

JUNE/JULY 2022

VOLUME 22, ISSUE 11

Baden Outlook

~ Your Favourite Good-News-Letter ~

Keeping the Community Connected



This paper is priceless - Please have one!

Baden Outlook took flight, capturing new aerial views



NATIONAL HISTORIC SITE
Castle Kilbride
 PRESENTS

2022 Concert Series





Bring your lawn chair and enjoy live music on the front lawn from 7:00 p.m. – 8:00 p.m. Weather permitting. Admission by donation.

- July 4 - ShananiGans (East Coast/Celtic Rock)
- July 14 - Dana K & The Remedy (R&B, Funk & Soul)
- July 21 - Smile 'n Wave (80's dance party)
- July 28 - Honky-Tonk Cocktail Hour (Country)
- Aug 4 - TBA
- Aug 11 - Twas Now (Traditional & Contemporary Roots)
- Aug 18 - Kelvis and The Burnin Love Band (Elvis Tribute)

*Concerts will be cancelled due to inclement weather. Check www.CastleKilbride.ca for concert status.

NATIONAL HISTORIC SITE
Castle Kilbride
 PRESENTS

Toys Through Time



Dolls, cars, and castles, oh my! See how toys have evolved from the 1880s to the 2000s. Come walk down memory lane with us.

Baden Outlook

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

Katie, Barry & Pat Fisher

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

- Barry explores the world of dinosaurs
- See who caught the winning fish in the BCA Fishing Derby!
- Check out the fun summer activities offered at the Baden Library
- Castle Kilbride staff take us 100, 75, and 50 years in the past
- Check out the flashback of SS16 school, 90 years ago
- No matter the time of year, tips for your garden
- Having thoughts of renovations? We have experts to help you.
- Try your hand at our new Emoji Code
- Linda Cole inspires us with hope
- Dr. Papa helps us understand tennis and golf elbow
- Keep yourself grounded with Chip from ICC

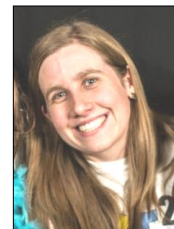
The Baden Outlook is a grassroots family business serving the community of Baden and Wilmot Township.

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

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Greetings from Headquarters ~

Welcome to Summer! As always, we create a June/July paper and then resume back again in August. So, if our Outlook boxes look empty mid-July, do not fear. We are not going anywhere... more positivity coming your way in August.



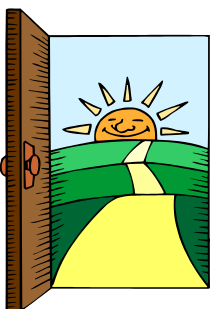
As I develop more skills working with the Baden Outlook, my appreciation for history increases. Historic landmarks change more often than we know and capturing present day moments is a new passion of mine. Taking the Now and Then series pictures is so exciting. Standing in the exact spot another local native stood nearly 100 years ago gives me chills, a vision of how life was then during simpler days, and a different perspective of our community. It is quite the baffling feeling to experience. It really made me realize how much history is literally in the making right now. When I Google information, often the first website suggestion that pops up is the Baden Outlook. After 22 years of history in the making, the Baden Outlook is literally an archival paper from old to present-day events. I feel proud of my parents for capturing so much and keeping the community connected through piles of papers each month. Their garage is full of boxes with each hard copy issue since 2000, not to mention the many computer archival files of photos and articles that contain the wealth of time.

Recently, the Baden Outlook team took to the skies to snap some new aerial photographs, another snapshot of history but from the sky. The views have definitely changed since the last time I took aerial shots in 2008. We will keep you posted as we share our experience in upcoming issues.



Here we are... ready to enjoy the summer, engage with friends, and learn how to relax after the previous two years of living in a pandemic. We've been out camping with our trailer at Rondeau Park on Lake Erie and have enjoyed the abundance of stunning yellow warblers with their lovely song—we must have been in their migratory path. Maybe I want to be a birder! Check out my Baden Birding article on hummingbirds. I've cleaned and put fresh food in the hummingbird feeder and excited to have some visitors. It's nice to enjoy the wonder of nature.

We've had some wonderful feedback from those who've enjoyed the Archive articles sent from the gals at the castle. They've dug in and brought us more, and will surely bring more smiles and memories from those with a history in Baden. Speaking of that, I could not miss the opportunity to share memories of Egli's Meat Market who left Baden 10 years ago this summer—Check out the trivia I dug up from 2012.



In this issue, you will find more history, trivia, and summer related fun reading. We honour both Father's Day and Canada Day and all the days with the blue sky and sunshine above. There is much beauty in the summer so look around and observe it all. Whether it be the weather, the birds, bees, and flowers—or at night when different things come to life. Be sure to enjoy the Concert at the Castle Music series, the Wednesday evening car shows, and the many remaining trout in the Baden pond waiting to be caught.

I hope you all have the best summer. Stay safe and we'll connect again in August.

Talking with Ed

~ The Mystique of Dinosauria



While vacationing in Victoria last month, Pat and I went through the Royal BC Museum where we saw amazing displays of the history of British Columbia. Included was a life size Woolly Mammoth. The thing was huge and included amazing facts including that it expelled 500 pounds of dung a day. Shortly after that a news story came out claiming that researchers found two perfectly preserved Pterosaurs in South America – the largest of its kind with wing spans of 7 and 9 metres. Scientists determined it lived 86 million years ago.



I never did pay attention to dinosaurs in my younger years, but thanks to the Jurassic Park movie series, it has spurred on my interest. There are a number of fascinating things, such as how large some of these beasts were and how scientists can establish time frames on how old skeletons and fossils are – it's truly amazing.

On my research for this article, I found that there were five periods that extinguished most of life on this planet. The first one, the Ordovician -Silurian Extinction, happened 440 million years ago which wiped out 85% of life on Earth. This was followed by the Late Devonian (365 million years ago) with 75% extinction, Permian -Triassic (253 million years ago – the worst one) with 96% of marine and 70% terrestrial life extinguished, Triassic-Jurassic (201 million years ago) with 80% extinction, and the K-PG (66 million years ago) with 70 % extinction. Our last event was potentially caused by a meteorite that created the Chiculub crater. Although some of the other events are still a mystery on how they evolved, some of them potentially were caused by volcanic explosions that clouded the sky for a long time and others due to meteors and the shifting of continents causing sea levels to rise. Once again, I find it fascinating that scientists can determine time lines on all of this.

Scientists have found that there is no evidence of dinosaurs living from 66 million years ago to present. Geologists commonly use radiometric dating methods, based on the natural radioactive decay of certain elements such as potassium and carbon, as reliable clocks to date ancient events.

Currently scientists have identified over 700 species of dinosaurs. The first dinosaur to be discovered was by Rev. William Buckland in 1824 in England. This was named a Megalosaurus and it was nine metres long and three metres tall. The first one discovered in the Americas was in 1854 by Ferdinand Vandiver Hayden while exploring the upper Missouri River. It was a small collection of teeth from a Troodon.

In closing, I find it captivating that these large creatures walked the Earth and also that humankind has the ability to determine specific dates from such a long time ago.

Until August...Ed

- Heaviest and largest dinosaur** – Argentinosaurus – 77 tonnes.
- Smallest dinosaur** – Lesothosaurus – the size of a chicken.
- Smartest dinosaur** – Troodon – two metres tall with a brain the size of a bird.
- Dumbest dinosaur** – Stegosaurus – brain the size of a walnut.
- Tallest dinosaur** – Brachiosaurus – 13 metres tall.
- Longest dinosaur** – Argentinosaurus – 40 metres
- Fastest dinosaur** – Dromiceiomimus – 60 km./h.
- Fiercest dinosaur** – Utahraptor – 7 metres cunning, determined, and vicious.

- ◆ What do you get if you cross a Brontosaurus with fireworks? Dino-mite.
- ◆ What do you call a dinosaur with one eye? Doyouthinkhesawus.



Gone, but not forgotten ...



It will be 10 years this July since we said farewell to our favourite meat shop in Baden. Not only was it was a main street vision on Snyder's Road East, it offered fine meats and superb friendships. Since they left the building was sold and then burnt to the ground. Watch to see what this vacant space will become next.

Dagmar Meyer (Dougie Egli), Hans, Michelle, and Bruno Egli were proud to carry on the family business, serving quality meats for nearly 50 years; along with the next generation of sons and daughters who were there when need be—four generations made the business thrive!

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ALL THINGS SCRAMBLED

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

Languages

- HATI _ _ _ _
- KREEG _ _ _ _ _
- CHUDT _ _ _ _ _
- SOILPH _ _ _ _ _
- CHRENF _ _ _ _ _
- NEAROK _ _ _ _ _
- LAITIAN _ _ _ _ _
- ASINRUS _ _ _ _ _
- SHLIENG _ _ _ _ _
- SHIPANS _ _ _ _ _

Types of Insects

- TAN _ _ _
- EEB _ _ _
- SPAW _ _ _ _
- LEAF _ _ _ _
- CILE _ _ _ _
- THOM _ _ _ _
- TEELBE _ _ _ _ _
- GEARWI _ _ _ _ _
- TRICKCE _ _ _ _ _
- MITETER _ _ _ _ _

"Keeping the Community Connected"



What a great day —Thanks to everyone who generously supported the Baden Fishing Derby for another year! Also, thanks to everyone for coming out and spending the morning with us! One last thank you to all our volunteers - it's great to be back and working together!

You all brought us so much joy. We loved watching families come out and try new things and we also learned a few fishing tips from some professionals of all ages! I've heard A LOT of feedback expressing how much this event means to the community as well. We are so happy we have the opportunity to make this an annual event in Baden.

If you missed the Derby this year, be sure to watch for details next year!



Fishing derby winners, Seth and Carson, receiving \$50 from Maureen Edwards.

Thank you!

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The BCA felt the energy of the folks at the Derby and are excited to move on into more events this year. As you will see the Canadian Flags have been re-hung onto the hydro poles in time for the July 1st Canada Day Celebration. Flags courtesy of Jon Lambert.



Fishing Derby Sponsors

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- OK Tire Baden
- Sobeys N.H.
- Sobeys Williamsburg
- TLC Pet Food N.H.
- Town Pantry N. H.
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Another winner of the fishing derby is Evan, showing off his catch!



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Checking out the Baden Library



Get ready for a summer of FUN at RWLibraries!

- **Sign up for our Summer Reading Club** at rwlibrary.readsquared.com to track your reading and complete weekly missions. Registration begins Monday June 20th, 2022.
- **Collect our mythical creature trading cards** – available at all RWL Branches, and at select RWL events.
- **Participate in the Wheel of Fun @ the Baden Branch** – Spin the wheel, and complete the challenge!
- **What Mythical Creature Am I?** Visit the Baden Branch during the month of July and test your knowledge of mythical creatures.
- **Summer Colouring Contest** – participate at your favourite RWL Branch and collect the Chimera Trading Card.
- **Adult Summer Reading Challenge** – Pick up a bingo card from your favourite RWL Branch throughout the summer. Return your card by August 31 for your chance to win! Don't know what to read? Check out the lists on our library website for each bingo challenge!

There are so many amazing programs for all ages at various branches, we don't have room to list them all here. Please see our events calendar: www.rwlibrary.libnet.info/events for the latest updates, and to register for our programs.

Discovery Time in the Park

Every Monday in Wilmot Township at 9:30 a.m. (see events calendar for specific locations)

Ready, Set, Go, Kindergarten! Tuesdays, July 5 - August 9 10:30 - 11:30 a.m. – Baden Branch

This 6 week special program is for children (and their caregiver) who will be attending kindergarten for the first time in September 2022.

Fresh Air Flicks: Peter Rabbit 2: The Runaway (Outdoor Movie Night) – Friday, July 8 at 7 p.m. – New Dundee Branch Attend this event to collect the Elf Trading Card!

Crafternoons - Designed for Tweens

- Tuesday, July 12 at 2 p.m. – Tote Bags at the Wellesley Branch
- Tuesday, July 19 at 2 p.m. – Dot Art Mugs at the New Hamburg Branch
- Tuesday, July 26 at 2 p.m. – Pom-Pom Cacti at the Baden Branch

Science in the Summer (in-person outdoors) Wednesday, August 10 – 11 a.m. at the Baden Branch Join us as we become scientists for the day and we explore some messy outdoor science experiments. Designed for school age children.

Programs Designed for Adults

DIY Succulent Planters – Thursday, August 11 at 7 p.m. – New Hamburg Branch

Join us as we create easy succulent planters that will bring peace and tranquility to any room.

Virtual Programs:

Unwind: Lip and Body Care (via Zoom)

Learn how to make body scrub, lip scrub, and lip balm that you can use to unwind every day.

Tuesday, July 19 at 7 p.m. or Tuesday, August 16 at 7 p.m.

Unwind: Bath Essentials (via Zoom)

Create DIY Bath Bombs, Bath Salts, and Bath Oil that will add tranquility to your night time routine.

Thursday, July 7 at 7 p.m. or Thursday, August 4 at 7 p.m.

Adult Craft Night: Paper Lanterns – Thursday, August 11 at 7 p.m. (via Zoom)

Get crafty and cozy all at the same time! Register to create paper lanterns.



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Summer days are here! Come have a drink on our patio! Check out our summer entertainment schedule! Enjoy the music of Unleashed on June 25th and Eric Mills on July 16th.

Bring your friends and have a drink from our new drink menu!





Summer 1922

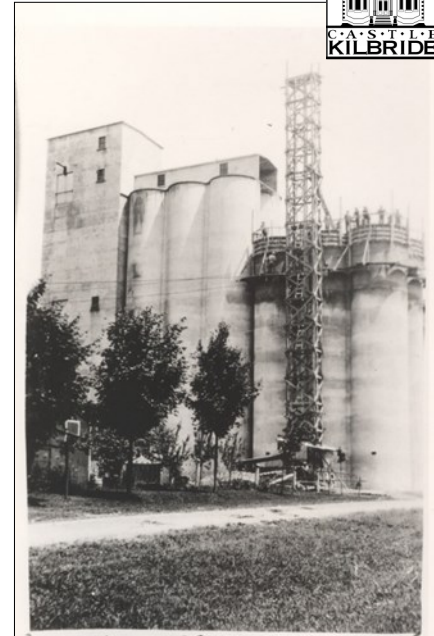
Photo: Four-year-old Laura Louise Livingston with an unidentified woman and Olive Leiskau (right) From the Castle Kilbride Archives

The article that was submitted last month looking back at different decades brought lots of smiles to Outlook readers. Since it was well-received, we thought it would be interesting to look back in time again to 100 years, 75 years, and 50 years ago to highlight some interesting tidbits in Baden.

100 Years Ago

It was summer of 1922 and looking at the photo, Laura Louise clearly is enjoying her time posing for a photo. (Note: **If anyone can identify the unknown woman, please let us know!**)

Also, during this same year and month, Laura Louise's father took a snapshot of the Livingston silos at the Dominion Linseed Oil Company as they were nearing completion. J.P. Livingston commemorated the event by sending this proud photograph to his daughter, Laura Louise Barbara, as a keepsake.



Mrs. Laura Louise Barbara Livingston From Daddy June 1922

Photo: The Livingston silos in Baden. From the Castle Kilbride Archives



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75 Years Ago

June 27, 1947- The Baden Baseball Team had won all five of their first games. How many of these individuals do you know or can you name? We see the handsome Elmer Koenig seated front row, third from left, do you? (Sorry Elmer, we couldn't resist!)

June 11, 1947- Although it did not occur in Baden, we thought this tidbit would be interesting to include. A Testimonial Dinner in New Hamburg for Howie Meeker and his experience in the National Hockey League was held this day. Dinner was provided by the New Hamburg Women's Institute. Also in attendance were Syl Apps, Captain of the 1946 Maple Leaf Stanley Cup winning team; Coach Hap Day; Howie's Leaf teammates: Ted Kennedy, Wally Stanowski, Gus Bondar, and Bob Davidson. To accommodate youngsters to see these famous stars, children were allowed in after the dinner to see the presentation and to hear the speeches.



Photo: The Baden Pirates, W.O.A.A. Intermediate B Baseball Champions 1948. From the Castle Kilbride Archives

50 Years Ago

June 7, 1972- Thirteen students from Puerto Rico visited the area. The children were all pupils of former Wilmot resident Ruth Swartzentruber who has been teaching in Puerto Rico for over two years. The children spent 11 days in Canada and travelled to local schools such as North Wilmot P.S. and Waterloo-Oxford S.S. The children also toured Nithview Home in New Hamburg, Doon Pioneer Village, and the Baden Cheese Factory. They also made a stop in Stratford to visit the Festival Theatre, although they did not tour the inside of the building. The highlight of the tour was meeting their pen pals from Bramalea, Ontario with whom they had been corresponding during the school year.

June 28, 1972- Baden canvassers raised \$431.48 for the Canadian Cancer Society. The total raised in Wilmot was \$4233.77.



Photo: University of Waterloo Library. Special Collections & Archives. Kitchener-Waterloo Record Photographic Negative Collection. 52-3861 Howie Meeker, Ayr.



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Father's Day Wordsearch

Find the things that dad likes, in the grid below... they can be found forward, backward, up, down or diagonally.

BASEBALL	HOCKEY
BASKETBALL	HOME
CARS	HUGS
CHILDREN	KISSES
COACHING	NEWSPAPER
DAUGHTERS	SONS
FAMILY	SPORTS
FOOTBALL	STORIES
GAMES	TELEVISION
GOLF	WORK

Every father is different and everyone's hobbies are not the same— we hope you celebrate the father figure in your life on their special day.



You Must Be Joking!!



A German Shepherd, a Doberman, and a cat died. In heaven, all three faced God, who wanted to know what they believed in.

The German Shepard said, "I believe in discipline, training, and loyalty to my master."

"Good!" said God. "Sit at my right side."

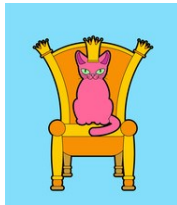
"Doberman, what do you believe in?" asked God.

The Doberman answered, "I believe in the love, care, and protection of my master."

"Aha," said God. "You may sit to my left."

Then God looked at the cat and asked, "And what do you believe in?"

The cat replied, "I believe you are sitting in my seat."



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"Keeping the Community Connected"



Baden Birding - Hummingbirds

Brightly-colored and mesmerizing, hummingbirds are some of the most interesting of the over 18,000 bird species in the world. If you've been looking you've probably seen them fluttering around looking for food sources. Perhaps you've heard them, too—the name hummingbird comes from the buzzing sound of their fast-flapping wings.

If you are a birder who loves watching hummingbirds every spring, then providing a consistent source of nectar is the ideal way to attract hummingbirds to your yard. A hummingbird's brilliant throat color is not caused by feather pigmentation, but rather by iridescence in the arrangement of the feathers. Light level, moisture, angle of viewing, wear and tear, and other factors all influence just how bright and colourful the throat may appear.

Hummingbirds cannot walk or hop, though their feet can be used to scoot sideways while they are perched. These birds have evolved smaller feet to be lighter for more efficient flying. They will use their feet for itching and preening, however. They have over 900 feathers, the fewest number of feathers of any bird species in the world. Not only do they not need as many feathers because of their tiny size, but fewer feathers also keep them more lightweight for easier flight. Roughly 25 to 30 percent of a hummingbird's weight is in its pectoral muscles. These are the broad chest muscles principally responsible for flying.

An average hummingbird's heart rate is more than 1,200 beats per minute. In

comparison, a human's average heart rate is only 60 to 100 beats per minute at rest.

Hummingbirds have no sense of smell but have very keen eyesight. Hummingbirds lay the smallest eggs of all birds. Their eggs measure less than 1/2 inch long but may represent as much as 10 percent of the mother's weight at the time the eggs are laid. A hummingbird egg is smaller than a jelly bean!

A hummingbird must consume approximately one-half of its weight in sugar daily, and the average hummingbird feeds five to eight times per hour. In addition to nectar, these birds also eat many small insects and spiders, and may also sip tree sap or juice from broken fruits. They do not suck nectar through their long bills. Instead, they lick it with fringed, forked tongues. Capillary action along the fringe of their tongue helps draw nectar up into their throats so they can swallow. A hummingbird can lick 10 to 15 times per second while feeding. They digest natural sucrose—the sugar found in floral nectar—very quickly with 97 percent efficiency for converting the sugar into energy.

Easy to make Hummingbird food

Boil 4 cups of water on the stove for 1 minute then stir in 1 cup of white sugar until it dissolves. Allow the mixture to come to room temperature before filling your humming bird feeder. Store leftover sugar water in the fridge for up to 3 weeks. You should not add any red food dye. Clean your feeder weekly to protect birds from illness.

At rest, a hummingbird takes an average of 250 breaths per minute. Their breathing pace will increase when they are in flight. Depending on the species, habitat conditions, predators, and other threats to hummingbirds, the average lifespan of a wild hummingbird is three to five years. Despite their small size, hummingbirds are one of the most aggressive bird species. They will regularly attack jays, crows, and hawks that infringe on their territory. Small but mighty are these amazing wee birds.

Baden Birding Sponsored by:



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

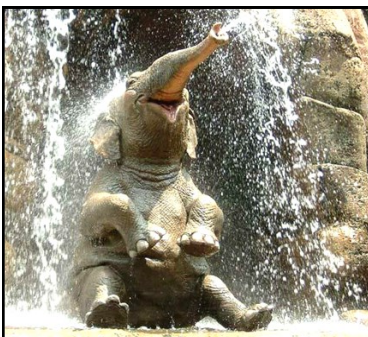
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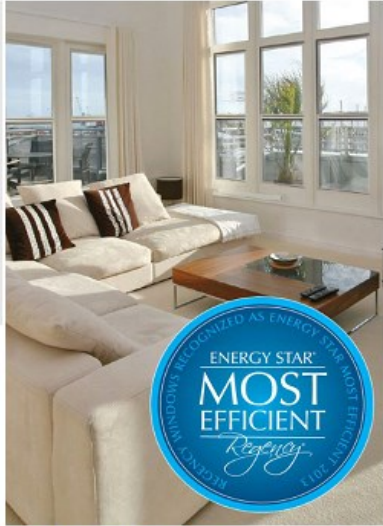
The Baden Outlook will not be publishing a paper in July. Summer is here and we are going outside to garden, camp, play, visit, and rest – to simply stay away from the computer for one month.

Have a great summer!
Till August...





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"It's no secret that renovating your home offers many benefits to you as a homeowner, like improving the resale value of your home. You may, however, not be aware of a number of additional benefits that arise from home improvement projects.

Improving resale value is often considered first when considering home improvements, and for good reason. It's estimated that kitchens and bathrooms can pay back 75%-100% of their cost at resale, while roofs and new heating and cooling systems can pay back 50%-80% of their initial cost. But the immediate benefit of cheaper energy bills from more energy-efficient systems and from better insulated windows are not always considered by homeowners.

If you are considering moving due to lack of space or missing features in your home, you may want to consider talking to a contractor about building an add-on or finishing the basement in your existing home. When factoring in the costs associated with moving, the renovation may just be cheaper. From land transfer fees, real estate fees, moving costs, the moving bill can certainly create sticker shock. Feature-for-feature, renovations often cost less than moving up in the market, although this is not always the case.

Another benefit of renovating an existing home that is often overlooked is the home renovation tax credit, which allows homeowners to make a \$5,000 claim on their taxes. While this may not seem like much at first, when considering the additional benefits of home renovations, this tax credit is icing on a cake that is already feature-rich!"

-Brought to you by the Lambert Team

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- * I like telling Dad jokes... sometimes he laughs.
- * Why was the dad sitting on a pack of playing cards? His kid asked him to sit on the deck.
- * How did the dad prank his daughter using fake dog poop on April Fools' Day? — He told her to look out for her new sham-poo in the shower.
- * When does a joke become a "dad joke?" When it becomes apparent.



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All of us have enjoyed a picnic with friends and family, but how many of us have attended a picnic of more than 500 people, celebrating the 100-year anniversary of a school?

Ninety years ago on June 3, 1932, more than 500 people gathered on the banks of the Nith River to celebrate the Centennial of the founding of SS No. 16 Wilmot, Waterloo County. A picnic lunch, sports, and a noon hour concert by the New Hamburg Band were featured events. There were children’s games and races, and a baseball game with the single men versus the married men. Local dignitaries including representation from the provincial Department of Agriculture attended as guest speakers.

The original schoolhouse was built of logs and was situated on Erb’s Road near Sandhills Road. It was built by George Schmitt, and he also served as the first teacher. The log school was replaced in 1839 by a stone

building, and eventually in 1908 a more modern brick building was built north of Erb’s Rd. Students in the area attended that building until 1964 when North Wilmot Public School was built on the northeast corner of Erb’s Road and Sandhills Road.

Ralph Shantz recalls his father, Lorne Shantz, being the Secretary/Treasurer from 1940-1955. At that time, the secretary’s job was to order items such as paper towels, sports equipment, and wood for the furnace. School supplies were ordered from Jack Hood School Supplies, a company that would come to the school to take the order from the teacher. As Treasurer, Lorne needed to pay the bills and keep track of all transactions. The teacher was paid by cheque on a monthly basis, and Ralph remembers his dad giving him the cheque in an envelope to take with him to school to give to the teacher.

The photo from the 1932 picnic hung in the teacher’s room until the school closed in 1964. At that time, the photo was gifted to Lorne Shantz. Ralph has since donated it to Castle Kilbride for the township archives as a historical piece of Wilmot’s history.

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For further information contact:
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Local youth are joining the Nith Valley EcoBoosters as a way to make an impact in their community. The new NVEB **Youth Advocates** group gives local youth the opportunity to help support schools in Wilmot and Wellesley Townships to take action in response to climate change. You can help your school and community to become climate change leaders and get volunteer hours at the same time! Contact nveb.youthadvocates@gmail.com for more information. Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, June 22nd**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

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

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A senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he floored it to 130 km./h., enjoying the wind blowing through what little gray hair he had left. Amazing, he thought as he flew down the highway, pushing the pedal even more.

Looking in his rear-view mirror, he saw a police officer behind him, lights flashing and siren blaring. He floored it to 150 km., then to 160. Suddenly he thought, what am I doing? I'm too old for this and pulled over to await the officer's arrival.

Pulling in behind him, the officer walked up to the Corvette, looked at his watch, and said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I've never heard before, I'll let you go."



The old gentleman paused. Then he said, "Years ago, my wife ran off with a police officer. I thought you were bringing her back."

"Have a good day, sir" replied the officer.

EMOJI CODE FUN

Use the letter guide to the left to figure out the secret messages!

- A= 😊 N= ❤️
- B= 🍌 O= 🍔
- C= 🐼 P= 🦋
- D= 🐦 Q= 🏈
- E= 🚗 R= ✂️
- F= 🤪 S= 😎
- G= 🍕 T= 🍑
- H= 🏠 U= 🚫
- I= 🚀 V= 🐱
- J= 🌻 W= 🐎
- K= 🕒 X= ♣️
- L= 🔧 Y= 🍏
- M= 🐾 Z= ✈️

🐦 😊 🐦 . 😊 😎 🍔 ❤️ ' 😎 🤪 🚀 ✂️ 😎 🍑

🏠 🚗 ✂️ 🍔 , 😊 🐦 😊 🚫 🍕 🏠 🍑 🚗 ✂️ ' 😎

🤪 🚀 ✂️ 😎 🍑 🔧 🍔 🐱 🚗 .

🏠 😊 🐱 🚗 😊 🍕 ✂️ 🚗 😊 🍑

😎 🚫 🐱 🐱 🚗 ✂️ 🐎 🚀 🔧 🐱 🍔 🍑 .

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Hailey Humeniuk, a grade 5 student at Forest Glen Public School, remembers her Ukrainian heritage by designing this Easter egg.



Hand painted, by Hailey.... the dove signifies peace and the flowers for Ukraine to rebuild and grow again.

Hailey entered the contest at her dance studio and won first prize. Remembering Ukraine in the darkest times is close to her families' hearts.

Congrats Hailey! What a beautiful egg!

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Submissions are due on the 1st of each month.



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UNDERSTANDING TENNIS AND GOLFER'S ELBOW

By Dr. John A. Papa, DC, FCCP(OR)(C) - New Hamburg Wellness Centre



The elbow is a complex joint that allows movements of flexion, extension, and rotation. Most daily activities require a combination of these actions to produce motion in the arm, forearm, wrist, and hand. Two common elbow injuries include **Tennis Elbow (TE)** and **Golfer's Elbow (GE)**. Both of these elbow conditions can cause pain and weakness which results in functional limitations with gripping, pushing, pulling, and lifting activities of the affected arm.

Tennis Elbow (TE) is medically known as *lateral epicondylitis* and causes the outer part of the elbow to become sore and tender. This typically affects the muscles and tendons that extend the fingers and wrist, and roll the forearm outwards.

Golfer's Elbow (GE) is medically known as *medial epicondylitis* and causes the inner part of the elbow to become sore and tender. This typically affects the muscles and tendons that flex the fingers and wrist, and roll the forearm inwards.

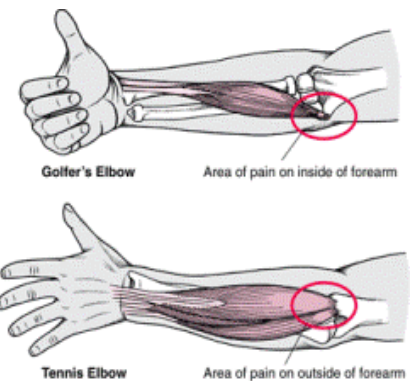


TE and GE can affect **anyone** involved in activities that require rapid and/or repetitive motion of muscles and joints in the forearm, wrist, and hand. It is more likely to happen if these movements are combined with awkward posture(s), excessive force, poor technique, and using the wrong

equipment or tool. Occasionally, a direct blow to the elbow may be a causative factor. Physical deconditioning can also make individuals susceptible to these conditions.

As a result, **TE and GE** can affect a broad variety of people including: trade workers such as electricians, painters, and carpenters; recreational athletes such as tennis players and golfers; and labourers such as cleaners and assembly line workers. Computer use, and even hobbies like gardening and knitting can be associated with **TE and GE**.

It is important to establish an accurate diagnosis of **TE or GE**. This can be accomplished by performing a proper medical history, along with a physical examination. Other causes of elbow pain may include: fractures, bursitis, arthritis, sprains, nerve irritation, or referred pain from the neck and/ or shoulder region.



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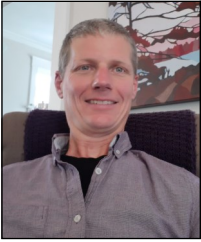
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Chiropractors are healthcare professionals skilled in diagnosing and treating muscle and joint conditions such as **TE and GE**. Initially, relative rest and altering or eliminating the conditions that contributed to the injury is important. This may include making changes to a work station, using the correct tools/equipment, and taking breaks to relax overworked muscles and joints. Treatment options include laser therapy, acupuncture, electrotherapy, taping, bracing, specialized soft tissue therapy, and manual joint mobilization. In addition, a comprehensive rehabilitation program should also include exercises that target the muscles of the forearm, upper arm, shoulder, and upper back.

If elbow pain is keeping you away from your favourite activities, consider chiropractic care. A chiropractor will assess your symptoms, diagnose your condition, and recommend a treatment plan to put you on the road to recovery.

From all of us at the New Hamburg Wellness Centre, have a safe and enjoyable summer!

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.



Being Rooted

By Chip Bender, Registered Psychotherapist (Qualifying)



The other day when I was walking in the forest, I came upon a tree leaning at a 45-degree angle that was surprisingly still very much alive. I spent some time leaning against the trunk of the tree wondering how the tree managed to be flourishing, let alone still standing, despite its precarious position. The answer, which seems obvious now, suddenly jumped into my mind. The tree's roots served to keep the tree well-anchored and to draw nourishment up from the ground to sustain its life.

That moment of epiphany was immediately followed by the realization I had not been taking the necessary time I needed to stay well-grounded and well-nourished. Although I was getting enough sleep and eating healthy foods, it felt like I was not getting fully recharged. The drain on my mental and emotional energy seemed to exceed the amount with which I had been replenishing myself, to the point where it felt like I was running on fumes some days. And when I consider our society's value on speed and productivity coupled with the drain of the pandemic, I doubt this situation is unique to me.



Humans have a profound capacity to go beyond their normal limits, though only for so long. If our output of our different energies exceeds our input we run into a deficit situation, which, if it continues for too long, can lead to burnout. The problem is sometimes we do not even recognize we are depleted until we are ready to collapse or have already collapsed. Or sometimes we can manage the regular daily tasks, but do not have the necessary reserves to endure the inevitable storms in life, which could cause us to topple over. Perhaps it is time to do a check-in on our own current level of functioning and an inventory on the things in our life serving to recharge us.

Now that I have realized I was running a deficit, I need to either cut back on my energy outputs or increase my energy inputs. Since my life does not include excess things I can leave by the wayside, I need to identify the things in my life I find rejuvenating. Several things come immediately to mind, which I could divide into two broad categories: sun and fun. I have discovered the healing impact of spending time outside in nature and the more I am outside the better I feel. I also know enjoying fun times with family and friends rejuvenates me, and now that pandemic restrictions have lifted, I have had more opportunity to connect with people. In addition to the rejuvenating activities, I have discovered other activities, which I will spend time doing, but have minimal rejuvenating qualities, causing me to conclude I need to set those aside to focus on more regenerative activities.

What is the level of your own emotional tank?
What are the things in your life that recharge you?
How can you do more of them to stay well-nourished and well-grounded?

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Drop One For Fun

Answers on page 32

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

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

1. A honey yellow colour.
2. Carry the weight of.
3. An organ sensitive to sound.
4. Goodbye
5. A thought or suggestion.
6. Stop living.
7. A kind of beer.
8. Actual existence.
9. Present tense plural of be.
10. A bride's mate.
11. Expanse of infertile land.
12. Australian animal short form.
13. Talk at length.
14. Short form for a starter food.
15. Something to download on a phone.

Batteries

When a flashlight grows dim or quits working, do you just throw it away?
Of course not. You change the batteries.

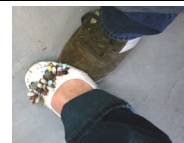


When a person messes up or finds themselves in a dark place, do you cast them aside? **Of course not! You help them change their batteries.**

Some need AA... attention and affection; some need AAA... attention, affection, and acceptance; some need C... compassion; some need D... direction. **And if they still don't seem to shine... simply sit with them quietly and share your light.**

You Must Be Joking!!

Accidentally stepped on my husband's foot:
"Oops — Sorry."



Accidentally stepped on my dog's paw:
"Oh my gosh, I'm so SORRY!
Are you okay buddy? I'm SO SO SORRY.
I didn't mean to hurt you.

I LOVE you. You want a treat?
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May 19, 2022

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May 26, 2022

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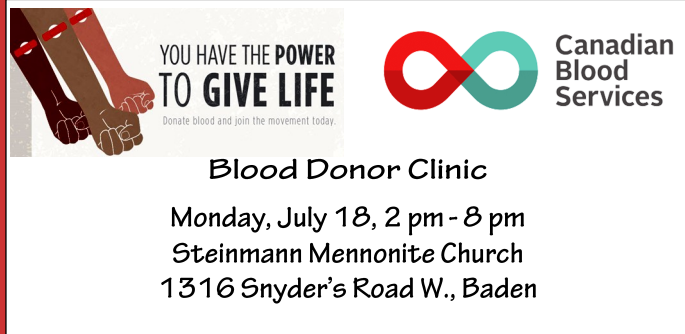
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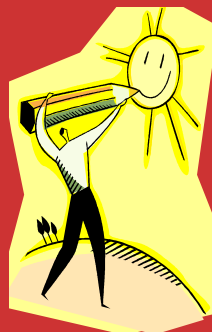
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The 16th annual Moe Norman Memorial Golf Tournament at Foxwood Golf CC on Thursday, August 25th is open for registration. We are excited to connect with everyone again and look forward to having a sold-out event. This year, we are including dinner in our \$150 fee which includes 18 holes of golf, a cart, and some range time. We are working on filling our registration gift bag so feel free to reach out to our golf committee if you have some items from a friend's company you think we could share.

Below are the links for our 16th Moe Norman Memorial registration. We also added a dinner only option for any folks who can't join for golf. There are links also in place for sponsorship opportunities.

Moe Norman Memorial Golf Committee
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Ed's Syllable Sillies

Fill in the answers to the clues by using all the syllables in the sylla-box. The number of syllables used in each answer is in brackets. The number of dashes indicates the number of letters used for each answer. Each syllable may only be used once. Here is an example:
 Spring flower (3) _ _ _ _ _ _ _ _
 (answer: daff/o/dil)

ADE AL BAN CAL CATE CI DEC
 DO ER GAL GEN I I INE LAR
 LATH LIN MA MANNAC PAR
 QUET RE SIM TI TIL TION TY
 U U UM VA

- * Stringed musical instrument (3) _ _ _ _ _
- * Usefulness (4) _ _ _ _ _
- * Feast (2) _ _ _ _ _
- * Real or true (3) _ _ _ _ _
- * Insignia of royalty (2) _ _ _ _ _
- * Leave Empty (2) _ _ _ _ _
- * Dividing wall (3) _ _ _ _ _
- * Froth of soap (2) _ _ _ _ _
- * Period of ten years (2) _ _ _ _ _
- * Metal derived from lime (3) _ _ _ _ _
- * Resembling (3) _ _ _ _ _
- * Table of days & months (3) _ _ _ _ _



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Cook's Corner

STRAWBERRY COBBLER

Strawberries are known as the fruit of June. Why not make yourself a sweet treat on a hot day with the freshest, most local strawberries around.



Strawberry Mixture

3 cups fresh strawberries, diced
1/2 to 3/4 cup granulated sugar

Cobbler Crust

1 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 cup whole milk, warmed
1/2 teaspoon vanilla extract
8 tablespoons unsalted butter, melted

1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a casserole dish.
3. In a medium bowl, add strawberries and sugar.
4. Stir to coat strawberries in sugar and set aside.
5. In a large bowl, whisk together flour, baking powder, salt, and sugar.
6. Add in milk, vanilla extract, and melted butter.
7. Stir just until combined. A few lumps are fine.
8. Pour batter evenly into dish.
9. Spoon strawberries evenly on top of batter. Do not stir!
10. Bake for 35-40 minutes or until golden.
11. Serve as is or with vanilla ice cream or frozen whipped cream.

Happy Canada Day Wilmot!



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Local Kids Show Community Spirit



Wilmot Thunder U11 major boys' rep team conducted a bottle drive on Sunday, May 15th in Baden and New Hamburg. The event was so successful that they exceeded their collection goal. They donated the extra \$760 earned to Wilmot Family Resource Centre who do great work helping support Wilmot residents.

The coaches and team would like to thank the residents of Baden and New Hamburg who donated empties to the bottle drive and the team's generous corporate sponsors whose contributions have put the team in such a great position to be able to donate: Simply Devine Designs, BSE Electrical Contractors, Krown Kitchener/Waterloo, and Open Options Corporation.

Way to go Thunder!



Left to right: Robert S., Nathaniel L., Finley G., Carter K., Assistant Coach John Walsh, Liam W. (middle), Diezel B. (bottom), Cooper H., Assistant Coach Ryan Dietrich, Carson D., Connor H., Nolan B., Head Coach Kevin Hall, Jackson L., and Assistant Coach Kyle Hillar.

Head Coach, Kevin Hall and team donate extra funds to Wilmot Family Resource Centre Executive Director Trisha Robinson.



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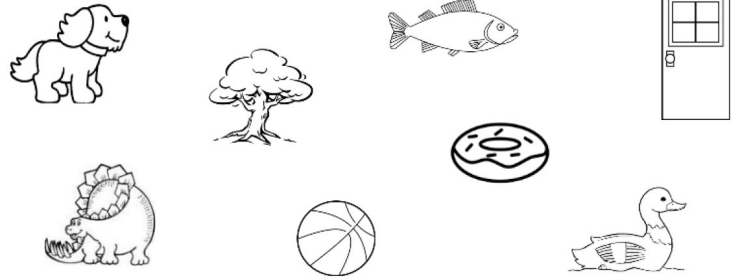
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Kids' Corner

Karrienne Berberich
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June is "Candy Month"
... yummy!!! Just make
sure you brush your
teeth! 

Colour all the pictures that start with "D" like DAD.



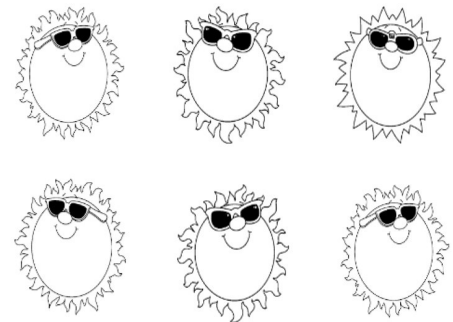
Summer starts on June 21st. Hooray!
Write 5 things you want to do on your
summer holidays.

1. _____
2. _____
3. _____
4. _____
5. _____

Hope all the dad's out there enjoy
their special day on June 19th!



Circle the two suns that match!



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

Emmanuel Lutheran Church

Sunday Worship 9:30 a.m.
www.petersburgchurch.org

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.
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JOIN THE CONVERSATION!



It looks like the warm weather has finally arrived! After a long and cold winter, I'm sure we are all looking forward to warmer temperatures, sunshine, flowers, and outdoor activities.

Last month, the weather had some nice days and some not-so-favourable days for gardening, and yet, we still encouraged our community to support our annual Plant Sale. As a member of this community I have visited the Plant Sale numerous times in the past. This year I experienced it as a staff member and saw things from a whole new perspective. The extra hours and hard work our volunteers dedicate to this annual event is absolutely inspiring! It takes a lot of extra hands to make the plant sale a success. There are transplanters, potters, cashiers, clean-up crews, and display people. These volunteers all endured very diverse weather conditions this May, including rain, cold temperatures, high winds and hot, humid temperatures. However, because of everyone's hard work and perseverance, we were able to raise over \$75,000 to support the work of the Mennonite Central Committee. Thank you to everyone who gave us their time and helping hands, and donated extra plants, to make this another huge success!

As we now have July in our sights and the lazy days of summer are now upon us, what are you doing to pass the time? For the new retiree, summer can mean more time at a cottage or enjoying some well-deserved travel. For the high school or college students in our midst, perhaps summer is a time to catch up with friends or find a part-time summer job. Regardless of your age or stage of life, if you are looking to fill some time, look no further! New Hamburg Thrift has many volunteer opportunities with flexible scheduling.

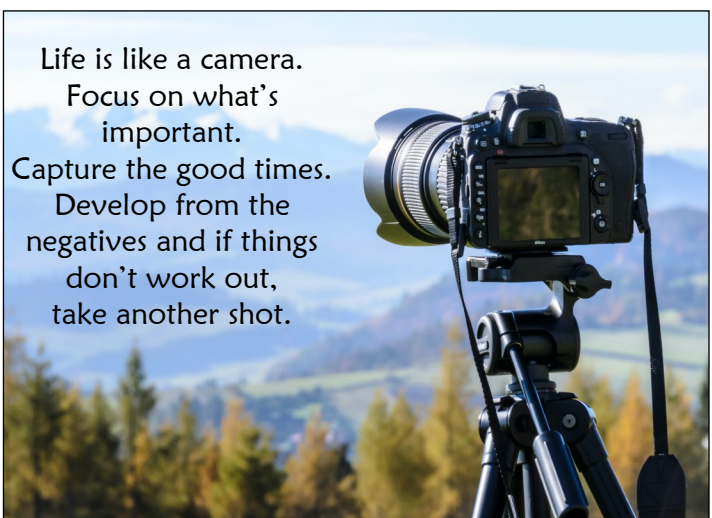
Are you someone who like to get out on the road? Come talk to me about helping with furniture pick up and deliveries.

Are you someone with an outgoing personality who excels at customer service? Our storefront is the place to be! Cashiers, clothing organizers, and stock people are always needed to help, and training is always provided.

Or maybe you like to just work behind the scenes with a small group of close neighbours and friends? We have opportunities in processing which include but certainly are not limited to housewares, clothing, toys, books, shoes, crafts, fabric, and so much more.

Not sure what would be the best fit? Call me! I would be more than happy to schedule you for a tour of the Thrift store and talk to you more about what volunteering with New Hamburg Thrift could look like for you. Don't forget to bring a friend!

Jennifer Woolner / 519-662-2867
jenniferwoolner@mcco.ca
www.newhamburgthrift.com



Life is like a camera.
 Focus on what's important.
 Capture the good times.
 Develop from the negatives and if things don't work out, take another shot.

Come Volunteer with New Hamburg Thrift!

Empathy in action

We couldn't be open without the help of our dedicated volunteers.

THE SUMMER TIME SKY

There is so much activity in the night. After dark lots of cool things happen.

Look up to the sky on a clear light and take the time to let your eyes adjust to the dark. What marvelous things can you see? If you have some binoculars you may spot even more interesting things in the sky.

- * Check out the moon — what shape is it? If it's a full moon look hard to see the face of the man in the moon. Do you know the other stages of the moon?



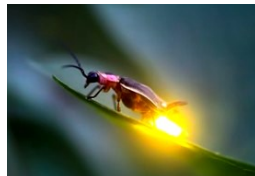
- * If the sky is clear, can you see the stars? Perhaps you can find the Big Dipper, which is shaped like a ladle. It is a large asterism consisting of seven bright stars of the constellation Ursa Major. On spring and summer evenings in the Northern Hemisphere, the Big Dipper shines at its highest in the evening sky. On autumn and winter evenings, the Big Dipper sweeps closer to the horizon. No matter what time of year you look, the 2 outer stars in the Big Dipper's bowl always point to Polaris, the North Star.

- * Meteors, also known as shooting stars, can be seen streaking across the sky as a fast moving light. Check out the meteor shower calendars to plan a date to park yourself and enjoy the sky.

- * What do you hear? Any owls hooting, or perhaps the howls of coyotes calling to their pack? Shhh!

- * If you see anything skitter quickly through the trees you may find bats. Bats perform many of the activities necessary for their survival, sometimes accomplishing the feat in total darkness.

- * Now look lower in the bushes or trees to see the flickering or glowing of fireflies. Catching fireflies is a classic way to spend a summer night. Fireflies are beautiful, and it can be tempting to have one of your own. If you're patient, gentle, and persistent, you'll be a professional firefly catcher in no time. They prefer a warm summer evening, and don't flicker much on a cool night.



For those newcomers to Baden who may not recall Egli's Meat Market we'd thought we'd share some interesting history of this property.

It was a service station over the years, starting with the Sam Roth Service Station in the '30s. It was originally a McCall Frontenac gas station which later switched to Texaco, where there was once a lunch bar in the front and automotive repairs in the back of the building. The business was then sold to Bill Petznik who operated it into the '70s until it was sold to Herner Wood. The Herner's sold it to Egli's three years later (1977). It's always been a busy spot and it will be interesting to see what comes next.



The Weiler brothers, Mike and Roger would frequent their neighbourhood lunch bar and enjoy an ice cream cone.

Happy Canada Day Trivia



What is ...

1. Canada's national honker?
2. the largest city in Canada?
3. Canada's most elevated town?
4. the most dignified of the great lakes?
5. Canada's most famous sailing vessel?
6. the longest river in Canada?
7. the capital city of Canada?
8. Canada's national tree?
9. Canada's national animal?
10. the animal on the Canadian quarter?

Who was...

11. the medical scientist and doctor who discovered insulin?
12. the Canadian who pioneered hydro-electricity?
13. Canada's only female Prime Minister?
14. ran across Canada for cancer cure?
15. was Canada's first female medical doctor?

Answers on page 32



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Travelling the World ~ Liechtenstein

Liechtenstein is a small country nestled between Switzerland and Austria. Liechtenstein has an area of 62 square miles and is the fourth smallest country in Europe (bigger than the Vatican, Monaco, and San Marino). Its official language is German and it is the only country in the world with 100% of its territory in the alpine region.



Its largest city, Schaan, is home to 6000 people (New Hamburg has 9,176) and the country's capital, Vaduz, is 11 miles away and has a population of 5400 people (Baden has 5161). The country had a population of 38,749 in 2019. Liechtenstein was the second-least visited country in Europe with 85,000 visitors in 2018 according to the World Tourist Organization – San Marino was the only country with less.

The country has the second highest Gross Domestic Product per capita in the world (\$165,028) trailed only by Monaco (\$166,726) - Canada's is \$43,100. The country has a national debt ratio of 0.5 % - Canada's national debt per capita is 91.6% according to the Frazer Institute. Liechtenstein has one billionaire—Christoph Zeller. He was CEO of the dental products company Ivoclar Vivadent (the world's largest producer of false teeth) for 13 years and is worth 3.1 billion dollars, half the country's 6.2 billion GDP.



Liechtenstein doesn't have an airport; the closest one is in Zurich, about an hour and a half away. The country hasn't had an army since 1868. Liechtenstein has a constitutional monarchy and is a principality, meaning it's ruled by a prince, not a king/queen. The country is named after the Lichtenstein family, who purchased the lands from the Holy Roman Emperor in the early 18th century and was part of the German Confederation until 1866.

Liechtenstein's spring and autumn temperatures are usually around 15 degrees Celsius and their winters rarely drop below -15 degrees Celsius. Summers are cool to slightly warm, cloudy, and humid. The national bird is the Kestrel, and the national flower is the Neroli Viviparum Lily.



10 Money Management Tips for New Couples (Married or Not)

- Establish Shared Financial Goals
- Track your Spending to see where your money goes
- Automate bill payments to avoid late fees
- Wait 24 hours before making large purchases
- Stay informed of household finances
- Plan for the future
- Organize your financial documents
- Contribute to your pension (RRSP/TFSA) or Company Matching Pension
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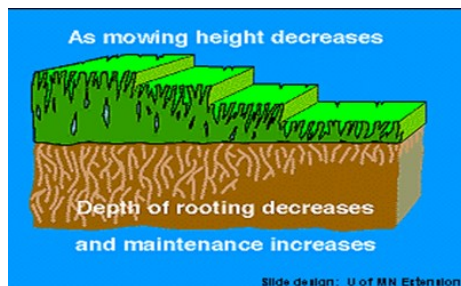
"Protecting What Matters to You"



Summer comes with the roar of lawnmowers. At what height is the deck of your lawnmower set? Why do I ask? Many of us have a preferred height purely for aesthetic reasons. The highest setting is recommended to improve the health of your lawn, soil, trees, and shrubs. How does that

make a difference? Research has shown that the hotter the soil, the higher the loss of moisture, which means stressing grass and tree roots which are near the surface. On a hot day, the soil surface temperature will go as high as 50 C with the grass at 2 inches (5 cm). If the grass is at 3.5 inches (9cm), the soil surface temperature is 38C.

Also, the higher the grass, the deeper and better roots of the grass. This means less watering, and less opportunity for weeds to germinate. Leave the clippings on the grass to return nutrients & water to the soil. Avoid scalping the lawn and cut so only one third of the height is cut. WATER LESS and let the lawn go dormant in dry hot spells (turn brown).



June/July's Shoulda' Coulda' List:

- Cut back early blooming perennials, e.g. hardy geraniums, Delphiniums, and catmint, after the first flush of flowers to encourage new growth and blooms. Shorten stems of fall flowering plants like asters, mums, Joe-Pye weed and goldenrod to keep them sturdy and compact. Trim just above a set of leaves.
- Trim back some of your common milkweed (*Asclepias syriaca*) plant stems the 2nd or 3rd week of July to stimulate new, young growth which is more attractive to monarchs.
- Keep adding a mix of 'browns' and 'greens' to your compost pile.
- Water your veggies during dry or hot weather to avoid stressing plants. Do not overfertilize tomatoes that can lead to blossom end rot. Maintain even moisture which is easier using mulch.
- Water spring planted trees/shrubs regularly, avoiding the hottest part of the day. The larger the size of the tree planted, the more years it takes to establish so watering is critical. For example, the boulevard tree size takes about 3 years for the roots to establish. Water existing trees less frequently, but deeply using a drip method. Water at the base of plants, not foliage, or use soaker hoses.
- Target removal of weed seed heads to reduce the seed bank for next year. Watch for bindweed and Creeping Charlie in lawns and gardens.
- Identify the 'pest' before taking action. That pest may be a butterfly caterpillar or a beneficial insect which keeps your garden in balance! For problem pests, start with a strong spray from your garden hose to knock them off.
- Take a minute to sit and enjoy your garden. Review underperforming or diseased plants and review garden design. Consider ecologically productive native plants which will bring your garden to life.



Keep your fingernails and knees dirty!

For events, garden stories, and info go to:



WILMOT HORTICULTURAL SOCIETY

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7 Ways to Make Your Home Environmentally Friendly

1. Trade artificial fragrance diffusers for an air purifier

Artificial fragrances are filled with chemicals that linger long after the scent is gone. Trading for an air purifier will remove stale home odours from cooking.

2. Install window shades on all south facing windows

Keeping shades drawn through the hot summer months will reduce the need for air conditioning. Conversely, opening them up in the winter months will help naturally heat your home.

3. Unplug unused appliances

Did you know that plugged in appliances not in use can amount to 10% of your energy bill? Try adding a power-strip that can easily be turned off, or even try a smart home plug.

4. Revive old furnishings

Rather than throwing out old furnishings, try reviving them with paint and new hardware.

5. Rethink appliances (even the small ones!)

An easy start is to switch all lightbulbs to LED. When it comes time to switch old appliances, invest in higher quality appliances that last longer, are energy efficient, and are easier to maintain.

6. Ditch the bottled water

Drink the tap water, and invest in a water filtration system. Not only will it help reduce your carbon footprint, but it will save you money long term!

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-Jocelyn T.

Outlook Puzzle Answers

Drop One For Fun

- | | | |
|-----------|----------|---------|
| 1. Amber | 2. Bear | 3. Ear |
| 4. Adieu | 5. Idea | 6. Die |
| 7. Lager | 8. Real | 9. Are |
| 10. Groom | 11. Moor | 12. Roo |
| 13. Yappy | 14. Appy | 15. App |

Creating special words
MUGGY and BALMY

Emoji Code

Dağ. A son's first hero, a daughter's first love.

Have a great summer Wilmot!

All Things Scrambled

<u>Languages</u>	<u>Types of Insects</u>
Thai	Ant
Greek	Bee
Dutch	Wasp
Polish	Flea
French	Lice
Korean	Moth
Italian	Beetle
Russian	Earwig
English	Cricket
Spanish	Termite

Canadian Trivia

- Goose
- Toronto
- Lake Louise
- Superior
- Bluenose
- MacKenzie River
- Ottawa
- Maple Tree
- Beaver
- Caribou
- Frederick Banting
- Sir Adam Beck
- Kim Campbell
- Terry Fox
- Emily Stowe



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Mental Health Wellness is important to us as individuals and as a community. How we support people and receive help for our own mental health is critical to the healing journey. My name is Linda, and as a certified Peer Support Worker, I support people on their own recovery journey to wellness.

A Mental Health Peer Support Worker is someone who has lived experience with mental health. My own recovery journey started in the early 1990s. The medical community diagnosed me with many different disorders, but I wasn't receiving the help I needed. I had become a good psych patient. I knew the lingo and I knew the behaviors that kept me ill, but nobody could help me to know how get better.

My first peer support worker helped me navigate the system and figure out what I truly wanted for myself. She encouraged me and helped me understand that I had the ability to be well if that is what I wanted. She respectfully challenged me on my behaviours and on holding onto the labels that others had assigned to me. Most importantly, she asked questions that helped me question the choices I was making.

Ever so slowly, I began to make different choices. I started to like who I was and to believe I could have a different life. I realized my illness did not need to define me. My peer support worker believed in me and at times held onto hope for me when I couldn't. She believed in me when I didn't believe in myself.

With the help of my peer support worker, I worked on a plan for recovery. This included attending workshops such as Wellness Recovery Action Plan, Mental Health First Aid, and Suicide to Hope. PeerZone groups that promoted wellness, and self-responsibility helped me in my recovery.

Eventually I became a Certified Peer Support Worker so that I could assist others with mental health and addiction challenges.

My first job as a Peer Support Worker was part-time at Thresholds, formerly known as Waterloo Regional Homes. A worker named Miriam Belles worked with me for years. She believed in me. She helped me see that I could do anything I wanted if I believed in myself. Miriam took no guff from me. When I was engaging in behaviors that helped me to stay stuck, she called me out. It was because of her and fellow peer workers that I eventually left that agency and got a full-time job as a peer worker in Toronto at St. Michaels/COTA on the Focus team. I have also worked for Canadian Mental Health Association (CMHA) in Oakville as a Peer Support Worker.

My life has changed so much over the years. I am confident, resilient, and most importantly happy. I no longer live my life by other people's assigned labels. As a peer support worker, I believe that everyone can achieve recovery. Sometimes we just need someone to walk beside us who will believe in us and who can hold hope for us at times when we can't hold it for ourselves. Someone who will ask the hard questions that will help bring the changes we want to see in our lives. Someone who has walked a similar journey.

If you are someone who desires wellness for your mental health, I would love to walk alongside you as your Peer Support Worker. Your future does not need to be defined by your past nor by the labels that have been assigned to you.

If you would like to talk more about peer support for your recovery journey, please call me at 289.933.1752 or email me at inspiringhope2022@gmail.com.

Linda Cole

www.inspiringhope.ca

Wellness Recovery Action Plan (WRAP)

WRAP is an 8-week wellness program that anyone can use to get well, stay well and make their life the way they want it to be.

During this 8-week program you will create your own wellness toolbox that you can use every day to manage your life. These tools will help you feel the way you want to feel and live the life you want to live.

Place: Zion United Church, 215 Peel St. New Hamburg

Dates: Tues, July 12, 19, 26 and Aug. 2, 9, 16, 23,30

Time: 6:30pm-7:30pm

Cost: Free

Register: Please call or text Linda at 289.933.1752

or email inspiringhope2020@gmail.com





























Register by June 30, 2022



KIDS!

Enjoy this Road Trip Bingo along your travels this summer.
As you find these items along your way, check them off and see who wins!

Baden Outlook Road Trip Bingo!

 McDonalds	 Bus	E The Letter E	 White Fence	 Airplane	3 Number 3	 Church	 Red Car
4 Number 4	 Stop Sign	 Blue Car	 Construction	 Cow	 Yield Sign	 Tim Hortons	 Police Car
 Taxi	 Bicycle	 Bridge	 Horse	 Pylon	 Truck	 Playground	 50 Sign
 Canada Flag	 80 Sign	 Barn	 Bird on a wire	 Gas Station	 Motorcycle	 Traffic Light	S The Letter S

Name: _____

Name: _____

Boy aged 4: Dad, I've decided to get married.
Dad: Wonderful; do you have a girl in mind?
Boy: Yes.... Grandma! She said she loves me, I love her too... and she is the best cook and storyteller in the whole world!!
Dad: That's nice, but we have a small problem.
Boy: What problem?
Dad: She happens to be my mother. How can you marry my mother!
Boy: Why not? You married mine!!!



HAPPY NATIONAL INDIGENOUS PEOPLES DAY JUNE 21, 2022



Photo taken from Government of Canada website

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JUNE is Seniors Month

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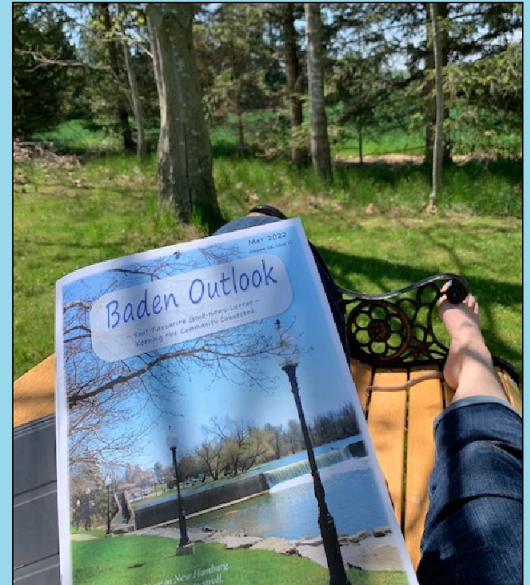
@ TimLouisKitCon



The Baden Outlook is excited to get back into your suitcases and have some fun this summer. Be sure to email your photo, along with your name and your travel story to us at badenoutlook@hotmail.com



Carol and Dave Pawelko and fur baby Abby Rose took their copy of the Baden Outlook to Martha's Vineyard, Massachusetts.



Kimberly Keller is enjoying the Baden Outlook in her backyard on her new park bench fixed up at the Baden senior workshop by "Jim".



Mother and Daughter (Dorothy and Chandler Pikor) thoroughly enjoyed the Rocky Mountaineer trip, Vancouver to Banff, with the Baden Outlook.

Deb Vinski celebrated her birthday in Varadero, Cuba. She took her Baden Outlook to the Pullman Hotel with Jamila and Michael.



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