

FEBRUARY
2021

Baden Outlook

~ Your Favourite Newsletter ~
Keeping the Community Connected



Celebrating Wilmot's Heritage

Wilmot Heritage Theme this year is about
Preserving our Heritage for Tomorrow, see article on page 8.
Photo courtesy of Castle Kilbride



As always, this paper is free, please have one.





HEALTHY HEARING FOR LIFE

Hemmerich Hearing Center is open for business by appointment only. We will outline our procedures to provide safe service when you call the office.

Waterloo: **519-745-5888** | New Hamburg: **519-662-6884**



Our mission is to provide the best possible solutions to all of your hearing needs with professional, honest and friendly service. We take pride not only in providing you with the best comfort in fit and sound of your hearing product, but also your own comfort with us!

Bernafon rechargeable Viron miniRITE T R



128 ERB STREET WEST, WATERLOO **519.745.5888**

10 WATERLOO ST., NEW HAMBURG **519.662.6884**



Baden Outlook
 P.O. Box 5154
 Baden, ON N3A 4J3
 Phone: 519-634-8916
 badenoutlook@hotmail.com
 www.badenoutlook.com

Barry, Pat, & Katie Fisher

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

- Barry talks about the incredible year of 2020
- Baden Fire Station gets new rescue equipment
- Great travel advice from Gary White
- Check out the many activities offered at the Baden Library
- Are you sleeping?
- How to stay motivated with Amy from ICC
- Diving into the Archives with Tracy and Sherri
- Learn about the wonders of Apple Cider Vinegar
- The Bridges of Wilmot by Al Junker
- Have fun with more silly Outlook puzzles and some fun for kids too!
- Celebrating the Heritage of Wilmot Township

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

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

©2021 The Baden Outlook

Baden Outlook

Greetings from Headquarters ~

It's February and we are happy with the words of our favourite groundhogs—it's been reported that we will have an early spring!

So we have managed through the darkest days of winter and I hope hibernation has been a cozy comfortable time for you all. Surprisingly, you will see how much energy abounds in this current issue. Our email was busier than Barry and I were this month. I love the joke where it's been said that the garbage gets taken out more than we do!!

Barry quite enjoys doing puzzle books which often inspire him to make his own. I often tease him that they are goofy or require too many instructions. To his delight we recently received an email from a loyal reader saying how much she enjoys his puzzles, which of course took him off on a tangent to create some new ones. I hope you enjoy them. (And... thanks Linda, you've created a monster!)

Family Day is on the 15th and I imagine that many are feeling smothered by the family members who have been stuck together under one roof through these Covid months. But, maybe this year should be a real celebration. Think how much families have endured; it should be acknowledged and it may be a healthy and fun thing to do. Whatever you choose to do for that day, do it with loving and fun intentions and soon you will reminisce about this too.

While the kids are home and looking for more to do I thought it would be fun to introduce the Kids Corner, to get them engaged in the paper too. This month you can make some valentine crafts and share the riddles with the family. I hope you all enjoy this issue.



Welcome to February! The shortest month of the year yet chock full of special events. Some of these special events need only to be celebrated once a year. For instance, Chinese New Year, Mardi Gras, Super Bowl, and Ash Wednesday. But many deserve attention all year round. Why do we have to love our partner extra on one day? I would rather be loved all year round rather than have expectations of a huge Valentine's Day surprise. I realize that creating an actual day, week, or month for an event is good reminder to continue throughout the year. A reminder to continue to dive into Black History Month not only in February but throughout the whole year. A reminder from Random Act of Kindness Day to pay it forward throughout the year and make someone's day better. Also, February hosts Heart and Stroke Month which deserves awareness at all times. February also adds a bunch of silly special days; surprisingly many are food related. Who decides this anyway? Then I had a giggle when I also saw National Toothache Day in the February mix.

Stay warm, hug your family, and enjoy the outside. Katie



Silly National Days

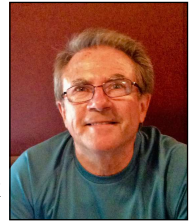
- National Dark Chocolate Day – Feb 1
- National Tater Tot Day – Feb 2
- National Carrot Cake Day – Feb 3
- National Homemade Soup Day – Feb 4
- National Bubble Gum Day – Feb 5
- National Chocolate Fondue Day – Feb 5
- National Eat Ice Cream for Breakfast Day – Feb 6
- National Fettuccine Alfredo Day – Feb 7
- National Pizza Day – Feb 9
- National Toothache Day – February 9
- National Tortellini Day – Feb 13
- National Pancake Day – Feb 16
- National Chocolate Mint Day – Feb 19
- National Muffin Day – Feb 20
- National Sticky Bun Day – Feb 21
- National Tortilla Chip Day – Feb 24
- National Chili Day – Feb 25
- National Chocolate Souffle Day – Feb 28



HEART &
 STROKE
 FOUNDATION

Talking with Ed

- Good bye 2020!



The year 2020 will undoubtedly go down in history as one of the most tumultuous years that we have ever witnessed. The pandemic, Black Lives Matter, the U.S. election, lockdowns, online schooling, and businesses closing or on the brink of closure were constant headlines. Not to mention the cancellation of many social events such as fall fairs, the challenge of social distancing, and fear of contracting the disease have all turned our lives upside down. I am so thankful for the front-line workers who face this pandemic head-on, day-after-day – they are very brave and are the ultimate heroes.



I felt that 2021 would bring a breath of fresh air and renewed vigour and hope into our lives. However, with the storming of the U.S. capitol on January 6th, and the second wave of the pandemic, along with vaccine delays, it looks like more patience and stamina will be required there. Locally, we are doing very well in my opinion, with the vast majority of the population being patient and understanding of each other's needs. There are some positive signs for 2021, with Joe Biden being inaugurated and the intended vaccine rollout. There was some comic relief in the form of memes, courtesy of Bernie Sanders, (as seen, he came to our house too, joining in with puzzles and games), and it is refreshing to see him turn the event into a fundraising opportunity for charitable groups. It's been hard not to get engaged in the dynamics below the border as the media has surely contributed to that.

I did some research on how people are spending their time through these long months of the pandemic; all four seasons brought different things. I visited an American website and a Canadian website, where they posted the activities that have increased over the last year. The American site listed as follows: home gyms, tinkering, board games, sewing, online games, crocheting, online courses, card games, puzzles, and do-it-yourself projects. The Canadian site listed the following: arts and crafts, exercising, cooking, self development, reading, gardening, games, do-it-yourself projects, writing, and watching TV.



Although the two lists are somewhat similar, I found that Pat and I are spending our time closer to the Canadian list than the American. In our house we too have noted several activities that have increased. We try to get out and walk twice a day and every day Pat and I sit down just before dinner and play games. It started last summer in the garage, just to get out of the house, where we had our music rigged up, then it migrated to the dining room table through the winter, next to the kitchen while Pat fusses with dinner. We actually call it power hour as we try to keep our energy going as the day is winding down. It's been a great way to spend time with each other especially when I win (just kidding). We also read more—generally I go through a book every two weeks now, which is a lot for me. We always have a jigsaw puzzle set up so that we can work at it at our leisure, and I always have a puzzle book readily available. During the summer we gardened quite a bit, fussed about in the yard, and enjoyed our deck. We hope to get out with the trailer more this summer and continue to work on our gardening skills.

The pandemic will surely leave a lasting effect on people. I am guessing many office workers may continue working from home, which will lessen traffic on our roads and the need for brick-and-mortar businesses. I haven't sat in the council chambers since last March, but the viewership on the township's YouTube channel is fairly high. I would have to think that air travel will be more expensive once Covid is over and the demand for Caribbean holidays will be high. With most of the population being isolated, will we become a more introverted population? Time will tell I suppose.

The region stated in the early stages of the pandemic that it will take two years to get through it, and I think they may be correct. Life will get back to normal and I think the winter could be the hardest part. Bring on spring!

Until next month...Ed



Not in the mood to cook tonight?

Let us cook for you!

Call 519-634-5710 to place your order.

We offer curbside pick-up or in-house delivery.

Open Tuesday to Saturday 2-9 and Sunday 2-8.

Check out our menu online!

We appreciate your continued support... stay safe!

39 Snyder's Road W, Baden
519-634-5711
badenhotel.com



Do You Need Help?

MURRAY FINANCIAL SOLUTIONS

Why Pay More For Less?

- Bookkeeping
- Tax Preparation
- Accounting

David Murray, PCP, CPB

(519) 743-4992

murrayfinancialsolutions@outlook.com

www.murrayfinancialsolutions.com

www.facebook.com/murrayfinancialsolutions



Increasing financial security, saving money and eliminating debt through personal financial forecasting

Financial forecasting for small business startups

Elaine Bechthold
Financial Coach

1826 Snyder's Rd. E.
Petersburg, ON N0B 2H0

Toll Free: 877-788-0480

Phone & Fax: 519-634-8021

info@moneymeasuresinc.com

www.moneymeasuresinc.com

BLU TOP TAXES

PERSONAL INCOME TAX PREPARATION

Call Sandy of Baden at ...

(519) 214-0297

www.blutoptaxes.com

Senior
& Student
Discounts
Available

E-file

FREE
Pick-up
& Delivery

FOCUS

computers inc.

- **ONSITE AND IN-STORE SERVICE**
- **COMPETITIVE PRICING ON NEW & USED COMPUTERS**
- **AFTER SALE SERVICE THAT CAN'T BE BEAT!**
- **VIRUS REMOVAL, UPGRADES & MORE!**

73 Peel St.
New Hamburg,
519-662-6720

K.R. ABBOTT

TAX & ACCOUNTING SOLUTIONS

We provide Personal, Business, Farm & Corporation Taxes plus we offer Complete Bookkeeping Services including Payroll, T4's, HST & WSIB Reports

Phone: (519) 662-1857

Fax: (519) 662-2166

E-Mail: info@kratax.ca

205 Peel Street, New Hamburg. N3A 1E7

HOURS: Monday to Friday 9 am to 4 pm

*Large Drop Box available Mon to Fri 9am to 4pm
For your convenience*

Just Some of the Reasons Why I Love You !

- ♥ I love that feeling of being secure when you wrap your arms around me.
- ♥ I love the way you keep your cool when I do something stupid.
- ♥ Just being with you feels like I can defy the whole world.
- ♥ I like your small gestures that speak volumes about how much you care.
- ♥ I love to wake up with you by my side...it makes my days better.
- ♥ You always make me feel that you are by my side no matter what.
- ♥ I love the sound of your voice, you always say what I need to hear.
- ♥ I love you because you bring out the best in me.

♥♥♥ Happy Valentines Day! ♥♥♥

Baden ~ Our Town Fire Station

The Baden Fire Station of the Wilmot Fire Department is the recipient of a new fire and rescue saw, thanks to Trillium Mutual Insurance and their community grant program.

The new tool is a Partner K-12FD, and closely resembles a chain saw -- in fact, it's very similar, but the K-12FD has much more capability. As District Chief Paul Koenig describes, "the saw is a 'Forcible Entry' tool used by firefighters to gain entry into buildings, vehicles, aircraft, or other areas of confinement when normal means of entry are locked or blocked." Known simply as a "K-12," such a saw is an invaluable asset in a wide spectrum of rescue situations.

The old image of a firefighter chopping into a house with an axe may still occasionally happen, but a saw like this is far superior. DC Koenig explains that "This saw is equipped with a 14 inch carbide tip which will cut through many types of materials (metals, steel, wood) and such items as padlocks, chains, chain-link fences, industrial roll-up bay doors, barred windows, steel roofing material, as well as concrete and asphalt."

At around \$2500, such equipment is costly, but its purchase was made possible by Trillium's ROOTS Community Fund. The fund assists "the communities in which [the company's] policyholders live and serve," and is based on an application process. The program's focus areas include health care, recreation and wellness, agriculture, mental wellness, and emergency response, including firefighting.

At a time when the fire department's traditional fundraising events aren't possible, grant programs like Trillium's can make a real difference to people's lives. The Wilmot Fire Department expresses their gratitude to Trillium Mutual Insurance for their contribution: it's a gift that will help our firefighters keep Wilmot's citizens safe.

Photo and article by: Teresa Brown



Seen at left is Captain Warren Dammeier, and at right is District Chief Paul Koenig, both of the Baden Station. Both were involved with applying for the grant.

Drop One For Fun



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

1. Portion
2. Bunny
3. Organ for Sound
4. Squander
5. Opposite of west
6. Used a chair
7. Wooden frame for art
8. Special price
9. Mayor Armstrong
10. Measurement
11. Length of time
12. Two people connect
13. Slang for dogs
14. Be obliged to
15. Total

Answers on page 32

A

B

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

Checking out the Baden Library



Due to the Covid-19 province-wide shutdown, all RWL branches are unable to offer indoor visits, browsing, computer use or public washrooms. However, we are pleased to offer our Library Takeout service, which allows you to pick up your requested items curbside by making an appointment.

Do you miss browsing the library shelves? Let us put together a book bundle for you or members of your family. Tell us what you like to read (or watch, or listen to), and we'll get something ready for you. Remember, we have more than books – there are DVDs, CDs, Playaways, Books on CD, games, video game consoles, and magazines!

For further assistance, please reach out to our Ask A Librarian line at 226-748-8030.

Due to current safety protocols, all returned items are quarantined for a minimum of 72 hours. It may take up to a week for items to be checked in from your account, but you will not incur any late fines. Our book drop is always open for your returns. Thank you for your continued understanding and support. We're thrilled we can still be open for your library pleasure!

Forest of Reading Launching February 17

The Forest of Reading Program® encourages people ages four to 104 to celebrate Canadian books, publishers, and authors. Find your reading “tree” in the forest and discover some new Canadian books! To participate, sign up at rwlibrary.ca, read the books, vote for your favourite title, and join in fun activities.

March Break

March Break is coming soon! Kids, register for your choice of a March Break kit to pick up from your local branch. We provide the supplies and some inspiration, and you provide the tools and creativity! March Break kit registration begins Monday, February 22. Kits are designed for school-age kids and are available to those with a Region of Waterloo Library card. Don't have a library card yet? Contact your local branch about getting your free card.

Seed Library

Soon it will be time to start sowing seeds indoors! Dream about the spring and place a hold on a gardening book, or take advantage of our Seed Library. The RWL Seed Library is a free service for patrons of the Region of Waterloo Library. Borrow seeds from the library and plant them in your garden. At the end of the growing season, collect seeds from a few plants and return them to the library. No seeds? No problem! Donate to or borrow from our seed library. Donations of seeds are welcome at any of our library branches. Envelopes are available – just ask! The Seed Library includes heirloom vegetables, herbs, and flowers to offer a selection to our gardening patrons. You can pick up seeds using our Library Takeout program.

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

PHARMASAVE

Specialty
Compounding

Baden Village Pharmacy

18 Snyder's Rd, Baden, ON P. 519.214.4000 F. 519.214.4001

Front Store

- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders
- Mail and Receiving Parcels
- Processing Postal Transactions

Pharmacy Services

- Phone, Online and Mobile
- Medication Sync
- Compliance Packaging
- Injection Administration
- Specialty Compounding



It's easy to transfer your prescriptions here!

NITH VALLEY APIARIES

Since 1918



STORE HOURS

Wednesday – Friday: 9am – 5:30pm

Saturday: 9am – noon

Honey • Beeswax Candles • Gift Items



1041 Christner Road, New Hamburg, ON N3A 3K7
519-662-3165 nithvalleyapiaries@gmail.com





HERITAGE WILMOT

Preserving
Our Heritage
For Tomorrow



www.heritagewilmot.ca

Heritage Week is coming up shortly, which is an opportunity to recognize and celebrate cultural heritage in our communities. Unlike other provinces, who celebrate only the 3rd Monday in February as Heritage Day, we in Ontario celebrate the entire week!

For the past three decades, Heritage Wilmot (the municipal heritage advisory committee for Wilmot Township) has been hosting a Heritage Day event annually to celebrate our cultural heritage in Wilmot Township and the Region of Waterloo. Each year, our Heritage Day events have a theme, and other past events have focused on mills, agriculture, barns, cooking, and the New Hamburg Heritage Conservation District.

Last year we celebrated with the theme of Places of Worship, and welcomed hundreds of people to the New Dundee Community Centre. It was one of our best-attended events, and was a great time to connect with heritage property owners, local heritage groups, and residents. We had many other heritage supporters out to help us celebrate and

recognize local places of worship, and we even had dignitaries join us from all levels of government.

The past year has understandably been quite a bit different with the ongoing pandemic which has resulted in many changes to the way society interacts. Although we are not able to host an in-person Heritage Day event this year, Heritage Wilmot is working with Township staff to share lots of great information during Heritage Week. We hope you will follow along to help learn about our community and the efforts of Heritage Wilmot related to conserving our heritage.

For more information about Heritage Day and our Committee, please visit www.heritagewilmot.ca or follow Castle Kilbride's Facebook page (@CastleKilbride) for great heritage photos and stories (especially) during Heritage Week.

*Written by: Nick Bogaert,
Chair of Heritage Wilmot.*



*Please support the
advertisers in this paper
and keep our community
alive and thriving!*



**Roth's
Maple Syrup**
SYRUP • CANDY • BUTTER

1944 Bean Road, New Hamburg, ON
519-722-3074

www.rothsmple.com
FREE delivery to New Hamburg & Baden

26 Foundry Street
Baden, ON N3A 2P6

BADEN
DENTAL CLINIC



For an appointment call
519-634-1112

- ❖ Complete family dental care
- ❖ Evening appointments available
- ❖ Emergency patients always welcome



Dr. Rick and Nancy Pereira

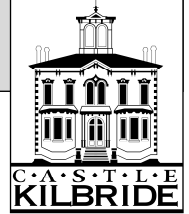
*We welcome new patients.
Conveniently located close to home.*



Visit our website at www.badendentalclinic.com

Diving into the Archives

Submitted by: Sherri Gropp, Assistant Curator & Tracy Loch, Director/Curator



We are happy that readers enjoyed our January article about old buildings in Baden so we thought we would do another one! This photo was also part of the Arlene Roth collection that we were so fortunate to have received this past summer.

The Baden Cider Mill was owned by Johannes (John) Heldmann. John is featured in the centre of the photo wearing a white shirt with his wife Amelia (Berg) beside him wearing a white apron.

This mill was originally located at the intersection of Tannery Street and William Street. The building was also the former Baden Tannery which was established in 1880 and owned by the Heldmann Brothers, specifically Henry and John. According to the 1884-5 Waterloo Country Directory, the Baden Tannery employed three hands in the manufacturing of harness, upper, kid, calf, sheepskin, belting, and lace leather.

To provide some historical context as to what Baden looked like in 1884, the village was described as:
Baden is a post village on the Grand Trunk Railway, distant nine miles from Berlin. Spring Creek, a tributary of the River Nith, passes through the place, affording a good water privilege. The village contains two churches, a general store, two tailor shops, two blacksmith shops, a cigar box factory, cabinet factory, three hotels, two shoe shops, a woolens mill, two carriage shops, a stove and hardware store, tinshop, linseed oil mill, grist mill, foundry, flax mill, tannery, brewery, cooperage, harness shop, watchmaker's shop, two butcher shops, a brick yard, wind mill manufactory, and 600 inhabitants. (Waterloo County Gazetteer & Directory 1884-5).

When the tannery closed in 1904, John began the operation of a cider mill which operated until 1926. According to the Heldmann family history book, Amelia oversaw the apple butter production, while John tended to the cider.

According to one story, the location of the mill in this area of Baden was known as "Pop Town." Farmers would leave their full barrels of cider stored at the cider mill too long, and the extreme pressure from the fermentation process would cause the stopper on the barrel to literally pop and make quite a considerable noise. Longtime resident of Baden (and cherished former tour guide of Castle Kilbride) Elmer Koenig, confirmed this story. He also said that after the Heldmann family owned the mill, Simeon Steinman continued to operate the cider mill. Elmer recalled spending time around the mill in his younger years waiting until Simeon asked if he and his friends wanted some cider. (Of course, that is why they hung around for so long...)



"Grandpa and Grandma Heldman at the Apple Butter and Cider Mill, Baden Ontario," Arlene Roth Collection, Wilmot Township Archives.

In 1948, the property was purchased by another longtime resident and business owner, Mr. Harley Herner, for the price of \$2500. Harley dismantled the building and salvaged the lumber. The land was then divided into lots and it is believed that he reused much of the lumber in his house-building business.

In verifying this information, his son Dave Herner shared some very interesting

stories with us. He recalled that his father had to dynamite the chimney of the mill and it caused quite a commotion that went through all of Baden. He also recalled that his dad built two houses: one house for the Baer Sisters, and another one for Harold & Reta Glasser. Interesting to note while catching up with Dave that he was 5 or 6 years old when his dad was building the Glasser home. Dave was "helping" his dad on the roof running back and forth when his Uncle Wilfred nailed his pants to the roof so he wouldn't move!

We hope you enjoyed another sneak peek into our amazing collection of photos and stories of Baden. If you enjoy history, stay connected and follow us on Facebook at @CastleKilbride or visit www.heritagewilmot.ca too!



BLUE SKY MARINE

SILVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN

PARTS SALES SERVICE

114 Arnold St. New Hamburg Ph. 519 662-1461 1-877-740-2628
On N3A 2C7 Fax 519 662-1101
E-mail info@blueskymarine.ca Web www.blueskymarine.ca



massel's marine

38 Milton Street New Hamburg
(519) 662-1650 (866) 627-7357
www.masselmarine.com

Factory Trained Technicians ~ Accessories ~ Service to all Makes
Shrink Wrap & Winter Storage ~ In House Financing
Snowmobile Parts & Service



Kids Corner

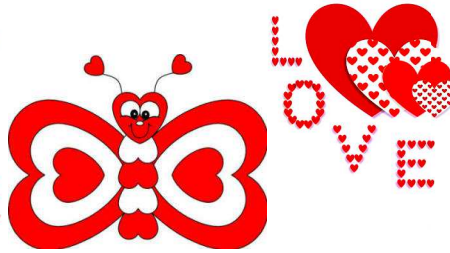
It doesn't have to be just on Valentine's Day that we share our hearts with those we love. You can do this anytime. See how many ways you can make and share hearts! Hang them in your front window or on your bathroom mirror.



Tissue Paper



Heart Wreath



Hey kids...Let's giggle at these Group Gags!

Q: What do moose do at a concert?

A: *Make moosic*

Q: What keys are too big to carry in your pocket

A: *Donkeys, turkeys, and monkeys!*

Q: How would you start a firefly race?

A: *On your mark, get set, glow!*



Q: What would you have if all the cars in the nation were pink?

A: *A pink car-nation*



Q: If two is company, and three's a crowd what are four and five?

A: *Nine*

Q: What kind of dots dance?

A: *Polka dots*

Q: Why are fish so smart?

A: *Because they travel in schools.*



Q: What did the Cinderella fish wear to the ball?

A: *Glass flippers.*

Q: What do you call seagulls that fly over the bay?

A: *Bagels!*

INDOOR SCAVENGER HUNT

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



LET ME GUIDE YOU HOME

BLANKA MICHALE

Real Estate Sales Representative

www.blankamichale.com



Direct: 519.500.3316
Office: 519.662.4900

YOUR LOCAL REALTOR



Baden Veterinary Hospital

Dr. Rebecca Ricker & Associates

50 Foundry Street
Baden ON N3A 2P6

519-634-8880
badenvets@bellnet.ca



- *In House Laboratory*
- *Surgery*
- *Preventive Medicine*
- *Prescription Diets*
- *X-rays*
- *Dentistry*
- *Grooming*

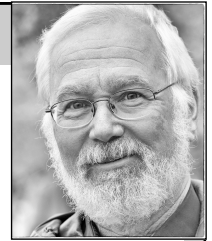


New Clients Welcome!



Baden Birding ~ Another Project

By Ken Quanz



A recent (January 23, 2021) article on page 3 of the *Waterloo Region Record* caught my eye for several reasons. First it spoke about the number of wild birds that are killed in Canada each year by flying into windows, and second, it reported an incidence of a Blue-grey Gnatcatcher aggressively attacking a Great Blue Heron.

For years we have known about the toll taken on migrating birds by brightly-lit buildings. Office towers are asked to turn out lights of units not in nighttime use so as not to confuse birds in their twice yearly seasonal migrations. Every spring and fall we see pictures of volunteers picking up dead and injured birds from the sidewalks of big cities. It is estimated by Environment Canada that “between 16 and 42 million birds are killed in Canada every year because of window collisions.” Additionally, “the journal *Science* found that since 1970, bird populations in both countries (Canada and USA) have decreased by nearly a billion!”

Rarely do we consider that much of the fault lies with us personally. Occasionally we may find a dead bird beside our homes, but we think perhaps it was old or sick. If you have trees and shrubs nearby they may be reflected in the windows and the birds think that they are flying towards a safe haven. This is especially true if your feeders are near the window so you can enjoy the activity. Compounding this problem is the fact that a feeder is not only feeding the common feeder bird; they are also feeding squirrels, chipmunks, mice, raccoons, and other mammals. As well, they are watched by every neighbourhood hawk that may be cruising through the neighbourhood or sitting in the upper branches of the surrounding trees. When a hawk strikes, small birds head for cover, or the reflection of cover. That is why you put your feeder near shrubs and trees.



So, how do you solve the problem of birds hitting windows while feeding or migrating? Placing small hawk silhouettes or any shape that will help the birds determine that there is a surface of glass will help immensely. Amanda Grant, a volunteer with “The Guelph Bird Safe Window Initiative” suggests using your artistic talents to draw patterns on the window with an oil-based marker. This could be another great area of self-expression by our Baden artists who previously picked up our “down in the dumps COVID-19 spirits” by painting rocks and leaving them around the neighbourhood to cheer up the socially-distanced walkers. That project really worked wonders! Since many of us are stuck at home, let’s take up the challenge. Who knows, perhaps we will stabilize and restore some of the populations by taking these small actions.

I will bet that most of us do not regularly see, or have never seen, a Blue-grey Gnatcatcher. They are not on the threatened spectrum and our area is part of their range. Blue-grey Gnatcatchers like to live on the edge of forests and wetlands, a habitat that is common locally. They are attractive little birds (5-7 grams) about half the size of a chickadee, and they eat all sorts of insects other than gnats. Their nests are tiny and so are their eggs. So what are they doing aggressively attacking a Great Blue Heron, a bird that may be more than 1000 times their size, that has strayed into their territory? That is called aggressively defending your space! Look them up on Wikipedia or on the Cornell Lab of Ornithology site. That is your COVID-19 homework for this month.

Baden Birding Sponsored by:



Hours: Monday—Friday 8-5:30,
Saturday 8-noon

Baden
FEED & SUPPLY LTD.

519-834-5474 • 1-800-265-2365

76 Mill Street, Baden

Baden Feed has your birdseed needs covered! Check out our Premium Finch



blend in its new 16kg size and our wide assortment of feeders! Shop local and save!



We're on the Web!

Read the paper in colour at
www.badenoutlook.com



How many words can you
create from the word
SWEETHEART?



You Must be Joking!!



Two Minute Management Course

Lesson One: An eagle was sitting in a tree resting. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?"

The eagle answered: "Sure, why not."

So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it. **Management Lesson** - To be sitting and doing nothing you must be very, very high up.

Lesson Two: A little bird was flying south for the winter. It was so cold that the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and plopped some poop on him. As the frozen bird lay there in this pile of cow dung, he began to realize how warm he'd become. The poop was actually thawing him out! He lay there all warm and happy and began to sing for joy.

A passing cat heard the bird singing and discovered the bird under the pile of cow poop and promptly dug him out and ate him. **Management Lesson:** 1) Not everyone who craps on you is your enemy. 2) Not everyone who gets you out of crap is your friend. 3) And when you're deep in crap, it's best to keep your mouth shut!

Thus ends your two minute management course.

Welcome to Flight #2021



Prepare to take off into the New Year. Please make sure your Attitude is secured and locked in an upright position. All self-destructive devices should be turned off in this forward flight path. Negativity, anxiety, and discouragement should be packed away or left behind. No baggage allowed. During flight, should we lose altitude under pressure, reach up and pull down a Prayer that will automatically be activated by Faith. Once your Faith is activated, feel free to assist others. Cleared for takeoff. Destination arrived to disembark Blessed!

Submitted by Diane Bonfonte

TEAM WORK... WE'VE GOT IT!



JON WITZEL

CONTRACTING LTD.

Whatever Your Expectations,
Our Goal is to Exceed Them.

COMMERCIAL
RESIDENTIAL
AGRICULTURAL

519-662-4239
jonwitzel.com



SILVER SPRINGS

CONTRACTING

Decks & Fences
Concrete Driveways, Sidewalks & Patios
General Contracting

Tyler Hoffman / Call 519-465-5211
Email: thoffman@silverspringscontracting.ca
www.silverspringscontracting.ca

We are all spending more time indoors and if you need a change, give us a call, we're here to help.

Mark Soehner's
**INTERLOCK
PLUS**

PAVESTONE & RETAINING WALLS
INSTALLATIONS & REPAIRS

Sidewalks, Patios, Driveways, Steps, Retaining Walls, Planters
CALL FOR A FREE ESTIMATE / DESIGN

Mark Soehner

47 Schneller Drive
Baden, Ontario
N3A 2L5

Phone/Fax: 519-634-9792
Cell: 897-7587
Email: msinterlock@rogers.com

Daniel Bisch

Division of Daniel's Heartwood Interiors Inc.

GENERAL CONTRACTOR

Additions · Renovations · Custom Homes
Rec Rooms · Kitchens · Closets

www.danielbisch.com
519-656-2062

— VISIONEERING SINCE 1984 —



Finding Motivation

By Amy Krug, Clinical Counsellor



For many, February is the most challenging month of the year. As we approach the middle of winter, cold weather, darkness, and a feeling of grey days and snow seem never-ending. Even when we enjoy winter and all its beauty, this season can present challenges--especially when we are living through a pandemic.

What is your motivation and how do you access it? It can be a difficult question to answer. We are dealing with the impacts of COVID -19 and as well, some may struggle with SAD (Seasonal Affective Disorder) which can cause fatigue, low motivation, and symptoms of depression. Finding a sense of motivation and hope can help you face challenges and move forward in your daily life.

Here are some ideas and thoughts to help you find it:

Embrace Change:

The more we resist and avoid the changes and seasons in our life, the deeper they will impact us. If we can begin to gently accept the things we cannot control and foster the things we can (such as our thoughts, feelings, and behaviour), we can slowly open to life as it unfolds, not on our agenda but life's agenda. The more we welcome the changes which life presents us, the more likely we are to be motivated to trust the process and the direction our lives take us.

Evaluate What Motivates You:

We are all motivated by something – a hobby or passion, time with loved ones, learning new skills, achieving goals, travel, or simply spending time in nature. The things that motivate us push us toward new heights and inspire us to keep going during challenging times. Take some time to reflect on what you value most in life and to focus time and energy on what motivates you to look toward the future.

Lean on Others:

Two of our greatest strengths are the support circles and communities of which we are a part. We are social creatures, and need human contact, intimacy, and connection. We can draw strength from others who care about us and find a sense of motivation from those close to us. As we are all in this pandemic together, each of us is uniquely affected by this pandemic and our lived experiences, although different, still unite us.

Do One Small Thing Each Day That Inspires You:

I find that if I schedule something each day which is either productive or meaningful to me (sometimes both) and I achieve this task, it helps me to move forward and feel a sense of contentment especially on the days when my energy is low, or I am feeling down. Finding our motivation is so valuable and will bring us a sense of light in the darkness.

“Ring the bells that still can ring.
Forget your perfect offering.
There is a crack, a crack in everything.
That’s how the light gets in”

--Leonard Cohen

New Retail Store Open!

a family tradition for five generations

• CRESSMAN •

MEAT

562 Huron St, New Hamburg
(519)662-1740
Open Wednesday - Saturday



**Fresh Made Sausages
Pork, Beef and Poultry
Smoked Goods
Oven Ready Products
Discount Bundles**

Buy Local Eat Local

www.cressmanmeat.com

SKOWRON

Decorating Centre

www.skowrondecorating.com

Benjamin Moore®

• Custom Window Treatments • Benjamin Moore Paint • Wall Coverings

Reynold & Kathy Skowron

85A Huron Street, New Hamburg, Ontario N3A 1K1
Phone: (519) 662-1142 • Fax: (519) 662-9067

You Must Be Joking!!



- * What Do You Call Four Bullfighters In Quicksand?
Quattro Sinko.
- * What Do You Get When You Cross a Snowman With a Vampire?
Frostbite.
- * What Lies At The Bottom Of The Ocean And Twitches?
A Nervous Wreck.
- * What's The Difference Between Roast Beef And Pea Soup?
Anyone Can Roast Beef.
- * Why Do Gorillas Have Big Nostrils?
Because They Have Big Fingers.
- * What Kind Of Coffee Was Served On The Titanic?
Sanka.
- * Why Did Pilgrims' Pants Always Fall Down?
Because They Wore Their Belt Buckle On Their Hat.
- * What Do Fish Say When They Hit a Concrete Wall?
Dam!

Snow fun at Morningside - Snoopy and Woodstock are soaking up the sun...we all need more Vitamin D.



Expressway
Since 1983 Motors Ltd.

"Where Service Builds Sales"

1554 Haysville Road, HWY 7 & 8 at Peel St.
New Hamburg, Ontario N3A 1A3

(519) 662-3900

www.expresswayford.com

- SALES • SERVICE • LEASING • PARTS
- AUTO CLEANING



"Additional Location in Stratford"

CAR CARE

CSN
COLLISION CENTRE.

E&L

CSN - E&L
111 Arnold St.
New Hamburg, Ont.
N3A 2C6

www.likenew.ca

Murray Erb
Manager

T: 519-662-1892
F: 519-662-1895
Toll Free: 1-877-894-9773
E: merb@likenew.ca

24-Hour Towing Assistance 1-877-700-4CSN (4276)



272 Snyders Rd. E. Baden, Ont. N3A2V6

FULL SERVICE MAINTENANCE AND REPAIRS
TO ALL MAKES AND MODELS

Manager
Matt Musselman
matt@badenauto.ca

Service Manager
Danny Shantz
dannyshantz@badenauto.ca

J.R. Auto Service

SERVICE & REPAIR TO ALL MAKES & MODELS
HIGH PERFORMANCE MODIFICATIONS



JIM ROTH

1439 Gingerich Rd., Unit B-1, Baden, ON N3A 3J7
PH (519) 634-5986 FAX (519) 634-8667



NASCAR & NHRA DIECAST

CAR & TRUCK ACCESSORIES

TIRES AND WHEELS, CAR CARE PRODUCTS, RAIN GUARDS,
HOOD SHIELDS, FLOOR LINERS, PROGRAMMERS & MORE!

WWW.RUDYHELD.COM | 519-662-2821 | 147 ARNOLD ST. NEW HAMBURG



Full Mechanical Services

Alignments Oil Changes
 Suspension Brakes
 Licensed Vehicle Inspection Station

Tires for all Vehicles

Passenger & Light Truck Heavy Truck
 Farm Tires Lawn & Garden

Campers, RV's, ATV's & more

1413 Gingerich Road, Baden

519-662-4990 OKTIRE.COM

Outlook Word Match Game

Listed below are groups of four seemingly unrelated words. Find a word that either proceeds or follows the words in each group.

Example - depot stop ticket school
 (Answer: 'bus' is the matching word.)
 Answers on page 32

chair bowling darts seed _____
 dance board door yard _____
 flash fixture sun bulb _____
 crisp orchard tree juice _____



154-B Arnold Street, New Hamburg, ON
 Phone 519-662-3333

Low-Drip Oil Spraying
 Protect and Preserve your investment
 Cars, Vans, Trucks, Boats & RV's
 Exterior & Interior Auto Cleaning & Detailing

ALL THINGS SCRAMBLED

Within each category the words are jumbled up. Can you unscramble them? Answers on page 32

Pets

GOD _ _ _ _
 SFIH _ _ _ _ _
 IHCA _ _ _ _ _
 SUMOE _ _ _ _ _ _
 NUBNY _ _ _ _ _ _
 TINKET _ _ _ _ _ _ _
 DRIZAL _ _ _ _ _ _ _
 TRAPOR _ _ _ _ _ _ _
 TELRUT _ _ _ _ _ _ _
 RESTHAM _ _ _ _ _ _ _ _

Relating to the Computer

ATAD _ _ _ _ _
 PETY _ _ _ _ _
 POCY _ _ _ _ _
 RIVED _ _ _ _ _ _
 OUSEM _ _ _ _ _ _
 PATLOP _ _ _ _ _ _ _
 RECNES _ _ _ _ _ _ _
 POSDEKT _ _ _ _ _ _ _ _
 TOMRION _ _ _ _ _ _ _ _
 TINETERN _ _ _ _ _ _ _ _

"Keeping the Community Connected"



EcoNugget

Talking to Friends and Family about Climate Change

Having conversations with others about **Environmental Issues** and **Climate Change** is a HOT topic. It can be difficult and raise all sorts of emotions. Here are practical tips!

- **Educate yourself** about the realities of climate change.
- **Listen** to the other person's point of view.
- **Ask** open-ended, non-judgmental questions "I'm interested in hearing your thoughts".
- **Seek Common Ground** with persons who have different views from you, by connecting the threat of climate change to what is current and happening locally.
- **Appeal to universal values** – "Let's try to leave the world a better place for future generations". Share the steps you are taking in the face of climate change.

Check out: <https://davidsuzuki.org/climate-conversation-coach/>

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 24th.** Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting and we will provide you with more details.

Our next educational webinar: **Let's Talk EVs – Are You Ready For An Electric Vehicle**, takes place on February 18th. To register, go to: nvecoboosters.com



LIVING IN ONTARIO - Submitted by Dorothy Shantz

- * If you consider it a sport to gather your food by drilling through 36 inches of ice and sitting there all day hoping that the food will swim by, you live in Ontario.
- * If your local Dairy Queen is closed from September through May, you live in Ontario.
- * If you have worn shorts and a parka at the same time, you live in Ontario.
- * If you have had a lengthy telephone conversation with someone who dialed a wrong number, you live in Ontario.

YOU KNOW YOU ARE A TRUE ONTARIAN IF:

1. "Vacation" means going south past London for the weekend.
2. You measure distance in hours.
3. You know several people who have hit a deer more than once.
4. You often switch from "heat" to "A/C" in the same day and then back again.
5. You can drive 110 kph through 2 feet of snow during a raging blizzard without flinching.
6. You design your kid's Halloween costume to fit over a snowsuit.
7. Driving is better in the winter because the potholes are filled with snow.
8. You know all 4 seasons: almost winter, winter, still winter and road construction.
9. Down south, to you, means Windsor.
10. Your 1st of July picnic was moved indoors due to frost.
11. You have more miles on your snow blower than on your car.
12. You find 0 degrees "a little chilly."



Futher-Franklin Funeral Home Ltd.

1172 Henry St., Wellesley ~ 519-656-2880

Christopher W. Franklin - Manager

'Professional & Dignified Burial & Cremation Services'

www.futher-franklinfuneralhome.com
chris@futher-franklinfuneralhome.com

A family owned funeral home for over 115 years serving families in Wellesley Township, Wilmot Township & surrounding areas.

Feeling Unplugged?

poole
ELECTRIC LTD.

ECA Licence #7000298

- Residential
- Commercial
- Industrial
- Agricultural

Phone: 519-656-2909
Email: admin@pooleelectric.ca
www.pooleelectric.ca

Celebrating 38 years!



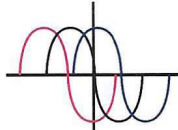
S. L. Roth Electric Inc.
1944 Bean Rd,
New Hamburg, Ontario N3A 2W9

Ian Roth- 519-722-3074
Gary Roth- 519-496-3117

Email: slrothelectric@live.ca



*Couch &
Company Ltd.*



ELECTRICAL CONTRACTING/DESIGN BUILD

Theodore W. (Ted) Couch

Phone: 519-634-9634 Cell: 519-465-6791

Fax: 519-634-8055 Email: couchco@sympatico.ca

Web: couchcoelectric.com

RESIDENTIAL • COMMERCIAL • INDUSTRIAL



EINWECHTER
PLUMBING & HEATING

Plumbing, Gas Piping, Renovations, Water-treatment,
In-floor Heating, Sewer & Drain Cleaning, and more!
On the Road in Wilmot and coming to you!

Call 519 573 8662

einwechterplumbing@gmail.com

FREE!

ONLINE!

COFFEE HOUSE TALKS

HEART HEALTH



Introducing -
Dr. Amanda Ferris,
Naturopathic Doctor



the
HEALTH SHIFT
PROJECT



Email coffeehousetalks2020@gmail.com
and we will send you the ZOOM link.

Wednesday February 17, 2021 at 10:00am

Grab your coffee and join in from home!

Over 55? Questions? Email coffeehousetalks2020@gmail.com
or call 519-662-2731.

Supported by Wilmot Family Resource Centre.

Currently funded by the Government of Canada, New Horizons for Seniors program.

LEARN SHARE CREATE

PAIRS OF LETTERS

Find multiple pairs of letters to fill in the blanks to create a common word. The pairs of letters will be different for each answer. Have fun!

Example- I _ _ K _ _ PER would be INNKEEPER

Answers on page 32

1. SW _ _ _ TNE _ _ _
2. CA _ _ _ U _ _ _ INO
3. SA _ _ _ INE _ _ _
4. TO _ _ _ _ _
5. BI _ _ _ ERSW _ _ _ T
6. HA _ _ _ INE _ _ _
7. A _ _ _ O _ _ _ ODATE
8. CO _ _ _ _ _
9. BA _ _ _ _ _ N
10. GO _ _ _ E _ _ _

Let Us Help Take Care of YOU!



Located 5 minutes west of Waterloo
1760 Erb Street Unit A
St. Agatha, Ontario
519-725-4282
www.pfenningsorganic.ca

PFENNINGS ORGANIC FOOD BOX

For Fresh, Home-delivered Certified Organic Produce & Food
Order Online, Call Us or Shop in Store

WE OFFER

Local/Imported Certified Organic Fruits & Vegetables
Organic & Natural Food • Bodycare Herbs • Organic Meat & Dairy

STORE HOURS

TUES - THURS: 9AM - 6PM | FRI: 9AM - 8PM | SAT: 8AM - 5PM



**New Hamburg
Wellness Centre**

www.nhwc.ca

- Chiropractic Care
- Physiotherapy
- Registered Massage Therapy
- Acupuncture & Laser Therapy
- Naturopathic Medicine
- Custom Orthotics
- Nursing Foot Care
- Social Work & Counselling

NEW PATIENTS WELCOME!

417 Waterloo Street, New Hamburg 519.662.4441

Mariko Ogasawara RPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension
Improves circulation
Promotes natural healing

Reflexology Registration Council of Ontario
Grand River Reflexology Associate



Stephanie Matthews
Registered Massage Therapist

Deep Tissue Therapy
Manual Lymph Drainage

1806 Erb's Road
St. Agatha ON N0B 2L0

519-635-9240
stephaniermt@gmail.com



Poshin Jobanputra, RPh. CDE

75 HURON STREET
NEW HAMBURG, ON
N3A 1K1

PHONE: (519) 662-2640

1201 QUEENS BUSH RD.
WELLESLEY, ON
N0B 2T0

PHONE: (519) 656-2240



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

Eye Exams - Glasses - Contact Lenses - LASIK Consultations

(519) 214-2020

21 Snyder's East

badeneyecare@gmail.com

*New Patients
Welcome!*

Tues, Wed, Fri 9-5 | Thurs 12-8 | Sat 9-1 | Closed Sun & Mon



**Dolman
Eyecare Centre**

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

519-662-3340

Contact Lenses & Laser Consultations

www.dolmaneyecare.com

Progressive care that can enhance your quality of life.

Baden Integrative Health



- ♦ CHIROPRACTIC ♦
- ♦ ACUPUNCTURE ♦
- ♦ PHYSIOTHERAPY ♦
- ♦ ACTIVE RELEASE ♦
- ♦ MASSAGE THERAPY ♦
- ♦ CUSTOM ORTHOTICS ♦

Added
Covid-19
Safety
Measures
for Your
Safety

Visit us today at
36 Snyder's Rd E (Unit 1)
Baden, ON, N3A2V5

ONLINE BOOKING AVAILABLE

(519)279-1083 badenhealth@gmail.com BadenIntegrativeHealth.com

Being a Yoga teacher, the idea of bringing body, mind, and breath to stillness to bring benefit to the being just seems natural. Many of our fellow mammals practise hibernation, taking that idea of coming to stillness to the Nth degree. But hibernation in humans? On one hand, some scientists say that the urge or potential for hibernation is not in our makeup because of our tropical origins. The Cradle of Life is said to be close to Johannesburg, South Africa. Hardly a place where hibernation was a necessity.

On the other hand, some scientists think hibernation is not totally missing from human beings but is dormant in our genome. In both the medical field and in space exploration they are intent on unearthing this human hibernation potential to save lives, and to explore deep space. So, has the way we have built up our society just made it not feasible? Over centuries did our FOMO (fear of missing out) or our FOBE (fear of being eaten) steer us away from the idea of sleeping away the winter? Civilization moves too fast to allow for taking long winter naps. But could we at least SLOW DOWN?

That insistence on barreling through the winter months as if we are not affected by seasonal changes, as if we are NOT part of Nature, takes a heavy toll on our lives. If we do not slow down and respect the seasonal shift that is part of our genetics, what happens to us? If the dropping temperatures and low light of winter pull on us to slow down and we refuse, what then?

I think it is right there in the name of SAD - Seasonal Affective Disorder. I think whether in its severe form or milder version, it is much more prevalent in our society than the statistics show. Officially in North America, approximately 6% of the population suffers from SAD, with another 20% of the population having a mild form. And not surprisingly, SAD is most common in folks who live at least 30 degrees latitude North or South of the equator.

Do you see these common symptoms in yourself or in folks around you?:

- Depressed mood, low self-esteem, withdrawal.
- Loss of interest or pleasure in activities you used to enjoy.
- Appetite and weight changes.
- Feeling overcome by negative emotions and negative self-talk.
- Unexplained aches and pains.
- Changes in sleeping patterns.
- Difficulty concentrating; not staying in the NOW.
- Fatigue and lack of energy; reduced sex drive.
- Use of drugs or alcohol for comfort.
- Feelings of sadness, hopelessness, and despair.

Scientists are studying the physical effects of SAD as well. Depression is NOT just a head thing. Depression causes inflammation and sticky platelets leading to cardiovascular issues. They are looking at other illnesses, to see if they are

tied into bucking the urge to slow down as many of our fellow mammals do. Scientists are currently studying those fellow mammals looking for relief for other human problems such as Obesity, Metabolic Disorders (Diabetes Type 1&2, Alzheimer's Disease, etc.)

It was probably inevitable that I turn this into a commercial for Yoga. The way our society is structured, we cannot drop into hibernation for several months. But with Yoga, we can replicate some of the benefits of hibernation. The physical part of the practice literally wrings the tension out of the body, and as we practise mind-body-breath techniques, we can slow down breathing rates, heartbeat, and our hectic pace, and look squarely at our emotions, thoughts, and ideas, and recognize how many of the negative ones are not real. They are fabrications from the past or an imagined future. We can weed those out, clear our minds, and focus on the positive and the NOW. We can learn to SLOW DOWN.

Actual hibernation is not in the cards for us, but we can surely benefit from following the examples of nature. Get more rest, slow down the pace and enjoy life more. Have you ever noticed how much better you feel and how much better the world looks after a GREAT night's sleep? When was the last time you HAD a GREAT night's sleep?

An advertisement for Josslin Insurance. The background is a photograph of a family (a man, a woman, and a child) in a field with a large hay bale. The man is leaning against the hay bale, the woman is standing next to it, and the child is sitting on top of it. The text is overlaid on the image.

Josslin Insurance
a Real Insurance broker

**OUR FARM
INSURANCE SPECIALISTS
LIVE AND WORK
RIGHT WHERE YOU DO.**

So we understand
your unique needs
and concerns.

519•662•1644
www.josslin.com

24 HOUR CLAIM ASSISTANCE

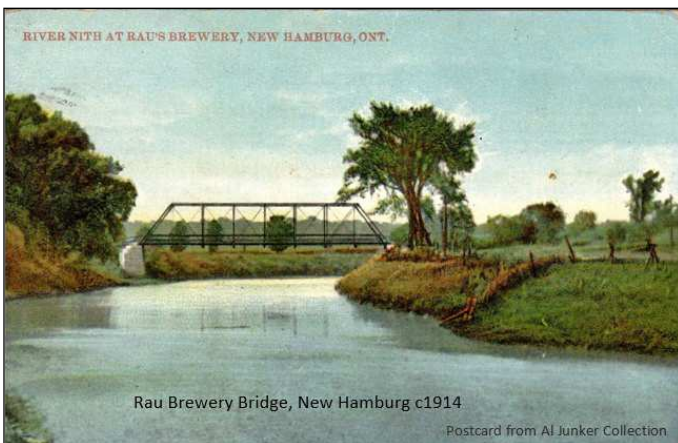
The Bridges of Wilmot Township

The Nith River is a feature that unites Wilmot Township. Starting at the north end it meanders through the western portion of the township and exits at the south. Several tributaries of the Nith are found in Wilmot including Bamberg Creek, Spring Creek (Kropf's Creek), Plum Creek, and Alder Creek. On its way the Nith passes through Lisbon, Wilby, Philipsburg, Luxemburg, New Hamburg, Holland Mills, and Haysville on its way to Plattsville and ultimately the Grand River in Paris.

The meandering nature of the Nith means that almost every east-west road and some north-south roads cross the river. Roads like Nafziger and Bleams cross the river twice. Over the years, there have been sixteen road crossings where bridges have been built over the Nith, almost all of which were truss bridges. Today, only four truss bridges remain.



Shade Street Bridge New Hamburg c1906 Postcard from Al Junker Collection



RIVER NITH AT RAU'S BREWERY, NEW HAMBURG, ONT.

Rau Brewery Bridge, New Hamburg c1914

Postcard from Al Junker Collection

Other bridges were named after the communities where they were/are located, namely, the Haysville and Holland Mills Bridges. Not all of the bridges in Wilmot were road bridges as we have the railway bridge over the Nith in New Hamburg and the Perth Street wooden bridge which crosses the railway. There have also been pedestrian bridges like the

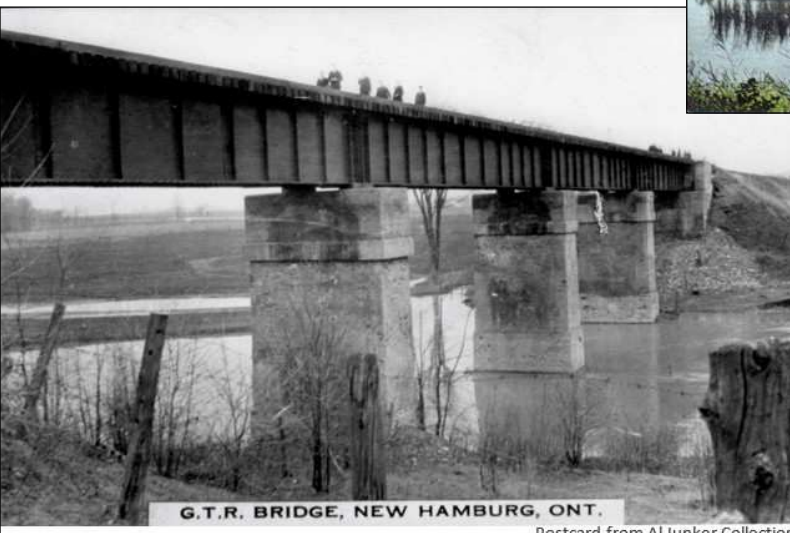
While the municipality has assigned numbers to all of the bridges and culverts, many have received names over the years. These names appear to have been given by residents. In some instances, the bridges were named after the adjoining property owner. Examples are Christner's Bridge on Christner Road, Helmer's and later Bender's Bridge on Bleams Road, the Rau Brewery Bridge where the pedestrian bridge by the Oak Grove Cheese Factory on Bleams Road East is located, and the Hartman Bridge on Huron Street (formerly East and West St.) in New Hamburg.



FOOTBRIDGE, NEW HAMBURG, ONT.

Foot Bridge, New Hamburg

Postcard from Al Junker Collection



G.T.R. BRIDGE, NEW HAMBURG, ONT.

Postcard from Al Junker Collection

swinging bridge which crossed the Nith near Mill Street adjacent to the Sobey's Plaza in New Hamburg.

There were many bridges over the Nith in Wilmot Township. In fact, a case was made to rename the municipality Nith Valley rather than Wilmot Township. Perhaps a video could be created called "Bridges of Wilmot Township" or maybe, Nith Valley.

You Must Be Joking!!



LOCKDOWN ADVICE—A Little Punny!

Everyone PLEASE be careful because folks are tired and things are going sideways.

I was just talking about this with the microwave and the toaster agreed, it is a real concern. I didn't mention any of this to the washing machine, because she puts a different spin on everything!

And I certainly would not share it with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic... told me to just suck it up! But thank goodness the fan was very optimistic and gave me hope that it will all blow over soon! The toilet looked a bit flued but didn't say anything when I was becoming unhinged and doorknob told me to get a grip!! You can just about guess what the curtains told me...yes, "to pull myself together!"

Not to worry, we will survive...as long as we keep laughing.
Submitted by Bob Smith.

OOOH COVID !!



We must laugh at you so we don't cry!

- ◆ I hope they give us two weeks notice before sending us back out into the real world. I think we will all need the time to become ourselves again. And by "ourselves" I mean lose 10 pounds, cut our hair, and get used to wearing zip up pants.
- ◆ New monthly budget: Gas \$0 Entertainment \$0 Clothes \$0 Groceries \$2,799.
- ◆ Breaking News: Wearing a mask inside your home is now highly recommended. Not so much to stop COVID-19, but to stop eating.
- ◆ I stepped on my scale this morning. It said: "Please practise social distancing. Only one person at a time on scale."
- ◆ Not to brag, but I haven't been late to anything in over 6 months.
- ◆ The spread of Covid-19 is based on two things:
 1. How dense the population is.
 2. How dense the population is.
- ◆ Appropriate analogy: "The curve is flattening so we can start lifting restrictions now". "The parachute has slowed our rate of descent, so we can take it off now".
- ◆ Saturday nights are getting fun -I got dressed up and put a drink in each room of my house and called it a pub crawl.
- ◆ The dumbest thing I bought was a 2020 planner, but feeling hopeful with my 2021 planner-I've got things to do and places to go.

ZEHR^Z
INSURANCE BROKERS LTD.

*Proud member and supporter
of Wilmot Township*

*Specializing in car, property, farm,
business, life insurance & more*



59 Huron St, New Hamburg, ON
www.zehrinsurance.com
519-662-1710

"Protecting What Matters to You"

Living and working in Baden



WATERLOO NOTARIES
NOTARIAL AND COMMISSIONING SERVICES

KRISHNA "KRIS" BADRINARAYAN

A Notary in and for the Province of Ontario

Services: Notarize and certifying all documents, including but not limited to, Wills, POA, Travel letters, court, business and financial documents, Commissioning an Oath or declaration of all legal documents.

Tel: 519-214-0286 ▲ Fax: 519-214-0282 ▲ Alt Tel: 416-277-0969

Serving Kitchener/Waterloo ▲ Wilmot (Surrounding Areas) ▲ GTA ▲ Virtual

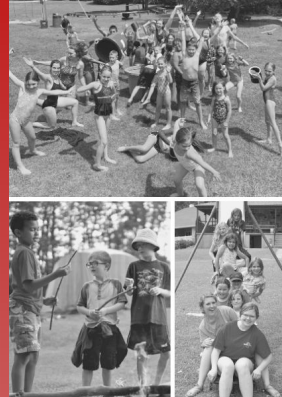
kris@waterloonotaries.ca ▲ waterloonotaries.ca

Community Corner ~ Check Out What's Going On!



Blood Donor Clinic

Monday, March 15, 2 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden



Summer Camp 2021

Day Camp
Overnight Camp
Supported Young Adults Camp
Single Moms Camp
Basketball Camp



www.hiddenacres.ca



Calendar Fundraiser January Winners

January 4, 2021

Winner: Ticket # 149 Sandra Parslow (New Hamburg)
Prize: \$50 Gift Certificate to Old Country Restaurant

January 11, 2021

Winner: Ticket # 277- Angie Barker (Wellesley)
Prize: \$50 Gift Certificate to Panache

January 18, 2021

Winner: Ticket # 256- Sam and Julie Murray (Baden)
Prize: \$50 Gift Certificate to Meme's Cafe

January 25, 2021

Winner: Ticket # 138- Andrea Laughlin (New Hamburg)
Prize: \$50 Gift Certificate- Cook Pharmacy

Free Income Tax Preparation for Individuals & Families with Low Income

Wilmot Family Resource Centre participates in the Canada Revenue Agency Community Volunteer Income Tax Program.

A volunteer will complete and e-file your return at no cost to you.

Suggested income levels:

Family Size	Total Family Income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2,500 for each additional person

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

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

We are not able to prepare complex returns for:

- * Self-employment income or employment expenses
- * Business or rental income and expenses
- * Interest income over \$1,000
- * Capital gains or losses
- * Foreign property (T1135)
- * File for bankruptcy (or the year prior, if that return has not been filed)
- * Deceased individuals



Wilmot Family Resource Centre
1-175 Waterloo St.
New Hamburg, ON N3A 1S3

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



Expressway
Since 1983
Motors Ltd.
New Hamburg & Stratford

You are not alone ... We are here for you!



Wilmot Family Resource Centre

175 Waterloo St Unit 1,
New Hamburg, ON

(519) 662-2731

wilmotfamilyresourcecentre.wordpress.com

Together we can take responsibility to **KEEP FAMILIES SAFE.**

We know a second and silent wave of impact from COVID is family violence. Learn more about the signs of family violence and easy ways you can help at home, at work and in the community:
preventingcrime.ca/KeepFamiliesSafe

Right now:



1 in 3 Canadians is very concerned about family stress



1 in 10 women is very concerned about family violence



Young women, nonbinary and two-spirit **people between 15-24** are more likely to experience gender-based violence than any other age group



Every day in Waterloo Region

nearly 3 young people find the courage to say they're being abused. **Without support they are:**

30%

30% less likely to finish high school and 4x as likely to report self-harm and suicidal ideation

45x

Boys who are abused by a family member are 45x more likely to perpetrate dating violence as adolescents

seniors

Violence against seniors is also on the rise. In 2019, 1 in 5 women killed by violence was over the age of 65 — the largest victim age group



YOU CAN HELP

- ▶ **Take care** of yourself. Breathe. Go outside. Foster positive routines.
- ▶ **Reach out.** Stay connected to help deal with stress or to break the tension in a home where someone is isolated.
- ▶ **Help.** Offer a meal. Share information about community resources that can help with everything from mental health to food or financial issues.
- ▶ **Know the signs** of family violence like isolation, control, put-downs, injuries or destruction of property.
- ▶ **Ask** "Do you feel safe?" Offer support.
- ▶ **Act** if you or someone needs immediate help.
Contact:
 - ▷ Women's Crisis Services Waterloo Region
 - Kitchener-Waterloo 519-742-5894
 - Cambridge 519-653-2422
 - ▷ Police at 9-1-1 in an emergency or 519-653-7700 for a safety check
 - ▷ Family and Children's Services at 519-576-0540
- ▶ **Visit** PreventingCrime.ca/KeepFamiliesSafe for more ways you can help or to sign up for a virtual event.

KEEP FAMILIES SAFE
PREVENT FAMILY VIOLENCE IN WATERLOO REGION

NEW HAMBURG
OFFICE Pro
GOOD PEOPLE, WHO KNOW

251A Huron Street

www.newhamburgoofficepro.ca

- ✓ Office Supplies
- ✓ Ink & Toner Supplies
- ✓ Colour & B/W Photocopying
- ✓ Fax Service
- ✓ Custom Made Stamps
- ✓ Furniture

519-662-3710

THE WHINING TREE
Wine-Making, Kits & Supplies

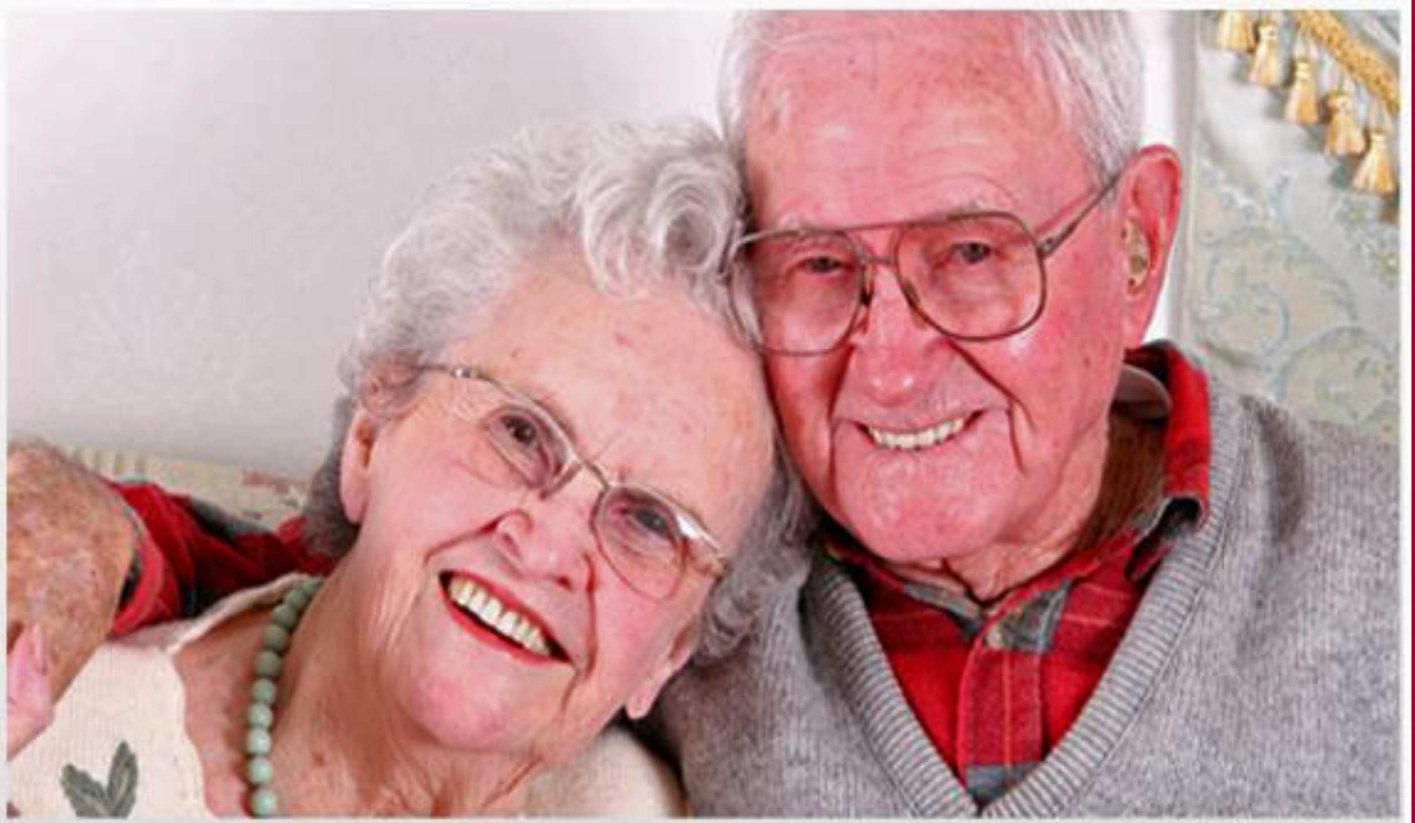


*Where Good Friends
Make Great Wine!*

Locally owned & operated retailer for VineCo Wine Expert

73 HINCKS ST UNIT 6 **519-662-4111** NEW HAMBURG

Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm



COMMUNITY CARE CONCEPTS

of Woolwich, Wellesley and Wilmot

Helping Seniors and Adults with Disabilities
to Live Independently in their own Home

- Meals on Wheels • Transportation • Shopping
- Day Programs • Homemakers • Maintenance
- Friendly Visitors • Community Meals • Social Programs
- Transportation from Hospital to Home
- FREE Community Exercise and Falls Prevention Classes
- FREE Short Term Home Support

**COMMUNITY
CARE
CONCEPTS**

of Woolwich, Wellesley and Wilmot

929 Arthur St. S.
Elmira
519-664-1900

1-855-664-1900

info@communitycareconcepts.ca
www.communitycareconcepts.ca

23 Church St.
New Hamburg
519-662-9526

2020 was a rocky year in various ways. Due to the widespread effects of COVID-19, we saw the stock market drop 35%, bottoming out in March. This was followed by a strong rebound led by the technology sector and companies that thrived in the “work from home” model.

As we forecast 2021 from an investment point of view, we see various themes evolving throughout the year. Primarily we anticipate a focus on two specific themes. The first theme we are monitoring is the greater value in international equities. With the market recovery in 2020, many investors jumped on the growth train which was led by US stocks, and we watched international equities lag in that recovery. This has created great opportunities, with more value in international stocks. This theme emphasizes the importance of a well-diversified portfolio, and staying invested through the volatile periods. Another reason we believe international companies will thrive in 2021 is that many innovative leaders in the green energy and clean tech industries are located outside of North America. Innovation is rapid in this space, and we foresee it growing even more in 2021.

This leads into our second theme surrounding the growing popularity and need for green energy and clean technology. We expect Socially Responsible Investments (SRI) and the evolution of ESG (Environmental Social Governance) investment funds to be at the forefront this year. Socially Responsible Investing is not a new theme, but historically has been linked to poor returns. However, that is no longer the case. It is becoming more and more clear that companies with greater ESG mandates are performing the same if not better than their peers.

Companies that use the ESG framework are striving for not only positive financial growth, but to have long-term positive impacts on society, the environment, and the governance of their business (and its supply chain). ESG focused investment funds add another layer of analysis to ensure they are meeting both their performance and ESG mandates. This helps in adding another layer of risk protection to the investor. With ESG focused investments, it is important to understand that one is not like the other, and they cover a broad scope of approaches and investment styles. Some of the more popular trending thematic approaches are green energy, clean technology, positive change, and women in leadership. With a wide variety of Socially Responsible Investments available, it is important to seek advice to know exactly what you are investing in.

Overall, society is moving in a new direction with innovative companies working to better the planet. Investors are taking note, and realizing that opportunities exist to invest not only for their benefit, but also for the betterment of society, and aligning their investments with their values. As further understanding and popularity rises, coupled with strong performance, Socially Responsible Investments will become more mainstream in 2021.

Brad Wilson is a Financial Advisor with KLT Wealth Management. Contact him at brad@knowliketrust.ca

'Pearls of Wisdom'

We would love for you to send us your favourite uplifting quotes. We may not be able to print all thoughts sent, but printing positivity is our goal. If you have a favourite quote, email us at badenoutlook@hotmail.com.



“Your value does not decrease based on someone’s inability to see your worth.” Submitted by Katie Fisher

“Hugging family and friends is good for all. It costs nothing and says, "I LOVE YOU", in so many ways.” Submitted by Frederick Veenhof

“One person can make a difference and everybody should try.” John F. Kennedy
Submitted by Audrey Miller

"Keeping the Community Connected"




A FRESH APPROACH TO FINANCIAL PLANNING



ESG INVESTING

ENVIRONMENTAL, SOCIAL, CORPORATE GOVERNANCE

THESE ARE INVESTMENTS THAT SEEK POSITIVE RETURNS AND LONG-TERM IMPACTS ON SOCIETY, THE ENVIRONMENT AND BUSINESS PERFORMANCE

ENVIRONMENTAL	<ul style="list-style-type: none"> • CLIMATE CHANGE • RENEWABLE ENERGY • FOSSIL FUELS
SOCIAL	<ul style="list-style-type: none"> • DIVERSITY AND INCLUSION • WOMEN IN LEADERSHIP • HUMAN RIGHTS
GOVERNANCE	<ul style="list-style-type: none"> • CORPORATE STRUCTURE • EMPLOYEE RELATIONS • ANTI-CORRUPTION



519-662-4001
KNOWLIKETRUST.CA

18-148 PEEL STREET, NEW HAMBURG, ONTARIO



Looking for more fun? Thanks to Wilmot Township for all the great things they offer!

As the pandemic continues to keep us home, the Township of Wilmot has created a program called Rec from Home. #RecFromHome provides Wilmot residents with fun activities to do from home. We want you to stay home, stay safe and stay active with new daily activities.

Check out their website to find...

Daily themes including:

#MealMonday for nutrition, bringing fun and spice to cooking.

#TogetherTuesday for family fun activities.

#WaterWednesday for your family to be water conscious and basic first aid tips.

#TimeoutThursday to take some time to check in and reward yourself for being awesome!

#FitFriday to get everyone moving!

#MuseumFromHome weekly activities with a cultural twist.

Using the Parks and Trails during COVID-19

#InTheCommunity to connect with the wonderful free activities being offered in the community.

Make *peace* with your money.



We're making it easier to *invest with your values!*

Bring your investments to Kindred and we'll cover the transfer fees.* Speak with Owen or Jeff, from our New Hamburg team, today.



100 Mill Street, Unit M
519.662.3550
www.kindredcu.com

JOIN THE CONVERSATION!



* Minimum \$5,000. Terms and conditions apply.

Local Churches Invite You to Join Them

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



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

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org
* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 10:00 a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones
519-634-5030 www.wilmotmennonite.ca

ZION PHILIPSBURG LUTHERAN CHURCH

3357 Erbs Road, just west of Philipsburg

Pastor Leanne Darlington, Sunday worship: 10:30 a.m.

Home of Project R.E.D., a blanket-making outreach effort
519-214-0055, www.philipsburglutheranchurch.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

Steinmann Mennonite Church

1316 Snyder's Rd. W. (at Nafziger Rd), Baden
Phone: 519-634-8311

Sunday Worship 9:45, Sunday School 11:00 am
Worship livestreamed at www.smchurch.ca



Travel seems to be a moving target these days and it's important to be aware of the changes as they occur. I'm sure most people get their information from the 6:00 o'clock news and no doubt very few actually go on the Government of Canada website for the actual details.

It might be a good idea for us to go there now for some important questions and answers.

Q. Will all air passengers travelling to Canada be required to have a negative COVID-19 test result?

A. Starting January 7, 2021, anyone flying to Canada from another country, unless exempted, will be required to provide written or electronic documentation showing they received a negative result from a COVID-19 test conducted within 72 hours prior to their scheduled boarding.

The test must be performed using a COVID-19 molecular polymerase chain reaction (PCR) test. Without a negative COVID-19 test, travelers will be denied boarding onto their flight.

Q. What will happen if travelers can't get a COVID-19 test in the country they are in? Can they still board a flight and get tested in Canada? Is there another option in Canada when they land if they are not able to get a COVID-19 test abroad?

A. Persons who are travelling from a country where PCR testing is unavailable will be required to report to a designated Public Health Agency of Canada quarantine facility for the duration of their mandatory 14-day quarantine. Delays in obtaining test results do not apply.

Q. Which COVID-19 tests are official/ acceptable?

A. The test result must be from a lab accredited by an external organization (e.g., a government, a professional association or ISO accreditation). Only written or electronic proof of a negative lab test result (PCR test) conducted within 72 hours prior to boarding a flight to Canada will be accepted.

Q. Will passengers still require temperature checks with this new requirement in place?

A. At this time, yes. All existing health requirements, including health check questions, temperature screening, and the wearing of masks on board flights to Canada remain in place.

Q. Can the airline refuse boarding if a traveler doesn't have / can't get a test?

A. Yes. Unless otherwise exempt, presentation of a valid negative test to the airline will be a condition of boarding a flight to Canada and therefore, an airline will be required to refuse boarding to travelers who are unable to demonstrate this.

Q. Would a proof of the vaccine replace the test?

A. At this time, proof of having a vaccine will not replace a negative test result. While a vaccine protects an individual from illness, further evidence is required to understand if a vaccinated person can still shed virus.

Q. Why won't the pre-boarding testing reduce quarantine measures?

A. Pre-boarding testing is another measure adding to our layers of protection but it can still miss some COVID-19 infections.

The 14-day quarantine is the most effective measure we know for limiting the spread of COVID-19.

*the above information has been taken the Government of Canada website <https://www.canada.ca/en/transport-canada/news/2020/12/pre-departure-covid-19-testing-and-negative-results-for-air-travellers-coming-to-canada.html>

Before going to print we learned that the Canadian government has banned all flights to the Caribbean and Mexico between January 30 and April 30. Travelers who are there now will be asked to return right away. The government will be introducing mandatory PCR testing upon arrival in Vancouver, Calgary, Toronto and Montreal. These are the only cities where international flights are allowed to land. Also introduced is a mandatory 3 days quarantine at a government designated hotel at the traveler's own expense and not covered by travel insurance.

If you do decide to travel here are some questions you will want to ask your travel insurance broker.

- If I am denied boarding a return flight to Canada, will my policy cover the expenses for subsistence allowance if I need to extend my trip?
- Can the Travel Assistance help me find a place to be tested for COVID-19 while on my trip?
- Will my policy cover the cost of receiving the COVID-19 vaccine while on vacation?
- If I have symptoms of COVID-19 while travelling will the COVID-19 test be covered?

These are only a few of the questions that need to be asked of your insurance broker. Like we said at the very beginning, travel seems



GARY WHITE INSURANCE

9 Angus Glen Lane
New Hamburg, ON N3A 0E9
Bus: 519-780-2298 Cell: 416-768-4279
E: gary@garywhiteinsurance.com

TRAVEL INSURANCE

including coverage for
COVID-19

- Single or Multi-Trip Annual Plan
- Top-Up Coverage Available
- Pre-existing Conditions can be covered
- 7 Day Stability of Health Option Available
- Trip Cancellation, Trip Interruption,
- Special 15 Day Multi-Trip Plan including Vision Care, Paramedical Specialist, Medical Services and more

Apple Cider Vinegar ~ Who Knew?

By Chris Ehrat

How old were you when you realized all the uses for apple cider vinegar? I was shocked when I researched what this amazing and healthy liquid can do!

Apple cider vinegar has been around since about 400 B.C. in Greece. Dear Hippocrates, otherwise known as the father of modern medicine, would use a concoction, sometimes even mixed with honey, for various illnesses.

Cider vinegar promotes healing because it is antiseptic, anti-viral, and anti-fungal. It works well because of the properties it holds, including potassium, enzymes, acetic acid, magnesium, acetic acid, and even a pro-biotic.

Here are a few uses for ACV:

1. If you suffer from itchy ears (maybe from wearing earbuds or a hearing aid), take a Q-Tip and dip it into cider vinegar and gently swab your ear canal. Remember, do not go too far into your ear, just a bit around the inside.
2. There isn't much chance of getting a jellyfish sting here in Ontario, but more likely a mosquito bite. Again, apple cider vinegar to the rescue! I have read that it even takes the edge out of poison ivy rash.

3. Fido has fleas! People have tried this, and it seems to be effective—mix 1 part water with 1 part apple cider vinegar and place the liquid in a spray bottle. I don't know if your pet will appreciate you spraying him, but he will be relieved not to have any more of those pesky bugs!

4. Because of cider vinegar and its anti-bacterial properties, people have found comfort when experiencing sore throats. Dilute the vinegar with some water and gargle with it. Do this several times a day. Those germs will vacate!

5. Don't forget to use ACV for your salad too! Combine one garlic clove (minced), 1 TBSP Dijon mustard, ¼ cup apple cider vinegar, 2 TBSP fresh lemon juice, 1-2 TBSP raw honey for sweetness, 1/3 cup extra-virgin olive oil, salt and pepper to taste. Shake all of this up until honey is dissolved. Marinate for at least 30 minutes in the refrigerator. Always shake before use.



Some people also like to dilute it in water and drink it as a beverage. Common dosages range from 1–2 teaspoons (5–10 mL) to 1–2 tablespoons (15–30 mL) per day mixed in a large glass of water.



Quick fact! Filsinger's is made in Canada while Bragg's is imported from the USA.



**NEWhamburg
DENTAL GROUP**



519.662.2632

We love kids!

Braces

**Digital implant
solutions**

**Direct billing to your
insurance**

DR MANNING CHIANG

DR MIYEN KWEK

DR RUTH MACCARA

Cook's Corner

It was interesting to learn about Apple Cider Vinegar as Chris shared the many uses. But we can't forget the nutritional support it provides too. It's been claimed to help lower blood sugar levels and manage diabetes — And it may also aid weight loss. The best way to incorporate apple cider vinegar into your diet is to use it in cooking. It's a simple addition to foods like salad dressings, marinades and even homemade mayonnaise.

Making homemade mayonnaise is easy, and it tastes better than most store-bought versions. In addition, you can choose to include only healthy ingredients in your mayo. This way, you can avoid the refined vegetable oils that most commercial brands use. You can also experiment with your mayo, adding many different ingredients and flavours.

Here is a very basic recipe to make your own homemade mayonnaise. Before you start, make sure all the ingredients are at room temperature.

Basic Homemade Mayo

Ingredients:

- 2 eggs
- 2 cups extra virgin olive oil
- 2 tbsp. apple cider vinegar
- 1/2 tsp dry powdered mustard
- 1/2 tsp sea salt



You can store the mayo in an airtight container in the fridge for up to a week.

There are many ways you can enjoy your homemade mayo. You can spread it on a sandwich, include it in a chicken salad or use it as a base for dressings and dips. However, keep in mind that homemade mayonnaise is still very high in calories, so be mindful of your portion sizes. At the end of the day, a bit of homemade mayonnaise with high-quality ingredients is a delicious way to add healthy fats to your diet.

Instructions:

1. In a food processor, blend eggs, apple cider vinegar, mustard and sea salt. Pulse until combined.
2. With the food processor going, slowly drizzle the oil into the egg mixture. You need to do this slowly, make sure that only a thin stream of oil is going in. If you're doing it right, you will probably have to set the measuring cup down at least once because your arm will get tired!
3. Continue to run the food processor until the mayonnaise thickens. If your mayo isn't thick enough, add a little more oil and process it longer.
4. Spoon the mayonnaise into a canning jar, secure the lid and store it in the fridge for up to two weeks (remember the egg is raw).

<p><i>Be creative — you can make a variety of dressings and dips.</i></p> <p><i>But don't stop there, try this all purpose meat marinade.</i></p>	<h3>INGREDIENTS</h3> <ul style="list-style-type: none"> • 2 cups apple cider vinegar • 6 tablespoons brown sugar • 2 teaspoons garlic powder • 1 teaspoon salt • 1/2 teaspoon dry mustard 	<h3>INSTRUCTIONS</h3> <p>Pour apple cider vinegar into a small pan. Whisk in brown sugar, garlic, salt and dry mustard. Cook over medium heat, stirring occasionally bringing to a boil. Cook 5 minutes. Remove from heat and transfer to a mason jar. Cool before using as marinade.</p>
---	--	---

DAILY SURVIVAL KIT - to help you each day.....



- * *Toothpick... to remind you to pick the good qualities in everyone, including yourself.*
- * *Rubber band ... to remind you to be flexible. Things might not always go the way you want, but it can be worked out.*
- * *Band-Aid ... to remind you to heal hurt feelings, either yours or someone else's.*
- * *Eraser ... to remind you everyone makes mistakes. That's okay, we learn by our errors.*
- * *Candy Kiss ... to remind you everyone needs a hug or a compliment everyday.*
- * *Mint ... to remind you that you are worth a mint to your family & Me.*
- * *Bubble Gum ... to remind you to stick with it and you can accomplish anything.*
- * *Pencil ... to remind you to list your blessings every day.*
- * *Tea Bag ... to remind you to take time to relax daily and go over that list of blessings.*



We are in lockdown as I write this and so thankful our local trails are open as some jurisdictions have theirs closed or you need to book a time. After weeks of dreary weather, sunny days with snow arrived. A few

mornings, the world was covered in fluffy white snow looking like spun cotton candy covered in sparkling diamonds. The gardens and forests looked like fairy lands. Sure lifted the spirits.

Have you walked our newest **Baden Hills Trail**, at 2733 Sandhills Road, just outside of Baden? A joint project of the Region of Waterloo and the Township, Gibney Regional Forest is found on a large sandy hill called a kame. The field area was used to establish a prairie grass nursery and an old experimental agroforestry site which are the rows of walnut and other trees. The northern part of the kame is primarily hardwood species (tough climb here!) while the remainder is a conifer plantation of mature White Pine and White Spruce. Over time, the plantation will be allowed to revert to a mixed hardwood. Burning-Bush (*Euonymus atropurpureus*) had been found growing near the top of the kame, although it appears that severe browsing and competition by invasive ground flora have decreased its numbers. There are a variety of ecosystems and issues of invasive species in this small area!

A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit.

- D. Elton Trueblood

Seeing the Eastern white pines (*Pinus strobus*), our provincial tree, reminds me of why it is my favourite pine. I love the green or blue/green soft needles and the sound of the wind blowing through the tree... a soft whooshing sound. It has slender needles that are 6 to 12 centimetres long. The cones are 8 to 20 cm long and they hang down from the branches. Good seed crops aren't produced until trees are 20 or 30 years old, and then only every 3 to 5 years. The seeds are eaten by birds and small mammals and, in dense groupings, trees can provide shelter for birds and wildlife, especially owls. It grows quickly to 40 meters and best with full sunlight. The White Pine grows in any soil type but prefers sand or sandy loam and sun. In windy locations, it can become a bit lopsided but in time will look similar to the wind sculpted jack pines in the Group of Seven paintings! Beautiful!



For updates and great gardening information, news and to share all things gardening.

www.facebook.com/groups/3133495739996313

Website: gardenontario.org/view/society-layout/entry/852

email: wilmohortsociety@gmail.com

Let's Tree Wilmot email: letstreewilmot@gmail.com (info for donations to Let's Tree Wilmot)

FB: www.facebook.com/Lets-Tree-Wilmot-105102171388088



White pine is frequently planted in reforestation projects. For smaller spaces, there is a column White Pine *Pinus strobus* 'Fastigiata' that I have planted to create a hedge in my yard. There is a *Pinus strobus* for you in all kinds of sizes from miniature to globe-shaped at a nursery near you!

Remember your WHS membership gets you a discount at local nurseries.

Riverside Flowers
& gift studio

FRESH FLOWERS · PLANTS
GIFTWARE · CANDLES

55 Huron Street · New Hamburg
Ontario · N3A 1K1
519-662-1411

Definitive
Kitchen & Bath Solutions
Division of Daniel's Heartwood Interiors Inc.

3536 NAFZIGER ROAD, WELLESLEY, ON
519-656-2062 · www.definitivekitchens.com

Attitude

By the Loree's / 2007

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"H-M-M," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "Today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "YEA!" she exclaimed, "I don't have to fix my hair today!"

Attitude is everything.

Be kinder than necessary, for everyone you meet is fighting some kind of battle.

Live simply, Love generously, Care deeply, Speak kindly.

Snow fun in the sun at Morningside!



Retirement Apartments • Full Service Retirement Suites • Assisted Care • Memory Care • Long-term Care

STAYING
connected
in the
VILLAGE



Let's chat!

Call 519-576-2430,
Christina x 8008 or
Gillian x 8002



695 Block Line Road, Kitchener

Come see why you'll love our *Village*

schlegelvillages.com



Amy Williams Sales Representative Jon Lambert Broker Kerilynn Mathers Sales Representative

Direct: 519-897-1507
jonlambert@remax.net

"Building trust one home at a time"

Curious how COVID has impacted your homes value in Baden?



Simply scan the QR code with the camera on your cell phone to see our most recent video updating how COVID-19 has impacted Real Estate in our community.

Keep an eye on our website – lambertgroup.ca to see what we have planned next!

Jon did an amazing job at marketing our home. Sold within 3 days! Professional advice and sound business sense. Kerilynn went above and beyond in helping us as we searched for the perfect home to downsize to. She was patient, supportive and there for us through a bumpy transition. ~Deb Watson, Wilmot Township~



Answers for Puzzles

All Things Scrambled (Page 15)

Pets Answers

- Dog
- Fish
- Chia
- Mouse
- Bunny
- Kitten
- Lizard
- Parrot
- Turtle
- Hamster

Computer Answers

- Data
- Type
- Copy
- Drive
- Mouse
- Laptop
- Screen
- Desktop
- Monitor
- Internet

Pairs of Letters (Page 17)

1. SWEETNESS
2. CAPPUCCINO
3. SAPPINESS
4. TOFFEE
5. BITTERSWEET
6. HAPPINESS
7. ACCOMMODATE
8. COFFEE
9. BALLOON
10. GODDESS

Drop One For Fun (Page 6)

- | | |
|----------|-----------|
| 1. Share | 9. Les |
| 2. Hare | 10. Meter |
| 3. Ear | 11. Term |
| 4. Waste | 12. Met |
| 5. East | 13. Mutts |
| 6. Sat | 14. Must |
| 7. Easel | 15. Sum |
| 8. Sale | |

The letters spell SWEETHEART

Word Match (Page 15)

- | | |
|---------|----------|
| 1. lawn | 3. light |
| 2. barn | 4. apple |



A FRESH APPROACH TO FINANCIAL PLANNING



SRI

SOCIALLY RESPONSIBLE INVESTMENTS

Investing in companies/funds that have positive social impacts. This creates opportunities for investors to have their money not only grow, but support companies that are doing good for the world.

CHECK OUT OUR SRI VIDEO SERIES ON YOUTUBE OR CONTACT US FOR MORE INFORMATION

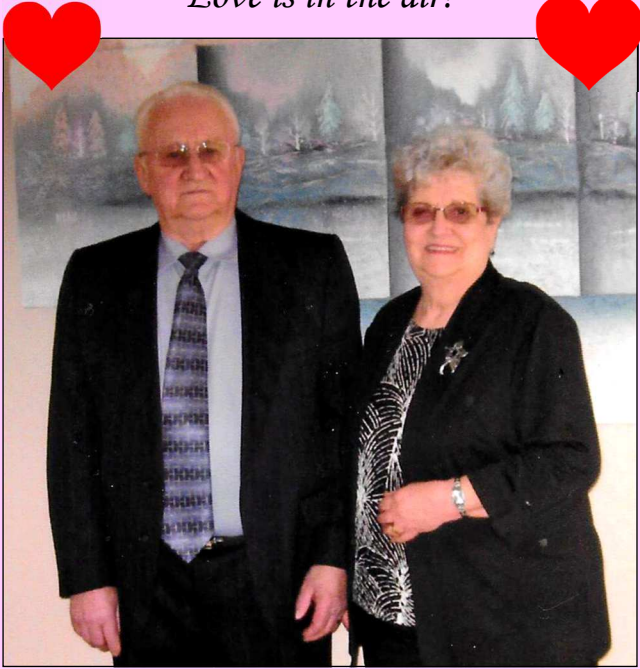


519-662-4001
 KNOWLIKETRUST.CA
 1B-14B PEEL STREET, NEW HAMBURG, ONTARIO



Happy Anniversary!

*Congratulations to Robert and Edna
Miller on 60 years of marriage!!
Love is in the air!*



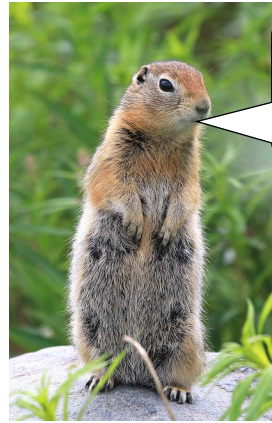
PROUD SUPPORTER AND PRINTER OF

Baden Outlook

ritzprinting

EXCEPTIONAL SERVICE
ADVANCED TECHNOLOGY
PREMIUM QUALITY

MORGAN MILLER www.ritzprinting.com
New Hamburg • 519.662.2200 • info@ritzprinting.com



*Yep, the days are getting longer!
You're doing great. Take it easy,
rest up and remember that spring
does come... every year!*



2022 Lincoln Aviator



EXPRESSWAY LINCOLN | 1554 Haysville Rd | New Hamburg | 519-662-3900 | www.expresswaylincoln.com

Schooling During a Pandemic ~ The Struggle is Real

by: Karianne Berberich, OCT



Who would have thought we would be starting 2021 in lockdown? COVID-19 has had a detrimental effect on life as we knew it. It is hard to say what things will look like once this is all over, but we will definitely have to become accustomed to many new “normals.”

Next to Healthcare, nowhere have the effects of the pandemic been felt more than in Education. Students were out of school for SIX months when this all began... YIKES! Talk about unprecedented! For kids, the bomb! For parents, a nightmare! Suddenly our kids were home every day and we were having to play teacher. The reality is, a large proportion of students can't work independently. I don't know many four- and five-year-old's who can read or join a Google meet! Add to the mix multiple children, proper devices, battles for Wi-Fi, tech issues... AHHHH! Not to mention that many people are still going out to work and/or working from home. Is it any wonder parents are feeling overwhelmed? It has become this massive juggling act, and keeping all the balls in the air has become increasingly difficult.


It is no secret that parents are extremely frustrated. Just listen to the news. I get it! It is less than ideal. I have three kids of my own all operating on different programs: in-class learning, distance learning, and hybrid. Currently all three are doing distance learning and two of them often require support to stay focused and complete tasks.

Fortunately, I am at home to offer that support. That said, it is not like I want to be consumed by my kids' schooling. I do have my own life after all (I think??). Even I find it challenging to help at times and I am a teacher. In my defence, I taught Kindergarten, where students sing, do crafts, build things, and eat snacks, so don't ask me how to convert a fraction or use the Pythagorean Theorem... not happening! (I am being facetious of course. There really is a lot more to Kindergarten than that.)

As parents, we try to do what is best for our children. Never has this been put to the test more than now. To

school, or not to school... that is the question? I understand how many parents feel conflicted. We don't want our children to suffer academically, but we also don't want to put them at risk. It's a catch-22. Parents need to choose what works best for their family and it's not for others to judge.

If you are struggling, you're not alone. We are all on board the same ship. This virus appears to be sticking around, so in the meantime, just keep doing what you're doing. If you need help, ask for it. If you need a time out, take one. I know as a parent that is difficult to do (they ALWAYS find you!), but it is important to take care of yourself. We all have our limits. I have reached mine many times over, but have learned to take “me” time, and you can, too. The kids will survive. At least mine have so far anyway. As parents, we are hard on ourselves. I have come to learn that being a parent is a very challenging and thankless job, but not one we can quit. (It has crossed your mind though, right?) All we can do is make the best of this most precarious situation and you need to trust that YOUR best is good enough.



New Hamburg Legion
Branch #532—Boulee Street, New Hamburg
Invites you to enjoy...

Take out Roast Beef Dinner with Salad
Friday, Feb 26 - \$20 — Drive-thru pick up 5-6 pm
Tickets available from thru Terri at Dry Cleaners
Tuesday or Friday 9 am - 1 pm or
Call 519-662-3834 to arrange a
pick up or delivery of tickets

PHARMASAVE Home Health Care

Town Square Pharmacy
100 Mill St, New Hamburg P. 519.662.9995 F. 519.662.9984

Front Store • Cosmetics • Cards & Gifts • Vitamins & Supplements • Special Orders • Mail & Receiving Parcels • Processing Postal Transactions

Pharmacy Services • Phone, Online & Mobile
• Medication Sync • Compliance Packaging
• Injection Administration • Specialty Compounding

Post Mastectomy Products • Certified Fitters for Compression, Lymphedema & Post Mastectomy

Home Health Care • Assisted Device Vendor (ADP)
• Personal Aids to Daily Living • Lift Chairs • Ostomy
Bath Safety • Mobility Aids • Hospital Beds
RENTAL OR PURCHASE

CANADA POST POSTES CANADA

FREE WEEKDAY DELIVERY!

It's easy to transfer your prescriptions here!



**CALLING
ALL
KINDERGARTNERS!!!**



- You might be a PARENT if ...
- *you hear your name 100 times a day
 - *you don't get a second to yourself
 - *you've become a "teacher"
 - *you're exhausted
 - *you need help!



What if I could offer you a more realistic and effective approach to learning that is fun for kids AND will afford you more than two minutes of peace in your day? I promise, my **Kindergarten Kits** will keep your child busy and allow him/her to work **independently**. He/she will delight in exploring the tried and tested materials that encourage learning and promote skill development. The kits are:

- *HANDS-ON
- *CURRICULUM-BASED
- *TECH-FREE (yeah!)

Don't delay, save your sanity today!

Be sure to check out my website for more details!
www.beereadyresources.com

Karrienne Berberich
12 Roth Ave., Baden
519-500-6076
karriennejb@gmail.com

"Helping you help your child"

NOW OPEN

338 Waterloo St,
New Hamburg

You don't have to go to the hospital for x-ray, ultrasound or bone mineral density (BMD)

We accept any requisition

Clean, short wait times and fast results to your doctor

Contact us to book your appointment:
contact@ultrascan.ca
519-390-7226



On behalf of my family and myself, I want to wish you and your loved ones a safe and happy Family Day.

TIM LOUIS

Member of Parliament, Kitchener-Conestoga

519-578-3777

TimLouisMP.ca

[@TimLouisKitCon](https://twitter.com/TimLouisKitCon)

Tim.Louis@parl.gc.ca

**Locally Made, Premium Quality Pet Food
Delivered Fresh & FREE to Your Door!**



3514 Bleams Rd. New Hamburg
Order online today!

TLCPETFOOD.COM | 519-662-9500

DELIVERED FRESH. DELIVERED FREE.   