

HAPPY CANADA DAY!



# Baden Outlook

LET'S CELEBRATE OUR CANADA LIKE WE HAVE NEVER SEEN IT BEFORE!

We as a country have been through a lot and we are still standing strong; we are brave and it is time to celebrate! We've been staying at home like never before, so let's be proud of that and show who we are as a community and a country. Let's take on a community challenge to decorate our homes with red and white and all things Canadian!

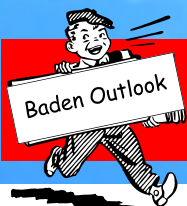
Raise your hand and say... "I'm in!"



JUNE / JULY 2020

VOLUME 20, ISSUE 11

~ Your Community Newsletter ~ We are happy to be your voice!



**This Paper is Priceless - Please have one!**

*The Baden Outlook isn't travelling much these days but we are happy to feature community kindness.*



These pal gals from Morningside Village practise social distancing while showing what a good neighbour does! Donna Grigg and Dianne Whaley, T-Shirts say "Like a Good Neighbour, Stand Over There!!!"



*We hope you enjoy your summer vacation... don't forget to take your Baden Outlook along for the fun!*

Wendy Snider of Foxboro Green has been very busy sewing. She has made 40 masks to distribute to the Foxboro community (mainly her Aquafit Ladies), Scrub Caps for GRH, St. Mary's and other facilities for nurses, 50 FU masks for Sick Kids in Toronto for the wee patients and their visitors, and 100 more masks for family and friends. Donations have been given for these masks, and Wendy and the Aquafit Ladies have created 4 \$100 Snack Packages for Frontline Workers at GRH's ICU, ER, and the Covid-19 patient floor.



Snack Packages are also taken to the lodgings where Health Care Staff — a mix from GRH, St. Mary's, and other local organizations, nurses, cleaning staff, a few doctors — are staying during this pandemic. They will be able to pick up from the Snack Packages as they come and go. It is our intention to send more of these Snack Packages to more Frontline Workers, as long as is needed as we go through this together.



# TIM LOUIS

Member of Parliament, Kitchener-Conestoga

Tim.Louis@parl.gc.ca (519) 578-3777

## Happy Canada Day

Canadians have been there for each other since our nation was founded. We are an example to the world with our generosity, our sense of fairness, and our pursuit of justice. Canadians are communities supporting communities, neighbours helping neighbours, and in that spirit we open our hearts to others. As Canada Day approaches, being part of our great nation fills us with pride.

The men and women who keep us safe, be it those in uniform serving our country, or the brave frontline and essential workers here at home, are a fitting example of how service to others is woven into the fabric of our nation.

This Canada Day brings on new meaning and a different way of celebrating. It offers a chance to pause and reflect on the way we treat each other, and the benefits of working together as a nation, for everyone.

We may not be able to gather in groups, as we usually do, and celebrate in traditional ways. But know that we are together, in spirit and in harmony. For it is together that we will rise to the challenges we face, and step up, like we have always done. As Canadians.

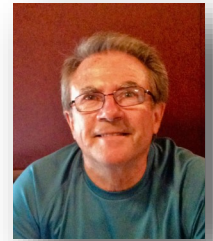
Happy Canada Day,

Tim Louis, MP for Kitchener-Conestoga



# Talking with Ed

~ Random Thoughts ~



'The Sickness' - Our grandson, Simon, is five years old and has a simple understanding of what he calls 'the sickness'. Our daughter, Katie, has done an admirable job of helping him comprehend what we are currently living through with COVID. As a five year old, all he wants to do is play with other kids at school, or go to the playground, or sleepover at his grandparents' (or even hug them for that matter). Katie told Simon that the world is sick and until it gets better it's best to stay home so the world has time to rest and heal. It's still a challenge for a five year old to grasp. However, he sure is loving the fun times at home with his family. I imagine most parents with youngsters are going through the same thing. I think it must be most stressful for teenagers whose social lives are so important; for us retirees who are more content, it is not quite as difficult, but still a challenge to adapt to.

Plagues over the years – This isn't the first time our world has gone through a pandemic and it probably won't be the last. The plague with the largest death toll was the Black Death (Bubonic Plague 1347-1351), where an estimated 200 million people died. That plague was followed in size by smallpox in 1520 (56 million), Spanish Flu from 1918 to 1919 (40 to 50 million) and the plaque of Justinian from 541 to 542 (30 to 50 million). From what I could see, there have been just over 20 plagues over time, including SARS (2002 to 2003; at 770 deaths, on the low end). We are lucky that we have the knowledge and resources to get us through the pandemic we are experiencing, although at an incredible expense for everyone.

Hockey Playoffs – It's hard to believe that the NHL is considering having a playoff schedule. I would have to imagine that most players would require a certain amount of time to get in game shape and all you need is one player to test positive to shut the games down. It is also hard to believe that the Habs snuck in to the playoffs. I wonder if they will have the cut out fans in the crowd?



Garden update - I've received many comments on last month's gardening editorial, some from our experienced pals at community garden. There is certainly a lot to learn and the first thing I discovered is don't overwater. I've been a bit eager and check daily to see the little green sprouts pop up through the soil; with the sunny spell, it's starting to grow... but so are the weeds! I'm a rookie and can't tell a weed seedling from a veggie sprout. Pat says to let it be and over time we will know the difference; we'll get good at this one day.

Hit the Deck - This year we decided to do a deck renovation and expand our outdoor space with a decorative flair at the house. That's what happens when in lockdown and Pat starts dreaming and spends time on Pinterest! Yes, a pergola for a bit of shade and a place to hang the plants and mini lights. We even used the old decorative pieces from the old gazebo and framed them to make a part wall to let the air flow. Anyone who knows me understands my handyman skills are not my claim to fame! I continue to appreciate the handyman types out there who are not afraid to try a new project and continue to work at their skills. I'm so glad my friend Marvin was by my side... or should I say I was by his side, as he brought out his tools and experience and let me learn along the way. He was patient and kind and let me believe I was helpful... Thank you Marv! I hope you let me help you some day. I wanted to shake his hand when the job was done—but he wouldn't let me!! We did practice safe distancing as best as we could. — Until August...Ed



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We don't publish a paper in July. It's time for camping, gardening, and relaxing. A time to put our feet up, recharge and think of another great idea!!

# Greetings from Headquarters ~



Here we are ... summer has arrived! I'm loving the sunshine and blue sky as I prepare for our June/July summer issue. Special thanks to the advertisers who have stuck with us these past few months despite many of their businesses being closed. I sure hope that things turn around and your businesses will be back in the flow of whatever our new normal will be for a while. I have no idea what is ahead for us personally this summer, although I do know we are enjoying our new deck and happily keeping active in our garden. The campground is now open, so going to our trailer is an option as well, and hopefully safe distancing will be respected by all.



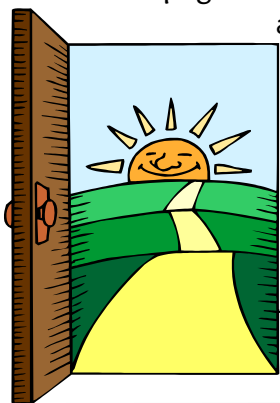
July 1st is Canada Day and we will celebrate our country like we've never it seen before. Never in my memory have we saluted front line workers, stayed indoors, and kept our distance from our loved ones. We wear masks and speak through plastic shields as we go about our daily business. We have bowed to the word of the World Health Organization and we have stayed in touch with our Prime Minister, Premier, and other sources of wisdom who have educated and guided us through the pandemic. We have learned patience, endurance and kindness, and respected privacy and personal space. We have shared tears of fear, sadness, and joy all in the same day. I realize that in the big picture of life we have only coped through 4 months of this unknown; we will continue to go forward as we get more and more comfortable in accepting our new normal.

In this issue you will see lots of celebrations, some current and some from the past, as seen in the articles from Treasures from the Attic on page 20 and Life in the Roaring Twenties on pages 8-9. Be sure to check out the front yard at the Castle as the Wilmot Horticultural Society practises social distancing while planting a wonderful floral scene. As seen on the front page, we are inviting you all to take on the challenge to really deck up your homes and property in red and white to show how strong we are together as we celebrate Canada Day this year.

We pay tribute to the life of Vernon Erb on page 26 and learn about the history of the Dr. of Handwashing on page 15. We have a tea hack from Christine Ehrat on page 34, who goes back in time and reminisces about the many uses and evolution of tea. Amy from Interfaith talks about our recent days of staying at home. See page 24 for an update on the Wilmot Key Quest. There is much more to explore in this issue along with our usual trivia, quizzes, and sillies.



Seen front L to R: Jane McNichol and Ashley Mathews. Back L to R: Nicole Hehn, Judy Hahn-Yutzi (President), Susan Cressman and Marlene Knezevich behind the camera!



Sending best wishes to all dads and hoping they have a wonderful Father's Day! The family gathering will be small but the love will be there!

We do not publish a paper in July, so until August, I wish you all a safe and healthy summer along with some good times and lots of happy memories! It's so good to be outdoors, enjoy!



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## Canada Day Quiz

By Christine Ehrat

July 1, 2020, marks Canada's 153rd birthday! In honour of our homeland, we have created a quiz!

1. What was Canada Day's previous name?
  - a) Colonies Day
  - b) Dominion Day
  - c) Consolidation Day
  - d) Sir John A MacDonald Day
2. What year did the government change the name to Canada Day?
  - a) 1946
  - b) 1957
  - c) 1982
  - d) 1984
3. Canada's name has an aboriginal influence from two tribes. Which tribes described the land as kanata?
  - a) Cree and Ojibway
  - b) Huron and Cree
  - c) Huron and Iroquois
  - d) Algonquin and Mohawk
4. Approximately how many lakes does Canada have?
  - a) One million
  - b) Three million
  - c) Ninety-five thousand
  - d) Eight million
5. Canada is known for its maple syrup! What percentage of the world's maple syrup comes from Canada?
  - a) 25 percent
  - b) 48 percent
  - c) 75 percent
  - d) 85 percent
6. Who was the famous explorer who arrived in 1535 and charted the St. Lawrence River?
  - a) Henry Hudson
  - b) Cardinal Richelieu
  - c) Samuel de Champlain
  - d) Jacques Cartier
7. What are the two national sports in Canada?
  - a) Lawn darts and horseshoes
  - b) Hockey and soccer
  - c) Lacrosse and hockey
  - d) Baseball and hockey



Answers page #29

# ALL THINGS SCRAMBLED~

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

## Punctuation



- SHAD \_ \_ \_ \_ \_
- CLOON \_ \_ \_ \_ \_
- AMMCO \_ \_ \_ \_ \_
- EQUOT \_ \_ \_ \_ \_
- HEPHNY \_ \_ \_ \_ \_
- DIREOP \_ \_ \_ \_ \_
- TRACKEB \_ \_ \_ \_ \_
- STIREASK \_ \_ \_ \_ \_
- STIONQUE \_ \_ \_ \_ \_

## Birds of Flight



- LOW \_ \_ \_ \_
- WORC \_ \_ \_ \_ \_
- VODE \_ \_ \_ \_ \_
- NAWS \_ \_ \_ \_ \_
- RACEN \_ \_ \_ \_ \_
- GALEE \_ \_ \_ \_ \_
- CHINF \_ \_ \_ \_ \_
- OOSEG \_ \_ \_ \_ \_
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# It's Happening!

## Wilmot Summer Market 2020

We are very pleased to announce that the Wilmot Summer Market will begin June 3rd, on our regular Wednesday nights in Baden from 5pm-8pm. So pack up your shopping bags and prepare to wait a little longer than normal as we adhere to our new social distancing requirements. We love that our Community will still have the opportunity to support local farms and businesses while also enjoying the fabulous goods that they have to offer!

June 3, 10, 17 and 24 from 5 - 8pm. We will be located at 75 Charles Street which is across the street from our normal location at 27 Beck Street. This is temporary due to paving of the driveway at 27 Beck Street.

For more information please go to our website <https://wilmotsummermarket.wixsite.com/market>



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### Who's Who in Baden ~ Meet Vikas Patel

Meet the smiling face who serves you well at the Baden Mars Variety Store. Vikas Patel studied for his Bachelor's degree in business in India and New Zealand. In 2011, he moved to Canada and spent eight years in the aviation field. Looking for a change, he moved to



Brantford and spent a year working for Proctor and Gamble, managing temp help for the company. Over that year, he searched for a business that he and his wife could purchase. They heard many good things about Baden from their friends. "Friendly people, smaller town, but still close to an urban centre" were some of the comments that attracted them to our town. Vikas discovered that Mars Convenience was available to purchase; so in January 2020, he and his wife (Megha) purchased the store. With the onslaught of COVID-19, Megha has stayed home to be with their young child, but Vikas is thankful to have his cousin (Siddhartha) help him out at the store. After COVID-19, Megha will become more involved with the business.

The store still offers the same services it did before, such as the postal kiosk and mailboxes, groceries, some produce, lottery tickets, and fireworks for the Canada Day celebrations. The store is open from 7 a.m. - 9 p.m. Sunday to Thursday and Fridays and Saturdays 7 a.m. to 9:30 p.m. Vikas and his family are very happy to be part of the community; be sure to pop by and welcome him to town.



*Stronger Together!*

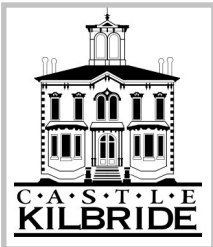


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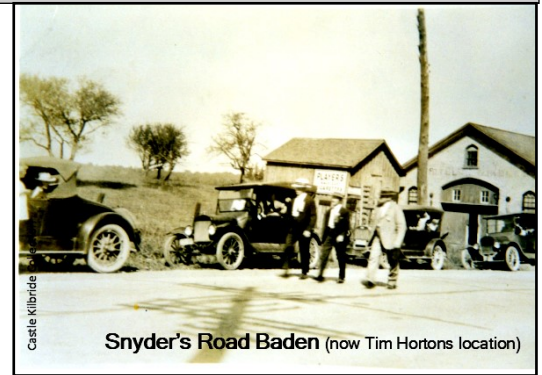


# Baden in the Roaring Twenties

By Sherri Gropp

We thought it would be interesting to look back and see what life was like in Baden 100 years ago. What are the similarities and what are the differences one century later?

**Castle Kilbride:** The Livingston family was mourning the loss of James Livingston who passed away April 15, 1920, thus changing the ownership of the mansion and the Baden linseed oil mill to James' oldest surviving son John Peter (J.P.). This wasn't a vast change, as J.P. and his wife Laura had lived in the house since they married in 1910 and they also welcomed their daughter Laura Louise there in 1918. J.P. had also successfully run the mill for his father for many years, so there was a sense of familiarity with the transition of the home and business to the next generation.



Snyder's Road Baden (now Tim Hortons location)

**Health:** The Spanish Flu was still a serious health concern in early 1920, but that was not the only health issue looming in Wilmot. According to the Kitchener Telegraph, in April of 1920 there was one death in New Dundee due to smallpox. Mr. David Litwiller, the Principal of New Dundee Public School, died of the disease; fortunately, he was the only case in the village. However, the article went on to say that there were several cases of chickenpox amongst the children in New Dundee.

**Entertainment:** The Baden Band performed at the Opera Hall during the cooler months, but according to the New Hamburg Independent on May 31<sup>st</sup>, 1923, the band was ready to commence their weekly open-air concerts every Thursday evening. Well, that sounds like a familiar tradition in Baden.



Baden Band c. 1925

Canadians were swept up in the radio craze of the 1920s thanks to technological improvements to the original 1897 design. Active broadcasting in Canada began in 1921 and soon radio stations popped up all around.

**Municipal Politics:** Meetings were held at Wilmot's Township Hall, which was built in 1858 by Jacob Beck and originally located on Beck Street in Baden; it is the present-day Senior's Woodworking shop. This was the location for monthly Council meetings for Wilmot from 1858-1967, as well as the Fifth Division Court of the County of Waterloo in earlier years. (Note: This building was later moved in 1967 to Black Creek Pioneer Village in Toronto).

The Reeves of Wilmot Township during the 1920s were:

- George Z. Lantz 1919-1924. In 1924, he became the Warden of Waterloo County.
- John Herber 1925-1927
- Valentine H. Zoeller 1929-1931

**Telephone:** Although the first Baden telephone system was operated by a privately-owned company, later in July of 1923, Wilmot Council sought a loan from the Dominion Bank for the Wilmot Township Municipal Telephone System. Although telephones had been in Baden since the early 1890s, the telephone became an important communication tool in the 1920s and many homes had the opportunity to finally own one.



*We miss our friends and hope you are all well and staying safe.*



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Train Wreck July 21, 1920

**Transportation:** Cars were the preferred mode of transportation. Residents could purchase a brand new “Ford Touring” automobile for \$445.00 at D. Becker’s in New Hamburg. J.P. Livingston’s car of choice was a Packard. The Ontario Legislature passed an amendment to the Railway Act allowing towns with a population of over 20,000 to operate streetcars on Sundays. Speaking of railways, on July 21, 1920 there was a terrible train accident between New Hamburg and Baden.

**Fashion:** The cloche hat is a fitted, bell-shaped hat for women that was invented in 1908 by milliner Caroline Reboux. They were especially popular between 1922 to 1933; its name was derived from *cloche*, the French word for “bell.” Women also began to cut their

long hair into short “bob” cuts. In 1921, Coco Chanel introduced the perfume “Chanel No. 5.” This became a favourite scent for many women, including Laura Livingston and later for her daughter Laura Louise.

**The cost of items in 1923:**

- Chocolates were 39 cents a pound at D.W. Geiger’s Store in New Hamburg
- Electric Washers were \$12 at Albrecht’s Hardware Store. \*A bonus at Albrecht’s store is that he accepted eggs as cash.
- Men’s Dress Shirts ranged from \$1.25 - \$2.50 at George B. Hathaway’s Store



Cloche Hats c. 1928

Although we have seen many advances since the 1920s, it is interesting to look back 100 years ago and compare. We still look for the latest and greatest when it comes to technology and fashion. Wilmot Township still hosts Council meetings; during these unprecedented times during COVID-19, they are held not in a Council Chambers, but virtually online so physical distancing can be maintained. Where Wilmot residents in the 1920s battled health concerns like the Spanish Flu and smallpox, we are now familiar with what it is like to live through a pandemic.

As they did a century ago, we will persevere and get through this together. I hope you enjoyed your flash from the past and feel free to post any comments or memories on Castle Kilbride’s Facebook page.

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## BE WISE TO HEARTWORM—TIS THE SEASON

COVID-19 seems to be ever changing our “normal”. Even though we are continually adapting to the new information, we have some familiar parasites that we can’t forget about, like Heartworm. A little refresher on an old threat never hurts.

You hear about it all the time, but what is Heartworm disease? Heartworm disease is a serious and potentially fatal disease that is caused by long worms (heartworms) that live in the heart, lungs, and associated blood vessels of affected pets, causing severe lung disease, heart failure, and damage to other organs in the body.

A dog is a natural host for heartworms, which means that heartworms live inside the dog, mature into adults, and reproduce. If untreated, their numbers can increase, and dogs have been known to harbour several hundred worms in their bodies. Heartworm disease causes lasting damage to the heart, lungs, and arteries, and can affect the dog’s health and quality of life.

So how do the worms get there? The heartworm disease cycle revolves around the activity of mosquitoes. The adult heartworms lay very tiny larvae called microfilariae, which travel throughout the bloodstream. When a mosquito sucks blood from an infected animal and then feeds on another animal, the larvae are transmitted through the skin. These larvae eventually make their way to the chambers of the heart or lungs where they grow into adults.

The bottom line is that prevention is much easier than the treatment and includes:

- ◆ Reducing exposure to mosquitoes

While you may be able to limit the risk by keeping your pet inside in the late afternoon and evening, we all know that preventing mosquito bites is not entirely possible. Removing standing water can also help.

## Baden Veterinary Hospital

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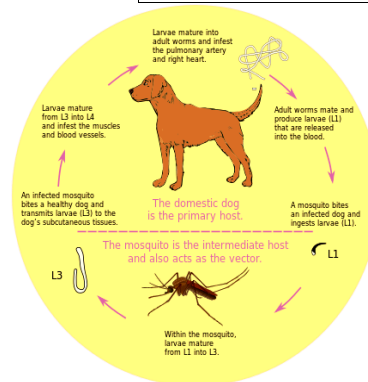
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- ◆ Using Preventives

Heartworm preventive therapy is safe and easy, and when administered properly, can be extremely effective. There are a variety of options for preventing heartworm infection, including a chewy tablet taken monthly or a topical liquid that you squeeze from a tube onto the pet’s back monthly. In our area, the

preventions for Heartworm are typically started in June and are continued for at least 6 months.

Heartworm preventatives work to kill only the heartworm larvae that have infected the dog within the previous one to two months. Any larvae that have been in your dog longer are more likely to survive the treatment and go on to develop into adult worms that will require adulticide treatment. Adulticide treatment is costly, painful, and requires at least 8 weeks of strict rest.

For more information on heartworm and the preventions that would best suit your pet’s individual needs, please contact your veterinarian.

Submitted by Dr. Rebecca Ricker

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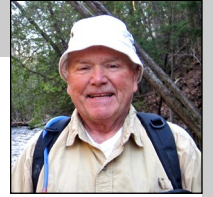
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## Baden Birding ~ Eastern Whip-poor-will

By Wayne Buck



Some birds get their names from their appearance, like the Yellow-rumped Warbler or the Eastern Bluebird. Others, such as the Acadian Flycatcher or Red-headed Woodpecker, get their names from what they do. Still others, like the Black-billed Cuckoo and Killdeer, get their names from the sound of their calls. That's certainly the case for the bird I'm writing about this month: a bird that very few readers of this newsletter have ever heard or seen, the Eastern Whip-poor-will. The Eastern Whip-poor-will is a medium-sized bird 22 to 26 cm long with mottled brown and grey feathers that help it blend in with its surroundings, making it very hard to see. Since it becomes active at dusk and rests during the day, it is more commonly heard than seen. Eastern Whip-poor-wills are most vocal during bright, moonlit nights when they can be heard singing their name "Whip-poor-will" often in long, seemingly endless series.



Whip-poor-wills are placed in the family of birds called Nightjars or Goatsuckers (Caprimulgidae), from a belief over 2000 years old that these birds hid during the day and came out at night to suck the milk from the udders of goats, goats being close enough to the ground for these birds to reach. Other members of the Nightjar or Goatsucker family include the Nighthawk, Chuck-Wills-Widow, and the Poor-Will. I remember hearing and seeing Nighthawks in this area years ago, but not lately. I heard a Chuck-wills-widow while out walking in Florida with my grandson, Liam, one evening. Although I'd never heard one before, I knew immediately what it was due to its distinctive call.

Nightjars are equipped with very wide mouths surrounded by bristle with which they trap insects while flying above

the trees or in open areas of the forest on bright moonlit nights. Because of their large mouths that are used to catch insects, another name given to this family of birds is "Frogmouth."

The Eastern Whip-poor-will is usually found in areas with a mix of open and forested areas, such as savannahs, open woodlands, or openings in more mature, deciduous, coniferous and mixed forests. Whip-poor-wills fly to catch insects in these open areas and use forested areas for roosting (resting and sleeping) and nesting. It lays its eggs directly on the forest floor, where its colouring helps it to remain undetected.

Whip-poor-wills were once common throughout the forested areas of the Great Lakes region, although the population has declined about 3% a year since 1960. If they open the national and provincial campgrounds for camping this summer, maybe you'll be lucky enough to hear one.

The ospreys on Christner Road appear to be doing alright. I have noticed the adults perched on the edge of the nest looking down into it. I take this to mean that there are young ones in there. How many? We'll have to wait and see.

I was walking in Schmidt's Woods today (May 20) and was pleasantly surprised to see how beautifully the crew cleared the limbs and branches which had been left behind after the logging in the winter. It looked so natural that I hope they continue to do the same in the other areas of the woods.

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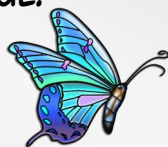
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The Orioles have arrived and we have a new assortment of Oriole feeders. Hummingbirds are soon to follow so come by the store and check out our great selection!



**I WANT TO BE A CATERPILLAR.  
EAT A LOT, SLEEP FOR A WHILE...  
WAKE UP BEAUTIFUL.**



There has been a lot of new dog owners through our lockdown time. My favourite 2020 purchase has been my social distancing emotional support pet skunk.



## LET'S HAVE A LITTLE PUN!

NOW... WHERE DO YOU WANT TO GO?

1. Where people get 'fed up' with 'taking orders'.  
Where you must carefully 'chews' the 'Menu' 'meat'.  
A special place to 'take out' a 'hot chick'.
2. These places sometimes 'R rated' unfit for kids.  
Where people can have a 'reel' good time 'gazing' up  
at the 'stars'.  
Where art is forced to make 'concessions' to the  
public's 'taste'.
3. A place where people sell their 'soles' for two 'bucks'.  
Where customers are quickly 'sized up' and given the  
'boot'.  
Where they stick out their 'tongues' and 'shoe' their  
customers.
4. Where a vital 'organ' may play a 'key' function in  
'saving you'.  
Where you get 'wafers' served on your 'Sunday'.  
It's many people's 'soul' means of support.
5. Where women go to 'curl' up and 'dye'.  
Where people get 'snippy' with you right 'off the  
top'.  
'Poles' were once seen hanging 'around' this 'clip  
joint'.
6. Where people get 'barred' for their constant  
'wineing'.  
The public demands 'proof' of its 'existence'.  
Where a 'spirited' performance is greeted with  
'cheers' and 'booze'.

Answers on page 29

If the person who named Walkie  
Talkies named everything....



STAMPS -- LICKIE STICKIE  
DEFIBRILLATORS -- HEARTY STARTY  
BUMBLE BEE -- FUZZY BUZZY  
PREGNANCY TEST -- MAYBE BABY  
BRA -- BREASTIE NESTIE  
FORK -- STABBY GRABBY  
SOCKS -- FEETIE HEATIE  
HIPPO -- FLOATIE BLOATIE  
NIGHTMARE -- SCREAMY DREAMY

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Almost all of us are at home the majority of the time. Quarantine and physical distancing have been the norm for more than 13 weeks now, and maybe the toll on our happiness is nearing our limit. It has challenged us financially, personally and emotionally, as well as mentally, and at times has been difficult to find peace.

One thing that helped me has been getting acquainted with and learning how to rely on my home in different ways. It means learning to find new solutions in things I experience every day or recognizing the potential for something new to come from what I've previously labeled as predictable. A simple metaphor might be looking at the same patch of garden every day, but now taking the time to recognize the minute changes that are always happening. On an emotional level, it might mean having the patience to sit with an upsetting state of mind in order to learn how to accept that feeling and perhaps even find the seeds to that distress's solution deep within that very emotion.

A tiny portion of the time that used to be expended commuting or in social gatherings could be used for sitting and connecting with your moods. Perhaps you

call this meditation, reflection, or prayer. But whatever it is called, it likely no longer needs to be pencilled into a calendar but can become something you do for a few breaths here or there as needed. You can simply choose to feel and observe your thoughts, feelings, and emotions without the interference of bosses or traffic. The practice of yoga and/or meditation can allow us to turn our attention inward rather than focusing outward and especially now, this has so much value in allowing us to see the gifts, simplicity, and both the dark and light of this very surreal and challenging time within our human existence. Even though life before Covid-19 distracted from these needs with more panache, there is a strength and confidence in finding resources within yourself.

The other unfamiliar aspect confronting many of us now might be family. How many times did we say, "if only there were more time?" Work prevented so many precious moments, but life in traffic jams and among familiar workplaces gave us a very comfortable sense of distance from loved ones perhaps. Now all is upside down, with enforced social distancing and spending 24 hours a day with our family unit. Our family members also may need to recognize that we each need our invaluable autonomy and should grant each other the gift of personal space. But this new normal will end one day perhaps soon; do we want to emerge on the other side of this having failed to take advantage of the gift of family time we now have? This will likely be the most time our generation of families will have to spend together, a time to collect memories that will last for life. Can we choose to spend this time together with meaning, a degree of joyfulness, understanding, and awareness?



*Written by, Amy Krug, MSW RSW  
Therapeutic Counsellor, Interfaith Counselling Centre*

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# A COMPREHENSIVE GUIDE TO YELLOW STRIPEY THINGS



## CARPENTER BEE

- ACTS LIKE IT'S TOUGH, BUT CAN'T ACTUALLY HURT YOU
- HAS NO CONCEPT OF WHAT GLASS IS
- LIVES IN YOUR FENCE
- FLIES AGGRESSIVELY TO TRY AND SCARE YOU AWAY



## HONEYBEE

- IS THE BEE THAT NEEDS HELP THE MOST
- EXCELLENT POLLINATOR
- VERY FRIENDLY
- CAN ONLY STING ONCE



## BUMBLEBEE

- ALSO POLLINATES STUFF VERY WELL
- SO FAT IT SHOULDN'T BE ABLE TO FLY
- WILL LET YOU PET IT WITHOUT GETTING AGITATED
- ACTUALLY A FLYING PANDA



## HOVERFLY

- WEARS YELLOW STRIPEY UNIFORM TO SCARE YOU
- ACTUALLY CAN'T DO ANYTHING TO YOU
- HANGS OUT IN FIELDS
- FOLLOWS YOU IF IT LIKES YOU



## PAPER WASP

- LOOKS SCARY, BUT WILL ONLY ATTACK IF PROVOKED
- STING HURTS LIKE THE DEVIL
- WILL CHASE YOU IF YOU SWAT AT IT
- HAS NO CONCEPT OF PERSONAL SPACE



## YELLOW JACKET

- WANTS YOUR FOOD AND WILL FIGHT YOU FOR IT
- NEVER LEAVES YOU ALONE
- WILL STING YOU JUST FOR THE HECK OF IT
- IS JUST A JERK



## CICADA KILLER

- LOOKS LIKE SATAN'S NIGHTMARES
- EXCLUSIVELY EATS CICADAS
- CAN STING YOU, BUT USUALLY WON'T
- STILL PRETTY TERRIFYING



## DIRT DAUBER

- ALMOST NEVER STINGS ANYTHING EXCEPT SPIDERS
- BUILDS NEST IN THE GROUND
- HOARDS SPIDERS IN SAID NEST
- COOLEST LOOKING OF THE WASPS

## You Must Be Joking!!



Wife: "What are you doing?"

Husband: "Nothing"

Wife: "Nothing? You have been reading our marriage certificate for an hour."

Husband: "I was looking for the expiration date"



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## MEET THE DOCTOR OF HANDWASHING ~ DR. IGNAZ SEMMELWEIS

**T**his is the story of a man whose ideas have saved a lot of lives and spared countless numbers of women and newborns' feverish and agonizing deaths.

The year was 1846, and our would-be hero was a Hungarian doctor named Ignaz Semmelweis, a man of his time.

Semmelweis considered scientific inquiry part of his mission as a physician. It was a time described as "the start of the golden age of the physician scientist," when physicians were expected to have scientific training. So doctors like Semmelweis were no longer thinking of illness as an imbalance caused by bad air or evil spirits. They looked instead to anatomy. Autopsies became more common, and doctors got interested in numbers and collecting data.

The young Dr. Semmelweis was no exception. When he showed up for his new job in the maternity clinic at the General Hospital in Vienna, he started collecting some data of his own. Semmelweis wanted to figure out why so many women in maternity wards were dying from puerperal fever — commonly known as childbed fever.

He studied two maternity wards in the hospital. One was staffed by all male doctors and medical students, and the

other was staffed by female midwives. And he counted the number of deaths on each ward.

When Semmelweis crunched the numbers, he discovered that women in the clinic staffed by doctors and medical students died at a rate nearly five times higher than women in the midwives' clinic.

"The big difference between the doctors' ward and the midwives' ward is that the doctors were doing autopsies and the midwives weren't," she says.

So Semmelweis hypothesized that there were cadaverous particles, little pieces of corpse that students were getting on their hands from the cadavers they dissected. And when they delivered the babies, these particles would get inside the women, who would develop the disease and die. If Semmelweis' hypothesis was correct, getting rid of those cadaverous particles would cut down on the death rate from childbed fever.

So he ordered his medical staff to start cleaning their hands and instruments not just with soap but with a chlorine solution. Chlorine, as we know today, is about the best disinfectant there is. Semmelweis didn't know anything about germs. He chose the chlorine because he thought it would be the best way to get rid of any smell left behind by those little bits of corpse. And when he imposed this, the rate of childbed fever fell dramatically.

*What Semmelweis had discovered is something that still holds true today: Hand-washing is one of the most important tools in public health. It can keep kids from getting the flu, prevent the spread of disease, and keep infections at bay. Today he is known as an early pioneer of antiseptic procedures.* Taken in part from Wikipedia.



Yup, the new normal says I can go to the bank wearing a mask and ask for money... cool!



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- **Reuse:** Continue to reuse plastic products as much as possible, such as reusable coffee cups, plastic bags of all sorts. These products will still be made, but in smaller amounts.
- **Recycle:** Many people consider recycling to be equivalent to REDUCING and Reusing. **IT'S NOT.** Only some plastics can be effectively recycled, and only a **small percentage** of those plastics actually get recycled into new products. Recycling requires lots of energy for the recycling process and transport, and much of the plastic is transported to foreign countries.
- **REFUSE:** This is another "R", REFUSE plastic packaging as much as possible. Consider carefully how and where you shop.

Are you interested in climate change and other global environmental issues? **Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns.** Our next monthly meeting will be held at **7:00PM on Wednesday, June 24<sup>th</sup>**. For meeting location or more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call **519-662-9372**. Want to know more about the Nith Valley EcoBoosters? Check out our website at: [nvecoboosters.com](http://nvecoboosters.com)

Always looking for the silver lining these days; please note that the whole country did survive in a world without professional sports and public gatherings such as concerts, museums, plays, and festivals.

The silver lining is that truck drivers and farmers have not shut down and continue to put food on our the table.

Be sure to thank them!



### Seniors Continue to Evolve with New Tech Talk

#### Texting Codes for Seniors

- \* HOG - Hot Old Guy
- \* ABFF - At Best Friends Funeral
- \* BMW - Bring My Walker
- \* ATD - At The Doctor's
- \* DBI - Disaster By Incontinent
- \* FWIWG - Forgot Where I Was Going
- \* GGBC - Gotta Go, Bladder Calling
- \* HGBM - Had Great Bowel Movement

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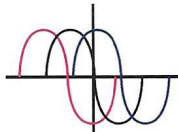
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**You Must Be Joking!!**  
More COVID Humour



- \* Ontario has banned groups larger than 5. If you're a family of 6, you're all about to find out who's the least favourite!
- \* The longer this goes on, the harder it will be to return to a society where pants and bras are required!
- \* Happy hour is starting earlier and earlier.
- \* Today's Weather? Room temperature.
- \* 30 Days Hath September, April, June and November. All the rest have 31 ... except March which had 90!
- \* This is stupid. I just tried to make my own hand sanitizer and it came out as a rum & coke!
- \* After a few days of not going out, I saw someone I knew walking by on the sidewalk outside. I got so excited I immediately ran to the window and started yelling to them. Now I understand dogs.
- \* Day 8 of social isolation and it's looking like Vegas in my house: We're losing money by the minute and cocktails are acceptable at any hour.
- \* Nobody knows what time it is.

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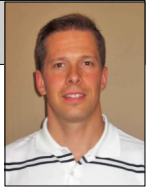
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**Strength training** is exercise that uses *weights* or *resistance* to strengthen and enhance a muscle's ability to contract and do work. Below are some of the numerous health benefits of strength training.



**from arthritis.** Studies in older men and women with moderate to severe arthritis have shown that a strength training program can help general physical performance with everyday activities, and improve clinical signs and symptoms of the disease resulting in decreased pain and disability.

1. **Strength training plays a key role in body composition and weight management.** Simply put, strength training burns calories, improves body composition by building lean muscle tissue, and thereby reduces fat stores in the body.
2. **Strength training reduces the risk of cardiovascular disease.** Heart disease risk is lower when the body is leaner and less fat. Other associated benefits include decreased cholesterol levels and lowered resting blood pressure. Strength training will also help improve glucose (sugar) metabolism. Poor glucose metabolism is strongly associated with adult onset diabetes.
3. **Strength training stimulates bone mineral density development and reduces the rate of bone loss.** This is crucial at younger ages for maximizing bone density. It is also important in older individuals looking to prevent or slow down the bone-thinning disease osteoporosis as it decreases the likelihood of fractures and morbidity related to fractures.
4. **Building muscle through strength training is helpful for recovering from and preventing injury** as it helps improve overall strength, endurance, stamina, flexibility, balance, and coordination.
5. **Strength training can be beneficial for those suffering**

Below are some useful tips that can help individuals get safely started on a **strength training** program:

- **Strength training** exercises can be accomplished with conventional weight-training equipment, hand-held "free weights", and resistance bands/tubing. An individual can also use their own body weight while performing push-ups, pull-ups, dips, stair climbing, lunges, and wall squats.
- Modest benefits from **strength training** can be seen with two to three training sessions a week lasting just 15 to 20 minutes each. A resistance level heavy enough to tire your muscles after about 8 to 12 repetitions is sufficient. When you can easily do 12 or more repetitions of a certain exercise, increase the weight or resistance. Rest at least one full day between exercising each specific muscle group.
- Always perform **strength training** in a safe manner with proper technique and stop if you feel pain. Although mild muscle soreness is normal, sharp pain and sore or swollen joints are signs that you've overdone it and that your program/activity needs to be modified.
- A lifetime of regular **strength training** exercise is ideal, but it is never too late to start! If you are over 35, have been sedentary for some time, or have a specific health condition or limitation, consult with a knowledgeable health care provider before beginning any new exercise program.

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



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Norm S. Hill Park, located on Jacob St in New Hamburg, has been the site of many events over the years. Some of these events are depicted in the murals painted on the current grandstand by artist Lance Russwurm. Currently, the park is known for events like the Mennonite Relief Sale, Canada Day celebrations, Moparfest, and the New Hamburg Fall Fair. It has also seen many ball games played on its three diamonds. At one time, a soccer pitch was located in the area beyond the two primary ball diamonds. The New Hamburg Arena is also located in the park and was formerly the mecca for hockey in Wilmot Township. The arena served as the home of the famous New Hamburg Hahns and their all-Ontario championship teams of the 1960s. The arena hosted its first hockey game in 1950. It replaced the old arena which had burned down in 1947. The new arena was made possible by a community wide effort. The old 1947 arena was the home of many exciting games, including an OHA Championship for the New Hamburg Intermediates in 1926. A young Howie Meeker played in this early arena before going on to fame with the Toronto Maple Leafs and later serving as an analyst on Hockey Night in Canada.



Originally, the park was known as Fountain Park, named after a large fountain at the end of a path starting from the arena and continuing down a hill to a wooden grandstand. This grandstand burned down in January 8, 2007 due to arson. The park's racetrack was famous for being the home of the Canadian Pacing Derby, the premier harness race in Canada, the first of which was held in 1936. In addition to "Derby Day", harness races were also held throughout the year including during the New Hamburg Fall Fair. Two horse barns were located at the site of the current Legion building,



where horses which trained at the New Hamburg track were stabled. A monument to Count B, the only 4 time winner of The Derby, is located in the park. The last Canadian Pacing Derby held in New Hamburg took place in 1957. The race was then moved to Toronto. The park was also the home of an outdoor swimming pool for many years. Several other events were held in the park over the years, including Band Tattoos (a performance by many different bands), the RCMP Musical Ride, the Imperial Hell Drivers who performed stunt driving routines, motorcycle races, snowmobile races, the New Hamburg Winter Carnival, the annual Hahn Brass employee picnic, and many more events too numerous list.



The park's name was changed to Norm S. Hill Park to recognize Hill's many contributions to the community. He was a local ball player, umpire, and long-time official with the New Hamburg Ball Association. Norm was a teacher and served as principal of Grandview Public School and later as Dean of Students at Waterloo-Oxford D.S.S. After retiring from teaching, Norm served as a trustee on the Waterloo County Board of Education.

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## New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

With the continuing threat of COVID-19, the branch will be closed until further notice. Please check our website for further updates.



*"Wishing All Comrades to Stay Safe & Healthy"*



## We're on the Web!

Read the paper in colour on-line, at [www.badenoutlook.com](http://www.badenoutlook.com)



The official mascot of 2020:

We salute the raccoon for wearing his mask and compulsively washing his hands .



### A FRESH APPROACH TO FINANCIAL PLANNING

Recently Graduated? Starting your first job?  
Single?  
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Let's make sure you are financially prepared for what your future holds.

- ▲ DIGITAL SIGNING
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- ▲ VIRTUAL MEETINGS
- ▲ ESG INVESTING (ENVIRONMENTAL, SOCIAL, CORPORATE GOVERNANCE)



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1B-148 PEEL STREET, NEW HAMBURG, ONTARIO



During a show at Caesars Windsor, Ontario, Canada, American stand-up Comedian Jeff Foxworthy said:



If you're shopping in a Home Depot store, and someone who doesn't work there offers you assistance, *you may live in Canada.*

If you've worn shorts and a parka at the same time, *you may live in Canada.*

If you've had a lengthy telephone conversation with someone who dialed a wrong number, *you may live in Canada.*

If you know several people who have hit a deer more than once, *you may live in Canada.*

If you've switched from 'HEAT' to 'AIR-CONDITIONING' and back again in the same day, *you may live in Canada.*

If you can drive 90 kilometres an hour through 2 feet of snow, during a raging blizzard, without flinching, *you may live in Canada.*

If you carry jumper-cables in your car and your wife knows how to use them, *you may live in Canada.*

If you design your child's Halloween costume to fit over a snowsuit, *you may live in Canada.*

If driving is better in the winter because all the potholes are filled with snow, *you may live in Canada.*

If you think of minus-2 degrees as being 'a little chilly', *you may live in Canada.*

If you actually understand these jokes, you definitely ARE Canadian... and proud to be!

Submitted by Robert Price

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Community Corner ~ Check Out What's Going On!



**Wilmot Family Resource Centre**



**Seniors are an important part of our community**

If you need assistance with

- Food support
- Income Tax Preparation,
- Isolation or Lonliness

or would like to set up a wellness phone check - in just call, we are here for you.

Unit 1-175 Waterloo St.  
New Hamburg  
519-662-2731

wilmotfamilyresourcecentre.ca

**Wilmot Family Resource Centre**

**FAMILY VIOLENCE PREVENTION PROGRAM**

There are many ways a person can abuse. Abuse is about intimidation and control and comes in many forms.

- ◆ PHYSICAL ABUSE
- ◆ SEXUAL ABUSE
- ◆ VERBAL ABUSE
- ◆ EMOTIONAL ABUSE
- ◆ FINANCIAL ABUSE



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

kelly@wilmotfamilyresourcecentre.ca / 519 662-2731

**New in the Neighbourhood?**

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brennehan  
Welcome Wagon Representative  
519-591-5963 [marlene.brennehan@gmail.com](mailto:marlene.brennehan@gmail.com)




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







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**The New Hamburg Lioness make local donations to support community.**

Shown below is Interim Director, Matthew Bender, and Clinical Supervisor, Leslie Allaby, of Interfaith Community Counselling, accepting a \$1,500.00 cheque from New Hamburg Lioness to assist them with their work in the community. With the cancellation of this year's Silent Auction and the Lioness bake table, they were grateful for the donation.

Another \$1,500.00 cheque was presented to Trisha Robinson for Wilmot Family Resource Centre by Lioness Carol Massel. Tricia was very thankful for the donation as there is such a great need at this time of Covid 19.



# COMMUNITY CARE CONCEPTS

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info@communitycareconcepts.ca  
www.communitycareconcepts.ca

23 Church St.  
New Hamburg  
519-662-9526

**Entry #6 – Sponsors Stepping Up During COVID-19**

Hello Hunters! Unfortunately, we are still not able to provide any firm details on dates for the 2020 Wilmot Key Quest. As always, we are keeping in touch with Township officials, making sure we comply with COVID-19 regulations and restrictions. Time will tell if we are able to hunt for the key in 2020 – we are still hoping!



This month we want to highlight how our wonderful sponsors are serving the community these days. Let’s show the WKQ sponsors some love as they continue to serve Wilmot in some fantastic, innovative ways.

**Josslin Insurance**

- “Our doors may be closed but we’re still serving our clients and communities! Reach us by email at [info@josslin.com](mailto:info@josslin.com) or call 1-888-567-7546. As an insurance broker, if you have questions about your insurance coverage, or are concerned about your insurance payments, we’re here to help. Even if you aren’t a client, but are having trouble reaching your current insurance provider, we may be able to offer advice or suggest other resources since we’re all in this together.”

**Baden Outlook**

- Continuing to be the voice for the community in this time, publishing issues in print and online
- Readership remains strong! The Outlook is publishing 3000 print issues for the month of June

**Baden Feed and Supply**

- Open to walk-in traffic
- Practising heightened hygiene and distancing protocols
- Offering curbside pickup and delivery

**Baden Village Pharmacy / NH Town Square Pharmacy**

- Free delivery on all prescriptions right to your door
- Offering curbside pickup
- Free delivery on front of store purchases over \$25

**EJ’s At Baden**

- Open 7 days a week for takeout 4pm – 8pm – just call **519-634-5711**
- Currently undergoing exciting interior renovations to serve you better once restrictions loosen
- Offering curbside pickup

**Meadow Acres Garden Centre**

- Open for foot traffic and curbside pickup
- Taking public health very seriously. Meadow Acres provides all customers with hand sanitization when entering the store, as well as complimentary face masks and sanitizing stations throughout the store
- As paperless and contactless as possible

- No returns, but 3-year warranty on all plants is still honoured via email

**TLC Pet Food**

- TLC Pet Food has been deemed an essential service and has remained fully operational throughout the shutdown
- Our team has doubled down on health and safety efforts to keep our team safe and to help protect our community against the spread of Covid-19
- TLC Pet Food is made fresh, sold online and is delivered free to your doorstep. Order online, at [www.tlcpetfood.com](http://www.tlcpetfood.com) or by phone at 1-519-662-9500

**Wilmot Centre Church**

- All services and programs moved online. Sunday services at 10am on our website [www.wilmotcentre.church](http://www.wilmotcentre.church)
- Continued partnership with the Wilmot Family Resource Centre, including a \$5,000 donation to help stock shelves and cover costs
- Have given more than \$5,000 in Sobey’s gift cards to local families in need

The Baden Outlook will not be published in July, so make extra sure to keep an eye on [FB.com/wilmotKeyQuest](https://www.facebook.com/wilmotKeyQuest) for any 2020 Key Quest announcements.

*Stay safe, and happy summer!*



**A FRESH APPROACH TO FINANCIAL PLANNING**

**Thinking about retiring?  
Recently retired?  
Enjoying life in Wilmot?**

**What's next?**

- ▲ FAMILY ESTATE PLANNING
- ▲ CASH FLOW PLANNING
- ▲ TAX STRATEGIES
- ▲ INVESTMENT MANAGEMENT



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## 5 Things You Can Do in the Kitchen to Lessen Your Impact on the Environment

Submitted by: Diana Sutherland, Registered Dietitian at Zehrs Beechwood & Zehrs Conestoga, Waterloo



Did you know world environment day is celebrated every year in June? There is no better time than now to start thinking about your food choices and the impact they can have on the environment! Everything from how our food is processed, transported, used, and disposed of impacts our environmental footprint. Here are a few tips for simple changes that can reflect positively on both your health and the environment:

1. **Choose local and seasonal foods** – Supporting local farmers by purchasing Canadian grown and produced foods helps to reduce our carbon-footprint because fewer resources and less fuel is consumed to get the food to you. Another great benefit is that local foods typically retain more nutrients than imported, since they spend less time in transport. And local often simply tastes better, too!
2. **Flex is next** – Choosing more plant-based, whole foods can also reduce your carbon-footprint, and is a great way to adopt a healthier eating pattern. As the name suggests, the flexitarian food philosophy embraces flexibility. In other words, while meat and animal bi-products are not completely eliminated, quantities of these foods may be reduced, leaving room for more plant-based protein choices, like beans and lentils.
3. **Eat naturally imperfect foods** - Help reduce food waste by purchasing fruits and veggies that aren't perfect-looking and may otherwise go in the garbage. These foods will still taste delicious and are packed with the same nutrients. Many grocery retailers or markets sell imperfect fruits and veggies – next time you're doing your shopping, take a look in the produce department and freezer aisle!
4. **Plan your meals** - Planning your meals and buying only the necessary ingredients will help to reduce how much food goes uneaten and thrown out. It can be helpful to check your fridge before your next trip to the grocery store. Then you can plan your recipes for the week based on ingredients you have on-hand that need to be used up, and avoid buying things you already have.
5. **Plant a vegetable garden** – As we spend more time at home social distancing, many people are taking to their gardens to grow their own veggies. Not only does harvesting produce from your own backyard produce zero carbon emissions, but it is also incredibly rewarding – and tasty, too! What a satisfying way to eat more fruits and veggies!



# Spreading Kindness

**Our deepest thanks  
from Schlegel Villages  
to all front-line workers.**

To our teams at The Village at University Gates and The Village of Winston Park, your outstanding commitment to our residents and family members is heroic.



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



The Village at  
**UNIVERSITY GATES**

250 Laurelwood Drive, Waterloo  
519-904-0650



The Village of  
**WINSTON PARK**

695 Block Line Road, Kitchener  
519-576-2430

## **ERB TRANSPORT LOSES THEIR FOUNDER BUT HIS LEGACY LIVES ON**



Early morning on May 20, 2020, Erb Transport said goodbye to their founder, Vernon Erb, after a short battle with Leukemia. Vernon was diagnosed with Leukemia in early April and was at home being cared for by his family during his last days.

Erb Transport was founded in 1959 by one man, his dump truck, and a dream. In 60 years, this company with humble beginnings has grown to be one of the largest refrigerated trucking companies in North America, employing over 1,500 people. Vernon's mission of bringing food to your family's table extends far beyond his business model. Vernon was a charitable man and an active member in his community, supporting charities such as the Canadian Food Bank, Transport for Christ, Mennonite Central Committee Ontario, and many more.

"Vernon served on the boards of the Ontario Trucking Association, Transport for Christ, and the Greater European Missions. While ever humble and unassuming, Vernon was recognized for many awards including: OTA-Trailmobile Service to Industry Award, Governor General 125 Commemorative medal, Colonel Robert Hardie Lifetime Achievement Award from the OTA, Waterloo County Hall of Fame, Waterloo Region Junior Achievement Entrepreneur of the Year Award, Kitchener Westmount Rotary club Paul Harris Fellow Award, Wilmot Township Citizen of the Year Award, and most recently the Canada 150 Award for Kitchener-Conestoga," shared the Erb family.

Vernon's values of honesty and loyalty were at the foundation of the company and remain an integral part of Erb Transport's values today. Those who knew Vernon would describe him as being a kind, honest, and humble man. His two greatest life passions were trucking and farming. Vernon's legacy will continue to live on in the countless lives he has impacted: he will be remembered for years to come.

### *Local Churches Invite You to Join Them*

Visit [www.badenoutlook.com](http://www.badenoutlook.com) for a directory of local churches



#### **ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden, ON



519-634-5191 [www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)  
Sunday Worship 9 am / Sunday School

Pastors: Bonnie Schelter-Brown & Pastor Barry Boeckner

#### **SHANTZ MENNONITE CHURCH**

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

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

Pastor: Don Penner

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

#### **Emmanuel Lutheran Church**

1716 Snyder's Road East, Petersburg, ON

519-634-5511 [www.persburgchurch.org](http://www.persburgchurch.org)

\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School

#### **Wilmot Mennonite Church**

2995 Bleams Road, New Hamburg, ON

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

Pastor Susan Allison-Jones

519-634-5030 [www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

#### **ZION PHILIPSBURG LUTHERAN CHURCH**

3357 Erbs Road, just west of Philipsburg

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

Home of Project R.E.D., a blanket-making outreach effort

519-214-0055, [www.philipsburglutheranchurch.ca](http://www.philipsburglutheranchurch.ca)

#### **Livingston Presbyterian Church**

44 Beck Street, Baden / 519-662-4949

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

Moderator: Linda Ashfield, 519-886-4150

#### **Steinmann Mennonite Church**

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

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

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

**The New Hamburg Thrift Centre is open  
for both retail and receiving!**

We are excited to see all of you again and appreciate your patience as we all adjust to our new “normal”. In some ways the store is now very different - we are running at about 25% of the volunteers that we had previously. We have made physical changes to the layout of both the store and the back room, as well as having changed the way we process and handle donations. In terms of safety, we have implemented many processes to help keep us all safe.

Here are some of the changes we have in the **retail area**:

- Limited number of customers (25 customers).
- Plexiglas at the cash counter.
- Bathrooms and change rooms are not currently available to the public.
- Directional arrows and lines at the checkouts to maintain social distancing.
- Customers pack their own purchases.
- Payments with card if possible.

Here are the changes we have made in the **receiving area**:

- Carts and bins are provided for you to leave your donation.
- We ask that you bring someone to help you to remove your donations from your vehicle. We will not go into a vehicle to retrieve donations.

**NEW Retail HOURS**  
**STARTING 05.26.20**  
**Monday CLOSED**  
**Tuesday 11am - 5pm**  
**Wednesday**  
 11am - 1pm reserved for vulnerable shoppers  
**1pm - 5pm**  
**Thursday - Friday 11am - 5pm**  
**Saturday 10am - 4pm**  
 MCC  
**NEW HAMBURG THRIFT CENTRE**

- Furniture pick up services are not available at this time.
- We are limited in the amount of furniture we are receiving at this time; please call the store to check availability.
- One car unloading at a time.
- Single lane traffic.

Currently, in addition to the items listed in our website [www.newhamburgthrift.com](http://www.newhamburgthrift.com) we are not accepting:

- Christmas décor
- Christmas trees
- Hangers
- Stuffedies
- Canning Jars
- E-waste
- Suitcases
- Plants
- Lightbulbs

Finally, please note the changes in the store and donation hours:

Monday-	Closed to public
Tues - Fri -	11am -5pm
Wednesday-	11 am – 1 pm reserved for vulnerable shoppers (over 60+ and immune-compromised)
Saturday-	10am - 4pm

Our goal is that everyone - staff, volunteers and customers - feel as comfortable and safe as possible. Thank you for shopping at the New Hamburg Thrift Centre where every purchase is a gift to the world!

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 519.662.3550

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New Hamburg  
Royal Canadian Legion



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New Hamburg, ON N3A 1E3  
519 662 1143

# Barbecue Safety

*Grilled to Perfection Every Time!*



**USE BBQS OUTDOORS ONLY!** They produce **carbon monoxide**, a poisonous gas that can lead to unconsciousness and even death. Never use or store propane cylinders inside any structure, including garages.

## Take these steps when starting a BBQ:

- Open the hood.
- Turn on the gas release valve on the tank.
- Turn on the grill controls or heat settings.
- Take a step back.
- Push the igniter button.
- If there is no igniter button, insert a long match or BBQ lighter through the side burner hole first, then turn on the heat control knob.
- If the burner does not ignite right away, turn the gas off and wait five minutes, keeping the hood open, before repeating the procedure.

## At the start of the BBQ season, do this THREE-STEP SAFETY CHECK of your BBQ:

- 1 CLEAN** Use a pipe cleaner or wire to ensure burner ports are free of rust, dirt, spider webs or other debris.
- 2 CHECK** Examine the hose leading from the tank to the burners. Replace it if cracked or damaged.
- 3 TEST** Find leaks by applying a 50/50 solution of water and dish soap to propane cylinder connections and hoses. If bubbles appear, tighten the connection and/or replace the damaged parts and retest.

Wilmot Fire Department  
60 Snyder's Rd.W.  
Baden, Ontario  
519-634-8444/fire@wilmot.ca

## Stay Fire Safe!

Never leave the BBQ unattended when in use.

Make sure grease does not build up on the burners or at the base of the BBQ. This could cause a grease fire.

**Never throw water on a grease fire** – this will only spread the flame.

**DO NOT** place the BBQ close to wooden fences or walls, vinyl siding, or anything that can burn. The area behind your BBQ must be free of anything that can ignite – this is where hot gases escape.

Keep loose clothing away from a hot BBQ.

Keep children and pets at least one metre (three feet) away from a hot BBQ.

When finished barbecuing, turn the gas valve off first, then turn off the burner controls so no gas is left in the connecting hose.

Allow the BBQ to cool completely before closing the cover.

If you live in an apartment or condo building, check with the building owner or property manager, or the Condominium Act of your building, regarding the use of BBQs on your building's balconies.

\* SAFETY TIPS COURTESY OF THE TECHNICAL STANDARDS AND SAFETY AUTHORITY / [WWW.SAFETYINFO.CA](http://WWW.SAFETYINFO.CA)

Office of the Fire Marshal  
and Emergency Management  
[ontario.ca/firemarshal](http://ontario.ca/firemarshal)

To go to the grocery  
store , they said a mask  
and gloves were  
enough....they  
lied.....everybody else  
had clothes on!

## HAPPY FATHER'S DAY!



### Canada Day Quiz answers from page 5

- |      |      |
|------|------|
| 1. B | 5. C |
| 2. B | 6. D |
| 3. C | 7. C |
| 4. B |      |

Answers from Have a Little Pun from page 12

1. Restaurant
2. Movie Theatre
3. Shoe Store
4. Church
5. Barber/ Hair Salon
6. Tavern

## MEN ARE JUST HAPPY PEOPLE

What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park.



Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Wrinkles add character. Wedding dress - \$5,000. Tux rental - \$100. New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. A five-day vacation requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a three-pack. Two pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes. Everything on your face stays its original color. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck, and if you don't you're still stylish.

You can play with toys all your life. One wallet and one pair of shoes - one colour for all seasons. You can wear shorts no matter how your legs look. You can 'do' your nails with a pocket knife. You have freedom of choice concerning growing a mustache... You can do Christmas shopping for 25 relatives on December 24 in 25 minutes. No wonder men are happier!



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**DR RUTH MACCARA**

## Gardening with Verda

Stress? Well, we all experience some of that. So I thought I would provide a collection of gardening tips and a recipe or two, to help make summer a little more relaxing.

1. Delphiniums thrive in alkaline soil. Scatter a light dusting of agricultural lime over the soil once or twice during the growing season. Remove the dying flower heads of Delphiniums and cut the plants back. They will reward you with a second flush of bloom.
2. To grow beautiful roses, scatter a light dusting of aluminum phosphate around the drip line of the rose shrub.
3. Don't let wet grass discourage you from mowing the lawn. Spray the blades and underside of the deck with a vegetable oil. Grass will not stick to the blades or clog the mower.
4. It is best not to feed variegated plants with a high nitrogen fertilizer as this will cause the leaves to form chlorophyll and become totally green.
5. A few tips for placing plants in the right places:
  - Plants with golden foliage should not be planted in full sun. Doing so causes the leaves to shrivel and burn.
  - A plant that has grey or glaucous leaves, indicates that the plant is a sun lover.
  - A plant which has hairy leaves also indicates that it prefers a sunny location.
  - Small leaved shrubs generally occupy open, windy locations.
  - Take time to observe the vegetation growing naturally in the countryside. Note where they grow and in conjunction with what other plants. Use this information when locating plants in your landscape. Much can be learned from nature.
6. Create your own Insecticidal Soap Spray  
Into a spray bottle place -  
2 ½ tbsp. Vegetable oil (to assist with even dispersion)  
1/4 cup Dishwashing Detergent



Seasonal  
Farm Market &  
Pumpkin Displays

Email: [info@fallharvestfarm.ca](mailto:info@fallharvestfarm.ca)

Phone: 226- 791- 7601

[www.fallharvestfarm.ca](http://www.fallharvestfarm.ca)

1011 Gerber Rd, St. Agatha  
"At the black bear mailbox"

Add enough water to thin for easy spraying on plants.  
Shake well before using.

7. If dogs and/or cats are ruining your gardening pleasure, try the following: Into a blender place -1 large clove garlic, 1 tsp. Tabasco Sauce, 1 onion, 3/4 tsp. Cayenne pepper. Blend thoroughly.

To the blended mixture, add 1 litre of water. Spread this mixture around areas dogs or cats frequent. This must be repeated after each rainfall.

*Have an enjoyable summer in your garden.*

*~ By Verda Cook*

A new business was opening and one of the owner's friends wanted to send flowers for the occasion. The flowers arrived at the new owner's business with a card attached that read "Rest In Peace". The owner was annoyed and called to complain. The florist apologized, "Sir, I'm really sorry for the mistake and sorry that you were offended. But even worse, somewhere there is a funeral taking place today, and they have flowers with a note saying, 'Congratulations on your new location.'"



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Answers to All Things Scrambled from page 6

Punctuation Answers

- Dash
- Colon
- Comma
- Quote
- Hyphen
- Period
- Bracket
- Asterisk
- Question

Birds of Flight Answers

- Owl
- Crow
- Dove
- Swan
- Crane
- Eagle
- Finch
- Goose
- Pigeon



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## Taking your books to go as RWL launches Library Takeout service

The Region of Waterloo Library (RWL) is thrilled to bring back library service to its community, even if the format is 'to go'. The newly configured Takeout service brings public access to library materials using physical-distancing methods due to the COVID-19 outbreak.

"Now more than ever, libraries play an important role in our community," says RWL Library Services Manager Sheryl Tilley. "We're delighted that there is a way to provide access to our collection during these challenging times. Our staff are working hard to provide this service, while ensuring processes are in place to maintain the safety and wellbeing of patrons and staff."

With the recent announcement from the Premier, Ontario Public Libraries received the greenlight to offer curbside pickup. On May 26, Regional Council approved curbside pickup of holds, beginning June 1.

Within days, RWL opened its online scheduling system, which allows patrons to book an appointment to collect their holds. Those that are less tech savvy are invited to arrange their appointment by phone at 226-748-8030. Already the service is seeing huge uptake by patrons, with appointment times filling up quickly.

Access to the Library Takeout service requires a Region of Waterloo Library card, which is free and can be requested at [rwlibrary.ca/LibraryMembership](http://rwlibrary.ca/LibraryMembership). The RWL card provides access to the library's digital offerings too. The library's catalogue and online services can also be found on the RWL Mobile App and downloaded at [rwlibrary.ca/MobileApp](http://rwlibrary.ca/MobileApp).

For more information on this offering please visit [rwlibrary.ca/LibraryTakeout](http://rwlibrary.ca/LibraryTakeout).

RWLIBRARY  
TAKEOUT  
BEGINS JUNE 1

Take your books to go with Library Takeout service from RWL! For more information visit:

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### A Piece of History, right here in Baden

We are so excited to share one of our unique new listings with you, that is full of history! This beautiful home is located at 189 Snyder's Road E and is one of the original homes to Baden, built in the early 1900's. Back in 1989, the home was completely overhauled and restored by the Marten family. They took great care to restore it to ensure it looked like it did almost 100 years ago - keeping character and history in mind!

With this being such a special home, we are so honored to have been chosen to represent it and cannot wait to share this unique part of history with our incredible town.



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"Jon and his team went above and beyond to help me get the property I was after...it was a great experience working with them and made it as easy as possible. Look forward to working with them all again soon!"







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How many of you enjoy tea? Back in the day, tea was purchased in leaf form, without the cute little bags that we now have. Of course, you can still buy tea in leaf form, but most of us drink pre-bagged tea now. I have found some interesting uses for these teabags, so before you throw that bag away, please read.

I read that you can use your tea bags to make glass cleaner. You will require re-brewed tea bags to soak and a bucket. After soaking for a few hours, you pour the liquid in a spray bottle. This mixture cuts through dirt, grime, fingerprints etc. Wipe with a clean, lint-free cloth. Amazing!

If you are not using a grease-fighting detergent for washing your dishes, take your weak tea bags and toss them in the warm water and let your dishes soak. It does loosen any stuck food.

Flavour that rice! If you'd like a bit of a change, add a used tea bag to your boiling water to add a light flavouring. Chai, green, spice tea or jasmine is quite lovely.

Seeding plants with a pre-brewed tea bag is perfect! Cut the top off the bag and place it in a container; plant those seeds and watch. The teabag contains rich nutrients that will help the wee seedlings grow.

Plants love tea! Yes, soak those used tea bags in a bucket of water; once they have sat for a few hours, dump this mixture on your plants. Now your plants are protected from fungal infections. Additionally, you can open the tea bags (remember to remove staples) and spread the tea liberally amongst your plants, and this will also help deter pests, like mice.

Speaking of household pests, spiders and ants do not like peppermint. If you drink peppermint tea, you can add a bit more punch to it by adding



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peppermint essential oil, then soak your tea bags and place them around your home. You can put them near sliding doors or even on windowsills; the peppermint has a fresh, pleasant scent, which is nice.

Now is the season for bites and bee stings. Yes, the tea bag can help! Damp, cool tea bags can relieve discomfort due to rashes, scratches, bruises, and bumps. If you get a sunburn, lightly massage the cool, moist tea bag onto your skin. To help relieve pink-eye, apply a warm pre-brewed tea bag over the eyes. Any infection can be drawn out and reduce pain and promote healing. Tannic acid is present in tea, which has healing properties. Tannins are known for their distinct flavour (also found in wine) and are most potent in black tea. The longer you steep your drink, the stronger the tannins.

You've worked hard, and now you'd like to sit by a fire. Place dry tea bags strategically in the wood of the fire you are about to light. Light them all, since they make great fire-starters. Oh, and don't forget to have a tea!



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## TOWN PANTRY IS HERE TO SERVE YOU!

Summer has arrived and what a whirlwind of changes we have all seen over the last few months! We hope you have all been staying well and healthy throughout these times.

We know it has been difficult and challenging in many ways. The way we shop, work and play has drastically changed for many of us to say the least. Most of our homes have now become our new school, office, and playground.

We have had a few new changes of our very own! For those of you who did not know, or who have been eagerly waiting on an update, The Town Pantry Health Food Store is officially under new ownership and has moved down the street directly inside the PharmaSave in the Sobey's Plaza. Farah is still around to help you out, along with other Pharmacy staff members!



We continue to carry the same items such as natural foods, spices, full line of supplements, baking supplies (including Gluten Free options), Keto products, and even fresh bread. As many of you may have experienced here and elsewhere, we are out of stock or running low on some items. There are obvious shipping delays along with suppliers becoming depleted in the midst of the pandemic. We are all learning to adjust within our new space and way of doing business, so we thank you for all your patience and understanding during these times.

Come in to say hello and check out the new location. (if you prefer, we also offer free delivery within the area). Our temporary COVID hours are from 9am to 6pm Monday to Friday, in addition to dedicated seniors shopping from 8:30-9, and 9am to 4pm on Saturdays.

We are also hiring new staff for the Health Food area. Contact us if you or someone you know is interested. Experience in any Natural Holistic Sector is a must, even if that means that you simply grew up eating and living clean and healthy! Many of us did not, but were directed to find alternatives or seek out different forms of healing and living later on in life. We are open to hearing your experiences and how you feel you would be a good fit for our space!



You can email us or drop off a resume!  
Our contact info is:  
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Hope to see you around soon and wishing you and your loved ones a safe and happy summer ☀!

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