




~ Wilmot's Monthly Newsletter ~

VOLUME 20, ISSUE 7


Keeping the Community Connected

Baden Outlook


HERITAGE WILMOT
HERITAGE DAY 2020

**Celebrating
Places of Worship**

Learn about places of worship in Wilmot Township
and meet area heritage groups.
Food and refreshments will be available for
purchase from the New Dundee Women's Institute.
☛ Admission is always free!



When: Saturday February 22, 2020
Time: 10 a.m. to 3 p.m. Official Program at 1:30 p.m.
Where: New Dundee Community Centre
at 1028 Queen Street, New Dundee
www.heritagewilmot.ca

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



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This paper is priceless - Please have one!



Wow! More exciting destinations as *The Baden Outlook* continues to travel To Costa Rica, Germany and the New Hamburg Legion! More travel pics on page 35



Emil and Barb Marion from New Hamburg with their *Baden Outlook* enjoying their holiday in Costa Rica.



While visiting their son Brad in Munich, Germany, Ron and Marlene Weber took in the World Junior Hockey Tournament in Ostrava, Czech Republic with team Mascot Tuk.



I am excited and thrilled to announce that I have moved my business and partnered with **RE/MAX Twin City Realty Inc.**, I'll be working out of the Waterloo office at 83 Erb Street West.

RE/MAX Twin City has served the community since 1981 and is the market dominator and the strongest brand in Waterloo Region. It's a brokerage that prides itself on their reputation for integrity, the responsibility to give-back to our community and the supreme

customer service provided to the clients. These are all things that I value deeply and I'm looking forward to continuing to provide excellent service for all of you.

What does this mean for you? You will get the same dedicated, honest, reliable and effective service I've provided for 13 years now, all backed by a reputable company. So really, nothing much changes except for my office location. My mobile number and email address remain the same. I'm really looking forward to working for you, your friends and family in 2020.



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Larry and Faye Roth of Kitchener took the *Baden Outlook* through a major snowstorm to see Crackerjack Palace at the New Hamburg Legion on January 18th.

Don't forget to pack your *Outlook* while going on vacation!

Simply email us your photo and a caption of your fun to badenoutlook@hotmail.com

Thanks for taking us with you!



Talking with Ed ~ *The Life and Times of Television in my time*



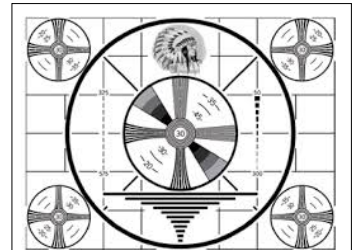
The day finally arrived! In the late 50s, the 30-foot tower was secured to the side of the house, and my Dad and Uncle Brian (who ran a small electronics shop) carried the brand new black and white TV into the house. It was a massive piece of furniture and with the tubes it took awhile to warm up. After the hook up, we marveled at the new technology. In small northern village of MacTier (20 minutes south of Parry Sound) we only received one channel – Barrie. But that didn't matter, we were now owners of a television.



Looking back, it was a novelty for sure, but as kids we didn't watch a whole lot of television. First thing in the morning we would watch the Friendly Giant, Mr. Dressup, and an assortment of cartoons including Bugs Bunny, The Flintstones, and Yogi Bear, and then we were outside all day, rain or shine. On



Saturday evenings, we would watch the Leaf game, and Sunday evenings would be the Ed Sullivan Show and Bonanza. The highlights for me were the Ed Sullivan Show featuring the Beatles, and watching men walk on the moon. By the time I left MacTier (in 1972), we were able to get two channels – Barrie and Kitchener.



The Indian-head test pattern showed following station sign-off

Shortly after leaving the roost, my Dad thought it would be a great idea to buy a satellite dish. A four-foot concrete pad was poured and a dish the size of a kiddie pool was installed. At that time, most channels were free, so it seemed like a great idea. When I moved to Kitchener, I was introduced to cable TV for the first time. I still remember the channel changer, which was a brown box with 30 push buttons on it, with a cable running to the television. "How can they possibly improve on this?" I thought, "This is great!" Boy, was I wrong.



In the early 80s, Pat and I purchased a 29-inch RCA television from Home Hardware. It was on sale and with Pat's employee discount, the \$500 purchase price seemed like a steal. It took two people to carry it into the house and we all marveled at the size of it. Over time we added more televisions to our home and in the mid-2000s we purchased a 40-inch Sony Bravia TV and it hasn't broken down yet. I marvel at the televisions of today.

In May of last year, we purchased our first Smart TV, a 32-inch for our Florida room. I thought Sanyo was a pretty good name; however, four months later the power went off and when it came back on, the TV didn't. I was a little disappointed to find out that I had to deal with the manufacturer, but in the end they gave us a full refund. That TV cost \$228, and several days later, I saw a 43-inch Sharp Aquos TV selling for \$249. There are amazing features of today's televisions with reasonable prices but servicing them is poor—you can't simply replace a tube.

Brian Burke is the afternoon host on 570 news. He has talked about the further evolution of television, in particular the advancement of channels which are now streamed through smart TVs, such as Apple TV, Netflix, Amazon Prime, and Crave TV. These monthly subscription services are available with no advertising, but what is to become of the regular cable channels? Will networks drop local programming and run with one channel for the whole country? What about the advertising that would be lost if channels are dropped? Will they be streamed as some of them are already? Instead of gathering the entire family around the TV to watch a show, today's consumers can watch whatever they want, whenever they want. But even those capabilities could change with the future of television.

Four years ago, Apple CEO Tim Cook said the future of TV is apps. However, the years following showed little growth in TV apps and staggering growth in streaming services. It's safe to say that the future of TV isn't apps, but streaming. Clearly, newspapers are going through similar adjustments. About six-in-ten of those aged 18 to 29 (61%) in the U.S. say the primary way they watch television now is with streaming services on the internet, compared with 31% who say they mostly watch via a cable or satellite subscription and 5% who mainly watch with a digital antenna, according to a Pew Research Center survey conducted in August 2017.



The good old days when folks all sat together around the television.

Obviously, technology advances so quickly that it's sometimes hard to keep up. Screens continue to get bigger (I saw a 75-inch TV the other day) and offerings continue to change. Remember Blockbuster Video? It will be interesting to see what the future holds. Until next month...Ed



Greetings from Headquarters ~

Hello February, thanks for showing us the love, as we are happy to report that Willie has led us to believe the winter will wrap up early this year. There was some controversy, as Nova Scotia's Shubenacadie Sam emerged from his burrow northeast of Halifax, and according to his handlers, saw his shadow. But in Ontario and Quebec, Warton Willie and Fred la Marmotte were paraded before their respective audiences and evidently saw no shadow —only time will tell. I will say we've had it quite easy thus far this winter. With a green Christmas and our spring flood in January, we've had reasonably mild temps compared to other parts of Canada. But we still have a few months to go. I recall the heavy snowfall last year on March 31; we had just settled into our new house as winter left like a lion.

We recently did our annual trip south and stayed at a lovely Airbnb in Mexico with our pals, Tim and Kim Gowland. It was a beachfront property and a stone's throw away from the ocean. The whales were migrating and birthing along the Pacific coast and we had the pleasure of watching them breach in the bay. Of course, the boys were heard yelling far and wide, "There she blows!" which was then followed by a glorious splash and flip of the tail. We couldn't get enough of the action on the sea, along with the surfers and the steady stream of fishing boats coming from the marina. In Mexico, there is an annual Catholic event in Bucerias called "Blessing of the Boats" which is meant to ensure a safe and bountiful season. The fishing boats in the La Cruz Marina are decorated and they depart on the sea in the form of a cross, parading along the coast with great fanfare and fireworks. The festivities carry on for over a week and we enjoyed the party atmosphere among the locals.

Enough of my chatter — let's get into the paper and what's going on this month. It started with a visit to SydFIT Gym where Barry, Katie and I met up with local boxer Mandy Bujold. We first met her at the

Canada Day Festivities in New Hamburg last year when she was the Grand Marshall. She was pleasant to talk to and we were eager to hear her story, which we shared with you on pages 24-25. She tried to show Katie and me how to pull a punch, but we didn't have what it takes to intimidate a fly! This gal is a force to be reckoned with and we are excited to follow her journey to the Olympics.



February 22nd is the annual Wilmot Heritage Day Event held in New Dundee with its focus on the history of local churches. Al Junker gave us some of the history on pages 8 and 9 along with some very old archived photos. For those who didn't grow up here, this a great opportunity to learn more about your community, and for those who did grow up here, it's a great time to reminisce about the days gone by.

William Timlow has posted more of the story unravelling the mystery of Jakob Schatz leading us to the Wilmot Key Quest on page 20-21. You will also find the 2019 Wilmot Census Stats showing recent growth in Wilmot, thanks to Andrew Martin. Family Day is February 17th and Wilmot has much to offer, giving us all a reason to get out of the house and connect with family and friends. I hope you enjoy the inspirational love quotes in tribute to February — the heart month. May you feel the love!

I want to give special thanks to Barry who pulled me through a tough month. When we returned home from vacation I was suffering with a stiff and sore neck, shoulder, and arm just as I was ramping up to do the February issue. It was evident that I had to stay off the computer till this problem settled down. It was a challenge for him to sit in my chair but he nurtured both me and the paper to get the job done... I did indeed feel the love!



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 the bright sunshine in the blue sky on a cold winter morning...and this paper ~ Please Have One!



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1. You live in a one storey house made entirely of redwood. What color would the stairs be?
2. How do you make the number 7 an even number without addition, subtraction, multiplication or division?
3. I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?
4. I have a little house in which I live all alone. It has no doors or windows, and if I want to go out I must break through the wall. What am I?

1. What stairs? You live in a one storey house.
2. Drop the "S".
3. A carpet.
4. A chick in an egg.

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Heart Month Campaign

Help us create survivors!

February is Heart Month and you may find someone at your door looking for donations. Please give generously, you may be saving someone's life.



You Must Be Joking!!



The math teacher saw that Larry wasn't paying attention in class. She called on him and said, 'Larry! What are 2 and 4 and 28 and 44?' Larry quickly replied, 'NBC, FOX, ESPN and the Cartoon Network!'

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Baden ~ Our Town



The BCA is excited about their annual Family Day event on Monday, February 17th at the Wilmot Recreation Complex, offering a free skate from 11 a.m. to 12:45 p.m. and swim from 1-4:00 p.m. hosted by the Township of Wilmot. 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 your neighbours—and celebrate Family Day!

Spring is right around the corner, which also means the Baden Community Association Community Clean-up. 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 requirements to contribute! For more information call 519-634-8916.

Rogers communications are currently installing their Fibre Optic lines throughout Baden. The Fibre Optic lines, which have to be placed on municipally owned lands, relay information much faster than standard cable lines. Fibre optic cables don't use electricity, so they'll continue work even during a power outage. Maintenance costs of fibre internet are low in the long run and the fibre optic cables will provide better options for future developments.

Farewell and Good Luck To Township Employee

Wilmot Township says goodbye to Scott Nancekivell after 29 years of service. Most of his time spent with the township was as Director of Facilities and Recreation. He watched over the development of both the Wilmot Recreation Complex and the Wilmot Splashpad. He spearheaded much of the trail developments.



Best wishes as he journeys on to retirement.

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Come in and see our newly expanded Baden store.

Checking out the Baden Library



Third Tuesday Adult Book Club at EJ's
Adults are invited to join Jen Cyr, Co-ordinator of Library Collections, the third Tuesday of each month from 6:30 to 7:30 p.m. at EJ's Tavern and Restaurant in the Baden Hotel for this monthly book club. The next meeting is February 18 to discuss the book **The Tea Girl of Hummingbird Lane** by Lisa See. Treat yourself to a beverage or food item and contribute to the conversation regarding the selected book. Registration is ongoing throughout the year and copies of the book are available at the Baden branch. Everyone is welcome!

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 25 from 10 a.m. to 3 p.m. and March 10 from 10 a.m. to noon.

Registration for Spring Programs Starts Tuesday, Mar. 3!

Upcoming programs include Baby Connections, Li'l STEAM, Family Storytime, Ready Set Go! Kindergarten, Maker Club, and Youth Book Clubs. Library programs are **Free!**

Please refer to the program's description for registration requirements, where applicable. Space is limited.

Programs begin the week of March 31 and run for eight weeks. Register online, by phone or in person. Check rwlibrary.ca for more information on each program or drop in and pick up a spring handout.

March Break Programs

Programs and events are **Free!** Registration required for some programs as space is limited. Children nine and under must have a parent/caregiver (age 12 or older) remain in the library during programs, events or movies.

Build It! Drop-in Program:

Tuesday, March 17, 10:30 a.m. to noon

(All ages) Put your building skills to the test with different materials and challenges!

Maker Mania: Wednesday, March 18, 10:30 a.m. to noon

(All ages) Drop in and try out some new maker materials as you create a masterpiece!

Movie Theatre for Families:

Thursday, March 19, 10:30 a.m. to 12:30 p.m.

(All Ages) 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.

Museums Family Passes

Looking for a March Break outing? The Region of Waterloo Library has partnered with Region of Waterloo Museums (Ken Seiling Waterloo Region Museum/Doon Heritage Village and Schneider Haus) and TheMuseum (downtown Kitchener) to offer free family passes. These passes offer regular admission for a family of up to two adults and their dependent children for Regional sites, and two adults and up to four children at TheMuseum. Place your hold on a Museum Family Pass through our catalogue at rwlibrary.ca

Up-to-date program and event information is available via the calendar at rwlibrary.ca or contact the branch at 519-634-8933 or badenlib@regionofwaterloo.ca.

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



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The Early Lutheran Church in Wilmot Township

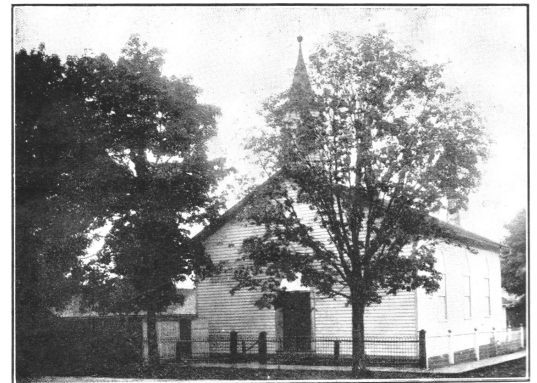
In the early years of settlement in Wilmot Township, church congregations as we know today did not exist. Settlers of different denominations would meet and worship together in homes. Worship was led by laypeople since trained clergy were not readily available. The situation was further complicated by the fact that a large number of the early settlers in Wilmot were German speaking. This was particularly true for Lutherans and Roman Catholics; the two largest religions in Wilmot and Hamburg according to the 1861 Census. The next three religions were “Mennonists and Tunkers,” Methodists, and Anglicans. Once school buildings were constructed, worship services were sometimes held there before church buildings were constructed. This article will focus on the Lutheran Church.



Rev. F.W. Bindemann
Lutherans in Canada, V. Eylands, 1945

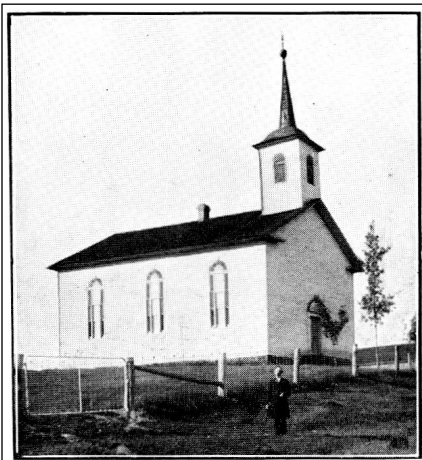
The dominant figure in the early years of the Lutheran Church in Waterloo County was Friedrich Wilhelm Bindemann. Bindemann organized seven Lutheran congregations, including Trinity Lutheran in New Hamburg and Zion Lutheran in St. Agatha, both of which were founded in 1834. Bindemann was known as the “marrying preacher.” He was licensed to perform marriages and officiated at over 2000 weddings for people of all denominations, while travelling throughout the area on a white horse. Ceremonies were performed in German and English. Although Bindemann was responsible for organizing all of the seven Lutheran congregations, it turns out he was not a Lutheran, but was a Universalist and a free thinker.

In 1835, Rev. John H. Bernheim was sent to Upper Canada by the German Evangelical Synod of Pennsylvania to assess the situation. Bernheim was based in Berlin from August to September of that year. In his journal, he noted that Wilmot had been recently opened up and consisted of “three principal roads, that is, roads lately opened through



St. Jacobus Kirche, New Dundee
St. James, 1911
Jubiläums Büchlein, 1911

almost impenetrable forests, passing in the low and marshy places over a bridge of logs, the stumps of trees which had been felled being two or three feet above the surface of the earth. On the upper road [Erbs] it is ten, on the middle [Sniders] and on the lower [Bleams] also seven miles from this place [Berlin] to small school houses, in which there might be preaching.” He noted that the Huron Road is “equally as bad” and 35 miles to the location usually utilized for religious services. Bernheim made several visits to Wilmot during his mission. On August 16th, he wrote that he started out walking from Berlin to preach in Wilmot Township as the horse he was promised did not arrive. Along the way, Bernheim was offered a ride on a passing wagon and was taken the rest of the way along a road that was so bad “the riding is very fatiguing.” The meeting he attended attracted nearly 200 people. Throughout his journal Bernheim notes that Bindemann tried to undermine his mission and was sowing the “seed of infidelity.” Bernheim returned home in early October.



Zions Kirche, Philipsburg
Zion, 1911
Jubiläums Büchlein, 1911



39 Snyder's Road W, Baden
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Happy Family Day!
Remember Kids Eat Free On Tuesdays

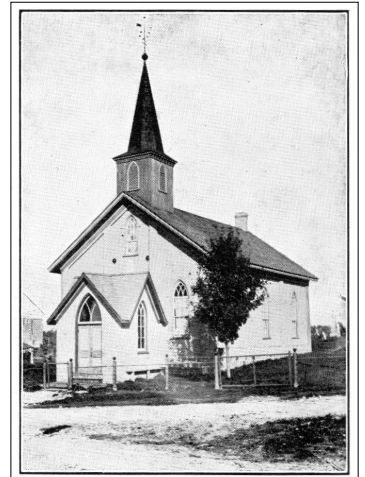
Looking for fun on St. Patrick's Day?
You know we've got the food and the fun going on
so call now to book your reservation.





Trinity New Hamburg, New Church
c1911 Jubiläums BÜchlein, 1911

The congregations organized by Bindemann, with the exception of St. Pauls in Berlin, soon grew disenchanted with his non-Lutheran teachings and replaced him. Additional Lutheran congregations were organized in Wilmot: Zion Philipsburg, 1843; Emmanuel Petersburg, 1844; St. James Mannheim, 1848; St. James Baden, 1856; and, St. James New Dundee, 1859. Church buildings began to be constructed: St. James Mannheim, 1848; Trinity New Hamburg, 1851; Emmanuel Petersburg, 1852; Zion Philipsburg, 1852; and, St. James Baden, circa 1862. Missionaries were sent from the Pittsburgh Synod and the New York Ministerium, and in 1853, the Canada Conference was organized. By 1861, the Lutheran Church had grown to the point where the Evangelical Lutheran Synod of Canada was organized.



St. Jacobus Kirche, Mannheim
St. James, 1911
Jubiläums BÜchlein, 1911




St. Jacobus Kirche u. Pfarrhaus, Baden
St. James, 1911
Jubiläums BÜchlein, 1911

Services in Wilmot continued to be conducted in German well into the twentieth century. Lutherans believed that worshipping in German was their link to their homeland and a way to retain their German language while integrating into their new country. This commitment to German was so strong that the booklet Jubiläums BÜchlein, published to celebrate the fiftieth anniversary of the Church Synod in 1911, was printed in German.

For more information on the many places of worship in Wilmot Township, plan to attend Heritage Wilmot's Annual Heritage Day on Saturday February 22nd at the New Dundee Community Centre from 10 am to 3 pm. Admission is FREE. The theme this year is *Places of Worship in Wilmot Township*. See you there!

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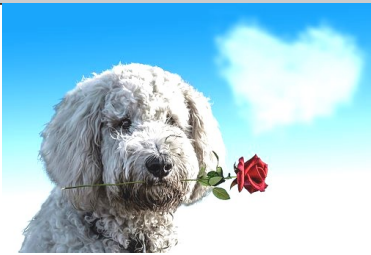
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Check out our classes/workshops happening all the time —
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Seniors (65+) get 10% off any cafe items (coffee, treats,
breakfast etc) every Tuesday!

Bring on the Love... but not the Chocolate!

February, the month of love and chocolate! Our sweethearts will surely appreciate the gesture, but sharing chocolatey treats with your furry friend is a bad idea.



The first potential problem with these sweets is the fat. A sudden high fat meal can cause a condition in dogs called pancreatitis. Vomiting, diarrhea, and abdominal pain are the most common symptoms.

In addition to having a high fat content, chocolate is toxic to pets because it contains theobromine and caffeine. Both chemicals cause similar effects, but the theobromine lasts substantially longer. The more "pure chocolate" there is in a product, the more theobromine there is. This makes baking chocolate the worst for pets, followed by semisweet and dark chocolate, followed by milk chocolate, followed by chocolate flavoured cakes or cookies. White chocolate has virtually no theobromine and is only a problem because of its fat content.

Theobromine can cause vomiting, diarrhea, hyperactivity, tremors, seizures, racing heart rhythm progressing to abnormal rhythms and, if high enough amounts are ingested, death.

It takes nearly four days for the effects of chocolate to work its way out of a dog's system. If the chocolate was only just eaten, it is possible to induce vomiting; otherwise, hospitalization and support are often needed. If your pet has ingested chocolate in any form, please contact your veterinarian to find out if the amount consumed is toxic to your pet. When you call, it is important to know the pet's weight, the type of chocolate, and the amount of chocolate.

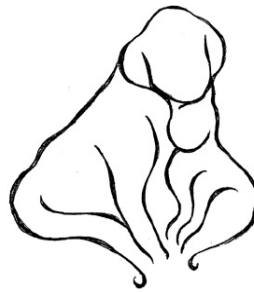
By Dr. Rebecca Ricker

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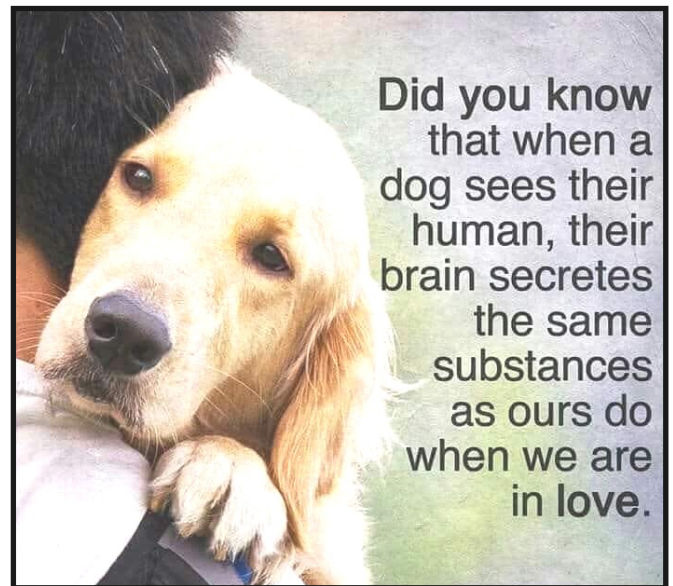
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New Clients Welcome!



Did you know that when a dog sees their human, their brain secretes the same substances as ours do when we are in love.




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Thursday	9:30-8:00
Friday	9:00-5:30
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Baden Birding ~ Brown Creeper

By Fraser Gibson



*You know swallows and sparrows and starlings and pigeons
Robins and turkeys and mallards and chickens
But do you recall
The most unnoticed bird of all?
Creeper, the little brown songbird
Had a very secret life
And if you ever saw it ...*



Impressive colouration and superb vocalizations are not for every bird. Growing beautiful feathers and singing regularly from a prominent perch consume vast quantities of energy. Drawing attention to oneself also attracts predators and therefore is not an ideal approach for every bird species.

Being inconspicuous has advantages and the Brown Creeper (BRCR) has successfully adopted this lifestyle. Although it is a common local bird, it is rarely seen by the untrained eye. The BRCR is a small, slender bodied, brown bird. Its white breast is hardly noticeable since it is usually pressed against the bark of a tree.

In the winter, Brown Creepers often join small flocks of chickadees, Downy Woodpeckers, and White-breasted Nuthatches as they forage for food. Chickadees are outstanding sentries for these tag-alongs that may be slower to detect an enemy as they hunt, heads close to tree trunks. Since the species in the mixed flock seek nourishment in different ways, they can all forage in the same area without any direct competition. Woodpeckers usually look for larger insects, especially those below the bark surface. Nuthatches search tree bark from an inverted perspective and also venture out on branch tips. BRCRs normally restrict their activity to the bark on tree trunks where they search for insects, spiders and their eggs, picking them from bark crevices.

The BRCR “creeps” up the trunk of a tree, employing short jerky motions. It prefers mature live trees with deeply grooved bark. Using its downward curving slim bill, it digs out food morsels missed by other trunk hunters. As it climbs in a spiral path around the trunk, it holds its body close to the tree and braces itself against the

trunk with a stiff spine-tipped tail. When it nears the top of one trunk it drops to the base of a nearby tree, almost as if it were a fast falling leaf, and begins another trunk climb.

The Brown Creeper’s spiral climb takes it out of sight as it moves up a trunk, making it less likely to be seen by humans or predators. In times of danger it may freeze and press tightly against the tree bark, sometimes with outspread wings. Its cryptic colouration makes it almost indiscernible.

Everything in the life of a BRCR seems to focus on tree bark! They even covet large dead trees with long slabs of loose bark as nesting sites. The hidden nest is constructed between the trunk and a flaking flap of bark by filling the bottom space with tiny sticks. Insect cocoons and spider egg cases are used to stick the twigs to the inner surface of the hanging bark. Wood fibres, feathers, lichen, and moss may be added on top to build the nest cup. Five or six reddish brown mottled eggs are incubated by the female who is sometimes treated to dinner by her mate. Unlike other birds, when the fledglings first fly, they do not seek the safety of a nearby branch but instinctively head for a nearby tree trunk.

While foraging, creepers communicate by emitting exceptionally high-pitched, thin, single notes. These calls are often beyond the hearing range of many middle-aged humans. Even the longer more melodious song is difficult to detect because of its pitch. The location of the song or call, even if lucky enough to be heard, is extremely difficult to pin-point. So even the BRCR’s vocalizations help keep it invisible.

This little forest dweller lives its life in unobstructed view on tree trunks. It does not attract attention with glamorous plumage or boastful song and therefore goes unnoticed by both humans and predators. Even though the Brown Creeper is a year-round resident of Wilmot Township, it is one of this area’s least conspicuous songbirds. It’s out-of-sight, out-of-mind alternative lifestyle has been a successful approach for this efficient and practical little brown bird.

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Optimist Club of Wilmot Youth Appreciation

The Optimist Club of Wilmot is a service club dedicated to serving the youth in our community. Each year we hold our Youth Appreciation event where we honour youth who reside and volunteer in the Township of Wilmot.



These youth are recognized for their contribution to their community. This may take place in their school, church, sports organization, or in helping with events in the community. As a service organization, we feel that it is important to encourage young people to volunteer in their community from very early in their lives. We are looking for those youth who go that extra step, who are often the unsung heroes of their community, always quick to help, making it seem like it is effortless.

In order to thank them for their efforts, we need your help. We need members from local organizations to nominate youth from your community. We would ask that you compose a letter explaining your choice(s), telling us about them and how they help in their community, whether at home, school, through their religious affiliation, etc. We would be honoured if a member of your organizations could come to our event to read the letter and help us celebrate these young people. The letter will be given to the student to take home. The dinner will be held on **Thursday March 26, 2020** at the Haysville Community Centre at **6:30pm**. The cost of one representative, the youth being honoured, and any siblings (under 18) attending will be covered by the Optimist Club.

The cost for all other adults attending is \$20 each.

Please contact Lynn Perrin, the chairperson for this event, by **Thursday March 5, 2020** with the names of the youth being honoured and the organization representative who will be attending. We will also need the names of all family members who will be attending to have an accurate count for ordering the food. Thank you for your help in making this a special night for some special youth from our township. – *Lynn Perrin, Youth Appreciation Chair, Optimist Club of Wilmot*

Phone: 519-696-3386,
email: lynnperrin@sympatico.ca

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It's a 'sight' for 'sore eyes'.
3. These 'jockeys' are known for 'riding up'.
It's a 'fitting' way to 'meet your end'.
'Drawers' where the 'family business' are kept.
4. They're known for 'spreading tails' on formal occasions.
Gives a man 'fits' before his wedding.
A suit that is often 'altered'.
5. They 'skirt' the issue of masculinity.
Keeps the Scots in 'check'.
It's a 'bum' wrap.

ANSWERS ON PAGE 28

Brain Teasers

- | | | | |
|----|-----------------------------------------------------------------------------------------------|----|--------------------|
| 1. | STEP
PETS
PETS | 5. | MAN
<hr/> BOARD |
| 2. |  -T + R = ? | 6. | PAWALKRK |
| 3. | ARREST
<hr/> You're | 7. | REET
T
S |
| 4. | POD POD POD | 8. | M1LLION |

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 EREB _ _ _ _ _
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 ADVOK _ _ _ _ _
 DRABNY _ _ _ _ _
 LEESID _ _ _ _ _
 RENINTH _ _ _ _ _
 GERBAVE _ _ _ _ _

Answers on page 28

Things you smell before you buy

PASO _ _ _ _ _
 NOLEM _ _ _ _ _
 DECALN _ _ _ _ _
 TOONIL _ _ _ _ _
 MAPOOSH _ _ _ _ _
 GOONELC _ _ _ _ _
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 PALPENPIE _ _ _ _ _

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	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Baden	4,223	4,402	4,553	4,653	4,742	4,935	4,996	5,005	5,013	5,030	5,114
Foxboro Green	430	430	430	430	430	430	430	430	430	430	430
Haysville	129	129	129	129	129	129	129	129	129	129	129
Lisbon	61	61	61	61	61	61	61	61	64	64	64
Luxemburg	27	27	27	27	27	27	27	27	27	27	27
Mannheim	1,071	1,071	1,067	1,067	1,071	1,071	1,071	1,071	1,071	1,071	1,071
New Dundee	1,214	1,214	1,217	1,220	1,223	1,223	1,229	1,226	1,226	1,235	1,235
New Hamburg	7,387	7,664	7,930	8,084	8,241	8,332	8,421	8,583	8,844	9,014	9,116
Petersburg	406	406	406	406	406	409	409	409	409	409	409
Philipsburg	80	80	80	80	80	80	80	80	83	83	83
Shingletown	113	113	113	113	113	113	113	113	113	113	113
St. Agatha	624	624	624	624	624	624	627	627	627	627	627
Sunfish Lake	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	55	55	55	55	55	55	59	59	62	62	62
Non-Settlement	3,318	3,333	3,330	3,324	3,327	3,327	3,318	3,318	3,318	3,336	3,357
Township	18,713	19,151	19,621	20,035	20,286	20,541	20,828	20,982	21,151	21,429	21,850

December 31, 2019: Township of Wilmot Development Services



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With the start of a new decade, we continue to look at the same old questions this time of year. Should I buy an RRSP for tax savings? Should I add to a TFSA? How do these investment vehicles help me? To answer these questions, we need to segment you – the reader – into categories.

- 1. Young and Just Starting to Work Full-time** – If you are making over \$50K per year, there is real tax savings in adding to your RRSP. A \$5,000 contribution would create approximately \$1,484 of tax return – a 30% return on your money. This immediate tax benefit plus the long-term benefits of tax sheltered growth should encourage you to make the contribution. The problem most people in this category fall into is that they do not have the money to contribute. That relates to poor cashflow habits (maybe I will get asked to write about this in a future article). So, how do you make the contribution if you do not have the money? There are options such as RRSP loans or using your line of credit (if you have one). But if that does not work for you, start a monthly contribution into your RRSP of \$416 per month in 2020 so that you will be prepared for next year’s taxes. If your income is below the \$50K threshold, the tax benefit is lower. You need to determine whether it is worth making the contribution at a lower tax rate only to create taxable income when you start drawing from your RRSP (at retirement). The TFSA is also an option, but there is no immediate tax benefit. I would only consider the TFSA if you have no debt. It makes no sense in having a TFSA earning at the bank’s maybe 1% when you are paying debts charging 3-4%, unless you are earmarking the TFSA for an upcoming purchase (house, car etc).
- 2. Older, with RRSPs already in place** - The same applies as above with the immediate tax benefits depending upon your income level. Another concern is whether you have too much RRSPs. How much is too much? Tough question. But keep in mind that your RRSP is all taxable to you. At some point, you will draw this money and at that time your tax rate will be lower (because you are no longer working). But if you have a company pension (which we are seeing less and less), you could be paying as much taxes when you retire as when worked. A great problem to have!! At this age, consider a balance between adding to RRSPs and TFSAs.
- 3. Older, already retired** – In this category, you likely would not or cannot contribute to a RRSP. You would want to focus on the TFSA by moving unregistered money (attracting t-slips which equals taxes) to your TFSA to the annual maximum.

With all these options, you should not go it alone. Work with your tax preparer and work with a financial advisor who can guide you annually.

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

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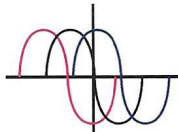
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- ◆ Buy secondhand, swap or rent clothing
- ◆ Wash clothes less often and hang to dry so they last longer

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 26th**. For meeting location or more information, contact nvecoboosters@gmail.com or call **519-662-9372**. Want to know more about the Nith Valley Ecoboosters? Check out our website at: nvecoboosters.com

Happy Valentine's Day!



*Let's be generous with
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KNEE PAIN AND PREVENTION

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



Knee pain is often caused by either a one-time acute injury or repetitive motions that stress the knee, particularly as we age. Included below are some of the conditions that commonly cause knee pain:



- **Osteoarthritis** results from the protective layers of cartilage in the knee becoming worn over a period of time, leading to change in the composition of the bone underneath the cartilage. This may result in a number of symptoms including: joint pain and stiffness, decreased ranges of motion, weakness, swelling, inflammation, and instability.
- **Patellofemoral pain syndrome** refers to knee conditions that involve the kneecap and/or the structures around it. Pain can be generated by breakdown of the cartilage under the kneecap, tight or weak muscles around the kneecap, or misalignment of the kneecap.
- **Meniscal injuries** directly involve tearing/damage to the cartilage cushioning in the knee. This type of injury can result from a sporting event or fall where the knee undergoes a sudden twisting motion or impact. It can also occur in older individuals who develop a chronic tear in a worn-out meniscus.
- **Ligaments** are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. **Ligament**

injuries can occur when these structures become over-stretched or torn, often during activities where there is a direct blow to the knee or there is an awkward fall or twisting motion involving the knee.

- **Tendons** are strong tissues that anchor **muscles** to bones, and these structures can become torn or inflamed around the knee joint leading to **tendonitis** and **muscular strains**.
- **Bursitis** can involve several fluid-filled structures in your knee that help provide more cushioning in the joint. Certain activities, such as kneeling on the floor, can cause a bursa to become irritated.

Below are some useful tips that can help individuals avoid or minimize the chance of knee pain and injury:

1. **Maintain a healthy body weight** to decrease the overall stress on your knees.
2. **Wear appropriate footwear** that supports your activities and helps maintain proper leg alignment and balance.
3. **Prepare your knees for physical activity** by stimulating the joints and muscles, and increasing circulation. This can be accomplished with a quick cardiovascular warm-up and gentle stretching of the muscles in the thighs and lower legs.
4. **Choose activities that are knee friendly for you.** This may include low impact activities such as walking or cycling. Remember to start slowly and build up the intensity gradually.
5. **Strength, balance, and flexibility** exercises can train your leg muscles to better support your knees and avoid injuries.

In the event that you suffer a knee injury that does not subside, you should contact a licensed health professional who deals in the diagnosis and treatment of knee pain.

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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SECOND ANNUAL WILMOT KEY QUEST

~ Set to Start on April 27th

Entry #2 - The Legend of Jakob Schatz

By William Timlow

Three weeks. Vexing riddles. Daily Clues. A treasure hunt spanning all of Wilmot Township. A \$5,000 cash prize for the victor. That's the Wilmot Key Quest!



Last month we brought you the exciting news that the Wilmot Key Quest is back for 2020, and this month we want to bring you a local legend that sets the tone for the quest. But first, here's a rundown of the **most important information** thus far:

1. The **2020 Wilmot Key Quest** is slated to run from **April 27 - May 15**
2. The winner(s) will receive a **\$5,000 cash prize**
3. You, your friends, and your family can participate - whether you live in Wilmot Township or not, and there is **no cost to participate**
4. **facebook.com/WilmotKeyQuest** is a great place to go for up to date information related to the Key Quest, so **check out the FAQ** and like and follow the page
5. Craftiness, gumption, intuition, and a keen eye will be among your greatest allies

So without further ado we ask...

Have you heard the legend of Jakob Schatz? Most Wilmot residents claim the story is mere fantasy, but who can say for sure?

The first records of Schatz' presence in Wilmot indicate that he arrived sometime in the summer of 1952. According to what little information we have (notes collected from a few of his surviving journals, and rumours passed down through generations), he was a skilled outdoorsman, craftsman, and a lover of all things unusual and paranormal - drawn to the area by tales of a *mysterious monster lurking in the Nith River.*

Schatz quickly became a known figure in the local community. An unusual and eccentric man, living alone in the bush, he was said to be surprisingly friendly and kind. More than that, the furniture he crafted was of the highest quality - unique and full of character. Wealthy townspeople were proud to adorn their homes with a 'Schatz original' in those days. When he wasn't in his workshop, Jakob could often be spotted combing the banks of the Nith River, or trekking through the bush... always focused, taking notes, often muttering to himself.

As the years passed, and well after most reasonable people had dismissed the Nith River Monster as a hoax, Jakob only seemed to intensify his search. His workshop grew dusty and dim, and his beard grew long. Rumours spread that he had lost his mind, and by the turn of the decade in 1960, Jakob Schatz had all but faded into myth and obscurity. He was last seen leaving his forest cabin in the spring of 1959 and was never seen in the area again. His cabin and workshop sat empty for decades until they were demolished in recent years.



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No one knows for sure what happened, although many have speculated. All we have to go on are the words of his recently discovered journal entries:

“April 29, 1963 - 23:30

Yes, yes, yes! I've found it - the entrance. I'm here! There's no denying it now, the monster, the treasure... this is it: her lair. It has to be...



Just a little farther now.

I should have enough lantern fuel to last me 'til morning... J. Schatz”

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”

Then we notice, puzzlingly, and perhaps troublingly, 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 to soon. If they only knew how precious. I never imagined...

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Now... It's time to go. I'll miss it here. ...J. Schatz”

Some rumours have been circulating that a new journal entry was recently uncovered; however, those reports will need to be verified before we report on them here... Whether or not this year's clues will tie in to the legend remains to be seen, but veteran hunters will remember that last year, at least one clue did make reference to Jakob Schatz.

A full list of 2020 sponsors and specifics on how exactly to get the clues and more will be coming in the months ahead. **Just be sure to pick up each month's copy of the Baden Outlook, and check out the Facebook page for up to date information** - you will not want to miss out on this!

Good luck, stay tuned, and happy hunting!

Please support the advertisers of this paper. We couldn't do it without them!!

Submissions are due on the 1st of each month.



Community Corner ~ Check Out What's Going On!



Join in the Conversation for Seniors

**At Wilmot Mennonite Church,
2995 Bleams Road, 519-634-5030**

Topic: 100 Years of MCC work with Fred Redekop
Tues. February 25 12:00-2:00

Tea, coffee and conversation
for seniors

A light lunch will be served at noon.
Suggested donation of \$10 accepted.



Blood Donor Clinic

Monday, March 16th- 5 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden

Family Day Open House

**10:00am - 3:30pm
February 17**

Bring your family for a day of indoor & outdoor fun!

Crafts, pretzel making, games, sledding, campfire & more!

Bring a bag lunch or purchase hot lunch for \$3

PLEASE RSVP:
(519) 625-8602
info@hiddenacres.ca
www.hiddenacres.ca

Event is free. Donations toward helping children attend summer camp are welcome.

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& ST. GEORGE'S ANGLICAN CHURCH

Present **Shrove Tuesday**

Community Pancake & Sausage Supper

WILMOT RECREATION COMPLEX
TUESDAY, FEBRUARY 25, 2020
5:00PM - 6:30PM

Proceeds support

- Wilmot Family Resource Centre
- Hope Community Center
- Sleeping Children Around the World

Price
Adult: \$10.00
Child (5-12): \$5.00

For tickets, call 519-662-2234

JOIN US FOR F.R.O.G.

ON THE FOLLOWING DATES:
February 18, March 3 & 31,
April 14 & 28 / 6:30-7:30 pm

Baden Public School

Come enjoy floor hockey, free play, craft table & a bible story

No cost to attend | Supported by volunteers from West Hills Fellowship | For kids JK-Grade 5

NEW HAMBURG LIONESS CLUB MUSIC NIGHT

Wednesday, March 11th from 6:00 pm to 8:00 pm. For clients of Aldaview and members of the community with a developmental disability. Lots of singing, dancing and treats to eat. Held at Nithview Community Room, 200 Boullee Street. Hope to see you there.

T.O.P.S (Take Off Pounds Sensibly)

We are a support group for weight loss. Weekly meetings are held on Wednesday mornings at St. James Lutheran Church, 66 Mill Street, Baden. Weigh-ins at 10:30 am followed by a short meeting. Annual open house the fourth Wednesday in September. For more information call 519-634-9690. Everyone is Welcome.

MARCH RESPITE PROGRAM

**For individuals with a developmental disability
Grade 9 and up**

Activities include arts & crafts, music, games, social time, and MUCH MORE!

Fees based on participants' needs and activity costs ~ Accessible by GRT

March 16 - 20, 2020

Monday to Friday from 8:30 - 3:00
Aldaview Services, 332 Hamilton Road, N.H.

For registration contact: Mary Hartman
519-662-5172 /mhartman@tcmhomes.com

This space is generously donated by Expressway Ford supporting non-profit community events





february 22, 2020
it's cold out there

Wilmot Family Resource Centre

It's cold out there.

On February 22, the Wilmot Family Resource Centre is hosting the **Coldest Night of the Year**, a 2, 5 & 10 km winter walk hosted in 133+ cities across Canada in support of our work here in with the hungry, homeless, and hurting.

• **GOAL:** With your help, our goal is to raise \$15,000 by February 22, 2020!

• **HOW:** To accomplish our goal, we're looking for 15 team captains (of all shapes, sizes and ages) who will recruit 7-8 friends to their team, with a goal of raising \$2000 per team. Of course, we're also looking for a whole pile of walkers to join each of our teams and help us raise the funds.

• **TOQUE BONUS:** Every walker who raises either \$75 (youth 17 and under) or \$150 (for adults) gets our famous Coldest Night toque.

* contact

If you have any questions or need promotional materials please contact us below:

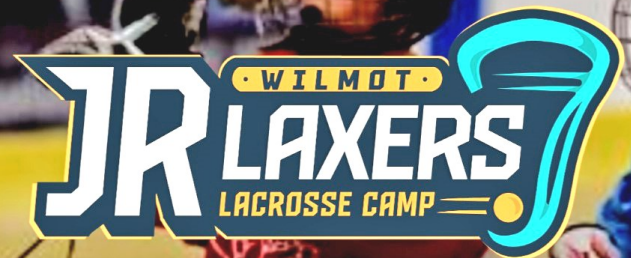
Event Director: Ashley Shaw
Phone: 519-662-2731

Ashley@wilmotfamilyresourcecentre.ca



Wilmot Family Resource Centre

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St. Patrick's Day Craft and Gift Sale

Presented by the Optimist Club of Wilmot

Saturday March 14, 2020
10 am to 3 pm

Wilmot Recreation Complex
1291 Nafziger Road, Baden, ON
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The perfect place to find a special present for birthdays,
St. Patrick's Day, Easter or Mother's Day.

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Friday night DINNER—Roast Chicken with the fixings
Friday February 28th , 6pm / \$15 advance

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Sat March 7th

Interesting People – Mandy Bujold

Meet Mandy Bujold, a petite young woman with big brown eyes and a warm smile. You may have met her when she was in New Hamburg as the Grand Marshall of the Canada Day festivities last year. But more interestingly, if you didn't know, Mandy is an amateur boxer who has a long list of accolades. She is an 11-time Canadian National Champion and is the first female boxer in history to win two gold medals at the Pan American Games. What makes these two gold medals even more impressive is that they were won back to back, first in 2011 and then defending her title in 2015. She came in fifth in the Olympics in Rio, losing her final fight after an overnight stay in the hospital. She is truly an amazing person.

It was a real privilege for us (Barry, Pat & Katie Fisher) to be invited into her workplace at SydFIT gym and imagine the experience when entering a boxing ring. We were welcomed by the owner Syd 'The Jewel' Vanderpool himself, met up with Mandy, and were guided into Syd's office where we got to visit and learn about Mandy's story.

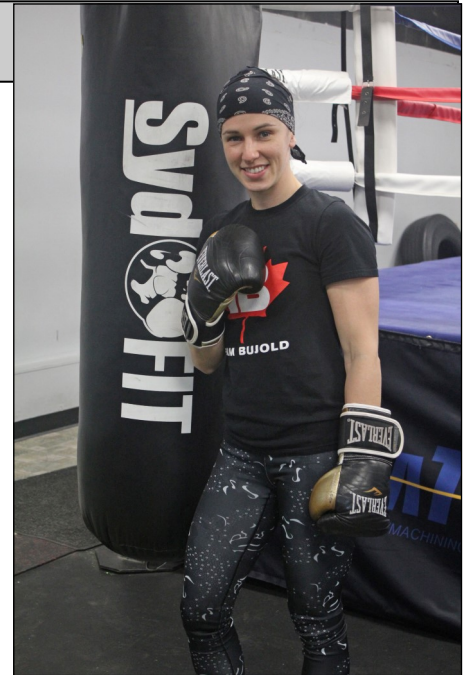
Mandy grew up in the Coburg/Port Hope area until the family moved to Moncton, New Brunswick where her father worked helping to build the Confederation Bridge. They lived there for ten years. Upon completion of the bridge (18 years ago), they decided to move back to Ontario. Four cities were possibilities and Kitchener was the family's mutual choice.

After moving to Kitchener, her brother took an interest in boxing at the Waterloo Regional Boxing Academy. Mandy wasn't interested in the typical sports that were available to teenagers at the time, but after watching her brother, boxing intrigued her. At age 16, she decided to begin training, and so her journey began.

Fourteen months ago, Mandy had her first child, Kate, and now at age 32, she is setting her sights on the Tokyo Olympics this summer. She has several hurdles that she has to clear to qualify for the Olympics - she made it through the first one last December. The Canadian elimination bouts were held in Montreal and she won all three events in the flyweight division. The flyweight division is for boxers weighing between 108 pounds and 112 pounds. We learned there is much more to boxing than throwing around your weight.

Her next challenge is the Americas elimination round in Argentina on March 26th. If Mandy becomes one of the top four boxers, then she will qualify for the Olympics. If she doesn't qualify, then she has another attempt in Paris in May, where the top five advance from 40 countries. In the last Olympics, there were spots for 12 women in her weight class, while this year there are 26 spots available.

One challenge that Mandy faces is that she will not be receiving funding from Sport Canada. The organization mandates that she train in Montreal with a group, but with her new baby and her attachment to this community, she chose to not go. That meant that she would have to do all her own fundraising, and she felt she was up for the challenge. Last fall a fundraiser was held



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and she was happy to report that she has reached her goal, thanks to the amazing community who were eager to support and cheer her on.

Speaking of fundraising, Mandy has founded a charity – Champions for Charity. Business people were given the opportunity to train at Syd’s Gym and get in the ring. After 13 weeks of training, the inaugural Champions for Charity (2019) saw 18 dedicated and passionate business professionals lay it on the line in support of McMaster Children’s Hospital and Juravinski Hospital and Cancer Centre. Each champion had their own motivation for stepping into the ring- some saw it as an opportunity to test their own limits, while others wanted to give back to the hospitals that made a difference in their personal lives. Each boxer poured their heart and soul into 3 rounds of no-stop action. Congratulations to all the Champions for Charity boxers and to everyone who was involved this year. It would be amazing to watch a local person compete in these Olympics, especially someone like Mandy who has contributed to the community as she has.

It was amazing to have to opportunity to interview Mandy, speak with Syd, and spend a bit of time in the boxing environment. We wish Mandy well and will be following her progress. You can too at www.mandybujold.com

Throughout her athletic career she has received a number of awards, overwhelming support from her fans and sponsors, and recognition of her as a role model, a local hero, and her outstanding contribution to the community. Included in these was the 2016 KW Citizen of the Year, the Queen’s Diamond Jubilee medal, Oktoberfest Women of the Year (sports category), 2x KW Athlete of the Year, and WOW award recipient.

Quick Jabs (Questions we asked)

“What are your strengths in the ring?” Barry asked. “Footwork, speed, jab, and combinations all have led to my success,” stated Mandy.

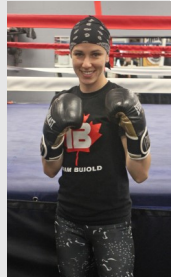
“Are you not afraid of anything?” asked Pat. Leaning forward quickly and with eyes bulging, “Oh yes... needles and spiders!” retorted Mandy. Some fights, boxers are required to give a blood sample and urine sample for drug tests. Since giving birth, she admits she has become less anxious about needles.

Katie asked, “Do you have any rituals that you do before a fight?”

Mandy responded: “Sometimes I sing to myself – not out loud - and sometimes I say words to myself, such as “move left” over and over,” if she is fighting a left-handed boxer.

“Most proud moment?” asked Katie. “Winning the first Pan Am games was very special, definitely sticks out my mind as a special moment,” Mandy replied.

“Are there any people in the boxing world that you look up to?” asked Katie “Irish Boxer, Katie Taylor,” Mandy responded.



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February 16, Walkers Woods, gathering at the access point on Stonecroft Way in New Hamburg. 1:30 p.m.

March 15, 1:30 p.m. at Hidden Acres

Check <https://burningbushforestchurch.weebly.com/gatherings.html>

World Day of Prayer

Friday March 6, 2 pm- 3:30 pm

St. George's Anglican Church
3 Byron Street New Hamburg
Contact Church Office 519 662 3450



Country featured, Zimbabwe. Donations to help needy women and children in Canada and around the world



Mindful Movement

Mondays on February 24th,
March 9th and 23rd, April 6th and 20th
6:30-7:00 pm Tea and conversation
7:00-8:00 pm Mindful Movement (Yoga)

**At Wilmot Mennonite Church, 2995 Bleams Road,
New Hamburg (Marcia 519-634-5960)**

Cost: \$5-\$10 Pay what you can. Please wear comfortable clothing. Bring a yoga mat if you have one.

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Visit www.badenoutlook.com for a directory of local churches



Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

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

Pastor Susan Allison-Jones

519-634-5030 www.wilmotmennonite.ca

SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / www.shantzmc.ca

Pastor: Don Penner

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

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.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

Sunday Worship 9 am / Sunday School

Pastors: Bonnie Schelter-Brown & Pastor Barry Boeckner



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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

Steinmann 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

Greetings from NH Thrift Centre

Quick! Name one thing you wish you could change about February!

Your answer could have been any number of things: Valentine's Day, the groundhog's answer, the fact that you have to wait until the fifteenth for chocolate to go on sale, and the list could go on. Let's face it; there're lots of things that we could change about February.

At New Hamburg Thrift Centre, our answer was a little simpler: the snow and cold. We're ready for some warmth and sunshine! Unfortunately, it doesn't look like we're going to be seeing any of that soon... or are we?

With a little help from our imaginations, we're going to be going south this year at New Hamburg Thrift Centre. Come check out our summer wear and collection of every item you might need to enjoy the warm weather that we would like to think we're experiencing. Mind over matter, right?

While you browse for beach towels and dream of dipping your feet in the ocean, know that your money is going to a good cause. Clean water isn't a reality for all Canadians, like the Pikangikum First Nation community in Northern Ontario. In partnership with Pikangikum First Nation, MCC will be making potable drinking water accessible to youth in Pikangikum's community facilities. The Youth H2O Project, in consultation with the Pikangikum First Nation Chief and Council, will provide the youth of Pikangikum access to clean drinking water at the local arena and adjacent youth centre. In a community where an estimated 75% of the population is under the age of 25, the arena is an important social hub during the long winter months for both boys and girls hockey and ringette teams. MCC staff is working with partners to plan, develop, fundraise, and implement this project for the summer of 2020.

To learn more about this project, visit www.mcccanada.ca/learn/more/indigenous-water

Thank you for shopping at the New Hamburg Thrift Centre, where every purchase is a gift to the world!



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Fri	9:00 am - Open late 8 pm
Sat	9:00 am - 4:00 pm



All proceeds benefit the work of Mennonite Central Committee

*A little poem for
seniors, it's so
true it hurts!*



Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'.

We used to go to weddings
Football games and lunches.
Now we go to funeral homes
And after-funeral brunches.

We used to go out dining
And couldn't get our fill
Now we ask for doggie bags,
Come home and take a pill.

We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay at home at night
And watch the evening news.

That, my friend, is how life is,
And now my tale is told.
So, enjoy each day and live it up
Before you are too old.



Wednesdays during Lent

You are invited to a worship service at noon followed
by a soup and sandwich lunch

*A good will offering will be accepted for the
Wilmot Family Resource Centre and to
cover the costs of the lunch*



Locations for 2020:

February 26- Ash Wednesday Service at Nithview at 10:30 / The goodwill offering will be given to the community project at Wilmot Family Resource Centre to hire an indigenous elder.

March 4 - March 4 Hillcrest Mennonite Church 1056 Huron St, New Hamburg

March 11 - Steinmann Mennonite Church, 1316 Snyder's Rd W, Baden

March 18 - Zion United Church, 215 Peel St, New Hamburg

March 25- Trinity Lutheran Church, 23 Church St, New Hamburg

April 1- Wilmot Centre Church (Missionary) 2463 Bleams Rd, Petersburg

For more information contact Wilmot Mennonite Church
519-634-5030 or wilmotmennonitechurch@gmail.com

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Friday the 13th- 7pm to 10pm- Sandy MacDonald & the Irish Dancers

Saturday March 14th- 2pm to Midnight- Kyle Geraghty, Sean Fagan with Mike Bergauer, The Doyle Irish Dancers, Tony Nother AND The STEERAGE Band

Sunday March 15th- FAMILY DAY- Bring the kids, Grandma & Grandpa for an afternoon of storytelling and games with Trevor the LEPRECHAUN, The Erick Traplin Children's show, the Doyle Irish Dancers, loot bags, crafts & more! Wow!

Tuesday March 17th- St. PATRICK'S DAY!!! 11am till late- Sean Fagan with Mike Bergauer, The Doyle Irish Dancers, Egan Baird, Sing along with Tony Nother, Sandy MacDonald. Featuring the SHANANAGAN'S !!!



The best IRISH entertainers on your Door Step!!

All Scrambled Answers From page 14

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Juice
Water
Vodka
Brandy
Diesel
Thinner
Beverage

Soap
Melon
Candle
Lotion
Shampoo
Cologne
Perfume
Pineapple



Answers from Have a Little Pun From page 13

1. Girdle
2. Glasses
3. Underwear
4. Tuxedo
5. Kilt



Answers to Brain Teasers From page 13

1. One step forward, 2 steps back.
2. Car.
3. You're under arrest.
4. Tripod.
5. Man over board.
6. Walk in the Park.
7. Street Corner.
8. One in a million.

HAPPY FAMILY DAY!

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N.H. Lioness Club Donate to Dog Guides

In December, The New Hamburg Lioness Club were pleased to donate the funds needed to train an Autism Assistance Dog Guide, which will make a life-changing difference to someone in our area. Autism Assistance Dog Guides help children between 3 and 12 who are on the autism spectrum. These Dog Guides provide safety, companionship, and unconditional love. They offer calming relief for children in high anxiety situations and reduce the stress commonly experienced in public places.

This is the second dog the New Hamburg Lioness Club has supported, with their first dog assisting someone with a hearing disability.

The Lions Foundation of Canada train Dog Guides to assist Canadians with a wide range of disabilities. With seven programs in place (Canine Vision, Hearing, Autism Assistance, Service, Seizure Responses and Diabetic Alert), Canadians are offered the opportunity to find greater independence, mobility, and safety through the help of a Dog Guide. Without government funding, support of Lion and Lioness clubs is crucial.

Depending on the program, Dog Guides are trained to perform a set of basic skills that are useful to all handlers. However, some of their training is also tailored to meet the specific needs of their future handler. In the final stage of training, the client and Dog Guide train and live together at the Oakville facility for two to four weeks. This helps to ensure that the new working team develops a bond and

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prepares them for their next step - returning home.

This was a huge undertaking for our club, setting aside money every year for the last four years. We are looking forward to visiting the Oakville facility to watch our sponsored Dog Guide graduate and are hoping to have them visit a future Lioness meeting or event.



Seen above is President Michele Brousseau and Secretary Joan Bilinsky with a thank you plaque from Lions Foundation of Canada, who trains Dog Guides for the Lioness Club recent donation to train an Autism Assistance Dog.



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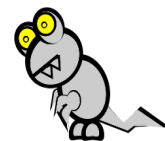


“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” – Albert Einstein

Breaking up is hard to do!

Are you keeping your green on with houseplants or plants you brought in from the garden? How are your relationships going? Either with houseplants or garden plantings, when do you ‘unfriend’ or breakup with a plant?

- **Promises, promises!** If a plant underperforms, either it is not a great plant or not the right one for your growing conditions. Let it go!
- **Unhealthy and buggy!** If the plant is always hit by disease or insects, the plant may be under stress. Is the plant in the right location for light, soil and water? Do you want the hassle of constant care? Are insects a real issue in your area? For example, the red lily beetle attacks Asiatic, trumpet and oriental lilies and many gardeners gave up on this groups as often only sticks are left or they are tired of daily picking of beetles.
- **Too High Maintenance!** Some plants require staking, continual pruning, spraying, deadheading, fertilizing, and more. Is this how you want to spend your time? If yes, enjoy. If not, look for easy care cultivars and replace the divas.
- **You are a bully and a thug!** Some plants become larger than anticipated and outgrow their space, overshadowing everything around them. Look for a dwarf variety to replace it. There are thugs that just take over your garden, your neighbours’ and beyond. Beware of lily-of-the-valley, goutweed (*Aegopodium podagraria*), periwinkle (*Vinca minor*), English Ivy (*Hedera helix*), which are all common ground covers now considered invasive. Note the term **GROUND COVER!** It will go everywhere including natural areas and is incredibly difficult to control or remove. When obtaining a ground cover plant, ensure you know its habits and be careful where you put it. Nature and your neighbours will thank you for that care.
- **Ho hum. You are so boring!** Your initial excitement over a plant may wane and now the romance is over. Before you become too resentful of the space it takes, replace it.
- **Variety is the spice of life!** If you have limited space and you like to grow all the newest varieties, be ruthless and send the old to friends, the Thrift Store, or the NH Mennonite Relief sale. You will support your community and you get to enjoy shiny new plants.



WHS’s upcoming meeting is at 7:30 pm, March 9th, **Wilmot Recreation Complex, upstairs in Meeting Room A. Kevin Thomason will be sharing the unique features of the Region’s four Environmentally Sensitive Landscapes.** Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with snacks. Lug-a-Mug. **On March 16th is our annual Garden Explosion – Hello Spring!** 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 Paul Zammit, Lisa Clifford, Andrew Judge (Mko Mose), and Claudette Sims. \$45/person (after Mar.16th, \$50). Contact: use below email or contact Judy Rivers 519-696-3180 <https://gardenontario.org/society-listing/entry/852> email: wilmothortsociety@gmail.com .Check our website for the bios of our speakers...it is a great lineup!



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If you're one of the lucky ones, you'll be heading south sometime this winter. Don't forget, this is also the time to be thinking about your summer wardrobe. Here are some tips and considerations I've picked up along the way:

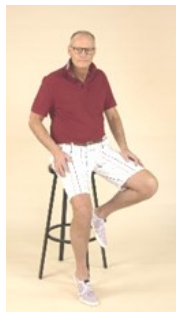
- ⇒ If you want to be sharp and current, lose the cargo shorts or any other shorts below the knee. Above the knee shorts are in. Look for inseams no longer than 9 1/2".
- ⇒ Polo shirts are my go-to short sleeve shirt. I have 14 of them in different colours and various shades. For me, I look for ones that have structure. You can tell the difference between these and Pima Polos which are much thinner material. Just rub the fabric between your fingers and you can tell. I'm belabouring this point because if you have a bit of a paunch like I do, structured Polos do a lot to hold it in.
- ⇒ While we're talking about shirts, sleeves to the elbows are out. If you get the right size, you'll get the right sleeve. I'm 6'1" and weigh 200 pounds. I wear a medium "custom fit" polo and the sleeve goes to the mid bicep. And if I untuck it, it goes to

the top of my butt and not the bottom of it. By the way, Custom Fit is slim fit, as opposed to Classic Fit which is looser. It's better to get a tighter fitting structured Polo rather than one that is larger but made from a thinner material.

- ⇒ Belts are an important part of a sharp summer look. Warm weather means casual and I like having my shirt untucked as much as the next guy, but to mix things up, I'll tuck it in. That's when your belt selection comes into play. Blue, gray, red, and tan are some of my preferred belt colours.
- ⇒ Shoes. My two go-to styles for warm weather are either espadrilles (canvas slip-ons) or boat shoes. I have several colours in both styles. Often shoes are an afterthought in men's fashion consciousness, but they are an integral part of your overall appearance. Here's a pic of a few of my favourites:



- ⇒ The same fashion rules for colour coordination apply as with any other season. Experiment, but try to keep in mind that you don't want the onlooker to focus on one particular aspect of your outfit. A lot of men I know think that wearing a fluorescent green or orange tank top is a fashion statement. It really isn't. You want a concerted look. Shirts offset shorts. Belts match shoes and complement shirts and shoes.



Remember! Rome wasn't built in a day and neither is your wardrobe. You'll eventually get to a point where you're just replacing damaged or worn out parts and introducing new colours. Don't forget-- YOUR STYLE IS JUST FASHION FILTERED THROUGH YOUR PERSONALITY.

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The **Coldest Night of the Year** is a family-friendly walk raising money for charities that serve hungry, homeless, and hurting people in the community. This year's walk will take place on February 22nd. The event has 2 km, 5 km and 10 km walks, and offers a special Coldest Night of the Year toque for teams that reach their fundraising minimums. Walk day begins at 4 pm, with a meal service starting shortly after. Whether you want to walk yourself, or donate to teams that are participating, it's worth supporting an event that not only raises money for a great cause, but raises awareness as well. All ages and fitness levels are welcome! The event local to the Waterloo Region starts at the New Hamburg Community Centre in New Hamburg, Ontario, but there are over 130 different Coldest Night of the Year events in different locations with their own community walks as well. So even if you don't live in the Waterloo Region, you can still help support a great cause!

For more information, or to get involved please visit: www.cnoy.org/wilmot

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The connection between eating local organic food and your mental wellness is strong and is a journey that can last a lifetime. One way to start on this journey is to participate in a CSA (Community Shared Agriculture). Nine years ago, my husband and I moved to Guelph from Newfoundland, and luckily we found out about a local CSA. At this particular CSA, we could grow our own food while contributing to the local land and supporting farmers who worked the land in our community. We could even just do weekly pick up of vegetables grown onsite by the farmers themselves.



There are many more mental wellness benefits of CSAs, beyond making sure you have proper nutrition. What I did not realize or know initially was how gratifying and therapeutic this engagement would be for us and our beautiful fur baby, Bayley, who adores romping through the fields and walking the trails with us each week when we go to pick up our veggies and flowers. There is also a sense of community as you meet others who also tend to their garden plots and grow food alongside you; you form a bond of belonging to something meaningful and look forward to sharing stories and food with one another each week.

Being part of a local CSA or farmshare provides the opportunity to be in nature, work and feel the earth, and the pure delightful satisfaction of growing, picking and eating local, healthy food from your own backyard. These benefits impact our mental health by feeding our mind, heart, and body; as Hippocrates once said, "Food is thy medicine, and medicine thy food."

Food free of pesticides, and the act of knowing what we are growing and putting into our bodies is incredibly healing and has been practised by many civilizations for centuries.

The less connected we are to the earth the more disconnected we are in our bodies to the rhythms of nature and ecology of the earth. When we dig the soil and plant the seeds of our fruits in the earth it is indeed therapy for our bodies and souls. We water and nourish these seeds and watch them grow into plants and, come harvest, we pick them. The nutrients and vitamins are plentiful, not to mention our connection to nature and the earth.

There are many unique CSAs in the Guelph/Wellington and Kitchener-Waterloo Area, addressing different preferences. Some deliver right to your door. Some deliver to a common area in town. Some grow the food for you, and you travel to pick up. Some places let you use land to grow your own. Whatever your needs, there is one for you.

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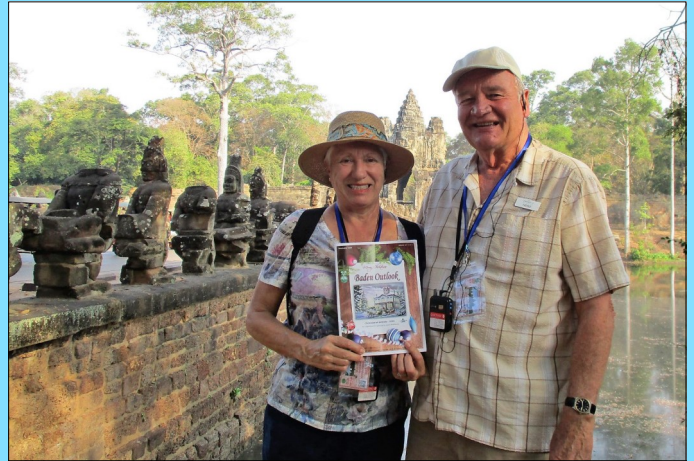
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....The Outlook travelled to Cancun, Cambodia, and Bucerias, Mexico.



Cindy Futher, Linda Geisler, MaryJane Falk, and Sandy Seyler took their Baden Outlook for a little fun in the sun in Cancun, Mexico.



Heinz and Irene Loewen took the Baden Outlook to the ancient Angkor Thom temple grounds at Siem Reap, Cambodia in January.



The Baden Outlook had a fabulous time in Panama, shown here left to right: the guide Lenny, Cathie & Pat Sullivan, Donna & Roy Robinson, Brian Ridler & Sandie Wyszynski.



Tim and Kim Gowland and Barry and Pat Fisher took the Baden Outlook to town for a cool one in Bucerias, Mexico. Cheers!

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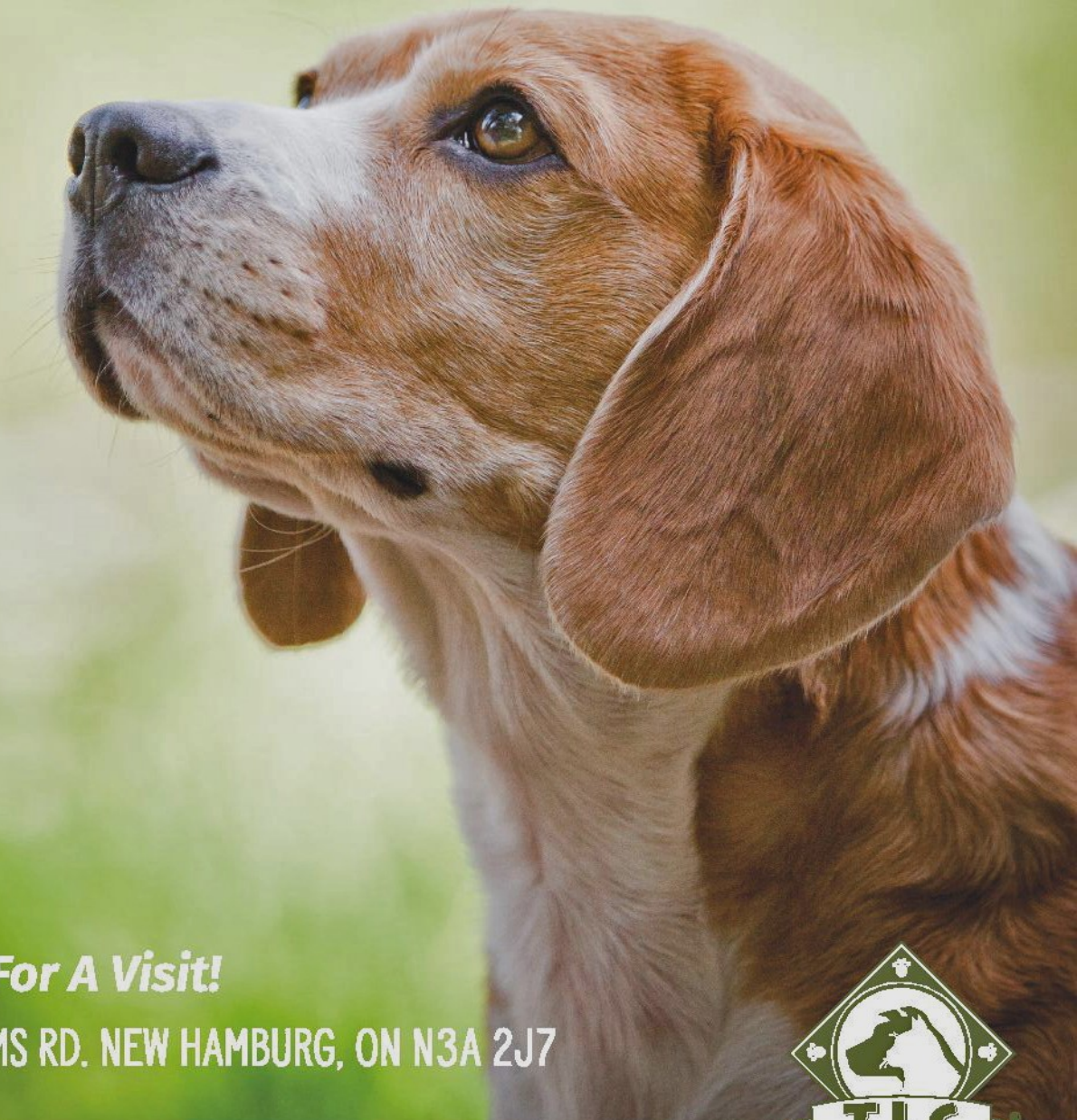
February Draw Winners

1st prize- 7 nights all inclusive stay at Valentin Perla Blanca Resort, Santa Clara, Cuba- Norma Steinmann of New Hamburg, Ticket # 643

2nd prize- \$200- Shawn Burchatzki of Tavistock Ticket # 450

3rd prize- \$100- Traci Jutzi of New Hamburg, Ticket # 103

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