

AUGUST 2023

VOLUME 24, ISSUE 1

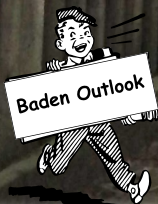


Baden Outlook

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Keeping the Community Connected since 2000

*Kids enjoying the
trail at the Foundry
Street Parkette.*



This paper is priceless - Please have one!



BADEN OUTLOOK

"Keeping the Community Connected."

Thanks to Mitch Wieneke for designing these caricatures of Barry and Pat in 2000



Cheers to 23 Years ~ Keeping the Community Connected!

It is at this time that we look back and reminisce over the decades of publishing the Baden Outlook. We have wonderful memories — to those who participated in our very successful sports pools, you may remember Barry looking like this guy!



Our mailbox beside the house was very busy with up to 500 sports pool entry forms dropped off each season.

Check out our Outlook boxes as we have updated them with new graphics.



The community has grown and so have we. Thank you to our readers, advertisers, writers, and proofreaders for their time and commitment to the Baden Outlook. We will continue to bring you light and easy reading to entertain you while keeping the community connected.



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Barry, Pat, & Katie Fisher

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

- Baden Outlook celebrates long-time writer Ken Quanz of Baden Birding
- Check out our Now and Then of Central House in Baden on page 11
- Learn how New Hamburg Thrift Centre can help with your back-to-school shopping needs
- Dr. Papa of New Hamburg Wellness Centre defines common muscle and joint injuries
- Try one of our many homemade puzzles to keep your brain active
- Getting excited about the New Hamburg Fall Fair? So are we! See what's going on and also read about Carley Cressman, our current Ambassador of the Fall Fair
- Many of our readers have taken us along with them on vacation. Check out our three page spread of all their fun

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

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

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Baden Outlook

Greetings from Headquarters ~

We are back and well-rested after a glorious month away from the computer! What a hot and rainy summer we have had.



While on vacation, I had my patience and perspective tested. I know I have shared my perspective before as I am big into a healthy viewpoint, but this experience got to me. Our air conditioner at home ceased to function the week of the crazy heat wave at the end of July. I know this is probably a “first world problem” complaint, but wow, did it ever help with my perspective! Trying to keep cool especially at nighttime was a challenge. If we opened the windows while trying to fall asleep, we would hear the train passing by and neighbours outside. If we closed them, it was stifling and our youngest insists on fleece jammies. I thought of my childhood growing up without A/C. As mom said, “Keep the curtains closed, open the windows wide once the night time cool air rolls in,” I repeated that advice to myself. I thought of those who are not blessed with air conditioned homes. Kudos to you! I had forgotten what summer heat felt like for those who may struggle to keep cool. I didn't even feel like I could bake muffins and tried my best to BBQ more to keep the heat from cooking outdoors. It definitely took more mental energy and with not sleeping as well, I was tired. Again, “first world problems” but now I am feeling so blessed and will not complain of heat with our fixed A/C. To those battling with the heat; I feel you, I see you, I sweated with you for just a mere few days. To those who choose to not have A/C for environmental impact or cost reduction - wow, I'm in awe of your strong will!

Check out my favourite article from this month's Outlook on page 15. Interfaith Community Counseling writes about mental health during the summer and that sometimes, it's not all sunshine and lollipops. Written by a new writer Kimberly Wagner. Welcome to the writing team!



Here we are ...The summer is closing in on us already. It's so true that time flies when you are having fun. It seems the Baden Outlook has had the privilege of going on many trips this summer as you will see the travel photo section is loaded with good times! Thank you to all who thought of us as you packed your bags for your vacation and tucked in your paper. It's so thoughtful to not just think to pack it, but also to find the perfect photo opportunity and then to submit it to us when you get back home.

We too found the perfect opportunity while on our camping trip. On a rainy evening we stopped in the little town of Omeme and found this wonderful little bar that boasted of 150 flavours of chicken wings. That was not the only surprise there—it is also the hometown of Canadian musician Neil Young whose posters hung proudly in the restaurant. The young gals working there were a delight and chatted with us as we shared the paper with them. They were eager to learn more about it and were tickled to be in the photo—so I'll be sure to mail them a copy this month. *(Thanks for the fun girls and the wings you selected for us were delicious. We will be back one day!)*



Taylor and Caprice are seen here with me at the Wing House in Omeme.

It amazes me that we are beginning our 24th year publishing the Baden Outlook. That's us on The Baden tower looking over the town sharing the news.



Talking with Ed

Out of this world ~ Venus and Mars



When I hear the words Venus and Mars, I think of two things: the 1975 album by Paul McCartney, and the book by John Gray entitled *Men are from Mars, Women are from Venus*. Let's also not forget about our friendly convenience store located right here in Baden.

Getting back to the two planets, they are extremely different in composition.

I recently read an article about a group from the German Aerospace Centre, led by Helbert Dyar, who would like to send a high-altitude satellite to Venus to map the features of the fiery planet. They would like NASA to fund the majority of the mission. The last maps of Venus were produced in the 90s and are quite coarse compared to that of Earth and Mars. Those maps show that their hot planet has mountains, valleys, volcanos, and lava fields but that is all. They would like to find out what kind of rocks are there, which would show some of the planet's history. Granite could show where there were oceans. Basalt could lead them to active volcanoes.

One of the problems with a mission to Venus is the intense conditions that the planet has. Venus is 58.14 million kilometres from Earth. It is similar in size to Earth including density, mass, and gravitational pull; however, it has temperatures of more than 850 degrees Fahrenheit, and air pressure equivalent to standing under half a mile of ocean water. It spins backwards and has heat trapping clouds that veil its face from view. Certainly, it doesn't feel like a place you would want to visit.

Since 1989, NASA has launched 14 missions to Mars and no missions to Venus and it is understandable why. Mars is 345.6 million kilometres away from Earth, but certainly has a more tolerable climate than Venus (somewhat). The average temperature on Mars is a frosty -80 degrees Fahrenheit, and it has a red rocky surface - the iron oxide chemicals in its soil looks like rust. Mars has one third of the gravity that Earth has, so a 100-pound person on Earth, would only weigh 38 pounds on Mars.

Mercury	333F
Venus	867F
Earth	59F
Mars	-85 F
Jupiter	-166F
Saturn	-220F
Uranus	-320F
Neptune	-330F
Pluto	-375F

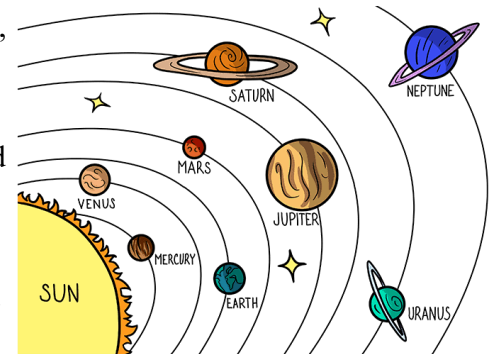
According to NASA

How long is one day on other planets

Mercury	1,408 Hours
Venus	5,832 Hours
Earth	24 Hours
Mars	25 Hours
Jupiter	10 Hours
Saturn	11 Hours
Uranus	17 Hours
Neptune	16 Hours

According to NASA

The atmosphere on Mars is 95% carbon dioxide and only 1% oxygen. NASA would like to find out if there is water on Mars which would be an absolute necessity for human life on Mars. Today three NASA satellites are orbiting Mars collecting information on climate, land features, and radiation. There are also two rovers studying the Mars surface. The Perseverance rover carried a small helicopter and landed on Feb. 18, 2021. Perseverance has a tool that will try making oxygen like a tree does. It will inhale some of the large amounts carbon dioxide on Mars and exhale oxygen. This kind of tool could help to prepare for when humans first visit the planet.



The two closest planets are not very hospitable!

Reading those kinds of facts, coupled with the issues we are having with our own planet lately certainly drive home the need for climate change.

Hopefully, the changes that we are making in our society will be enough to reverse the pattern that we are currently experiencing. In regards to the John Gray book, I feel that it is a metaphor. Until next month...Ed.

And to continue on with this theme, Pat could not help herself and added her 2 cents worth as seen below!

- * Why did Mickey Mouse go to outer space?
To find Pluto.
- * Why didn't the sun go to college?
Because it already had a million degrees!
- * What is an astronaut's favourite chocolate?
A mars bar.



- * Where would an astronaut park his spaceship?
A parking meteor.
- * What was the first animal in space?
The cow that jumped over the moon.
- * Why aren't astronauts hungry when they get to space?
They had a big launch.

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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 35

Types of Salads

COAT _ _ _ _
BOCB _ _ _ _
KEGER _ _ _ _ _
RENEG _ _ _ _ _
ASTAP _ _ _ _ _
MOATTO _ _ _ _ _
SEARAC _ _ _ _ _
DOSSET _ _ _ _ _
KENCHIC _ _ _ _ _
LOBCORCI _ _ _ _ _

Types of Sandwiches

TLB _ _ _
BULC _ _ _ _
AUNT _ _ _ _
YORG _ _ _ _
ONBAC _ _ _ _
ATOMOT _ _ _ _ _
YEKTUR _ _ _ _ _
WUSYAB _ _ _ _ _
BURNAE _ _ _ _ _
NICEHCK _ _ _ _ _

'Keeping the Community
Connected'



Bohemian Blooms in Baden

How exciting to see another unique business opening in Baden. This is where you will meet Liz Livingston at the location of 55 Snyder's Road West. She began a new journey at the end of June and opened Bohemian Bloom. The main focus of her business is her hair salon with an extensive list of other services she provides, but there is so much more than you would expect to find in her shop.

Liz was excited to create an environment that offered a positive, and Zen-like atmosphere. It is important to have her customers find a relaxed and peaceful experience in her shop. Her mission statement is: *"Everybody has a little Bohemian in them, Free Spirited, Open Minded, Inspirational and Artistic. Be adventurous make yourself Bloom. A journey in Life that is never ending! Everyone has so much to achieve, so never stop. The more you achieve, will be rewarding you will feel satisfied and triumph of your everyday success. View life's experiences, lessons and journeys as you were molding and shaping your own destiny."*



Aside from the hair salon she also offers a wide variety of unique products for sale. She has connected with several local vendors and has their products available. Hand-made mugs, fun art made from jewelry, unique hats, sunglasses, and special clothing are for sale – some from California. Liz designs some of her own clothing and is willing to custom design shirts for people to purchase. She sells some of these products online at bohemianbloom.ca.

She has an assortment of refreshments available including a coffee bar, muffins, ice cream, cold drinks, and baking from a local vendor. She has recently



hosted a dream catcher workshop, and is looking at offering other events such as tie dye workshops, and a ladies' night. She has more dreams she'd like to grow into as she gets established. She is open Tues– Friday for drop-in cuts or Saturday by appointment, and offers seniors discounts on Tuesdays. Drop by or give her a call 519-572-2421.

When you are in Baden at the Castle Concerts be sure to drop by across the road at Bohemian Bloom and say hello to Liz... and enjoy some ice cream.

We wish her well and hope she has great success with her new venture.

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Checking out the Baden Library



Call 226-748-8030 or email rwlprograms@regionofwaterloo.ca if you have questions about upcoming programs.

Summer Reading Club

It has been a super summer of reading and we hope everyone enjoyed participating in all the fun events and programs!

KIDS REMINDER: Finalize your reading tracking by Saturday, August 26 and earn your final ballots for a chance to win prizes baskets or an experience in your community!

Adult Summer Reading Challenge – Be sure to finish up your BINGO card and submit to your local RWL Branch for the chance to win no later than Thursday, August 31.

Enjoy the last of Summer programs...

For families

- Popcorn Theatre Movie Day presents “Minions, the Rise of Gru” – Tuesday, August 15 at 1:30 p.m. – Baden Branch
- Fresh Air Flicks/End of Summer Party – Thursday, August 17 starting at 7 p.m. – St. Clements Branch

Registration is required.

Fall 2023 Programs

As you get back into routine, enjoy weekly Fall programs with the Region of Waterloo Libraries starting Monday, September 25 – Friday, November 18.

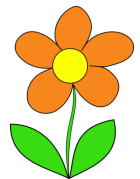
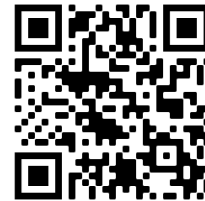
Registration will open online starting Friday, August 25.

Free Fun!

An RWL membership just keeps getting better. Use your library card to place holds on passes for free entry to Ontario Parks, Grand River Conservation Areas, Ken Seiling Museum, TheMuseum in Kitchener, and now - the Art Gallery of Hamilton!

Passes are good for multiple people. Use it as many times as you like during your loan period!

Scan to see our full Events Calendar, and to register for our programs.



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-Gaurav B.

KIDS' CORNER

EMOJI CODE

Use the code to the left to find out the secret message!



A= 😊	N= ❤️	🐾	🏠	🍔	🚀	😬				
B= 🍌	O= 🍔									
C= 🐼	P= 🦋	🍒	🏠	🚗	🕒	🚀	❤️	🍕		
D= 🦉	Q= 🏈									
E= 🚗	R= ✂️	🍔	🐼	🍒	🏠	🚗				
F= 😬	S= 😊									
G= 🍕	T= 🦋	😬	🐼	🏠	🍔	🍔	🔨			
H= 🏠	U= ☢️	😬	☢️	🦋	🦋	🔨	🚀	🚗	😬	?
I= 🚀	V= 🐼									
J= 🌻	W= 🐾									
K= 🕒	X= ♣️									
L= 🔨	Y= 🍷									
M= 🐼	Z= ✂️	🍒	🏠	🚗	✂️	☢️	🔨	🚗	✂️	!



BACK TO SCHOOL JOKES!



Find these images throughout the Outlook. Check when you find all three of each!

- "Dear Math, grow up and solve your own problems."
- "What did the janitor say when he jumped out of the closet?" "Supplies!"
- "Where do math teachers go on vacation?" "Times Square."
- My teacher told me not to worry about spelling because in the future there will be autocorrect. And for that, I am eternally grapefruit.



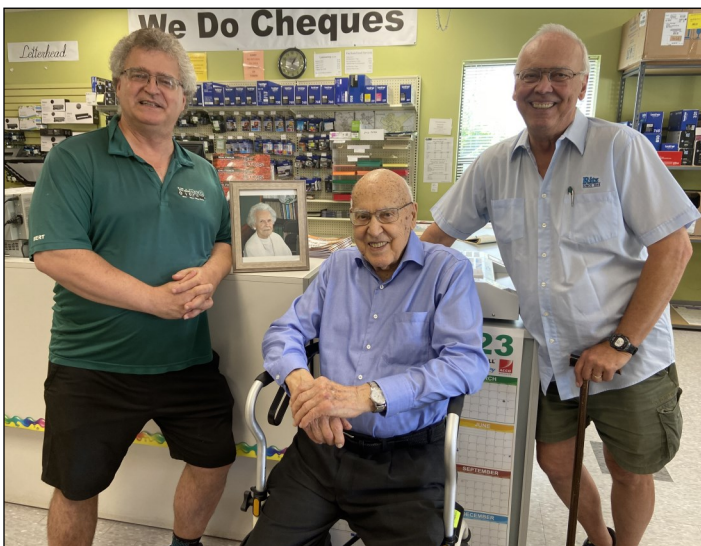




Ritz Printing and New Hamburg Office Pro Have Much to Celebrate – A Natural Fit

Two long standing New Hamburg businesses have recently been brought together under one umbrella! Ritz printing has been in the Ritz family since 1855. New Hamburg native Ernie Ritz stated that his grandfather's brother came to New Hamburg from Bavaria, where he worked as an apprentice in 1855. The newspaper was printed in German at that time, but in 1878 English versions were made available as a campaign vehicle for Samuel Merner. German and English remained for several decades. Ernie's Grandfather was called in to take over the business in 1888, and Ernie joined fulltime in the '50s and his son Bill also ran the business until it was sold to Commercial Printers Stratford in 2013.

Ernie's wife started the Stationary store 47 years ago (1975), and it was located at the location of the Panache Hair salon on Peel Street. Later they moved to the Sobeys Plaza location where John and Betty Ritz continued on with the business. Later they moved to their current Huron Street location. Bert and Nancy Vorstenbosch, and Viola and Murray Laing acquired the Office Pro store in 2019.



Commercial Printers recently sold their business to Bert, so now Ritz Printing and New Hamburg Office Pro are all owned by the same group. They will continue to work as separate identities and offer the great service that everyone has experienced in the past. To celebrate this occasion, the New Hamburg Office Pro held a customer appreciation day on Saturday July 22nd with draws, refreshments, and special guests including Ernie, John, Bill, and their families. Congrats to Bert's new venture!



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Looking Back at Baden 100, 75, and 50 Years Ago

By Sherri Gropp, Curator and Taylor Hynes, Museum Assistant

100 Years ago–August 1923

August 1923- The funeral of the late Bert Kriesel took place at St. Jacob's Lutheran Church (St. James) and the Baden Cemetery. It was one of the largest ever witnessed in the village. The church was filled out the doors. The Baden Band, of which the deceased was a valued and enthusiastic member, marched at the funeral and while the coffin was being carried softly played "Rock of Ages". On the way to the cemetery the band also played "Safe in the arms of Jesus" and "Nearer my God to Thee". Mr. Kriesel also owned the hardware store in Baden.

Mr. J.P. Livingston has received three carloads of fine stockers from our local cattle dealer, Mr. David Hunsberger, which he put into pasture on his farm.

Mr. Walter Holwell is conducting himself in fine style with his new Maxwell car which he purchased from N.M. Steinman, local dealer. Please stay off the grass and you won't get into the ditch is our advice to auto owners.

The Raspberry Social held on Friday evening on the church lawn of St. Jacob's Lutheran Church was a great success and was largely attended. The fishing pond was great for the kiddies. A bean guessing contest was held a big box of chocolates given to one guessing the nearest number. Mr. Wilfred Schneller was the winner. A lovely piece of lace was also given away to the person having the luckiest number, this being won by Mrs. Schneider of Kitchener.



75 Years Ago-August 1948

The Baden Pirates, W.O.A.A. Intermediate B Baseball Champions 1948. Population decides the classification in which a team must play, "A" is over 1,000, "B" is 500 to 1000 and "C" is under 500.



Photo: The Schmaltz 'N Lena Pickelheimer Family Band from New Dundee playing outdoors in the summer of 1948



Come by for a cold drink on our patio!

Unleashed will be playing a live show on August 26th from 6-10 p.m.

Stop by and register your team for our Annual Golf Tournament on September 17th at Rebel Creek Golf Club!



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50 Years Ago- August 1973



Image: 1973 logo featuring the Baden Hills and hydro

Councillor Louis Nowak, chair of the fire, light and sanitation committee told council the official opening of the Baden Fire Hall has been tentatively set for September 21.

The property and personnel committee also reported that the committee felt the Baden parks committee should utilize the former Baden Fire Hall as a community centre rather than spend money to construct a new one. Harold Schmidt suggested the problem with that idea was the inadequate facilities such as washrooms, in the old fire hall. Councillor Alvin Sararus of New Dundee also showed council an idea he had for a township crest. Sararus, with help from an area girl, had drawn up a crest with the Township name circling the outside with symbols representing things such as agriculture, industry, the Mennonite influence, the birthplace of hydro and Baden sand hills.

Now and Then



Early 1900s

We have all driven by this long standing building in Baden located on the corner of Snyder's Road East and Brewery Street. Pictured here is a photo with dirt roads in early 1900s vs dirty roads in July 2023 from all the roadwork being done on Snyders. This building was built in the 1840s and over the years it's been known as the H. Kuntz General Store, Swartzentruber's, Hummel's, The Central House, Meyer's General Store, and Bob's Variety. Notice both Pepsi on the sign and Coca-Cola in the window.



July 2023

July 2023 sign in the window says "commercial property for lease."



2004



N. Swartzentruber General Store in 1958.



Who Dun It? Mystery Word Search

Submitted by Theresa Billo

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

Can you find these mystery terms below in the word search to the right? Words can be read up, down, left or right, or diagonal.

- | | |
|---------------|-------------|
| ACCOMPLICE | INNOCENT |
| ALIBI | INTERVIEWS |
| ARREST | LEAD |
| CASE | MOTIVE |
| CLUES | NOTES |
| CRIME | POLICE |
| DANGER | PRIVATE EYE |
| DETECTIVE | SOLVE |
| DNA | SUSPECT |
| EVIDENCE | TIPS |
| FINGER PRINTS | VICTIM |
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<p>Breakfast Bundle \$40</p> <p>2 Dozen Eggs 12 Breakfast Sausages 1lb Bacon 1lb Peameal Bacon 1lb Back Bacon</p>	<p>NEW August Bundle \$50</p> <p>4 Smoked Sausage 4 London Broil 2.5lb Chicken Breast 1lb Bacon</p>

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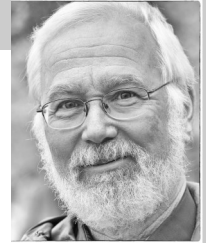
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Baden Birding ~ Thank You Birder Ken!

By Ken Quanz



Every morning and evening I love to listen to the soft cooing of our resident Mourning Doves. In many ways it evokes a sense of peace and well-being. It seems we can always count on the Mourning Dove to

greet us in the morning and wish us a good night's rest in the evening.

It was not always so. According to the *Breeding Bird Atlas*, Mourning Doves have only become common in southern Ontario since the early 20th century: "However, the size and range of wintering populations have increased rapidly and in linear fashion since the early 1950's." (Cadman et al). This intrusion into southern (and central) Ontario may be attributed to the demise of the Passenger Pigeon which was a close relative. It could also be aided by changes in climate. Severe winters often cause frostbite on the fleshy feet of Mourning Doves, and in many cases contribute to early death as foraging for visible food and small stones to grind the seeds in their crops is more difficult.

Mourning Doves are one of the most common birds found in continental United States, with estimates placing their population in the range of half a billion birds! This is partially due to the vast areas of farmland devoted to grain crops (99% of a Mourning Dove's diet is seeds), and the fact that these birds will raise up to 6 broods of young per year. Usually a brood of two eggs is raised by both parents. Fortunately for us, most doves in southern Ontario raise only two or three broods per year!

A Mourning Dove's nest is a marvel of poor engineering! Often placed in a fairly low tree or shrub branches, it looks like a loosely woven pad of twigs that could be dislodged by a heavy breeze – but it seems to work. For the past several years, we have had doves nesting in our hanging geranium baskets. These nests seem to be much safer as there is no chance of the nest falling apart, and the basket is protected from the rain by

the eaves of the porch. However, the parent dove which is sitting on the nest does get upset when we water the plant.

Doves are a favourite food of Cooper's Hawks as well as other hawks and falcons. As the Mourning Dove averages about 117 grams in mass (1/4 pound) it makes a very satisfying lunch or dinner for a hungry bird of prey. It also makes the Mourning Dove a target for sport hunters who shoot 20-70 million of these birds every year in the USA. Mourning Doves are not listed as a huntable species in Ontario.

I like to have Mourning Doves around my bird feeders. They never bother the feeders as they have no place to perch (I don't use platform feeders). Instead, they patrol the ground under and around the feeders looking for any visible seeds that have fallen from above. They are so thorough in their job we never have any problem with sunflowers growing under the feeders!



Ken has been a writer for nearly fifteen years and he finds it time to pass on his pen. He has been a joyful, informative writer who has a passion for birding and the outdoors. We will miss Ken's articles but are happy to set him free in Outlook retirement land. Thank you Ken for your dozens and dozens of articles over the years! We hope to see the Annual Christmas Bird Count details in January or February Baden Outlooks!

We hope you enjoy this article written by Ken from the August 2013 Baden Outlook. Blast from the past!

If you are a birding enthusiast who loves to write occasionally, please send us an email or check out our Facebook page for more details.

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Mental Health Matters...

By Kimberly Wagner, Registered Psychotherapist (Qualifying)

While many of us feel the urge to stay indoors during the winter, summer produces the opposite effect. During the summer, people often notice a boost in their mental health. Increased exposure to the sun can boost our vitamin D levels, fresh fruits and vegetables offer nutritious choices from local sources, and we tend to be more active outdoors.

The vitamin D we get from the sun produces melatonin, a natural hormone that helps to regulate our circadian rhythms - or sleep patterns. Too much sun can upset our natural rhythms, and some people may notice trouble sleeping, nausea, or palpitations, due to increased cortisol levels, produced from higher temperatures. These symptoms can feel similar to a panic attack and can increase anxiety.

The Summertime Blues, like SAD, may show symptoms of low-mood, or lack of energy, but is less debilitating. If the heat feels intolerable, we may find ourselves hiding in our dark, air-conditioned homes, perhaps missing out on social opportunities the warm weather brings. Identify your triggers - is it the heat

and humidity? Financial stresses related to increased child-care or vacations? Or are you battling body-image issues, made worse by summer clothing? We also need to consider our expectations. People are expected to be happier in the summer, but not everyone is. The key is balance. While enjoying all the wonderful things the summer season offers us, be aware of keeping yourself protected from too much sun. Schedule changes, and having fewer or more disrupted routines in the summer is a welcome break; however, having a regular routine is important in preventing depression. Stay hydrated and use sunscreen.



Give yourself permission to feel good this summer. Take some time for yourself by taking a calming walk or reading your favourite book in the shade. Take advantage of the weather and find something you would normally do indoors and take it outside. As we all know, the warm bright summer months will not be with us forever; take the time to do the things you enjoy.

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John Morosan

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You Must Be Joking!!



- What would happen if you threw all the books in the ocean? It would cause a title wave.
- Why did the queen go to the dentist? To get crowns on her teeth.
- Why do dads take an extra pair of socks when they play golf? In case they get a hole in one.
- "Whoever stole my depression medication — I hope you're happy now."
- "Did you hear that I'm reading a book about anti-gravity? It's impossible to put down."
- What did the buffalo say to his son when he dropped him off at school? "Bison!"
- "I can tolerate algebra, maybe even a little calculus, but geometry is where I draw the line."
- Me: "Go to bed, the cows are already asleep in the field." Son: "So what?" Me: "It's pasture bedtime."
- What do you call a Frenchman in sandals? Philippe Philoppe.

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DEFINING COMMON MUSCLE AND JOINT INJURIES

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



Physical injury to your **muscles** and **joints** can occur with workplace, household, sporting, and recreational activities. Common mechanisms of injury include slip and fall or collision-impact type accidents, overstretching a body part, twisting awkwardly, or performing repetitive movements. This can cause pain, stiffness, and swelling in a joint and/or muscle, leading to injuries such as **sprains**, **strains**, and **contusions**.

A **sprain** refers to a stretching or tearing of a ligament. Ligaments are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. One or more ligaments can be injured at the same time. Common locations for **sprains** are the ankle, wrist, and knee joints.

A **strain** refers to a stretching or tearing of a muscle or tendon. Muscles are responsible for producing force and causing motion, whereas tendons are the tough fibrous extensions of muscle that attach to bone. A **strain** injury can occur when the muscle-tendon complex suddenly or powerfully contracts, or when it is overstretched. This is called an acute **strain**. Overuse of certain



muscles over time can lead to a chronic repetitive **strain**. **Strains** are commonly referred to as “pulled muscles” or “tendinitis”. The shoulders, forearms, low back, and leg regions are common locations for **strains** to occur.

Contusions are commonly called “bruises”, and occur when small blood vessels in the skin, muscles, or bones are subjected to trauma.

Sprain, **strain**, and **contusion** injuries can exist on their own or in combination with each other. Initial conservative management and first aid of these injuries should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation). This can significantly reduce swelling, tissue damage, inflammation, muscle spasms, pain, and recovery time.

With a mild injury you should experience progressive improvement within 2 to 3 days. You may gradually begin using the injured area after this time. Mild injuries usually heal completely without any residual consequence in 1 to 4 weeks. Moderate injuries usually require 4 to 12 weeks to heal and may require basic rehabilitative treatment and exercises. Severe injuries will take longer to heal. Healing times may also vary depending on a person’s age, physical condition, and general health.

You should seek immediate medical care under the following circumstances: a popping sound heard during the injury accompanied by a feeling of joint instability or inability to weight-bear; obvious evidence or suspicion of a broken bone, fracture or joint dislocation; or injuries at risk for infection. For less serious injuries that do not subside, you should contact a licensed health professional who deals in the diagnosis and treatment of muscle and joint pain. They can determine the cause of your pain and prescribe appropriate therapy, exercises, 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.



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- **Invasive Phragmites** (European Common Reed) is an aggressive perennial grass growing up to 5 metres tall that quickly crowds out native vegetation.
- **It releases toxins** from its roots into the soil that slows the growth of and kills surrounding plants.
- The very dense patches are **poor habitat and food sources** for wildlife.
- **Do not plant** invasive Phragmites. Native Phragmites has a similar appearance and doesn't pose an ecological risk. Use native plant alternatives whenever possible.
- **Do not compost** invasive Phragmites. Seeds and rhizomes (roots) can survive and grow in compost.

For more information about invasive, non- native plants, go to Ontario Invasive Plant Council

Did you know that the amount of **waste** generated per person in Ontario is among the highest levels in the world? Approximately 40% of Ontario's waste is generated inside the home. The other 60% of waste is generated outside the home, by almost 1.6 million businesses, corporations and institutions. Learn about specific steps you can take to reduce waste as well as what corporations and governments need to do at our **Mission Possible: Launch Your Waste Reduction Journey!** free educational webinar on Thursday, **September 28th** from 7:00 to 9:00 p.m. (EDT). To register go to our website at: nvecoboosters.com

Our next Nith Valley EcoBoosters' general monthly meeting will be held at **7:00PM on Wednesday, August 23rd** 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 meeting or want more information.

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You Must Be Joking!!



A husband and wife are shopping at a busy mall.

The wife suddenly noticed that her husband was missing, so she called him on his cell phone.

The wife said, "Where are you? You know we have lots to do."

He said, "You remember the jewelers we went into about 10 years ago and you fell in love with that diamond necklace? I could not afford it at the time and I said that one day I would get it for you?"

Little tears started to flow down her cheek and she got all choked up... "Yes, I do remember that shop" she replied.

"Well, I'm in the golf shop next door to that."



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The Baden Outlook is having fun travelling this summer with these folks!



Bob and Sharon Dietrich visited their son Chad and Stephanie and grandchildren Paige, Keaton, and Grady in Belize. They took their copy of the Baden Outlook with them when they visited Jaguar Reef in Hopkins.



Sandi McCarron shows her Baden Outlook in front of Christ Church in Oxford, England.

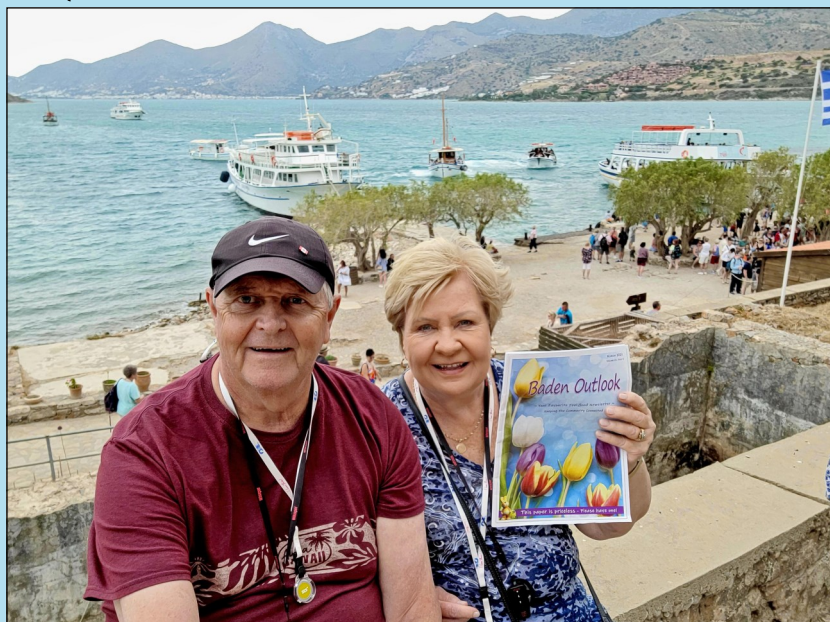


Bill and Mary Laight of New Hamburg took their Baden Outlook to the top of Sulphur Mountain near Banff, Alberta.

Megan Shantz and Trevor Ryan took their Outlook along on their trip to PEI, as seen here at the Wood Islands lighthouse.



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



Gary and Shirley Collins took their Outlook along on a Mediterranean cruise and enjoyed their stop in Spinalonga, Greece.



Gloria and John Richardson/Ilett took the Baden Outlook to Greece. They enjoyed the view daily in Nea Artaki, the vacationing home of daughter and son in law Sherri and Gus Papadedes and grandchildren, Dimitri, Sophia, John, and Stephanie from Guelph.

See more travel pics on next page!

Email your travel photos and a description of where your Outlook has travelled - badenoutlook@hotmail.com



On Canada Day, Doreen Brydon took her Baden Outlook through the fog to Peggy's Cove in Nova Scotia.



Linda and John Wagner spent two weeks in Scotland visiting their daughter Tracey, who lives in Edinburgh. For one week the three of them were on a bus tour through the highlands. This picture was taken at the Royal Yacht Britannia at Port of Leith in Edinburgh.

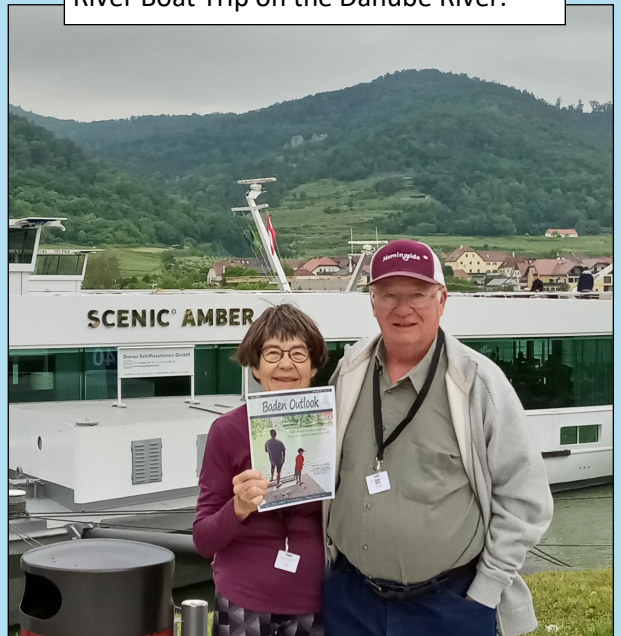
Wellesley Home Hardware and friends took their Baden Outlook on a fly-in fishing trip to White River Ontario in May. John, Jeff, Mike, Ron, Daniel, Ryan, Orlan, and Duane had a fabulous time.



Seen above and below are Gord and Lynda Chambers from Morningside who took their Baden Outlook along on a River Boat Trip on the Danube River.



The Elwood/Pikors hosted a Kentucky Derby party with the Outlook and raised monies for the Humane Society.



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Drop One For Fun

Answers on page 35

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!



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

1. Short time or fast pace
2. Small drops of liquid
3. To dispose of or purge
4. Satellites go here
5. Brief or legal _____
6. A bag or pouch
7. A temporary failure of concentration
8. A drop in price
9. French for salt
10. An object surviving from another time
11. Basmati or Jasmine
12. Anger or rage
13. Educate
14. Converse
15. Calico or Siamese



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Congratulations Winners!

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- June 8-Pamela Green \$50 Gift Certificate to Tim Hortons
- June 15-Mark Bender \$50 Gift Certificate to Massel's Marine
- June 22-Faye and Bert Mayer \$50 Gift Certificate to Puddicombe House
- June 29-Gilbert Boileau \$50 Gift Certificate to NH Cycle and Machine
- July 6- Alicia Cundall \$50 Gift Certificate to Baden Coffee Company
- July 13-Pat Fisher \$50 Gift Certificate to New Hamburg Thrift Centre
- July 20-Sheila Snyder \$50 Gift Certificate to Scran and Dram Scottish Pub
- July 27-Shirley Honderich \$50 Gift Certificate to Greb's Chocolate & Nut Shop



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Our can and bottle drive is the last Saturday morning of every month. Bring us your empties, including all alcohol bottles and pop cans.



Congratulations to Cathy Glumm of New Hamburg who won the "Canada D'Eh" house decorating contest put on by the New Hamburg Legion and the New Hamburg Board of Trade. Cathy won \$300, second prize went to Susan Hammer \$200, and third prize to Susan Honderich Mills \$100. It was exciting to see all the homes decorated to celebrate Canada Day!

Pictured are Cathy Glumm with grandkids, and Lyle Cressman of the NH Board of Trade.

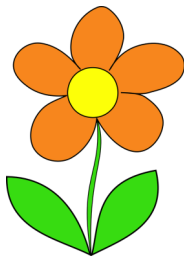
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Reduce to Produce Answers on page 35

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)

My neighbour gave me a new
roof for free....

A	B	C	D
THEY	ONE	HE	CIRCLE
SAID	BLACK	FOUR	COPPER
WE	APPLE	IT	PERCH
PIKE	WAS	TEN	ON
THE	GOOF	STOPPED	TRIANGLE
TEAL	SQUARE	ROOF	HOUSE

1. Remove all pronouns in column A
2. Remove all words containing "PP"
3. Remove all types of fish
4. Remove all words that are numbers
5. Remove all words that are shapes
6. Remove all words that are colours
7. Remove all words that rhyme with POOF

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Smart Thinking!



- ◆ Don't use chemicals to kill ants. Fill a spray bottle with water and 25% salt, shake well and spray! Say bye-bye ants!
- ◆ Take a picture of business cards people give you, because you know you're going to lose the card.
- ◆ If you peel a banana from the bottom you won't have to pick at those stringy things that stick to it.
- ◆ Yay for bonfires and roasting marshmallows! Not only are they yummy, marshmallows relieve toothache, arthritis, sore throat, and asthma.
- ◆ If your teenager's room smells bad, put a bounce sheet in the register vent.
- ◆ Holding a banana peel on a bruise for 20 minutes will get rid of the darkening colour.
- ◆ An easy and cheap way to get rid of stubborn weeds without using chemicals is with a cup of vinegar, half a cup of dish detergent, and 2/3 quart of water in a spray bottle.
- ◆ Mosquito Spray—Keep a spray bottle filled with Listerine handy this summer to keep the mosquitoes from bugging you. Simply spray your deck floor or patio chairs.
- ◆ Pump up the volume by placing your iPhone / iPod in a bowl – the concave shape amplifies the music.

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Global Outlook ~ *Let's Learn about a Tombolo Landform*

This summer we camped at Presquile Provincial Park, near Brighton at the north shore of Lake Ontario. We were fascinated learning that most of the park is actually a tombolo. What is a tombolo you ask? Read on.

Tombolos are landforms that connect an island to the mainland. Waves are bent around the island depositing sediment to the point where an Isthmus, a longshore transport of land, is created. There are many examples of tombolos in the world including the Rock of Gibraltar in the Mediterranean Sea, Biddeford Pool (island) in Maine, and Morro Rock in California.

The formation of the Presqu'ile tombolo started 10,000 years ago. After the retreat of the glaciers, four islands were formed – Presqu'ile Island being the largest. Two of the islands, Gulf and High Bluff remain as islands today. Five thousand years ago there was still little change; however, 3000 years ago lake currents brought sand and gravel into the shallow channel between the mainland and islands. About 1500 years ago the islands almost touched and between 500 years ago and today the tombolo was completely formed.

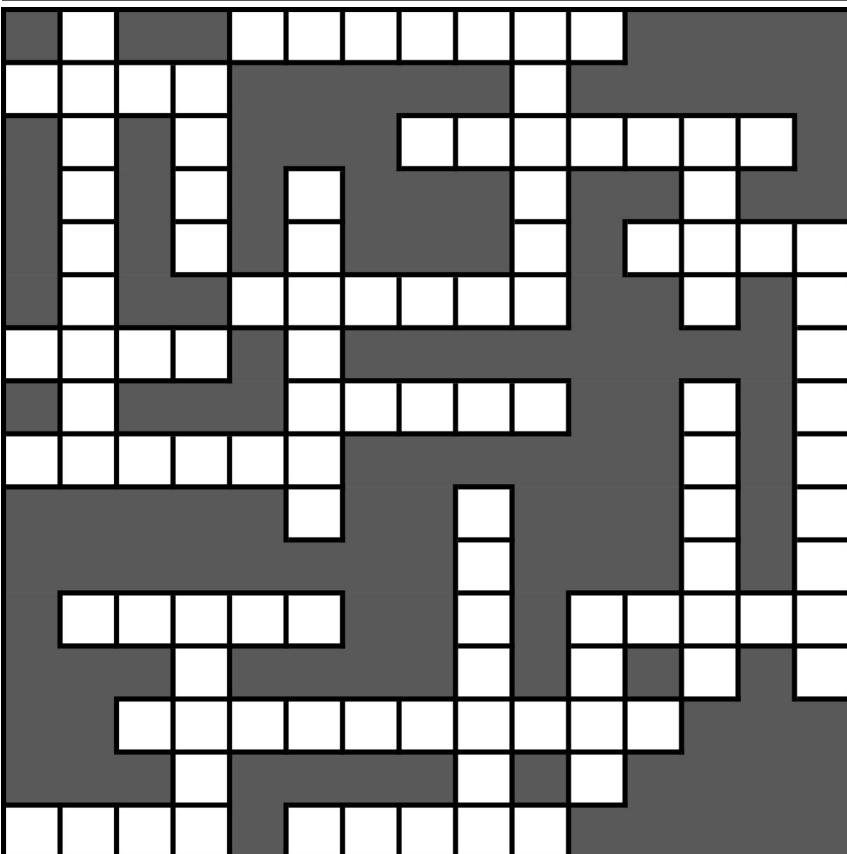
The tombolo continues to grow today. Between 1949 and 1986 aerial photographs suggest that beach deposits grew at an average rate of more than two metres a year. Today the Presqu'ile tombolo is a provincial park that boasts 2.5 km. of sandy beach, a one-kilometre marsh boardwalk, 16 kilometres of trails, and occupies an area of 9.37 square kilometres.



We had a wonderful time in the park. Thank you to "Friends of Presqu'ile Park" for allowing us to use this photo.

CREATURE FILL-IN

Answers on page 35



Fill in the creatures below into the grid to the right. Have fun!

Starting hint – you will notice there is only one 10-letter word

4-Letter Words

BEAR
BULL
CARP
JOEY
LION
NEWT
SEAL

5-Letter Words

BISON
GUPPY
KOALA
RHINO
TIGER

6-Letter Words

BABOON
FALCON
GERBIL
GROUSE

7-Letter Words

DOLPHIN
GIRAFFE
GRACKLE
WALLABY

9-Letter Words

MILLEPEDE
PORCUPINE

10-Letter Words

SPERMWHALE



Concert Benefits Wilmot Family Resource Centre

Jack Wyndham, piano teacher and resident pianist at Zion United Church, New Hamburg, presented a brilliant benefit concert to a full audience on June 10th. He delighted patrons with renditions of classical and jazz pieces, ending with one of his own compositions as an encore. He was pleased to present a cheque to Trisha Robinson of Wilmot Family Resource Centre for \$1,200 as a result of generous donations. Jack said he is impressed with the programmes offered by WFRC, especially for children, and was happy to support a local organization for his first benefit concert. Jack, a fifth-year student in the music programme at Laurier, plans to support other charities with future benefit concerts.



How to Show Affection to your Friends



Tell them how much they mean to you. When, they reach out, tell them how HAPPY you are to hear from them. Be excited at their good news. Compliment them. Praise their hard work. Greet them warmly. Let them know when they share something meaningful with you. Smile at them genuinely. Remind them you are grateful to know them. Tell other people how great you think they are. Tell them they'll succeed in reaching their dreams.

-Marissa Franco



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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

Sunday Worship 10 a.m.
All are welcome. 519-634-8212

Back to School is in the Air! Can you believe it? I certainly cannot!!!

Summer is not over yet, but the reality is that back to school is only a few weeks away. My five-year-old can't wait to start school and see all his friends and to be honest, I am ready to be back into the school routine.

What I'm not ready for is the expense that comes with going back to school. Whether your kids are going back to primary, secondary school, or starting university or college we are all looking for affordable items to keep us on budget.

The MCC New Hamburg Thrift Centre can help you reduce the cost of your back-to-school shopping. We have backpacks, lunch bags, school supplies, craft items, clothing, and shoes, as well as a great selection of furniture, housewares, and home décor to furnish or decorate your apartment or dorm.

For a list of everything you might want or need as you prepare to stock your child's backpack or dorm or off-campus apartment, visit thrift.mcc.org/back-to-school for extensive checklists, fun activities and the great part is, you'll find most of these back-to-school items at MCC New Hamburg Thrift Centre.

If you're moving into a dorm or apartment, you'll find duvets, sheets, bedspreads, pillowcases, blankets, fleece throws, mattress protectors, and bath towels. Our electrical and hardware department has desk lamps, clothes baskets/bins/bags, and small appliances for your kitchen.

Our large selection of housewares includes mugs, glasses, pitchers, dishes, small and large frying pans, vegetable peelers, cheese graters, wooden spoons, spatulas, miscellaneous utensils, microwavable bowls, mixing bowls, cutlery, and plastic or tin containers. The list is endless!

We also have a huge selection of clothing - jeans, t-shirts, hoodies, pyjamas, socks, shoes and slippers, gym and sporting clothes, and cotton sweatshirts. And don't forget the hats, scarves, winter coats, and gloves as the cold will set in by the end of their first term!

Furniture is also available at very affordable prices!

Shopping thriftily is not only fun, affordable, and environmentally friendly, but with your purchase you will be supporting Mennonite Central Committee programs locally and globally. At MCC New Hamburg Thrift Centre, everyone wins!

Summer time is over in the blink of an eye. Sunscreen and bug spray will soon be replaced with a toque and hot chocolate. Canadians may all differ in how they spend their summertime fun times but we all agree that the season is too short. Before you break out the polar fleece, take time to enjoy nature locally. There's no need for a road trip with so many top-notch trails nestled within the Baden and Wilmot township. Feel good just footsteps from your doorstep!

Modern life is busy and can have a negative impact on health. A leisurely stroll, heart-pumping run or a bike ride in nature is the equivalent of winning the workout lottery. No gym membership required. Research suggests there's an even better way to promote well-being while spending time in the great Canadian outdoors. Earthing is not just a hip and trendy term, but refers to kicking off your shoes and connecting with Mother Nature. Whether you dip your toes in the Nith River, hug a tree or walk barefoot in Schmidt Woods, with direct physical contact with the vast supply of electrons on the surface of the earth leads to body-boosting benefits. Earthing lovers experience reduced levels of pain and better sleep. Connecting to land, sea, and sand appears to shift the body from the sympathetic system to the parasympathetic system. Earthing equals calmness. When we maintain a sense of overall peacefulness, cortisol, the hormone released in response to stress is not working overtime. Embrace the earth's energy and get lost in Nature.



Escaping outside benefits the body holistically inside and out. As a holistic nutritionist, I advocate a nutrient dense diet containing a rainbow of produce plus fresh and fermented local foods, flavoured with heaps of herbs. Holistically, my first instinct is to answer aches, pains, and ailments as often as possible with

plants. You can find me on any given afternoon traipsing down local trails and perusing Mother Nature's grocery and supplement store aisles.

Berries and more berries decorate the lush green landscape. Wild raspberries, strawberries and blackberries are fresh and fabulously non-GMO and pesticide-free. Load up on antioxidants and support your immune system snacking on the walk. Stay on high alert, as surprises are more often than not. For me, stumbling across a Dryad's saddle or Pheasant Back mushroom was a magical moment. Yes, they are edible and best eaten when young and tender. Pan fried or added to soup, they taste similar to chicken with a hint of nuttiness. Older mushrooms are tougher but ideal to dry, grind and add as a first-rate flavour booster in sauces and soup stocks.

The beauty is never-ending. The lush green forest is painted as pretty as a picture with out of this world wild flowers. Foraging may not be your idea of fun, but gratitude is due. Plants have a rich history of addressing ailments. Red clover, milk thistle, bee balm, mullein, and St. John's Wort are still used today in pills, teas or tinctures. Our local green space houses plants to help lift depression, minimize allergies, cleanse the liver, and even support the lymphatic system. The arrival of autumn will soon bring forth the goodness of ginseng. Leave it there please, ginseng is protected in Ontario.

Before the summer winds down, take a stroll, I promise you there's something to see. Fall in love with the beauty of butterflies, slithering snakes, singing birds, and itty bitty bugs. Before you taste test, do your research. Don't forget to be savvy and learn to identify poison ivy! Move the body, learn something new, and breathe in outdoor local love.

@Mercedeskaygoldfitness



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SEE YOU IN SEPTEMBER AT THE SIXTH ANNUAL NEW HAMBURG ART TOUR

Don't miss the sixth annual New Hamburg Art Tour set to take place over **TWO DAYS**. The tour will run **Saturday, September 23rd and Sunday, September 24th from 10 AM to 4 PM** both days at the **New Hamburg Community Centre on Jacob Street**.

Meet and enjoy the creative works of 22 local artisans showcasing their talents in painting, sculpture, photography, illustration, textiles, and stained glass. These artists will welcome you and gladly chat about their work.

This year's lineup of artists includes Earla Boyd, Michele Brenneman, Linda Chamberland, Jan Cressman-Weiss, Josephine Czech, Kathleen Freeman, Nicholas Fuller, Mary Garett, Judy Gascho-Jutzi, Greg Kimmett, Cornelia Leroux, Dixi Leroux, Amanda Lundrigan, Tami Martin, Barbara McLeod, Linda Sanderson, Donna Schyff, Nancy Taves, Teresa Walker, Morag Webster, Joyce Young, and Simona Zak.

An added feature to the Tour will include emerging and inspirational art students from Waterloo-Oxford District Secondary School, who will be displaying their

art during the event!

The Art Tour organizers are very appreciative to have received a Community Grant from The Township of Wilmot and from the Region of Waterloo Arts Fund. These grants allow us to organize and promote an amazing art tour.



The organizers are so grateful to have the support of our local businesses. Many thanks to Josslin Insurance, Heritage Pet and Garden, Memes Café & Food Shop, Sobeys, Home Hardware, and Riverside Flowers for their contributions to the Tour. Amazing door prizes are to be won by lucky visitors to the Tour.

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

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

Remarkably, last year we had close to five hundred visitors!! We look forward to another well attended event! See you in September, for an enjoyable arts and culture experience.

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



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'Will we get another droughty summer?' Chances are high...was my opening line in the June issue and it was anything but! What a summer. Canada is burning up, smoky, flooding with flash floods, and drought depending on where you live. Here in Wilmot for the month of July, I have measured about 5-6 inches (13-15 cm) in my yard. What a contrast to last year when we had no rain from June to September. Our rain events are not usual either. Two times, 2 inches (5 cm) came down in a short period of time. Farm fields had water standing in them for days. While writing this, there is the potential of more rain to finish off the month of July.

Our Let's Tree Wilmot project bought a second-hand truck and equipped it with water tank and equipment and were watering our newly planted trees during the dry days of June. July has found the truck parked the whole time.

The gardens are lush with the moisture. Berry picking was great this year, especially if you love searching out the black cap wild raspberries. Yummy! The gardens are jungle-like and the weeds are loving it too. Remember to get rid of the weeds before they go to seed or least take off the seedheads and put in yard waste bags! Speaking of seeds, collect seeds from your flowering plants and save if you wish to grow more of your favourites.



Peach, plum, and other stone fruits are at their peak now. The markets are full of veggies and herbs so a wonderful time to stock up your pantry by freezing, pickling, drying, or canning.

If you are looking for a great To-Do List or what I call the Shoulda Coulda List, go to the Halton Master Gardeners website, <https://haltonmastergardeners.com> and see the Cross Pollination newsletter which has this feature and other great information. You can subscribe to the electronic monthly newsletter.

Many bugs are loving the wet weather too. For pest management, it is challenging to know what to do as there is much misinformation. Most bugs are beneficial, including the pesky mosquito. For your garden, if using soap or other solutions, remember they kill the good bugs too so be wary of spraying everything. Do a test on part of the plant. Never use detergent mixtures. Both soaps and detergents can damage the leaf cuticle (outer coating of the leaf). Naturally occurring protective oils and waxes from leaves can be stripped and could kill some plants. For others, thinning the layers can simply make them more susceptible to fungal diseases and bugs. Unless your plant is dying, use hand-picking, row covers or other methods. Master Gardeners FB pages is a good place to ask a buggy question. Integrated pest management in vegetable gardens can be searched online and look for a university or research centre for science backed information.



Keep your fingernails and knees dirty!

Wed. Sept. 13th, at WRC, 7:00 pm, free meeting, Speaker: Jeff Grant on raising and studying Moths and Butterflies. We are honouring our Junior Gardeners too. Join us!

Email: wilmothortsociety@gmail.com

Website: wilmothortsociety.ca

FB: facebook.com/groups/wilmothorticulturalsociety

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You Must Be Joking!!



1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis?
Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter?
Swarm.
5. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.
6. Just so everyone's clear, I'm going to put my glasses on.
7. A commander walks into a bar and orders everyone around.
8. I lost my job as a stage designer. I left without making a scene.
9. Never buy flowers from a monk. Only you can prevent florist friars.
10. How much did the pirate pay to get his ears pierced? A buccaneer.
11. I once worked at a cheap pizza shop to get by. I kneaded the dough.

Who Doesn't Like a Little Pun!?

12. My friends and I have named our band 'Duvet'. It's a cover band.
13. I lost my girlfriend's audiobook, and now I'll never hear the end of it.
14. Why is it unwise to share your secrets with a clock? Well, time will tell.
15. When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
16. Prison is just one word to you, but for some people, it's a whole sentence.
17. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.
18. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
19. I got over my addiction to chocolate, nuts, and marshmallows. I won't lie, it was a rocky road.
20. What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
21. If you're bad at haggling, you'll end up paying the price.

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Replace expired alarms.



CHECK THE DATE.

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 - **GET OUT & STAY OUT!** When the smoke alarms sound, get out immediately and call 9-1-1 from outside. Never re-enter a burning building.
- Despite their best efforts, the fire department may not arrive quickly enough to save you from a fire. **You need to be outside when the firefighters arrive.**

For more information, contact your local fire department.



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

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

THE NASTIER SIDE OF SUMMER—MEET THE DREADED EARWIG

There is much to love about the summer, but this summer has been a wet one and earwigs love it! Too bad they have a big appetite and can quickly destroy your plants. Not to mention how ugly they are and can pop up and surprise you anywhere! They can be found on every continent except Antarctica and cannot survive in the cold. As our winters have become milder more of these creepy crawlies are able to reproduce. Eeek.. Another scary factor to think about regarding our climate.



Earwigs are most noticed with their pair of forcep-like pincers on their lower abdomen, and membranous wings folded underneath short, rarely used forewings, hence the scientific order name, "skin wings". They rarely use their wings to fly but can scuttle very quickly. Earwigs are mostly nocturnal and often hide in small, moist crevices during the day, and are active at night, feeding on a wide variety of insects and plants. Damage to foliage, flowers, and various crops is commonly blamed on earwigs.

Surprisingly, considering the grossness of these bugs, they are very good mamas. Earwigs are among the few non-social insect species that show maternal care. The mother pays close attention to the needs of her eggs, such as warmth and protection. She faithfully defends the eggs from predators, not leaving them even to eat unless the clutch goes bad. She also continuously cleans the

eggs to protect them from fungi. Studies have found that the urge to clean the eggs persists for only a few days after they are removed, and does not return even if the eggs are replaced; however, when the eggs were continuously replaced after hatching, the mother continued to clean the new eggs for up to 3 months.

Despite old European folklore, it is not true that they crawl into people's ears and tunnel into their brains while they are sleeping. While this superstition has no scientific backing, the pincers located on the back of an earwig's abdomen are quite frightening to many people. They may pinch if threatened but they are not venomous nor do they spread disease. Earwigs pose a greater threat to garden plants, rather than people.

But nobody wants them in their house and there is some prevention to learn of. One of the best methods of earwig control is to prevent any structural entry. Cracks and crevices should be well sealed with a silicone-based caulk, steel wool or a combination of both. This practice includes sealing doors and windows, as well as attic and foundation vents. In order to get rid of earwigs or prevent an infestation, homeowners should remove harborage sites such as leaf piles, mulch piles or other vegetation on their property. They should also consider moving objects such as firewood piles and logs away from the home, thereby creating a perimeter around the house that is free of organic material.

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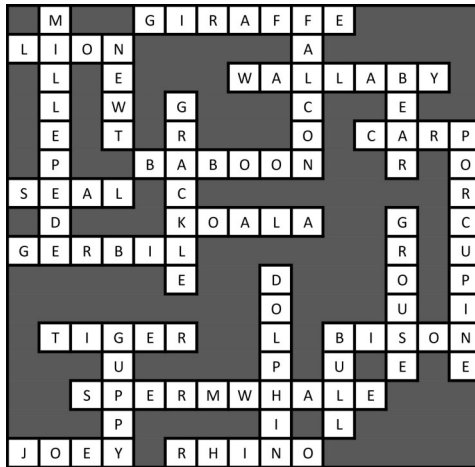
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ANSWERS

All Things Scrambled

Types of Salads	Types of Sandwiches
Taco	Blt
Cobb	Club
Greek	Tuna
Green	Gyro
Pasta	Bacon
Tomato	Tomato
Caesar	Turkey
Tossed	Subway
Chicken	Reuban
Broccoli	Chicken

Creature Fill-In



Reduce To Produce

He said it was on the house.



Drop One For Fun

- | | | |
|-----------|----------|---------|
| 1. Rapid | 2. Drip | 3. Rid |
| 4. Space | 5. Case | 6. Sac |
| 7. Lapse | 8. Sale | 9. Sel |
| 10. Relic | 11. Rice | 12. Ire |
| 13. Teach | 14. Chat | 15. Cat |

Creating special words APPLE and PEACH

10 Ways to Improve Your Mental Health

1. Try and eat a well balanced diet throughout the day.
2. Take a break from technology. Switch off from social media.
3. Engage in some fun exercise for 30 minutes. It is great for boosting mood and reducing anxiety.
4. If you are feeling anxious or low then try speaking to a friend or family member about how you are feeling.
5. Write down three good things that you have achieved today.
6. Make sure you are getting a good nights sleep.
7. Practise some self care. Take a break, have a bath, or go for a walk. Do something for you.
8. Engage in some deep breathing or progressive muscle relaxation.
9. Challenge your negative thoughts in a thought diary.
10. Stay in the present moment and focus on one thing at a time.

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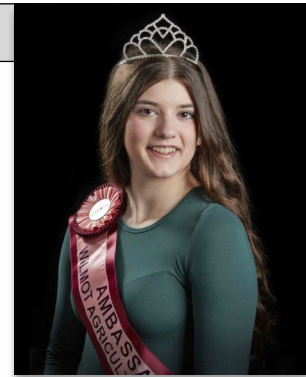
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Meet Carley Cressman, Our Ambassador!

Carley Cressman grew up on a cash crop farm and helped out on her dad's friend's dairy farm since age 12, so it seemed like a natural fit she'd consider the Ambassador program. She felt privileged when her math teacher at W-O nominated her to enter the contest. Mr. Horn thought she would be the perfect candidate and his wife was also part of the Ambassador program. All potential entries are given sponsors from the community and Carley received support from the Wilmot Optimist Club. Potential Ambassadors also visited farms, had workshops regarding resume building and public speaking, and also had a dinner at the Puddicombe House with the four judges during the competition process. Carley enjoyed visiting the dairy farm and found the public speaking workshop very informative.

During the New Hamburg Fall Fair, she had to recite her 3-4 minute prepared speech in front of the crowd and was then crowned queen of the fair! Her duties throughout the year consisted of representing Wilmot Agricultural Society at events such as Christmas Parade, Easter Egg hunts, and also attending the monthly

meetings planning for next year's Fall Fair. One of her most memorable moments throughout her term was attending the Ambassador convention in Toronto, during the winter of 2023. She met up with 65 or so other Ambassadors from Ontario.



When asked about what knowledge she would like to pass on to future Ambassadors, she said, "Listen and really pay attention in those workshops." Workshop leaders like Jeff Gerber gave tips on how to win—such as having something personable written in the speech to make you relatable. Also, make eye contact with the crowd while giving your speech. Next, Carley is heading to Guelph this fall to attend a Bachelor of Agricultural and Science program with long term goal of becoming a veterinarian. Good luck in your future endeavors Carley. We will see you at the fair when you hand your crown to the next Ambassador!

Countdown is on to the New Hamburg Fall Fair!

The Wilmot Agricultural Society is excited that the 2023 New Hamburg Fall Fair is right around the corner! Happening September 14 – 17, 2023 at the fairgrounds (251 Jacob Street, New Hamburg) this year's fair is set to be another great one! Let's see if we can top the record setting attendance from last year!

All the fair regulars are back – demo derby, mini tractor pull, livestock events, homecraft exhibits, Ambassador competition, baby show, church service, and so much more! Special this year is the 50th anniversary of the Queen/Ambassador of the fair program and all the past participants have been invited back to commemorate the anniversary on Friday night. Also happening this year is axe throwing, the kids Barnyard activity area, the Ultimuttus Stunt dogs and more food vendors than before.

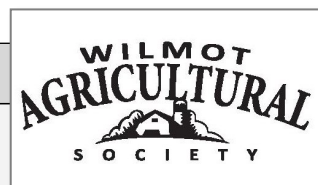
You won't want to miss checking out Magical Midways debut at the fair – if you remember fairs from the past, this full and busy midway will take you right back to those great memories. After COVID years and impacts of COVID on the midway from last year we are so thrilled that Magical Midways will be playing the New Hamburg Fair with their full crew – a ferris wheel, scrambler, games galore and tilt a whirl just to name a few. If you want to be budget savvy, be sure to visit the New Hamburg or Baden Pharmasave who will be pre-selling the ride all day midway bracelets ahead of the fair – you can save \$10 a bracelet! Watch social media for all updates but expect the pre-sales to hit the stores mid-August and sell through until

September 13th. There is a limited quantity so don't miss out. Please note that the full midway will be available Friday – Sunday.

All these exciting things don't just happen. Every single year we are fortunate to have the support of countless volunteers from our community. Thank you to each one of you who contribute in some way to making the fair a success. It takes close to 150+ volunteers and many, many hours to figure out all the fun and iron out the details. If you enjoy the fair and want to help out as well, check out www.newhamburgfallfair.ca/volunteers/ to grab your spot – including free admission, snacks, appreciation dinner, and above all else, the satisfaction of knowing you helped make a community event successful for all to enjoy. This is a great option for high school students looking to gain some volunteer hours.

The board is proud to announce that amidst quickly rising operating costs and pressure on donations we are holding admission costs consistent once again this year - \$2 Thursday, \$5 Friday, and for Saturday and Sunday it's \$10 for 12 and up, \$5 for 12 and under, and kids 4 and under are always free.

For all the fall fair details please visit our website or pick up a fair book around the community. Following social media is the best way to catch any updates and the most current information. See you at the fair!



Schedule of Events

THURSDAY

Home Craft Registration and Drop-off Arena 4:00 pm
 Draft Horse Pull Grandstand..... 7:00 pm

FRIDAY

Opening Ceremonies Arena 6:45 pm
 Citizen of the Year Arena 6:45 pm
 Ambassador Program Arena 6:45 pm
 Tractor Pull Grandstand..... 7:00 pm

SATURDAY

Hunter and Jumper Show Infield..... 8:00 am
 Home Craft Exhibits Open Arena 9:00 am
 Baby Show Arena 9:00 am
 Jr. Pet Show Arena 10:00 am
 Draft Horse Show Infield..... 10:00 am
 Waterloo 4-H Rabbit Club Show Infield..... 10:00 am
 Wilmot Wellesley 4-H Dairy Show Infield..... 10:30 am
 Light Horse and Pony Show Infield..... 10:30 am
 Waterloo 4-H Beef Show Infield..... 10:30 am
 Ultimutts Dog Show Barnyard Children's Area 11:00 am
 Tiny Farmer Cattle Show Infield..... 12:00 pm
 Stuffed Pet Show Arena Stage (inside) 12:00 pm
 Open 4-H Dairy Show Infield..... 12:30 pm
 Open 4-H Beef Show Infield..... 12:30 pm
 Ultimutts Dog Show Barnyard Children's Area 1:30 pm
 Reptile Kingdom Interactive Show Barnyard Children's Area runs until 2:00 pm
 Ultimutts Dog Show Barnyard Children's Area 3:30 pm
 Farmer's Walk Grandstand 6:00 pm
 Demolition Derby 4 cylinder Grandstand 7:00 pm
 Toilet Seat Races Grandstand Approx. 9:00 pm

SUNDAY

Church Service Arena 9:30 am
 Demolition Derby 8 cylinder Grandstand 2:00 pm
 Toilet Seat Races Grandstand Approx. 4:00 pm

MONDAY

Arena Pick-up Arena 3:30 pm

For more information, visit our website
www.newhamburgfallfair.ca

Or email us at
info@newhamburgfallfair.ca

EVENTS AND TIMES MAY CHANGE DUE TO
 WEATHER OR CANCELLATIONS



The TCMH Corner: Resident Perspectives ~ Meet Earle Bean

While everyone at Tri-County Mennonite Homes (TCMH) is still enjoying the best of summer, we can't help but notice the changing of seasons. Stores everywhere are selling school supplies. Days are a bit shorter. Evenings are starting to cool. And our residents are making sure to soak up as much sun and nice weather as they can.

One of those residents is Earle Bean, a Nithview Home resident since 2019. Before retiring, Earle was a dairy man, making sweetened condensed milk at New Dundee Creamery. And growing up, Earle's childhood was spent on a farm east of Haysville. For him, summer was about spending time outdoors, riding his bike, and enjoying the nice weather as much as possible. He never really liked when summer ended. Like many of us feel, it would be nice to have a couple more weeks of summer.

But surprisingly, growing up, Earle didn't mind going back to school. He attended Waterloo Oxford High School and was usually a good student. He smirked a bit when telling us he only got detention sometimes, mostly for laughing in class when he wasn't supposed to. But otherwise, going back to school was time to reunite with friends and enjoy a fresh new outfit for the return to class.

Earle remembers his favourite back-to-school shirt was the one he got for the start of Grade 9. He tells us it was a very colourful shirt, and he wore it a lot that year, more than any of his other shirts. When it came to his kids getting school supplies and new outfits, Earle says he was never very fussed. His kids would pick out what they needed, and he was okay with that. With them, his special memory was taking them to school the week before class started so they could meet the new teacher. Then they would help clean up the school yard before heading home.

Though school is still a few weeks away and most of us are cramming in the last of summer vacations, Earle was more than happy to reminisce about his summers

gone by. As a kid, Earle and his family vacationed at a cottage in the Chesley Lake area. One of Earle's favourite summer memories was when his mum would agree to drive because she would take them on the hilly, winding roads. By the sounds of it, Earle's mum made sure the kids had a lot of fun when she drove.



Even though he visited the beach often as a kid, Earle didn't know how to swim when he was young. Visits to the beach were spent in the sand and sun. He liked the shoreline and would wade in the water up to his knees. When he was lucky, he would get pulled around in an old tractor tire. That was something Earle enjoyed very much!

We asked Earle if he had any other thoughts about the end of Summer and he simply said it goes by too quick. He wants to enjoy it as long as it lasts. From us at

TCMH, we hope each of you, like Earle, takes some time to enjoy the dog days of summer. September and back to school will be here soon enough, but it's not here yet.



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Mike Schout Wetlands



June 10, 2023 was the official opening of the Mike Schout Wetlands located at 28 Smith's Creek Drive in New Hamburg. The 55-acre site is a naturalized, wetlands preserve project which began in 2019. Mike and his wife Christine, were instrumental in not only planning the project but also financing a good part of it. Phil Holst from Ducks Unlimited and township staff also played a major role in the undertaking. The site is getting rave reviews and it has a life expectancy of 50 years!

If you haven't ventured out to walk the boardwalk be sure to put that on your outdoor to-do-list. What a gift to the community!



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