

# Baden Outlook



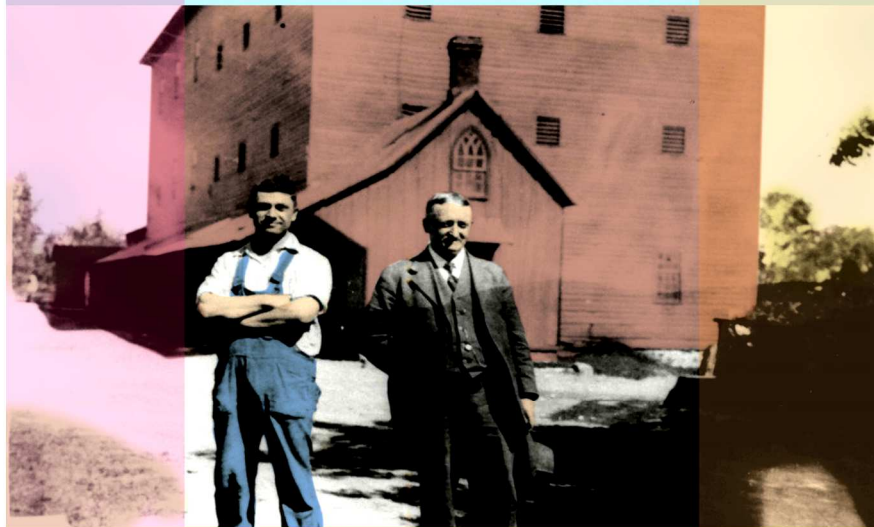
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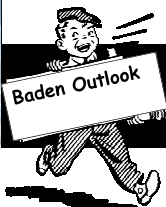


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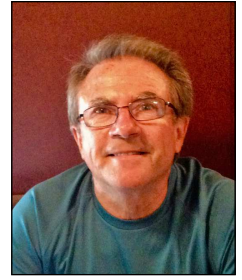
VOLUME 19, ISSUE 7



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

# Talking with Ed

~ *Baby It's Hot Over There*



About fifteen years ago, I remember reading an unusual article about a small town called Centralia, in Pennsylvania. What stood out in my mind was that the streets were so hot that you could fry an egg on them!

I am not sure what jogged my memory recently, but it was a story that I had to go back to and see if things have changed. I discovered that it has not.

In 1749, the Native Americans living in what is now Columbia County, Pennsylvania sold their land to colonials for 500 pounds. In 1842, the land surrounding Bull's Head (an early name for Centralia) was purchased by the Locust Mountain Coal and Iron Company. A mining engineer named Alexander Rea moved his family there and began drawing up plans for a town which included a network of streets and lots.

The borough was officially incorporated in 1866. Around this time, the population stood at about 1,300 residents. Unfortunately, Alexander Rea met an untimely end on October 17, 1868. On that day, he was travelling between Centralia and the neighbouring town of Mount Carmel. He was murdered in his buggy by a gang of the Molly Maguires (almost sounds like a bit of Lucan history).

Until 1962, Centralia, Pennsylvania was like many other anthracite coal region towns. While it had boomed during the heyday of coal mining in the late 1800s and early 1900s, the borough was now on the decline. Centralia hit a population of just over 2700 people at its peak, but was around 1400 residents in 1962. For those who lived there, it had been a strong and supportive community. That would all begin to change on May 27, 1962. On that day, in preparation for the upcoming Memorial Day celebration, Centralia's landfill was set on fire at the behest of the Borough Council.

The fire ignited the coal mines below and drilling determined that the fire raged 225 feet into the ground. A local gas station put a measuring stick with a thermometer attached into their

tank and found the gasoline registering 172 degrees F (77.8 degrees Celsius). Sinkholes began to evolve, some of them being four feet wide by 150 feet deep, hidden to the residents of town. There was visible evidence of the fires, as well as constant steam and vapours.

In 1983, Congress dedicated 42 million dollars for relocation efforts. The majority of residents accepted the offer, and today there are only ten people living in the borough within five households. The fire still burns after 50 plus years.

So, are there any similar stories about Wilmot Township towns? Not really. However, Haysville, which is located on the Huron Road, at one time had a larger population than New Hamburg. It became one of the chief places to stop on Huron Road, the main road from Hamilton to Goderich. William Hobson moved from Ireland and built a large hotel in Haysville with stabling for 125 horses. At one time, Haysville had a population of over 500 people.

A hive of industry flourished in Haysville until the Grand Trunk Railroad was built in 1855. The population decreased, the stage coach disappeared, and much of the business moved to New Hamburg and Baden. The final straw was a disastrous flood in 1885 where not much remained.

In Ontario, there are many ghost towns, with most of them centred on natural resources. It is amazing how things change and once thriving communities end up becoming hamlets.

Until next month...Ed



## EXTRA EXTRA!!

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



*The best things in life are free - like sun dogs in the blue sky on a cold winter morning, and this paper! Enjoy.*

# Greetings from ~ Outlook Headquarters



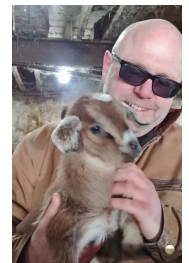
Thank you, January 31st, for giving us brilliant blue skies, glorious sunshine, and the most amazing sun dogs all morning long! It was so nice of you to reward us with that after that nasty cold snap that had our bones chattering. It was a nice way to end the month. But now, onward to February, and who doesn't love the 'love month' with winter at its finest and on the downhill till spring with longer days ahead. Warton Willie said we could expect an early Spring, backed up by Punxsutawney Phil. Shubenacadie Sam in Nova Scotia said 6 more weeks of winter...but what do they know? They're groundhogs! Watch and see!



Before we dive into this issue, let's address the elephant in the room/paper. Yes, Barry and I are moving, and despite the rumours — **NO, the Baden Outlook is not quitting!** The sold sign was on the front yard so there is no hiding the fact that we are leaving 178 Snyder's Road East and with that, the Outlook mailbox will be gone by mid-March. Please send all submissions, mail, and payments to our postal box; the new address info is on the front page so please update your records. (By the way, last month I put it in wrong, so please be sure it is P.O. Box 5154.) Relax, we are not going far, and our hearts and commitment to Baden will not change! We are excited for a new adventure and they say change is as good as a rest... hmmm, not sure about that right now, as this business of moving is stressful. It's been a very big project purging the excess from our home of 38 years and having to toss, recycle, or share the treasures that have accumulated...it has been enlightening to say the least. Why did we save all that stuff "for the kids one day" or collect so much Tupperware and Pyrex? The thrift store has increased its inventory of coffee mugs, and our thin towels and bedding made great rags. It feels good to be a little lighter with our load to go when we move in the spring.

This issue reveals another active month, with lots going on for Family Day on Monday, February 18th. Be sure to spend this special day with your family...after all, that is what the day is all about! Make a plan, have an outing, play some games, put away your personal electronic gizmos and gather around for a nice meal together and celebrate one another!

- ⇒ On page 11 is the future of Wilmot Softball and the joined communities are working together to keep baseball active and fun. Perhaps you should kick up your heels and take in the Thunder Ball dance event on February 23.
- ⇒ We had the pleasure of meeting up with local Bryan Izzard -see page 9 and find out why this guy is so interesting!
- ⇒ You don't want to miss the latest entry on the Wilmot Key Quest... the plot thickens—check out what Jakob Schatz is up to now and how the community is getting involved.
- ⇒ Thanks again to Al Junker for another great history article featuring mills - and just in time to set you in the mood for the upcoming Wilmot Heritage Day event. We are happy that Al is sharing his great source of history with us so we are going to give Armand a rest. We've picked around in his attic enough—but we thank him very much for being a good sport and a great source of information.
- ⇒ Also this month we have a family who shared their story as they walked the walk with their child who was diagnosed with ADHD. Society has become more aware of this chronic condition marked by persistent inattention, hyperactivity, and sometimes impulsivity. ADHD begins in childhood and often lasts into adulthood. As many as two out of every three children with ADHD continue to have symptoms as adults. Some of this increase in diagnosis and treatment is due to greater awareness of the symptoms and an expansion of what is considered ADHD. Regardless, if you are directly affected it's good to read about it on page 14.
- ⇒ A good sign of spring can be found on page 31 as the Wilmot Horticultural Society announces their annual Garden Explosion.
- ⇒ Did you know the Canada Food Guide was revamped? Learn more about it from Diana on page 36.



This is just some of the good stuff to read about, check it out — I hope you enjoy this issue. Next month we will be celebrating spring! To those who enjoy winter...Happy February to you!

# Checking out the Baden Library



## Baden Book Club at EJ's:

**Tuesday, February 19, 6:30 to 7:30 p.m.**

This month the adult book club is reading *The Fifth Season* by N.K. Jemisin, the first book of the Broken Earth trilogy. Get your copy at the Baden branch and join us at EJ's Tavern for a lively discussion.

## Free Computer Help

Need help with your computer, tablet or smartphone? Reserve a spot with our computer coach by registering online or calling the Baden branch at 519-634-8933. Appointments are available Tuesdays: February 19 to March 5 from 10 a.m. to 3 p.m.

## March Break Programs

All programs, movies, crafts, and special events are free! Registration required for some programs as space is limited. When registering, please remember to register all persons attending the event including adults and children of all ages.

## Techsplorers: Tuesday, March 12, 10:30 to 11:30 a.m.

(Kindergarten to Grade 2 with caregiver on-site) Make a tech treasure to take home! Registration required.

## LEGO Mania Block Party:

**Tuesday, March 12, 2:30 to 4 p.m.**

(All ages) Drop-in and discover fun new ways to build, paint, and play with LEGO! No registration required.

## DIY Day: Wednesday, March 13, 2:30 to 3:30 p.m.

(Grade 3+) Try a new craft or hobby! Registration is required.

## Popcorn Movie Theatre:

**Thursday, March 14, 10:30 a.m. to 12:30 p.m.**

### The LEGO Movie (G)

(All Ages) Drop-in for popcorn and come see the first Lego movie. Children under five must be accompanied by an adult. Children nine and under must have a parent/caregiver (12 years or older) remain in the branch during the movie. Please note space is limited.

## Tool Time: Thursday, March 14, 2:30 to 3:30 p.m.

(Grade 3+ with a participating caregiver) We provide the tools and you provide the creativity! Registration required for both child and caregiver.

Registration for March break programs starts Tuesday, February 26. Register online, by phone or in person. Visit [rwlibrary.ca](http://rwlibrary.ca) for information about March break programs offered at all Region of Waterloo Library branches.

## Region of Waterloo Museums Family Pass

Looking for a March Break outing? A family pass provides regular admission for a family of two adults and their dependent children to the following museums: Waterloo Region Museum/Doon Heritage Village, Schneider Haus and McDougall Cottage. Family passes can be checked out for one week and cannot be renewed. The replacement fee for a lost pass is \$25.

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

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



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Our lunch specials change daily and include a soup and sandwich for \$12. Add a drink or a treat and receive \$1.50 off!!!

Coming this month on Feb 17th we will be hosting young up and coming author J.Drews for her book release of "These Transitional Words". More info available in store.

\*\* New Hours: Monday to Wednesday 8 am to 5:30 pm  
 Thursday 11 am to 3 pm, Friday 8 to 6pm  
 Saturday 9 am to 6 pm, Sunday 10 am to 3 pm.

## You Must Be Joking!!



### Hilarious What Kids Think

**The Elderly** ~ While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will not believe this!"

**Dress-Up** ~ A little girl was watching her parents dress up for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit."  
 "Oh, and why not sweetie?"  
 "You know that it always gives you a headache the next morning."

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

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

# Baden ~ Our Town

The BCA is excited about their Family Day event on Monday, February 18<sup>th</sup> at the Wilmot Recreation Complex which offers a free skate from 11 to 1:45 and swim from 1 to 4:00 hosted by the Township of Wilmot and supported by Mike Harris MPP. Upstairs there will be free snacks, popcorn, refreshments, and Doris the clown for face painting, along with other kids' activities provided by the Baden Community Association. Take the time to get your family out of the house and go to this event to have fun and mingle with neighbours—and celebrate Family Day!



Photo courtesy of Lisa Schumm

Thanks to Lisa Schumm who has shared her picture of the Spring Creek facing Brewery Street which was taken ten years ago. The old steel bridge has since been replaced with the wooden bridge provided by BCA and supported by the community.



Spring is right around the corner which also means the Baden Community Association Community Spring Clean up is planned for April 27 from 11am-1pm, making this our 8th year! Stay tuned to the Baden Outlook for upcoming details on that event. The BCA meets the last Wednesday of each month at the basement of the township hall at 7p.m. Please feel free to join this energetic group to assist in making Baden a great place to live. There are no obligations or



*It's a long way back up the hill—it's nice that wee Simon has a hand to hold...friends!*



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Thursday	9:30-8:00
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## WILMOT SOFTBALL ASSOCIATION

was formed in the fall of 2017 as a joint venture between New Hamburg Softball Association and Baden Minor Softball Association. Baden and New Hamburg both have a long history of softball in our community, with strong teams dating back to the early 50s and some even earlier than that. In addition, we felt the combining of these 2 centres might help renew interest in ball in other local Wilmot communities like New Dundee, who had a great program in the 80s and into the early 90s but has seen a drop off in recent years, along with St. Agatha and Petersburg. We also discovered during the process that a parent group had started Blastball in New Dundee in 2016 to start rebuilding New Dundee ball. The timing couldn't have been better. The organizers were open to working with us and in our first year we introduced the new Blastball program into Wilmot softball with over 100 children registering in the first year.

Our goal was also to grow the game and be a centre of excellence in the area for fastpitch softball. We have over 20 members on our executive and we offer several developmental programs for pitching, catching, and general softball skills such as fielding and batting.

Our combined registration numbers reached nearly 700 players last season. With a large number of the players being male, we have also been looking to grow our female participants so we can offer the same programs we offer our male teams: such as local league play, competitive team options, and even select level competitions. Since combining the associations, we are happy to announce that the numbers have increased slightly, and we currently have 2 competitive rep teams for the 2019 season, and we anticipate 2 girls' teams at each level from U10 to U14 with the possibility of a 3rd team at U14.

With our first year now behind us, the executive is looking at ways we can improve our program, the diamonds, and the overall experience. For our pitching clinic this season, we invested significantly in new equipment for the training of pitchers and have started to prepare long-term plans for potential upgrades to the diamonds such as clay infields and scoreboards that can be used at every game and tournament we host.

As part of increasing our exposure, we will also be hosting



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Baden Outlook



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several tournaments this year. On Mother's Day weekend, you can catch the U14 Girls Rep team in action in their opening weekend tournament. On the August long weekend, we will be hosting the U14 Boys rep OASA Provincial tournament.

Regular season games are played most nights of the week. There are games in New Dundee on Tuesdays and some Friday nights, New Hamburg and Baden have games almost every night from Monday to Thursday, and some games are played in Petersburg and St Agatha. For more information on when different age groups play, please visit our registration FAQ page:

<http://www.wilmotsoftballassociation.com/content/registration-faqs>

In order to upgrade our diamonds, install scoreboards, and improve the overall development of softball in Wilmot, we are turning to our community for support. This year we are hosting our very first Winter Formal, the Thunder Ball, held at the New Hamburg Community Centre on the 23rd of February. All proceeds from this event will go right back into our program. We spend our time cheering our children on for the summer months, now it's time for the big kids to have a night out! For a mere \$20 a person you can attend and take part in live music, raffle tables, midnight table. and a door prize of Blue Jays tickets! Plus, who doesn't like to get dressed up and dance all night! For more information, contact Michelle DeMelo [fundraising@wilmotsoftballassociation.com](mailto:fundraising@wilmotsoftballassociation.com)

Rhyme Time Riddles ~ Have fun with these rhyming word riddles. The answer to the riddle is a pair of words that rhyme with each other.  
\* Example: Large Feline would be a Fat Cat (answers pg 11)

1. Not as good as a poem \_\_\_\_\_
2. Mortgage howl \_\_\_\_\_
3. Paddle shop \_\_\_\_\_
4. Nude rabbit \_\_\_\_\_
5. Natural remedy \_\_\_\_\_
6. Nice poster \_\_\_\_\_
7. Pasta pastry \_\_\_\_\_
8. Orca story \_\_\_\_\_
9. Pale man in armor \_\_\_\_\_
10. No more fiber \_\_\_\_\_

### DID YOU SEE THE SUN DOGS?

It looks like a rainbow, but there was no rain—just blue sky and sunshine. Sun dogs come out to play in the cold winter air, like on January 31. Below is how Wikipedia defines them.

*A sun dog (or sundog) or mock sun, formally called a parhelion (plural parhelia) in meteorology, is an atmospheric optical phenomenon that consists of a bright spot to one or both sides of the Sun. Two sun dogs often flank the Sun within a 22° halo.*

*The sun dog is a member of the family of halos, caused by the refraction of sunlight by ice crystals in the atmosphere. Sun dogs typically appear as a pair of subtly colored patches of light, around 22° to the left and right of the Sun, and at the same altitude above the horizon as the Sun. They can be seen anywhere in the world during any season, but are not always obvious or bright. Sun dogs are best seen and most conspicuous when the Sun is near the horizon. Taken from Wikipedia*

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## Interesting People – Meet Bryan Izzard

Bryan Izzard is living a remarkable life. He finds his passions and lets them guide him from one success to another. Bryan obtained his Bachelor of Science from McMaster University. He has always been passionate about food and wine, so he trained as a Sommelier (a wine professional). It isn't surprising then that he and other partners opened Artbar Creative Dining and Wines in the Kitchener Waterloo Art Gallery. He operated the bar for ten years, all along learning cooking techniques from some very talented chefs.

Artbar was located in the Centre in the Square complex; while summers were not as busy with fewer shows, he and his chef Derek Hines started "Summer Chef School" for kids of various ages. Here is a description of the course from his website:

*Our students learn about cooking real food from real ingredients. They leave with new skills, increased confidence and an appreciation for the value and importance of what we eat. We continue to believe in the idea that motivated kids can accomplish anything and that learning is easier and more meaningful when the student is engaged and having fun. Summer Chef School creates a full menu of fun planned for kids, designed to boost confidence, strengthen core cooking abilities and promote an appreciation for authentic food. We have Culinary Programs & classes for kids ages 5 - 15 (age depending on culinary program / class).*

Bryan decided to go one step further and not only cook great tasting foods, but also grow and raise traceable foods in an environment which is healthy for animals and humans alike. So he thought the next logical step was to rent a farm and raise a variety of animals. He had no previous farming experience and certainly has learned on the fly.

A 27 acre farm (13 acres farmable) became available to

rent at 3876 Sandhills Road two years ago, which had a farm house and barn. In January of 2017 he took over the property and by April of that year he had his first livestock. He is now raising a wide variety of animals. He has five alpacas, twelve goats which provide meat and milk, and four cattle for a combination of milk and meat. Bryan found it a little hard to send the cattle away for processing as they were in his life a lot longer and he became somewhat attached to them – but it's all part of the life of a farmer. He also has sheep for meat only, eight pigs which have produced eight more recently, and he is currently trying his hand at emus with the help of Tavistock Emus. He also raises his own chickens and Muscovy ducks.



Bryan has not stopped there! He is currently selling custom meat boxes in three sizes, where people can select their preferred type of meat from the list above. He has also

partnered with other area farms to help in the project. Bryan would also like to share an acre of his land to locals who would like to plant vegetables or raise their own chickens. He would like to get this off the "ground" this spring. If you are interested in this, you can contact him at 519-504-2312 or visit the website [www.summerchefschool.com](http://www.summerchefschool.com). He still operates the cooking school and does the odd catering job. You can't go wrong if you get in the company of Bryan.



During our interview the television show "Green Acres" certainly came to mind. However it is truly amazing the number of new projects that Bryan has taken on and how well he is doing at his new ventures. Check him out!

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**Entry #3 - Five Thousand Reasons to Search for the Key**

The word is spreading, the township's buzzing... With talk of a Key Quest that's quickly coming. Cash on the line, tricky clues to unwind... This test is aced best with both body and mind.

So far specifics have been trickling in slowly, but this month we are making good on our promise to bring you a major update! One of the biggest questions we've had until now has been, **"How big is this 'sizeable' cash prize?"** Read to the end of this article for your answer.

But first - when we last left you, we were going through the final words of the recently recovered journals of local legend Jakob Schatz. It was approaching midnight, and he believed he had found the lair of the Nith river monster...

The journal entries continue:  
*"April 30, 1963 - 00:45*

I have entered the cave and yes... this is it: the lair of the creature - the one I've been calling Nithy. Huge claw marks, and unmistakable imprints in the sand... there are no creatures in this ecosystem that would leave such signs. I've noted what seems to be a network of tunnels.

Fascinating. No sign of the rumoured treasure yet... Lantern still going strong.  
 J. Schatz"

Puzzlingly, Jakob does not write another journal entry for a full 8 months. Then, seemingly out of nowhere on New Year's Eve 1963, we find this:

*"December 31, 1963 - 23:55*

Well that's it; it's done. Behind me. Secure. Funny, life is. What we seek, and procure. No matter... I ramble. It's safe now. Hidden. Secret. And not a moment too soon. If they only knew how precious. I never imagined... Now... It's time to go. I'll miss it here.  
 J. Schatz"

Very strange. What did he find? What did he hide? Where did he go? Perhaps we'll never know. We recently had a chance to catch up to our anonymous source, K. He said this:



"This Jakob Schatz story... it's intriguing. I've heard about the Nith River Monster since my childhood. I always assumed it was just a legend,

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but of course, there was that part of me that hoped it was true. Regardless, the story still inspires a sense of adventure and mystery today - and with the Wilmot Key Quest, the organizers want to bring that excitement, mystery, and intrigue to life for people around here in a way that they can engage in with their families and friends."

And it really has come to life! Over the past several weeks, the following sponsors have pledged support to the 2019 Wilmot Key Quest with generous donations!

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Thanks to this support, we are very proud and excited to announce that the finder of this year's key will win a truly sizeable **\$5000 grand prize!** That's worth telling your friends and family about! So to recap:

1. There will be a **real life treasure hunt** in Wilmot Township running from **April 29 to May 19**, this coming spring. Participants will solve **daily clues** that lead to the hidden treasure.
2. The winner(s) will take home a **\$5,000 cash prize!**
3. You, your friends, and your family can participate - whether you live in Wilmot Township or not. The hunt is **open to everyone.**
4. There is **no cost** to participate.
5. Visiting, liking, sharing, and following the Facebook page is a great way to keep track of the story, and keep up to date with information about the Quest: [www.facebook.com/WilmotKeyQuest](http://www.facebook.com/WilmotKeyQuest)

Make sure to pick up a copy of next month's **Baden Outlook** for detailed information on how, when, and where the daily clues will be released. Past entries are available on [facebook.com/WilmotKeyQuest](http://facebook.com/WilmotKeyQuest) or [badenoutlook.com](http://badenoutlook.com). You won't want to miss out on this!

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

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Answers Rhyme Time Riddle from page 8.

1. Worse Verse	6. Fine Sign
2. Loan Moan	7. Noodle Strudel
3. Oar Store	8. Whale Tale
4. Bare Hare	9. White Knight
5. Pure Cure	10. Bran Ban

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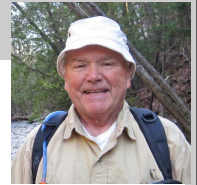
76 Mill Street, Baden

Don't forget to freshen up your bird feeder if the seed has gotten old or too wet. I'm still hungry but don't want to get sick from spoiled seeds.



## Baden Birding ~ The House Wren

By Wayne Buck



Recently I received a question from a neighbour who has 2 bluebird nest boxes. They wrote: "One interesting finding in the one box was it almost seemed like two separate nests were built. The bottom was made of softer grasses (probably Tree Swallows) but what looked like a second nest built on top was made of sticks mainly from thorn bushes? I really don't know if it was second nest but it just struck me as I was emptying the box out in the fall."



and-jumble song in summer and you'll find this species zipping through shrubs and low tree branches, snatching at insects." My mother loved their song. As a child, I remember building nest boxes for wrens and mounting them on the clothes line posts in our backyard. Now, with Lynda and I being bluebird trail operators, we are not so much thrilled to hear the trill of a House Wren!

I knew exactly what had happened. When the Tree Swallows had fledged and left the nest, a pair of House Wrens took over the nest box and filled it with twigs harvested from nearby shrubbery to prevent any other birds from using it. House Wrens are very territorial and go to great lengths to limit competition for resources from other avian species, even pecking open any eggs they find in nearby nests while the rightful owners are out foraging.

House Wrens are cavity nesters and will use a wide variety of things for nesting including old tin cans, woodpecker cavities and nest boxes intended for other species such as Bluebirds. Males may construct several nests in hope of attracting a female who is impressed with his industry. The cavity is filled with hundreds of tiny twigs snapped off the ends of trees and bushes; between 3 and 10 small eggs with a mottled reddish-brown shell are laid. They may raise up to 3 broods in a single summer. The Cornell Lab tells us: "House Wrens are aggressive. Single males sometimes compete for females even after a pair has begun nesting. In about half of these contests the outsider succeeds in displacing his rival, at which point he usually discards any existing eggs or nestlings and begins a new family with the female." Pairs separate at the end of the season to migrate south for the winter.

Wrens are a problem for bluebird nest box operators. They reduce the number of nest boxes available for second and third broods because the box is uninhabitable due to the twigs that fill the cavity and, unlike House Sparrows, House Wrens are indigenous and are protected by law. They must not be disturbed or hassled. Wrens are usually found in brushy areas such as the edge of woods. So if I encounter a wren problem I usually relocate my nest box to an area not attractive to wrens.

House Wrens are small (11-14 cm) brown birds - smaller than most sparrows, similar in size to a Chickadee with a distinctive upturned tail, a short plump body and a short-pointed beak. Cornell University's *All About Birds* website tells us: "A plain brown bird with an effervescent voice, the House Wren is a common backyard bird over nearly the entire Western Hemisphere. Listen for its rush-



Wilmot in a wide variety of habitats. There are eight species of wrens in Canada, five of which are indigenous to Ontario. They include: Carolina, Marsh, Sedge, House, and Winter.

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

We're moving... but we're not going far! The Baden Outlook will continue to keep our communities connected each month. The Outlook mailbox in our yard will be gone soon so be sure to make note of our new mailing address on the front page. We hope this does not cause you too much inconvenience.



Dental care is vital to your pet's health. Periodontal disease is one of the most commonly diagnosed problem in pets. By the age of two, more than 80 percent of dogs and 70 percent of cats have periodontal disease in one form or another. The buildup of plaque and tartar on your pet's teeth leads to bacterial build up that can enter the bloodstream and infect other parts of your pet's body. These toxins are absorbed into the blood and get filtered by the liver, kidneys and brain, leading to organ damage as more toxins are filtered and absorbed. It can also lead to heart problems and other diseases as well. Good oral hygiene is as important to our pets as it is to humans.

Periodontal disease can also be very painful for your dog or cat, but they will often hide it. Basic instinct tells them to hide any weakness or illness from others as a survival skill. These oral issues usually develop gradually and over time, but after a dental cleaning, owners often observe their pets act years younger.

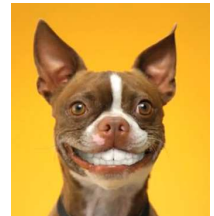
Signs that your pet may be developing or have periodontal disease could include:

- bad breath
- losing teeth
- discoloured teeth
- tartar on teeth
- bleeding in oral cavity
- excessive drooling
- loss of appetite
- weight loss

The good news is that periodontal disease is easily prevented. Regular dental cleanings and a home dental care regimen, including teeth brushing and special oral care diets, can eliminate the plaque and tartar that lead to gum disease and oral infections. During a dental cleaning, your veterinarian will also perform a complete oral examination of your pet. This includes screening for oral cancer, broken teeth, and cavities. Spotting these problems early makes them easier to treat and improves your pet's overall oral health.

Your pet's dental cleaning is more involved than the process you go through at your dentist's office. Anesthesia is required to keep your pet still and comfortable during the procedure. Because of this, your pet undergoes a thorough physical examination before each dental cleaning. Laboratory blood tests, as well as other diagnostic procedures are also used to screen for potential problems and risks before anesthesia is administered. Using these results, your veterinarian develops a safe anesthetic protocol specifically for your pet.

If you've already established a dental care program for your pet, you're off to a great start. But if not, a dental exam from your veterinarian, is a great place to start. Contact your veterinarian to get your pets oral hygiene program started today.



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## Sharing a Story ~ The Journey of a Family Living with AD/HD

Many people think that a child with AD/HD is the child that can't sit still, fidgets in his seat and displays generally uncontrolled hyperactivity. The class disruptor. I would say that is what we would have been looking for if we were looking for signs of AD/HD in our son. That was not our experience. Our son was well behaved at restaurants and in public and was not overly boisterous in class. We never saw meltdowns or over-the-top-hyperactivity. In fact, he was sometimes reserved. We first started to have concerns in grade 4. We started getting calls from his teacher letting us know that he was very forgetful and disorganized in the classroom. He would be the one kid that, even after being directed by the teacher to grab gym clothes, would end up all the way at gym class with his gym clothes back at the classroom. Or the only student on the mat that left his book back at his desk. It was starting to have a social toll on him as the other students became aware that he was constantly being reminded or reprimanded for not paying attention. Friends started not wanting to sit with him on the mat at circle time. His two closest friends started running away from him at recess. At home, we started to see constant hand washing that resulted in a trip to the doctor to treat chapped and bleeding hands. Then came the panic attack. I walked into

the bathroom one evening while he was brushing his teeth and he just dropped to the floor hyperventilating and not able to catch his breath. Yes, it was heart breaking. And it would still take almost a year to have him diagnosed with AD/HD.

Our son just didn't present as a typical AD/HD so it wasn't the first thing professionals were looking for. He wasn't bouncing off the walls and his marks were pretty good. My mom called him a daydreamer and thought that there was nothing wrong with it. We worked at home to help him get organized. We verbally walked him through his days and we advised him to look around when he was transitioning from one area to the next to see what everyone else was taking or doing. Sadly, looking back, we scolded him at times for not listening or forgetting things.

Grade 5 was a turning point. He had a panic attack at school before a math test and we knew that we had to take this a step further. We decided to have him go through a Psychological Education Assessment. These assessments are pricey, but evaluate not only psychological characteristics such as memory, attention, time management, flexibility and adaptability, but also academic skills including reading, writing, math, academic

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Understanding the current market in which you reside or are looking to purchase in is **CRUCIAL!!** Have a look at comparable homes and pay attention to the:

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fluency and listening comprehension. It came back with a lot of interesting findings but the biggest was the diagnosis of AD/HD without hyperactivity. Those with AD/HD without hyperactivity can experience difficulties with maintaining attention and focus, using working memory and recall, and organizing and prioritizing tasks. This form of AD/HD, sometimes referred to as predominately inattentive form of AD/HD, often runs in families and is usually a later diagnosed form due to the way it presents.

According to the American Psychiatric Association's diagnostic manual: people with the predominantly inattentive form of AD/HD show at least 6 of these 9 symptoms and experience significant difficulties in their daily lives because of them; often have difficulty sustaining attention at work or play; frequently do not pay close attention to details or make careless mistakes at work, school or other tasks; often have problems organizing chores or activities; are easily distracted by outside stimuli; frequently do not follow through when given instructions or fail to complete work or school assignments, chores or other activities, even though they understand what is expected; often become forgetful when performing routine chores; frequently put off or avoid tasks that require sustained attention; often lose materials needed to complete tasks or activities; appear not to be listening even when spoken to directly.

For our family, the diagnosis was a relief. We saw a big change in anxiety levels in our child. Finding a name for "what was wrong" with him brought him some relief. There was finally an explanation as to why he was different and there was a path forward. The diagnosis brought tools that he could use to improve in areas of sustained focus and organization. We were able to form an Individual Education Plan with his school that provided a quiet room for him to complete tests to remove outside stimuli. Yes, it is still a lot of work and as we go through different stages we constantly need to be reassessing and finding new tools. But knowing what we're working with always helps us find a way forward.

## LET'S HAVE A LITTLE PUN!

ANSWERS ON PAGE 18

### WHAT FOOD IS THIS?

1. Food for 'Bugs'.  
Helps people 'see things more clearly'.  
Many bunnies 'root' for it.
2. Gives people a reason for 'bee-ing'.  
The result of a 'sting' operation.  
A 'sweet' term of endearment.
3. These 'slippery' characters can give you the 'shakes'.  
Gets the 'cold' treatment and 'splits'.  
An 'a-peeling' bunch of individuals.
4. In good taste but 'breathtakingly' unpopular.  
A 'peeling' performance makes it a real 'tear jerker'.  
The 'souped up' version is popular in France.
5. They lead to a 'fruitful' and highly 'moving' experience.  
Eating them can become a 'regular' habit.  
They drive people 'potty'.
6. It can be really 'wild' when it gets all 'steamed up'.  
People are constantly 'pudding' it down.  
It's deeply 'ingrained' in Oriental culture.
7. They end up in the 'drink' after a 'crushing' 'navel' engagement.  
A 'seedy' group of 'mandarins'.  
People like getting it 'squeezed' in the morning.
8. They get 'drunk' after being 'crushed' by 'de-feet'.  
They may be 'cultivated' but they 'wine' a lot.  
A 'bunch' of seedy characters.

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## Baden Outlook Hockey Stats

Adults Pool			Kids Pool		
Place	Name	PTS	Place	Name	PTS
1	Shane Rooney	726	1	Tyson Ruston	647
2	Paul Koenig	699	2	Xavier Kasper	632
3	C J Eagleson	696	3	Cooper Hill	628
4	Janet Knechtel	688	T4	Calvin Linthorne	623
5	Jesse Heibein	686	T4	Waylon Herlick	623
6	Lois Kinney	684	6	Ryan Boronka	621
7	Tim E. Gowland	683	7	Aidan Miles	619
T8	Charlie Baumbach	674	8	Dallas Egli	618
T8	Rick Hazelwood	674	9	Joel Miller	617
10	Ryan Hadley	669	10	Aiden Kooy	609
11	Papa Bob	667	11	Benjamin Linthorne	607
12	Derek Leis	666	12	Easton Waechter	604
13	Amanda Travers	665	13	Tessa Whitelaw	602
T14	Bryan Pfaff	664	T14	Hayden Jack	601
T14	Ian Kropf	664	T14	Trent Deckert	601
T16	Howie Meeker	660	16	Zak Kasper	599
T16	Greg Morrison	660	17	Ryan Cutting	595
T18	Chris Young	656	18	Keaton Herlick	594
T18	Geordy Fournier	656	19	Reese Faulhafer	593
20	Steve Roth	655	T20	Jayse Londry	591
T21	Mitchell Dietrich	653	T20	Hudson Waechter	591
T21	Frank Cleary	653	T22	Evan Bizony	586
T21	Deanna Carney	653	T22	Simon Marr	586
T21	Robert Hadley	653	T24	Colby Ryan	585
25	Derek Heimpel	652	T24	Ronan Bastias	585
T26	R.J.W.	650	26	Nathan Smith	583
T26	Michael Vitello	650	T27	Brooklin Hill	581
T26	Gavin Koenig	650	T27	Sofia Salese	581
T29	Ellie Schmidt	649	29	Payton Egli	577
T29	Joyce Leis	649	T30	Reid Eichler	575



**Congratulations to C.J. Eagleson for taking the Adult Leader Prize for this month's Hockey Pool, winning a gift certificate from Baden Hotel.**  
*(Sorry Shane and Paul, you can only win the leader prize once.)*

**Congratulations to Tyson Ruston who took the leader prize for the Kids Pool winning a gift certificate to New Hamburg Lanes.**

 Hello sports fans! Thanks for playing hockey with us! The stats are pulled on the 7th of each month. To view your stats simply visit our website at [www.badenoutlook.com](http://www.badenoutlook.com) and select "sports pools". For the adult pool type in pool ID: outlookhockey and for the kids pool type in outlookkids . The passwords are : *guest*.



**Have Fun and Good Luck!**



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 March 23rd: James Ketts 7-11pm / March 30th: Jessie T 7-11pm





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### You Must be Joking

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#### Stand in Line

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

Yes... That's Him!

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



*It's been a rough cold and flu season and we hope you are all feeling better. Be sure you say thanks to those who cared for you and perhaps brought you your glass of water, tissues, that comfy blanket, the nurturing soup or herbal tea... or stayed awake at night listening to their partner saw logs or blow bubbles from their nose. It's the love! Hoping you all felt the love on Valentine's Day!*



**During labour, the pain is so great that a woman can almost imagine what a man feels like when he has a cold!**



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#### Do Not Flush the following:

- |                  |                     |
|------------------|---------------------|
| Disposable wipes | Cotton swabs        |
| Dental floss     | Medications         |
| Contact lenses   | Facial tissues      |
| Tampons          | Condoms             |
| Kitty litter     | Fats, oils & grease |

For further information contact:  
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**PIGLET: How do you spell Love?**

**POOH: You don't spell it.  
You feel it.**



*It's Heart Month.  
Do you know the signs  
of a stroke?*



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#### Remember this Acronym! **FAST**

- F**ace—is it drooping or tingling?
- A**rms — are they heavy, can you raise them both equally?
- S**peech—are your words jumbled or do you have slurred speech?
- T**ime—don't wait to call 911.

Answers from Have  
A Little Pun Quiz  
from page 15

1. Carrot
2. Honey
3. Bananas
4. Onion
5. Prunes
6. Rice
7. Orange
8. Grapes



## Moving Day Little Known Facts

Items you can't pack on a moving van

- ✗ Aerosols
- ✗ Ammonia
- ✗ Charcoal
- ✗ Cleaning Solvents
- ✗ Fire Extinguisher
- ✗ Household Batteries
- ✗ Matches
- ✗ Nail Polish Remover
- ✗ Paint and Paint Thinner
- ✗ Pool Chemicals
- ✗ Propane Tanks
- ✗ Sterno Lanterns
- ✗ Weed Killer

You never know what circumstances your moving van may experience. An unexpected accident, prolonged exposure to cold or hot temperatures or package mishandling could result in a dangerous situation from any of these items. It's best if you transport these possible flammable items separate from the rest of your boxes. For a more comprehensive list, check out our blog post on our website.

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**You Must Be Joking!!**

Men: You know you are loved and have a great sense of humour.

Ladies: We know you love your Mr. Valentine but it's okay to poke a little fun at them now and then!

MEN!!!!

One day my housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, "What setting do I use on the washing machine?"

"It depends," I replied. "What does it say on your shirt?" He yelled back, "OHIO STATE !"

A couple is lying in bed. The man says, "I am going to make you the happiest woman in the world..."

The woman replies, "I'll miss you".

"It's just too hot to wear clothes today," Jack says as he stepped out of the shower, "honey, what do you think the neighbours would think if I mowed the lawn like this?"

"Probably that I married you for your money," she replied.

Submitted by Bob Smith



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



Tim, Zachary, Emma and Kim Gowland celebrated New Year's Eve in the Dominican with the Baden Outlook—it was wonderful with the fam jam!



Badenites Kelly and Jeff Freeman and Payton and Brendan Hancock travelled to Florida along with Cody Steckly and Mark Nieman to attend two Toronto Maple Leaf games in Florida against the Tampa Bay Lightning and the Florida Panthers. Go Leafs go!

*If you are interested in helping:*

Our mission projects in Bolivia are funded by collecting pop cans, beer cans, and wine and liquor bottles. If you would like to help this worthwhile cause, we are always looking for volunteers to help collect crush and ship or if you think you would like to join our traveling team to Bolivia for a once in a lifetime opportunity call Gail at 519-465-1476. Students can qualify for their community service hour.



For the fourth time to help local Bolivians complete their new church, Gail Krampien (centre, to the right of the Outlook) and husband Jim (front row far right) took a mission team of eight Canadians to Uncia Bolivia, in South America, at an altitude of 12,500 feet.

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Carol Massel enjoyed the warm sun and walking the beach at Cayo Coco, Cuba with her Baden Outlook.



The Ziegler family shared the beautiful view with their Baden Outlook on a stop from their cruise to Timothy Hill in St. Kitts!



Friends Clayt Knarr, Gisele St. John, Nelson Dusky and Marilyn Dusky, took the Baden Outlook with them and spent 2 weeks at Punta Cana in the Dominican Republic where they shared great memories.

Don't forget to pack your Baden Outlook when going on vacation. Share the fun and email us your photo!



Karen Weber  
Owner/Consultant



Traci Jutzi  
Consultant



Kristina Ziegler  
Consultant

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## PREVENTING FALLS

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



A fall causing serious injury can occur to anyone at any time. Since most trips, slips and falls happen in and around the home, it is a good idea to fall-proof your home with the following measures:



### In the Halls and on the Stairs

- Install non-slip strips on the edge of each step.
- Secure loose carpet. Make sure hallways and stairs are cleared of anything that you can trip over (i.e. books, shoes, bags, toys).
- Install handrails on *both* sides of staircases inside and outside the home.
- Replace burnt-out light bulbs so that you always see where you are going. Night-lights in halls and stairways can also be helpful.

### In the Bathroom

- Use non-slip mats *inside* and *outside* the bathtub and shower.
- Install grab bars next to your toilet and in the tub or shower.

### In the Kitchen

- Put commonly used items on lower shelves and cabinets so a step-stool is not needed.
- Replace loose scatter mats with rugs that have a rubber backing.

### Outdoors

- Keep a shovel and covered bucket of sand or salt near the doorway in winter to safely handle slippery conditions.
- Keep steps and pathways clear of clutter such as yard tools, snow shovels, newspapers and wet leaves.
- Don't juggle parcels while trying to enter the house. Never carry more than is reasonable. Instead, make a few trips from the car with smaller packages.

### More tips

- Quickly dry up any wet areas on the floor to prevent slipping.
- Wear shoes with good support and non-slip soles.
- Always sit down to put on or take off shoes and clothes.
- Employ extra caution when using ladders and step-stools.
- **Regular exercise** can help improve your strength, balance, and coordination. Making your body stronger is one of the best ways to prevent falls. Exercises such as yoga, Tai Chi, resistance training, bicycle riding, and power walking are great examples.

### The following may be especially important for older individuals:

- Maintaining a **healthy diet** and not skipping meals can increase your energy and strength. Missing meals can lead to weakness, irritability, and dizziness.
- Have your Medical Doctor (MD) or pharmacist **review your medications**. Some medications can cause dizziness and weakness, which can affect your balance and perception. Make sure that your MD or pharmacist explains all of the possible side effects of your medications.

Although the risk of falling increases as you get older, there are some simple things people of all ages can do to prevent falls. In the event that you fall and suffer a muscle or joint injury that does not subside, you should contact a licensed health professional. The author credits the Canadian Chiropractic Association (CCA) in the preparation of this educational information for use by its members and the public.

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



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# TREASURES FROM THE ATTIC

By Al Junker



One of the earliest industries in Wilmot Township was the milling industry. Mills provided early settlers a place to have their crops like wheat and flax processed, as well as logs or commodities such as wool. There was a variety of mills in Wilmot including grist (flour), saw, flax scutching, woolen, linseed oil, and planing mills. Before mills were established in Wilmot, farmers had to travel to Dundas to have their wheat ground into flour. Later the distance was shortened when a grist mill was built in Preston where Dover Flour Mills is now located.

Mills became a centre of commerce in communities as farmers came into town and purchased goods and services from merchants and trades people. In fact, mills were such a focal point that communities were sometimes named for them. An

advertisement in the Canada Museum newspaper in 1837 mentions that the Village of New Hamburg was formerly known as Cushman's Mills. Josiah Cushman established a grist mill on Smith's Creek, today known as the Nith River, around 1833. This grist mill is believed to be one of the first in Wilmot Township. The hamlet of Holland Mills was located two kilometres east of New Hamburg near the Holland Mills Road bridge and refers to a woolen mill owned by Titus G. S. Nevills. Another indication of how important mills were to the community is the fact that three principal roads in Wilmot received their names due to the fact they led to a mill: Erbs Road which led to Abraham Erb's grist mill in Waterloo, Bliehms Road (Bleams) which led to Philip Bliehm's grist mill located at German Mills near Bleams and

Manitou in present day Kitchener, and Schneiders Road (Snyder's) which led to Joseph Schneider's sawmill in Berlin located near the Joseph Schneider House. The early mills were water powered; as a result, many of our villages in Wilmot Township developed around mills located on streams or rivers including Baden, New Hamburg, Haysville, Mannheim, New Dundee and Phillipsburg.

The village of Baden located in Spring Creek was the site of several early mills. Jacob Beck, father of Sir Adam Beck, was the founder of the community and had the village plan surveyed and laid out in 1855. One of Beck's first businesses was a grist mill located on Spring Creek which he established in 1856. The 1864 County of Waterloo Gazetteer and General Business Directory notes that Beck's flouring mill consisted of three run of stone capable of grinding two hundred bushels of wheat per day and manufactured \$20,000 (in 1864 dollars) worth of flour

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(County of Waterloo Directory 1870-71)

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annually. The mill measured 40 feet by 60 feet and was four stories high. The 1864 Directory notes Spring Creek also powered a flax mill located a half mile from the village. It was owned by Perine Brothers and was capable of turning out 25 tons of flax annually. James Livingston worked for the Perine Brothers at the Baden Flax Mill when he first arrived in the community. The village also had a steam powered flouring mill owned by a Mr. Crombie with three run of stones which could grind 400 bushels of wheat a day and produce \$40,000 of flour annually. The Directory also notes that there were two sawmills, one powered by the water of Spring Creek and the second a steam sawmill owned by Michael Morley. In connection with his sawmill, Morley had a pail, tub, stave and heading factory

which employed six men. The 1867 Gazetteer and Directory shows that the Perine Brothers' flax mill had been taken over by J & J Livingston and was producing thirty-five tons of dressed flax and two thousand bushels of seed annually. The Directory also notes there was a woollen mill in Baden in 1867 operated by Charles Woodhead and Co. which manufactured tweeds, fulled cloths, blankets, and flannels. In 1872 J&J Livingston had established a linseed oil mill in Baden in addition to their flax mill. The 1884-5 Directory states that the Livingston linseed mill ran day and night, employed 15 hands and could process 450 bushels of seed in 24 hours. It also shows that J&J Livingston had taken control of Jacob Beck's holdings including the grist mill and the foundry.

Mills played an important role in the early years of Baden and continued to play a prominent role in the ensuing decades. Today, Baden Feed and Seed operates at the site of the Linseed Oil Mill. If you would like to learn more about the mills of Wilmot Township come to the Heritage Wilmot's Heritage Day 2019, "Celebrating Mills from our Past" on Saturday Feb. 23, 2019 at the New Dundee Community Centre from 10 to 3. Admission is free! See you there.



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## Ask Armand ~



We know you look for this column each month; always interesting and informative with local history tid-bits. We love and appreciate Armand as much as you do, but we will no longer be featuring *Ask Armand* in the paper. We sure were lucky to have his input in our paper over the past 19 years—not only does he have a remarkable memory of his life growing up in Baden but his mother kept an amazing treasure of things in the attic which we've always had access to.

We've always tried to include a bit of history in our paper and we began with *Notes from the Attic* and felt we were always tapping Armand for more information, so we decided to pay tribute to him with his own column. Recently local historian, Al Junker, has taken up the archives role in the paper which is always nice to have another voice and a different angle. This means we can give Armand a well deserved rest.



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



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RSVP to [info@hiddenacres.ca](mailto:info@hiddenacres.ca) or 519-625-8602. For more information visit [www.hiddenacres.ca](http://www.hiddenacres.ca). Our address is 1921 Line 37, New Hamburg.

"Hidden Acres Annual Bowlathon Fundraiser - March 9th. If you would like to make a donation towards this event visit [www.hiddenacres.ca/donate](http://www.hiddenacres.ca/donate)"

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Saturday, February 23  
St Agatha Community Centre

Join Wilmot Family Resource Centre as they walk to help hungry, homeless and hurting people in our community.

We need you to fundraise and walk with us! Gather your friends, family, co-workers and neighbours! Build a team and register today! It is a super fun evening with a chili dinner for all walkers and volunteers.

For more info. Or to register:

<https://cnoy.org/register>

Or contact WFRC 519-662-2731

[info@wilmotfamilyresourcecentre.ca](mailto:info@wilmotfamilyresourcecentre.ca)

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

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

### NITH VALLEY ECOBOOSTERS

Are you interested in climate change and other global environmental issues? Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns. Our next monthly meeting will be held at 7:00PM on Wednesday, February 27<sup>th</sup>. For meeting location or more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call 519-662-9372.

### Free Family Day Movie

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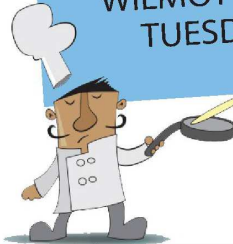
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3	\$38,185.00	\$3,182.08	\$734.33
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5	\$52,583.00	\$4,381.92	\$1,011.21
6	\$59,304.00	\$4,942.00	\$1,140.46
7+	\$66,027.00	\$5,502.25	\$1,269.75

We are not able to prepare complex returns for:

- Self-employment income
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- Capital gains or losses
- Employment expenses
- File for bankruptcy
- Deceased in the year

Bring all your information slips to the office; there are a few forms for you to fill out; you will receive a phone call when the return has been completed. Any questions about eligibility or how it works, please contact at 519-662-2731 or email [info@wilmotfamilyresourcecentre.ca](mailto:info@wilmotfamilyresourcecentre.ca).



Wilmot Family Resource Centre  
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## The Baden Outlook



Baden's Monthly Newsletter  
"Keeping the Community Connected"

What do you call a hippy's wife?



Mississippi!



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As the years go by it seems



that taking care of our bodies is all consuming. The best anti-aging advice I heard on how to prevent sagging skin is to just eat till the wrinkles fill out!

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

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

The New Hamburg Thrift Centre began in April 1981 in the Riverside Brass building on Waterloo Street. This shop was supported by 18 churches in the New Hamburg area. Since then volunteers have been the core of the shop, and their hard work and passion has impacted so many lives locally and abroad.

When we ask our volunteers about their experience working at the New Hamburg Thrift Centre, we get different comments. A few of them have been here from the beginning in 1981, others have been volunteering with us for 15 years or more, and our newest volunteers just joined us this week! Many heard about us from church, friends or family, and some just by visiting the store and asking other volunteers, or by doing an online search. It was nice to hear that some of the things that our volunteers enjoy the most are the welcoming, fun, and inclusive environment with flexible schedules entertaining breaks and events. Our volunteers also enjoy working in small groups and meeting new people, socializing, having fun – and the best part is knowing that their hard work is making a difference.

Some of these volunteers are here daily, while most serve on a weekly basis, and a few, less frequently. Our volunteers are local men and women who value the social side of volunteering with their friends and neighbours.

Thank you to all our volunteers for believing in the work of MCC and helping us to make a positive impact in our communities!

We are always welcoming new volunteers that want to join the fun! If you have a few free hours and would like to donate your time we are happy to hear from you. Stop by the store and fill out an application form, or visit our website <http://newhamburgthrift.com/volunteer/>



## NEW HAMBURG THRIFT CENTRE

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### THE SENILITY PRAYER :

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THE GOOD FORTUNE TO RUN  
INTO THE ONES I DO, AND  
THE EYESIGHT TO TELL THE DIFFERENCE..



### Mindful Movement

Wednesday, February 20, March 6, 20, April 3 and 17  
6:30-7:00 pm Social Tea , 7-8 pm Mindful Movement (Yoga)

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Cost: \$5-\$10 Pay what you can. Please wear comfortable  
clothing. Bring a yoga mat if you have one.  
Any questions call 519-634-5960



Tea, coffee and conversation  
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Join in the Conversation for Seniors

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Topic: Lens on Life: Travel Portraits  
**Tues. February 26 12:00-2:00**  
A light lunch will be served at noon.  
Suggested donation of \$10 accepted.

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live once,  
Pooh.

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for a directory of local churches.

**Wilmot Mennonite Church**

2995 Bleams Road, New Hamburg, ON

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

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

**SHANTZ MENNONITE CHURCH**

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

Pastor: Don Penner

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

**Livingston Presbyterian Church**

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am

Moderator: Linda Ashfield, 519-886-4150

**Steinman Mennonite Church**

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

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

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

**Wilmot Centre Missionary Church**

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am  
Rev. Wayne Domm

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

**Emmanuel Lutheran Church**

1716 Snyder's Road East, Petersburg, ON

519-634-5511 [www.persburgchurch.org](http://www.persburgchurch.org)  
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Worship Service 9:30 am / Sunday School

**ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden, ON

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

Interim Pastor: Bonnie Schelter-Brown

Sunday Worship 9 am / Sunday School



*Hello  
Sunshine!*



**Garden  
Explosion  
Saturday,  
March 16, 2019**

9:00 AM – 3:00 PM  
(doors open at 8:30am)

**Steinmann Mennonite Church**  
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[wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)  
or phone Judy Hahn 519-662-2006

Registration fee is \$45.00  
(After March 10<sup>th</sup> fee is \$50)

**They may laugh at me  
because I am  
different—I laugh at  
them because they are  
all the same.**



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# Cook's Corner

How nice that company is coming for dinner, but you may be bored with your routine choice of dessert and looking for a new recipe. Along with this food season of warm comfort foods, this dessert will complement that theme nicely. We thank sisters Janet and Greta of *Eat, Shrink & Be Merry* for allowing us to share their warm and scrumptious pudding recipe. You will fool your friends with this lightened-up banana bread pudding that is lower in fat and contains multigrain bread. “You’re Pudding Me On”



## Ingredients:

- 10-12 large slices of multigrain bread
- 2 cups 2% milk
- 2 cups mashed ripe bananas
- 1 cup low-fat vanilla yogurt
- 4 eggs lightly beaten
- ¾ cup packed brown sugar
- 1 tsp vanilla
- 1 tsp cinnamon
- ¾ cup semi-sweet chocolate chips
- ¾ cup chopped pecans

- Break bread into 1-inch pieces and place in a 9x13 inch glass baking dish that has been greased/buttered/sprayed. The dish should be full.
- In a large bowl, whisk together milk, bananas, yogurt, eggs, brown sugar, vanilla, and cinnamon. Pour mixture over bread. Using your hands (get messy) mix bread cubes with milk mixture so that all pieces are coated. Let stand for 15 minutes while your preheat the oven to 350°.
- Just before popping in the oven, mix in most of the chocolate chips and pecans, saving a little of each to sprinkle on top.
- Bake for 50-55 minutes, until pudding is puffed up and golden brown and centre is set. Remove from oven and let stand for 10 minutes before serving. You can cut the dessert into square and serve on a plate or spoon it into dessert bowls. Either way if you want to splurge, serve it up with a scoop of vanilla ice cream or a drizzle of real whipping cream.

Enjoy! Your friends are going to want to come back to your place again!



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## TOWNSHIP OF WILMOT

### WILMOT RECEIVES FUNDING FROM REGION OF WATERLOO COMMUNITY ENVIRONMENTAL FUND TO STUDY CARBON SINK / NATURALIZATION PROJECT

Township is set to receive \$7,500 from the Region of Waterloo to study the potential conversion of existing municipally owned property to promote carbon sequestration.

In the fall of 2018, the Wilmot Sustainability Committee was made aware of potential funding opportunities under the Community Environmental Fund from the Region of Waterloo. This application-based program provides stewardship grants that support several areas, including: the enhancement and restoration of natural areas; the naturalization of landscapes; the acquisition of ecologically significant natural areas; public education and awareness initiatives to promote environmental stewardship; and environmental stewardship-related research.

On behalf of the Township of Wilmot, the Sustainability Committee prepared and submitted a successful application for funding towards the design of the Wilmot Carbon Sink / Naturalization Project. The project location identified a 55-acre parcel of land, owned by the Township, in the heart of New Hamburg along the banks of the Nith River. The property is currently leased for farming operations; however, the Sustainability Committee identified the site as having a much more beneficial use to the community as a planned Carbon Sink / Naturalization Area.

In addition to sequestering a significant amount of CO<sub>2</sub> through reforesting the lands, the naturalization of the lands would have the added benefit of improving the water quality in the Nith River by eliminating a source of fertilizers, pesticides and siltation. In addition, through the inclusion of potential trails, walkways and lookouts the project has the opportunity to provide recreational and educational opportunities for the local and regional community.

With funding approved by the Community Environmental Fund, the Township envisions that the planning and design function would engage not only local agencies (Region, Township, GRCA) but also local schools, and environmental groups. In addition, the Township is currently reviewing potential partnerships with corporate champion(s) who have shown interest in being involved in a project such as this. Any support from the corporate community would ultimately offset the impact on municipal resources, while allowing design works to proceed in 2019.

The Township intends to include this study as part of the 2019 Capital works slated for approval at the January 31st meeting of the ad hoc Budget Advisory Committee.

"Council and I are excited to see the wealth of opportunities created by the Community Environmental Fund allocation. We look forward to the outcome of this study process, and its potential environmental and educational benefits, as we continue to promote a more sustainable community, with a reduced carbon footprint." *Les Armstrong ~ Mayor of Wilmot Township*

In 2017, Wilmot established a Carbon Reduction target of 25% by 2027, in partnership with Sustainable Waterloo Region and the Regional Sustainability Initiative. Carbon sequestration is considered an offset to reduce the net GHG emission of the municipality.

The Community Environmental Fund (CEF) was established by Regional Council in October 2011, and provides financial support to a wide variety of environmental stewardship and sustainability projects. The allocations under the current intake totaled \$144,750 and support twenty-two (22) different initiatives throughout the Region.

For additional information, please contact: Wilmot Sustainability Committee —[sustainability@wilmot.ca](mailto:sustainability@wilmot.ca)

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The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul. ~ Alfred Austin

Spring is around the corner and if you are a first time gardener this season, have a look at this blog's how-to-info: <https://threedogsinagarden.blogspot.com/2018/05/beginner-series-overcoming-that-dreaded.html>



The following are short videos, mostly from TED Talk series, that may interest all gardeners and those who love the outdoors:



[www.youtube.com/watch?v=Un2yBglAxYs](http://www.youtube.com/watch?v=Un2yBglAxYs) **How trees talk to each other** | Suzanne Simard "A forest is much more than what you see," says ecologist Suzanne Simard. Her 30 years of research in Canadian forests have led to an astounding discovery — trees talk, often and over vast distances.

[www.youtube.com/watch?v=hu6u5Kh0g70](http://www.youtube.com/watch?v=hu6u5Kh0g70) **The secret language of flowers** | Heather Whitney As both a researcher and speaker, she hopes to show that plants are much more sneaky than is usually suspected -- they have to do everything that animals do (from finding a mate to coping with predators) but manage it without moving.

[www.youtube.com/watch?v=HQIi3nUXh0g](http://www.youtube.com/watch?v=HQIi3nUXh0g) **The Forest Gardener** | Dan Harris-Pascal Forest Gardening involves mimicking the forest to grow ecosystems for productive and ecological goals. Dan, the Forest Gardener, explains how we can do this in our own backyards.

[www.youtube.com/watch?v=nIKYHD0PJug](http://www.youtube.com/watch?v=nIKYHD0PJug) **Edible forest gardening** Paul Wartman "Imagine walking down the street and being surrounded by rhubarb plants, cherry trees, and raspberry bushes. Imagine all the jam!" Paul Wartman likes to create space to imagine what's possible when communities are grown from good, accessible food systems.

[www.youtube.com/watch?v=8Q1VnwcwW7E](http://www.youtube.com/watch?v=8Q1VnwcwW7E) **Learn all about Humus, the layer of soil essential** for healthy food production which is being gradually depleted by unsustainable farming practices. Graeme Sait, a lifelong human and soil health educator, explains how 467 billion tonnes of carbon has been released from the soil.

[www.youtube.com/watch?v=48UtbgFKTg&t=64s](http://www.youtube.com/watch?v=48UtbgFKTg&t=64s) **Microbes and the Missing Carbon Dioxide** | Peter Pollard In the global carbon cycle, carbon from the land is returned to the atmosphere as carbon dioxide through the microbes in freshwater.

[www.youtube.com/watch?v=9VlY-3V63yI](http://www.youtube.com/watch?v=9VlY-3V63yI) **From landscape architecture to conservation agriculture** | Thomas Woltz During the past 19 years of practice, Woltz and his staff have forged a body of work that integrates the beauty and function ... yielding hundreds of acres of reconstructed wetlands, reforested land, native meadows, and flourishing wildlife habitat.

**WHS's upcoming meeting** is at 7:30 pm, March 11<sup>th</sup>, **What lies beneath: a closer look at the universe of soils** with **Meaghan Mechler, MSc** who will discuss the billions of organisms in a handful of soil. Come explore!

**Wilmot Recreation Complex, upstairs in Meeting Room A.** Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with snacks. Lug-a-Mug

March 16<sup>th</sup> is our annual Garden Explosion – Hello Sunshine! At Steinmann Mennonite Church from 8:30 to 3:00pm, it is a day of speakers, marketplace, silent auction, door prizes and hot buffet lunch. Our speakers are Lorraine Johnson, Ben Cullen, Robert Pavlis and Fashion Show. \$45/person(after Mar 10, \$50). Contact: use below email or contact Judy Hahn-Yutzi 519-662-2006

*Get your fingernails and knees dirtier this spring!*

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

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

Graphics: Pixabay

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**And the February winners are: 1<sup>st</sup> prize- Trip to Varadero, Cuba- Bill Austin (New Hamburg) #194  
2<sup>nd</sup> prize- \$200- Murray Erb (Tavistock) #462 / 3<sup>rd</sup> prize- \$100- Tricia Miller (New Hamburg) #77**

## Have you Met a Narcissist?

Written by Brooke Willis, MSW RSW



Many of us know the story of Narcissus: beautiful, self-obsessed, vain, and shallow. Many of us may also have known, dated, or even been labelled a narcissist. But how can we know when we've encountered a narcissist?

There are countless articles online on what makes a narcissist, how to spot them, and the damage they cause. This can seem especially relevant living in today's digital world, where people seem so self-obsessed. But in the age of the narcissist, the entire spectrum of selfishness has been absorbed into this one trait. When looking at toxic relationships, it seems many people have experience dating a narcissist.

Feeling like you are living with a narcissist in your life is scary. Identifying that someone is so self-obsessed they don't have the ability to care about how that hurts you can feel like the right answer for when we are scorned by a lover or betrayed by a trusted friend. These hurtful things can begin to make sense if that person were a narcissist, and helps to preserve the idea that we are not the problem or deserving of this treatment. However, sometimes labeling someone as a narcissist is also a way to decide this person is pathological and therefore unable to be helped or loved.

Sometimes people do things that are irreparably harmful to us. And sometimes when they do those things it can be hard to understand how they could be

so selfish, so cold, or so damaging. This is where the idea of the narcissist can bring comfort as it seems to explain it so well. But, there are many ways for someone to be selfish without being narcissistic, and there are many things that feel narcissistic when really, they are just human qualities.

Sometimes someone appears selfish because they are not connecting with us the way they used to. They can seem cold and rejecting when breaking our hearts but really they've done all of their crying somewhere we didn't see. And while what they are doing feels damaging to us, they are simply doing the best they can for themselves and their life. It's hard when relationships we held so dear change, especially when that change means a relationship is coming to an end. These things are never easy, especially when they matter a lot to us. But learning to recognize a toxic situation and either have good boundaries or to let go can free us. During the hardest changes, holding on to compassion, empathy, and love can only make things better.

This can be especially hard when someone is hurting us so deeply, and perhaps they genuinely are a narcissist. Unfortunately, labeling people with hurtful words doesn't truly make us feel better, and won't help a hard situation. So have you met a narcissist? Maybe, but probably not. Regardless of this label, if there is someone toxic in your life, it's important to take care of yourself first.

# Canada's Food Guide Wants Us to Eat Together

Submitted by Diana Sutherland, Zehrs In-Store Registered Dietitian

The revamped Canada's Food Guide not only wants Canadians to change up the way they look at nutrition, but also wants us to spend more time with family and friends around the dinner table.

Our food preferences and eating habits have evolved and so has the latest version of Canada's Food Guide. While still focusing on establishing healthy nutritional habits, the revamped food guide also puts emphasis on how we eat.

Eating together is not only a great way to instill new habits and achieve our nutrition goals, it also allows us to find our passion for cooking, nutrition, and sustainability as a family. To make the most of mealtime, it is also recommended that we put away our devices and enjoy quality time with our loved ones.

This is also a great opportunity to cook together as a family. Getting the kids involved in the kitchen is a great way to teach good nutritional habits that will last them a lifetime. When working to establish new habits, try to set SMART goals to help your family remain accountable and have fun tracking your progress along the way.

Setting goals to incorporate the revamped Canada's Food Guide recommendations to your mealtimes can be as easy as setting aside one day a week to meal-prepare for the week ahead,

planning a weekly dinner with friends or extended family, making the commitment to go meatless on Mondays or introducing new recipes to your repertoire.

New recipes are a great way to change up mealtime and try new foods. Canada's Food Guide stresses the importance of the healthy plate which is a very simple way to think about balance and portion size. The healthy plate model is half vegetables, and the rest of the plate, is balanced out with whole grains and protein-rich foods. When it comes to serving healthy proteins, try new, sustainable alternatives. Make an effort to swap out ground meats in recipes for black beans and crumbled tofu on taco night or chickpeas and lentils in chili or shepherd's pie.

Try this One-Pan Zucchini Noodle and White Bean Puttanesca recipe for a delicious meal loaded with veggies and plant-based proteins!

## [One-Pan Zucchini Noodle and White Bean Puttanesca](#)

Serves: 4, Ready In: 20 Minutes

Skill Level: Easy, Cuisine: Vegetarian

Puttanesca – a bold Italian pasta dish made with tomatoes, olives and capers – is known for being incredibly simple to make, but we've taken it one step further by creating a one-pan version. Even better: We've swapped out the pasta for zucchini noodles, so you can squeeze extra veggies onto your plate.

### Ingredients

- \* 2 tbsp (25 mL) Olive oil
- \* 1 cup (250 mL) Cherry tomatoes
- \* 2 cloves Garlic, minced
- \* 1/2 tsp (2 mL) Salt
- \* 1/4 tsp (1 mL) Freshly ground black pepper
- \* Pinch (0.5 mL) Hot pepper flakes
- \* 1 can (540 mL) White kidney beans, drained and rinsed
- \* 1/4 cup (50 mL) Whole Kalamata olives, drained, pitted and sliced
- \* 1 tbsp (15 mL) Capers, drained and rinsed
- \* 1 pkg (340 g) Zucchini veggie noodles
- \* 1/4 cup (50 mL) Torn fresh basil

### Instructions

1. Heat 1 tbsp oil in large nonstick skillet over medium-high heat. Add tomatoes; cook, stirring occasionally, until softened and golden, 2 to 3 minutes.
2. Add garlic, salt, black pepper and hot pepper flakes; cook, stirring often, until fragrant, about 1 minute. Add beans; cook, stirring often, until heated through, 1 to 2 minutes. Stir in olives and capers. Transfer to large bowl. Set aside.
3. Heat remaining 1 tbsp oil in same skillet over medium-high heat. Add veggie noodles; cook, tossing and stirring often, until tender-crisp, 1 to 2 minutes. Add tomato mixture; cook, stirring to coat, until heated through, about 1 minute. Sprinkle with basil.



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*Looking back 25 years ago.*



What was happening at Castle Kilbride in February of 1994? According to an article by Jana Miller in the New Hamburg Independent, restoration was commencing nicely despite the freezing temperatures and rain.



The entire exterior of the Castle was covered in scaffolding and tarps. Underneath the tarps, workers were scraping off layers of Livingston's paint to reveal the beautiful yellow brick. The foundation had just been poured for the new Administration Complex.

A new take on the Township's motto- "Built on a Sure Foundation."

Inside the Castle, contractors were reinforcing the walls, the ceilings and the roof. Steel beams were used on the roof to support the weight of the slate tile that was to be installed. The Belvedere was shut down and pieces were removed by Herner's Wood Products of Baden to reproduce and recreate this majestic feature.

Do you have any stories, photos or memories from this time in 1994? We would love to hear all about it. Email us at [castle.kilbride@wilmot.ca](mailto:castle.kilbride@wilmot.ca)

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## You Must Be Joking!!



### Speeding in Ontario

1) Good: An OPP (Ontario Provincial Police) policeman had a perfect spot to watch for speeders, but wasn't getting many. Then he discovered the problem. A twelve-year-old boy was standing up the road with a hand-painted sign, which read 'RADAR TRAP AHEAD'. The officer then found a young accomplice down the road with a sign reading 'TIPS' and a bucket full of money (...and we kids used to just sell lemonade!).

2) Better: A motorist was mailed a picture of his car speeding through an automated radar post in Kingston, ON and an \$80 speeding ticket was included. Being cute, he sent the police department a picture of \$80. The police responded with another mailed photo of handcuffs.

3) Best: A young woman was pulled over for speeding. As the Ontario Provincial Policeman walked to her car window, flipping open his ticket book, she said, "I bet you're going to sell me a ticket to the OPP Ball."

He replied "OPP don't have balls." There was a moment of silence while she smiled, and he realized what he'd just said. He then closed his book, got back in his patrol car and left. She was laughing too hard to start her car.

Submitted by Bruce Bousher



Railroad snow plow  
derailment at west side  
of intersection at  
Snyder's Road, 1971



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## RRSP or TFSA?

Submitted by Courtney Beach, KLT Wealth Management

It's now an annual tradition for Canadians to scrimp and save what they can after Christmas and add to their RRSPs with the hopes of getting that all-important tax refund. Why wouldn't you? It feels great to pay the government less money and if you get a refund, all the better... but if the sole purpose of adding money to your RRSP is to get that refund, you may not get the long term benefit you thought. Don't get me wrong, the RRSP is a powerful retirement tool, but the TFSA has definitely changed the game.

Not long ago, RRSPs and pensions were the only retirement planning options for most people. They give you a tax break when you contribute but they also create a tax liability when you withdraw the money. Typically, when you retire and draw from your RRSP, you will be in a lower tax bracket and will therefore pay less taxes. But what if you need money now? Withdrawing from your RRSP when your income is higher will ultimately cause you to pay more in taxes.

Now people have a more flexible option, the TFSA. A TFSA can hold the same investments as an RRSP (stocks, bonds, mutual funds, GICs, etc.). You do not get a tax deduction from a TFSA contribution; however, you can withdraw from the account tax free. The downfall is self-discipline. If you're a person that

tends to spend money you can easily access, you may find it difficult to build a TFSA for retirement.

This brings me to the question I most often get asked, "Should I put my money into my RRSP or my TFSA?" The answer will depend on your situation but here are some general rules of thumb:

- ⇒ If you're a high-income earner, adding to an RRSP can lower your tax bracket and give you a nice tax refund. Therefore, for you, it generally makes sense to add to your RRSP over a TFSA.
- ⇒ If you are a lower income earner, you will not get as much of a tax benefit adding to a RRSP. Therefore, a TFSA contribution is probably a better option for you.

Keep in mind that unused RRSP and TFSA room is carried forward, giving you the option of using them when your income has changed. That being said, it's ideal to have both a RRSP and a TFSA working together for your future. To find the right balance for your situation, it's best to discuss your investment plan with your financial advisor.

*This information has been prepared by Courtney Beach who is a mutual fund representative of Investia Financial Services Inc., and does not necessarily reflect the opinion of Investia Financial Services Inc. The information contained in this article comes from sources we believe reliable, but we cannot guarantee its accuracy or reliability.*



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*Courtney Beach HBA, BFA*

Associate Advisor

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New Hamburg, Ontario

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