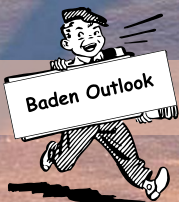


FEBRUARY 2024

VOLUME 24, ISSUE 7

Baden Outlook

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Greetings from Headquarters ~



Traits

- Asparagus Odour
- Bitter Sensitivity
- Earwax Type
- Picky Eater
- Sweet Sensitivity
- Risk Taking
- Sun Sneezing
- Hangryness
- Introvert/Extrovert

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

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

- Barry goes down memory lane 50 years ago
- Learn of the programs offered by the Regional Libraries and the Wilmot Family Resource Centre for spring break
- Global Outlook takes you to visit Alaska
- Time to declutter with tips from the New Hamburg Thrift Centre
- NV EcoBoosters address Climate Change anxiety
- Interesting People: Meet CTV's Will Aiello
- Chip walks us through the days of being Frozen
- KLT teaches us the 4 rules to file your taxes properly
- Check out the updated population stats for Wilmot Township

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

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

Happy heart month! February has Valentine's Day and is Heart and Stroke awareness month so, of course, chatter about hearts and love will be a theme throughout the paper.

My darling spouse got me an Ancestry DNA kit for Christmas and I've been watching the emails a lot as they send updates on where my saliva is in the system. My DNA kit also included a "Traits" portion in the DNA testing. Some of the 44 traits they test for are quite bizarre and I'm pumped to see what my results might be. Here's just some of the traits they test for... so odd! →

In the meantime, I've been filling our Ancestry websites family tree. (This is free to do if you are interested—You just need to create an account) As I go along filling in family members, it makes suggestions and even has pictures of potential new relatives found. I've dated back on my paternal grandmother's side all the way to the 1600s!

I'm not endorsing this company, but I am certainly enjoying the experience of it and learning more about my family's rich history on Canadian soil and also where we originated in Europe. Also, while working on my family tree, my 8 year old Simon was quite intrigued with the reality of how far back our family roots go and he asked many questions of when and how we became Canadians. This exercise was educational for all of us... I sure hope I pulled out the proper answers — he was so interested!



Hello February... I hope you are all doing well and getting through these dark, cold, dreary, damp, and dull days. I'm not sure if that was a weather re-cap or a generalized feeling we have in the winter.

We were feeling a little restless so we thought we'd be sporty and do something crazy and go visit Will Aiello at CTV for a real weather report. We were pleasantly surprised when he agreed to that. I often wondered if he'd consider working for us at the Outlook, bringing his fun and upbeat personality with him! ! But no, he's really quite happy with his job on TV. Check out our story on page 18 and learn of life at CTV News Kitchener.



It was fun to get invited to join Will up on the CTV News set and imagine being on the show with him!

Other great things are happening too, and that includes an awesome story about Mary and the 'One Kidney Climb Kilimanjaro' for which she is preparing. Also to fill these boring days you could hook up and crochet with a community unity project ..see page 21 for details. You could meet Myrta Biesel of Tri-County Mennonite Homes and learn of her journey. Birder Dave tells us about the most spectacular Snowy Owl. Thanks to sister Cathy who shared some easy and yummy chocolate recipes. There is plenty more to read but Katie and Barry have also has been working hard on things to do. Making more fun and brain busting puzzles is their favourite pastime...including a fun trivia quiz on the oddities of winter. Special thanks to Michelle Egli-Shantz for sharing her awesome photo, featured on the front cover — catching the sunrise with just a hint of February pink!

Talking with Ed

~ Memory Lane ... 50 Years Ago



I left my hometown of MacTier (just south of Parry Sound) in September 1972 to attend a job interview at Zehrs Markets in Kitchener. Two days later I started at Zehrs Fairview Plaza as a grocery day clerk making a whopping \$2.35 an hour. It was strange leaving a town of 800 people and moving to a big city at the age of 18 years old. What was even more strange was six months later I was asked to be in charge of a grocery night crewshift which consisted of a team of six people ranging between the ages of 20 and 50 years old. I had a terrible time sleeping through the day, so after 18 months I asked to be transferred onto a day shift. One week later I got the call, my request was granted and I was transferred to a different town!

“New Hamburg - where the heck is that?” I wondered. I started in the spring of 1974 as a “Third Man” which was directly below the store manager (Don Burkhardt) and assistant manager (Ken Shira). Three months later, I was promoted to assistant manager. The store was open Monday, Tuesday, and Saturday 8-6, and Wednesday, Thursday, and Friday 8-9. Thursday night was my night to work. Sundays we were closed which was amazing. We averaged about \$85,000 a week – with Tuesday being a slow day with only \$2500.00 for the day. Wednesdays were good as it was the day that our ad came out in the newspapers.

For those of you who never realized there was a Zehrs store in town, it opened on October 2, 1969. It was about three quarters of the space of the Dollar Haven store on Waterloo Street – the TD Bank located on the east side accounted for the other quarter. The store was 6,000 square feet (Laurentian Zehrs is 110,000 square feet as a comparison). The plaza consisted of two hairdressers and Pappy’s Pizza, which was located at the New Orleans location, plus the bank. I spent nine years at that store, made many friends, memories, and of course met and married Pat.

The courtesy bar was located directly inside the front door. In 1974, Zehrs was just winding down the Gold Star Stamp program. Cigarettes and can tobacco were popular items and Wintario started in April 1975. The courtesy bar also took in the pop bottle and milk jug returns. There were four checkouts to the left and the shopping carts and the pop section were to the right.

In the early ‘70s, the meat department was much more prominent than the produce department. The meat counter took up the whole east side of the building – approximately 60 feet. I remember helping the meat manager, Jack Herlick, every Tuesday to place hind quarters of beef on hanging hooks in the cooler. The produce department, which was located along the back wall, was only about 40 feet long plus several small tables down one of the wider aisles. The dairy department rounded out the back wall and frozen food took up most of the west wall – grocery had the middle aisles.

Cashiers had to be on the ball for several reasons. The Universal Product Code (UPC) began showing up on products in 1974, but it took awhile for stores to change over their cash registers, so prices had to be manually entered and cashiers had to count out change if cash was paid. The other payment option was cheques – and if a customer would bounce a couple of cheques, then they ended up on the “No Cheque List” a regularly updated binder which covered all of KW, Guelph, and Cambridge. The banks closed every Friday at four o’clock and customers regularly came in to write a cheque to the store for cash.

Every customer had their bags packed and a carryout. I always remember customers telling me that they had to shop at Murray’s Food Market first, because Bob would get upset with Zehrs bags in the trunk. The two businesses had a comfortable relationship, until in the late ‘70s Bookers Food Market opened – which took up the Scran and Dram Plaza.

Page 12 - New Hamburg Independent - Wednesday, October 17, 1973

SPECIAL! FRESH NOT FROZEN QUARTER PORK LOIN <small>NO CENTRE CUTS REMOVED AND CUT INTO</small> PORK LOIN CHOPS lb. 98¢		COMPARE ZEHRS TRIM AND EVERYDAY PRICES ON RED BRAND "A" GRADE BEEF BLADE ROAST lb. \$1.09 ROUND STEAK lb. \$1.48 CROSS CUT ROAST lb. \$1.19 SIRLOIN TIP STEAKS lb. \$1.58 RUMP ROAST lb. \$1.48 CHUCK STEAKS lb. \$1.09 ROUND STEAK ROAST lb. \$1.48 T-BONE STEAKS lb. \$1.88 SIRLOIN TIP ROAST lb. \$1.48 WING STEAKS lb. \$1.84 STEWING BEEF lb. \$1.18 SIRLOIN STEAKS lb. \$1.68 GROUND BEEF (3 lbs. or more) 88¢ CROSS CUT STEAKS lb. \$1.29 (ZEHRS) STEAKETTES lb. \$1.09 HAMBURG PATTIES (ZEHRS) 32 oz. \$2.39		SPECIAL! SCHNEIDERS BEST QUALITY YOUNG DELICIOUSLY TENDER 88¢ FRESH HAM ROAST lb. 88¢ SPECIAL! SCHNEIDERS CHOICEST FRESH "CENTRE CUT" HAM \$1.08 ROAST lb. \$1.08	
SPECIAL! EXTRA MEATY YOUNG SPARERIBS COUNTRY STYLE 98¢ lb. SPECIAL! YOUNG FRESH PORK LOIN END ROAST TENDER YOUNG 88¢ lb.		SPECIAL! SCHNEIDERS NEW ZEALAND SPRING LAMB SHOULDER CHOPS FRESH FROZEN 98¢ lb. NEW ZEALAND SPRING LAMB SHOULDER ROAST FRESH FROZEN 89¢ lb.			
SPECIAL! SCHNEIDERS QUALITY WIENERS 87¢ lb. pkgs. SPECIAL! SCHNEIDERS FINEST QUALITY SAUSAGE \$1.09 lb.		SPECIAL! SCHNEIDERS 7 VARIETIES COLD MEATS 6 oz. pkgs. 46¢ SPECIAL! SCHNEIDERS NO WASTE TURBOT FILLETS 86¢ lb.			
SPECIAL! FANTA OR SPRITE RETURNABLE 40 OUNCE SOFT DRINKS Plus Deposit 4 FOR \$1 SPECIAL! ALLENS 7 FLAVOURS LARGE 48 OUNCE FRUIT DRINKS 3 FOR \$1 SPECIAL! DELMONTE FANCY LARGE 28 OUNCE		SPECIAL! DELSEY 2 ROLL BATHROOM TISSUE WHITE, PINK, YELLOW, BLUE OR GREEN 3 FOR \$1 DETERGENT Sunlight Laundry King Size \$1.79 AJAX LIQUID CLEANER Regular or Pine 32 oz. 79¢ FLORIENT Aerosol Deodorizer 7 scents 6 oz. size 2... 89¢			
		SPECIAL! WESTONS FRESH 3 VARIETIES WAGON WHEELS 14 oz. 49¢ SPECIAL! ROBERTSON QUALITY SMALL BABY CARROTS 10 oz. 5 FOR \$1 SPECIAL! STOKELY'S FANCY CREAM OR KERNEL CORN OR FANCY PEAS			

Where Shopping Is A Pleasure

Prices in effect until closing Saturday October 20th. We reserve the right to limit purchases to reasonable family requirements.

Zehrs ad in the New Hamburg Independent October 17th, 1973

One other big thing that happened during those times was the introduction of “No Name products” in the mid ‘70s – it was revolutionary! The entire first aisle became a sea of yellow, then they relocated them to similar categories in the store. Until that time, Zehrs had a full line of their own private label “Zehrs Products”. Some of the more popular items were pop, potato chips, bread, apple juice, canned vegetables, dog food, and paper products. Speaking of paper products, Delsey toilet paper was available in five different colours including pink, blue, yellow, green, and white.

Most of our deliveries were by straight truck (half the size of a tractor trailer). We had to unload trucks with the use of a scissor lift, which was a platform without railings. We would lift the platform up to the level of the truck, pull the skid with a hand jack to the platform and drop it down to ground level – very treacherous on snowy days. There was no recycling – everything went into the garbage container.

We had a strict dress code. Cashiers in the early years wore a gold smock and then the attire went to a brown leisure suit. Men wore black pants, white shirt, and a clip-on bow tie. We eventually went to a brown clip-on long tie!

I left in 1983 and the store closed in 1986. It is hard to imagine that I started there 50 years ago. The motto

was “Where shopping is a pleasure” and at that time it was a pleasure to work at Zehrs. The changes in the industry have been dramatic and reflecting back – that was certainly the good old days.

Sometimes when you are living in the good old days it is hard to see that – but looking back it was good.

Until next month...Ed

We have a fine selection of non-perishable goods at low prices.

ZEHRS GOLD STAR SUPER DISCOUNT SPECIALS <small>WITH ONE FILLED BOOKLET</small>		\$30.00 IN PURCHASES <small>Gives you enough Gold Star stamps to fill one Gold Star Super Discount Booklet. You must have one Gold Star super discount booklet for each item. Each Gold Star booklet must be filled with 300 Gold Star stamps 10¢ or 50¢.</small>	
ZEHRS GRADE "A" FRESH LARGE EGGS <small>SAVE 61¢ All White doz.</small> 19¢		<small>WITH ONE FILLED BOOKLET</small> ZEHRS DELUXE 8 FLAVOURS <small>SAVE 74¢</small> 1/2 GAL. ICE CREAM 19¢	
<small>WITH ONE FILLED BOOKLET</small> ZEHRS FINEST 3 OT. BAG or JUG CREAMERY <small>SAVE 66¢</small> 1 LB. BUTTER 15¢		<small>WITH ONE FILLED BOOKLET</small> ZEHRS HOMO - 2% - SKIM <small>3 OT. BAG or JUG PLUS DEP.</small> MILK <small>SAVE UP TO 75¢</small> 29¢	

Above four super discount specials good thru Tues. Oct. 23

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Baden ~ Our Town

Be sure to drop by the Wilmot Recreation Complex on Monday February 19th, as the Baden Community Association will be hosting their Family Day festivities. Drinks, snacks, and music will be provided as well as lots of activities for the whole family. Come out and meet your neighbours and enjoy some leisure time at this very popular free, annual event.




The Baden Community Association has several more events scheduled, including their annual spring community cleanup, which will be held around Earth Day in April. That event has brought out up to 100 citizens, including many family groups, who want to contribute to the community. The fishing derby is also scheduled for the first Saturday in June. That event has had 200 plus people attend on the day and the Baden Pond has become a popular spot for anglers throughout the summer.

If you are interested in helping with the activities, whether you are a youth looking for community hours, or a Badenite wishing to get involved, then visit www.baden.ca or contact them at info@baden.ca.




HERITAGE WILMOT

Heritage Day 2024
 "Celebrating Wilmot's Heritage"




Lion Park, New Hamburg, Canada

Heritage Displays



Collections



Lunch for purchase
 (New Dundee Women's Institute)

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Admission is FREE

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Sunday, March 24, 2024 | Noon
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Please dress for the weather, the Easter Bunny will be visiting rain or shine!

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-Tammy T.

Checking out the Baden Library



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

Winter Programs at Region of Waterloo Libraries

FOR FAMILIES

- Storytime with Spectrum – Mondays through to February 12 at 10:00 a.m. – Baden Branch
- Family Storytime – Wednesdays through to February 28 at 9:30 a.m. – Wellesley Branch
- Discovery Time – Wednesdays through to February 14 at 9:30 a.m. – New Dundee Branch
- Discovery Time – Thursdays through to February 15 at 10:30 a.m. – New Hamburg Branch

FOR BABIES

- Baby & Me – Mondays through to February 12 at 10:30 a.m. – New Hamburg Branch
- Baby & Me – Wednesdays through to February 14 at 11:00 a.m. – Wellesley Branch
- Baby Connections – Thursdays starting February 22 at 10:30 a.m. – Baden Branch

FOR KIDS

- Be My Valentine Storytime – Tuesday, February 13 at 10:30 a.m. – Baden Branch
- Drop-in Craft at Optimist Youth Centre, Wilmot Recreation Complex
 - ⇒ Monday, February 12 at 4:00 p.m.
 - ⇒ Monday, March 11 at 4:00 p.m.
- STEAM Activity Kit – Register by February 25 for pickup starting Monday, March 4

FOR TWEENS/TEENS

- Among Us in Real Life – Thursday, February 29 at 6:30 p.m. – Wellesley Branch
- Crafternoons: Shrinky Dink Beaded Bookmarks – Thursday, February 22 at 4:00 p.m. – Baden Branch
- Are You Smarter Than a Librarian? – Wednesday, March 6 at 4:30 p.m. – New Hamburg Branch

FOR ADULTS

- Adult Reading Challenge – continues until March 31 - pickup up your BINGO card at your local RWL Branch
- Book Talk – February 14 and March 13 at 3:00 p.m. – New Hamburg Branch
- Make Your Own Jewelry – Monday, February 26 at 7:00 p.m. – New Hamburg Branch
- Trivia Night – Thursday, March 21 at 7:00 p.m. – Peel Street Brewery in New Hamburg
- Adult Book Club – last Tuesday of the month, February 27 at 6:30 p.m. – Wellesley Branch
- Drop-in Yarn Craft Club – Wednesdays from 6:30-8:00 p.m. – New Hamburg Branch
- Settlement Workers at the Library – Thursdays, drop in from 10:00 a.m. – 2:00 p.m. – New Hamburg Branch

March Break – Registration begins Friday, February 23!

Highlights:

- Take Home Craft Kits – pickup starts Monday, March 11
 - ⇒ Shamrock Suncatchers
 - ⇒ DIY Jack in the Box
- Drop-in Crafts & Games with Wilmot Family Resource Centre – Monday, March 11 at 2:45 p.m.
- How to Catch a Mouse with Simple Machines with Drew Ripley Entertainment – Tuesday, March 12 at 3:00 p.m. – Baden Branch
- Escape the Library
 - ⇒ Monday, March 11 at 10:00 a.m. – Wellesley Branch
 - ⇒ Wednesday, March 13 at 10:00 a.m. – New Hamburg Branch
- DIY Wreck This Journal – Tuesday, March 12 at 2:00 p.m. – New Hamburg Branch
- Turtle Buddies – Wednesday, March 13 at 2:30 p.m. – Baden Branch
- Team Building Challenge: Roller Coasters
 - ⇒ Thursday, March 14 at 2:00 p.m. – New Dundee Branch
 - ⇒ Thursday, March 14 at 5:00 p.m. – Wellesley Branch

ADULT READING CHALLENGE

Don't forget to pick up a bingo card from your favourite Region of Waterloo Library branch and see how many bingos you can get! Track what books you read using the bingo card - each line that you complete on your board counts as one entry into the draw for a prize pack! The prize pack includes a gift card for a local business, library swag, and more! Return your card by March 31 for your chance to win.

CANADA READS 2024

The 2024 Canada Reads contenders have been announced! This great Canadian book debate will select a winner from 5 great books - each with their own theme of resilience and hope. All of the picks are available at RWL, place your holds today!

- Bad Cree by Jessica Johns
- Denison Avenue by Christina Wong and Daniel Innes
- Meet Me at the Lake by Carley Fortune
- Shut Up You're Pretty by Tia Mutonji
- The Future by Catherine Leroux

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



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

By Castle Kilbride Staff Sherri Gropp, Curator and Elizabeth Lukashal, Museum Attendant

February 1924 ~ Friday, February 22, 1924

As the old saying is after a storm there comes a calm and after a calm there comes a storm, so we are going to start out calmly again with our few Baden News Notes.

- * The ice season is again over which was a very good success. Mr. Ed Rick has stored away enough ice so as to keep us all cool this summer.
- * Mr. Sam Roth, our husky John Deere agent, accompanied by the general agent, Mr. Jos Spackman of Stratford are doing a rushing business in the vicinity. Sam says call on me and the deal is yours.
- * On account of the good sleighing our sawmiller, Mr. John L. Forler, is getting an enormous lot of saw logs in, which makes John smile. John says, bring 'em along boys we are ready for you as we had rest enough and want to be busy.
- * Do not forget the concert to be held in the Presbyterian Church here on Monday evening, Feb 25th at 8 o'clock. The Livingston orchestra will render the finest program consisting of clarinet, violin, cornet, and vocal selections, as well as a display. Everybody is welcome. This will be a rare treat so come and bring your friends along.



Harvesting ice in Wilmot Township.
Collection of Castle Kilbride



John P. Livingston Dies at Baden

February 1949 ~ Friday February 4, 1949

A prominent and life-long resident of Baden, Mr. John P. (Jack) Livingston, passed away at his home in Baden on Tuesday afternoon, aged 72 years. He had been in poor health for some time.

The deceased was a son of the late James J. Livingston and Louisa Liersch and was born at Baden on December 23, 1876. For many years he was associated with the Dominion Linseed Oil Company, Ltd., which was founded by his father. He was secretary-treasurer and manager of the Baden branch of the company and retired some years ago.

Mr. Livingston was a member of the Kitchener Chamber of Commerce, the K-W Rotary Club and of the I.O.O.F. He was a member of Livingston Presbyterian Church, named after the family in tribute to their generous contributions. He donated the camp site for the Presbyterian camp, located at Baden and was a director of the Presbyterian Church in Canada.

Mr. Livingston was interested in sports, particularly hockey and baseball, which he liberally supported. He also helped to establish the Baden Band. In politics he was a staunch Liberal.

Mr. Livingston was married to Miss Laura E. Holwell, who

predeceased him in 1939. She was the daughter of the late Mr. and Mrs. Frederick Holwell of Baden.

Surviving is one daughter, Mrs. Harris (Laura Louise) Veitch, Baden, and two grandchildren.

The funeral will be held this Friday afternoon with the service at Livingston Presbyterian Church at 2:30 o'clock. Rev. F.G. Stewart will officiate, and the interment will be in Fairmount Cemetery, Baden.



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Thu - Fri 9:00 am - 6:00 pm
Saturdays 10:00 am - 1:00 pm

February 1974

Wednesday February 6, 1974

- * And remember you read it here first. Next Monday evening you will probably see a truck load of dogs passing through the main drag. Don't for gosh sakes get alarmed, it seems Baden has installed new fire hydrants and one of our esteemed locals is taking a truck load of canines over there to teach the Baden dogs how to use the new hydrants.
- * A Baden Hotel stag party, which resulted in a police raid and seven court hearings to date, is estimated by a defence lawyer to have cost the taxpayers "at least \$25, 000". The estimate was made by lawyer Coulter Osborne.


February 13, 1974

- * Taves heads Baden minor softball group.
- * The 1974 executive elected at the annual meeting of the Baden minor softball association held on Sunday Feb. 10 s as follows:
 - * Chairman, Ron Taves; Vice-chairman Linda Brenneman; secretary Keith Lebold; treasurer Murray Wagler.
 - * Joe van Oorschot volunteered to be park coordinator. The positions of both coordinator and equipment manager are still open.
 - * One topic of discussion was the Sno-mo-fest to be held on Saturday Feb 23 and to be run jointly by Minor Softball and the Baden Sno-Surfers with funds going towards both groups. Sponsor sheets may be obtained from either organization.
 - * Also discussed was possibly forming an intermediate team this year and a meeting to be held for interested persons.



Baden Minor Softball Patch, from the Paul Koenig Collection at Castle Kilbride.


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Approximate Township Population Information

	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Baden	4,742	4,935	4,996	5,005	5,013	5,030	5,114	5,125	5,161	5,178	5,298
Foxboro Green	430	430	430	430	430	430	430	430	430	430	430
Haysville	129	129	129	129	129	129	129	129	129	126	126
Lisbon	61	61	61	61	64	64	64	64	64	64	64
Luxemburg	27	27	27	27	27	27	27	27	27	27	27
Mannheim	1,071	1,071	1,071	1,071	1,071	1,071	1,071	1,071	1,074	1,074	1,074
New Dundee	1,223	1,223	1,229	1,226	1,226	1,235	1,235	1,238	1,238	1,238	1,235
New Hamburg	8,241	8,332	8,421	8,583	8,844	9,014	9,116	9,176	9,176	9,254	9,288
Petersburg	406	409	409	409	409	409	409	409	409	409	409
Philipsburg	80	80	80	80	83	83	83	83	83	83	83
Shingletown	113	113	113	113	113	113	113	113	113	113	113
St. Agatha	624	624	627	627	627	627	627	627	627	627	630
Sunfish Lake	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	55	55	59	59	62	62	62	62	62	62	62
Non-Settlement	3,327	3,327	3,318	3,318	3,318	3,336	3,357	3,390	3,435	3,459	3,486
Township	20,541	20,828	20,982	21,151	21,429	21,643	21,850	21,957	22,041	22,157	22,338

December 31, 2023: Township of Wilmot Development Services



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Full Beginner Driver Education Course

Wilmot Recreation Centre

March 13, 14, 15 & 16th

9:30 am - 2:30 pm

Register early, limited spaces available

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Baden Birding ~ Snowy Owl (*Bubo scandiacus*)

By David Gascoigne



David M. Gascoigne

It may be asserted without fear of hyperbole that the Snowy Owl is one of the world's most spectacular birds. Since it breeds in the very far north, on the Arctic tundra, it is a species that most people in the world have no chance of seeing, and for some it appears little more than a figment of our northern imagination. I have a friend in San Diego, California, who, when I tell her that I have seen a Snowy Owl,

accuses me of having a little too much wine!

Such is the mystery of this enigmatic species and bird watchers around the world salivate at the mere thought of encountering it in the wild. In this part of Ontario, we are very fortunate that Snowy Owls appear here in most winters and sometimes in large numbers. It takes little more than an investment in time and patience to discover one and become a member of the exalted fraternity of people who have seen this mystical denizen of the north. It is like becoming a member of an exclusive club.

The male is about 25% smaller than the female, as is true for all birds of prey, and is pristine white when adulthood is attained. By contrast the larger female, is heavily marked with black. The bird has tiny ear tufts, generally hidden, and piercing yellow eyes. It is a bird that is unmistakable even for the novice, and if you can't identify this species you are not trying! Here, in our area,

it feeds primarily on rodents, especially voles in the genus *Microtus*, but like most birds of prey it is opportunistic and will not hesitate to prey on waterfowl, and just about anything else it can subdue.

In its breeding territory it feeds almost exclusively on lemmings; in fact, its breeding success is closely linked to the abundance of these northern rodents, and when lemmings are at high population levels a pair of Snowy Owls is capable of successfully raising up to ten young, and in rare instances, more than that. There are many inter-related reasons why Snowy Owls move south in the winter, but the degree of breeding success and the consequent increase in population is closely linked to it.

Sadly, this bird is in trouble – as are so many other species in the Anthropocene. The permafrost on which they build their nest is melting and what was formerly solid ground is now awash with water, eliminating nesting sites. In addition, the burrows of the lemmings that are so critical to feeding hungry young, are being flooded and their numbers are plummeting. Nowhere to build a nest – no food for the young – that spells disaster.

So, make it a point to get out and see this magnificent bird this winter, so that you too can at least once in your life claim to have found a Holy Grail. There is nothing much holier for me!



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Number Code

From the clues provided below, see if you can find out the secret message at the bottom by figuring which number represents which letter of the alphabet.

For instance, number 16 is the letter M. Good luck!

Answers on page 33

A Canadian dollar	19	3	3	26	21	7
Rough copy	14	1	9	12	18	
Duplicate on a printer	2	3	33	6		
Ham in a can	8	22	9	16		
A type of dried fruit	22	1	24	26	7	
Spider creation	20	7	17			

ANSWER — The secret message:

12	9	16	21	19	6	14	9	6	
21	8	9	19	20	9	6	8		
21	26	12	7	17	1	24	9	1	6

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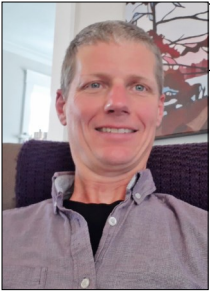
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Frozen

By Chip Bender, Registered Psychotherapist (qualifying)



During the middle of the recent deep freeze we experienced, I was walking toward the hospital in which my father lay in what appeared to be a frozen state. He had hip replacement surgery a week and half earlier, though he did not seem to be progressing as expected. He was medically stable, doing all the things humans need to do to survive like breathing, eating, and sleeping. So technically, he was not dying, though he was not doing much more than the bare minimum, which made it feel like he was not really living either. The thought caught me by surprise and almost caused me to freeze in my tracks. Instead, I put my next foot forward onto the crunchy snow-covered sidewalk, as the cold wind buffeted my face, to continue to move toward the hospital to visit him.

By the end of that week, my father had moved out of the hospital into respite care. The following week I was laid low by a stomach ailment for a couple of days during which time I did not do much beyond the

bare minimum of breathing and sleeping. This experience made me realize that there are occasions in life in which being frozen is to be expected and not feared nor disdained. Sometimes we need some down time to recuperate and heal from physical ailments. The same can be said about the mental and emotional pain we invariably encounter on our journeys.



There may be times when we have been in a frozen state for so long it feels like the thaw and the rebirth of Spring will never come. In those instances, it is possible that the time for a thaw has not yet arrived and we need to continue to wait in the frozen state longing for the situation to change. In other cases, we may be the ones responsible for delaying the thaw. Perhaps we are unwilling to let go of an old emotional wound. Or we are unwilling to accept the new reality of a situation. Or we are unwilling to take the first step towards reconciliation in a broken relationship. Or perhaps, we just do not know the first step forward.

Being in a period of winter in one's life can be difficult. Being alone during these periods can be almost unbearable. Humans are social creatures who rely on each other to get through these difficult times. If you know someone going through a difficult time, reach out to them. If you are going through a difficult time yourself, reach out to a trusted family member, friend, or a professional. Sometime all it takes is one small step. The days will eventually get longer, the clouds will dissipate, and the warm winds of Spring will return.

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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 33

Valentine Gift Ideas

- DRAC _ _ _ _
- OERS _ _ _ _
- DNEINR _ _ _ _ _ _
- WSEEST _ _ _ _ _ _
- ANELCD _ _ _ _ _ _
- WRELEJY _ _ _ _ _ _ _ _
- QBUOJET _ _ _ _ _ _ _ _
- RESTSED _ _ _ _ _ _ _ _
- BOLOSLNA _ _ _ _ _ _ _ _
- LTCOECHO _ _ _ _ _ _ _ _

Relating to Valentines

- NIPK _ _ _ _
- SSKI _ _ _ _
- VOLE _ _ _ _
- HENYO _ _ _ _ _ _
- RATEH _ _ _ _ _ _
- DUPIC _ _ _ _ _ _
- REMRDAI _ _ _ _ _ _ _ _
- ERCNOMA _ _ _ _ _ _ _ _
- ADRLGNI _ _ _ _ _ _ _ _
- DINNKESS _ _ _ _ _ _ _ _

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You Must Be Joking!!



Toronto Maple Leafs vs Montreal Canadiens



Once upon a time long, long ago there was a season when neither the Leafs nor the Canadiens made the post season playoffs. It seemed so unusual, that the management of both teams got together and decided that there should be some sort of competition between the two teams because of their great rivalry. So, they decided on a week long ice fishing competition. The team that catches the most fish at the end of the week wins.

So on a cold northern Ontario lake they began their contest. After 8 hours of fishing the first day, the Canadiens had caught 100 fish and the Leafs had 0. At the end of the 2nd day, the Canadiens had caught 200 fish and the Leafs 0.

That evening the Leafs' coach got his team together and said, "I suspect some kind of cheating is taking place." So the next morning he dressed one of his players in Canadiens colours and sent him over to their camp to act as a spy.

At the end of the day he came back to report to the coach. The coach asked, "Well, how about it, are they cheating?" "They sure are", the player reported. "They're cutting holes in the ice."



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Outlook Sudoku

The objective is to fill the grid so that each column, each row, and each of the nine 3x3 boxes contain the digits from 1 to 9. None of the columns, rows, or boxes can have two of the same number. This is a game of deduction. Use the numbers provided as a starting point and clue on where numbers might be placed.

For more detailed explanation, visit <https://sudoku.com/how-to-play/sudoku-rules-for-complete-beginners/>

Answers on page 33

			7		2	9		
	9			8	1	2		
8	7	2	4	5			1	3
1				7		4	2	
9			1		5			8
	4					5	6	
	3	5	8		4		9	6
	8			3	6	7		
			5				3	2

You Must Be Joking!!



- ◆ I heard the new auto body shop that just opened comes highly wreck-a-mended.
- ◆ Never buy flowers from a monk. Only you can prevent florist friars.
- ◆ I told my suitcases there won't be any vacations this year. Now I'm dealing with emotional baggage.
- ◆ What happened when a man in Prague tried to buy a trampoline? The Czech bounced!
- ◆ They say with age comes wisdom so therefore I don't have wrinkles. I have wise cracks.
- ◆ A wise man once told his wife... Nothing, because he was a wise man.
- ◆ My wife asked me if I'd seen the dog bowl. I said, "No I haven't, but I have seen him play frisbee."
- ◆ I got a job working in a hayfield. After one day, I bailed.

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Local Takes a Climb to Bring Awareness to Living Organ Donations

New Hamburg native and Waterloo-Oxford DSS alumni, Mark McFarlane, was diagnosed with kidney disease approximately 30 years ago. The expectation was that he would require a transplant within 5 years. His wife, Mary, who also grew up locally and attended W-O, was able to help him manage the disease with medication and diet until early 2015, when his kidney function declined rapidly requiring him to start dialysis.

Mary started the process to be tested to become a donor. It was an unlikely match due to her blood type, but she was medically cleared to become a kidney donor. Once Mark was cleared, they were both entered in the Kidney Paired Donation Program database managed by Canadian Blood Services. Approximately one year in the database, they were matched in a donation chain. Mary donated her kidney to an unknown recipient; Mark received his from another in the chain. The timing was brilliant. Their surgeries took place on the same day in July 2018 with Mary donating her right kidney at University Hospital in London and Mark receiving his kidney at St. Joseph's Hospital in Hamilton. They are both more than 5 years post transplant surgery and Mark's kidney function is excellent.

While Mary was recovering in her hospital bed the day after surgery, she searched for groups of other donors who could relate. She found Living Kidney Donor Support Group and from there found a new group called Kidney Donor Athletes.



“The mission of Kidney Donor Athletes is to promote the gift of life through living kidney donation among active individuals and athletes by building a community that inspires, supports, and educates people about the experience of kidney donation.”

In February 2023, Mary applied to participate in the One Kidney Climb

Kilimanjaro 2024. She received notification in early March 2023 that she has been chosen to participate.

On March 8, 2024, she will begin her ascent of Mount Kilimanjaro in Tanzania with 14 other kidney donors and one transplant surgeon. Of the 14 donors, 3 are Canadian. They have a goal of reaching the summit on March 14th, World Kidney Day.

Mary has been training hard and likes to stay active with long distance running and strength training. She feels a bit nervous about the altitude and potential of suffering from altitude sickness, but they are climbing with a great company and will be monitored for her health and symptoms as they climb.

Since Mary has donated, she has welcomed opportunities to educate and bring awareness to living donation and particularly the Paired Exchange Program. When the opportunity came to participate in the One Kidney Climb, she jumped at the chance to push herself out of her comfort zone to bring more attention to living kidney donation.

“I am hopeful that by participating in this challenge, I can help demonstrate that there are no limits in life after donation, amplify awareness of kidney donation, encourage talking about living organ donation, and increase the Canadian presence to Kidney Donor Athletes organization hopefully leading to event options to encourage more Canadian participation.”

For more information, check out <http://kidneydonorathlete.org/about/>

What an incredible opportunity for Mary and a great way to showcase that living with fewer organs doesn't slow you down! We are rooting for you here at home! Go Mary!



Happy Family Day!

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Visiting at CTV Kitchener—Meet Will Aiello



We recently had the privilege of visiting the new location of the CTV Kitchener News Station and we met our favourite weatherman, Will Aiello. If you live locally, you've probably watched CTV News Kitchener for decades. We enjoy seeing the familiar faces each day and sometimes they begin to feel like friends. This is what prompted us to go and meet Will and see if he really is that great guy as we see him. Yes! He is 100% authentic and is adamant to never present himself any other way. He spoke warmly of his parents and their modelling and appreciates their support every step of the way. We enjoyed hearing his story and learning of his career thus far.

Will was raised in Ottawa and in 2011 went off to university in Vancouver to take a 2-year Audio Engineering / Music Program. After he completed the program, he returned home and accepted a part-time position at CTV in Ottawa in media promotions and was then offered a full-time position as Promotions Supervisor in 2015. In 2017, he was promoted to Special Projects Coordinator with Bell Media. Shortly after that, discussions with the leaders about being on air had begun and they asked if he'd like to get in front of the camera and that intrigued him. Will made a self promo video entitled, "Will in Ottawa", to showcase his abilities. In 2018, Will began to forecast the weather at CTV Sudbury and he enjoyed being on screen and learning the business while connecting with his viewers there.

Since we know Will as our Weatherman, we went into the interview thinking he went to school to study meteorology or television broadcasting. We were surprised to hear that Will has not had any formal schooling in media or meteorology; he learned from his experiences in the workplace and created his own craft and way of presenting. Will creates his own weather report each day from various weather sources

and ad-libs his broadcast with no teleprompter. The people at CTV have no wardrobe or makeup crew so they are just being themselves. We giggled when we saw Daryl Morris scoot by from the news room wearing her fuzzy slippers.

Will applied at CTV Kitchener and began his work there in 2022. He was quick to say how much he enjoys the work and the people with whom he works. We loved hearing some "inside stories" of his peers while out on the station tour. Will and News Director, Daniel Cress were there to greet us. It was a pleasant surprise to see other familiar faces who popped around the corners to greet us as well. When we came into the studio a technician was quick to turn on the lights and guide us up to the familiar CTV Kitchener recording stage where the news is broadcast. We were able to sit in the chairs and have fun photos with Will. As much as Will enjoys his work at the station he really loves when he can get out on location to meet people and share stories in the community. Will is definitely a people person and is sure to brighten your day with his great smile and genuine personality.

Outside of the news station, Will has a very full life. He begins each day as a Cross-fit coach at a local gym where he promotes health and wellness, leading by example with positivity. In good humour, he begins the session with a weather report then carries on with his fitness program. Typically, Will is at the station by 10:00 am preparing for the news at noon. Then he heads home for lunch and to spend time with his dog before going back to the station to ramp up for the 5:00 show that he and Leighanne Evens host each day. We found it interesting to learn that a lot of the

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newscasters step into each other's roles if one is ill or out on assignment. They are a supportive team.

his composure when he saw his mom (who came from Ottawa) waiting on the dock for him with open arms.

Will enjoys music, plays piano by ear, loves to sing, and reminisced about playing the lead as Danny Zuko in the high-school production of *Grease*. His favourite band is Blink182 and his favourite Genre is pop/punk. Will is also an outdoorsy guy and loves sports, being near water, and walks with his dog, Jax.



We asked Will about his goals or what he sees in his future. He embraces each day and trusts that opportunities and timing will point him in the right direction. But, we will surely see him in some field of entertainment whether in a game show or as an entertainment host, or even perhaps on CTV's *Your Morning* show. Whichever way the wind blows for Will, it's going to be fun to watch!

When asked if anything memorable stuck out in his mind, Will was eager to share his emotional story of fundraising for CORD (Canadian Organization for Rare Disorders) in honour of his 33-year-old brother-in-law who passed away from cancer. Will raised \$50,000 for the organization by doing a 24-hour solo paddle board event on Ramsey Lake in Sudbury. The support of the people who encouraged him from the shores helped him get through the darkness at night and stay strong through choppy waters. It surely was a test of endurance and Will lost

What made us search out Will? We saw similar views on sharing news and spreading joy as we do with the *Baden Outlook*. He, too, agrees that there is much darkness in the world, the news and most media, and any bit of positivity that we can share may make the world a better place. We need more people like Will in our lives. So, keep smiling each day and see the upside of life!

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CRUISING THE HIGH SEAS

Submitted by: Theresa Billo

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

Dreaming of a cruise during the dark winter months? So are we! Try and find the words below in the grid to the left.



- | | |
|---------------|-----------|
| AFT | HOT TUB |
| ATRIUM | LIDO DECK |
| BALCONY | LIFEBOAT |
| BRIDGE | MIDSHIPS |
| BUFFET | MINI GOLF |
| CABINS | MOVIES |
| CAPTAIN | POOLS |
| CASINO | PORT |
| DECK CHAIR | PROMENADE |
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This year's project will be a **9" crochet square** in the theme of **Shades of Blue and/or White**. We want your involvement and artistic flair. Open to all skill levels. Crochet a **9" square** from an **acrylic** type worsted or light worsted weight yarn in beautiful shades or solids of blue and/or white. *No cotton please. Only shades of blue and/or white – no other colours.*

Block it and submit to me by **May 30TH**. You may enter as many squares as you wish. The judged top 6 squares will be awarded **\$20, \$15, \$10, \$10, \$5, \$5** respectively – only one prize/person. The squares will ultimately be assembled into lapghans and used for charitable purposes. All squares will be displayed at this year's fair. Contact Wendy Richardson, 519-656-2961 or wrichardson@bell.net. Join in the fun one square at a time.



We want to thank everyone who participated last year. We were able to assemble 5 fall themed lapghans which went to People Care long term home in Tavistock. The change from 12" squares to 9" squares is so that the lapghans will not be too big for those in wheelchairs.



EcoNugget

Addressing Climate Anxiety

- **Connect with like-minded people.** Join a local environmental group. Participate in environmental campaigns.
- **Practise self-care.** Eat healthy meals, get exercise, spend time in nature or with pets. Limit screen time & exposure to negative news.
- **Educate yourself about climate change.** A couple of good resources are the Climate Atlas of Canada <https://climateatlas.ca/> and The Narwhal <https://thenarwhal.ca/>
- **Acknowledge your emotions.** It's natural to feel worried. Let your fears motivate you to take action.
- **Focus on what you can control.** Adopt actions to reduce your carbon footprint.
- **Be prepared for extreme weather.** Check out <https://www.getprepared.gc.ca/index-en.aspx> for tips on protecting your home and making an emergency kit.

For further information contact:
nvecoboosters@gmail.com

The Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan group of volunteers aged 8 to 70 plus years that has been active in the community for 10 years. We are not environmental experts – just residents of Wilmot and Wellesley Townships who are concerned about the climate crisis. There is no fee to join. We are funded by donations, fundraising efforts, and grants. Our mandate is to achieve and support a long-term healthy environment and we accomplish this through education, action, and collaboration.

Take a look at our website to see what we do (nvecoboosters.com) and we hope you will consider joining us! Please contact us via e-mail: nvecoboosters@gmail.com or call **519-662-9372** if you would like more information about NVEB or would like to attend one of our upcoming meetings.

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



NEW HAMBURG, ON.



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Community Corner ~ Check Out What's Going On!

Calendar Fundraiser January Winners



Steven Martin \$50 Gift Certificate to Old Country Restaurant
 Darren Bennett \$50 Gift Certificate to Panache Hair Lounge
 Jean Faulhafer \$50 Gift Certificate to Meme's Cafe
 Wally Mueller \$50 Gift Certificate to Cook's Pharmacy

FREE FAMILY DAY EVENT at HIDDEN ACRES CAMP!

February 19th 10am-3:30pm

Visit www.hiddenacres.ca for details

crafts - pretzel making - games - sledding - skating - campfire



Canadian
Blood
Services



Blood Donor Clinic

Monday, March 4, 2 pm - 8 pm
 Steinmann Mennonite Church
 1316 Snyder's Road W., Baden

Lenten Worship & Soup Lunch

Wednesday at 12 (noon) during Lent

First lunch - Feb 21 at Trinity Lutheran Church,
 New Hamburg

Hosted by churches in Wilmot Township



blueseas
FOUNDATION

february 24, 2024 coldest night of the year

team up fundraiser
 walk donate volunteer
 it's cold out there
cnoy.org



The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness. Team up, fundraise, walk, and take a moment to look closer... because it's cold out there.

In support of:



Wilmot Family
Resource Centre

cnoy.org/location/wilmot

JOIN US FOR F.R.O.G.

ON THE FOLLOWING DATES:

OCTOBER	10	24	FEBRUARY	13	27
NOVEMBER	7	21	MARCH	5	19
DECEMBER	5	19	APRIL	2	16
JANUARY	16	30	6:30PM - 7:30PM		

📍 BADEN PUBLIC SCHOOL

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

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



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COFFEE HOUSE TALKS

Learn, Create, Share



Coffee House Talks is a group for adults over 55 years old. It provides an opportunity in our community for us to learn new things, share information and create new relationships. Individuals can come together in various ways and have some fun!



➤ Past event have included healthy living, craft activities, gardening, and internet safety.

➤ Please join us at our next event! Visit our website for upcoming events or contact us for more information.



Our Contact:

- ☎ WFRC - 519-662-2731
- ✉ coffeehousetalks2020@gmail.com
- ✉ info@wilmotfamilyresourcecentre.ca
- 🌐 <https://sites.google.com/view/coffeehousetalks/home>



This project is funded in part by the Government of Canada's New Horizons for Seniors Program



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Entertainment with Johnny Borton on
Saturday February 17th 1-4 pm

Family Day Event

Sunday February 18th 1-4 pm

Come join in the fun... face painting and grab bags!

THE WILMOT HERITAGE FIRE BRIGADES



Our local fire service museum is wanting to share some trivia and nostalgia with you

10 Bell Drive, Baden

Open Wednesday evenings 6:30-8:00

This 1940 Dodge Fargo fire truck was originally purchased by the then Baden Fire Department.



This truck was the first line pump in Baden until 1956 when a new International fire truck was purchased.

This truck was decommissioned from the fire department and then converted to be a hydro truck with a wooden elevating ladder added to its body for the Baden Hydro Electric system. It has been faithfully restored to its original form.



We are always happy to give you a personal or group tour!

FREE INCOME TAX PREPARATION

Year-round drop off clinic for low-income and simple tax returns.

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!



CONTACT US:

- ☎ 519-662-2731
- ✉ info@wilmotfamilyresourcecentre.ca



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

WILMOT HERITAGE FIRE BRIGADES

Congratulations to Connie Miller, our recent 50/50 winner!

Don't forget our can and bottle drive is the last Saturday morning every month from 9 am until noon. We want your empties, including all type of alcohol and also pop cans!



Amazing Facts and Trivia of Winter Weather

1. What is the difference between sleet, hail, and freezing rain?
2. True or False. It must be 32°F or colder for it to snow.
3. On the average, one inch of rain is equivalent to how many inches of snow?
4. We have had extreme cold temperatures in January but do you know where the coldest temperature ever recorded has been?
5. Why does it snow and what makes it form?
6. What is a sundog?
7. Are igloos warm enough to live in?



1. Hail is a chunk of ice dropped from a thunderstorm. Sleet is frozen rain. Freezing rain is liquid rain that freezes to a surface such as the road or a tree. False. It has been known to snow with temperatures in the mid 40s. Temperatures are below 32°F up in the clouds where the snow is forming.
3. 10 inches of snow melts down to about an inch of liquid rain.
4. The coldest temperature ever recorded in Canada was -63°C (-81.4°F) in Snag, Yukon. February 3, 1947
5. Snow forms when water vapour in the atmosphere freezes into ice crystals
6. A sundog is a solar phenomenon produced by refraction of light through ice crystals. When the sun is near the horizon, a sundog would appear as brightly coloured spots on either side of the sun, similar to that of a rainbow.
7. Yes! Snow is used because the air pockets trapped in it make it an insulator. On the outside, temperatures may be as low as -45°C (-49°F), but on the inside the temperature may range from -7°C (19°F) to 16°C (61°F) when warmed by body heat alone.

TEN THOUGHTS TO TICKLE YOUR BRAIN



1. Where there is a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right—only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault. I said I was blaming you.
10. In filling out an application, where it says "In case of emergency, notify," I put "Doctor."

It's Heart Month.

Do you know the signs of a stroke?

Remember this Acronym! **FAST**



Face—is it drooping or tingling?

Arms — are they heavy, can you raise them both equally?

Speech—are your words jumbled or do you have slurred speech?

Time—don't wait to call 911.

You Must Be Joking!!



- Why do some couples go to the gym? Because they want their relationship to work out.
- Why couldn't the couple get married at the library? It was all booked up
- What was said about the messy, angry man who was eating a can of Pringles? "He's got a chip on his shoulder."
- I wondered why the baseball kept getting bigger. Then it hit me.
- I've been thinking about taking up meditation. I figure it's better than sitting around doing nothing.
- How can you tell it's a dogwood tree? By the bark.
- What kind of drink can be bitter and sweet? Reali-tea.

'70s Music Quiz

Answers on page 33

We have provided the first few words in the titles of popular songs from the seventies. See how many of these song titles you can complete on the spaces provided.

1. All Night _____
2. Total Eclipse _____
3. Every Breath _____
4. Never Gonna _____
5. Wake Me Up _____
6. Don't Stop _____
7. Hungry Like _____
8. Free _____
9. Super _____
10. I Want to Dance _____
11. Purple _____
12. What's Love _____
13. Come On _____
14. You Make My _____
15. Should I Stay _____
16. Karma _____
17. Time After _____
18. West End _____
19. Sweet Child _____
20. We Got The _____
21. You Can Call Me _____
22. In The Air _____
23. Livin' On A _____
24. Rockin' In The _____

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Cathy Cook's Corner

@ Dark Secret: Looks like what's good for your sweetheart may be good for your heart too. Some forms of chocolate are highly nutritious and help to feed your body and provide an amazing source of flavonoids, the natural anti-oxidants which support your body. It's the dark chocolate that is full of compounds that boost those feel-good endorphins.

Choose quality, organic, dark chocolate with 70% or higher cocoa content for maximum nutritional intake and eat a small amount at a time.

Cathy's Sweet Cheater Chocolate Pudding

1/2 avocado
3 tbsp nut butter of choice
1/4 cup almond or coconut milk
2 heaping tbsp cocoa
1/2 tsp vanilla
2 tbsp brown sugar or sweetener of choice
Pinch salt — Mix all in bullet or blender

Cathy's Decadent Chocolate Bars

1 cup peanut butter
2/3 cup honey
1/2 cup coconut oil (no substitutes)
2 cups large flake oats
1 cup dark chocolate chips
3/4 cup dried cranberries or cherries

Melt first 3 ingredients together, remove from heat. Add chips and stir to melt, add oats and fruit. Pour into parchment lined 9 X 13 pan and refrigerate 1 hour and cut into bars. Store in fridge.

Sorry to burst your bubble though as other forms of chocolate are highly acidic and deplete the nutrients in our body by needing to be metabolized.

Research has found that adding milk to chocolate seems to cancel out its amazing antioxidant properties while also it usually also contains partially hydrogenated oils (the bad fats) and a lot more sugar than their darker cousins.



You Must Be Joking!



A minister was completing a temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river."

With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river."

And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down...The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, Let us sing Hymn #365, 'Shall We Gather at the River.'"

"Keeping the Community Connected"

Local Churches Invite You to Join Them

Steinmann Mennonite Church

Sunday Worship 9:45 a.m.
www.smchurch.ca

Zion Philipsburg Lutheran Church

Sunday Worship 10:30 a.m.
www.philipsburglutheranchurch.ca

Shantz Mennonite Church

Sunday Worship 9:30 a.m.
www.shantzmc.ca

St. James Lutheran Church

Sunday Worship 9:00 a.m.
www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.

St Agatha Mennonite Church

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



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After the holidays, I realized there were too many toys in my kids' playroom. In January, I decided to declutter, starting with the toys. I asked my 6-year-old for help, but he only put four toys in the box. Then I decided it was better for me to do it while they were asleep, I successfully cleared out some toys and filled the box.

However, I made a big mistake—I left the box in the mudroom, and my kids found it. After a talk on how these toys would make some other child happy, we managed to keep most toys in the box. Lesson learned: it's better to put the box in the car for a few days before dropping it off at the thrift shop rather than leaving in the house and having them change your mind. In short, get the stuff out of the house!

With that in mind, February is a great month to start getting into the declutter mindset. Every four years, we are gifted an extra day—a leap day—to recalibrate our calendars. Instead of letting this bonus day slip away unnoticed, why not use it as an opportunity to leap into a decluttering adventure?

We invite you to do a **Leap Year Declutter Thrift Challenge** and make the most of this additional time, declutter your space, and embark on a journey towards simplicity and thriftiness.

It is simple, in February, tackle 29 areas or items in your home that could use a decluttering touch.

1. **Start Small: Room by Room:** Begin the challenge by breaking down your living space into manageable sections. Whether it's a drawer, a shelf, or an entire room, focus on 29 distinct areas. Starting small allows you to experience quick wins and builds momentum for the larger spaces.

2. **Thrifted Treasures Hunt:** As you declutter, set aside items that can find a second life through donating to MCC New Hamburg Thrift Centre. Clothing, home decor, books, and more that no longer serve you may bring joy to someone else. Challenge yourself to donate at least 29 items, giving these treasures a chance to shine once more.

3. **Minimalist Mindset:** Embrace a minimalist mindset as you evaluate each item. Ask yourself whether it adds value to your life or if it's simply taking up space. Consider the joy and purpose each possession brings, and be willing to part with things that no longer align with your lifestyle.

4. **Sustainable Disposal:** Dispose of items responsibly. Recycle materials whenever possible, and explore local donation options for gently used items. By choosing MCC New Hamburg Thrift Centre, you not only declutter your home but also contribute to a circular economy, reducing waste, and promoting sustainability.

5. **Involve the Whole Family:** Make the Leap Year Declutter Thrift Challenge a family affair. Encourage everyone in your household to participate, assigning specific areas or tasks to each family member. This not only lightens the workload but also fosters a sense of shared responsibility for your living space.

6. **Digital Leap: Declutter Your Devices.** Extend the challenge to the digital realm. Dedicate some time to decluttering your digital life—organize files, delete unnecessary documents, and streamline your inbox. A clutter-free digital space can be just as refreshing as a clutter-free physical space.

7. **Most important Celebrate Your Progress:** Celebrate your achievements along the way. Take breaks to appreciate the newly cleared spaces and revel in the sense of accomplishment. Consider documenting your progress through photos or a journal, capturing the transformation of your home.

The Leap Year Declutter Thrift Challenge is not just about tidying up; it's about making intentional choices, creating space for what truly matters, and contributing to a more sustainable world. As you leap into this challenge, you're not only reclaiming your physical space but also taking a step toward a simpler, thriftier, and more purposeful life. So, let the leap begin—clear the clutter, embrace simplicity, and make the most of the extra day on your calendar.

I am doing this challenge and getting 29 things out of my house (small steps). I hope you are also encouraged to start with small steps.

When you donate to the MCC New Hamburg Thrift Centre you help people locally, around the world and you also help our planet. Thank you for supporting MCC New Hamburg Thrift Centre, where everybody wins!



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NEW HAMBURG
THRIFT CENTRE**

**Cluttered cupboards?
Donate today**

Donation Hours
 Mon - Wed 9am - 5pm
 Thurs - Fri 9am - 8pm
 Saturday 9am - 5pm
 Sunday CLOSED

mccthriftontario.com/newhamburg
 41 Heritage Dr, New Hamburg

Tax season is here again! Here are some important rules to follow to get yourself through it.

TAX RULE #1 - File your taxes on time – preferably early to give yourself time for missing slips or unexpected life events.

2024 deadlines:

- **Tuesday, April 30 - Personal Income Taxes**
- **Monday, June 17 - Self-Employed Income Taxes (and spouses of self-employed persons)**

Corporate, trust, and estate returns have different due dates - check with [CRA](#) for details.

TAX RULE #2 - Make sure you have all your slips - This is the one that usually stresses people out.

Note: The last tax slips are due to be mailed on March 31!

You want to ensure the slips you report match what CRA has on file. The easiest way to do that is to have a myCRA account. Barring that, here is what you should have:

INCOME

You'll need a slip from every source of income. This includes both employers and every RRSP/RRIF, pension, OAS, and CPP plan that sent you a payment.

INVESTMENT ACCOUNTS

- ◆ TFSA = No slips.
- ◆ RRSP and PENSIONS
You'll need slips for the contributions you and your employer made. All the slips should add to the amount contributed from March 1, 2023, to February 29, 2024.
- ◆ RESPs/RDSPs
No contribution slips. However, slips are created when money is pulled out. These slips are attributed to the beneficiary, not the account owner, and must be included on their tax return.

- ◆ NON-REGISTERED ACCOUNTS
All in-Trust For (ITFs), cash, or open accounts are non-registered.
 - Non-registered accounts can generate multiple slips depending on the investments you hold and the transactions you make.
 - T-Slips: All dividends and interest create slips. This includes bank account interest of \$50 or more for the year.
 - Capital Gain/Loss Report: Every investment sold will result in a capital gain/loss report. Reports are also created for pooled investments, such as segregated or mutual funds – as the portfolio manager makes sales within the fund that must be reported. WATCH OUT: Some companies attach these reports with the yearend statement in January.

TAX RULE #3 - Make sure you make all your claims.

There are multiple credits, deductions, and expenses that you can claim to reduce your tax burden.

There are non-refundable and refundable programs. Non-refundable items reduce your tax bill. Refundable items can give you money back.

There are dozens of programs - check with CRA and Service Ontario for the current lists.

TAX RULE #4 - Ask for help if needed.

If your tax situation is complicated or overly stressful, ask for help from an accountant. Just DO NOT wait until the last minute to do so.

If you aren't sure whether you have all your investment slips, contact your wealth advisor.

Courtney Beach, QAFP / KLT Wealth Management



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KIDS' CORNER



How many words can you create using only each letter once with the letters in the word

VALENTINE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- What kind of flowers do you never give on Valentine's Day?
Cauliflower!
- What did the painter say to her boyfriend?
I love you with all my art!
- What did the stamp say to the envelope?
I'm stuck on you!
- Knock, knock!
Who's there?
Heart
Heart who?
Heart to hear you,
can you speak up?

When I Think Of....

Write down the word that comes to mind when you see these words.

HEART _____

CANDY _____

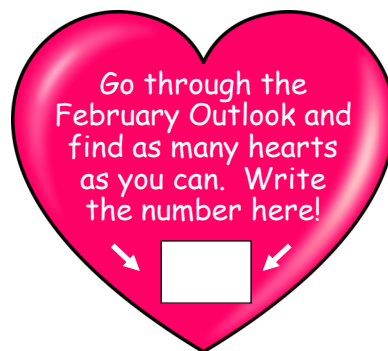
LOVE _____

FEBRUARY _____

FAMILY _____

SKATING _____

WINTER _____



Time to strategize.



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The Baden Outlook lucked out and enjoyed a variety of destinations in the sun!



Nancy Coghill attended a destination wedding in La Romana Dominican, and packed her Outlook along for the fun.

The Bradley family took the Baden Outlook to the Vegas Cup gymnastics competition in Las Vegas, and brought home some hardware! Seen are Janet Bradley with her son, Josh; his wife, Chantal; and her granddaughters, Maëlle and Elyse.



A group of 20 from Morningside Village took their Baden Outlook along for the fun to Punta Cana.



Sisters, Sherry Cressman and Janet Daub, took their Baden Outlook along on a vacation to Jewels Resort in Punta Cana.

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

JOIN US

FOR AN EXCLUSIVE EVENT WITH AN AVALON WATERWAYS CRUISE DIRECTOR!

We're thrilled to host a Cruise Director from Avalon Waterways who will share stories and information about what sets Avalon apart in the world of river cruising.

NEW HAMBURG EVENT

February 14, 2024

Wilmot Recreation Centre, Room A

10:00 a.m. presentation

Doors open 30 mins. before presentation



ST. MARYS EVENT

February 15, 2024

Pyramid Recreation Centre, End Zone

1:30 p.m. presentation

Doors open 30 mins. before presentation

STONETOWN TRAVEL

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150 Queen Street East, St. Marys, ON N4X 1B4 | TICO #50010159

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226-333-9939 | newhamburg@stonetowntravel.com

Please RSVP for either the St. Marys or New Hamburg events by emailing stew@stonetowntravel.com or by calling our office.

Global Outlook – Whittier, Alaska

The town of Whittier, Alaska has a natural harbour and was chosen during World War Two, as a base for the US Army. In 1953, the decision was made to build a 14-storey structure that would become the headquarters for the US Army Corps of Engineers. The building was called the Hodge Building in memory of Colonel William Waler Hodge Commander of the 93rd Engineer Regiment. A second building, the Buckner Building, was built 600 metres to the northeast with both buildings opening in 1957. The two buildings are connected by a tunnel.

In 1964 an earthquake and tsunami hit the area with minimal damage; however, the government abandoned the project, turning the buildings over to public use. In 1972, the Hodge building was renamed the Begich Towers after the area congressman, Nick Begich, who disappeared after a plane crash.

Today, the entire population of Whittier, population around 300, lives in 196 apartments in the Begich Towers and the apartments in the Buckner building. Services available in the Begich Tower are a Kosy Korner grocery store, a notary, post office, laundromat, health clinic, gym, and a church just an elevator ride



away. The area is known for its brutal winter weather and there is no need to go out, as most of what you need are in the buildings. A tunnel also connects to the area school for the dozens of kids that live here.

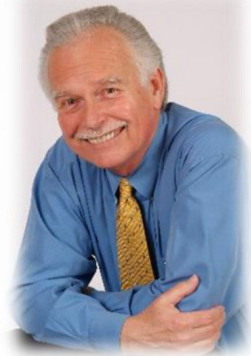
Whittier is located 60 miles from Anchorage and is known as the “Community Under One Roof”. There are a couple of seasonal businesses in town that focus on charters and campgrounds. The area is also known for its cascading waterfalls, whales, otters, puffins, and the Rocky Mountains.



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OUTLOOK PUZZLE ANSWERS

Number Code

- Canadian dollar – loonie
- Rough copy – draft
- Duplicate on a printer – copy
- Ham in a can – spam
- A type of dried fruit – prune
- Spider creation – web

Creating secret message
Family day is always in February



All Things Scrambled

<u>Valentine Gift</u>	<u>Relating to Valentines</u>
Ideas	Pink
Card	Kiss
Rose	Love
Dinner	Honey
Sweets	Heart
Candle	Cupid
Jewelry	Admirer
Bouquet	Romance
Dessert	Darling
Balloons	Kindness
Chocolate	

70s Song Quiz

1. All Night Long
2. Total Eclipse of the Heart
3. Every Breath You Take
4. Never Gonna Give You Up
5. Wake Me Up, Before You Go Go
6. Don't Stop Believin'
7. Hungry Like the Wolf
8. Free Fallin'
9. Super Freak
10. I Want to Dance with Somebody'
11. Purple Rain
12. What's Love Got to Do with It
13. Come On Eileen
14. You Make My Dreams Come True
15. Should I Stay or Should I Go
16. Karma Chameleon
17. Time After Time
18. West End Girls
19. Sweet Child O' Mine
20. We Got the Beat
21. You Can Call Me Al
22. In The Air Tonight
23. Livin' On a Prayer
24. Rockin' In the Free World

Outlook Sudoku

5	1	3	7	6	2	9	8	4
6	9	4	3	8	1	2	5	7
8	7	2	4	5	9	6	1	3
1	5	8	6	7	3	4	2	9
9	2	6	1	4	5	3	7	8
3	4	7	2	9	8	5	6	1
7	3	5	8	2	4	1	9	6
2	8	1	9	3	6	7	4	5
4	6	9	5	1	7	8	3	2

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TRI-COUNTY MENNONITE HOMES— Resident's Perspectives

February brings with it a renewed hope. Spring is getting closer, and the days are getting longer. Plus, it's the month of love and kindness! Here at Tri-County Mennonite Homes (TCMH) we are eager for sunny days and warming weather. But while we wait for Winter to pass, we got to know Myrta Biesel as bit better.

Myrta has been living at Nithview Community since August 2023. She was quite happy to reminisce about her early years, and to share some of her pearls of wisdom. Prior to retirement, Myrta worked on a turkey farm near New Hamburg. Working on a farm was not new for Myrta though. She grew up on a farm 5 miles from Elora, where they raised cows, pigs, and chickens, and kept horses. While in high school, Myrta would bike home from Elora after school to do chores in the barn.

But Myrta liked her grade school better than high school. She only had to walk across the field to her 1-room school with twelve students and one teacher. So few students meant they were a tight knit group. When celebrations like Valentine's Day would come around, they excitedly shared cards and had small parties with snacks. Myrta even still has her scrapbook of cards she received all those years ago. She had little crushes but never a Valentine sweetheart. Not until she was older anyway, when she shared Valentine's Day with her husband. They didn't make a big to-do over the day but used it as an opportunity to celebrate their love.

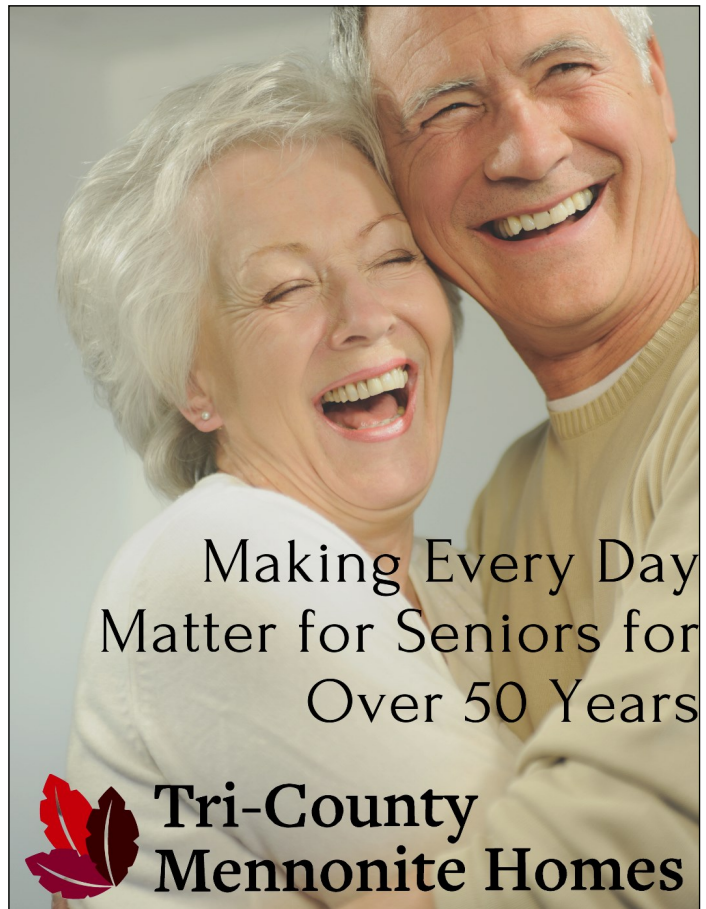
For Myrta, Valentine's Day is a perfect opportunity to express love. She thinks the world really needs more love – for others and for the world around us. Myrta finds the stigma around saying "I Love You" makes it hard for people to say even when they feel it. Love can feel large and daunting, but Myrta thinks if we tell others "I Love You" more regularly it will make the scary bigness of love more manageable. Besides, everyone deserves to know they are loved! And Myrta will make sure the people around her know she loves them.

This love of Love gives Myrta a leg up when it comes to Random Act of Kindness Day, celebrated internationally on February 17. For Myrta, helping others is very important. She appreciated the kindness of neighbours when they shared baked goods or helped with work around the home. Myrta always tried to return the favour.



Like love, Myrta thinks the world needs more kindness. She tries to give others the same kindness she would like in return. Not because she wants any thanks, but because kindness comes from the heart and should be shared freely with others. Myrta chuckled a bit in wondering *WHY* there is only 1 day for Random Acts of Kindness when kindness should be an everyday thing.

Myrta plans to be kind as often as possible – not just for one day. She will be helpful with her Nithview neighbours. She plans to tell the staff they do good work. And she will be handing out hugs to the people who want one. Hugs are a great way to show kindness, and love, for others. Not only are hugs free, but they also fit everyone. There is no hug too big or too small. So, if you're wondering how you can make February a bit more enjoyable while waiting out the end of Winter, take a page from Myrta's book and be loving, kind, and full of hugs.






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