



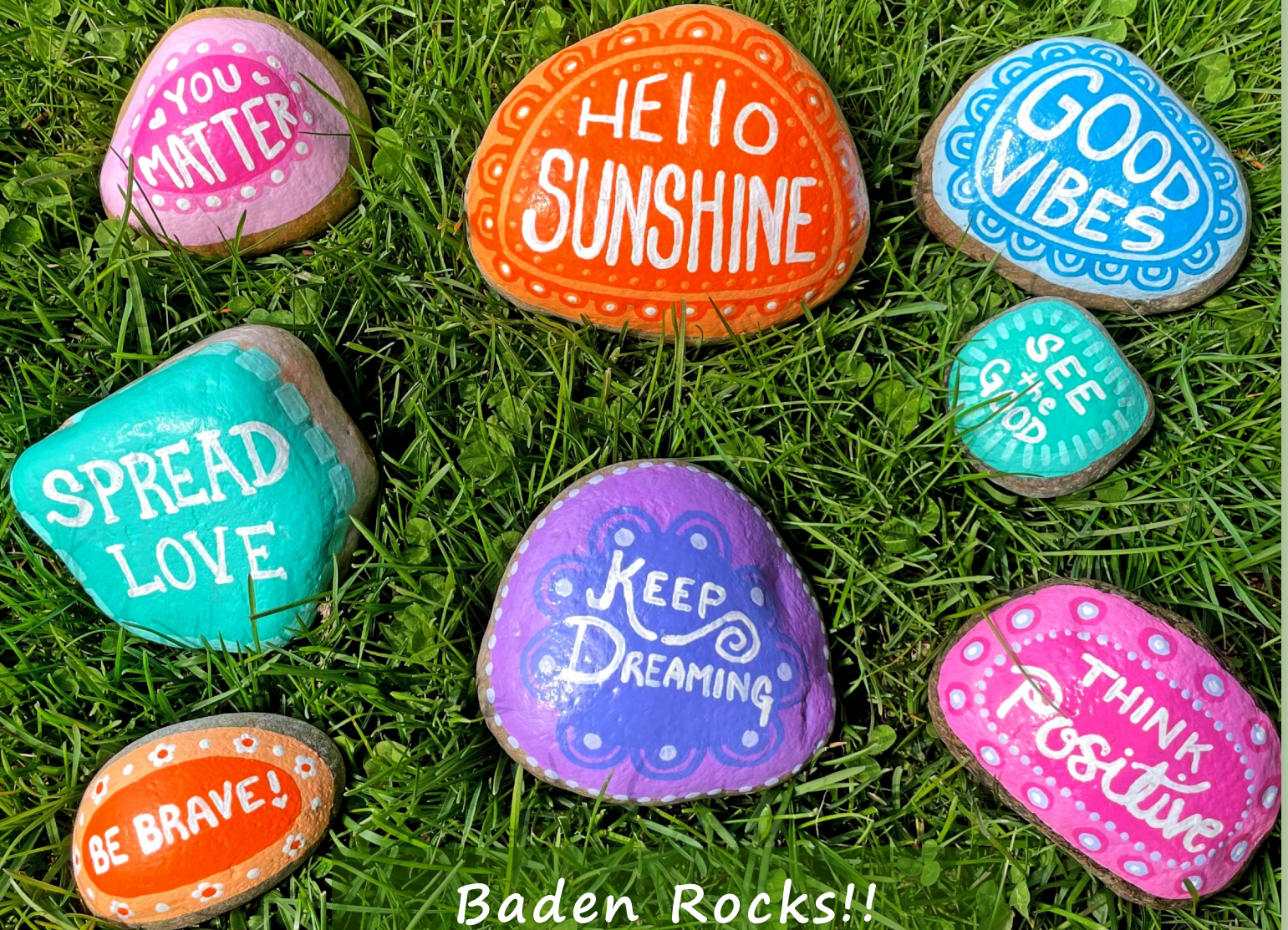
2021

VOLUME 21, ISSUE 10

# Baden Outlook

~ Your Favourite Good-News-Letter ~

Keeping the Community Connected!



## Baden Rocks!!

Look for these colourful and positive stones throughout the town of Baden!

Photo and Painted Rocks By: Andy Shinnie



This paper is priceless - Please have one!



## Baden Cleans Up ~ Celebrating Earth Day

The Baden Community Association held their Earth Day annual clean up on Saturday April 24th. Even though there was a lockdown, it was wonderful to see 15 families join in to clean up our town.



There was a draw for two \$50 gift cards from local restaurants and also two lucky kids won \$10 gift cards for their colouring contest entries.



## Welcome to Baden!

Recently, we received an email from a new resident in town. She found this sweet little rock on the corner of Snyder's Road and Brewery Street. She said from the friendliness of residents, beautiful ponds and trails, and reading the Outlook, her family is feeling very at home.



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# Greetings from Headquarters ~



As I write this, the region is starting to recover from the third wave. Many of us feel tired, lazy, and unmotivated—it’s like we have a giant case of the “blahs”. Just like in the movie *Groundhog Day*, each day seems similar to the last, and now all the days are blending together. I recently read an article by Adam Grant, that spoke to me quite a bit. There’s an actual term for this feeling—it’s called “languishing”. It is the middle ground between flourishing and depression, the absence of well-being. The article stated, “it might be the dominant emotion of 2021.” I feel like fear and grief dominated 2020, now we have “meh”.

If we step outside of our boxes, we find doctors and nurses with zero time for languishing. They are not able to relax their focus. Everyday is not the same for them. Every situation, every patient is unique. With their skills highly in demand, they are unable to be lazy or unmotivated.

At the end of April, a local nurse reached out to the community for donations of travel toiletries for ICU patients. After chatting with this dedicated nurse, I sat down and thought about the hospital staff. After all my reflection, I sat and wrote notes upon notes to doctors and nurses. The compassion these people must have! The fact that everyday is so risky but they continue to press on because WE as a community matter to them! The constant unknown of what their shifts might hold. The hours, the grief they must see, the selflessness of it all is baffling. It felt incredible to give something as simple as toiletries and positive notes to make their day. They say, “stay at home, that’s how you can help”. While that is 100% true, giving something tangible felt amazing. It was also a great way to snap myself out of this languishing feeling for a moment.

So, this is what I propose we do as a community. Bring back the days of colourful window signs that kept us uplifted during the first wave. Bring back the sidewalk chalk messages of hope. Paint those positive messages on rocks and place them around town. Everyone needs more positivity right now. Write letters to our local doctors, nurses, and hospital staff members and bring them to Mars Convenience. You can place these letters in the box inside, next to our papers, and we will get your messages to our hospitals. They need us now more than ever —*let’s rallying to encourage them again!*



Yay, it’s May! That means more colour brightening our world—I love the blue sky, the colour of tulips and daffodils, tree blossoms and the various shades of green as the leaves are bursting out in the beginning of their seasonal cycle. Let’s get outside and move!

As you have read, Katie is very passionate about our nurses and their continued journey through this pandemic. If you recall a year ago we showed our support to them in various ways, but a year has now passed; and they are exhausted and some may have been sick. Katie’s heart is big and it shows...yes, I’m proud!

The pandemic has kept us apart, but I hope you were able to connect with your moms and your kids on Mother’s Day. I’m lucky to have my mom close by and we’ve been able to have safe distance visits with our kids and grandkids.

Over the years I’ve called my mom for one of her recipes and Katie calls on me for mine. But things flip and I now call on Katie for a new recipe, I was quite excited when she shared her Greek dinner with me. You will find her potato recipe in this month’s Cooks Corner, which I enjoy whether I am cooking Greek or not. I hope you enjoy this issue with lots of interesting things to read. Be safe, stay well!

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Barry, Pat, & Katie Fisher

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

- Barry writes about impact on earth in a different fashion
- Learn more about Philipsburg history
- Check out the many activities offered at the Baden Library
- Learn about how to take care of your feet with Dr. Papa
- Read about Baden postmasters and post offices
- No matter the time of year, tips for your garden
- It’s important to clean your hummingbird feeders—says Ken
- Tips from ICC on working from home and keeping mentally stable
- Meet your local firefighters!

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

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

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# Talking with Ed

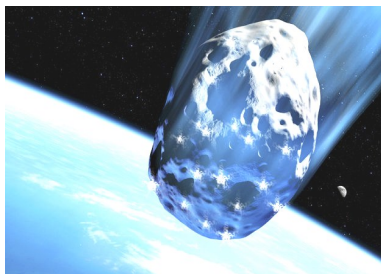
## ~ Blast from the Past



Last month, you may remember that I talked about the space-aged Jetsons, and their futuristic gadgets which included flying cars, jet packs, robotic help, holograms, drones, smart shoes, and watches.

The other night I watched the Netflix movie *Love and Monsters*. For anyone who hasn't seen this movie, it is about a massive asteroid heading towards Earth, with all countries co-operating and attacking it with missiles. The result was an extraordinary event which turned many insects into giant monsters – a little far-fetched, but whatever. This got me thinking – what was the biggest asteroid to ever hit the Earth?

When I googled “asteroids hitting Earth” the first link to come up was the “Chicxulub Impactor” – the second-largest impact crater in the world. The Chicxulub crater is buried underneath the Yucatan Peninsula in Mexico. It was formed when a large asteroid, or comet, about 11 to 81 kilometres in diameter, hit that area slightly more than 66 million years ago. This asteroid eliminated 75 percent of life on Earth at that time – so it was goodbye to many dinosaurs. The crater was estimated to be 150 kilometres in diameter and 20 kilometres in depth which sank well into the continental crust of the region.



The impact created winds in excess of 1000 kilometres per hour and created a megatsunami. Recent simulations showed waves that could have been 1.5 miles tall and reached all coastlines in the world. This sounds pretty bad--but there was one bigger than that!

The Vredefort Crater, which is the largest verified impact crater on Earth, was more than 300 kilometres in diameter. It is named after the town of Vredefort, South Africa, which is near its center. The crater is calculated to be 2.023 billion years old – the second-oldest known crater on Earth.

Alright, I know what you are thinking – what is the third-largest impact crater in the world? It is much closer than you think. Where? I will divulge shortly. This crater is 1.849 billion years old and the asteroid is believed to have a diameter of approximately 10 to 15 kilometres. Debris from the impact was scattered over an area of 1,600,000 kilometres<sup>2</sup>, with rock fragments found as far away as Minnesota. I am going to keep you in suspense a little longer, with regards to the location.

Many thoughts come to mind. First off, how incredible it is that there is technology that can actually tell that something is billions of years old – that is mind-boggling to me. Number two is how amazing it is that our world can continue to rebound after massive disasters like that. The third thing is that it is interesting that some of the calculations are clearly estimates, as shown by the size of the first asteroid—11 to 81 kilometres in diameter.

It is reassuring to know how long ago these collisions with Earth were—the chance of us having something like that happening is so remote, that it shouldn't even be an afterthought.



In closing, the community with the third-largest asteroid crater is none other than Sudbury, Ontario! For maps and more information on the site and event, visit <https://lakeheadca.com/events-education/geology/meteorite-impact>. Be sure to read the estimated effects of an asteroid hit such as the Sudbury Impact. Wow!

*Until next month...Ed*




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## Baden ~ Our Town



The Baden Community Association, Baden Feed and Seed and the Lambert Group are joining together to host a special food drive for the Wilmot Family Resource Centre (WFRC).

The WFRC is thankful for the many generous donations that they receive from the community, however they are in need of specific items that are required for families.

On May 29th from 10am -2pm the three groups will be hosting a drive-thru food drive at the Baden Feed location in front of their driving shed with hopes to fill the need for the following items for the WFRC: **cleaning supplies like dish soap, laundry detergent, and fabric softener, canned pastas, stews, and chilis.** They also have a need for **peanut butter, 100 % real fruit juice, pork and beans, and cooking oil.** Warm beverages (teas, coffees, and hot chocolate) are also a thoughtful item to donate. Of course the group will accept all donations, but it is great to focus on things that are really needed at the location.

Are you up for a challenge? The BCA is putting together a Scavenger Hunt to get people outside and having fun! To participate, grab the list of questions from the Baden Outlook next month (June) grab your family and try to find as many answers as you can. You won't need to touch anything or interact with anyone outside your bubble.



## In Memory of Marguerite Seyler who left us on April 5th, 2021

Marg will be missed by her sister Jean and nieces and nephews. She will be remembered as a happy, fun-loving lady. She lived in Baden much of her life and had many life long friendships.



Marg was an employee of Bell Canada for almost 40 years and began her career as a switch board operator in the Wilmot Municipal Telephone System.



Marg Seyler was a Baden Switch Board Operator on Foundry Street from 1956-1964

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# Checking out the Baden Library



As our library branches are currently closed to the public, we are still open for contactless curbside pick-up of materials. You can make an appointment using our new Click & Collect service. If you need library assistance, please feel free to reach out to us using our Ask a Librarian service at [askrwl@regionofwaterloo.ca](mailto:askrwl@regionofwaterloo.ca) or by phone at 226-748-8030.

Your continued patience is appreciated as we continue to follow government guidelines to help stop the spread of COVID-19. As the status of restrictions continues to change, please check our website at [rwlibrary.ca](http://rwlibrary.ca) for the most up-to-date information on how to access library services.

## One Book One Community (OBOC) 2021

OBOC is celebrating its 20<sup>th</sup> year! The longest running community-reading program in Canada, OBOC celebrates titles by Canadian authors. Through the shared experience of reading and book discussions, OBOC has helped create a special sense of community in Waterloo Region.



OBOC is thrilled to announce its 2021 book selection, *Extraordinary Canadians: Stories from the Heart of our Nation* by Peter Mansbridge and Mark Bulgutch. Featuring stories from Canadians of all walks of life, *Extraordinary Canadians* is the perfect feel-good love letter to our country and its people. For information on upcoming OBOC events visit [oboc.ca](http://oboc.ca).

## NEW! Ontario Park Permits

Day-use park permits are now available for one-week loans from your library. A permit provides day-use access for one vehicle and its occupants to over 100 different Ontario parks locations. When you borrow a pass, you will also receive a day-use coupon for \$5 off the regular price for a future visit. It's the perfect time to get outside and explore our provincial parks.

Want more information about a park before you go? Check out these books from the library's collection:

- *A Paddler's Guide to Algonquin*
- *Ontario Parks Guide: Memories Start Here*
- *Cottage Country Ontario*

## Adult Book Club –Thursday May 27 (on Zoom)

Adult book discussions continue on the last Thursday evening of each month. Join Kim, our Supervisor of Programming and Outreach for the May book discussion on the book *Broken Man on a Halifax Pier* by Lesley Choyce. If you're interested in borrowing a print, digital or audio copy, please contact Librarian Jen Cyr at [jcyr@regionofwaterloo.ca](mailto:jcyr@regionofwaterloo.ca) and the book will be delivered to your inbox or home branch for pick up! Register in advance to receive your Zoom link to our book club meeting. For more details, ask your local library staff or visit [rwlibrary.ca](http://rwlibrary.ca).

Questions? For more information, please contact the Baden Branch at 519-634-8933, [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) or visit [rwlibrary.ca](http://rwlibrary.ca).

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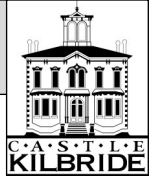
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# You've Got Mail: A brief history of the Baden Post Office

Written by Teresa Brown for Castle Kilbride



*Bernie Schumm and friend at the Baden Post Office when it was located at Schumm's Drug Store on the East side of Foundry Street. (Schumm Collection/ Castle Kilbride)*

The Post Office: throughout Canadian history, there has been no place more essential to helping people stay connected. Of course, the letters, postcards, and packages sent from far-away family and friends have always been key to these connections -- but so has been the Post Office itself, a place where a town's residents could stop by each day to pick up their mail. In making that visit, townspeople were also connected to friends and neighbours, to the Postmaster or Postmistress, to fellow businesspeople -- it was a place where messages were exchanged, but so too were greetings, handshakes, and pleasantries.

Not surprisingly, the post office in Baden has experienced many changes over the years. The Canadian postal system was in its infancy in the 1850s; the village of Baden had its first postmaster, Jacob Beck, in 1857. Like other postmasters of that time, Beck would have had duties that today might seem odd; for example, he would have received postage stamps on one large sheet, which he had to cut into individual stamps before being sold to customers.

Beck may have cut apart sheets of the first Canadian stamp, issued in 1851: known as the "Three Pence Beaver," the stamp was designed by Sir Sandford Fleming, and its cost, of course, was three pence (or three pennies). In yet another contrast to today's speedy air mail, 19th-century transport of the mail was by steamboats, trains, and then finally by horse and wagon to the Post Office, where all residents in the village as well as in surrounding rural areas would pick up their mail. What a difference to today's air mail, postal vans, and cars!

The second Baden post office was located on Snyder's Road and Mr. Boye was postmaster.

The Post Office was then moved to a frame building on Foundry Street. The postmaster during this time was Fred Holwell, a gentleman with a connection to Castle Kilbride: Mr. Holwell was the father of Laura Livingston, wife of James Livingston, the builder of Castle Kilbride. The Foundry Street building was later torn down to construct the Toronto Dominion Bank, which is still there today (although no longer a bank). After Mr. Holwell died in 1920, his daughter Lizzie continued operations until 1921. Postal services were then transferred across the street to the Drug Store operated by Henry Christian Schumm, in the building that today houses Pizza Express and Subs.



*Baden Post Office on Foundry Street- middle building (Schumm Collection/ Castle Kilbride)*

Story continued on page 9 →



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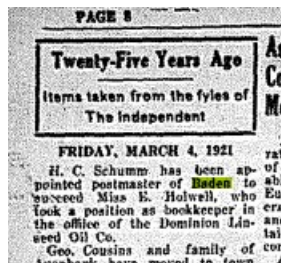


In 1957, one hundred years after Beck became the first postmaster, a new Post Office was built on Snyder's Road, and the postmaster Albert

Everts created his residence on the upper floors. In 1961, Ella Schmidt became the postmistress at the same location. This building today is Baden Optical. In the late 1990s and the early 2000s, the post office moved to Castle View Variety and later Teddy's Bakery; both businesses operated where Melina's Grill is now.

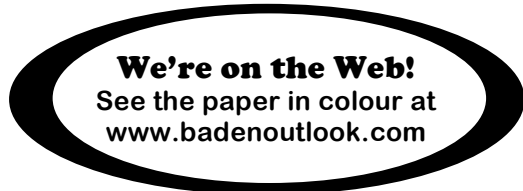
Today, a Canada Post outlet inside Mars Convenience at 118 Snyder's Road East is where Baden's residents collect their mail, post letters and packages, and purchase stamps. Mail is also delivered to boxes around Baden, just a short stroll down the street from home. In both modes of mail delivery, the stands of post boxes -- each mailbox still opened with a good old-fashioned key -- invite citizens to come together, say hello to friends and neighbours, chat for a while with the postmaster at Mars, and to catch up on all the news of the day.

Because isn't it true: the more things change, the more they stay the same. Over 160 years since the first post office opened in Baden, even while so much has changed, the most important things are still the same. Whether we're in different provinces or even different countries -- or perhaps right next door -- the Post Office connects us all.



Baden Postmasters Over the Years

- 1854-1879 Jacob Beck
- 1879-1881 William Beck
- 1881-1882 Edward H. Boye
- 1882-1884 Ernest Boye
- 1884-1890 Edward H. Boye Jr.
- 1890-1916 Fredrick Holwell
- 1916-1920 Miss M.E. Holwell
- 1921-1945 Henry P. Schumm
- 1945 Miss Regina Schumm (acting P.M)
- 1946-1960 Albert M. Everts
- 1960 Miss Ella K. Schmidt (acting P.M.)
- 1961-1983 Miss Ella K. Schmidt
- 1983-1985 Marion K. Pinnell
- 1985-1990 Betty A. Uttley
- 1990-1991 Margaret R. Burgess
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### In Loving Memory

Mary Eileen McClear of Baden passed away on April 10, 2021. She will be missed dearly by her husband Ted Derry and her children Brendan and Julia, and granddaughter Allegra.



Mary Eillen was originally from Owosso, Michigan. After graduating with a Master's Degree from University of Michigan, she emigrated to Canada, and started her professional career specializing in children's services in St. Catherines and later with the Midwestern Library system in KW.

Mary Eileen married Ted Derry and moved to Baden where she began a role as a professional Story Teller where she received international acclaim. She was a creator, performer, editor, and writer, and a mentor to many.

Mary Eileen also made many contributions of her skills to Castle Kilbride over the years. She was a warm and generous person whose compassion and wisdom made a difference in Baden. She will be missed by many.





## BIRD WORDSEARCH

Find the bird names in the grid. You will find them horizontally, vertically, or diagonally.

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

- BLUEJAY
- BOBOLINK
- CARDINAL
- CHICKADEE
- CROW
- DOVE
- EAGLE
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- Mulan



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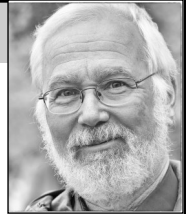
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## Baden Birding ~ The Importance of Birdfeeder Maintenance

By Ken Quanz



It is finally time for many of us to put away the winter bird feeders. A good wash to get rid of the dirt, then a rinse in a disinfectant to destroy bacteria and viruses, and we are almost done except for finding a suitable storage area. Oh, yes – a quick raking of the sunflower hulls and the wet (rotting?) seed on the ground and we should be good until next fall.

As you are putting away the feeders, you may notice the hummingbird and oriole feeders on the shelf. Might as well get them out and ready. A good wash is essential before we fill them with a clear sugar and water mixture or affix half an orange on the oriole feeder spike. In this way we can welcome back our “snowbirds” that are returning from their wintering grounds to their essential breeding areas to raise the next generation of young. After a long flight, or a long series of short flights, this high energy snack will certainly be welcome, especially when many nectar-producing flowers have not started to bloom profusely!

Or will your feeder be a death sentence? On a warm day, sugary fruit and syrup will quickly start to support a hoard of mould (minute fungi), bacteria and viruses. It will also start to ferment, and we all know that FUI (Flying Under the Influence) is not a wise choice for survival. Therefore, CLEAN YOUR FEEDERS and change the liquid every 3-5 days. When you clean the feeder, take it apart to get all the surfaces clean. If your feeder does not come apart, get a new one that does. Before every use, soak it in boiling hot water with soap or diluted bleach, rinse completely

and let it dry completely before filling again. You can put the feeder through a dishwasher cycle according to “The Cornell Lab”, North America’s expert advisors on bird-related information.

Making a feeding solution for a hummingbird feeder is simple. One quarter cup of sugar to every cup of water makes the ideal mixture. Do not add food colouring, don’t use honey (it contains different types of sugars than are found in nectar), and save your corn syrup for another use. Since it is easy to make the feeder solution, you can make small quantities for very little money, and therefore make it more often. Or, you could put out more hummingbird feeders spaced around the yard. This may help you determine the best locations for feeders while decreasing territorial fighting among the hummingbirds – they can be real bullies despite their size. Enjoy the wonder of watching these tiny flying jewels. You may even be surprised to see orioles visiting these feeders!



Can you continue to use birdseed through the late spring and summer? Of course you can, but be aware that many species will not use seeds to feed their young. Instead they hunt for insects and arthropods, and other invertebrates which are easier to digest and are higher in energy. Bird species which eat seeds must ingest tiny stone fragments which they use to grind their food. Hatchlings do not have the ability to get the stones, so must be fed softer matter that may be partially pre-digested. Remember that birds do not produce milk like mammals do.

Baden Birding Sponsored by:



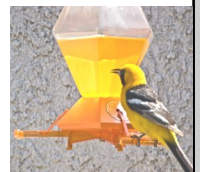
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### Hummingbird fun facts:

-They are the smallest bird that migrates. They don’t flock like other birds while migrating. They like to travel alone sometimes up to 500 miles at a time.

-Hummingbirds are the only bird that knows how to fly backwards.

-The average hummingbird weighs less than a nickel.

-A group of hummingbirds seen together would be referred to as a bouquet, a glittering, a hover, a shimmer, or a tune.





## ALL THINGS SCRAMBLED

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

### Vibrant Colours



LATE            \_ \_ \_ \_ \_  
 LUBE            \_ \_ \_ \_ \_  
 CLABK        \_ \_ \_ \_ \_  
 ERENG        \_ \_ \_ \_ \_  
 LOWLEY      \_ \_ \_ \_ \_  
 GORANE      \_ \_ \_ \_ \_  
 ORAMON     \_ \_ \_ \_ \_  
 RUPPEL      \_ \_ \_ \_ \_  
 RIVLES       \_ \_ \_ \_ \_  
 TOILEV       \_ \_ \_ \_ \_

### Spring Flowers



RIIS            \_ \_ \_ \_ \_  
 PLUIT         \_ \_ \_ \_ \_  
 NEOPY        \_ \_ \_ \_ \_  
 SYNAP        \_ \_ \_ \_ \_  
 SOCUCR      \_ \_ \_ \_ \_  
 SLYSAUM    \_ \_ \_ \_ \_  
 FADFODLI    \_ \_ \_ \_ \_  
 THINCHAY   \_ \_ \_ \_ \_  
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 SORERIMP    \_ \_ \_ \_ \_

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## The Importance of Rest

By: Amy Krug, Counsellor



We are living in a time of uncertainty and unprecedented change. The pandemic and onset of COVID-19 has touched us all in some way, to varying degrees. We are still managing its effects now well into the third wave.

I want to focus on ways to support our mental rest as I see in my life and practice. So many of us are now on constant high-alert and have trouble shutting down and shutting off and this can lead to chronic stress and brain fog.

This past year has brought much change to our lives, our work, our schools and our sense of freedom, and it has been exhausting. What has become a common experience for most of us is pandemic fatigue. We are exhausted physically, mentally, and emotionally and we need rest more than ever.

We are attuned to our phones, our screens, and our computers for much of our day as we work and do school remotely.


The need for rest in our culture has typically been underestimated. We are taught that being busy, productive, and accomplishing tasks is valued and important; however, very few appreciate the need for rest and rejuvenation as part of our daily practice. An article I recently read by Jennifer Moss entitled "For peak well-being, we need to get 7 unique types of rest" suggests we need seven types of rest to truly feel energized and okay in our daily lives. The seven types of rest are: active rest, mental rest, sensory rest, creative rest, emotional rest, social rest, and spiritual rest.

How can we rest the ongoing mental chatter and angst? Some tools to try:

- Turn off all screens before dinner and enjoy quality time and conversation with your family and/or loved ones over a good meal. Savour your food and enjoy this time.
- Take a fake commute--while many of us work from home the work/life balance has become nonexistent as the two have merged together. Take a mindful walk around your neighbourhood each morning before beginning your workday.
- Take mini screen breaks every hour, get up from your desk, stretch, walk outside, and take a deep breath.
- Practise meditation and mindfulness as tools to allow your mind to rest in the present moment.

Rest in all its forms is essential to our overall well-being and mental health, now more than ever.

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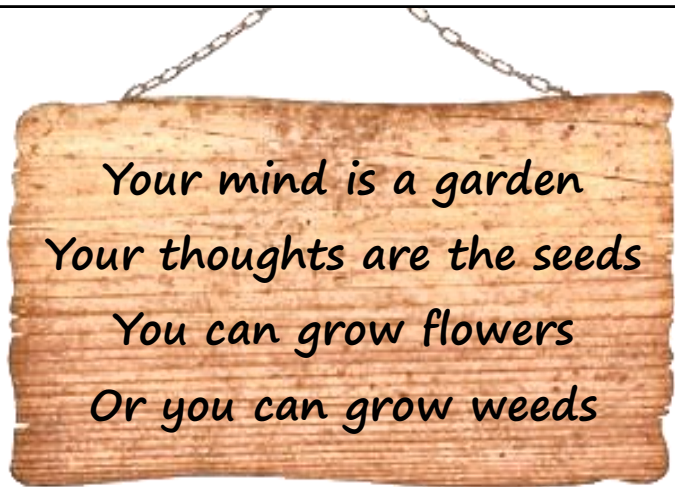





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WOULD THE PERSON WHO TOOK THE STEP LADDER YES-  
TERDAY PLEASE BRING IT BACK OR FURTHER STEPS  
WILL BE TAKEN
- ⇒ In another office:  
AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT  
AND STAND UPSIDE DOWN ON THE DRAINING BOARD
- ⇒ Notice in health food shop window:  
CLOSED DUE TO ILLNESS
- ⇒ Spotted in a safari park:  
ELEPHANTS PLEASE STAY IN YOUR CAR
- ⇒ Seen during a conference:  
FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW  
IT, THERE IS A DAYCARE ON THE 1ST FLOOR
- ⇒ Notice in a farmer's field:  
THE FARMER ALLOWS WALKERS TO CROSS THE FIELD  
FOR FREE, BUT THE BULL CHARGES.
- ⇒ On a repair shop door:  
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THE DOOR - THE BELL DOESN'T WORK)



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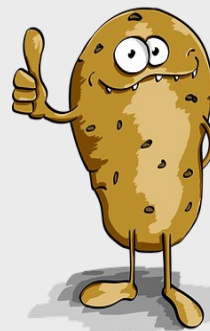
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## You Must Be Joking!



### Gardening Puns ~

- \* My wife works over-thyme in her herb garden before she decides it is time to *cumin*.
- \* I will cut the grass only when I get *Mowtivated*.
- \* The research assistant couldn't experiment with plants because he hadn't *botany*.
- \* Old gardeners never die they just vegetate.
- \* Gardeners like to plant their feet firmly.
- \* The exhausted gardener exclaims, "I need some peas and quiet."
- \* If you're a gardener you might call yourself a 'plant manager'.
- \* It's interesting what the corn ears hear in the garden:



- "Lettuce be thankful"
- "Everybody, romaine calm. This is not a drill."
- "I don't carrot at all"
- "Just dill with it"
- "I'm rooting for you!"
- "Herb your enthusiasm."
- "Be nice or leaf"
- "Lettuce Romaine Friends"



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- 10 minutes in a forest improves sleep and boosts the immune system. The scents of the forest also help to reduce stress.
- Taking forest walks is great for reducing loneliness, lowering blood pressure, and helping to accelerate recovery from illness.
- Listening to bird sounds results in improved mood and relief from mental fatigue & stress.
- Getting your hands dirty with soil can increase your brain serotonin levels (anti-depressant).
- Barefoot contact with the grass & earth may help improve sleep and lower stress.

Are you interested in climate change and other global environmental issues? **Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns.** Our next monthly meeting will be held at **7:00PM on Wednesday, May 26th.** 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 and we will provide you with more details. Want to know more about the Nith Valley EcoBoosters? Check out our website at: [nvecoboosters.com](http://nvecoboosters.com)

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1. Make peace with your past so it won't disturb your present.
2. What other people think of you is none of your business.
3. Time heals almost everything. Give it time.
4. No one is in charge of your happiness, except you.
5. Don't compare your life to others and don't judge them, you have no idea what their journey is all about.
6. Stop thinking too much. It's alright not to know the answers.
7. Smile. You don't own all the problems in the world.

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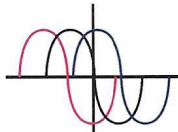
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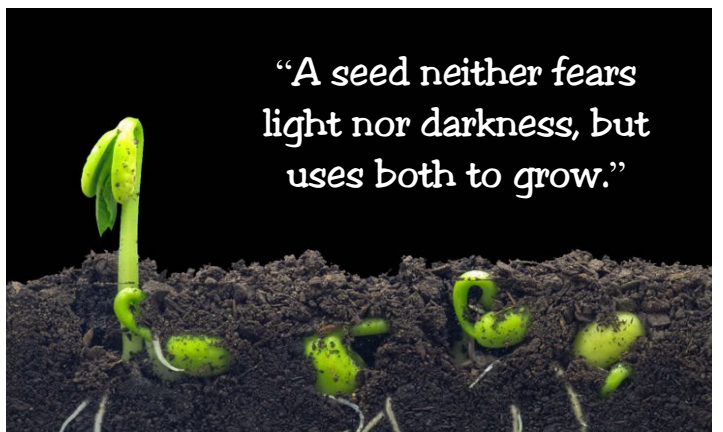
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## You Must Be Joking!!



- What's the difference between a hippo and a zippo? One is really heavy and the other is a little lighter.
- Sleeping comes so naturally to me, I could do it with my eyes closed.
- What did the grape say when it got stepped on? Nothing but it let out a little whine.
- I tried to sue the airline for losing my luggage. I lost my case.
- What do you call a bee that can't make up its mind? A maybe.

*"A seed neither fears  
light nor darkness, but  
uses both to grow."*





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## TAKING CARE OF YOUR FEET

By Dr. John A. Papa, DC, FCCP(C)



The feet are an individual's contact points with the ground, so how they support the rest of the body is critical. Our feet have nearly 100 individual working parts, which all have to function together when we stand, walk, run, and jump to provide proper stability and balance.

When a small problem develops in our feet, the subtle changes in the way we move can cause a chain reaction of adjustments in our posture and walking mechanics. This can lead to symptoms such as: **localized foot pain, arch and heel pain, along with ankle, knee, hip, and back pain.**



Protecting your feet and choosing proper footwear can go a long way in preventing injury and pain. Below are some helpful tips that can ensure your feet are protected and functioning to the best of their ability.

- Choose footwear that is appropriate for your foot type. For example, people with low arches, called pronators, will need a shoe that provides some degree of stability. A shoe with good cushioning is important for people with high arches, called supinators.
- Select a footwear store with knowledgeable staff who can provide advice on the shoe that best suits your activity, body structure, and type of foot.
- Remember that not all shoes are created equally. The

same shoe sizes can have different fits depending on the manufacturer. Be sure to try several sizes to find the most comfortable shoe.

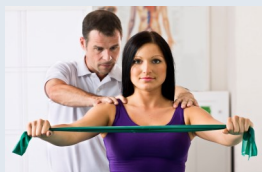
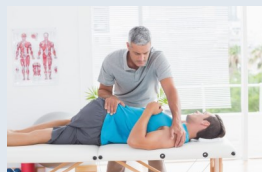
- Shop for footwear in the afternoon or evening, as your feet tend to accumulate fluid and swell throughout the day. What may have been comfortable earlier in the day could now feel tight later in the day.
- Avoid buying shoes that you feel need a break-in period. Shoes should be comfortable from the first time you put them on.
- Don't cheap out on your shoes! Better quality shoes may cost more but will pay off in terms of support and sturdiness. A mid-priced shoe may offer the best value.
- Do not hesitate to replace footwear after excessive wear as it may not be providing you with proper support and stability.
- Consider custom orthotics to help support your feet. Orthotics are mechanical aids that fit into your shoes as comfortably as an insole and work on your feet much like glasses work on your eyes – they decrease stress and strain on your body by bringing your feet into proper alignment. This helps rebalance your feet and reduces pain and discomfort by enhancing your body's natural movements.
- Remember to exercise regularly and try to maintain a healthy weight. Extra weight adds mechanical stress on your feet, knees, hips, and back.



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If you have foot pain that limits your daily functioning, you should contact a licensed health professional who deals in the diagnosis and treatment of foot problems. For additional information on foot pain and treatment of muscle and joint injuries, visit [www.nhwc.ca](http://www.nhwc.ca).

*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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## Philipsburg History Centre

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Now in our 178<sup>th</sup> year, this custom continues at Zion, Philipsburg.

The church bell also rings as a call to worship on Sunday mornings at 10:30 a.m., even though we are meeting online at this time. Before the pandemic, the bell would also ring during the Lord’s Prayer.

You will hear Zion’s bell toll, the technique of sounding a single bell very slowly – with a significant gap between strikes – when a member of the congregation has died. Each toll reflects a year of the deceased person’s life, be it long or short.

Back in the day, farmers working in the fields were alerted by news of death when they heard Zion’s church bell tolling from miles away.

And in a time long before Instagram and Twitter,

the number of tolls heard would help them to determine who may have died.

While our original church was built in 1850, the church bell almost didn’t make it to Philipsburg in time for the church’s dedication.

Inadequate transportation facilities were to blame. The bell was shipped by boat to Hamilton and then hauled to Philipsburg by horse and wagon.

That same bell that tolled its invitation to worship so long ago still peals forth today from the belfry of the present church located on the original site.



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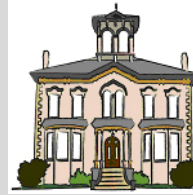
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We aren't spending money at the same rate as usual. We are spending much less on shopping trips, travel, and at restaurants since the beginning of the pandemic. This means that people who have not lost their jobs or suffered hardships during these times are sitting on an unexpected nest egg. Many want to use the money for their first home.

For people who may not have been as lucky during the pandemic, or who have been unable to save for whatever reason, the dream of home ownership may seem a bit further away with rising home prices. Whether it's saving for the down payment or making the mortgage payments, home ownership boils down to cash flow.

In May, you can find my free webinar "Buying Your First Home: Strategies for Saving" on Eventbrite. It will be listed on the website [www.moneymeasuresinc.com](http://www.moneymeasuresinc.com). Join us to learn how to manage your cash flow. The principles learned in the webinar can also be applied to other areas of your lives.

Whether you are buying your first home, buying another home or renovating your current home, there are a multitude of government programs available at the local level and beyond designed to lessen the financial burden associated with home ownership.

**About me:**

I worked for over a decade in the financial services industry.

I want to help people understand and work with their own finances. Over the years, I have dealt with everything from business finances and farm finances to personal finances for others.

Working with a local technology incubator, I have developed the personal finance app, Money Measures, which incorporates my method for managing cash flow.

I offer coaching services to help people apply my method of managing cash flow to personal situations around home ownership, dealing with debt, managing finances as a caregiver, retirement lifestyle planning, managing the challenges associated with having incomes and expenses that fluctuate, and much more.

*"Buy land, they're not making it anymore."*

- Mark Twain

***"Beware of little expenses.***

***A small leak will sink a great ship."***

~ Benjamin Franklin



**Don't Just Break Even, Break Free**

**Elaine Bechthold**

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[info@moneymeasuresinc.com](mailto:info@moneymeasuresinc.com)

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



**"Do not save what is left after spending, but spend what is left after saving."**

- Warren Buffet



## Clever Life Hacks

By: Chris Ehrat

Today we are going to talk about some hacks that can make life just a little bit easier.

- \* When you purchase natural peanut butter you will note the oil and the butter don't blend very well. To remedy this, store the peanut butter jar upside down. This will bring the oil to the top, and then you can mix it up quickly.
- \* If you're having trouble opening a jar, just turn on the hot water and let it run over the lid for about 30 seconds. Then, dry it well so you can grip it tightly, and the top should open.
- \* Time for lunch! Onions and garlic together in a pan? Remember that garlic cooks a lot faster than onions. To remedy this, make sure you cook the onions until translucent, then throw the minced garlic in. Garlic will take only 30 seconds to cook.
- \* How many times have you brought something to a friend's home that you wanted to take back home, but you forgot it? Easy fix for this—place the item you brought with your car keys. You won't be going anywhere without your keys.
- \* Are you having a barbeque? Use a muffin tin to serve condiments at the table. There is a place for ketchup, mustard, relish, pickles, mayo and whatever else you can think of.
- \* Now my wine is getting warm! Ah, I froze some grapes earlier and will place them into my glass. Also, the wine won't get watered down!
- \* Blister packs are so darn hard to open. But there is a hack for that too! Use a can opener to open these packages and avoid cutting yourself.
- \* The lettuce is wilted and soft. Here is a trick that grocery stores use to keep their produce fresh looking. All you need to do is leave your lettuce in a sink full of water overnight. This will perk things up.
- \* Are you prone to losing your car keys, glasses, or wallet? Alexa can help you with this. Tell Alexa where you place your keys. Now whenever you need to find them, just ask, "Alexa, where did I put my keys?"
- \* Have you ever wondered exactly what you are putting on your skin? Some of those ingredients in skincare products are really hard to pronounce! Go to the website [www.skincare.com](http://www.skincare.com) and you can use the Ingredient Analyzer feature to see exactly what you are absorbing.



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**ICC** Interfaith Counselling Centre  
**Rotary Wilmot**  
**Calendar Fundraiser April Winners**

<p><b>April 5, 2021</b>                  Winner: Klaus Skowron (Baden)                  Prize: \$50 Gift Certificate to Wheels on Peel</p> <p><b>April 12, 2021</b>                  Winner: Betty Ann Seyler (New Hamburg)                  Prize: \$50 Gift Certificate to McDonalds</p>	<p><b>April 19, 2021</b>                  Winner: Nicole Hanson (New Hamburg)                  Prize: \$50 Gift Certificate to Colour Paradise</p> <p><b>April 26, 2021</b>                  Winner: Scott Kaufman (Kitchener)                  Prize: \$50 Gift Certificate to Hillcrest Motors</p>
--	--

**Outdoor Worship Gathering.**  
 All are welcome! Sunday May 30, 3:30 pm at  
 Hidden Acres Mennonite Camp  
 Pre-registration is required!  
 Please register at  
<http://burningbushforestchurch.weebly.com/events.html>



**54th Annual Chicken BBQ Drive-Thru Event**  
 June 8, 2021 / 4:30-6:30pm

**MENU**  
 BBQ Chicken, potato salad, coleslaw, roll, veggies, chips, an apple and tea balls.

**TICKETS**  
 Individual (1 piece of chicken): \$15  
 Family (4 pieces of chicken): \$55  
 Additional piece of chicken: \$4

To purchase tickets go to [www.hiddenacres.ca](http://www.hiddenacres.ca)

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**WILMOT HERITAGE FIRE BRIGADES**

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



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Interfaith Counselling Centre

23B Church St. New Hamburg, ON N3A 1J1 (Trinity Lutheran Church)  
519-662-3092 [www.interfaithcounselling.ca](http://www.interfaithcounselling.ca)

*Ad space courtesy of  
the Baden Outlook*



# Drop One For Fun

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. Things that are known to be true
2. Adult kittens
3. A bag or pouch
4. Diseased in animals
5. Having feathers and wings
6. An offer for something
7. Come Together
8. Adjust a musical instrument
9. Five plus five
10. The ends of many animals
11. A mast
12. Sick
13. Wins a bronze
14. Soil
15. Free of something

Answers on page 32

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Manager

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### A LIFE OF SUCCESS:

- ⇒ At age 4 success is... not wetting your pants.
- ⇒ At age 12 success is... having friends.
- ⇒ At age 16 success is ... having a driver's license.
- ⇒ At age 35 success is... having money.
- ⇒ At age 50 success is... having money.
- ⇒ At age 70 success is... having a driver's license.
- ⇒ At age 75 success is... having friends.
- ⇒ At age 80 success is... not wetting your pants.

### Don't Wait, Till It Is Too Late

A friend of mine passed away the other day  
And because of this there's something I'd like to say.  
It wasn't until after he was gone,  
I realized all the things I did wrong.

I didn't thank him for all the ways,  
His friendship brightened up my days,  
How three years while walking a rocky health road with him,  
Was really how it should have been.

I didn't thank him for things he taught me,  
With kindness and patience until I could see,  
What it was that I was trying to achieve  
And when I finally understood, I was ever so pleased.

I didn't want to believe he was passing away,  
And I really didn't want to hear what he had to say,  
That his time here on earth was coming to an end,  
Even though his breathing was getting so bad, I didn't want to  
lose my friend.

So I am writing this poem to anyone out there,  
Who might have someone you love, passing away, "BEWARE,"  
That you don't hold back on what you would like to say,  
Thinking that you'll have another day.

BECAUSE MY DAY RAN OUT,  
I didn't get to say what I was thinking about.  
So if you have time, don't delay.  
Don't end up crying like I do, because of things I didn't say.

*Submitted anonymously*

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

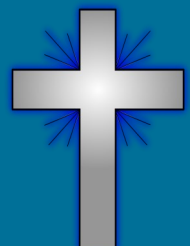
Steinmann Mennonite Church  
Sunday Worship 9:45  
Worship livestreamed at [www.smchurch.ca](http://www.smchurch.ca)

Zion Philipsburg Lutheran Church  
Sunday worship: 10:30 a.m.  
[www.philipsburglutheranchurch.ca](http://www.philipsburglutheranchurch.ca)

Emmanuel Lutheran Church  
Worship Service 9:30 am  
[www.persburgchurch.org](http://www.persburgchurch.org)

Shantz Mennonite Church  
[www.shantzmcc.ca](http://www.shantzmcc.ca)

St. James Lutheran Church  
Sunday Worship 9 am  
[www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)





## Meet Our Local Firefighters!



Thank you to all our local firefighters. Just like nurses and doctors, you see grief that we cannot comprehend. You are true heroes and deserve to be recognized!

**Meet Kyle Thomson** ~ Acting Captain at the New Dundee Station, with 17 years of service  
Full Time Job/Trade/Industry: Glazer/Metal Fabricator/Shop Foreman for K-W Glass Systems Inc.

Kyle grew up in New Dundee and joined the fire department as a junior firefighter when he was 16 and stayed on to help the community. Over the years Kyle enjoyed the training opportunities; participating in community events like the Firefighter's Breakfast, Country Gardens Water Day, Victoria Day activities and fireworks, and maintaining the ice rink at the park every year. Over the years he stayed on the department because of the comradery within the department as it feels like a second family.



**Meet Nicole Schnurr** ~ Firefighter At the New Hamburg Station with 2 years of service  
She is a full-time nurse at Grand River Hospital

When Nicole and her husband first moved to New Hamburg 9 years ago, she wanted to get involved in the community. It was a local fire department open house that first drew her attention to the volunteer fire station in town. After chatting with some of the firefighters, she instantly wanted to join!

Nicole has been a nurse for the past 12 years at Grand River Hospital in various positions. Her medical background has been a huge advantage for the many medical calls to which they respond. Since joining the fire department two years ago, she also learned many new skills and met lots of great people!

Nicole has been married for 10 years and has two children aged 9 & 7. Her family has always been supportive of her joining the fire department, especially when the pager is going off day and night! As a family they enjoy playing baseball, going for bike rides together, and getting involved in many other activities in the community!



**Meet Wayne Durose** ~ Firefighter at the New Dundee Station with 6 years of service  
Full Time Job/Trade/Industry: Trucking

Wayne moved to the town of New Dundee eleven years ago and immediately fell in love with the community. He joined the Fire Department to follow a lifelong dream, meeting more people and giving back to the community. No matter how big or small, all of his duties with the department provide fulfillment because he is able to help those in need on one of their worst days. In his off time, he enjoys cruising on his Harley, watching hockey, and spending time with his children.



**Meet Laura Boterman** ~ Firefighter at the New Dundee with 2 years of Service  
Full Time Job/Trade/Industry: Fire Alarm Technician at the University of Waterloo

Laura joined the Wilmot Fire Department about two years ago after studying Firefighting and Fire Protection. She followed in her grandmother's footsteps as she was a firefighter at an ammunition factory in England during the Second World War. It was common for women to take over traditionally male roles at that time because so many men were off to war. It makes Laura happy to see more and more females in the fire industry and she is very proud to be a member of the Wilmot Fire Department.



### New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Ribs & Tails Drive Thru Dinner  
Friday May 28<sup>th</sup> - \$20  
Pick up 5-6pm  
Contact Terri at 519-662-3834 or  
Legion 519-662-3770  
Our patio re-opening is coming soon!



*Keeping the  
Community  
Connected"*

A seed grows with  
no sound but a tree falls with  
huge noise. Destruction has  
noise, but creation is quiet.  
This is the power of silence...

**Grow silently.**



## Know the Rules Before You Burn

A permit is required for any open air burning in Wilmot Township. There are two types of permits available, one for small backyard fires and one for larger fires on farming properties. Permit holders are responsible for understanding the requirements of the permit and following the open burn by-law. Non-compliance may result in fines and/or cost recovery charges for fire department responses to calls where guidelines are not being followed.

Here are some important facts to know about burning in Wilmot Township:

- **BURNING GARBAGE IS PROHIBITED** – The burning of rubbish like plastics, tires, and cardboard is not permitted. These materials can release toxic substances.
- **FIREWOOD ONLY** - Burning of wood that contains paints, stains, glues, or chemicals of any kind is not permitted. Only “clean” firewood can be burned.
- **NO EXCESSIVE SMOKE** – The burning of yard waste (for example, leaves and grass) can create smoke that can be offensive or alarming to neighbouring residents and is not permitted in a backyard fire.

According to Environment Canada, burning of painted or processed wood, or even seemingly harmless materials like paper, cardboard, yard waste, or construction debris, releases a hazardous mixture of cancer-causing compounds and other toxic substances. The Region of Waterloo has a waste management program that provides for the disposal of such materials.

For additional information on:

Garbage and recycling, go to <https://www.regionofwaterloo.ca/en/waste-management.aspx#>

Health effects when burning garbage, go to [www.ec.gc.ca](http://www.ec.gc.ca)



**Before You Burn...**

Contact your local fire department about **local by-laws and restrictions** on open air burning.

Open air burning can include **bonfires, firepits and outdoor fireplaces.**

[ontario.ca/firemarshal](http://ontario.ca/firemarshal)



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Spring means gardening and it was an early one this year! It is great to explore the gardens and forests to see what is emerging. Some plants and trees are quiet and others offer a riot of colour.

Having a challenge with tree pollen allergies? Allergies and asthma rates continue climbing over the decades. In a forest, you may have fewer issues but in an urban setting, it can be worse. Why? There is sexism in the landscape industry! Over the decades, many of the trees and shrubs planted are dioecious (they have male and female trees) such as red and silver maple, cottonwood, mulberry, and many non-native shrubs such as yews. The thinking is to avoid planting the female trees as they produce fruit, berries, or pods and are 'messy'. Guess who has all the pollen? The males! So instead of a 50:50 male:female ratio of the woodland, the urban setting is



virtually all male. Now you have greater clouds of pollen floating around and no female trees to capture it. Not all trees are dioecious. Most are monoecious, which means they are self-pollinating with male

and female flowers on the same tree. For those who want to learn how to make their yard more allergy friendly, watch Thomas Leo Ogren on [www.youtube.com/watch?v=3kiUenorPOA](http://www.youtube.com/watch?v=3kiUenorPOA), or read his book, *The Allergy-Fighting Garden*, which is available at our local library. The book is American, but many trees, shrubs and plants in our area are listed. When doing tree-planting projects in school yards, this is something to consider.

I am one of the WHS volunteers who maintains a township garden behind the New Hamburg library called the Healing/Native Plant garden. The last Ash is valiantly fighting to stay alive. Once it goes, this shady garden will become a very sunny garden and so may lose many of the shade plants. This spring, the garden was carpeted in snowdrops. A beautiful sight!



For updates and great gardening information, news and to share all things gardening.

[www.facebook.com/groups/3133495739996313](https://www.facebook.com/groups/3133495739996313)  
**Website:** [gardenontario.org/view/society-layout/entry/852](http://gardenontario.org/view/society-layout/entry/852)  
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What we grow affects our ecosystems. Invasive plants are a major issue. We planted periwinkle and more when the fad hit not realizing the devastation it can create.



Groundcovers cover ground and escape into neighbours' yards and into greenspaces choking out our native trilliums, trout lily, orchids, and more. I now view the snowdrops in this garden with a jaundiced eye. The few original clumps now cover the entire garden. Since 2013, I have experienced two flood events. Ice and water action scoured a good part of the garden meaning many bulbs and seeds of snowdrops got washed away. Where did they end up? Potentially downstream in places they do not belong. I am adjusting what grows there now. In our own yards, wind, birds, and animals spread seeds and more. Our gardens are not islands. Why do nurseries sell invasives? A good question.

For more information on what the harm is, this is a great article: <https://haltonmastergardeners.com/2020/05/21/its-not-invasive-in-my-garden-whats-the-harm> and what alternatives to grow: <https://www.ontarioinvasiveplants.ca/wp-content/uploads/2020/04/Southern-Grow-Me-Instead-1.pdf>

*Get those fingernails and knees dirty!*

*Gardening is a lively art, a gentle science. The rhythmic physical work refreshes and strengthens the body and often calms the mind. ~ William Shakespeare*

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### Interesting Facts About the Dandelion Flower:



- \* The dandelion flower opens to greet the morning and closes in the evening to go to sleep.
- \* Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine, and dye for coloring.
- \* Up until the 1800s people would pull grass out of their lawns to make room for dandelions and other useful "weeds" like chickweed, malva, and chamomile.
- \* The name dandelion is taken from the French word "dent de lion" meaning lion's tooth, referring to the coarsely-toothed leaves.
- \* Dandelions have one of the longest flowering seasons of any plant.
- \* Dandelion seeds are often transported away by a gust of wind and they travel like tiny parachutes. Seeds are often carried as many as 5 miles from their origin!



- \* Animals such as birds, insects, and butterflies consume nectar or the seed of dandelions.
- \* Dandelion flowers do not need to be pollinated to form seed.
- \* Dandelion can be used in the production of wine and root beer. Root of dandelion can be used as a substitute for coffee.
- \* Dandelions have sunk their roots deep into history. They were well known to ancient Egyptians, Greeks, and Romans, and have been used in Chinese traditional medicine for over a thousand years.
- \* Dandelion is used in folk medicine to treat infections and liver disorders. Tea made of dandelion acts as a diuretic.
- \* If you mow dandelions, they'll grow shorter stalks to spite you.
- \* Dandelions are, quite possibly, the most successful plants that exist, masters of survival worldwide.



- \* A not so fun fact: Every year countries spend millions on lawn pesticides to have uniform lawns of non-native grasses, and we use 30% of the country's water supply to keep them green.

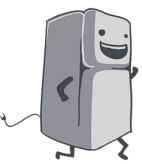
### You Must Be Joking!!



#### SERIOUS LOCKDOWN ADVICE

Everyone please be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster and we all agreed that things are getting bad. I didn't mention any of this to the washing machine because she puts a different spin on EVERYTHING!



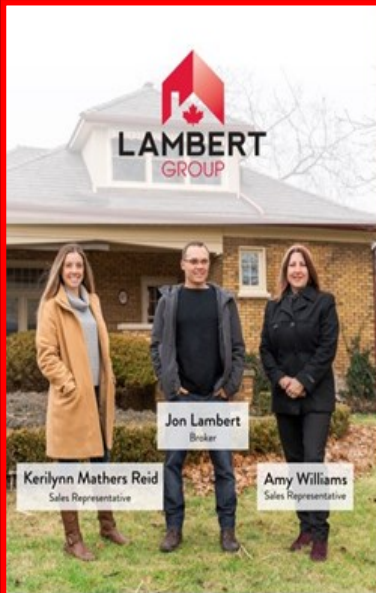
Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon! The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!







# April Showers, Bring May Flowers!

Here are our top tips to get your home spring ready!

**1. Store and Declutter Seasonal Attire**

Consider donating gently used items to charity

**2. Up Your Curb Appeal**

Make your entrance inviting with spring flowers and tidying garden beds

**3. Tackle Maintenance Tasks You've Been Putting Off**

With better weather and longer daylight hours, check a couple projects off the list so you can enjoy the summer!

**4. Start the Spring Clean Early!**

Whether you go task by task or room by room, start early in the season and chip away at the list rather than trying to accomplish it all in one weekend

**5. Think Bright and Airy**

Bring the season in - think light drapery, soft colours, florals and lots of natural light

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Jeremy S, Wilmot Township

## All Things Scrambled from page 12

### Vibrant Colours

- Teal
- Blue
- Black
- Green
- Yellow
- Orange
- Maroon
- Purple
- Silver
- Violet



### Spring Flowers

- Iris
- Tulip
- Peony
- Pansy
- Crocus
- Alyssum
- Daffodil
- Hyacinth
- Bluebell
- Primrose

## Answers Drop One For Fun from page 26

Facts	Cats	Sac
Rabid	Bird	Bid
Unite	Tune	Ten
Tails	Sail	Ail
Third	Dirt	Rid

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# Cook's Corner

## Katie's Greek Potatoes

I have a serious soft spot for Greek cuisine. Tzatziki is my favourite condiment so any recipe that I can dunk in tzatziki is a winner. I often make these potatoes for my family and they go crazy over them. I pair it with barbequed Greek souvlaki chicken on skewers for even more food to go with tzatziki. I'm still experimenting making tzatziki and try many recipes, but this is a good one. →

### Tzatziki ingredients:

- 1/2 of a large cucumber, unpeeled and well drained
  - 1 -1/2 cups plain full-fat Greek yogurt
  - 2 large garlic cloves, finely minced
  - 2 tablespoons extra virgin olive oil
  - 1 tablespoon white vinegar
  - 1/2 teaspoon salt
  - 1 tablespoon minced fresh dill
- It's best to refrigerate overnight. Can be served with potatoes, souvlaki and pita.

### Ingredients

- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp rosemary
- 4 large baking potatoes (peeled and cut into one inch cubes)
- 4 large cloves of garlic, minced
- 3 tbsp of olive oil
- 1 lemon, juice of
- 1 cup chicken broth
- 1/4 cup of parmesan cheese

### Directions

- Preheat oven to 400 degrees Fahrenheit
- In a small bowl, mix spices, set aside.
- Place peeled/cut potatoes in a large baking dish then sprinkle with the spice mix. Toss gently to coat evenly.
- In a bowl, whisk together minced garlic, olive oil, lemon juice, and chicken broth. Pour onto spiced potatoes.
- Cover baking dish with foil and place in preheated oven for 40 minutes.
- Remove from oven briefly and sprinkle parmesan cheese onto potatoes. Return to oven for another 5-10 minutes until potatoes are at desired tenderness.
- Remove and let sit for 5 minutes. For even more flavour, make the day prior and reheat. Yum!



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