



~ Your Community Newsletter ~

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# Baden Outlook



These smiling faces are part of the Baden Book Club who meet monthly at EJ's. Left to right are Mance, Linda, Ed, Leslie, Judy and Jennifer (from Regional Library). This was their Christmas gathering and they started their meeting reading the Baden Outlook. The Book Club meets the 3rd Tuesday of the month at 6:30 pm and new participants are always welcome. Book selections can be found at Baden Public Library each month.

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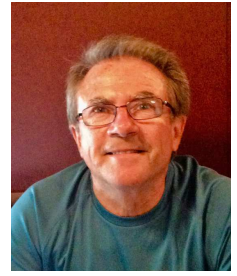
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**This paper is priceless - Please have one!**

# Talking with Ed

## ~ Playing the Game



Well, I guess it is time to play the game again. I'm sure you all know by now that we are moving after nearly 39 years, and with that comes many changes. It is time to change all our mailing contacts (which I am finding is a huge amount) and, of course, our utilities. Pat has the Baden Outlook changes under control already, but now it's my turn.

It has been almost two years since I last contacted our home phone, internet, and TV provider asking for a more reasonable rate, warning that I would transfer my services to the other major provider. I had to call the retentions department and my bill was cut by at least a third, but only for a short while, basically because I threatened to leave. We have been with the same provider for all of 30 years, but that doesn't seem to have any weight. As Donald Trump would say – *Sad!!*



It was scary to find that those three bills accounted for one third of our household expenses, including our tax bill. That statement really seemed to sink home. Are we being too lavish with our middle of the road television package? We only have the ultralight internet service and our home phone has only two extra features. I wonder if it might be time to move on to other options.

I regularly see the question posted on Facebook – “I want to leave the two major companies but who should I deal with?” I noticed another option which had a middle of the road package for the three services, and came to about \$99 a month on a three year contract, with the first six months free. This seemed pretty weird because they piggy back off the big two providers at a fraction of the price. I decided to check out the reviews and I got a little spooked. Most of them were negative complaints about service if there was a breakdown and the extra fees that were not listed. I am sure they are fine, but the thought of being wrong over a three year contract didn't interest me.

I then saw an advertisement for Tilt TV, which is an antenna that picks up radio signals that the TV stations are required to provide with their TV transmission. Apparently it can pick up to 90 channels depending on the area you are living in. All the purchases are in American dollars and the one time purchase of approximately \$39 US would do you for life. My thought was if it didn't work at home, then I could use it at the trailer.

I guess the one thing that I have to get my head around is the fact that I don't have to bundle services with just one company – I guess old habits die hard. Our current thoughts are leaning towards eliminating a home phone and getting Pat a cell phone with data, text etc., which is probably close to the home phone rate. There are many options which we have yet to explore to eliminate the costly television bills, which include streaming, android boxes, and other options. Lastly, there are plenty of internet services out there which I will continue to investigate once we move and get settled. I would really love to find a reliable company that would keep a fair price for services throughout the entire contract. So many options, and so much to learn.

Until next month ...Ed



## EXTRA EXTRA!!

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

*The best things in life are free - like the first Robin sighting telling us spring is on the way, and this paper ~ Please Have One!*



# Greetings from Headquarters ~



I can't quite believe we have endured the worst of winter and are slowly moving into spring with longer days and the promise of warmer weather. We whine and moan about the ice and cold, but it really did go by quickly and we will all be back outdoors again soon. The seasons come, the seasons go—it's never a surprise, but we still get excited about the change. I think keeping busy is the key for me to endure those cold dark months indoors. Last year we reported our first Robin sighting on February 28th, and yet in the first week of March we have yet to see one. Ohhh, that dreaded groundhog!



Change... it's here and now, and more of it is coming at me full speed—I can hardly catch my breath with all this excitement. The big move is going good and it sure is fun, but whew... there's so much to do! The purging continues in preparation for our move; there seems to be a light and easy feeling of what's happening and I realize it's because we are simplifying our lives. Not just with minimalizing our personal and household items but in our thinking as well. In the world of the Outlook there is change too... starting with the 580-pound bulky printer that went out the back door and was donated to a new home at the Working Centre in Kitchener. Then our Baden Outlook mailbox in the yard went down (forever cherished and stored away for now; possibly a bird house in the future), but the biggest change to come is the discontinuation of the very popular Outlook Sports Pools. The March issue is typically where you'd find the baseball pool registration form with entries due at the first of April. The driveway would be busy, and the mailbox stuffed with forms as we tried to keep up with entering all the players and setting up the pool on our website. Once it was up and running we had to be vigilant at the computer on the 7th of each month to tally the stats to determine the monthly winners... then getting the prizes and ultimately hunting down the winners to award them their gifts. It was most fun for Barry of course, being the sports guy, but I've heard many others moan of disappointment as we've mentioned that we are going to stop the pool and all the work and cost that it entailed. We are taking another healthy step to simplify our lives so we can continue on with a lighter load. We thank those who participated over the 18 years and also apologize if this disappoints you. Change, it's inevitable - but rest assured, the Baden Outlook will continue despite all the rumours saying otherwise.

So, let's get to it — what's happening in the paper this month?

- ⇒ Consider bringing an international student into your home to experience life in Canada while going to our local high school. To learn what's involved, check out page 5. You could make a big difference.
- ⇒ Check in with the Wilmot Key Quest on page 11. See how to take part in the adventure, bring home the big money and have a lot of fun too!
- ⇒ It's exciting to learn of some local agricultural history that was selected for induction into the Ontario Agricultural Hall of Fame. Read about the Schnellers on page 13.
- ⇒ What exactly is Osteopathy? Meet Tammy Tourout on page 21 and she will inform you of its benefits.
- ⇒ March is Nutrition Month. Diana Sutherland shares some tips on eating healthier and being mindful of sugar on page 22.
- ⇒ Do you “make mountains out of molehills”? Sometime we don't even realize when we do. Learn more about managing that on page 27.
- ⇒ For those new to Baden, you may not be familiar with root names that have made our town what it is today. Thanks to Al Junker who did a wonderful job sharing the history of Jacob Beck, on page 30.

There is much more to read about so I hope you enjoy this issue. When we connect next month, we will be excited about warmer temperatures, ducks enjoying puddles, chirping robins, and hopefully our shovels can go back into storage—where they belong!



# Checking out the Baden Library



## Spring Programs

Registration for spring programs started Tuesday, March 5. Programs are free and begin the week of April 2, 2019. Children's registered programs include Ready, Set, Go! Kindergarten, Lil' STEAM, Baby Connections, and Maker Club. Family Storytime is a drop-in program. Further details about each program are available at [rwlibrary.ca](http://rwlibrary.ca). Space is limited. Register online, in person or by phone.

## Baden Book Club at EJ's: Tuesday, March 19, 6:30 to 7:30 p.m.

This month the adult book club is reading a very inspiring non-fiction selection, *The End of Your Life Book Club* by Will Schwalbe. Get your copy at the Baden branch and join us at EJ's Tavern for interesting discussion.

## FREE Computer Help

The Region of Waterloo Library offers free, one-on-one computer training sessions. Spring appointments are available on Tuesdays: March 26, April 9, 23, May 7, 28, and June 11. Reserve your session online or by calling the Baden branch.

## Electronic Resources

We have two new electronic resources to offer in 2019!

**Kanopy** offers streaming of documentaries, indie and art films as well as some television programs (e.g. PBS Kids).

**PressReader** replaces RBDigital and provides access to over 2,000 English language newspapers and magazines including *The Waterloo Record*, *The Woolwich Observer*, *Zoomer*, *Reader's Digest*, and more. In addition, it also includes publications in over 60 other languages including German, French, and Arabic.

Other resources we continue to include: Download Library, Hoopla, Freegal, Ancestry Library Edition, Career Cruising, Tumblebooks, Sesame Street eBooks, and more! Check our website for a full list.

Need a Region of Waterloo Library card? Visit any branch and get one for free with proper identification.

Up-to-date program and event information is available from the calendar at [rwlibrary.ca](http://rwlibrary.ca) or contact the branch at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca).

*Chris Baechler, Assistant Supervisor  
Baden Branch—Region of Waterloo Library*

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## Regional Summer ESL Program For Visiting European Teens Expands to Wilmot, Seeking Local Host Families As Billets (honorarium paid)

Since 1992, Canada Linc English has been running successful annual summer ESL immersion programs, welcoming many students into nearby communities of Waterloo, Cambridge, Guelph, Elora-Fergus, and Brantford. Teens from Spain and France visit our region to study English and enjoy a month of fun and sight-seeing spanning our region, Niagara Falls, and Toronto. The organization is pleased to announce the addition of a new program servicing Wilmot and is looking for local families in the New Hamburg / Baden area with an extra bedroom and some spare time to host these young people in their homes for one month.

Through the program, many students and families have formed lasting attachments and continue to visit each other. Canada Linc English's coordinator for their new Wilmot location, Kelly Cain, is proof of this:  
*"I was first introduced to the Canada Linc host family program years ago when my parents decided to host a student from Spain. Since then I made over twenty friendships with French and Spanish students. I'm still in contact with most of them and we now enjoy life-long relationships. I discovered quickly that the students are truly grateful for the experience we shared with them; taking them in and treating them like family - so much so that they've done the same for us when we have visited them in their home countries. I have become so close to one of the students that my parents hosted when I was younger that she ended up being a bridesmaid at my wedding! This been such a rewarding experience for me that I'm now passing it on to my own children. My son still talks about our students from last summer and believes our guest room still belongs to them. It's definitely a great opportunity that I would recommend to anyone."*

The program is organized so that working families who are away during the day can qualify as hosts. Families are asked to provide a bedroom, meals, and to welcome their

visitor into their everyday life. Students are expected to spend most of their evenings and weekends with their host families and integrate into our Canadian way of life. They are free to take weekend trips with their host families if invited.

Spanish students will be here from June 26 to July 23, and French students from July 9 to 29. While in Wilmot, the teens will attend conversational English skills classes on weekday mornings at Waterloo Oxford. In the afternoons, they participate in cultural and sports activities with excursions including swimming, bowling, cinema, sports, canoeing, and exploring the Iroquoian village at Crawford Lake. Full-day trips are organized for Toronto, Niagara Falls, Wonderland, and Grand Bend beach.

All students receive a bus pass. Host families will have a few pick ups / drop offs: arrival day, first day for orientation, later evenings when students return from day trips, and the Video Dance Party.

An honorarium is offered: \$785 for one 4 week Spanish student, and \$585 for one 3 week French student. This program requires police security clearance for the vulnerable sector for everyone over 18 in the house.

Families interested in learning more may contact Kelly Cain, Coordinator, Wilmot Program Canada Linc English at (519) 616-2006 or by email at [Kelly@canadalinc.com](mailto:Kelly@canadalinc.com). More info at: <http://www.facebook.com/CLEWilmot>

Canada Linc's referral program is in effect: Refer a friend who hosts this summer and receive a \$75 'thank you'! Learn more about Canada Linc at: <http://www.canadalinc.com>.

*Written / Submitted by Brenda Lewis, Lewis Media Relations*  
<http://www.brendalewis.ca/publicist>  
*Publicist for Canada Linc English*

## Host a student from France or Spain

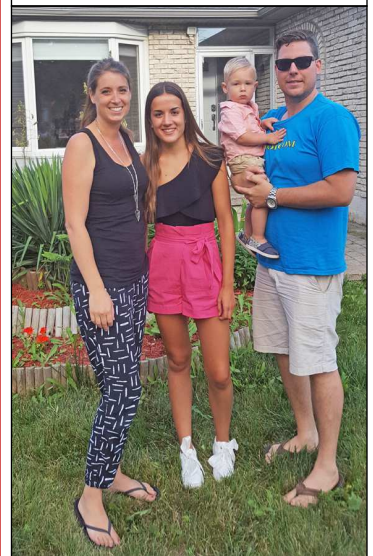


Help us give international teenagers an opportunity to experience Canadian family life and culture for 3 or 4 weeks in July. Students attend a full program of classes and activities every weekday and we are seeking hosts in the Wilmot area to provide a welcoming family environment. Families are paid \$785 for 4 weeks and \$585 for 3 weeks. It is possible to host two students. Show a Spanish or French student Canadian hospitality and give your family a fantastic cultural experience!

*Refer a friend who hosts this summer and receive a \$75 thank you!*

Please email [info@canadalinc.com](mailto:info@canadalinc.com) or call **519-884-1103** for more information.

Seen below is Kelly Cain with her family and a student they hosted through the program.



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# Baden Corn Festival

## Vendors

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Visit [badencornfest.ca](http://badencornfest.ca) for application and information or contact Sarah at [vendors@badencornfest.ca](mailto:vendors@badencornfest.ca) or 226-929-2411

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As spring approaches, we are all happy to get outside and enjoy the great outdoors. But as the temperature warms and the snow begins to melt, ticks become active. Please see below for some information about ticks and what you can do to prevent ticks from becoming a "hitchhiker" on your pet.

What you need to know:

- Ticks DO NOT die in the winter. They overwinter under the snow where the temperature is warmer than the air temperature. They can survive very cold temperatures down to -4°F (-20°C).
- As soon as temperatures hit 4°C ticks become active and begin looking for a meal.
- Ticks cannot fly or jump. They wait on tips of grass, shrubs, and leaf litter where they sense vibrations, odours, changes in temperature, and light patterns that occur when an animal (including people) walks past. The tick then extends its legs and grabs on to the passing animal.
- Ticks live mostly in wooded areas but can also be found in cities and towns because they "hitch" rides on birds, mice, and deer.

- There are over 15 species of ticks in North America. The most common in our area are the American Dog Tick, the Deer Tick (also known as the Blacklegged Tick) and the Brown Dog Tick.
- Some ticks can transmit serious and deadly illnesses, such as Lyme disease, Ehrlichiosis, Anaplasmosis, and others that are less common.
- Blacklegged Ticks, or Deer Ticks, are expanding their range from year to year. Just because your area did not have ticks last year does not mean that it won't this year.
- Ticks can conserve water and survive droughts – a hot dry summer does not mean there will be less ticks around.

What you can do:

- Start prevention BEFORE your pets are exposed. Ask your veterinarian about tick preventives. Your veterinarian will help you choose the best product(s) for your pet.
- Check your pets for ticks on a daily basis. If you find a tick, remove it or see your veterinarian if you need help removing a tick. Check yourself too!
- Clean up areas of your yard that make good tick habitat. Rake leaves, keep grass short, and clean up areas beneath trees and hedges.

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**Let's Experience the Wonder Word HOW.**

1. How many times can you subtract number 5 from 25?
2. How is the following possible? The day before yesterday Chris was 7 years old, next year she'll be 10 years old.
3. How many quarts of blood are in your body.
4. How many times does 'F' appear in this sentence?

FREDDY FLIPPER WAS OF THE IMPRESSION THAT SUCCESSFULLY BEGGING OF HIS MOTHER FOR MORE SHOES OF THAT SORT WAS ESSENTIAL FOR KIDS OF HIS AGE.

5. How do fish sleep? With their eyes closed?
6. How do birds know there is a worm in the ground?
7. How can someone throw a golf ball a short distance, have it come to a complete stop, and then reverse itself? The ball doesn't touch anything and nothing is tied to it.

**Answers below...**

1. Only once, after that you'd be subtracting from 20. Today is January. Yesterday December 31, was her 8th birthday (so the day before, December 30 she was 7). This year she'll turn 9, and next year she'll be 10.
2. To find out divide your body weight by 6.
3. Nine, most miss the Fs in the word OF.
4. All fish do sleep, although they never close their eyes—they have no eye-lids. A fish's brain shuts out the light and allows it to sleep, just the way your ears are still open when you sleep but the brain filters out what you need not hear.
5. A bird has very sensitive feet which can feel the earth vibrating as a worm crawls below it.
6. Just throw the golf ball up in the air. It goes a short distance, comes to a complete stop, and then reverses itself and comes back down.
7. Just throw the golf ball up in the air. It goes a short distance, comes to a complete stop, and then reverses itself and comes back down.



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## Stay in Touch with Wilmot Softball

Starting this season, the Wilmot Softball Association will now offer all-girls divisions from age 3 to 19 with the addition Blastball, T-ball, and Coach Pitch. This gives girls the chance to develop their skills in a fun and inclusive team setting devoted to instilling the love of softball for years to come. This environment allows girls to play with existing friends and create new lasting friendships all while playing a truly fun sport!! Parents also enjoy the benefits of watching their girls succeed in sport while developing their own friendships with other parents while cheering on their daughters. Previous girls' teams have achieved regional championships as well as medaling on the provincial level.



Wilmot offers an extremely successful pre-season skills clinic each year in April. This year the clinic will run from April 5-7 and April 12 - 14. This is a great place for girls to learn and develop their softball skills before the season starts. Registration for this season as well as the spring clinic can be done at [www.wilmotsoftballassociation.com](http://www.wilmotsoftballassociation.com)



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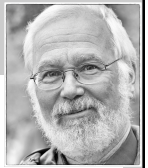
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## Baden Birding ~ Taking Stock

By Ken Quanz



It seems that Fraser, Wayne, and I have written Baden Birding articles on almost every species that is found locally, and some that are not found within thousands of kilometers. When we sit down to do a monthly article, we usually pick a species that has recently caught our attention or interest because of the season, or perhaps because of the news.

We have written about migrants returning in the spring (Tundra Swans, Bluebirds, Orioles, Prothonotary Warbler).

Our interest in the effects of invasive species was voiced in articles on Northern Cardinals which were considered a western bird until early last century, House sparrows which were introduced from England, European Starlings, the western House Finch and its effect on the native Purple Finch, and prairie-based nest predator Brown Headed Cowbirds.

Local winter visitors and residents which could often be seen at feeders became a mainstay of the winter articles and included: Winter Wren, Brown Creeper, Black Capped Chickadees, Rock Pigeons, Pileated Woodpecker, Downey Woodpecker, Red Headed Woodpecker, Red Bellied Woodpecker, Horned Lark, Snow Bunting, White Breasted Nuthatch, Red Breasted Nuthatch. As well, we highlighted easily spotted Belted Kingfisher, Cedar Waxwings, Bohemian Waxwings, and Northern Flicker.

Predator birds included Great Blue Herons, Merlin, Red-tailed Hawk, Osprey, Northern Shrike, Peregrine Falcon, Bald Eagle, Great Horned Owls, Barred Owl, Northern Screech Owl, Northern Saw-whet Owl. Who knew!

Species that have been purposely and successfully reintroduced to our part of Ontario, such as Wild Turkey and Trumpeter Swan, were discussed. Common Raven, which have been steadily moving south in their range, were also noted.

Concern was raised for species at risk such as the Bobolink (lack of uncut long grass fields left uncut until mid-July), and Common Loon (lead poisoning, habit loss, human activity).

Many species were featured because they are affected by changes in hunting laws (Mourning Doves, Double-crested Cormorant) or by being named the National Bird (Grey Jay).

The rising population of nature's carrion eaters, Turkey Vultures, may have interested some readers while disgusting others.

Rarely seen birds which inhabit our area, such as American Woodcock, Wilson's Snipe, and Red-headed Woodpecker, got the full-page treatment. When was the last time you saw any of these in Waterloo or Perth?

Even birds' brains were discussed: Crows for their remarkable ability to problem solve, and Chickadees for their programmable memory of seed storage locations.

While often talking about the breeding habits of various species (Killdeer), we have also covered nesting habits and shape/colour of bird eggs.



Along the way we have also highlighted the Ruby Throated Hummingbird, Tundra Swan, Ruffed Grouse, Black-billed Cuckoo, Yellow-billed Cuckoo, and mentioned numerous other species. There was even an article on the Royal Albatross!

What bird-related articles would you like to read in the future? Send Pat and Barry an email at [badenoutlook@hotmail.com](mailto:badenoutlook@hotmail.com) or speak to one of us the next time you see us and we will be glad to oblige.

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## Entry 4: A Few Q's and A's

If you're reading this, we hope that by now you've heard of the Wilmot Key Quest - this spring's treasure hunt for \$5000! If not, don't worry, there's still plenty of time.

This month, we want to address some practical questions: "How do I get the daily clues?" and "What exactly is it that I'm looking for?"

Bur first - in case the Key Quest is new to you, here's the critical information in a nutshell!

1. There will be a **real-life treasure hunt** in Wilmot Township this spring, running from **April 29 to May 19**. Participants will solve **daily clues** that lead to the hidden treasure.
2. The winner(s) will take home a **\$5,000 cash prize!**
3. You, your friends, and your family can participate - whether you live in Wilmot Township or not. The hunt is **open to everyone**.
4. There is **no cost** to participate.
5. Visiting, liking, sharing, and following the Facebook page is a great way to keep track of the story, and keep up to date with information about the Quest: [www.facebook.com/WilmotKeyQuest](http://www.facebook.com/WilmotKeyQuest)

Now here are the answers to two important questions about how the Key Quest will work:

### Q: How exactly do we get the daily clues?

A: There are **two ways** to get the clues. First: every weekday, starting on April 29, the new clue will be printed in the Waterloo Region Record. If you want to find the clue, **pick up a copy of the Record**, and search for our 1/8th page, black and white ad (you will recognize it by the "Wilmot Key Quest" name and 'keyhole' logo). This is a great way to get your hands

on the clue as soon as you possibly can... and as the hunt wears on, time will be of the essence!

The other way to get the clues will be to **visit any one of these sponsors:**

- Baden Feed and Supply
- Baden Village Pharmacy
- Big Leaf Print and Graphics
- EJ's Tavern
- Focus Computers
- Josslin Insurance
- Meadow Acres Nursery
- TLC Pet Foods
- Town Square Pharmacy
- Wilmot Centre Missionary Church



Those sponsors, sprinkled throughout Wilmot Township, will be displaying the clues at their locations for the entirety of the Key Quest. So pop in to any of the locations above at any time during the hunt to see an **up to date list of all the clues**. This is a great and convenient way to see all the available clues in one place, at one time.

The daily clues will **not** be posted to our Facebook page. That being said, checking in on the Facebook page will be the best way to hear any important announcements. For example, when we hear the key has been found we will announce it on Facebook.



### Q: "What exactly am I searching for? Just some key lying around?"

A: This question is a little bit harder to answer but we can say that **you will not be looking for a loose key lying around**. You will be looking for **something that contains the key, as well as instructions to claim your \$5000 prize**. Beyond that, you'll have to use your discretion, wits, and intuition... Could it be a bag? A box? A package? Hard to say... If in doubt, check it out - you might win five grand!

Make sure to pick up next month's Baden Outlook for our final entry before the quest begins! And if you missed a month, past entries are available on [facebook.com/WilmotKeyQuest](http://facebook.com/WilmotKeyQuest) or [badenoutlook.com](http://badenoutlook.com). Familiarizing yourself with our entries could give you an edge this spring...

*Good luck, stay tuned, and happy hunting!*



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LOTTERY LICENCE # M700949

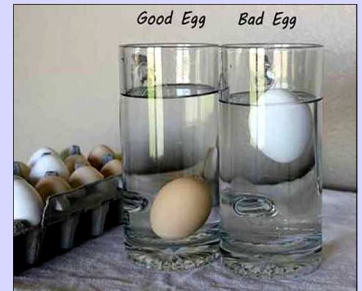
... *And the March winners are:* 1<sup>st</sup> prize Ticket # 116 Louise Spandler (Stratford), 2<sup>nd</sup> prize ticket # 70 Cole Jacques (Kitchener), 3<sup>rd</sup> prize ticket # 304 Ryan Sim (Waterloo)

## BRILLIANT MINDS... SHARING HOUSEHOLD TIPS.

Store bed sheets inside their pillowcases for tidy storage,



Keep brown sugar soft by storing with a couple of marshmallows.

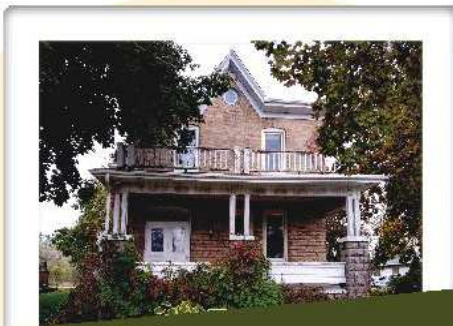


To tell if eggs are fresh, immerse them in a bowl of water. Fresh eggs will lie on the bottom, while stale eggs will float to the surface.



Freeze grapes to chill white wine without watering it down.

Prevent soil from escaping through the holes in the base of flowerpots by lining with large coffee filters. For bigger pots use a diaper and it will keep the plant moist during dry spells too.



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## INDUSTRY LEADERS SELECTED FOR INDUCTION INTO THE ONTARIO AGRICULTURAL HALL OF FAME

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AGRICULTURAL  
HALL OF FAME**  
ASSOCIATION

In 2019, five industry leaders will be inducted into Ontario Agricultural Hall of Fame. Marie Pick, John Maaskant, Kenneth Porteous, **Wilfred Schneller** and Peter Twynstra have all been selected by the Ontario Agricultural Hall of Fame Association as worthy candidates based on their life-long commitments to Ontario's agriculture.

To qualify for this prestigious recognition, inductees must have demonstrated visionary leadership, innovation, and entrepreneurship in the advancement of agriculture in Ontario.

### **Wilfred John Schneller (1902-1987)**

Wilf Schneller owned Spruce Grove Farm at Baden, recognized for its excellent herd of high producing Ayrshires. But it was his drive to learn about new practices, test them with extension and academic partners, and then to inspire other farmers to adopt new technology and management solutions which set him apart as a key agricultural leader of his time. As a devoted conservationist, he began to implement new soil and water conservation methods on his farm to inhibit soil erosion. Through farm tours, demonstration plots, and presentations, he showed others how to employ these practices. He became president of the Ontario Soil and Crop Improvement Association in 1954 and in 1959 was made an Honourary Member of the Soil Conservation Society of America. He planted over 56 varieties of trees on his own farm and helped to develop an Arboretum near New Hamburg which opened in 1964. *Nominated by the Ontario Soil and Crop Improvement Association*



Wilfred & Brad Schneller, Spruce Grove Farm 1965

*Photo of Wilfred and son Brad taken before the barn was dismantled to be replaced with housing development. Photo courtesy of Brad Schneller.*

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Heritage Wilmot is looking for information on the Old Holland Mills Bridge. If you have any photos or information on the original bridge please contact Tracy Loch at 519-634-8444 or email [tracy.loch@wilmot.ca](mailto:tracy.loch@wilmot.ca)

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## Baden Outlook Hockey Stats

Adults Pool			Kids Pool		
Place	Name	PTS	Place	Name	PTS
1	Shane Rooney	895	1	Tyson Ruston	815
2	C J Eagleson	892	2	Cooper Hill	798
3	Paul Koenig	889	3	Xavier Kasper	790
4	Janet Knechtel	878	4	Waylon Herlick	785
5	Jesse Heibein	873	T5	Calvin Linthorne	781
6	Lois Kinney	851	T5	Dallas Egli	781
7	Charlie Baumbach	850	7	Ryan Boronka	775
8	Papa Bob	845	8	Joel Miller	774
9	Timmy Gowland	844	T9	Aidan Miles	768
10	Steve Roth	843	T9	Simon Marr	768
11	Derek Leis	842	11	Ryan Cutting	767
12	Ian Kropf	839	12	Aiden Kooy	766
13	Amanda Travers	838	13	Hayden Jack	763
14	Gavin Koenig	837	14	Tessa Whitelaw	761
15	Rick Hazelwood	836	15	Evan Bizony	755
16	Geordy Fournier	830	16	Keaton Herlick	754
17	Greg Morrison	829	17	Sofia Salese	751
18	Michael Vitello	828	18	Jayse Londry	749
19	Bryan Pfaff	825	19	Easton Waechter	748
20	John Papa	823	20	Zak Kasper	746
T21	Pamela Hadley	822	21	Taylor Naumann	741
T21	Liam Boronka	822	22	Trent Deckert	740
23	Tim Wenn	821	T23	Hudson Waechter	738
24	Deanna Carney	820	T23	Lauryn Porchak	738
T25	Ryan Hadley	819	T23	Payton Egli	738
T25	Mitchell Dietrich	819	26	Ronan Bastias	737
27	Chris Young	818	27	Benjamin Linthorne	734
28	Ted Kinney	817	28	Reese Faulhafer	730
T29	Devo Weatherby	816	T29	Cameron Langer	729
T29	Howie Meeker	816	T29	Brooklin Hill	729

**Congratulations to Janet Knechtel for taking the Adult Leader Prize for this month's Hockey Pool, winning a gift certificate from EJ's Baden Hotel**



(Remember, you can only win the monthly leader prize once – good luck on the final prize!)

**Congratulations to Waylon Herlick who took the leader prize for the Kids Pool winning a gift certificate to New Hamburg Lanes**



Hello sports fans! Thanks for playing hockey with us! There are 358 adults and 72 kids competing in this season's hockey pool.

The stats are pulled on the 7th of each month. To view your stats simply visit our website at [www.badenoutlook.com](http://www.badenoutlook.com) and select "sports pools". For the adult pool type in pool ID: outlookhockey and for the kids pool type in outlookkids . The passwords are : *guest*.



Have Fun and Good Luck!

### Attention Sports Fans:



*I'm sorry to say that we will no longer be running the sports pools. We are wrapping up the hockey pool with our final year end winners next month. It's been a great 18 year run of hockey and baseball. Thanks so much for playing with us!*



*Happy St. Patrick's Day from your friends at the Baden Hotel!*



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## You Must Be Joking!!



ALWAYS ASK, NEVER ASSUME!!

His request approved, the CNN News photographer quickly used a cell phone to call the local airport to charter a flight. He was told a twin-engine plane would be waiting for him at the airport. Arriving at the airfield, he spotted a plane warming up outside a hanger. He jumped in with his bag, slammed the door shut, and shouted, "Let's go!"

The pilot taxied out, swung the plane into the wind and took off. Once in the air, the photographer instructed the pilot, "Fly over the valley and make low passes so I can take pictures of the fires on the hillsides."

"Why?" asked the pilot.

"Because I'm a photographer for CNN", he responded, "and I need to get some close-up shots."

The pilot was strangely silent for a moment. Finally he stammered, "So, what you're telling me, is . . . You're NOT my flight instructor?"

Submitted by Bob Smith



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## Life with a Grumpy Old Bugger

- ◆ If you're wrong and you shut up, you're **wise**. If you're right and you shut up, you're **married**.
- ◆ My wife told me she was like a fine wine, getting better with age....so I locked her in the cellar.
- ◆ After an argument with my wife, I like to tighten the lids on all the jars just so I can say, "Oh? Now you need me?"
- ◆ My wife asked me to see things from a woman's point of view... so I looked out of the kitchen window, nice guy that I am.



Submitted by Bruce Bousher



**We're on the Web!**

**Read the paper in colour at**  
**www.badenoutlook.com**



# EcoNugget

## Green Housecleaning Tips

- \* Cut up old pieces of clothing for rags.
- \* Use a ball of aluminum foil & a washcloth soaked with vinegar instead of fabric softener.
- \* Clean the dishwasher by setting a Pyrex bowl with 1/2 -1cup of vinegar on the top rack and running a normal cycle without dishes.
- \* Clean your showerhead by attaching a baggie filled with vinegar and leaving it for a few hrs.
- \* Create your own scouring powder using baking soda and a container with holes in the lid.
- \* Create a natural air freshener by simmering water on stove with cut up lemon or orange.

For further information contact:  
[nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com)

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 7:00 pm on **Wednesday, March 27<sup>th</sup>**. For meeting location or more information, call 519-662-9372.

## You Must Be Joking!!



At an Irish wedding reception the D.J. yelled out...

"Would all married men please stand next to the one person who has made your life worth living."

The bartender was almost crushed to death, but is expected to survive.



## New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

St Patrick's Dinner Saturday March 16th, 6pm  
 Ham & Scallop Potatoes \$12

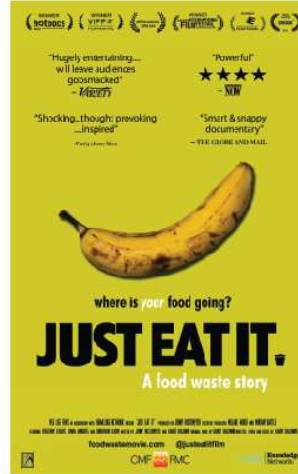
Express Lunch \$6 ~Friday April 5<sup>th</sup>, 12pm

Entertainment ~ Crippled Ducks  
 Saturday March 23<sup>rd</sup>, 3-7

April 13th, 2-6 ~ Dianne & Cavaliers \$5 at the door



Join us for a food waste event featuring a film, a panel discussion and Q&A.



### Panelists:

Alison Blay-Palmer, PhD – Director, Laurier Centre for Sustainable Food Systems, Wilfrid Laurier University

Mike von Massow, PhD – OAC Chair in Food System Leadership, University of Guelph

Jennifer Pfenning – Director of Human Resources, Operations and Marketing, Pfenning's Organic Farms

**Wednesday March 20, 2019, 7:00-9:00PM**  
**Zion United Church, 215 Peel Street, New Hamburg,**

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## Slow Down and Simplify Your Life 101

Reduce Clutter: nothing is more freeing than wide open clean spaces—free of piles of paper, unfolded or dirty laundry, a counter full of dirty dishes, the unmade bed with clothes on the floor! Excess clutter can sometimes reveal the status of your life. I think you can see this idea of clutter has to be addressed to be able to feel good in your own space...pick up after yourself. It's a daily commitment but once the habit is developed it can be easily managed. .. And that feels good, just begin!

Don't be a slave to the phone, the door, the television or your electronics: give it up, put it down, let your face be seen and voice be heard. Don't jump from the table to answer the door or the phone, and do not bring your electronics anywhere near the dinner table. The answering machine can take a message, the PVR will record your show, and your electronics need to be charged anyway. Eat, breathe, relax and enjoy your meal and the company you are dining with. Not only is it courteous, it's healthy. and once you get over that bad habit you'll see that it feels good!

Get up one hour earlier: you don't have to be a morning person to get up earlier than necessary. Get an easy slow start to your day and relax with your coffee or tea, don't rush through your shower, and sit still while you have your breakfast. No running required to get your day going, unless of course, you like to jog! Greet the day with peace and take it with you as you go... That feels good!

Include your loved ones in your day: whether you read a book with your child, throw the ball with your son, watch the news with your spouse or chat with your mom, it's important that you have daily valuable time with those dear to you... never, never take them for granted. Take the time to share a story, a laugh, a hug, and you'll all feel good!

Share Responsibilities: whatever the task entails through each day it can be shared. Don't be the one that watches the laundry get folded, the dishes put away or the garden being tended to. Extend yourself and do something you wouldn't usually do; don't wait to be asked. You may even determine that it was quality time spent with someone dear to you. Lend a hand! It's good for everyone.

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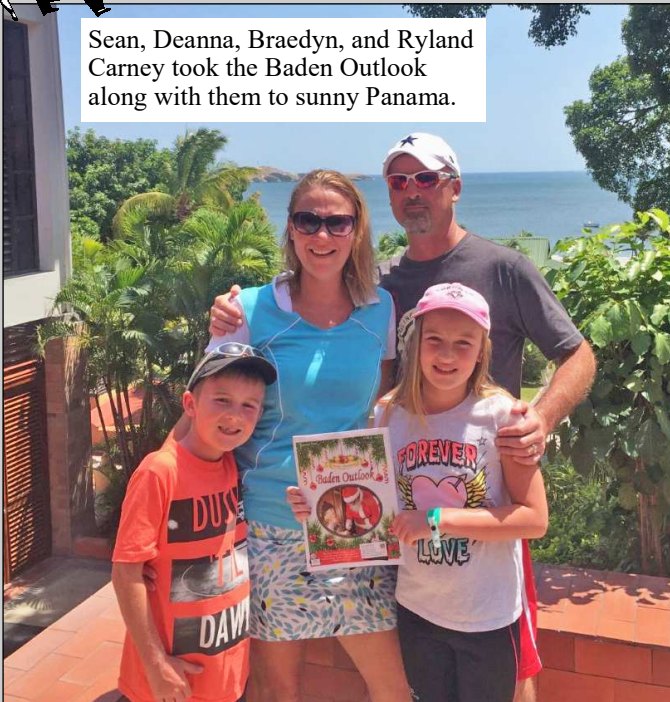
*Celebrating 37 years!*



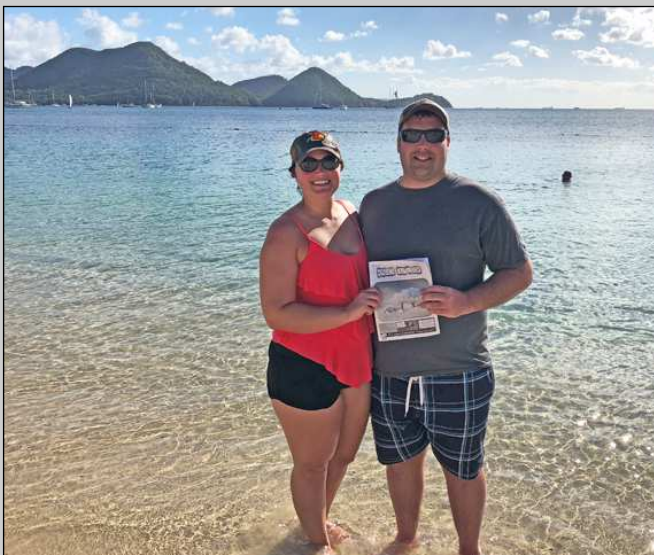
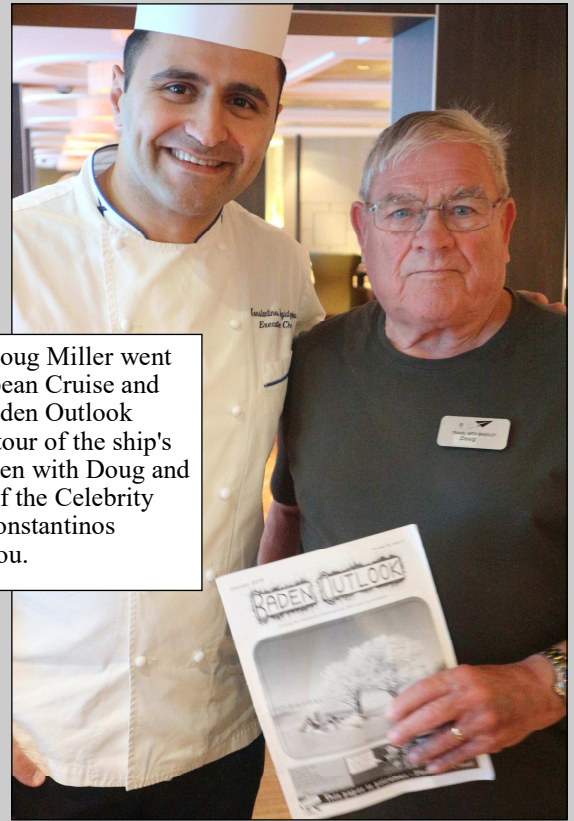


*Wow! More exciting destinations as The Baden Outlook continues to travel ...*

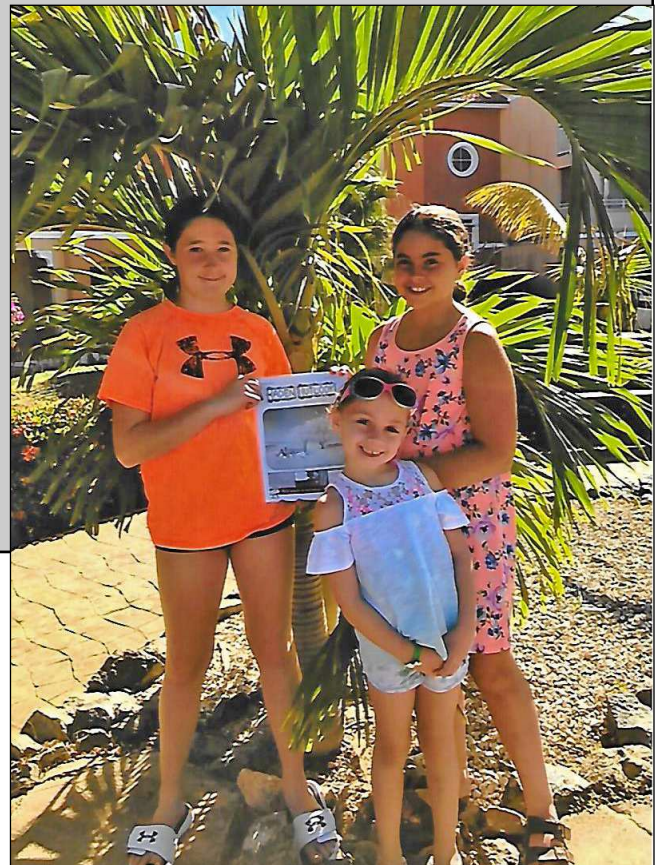
Sean, Deanna, Braedyn, and Ryland Carney took the Baden Outlook along with them to sunny Panama.



Mim and Doug Miller went on a Caribbean Cruise and took the Baden Outlook along on a tour of the ship's galley as seen with Doug and head chef of the Celebrity Summit, Konstantinos Vogiatzoglou.



Shelby and Alex Reibeling recently travelled to St. Lucia for their late honeymoon and brought the Baden Outlook along for the trip! They had a wonderful time.



Josh and Lisa Egli took their daughter Payton (far right) and her friends Hanna and Serena and the Baden Outlook along on their vacation to Veradero, Cuba.

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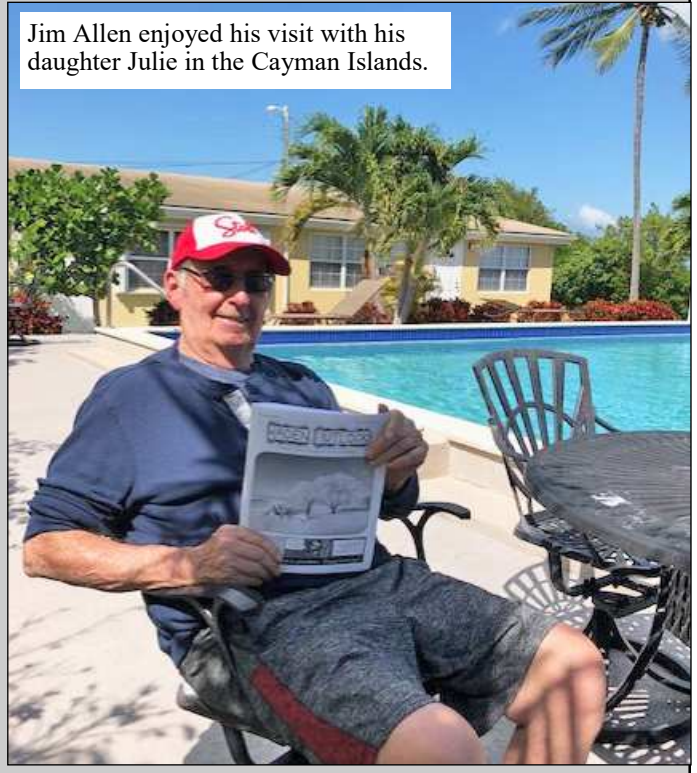


Steve and Crystal Schmitz, along with their 3 girls, took the Baden Outlook on their first real vacation as a family to the Magic Kingdom in Orlando, Florida.

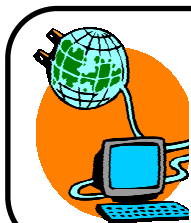


Arden and Garth Linton went on a cruise on the Ruby Princess to the Mexican Riviera and Sea of Cortez...they had made arrangements to meet Murray and Muriel Poole in Puerto Vallarta, as they spend two months there every year. They showed them around as only "locals" could.

Jim Allen enjoyed his visit with his daughter Julie in the Cayman Islands.



The annual getaway with four bad boys and the Baden Outlook in Ohio to see the NHL hockey game. Seen are Travis and Tim Gowland, Mike Lindner and Barry Fisher.



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# The Many Benefits of Osteopathy

By Tammy Tourout, DOMP - Manual Osteopath, LiveWell Health and Wellness



Osteopathy has become very popular within the last few years due to its many benefits. Osteopathy is best described as a combination of massage therapy and chiropractic care. Treatments involve working on all areas of anatomy, which include the muscles, bones, joints, nerves, ligaments, and tendons. Massage or soft tissue work is done to release any tension or trigger points in the musculature that contribute to pain. Joints are then mobilized to create more range of motion, decrease stiffness and help better align the skeletal system. Exercises and stretches are also added in when necessary. Due to the well-rounded treatment approach working on multiple surrounding areas near the pain site, osteopathy has excellent results.

Many of us deal with acute or chronic ongoing pain, whether work related, from an injury, or simply from aging! Osteopathy is a natural treatment option for pain and is often recommended as a first treatment option by physicians. This is because it can reduce or eliminate pain, and therefore eradicate the need for medication. Treatment offers relief of negative symptoms, and further maintenance treatments help sustain a pain-free state and prevent further issues from arising.

Once a patient's negative symptoms have subsided, a regular monthly maintenance treatment is then recommended long term. These treatments prevent the negative symptoms from returning and prevent progression of disease and/or future problems. Issues left untreated often return and worsen over time. That is why when pain is gone, it's just as important to keep it gone!

Even individuals who do not have a specific problem area can benefit from osteopathy. Treatments have been proven to be effective in both promoting overall well-being and in preventing issues. Treatments are relaxing and help calm the nervous system, serving as a great stress reliever. The techniques used have a detox effect which is favourable for overall health. Techniques help circulate blood and lymphatic fluid which helps flush any toxins in the body.

Other techniques can be added into an osteopathy treatment when necessary, such as manual lymph drainage, cranial sacral therapy, and visceral manipulation. Lymph drainage is used to reduce any swelling in the body, flushing edema and healing injured areas. Cranial sacral therapy helps pump the cerebral spinal fluid through the spinal cord using gentle pumping motions to the sacrum and cranial bones. This fluid feeds the nervous system and immune system and therefore this technique improves function of both systems. Visceral manipulation is beneficial when there are restrictions or adhesions in the tissues surrounding organs. This fascia can become tight and pull on organs causing pain and other issues.

As you can see, there are many benefits to Osteopathy which have led to its popularity over the years. Its use will only continue to grow and further assist in patient healing. What a great way to start becoming a healthier version of you!



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March is Nutrition Month and, since the month is dedicated to raising awareness around the importance of healthy eating, there is no better time than now to try cutting back on sugar. Canadians have a major sweet tooth and it's about time we do something about it. Kicking a sugar habit can be a challenge though, as research has found that sugar tricks your brain into wanting more and more of it – hence the feeling of not being able to get enough.

This month dietitians everywhere are emphasizing the importance of making healthy eating choices and limiting the amount of sugar in our diets – especially added sugars found in juice, pop, and pre-packaged snacks. Consuming too much sugar can have harmful effects on the body and overall health.

Here are five quick facts on sugar that may help Canadian families cut back:

1. Sugary beverages are the number one source of sugar in the Canadian diet, and part of why reducing sugar intake is a focus of the new Canada Food Guide.
2. Other foods with a high sugar content include sugary breakfast cereals, candy and chocolate bars, jams, jellies, and preserves.
3. Sugar should be limited at every meal. The Heart & Stroke Foundation recommends we consume no more than 10 per cent total calories per day from added sugars, and ideally less than 5 per cent. Based on an average 2,000 calorie-a-day diet, that's about 48 grams (or 12 teaspoons) of added sugars.
4. Too much sugar can cause health concerns such as tooth decay as well as unhealthy weight gain from

the excess calories sugary foods provide. Health Canada recommends following a healthy eating pattern where most sugars come from fruit, vegetables and unsweetened dairy products such as low-fat milk and yogurt.

5. Use the Nutrition Facts panel to determine whether a food's sugar content is naturally occurring or not. If there are any sugars listed in the first few ingredients, the food is likely high in added sugar and should be eaten in moderation or avoided.

Satisfy your sweet tooth with a warm cup of this flavourful, no-sugar-added apple cider tea!

### Apple Cider Tea

- Ready in: 5 to 10 minutes  
1 cup (250 mL) Hot water  
2 Spiced apple herbal tea  
1 Cinnamon stick  
1 Star anise



In a 8 oz or 250 mL cup, steep 2 bags of the spiced apple herbal tea along with the star anise and the cinnamon stick split in half. For maximum flavor, let the tea steep as long as desired (at least 5 to 8 minutes).  
Makes 1 serving

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"Keeping the Community Connected"

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



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**Canadian  
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## Blood Donor Clinic

Monday, March 18, 5 pm - 8 pm  
Steinmann Mennonite Church  
1316 Snyder's Road W., Baden

## 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 Brenneman  
Welcome Wagon Representative  
519-591-5963 [marlene.brenneman@gmail.com](mailto:marlene.brenneman@gmail.com)



## 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](mailto:kelly@wilmotfamilyresourcecentre.ca) / 519 662-2731

## Parent & Child Drop-in Program

A fun and inclusive environment that supports early learning and development. Children birth to 6 years.



Monday	Wilmot Rec Complex	9:30 to 10:30am
	Wellesley—1000 Maple Leaf St	9:15 to 11:15
Tuesday	Baden, 66 Mill St (St. James Church)	9:30 to 11:30am
Wednesday	New Hamburg—175 Waterloo St	9:15 to 11:15am
	Wellesley—1000 Maple Leaf St	9:15 to 11:15am
Thursday	New Hamburg—175 Waterloo St.	9:15 to 11:15am
Friday	New Hamburg—175 Waterloo St	9:15 to 11:15am



**Wilmot Family  
Resource Centre**

519-662-2731 x210

[tina@wilmotfamilyresourcecentre.ca](mailto:tina@wilmotfamilyresourcecentre.ca)

## T.O.P.S. (Take Off Pounds Sensibly)

We are a support group for weight loss. Meetings are held on Tuesday evenings St. James Lutheran Church, 66 Mill Street, Baden Weigh-ins at 6:30 pm followed by a short meeting. For more information call 519-634-9690 Everyone Welcome.

Ladies...Mark your calendar for the annual **A Women's Day** event.

**SATURDAY, APRIL 13, 2019**

Bethel Evangelical Missionary Church, 13 Bridge Street W., New Dundee

Topics & Presentations: Lyme Disease, presented by University of Guelph; Retirement & Long term Care; Lucy Pearlle Studio & Vintage Market; Fraud by Waterloo Regional Police; musical entertainment with Shout Sisters Luncheon included by Village Caterer. Hosted by Women's Institute. Registration required by April 4th, \$35 person.

For more information contact Ruth Jones at 519-578-9876

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# New Hamburg Lioness



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## CLIMATE CHANGE: TIME FOR CHANGE?

*Lecture Series* ~ Climate change is one of the greatest challenges confronting humanity. International scientific studies indicate that time for dealing effectively with this issue is running out. What are the choices confronting us as citizens, producers and consumers? This series of lectures is designed to help us explore our options and their consequences.

### April 3. *The Ethics of Climate Change*

Speaker: Dr. Byron Williston, Wilfrid Laurier University

### April 10. *Ottawa's New Carbon Tax: Economics, Cooperation and Conflict*

Speaker: Dr. Tracy Snoddon, Wilfrid Laurier University

### April 17. *Climate Change and the Food Industry*

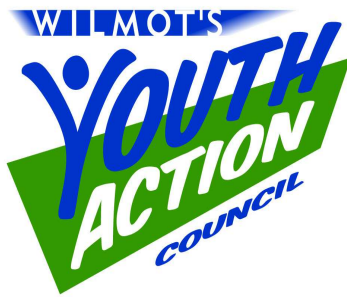
Speaker: Mr. Bill Fleming, Franchise Owner, Sobeys New Hamburg

### April 24. *Electric Vehicles: Myths and Reality*

Speaker: Mr. Andy Wilson, Retired Computer Database Architect & Electric Car Owner

**All presentations take place at St. George's Anglican Church, 3 Byron St., New Hamburg. 2-4 p.m. Cost: \$20 for the entire lecture series, or \$6 per lecture at the door**

To register, please go to <https://stgeorgesnewhamburg.com> and download registration form, or contact the church office at 519-662-3450.



Hello loyal readers, Wilmot's Youth Action Council here, and we are going to begin this article by showcasing our upcoming Wellness Nights: on Monday, April 1st from 7:00pm to 9:00pm in the Optimist Youth Centre, we will be hosting our Healthy and Unhealthy Foods Wellness

Night. This event will help you learn about what makes foods healthy and unhealthy through evaluating what we are using to fuel our bodies. This unique event will also help you learn how to read confusing food labels, what the big words on the labels actually mean, and also how to choose healthier food options for when you are on the go! We are psyched that we can provide these amazing Wellness Night opportunities to give you programs that can potentially help you to live a happier, healthier, and more balanced life!

Another event we are hosting is our Indoor Movie Night on Saturday, March 23rd starting at 6:30pm in the community centre at the Wilmot Recreation Complex. The movie we will be showing is Sing. All ages and families are welcome; bring your own blankets, pillows, and stuffed animals. Snacks are available for purchase and an admission donation of \$2 is suggested. We hope to see you there! Kassi

## You Must Be Joking!!



I was walking home last night and decided to take a short cut through the cemetery when 3 girls came up to me and explained that they were scared to walk past the cemetery at night. I offered to let them walk along with me if that would help. I told them "I understand...I used to get freaked out too when I was alive." Never seen anyone run so fast!



Happy St. Patrick's Day!

As you slide down the bannister of life may the splinters never point your way!

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## Cognitive Distortions

Written by, Ashley Baldwin, Social Work Intern Interfaith Counselling Centre



You may have heard the phrase “making mountains out of molehills”, or you may have said it to someone not realizing what this phrase really means. For individuals with anxiety, it is automatic for them to exaggerate the risks of a negative situation, or minimize the potential for a positive outcome of a situation. When someone is struggling with anxiety, it is easy for them to think the worst of a situation and to ruminate on the outcome, going over every possible scenario that could occur along the way. This type of thought process is considered a “cognitive distortion”, which basically means a way in which your mind twists the reality of a situation to focus on the negative. If you struggle with this type of thinking or know someone that does, there are a few ways to help. Ask them (or yourself), “How would someone else see this situation?” or, “Am I only exaggerating the negative parts of this situation?” These questions can help bring focus back to reality and prompt some critical analysis of the situation, to allow time to truly reflect on what is happening.

Another cognitive distortion that is in the same family as “mountains and molehills” is called “catastrophizing”. This is when you imagine the worst possible scenario in the world and assume this is going to happen to you. You may know someone that gets on an airplane and assumes the plane will crash. Even if they have been on hundreds of safe flights and they know the statistics of plane crashes is on their side, there is no convincing them to stop thinking about this worst-case scenario. This is another form of anxiety that can pop up in someone’s life on a daily basis. Many times we think the worst without any solid proof that those thoughts will ever materialize.

Here are some questions you can ask yourself to work through a situation that you or someone you know is catastrophizing over:

- 1 What are you worried about?
- 2 How likely is it that your worry will come true? Provide some examples of past experience to support your thoughts.
- 3 If your worry DOES come true, what is the worst thing that could happen?
- 4 If your worry DOES come true, what is most likely to happen (this is the reality version of your thought from question 3)?
- 5 If your worry does come true, what is the percentage chance that you will be ok in one week? \_\_\_%
- 6 One month? \_\_\_%
- 7 One year? \_\_\_%

*(Questions adapted from worksheet available on [therapistaid.com](http://therapistaid.com))*

For additional resources on DBT skills and resources you can visit: [www.dbtselfhelp.com](http://www.dbtselfhelp.com)

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## Wednesdays during Lent

You are invited to a worship service at noon followed by a soup and sandwich lunch

A good will offering will be accepted for the Canadian Bible Society and to cover the costs of the lunch

### Locations for 2019:

- March 6 Ash Wednesday - Attend a service in a local congregation
- March 13 Steinmann Mennonite Church, 1316 Snyders Rd W, Baden
- March 20 Zion United Church, 215 Peel St, New Hamburg
- March 27 Trinity Lutheran Church, 23 Church St, New Hamburg
- April 3 Wilmot Mennonite Church, 2995 Bleams Rd, New Hamburg
- April 10 Shantz Mennonite Church, 2473 Erbs Rd, Baden

For more information contact Wilmot Mennonite Church 519-634-5030 or [wilmotmennonitechurch@gmail.com](mailto:wilmotmennonitechurch@gmail.com)

## Peace and Justice Breakfast

Steinmann Mennonite Church  
Saturday, April 13, 8:30 to 11:00 am

Please RSVP to 519 634-8311 by April 5

Guest Speaker- Paul Born  
Paul is the Co-Founder and Co-CEO of Tamarack Institute and the Founder and Director of Vibrant Communities.  
He is the author of four books, including two Canadian best sellers

*Title: Deepening Community for a Happier Life and a Better World*

Donation at the door to cover costs

## Mindful Movement

Wednesday March 20, Apr 3 and 17  
6:30 tea and chat / 7:00-8:00 pm Mindful Movement (Yoga)  
**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Cost: \$5-\$10 Pay what you can. Please wear comfortable clothing. Bring a yoga mat if you have one.



Tea, coffee and conversation for seniors

Join in the Conversation for Seniors

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Topic: The Twisted Road – a life story  
**Tues. March 26 12:00-2:00**

A light lunch will be served at noon.  
Suggested donation of \$10 accepted.

## Local Churches Invite You to Join Them

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



### 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)

### Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

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

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### SHANTZ MENNONITE CHURCH

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

Pastor: Don Penner

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

### ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden, ON

519-634-5191 [www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)

Interim Pastor: Bonnie Schelter-Brown

Sunday Worship 9 am / Sunday School



### Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am

Rev. Wayne Domm

519-634-8687 [www.wcmc.ca](http://www.wcmc.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

### Steinman 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)

## Let the New Hamburg Thrift Centre Help with Your Spring Cleaning

March is when the calendar marks the official start of spring. The flowers start blooming, the birds are serenading, and the house feels like it is stuck with winter blues. Spring cleaning allows us to freshen up our homes and get a head start on the hectic seasons of spring and summer.

The New Hamburg Thrift centre wants to help you with your spring cleaning. We will gratefully receive your quality donations anytime during our business hours, Monday to Thursday 9 am to 5 pm, Fridays 9 am to 8 pm and Saturdays 9 am to 4 pm. The drop off area is at the back of the store and our volunteers will be there receiving your donations.

We appreciate your generosity and are pleased to provide a free pick-up service for large furniture items only. This is a great service and a very popular one, so make sure you call the store at 519-662-2867 and ask for Murray, or request your furniture pick up online through our website <http://newhamburgthrift.com/request-your-free-donation-pickup/>

After you submit your request, you will be contacted by Murray to discuss your details and arrange a pick-

up timeframe. Please be aware that due to the community's generosity we occasionally will run a waiting list for pick-ups – so call early to book your time! Our truck is operated by wonderful volunteers and therefore we are unable to retrieve items from anywhere other than the main level; for safety reasons they are not able to go up or down flights of stairs. To meet our standards of quality, please make sure you review the following pick-up criteria before booking your service:



- \* Furniture does not contain rips, stains, odours or pet hair (item will be refused at the time of pick up if these conditions are not met). Items with cigarette smoke will not be picked up.
- \* Furniture is in the main floor or garage (or there is access to an apartment elevator) – no stairs.
- \* Ensure that you have a complete list of the items to be picked up when you call (this helps us to know how many pick-ups we can do in a day).
- \* Unfortunately, we are no longer able to accept large teachers' desks, pianos/organs or wall units.
- \* We accept mattresses; however, Heath Canada states that we cannot accept stained or soiled mattresses and we will check them at the time of the pick-up.

Areas of service that we pick-up are Stratford, Tavistock, Bright, Plattsville, Shakespeare, Wellesley, Baden, New Hamburg, Kitchener, Waterloo (areas 20 min outside our store).

We appreciate all your donations and generosity and we try to pick-up as quickly as possible.

Thank you for your patience during our busy times, and for your ongoing generosity.

### New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

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



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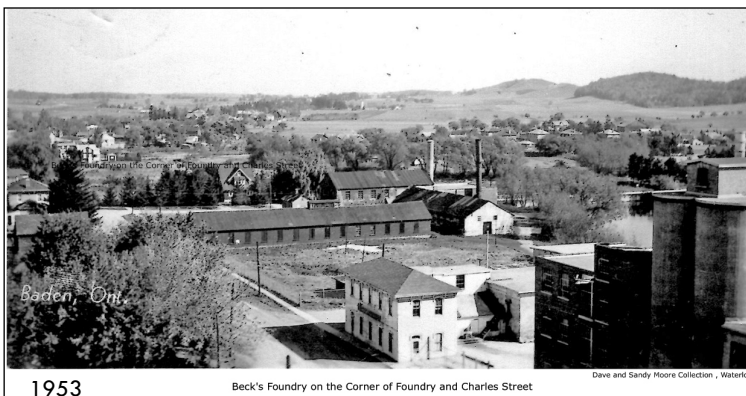
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## Jacob Beck – Founder of Baden

While there is considerable information about Sir Adam Beck, much less is known about his father, Jacob Beck, who was Baden's founder. Jacob was born in the village of Weiler in the Grand Duchy of Baden (Germany) in 1816. His family came to North America in 1829, settling first in New York State and then moving to Doon, now part of Kitchener. However, Jacob remained in New York where he worked as a doctor's apprentice and later in the mills and locomotive works of Schenectady. He joined the rest of his family in 1837. At some point, Beck invented a water turbine that, while small in design, was capable of generating considerable power from a lower flow of water.



1953

Beck's Foundry on the Corner of Foundry and Charles Street

Dave and Sandy Moore Collection - Waterloo

Jacob established a small foundry in New Hope (Hespeler), followed by a larger foundry in Preston. His Preston enterprise was destroyed in a fire; with the financial assistance of friends and neighbours, he rebuilt an expanded foundry. Beck was a visionary and had a plan to establish several mills and factories in that community; however, he did not find any support for his plan. He suggested to his business partners, in 1854, that they move their foundry closer to the new rail line being built from Berlin to Sarnia via Stratford. Again, he was turned down. Jacob decided to dissolve his partnership and he moved on.

Jacob Beck purchased 190 acres along the route of the proposed Grand Trunk rail line in Wilmot Township in 1854. He established a foundry (the site of today's car shows), built a dam on Spring Creek (also known as Kropf Creek), created the mill pond, and erected a grist mill. Beck also established a general store and several other business enterprises. He subdivided his farm and had a town site surveyed and laid out. Building lots were sold. He named the village Baden after his homeland. Beck was involved in the construction of the

Grand Trunk through Wilmot, providing water and fuel for the locomotives and doing work at his foundry and machine shop.

Beck was Baden's first postmaster, serving from 1854 to 1879. He was a member of St. James Lutheran Church and a Wilmot Township councilor from 1860-1864. Beck also gave the deed for the courthouse, located on Beck Street, to the township for one dollar. This building served as the Wilmot Township Hall until 1967. The building was donated to Black Creek Pioneer Village, where it was moved and restored. Jacob remained active in the community until 1879, when his businesses failed during an economic

downturn and he was forced to liquidate. The foundry and grist mill were taken over by J & J Livingston. Jacob Beck moved to Detroit where he re-established himself as a grain merchant and once again became a successful businessperson. He passed away in 1906 in Detroit.

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 PRIZES AND DIPLOMAS AWARDED WHEREVER EXHIBITED.  
 Waterloo County Directory, 1878

Without a doubt, Jacob Beck played a very prominent role in the early history of Baden, regardless of the fame of his son, Sir Adam Beck.



Jacob Beck's Grist Mill Operating as Shirk and Snider Flouring Mill circa 1917 (destroyed by fire, Oct. 17, 1942)  
 Photo Courtesy of Pete Bechtel

## The Pressure of Social Media

*Why do I feel like I'm missing the boat by not being connected to the many social media options? Must I Twitter, snap and share on Instagram or Facebook to be successful? Do I need to boast or moan? Do I need to reveal everything to everyone? Do I have time to commit to this because of the pressure of the times? Naaaa... Phooey to that! I'll just be me and be happy to share what I choose once a month in the paper. I am simply not interested, I have better things to do!*



*I'm so proud of myself. I finished a jigsaw puzzle in 6 months, and the box said 2-4 years.*

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

## LET'S HAVE A LITTLE PUN!

ANSWERS ON PAGE 33

### WHERE IS THIS?

1. Where you're always getting a 'little behind' on the job.  
Where a 'moving experience' leaves you feeling 'flushed'.  
Where 'cheeky' commoners dare to sit on the 'throne'.
2. A public institution that people keep 'silent' about.  
It offers a 'novel' way of 'lending'.  
Its products are 'bound' to be used in great 'volume'.
3. Where animals 'chews' to be 'herd'.  
A place to 'steer' clear of when the 'chips are down'.  
It's a 'growing field' even though 'business' is constantly 'dropping'.
4. Where the 'pinups' are real 'knockouts'.  
People make a 'point' of going on 'strike' here.  
Where 'failures' often end up in the 'gutter'.
5. A 'tacky' establishment that deals in all kinds of 'vices'.  
Where you get your 'plane' and 'take off' after getting a 'board'.  
Grown ups come here to 'see saw'.

*"Keeping the Community Connected"*



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**Wilmot Horticultural Society**

"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall." ~ Nadine Stair



**TIPS AND TRICKS FOR SPRING CLEAN-UP**

- ◆ Instead of trimming bits and pieces down with pruners, lay out a tarp beside the garden. Cut last year's perennial growth down with hedge shears (not 'head' shears), taking care not to cut woody plants, new bulb foliage or evergreen perennials. Rake everything out onto the tarp until it's full then drag it all to the composter! Faster and easier.
- ◆ Alternatively, cut down as above and rake onto the lawn. Chop up with the lawnmower and return to the garden as mulch. This adds nutrition to the top level of the garden and saves effort. It also avoids using diesel fuel for the municipality to pick up the waste and compost it.
- ◆ Now's a good time to watch for hardscaping (paths, walls etc.) that need repair. Get that scheduled while the garden is still dormant.
- ◆ Some of the left over brush from pruning can be cut into 3' lengths and piled behind some shrubs at the back of the garden. It's great habitat for birds and pollinators and even toads - all of which help control pests in the garden.
- ◆ If you have a water garden, don't try too hard to clean it out perfectly. If you have adequate water flow, that organic matter will break down fast enough. DO however clean out around the pump and listen for a tell-tale hum which might be an indicator of a failing bearing which warns of possible upcoming pump failure.
- ◆ Now is an easy time to weed out perennial weeds like Dandelions and Couch Grass since their roots aren't fully established yet.
- ◆ Most importantly, to keep turf grass from invading the garden and to keep rainfall IN the garden, use a half moon to put a good deep edge on the bed. The soil that is excavated can be used to hill up a BIT around perennials that tend to grow themselves out of the ground (i.e. Heuchera, Bergenia, Hosta)
- ◆ When the entire cleanup is done, mulch the garden with 2" of a good rich Composted Pine Mulch or Composted Hardwood Mulch - NOT just plain wood chips or shredded mulch. This is the most important thing we can do for garden health. [www.seanjames-consulting.ca](http://www.seanjames-consulting.ca)

**WHS's upcoming meeting** is at 7:30 pm, April 8th, **Tips on Vegetable Gardening & The Thrifty Gardeners' Planter Demo** with **James Graham**. James continues to garden on his 2/3 acres in Waterloo and several community gardens. Come and enjoy his entertaining and informative talk. **Wilmot Recreation Centre, upstairs in Meeting Room A**. Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with snacks. Lug-a-Mug

*Keep your fingernails and knees dirty!*

[www.gardenontario.org/site.php/wilmot](http://www.gardenontario.org/site.php/wilmot)

email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)

*All Flowers & Charm  
Flower Shop*

Melissa Rabhets, owner of All Flowers & Charm is pleased to announce her retirement. The store will be closed as of February 28, 2019. Melissa has enjoyed providing floral services and wishes to express her appreciation for your business over the years. After many years in the floral industry she is excited to have time to pursue her other interests.

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## You Must Be Joking!!

Larry watched, fascinated, as his mother smoothed cold cream on her face.

"Why do you do that, mum?" he asked.

"To make myself beautiful," said his mother, who then began removing the cream with a tissue.

"What's the matter," asked Larry "are you giving up?"

Larry's class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals.

One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

"Yes," said the policeman. "The detectives want very badly to capture him."

Larry asked, "Why didn't you keep him when you took his picture?"

Submitted by Bob Smith



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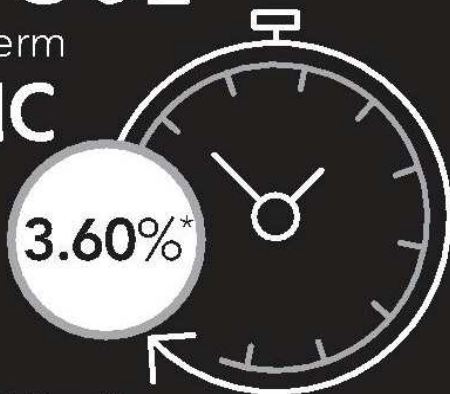
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*I'm coming...but there's so much snow!*



Answers from *Having Fun* from page 31

1. Bathroom
2. Library
3. Pasture
4. Bowling Alley
5. Hardware Store

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Submissions are due on the 1st of each month.



## The Baden Outlook



*Baden's Monthly Newsletter*  
*"Keeping the Community Connected"*

## New Hamburg Royal Canadian Legion



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## New Dundee Youth Appreciation Awards

The Optimist Club of New Dundee held their Annual Youth Appreciation Awards Dinner on Tuesday, February 26 at the Community Centre. President Mark Schwartzentruber and Youth Appreciation Chair Mark Cameron welcomed everyone. Following a delicious meal, the awards were presented. Over the past several years, the club has presented an adult volunteer "Hero" award to individuals who have served the community of New Dundee over many years as a volunteer, getting things done for the betterment of all. This year the recipient was Jen Tate for spearheading and chairing the fireworks committee for the past 7 years. Another award presented is an educational scholarship for a youth who has given of themselves as a volunteer in the community. The Youth Scholarship was awarded to Katie Cameron. A new award this year, thanks to a donation from a local realtor Matt Donau, is the Youth Citizenship Award which was presented to Nick Smith. The award was accepted by his mother as Nick was writing a mid-term at university. The Youth Appreciation Awards presented were as follows:

New Dundee Beautification Committee

Presented to Anya Muskiluke and Portia Muskiluke by Don Poth

New Dundee Girl Guides

Presented to Lily Martin by Anne Fischer and Briana Ernest

New Dundee Public School

Presented to Owen Siebert and Isobel Weber by Suzanne Dejong

Waterloo Oxford DSS

Presented to Kassidee Fleiszig and Amanda Lebold by Principal Carolyn Salonen



Back row: Katie Cameron, Amanda Lebold, Kassidee Fleiszig, Portia Muskiluke, Anya Muskiluke, Jen Tate. Front Row: Lily Martin, Owen Siebert, Isobel Weber



## Is Your Home Camera Ready for Your Listing? 4 Easy Steps to a Picture Perfect Home



Take a tour of your home with your photographer. Sometimes showing it a head of time and giving some insights into any unique features will help in getting some more meaningful pictures for your listing.



- Make a clean sweep outside and get rid of any extraneous items like toys, hoses, trash cans and recycling bins.
- Weed and deadhead your flowers and cut your lawn.
- Set up your outdoor furniture and show off your patio or deck.



Choose the best time of day to get your photos done. After dusk and before dawn are the best as the sun isn't too harshly overhead. This allows for warmer tones and dramatic contours on the facade of your home and your landscaping.



Shooting from the right angles is a key component to getting photos that will include lots of "information" for your prospective buyer. Aiming to include 3 walls in your photos gives depth to your rooms so it's best to shoot from doorways and/or corners.

**Jon Lambert and Kerilynn Mathers**  
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**IF YOU'RE LOST IN THE WOODS,  
START TALKING LOUDLY ABOUT  
POLITICS. SOMEONE WILL COME  
TO ARGUE WITH YOU.**



I finally did it! I bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.

**You Must Be Joking!!**



Brains - Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, but only because we have stored more information over time.

The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. **SO THERE** Now when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment". Now, I'll say, "My disk is full!"



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