 p.m.
- Thursdays: 10:00 a.m.–12:00 p.m.
- Saturdays: 10:00 a.m.–12:00 p.m.



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April is beador month, a time we ask you to check if you are registered to be an organ and tissue donor. In days gone by this was accomplished by either signing a donor card or the back of a driver's license. Today consent is attached to your health card. Take a moment to check the back of your green health card to see DONOR printed. If not, it only takes 2 minutes to go to beador.ca and register your consent.

Once registered it is important to speak to your loved ones and let them know your choice. Should they be in the difficult position of consenting to donate your organs and/or tissues they will know your wishes.

There are 1400 Ontarians waiting for a lifesaving transplant. One donor could save eight lives and help many others with tissue transplants. Some people on the wait list are living in our community.

Wilmot Area Life Donation Awareness WALDA, ran a campaign in 2022, "One of Our Own" to help Jim Scott, a local businessman, resident, and volunteer, who was in need of a kidney. Fast forward to today and Jim is leading a healthy, normal life after receiving a kidney from a live donor. WALDA spoke to Jim and his donor Bobbi to hear their story.

WALDA to Jim: When did you know you may need a kidney?

Jim: In 2001 my doctor said at some point I would need a kidney transplant. I was in denial at the beginning but 20 years later in September 2021, I began the process of looking for a transplant. By January 2022 we had exhausted possible family donors and Wendy, my wife set up a Facebook page to search for a living donor.

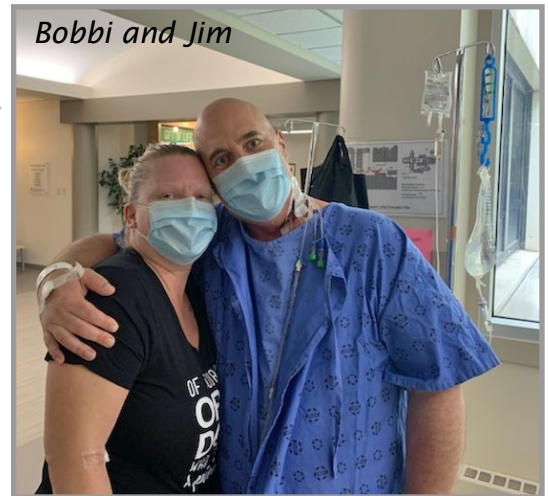
Healthy individuals have two kidneys and after going through rigorous testing may be able to donate one. As a matter of fact, my sister donated her kidney to another family member, and 15 years later is leading a normal productive life.

W: Can you share a bit about your journey?

J: London Health Sciences starts off by matching blood types for donors and recipients. While waiting for a match I went through dialysis, even watching NHL playoffs during treatments. Surgery had been scheduled and rescheduled due to COVID and finally happened June 2022.

W: Undoubtedly this experience has been life altering. Can you put into words what receiving this transplant meant for your family?

J: My wife Wendy and our children are beyond grateful, especially considering a non-related person stepped up to the plate. They are 100% advocates for



Bobbi and Jim

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beadonor registration and live donation. Other family members jumped on the bandwagon and registered when they saw what a difference it made.

WALDA to Bobbi: What did beadonor mean to you?

Bobbi: Well I have been a long time supporter but really it was just a slogan until something happens to you or someone you care about.

W: How did you hear about Jim's need for a kidney?

B: Our children went to grade school and high school together and I am good friends with Wendy. After a brief conversation at the school I went home and wondered what would happen to me and my family if we were in this situation? That was when I knew I wanted to help.

W: Did you wonder if you were going to be OK?

B: Once I went through the extensive testing at London Health Sciences I knew I was beyond healthy. They also have a great support network in place. My family went in and understood what I was going through. The staff was wonderful.

Jim and I walked into surgery hand in hand. I was happy to make such a difference and as soon as I saw him walk out of there, I could see he was better.



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I didn't realize how many people were in need. Most people don't think about how much they can change the life of another family. This experience has been my 4th greatest gift, the first three being my children.

W: What could people reading this do to help others waiting for a lifesaving transplant?

J&B: First, Register your consent @beadonor.ca and tell your family.

Second, if you're considering live donation get in touch with London Health Sciences. You can really make a difference to someone.

This past February, Jim's wife Wendy sent Bobbi a note: "Thank you for my Valentine."





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-KW Real Estate News, 1995

We couldn't have said it better ourselves, and after three decades, it still rings true for 2408 Moser Young Road which is currently for sale.

We found the original listing from 1995, and while lots has changed (including Real Estate marketing) the character of this home has not.

This stunning 28 acre property, located in the community of St. Clements, is the country estate of *dreams*. Featuring a gorgeous main house with tons of updates that maintained the historical beauty of this property, a full lofted coach house, and a barn for a hobby farm!



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-Joe D.

WELCOME SUE AT MILLER MERCANTILE TO BADEN!

Susan Miller, could not let this opportunity pass by when she heard this specific retail location at 15 Foundry Street was available. Sue has lived in the area for many years, and has a history with the building. Her stepfather, Mel Lee, was the owner of Mel's Antiques that occupied that building unit for many years. Also, Sue's mother operated a small restaurant, for a short time, in the next unit called Gammies. Sue worked at both Mel's Antiques and at Gammies and has many memories of this building. Needless to say, Sue has her heart in this space and her new business as you will quickly see when you check it out. We had a delightful visit and some good buys as we learned more about her new store.

Previously, Sue had a long and successful career in the Human Resources profession, which is a very demanding field. She has always had a desire to open a retail shop, so when she heard about this particular available space she decided to take the plunge and follow her heart. She opened Miller Mercantile on Saturday January 25th and her inventory continues to develop.

You can quickly see by her merchandise that she is focused on sustainability and re-purposing while supporting local. You will find local small batch companies with products to vend in her shop. Products from businesses such as Adam Brenner's, Nith Valley Apiary, Healing Tree Essential Oils, and Baden's Sprinkle that Sparkle are just some of which are sold here. Stratford's own "Olive Your Favourite" olive oil and vinegar company is also available at Miller Mercantile. She sells an array of gift items,

many of them locally produced. An example of that are two local companies - Little Lakes Pottery which is located near Bleams and Nafziger plus Timeless Wicks which creates interesting refillable candle creations. "Sustainability is important and I am trying to do my best to make these local products available locally for customers in Baden, Wilmot, and beyond," stated Sue.



Sue also carries a variety of specialty snacks, gluten free and vegan products. There is a refrigerated and freezer section as well. You will find a great variety of items to use for your charcuterie board. There is good selection of unique glassware and wood products from local producers. Plantable-seed greeting cards are available and many vintage and antique items. This is only half of the store!

The other half of the store, which she has called "The Closet" has a selection of quality, brand name thrift clothing. "Thrifting has become very popular lately. It is also important to repurpose items which keeps items out of the landfill," explained Sue. Sustainability and repurposing are important, and how wonderful to be able to purchase items right in Baden. A definite win-win! Be sure to drop in and welcome Sue and check out her new store...currently open Wednesday-Saturday. It is very interesting and you are sure to find many awesome gift items and cool local products to purchase.



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Baden Birding ~ Spring Has Sprung

By Ken Quanz



Spring has sprung, the grass has 'riz', I wonder where the birdies is? In case you are wondering, many species are already trickling and streaming into our area. Tundra Swans have come, and mainly moved on in their trek to the Arctic. Regular sightings of Robins

have intensified as migrating individuals have joined the few hearty Robins that over-wintered in the area. Male Red-Winged Blackbird numbers have been swelling daily in anticipation of the later-arriving females. Each male is trying to claim the best territory to impress potential mates and prove that he can provide the best possible site to raise a brood. Turkey Vultures are already feasting along roads, ditches, and fields. Nests are full of owl hatchlings in anticipation of a swelling population of mice and voles, while Red-Tailed Hawks have just finished courting and are now ready to tend nests of hatchlings. Male Cardinals are busy whistling to any female about how strong a mate they could be, if chosen! Spring has sprung with the blooming of early flowers and soon, the trees will follow suit. Nature's cycle of life continues without help, and often despite human intervention.

How do these early migrants survive? Don't Robins eat worms? There are no worms available when the ground is frozen, or when a late spring storm blankets the landscape with snow!

An acquaintance of mine once told me words I will never forget. "Nature does not put all of her eggs in one basket." Most species have more than one food source. Robins eat worms, but they also eat berries, insects, and their larva. In researching what Robins eat, I was surprised to learn that salamanders make up part of their diet. Early to mid spring would be a prime hunting time for Robins as many species of salamanders breed in vernal ponds in the early spring when melt waters form pools in the local forests. The adults must travel from their hunting environment in the leaf litter and from under rotting logs to the low spots in the forest where melt water collects. There they mate, before the eggs are laid in the water, and the adults start the precarious journey back to their rich, loamy forest habitats. Many small frogs like spring peepers and tree frogs must also make the same journey. In my many years in outdoor education I often saw Robins, Blue Jays, and many other species around these ephemeral ponds, and thought that they were there for a cool drink of water. Little did I know that they were there for the smorgasbord! It is amazing what one learns when doing research on sites such as the Audubon Society or The Bruce.

Once again, I have found out that "There are more things in heaven and earth, Horacio, than are dreamt of in your philosophy." *Hamlet*



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"Additional Location in Stratford"



Photo: Road work in Wilmot. Township of Wilmot Archives

100 Years Ago

April 13, 1923-The annual Spring Stock and Seed Show held in Baden under the auspices of the Wilmot Agricultural Society, was the one of the most successful in the history of the organization.

Despite the unfortunate weather conditions there were 43 entries in the horse classes. Both specials donated by the Dominion Linseed Oil Company. They were won by Wesley Baitler of Plattsville.

The seed department had 54 entries. A.S. Maynard of Chatham won in the Flint Corn Competition with "Saltzers North Dakota." B.R. Cahoe of Essex County won in Dent Corn with "Golden Glow".

April 20, 1923- Maple Syrup season is in full swing these days in the neighbourhood. Most likely there will be invitations for taffy pulls in the mailboxes today.

We are glad to report that Mr. Geo. Smith who had the misfortune of breaking his leg is improving nicely in the K.W. Hospital.

Our provincial roadmaster Mr. Albert Stemm, has made a very great improvement on the road last week by going over it with a drag. Mr. Stemm said he will make sure the road between New Hamburg and Petersburg will be looked after.



75 Years Ago

April 9, 1948 -Township Clerk Charles Heipel passed away. He was the Clerk for 31 years. Born August 31, 1874 in Wilmot Township. In his early life he taught school for several years and later farmed near Philipsburg. He was appointed Clerk and treasurer in 1917. Heipel resigned one week before his death. He was an active member of St. James Church and Wilmot Masonic Lodge.

April 16, 1948- At a special meeting of Wilmot Township Council last Saturday Clarence W. Heipel was chosen as clerk and treasurer of the township to succeed his father the late Charles Heipel. There were seven applicants for the position. Mr. Heipel was the road superintendent. He was educated at K-W Collegiate and served for three years with the Canadian Bank of Commerce at Kitchener and then returned to Baden about seven years ago.

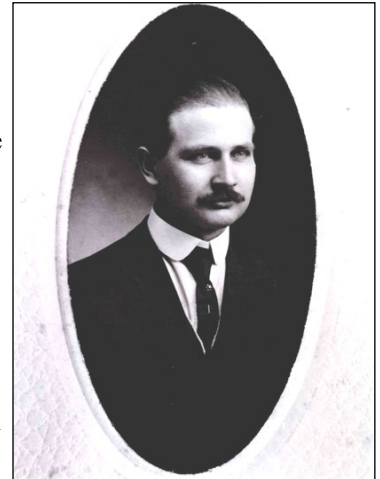


Photo: Township Clerk Charles Heipel c.1920

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50 Years Ago

April 11, 1973- Baden Tennis Club holds meeting to plan for the upcoming season. Members expressed their gratitude to Margaret Weber (physical education instructor) for instructing the youngsters. It is hoped this instruction can be arranged again. A downfall for the club is the lack of club tournaments, so many are planned for the forthcoming season. One new net will need to be purchased so the three courts will house good equipment. Also the tape lines will be repainted and additional benches will be constructed. It was suggested by Paul Steinman to have tennis raquets and balls available for purchase. The annual meeting will be held in May at the fire hall.



Photo: location of the tennis courts on Beck Street in Baden

April 25, 1973 - Baden Minor Softball held at successful dance in New Hamburg and the proceeds will maintain six softball teams and two house leagues this summer. Team started practicing and coaches positions were filled. Squire - Elmer Koenig Peewee- Stuart Honderich, Bantam- Dave Taves and Dennis Martin, Bantam- Bill Struth and Joe VanOorschot, Midget- Ron Taves and Roger Baechler, Juvenile- Gus Langford, Girls- Paula Hahn and Burt Currie.

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APRIL IS DAFFODIL MONTH

* What is the difference between daffodils and narcissus?

None. The two words are synonyms. Narcissus is the Latin or botanical name for all daffodils, just as ilex is for hollies. Daffodil is the common name for all members of the genus Narcissus.



* How long do daffodil bulbs last?

Under good growing conditions, they should outlast any of us. While some kinds of bulbs tend to dwindle and die out, daffodils should increase.

The number of defined species ranges from 26 to more than 60, depending on the authority. Species and hybrids are widely used in gardens and landscapes.



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May the Fourth Be With You!

Submitted by: Theresa Billo



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

Let the force guide you through this wordsearch!

The words below can be found up, down, or diagonal. Good luck!

- CLONES
- DARTH VADER
- DEATH STAR
- DROIDS
- EMPIRE
- EWOKS
- FORCE
- GALAXY
- HAN SOLO
- JEDI KNIGHT
- KYLO REN
- LIGHTSABER
- OBI-WAN
- PRINCESS
- REBELS
- ROGUE ONE
- SKYWALKER
- STORM TROOPER
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- Prune fruit trees when dormant and see specialty videos on techniques.
- Prune shrubs to rejuvenate scraggly or overgrown. Remove the oldest stems at the base.
- Go to Let's Tree Wilmot YouTube channel to view Pruning videos for proper techniques (1 2 3 Cut) and equipment. More info at: <https://bit.ly/pruning5>

The Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan group of volunteers aged 8 to 70 plus years that has been active in the community for 10 years. We are funded by donations, fundraising efforts, and grants (no membership fees to join). Our mandate is to achieve and support a long-term healthy environment in Wilmot and Wellesley Townships and we accomplish this through education, action, and collaboration. If you are interested in the climate crisis and other local and global environmental issues, take a look at our website to see what we do (nvecoboosters.com).

Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, April 26th** and everyone is welcome to attend. 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.

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EARTHDAY.ORG including 1 billion people in more than 193 countries. The official theme for 2023 is *Invest In Our Planet*.



You Must Be Joking!!



My wife just stopped and said, "You weren't even listening, were you?"

I thought to myself... "That's a pretty strange way to start off a conversation".

The elderly wife in church turned to her husband and said, "I've just done a silent fart. What should I do?"

He said, "change the batteries in your hearing aid".

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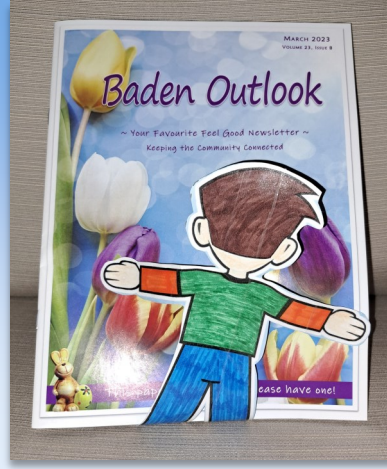


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Popular child's book character, Flat Stanley, has adventures in Baden!

Laurie McGrath's granddaughter, Sadie is learning about local communities and communities around the world in school.

For a social studies project, she sent Flat Stanley to Baden!



On Stanley's visit, he went to EJ's, the Baden Library, the Wilmot Recreation Complex, and Castle Kilbride.

He also read his copy of the Baden Outlook.

Thanks for the submission, Sadie!



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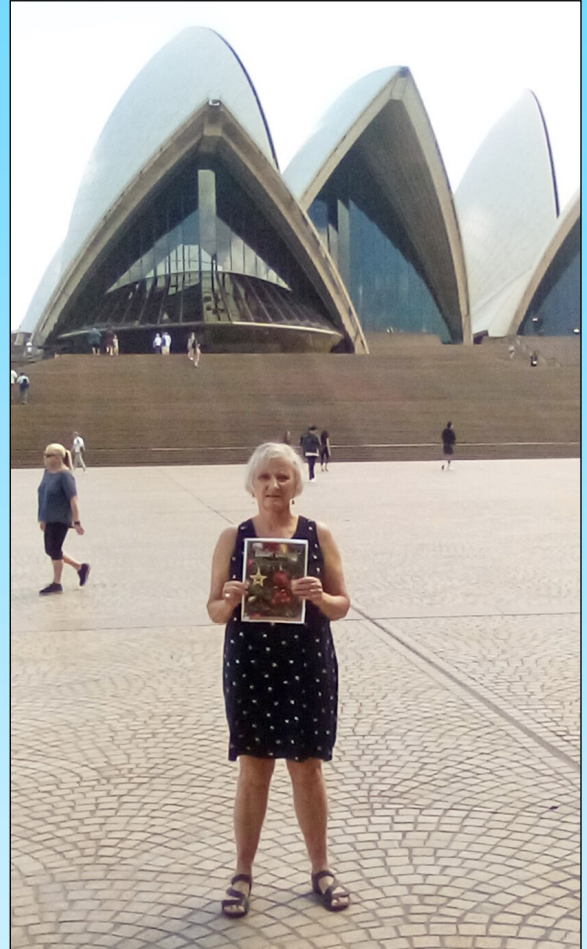
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Scott and Chantalle Alischer and their daughter Kyleigh, went to Punta Cana with Grandparents, Cindy Dickinson and Ken Alischer, and Shane and Cailyn Bowman (Alischer) and their daughters, Leah and Addelyn.

The *Baden Outlook* had fun going to a show on Broadway, seeing the boats in the Panama Canal, the Sydney Opera House, the Blue Jays Spring Training, the beaches of Punta Cana, and an elegant Caribbean cruise!



Janet Jamieson took the *Outlook* to the Sydney Opera House. Janet and her hubby Gord celebrated their 50th Wedding Anniversary by travelling to Australia, visiting Sydney, the Barrier Reef, then taking a cruise to Melbourne, Tasmania, and New Zealand.



Bob and Donna Grigg took their *Baden Outlook* to the Panama Canal. They enjoyed watching the boats coming into the canal, as seen in the photo.



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The *Outlook* warmed up on an eastern Caribbean cruise with Foxboro Green friends Keith and Karen Lyon, Chris and Donna Wright and Bob and Jean Ann Norman. The *Outlook* basked in the sun with us on our veranda.



Bryan and Tom Pfaff took the *Baden Outlook* to the Blue Jays Spring Training. The team is looking good and we enjoyed watching the games.



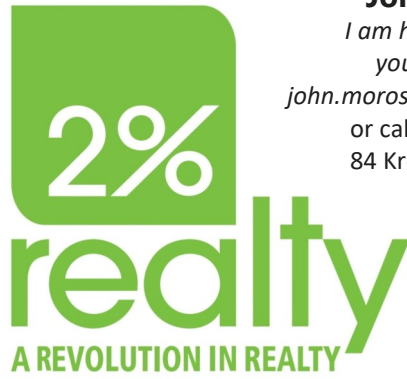
Payton and Eloise (granddaughters of Murray and Donna Ziegler of Petersburg) took their *Baden Outlook* with them to a Broadway show in New York City.



John Ilett, Gloria Richardson, Ross and Glenda Roth took their *Outlook* and met winter resident Susan Nickolas for lunch and tour of Fort Myers and the Sanibel area.

Don't forget to pack your Baden Outlook when going on vacation and email your fun travel photo to badenoutlook@hotmail.com





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EARTH DAY APRIL 22

Wilmot Roots Tree Giveaway Pick Up

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For more information and to pre-order a tree, please visit:
wilmot.ca/WilmotRoots

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Earth Day

Saturday, April 22

1:30-4:30 pm

Wilmot Rec Complex and Schmidt Woods

Sunday, May 7

1:30-4:30 pm

New Hamburg parks

Saturday, May 13

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As many snowbirds return home to Canada, it's important to be aware that a little over a year ago, the Canada Food Inspection Agency announced it would be implementing new limits on quantities of some foods that travelers are permitted to bring into Canada.

These restrictions vary depending on the product, where it originated from, and in some cases, the Canadian province you are returning to, so be sure to check all of these before you return.

In addition, always be sure to **declare all food items you are bringing back with you** to the Canada Border Services Agency (CBSA) officer when returning home so they can determine whether your items/quantities are admissible, as failing to disclose all of the items you bring back can land you in hot water.



Further details can be found on the **Canada Food Inspection Agency website**.

Here is a summary of some of the limits for common food products you may be considering bringing back to Canada:

- Dairy, dried foods, confectionery/candy, and baked goods — 20 kilograms or 20 litres
- Eggs — 5 dozen
- Fish and seafood — 40 kilograms (only 10 kilograms of dried fish and 1 kilogram of fish roe). Be aware that some fish products are not allowed.
- Fresh fruits and vegetables — 20 kilograms or 20 litres
- Grain-derived food, honey, infant formula — 20 kilograms or 20 litres
- Maple syrup — 20 litres, or 4 kilograms maple products
- Meat products — 20 kilograms. Permitted only if accompanied into Canada by the traveler
- Non-alcoholic beverages — 50 litres
- Nuts, grains, seeds, spices, tea and coffee - 20 kilograms
- Oils (food grade) — 50 litres

Drop One For Fun

Answers on page 28

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

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

1. Kitchen furniture
2. Bundle
3. Bar beverage
4. Up to
5. Fine fibres of cotton
6. A silvery white metal
7. Hollow places
8. Foot wear
9. Referring to a woman
10. A sauce of crushed basil leaves
11. Lower digits
12. Put, lay, or stand something
13. Electric motorized bike
14. A round vaulted roof
15. A female deer

Community Corner ~ Check Out What's Going On!

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This program is a collaboration between Interfaith Counselling Centre and Bereaved Families of Ontario - Midwestern Region.

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You Must Be Joking!!

Q: What do you call it when it rains chickens and ducks?

A: Foul (fowl) weather.

Q: Can Bees fly in the rain?

A: Not without their yellow jackets

Q: What type of music do lightning bolts listen to?

A: Rock and Roll

Q: What does a cloud wear under his raincoat?

A: Thunderwear!

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Reduce to Produce Answers on page 28

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)

Why did the woman go outdoors with her purse open?

A	B	C	D
SHE	HER	MISS	FUNNY
GLASS	PINK	EXPECTED	WATCH
SPIDER	SOME	DAYS	CHANGE
HAT	AND	BLUE	SECOND
IN	LESS	THE	FLY
SUNNY	MINUTE	WEATHER	PURSE

1. Remove all insects
2. Remove all words containing "SS"
3. Remove all time measurement items
4. Remove all 3-lettered words in column B
5. Remove all articles of clothing accessories
6. Remove all words that are colours
7. Remove all words that rhyme with bunny

Write leftover words here:



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Things to Ponder



- * You don't own money, it's just your turn with it.
- * Why is it that though and through don't rhyme but pony and bologna do?
- * A different version of you exists in the minds of everyone that knows you.
- * Brushing your teeth is the only time you scrub your skeleton.
- * Why do we say bite down when only our bottom jaw moves which means we bite up.
- * If the police arrest a mime, do they tell him he has the right to remain silent?
- * Concrete and glass are mostly made of sand... does that mean skyscrapers are just really tall sandcastles?
- * Today is the oldest you have ever been but also you will never be this young again.
- * If you think about it, you are a background extra in somebody else's life.
- * If the pen is mightier than the sword, and a picture is worth a thousand words, how dangerous is a fax?
- * Can you be a closet claustrophobic?

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TCMH Resident Perspectives: Friends Working Together on a Winter Project

This month, we have the great pleasure of introducing 3 residents from Tri-County Mennonite Homes (TCMH): Barb Jantzi, Elmer Koenig, and Harold Jones. These residents live in Retirement at Nithview Community, and they worked through the winter to complete a masterful project – a 708-piece 3-D puzzle of the Titanic, complete with lights, deck rigging, smoke stacks, and lifeboats. The model sits on display near the Dining Room at Nithview Community for all residents to enjoy.

But we wanted to know more about Barb, Elmer, and Harold's experience completing the puzzle. How did they do it? Did it take a long time? Did they learn something about themselves? Was it fun?

Barb, Nithview resident for 4 years, is the owner of the puzzle. Her son, Kevin, purchased the puzzle for her as a gift, and she invited her friends from retirement to work on the project with her. Enter Elmer and Harold. Elmer has been living at Nithview nearly five years, and Harold six years. The three of them were friends prior to taking on this project, but they feel the experience brought them closer.

They didn't argue or squabble while putting the puzzle together. In fact, each assumed a distinct role to help

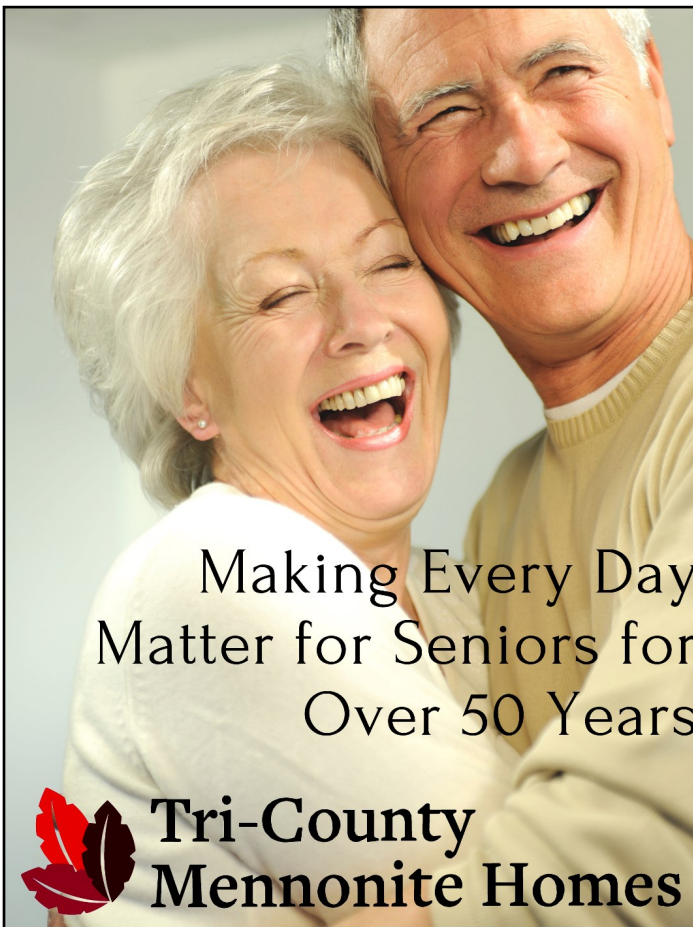


with the completion of the model. Harold acted as reader of blueprints, interpreting the manual, and telling the others which piece was needed and where it belonged. Barb was the purveyor of pieces, deftly finding the correct piece and punching it out of the sheet. And Elmer was assembler – the engineer – who fit the pieces together throughout the process, sometimes needing a spare set of hands to help out.

They didn't specifically note how much time it took, but by their best estimate the team worked on the puzzle 2-3 times a week, for 2-ish hours each time, for a little better than 11 weeks. That works out to be about 60 hours of work towards this project! But for Elmer, Barb, and Harold, it wasn't about how long it took to complete. For them, the project felt natural. Each person knew their skills and where they could contribute. Once they sat down together and started working, it flowed seamlessly as the project came together.

When there was a mistake, or an upside-down piece, the three of them would put their heads together to solve the problem. Sometimes it needed tweezers and miniscule adjustments to get things to fit just right. Other times they would play with the piece a bit until it fit. But overall, the three of them would laugh off tension, reminding themselves that not all puzzles are easy but where there is a will there is a way. They were patient with the process and with each other.

In the end, their project looks magnificent. In the dark with the tiny lights illuminating the interior of the model, it almost looks like it's floating on water. Harold, Elmer, and Barb worked on this project to while-away the long winter months when they couldn't go outdoors. Would they do it again – probably! They are looking for the Eiffel Tower or a merry-go-round puzzle for the next project and recommend others try 3-D puzzles as well. They unanimously suggest starting with something a little easier than the Titanic though.



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Global Outlook - How Deep Do We Go - Lakes

There are many fresh water lakes in the world, but which ones are the deepest? Here is what we found.

Lake Baikal, located in Siberia, is both the deepest and largest freshwater lake in the world. It is 1,620 metres (5,315 feet) deep and is estimated to be 20 to 25 million years old - the oldest lake in the world. It also holds 20 % of the worlds unfrozen fresh water. It has some aquatic life, such as the Baikal seal, that can not be found anywhere else in the world. It is amazing because the lake lies hundreds of miles inland.



Lake Tanganyika sits on the borders of Zambia, Burundi, Tanzania, and the Democratic Republic of Congo. It holds the designation of being the second largest and deepest, 1,436 metres (4710 feet) lake in the world. It is long and narrow and holds an abundance of biodiversity.

Caspian Sea has a depth of 1025 metres (3360 feet) and is the largest salt water lake in the world spanning 750 miles north to south and 200 miles wide. The northern part has an average depth of six metres, while the southern has an average depth of 300 metres. It also is a lake that has many oil rigs on it. It is located between the Caucasus Mountains and the Central Asian Steppe.

Lake Vostok is located in Antarctica and is buried under four kilometres of ice. It has a depth of 900 metres (2950 feet) and is the largest subglacial lake in the world.

O'Higgins/San Martin Lake located on the border of Argentina and Chile. It has a depth of 836 metres (2742 feet) and is turquoise in colour due to the high concentration of rock flour.

The deepest Canadian lake is Great Slave Lake in Northwest Territories and is 614 Metres (2015 feet) deep. It is named after a group of Athabaskan speaking indigenous peoples called the Slave or Slavey. Lake Superior is the largest lake in Canada followed by Huron, Great Bear, Great Slave, Erie, Winnipeg, Ontario, and Athabasca.

Local Churches Invite You to Join Them

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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.shantzmc.ca

St. James Lutheran Church

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

Wilmot Mennonite Church

Sunday Worship 10 a.m.

St Agatha Mennonite Church

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Can we safely say spring is here? If the weather doesn't feel like spring, the buzz here at New Hamburg Thrift Centre sure does. There is a lot happening here this month! We are celebrating our amazing volunteers, preparing for our annual plant sale, and welcoming back a past employee.

Let's start with our wonderful volunteers. Did you know that over 41% of Canadians give their time volunteering? As Canadians, we find value in sharing our time and talents to worthy causes. Here at the New Hamburg Thrift Centre, we have a lot of people who give back to MCC, donating their time and talents daily, weekly, or monthly. Without our amazing volunteers New Hamburg Thrift simply would not be able to raise the funds we do – funds that go directly to helping people's lives. April 16-22 is volunteer appreciation week, and we want to take this opportunity to say a big thank-you to all of you who are truly the heart of our organization. Your commitment of time and energy is so much appreciated and we are humbled by the commitment you have given to the selfless act of volunteering. If you are a regular shopper at New Hamburg Thrift, the next time you're in... take a minute and to say "hi" to one of our volunteers and say a special thank-you!

Speaking of marvelous volunteers, we have a very special group of people who come out every year at this time to prepare for our Annual Plant Sale! These are gifted volunteers who have knowledge about gardening, and they are willing to work in rain, sun, snow, and heat to help make our annual plant sale a huge success. Have you started planning your springtime flowerbeds and gardens yet? Or maybe you've already started getting

into the dirt and you've dug up some perennials to donate. Whether you're a regular customer or you've never been before, its worth a visit! The flower sale is a one stop shop for perennials, garden décor, and endless ideas if you are looking for something new and exciting this spring. **The Annual Plant sale starts Monday May 1st, at 10 a.m.** If you are looking to donate plants from your flowerbeds and gardens, our receiving area will start receiving plants as of Wednesday, April 26th.

Finally, in April we welcome back our Volunteer Coordinator, Emma. In October 2021, Emma welcomed a beautiful baby girl into her family! Emma's presence here was missed by many but I think I speak for everyone when I say we are so excited you have you back. Emma will be returning fulltime to New Hamburg Thrift on April 18th. Congratulation Emma and welcome back!!

With Emma's return, my contract with New Hamburg Thrift will be coming to an end. Although I'm excited for tomorrow, I also feel a bit sad today to say goodbye. I am going to miss everyone at New Hamburg Thrift including staff, volunteers, and customers. I have shared a special bond with all of you, and I am taking with me special memories of our time together. I want to take a moment to say thank-you to all of you who have made me feel so welcome, and for your kind words of encouragement. My time here was short but so incredibly fulfilling. You have all truly made a lasting impact on me and one that has changed me for the better in many ways. I will miss each and every one of you.

Until we meet again.....Happy Spring!



Thank you for volunteering!

Empathy in action

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Did you know that MCC helps...

- with 45 countries around the world
- meet people's immediate needs for survival in times of crisis like during a hurricane or war
- strengthen people's long-term access to food and water, health care, and education
- work with partners to teach conflict transformation skills and support peace education

TIDBITS FROM THE PAST: *One Ringy Dingy...*

Did you know that the Wilmot Municipal Telephone System had operators who once connected callers by hand? Find out when they changed to an automated system?

The Wilmot Municipal Telephone System switched to an automated system on March 15, 1963. The company's new 32 x 50 foot office at 25 Foundry Street was completed. The change over cost \$300,000 provided by the Automatic Electric Company of Brockville. The system had 1,100 customers, where dial instruments replaced the call the operator style service. Standard service for rural customers was four homes which

compared to as many as 15 lines previously. It provided private service for businesses. There was no toll charge for calls to and from Baden, Kitchener, New Dundee, and New Hamburg.



Marg Seyler was a Baden Switch Board Operator from 1956-1964 and shared her story with us. She passed away April, 2021.

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Outlook Puzzle Answers

All Things Scrambled

Animals in	Fish in
<u>Ontario</u>	<u>Ontario</u>
Bear	Carp
Deer	Bass
Wolf	Pike
Moose	Perch
Skunk	Trout
Possum	Muskie
Coyote	Sucker
Beaver	Salmon
Raccoon	Walleye
Muskrat	Catfish

Drop One For Fun

1. Table	2. Bale	3. Ale
4. Until	5. Lint	6. Tin
7. Holes	8. Shoe	9. She
10. Pesto	11. Toes	12. Set
13. Moped	14. Dome	15. Doe

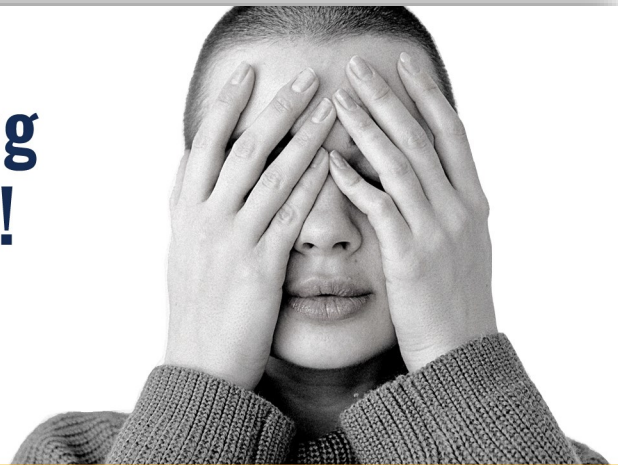
Creating: Tulip and Bloom

Reduce to Produce

She expected some change in the weather

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KIDS' CORNER

It's Earth Day on April 22nd













This is a time to pay attention and remember that this planet is ours and we have a responsibility to keep it clean. This is really important for you kids because the future is yours, and your kids to come... so what to do? PLENTY!!



Spring Nature Walk

Take your Outlook for a walk and check the boxes when you find these nature items!

- ⇒ Make your neighbourhood beautiful and pick up garbage.
- ⇒ Remember to take a reusable water bottle with you. Store filled water bottles are expensive & bad for the environment.
- ⇒ Tidy your room and give away the things you don't use... share them with a friend or give them to the NH Thrift Centre.
- ⇒ Pay attention to your recycling bin and what all can go into it.
- ⇒ Sign up for Let's Tree Wilmot events- plant a tree!
- ⇒ Borrow a movie or read a book from Baden Library about how to save the planet. There's much to learn on how you can help!
- ⇒ Get out your bikes and remember that your parents don't always need to drive the car to take you places.
- ⇒ Remember to turn off the lights when you leave the room.
- ⇒ Turn off the water while you brush your teeth.

 Squirrel <input type="checkbox"/>	 Worm <input type="checkbox"/>	 Sprout <input type="checkbox"/>
 Stick <input type="checkbox"/>	 Cloud <input type="checkbox"/>	 Bird <input type="checkbox"/>
 Tree <input type="checkbox"/>	 Paw Print <input type="checkbox"/>	 Leaf <input type="checkbox"/>
 Feather <input type="checkbox"/>	 Flower <input type="checkbox"/>	 Bug <input type="checkbox"/>

Circle the items that can be recycled!



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"April comes like an idiot, babbling and strewing flowers." ~ Edna St. Vincent Millay



Wilmot Horticultural Society

So true. With welcoming warmth of the sun and the longer days, spring flowers abound on the forest floors and flowering bulbs in our gardens. Spring cleanup is well on its way, but leave the leaves as mulch in the gardens. Many butterflies and native bees are sleeping in the leaf litter or in plant stems. Shorten stalks of perennials instead of removing them completely. Push or rake leaves to the back of the garden bed so they can decompose naturally and feed your soil. For the lawn, rake leaves or debris, only if walking on the lawn leaves NO footprints. Wait until the lilacs are in bloom to overseed grass. For the birds, provide nesting materials by leaving plant trimmings in garden.

We are itching to get to the real fun part of gardening... let's have more colour! Plant cool weather flowers such as pansies and violas in planters and gardens. Spring flowering bulbs are beginning to show their full glory now.

Prepare the vegetable garden for spring planting of cool season crops. (For clay soil, wait to have it dry out!) Sowing of cool weather plants can begin when the soil has warmed up. Most seeds germinate when daytime temperatures are above 7C. Apply dormant spray to fruit trees before buds swell and carefully follow product instructions.

Dahlia, calla, canna tubers, and dormant geraniums can be potted up now and grow in sunny window. Pot up all tubers from mid April to beginning of May. Start tender annual flowers & tomatoes indoors from now for late May/early June planting. Seed peas, spinach, lettuce, beets, radishes directly in the garden as soon as the ground can be worked.

The Board Tip from Van Dam Seeds: "Improve seed emergence by covering direct seeded items with an 8-12" wide plank. We use plywood. This maintains soil moisture and keeps the solid temperature moderated. As our growing season increasingly becomes hotter, drier and more adverse, this ensures consistency. Just remember to flip the boards late in the day when you see emergence." I have used this method for years for carrots but had not considered for other seeds".

Keep your fingernails and knees dirty!



Tree planting time is here with Let's Tree Wilmot starting April 22nd, Earth Day at the Wilmot Recreation Complex/Schmidt Woods. Two more planting days at Scott and Catharine Parks, New Hamburg and Baden Trail, Baden are scheduled. Visit letstreewilmot.ca for details and registration.

NEW! The Wilmot Township's *Wilmot Roots Tree Giveaway*. Residents who pre-order a tree by April 20th for this giveaway program can pick up their tree at the Wilmot Recreation Complex. For more information and to pre-order a tree, please visit: wilmot.ca/wilmotroots

Wilmot Horticultural Society
 Email: wilmothortsociety@gmail.com
 Website: wilmothortsociety.ca

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I am an Activist and you should be too!!!

By Kate Stevely, E-RYT® 500

What is an activist? Well. The dictionary definition of an Activist is: *An activist is someone who is active in campaigning for change, normally on political or social issues. Activism is what activists do, that is, the methods they use in order to bring about change.*

I do not fit the standard definition very well. I would have to remove the word political. I have NO interest in politics. And the social issue I advocate for is probably not one that makes headlines. I want Folks to stop letting themselves get OLD. The activism I support is right there in the name. Stay Active!!!

For many of us, there is an odd perception that all the things that nourish the body and promote well being, automatically arrive where they are needed, into the cell level, as we eat, drink, and breathe. And then magically, at that same cell level the used up nutrients exit.

The reality of the delivery system in the body is that the body requires activity, movement, stretching, bending, etc. to deliver nutrients and remove waste products at the cell level. It is a dance that goes on in all the tissues of the body, the bones, the muscles, the fascia, and the blood. There is a constant need for nutrients in, and waste out,

and eventually for new cells to form and old cells to be taken away.

This affects us all over the body, but one of the most dramatic effects on the body is in spine health. If we begin to slow down our activity levels as we get to be slightly over 21, we start to suffer from a breakdown of the dance. What begins to happen is Degenerative Disc Disease, DDD for short.

DDD commonly begins in our thirties and is at the root of a lot of troubles. The Discs are fed and oxygenated by the recycling of the disc fluid that occurs with spinal joint movement. Think of a spinal disc as a sponge. You must squeeze it to get the old stagnant fluid out and then release the squeeze to fill the sponge with clean water and in the spine's case, your disc with new fluid, full of oxygen and nutrients. If this process isn't working up to par, because of reduced movement, DDD sets in.

With DDD the resulting reduced hydration causes a loss of disc height. The space between the vertebrae gets smaller and physical spinal problems start occurring. Things like Stenosis, Subluxation, Adult-Onset Scoliosis, Neurogenic Claudication, Arthritic changes, etc., begin.

More subtle negative changes occur throughout the body. The nerves that connect the brain to all the limbs and all the organs of the body, emerge from the spine in between the vertebrae. When those spaces become compressed, the messaging from brain to limbs and organs and back to brain, become less effective and the functioning of limbs and organs slowly starts to suffer. Most of this is commonly attributed to Old Age. As an Activist, I would like to suggest we look back at the root of the problem. We need to be more ACTIVE. We need to MOVE.



One of my catch phrases in Yoga is "Only do Yoga on the days you want to feel good". That's because Yoga is my favourite form of movement. I could rephrase that and simply say "Only MOVE on the days you want to feel good."



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You Must Be Joking!!



The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now in her 80s - a funeral director.

The interviewer looked at her, quite astonished, and asked why she married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



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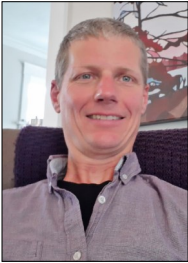
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BALANCE *By Chip Bender, Registered Psychotherapist (Qualifying)*



Recently, the idea of balance has been on my mind. It may be due to the upcoming Spring Equinox, the day the amount of daylight and darkness is balanced, or maybe it was the article I read this week about the health benefits of balancing on one foot, though the likeliest explanation is that all organisms innately tend towards equilibrium.

Balance is an important part of so many areas in life including work and rest, spending and saving, feasting and fasting, and happiness and sadness, to name a few. As I wrote those categories I was struck by how readily our society tends to favour one side of each pair, leading to an imbalance. Our culture seems to be obsessed with work and busyness to the detriment of rest. Marketers urge people to spend, to consume, and to feast for the sake of their own profits with no regard to a healthy balance. The usual response to someone's sadness is to distract and attempt to make them happy. Even though our culture tends in one direction, the imbalance can happen in the other direction as well with too much rest, saving, fasting, or sadness.

In all these cases a lack of balance can lead to some harmful results. All work and no rest/play can lead to burnout, whereas too little work/purposeful involvement can lead to a lack of meaning in one's life. Too much spending can lead to financial distress, whereas too much saving can lead to a sense of miserliness. Too much feasting has physical health implications, whereas too much fasting may make life feel dry and austere. It is hard to imagine a life with too much happiness, but in the same way that all sunshine makes a desert, perhaps having no sadness inhibits growth in our lives. Both parts of each pair contribute to balance and wholeness.

The problem with finding balance in one's life is it is a moving target; life does not stand still. We may be able to capture a snapshot of when our life was completely in balance, but the picture becomes out of date immediately after it is taken because life continues to move forward and change. The good news is balance is easier to maintain while moving than while standing still. If you don't believe me try this experiment: count how long you can stand on one foot then go out and see how long you can ride your bicycle.

If life seems out of balance in any area an internal signal often occurs to indicate something is off, which will go unnoticed if one does not take time to pay attention to oneself. If you do notice any warning signals, then spend some time investigating potential causes of feeling off-balance. In some cases, you will be able to determine the cause and rectify the situation on your own. In other cases, the assistance of a trusted friend or professional may be necessary.

Happy balancing.



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Beets, beautiful beets are a bounty of body-boosting benefits. Spring energy equals a jump-start on summer garden planning. As a certified holistic nutritionist, I am nominating beets or “beet roots”, the perfect dual-purpose power vegetable to plant for the upcoming grandiose

gardening season. They are nutritionally dense from top to root, literally a rainbow of health with countless colours to choose from. Whether you plant yellow, white, red, purple, or the hybrid cuteness of candy cane, beets are dietary delights. For those lacking green thumb confidence, bet on beets. These hearty root veggies grow easily in cooler temperatures and can even be planted as early as two weeks before the last frost-free day. Beets thrive in well-draining, rock and debris free soil. They favour low acidity, flourishing in rich organic matter. Plan on planting beet seeds ½ inch deep and spaced approximately 1 inch apart. Be mindful to leave 12-18 inches between the rows. Beets mature between 50-60 days, but you can keep seeding them into early summer for heaps of happy holistic harvesting. Look for heirloom, non-GMO, organic and bolt-resistant varieties. Planting an assortment of seeds ensures success. I am partial to the ruby queen.

Why beets? Beets are boatloads of vitamins, minerals, and antioxidants from their green tops to golf ball shaped root. Beet tops are off the charts with immune supporting vitamin C, as well as being literally carbohydrate and calorie-free. The gorgeous green tops are a super source of glycine betaine, a plant compound connected to lowering homocysteine in the body. Lower homocysteine is linked to preventing coronary heart disease and stroke. Beets contain the powerhouse trio of beta-carotene, lutein, and zeaxanthin, related to healthy eyesight. The list of reasons to fall in love with beet tops is endless. Steamed, added to soup and stews, or chopped fresh in a salad, beet greens are a great go-to for magnesium, vitamin A and K, as well as non-heme iron.

Beets are nitrate rich and along with mega amounts of potassium and magnesium, making them one incredibly delicious way to help maintain healthy blood pressure. Researchers are hoping studies will soon show the nitrate content in beets improves cognitive function by increasing blood flow to the brain.

Beets have bragging rights due to powerful pigments called betalains, associated with anti-inflammatory properties. Chronic inflammation can lead to obesity, liver and heart

disease as well as cancer and osteoarthritis. Eating a nutrient-dense diet daily helps heal the body naturally and prevent disease.

Beets are a fabulous source of fibre, feeding the gut with friendly bacteria and ultimately supporting digestive health. A bulkier stool and speedier transit time lead to a happy gut and help prevent constipation, IBS, and diverticulitis.

Beets are a fabulous find in folate, helping cells grow and function optimally.

Beets contain copper and are a stupendous source of non-heme iron, manganese, and magnesium. Beets are a plethora of phyto-nutrients due to the rainbow of brightly coloured pigments.

Building a strong body inside and out is a breeze with beets. Jump-start the day with juice. Flood cells with a cocktail of beets, ginger, lemon, and apple. A small study in 2012 endorsing beet juice as a way to power up physical performance was especially awesome news to this certified personal trainer. Beet juice is also a humungous holistic helper to the bladder and heart while juiced beet greens are splendid support for the spleen and gallbladder. Roasted beets with rosemary are a nice switch from the plain jane potato but also give grated beets a go in fresh summer salads. Show your overworked liver love at lunchtime with steamed beets, chopped fresh mint, crumbled feta cheese, and a splash of apple cider vinegar and olive oil. This easy prep powerhouse provides protein, fats, and carbohydrates all on one plate.

As a nutritionist, many clients complain of constipation. Beets are my favourite trick of the trade for testing digestive health. Enjoy a serving of steamed beets and keep an eye out for pink edges on your bowel movement. This indicates transit time. For dreamy digestion, the pink hue should be seen within 36 hours. If not, increase your fibre intake and drink more water. Keep in mind pink urine doesn't warrant a call to your doctor. It's totally normal after eating beets!

Happy holistic beet planting! Don't forget once autumn approaches, think winter beet love. Pickling is priceless and fermenting is fantastic for some summer beet love on snowy days.

<https://pubmed.ncbi.nlm.nih.gov/22248502/>



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