

MARCH 2023  
VOLUME 23, ISSUE 8

# Baden Outlook

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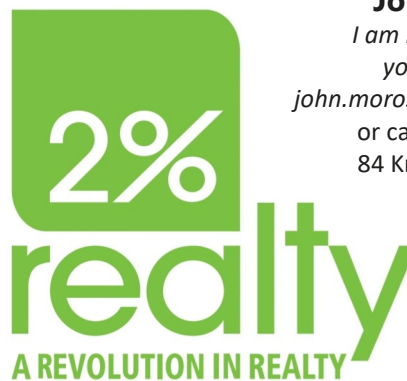
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Barry, Pat, & Katie Fisher

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

- Barry recalls childhood games he used to play
- Learn about the invasive species Garlic Mustard from this month's EcoNugget
- Dr. Papa gives us details on Exercise and Over-Training Syndrome
- Check out the many locals who have taken their Outlook on holiday!
- Our column, *Global Outlook*, takes you deep into the oceans to see how deep they really are
- Read about St. Patrick's Day Facts submitted by Larry Hart
- Hey kids, check out our Kids Emoji Code!
- Did you know it's been 10 years since the penny has been gone? See our tidbits from the past

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

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

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Baden Outlook

## Talking with Ed ~ The Games We Played



I was watching television the other day and I noticed a sport entitled Professional Tag. Professional Tag matches are played between two teams of up to six players over a series of 16 rounds. Each round features one member of each team, with one player as the chaser and their opponent as the evader. A 12 metre by 12 metre area called the quad is filled with various obstacles and the chaser has 20 seconds to tag the evader with their hand. There are a number of other rules but, basically the team with the most points after 16 rounds, wins. A professional Tag player can be paid between \$1,000 to \$5,000 a month, depending on their skill level, and the best teams compete at the world championships each year. Teams from at least eight countries were represented in the 2022 World Cup, including the United States, UK, France, Germany, Italy, Czech Republic, Israel, and Switzerland.

I think every person has played at least one game of tag and I am a little surprised to see the childhood activity become a professional sport. Pat, Katie, and I got into a discussion on our memories of childhood games and I thought it would be interesting to reflect on each of our memories of our early activities. Pat also wondered "what do the kids of this era play in regards to non-video childhood games?"

Keep in mind that I grew up in a town of 800 people, in Muskoka, where we had a lake to swim in every day, a swamp behind our house that had all kinds of frogs, and there was a blackfly season. Bikes also played a huge role in our life as we had the run of the town.

The game that I played the most as a kid was marbles. There were a variety of marble games, but the two that we played the most were "Pot" and "Kiss and Span". Pot was played by digging your heel in a sandy area, spinning your heel around which created a nice round hole. A distance from the pot was agreed upon and we would start throwing until someone got one right in the pot. Whoever managed to get it into the pot claimed all the other marbles. It got kind of stressful at times. The other marble game that we played was Kiss and Span. A circle was made in the sand and an opponent would shoot their marble into that circle. The opposition would try and kiss that marble and knock it out of the circle – if they did, they won that marble. Another variation of Kiss and Span was to throw a large marble and the first person to kiss it won all the marbles.

Keep in mind that there were many types of marbles. The most common were the cat's eyes – it didn't bother me to lose them. Some of the marbles had amazing colour markings and some were lucky marbles – you hated to lose them. Any marble larger than a normal one, had a name such as boulder, bonker, or a shooter. There is a World Marble Championship held each year in West Sussex. Teams of six players from all over the world compete to win the title and a silver trophy.



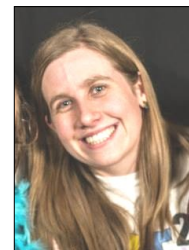
I recall when I was about ten years old going to a two week Tyro's Summer Camp in North Bay. Tyros was a United Church group similar to Boy Scouts. Cabins were split into teams and a game of "Capture the Flag" ensued. It was a lot of fun as I recall slinking through the bush trying to put myself in a position to capture the other team's flag. We didn't seem to worry about ticks in those days, just burrs.

A very similar game that we played in our neighbourhood was "Kick the Can". It is very similar to hide and seek where one person covered his eyes and counted to 30 while people hid in the neighbourhood. The one person had to protect the can, but also look for the people hiding. If you could kick the can without getting caught then you were safe. The last person left took over as the seeker. The one time I recall climbing under my Grandparents' lattice covered veranda and coming face to face with a "BlowInAdder". It was a large snake that puffed up like a cobra. I believe it is called an Eastern Hog Nose Snake, not harmful, but as a child it was frightening.

I also had memories of "Red Rover, Red Rover;" "Red Light, Green Light;" and Mother May I". Those three games are somewhat similar that require a line up of people on each side and members are called over from each team.

It was certainly a great time to grow up as we had so many freedoms. My parents only rule was you had to be in the house before the street lights came on, but we pushed that as much as we could. Until next month...Ed

# Greetings from Headquarters ~



Happy almost spring! I can't wait to have more sunshine in our lives and dry sidewalks!

When dad was talking to me about his idea for Talking with Ed column, it made me think back to my Baden Public School recess games from the 80s, and I couldn't resist adding my thoughts. One of my favourites was called "Red Butt" and involved one tennis ball. It was played against a large brick wall of the school, usually the gym wall as there were no windows. We would throw the ball against the brick wall and try and catch it after a bounce or two. If you fumbled the ball, you had to run and touch the wall before someone else picked up the ball and threw it at the brick wall. If the ball touched before the fumbler touched, you were given the letter "R". After every fumble, you would be given another letter eventually making the word REDBUTT. This means you are officially out and need to stand face first at that brick wall and wait for your friends to throw that tennis ball at your bottom, giving you the name of the game... a Red Butt! This game would probably be frowned upon nowadays as many kids got hurt.

There was also this awesome rendition of tag when there was fresh snow on the ground. We would stamp out a road way system with our feet in the snow resembling a very large peace sign. One person was it and we had to stay within the stamped-out area making it quite a bit harder to run away.



In my grade 6 and 7 years at Forest Glen Public School, we LOVED playing Pogs. It was a fad back then to own these plastic disks and compete with our friends. We brought them from home and like in dad's article, it was sad to lose a favourite Pog we so diligently collected when we lost a game. This game was played by stacking many Pogs and hitting the pile straight down with a Slammer Pog. My youngest loves to play with the small amount I have kept over the years.

## Other Fun Outdoor Games

- \* Hide and Seek
- \* Hopscotch
- \* Jump Rope
- \* Double Dutch
- \* Jacks
- \* Red Light – Green Light
- \* Tag
- \* Freeze Tag
- \* Marco Polo
- \* Blind Man's Bluff
- \* Croquet
- \* Grounders



We also enjoyed Four Square, which is still a popular game with kids today. I hear the kids nowadays are playing a game called "Gaga Ball". This game is apparently played in an octagonal pit. It's like dodgeball but there are no teams, everyone plays for themselves. There is no throwing in Gaga, rather slapping the ball on the ground.

Kids are unable to pick up or throw the ball. Players are eliminated if they are hit below the knee. Last man standing, wins! It's wonderful to relive the memories of childhood.



It's March and things are changing—we will see the early signs of spring while celebrating both St. Patrick's Day and Easter. We were out for a walk in early February and stopped in our tracks (yes, of snow) to search for the wonderful chirp of the robin we heard. Yes—we saw a robin in the first week of February! Is that a sign of early spring or are the birds as confused as the rest of the planet seems these days?

We went to Cuba in search of warmth and sunshine and we were not disappointed. Every day was clear, blue skies, matching the colour of the calm ocean waters and the glorious swimming pool! We had a lovely time resting, reading and swimming; we actually missed out on two snow/ice storms back here at home which was the added bonus. We also met some wonderful folks from other Canadian places who quickly became our friends—like Peggy and Cheryl from Winnipeg who brought out the cards and asked us to join them in a game of SkipBo ...It's amazing how feeling relaxed and smiling makes friendships happen.



It was interesting to look back 10 years ago when Barry shared his thoughts on the exit of the Canadian penny...he said it didn't make cents! There are lots of things to make you smile in this issue—I hope you enjoy the spring theme with jokes, puzzles and local events happening during the upcoming month.

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## ALL THINGS SCRAMBLED

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

### European Countries

- LITAY \_\_\_\_\_
- CRANEF \_\_\_\_\_
- DOLPNA \_\_\_\_\_
- WAYNOR \_\_\_\_\_
- CEREGE \_\_\_\_\_
- RASATIU \_\_\_\_\_
- MANYREG \_\_\_\_\_
- LENDAIR \_\_\_\_\_
- NEARUKI \_\_\_\_\_
- GLUMBIE \_\_\_\_\_

### South American Countries

- RUPE \_\_\_\_\_
- LIECH \_\_\_\_\_
- LARBIZ \_\_\_\_\_
- ANAYUG \_\_\_\_\_
- RODCEUA \_\_\_\_\_
- LIVOBIA \_\_\_\_\_
- BOLMUCIA \_\_\_\_\_
- YAGAPARU \_\_\_\_\_
- TAGARENIN \_\_\_\_\_
- LAZNEVEUE \_\_\_\_\_

"Keeping the Community Connected"



*History Continues to Evolve as the Scheerer Brothers Announce Their Retirement*

Time does not stand still. Over the course of the century the current property of Baden Feed has a very long and interesting history, and it continues to develop as we announce the retirement of Tim and Roger Scheerer who have had a connection to this property since the early 90s.

In 1864, James Livingston arrived in Baden and began working for the Conestoga Mill where he learned about the flax industry. In 1867 he operated a flax mill in Baden on a small farm that he purchased. As business grew, he built a larger Mill, which was the birth of the Dominion Linseed Oil Company and the building that now houses Baden Feed and Seed.

The business grew to employ over 100 people in Baden; however, with the introduction of latex paint, the demand for linseed dropped and in 1952 Toronto Elevators Limited took over the business. They had trouble with the old mill so that same year the mill was sold to Master Feeds who gave employment to the village from 1952 to 2010 (58 years).

Merv Scheerer had worked at Master Feeds in various capacities and in 1976 he and his brother Roy purchased the feed mill in Newton. Sixteen years later, Tim and



Merv bought the business and returned to Baden starting a new company Baden Feed and Supply LTD. A short time later, Roger, Merv's son purchased a share in the business. Baden Feed rented space from Master Feeds until the southern side of the property came up for sale and was purchased in 2010 by the Scheerers.

In March of 2021 Baden Feed had been acquired by Turtle Mountain Co. Ltd of Manitoba. Turtle Mountain seed is a bird seed sourcing business with a sunflower processing facility. Baden Feed owners, Tim and Roger Scheerer, said the two businesses already had a good working relationship as Turtle Mountain Seed has been a

supplier to them for years. Both businesses were very excited to be joining together with hopes of even more future growth.

Roger and Tim still own the property and stayed on in various capacities – Tim as Procurement Manager and Roger as Maintenance Manager. They both reported to Rob Gunstone who is the Managing Director of the Baden Operation. The decision was made by the two brothers to retire from the business – Roger on March 17<sup>th</sup> and Tim on March 31<sup>st</sup>. Tim and Roger have been community-minded individuals who have supported Baden in many ways. We wish them both well on their well-deserved retirement!

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get crafting! <https://www.creativebug.com/lib/rwlibrary> Say goodbye to winter hibernation, and Spring into library programs! Enjoy FREE in-person and virtual programs during our regular program session starting Monday, April 3 to Friday, May 26, 2023. Registration opens March 3rd.

## For kids:

- Popcorn Theatre Movie Day featuring *Lightyear* – Tuesday, March 14, 1:30-3:00 p.m. – Baden Branch
- Kindermusik “It’s Your Lucky Day” Musical Playdate – Thursday, March 16, 11 a.m.– 12 p.m. – Baden Branch
- Ready, Set, Go, Kindergarten! - Tuesdays, starting April 4, 10:30-11:30 a.m. – Baden Branch
- Discovery Time:
  - \* Wednesdays, starting April 5, 9:30-10:15 a.m. – New Dundee Branch
  - \* Wednesdays, starting April 5, 9:30-10:00 a.m. – Wellesley Branch
  - \* Kindermusik Spring Playdate – Thursday, April 6, 10:30-11:15 a.m. – New Hamburg Branch
  - \* STEAM Team: Mondays – April 17, 4:00-4:45 p.m. – New Hamburg Branch

## For babies:

- Baby & Me – Wednesdays, starting April 5, 11:00-11:30 a.m. – Wellesley Branch

## For adults:

- Celebrating Black/Indigenous OURstory of Agriculture in Southwestern Ontario with Nicola Thomas
  - \* Agriculture, History & Food – Wednesday, March 15, 7:00-8:00 p.m. – via Zoom
  - \* Ecology and Ecology Wellness for “All Our Relations” – Wednesday, April 5, 7:00-8:00 p.m. – via Zoom
- Book Talk – 2<sup>nd</sup> Wednesday of the month, 3:00-3:30 p.m. – New Hamburg Branch

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



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**100 Years Ago- March 1923**

Say it isn't snow! J.P. Livingston and daughter Laura Louise Livingston stand outside of Castle Kilbride after a large snowfall that hit Baden in March of 1923. The snow was so high that it allowed Laura Louise to be just as tall as her father when standing on a mound!



*J.P. Livingston and Laura Louise Livingston standing on a snow hill, March 1923.*

**75 Years Ago- March 1948**



*Photo: Wagner Property c.1930 from the Castle Kilbride Collection*

**Baden Fire Brigade Called to Fire Near New Hamburg.**

“On Saturday evening the Baden fire brigade rushed through town to the farm of Stanley Wagner. Two miles south of here. Where a chimney fire had broken out. The blaze had been extinguished before the fireman arrived. While no great damage was done, it could have been more serious if the fire had not been noticed so quickly as part of the house is of frame construction and a high wind was blowing that evening.”

Card of Thanks – The undersigned wishes to extend his sincere thanks to the neighbors and friends for the valuable and timely assistance rendered at the fire at his farm home on Saturday evening and especially to the Baden Fire Brigade for their prompt response to the call. – Stanley A. Wagner.



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**50 Years Ago- March 1973**

Wilmot Township council approved the site for the community swimming pool planned for New Hamburg. Council was informed that the Waterloo County Board of Education needed council's decision on the location of the swimming pool because it could affect the Board's plan for the proposed "Glen Forest" school on Waterloo Street. Cost for the pool is estimated at \$160,000.



Council also approved the appointing of Elmer Koenig of the Baden Fire Station as deputy chief of the Wilmot Fire Department. They also appointed district chiefs for Station No.2 (New Dundee) Ken Poth and No. 3 (New Hamburg) Bill DeHaan. Armand Weiler of Baden was named fire chief for the Township in February.

With all this talk about fires and firefighting in Baden we wanted to take a moment to mention another museum in Baden- the Wilmot Heritage Fire Brigades. Visit [wilmotfiremuseum.com](http://wilmotfiremuseum.com) for more details.

*Castle Kilbride opens for the year March 15 from Wednesday – Sunday 10 a.m. – 4 p.m.*



1978 Baden Firefighters  
front - Delton Naunman, Sr. Capt. Harold Glasser, Chief Elmer Koenig, Capt. Blain Bachthold, Capt. David Herner, Peter Gingerich  
2nd row - Steve Weiler, Bob Good, FPO Laverne Schwartzentruber, Orland Gerber, Harry Huisjes, Stan Miller, Bob Kurt, Murray Gingerich Roger Weiler.  
rear - Alvin Steinman, Doug Ferguson, Larry Naunman, Ross Steinman, Glen Lichty, Elverne Jantzi.

*Photo Courtesy of Paul Koenig.*

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# Outlook Wordsearch - Flowers

Submitted by Theresa Billo

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

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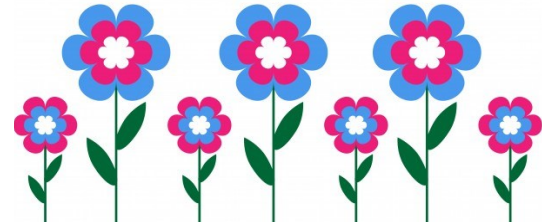
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## Thank You For a Memorable Family Day!



The Lambert Group and CVE Mortgages were so thrilled to have sponsored the Family Day event at the Wilmot Recreation Centre, and cover the admission for all who attended.

It was great to see some new faces and so many past clients of ours - the event was truly wonderful! We were amazed at the turnout, so thank you to everyone for making it such a successful event!

To see the Lambert Group Event schedule, scan the QR code. We can't wait to see you again!

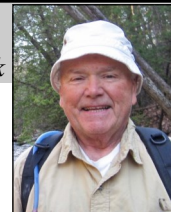


“ Amy was absolutely terrific in helping me find a tenant for my new condo. I highly recommend her, and will be working with her again in the future. She went above and beyond and made the entire process easy! ”

-Trevor M.

## Baden Birding ~ Declining Bird Populations; Where Have All the Birds Gone? Part 1

By Wayne Buck



From time to time, I have written about bird populations that are declining: the bobolink, the eastern meadowlark, the red-headed woodpecker. On October 6, 2022, CBC's Matt Galloway interviewed two prominent bird scientists on his program, *The Current*. What follows are some notes I made as I listened to the program.

The first person to be interviewed was Lucy Haskell, a Science Officer with Birdlife International, Cambridge, U.K.

Bird decline is not just here in Wilmot; it is being experienced all over the world. There are 3 billion fewer birds now than there were 50 years ago. One out of eight species is at risk for extinction. Forty-nine percent of bird populations are in decline globally.

Birds are literally, "The canary in the coal mine." Miners used to keep canaries with them in the coal mine because birds are more susceptible to methane gas. If the canary stopped singing, someone checked. If it was dead, it might be due to increasing levels of deadly methane gas which could be fatal either by overcoming the miners or exploding.

The declining populations of birds are an indication of the declining overall health of the planet; in part because so many studies have been carried out because birds are needed to maintain healthy ecosystems.

But why are bird populations declining? Most of the reasons are caused by humans.

1. The expansion and intensification of agriculture to feed an ever-increasing human population. Or the planned Highway 413 through the Greenbelt which would impact 29 species such as the Red-headed Woodpecker that are listed under the federal *Species at Risk Act*.
2. Unsustainable logging practices and forest management. Seven million hectares are lost annually. An example would be the destruction of large areas of the Amazon Rainforest under Jair Bolsonaro, the former president of Brazil.
3. Invasive species such as domestic cats and rats. In Canada alone, cats kill an estimated 360 MILLION birds every year.

4. Hunting and trapping either for food or the pet trade. Millions of songbirds are trapped and eaten by people in some countries during their spring migration. Many birds are trapped illegally and sold into the pet trade.

5. Climate change is making some habitats unsuitable (too warm, too dry) for some birds. Think of what is happening to polar bears in Canada's Arctic.

The second scientist was Nicky Koper from the U of Manitoba National Research Institute. She stated that the problems described for birds worldwide were also reflected here in Canada. Here in Canada, grassland birds such as the meadowlark and the bobolink are affected by our agricultural practices. Our arial insectivores (birds that catch flying insects) such as swallows and nighthawks, find fewer and fewer insects to feed their young due to the increased use of herbicides and pesticides. In addition, barn swallows are declining due to the removal or alteration of barns.

Fifty percent of birds that nest in Canada's boreal forest region are declining due to forestry practices.

Seventy-five percent of the species of birds that breed in the Arctic are declining, possibly caused by climate change.

Koper said it's important for people to become aware of the problem, hence this column. People became more aware of birds during the pandemic, when we were cooped up inside and took to feeding and watching birds. We can conserve habitat such as in the Greenbelt of Ontario that will allow birds a place in which to raise their young. Farmers can use fewer harmful pesticides and herbicides to raise their crops. It has been shown that Indigenous protected and conserved lands hold more species of birds and a greater biodiversity than other more intensively managed land.

Birds are everywhere for us to enjoy. If we become more aware of them and learn more about them we can reverse this decline.



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All I need to know, I learned  
from the Easter Bunny.

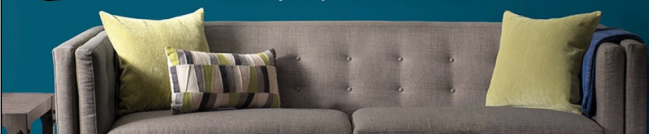


- \* Don't put all your eggs in one basket.
- \* Everyone needs a friend who is all ears.
- \* Some body parts should be floppy.
- \* All work and no play can make you a basket case.
- \* Let happy thoughts multiply like rabbits.
- \* Everyone is entitled to a bad "hare" day.
- \* Keep your paws off other people's jelly beans.



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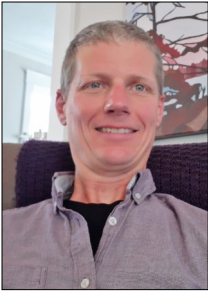
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## Not Yet vs. Now

By Chip Bender, Registered Psychotherapist (Qualifying)



When our youngest son was two years old, he was not in the habit of saying, "No!" Instead, he would usually respond to requests by saying, "not yet."

Reflecting on his habit, it was a brilliant strategy because it was not an outright

refusal to comply with the request, which would have caused some parental pushback. In some ways, his "not yet" did mean "yes" with a different perception of timeframes.

I recognize he comes by his "not yet" way of thinking honestly. I incorporate the same "not yet" strategy with myself to delay doing something that would be beneficial to do, but I do not yet feel like. The problem with this strategy is the "not yet" never comes. Yes, I plan to exercise, call a friend, organize my workshop, get out of bed earlier, etc., just not yet. One of these days, I will get around to it, just don't ask me which one of these days.

These delays offer me instant gratification because it is less effort to do nothing than to get out of bed, go exercise, make a phone call, or get organized, but in the

end, I feel less satisfied. In response to my dissatisfaction with my tendency to continually delay doing the things I know will ultimately improve my quality of life, the word I chose for 2023 is "Now!" My chosen word is a reminder to act in the present moment instead of delaying action for some unspecified future moment.

Now do not think for a second my life has been transformed by my chosen word. I have made a point to contact some of my friends, but I rarely get up any earlier, I almost never exercise, though I did just take a short break to do some pushups, and my workshop is still unorganized. Humans are creatures of habit and change is hard because it goes against the flow of our natural tendencies. Sometimes habits are so ingrained and tenacious we may need a professional to help us work through the stages of change. Sometimes all it takes is saying, yes, now, or here I go. It always starts with one small step in the right direction.

What is the one thing you know would be beneficial for you to do, but have been putting off repeatedly? What would happen if you began it now?

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- Research has shown that crime rate drops during daylight savings time.
- It minimizes energy consumption and lowers your costs.
- It lowers the incidence of traffic accidents compared to driving in darkness.



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## Ten Things Time Has Taught Me

1. Most of our life is spent chasing false goals and worshipping false ideals. The day you realise that is the day you start to live.
2. You really, truly cannot please all of the people all of the time. Please yourself first and your loved ones second. Everyone else is busy pleasing themselves anyways.
3. Fighting the aging process is like trying to catch the wind. Go with it, enjoy it. Your body is changing, but it always has been. Don't waste time trying to reverse that. Instead, change your mindset to see the beauty in the new.
4. Nobody is perfect and nobody is truly happy with their lot. When that sinks in, you are free of comparison and free of judgement. It's truly liberating.
5. No one really sees what you do right, everyone sees what you do wrong. When that becomes clear to you, you will start doing things for the right reason and you will start having so much more fun.
6. You will regret the years you spent berating your looks. The sooner you can make peace with the vessel your soul lives in, the better. Your body is amazing and important but it does not define you.
7. Your health is obviously important but stress, fear, and worry are far more damaging than any delicious food or drink you may deny yourself. Happiness and peace are the best medicine.
8. Who will remember you and for what, become important factors as you age. Your love and wisdom will live on far longer than any material thing you can pass down. Tell your stories, they can travel farther than you can imagine.
9. We are not here for long but if you are living against the wind, it can feel like a life-sentence. Life should not feel like a chore, it should feel like an adventure.
10. Always, always, drink the good champagne/cacao and use the things you keep for 'best'. Tomorrow is guaranteed to no one. Today is a gift that's why we call it the present.



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1. St. Patrick's Day is an Irish national holiday with banks, stores, and businesses closing for the day.
2. Canada's first St. Patrick's Day parade was held in Montreal in 1824.
3. Shamrocks are the national flower/emblem of Ireland.
4. The colour of St. Patrick's Day was originally blue. Wearing green has become a staple of St. Patrick's Day, but the holiday was originally associated with the colour blue. It's thought that the shift to green happened because of Ireland's nickname "The Emerald Isle," the green in the Irish flag, and the shamrock or clover. Green ribbons and shamrocks were worn as early as the 17th century.
5. Beer is one of the most widely consumed beverages on St. Patrick's Day.
6. Legend says that each leaf of the clover has a meaning: Hope, Faith, Love, and Luck.
7. Ireland did not host a St. Patrick's Day parade until 1903.
8. Guinness is one of the most popular drinks on St. Patrick's Day.
9. Shamrock shakes are also very popular (and tasty!).
10. Irish immigration to Canada began as early as the 17th century. According to census, over 4.6 million Canadians — about 13 per cent of the country — claim some Irish heritage.
11. The real St. Patrick was not Irish. He was born in Britain around A.D. 390 to an aristocratic Christian family.
12. Your odds of finding a four-leaf clover are about 1 in 10,000.
13. The world's shortest St. Patrick's Day parade is held in an Irish village. It lasts only 100 yards, between the village's two pubs.
14. St. Patrick never got canonized by a pope; however, he is regarded as the patron saint of Ireland. In the 17th century, his feast day — 17 March, supposedly the date of his death in 461 — was officially recognized by the Catholic Church.



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## EcoNugget

Garlic Mustard was brought to North America as an edible herb but has become a serious forest invader.

- Garlic mustard forms dense stands, even in shade, and interferes with the seed germination of native woodland species such as drooping trillium and wood poppy.
- Identification is helped by the distinctive garlic smell when the leaves are crushed.
- Garlic mustard seeds remain viable in the ground for many years, so it is worth the effort to remove plants before they go to seed. In our area, mid-May to early June is good timing, but removing plants is important at all times.
- Garlic mustard is readily pulled by hand, but take care to dispose of the plants with care so seeds do not spread. If necessary, concentrate on the second-year (seed producing) plants.

To learn more about how to remove garlic mustard, go to <https://www.invasivespeciescentre.ca/wp-content/uploads/2020/07/How-to-remove-garlic-mustard-1.pdf>

Join us on **Tuesday, March 21<sup>st</sup>** for our next NVEB free educational webinar entitled: **“Electric Vehicles – Do you have a question? (Ask the owners).”** After a brief update on the current state of electric vehicles (EVs), a diverse group of EV owners will offer brief presentations about their experiences with a variety of EVs – Hybrids, Plug-ins, and Battery only. The emphasis in this webinar will be on giving participants lots of time to ask the owners questions. For more details and to register, go to our website: <https://nvecoboosters.com> Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, March 22<sup>nd</sup> (no meeting in February)**. Please contact us via e-mail: [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

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## Pull the Plug on Electrical Fires



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### How do I keep myself and my loved ones safe?

• **Avoid running cords under rugs** which can damage the cord and cause a fire.

• **Avoid overloading a circuit with "octopus outlets"**. If additional outlets or circuits are required, have them installed by a licensed electrician.

• Extension cords should be used only as a **temporary connection**. If permanent wiring is required, have additional outlets installed by a licensed electrician. **Extension cords should not be linked together**—use an extension cord that is long enough to do the job.



• Air conditioners and other heavy appliances should be plugged **directly into an outlet**.

• **Ground fault circuit interrupters (GFCIs)** should be installed in bathrooms, kitchens, and garages. GFCIs shut off an electrical circuit when it becomes a shock hazard.

• **Check electrical cords for damage such as fraying or nicks**. A damaged cord can expose wires and result in a potential shock or fire hazard.



For more information contact your **local fire department**.



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## TIDBITS FROM THE PAST: March 2013 ~ Barry shared his thoughts on the lost penny

I have mixed feelings about the exit of the Canadian penny – does it make “cents”? Ottawa said the penny retained only one twentieth of its original purchasing power. It costs 1.6 Canadian cents to produce each one-cent coin and stamping out the penny will save around \$11 million a year. I guess this is more than penny pinching by the Federal Government.

Personally, the penny had a certain amount of value to a child growing up in the 50s. Would anyone really stop and pick up a penny today unless to toss it over their shoulder to make a wish? -- (I am not even sure if people do that anymore).

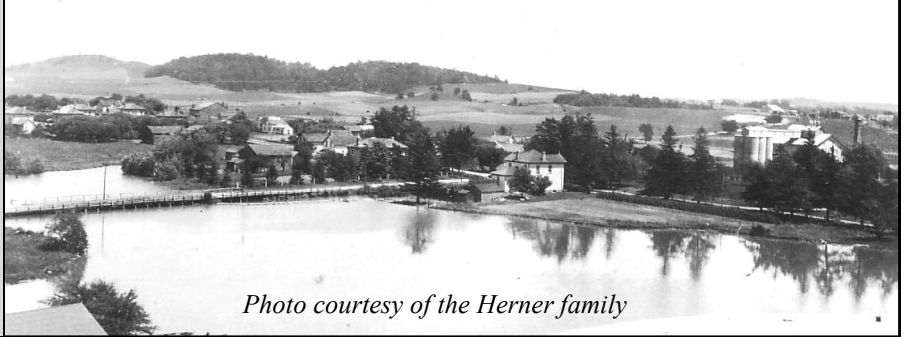
The first Canadian penny was minted in 1858 with the back having a picture of Queen



Victoria. In 2012, the final year of minting, there were 7,000 tonnes of pennies produced and distributed with a composition of 94 % steel (from 1908 to 1941 it was 94% copper). One hundred pennies weigh 235 grams versus 7 grams for a loonie so I would suspect my pockets will appreciate the break. In 2010, there were 792,415,000 coins minted and of that 486,200,000 were pennies.

There will be many things lost with the elimination of the penny. We will no longer see those “take a penny leave a penny boxes” in the stores. There will no longer be penny matches (although I haven’t seen them for years anyway) and what about the saying, “Penny for your thoughts”? Will it now be a nickel for your thoughts, or do you accept debit?

*Did you know that in the early days the Mill Pond on Foundry Street actually was quite large and was on both sides of the road. In the early years kids swam and skated on both sides. In the 40s the Dominion Linseed Oil Company constructed a new building to their plant and the dirt that was dug away was dumped onto the eastern side of Foundry Street. This is the current home of the Baden Fire Station.*



*Photo courtesy of the Herner family*

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## EXERCISE AND OVER-TRAINING SYNDROME

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



Many individuals strive to incorporate more exercise into their daily routine and for good reason. Regular exercise has long been identified as an essential element of good health due to its ability to positively affect every organ and structure in the body. However, if done in excess, exercise can also lead to negative health consequences such as **over-training syndrome (OTS)**.

**OTS** occurs when there is an imbalance between exercise training and the body's ability to recover. This typically occurs when exercise **volume** (the total amount of exercise performed) and/or **intensity** (the total amount of effort exerted) are too high for an extended period of time. Therefore, it is important to find the correct balance between exercise **volume** and **intensity**. A good exercise program should allow you to exercise on a regular basis without "burning out".

It is important to recognize the signs and symptoms of **OTS** which may include:

- **Performance related issues such as:** decreased strength, endurance, and power; poor workout recovery; an inability to complete workouts.
- **Physical symptoms such as:** an increased resting heart rate; persistent aches and pains in muscles and joints; repetitive strain injuries.

- **Health related symptoms such as:** frequent headaches; chronic fatigue; gastrointestinal distress; menstrual irregularities; decreased recovery from and/or increased susceptibility to colds, sore throats, and other illnesses.
- **Mood and behavioural changes such as:** insomnia; loss of appetite; increased irritability; depression; decreased motivation to exercise.

Below are some useful tips that can help overcome or minimize the chance of **OTS**:

1. **Rest is essential for recovery.** This may include absolute rest from all exercise activity or increasing the recovery time between exercise bouts. Proper rest allows for the body's important biological systems to recover, repair, and recharge.
2. **Change your training method.** Look at the cumulative stress of the exercises performed. Use a variety of exercises when training specific body regions and avoid continuous training without proper recovery. Change your program frequently and find the right balance between exercise **volume** and **intensity**.
3. **Check your nutritional status.** Your body needs the proper nutrients to function optimally. Inadequate intake of carbohydrates and proteins can lead to muscle fatigue and poor tissue repair. Healthy fats are needed to produce hormones that regulate many body functions. Dehydration can contribute to muscle cramping and joint pain. Avoid nutrient deficient foods such as trans-fats and refined sugars and starches which put physical stress on the body.
4. **Get professional help:** Overcoming **OTS** is not always simple. There are healthcare practitioners who can treat physical injuries and provide advice on nutrition and proper exercise training techniques.



Recognizing the signs and symptoms of **OTS** and knowing how to avoid or minimize its effects can ensure that you can continue to enjoy the many health benefits exercise has to offer.

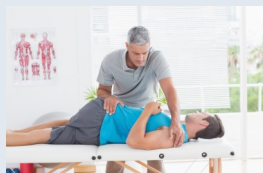
*This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.*



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"Keeping the Community Connected"

## Global Outlook – How Deep Do We Go?

The suspected spy balloon that was shot down by the U.S. government landed in 47 feet of water. That got us thinking at Outlook Headquarters – how deep are the oceans of the world. Here is what we found.

The estimated average depth of the oceans in the world are 3,682 metres (12,080 feet) or 3.7 kilometres (2.3 miles). There are five main ocean basins in the world being: Pacific, Atlantic, Indian, Arctic, and Southern Ocean Basin. Seventy one percent of the Earth's surface is covered by water and the oceans hold about 96.5 % of the Earth's water.

**Pacific** – This ocean is by far the largest ocean in the world spanning 165,250,000 square miles and covers 30% of our Earth's surface. The average depth of the Pacific Ocean is 4,280 metres. It also boasts the deepest ocean depth in the world. Challenger Deep, a part of Mariana Trench, has a depth of 11,034 metres (36,201 feet / 6.85 miles). The Mariana Trenches length is more than 2,550 kilometres and 69 kilometres wide.

**Atlantic** – This ocean, which was named after Atlas of Greek mythology, covers an area of 106,400,000 kilometres, and covers just under 20% of the Earth's surface. The average depth of the Atlantic is 3,338 metres; however, the Puerto Rico Trench has a deep area that is 8,605 metres deep. The ocean basin has an "S" shape about it. Beneath the Atlantic waters is a mountain range has formed known as the mid-Atlantic range.

**Indian** – This ocean differs from the other two due to being landlocked from the cooler Arctic waters. It is the third largest ocean, covering 20% of the Earth's surface covering 70,560,000 kilometres and has an average depth of 3,741 metres. There are several deep trenches – the deepest being the Java Trench having a depth of 7,450 metres. Due to its location close to the Equator, it has a high evaporation rate and low oxygen rate. This leads to unique life growth system.

**Arctic** – The Arctic Ocean is the smallest of the five (14,056,000 square kilometres) and it covers 3% of the Earth's surface. It has the lowest salinity rate and is the coldest with temperatures reaching 1.7 degrees celcius. It is also the shallowest having an average depth of 987



metres and the deepest point being 5502 metres.

**Southern Ocean** – This ocean was only accepted as an ocean in the year 2000 by the International Hydrographic Organization. This is due to the fact that it encircles Antarctica and is made up of parts of the Atlantic, Indian, and Pacific Ocean basins that surround it. It has a surface area of 21,960,000 square kilometres (4% of the Earth's surface). It has an average depth of 3270 metres, but has a deep area that has a depth of 7,433 metres. Antarctica and the Southern Ocean contain about 90% of the ice on Earth.

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# Drop One For Fun

Answers on page 31

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

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

1. Having or showing no skill
2. Confined in or restrained
3. A Decade
4. A form of an intercom
5. Open wide
6. A spike quite often made of wood
7. Stiff or hard
8. Framework or network
9. Slang to supply or equip
10. Multiple domestic servants
11. Amongst or between
12. To point or direct
13. Crawly after Mosquito bite
14. Metropolitan area
15. Contraction or twitch



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

## Calendar Fundraiser November Winners



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Suggested income levels:

Family Size	Total Family Income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2,500 for each additional person

### We are not able to prepare complex returns for:


- \* Self-employment income or employment expenses
- \* Business or rental income and expenses
- \* Interest income over \$1,000
- \* Capital gains or losses
- \* Foreign property (T1135)
- \* File for bankruptcy (or the year prior, if that return has not been filed)
- \* Deceased individuals
- \* Foreign income

Bring all your information slips to the office; there are a few forms for you to fill out; you will receive a phone call when the return has been completed.

Any questions about eligibility or how it works please call 519-662-2731 or email [info@wilmotfamilyresourcecentre.ca](mailto:info@wilmotfamilyresourcecentre.ca).



Wilmot Family Resource Centre  
 1-175 Waterloo St.  
 New Hamburg, ON N3A 1S3



**YOU HAVE THE POWER TO GIVE LIFE**  
 Donate blood and join the movement today.

**Blood Donor Clinic**  
 Monday, March 20, 2 pm - 8 pm  
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**Understanding through Film**

Four films to foster relationships between Indigenous and Settler peoples.

**Martha of the North**  
 The story of displacement of Inuit families by the Canadian government to the far north in the mid 1950s

**Spirit to Soar**  
 A follow up to Tonya Talaga's book, Seven Fallen Feathers: Racism, Death and Hard Truths in a Northern City

**Beans**  
 A chronicle of the 78-day standoff in 1990 between two Mohawk communities and government forces in Quebec

**Colonization Road FINAL FILM**  
 Friday, March 31<sup>st</sup>, 7:00 pm  
 An exploration of the effects of road building by settlers on Indigenous land and culture. (Some strong language.)

**FREE SCREENINGS AT Zion United Church**  
 215 Peel Street, New Hamburg  
 Facemasks required at Zion  
 No registration required

Wilmot Ecumenical Working Group on Indigenous/Settler Relationships  
[ecumenicalworkinggroup@gmail.com](mailto:ecumenicalworkinggroup@gmail.com)

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



# COFFEE HOUSE TALKS

*Learn, Create, Share*



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



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

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



### Our Contact:

- ☎ WFRG- 519-662-2731
- ✉ [coffeehousetalks2020@gmail.com](mailto:coffeehousetalks2020@gmail.com)
- ✉ [info@wilmotfamilyresourcecentre.ca](mailto:info@wilmotfamilyresourcecentre.ca)
- 🌐 <https://sites.google.com/view/coffeehousetalks/home>



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



## New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Entertainment

Sat, April 1st 2-5 p.m. Dosman, Dolnar & Dunn  
Sat. April 15th 1-5 p.m. Cracker Jack Palace

Ham & Scalloped Potatoes Dinner  
Fri, March 31st at 6 p.m. \$22

# ELECTRIC VEHICLES



**DO YOU HAVE A QUESTION?  
ASK THE OWNERS!!**

**TUESDAY, MARCH 21, 2023, 7-9 P.M.**



WEBINAR DETAILS:	OUR SPEAKERS:
<ul style="list-style-type: none"> <li>A summary/update on the current state of electric vehicles (EVs).</li> <li>Brief presentations by owners about their experiences with an EV.</li> </ul> <p><b>ASK THE OWNERS!!</b></p> <ul style="list-style-type: none"> <li>Our extended Question &amp; Answer period will give you lots of time to ask your questions.</li> </ul>	<ul style="list-style-type: none"> <li>A 2019 Chevy Bolt owner will summarize the experience of a long EV trip from Ontario to Newfoundland.</li> <li>Other speakers will discuss their specific EV situation and experiences.</li> <li>Speakers and Q&amp;A panelists are owners of various types of Hybrid, Plug-In, and Battery EVs.</li> </ul>

Free webinar but registration is required.

Register at: [necoboosters.com](http://necoboosters.com) or <https://bit.ly/ElectricVehicles2> or Scan







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## 2023 EASTER EGG HUNT!!!

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EASTER BUNNY



LOOT BAGS!!

## Reduce to Produce Answers on page 31

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

Why should you never iron a four-leaf clover?

A	B	C	D
SECOND	THEY	GREEN	YOU
DON'T	PADDY	HAD	BRING
CLOVER	DAYS	WANT	MINUTE
THING	TO	TULIP	PRESS
YOUR	GOLD	THE	ODD
ADDED	THEM	LUCK	FLING

1. Remove all pronouns in column B
2. Remove all words containing "DD"
3. Remove all plants
4. Remove all 3-lettered words in column C
5. Remove all measurements of time
6. Remove all words that are colours
7. Remove all words that rhyme with spring

Write leftover words here:

---



---



---

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## You Must Be Joking!!



- "I used to play piano by ear. Now I use my hands."
- "Have you ever tried to catch a fog? I tried yesterday but I mist."
- "Do you wanna box for your leftovers?" "No, but I'll wrestle you for them."
- "Shout out to my fingers. I can count on all of them."
- "Did you hear about the guy who invented the knock-knock joke? He won the 'no-bell' prize."
- "What country's capital is growing the fastest?" "Ireland. Every day it's Dublin."
- "You know, people say they pick their nose, but I feel like I was just born with mine."
- "I decided to sell my vacuum cleaner—it was just gathering dust!"
- "My friend ate an entire dictionary. I tried to ask her why but I couldn't get a word in edge wise."



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**RENTAL OR PURCHASE**

CANADA POST POSTES CANADA



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





Theatre Wellesley is proud to announce their upcoming production of legendary Canadian playwright Norm Foster's *The Ladies*

*Foursome*, which will premiere this April in Theatre Wellesley's intimate Studio Theatre.

When tragedy introduces a new face into a group of women who have met on the golf course every week for years, the ties that bind them - and the secrets they share - will be tested by the surprises and challenges their newest player brings. *The Ladies Foursome* marks the first time that Theatre Wellesley has mounted an all-female production, and director Mary Beth Jantzi is thrilled to announce a cast that features some of the most talented actors in local theatre from throughout the region. Lori Hoelscher plays Connie, Jackie Sharkey plays Tate, Jamie Russell is Margot, and Ingrid Fast plays the newcomer, Dory.

The play is a celebration of the bonds that form between women as they face the challenges of life, work, family, relationships, and grief. The intimate surroundings of Theatre Wellesley's Studio Theatre is the perfect place to join these women on their journey. Tickets will be available from Pym's Market in Wellesley, and from [theatrewellesley.com](http://theatrewellesley.com).

Showtimes

- April 20, 8 p.m.
- April 21, 8 p.m.
- April 22, 2 p.m.
- April 23, 2 p.m.
- April 27, 8 p.m.
- April 28, 8 p.m.
- April 29, 2 p.m.
- April 30, 2 p.m.

*Content Warning: Adult themes and frank discussions may offend some viewers.*



Cast photo is left to right: Jamie Russel, Jackie Sharky, Lori Hoeschler, and Ingrid Fast

Theatre Wellesley is a community theatre group that has been entertaining local audiences for over 25 years. In addition to their annual fall comedy, Theatre Wellesley has produced a series of more intimate, dramatic productions in the spring in their Studio Theatre upstairs at the Wellesley library.

Theatre Wellesley welcomes press inquiries, and would be happy to make the cast, director, and producers available for interviews during rehearsals. Please contact Mary Beth Jantzi at [bethjantzi@gmail.com](mailto:bethjantzi@gmail.com)

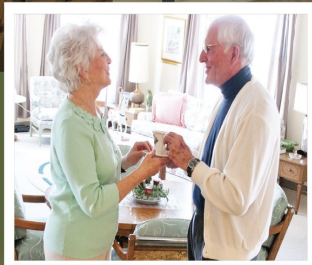
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## You Must Be Joking!!



### Church Ladies With Typewriters.

*They're Back! Those wonderful Church Bulletins!*

- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.
- Don't let worry kill you off - let the Church help.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- The church will host an evening of fine dining, super entertainment, and gracious hostility.
- Potluck supper Sunday at 5 pm - prayer and medication to follow.

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just because they  
deserve  
forgiveness, but  
because you  
deserve peace.



## Hoppy Easter!



### Local Churches Invite You to Join Them

#### Steinmann Mennonite Church

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

#### Zion Philipsburg Lutheran Church

Sunday Worship 10:30 a.m.  
[www.philipsburglutheranchurch.ca](http://www.philipsburglutheranchurch.ca)

#### Emmanuel Lutheran Church

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



#### Shantz Mennonite Church

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

#### St. James Lutheran Church

Sunday Worship 9:00 a.m.  
[www.stjamesinbaden.org](http://www.stjamesinbaden.org)

#### Wilmot Mennonite Church

Sunday Worship 10 a.m.

#### St Agatha Mennonite Church

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

It's almost here, the end of winter and the hope of spring! Although we have been very spoiled this year with extraordinarily little snow and less than harsh temperatures, I, for one, am still looking forward to longer days with warm sunshine! The anticipation of spring gives us all the motivation to shrug off the winter blahs and start fresh and new. The windows get opened to allow for fresh air to circulate, the deep cleaners come out, and inevitably we head for corners and closets that need some extra attention as we purge.

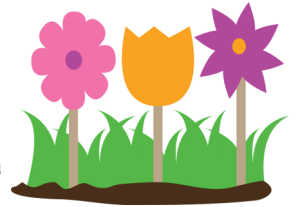
If you have been reading this article monthly, you know I have written about spring cleaning before but this year I want to be sure that when you are purging you are thinking about New Hamburg Thrift Centre. That is right friends, we need your help. The colder temperatures and more people in hibernation mode have been particularly hard on New Hamburg Thrift Centre. Donations over January and February have been unusually low compared to past years and we are hoping our amazing community can help us out.

Housewares and furniture donations are down considerably right now. Although housewares may be

## SPRING CLEANING



something you think you do not have a lot of, try doing what I did, and you might be surprised. Open each cupboard individually and look to see what you have in there. Are there dishes you never use? Maybe you have a blender that has not been out of the cupboard in years? How about mixing bowls or plastic containers? We all know those can pile up and get a bit out of control. I started thinking if I had to pack up and move, would I take all this with me? The truth is, probably not. So why am I cluttering up my cupboards and hanging on to these items? Why not donate them now and give these items a second life at New Hamburg Thrift Centre? I guess we all know what I will be doing this spring!!



Furniture can be a little more of a major decision. Often, we do not get rid of one item until a new one is on its way and then we must arrange to have someone pick it up or it ends up on the curb for large garbage pickup. Did you know that New Hamburg Thrift store offers a free pick-up service for anyone in the area who wants to donate large furniture items? Instead of sending your gently used furniture items to the landfill give us a call. If your item is in good sellable condition, we would be happy to arrange a time to come pick it up for you. This is an exceedingly popular service so it does need to be scheduled in advance and all furniture must be outside the house at the time of pick up. Unfortunately, we CANNOT under any circumstances enter into a building. We also accept quality furniture items that you can drop off here at our receiving area during store hours.

Here at the New Hamburg Thrift Centre, we have such a wonderful team of staff and volunteers who keep our hopes high and their focus on MCC's missions. I have never seen such a group of people who are all simply happy to be doing what they are doing. Everyday there is laughter, kindness, and good times being had in all areas of Thrift. Do not get me wrong there is also a lot of hard work and dedication from all, but that could not happen without the positivity from everyone. As spring slowly arrives and we see plants starting to grow and trees starting to bud, we too are making changes to better our store for customers, and we are all looking forward to the newness of spring, and the upcoming Plant sale in May. So, if you are dropping off gently used items from spring cleaning or looking for some laughter, good friends, and great community spirit, come see us at New Hamburg Thrift Centre.

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**DONATE TODAY!**  
*Thank You*

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# KIDS' CORNER



Be kind to your parents on April Fool's Day!!

## Kids' Emoji Code!

Transform the emojis below from the clues to the right to find the secret saying!

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= 🦋



**Spring Scramble**  
These spring words are all scrambled.... Can you figure it out?

B O R I N = \_ \_ \_ \_ \_

S A R G S = \_ \_ \_ \_ \_

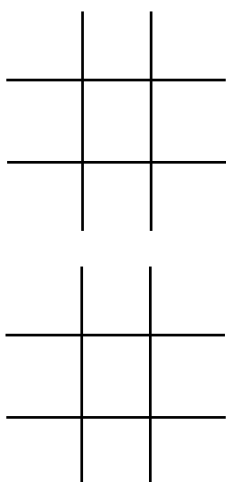
D U L P E L = \_ \_ \_ \_ \_

N I R A = \_ \_ \_ \_ \_

L A P S H S = \_ \_ \_ \_ \_

N U B N Y = \_ \_ \_ \_ \_

Challenge your bestie to some Tic Tac Toe!

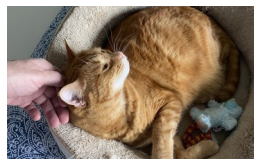


What is the Easter Bunny's favourite music?  
*Hip Hop!*

Why shouldn't you tell an Easter egg a joke?  
*It might crack up!*

## Aphorism: A brief statement of a truth or principle

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humour, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Scratch a cat and you will have a permanent job.
10. No one has more driving ambition than the boy who wants to buy a car.
11. There are no new sins; the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4 AM. It could be a right number.
13. No one ever says 'It's only a game.' when their team is winning.
14. I've reached the age where the happy hour is a nap.
15. Be careful reading the fine print. There's no way you're going to like it.
16. The trouble with bucket seats is that not everybody has the same size bucket.
17. Money can't buy happiness -- but somehow it's more comfortable to cry in a Corvette than in a Yugo.
18. Always be yourself because the people that matter don't mind, and the ones who mind, don't matter!





**Wilmot Horticultural Society**

Spring is springing. Hurrah! The earth awakens.

Gardeners prow around their yards looking for the

first signs of growth. Walk the local forest trails to observe what is coming up. Many of the sedges (look like grass) are evergreen or starting to poke through.

Beware! If we get a heatwave before the end of April, refrain from tidying up the gardens. We often get a cold snap and this loss of insulation could mean the demise of some plants. I have been there! Secondly, the leaves and other organic matter feed the soil and are home to many beneficial critters. If possible, just leave it and once everything leaves out, you will see little of this 'mulch'. Pull back if some of your plants are covered.

March is a good time to prune and repair winter damage and check for disease such as Black Knot Fungus. Always use clean, sharp tools. Clean tools between trees. Remove dead, damaged, and diseased wood. Cut back branches to just above another branch or a bud. Do NOT prune spring flowering shrubs until after they bloom. See **Let's Tree Wilmot's YouTube** channel for an **excellent video** on pruning trees and some short videos on tools and more with our Certified Arborist Mike Yost.



Oak trees are best pruned before April and after August as a new disease, Oak Wilt may have entered Ontario. This avoids the wounds being exposed to the fungus circulating during that time.



Use the 'chop & drop' method to leave prunings in your garden to replenish the soil & provide nesting material for native birds. Leave larger pieces of wood in the garden for wildlife and consider leaving 'snags' in place as long as it is safe to do so. Evergreens need very little pruning. Arborvitae (cedar), junipers and Chamaecyparis (false

April 10<sup>th</sup>, 7:00 pm, the entertaining Graham will present "Musings in the Garden". Free meeting at WRC. See website for more details and our Facebook page.

**Email:** [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)  
**Website:** [wilmothortsociety.ca](http://wilmothortsociety.ca)

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**Website:** [letstreewilmot.ca](http://letstreewilmot.ca)



cypress) will not form new buds on old wood. If you prune them right back, to bare spots, it will remain so. Yews will bounce back with new growth.

Use rejuvenation or renewal pruning to restore scraggly or overgrown shrubs. Which shrubs can you renew or rejuvenate? Go to Morton Arboretum website:

<https://mortonarb.org> and enter pruning in search and see **deciduous shrubs**. See the long list of shrubs including hydrangeas. Why hydrangeas mentioned? Timing of pruning is determined by the species.



Apple, cherry, plum, and pear trees are pruned before flower buds swell. Remove any dead, diseased twigs and prune for open shape. Pear trees typically only need shaping. Never put diseased branches, twigs or leaves in your compost. Put in the garbage.

If you love a good To-Do-List, see the March Cross Pollination newsletter on the website of Halton Master Gardeners.

Join our team of volunteers. Opportunities to garden, write, organize events and tours, and much more are available.

*Keep your fingernails and knees dirty!*

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### Outlook Puzzles Answers

#### Reduce to Produce

Why should you  
never iron a  
four-leaf clover?

You don't want to  
press your luck



### All Things Scrambled

European Countries	South American Countries
Italy	Peru
France	Chile
Poland	Brazil
Norway	Guyana
Greece	Ecuador
Austria	Bolivia
Germany	Columbia
Ireland	Paraguay
Ukraine	Argentina
Belgium	Venezuela

### Drop One For Fun

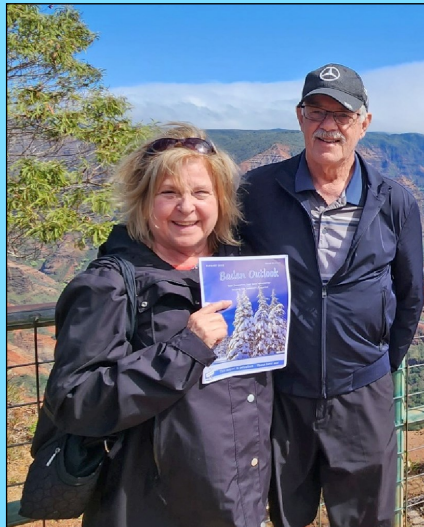
1. Inept	2. Pent	3. Ten
4. Pager	5. Gape	6. Peg
7. Rigid	8. Grid	9. Rig
10. Maids	11. Amid	12. Aim
13. Itchy	14. City	15. Tic

Creating special words: Irish & Paddy

*The Baden Outlook has been travelling and having lots of fun!*



Chris and Donna Medley took their Outlook for dinner with Wilson and Joyce Cook at Fat Tony's Smokehouse, Cupecoy, Sint Maarten.



In February, Shirley Koehle & Bill Padfield were at Waimea Canyon Lookout, Hawaii at the elevation of 3400' above sea level.

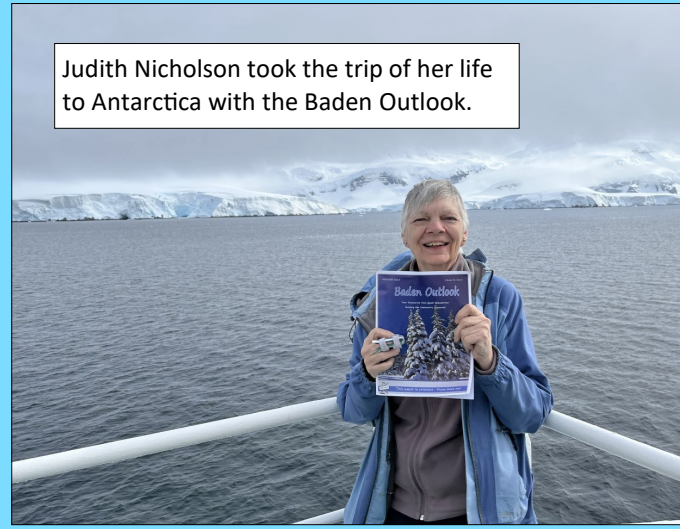


Pat Gillies, Chandler and Dorothy Pikor were in Kenya with the Baden Outlook on safari, one of which was a walking safari at Lake Naivasha, up close to zebras, giraffes, and water buffaloes.

The Griggs went on vacation and stopped to visit their Morningside friends in Dunedin, Florida. L-R: Donna Grigg; Larry and Dorothy Peterson; Bob Grigg; Don and Arline Horslin.



*Don't forget to pack your Baden Outlook when going on vacation!*



Judith Nicholson took the trip of her life to Antarctica with the Baden Outlook.



Eloise and Jillian Ziegler (granddaughters of Murray and Donna of Petersburg) took their Baden Outlook along with them to Panama.



I've been asked a number of times this winter *why do travel insurance companies require that you contact them prior to seeking medical treatment?*

There are many reasons why they require you to do this and here are some of them.

- **Directing you to treatment providers:** Travel insurance providers have a roster of preferred hospitals, clinics, and physicians and whenever possible will direct you to one of these facilities for treatment to help ensure the quality of care you receive, to make sure the treatment provider is appropriate for the treatment you require, and to allow them to better coordinate and manage your care.
- **Arranging direct billing with your treatment provider:** In many cases, your insurance provider will be able to arrange direct billing for your claim with one of their preferred treatment providers so you won't need to incur any out-of-pocket medical expenses. Otherwise, you may need to cover these costs out of pocket and seek reimbursement from your insurance provider later.
- **Simplifying the claims process:** If your insurance provider coordinates your care and treatment from the beginning, they can usually obtain most of the necessary documents and information directly from your treatment provider, which can help speed up and simplify your claim.
- **Informing you if your treatment is covered:** Contacting your provider before seeking treatment allows them to inform you if the treatment you are seeking is covered by your policy and if there are any coverage limits or restrictions prior to receiving treatment.
- **Determining if your treatment is "medically necessary":** Emergency travel medical insurance only covers treatments that are considered "medically necessary". For example, your insurance company may not recognize some diagnostic, medical, and laboratory procedures as "emergency" benefits or necessary under your circumstances. If you receive treatments that are **not** considered to be medically necessary by your



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insurer, they may not be covered under your policy, and you may have to pay for them personally. Contacting your provider before seeking treatment can help reduce this risk.

#### What if there is no time to contact your insurance provider?

Insurance providers understand that there are extenuating circumstances under which you may not be able to contact them before seeking medical treatment. For example, if you suffer a serious medical issue like a heart attack or stroke or an injury that requires immediate medical attention.

In instances like this, your priority should be to seek medical attention first and contact your insurance provider – or have someone else contact them on your behalf – as soon as possible.

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## Tri-County Mennonite Homes : Resident Perspectives ~ Meet John

March is an exciting month! The weather is improving, spring is right around the corner, and there are many important dates and celebrations. At Tri-County Mennonite Homes (TCMH), we love spring, and we think it's important to stop and consider all that happens during this month. We sat down with John Houghton to ask him why he thinks March is meaningful.

John has been living at Aldaview Services for 9 years. Aldaview Services provides supports and accommodations for adults with developmental disabilities. Though John is a little shy and didn't want to include his picture, he's quite the character and had lots to say when we asked him about Nutrition Month, International Women's Day, World Water Day, and more.

John loves the weekend because Deb, one of his favourite staff members, works. And John loves Deb's cooking! When we asked John why nutritious and healthy foods were important, he very plainly stated that "too much fat can kill ya". Wise words, John! Especially for a food lover. But he also thinks that eating well can be difficult. John appreciates staff and family who make meals that are full of good, healthy things to eat. Some of John's favourite meals include lasagna and panzerotti, but because he tries to eat sensible foods, he doesn't indulge in his favourites too often. Just often enough to keep him happy.

When we asked John about International Day of Happiness (March 20) he has a good approach: Enjoy being happy because it's the little things that count. Whether it's watching fishing shows on TV or hanging out with his buddies, John finds happiness in the little things in life. He loves to go out, anywhere, anytime, and he always tries to make the most of being out because the little things are all around you. For John, it can be seeing a motorbike or a three-wheeler, meeting a dog, or spending time with his friends and family.

Family is about more than happiness for John. When we asked him about International Women's Day (March 8), John mentioned that the most important woman in his life was his mother, Monica. John talks to her every week and is thankful for everything his mum does for him. In his words, she treats me good and raised me. John thinks there are lots of ways to show appreciation for the important women in life, like buying them chocolates, but that talking with them is really the best way to show appreciation.

Something else John appreciates is the water he uses every day. March 22 is World Water Day, and John explained why he thinks conserving water is important. Without water, John couldn't bathe, do laundry, or help wash dishes, and he thinks he would probably croak if all the water was gone! Some of John's favourite activities include water, like fishing and walking along the shoreline at Goderich Beach. To help reduce his water usage, John takes a shower instead of a bath. He also tries to turn off the tap when he is not using it. Like happiness, it's the little things that count and John hopes everyone will do little things to save water for the future generations.

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