

MAY 2022
VOLUME 22, ISSUE 10

Baden Outlook

~ Your Favourite Good-News-Letter ~
Keeping the Community Connected

*The Nith River in New Hamburg
offers a lovely place to stroll.*



This paper is priceless - Please have one!



Don't forget to pack your Baden Outlook when going on vacation. Just snap a picture, and email it to us at badenoutlook@hotmail.com



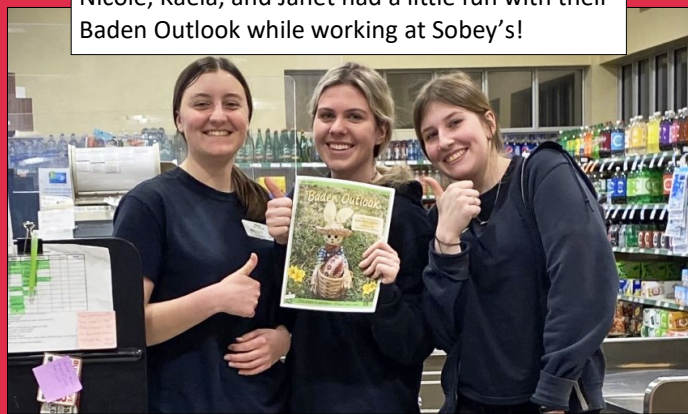
Deb Vinski shared her Outlook with Yunior at the market in Varadero, Cuba.

The Cook's took their Outlook to the streets of Victoria, BC and hung out on Cook Street with Ben & Greg Cook.



Michelle and Steve Wagler and their friends travelled to Cuba with their copy of the Baden Outlook.

Nicole, Kaela, and Janet had a little fun with their Baden Outlook while working at Sobey's!



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Authorized by the CFO for the Mike Harris Campaign.

Baden Outlook

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Barry, Pat, & Katie Fisher

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

- Learn about the five largest river systems in the world
- This month, we feature a renovation page with many local businesses who can help you on your reno journey.. Call them
- Kate Stevely writes about the importance of supportive footwear
- Get travel tips and advice from Gary White
- ICC helps us cope with health concerns
- Find May-to-do list from Wilmot Horticultural Club
- Learn BBQ safety tips from Wilmot Fire Department
- Try your hand at our *Garden/Lawncare Fill-In* and *Reduce to Produce* puzzles
- Time for New Hamburg Thrift Centre's plant sale
- It's time for garage sales! Check out where to go.

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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Baden Outlook

Greetings from Headquarters ~

Yay, it's May! More days with sunshine and warmer temperatures have arrived. I look forward to buds on trees and more flowers blooming! I am also excited to garden this spring. I have been enjoying watching my little seedlings grow indoors. My partner and I have created outdoor garden boxes from old, broken down skids this year! We have fun woodworking as well as gardening so it has been an enjoyable spring project.



Another fun pastime for me lately has been the game Wordle which has gained much popularity in the past few months. If you have not heard of this online puzzle, it consists of six chances to guess the daily five-lettered word. The pleasant part about this game is you have to wait until the next day to play again, so there are no hours on end of losing touch with reality. From this Wordle phenomenon, has come other similar online once-a-day puzzle games like Quordle (guessing four words), Octordle (guessing eight words), Nerdle (guessing math equation), Heardle (guessing an intro to a daily song), and so many more different Wordle style games.

My favourite version of this type game is called Gble. I have been fascinated by this game in particular as I am constantly boggled on how little geography of the world I know. In this game, you must find the daily country. You type in a country; it will show lighter in colour if your guess is far away and darker in colour if you are close by. Your guess that is closest to the daily country will show how many kilometers away the border lies. Sometimes it is a large well-known country, like Ukraine or Canada, sometimes it is a tiny country not often spoken of, like Liechtenstein. I learn more and more everyday about the world and yes, I often Google to find the daily country. I call it a defeat, but learning moment.



Desperate for the colours of spring, Barry and I took a flight out west to Victoria B.C. It's been our retirement dream to travel—and then... well, you know what happened. But as the pandemic loosens its grip and air flights are cheap we decided it was time to get moving. We had a great time and spring had sprung with so much colour and masses of blooms. I was happy to see my daffodils had bloomed when we arrived back home. And thanks to Katie, I did not ponder the making of the May issue of the Outlook until she reminded me that I was the only one who had not yet submitted my article — Oops! I was more interested in getting settled back at home and visiting my mother.

Speaking of mothers and daughters, I've been observing the transition of who we are and our roles. As a young mom, it was common for me to call my mom for recipe advice and then for Katie to call on me, but now I call her for something new to cook. My mom is delighted to see how Katie has mastered yeast baking, as she herself was an awesome yeast baker, and Katie loves to wow her as well and treat her Grandma. I love to see how our parenting skills continued down the line as well. It's not uncommon for my siblings to comment how much I am like mom...and gee, I'm proud of that. It gives me confidence to see how well she manages on her own at her age and I am secretly taking notes on how to be as strong, social, and healthy as she is.

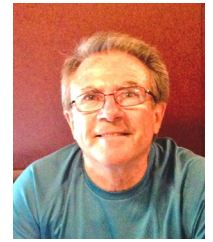
I hope you all had some wonderful time with your mom this past Mother's Day and enjoy the journey of time as you age with your mom.

Just picking up the phone to say hello can make your mom happy for the rest of the day. Just call her.



Talking with Ed

~ Getting out of Town



We've become restless and were finally ready to take flight so we called Pat's brother Greg, who lives in Canmore, Alberta to check if we could come for a visit at the end of April. He said that would be great; however, he would be in Victoria, BC at that time, packing up his son Ben, from university. "Great idea, why don't you meet me out there?" he suggested. Being Pat and I have never been there, coupled with the fact that Flair Airlines had a round trip price to Vancouver of \$139 per person, we thought let's do it. It's time to get back to travelling.

Greg picked us up at the Vancouver airport and we proceeded directly to the ferry service to Vancouver Island. I had envisioned a trip across a wide expanse of ocean; however, it was not the case. It was a smooth ride zigzagging our way through the channel islands for the one-and-a-half-hour trip. Blue skies and smooth sailing were a great way to start our trip.



The colourful blooming trees were spectacular

I guess I also had a preconceived notion of what Victoria was going to look like - which was a town of about 100,000 and of course lots of cherry blossoms. I was right about the blossoms, but I was very wrong about the small community that I projected. The population in 2021 of the greater Victoria area was 397,237 (roughly the size of Kitchener Waterloo), and it was an exciting place to visit. One of the first things that I noticed was how mountainous and rocky the area was. There were plenty of beaches and the city also has a major university, which makes it somewhat like KW.

We got settled into our bed and breakfast, a 100-year-old manor home that was very comfortable and close to many attractions. The next morning, we wandered down to the ocean and watched several seals and sea otters at play.

We met up with a relative who promised to give us a walking tour the next day. The tour took us down to see the Empress Fairmont Hotel, the BC Royal Museum, the

government buildings, and Fisherman's Wharf which is a collection of floating restaurants. After some lunch we proceeded to the cruise ship wharf where four massive ships were parked. We also walked through several parks, one dedicated to Terry Fox (Mile Zero Park), and one that had many animals including friendly peacocks prancing about with their beautiful plumes. We had a hike up Mount Douglas and saw the spectacular views of the city and surrounding seas.



Pat and Greg taking a rest in front of the British Columbia Parliament Buildings.

Victoria Fun Facts taken from Tourism Victoria website

- Victoria is the second oldest community in western Canada and was founded by the Hudson Bay Company on March 14, 1843.
- Victoria's Chinatown is the oldest in Canada.
- The city has been named the Most Romantic City in Canada and one of the top 15 friendliest cities in the world.
- It is Canada's best city to live in for women according to the magazine, *Conde Nast*.
- Victoria is one of Canada's best cities for cycling.
- It has the world's tallest free standing totem pole in the world.
- Victoria is known internationally as the City of Gardens.
- Vancouver Island has over 2800 farms with nearly 1000 in the greater Victoria area.
- Victoria's waters are home to three pods of Orca (killer) whales totaling 76 whales.

Victoria has the same climate as Vancouver which sees very little snow and mild temperatures all year round. It has become a place for seniors to spend their winter months and has an incredible number of great restaurants. One other thing that I noticed was the large variety of architecture, older homes, and creative use of infrastructure. There were flowering plants everywhere, and trees in full bloom. Despite the size of the city, it seemed quaint – a very laid back and inviting place to be. If you are looking for a getaway, I would highly recommend Victoria to be on your list.

Until next month...Ed

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ALL THINGS SCRAMBLED

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

Items with Wheels

- KEIB _____
- RINAT _____
- KURCT _____
- NOGAW _____
- CARTTOR _____
- REALRIT _____
- COOTERS _____
- LEAPNAIR _____
- LICECRTY _____
- LORTRELS _____

Farm Animals

- GIP _____
- GOD _____
- TOGA _____
- PEESH _____
- SHORE _____
- SOGOE _____
- KURTYE _____
- TACLET _____
- NODYEK _____
- HENCICK _____

"Keeping the Community Connected"

Baden ~ Our Town

The Baden Community Association hosted their annual town cleanup and had an amazing turnout on Saturday April 23rd from 11 to 1. Sixty-one residents turned out to walk the streets and parks, collecting 44 garbage bags of rubbish. The BCA had to suspend their annual event due to Covid, but were excited to bring it back again this year as mandates have been loosened. Special thanks go to the Wilmot Parks and Recreation group for allowing people to fill one of their trucks and take the load to the region's landfill site. Thanks also go to the generous folks at Tim Hortons who provided TimBits, hot chocolate, and coffee to all the volunteers. It was a fantastic event which gave many families and young ones the opportunity to volunteer.



There are three events coming up soon in Baden. The Baden Community Garage Sale and the Baden Community Association Fishing Derby will be held on May 28th. The Cruising at the Pond Car shows will also be starting on Wednesday nights in early June and the Concerts on the lawn at Castle Kilbride will be returning in early July. The Baden Firefighters Hose Monkey Together Ball tournament will be held in June. It is exciting to see those events coming back to town!

S.S. Wilmot Cemetery Annual Spring Clean Up

Blessed with beautiful weather on Saturday, April 30th, family and friends of S.S. Wilmot Cemetery gathered for the cemetery's spring clean up.



The team worked hard weeding, trimming, raking, top dressing and seeding, planting new cedars amongst the ancient cedars, and enjoying some home baking along with their coffee or tea at their break time. Sincere thanks to all who participated. "Many hands make light work." It's a great example of community coming together and we are blessed with a great team.



Let's Tree Wilmot is digging in!

An eager group of 60 people gathered on Saturday, May 7 at the Mike Schout Wetlands to plant 120 trees along the river and trails. It was a beautiful sunny day and it was great to have MP Tim Louis join in, along with other representatives including Mike Schout, Phil Horst of Ducks Unlimited, Sandy Jackson of Wilmot Parks and Rec, Harold O'Krafka-Wilmot Planner, and Wilmot councillors Jenn Pfenning and Barry Fisher.

Krista, Jackson, and Hunter came out to get their hands dirty and plant some trees — as seen in the photo.



Checking out the Baden Library



Open for Business!

You've probably noticed some construction happening along Snyder's Road East lately – but the good news is that the Baden Library branch will remain open during this road construction. The construction will continue over the next number of months and at times our parking lot and/or Snyder's Road East may be closed. For your convenience, we are happy to change your holds pick up location to any RWL branch, where you may also return your library items.

Get to Know the New Online Catalogue

RWL has recently launched a new online catalogue. If you have not already begun using this new resource, follow these easy steps to register your library membership for an account.

- Go to rwlibrary.ca
- Click on Log In/My RWL to register using your library membership and PIN
- If you don't know your PIN, call us at 519-634-8933
- Create a username and confirm your email and start placing holds!



Looking for recommendations? We've got a list for that!

Browse through lists of recent Bestsellers and Award-winning titles, recently-added books, and even recommendations from staff and other library users.

The new catalogue also enables you to track your past borrowing, rate and review titles, and use the 'For Later Shelf' feature as your virtual to-be-read pile.

Happy reading!

Spring Has Sprung!

Spring programs continue to bloom at RW Libraries! Please see our website: www.rwlibrary.ca for the latest updates, and to register for our programs.

Crafty Tween (in-person)

Get crafty, meet new friends, and have fun!

- Thursday, May 26, 4:30-5:15 p.m. – Wellesley Branch – Seed Paper

Roaming Readers (in-person)

Wednesday, May 25 at 1 p.m. – Bechtel Park Loop Trail
Enjoy fresh air, conversation, and the scenery of our local parks and trails with library staff and fellow community members.

Gender Pronouns and Creating Cultures of Respect (virtual) – Wednesday, May 18, 7 p.m.

Join Tommy Mayberry (he/she/they), for a talk on how we can get ahead of our daily communication practices and activate in ourselves inclusive ways of thinking and speaking for gender and sexed identities.

Child & Youth Mental Health Talks (virtual)

Presented in partnership with Lutherwood.

- Tuesday, May 17, 7 p.m. – Regulating Emotions with Children & Youth
- Tuesday, May 24, 7 p.m. – Accessing Child & Youth Mental Health Services

Adult Craft Nights (virtual)

Join a small group on Zoom for crafts and conversation! The last Thursday of the month at 7 p.m.

- Thursday, May 26, 7 p.m. - Ornamental Garden Stakes
- Thursday, June 23, 7 p.m. – Embroidery

Let's Get Quizzical (virtual) – Monday, June 13, 7 p.m.

Put your knowledge to the test, and join us for a virtual trivia night celebrating the iconic RuPaul's Drag Race.

Coming next month, stay tuned for all the information you will need to participate in our Summer Reading Club 2022!

Questions? We can help! For more information, please contact the Baden Branch at 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca.

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Finally Outdoors!

So much to see as everything comes back to life.

Keep your eye out for frogs, bugs, birds, butterflies, and snakes—just some of the many spring creatures waking up and moving among us that we take for granted! Go hunting and see what you find! Here is some interesting trivia about crickets and frogs.

- A frog is an amphibian. They lay their eggs in water. The eggs hatch into a tadpole which lives in water until it metamorphoses into an adult frog. Tadpoles look more like fish than frogs—they have long finned-tails and breathe through gills. 
- An amphibian can live both on land and in water. Although frogs live on land, their habitat must be near swamps, ponds or in a damp place. This is because they will die if their skin dries out.
- Instead of drinking water, frogs soak it into their body through their skin. Frogs breathe through their nostrils while also absorbing about half the air they need through their skin.
- Frogs use their sticky, muscular tongue to catch and swallow food. Unlike humans, their tongue is not attached to the back of its mouth. Instead it is attached to the front, enabling the frog to stick its tongue out much further.
- Frogs can see forwards, sideways, and upwards all at the same time. They never close their eyes, even when they sleep.

-
- The cricket song: The calling song attracts females and repels other males, and is fairly loud. The courting song is used when a female cricket is near, and is a very quiet song. An aggressive song is triggered by sensors on the antennae that detect the near presence of another male cricket and a love song is produced for a brief period after a successful mating. 
 - Crickets are omnivorous scavengers who feed on organic materials, including decaying plant material, fungi, and some seedling plants. Crickets eat their own dead when there are no other sources of food available, and exhibit predatorial behavior upon weakened, crippled crickets.
 - Crickets have relatively powerful jaws, and several species have been known to bite humans.

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What Was Happening in Baden?

By: Sherri Gropp, Assistant Curator & Tracy Loch, Director/Curator

Castle Kilbride staff thought it would be interesting to look back in time 100 years, 75 years, and 50 years ago to highlight some interesting tidbits in Baden.



100 Years Ago

In Spring of 1922, Mr. John E. Gascho's barn, east of Baden, was levelled by a tornado. Damage occurred to other roofs throughout the Township as well. During this same season, the Spring Horse Show and Seed Fair was held under the auspices of the Wilmot Agricultural Society.

Photo: Trophy awarded to J.P. Livingston at the Baden Spring Fair 1925 for his entry of a General Purpose Team. On permanent display in the library at Castle Kilbride.



Photo: Interior of Livingston Presbyterian Church c.1940 from the Castle Kilbride Collection.

75 Years Ago

In May of 1947, the Baden Boy Scouts were assisted by the Scouts of Waterloo and surrounding district to aid in the planting of 5000 Jack Pine trees on Baden Hill. The same hill was used by the Scouts at the time of the Coronation of the King and Queen on May 12, 1937, for a beacon in the trans-continental chain of blazes that celebrated the event.

Also, during this year, a successful social event was held at the home of Mr. & Mrs. Clarence Heipel by the Women's Auxiliary of St. James Lutheran Church. A progressive crokinole game was held and the winners were Mrs. Horst, Mrs. Koenig, and Mrs. Forster. Not far down the street, a special Mother's Day service was held at Livingston Presbyterian Church.

50 Years Ago

In May of 1972, this was *the* car to get at Bechtold Motors. It was the '72 Hornet that came in two and four-door sedans, station wagons, and hatchback coupe configurations. The 1972 Hornet was promoted by AMC as "a Tough Little Car" and American Motors promised to repair anything wrong with the car, except for the tires.

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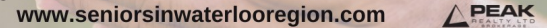
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Your community spirit and involvement is very much appreciated. Hopefully with your continued support, we will be able to continue to restore, maintain, and preserve many more artifacts for future generations to enjoy and understand how much things have changed over the years.

We intend to continue with our “can & bottle drive” on the last Saturday of each month, all year long. We look forward to your continued support.



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EXTRA EXTRA!!

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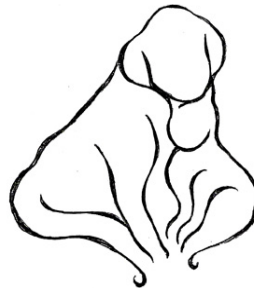


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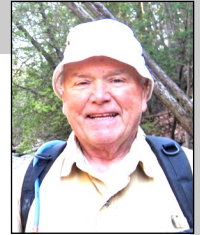


New Clients Welcome!



Baden Birding ~ Merlin

By *Wayne Buck*



One day in February, Lynda saw a raptor land in a white cedar tree near our bird feeders. She didn't recognize the species, so she called for me to come and have a look, but I didn't recognize it either. It was larger than a sharp-shinned hawk but smaller than a cooper's, and darker than the usual bluish-grey of both species. Then it struck me; it was a merlin, which is not a hawk but a falcon. It is a member of a group of raptors distinguished by short, broad wings adapted for fast flight in wooded country. Hawks, such as red-tailed hawks and rough-legged hawks, are broad-winged birds that soar open country searching the ground below for prey. Other falcons in Waterloo are the kestrel, also known as the sparrow hawk, a small colourful falcon we see sitting on wires along backroads in open country, and the peregrine falcon, one of the fastest birds in the world. I know of only one pair of peregrines that reside in Waterloo Region and they regularly nest atop the CKCO television building on King St. in Waterloo. Peregrines can occasionally be seen in the region during spring and fall migration.



Falcons use their talons and long legs to catch prey in flight. According to Cornell University's, "All About Birds" webpage, merlins don't stoop on birds the way Peregrine Falcons do; instead, they attack at high speed, horizontally or even from below, chasing the prey upwards until they tire. Merlin pairs have been seen teaming up to hunt large flocks of waxwings. One Merlin flushes the flock by attacking from below; the other comes in moments later to take advantage of the confusion. Prey includes large insects such as dragonflies, bats caught at cave openings, nestling birds, and small mammals.

Falcon's method of hunting (the surprise attack) is why falconers like these birds. Medieval falconers called merlins, "lady hawks," and noblewomen including Catherine the Great and Mary Queen of Scots used merlins for sport to hunt Skylarks. The larger falcons (peregrine and gyrfalcon) were reserved for top level noblemen.

I don't often see merlins. I remember a friend telling me about a pair that nested in trees on Peel St. in New Hamburg and another friend saying that a pair nested at the end of his street in Baden. Merlins don't build their own nests. Instead, they take over the old nests of other raptors or crows. The last one we saw previously was about 2 years

ago when a female merlin swooped by our feeders and caught a mourning dove as it tried to escape. Doves are fast flyers, but the merlin nailed this one and landed on the ground near the feeders and proceeded to tear it apart. It stayed for almost an hour before flying away. Female merlins are distinguishable from males by their larger size (a characteristic shared by all raptors). Merlins are generally dark and streaky, though their colouration varies geographically and by gender. Adult male merlins are slate gray to dark gray; females and immatures are browner. The chest is usually heavily streaked, and the underwings are dark. The dark tail has narrow white bands.

In past columns, I have written about the advantages of leaving snags (i.e., the remaining trunks of trees) standing for wildlife. This next story illustrates why. The family gathered here for Easter and as one of the grandchildren was looking out the living room window, he reported seeing a woodpecker with a red head. As we rushed to the window, I wondered what we were going to see. I thought it likely to be a red-bellied but thought it just might possibly be a red-headed. We have a lot of woodpeckers at our feeders; Downy, hairy and red-bellied, probably attracted by the suet we provide. What we saw was a pileated woodpecker sitting on the ground at the base of the old harvest apple tree snag we left standing in the field! As we watched, a SECOND pileated—possibly a mate (it's hard to tell—you must see the amount of red on the top and back of their heads) flew out of the same tree from a little higher up and flew towards another older snag to the south. It was rewarding to see that the pileated have been using them for the past year or so to search for food, the large rectangular holes being diagnostic; but we seldom see the birds. We'll be keeping a sharp eye to see if the pair are hanging around, possibly looking for a cavity in which to nest.

Osprey update: The male? osprey returned to the nest near the bridge on Christner Rd. near the end of March. The female? returned about a week later. The familiar old snag that the male used to perch in has fallen down recently. It will be interesting to see where he perches now.

At this writing, a second pair of ospreys are occupying the nest on the metal hydro tower just east of the bridge in Phillipsburg.

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Fill these gardening and lawncare words into the empty grid.

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4-Letter Words

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crop
herb
pest
seed
soil

7-Letter Words

compost
harvest
produce
pruning

5-Letter Words

edger
hedge
shear
spade

9-Letter Words

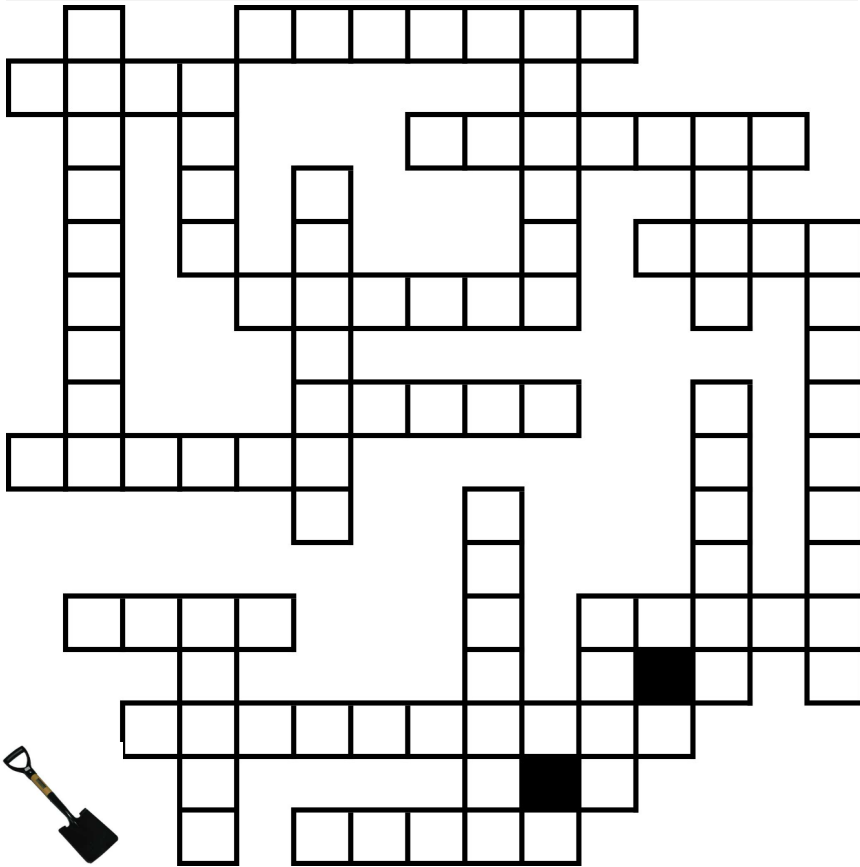
lawnmower
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10-Letter Words

fertilizer

6-Letter Words

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gloves
shovel
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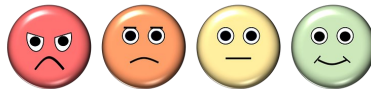
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A diagnosis from a doctor can seem deafening. Everything goes numb, and your thoughts race a mile a minute, searching for an answer. Why? Why me? Why is this happening? So many endless questions with no direction or answers. It feels as if a simple word has changed your entire life and the path that was once so clear is now filled with barriers that you will have to climb through. What now?

We must start by creating a road map to take back the power the diagnosis has tried to take away. Prepare yourself that this road ahead will not be an easy one, but remember, it is not an impossible journey.

“A bend in the road is not the end of the road... unless you fail to make the turn.” Helen Keller

The first step on this road map are the emotional responses that one will have to go through. Anger, mortality, grieving your old life, denial, isolation, loss of self (Robinson et al., 2021). All of these different feelings will flood your path. This doesn't mean that you still can't pass this point. Allowing yourself to feel these emotions, instead of avoiding them, will help you to find a way around the flood.



The second step is to know that there might be some obstacles on your path that require you to seek help and to know it's okay to reach out for support. You may feel that you are alone in this journey and that others may not be able to understand what you are going through (Robinson et al., 2021). Many won't, but that doesn't mean that they can't help you climb over a wall that is blocking your path. You are not a burden, you are strong, and that strength will help you to reach out to those around you.

The third step along your journey is to not forget about who you are. Your diagnosis does not define you. Remember who you were before this—what did you used to do? A diagnosis may seem to block all the light from our path, making it impossible to see the next steps, but finding joy in the little things can help bring the sun back into our lives. This could be an old hobby, trying something new, or even taking the time to write about what you are experiencing; each new beam of light guides our path.

The fourth step may be the time in your journey where you start to want to turn back, grieving the hopes and dreams that feel so far away now since your diagnosis. It is natural to worry about what the future may hold but going backwards won't help you to get closer to your future. Instead of heading backwards, just pause for a moment in self-care. This could be walking in nature, meditation, journaling, or spending time with loved ones. Focus on yourself and what you need right now, in that moment to move forward.

“I am a slow walker, but I never walk back.” Abraham Lincoln

This is not the last step of your path; this is just the beginning. I leave you with one final quotation to help you create the next steps of your own journey.

“There are plenty of obstacles in your path, don't allow yourself to become one of them.” Ralph Marston

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You Must Be Joking!!



- * My boss told me to have a good day, so I went home.
- * My wife asked me to go get 6 cans of Sprite from the grocery store. I realized when I got home that I had picked 7-up. 
- * I used to hate facial hair, but then it grew on me.
- * Sundays are always a little sad, but the day before is a sadder day.
- * 5/4 of people admit they're bad at fractions.
- * It takes guts to be an organ donor. 
- * I told my doctor I heard buzzing, but he said it's just a bug going around.
- * Shouldn't the "roof" of your mouth actually be called the ceiling?
- * Stop looking for the perfect match...use a lighter. 
- * I lost my job at the bank on my first day. A woman asked me to check her balance, so I pushed her over.
- * Singing in the shower is fun until you get soap in your mouth. Then it becomes soap opera.
- * Dogs can't operate MRI machines. But catscan.
- * RIP boiled water—you will be mist.

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- Make sure the overflow hose empties away from the foundation of the house.
- Empty your rain barrel prior to freezing temperatures.

For information contact: nvecoboosters@gmail.com

Local youth are joining the Nith Valley EcoBoosters as a way to make an impact in their community. The new NVEB **Youth Advocates** group gives local youth the opportunity to help support schools in Wilmot and Wellesley Townships to take action in response to climate change. You can help your school and community to become climate change leaders and get volunteer hours at the same time! Contact nveb.youthadvocates@gmail.com for more information. Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, May 25th**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

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



Poshin Jobanputra, RPh. CDE

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You Must Be Joking!!



The Washington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternate meanings for common words... and the winners are:

- * Coffee (n.), the person upon whom one coughs.
- * Flabbergasted (adj.), appalled over how much weight you have gained.
- * Abdicate (v.), to give up all hope over ever having a flat stomach.
- * Esplanade (v.), to attempt an explanation while drunk.
- * Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
- * Lymph (v.), to walk with a lisp.
- * Gargoyle (n.), gross olive-flavoured mouthwash.
- * Flatulence (n.), emergency vehicle that picks you up after you are run over by a steamroller.
- * Rectitude (n.), the formal, dignified bearing of adopted by proctologists.

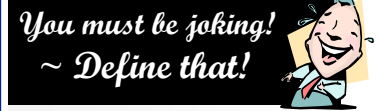
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You must be joking!
~ Define that!

Adult

A person who has stopped growing at both ends and is now growing in the middle.

Beauty Parlour

A place where women curl up and dye.

Chickens

The only animals you eat before they are born and after they are dead.

Committee

A body that keeps minutes and wastes hours.

Dust

Mud with the juice squeezed out.

Egotist

Someone who is usually me -deep in conversation.

Inflation

Cutting money in half without damaging the paper.

Mosquito

An insect that makes you like flies better.

Raisin

A grape with a sunburn.

Secret

Something you tell one person at a time.

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Take these steps when starting a BBQ:

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

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

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

Stay Fire Safe!

Never leave the BBQ unattended when in use.

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

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

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

Keep loose clothing away from a hot BBQ.

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

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

Allow the BBQ to cool completely before closing the cover.

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

* SAFETY TIPS COURTESY OF THE TECHNICAL STANDARDS AND SAFETY AUTHORITY / WWW.SAFETYINFO.CA



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New Hamburg Legion Announces Winners of their Annual Remembrance Day Poster and Literary Contest for Students



WINNERS!



At their April general meeting, the New Hamburg Legion was pleased to announce the winners of their annual Remembrance Day Poster and Literary Contest for Students in the New Hamburg area. Five students and their families were honoured in this 50 year celebration of this event that promotes remembrance for all veterans, past and present.

This year the New Hamburg Branch 532 had 156 entries judged locally resulting in 13 first place entries going on for judging at the district level where they enjoyed one third place and four second place finishes.

Regarding the contest itself, students may enter poems, essays, black & white or coloured artwork. Contestants are grouped in junior, intermediate or senior categories. Nine local schools participated including Grandview Public, Holy Family Public, Forest Glen Public, Wellesley Public, Baden Public, Sir Adam Beck Public, New Dundee Public, Our Lady of Mount Carmel Academy, and Waterloo-Oxford District Secondary School.

Congratulations go to:

1. Cadence Mailoux, Waterloo-Oxford for Intermediate Essay.
2. Bethany Austen, Waterloo-Oxford for Senior Essay.
3. Lukas Stoll, New Dundee Public for Junior Poems.
4. Michael McDonald, Our Lady of Mount Carmel Academy for Senior Colour Poster.
5. Campbell McDonald, Our Lady of Mount Carmel Academy for Senior Black and White Poster.

Thank you to our Judges: Jane Eichler, Bonnie Ziegler, Linda Lawrie, Gail Metzger, Marie Voisin, and Pat Fisher.

Congratulations again and thank you to all participants for remembering our veterans.

Ross and Jane Eichler:

Youth Education Chairs Branch 532 New Hamburg



On Tuesday April 26th, Ross and Jane Eichler gathered up all the donated items that were dropped off at the New Hamburg Legion, personal care things like shampoo, toothbrushes, soap, Kleenex and toilet paper, deodorants and some diabetic stockings, all for our veterans that are at Parkwood Veterans Hospital in London, Ontario. The staff there are always so appreciative for the things we deliver to them. We will be accepting any and all of the things mentioned above plus shaving cream and three blade disposable razors at the Branch Wednesday, Friday, and Saturday afternoons from 1 p.m. - 5 p.m. as we stock up for our fall delivery. Thanks to all that have supported this very worthwhile program for our veterans.



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 Prize: \$50 Gift Certificate to Wheels on Peel

April 14, 2022

Winner: Heather Gordon (New Hamburg)
 Prize: \$50 Gift Certificate to McDonalds

April 21, 2022

Winner: Jaye Foster (Baden)
 Prize: \$50 Gift Certificate to Colour Paradise

April 28, 2022

Winner: Wayne Wagler (New Hamburg)
 Prize: \$50 Gift Certificate to Hillcrest Services



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Reduce to Produce *Answers on page 32*

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)

What's the best thing about Switzerland?



| A | B | C | D |
|-------|-------|--------|-------|
| BREAD | I | GREEN | LATE |
| DON'T | WHEN | PRETTY | KNOW |
| DEER | FERRY | BUT | PASTA |
| MATE | THE | FLAG | TABLE |
| IS | THAN | A | GOAT |
| SOFA | BIG | MARRY | PLUS |

1. Remove all animals
2. Remove all words containing "RR"
3. Remove all words that are furniture
4. Remove all 4-lettered words in column B
5. Remove all adjectives in column C
6. Remove all words that are food
7. Remove all words that rhyme with fate

Write leftover words here:



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You Must Be Joking!!



A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit.

He decides to buy flowers, so he goes to the flower shop. The flower shop has a long line, so he waits and waits, until he finally buys flowers.

He picks up the girl and they go to the dance. There is a long line into the dance, so they wait and wait.

Finally, they get into the dance, and the guy offers to get the girl a drink. She asks for punch, so he goes to the drink table, and there is no punch line.

massel's marine

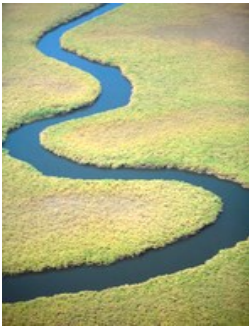
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Travelling the World – By Water

Rivers have played an integral part in the growth of societies around the world, whether it has been as transportation devices or as part of the food supply. This month's article focuses on the five longest rivers in the world.

The Nile – (6690 km.) Flowing from south to north, the mighty river courses through 10 countries: Uganda, Ethiopia, Sudan, South Sudan, Democratic Republic of the Congo, Kenya, Tanzania, Rwanda, Burundi, and ending in Egypt as it feeds into the Mediterranean Sea. The Nile has an abundance of wildlife along its route including the crocodile, hippopotamus, elephants, buffalo, wildebeest, and gazelle. Over 300 million people live in the countries that the Nile flows through.

The Amazon – (6387km.) This river flows through Brazil, Columbia, and Peru. According to *Discover Peru* there are over 2500 species that live in this river, the one I always think of when I hear the word is Piranha.

Yangtze River – (6380 km.) This is China's most important water source where 400 million people live

on the banks (one third of the population). Animals such as the Panda and Snow Leopard live near the river. The Three Gorges Dam on the Yangtze is the largest dam project and hydro-electric power station in the world.

Mississippi River – (6270 km.) Flows from its source at Lake Itasca through the centre of the continental United States to the Gulf of Mexico, according to the National Park Service. The landscape includes wet forests with cypress trees, freshwater marsh, brackish marsh, salt marsh, and sandy beaches. It is the most iconic river in North America.

Yenisei – (5550 km.) This river runs through Russia and Mongolia and flows into the Arctic Ocean. It provides power, transportation, food, sport, and more to more than a million residents. It is home to 55 fish species.

Runner up –

The Nith River – (125 km.) Lots of wildlife along its banks and an early source of power for many.

(And the beauty it brings to towns, as seen on the front page).



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What kind of coffee was the alien mommy drinking on Mother's Day?

~ Starbucks!



Circle all the words that start with the letter "m":

name map house
mouse went
sun monkey car
walk milk
mouth new moon

Can you continue the pattern?



Spring True or False

- | | | |
|--|------|-------|
| 1. Leaves fall in the spring. | true | false |
| 2. There is a lot of rain in the spring. | true | false |
| 3. Earth Day is in the spring. | true | false |
| 4. We go to the beach in the spring. | true | false |
| 5. Flowers start to grow in the spring. | true | false |
| 6. Birds fly south in the spring. | true | false |



Happy belated Mother's Day to all the mom's out there!

Mother's Day was May 8th. Here is how other kids say "MOM" in their language:

Spanish – mati
Japanese – haha (funny, right?)
Punjabi – mai
French – mère
Ukraine – mati
German – mutter
Polish - matka



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www.petersburgchurch.org

Shantz Mennonite Church

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www.shantzmc.ca

St. James Lutheran Church

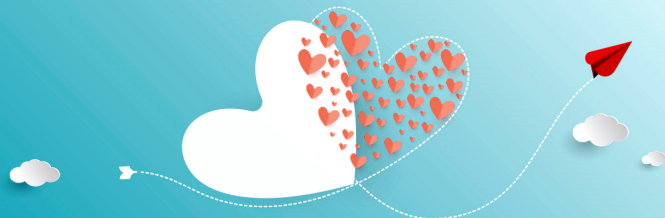
Sunday Worship 9:00 a.m.
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April Showers bring May flowers!

With the arrival of spring, New Hamburg Thrift is excited to be having our annual Perennial sale once again. It has been 3 years since our last perennial sale so staff and volunteers have been busy planning and preparing for the best season to date. We opened up on doors on April 27th for plant donations. If your flowerbeds are looking a bit crowded and you would like to donate some of your perennials please put them in 6"-8" pots and identify the plant and colour if possible. If you are unable to pot your plants please bring them in a box or bag to our drop off area and our volunteers will assist you. The perennial sale will run from Monday, May 2nd to Tuesday, May 31st during our regular business hours.

Gardening has never been a favorite past time of mine. I can remember as a child the daunting task of picking peas or beans in the huge garden on the farm, or the dreaded chore of pulling weeds in the flowerbeds. As I got a bit older and now have my own yard, I find myself making my flowerbeds and vegetable garden bigger every year to reduce the amount of lawn that needs to be mowed and maintained. What can look better on a warm sunny day than perennial plants growing up through the soil, promising blooms and beauty in the months to come? Perennials don't need to be replanted year after year, and with some simple trimming and care they can provide years

of pleasure and enjoyment. I've also discovered that gardening is a connection with so many people. I have traded perennials with neighbours, friends, and family. In the past few years, New Hamburg Thrift has become a part of that perennial family. I bring my over crowded plants in to donate and of course find all kinds of new treasures to take home.

We have been helping people live their outdoor dreams for over 30 years here at the New Hamburg Thrift Centre Perennial Sale. A supply of donated fertilizer, garden tools, planter pots, and decorative items are also available to help enhance your yard and enjoyment of the outdoors! The selection changes daily as new donations are put up for sale.

Our staff and volunteers have been busy these past few week getting ready for May and the return of our Annual Perennial sale. Tents are up and donations of plants, gardening tools, and pots are arriving daily. Did you know that the New Hamburg Perennial sale brings in over \$70,000 for The Mennonite Central Committee? From modest beginnings in 1988, the sale project founded by Marg Weber has grown into a team of 100 plus volunteers maintaining a garden centre supplying perennial flowers, shrubs, and trees. The funds raised directly benefit both locally and globally funded programs with MCC, a non-profit organization, focusing on relief, community development, and peace organization both in Canada and in over 50 countries worldwide.

Starting Monday, May 2nd, come out and experience the start of spring flowers! If you are interested in volunteering with us there are jobs for the most advanced garden enthusiast as well as those who just want to be outside! We have lots of ways you can join the fun! Volunteers are needed on cash, watering plants, potting plants, helping customers, etc. If you want to learn more about plants and meet new people, this volunteer opportunity is for you.

Contact Jennifer Woolner at 519-662-2867 or jenniferwoolner@mcco.ca
...and happy gardening everyone!!



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Cook's Corner

Cool Salads Perfect for Barbeque Weather

As the weather gets warmer, many enjoy cooking outside. To maximize your outdoor cooking experience, prepare these cool side salads ahead of time. It's lovely to have food prepared for unexpected guests or lunches throughout the week. Enjoy the beginning of outside meals!



Ingredients

1 cup brown rice (3 cups cooked)
2 cups frozen peas (cooked & cooled)
1 1/2 cups chopped celery
1 green onion cut in pieces

Oriental Rice Salad

Dressing

1/4 cup olive oil
2 tbsp vinegar
1/2 tsp curry powder
1/2 tsp celery seed
1/4 cup sugar
3 tbsp soya sauce
1/2 tsp salt

1. Prepare top four ingredients and mix in bowl.
2. Prepare and mix dressing in separate bowl.
3. Pour dressing over rice and let stand in fridge overnight.

Ingredients

5 boiled potatoes (cooled and diced)
2 hard boiled eggs (cooled and cut)
Salt
Pepper

Classic Potato and Egg Salad

Dressing

1 tbsp melted butter
1 tbsp flour
1/2 cup vinegar
1 cup sour cream
1/2 tsp mustard
1/2 cup sugar

1. Prepare top four ingredients and mix in a bowl.
2. Prepare and mix dressing in a separate bowl.
3. Pour dressing over potatoes and egg mixture and let stand for a few hours for maximum flavour.



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Our Foundation

By Kate Stevely, Yoga Instructor, E-RYT® 500



Well ... where would you think your Foundation should be? It is in your feet!!!

I always speak from a Yoga perspective, but over my fifty plus years of practising and teaching Yoga, I have taken many courses in anatomy and therapeutic movement of all kinds. It all boils down to the feet. In my early years of Yoga, I could not do enough remedial work on my feet to counteract the damage that was being done by the footwear that was expected in an office. Those of you who are younger probably won't understand this, (I am 70), but in the good old days dress codes were much tighter than now. The high heels for women and pointy toes even for men's shoes were an abomination. And at that time, I also did not totally understand how bad shoes were for feet.

And you do not have to be wearing really high heels to be doing damage. Even a lot of athletic shoes were built with elevated heels. In recent years, makers of more natural shoes have adopted what they call Zero Drop. This basically means that from the forefoot to the heel they are level ... no elevated heel at all. There are many benefits to these shoes. The use of zero-drop shoes can prevent back, foot, and knee pain, as they can take away the strain from the knees and spread the workload to the calf muscles.

Zero Drop shoes are also generally wider in the toe box which is important for a happier foundation. Look at a baby's feet or look at your own hands. In either case, note the widening from heel to toes or heel of hand to fingers. That is the natural shape that a lot of modern era shoes destroy. Even many brands of supposedly healthy running shoes crush the toes in toward each other in a pointy style. When you are buying shoes or trying to determine the healthiness of your current shoes, turn the shoe upside down and see if your foot will comfortably fit inside the shape of the sole or if you can easily take the insole out, check your foot on that. If the forefront of the foot or any of the toes are outside the lines, then wearing those shoes will be

reforming/deforming your feet.

The caveat for Zero Drop shoes is NOT to go directly to something that brands itself as minimalist. That would be a great place to go to eventually, but if you go from a thick, padded sole with an elevated heel to a true minimalist shoe with very little between the sole of your foot and the ground, it will be uncomfortable at the very least. The first step should be Zero Drop with a thicker, padded sole. Work your way down from there over a good period of time. Your foundation will love you for it. Should you go barefoot in the house? If you are used to doing that, wonderful. If not, the same rules apply.

Make sure whatever you wear in the house fits your feet and has that Zero Drop with a little cushioning. If everyone had natural wood floors it probably would not be an issue, but ceramic tile and laminate flooring don't have a lot of give. But if you can get outside in safe grassy or sandy areas, kick off your shoes and let your feet exalt in some free movement.

Equally important, make sure you include ankle and foot specific exercise into your daily routine. Simple things like toe raises, either on a flat surface or (with a little balance support at first) do toe raises with your forefoot on a block or stair. The advantage of doing them on a slightly elevated surface is that you can include dropping the heel below the starting point. This will help build strength in the arch of the foot and increase flexibility in the ankle. Those are two things that will have suffered over time if you have been wearing conventional shoes. Practise picking up marbles or a pencil with your toes or just imagine that movement of grabbing with your toes and create that feeling. Roll your foot over a tennis ball or a rubber ball to release tension. There are many videos online that will give you ideas on exercising to make your foundation strong and flexible.

I always must bring it back to Yoga. Find yourself a Yoga Class. You will find your feet get stronger, your walking easier, your balance better, and you will just naturally get happier as your foundation improves. You will just naturally smile more!!!



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Love this time of year. Trees, shrubs, and flowers in the wild and in our gardens are bursting with fresh greens, reds, yellows, purples, pinks, and more.

Garden centres are crazy busy now with people buying veggies, plants, and shrubs/trees. Seeds are being sown and we impatiently wait for germination. Are you growing a veggie garden with your kids? I highly recommend reading

Gardening with Emma by Emma Biggs, which is at the library. Emma, at the time of writing the book with her Dad was 13 years old. So many tips, projects, and interesting information for all ages. I learned a lot! She covers eating weeds and how much sunlight you need, soil, watering, garden bugs, rainbow veggies, growing in containers, and unusual veggies to grow such as cucamelon and ground cherries. Most things you need to know are covered in a fun way. Speaking of kids and families, go to our website to see the Nature Family events. Learn about growing food in your own yard and perhaps consider creating a food forest.

May's Shoulda' Coulda' List:

- Bring your list of native Latin names for plants to ensure getting the right plant and avoid many of the invasive plants such as periwinkle, goutweed, lily of the valley and more. Google **Grow-me-Instead** to get a list.
- Split and plant perennials. If you have extras, donate to friends and plant sales but ensure plants are disease free as there is fear of spreading new invasive jumping worms. Google the issues.

- Over-seed your lawn. Top-dress with ½ inch (2 cm) fine textured compost/manure. Areas with moss indicate soil has been compacted and nutrient level is likely low. I leave moss as it is green and low maintenance!
- Trees – New research recommends pruning trees from April to August, to allow cuts to heal. **EXCEPTION:** Oak trees should NOT be pruned April 15 to July 15 due to oak wilt disease. Inspect trees for scale, fungus or other disease.
- Take photos of your spring garden to remember which bulbs are crowded/producing small blooms & divide when foliage has died back using a garden fork. Consider adding native spring flowers for next year.
- House plants - Increase watering & feed with a dilute organic fertilizer. If the soil is drying out quite quickly between watering, it may be time to repot, one size larger.
- Weeds - Remove flowers to reduce seed bank. Hoe weed seedlings, e.g. Garlic mustard, to prevent new plants from growing. Control tap rooted weeds, e.g. bindweed, dandelions, Canada thistle (which is non-native), by cutting the root just below ground level with a sharp spade. Repeat as growth resumes to starve out weeds.



Keep your fingernails and knees dirty!

For events, garden stories and info go to:
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 Email: wilmothortsociety@gmail.com
 Website: wilmothortsociety.ca



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Upcoming WHS events for all ages are **Bring Back Nature, Nature Families and Invasive Plant webinar**. Let's Tree Wilmot has Tree Planting event on 28th. Checkout the websites listed below or Eventbrite.



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Now and Then

Featured in this month's Now and Then column is New Hamburg's downtown core pictured by the fountain near the post office.

The top photo is courtesy of Chris Ehrat. It is actually a postcard from sometime between the 1960s and 1970s. The old Golden Hammer is pictured on the right!

The more you look at these photos, the more you see! Hydro lines are gone now, stoplights have been installed, the roof looks different over Peak Realty.

One shop is seen in both photos, Murrays has been a staple downtown New Hamburg!

Do you have an old photo that you would like to submit for potential future Now and Then columns?

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- Amar Dave



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3 EASY SPRING GARDENING TIPS!

Spring is in the air, and it may just be time to tackle one of your favourite (or least favourite!) parts of being a homeowner - spring gardening. We're here with a few spring gardening tips to help make your garden lush, so you can sit back, relax, and smell the roses - literally!

1. Do a thorough spring clean-up

While this is often everyone's least favourite part about spring, doing a thorough clean-up of your lawn and garden beds is critical to setting yourself up for a successful (and beautiful) summer garden. This is also a good time to inspect for any signs of winter damage.

2. Water and prune your gardens

This may seem obvious, but giving your garden the nourishment it needs (especially on warm spring days) is a great way to make sure the spring growth goes according to plan. Prune any dead or diseased branches and avoid cutting early blooming species - like lilacs or azaleas.

3. Get your seed plans ready!

Not everything needs a head start, but why not break out the seed catalogue and experiment with slow-growers like peas, carrots, and lettuce? Growing your own vegetables can be fun!

“

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-Jana W.

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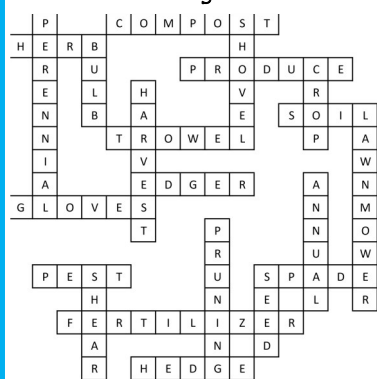
All Things Scrambled

- | | |
|------------------------|---------|
| Items with Farm Wheels | Animals |
| Bike | Pig |
| Train | Dog |
| Truck | Goat |
| Wagon | Sheep |
| Tractor | Horse |
| Trailer | Goose |
| Scooter | Turkey |
| Airplane | Cattle |
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Gardening Fill-In



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The Tri-Country Mennonite Homes Corner: Resident Perspectives

Tri-County Mennonite Homes (TCMH) is home to many people who grew up and lived in the region before retiring to the TCMH seniors' community. Our residents represent a cross section of small-town living and they are happy to share and talk about their experiences growing up in the region.

We had the pleasure of sitting down with Stewart (Stew) Schneider to ask him some questions about his experience growing up in Wellesley.

Stew spent his early years growing up on a farm near Lisbon, just southwest of Wellesley. Farm life suited Stew and he spent many years tending the pigs, cows, rabbits, and other animals. He helped with chores and mucking out the stables. Stew remembers attending New Prussia Public School, S.S. No. 18, before it closed its doors in 1966. The New Prussia School offered grades 1-8, but Stew never really liked school. He preferred staying home and working on the farm. When Stew was 18 years old, he and his family moved to town, but Stew never stopped loving the farm.

Farm-life is in Stew's blood. Over the years, Stew took

on many careers that revolved around farms in some way. His first job was working with his uncle doing construction. They built houses, barns, and sheds. Stew's longest job was working for *Paff Farming Equipment* where he built and restored farming equipment like tractors, combines, and motors. With his mechanical and farm equipment knowledge in hand, Stew joined the team that restored old tractors which were donated to the Mennonite Relief Sale.



When we asked Stew about his favourite memories growing up in Wellesley, he recalled how neighbourly and caring the people were. Stew enjoyed being part of the community and meeting new people at the tractor dealership. But Stew also remembers the Wellesley Apple Festival where he used to help out by peeling and slicing apples to make fried apple fritters. Of course, his favourite part of working the Apple Festival was eating the apple fritters!

Stew's love of farm equipment led him to his hobby – building wooden models. Naturally, Stew likes building model farm things like barns, combines, and trucks. While it isn't the same as working the harvest or helping plow fields, building models lets Stew reconnect with his fond memories growing up in a small town. When he isn't building models, Stew and his wife, Miriam, enjoy driving through the county looking at the farm operations and the scenery.

Stew recommends people take a drive out to Wellesley for an afternoon or to Elmira if they are looking for a longer drive. Along the way, he encourages you to notice the crops, animals, and machinery, and how they represent a simpler lifestyle that is connected to the Earth. And because a nice afternoon drive can stir up a good appetite, Stew highly recommends one of Wellesley's local restaurants *Schmidtsville Restaurant & Giftshop* for a slice of homemade pie. The restaurant is a busy place, but their cooking is reminiscent of the stuff grandma used to make and is well worth the visit.



Tri-County Mennonite Homes

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This will sound like old news but in case some of you missed it, **on March 7, 2022**, the Government of Canada lifted its Level 4 COVID-19 Travel

Advisory which suggested that Canadians **avoid all cruise ship travel** and is now advising cruise ship travelers to **exercise a high degree of caution**.

As of **April 1, 2022**, **fully vaccinated** travellers are **no longer required** to take a pre-entry COVID-19 test to enter Canada by **land, air or water**.

Having said that, all travellers age 5 and older arriving in Canada by land or air, regardless of vaccination status, may be randomly selected for a mandatory arrival test by a CBSA officer.

Fully vaccinated travellers arriving in Canada from any country who are randomly selected for arrival testing are no longer required to quarantine while awaiting their test results.

If you are randomly selected, you must take the arrival test as directed on the day you enter Canada. The test may be administered at the airport or you may receive a self-swab kit at the airport or land border to complete within 24 hours after entering Canada.

Regardless of how you enter Canada, **all fully vaccinated travelers** must use ArriveCAN to provide mandatory travel information **within 72 hours before** your flight departure or your arrival at the land border, depending on your mode of entry into Canada, including your:

- Contact information and travel details
- Proof of vaccination information
- Pre-entry COVID test result information (for unvaccinated and partially vaccinated travelers)

Quarantine plan, in case it is determined that you need to quarantine upon arrival.

Once you have submitted your information through ArriveCAN, a receipt will be emailed to you. You may be required to show this to your airline or to a Canadian border official.

Some travellers may also be required to submit information through ArriveCAN after they enter Canada as well.

On December 6, 2021, the federal government announced that **in some circumstances exceptions may be made to allow Canadians to provide their information in person at the border when entering Canada if they are unable to use ArriveCAN**. However, travellers should still use ArriveCAN whenever possible, as it is unclear under which circumstances CBSA officers will make exceptions.

ArriveCAN is available as an app for iOS and Android as well as online. It is **free** and is available in English, French and Spanish.

NOTE: If you are using ArriveCAN online, make sure you use the **official ArriveCAN website**, as there have been reports of scams where third-party websites either try to charge travellers to use ArriveCAN or steal their personal information.



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(WEATHER PERMITTING)**

CLOSED VICTORIA DAY - MAY 23, 2022

STORE HOURS

MON - FRIDAY 8AM - 9PM

SATURDAY 8AM - 8PM

SUNDAY 8AM - 8PM



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