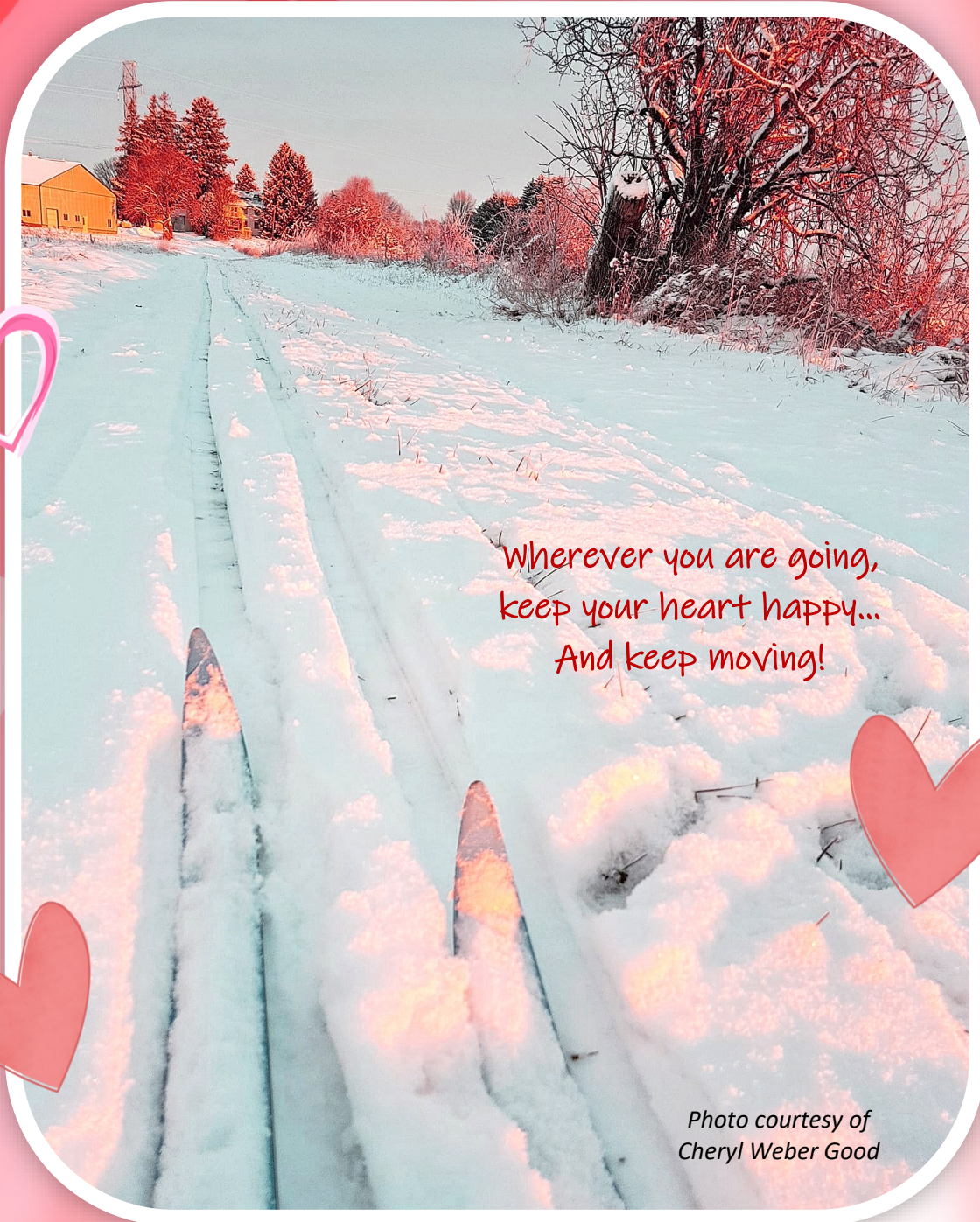


# Baden Outlook



Wherever you are going,  
keep your heart happy...  
And keep moving!

Photo courtesy of  
Cheryl Weber Good



This paper is priceless - Please have one!

# HEAR BETTER THIS VALENTINE'S DAY

Ask about our Free  
Hearing Test and 90 day  
Risk Free Trial Period!  
Call us today for more  
information.

Waterloo:  
**519-745-5888**

New Hamburg:  
**519-662-6884**



LYNNE

RAQUEL

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  
Alpha miniRITE T R



128 ERB STREET WEST,  
WATERLOO

**519.745.5888**

10 WATERLOO ST.,  
NEW HAMBURG

**519.662.6884**

# Baden Outlook

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:*

- As we celebrate Wilmot Heritage month, you will enjoy the history features of Baden
- Learn how to let go of labels with Kate Stevely
- So many wonderful activities offered at the Baden Library in the month of March
- Don't get scammed on travel excursions - learn from Gary White
- Wayne shares the wonder of the Bald Eagles in Baden Birding
- Practise self-compassion! Tips from Amy from Interfaith Counseling Centre
- Ten years of BCA and they continue to beautify Baden
- Do you listen or do you hear? Cheryl dives deep into how to listen with both ears.

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.

©2022 The Baden Outlook

Baden Outlook

## Greetings from Headquarters ~

Happy Heart Month, Family Day, and Wilmot Heritage Week!

It's been an exciting time at Outlook Headquarters as we have been given several binders with an abundance of historical, local gems inside. The look of joy and fascination on my father's face as he scans, then scans (hours and hours on end) old news articles, archival photographs, and ancient receipts from the early 1900s, is priceless. Thank you to New Hamburg local Rene Eby, who has Baden roots, for sharing so much, letting us see a glimpse of the past, and allowing us to share that with our readers! You will see more historical content from this wealth of information in the coming months. In this issue, Dad features Ed Rieck, who was a butcher in Baden and New Hamburg, and was also a horse race enthusiast! Check out the article and cool pictures on page 15!

Continuing on the theme of heritage, Sherri from Castle Kilbride sent in a great article as well about the history of the Coach House that used to stand where the Circle K parking lot is now. I remember that old building from 30+ years ago! We used to walk there, stand under the one single tree, and feed fallen apples to the horses that lived on that land. I had a little giggle with Sherri as I told her that. It amuses me that I have now lived long enough to remember history in historical articles—yep, I'm that old! For even more heritage, check out Wilmot Heritage Day from February 21<sup>st</sup> to 27th at [www.heritagewilmot.ca](http://www.heritagewilmot.ca).

If you have any old local photographs, news articles, or receipts that you would like to share with us, we would be happy to share your information with the community and tag your name with anything we use. Alternatively, maybe you'd like to write and submit a local historical story of your own!



-----  
Hello February -- as always, we get excited to hear what our wise meteorologist groundhog determines for us — I doubt that we should trust the wisdom of this creature with hopes of an early spring. Are we really so quick to dismiss the glory of winter?!



As we marvel with our recent archival treasure chest, Barry got reminiscent and claims we (as youngsters) lived in the best decade. Of course, that is only a reflection of his memories and he has shared his thoughts on that. Not to mention, our latest jigsaw puzzle featured people from the 70s and then that turned into a trivia quiz featuring events over recent decades. Once again reminding you where our brilliant ideas come from. We get entertained by the oddest things!

Do you ever ponder whether you are a good listener? We are born with 2 ears and 1 mouth so... I do know I chatter better than I do listen so I am excited to have local friend Cheryl discuss what it takes to be a better listener. We all need to be heard especially during these past years of social isolation when we don't meet up with our friends and family like we once did. Let's try to listen better.

The Baden Community Association celebrates 10 years—see their story on page 6. Meet our local Unsung Hero this month, an energetic, kind hearted lady, featured on page 9. You'll find lots of interesting reading along with fun puzzles to enjoy.

February is Heart and Stroke month, and we hope you are all taking good care of yourselves. Despite Covid, there are many nasty colds and flus going around, so hunker down and drink lots of water and by our next issue we will be talking about spring – and that folks, is how very quickly time flies!



# Talking with Ed

## ~ Memories of Life in the 60s



I think it is quite amusing that some of my last few article ideas have come from jigsaw puzzles. Our last one was a 1000-piece puzzle that was centred around people and events of the 1970s, which had over 100 pictures encompassing that time period. That got me thinking about my childhood, specifically the 1960s as most of my early memories were made then. I would have been between the ages of 6 and 16 in that decade. It certainly was a good time to be a child and teenager. Living in a small town situated on a lake in Muskoka probably helped.

It was a good time with an abundance of job opportunities in Canada, even though minimum wage was only \$0.95 an hour in 1965 and jumped to \$1.30 in 1969.

The average price of a home in Toronto in 1967 was \$24,000. Fairview Park Mall opened in 1966, which would have been exciting and up until then the nearest thing to a mall would have been Hiway Market on Weber Street, which opened in the late 1950s. Small shop owners were very important to communities. K-W offered many employment opportunities including Schneiders (started in 1860), Lear Zeigler (1922 as General Springs), BF Goodrich, Uniroyal (Dominion Tire 1914), Electrohome (1937), and Budd (1967). Most mothers stayed at home with their children, kids rode their bikes without helmets, and survived car rides without car seats or seatbelts. We celebrated our centennial year in 1967 and we got a new flag in 1968. Also, universal healthcare began federally in 1966.

So, what else did I enjoy in the 60s?... music! The Beatles, The Beach Boys, The Rolling Stones, Elvis, Simon and Garfunkel, The Who, Cream and Stevie Wonder were very popular musicians. Vehicles seemed to be very important such as the 63 Corvette Sting Ray, 64 GTO, and the 65 Ford Mustang. In 1971, I had the opportunity to buy a used 1969 standard shift Javelin (lime green) for \$1700. My father put the kibosh on the

whole idea, and talked me into buying a brand new 6-cylinder dark green Hornet. Although I do regret not pushing the whole thing further, dad was the boss. He had a thing about not buying used cars.



Men landed on the moon on July 20, 1969, Woodstock happened from August 15 to 17, 1969—miniskirts and Twiggy were popular. The 60s were not without tragedies.

Each decade evolves into the next...and we march along.

Let's celebrate Heritage Week!

Until next month...Ed

*Draw a line from the Canadian event to the year of its occurrence. Good luck! (Answers on page 31)*

Canada's Centennial	1972
Paul Henderson goal	1952
Death Penalty abolished Canada	1949
Chalk River Nuclear Accident	1967
Marathon of Hope	1959
Nunavut is created	1905
Newfoundland joins Canada	1976
Alberta & Saskatchewan joins Canada	1999
St. Lawrence Seaway opens	1980

Last month I shared a memory about my Grandpa Lemkay who would share his Sen-Sen with me while in church. After reading that story Kathy Loree contacted me and stopped by with this little tin box of Nipits, which were quite similar to the little licorice treat I remembered. Thank you very much!!



### The Baden Outlook

Your Monthly Newsletter  
"Keeping the Community Connected"

You'll find us around the 15th of each month in over 80 places within Wilmot Township.

# Do You Need Help?



205 Peel Street, New Hamburg, N3A1E7  
 Phone: 519-662-1857  
 Fax: 519-662-2166  
 E: Mail: info@kratax.ca

**TAX & ACCOUNTING  
 SOLUTIONS**

We do Personal, Business, Farm & Corporation Taxes  
 We also offer Complete Bookkeeping services  
 Including Payroll, HST & WSIB Reports

Hours: 9am-4pm Monday to Friday or by Appointment

## BLU TOP TAXES

**PERSONAL  
 INCOME TAX  
 PREPARATION**

Call Sandy of Baden at ...

**(519) 214-0297**

[www.blutoptaxes.com](http://www.blutoptaxes.com)

*Senior  
 & Student  
 Discounts  
 Available*

*E-file*

**FREE  
 Pick-up  
 & Delivery**



**Don't Just  
 Break Even,  
 Break Free**

**Elaine Bechthold**

226-978-0267

1-877-352-5360

info@moneymeasuresinc.com

[moneymeasuresinc.com](http://moneymeasuresinc.com)

**FOCUS**  
 computers inc.

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

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

## ALL THINGS SCRAMBLED

Within each category the words are jumbled up.  
 Can you unscramble them? Answers on page 31.

### Sesame Street Characters

- MOLE      \_ \_ \_ \_ \_  
 BABY      \_ \_ \_ \_ \_  
 TERB      \_ \_ \_ \_ \_  
 SCARO    \_ \_ \_ \_ \_  
 LETLY    \_ \_ \_ \_ \_  
 NERIE    \_ \_ \_ \_ \_  
 REVORG   \_ \_ \_ \_ \_  
 TERMKI   \_ \_ \_ \_ \_  
 STARIO   \_ \_ \_ \_ \_  
 GIB DRIB \_ \_ \_ \_ \_

### Canned Foods

- OPUS      \_ \_ \_ \_ \_  
 WETS      \_ \_ \_ \_ \_  
 AUNT      \_ \_ \_ \_ \_  
 BASEN    \_ \_ \_ \_ \_  
 LOVIES   \_ \_ \_ \_ \_  
 ALMONS   \_ \_ \_ \_ \_  
 OLIVARI   \_ \_ \_ \_ \_  
 CHAWMIN \_ \_ \_ \_ \_  
 PINKUMP   \_ \_ \_ \_ \_  
 MATESOOT \_ \_ \_ \_ \_

"Keeping the Community Connected"

## Celebrating Ten Great Years Beautifying Baden



The year was 2012 and one of Councillor Barry Fisher's mandates was to give Baden residents a place to bring people together and contribute to the community in a positive way. So, on February 12<sup>th</sup>, a meeting was held in the Baden Public School auditorium, which brought out 85 interested people. Teresa Brown, Kenton Frey and Pat Fisher joined in to set the stage for a presentation. At the time, service groups were falling apart and the Baden Chamber of Commerce was the only functioning service club in Baden.

The first meeting was held on February 26th, where 38 people assembled to decide what the vision would be for the club. The decision was made that the name would be *The Baden Community Association* and their mandate would be "Bringing People Together Beautifying Our Community". A logo was created and the Westvale Community Association from Waterloo were invited to help with creating structure and sharing of their event ideas. Since those humble beginnings the Baden Community Association (BCA) has accomplished so much! Two very notable accomplishments that the group organized were the creation of the Foundry Street Parkette and the Baden Corn Festival.

The piece of land that currently houses the parkette was a field of waist-high grass and the bridge crossing the creek had a rotted-out plywood floor and a rusted-out metal frame. A fundraising "Buy a Plank Campaign" was set up and the group managed to raise \$32,000 from the generosity of many local residents and businesses. The bridge was lifted off its mooring and deposited behind the firehall, where the railings were cut off, the frame sandblasted and painted, and placed back across the river. Planks and railings were added and now it is part of a trail from Foundry Street to Brewery Street. The summer gardens and park benches make it an inviting place to stroll.

Many people will remember the Baden Corn Festival which was held the third Saturday in August. This event, which was created and directed by BCA members Kenton Frey and Teresa Brown, attracted thousands of people and ran for six

years. There were events too numerous to mention but some of the great features included bands playing all day, a community barbeque, the firefighter's breakfast, vendors, bouncy castles, mill tours, and wagon rides.

Other accomplishments over the years included a fishing derby where the BCA purchased hundreds of trout each year and stocked the mill pond, which people enjoyed on derby day and continued to fish all summer long.

The BCA set up some fun activities for the annual Family Day event at the Wilmot Rec Centre. Over 400 people enjoyed snacks, refreshments, and games. Each New Year's Eve the BCA held a kids' celebration at EJ's where there was a meal, balloon drop, and Erick Traplin provided music and fun. It was always a sold-out event.

The BCA have also looked after the gardens at the Foundry Street Parkette and the nine flower boxes at Livingston Boulevard in their efforts to beautify Baden.



Over the years they have also held food drives, participated in the Baden Santa Claus Parade, hosted a volunteer fair for Wilmot service groups, supported the Baden Library and the Baden Backyard Barbeque, had Halloween patrols, hosted scavenger hunts, and organized the annual spring clean up and twice-a-year clean

up of debris on Gingerich Road. This last year they purchased flags for the streets of Baden, thanks to the generosity of the Lambert Group, and they plan to add more this year.

The BCA is a small group and can always use more help to continue making life in Baden more enjoyable. No doubt that the pandemic has put a kink in their events but they continue to meet. There is hope for big plans this year so if you are looking for a way to get involved in the community, give us a call at 519-634-8916. It is so important to continue these activities to enhance life in our great little town.



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

*Cheers to you! We are open!*

*Feeling Hungry? Check out our new menu items!*

*We are open for safe distance indoor dining with limited seating.*

*Please call ahead for reservations.*

*For take-out, call 519-634-5710.*

*Check our website for hours and also to see our menu online.*



# Checking out the Baden Library



Yes, we're open and yes, you can come inside to browse the collection! Please remember to wear a face mask, as per the Region of Waterloo's mask bylaw. Ready to pick up your favourite reads? Click & Collect is a great option to grab your holds contact free. Find out how easy it is to use our Click & Collect service at [rwlibrary.ca/ClickCollect](http://rwlibrary.ca/ClickCollect).

## Build a Bundle

Not quite ready to get back to browsing at the library? Are you short on time, or not sure what to read next? Book bundles are available for every member of the family. Let us know what you like to read (or watch, or listen to), and we'll happily curate books just for you! Give our **Ask a Librarian** line a call at 226-748-8030, or use the online request form at [rwlibrary.ca/BuildaBundle](http://rwlibrary.ca/BuildaBundle).

**RWLibrary Virtual Programs** – We've got countless ways to keep families engaged! Programs this season include:

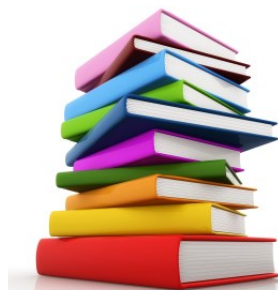
**Random Acts of Kindness** – at your Local Branch in February.

## Spread Kindness

Pick up a paper heart at your local RWL branch, write kind and encouraging notes, or tell us what you love about your community!

**Be Kind Bingo** – at your Local Branch in February

Grab a BINGO card from your local RWL branch and complete as many of the kindness challenges as you can. Share on social media and tag us [@RWLibrary](https://www.instagram.com/RWLibrary) so we can see all of your kind deeds!



## Hands on Programs in March!

**Engineer a Paper Tower** – at your Local Branch in March.

Stop by your favourite RWL branch throughout the month of March to build a tower using paper shapes.

**March Break** – March 14 to 18

Join us for an array of marvelous virtual programs, or stop by your local branch for exceptional activities throughout the week.

## NEW! CODER'S CLUB

Try your hand at coding with Prenda Code Club. Through story-based learning and problem solving with friends, you'll acquire this new skill in no time AND have fun while doing it! No previous experience required.

Monday, March 14, 10 to 11 a.m.

Wednesday, March 16, 1 to 2 p.m.

Friday, March 18, 1 to 2 p.m.

## BEE HOTELS

Help your local pollinators! Craft a bee hotel to hang outdoors and give these important insects a safe place to hang out.

Monday, March 14, 1 to 1:45 p.m.

Thursday, March 17, 10 to 10:45 a.m.

## HOLI COLOURED ART

Create colourful self-portraits to celebrate the ancient Hindu festival, 'Holi,' commonly known as the 'Festival of Colours.'

Tuesday, March 15, 10 to 10:45 a.m.

Thursday, March 17, 1 to 1:45 p.m.

## WACKY KITCHEN SCIENCE

Have you ever wanted to make pepper panic? Have you wanted to make milk art magic? How about make gak? Come together to mix up some wacky science experiments from your kitchen.

Tuesday, March 15, 4 to 4:45 p.m.

Friday, March 18, 10 to 10:45 a.m.

## CLOUD PAINTING WORKSHOP WITH JACKIE PARTRIDGE

– TUESDAY MARCH 15, 7 TO 8 P.M.

Spend your evening with local artist, Jackie Partridge to do a simple painting of clouds. This tutorial is great for all skill levels of painters, including beginners.

For the latest on upcoming programs, visit us at [rwlibrary.ca/virtualprograms](http://rwlibrary.ca/virtualprograms). As always, for more information on your local library, please visit [rwlibrary.ca](http://rwlibrary.ca).



# NITH VALLEY

Since 1918

## APIARIES



### 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](mailto:nithvalleyapiaries@gmail.com)



## Diving Into the Archives - Back In Baden – Thirty Years Ago



Castle Kilbride Collection; *Coach House* which was operating as a Turnip Waxing Plant

In the early hours of February 18, 1992, an important Baden heritage structure was heavily damaged by fire. The Coach House, originally located to the east of Castle Kilbride, had dominated the landscape. It was this tragic event that prompted the citizens of Baden and Wilmot Township to take special notice and concern. If this heritage site was lost, would other structures such as Castle Kilbride be next?

### *The history of the Coach House*

The pleasant red brick structure was primarily used by the Baden Hotel located across the road. This 1874 hotel was strategically placed near the Baden Train Station to accommodate travelers and was a popular locale. When teamsters and farmers from outlying areas would bring their

goods to Baden to be further transported by train, they could find accommodation at the hotel. The team of horses stayed at the stables while wagons and carriages were stowed at the Coach House. In later years, the building was utilized as a turnip waxing plant. The turnip plant was run by Gideon Boshart.

Castle Kilbride, along with the Coach House, was sold in 1988 to Mega Corp. Shortly after, the property was then sold to Primus and Partners of Waterloo who planned to turn it into a restaurant and gift shop with a Victorian motif.

As 1992 began, the Coach House lay empty and was used only for Primus' storage. To add to the story, the Coach House had been a location that had a history of vandalism and sadly-on the night of February 18<sup>th</sup>, Constable John McDougall of the New Hamburg Detachment of the Waterloo Region Police discovered the Coach House on fire.

Volunteer firefighters from Baden and New Hamburg responded to the call, but the building was ablaze and was heavily ravaged. The fire was later deemed "unintentional."

Residents were so upset with the loss of this beloved heritage building that there were attempts to try and salvage it but it was eventually torn down. We, however, would like to end this sad story with a happy ending. If the community had not suffered the loss of this heritage structure, Castle Kilbride Museum may not have existed as it was the heartbreak of this loss that spurred the sale of Castle Kilbride to the Township of Wilmot in 1993.



Castle Kilbride Collection; *Coach House* in 1990

*Dreaming of change— You are not alone! Freshen up your indoor spaces and fall in love with your home again!*

**Definitive**  
 Kitchen & Bath Solutions  
 Division of Daniel's Heartwood Interiors Inc.  
 3536 NAFZIGER ROAD, WELLESLEY, ON  
 519-656-2062 • [www.definitivekitchens.com](http://www.definitivekitchens.com)

Benjamin Moore  
**SKOWRON**  
 Decorating & Design  
 "We'll help turn your house, into a home."  
 (519) 662-1142 | 85A Huron St. New Hamburg, Ontario  
[www.skowrondecorating.com](http://www.skowrondecorating.com)  
 (Curbside pickup only, check our website for more details)



## CLEVER WORDS FOR CLEVER PEOPLE

- \* **ARBITRAITOR** - A cook that leaves Arby's to work at McDonald's.
- \* **BERNADETTE** - The act of torching a mortgage.
- \* **BURGLARIZE** - What a crook sees through.
- \* **AVOIDABLE** - What a bullfighter tries to do.
- \* **COUNTERFEITER** - Workers who put together kitchen cabinets.
- \* **LEFT BANK** - What the bank robbers did when their bag was full of money.
- \* **HEROES** - What a man in a boat does.
- \* **PARASITES** - What you see from the Eiffel Tower.
- \* **PARADOX** - Two physicians.
- \* **PHARMACIST** - A helper on a farm.
- \* **RELIEF** - What trees do in the spring.
- \* **RUBBERNECK** - What you do to relax your wife.
- \* **SELFISH** - What the owner of a seafood store does.
- \* **SUDAFED** - Brought litigation against a government official.

*Submitted by Bob Smith*

## Unsung Heroes - Meet Maureen Edwards

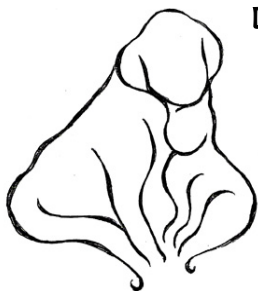
Baden resident, Maureen Edwards is another example of a tireless community contributor. She has been co-chair of the Baden Community Association since its inception (10 years ago), where her ideas and organizational skills are very apparent. She has been the communication person for the group. She is well-spoken and articulate. Maureen loves to garden and during the summer months, you will find her in many places, digging around and beautifying our town. She is a member of the Wilmot Horticultural Society and is responsible for the gardens in front of Castle Kilbride, the Foundry Street Parkette, and the nine garden boxes on Livingston Boulevard -- she is not afraid to get her hands dirty. Be sure to stop and thank her for her efforts, she will always make time for a friendly chat.



Maureen has been a supportive member of the Board of Directors for the Wilmot Summer Market and was also on the board of directors for the condos behind Tim Hortons for many years-- again making good use of her administrative skills. Beyond Baden she has volunteered at the Wilmot Family Resource Centre food bank and donates her time two to four days a week as a cashier at the New Hamburg Thrift Store. She will always be available to lend a hand. Maureen is energetic, upbeat, and always has a positive attitude towards any project that she takes on.

Personally, she has an active life with hobbies of golfing and gardening. Her friends and family enjoy her company, and she values every relationship. Maureen loves her life living in Baden and we thank her for her passion and dedication to making a difference in our community... Baden is lucky to have someone as selfless as Maureen!

## 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!*



**Roth's  
Maple Syrup**

**SYRUP • CANDY • BUTTER**

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

[www.rothsmple.com](http://www.rothsmple.com)  
FREE delivery to New Hamburg & Baden

## Things to Ponder



- \* Why do we press harder on the remote control when we know the batteries are getting weak?
- \* Why is a person "in" a movie, but "on" TV?
- \* What was the best thing BEFORE sliced bread?
- \* Why do we drive on parkways and park on driveways?
- \* Why do "fat chance" and "slim chance" mean the same thing?
- \* Why do British people never sound British when they sing?
- \* At a movie theatre, which arm rest is yours?
- \* Why are there no "B" batteries?
- \* Why do people say "heads up" when you should duck?
- \* Why is it that writers write and singers sing but grocers don't groce and carpenters don't carpent.
- \* Why is quite a few the same as quite a lot?

## Retail Store Open!

*a family tradition for five generations*  
**.CRESSMAN.**  
**MEAT**

**562 Huron St  
 New Hamburg  
 (519)662-1740**  
[www.cressmanmeat.com](http://www.cressmanmeat.com)  
 Open Wednesday - Saturday

## SAVE WITH A BUNDLE

### Family Bundle

**\$150**

5lb Ground Beef  
 5lb Pork Sausage  
 4lb Chicken Breast  
 3lb Pork Chops  
 3lb Bacon  
 1 Summer Sausage  
 12 Large Wieners

### Pork Bundle

**\$100**

4lb Pork Sausage  
 4lb Country Style/  
 Centre Ribs  
 4lb Butt Roast  
 3lb Pork Chops  
 3lb Pork Schnitzel  
 2lb Bacon

### Breakfast Bundle

**\$30**

2 Dozen Eggs  
 12 Breakfast Sausages  
 1lb Bacon  
 1lb Peameal Bacon  
 or Back Bacon

### Winter Bundle

**\$100**

6 Rolled London Broil  
 12 Garlic Meatballs  
 1 (4.5lb) Stuffed Turkey  
 Thigh Roll  
 5lb Fresh Pork Sausage  
 5lb Ground Beef



## HELPING YOU MOVE FORWARD

[www.seniorsinwaterlooregion.com](http://www.seniorsinwaterlooregion.com)

We are here to listen to your story, understand your real estate needs and work with you through the process of preparing and selling your home.

If you, or a senior family member, are beginning to think about making a move in the coming years, we are here to help.

Real Estate, the Seniors' Way,

*Pam and Blanka*

### MAKING SENIORS MATTER

**Blanka Michale, REALTOR® SRES, ASA**  
 Seniors Real Estate Specialist®  
 Accredited Senior Agent™  
 519-500-3316

**Pam Whittal, REALTOR®**  
 519-500-8522



Your local Real Estate Resource for Seniors in Wilmot, Wellesley & Woolwich Township

RESPECTFUL ~ TRUSTWORTHY ~ ENTHUSIASTIC

## Baden Birding ~ Bald Eagle

By Wayne Buck



A few months ago, I wrote a column about bird feeders and feeding birds. This column has to do with bird feeders as well, albeit only marginally.

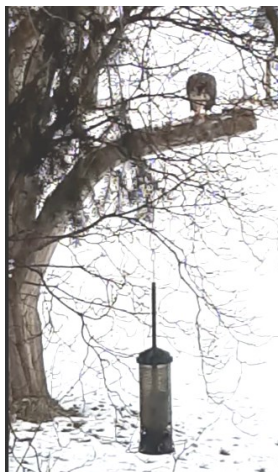
In mid-January, we were having coffee one afternoon with our son and his partner. Dave walked into the living room to check out the bird feeders and promptly announced, "There's a bald eagle at your feeders." We all thought he was spoofing but went in to check, and, lo and behold, there WAS a bald eagle. It was an adult, distinguishable by the white head (juveniles don't get their white heads until they are 5 years old) and was perched on a limb of the remaining skeleton of an old apple tree that we had cut down several years ago, leaving the trunk and main branches standing for birds (something I have mentioned previously in this column).

The eagle was holding something in its large, bright yellow talons but I couldn't make out what it was. I doubted that it was one of the smaller birds such as the juncos, chickadees or goldfinches that typically inhabit our feeders since they are far too agile for such a large bird of prey to catch. Typically small birds are the prey of an accipiter such as a Merlin, a Cooper's or a sharp-shinned hawk (which have pointed wings and long tails for quick maneuverability around trees and other obstacles). Eagles feed mainly on carrion (animals that have already died or been killed).

I went and got the binoculars which revealed that the prey it was tearing apart with its large yellow beak was a grey squirrel. I was thrilled! Because not only was it NOT a songbird, but it was one of those pesky squirrels of which we have far too many for my liking! I'd be happy to share

our property with them if they would leave our feeders alone, but that is a pipe dream. They have thwarted every attempt we have tried to deter them. We're hopeful that the eagle will return to catch another fat grey squirrel now that it has been successful once.

This is an example of one of the reasons we maintain bird feeders that I outlined in my column a few months back.



Entertainment. You can't find better natural live entertainment than this. A friend recently asked me about a hawk that was perched in a tree overlooking her bird feeders. After she described it, I suggested that it might be one of the aforementioned Cooper's hawks. She was concerned that it might pick off one of the songbirds at their feeder to which I replied how delightful that would be. She was shocked that I would welcome this, but to me, it is part of nature that controls the numbers of birds.

Accipiters and raptors like eagles, hawks, and owls must eat and feed their young, too. We don't typically feed them, but we need them to maintain the numbers of smaller animals such as mice and birds. I think it's really neat to see

the birds at the feeder scatter in all directions when a raptor swoops in from seemingly nowhere trying to catch one of the slower ones, which is what nature intended.

So, there you have it. Because we maintain feeders to attract birds, we also, not wanting to, attract squirrels, that, in turn, attracted a bald eagle.

We hope the eagle returns again, soon.



Baden Birding Sponsored by:



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

**Baden**  
**FEED & SUPPLY LTD.**  
519-834-5474 • 1-800-285-2385  
76 Mill Street, Baden



Love is in the air! Our hearts are full this season and so is the store!

Come on in and get your furry and feathered friends a gift they will love!



Did you realize that February 22nd 2022 (2/22/2022) falls on a Tuesday so we will be able to call it 2's day ... that's fun!



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





**SILVER SPRINGS**  
C O N T R A C T I N G

Decks & Fences  
Concrete Driveways, Sidewalks & Patios  
General Contracting

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

**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 —

Looking for a change? Consider a home upgrade ~ Let's make a plan.



**JON WITZEL**  
C O N T R A C T I N G L T D .

Whatever Your Expectations,  
Our Goal is to Exceed Them.

COMMERCIAL  
RESIDENTIAL  
AGRICULTURAL

519-662-4239  
jonwitzel.com



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

## Learning from Seniors

I spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself and asked...

"Dad, why don't we activate your internet banking?"



"Why would I do that?" He asked...

"Well, then you won't have to spend an hour here for things like a transfer. You can even do your shopping online. Everything will be so easy!" I was so excited about initiating him into the world of internet banking.

He asked, "If I do that, I won't have to step out of the house?"

"Yes, Yes!" I said. I told him how even groceries can be delivered at the door now and how Amazon delivers everything! His answer left me tongue-tied.

He said, "since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now.

You know I am alone... this is the company I need. I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave.

Two years back, I got sick. The store owner from whom I buy fruits came to see me and sat by my bedside and cried.

When your mom fell down a few days back while on our morning walk, our local grocer saw her and immediately got his car to rush her home as he knows where I live.

Would I have that 'human' touch if everything became online?

Why would I want everything delivered to me and force me to interact with just my computer?

I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of relationships.

Does Amazon deliver all this as well?" Technology isn't life. Spend time with people, not just devices.

*Email submission.*

We are happy to be your voice!



## Farewell to John Honderich, Former Publisher & Editor of the Toronto Star

John passed away in his home in Toronto on February 5, 2022 after having a heart attack. John loved newspapers and was part of the Canadian newspaper industry from birth. Mr. Honderich was a member of the Order of Canada and the Order of Ontario. He was the 2019 recipient of the Canadian Journalism Foundation's Lifetime Achievement Award.

In March of 2011 we had the pleasure of a visit from John Honderich Jr. (at that time he was Chairman of the Board of Torstar) who was visiting town in search of his family roots. John was in the process of writing a book about his father and was led to our door to travel down memory lane with our collectables of Baden history we had accumulated since we began the *Baden Outlook*. He also spent time at the township archives and visited other Baden folks including relative Shirley Honderich, and the Coakley family who lived in the original Honderich home on Snyder's Road.

John looked through our photo archives and perused some related articles of life and times in Baden during the 20s and 30s. We found John to be such a down to earth person and very appreciative of our research. He was very excited when we gifted him with a Baden Outlook sweater and put it



right on and claimed he would wear it proudly to his next Torstar board meeting.

For those of you who may not know who this fine gentleman was, here is a recap of the article we featured in the October 2010 issue about the former newspaper publications that existed in Baden in earlier years. There is evidence *The Baden Standard* existed from 1897 to 1900, followed by *The Baden Star*, 1913 -1914, and lastly, *The Village Item* in 1925. The last two mentioned papers were published by local John Honderich Senior, who was deaf and profoundly poor. The Honderich family lived at 106 Snyder's Road West until the bank foreclosed their home and they moved to 25 Foundry Street. These were hard times for the Honderich family.

One of their sons, Beland, dropped out of high school and started writing articles about Baden for *The Kitchener Waterloo Record*. Then he was hired at the *Toronto Star*, as they were replacing reporters who went away to war. He moved up the ranks in the Star Corporation – Editor-in-Chief (1956), President and Publisher (1966), Chairman and Chief Executive Officer (1976), and retired as Publisher in 1988. He passed away in Vancouver in 2000. Beland's son, John, went on to become publisher of the *Toronto Star*.

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

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



Visit our website at [www.badendentalclinic.com](http://www.badendentalclinic.com)

All plants have their own requirements in order to grow.... and so do people.



## 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](http://www.expresswayford.com)

- SALES • SERVICE • LEASING • PARTS
- AUTO CLEANING



**"Additional Location in Stratford"**

# CAR CARE



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



## 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



**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)**

Did anyone else have a giggle when they saw this amazing tree removal on Snyder's Road on Feb. 1st? Luckily it was not a windy day for that very brave and talented arborist. Obviously it's been a landscape feature for many decades. Heritage wherever you go!



Interesting to note that the small middle building on the left was the home of Ed Rieck's Meat Shop which is featured on the next page.



### 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**

## Notes From the Attic — Ed Rieck

Many prominent people who have lived in Baden, such as Jacob and Adam Beck, and the Livingstons, have put our small town on the map. Edward Rieck was another one of those people that played an important role as a butcher and horse race enthusiast right here in Baden... gone but not forgotten.

Ed Rieck was born on May 30, 1892 in New Hamburg. At an early age he worked for Gottfried Franke, who owned a butcher shop on the Franke Block on Peel Street. Mr. Franke passed away at his home at 254 Wilmot Street in New Hamburg from pneumonia on January 25, 1918, so Ed started looking for a location where he could open his own butcher shop – and chose Baden.

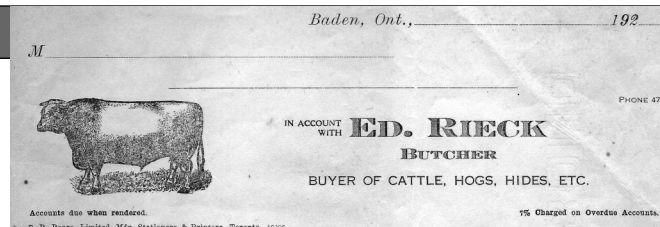
Ed purchased a butcher shop at 46 Snyder's Road across from the former Baden Emporium property. Mr. Boye, who was the postmaster for Baden, built the house in 1880 and sold the property to Mr. Wunder, who built the adjacent butcher shop in 1900. The next owner was a Mr. Hartman who sold it to Louis Schmidt, who in turn sold it to Ed Rieck after the passing of Gottfried Franke.

Ed Rieck ran that butcher shop for 56 years, from 1919 to 1971. It was well-known for quality meats. Baden resident, Mike Weiler, remembers the meat shop well and recalled that much of his butchering was done at the abattoir, which was a small building behind the Seip Roth meat lockers on Brubacher Street. He also recalls seeing Ed Rieck driving around town with a horse and sulky many times.

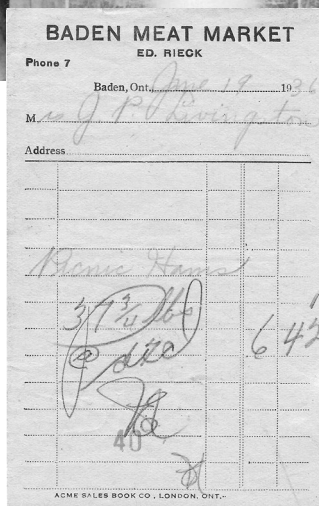
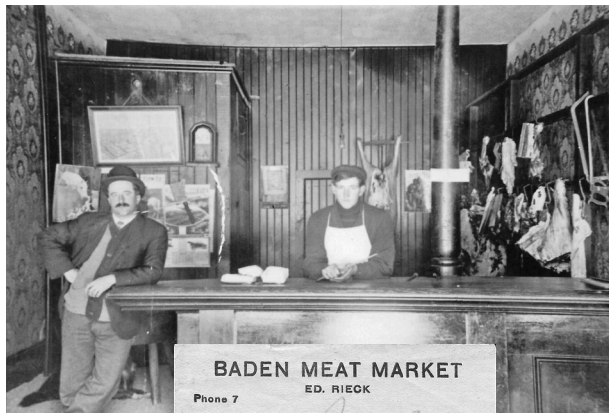
Butchering was not the only thing that Ed Rieck was known for as he was a harness horse race enthusiast. He was known to trace bloodlines of famed racehorse families to their origin and could name descendants all down the line. He owned several of his own horses which he personally trained and he even built his own sulkies in the back of his butcher shop.

He started building race sulkies during the depression days when he could not afford to buy his own. His hobby soon became a business on its own as he built sulkies for just about every top-notch stable in Ontario in the 1950s. He also had a small stove which he used as a blacksmith forge, from which he turned out his own balanced horseshoes. He also learned how to manufacture and repair his own special racing harnesses.

In 1897, the New Hamburg Pacing Association, an original harness racing group, was organized. Harness racing was gaining popularity so a group of six founding members in



1936 organized the New Hamburg Turf Club. Those members included Earl Katzenmeier, Dr. Thomas Kirkpatrick, Floyd Milton, Fred Dubois, Alex Parsons, and Ed Rieck. They would go on to utilize the race track and park facilities in New Hamburg.



On August 12, 1936 the first Canadian Pacing Derby was held in New Hamburg and was an immediate success with an estimate of between 6000 to 8000 people in attendance. Pari-mutuel betting was in use here for the first time. The following year the crowd was estimated at 12,000 and by early spring of 1938 plans were underway to widen the track

and a barn was built by C.L Forler. The race continued to be popular with 20,000 people attending the event each year. In 1947, a new grandstand was built to hold all the spectators. Due to the establishments of many new tracks in larger centres, the Canadian Pacing Derby was moved to a larger track at Mohawk Raceway. The last race in New Hamburg was held in 1957 and the New Hamburg Turf Club was disbanded.

Ed Rieck was the son of Karl Rieck and Mathilda Mueller. He was married to Lynetta Hunsberger and he died on April 22, 1975 at KW Hospital. He left an impact on Baden, Wilmot, and Waterloo Region.

*Thanks to Rene Eby for his contribution to this heritage feature.*



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**



## EcoNugget

### Plan a Rain or Bog Garden Now

A rain garden collects stormwater (rain and melted snow) so it filters into the ground instead of contributing to flooding. Research now & create a plan.... winter really doesn't last forever!

#### Benefits:

- Improves local water quality
- Reduces community flood risk
- Attracts wildlife with native planting
- AND beautifies your yard

#### Here's how:

- Locate your rain garden where water naturally drains
- 3 metres away from buildings with a shallow slope is ideal
- Take care to avoid underground cables
- Rain garden soil is 60% sand and 40% compost to a depth of 60cm. Research a good local source like Reep Green Solutions' [website](#) and this guide: [Designing your rain garden](#)

Local youth are joining the Nith Valley EcoBoosters as a way to make an impact in their community. The new pilot project NVEB Youth Advocates will be the first in our area where local youth will have the opportunity to help support schools in Wilmot and Wellesley to take action in response to climate change. Help your school and community to become climate change leaders and get volunteer hours at the same time! Contact us for more information about how you can get involved.

Our next monthly general meeting will be held at **7:00PM** on **Wednesday, February 23<sup>rd</sup>**. Please contact us via e-mail ([nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com)) or call **519-662-9372** if you would like to participate in this "Zoom" meeting or if you want more details about our Youth Advocates group.

Don't wait. Help our communities. Help our environment.

## You Must Be Joking!!



Shortly after a British Airways flight had reached its cruising altitude, the captain announced:

"Ladies and Gentlemen, this is your captain. Welcome to Flight 293, non-stop from London Heathrow to Toronto. The weather ahead is good so we should have a smooth and uneventful flight. So sit back, relax, and OH NOOOOOO...."

Silence followed and some moments later the captain came back on the intercom.

"Ladies and Gentlemen, I'm sorry if I scared you. While I was talking to you, a flight attendant accidentally spilled a cup of hot coffee in my lap. You should see the front of my pants!"

A passenger in the second row shouted, "For heaven's sake! You should see the back of mine!"



I told my suitcase that there will be no vacation this year. Now I'm dealing with emotional baggage.

# 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!

# massel's marine

38 Milton Street  
New Hamburg, ON

Phone: (519) 662-1650  
Toll Free: (866) 627-7357  
sales@masselssmarine.com

- ~ Factory Trained Technicians
- ~ Parts & Accessories
- ~ Shrink Wrap & Winter Storage
- ~ In House Financing

[www.masselssmarine.com](http://www.masselssmarine.com)





# Feeling Unplugged?

**poole**  
ELECTRIC LTD.

- ECA Licence #7000298
- Residential
  - Commercial
  - Industrial
  - Agricultural

Phone: 519-656-2909  
Email: [admin@pooleelectric.ca](mailto:admin@pooleelectric.ca)  
[www.pooleelectric.ca](http://www.pooleelectric.ca)

*Celebrating 40 years!*

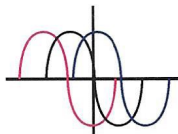


**S. L. Roth Electric Inc.**  
1944 Bean Rd,  
New Hamburg, Ontario N3A 2W9

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

Email: [slrothelectric@live.ca](mailto: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](mailto:couchco@sympatico.ca)  
Web: [couchcoelectric.com](http://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](mailto:einwechterplumbing@gmail.com)

## Reduce to Produce *Answers on page 31*

Eliminate words from the clues below. The remaining words will create the answer to this riddle.  
(Read remaining clues left to right, top to bottom)

He thought he won the argument with his wife as to how to arrange the dining room furniture but...

A	B	C	D
PINK	CAT	WHEN	AND
HE	LITTLE	RED	FROG
CAP	GOT	FROST	HOME
SNOW	WHITE	THE	MATTER
TABLES	WERE	TEN	FOR
FIVE	ICE	LAP	TURNED

1. Remove all words that rhyme with "tap"
2. Remove all words containing "TT"
3. Remove all words that are cold
4. Remove all 3-lettered words in column D
5. Remove all numbers
6. Remove all colours
7. Remove all animals



Write leftover words here:

---



---



---



**SYLVAN 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](mailto:info@blueskymarine.ca) Web [www.blueskymarine.ca](http://www.blueskymarine.ca)

# Let US Help Take Care of YOU!

## 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

*Despite Covid, there's been a lot of rough colds and flus. The dryness of winter in our homes doesn't help with coughs and sinuses so be sure to drink lots of water, nurturing soup, or herbal tea. Grab that comfy blanket and hunker down with a movie or your book. It's winter in Canada so embrace the hibernation time we are given to lie low and nurture ourselves.*



## Mariko Ogasawara RRPr.

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 9-5 | Wed 9-1 | Thurs 12-8 | Fri 9-5 | Sat by appt.



## 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.*



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

## MUSCLE AND JOINT INJURY FIRST AID

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



Physical injury to your muscles and joints can occur with workplace, household, sporting, and recreational activities. This can cause pain, stiffness, and swelling in a joint or muscle, leading to injuries known as *sprains*, *strains*, and *contusions*. Initial conservative management and first aid of such injuries should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation) outlined below.



**PROTECTION:** Immobilize the injured area to protect from further injury. This can be accomplished with the use of an elastic wrap, brace, splint or sling. Walking aids such as crutches or a cane can be useful to help you get around.

**REST:** To ensure proper healing, rest the injured area and avoid activities that cause pain. Do not restrict all activities completely. Other regions of your body can still be used. This will help prevent physical de-conditioning. An attempt should be made to return to regular or modified activities as soon as possible provided it does not put you at risk for further injury.

**ICE:** Ice cubes, frozen vegetable bags, or commercial ice/gel packs are examples of cold sources that can be molded or applied to an injury site immediately. Icing will help to reduce pain, swelling, and inflammation in the injured tissues. Ice application should not



exceed 10 to 20 minutes at a time. Allow for skin temperature to return to normal before ice is reapplied. This cycle can be repeated as often as necessary within the first 24 to 72 hours. Ice should never be applied directly over the skin for a prolonged period of time as this can damage the skin. A damp towel can safely be used as a barrier between the ice and skin and acts as an excellent conductor of cold. Do not apply ice to blisters, open cuts, or sores. Individuals hypersensitive to cold and those who have circulation problems should avoid ice.

**COMPRESSION:** Compress the injured area with an elastic tensor bandage. This will help decrease swelling. Do not wrap the bandage too tightly as to cut off circulation. You should not feel an increase in pain with compression.

**ELEVATION:** Elevate the injured area (whenever possible) above the level of the heart, especially at night. Gravity helps reduce swelling by draining excess fluid.

You should seek immediate medical care under the following circumstances: a popping sound heard during the injury accompanied by a feeling of joint instability or inability to weight bear; obvious evidence or suspicion of a broken bone, fracture or joint dislocation; or injuries at risk for infection.



By using the **P.R.I.C.E.** principle after an injury, you can significantly reduce swelling, tissue damage, inflammation, muscle spasms, pain, and recovery time. In the event that you suffer from ongoing muscle and joint pain following an injury, you should contact a licensed health professional who can diagnose your condition and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance.

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



## New Hamburg Wellness Centre

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

**New Patients Welcome!**



*Proudly serving Baden, New Hamburg and surrounding communities.*

417 Waterloo Street, New Hamburg  
519.662.4441 [www.nhwc.ca](http://www.nhwc.ca)

## EXTRA EXTRA!!

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



*"Keeping the Community Connected"*

# Drop One For Fun

Answers on page 31

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

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

1. Heavily loaded
2. To give for temporary use
3. A wild animal's home
4. A fashion or shape
5. A vein of ore
6. Guided someone
7. To keep away
8. A famous female opera singer
9. To help
10. A variety show with sketches and songs
11. Change direction suddenly
12. To increase engine speed
13. Could be found at the Indy 500
14. Protection or safe keeping
15. A person who excels



**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**

Baby has no labels. There is just “me”. Then somewhere around six months Baby realizes part of what was “me” is separate. It is Mother!!! So now Baby adds their first external label of Child.

That is the beginning. From there we begin accumulating labels. The relationship labels accumulate innocuously and easily. We are Child, Grandchild, Friend, and eventually Husband/Wife, Parent, Grandparent.

So too the Vocation and Avocation labels start to accumulate: Student, Teacher, Doctor, Nurse, Coach, Trainer, Volunteer, Supporter, Seamstress, Crafter, Collector, Builder, Retailer, Manufacturer, etc.

The shadow side of these noun labels is how they seem to get stuck to us, or vice versa. The sad truth of life is that any of these labels can morph or be ripped away without warning and without our consent. Almost everyone knows the pain of this. We lose the Husband/Wife label because of death or divorce. We find ourselves in the empty nest, and the Parent label feels lost or at least changed forever. A career that we have made our whole life is suddenly gone. We have

been downsized, restructured, aged out, or fired. What now? Where is the rest of me?

There is a reawakening; “me”, the inner self, must be something other than these labels.

What happens to “me” if a label suddenly does not exist anymore?

Then there are the adjective labels. We think of ourselves as strong/weak, optimistic/pessimistic, happy/sad, brilliant/average, healthy/unhealthy, willowy/inflexible, and the list goes on!

The shadow side of all the adjective labels is that they can be super sticky. Shaking those can take a great deal of effort. The most problematic of these labels are the ones that start with “too”. Too old, too busy, too stiff. I hear those frequently when I talk to prospective yoga students.



Another big bugaboo with those prospective yoga students is comparative labels. So, we start right away with warding those off. One of the first rules of yoga is to “stay on your own mat”. That has nothing to do with “social distancing”. It is a head thing. It is an exhortation to stay out of the comparatives. Pay attention to what you are doing and do not let your judicial gaze go to your neighbours. If you do, the comparative labels start to flow. “I’m fatter”, “I’m stiffer”, “I’m slower”. One of Theodore Roosevelt’s famous quotes was “comparison is the thief of joy.”

Do you!!! Be you!!!

Back to Baby for a moment. For nine months Baby’s world was all internal. Baby embodies the phrase, “I am”. But as soon as Baby is born, the senses start drawing the self out into the 10,000 things of the world. That is where the labeling starts, and before we know it, we are hip-deep in those labels.

We are living in a sort of separation anxiety from that moment on. That is why we try to anchor ourselves in external labels. Instead, we should connect back to our inner world, casting our anchor inward. There is more to each of us than all our labels. Just as an exercise, try to call up all the labels that you identify yourself with. Imagine them gone!?!?

Imagine just coming back to being.

**ZEHR**<sup>Z</sup>  
INSURANCE BROKERS LTD.

Home of the Vintage CARS Insurance Program  
Providing antique and classic car insurance since 1968



Call 519-662-1710 or  
look online @ [www.zehrinsurance.com](http://www.zehrinsurance.com)  
for quotes, eligibility, coverage’s & more

59 Huron St, New Hamburg, ON

*“Protecting What Matters to You”*

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



**Rotary  
Wilmot**



**Calendar Fundraiser  
January Winners**

**January 6, 2022**

Winner: Amanda Pfaff (New Hamburg)  
Prize: \$50 Gift Certificate to Old Country Restaurant

**January 13, 2022**

Winner: Peyton Boehler (New Hamburg)  
Prize: \$50 Gift Certificate to Panache Hair Salon

**January 20, 2022**

Winner: Heidi Nielson (Tavistock)  
Prize: \$50 Gift Certificate to Meme's Café

**January 27, 2022**

Winner: Larry Taylor (New Hamburg)  
Prize: \$50 Gift Certificate to Cook's Pharmacy



**Blood Donor Clinic**

Monday, March 14, 2 pm - 8 pm  
Steinmann Mennonite Church  
1316 Snyder's Road W., Baden



**W-O Prom 2022 Bottle Drive!**

Help fundraise for prom!  
There's lots of time to start saving up those bottles.

**Drop off will happen on Saturday, March 26  
At 89 Hamilton Road, New Hamburg in the Iron Bridge  
Fabrication front parking lot between  
12 p.m. and 4 p.m.**

We hope many community members will help participate/donate towards Waterloo-Oxford's Prom!

**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

**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

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](mailto:info@wilmotfamilyresourcecentre.ca).



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

*Canadian Navigable Waters Act*

Daniel Baer hereby gives notice that an application has been made to the Minister of Transport, pursuant to the *Canadian Navigable Waters Act* for approval of the work described herein and its site and plans. Pursuant to paragraph 7(2) of the said Act,

Daniel Baer has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) under the NPP File Number 2021-404836 a description of the following work, its site and plans: Put a single strand (non electrified) on the south side of the bridge across the river spanning from east to west for cattle across the Nith River at the bridge on Carmel Koch Road.

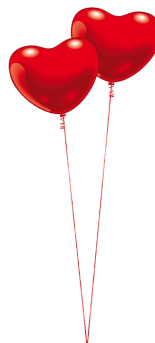
Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada  
100 S Front St, 1st Floor  
Sarnia ON  
N7T 2M4

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Posted at Baden, Ontario this 27th day of January , 2022  
Daniel Baer



Planning a trip? Speak to me first!

**STONETOWN TRAVEL**

**Kristina Ziegler**

Independent Travel Consultant

[kristina@stonetowntravel.com](mailto:kristina@stonetowntravel.com)

Happy Heart Month Wilmot!



**LEVEL-UP your business.**

**PREMIUM MIX**  
MARKETING CO.

[PremiumMix.ca](http://PremiumMix.ca) **BADEN**

*It's Heart Month.*

*Do you know the signs of a stroke?*

**Remember this Acronym! FAST**

**F**ace—is it drooping or tingling?

**A**rms — are they heavy, can you raise them both equally?

**S**peech—are your words jumbled or do you have slurred speech?

**T**ime—don't wait to call 911.

"RECONCILIATION IS NOT ABOUT BEING A SPECTATOR"  
- SENATOR MURRAY SINCLAIR

**DOCTRINE OF DISCOVERY**  
**STOLEN LANDS, STRONG HEARTS**

Doctrine of Discovery: Stolen lands, Strong Hearts is a film about a devastating decision, made over 500 years ago, which continues to profoundly impact Indigenous and Settler people worldwide. Pope Alexander VI ruled that the lands being discovered by European explorers at the time were "empty" lands and its millions of Indigenous inhabitants were "non-human".

**Friday, February 18<sup>th</sup>, 2022**

**7:00 pm to 9:00 pm**

Hosted on Zoom

*with opportunity for discussion in breakout rooms after the movie*

Contact Steinmann Mennonite Church to receive Zoom link  
519-634-8311 ▪ [office@smchurch.ca](mailto:office@smchurch.ca)

Hosted by the  
Wilmot Ecumenical Working Group on Indigenous/Settler Relationships



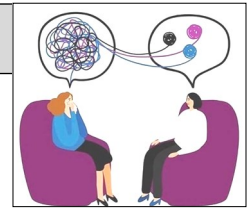
**New Hamburg Legion**

**Branch #532—Boullee Street, New Hamburg**

The Legion will be reopening  
Wednesdays, Fridays, and Saturdays  
1-5 p.m. beginning February 2nd.

Entertainment with Fab 50s on Saturday  
February 26th, 2-5 p.m. \$5 at the door.

QR code required for entry



Most people know someone we wish would listen better. Being heard matters. But do we know how to be the listener? It may have become a lost art.

When someone is talking to us, it is common to be distracted, preoccupied, and to need to be told again (and again) because we forgot what was said. Typically, we may be preparing what we are going to say in response while they talk, and perhaps so focused on that that we interrupt. Don't worry, this is normal and it can produce a lively conversation!

We can expand our listening skills and watch how our relationships change. Perhaps enrich a few minutes with a cashier, widen the connection with contacts on a normal day, and deepen the quality of hearing the ones we are close to. It is a human need to connect, and listening is love in action.

Listening can take many forms, and there is a vast range of time and attention it may require. It could be a short question or comment that just takes a moment or a longer expression that takes time.

Many conversations are spontaneous, and we may feel a slight sense of being startled. Even if we have an appointment to talk and are prepared for a conversation, there are endless possibilities of how we are present in that moment. Are we tired, rushed, focused on something else, attentive, curious, or uncomfortable with what the person is saying? Do we think we know what they will say? How we are present changes how we listen. Maybe we are in a good space for listening, or perhaps postponing the conversation is good self care and can make all the difference to how the conversation unfolds if the timing is better.

When listening to someone who makes us uncomfortable it can feel like we're helping them by trying to change them or fix what seems to be a problem. However, the speaker may feel unheard or brushed aside.

There is much to be aware of when listening. Here are a few points to consider for bringing depth to your listening and relationships.

### Be kind to yourself

Take time to notice your own discomfort and take care of that part of you. When someone tries to sway you to their point and you find yourself resisting, acknowledge their point and honour diversity. Agreeing to disagree with respect allows trust to continue to flow at the same time as staying true to yourself.

### Let go of evaluation

Suspend assumptions by letting the other person talk without concluding anything. If you feel you need to figure everything out, or need to process out loud and direct the conversation, you may be heard as a critic. Not getting caught up in their story, your presence becomes a safer place for them. They may be better able to hear their own wisdom while supported by your gentler presence.

### Ask quality questions

Questions generate emotions and behaviour. Poor quality questions bring poor quality answers and we lose our power. Well-thought-out questions can dig deeper for insights, bring a healthy curiosity, fresh perspectives and empowerment. Simply asking for clarification can help in the listening process. You might say "I hear \_\_\_\_, is that what you mean?"

### Give feedback

Notice what you observe. What does the other person's body language say? Are they tense, animated, enthused, or upset? Is their tone of voice giving you clues to what they are expressing? You might say "I noticed that you sighed when you said that." That helps them to feel you are fully present with them.

### Validate

Show support and value of the one to whom you are listening. As a fellow human being, they matter; and goodness is within them.

Listening is a gift that gives us the sense that we are not alone.

"See the light in others and treat them as if that is all you see." -Wayne Dyer

*Cheryl Weber Good is a trained listener who helps people to hear their own wisdom.*

## COFFEE HOUSE TALKS

INVITES YOU TO LEARN ABOUT:

## THE ART OF LISTENING & BEING HEARD

GUEST SPEAKER: CHERYL GOOD

LOCAL COMPANION LISTENER

16

DAY

02

MONTH

22

YEAR

LOCATION: TO BE DETERMINED

TO REGISTER FOR THIS FREE EVENT EMAIL:

COFFEEHOUSETALKS2020@GMAIL.COM

OVER 55+? QUESTIONS? CALL: 519-662-2731

OR EMAIL:

COFFEEHOUSETALKS2020@GMAIL.COM



Wilmot Family  
Resource Centre

FOR ADULTS 55+  
FUNDING PROVIDED BY:  
NEW HORIZONS FOR SENIORS



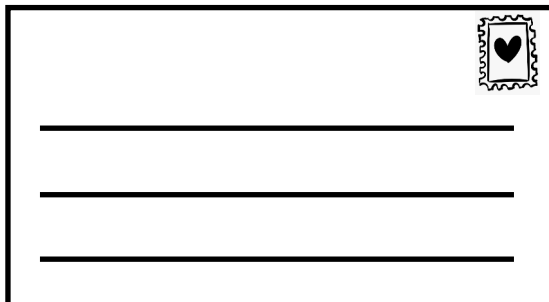


# Kids' Corner

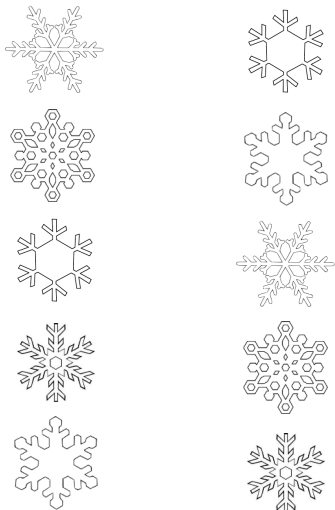
By: Karrienne Berberich  
[www.beereadyresources.com](http://www.beereadyresources.com)

Print your name and address on the envelope so you can get your special Valentine!

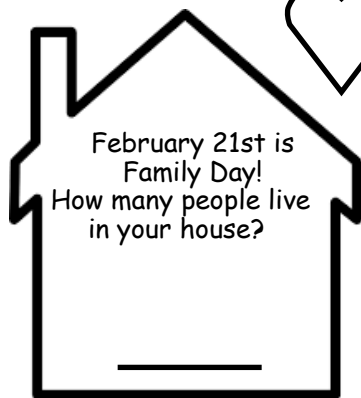
Draw the other half of the heart. Colour it red.



Can you match the snowflakes?



Print the missing numbers on the hearts.



What did the stamp say to the envelope on Valentine's Day?

I'm stuck on you!



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

# STAYING *social* in the VILLAGE



  
The Village of  
**WINSTON PARK**  
695 Block Line Road, Kitchener

Come see why you'll love our *Village*

**Let's chat!**  
Call 519-576-2430,  
Christina x 8008 or  
Gillian x 8002

[schlegelvillages.com](http://schlegelvillages.com)

## You Must Be Joking!!



### The Joys of Adulthood

- \* What's an adult problem nobody prepared you for? Fruits and vegetables expire faster when you pay for them.
- \* Hi. Welcome to adulthood! You'll be constantly tired except for right before you need to go to sleep.
- \* Laundry: washing 30 minutes, drying 60 minutes, putting away 7 to 10 business days.
- \* Who knew one of the most taxing parts of being an adult is trying to figure out what to make for dinner every night.
- \* Welcome to adulthood. You get mad now when they rearrange your grocery store.
- \* Thoughts in adulthood. Why are rugs so expensive... pillows and curtains too!
- \* How do people work 10+ hours a day then come home and workout and cook? Adulthood is an extreme sport.
- \* Who knew replacing an old sponge could give such joy.

## Local Churches Invite You to Join Them



**Steinmann Mennonite Church**  
Sunday Worship 9:45 a.m.  
[www.smchurch.ca](http://www.smchurch.ca)

**Zion Philipsburg Lutheran Church**  
Sunday Worship 10:30 a.m.  
[www.philipsburglutheranchurch.ca](http://www.philipsburglutheranchurch.ca)

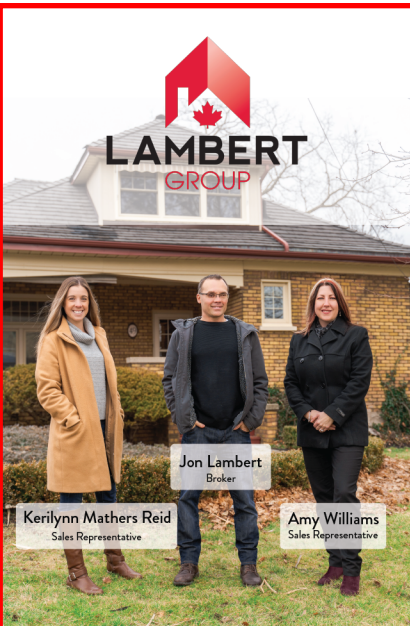
**Emmanuel Lutheran Church**  
Sunday Worship 9:30 a.m.  
[www.petersburgchurch.org](http://www.petersburgchurch.org)

**Shantz Mennonite Church**  
Sunday Worship 9:30 a.m.  
[www.shantzmc.ca](http://www.shantzmc.ca)

**St. James Lutheran Church**  
Sunday Worship 9:00 a.m.  
[www.stjamesinbaden.org](http://www.stjamesinbaden.org)

**Wilmot Mennonite Church**  
Sunday Worship 10 a.m.

**St. Agatha Mennonite Church**  
Sunday Worship 10 a.m.  
All are welcome. 519-634-8212



Kerilynn Mathers Reid  
Sales Representative

Jon Lambert  
Broker

Amy Williams  
Sales Representative

"Building Trust, One Home at a Time!"

Direct: (519) 897 - 1507  
[jonlambert@remax.net](mailto:jonlambert@remax.net)



## Hey Baden, it's Quiz Time!

1. How many detached homes were sold in KW in the last 30 days?  
A. 235    B. 101    C. 54    D. 178
2. On average, how long was a home on the market in December?  
A. 3 days    B. 8 days    C. 11 days    D. 23 days
3. How many semi-detached homes were sold?  
A. 16    B. 29    C. 5    D. 51

The market has been a little unpredictable lately. To help our friends in the Baden community make sense of things, we share a monthly market update on our website with insight, tips, and market statistics. Scan the QR code below to watch our most recent video.



Reach out to us today to get notified of monthly market reports. We love helping our neighbours in the Baden community with market knowledge, and reaching their real estate goals.

Answers: 1B 2B 3A

"Amy Williams at the Lambert Group helped my husband and I purchase our first home. We couldn't have been happier, she was super friendly and helpful from day one. Her depth of experience was a huge asset, and she was always offering her knowledge when we were viewing houses. The whole Lambert team was a pleasure to work with, and Amy was amazing!"

-Melanie T.

February is a hard, winter month, but it's also a short month with light at the end of the tunnel. On average February is the snowiest month of the year according to Environment Canada. It is also the month for predictions, love, family, and cleaning! On February 2<sup>nd</sup> we watch with anticipation for Warton Willie to make his prediction for an early spring. On February 14<sup>th</sup> we celebrate all the love we have in our lives, and on February 21<sup>st</sup> we get to relax and enjoy a day spent with family.

What some of you may or may not know, is that the word February comes from the Latin word *februa*, which means "to cleanse". As Canadians we seem to revel in the hardness of the winter weather by taking part in many winter sports such as hockey, alpine and cross-country skiing, snowboarding, skating, snowshoeing, curling, and snowmobiling. However, if you are not a winter activity fan you might use these colder months to do some deep cleaning!

Before you dive in, take the time to set yourself up for success. Make a pile for "Things to donate to New Hamburg Thrift" and a pile "to be tossed." Have your boxes or garbage bags clearly labelled and you're ready to start.

New Hamburg Thrift Center will accept donations of all kinds. Gently used housewares are always welcomed, so go ahead and clean out those kitchen cupboards where you've stored things you just don't use. We love books for all

ages, so take your time and clean off bookshelves. Take everything down and dust it off then consider what to return to the shelf and what to send to New Hamburg Thrift Center so someone else can enjoy it. Boots, shoes, and jackets you have pushed to the back of the mudroom are also accepted.

Once you get your bookshelves cleaned off, your kitchen organized, and your mudroom back in order, there is one bigger cleaning task left to do. In my opinion, it is the biggest task of them all. It requires a lot of effort and a huge chunk of your time—purging your closet! We have big hopes for many items in our wardrobe that unfortunately just never come to actuality. It's painful to have to get rid of things we feel haven't lived up to their potential, but the reality of it is if you haven't worn it in over a year you probably never will. Donating that item to New Hamburg Thrift will give it the second life it deserves.

Donating your gently used clothing, housewares, or furniture to New Hamburg Thrift helps MCC to do all of the great Mission work to which they are dedicated. MCC puts over 80% of funds raised towards their missions of Relief, Development, and Peace. Your generous donation of unwanted items is helping more than just one person locally and internationally.

To find out more about MCC and New Hamburg Thrift Centre please visit us!

In person: 41 Heritage Drive, New Hamburg, ON  
Monday –Wednesday 10am-5pm  
Thursday & Fridays 10am – 8pm / Saturday 10am – 5pm

Online: [www.newhamburgthrift.com](http://www.newhamburgthrift.com)

*Happy Cleaning! We look forward to seeing you soon!*



**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.

**KINDRED**  
Credit Union

100 Mill Street, Unit M  
1.888.672.6728  
[www.kindredcu.com](http://www.kindredcu.com)

JOIN THE CONVERSATION!  
f t in v

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



**YOUR QUALITY DONATIONS**  
*Make The Difference*

**DONATE TODAY!**  
*Thank You*

**MCC THRIFT**

Shop & Receiving Hours  
Mon.-Wed. 10am-5pm Thurs.-Fri. 10am-8pm Sat. 10am-5pm

**MCC NEW HAMBURG THRIFT CENTRE** **519-662-2867**  
[www.newhamburgthrift.com](http://www.newhamburgthrift.com)

41 Heritage Dr  
New Hamburg, ON

While the vast majority of vacation properties rented by snowbirds over the winter are legitimate, every year there are a handful of nightmare stories from a few unlucky snowbirds who were shocked to discover that their rental did not exist, and they had been scammed out of thousands of dollars in rent.

The scenario goes something like this:

1. You find a great place - perhaps at an unbelievable price.
2. You correspond with an individual who holds themselves out to be the “owner” or “agent” of the property.
3. You send a wire transfer for a deposit - or in some cases the entire rent.
4. The contact disappears along with your money  
In some cases, you may actually show up at the property you were led to believe you rented only to find out that it was never for rent or was rented to someone else by the real owner/agent.

The good news is, there are many steps snowbirds can take to avoid becoming a victim of vacation rental scammers. Here are our top tips on how to protect yourself and make sure your vacation rental is legitimate.

### Is the rent too good to be true?

One clue that should set off alarm bells right away is an amazing “deal” on rent. If the rent seems too good to be true, it probably is. In cases like this, don’t be afraid to push the rental owner or agent on why the rent is below market and to provide proof that the rental is legitimate. If anything seems off, walk away.

### Where is the property listed?

Where did you find this property listed? If it was on Facebook, Craigslist or Kijiji, there is a higher probability that it could be a scam and you will need to verify legitimacy.



Check to see if the property is listed on any reputable vacation rental sites like VRBO, or Airbnb, or on a reputable real estate brokerage, or property management company’s website, where scammers are less likely to be able to list properties for rent.

### Verify that the property exists

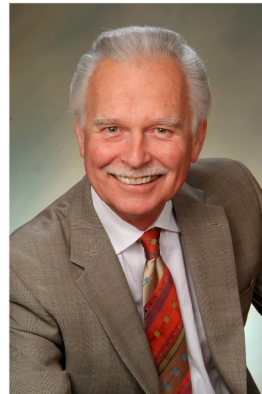
Sometimes scammers try to rent properties that don’t even exist. You can use Google Maps to verify that the condo or villa you want to rent actually exists.

If you have friends in the area, ask them to walk by the property and send you photos. Better yet, arrange for them to do an inspection inside.

### Verify the person you are dealing with is legitimate

- The most important thing to verify is that you are actually dealing with the real owner or agent for the property.
- If they claim to be the owner, ask them for proof. If you are dealing with someone claiming to be an agent, ask for proof that they represent the property owner and check references of the rental agency.
- Does the owner or agent have a website that appears to be legitimate that you might be able to verify in some way?
- Do a Google search on the owner/rental agent and the address of the property to see if you find any information that can help to verify that they are legitimate - or that sends up warning signals.

*Continued ...* →



9 Angus Glen Lane  
New Hamburg, ON N3A 0E9  
Bus: 800-433-5307 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
- Stability of Health - 365, 180, 90 and 7 days Options
- Trip Cancellation, Trip Interruption

*Enjoy, discover and explore the world, knowing you have the right coverage no matter how big or small the emergency.*

**The Whining Tree**  
INC

519-662-4111  
WINEMAKING SPECIALISTS  
thewhiningtreeinc.ca

- What kind of presence does the individual or company have on social media? Social media can be a valuable tool for checking out credibility.
- What kind of third-party reviews do the rental property and the owner or agent have online, and do the reviews appear to be real?

Ask for a lot of details about the property and local neighbourhood. If they don't seem to know these details or their information doesn't add up, be very suspicious.

Don't be shy to push back and quiz them about their legitimacy and ask them to provide some sort of proof that makes you feel comfortable. Any reputable person or company won't object to this.

### Ask for references

Ask for references from former renters and, if possible, references for the owner or agent with whom you are dealing with. Take the time to contact these references and verify the owner or agent is who they say they are and that they are entitled to be renting this property.

You can ask for proof from the owner by requesting utility or tax bills in their name for the property. If it is an agent, ask for their agency agreement with the owner.

### Get a formal rental agreement

You should never rent a vacation property without a formal rental agreement. This protects both you and the owner.



The rental agreement should spell out the terms of the rental such as:

- Duration, rental amount, and payment instructions
- Deposit, refund, and cancellation terms
- Other requirements like cleaning fees
- Any other rules for the property
- It should also clarify if there's a security deposit required and when you will have that returned

If the person you are dealing with is asking you to do anything unusual with respect to the rental payments or the rental agreement, then you need to investigate them further.

### Transferring deposits and final payments

By far the safest way to pay is by credit card. Credit cards offer more consumer protection than any other payment method. If there is a problem with your rental, or if you are the victim of a scam, you can dispute the charges with your credit card company.

Vacation rental websites such as VRBO and Home Away sometimes offer secure payment systems and money back guarantees - sometimes for an additional cost. To ensure that you will be covered, be sure to read the guarantee's terms and conditions before you book.

Airbnb and some other sites don't release payment to property owners until 24 hours after a renter has checked in. This ensures you can get a refund if the place is not as advertised or if it wasn't even available.

If you are dealing with an individual, they are probably not set up for credit card payments and they may ask for payment by wire transfer, bank transfer, cheque, or cash. Unfortunately, these methods of payment are the riskiest transaction for you because if they are scammers, they can take off with the money. It is almost impossible to recover your money once this has happened.

Wire transfer payments are very common in some countries, but vacation rental owners should be willing to work with you to find a payment method acceptable to both parties.

### The bottom line

Where possible, always deal with a well-known real estate company, vacation rental website, or reputable agent.

If you find your listing on Craigslist, Kijiji, or Facebook, you will have to do a lot more research and verification. This is not to say that all listings on these sites are scams – in fact most of them aren't -however, the likelihood of running into a scam on these websites is higher.

Make "buyer beware" your mantra. And remember, if the deal looks too good to be true, it probably is!

*Disclaimer: The material is for informational purposes only and does NOT constitute legal, tax, accounting, financial, real estate, medical or other advice, and should not be relied on as such. If you require such advice, you should retain a qualified professional to advise you.*

JOIN ONE OF OUR GROUP TOURS IN 2022/23

# STONETOWN TRAVEL

210 Mill Street, New Hamburg, ON N3A 1P9 | TICO #50025796  
226-333-9939

www.stonetowntravel.com | newhamburg@stonetowntravel.com

Monday to Thursday • 10 a.m. – 3 p.m.



You may gripe about shovelling snow but that blanket of snow is great for insulating plants from large temperature swings which can be a plant killer. The snow is great for winter activities too, or you can cocoon and watch webinars, or read!

Hickory dickory dock, the mouse, the chipmunk, and the squirrel ran up the hickory tree and joined all the other lovers of our native hickory trees. Locally, we have shagbark (Carya ovata) and bitternut (Carya cordiformis) hickory growing in our hardwood forests. In Schmidt Woods, there is an unusually high number growing, according to Wayne Buck of Waterloo Region Nature. Many of the hickories are right beside the trail and you will see the nuts scattered around the tree base and on the trail in the fall. The tree is home to about 235 species of moths and butterflies who lay their eggs on the leaves. Their larvae (caterpillars) in turn provide food for the birds feeding their young. As mentioned, many rodents eat the nuts and make homes in the trees but some large birds such as robins, blue jays, and wild turkeys eat the nuts as well. Shagbark nut is edible for people too. Hickories are related to the walnut and pecan family. Bitternut, as the name implies, is bitter! This is a mid-sized canopy tree up to 25 m high which can live up to 200 years.

Lone stands of shagbark hickory have been found near Lake Huron and Georgian Bay. They may have been planted by native people hundreds of years ago for a food source.

Hickory wood is dense, strong, and shock-resistant so it is commonly used to make tool handles, furniture, and trim. Shagbark hickory trees grow in various environments, although they thrive in drained areas and bitternut thrives in more moist forests. Explore our local forests and look for shagbark hickory. It has very shaggy bark!

Check out Native Tree Nurseries if you wish to purchase any.

*Don't forget to drink water and get some sunlight because you're basically a house plant with more complicated emotions."* - inspired by The Stalk Market in Ottawa






**Riverside Flowers**  
& gift studio

FRESH FLOWERS · PLANTS  
GIFTWARE · CANDLES

55 Huron Street · New Hamburg  
Ontario · N3A 1K1

519-662-1411

### Winter To Do List (or Should, or Might Get To List!)

- Watch for pests (white flies, spider mites, and aphids) and diseases on houseplants. 
- Protect your shrubs and trees if you see bunny damage. With all the snow, it is harder for them to find food and they can girdle trunks higher up now by sitting on the snow.
- Check Wilmot Horticultural Society and Let's Tree Wilmot Facebook pages for news, tips, and the latest webinars. 
- Walk around the Arboretum in New Hamburg at 548-700 Waterloo Street and learn to identify trees in the winter. This is also a great time to see the structure of deciduous trees without their leaves. 

#### For more information & great gardening information.

[www.facebook.com/groups/3133495739996313](https://www.facebook.com/groups/3133495739996313)  
Email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)





#### Let's Tree Wilmot

Email: [letstreewilmot@gmail.com](mailto:letstreewilmot@gmail.com)  
FB: [facebook.com/letstreewilmot](https://facebook.com/letstreewilmot) for tree info and webinars! Website: [letstreewilmot.ca](http://letstreewilmot.ca)



### NEW INVESTMENT OPTIONS SAME EXCEPTIONAL SERVICE

-  Financial Planning
-  Retirement Planning
-  Estate Planning
-  Tax Planning
-  Portfolio Analysis
-  Insurance Analysis

519-662-4001  
KLTWEALTH.CA  
1B-148 PEEL STREET, NEW HAMBURG, ONTARIO



KLT Wealth Management and Q Wealth Partners are trade names of Quintessence Wealth, a registered Portfolio Manager in Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan, an Investment Fund Manager in Newfoundland and Labrador, Ontario, and Quebec, and an Exempt Market Dealer in Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Quebec, and Saskatchewan. The Ontario Securities Commission (OSC) is the principal regulator for Quintessence Wealth.

# 2022 Lincoln Aviator



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

## Outlook Puzzle ANSWERS

### Drop One For Fun

- |           |          |         |
|-----------|----------|---------|
| 1. Laden  | 2. Lend  | 3. Den  |
| 4. Model  | 5. Lode  | 6. Led  |
| 7. Avoid  | 8. Diva  | 9. Aid  |
| 10. Revue | 11. Veer | 12. Rev |
| 13. Racer | 14. Care | 15. Ace |

Creating Special Words  
AMOUR and LOVER

## All Things Scrambled

<u>Sesame Street Characters</u>	<u>Canned Foods</u>
Elmo	Soup
Abby	Stew
Bert	Tuna
Oscar	Beans
Telly	Olives
Ernie	Salmon
Grover	Ravioli
Kermit	Manwich
Rosita	Pumpkin
Big Bird	Tomatoes

### Canadian Quiz

Canada's Centennial	1967
Paul Henderson goal	1972
Death Penalty abolished	1976
Chalk River Nuclear Accident	1952
Marathon of Hope	1980
Nunavut is created	1999
Newfoundland joins Canada	1949
Alberta and Saskatchewan join	1905
St. Lawrence Seaway opens	1959

### Reduce to Produce

...when he got home, the tables were turned.

**NOURISH YOUR  
BRAIN...  
DO A PUZZLE!**

# 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



**It's easy to transfer your prescriptions here!**



Who doesn't like indulging in chocolate? It's decadent and makes us feel good. Keeping it healthy, you might like this recipe. I like the mystery of this muffin as it brings us the good heart health of oats but tangles you up with the yumminess of cocoa. The question is... "Is it a muffin or a cupcake?" — you decide. To add



to your February decadence these sweet Chocolate Meringues are super easy and fun to share.



### Oatmeal Cocoa Muffins

#### Ingredients

- 1 ¼ cups all purpose flour
- 1 cup sugar
- ¾ cup oats
- ½ cup cocoa powder
- 1 tbsp baking powder
- 1 tsp salt
- 2 eggs
- 1 cup milk
- ½ cup oil
- 1 tsp vanilla
- ½ cup semi-sweet mini chocolate chips

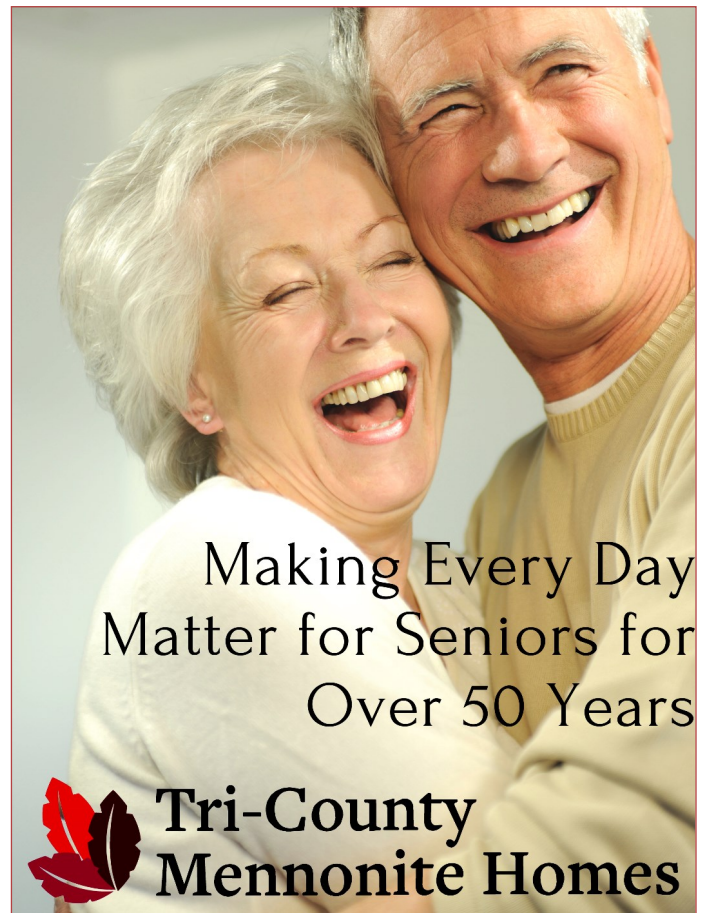
Preheat oven to 375 degrees. Grease or line muffin cups with paper liners. Stir together flour, sugar, oats, cocoa, baking powder and salt in large bowl. Beat eggs, milk, oil and vanilla in separate bowl. Add milk mixture and choc chips all at once to flour mixture, stirring just until moistened. Spoon batter into prepared muffin cups. Bake for 18-20 minutes.

### Chocolate Meringue Cookies

- 3 egg whites
- ¼ teaspoon cream of tartar
- ½ teaspoon vanilla extract
- ¾ cup white sugar
- 1 tablespoon unsweetened cocoa powder
- ½ cup semisweet chocolate chips

Preheat oven to 300 degrees. Combine egg whites, cream of tartar, and vanilla. Beat until the whites form soft peaks. Slowly add sugar; beat until stiff peaks form, and mixture becomes glossy. Fold in cocoa and chocolate chips. Drop mixture by teaspoonfuls onto a greased cookie sheet. Bake for 25 to 30 minutes.

*With spring getting closer everyday, perhaps this is what you will find when the snow melts in your garden....*



Making Every Day Matter for Seniors for Over 50 Years



**Tri-County Mennonite Homes**





Self-compassion means being gentle, kind and understanding with yourself, accepting that you are not perfect, and understanding that there is potential for learning and growth in every mistake you make (Neff, 2003).

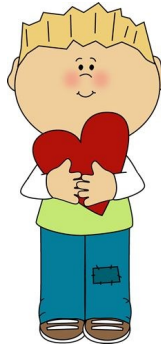
The Dalai Lama said, "If you don't love yourself, you cannot love others. You will not be able to love others. If you have no compassion for yourself then you are not able of developing compassion for others." An easy way to understand self-compassion is to compare it to the instructions given by flight attendants in case of a depressurized airplane cabin: you're supposed to put on your own oxygen mask before helping someone else with theirs. In the same way, we need to look after ourselves before taking care of others.

**4 Ways You Can Practise Self-Compassion:**

Here are four essential steps to increase your self-compassion:

**Step 1: Practise Forgiveness**

Stop punishing yourself for your mistakes. Accept that you are not perfect and be gentle with yourself when you make a mistake. You are valued by your friends and colleagues because of who you are, not because you are faultless.



**Step 2: Employ a Growth Mindset**

Embrace rather than avoid challenges, persist in finding meaning in them, and don't give up on yourself. When you find you are criticizing yourself and negatively comparing yourself to others, try to find inspiration in their successes and strengths instead of feeling threatened.

**Step 3: Express Gratitude**

Feeling gratitude is very powerful. Rather than wishing for what we do not have, there is strength in appreciating what we do have, right now. You can choose to write a gratitude journal or go for gratitude walks. By focusing on our blessings, we invite a gentler inner voice and move the focus away from our shortcomings and outward to the world, with all its beauty.

**Step 4: Be Mindful**

Mindfulness has been found to have a positive impact on self-compassion, as it tends to lessen self-judgment (Kabat-Zinn, 2014). Strive to always be in the moment and to be aware of what is happening right now, without judgment and labeling. Allow what you think or feel to have its moment; don't give it the microphone or hide it in the corner. Allow it to come, and then, without attachment, let it go.

**A Take-Home Message:**

You are worthy of love. So, next time you do not rise to the expectations you have of yourself, take a moment to pause and reassess.

Finally, accept yourself. You are not perfect. No one is and perfection is not the end goal – living fully is!

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection." (Buddha)

protecting ☺  
and the ones ☺ love

24 HOUR CLAIM ASSISTANCE

519•662•1644  
www.josslin.com

**Josslin Insurance**  
a Real Insurance broker

PROUD SUPPORTER AND PRINTER OF

*Baden Outlook*

**ritzprinting** EXCEPTIONAL SERVICE  
ADVANCED TECHNOLOGY  
PREMIUM QUALITY

MORGAN MILLER [www.ritzprinting.com](http://www.ritzprinting.com)  
New Hamburg • 519.662.2200 • [info@ritzprinting.com](mailto:info@ritzprinting.com)

## You Must Be Joking!!



In the life of a senior:

- Sorry I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.
- Turns out that being a "senior" is mostly just googling how to do stuff.
- Do you ever get up in the morning, look in the mirror and think "That can't be accurate."
- I want to be 14 again and ruin my life differently. I have new ideas.
- I'm on two diets, I wasn't getting enough food on one.
- I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
- Felt uncomfortable driving into the cemetery. The GPS blurted out "You have reached your final destination."
- My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen and I have no clue where the music is coming from.
- Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling, and I'm still alive.

Submitted by Karin Demerling

## HERITAGE DAY IN WILMOT TOWNSHIP

Submitted by Tracy Loch, Director/Curator Castle Kilbride

Since 1974, the third Monday in February has been identified as Heritage Day in Canada. Unlike other provinces who celebrate only one day in February, we in Ontario celebrate the entire week!

For Heritage Wilmot, the committee has been hosting Heritage Day events for more than 30 years and has been very proud to say that the event in Wilmot has been the longest running event in Waterloo Region. Sadly, we are unable to host our event in person due to COVID once again, so in lieu of this, Heritage Wilmot will be promoting heritage week online and invites everyone to join in this February 21st – 27th.

Curious what a municipal heritage committee does and why? Visit [www.HeritageWilmot.ca](http://www.HeritageWilmot.ca) to see. You are also invited to follow and learn about the efforts of Heritage Wilmot and heritage preservation in Wilmot Township by following us on Facebook @CastleKilbride and/or see tweets from Wilmot Township @WilmotTownship during Heritage Week.

Hopefully in 2023 we will be hosting our annual event in person again.



Two antennae met on a roof, fell in love and got married. Their wedding ceremony wasn't fancy but, man, the reception was excellent.

519-662-3710  
orders@nhofficepro.ca

NEW HAMBURG  
**OFFICE Pro**  
Good People, Who Know

**Purolator**

### HOURS OF OPERATION

Mon - Wed 9:00 am - 5:00 pm  
Thu - Fri\* **NEW!** 9:00 am - 6:00 pm  
Saturdays 10:00 am - 1:00 pm



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



## A NEW LOOK - A NEW PARTNER

We are excited to announce our new partnership with **Quintessence Wealth!**

Q Wealth is a Portfolio Management firm designed exclusively for well-established and client-centric advisors like us.

### We can offer:

- Exclusive access to a wider range of investments
- Lower Management Fees
- Leading-Edge Client Experience

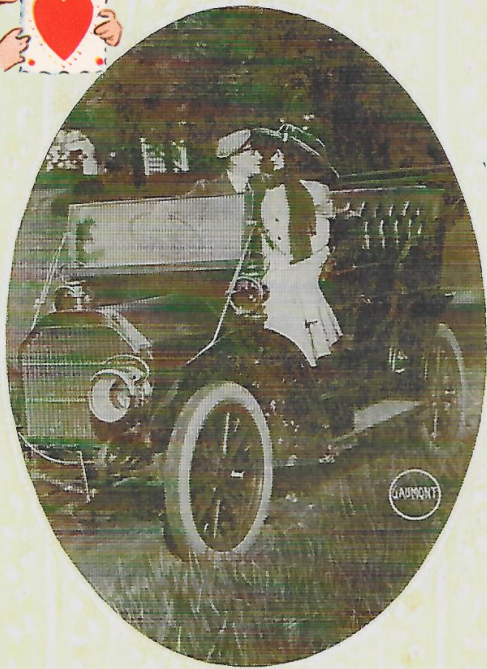
Review our website for more information and to schedule an appointment

519-662-4001  
KLTWEALTH.CA  
1B-148 PEEL STREET, NEW HAMBURG, ONTARIO

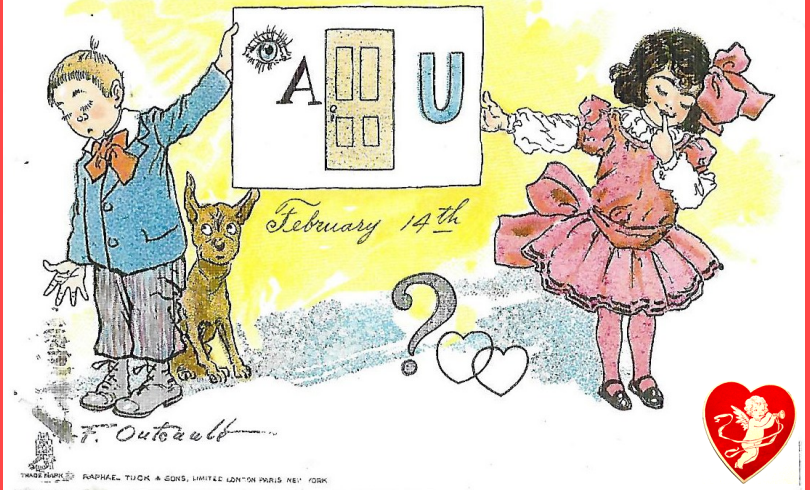


KLT Wealth Management and Q Wealth Partners are trade names of Quintessence Wealth, a registered Portfolio Manager in Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan, an Investment Fund Manager in Newfoundland and Labrador, Ontario, and Quebec, and an Exempt Market Dealer in Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Quebec, and Saskatchewan. The Ontario Securities Commission (OSC) is the principal regulator for Quintessence Wealth.

Here is a blast from the past! Valentine Postcards from the early 1900s.



You "Auto" be with Me Out Here.



To My Little Valentine.



Thanks to Betty Forler for sharing these vintage Valentines



Getaway with Ann & Pat  
Your local group travel  
experts living and working in  
Wilmot Township.

Look at these exciting tours!

- ⇒ **Italian Cruise Getaway**, 12-22 Oct, 2022  
AMAZING PRICE!
- ⇒ **Irish Dream Getaway**, 15-27 May 2023  
Circling the Emerald Isle.
- ⇒ **Spring Coach Getaway**, May 2022  
Kingston, Ottawa like you have never seen.

Pat Fewkes 519-721-3730 Ann High 519-622-6945  
Email: [annandpat@northstartravel.ca](mailto:annandpat@northstartravel.ca)



Like us on Facebook:  
<https://www.facebook.com/getawaywithannandpat>

TICO # 2569684

FREE DELIVERY



Products we frequently deliver:

- Water softener salt
- Large bird seed bags
- Pet food
- Potting soil

🦷 February is Pet Dental Health Month.  
Shop our wide selection of dental  
treats for your pets!

🌸 Garden planning season is here! Shop  
for all your garden needs with us!

Free delivery within Waterloo Region. No minimum purchase  
amount. \*Please note: 24-hours notice required.

📞 519-662-3684

✉ [heritagepet@live.ca](mailto:heritagepet@live.ca)

🌐 [heritagepetandgarden.ca](http://heritagepetandgarden.ca)

Premium Quality Pet Food, Delivered FREE to Your Door.  
TLC wishes you a safe and happy Family Day!



*Order online today!*

**TLCPETFOOD.COM | 519-662-9500**

**Dog Food 🐾 Puppy Food 🐾 Cat Food 🐾 Biscuits**

**DELIVERED FRESH. DELIVERED FREE.**

