

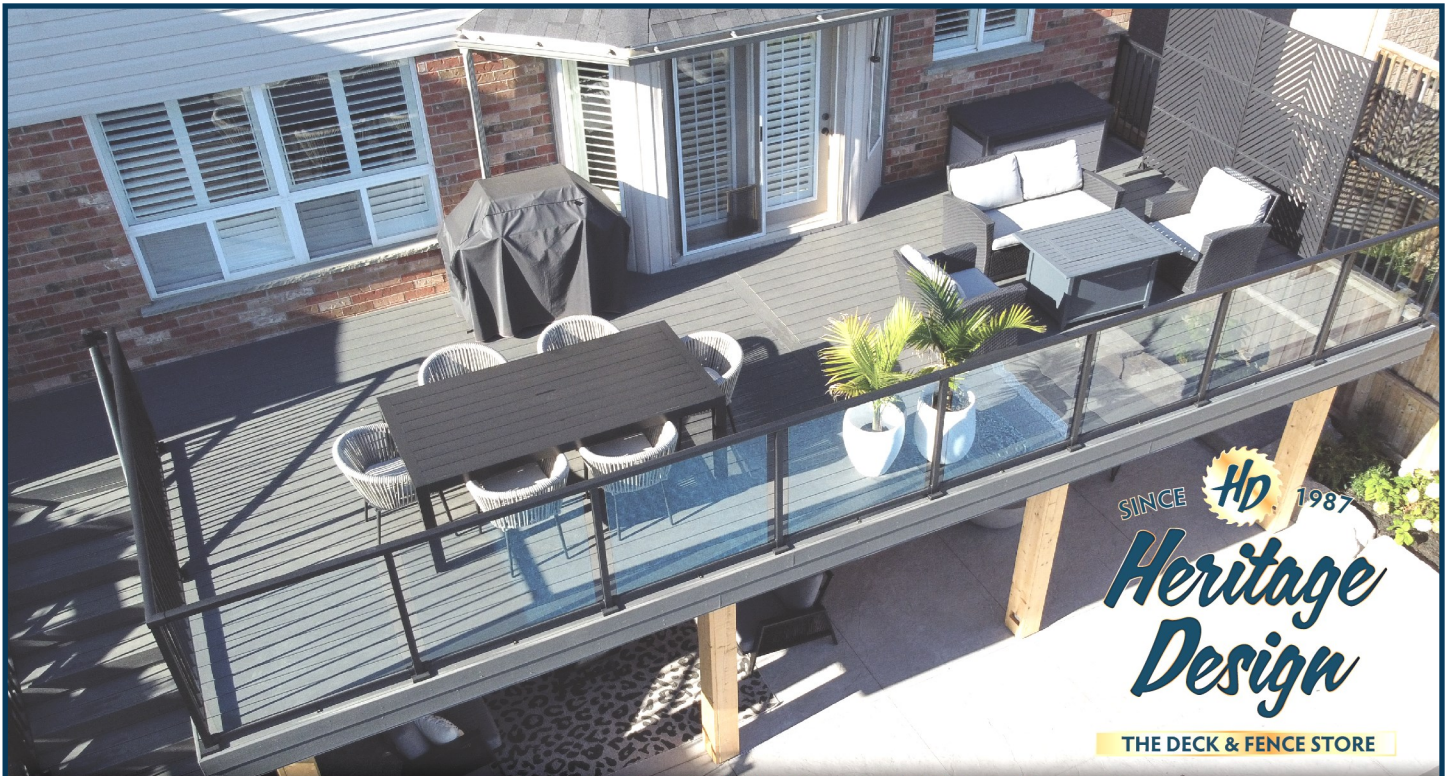
# Baden Outlook

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See details on page 6.*



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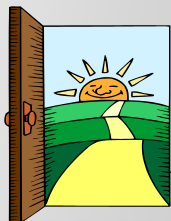
# Baden Outlook

Baden Outlook  
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Phone: 519-634-8916  
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www.badenoutlook.com

Barry, Pat, & Katie Fisher

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

- Barry is checking out his instincts
- More awesome info from the archives of Wilmot
- Barbeque safety tips and silly puns to chew on
- See what the Mennonite Relief Sale offers
- It's garage sale time, perfect time to de-clutter
- Dr. John has great advice on healing sprained ankles
- Meet Herb, celebrating 50 years with TCMH
- Bet you don't know what the smallest country in the world is
- Check out the fun puzzles in the Kids' Korner
- Marlene gets us started in the garden with easy tips



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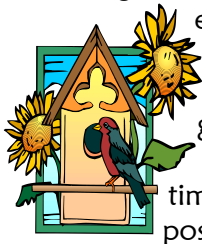
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Baden Outlook

## Greetings from Headquarters ~

Yay—it's May! I love to celebrate this month when all things grow and come back to life. We get outdoors to feel the warmth of the sun, we watch the flowers bloom, the trees spring their leaves open, and the grass becomes green. Such lovely colours to cheer us up after



enduring the darker grey and cold temperatures and cooped up indoors. It seems when we are in the midst of winter that the summer is so far off but in a blink we are back in the garden, dusting off our patio furniture and planning a summer vacation. It's no wonder the birds are chirping so loudly—this is their time too! I truly have come to enjoy the cycle of it all, seeing the many positive perspectives the seasons offer.



In the paper this month you are sure to see the energy is ramping up in the community with many exciting events taking place. The Mennonite Relief sale is back in full swing, NH Thrift Centre plant sale will be a hot spot, and the guide dog walk from the Lion's Club will get folks and pups out on the streets. This is also the time of year you are sure to find many garage sales giving you a chance to de-clutter your own space or get out and about to find some new treasures.

The gardeners will be in their glory getting their hands and knees dirty, so no judgement when you see some mucky people dodging in and out of the stores or garden centres. We are so very lucky to have Marlene share her wisdom as we get started in our gardens. Also, please take note of the Wilmot Horticultural folks who are out in the community doing their work to brighten up our world as the blooming begins. Stop to say hello and thank them.

Whatever you are up to, I hope you have a spring in your step and a smile on your face!



Happy May! As seasons change, I think of the phrase "ebb and flow." To come and go on a cycle of growth and decline, like the ocean tide.

I remember walking with a friend one day and she talked to me about how the good and bad in life are cyclical. If we have been in the dark

times for a while; the next natural progression would be good is on the way. The good and bad in life is necessary, as it creates balance. We can't possibly enjoy the positives in life to the fullest without first experiencing the negative. The only way we could label good is if we experienced worse. Finding the sweet spot of balance can be a real challenge but if you can get there, the viewpoint of good and bad can be evenly split and it's hard to tell between the two sides. Optimistic people know that all bad have good. We can use the ebb and flow phrase to our advantage to stay afloat mentally.

I read this quote from Lori Deschene and it couldn't ring more true.

### Everything Ebbs and Flows.

Work feels exciting and then gets routine. Relationships feel easy and then get challenging. Life feels limitless and then gets restricted. No one finds the sweet spot where everything seems perfect and stays there till the day they die. We all have ups and downs in life, and that doesn't mean we're doing anything wrong. We just need to ride the highs, accept the lows, and do our best to learn from it all so we can make the best choices for ourselves in each moment, no matter what phase we're in.

~Lori Deschene

# Talking with Ed

~ I got a strange feeling about this, or is it instinct?



Recently I saw two Cardinals hopping around our front yard when I noticed that the brilliant red male was feeding the female. Pat said, "The female is pregnant and "mate feeding" or "courtship feeding" is something that they do until the eggs are hatched". Oddly enough that is the first time that I have seen that activity and I wonder if that practice is something that cardinals have done since the beginning of time?



With this in mind, I thought it might be interesting to do a little research on instincts and I found out there are various theories on instincts versus learned behaviour. Some animals are definitely relying on instincts such as a snake. While some mother snakes will stick around to protect their young for up to two weeks after hatching, most snakes will entirely abandon their young immediately after laying the eggs or after they hatch. So, snakes would have more reliance on instincts. Sea turtles would be the same as they lay their eggs in the sand and let their young flee to the sea and fend for themselves after they hatch.

Most websites claim that there are five types of primitive instincts; survival, migratory, herding, maternal, and language instincts. Animals' survival instincts are to hunt, eat, sleep, reproduce... *survive* - all without really knowing they are doing any of them or why. We all know about migratory instincts of birds and butterflies. It is incredible that the Monarch Butterfly would make a trek all the way to Mexico and return. Or how do birds know exactly when to leave or return to our area.



Herding offers many animals, such as the wildebeest, protection from predators such as lions or other big cats. There are many animals that demonstrate maternal instincts in the world. The World Wildlife Fund has identified the Orangutang, Polar Bear, African Elephant, Emperor Penguin, and the Cheetah as the most maternal animals. There are also many examples of language instincts in the animal kingdom. Beavers slapping their

tales warning of danger, a kildeer faking a wounded wing, wolves howling, and birds chirping are all examples of instincts. Elephants, whales, hippopotamuses, giraffes, and alligators use low-frequency sounds to communicate over long distances, often miles.

Animals are also attentive to disasters. Many animals respond quickly to fires, tsunamis, and other natural disasters. Many dogs and cats show fear during fireworks trying to alert their masters. All of these things are instincts that are ingrained in their DNA.

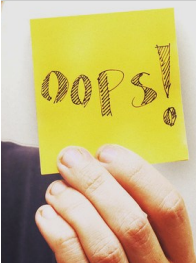
But what about humans? What have we carried over from long ago that are present today? I went to four different websites with four similar, but different theories. The first site suggested there were seven instincts including: anger, fear, panic, grief, care, pleasure, lust, and play. Site number two had five categories including: creativity, reflection, activity, sexuality, and hunger. Site number three was fight, fleeing, feeding, and fornicating (back to basics I guess) and number four was self preservation, sexual, and social.

One thing that I did read was that a fear of spiders and snakes was passed down from our very early ancestors. I believe that Pat would agree with that as she is not a fan of either. To me I am not afraid of spiders as long as they don't get up to "Black Widow" size. Snakes and an assortment of things such as heights bring out fear for me.

I look again out the window and see a squirrel race to the nearest tree for protection, something they have been doing for years, which will probably never change. Our world as humans is changing so fast that it is hard to determine what is now instincts, such as pulling out our cell phones at any given moment, or what is deep rooted in us. I would have to lean toward the information on site number three representing early humans and because we are constantly learning. I then chose either website numbers one or two. My instincts tell me I might be wrong.

Until next month...Ed

To our readers who enjoy the challenge of our homemade games:



We apologize for the error in last month's Drop One For Fun puzzle. We appreciate the calls and emails from our avid fans and we will try our best in the future to triple check for errors. Enjoy this month's games!

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## Baden Outlook

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## ALL THINGS SCRAMBLED

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

### Positive Words #1

- OPEH \_\_\_\_\_  
 NKID \_\_\_\_\_  
 PAYPH \_\_\_\_\_  
 VERBA \_\_\_\_\_  
 SHONET \_\_\_\_\_  
 YTUBAE \_\_\_\_\_  
 CAPSLIE \_\_\_\_\_  
 NUNEIGE \_\_\_\_\_  
 LENDFRIY \_\_\_\_\_  
 SUORENEG \_\_\_\_\_

### Positive Words #2

- LVOE \_\_\_\_\_  
 ODGO \_\_\_\_\_  
 EGERA \_\_\_\_\_  
 STRUT \_\_\_\_\_  
 DTENRE \_\_\_\_\_  
 UTUNERR \_\_\_\_\_  
 GAZMANI \_\_\_\_\_  
 LAQUTIY \_\_\_\_\_  
 PIITOTMS \_\_\_\_\_  
 SOMEHAND \_\_\_\_\_

"Keeping the Community  
 Connected"



# Baden ~ Our Town

The Baden Community Association had their annual town cleanup on Saturday April 29<sup>th</sup>. About 45 residents managed to collect 35 bags of garbage despite the rainy, damp weather. Special thanks to the Wilmot Horticultural Society for donating seed packs, to the residents, Tim Hortons for the refreshments and the Township of Wilmot for transporting the garbage to the landfill.



*Sonya and Andrew Frank with their kids Chloe and Caleb and their friend Carmen Peter are proud to display the bags of garbage that are no longer part of the landscape in Baden!*



The Township of Wilmot staff also did a cleanup near the township offices on Friday April 21<sup>st</sup> and the Wilmot Scout group collected trash from the Castle to Sir Adam Beck School on Wednesday April 18<sup>th</sup>. Way to go Baden, for cleaning up our town!

Our next event is the annual BCA Fishing Derby. There will be over 400 trout released in the pond with ten special fish that will be the winners! If the fish is caught between 6 a.m. and 1 p.m., the angler will receive a \$50 prize. Worms will be available to purchase, and there will be a barbeque, and a door prize table. The BCA will also have some loaner rods on hand. This is a free event, but donations would be generously accepted.

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SELLING THE SENIORS' WAY

# Checking out the Baden Library



## Open During Construction

The Baden branch will be open during our regular hours as the road construction continues in our end of town. Potential road closures may prevent access to the library from the east. Access to the library from the west should be available. Thank you again for your patience.

Enjoy FREE in-person and virtual programs during our regular Spring program session until Friday, May 26th. Call 226-748-8030 or email [rwlprograms@regionofwaterloo.ca](mailto:rwlprograms@regionofwaterloo.ca) if you have questions about upcoming programs.

For kids: Discovery Time:

- Wednesdays, through to May 24, 9:30-10:15 a.m. – New Dundee Branch
- Wednesdays, through to May 24, 9:30-10:00 a.m. – Wellesley Branch
- The Great Outdoors Storytime – Tuesday, May 16, 10:30-11:15 a.m. – Baden Branch
- Silly Art – Friday, June 2, 10:00-11:00 a.m. – Wellesley Branch

Coming up... Summer Reading Club: "Check It Out" Do you like cool stuff, amazing facts and mysterious fiction? What makes you curious and creative?

Explore your neighbourhood, library, and the world around you this summer with RWL! Show off your collections and creations. Have fun collaborating and creating new things with others.

Sign up

Register for Summer programs **starting Friday, June 9**. Visit your RWLibrary Branch to sign up for Summer Reading Club **starting Monday, June 19**.

Prize baskets and experiences

Earn ballots for prize baskets or experiences such as a trip to the bowling alley or the movie theatre by:

1. Registering for the club,
2. Every 30 minutes of reading, or
3. Checking out items at the library!

For babies:

- Baby & Me – Wednesdays, through to May 24, 11:00-11:30 a.m. Wellesley Branch



For adults:

- Book Talk – 2<sup>nd</sup> Wednesday of the month, 3:00-3:30 p.m. – New Hamburg Branch
- Adult Book Club – Wednesdays, May 17, 2:00-3:00 pm – Wellesley Branch
- Drop-in Yarn Craft Club – Wednesdays, 6:30-8:00 pm – New Hamburg Branch
- Building Community with Colleen James, founder of Divonify – Thursday, May 11, 7:00-8:00 p.m. via Zoom
- Passive Income Strategies with Ambitious Adulting – Thursday, May 18, 7:00-8:00 p.m. via Zoom
- Supporting our 2SLGBTQIA+ Children and Youth in partnership with Woolwich Counselling Centre – Thursday, June 15, 7:00-8:00 p.m. via Zoom
- 2SLGBTQIA+ Understanding and Awareness in partnership with Woolwich Counselling Centre – Wednesday, June 21, 7:00-8:00 p.m. via Zoom

Collectable SRC Cards

Visit or send letters to each of our 11 branches to receive a collectable RWL SRC postcard! Learn about different branches within your town, and across the Region.

Check out next month's Baden Outlook for even more information about Summer Reading Club 2023!



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



*The sun is shining and the staff are smiling!  
Come try our newest dessert—Cheesecake!  
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## Wilmot Lions / Lioness Club and Pet Valu - WALK FOR DOG GUIDES



There is a new and fun event planned at the Wilmot Recreation Complex on Sunday afternoon May 28th that will get our dogs, and our dog families - out for a walk to raise funds for Dog Guides. The Wilmot Lions / Lioness Club is partnering with the New Hamburg Pet Valu to present the first annual, nationally sponsored - Pet Valu Walk for Dog Guides.

Since its debut in 1985, the National Pet Valu Walk for Dog Guides has gained momentum annually, as Lions Clubs and members of their communities participate and launch new walks each year.

Thanks to the national support of Pet Valu stores, and owners, 100 % of donations raised go directly towards providing Dog Guides to Canadians with medical and physical disabilities.

Event Co-Chair, Paul Mackie is thrilled to announce this new event, and with the incredible support of our our local New Hamburg Pet Valu owner, Kayla Orleck, the Wilmot Lions / Lioness Club are very excited to have the opportunity to organize this event in Wilmot Township this year.

With hundreds of dogs and dog owners in the Township, we're excited to provide them with an opportunity to gather with



other dogs and owners to enjoy a lovely and relaxing walk through the Schmidt Woods trails behind the Wilmot Recreation Complex on Nafziger Road, in Baden.

Information and sponsor forms for our event are available from Paul Mackie at paulmackie@rogers.com, and online at: <https://www.walkfordogguides.com/fundraisers/WilmotLionsLionessClubPetValu>

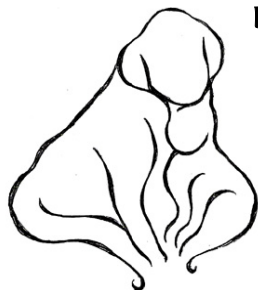
Registration will begin at 11:00 am Sunday May 28, 2023, Kickoff for the Walk for Dog Guides will be at 12:00 noon.

Facebook: LFCDogGuides  
Twitter: @LFCDogGuides  
Instagram: @FLCDogGuides

Held in communities in every province across Canada, the walk has raised - since 1985 - over \$20 million dollars, making it the largest fundraiser of its kind in Canada. This allows the Lions Foundation of Canada to carry out its mission to empower Canadians with disabilities to navigate their world with confidence and independence by providing impeccably trained Dog Guides at no cost to them and supporting each pair in their journey together.

*Please come and join us - rain or shine on May 28th.*

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## Looking Back at Baden 100, 75, 50 Years Ago

By Sherri Gropp (curator) and Taylor Hynes (Museum Assistant)

### May 1923- 100 years Ago

May 11, 1923- The Opera House was a busy spot this month. The Wilmot Masonic Lodge No.318 held a banquet on Friday May 4<sup>th</sup> at the Baden Opera House. There were over 100 men and women that participated. A delightful musical programme was furnished by the Livingston Orchestra. The organization had grown to be a very popular body. The singing of "Auld Lang Syne" brought the happy gathering to a close.

The concert held in the Opera Hall on Tuesday, under the auspices of the Baden Band was very much enjoyed by the fairly large crowd present. The play, "Three of a Kind," by the New Dundee Community Club, kept the audience in a continuous roar of laughter. The participants, of which there were thirteen, all played their parts like professionals. The door of welcome is open to New Dundee Community Club at any time. That is how we feel.



Photo of the Baden Opera House at the corner of Snyder's and Foundry c.1930 from the Castle Kilbride Collection.

The Baden Band has been engaged to supply the music for the Victoria Day celebrations at Wellesley.

### May 1948- 75 Years Ago

"The new Steinman A.M Church on the highway west of Baden will be dedicated on Sunday afternoon at 2 o'clock. Rev. A. Swartzentruber, missionary on furlough from South America will preach the dedication sermon. Sunday School and service will also be held in the forenoon. This fine new brick edifice was completed this week and is 46x88 feet in dimensions. The main auditorium and gallery has a seating capacity of 600 with a Sunday School room in the basement seating 240. The building of the new church was commenced in the spring of 1916 and replaces the old frame structure which seated 300. In the interval the congregation held services in the Library hall. The public is cordially invited to the dedication services."



Photo from the 1973 Waterloo Oxford Yearbook in the collection of Castle Kilbride.

### May 1973- 50 Years Ago

The Waterloo-Oxford District Secondary School presentation of HMS Pinafore was one of the best at a high school level.

John Cull in charge of stage direction and Ed Ferguson in charge of musical direction, again showed the competence in their fields as their students once again performed perfectly. The choice of main characters was excellent in every case.

#### The Cast

- Josephine.....Anne Kraemer
- Little Buttercup.....Doris Seltzer
- Cousin Hebe...Janice McQuade
- Rt. Hon. Sir Joseph Porter K.C.B...Clifford Roth
- Captain Corcoran...Ross Hewitt
- Ralph Rackstraw...Tim Weiler
- Dick Deadeye....Mark Hagen
- Boatswain....Mike Hunsberger
- Carpenter....Mark Uebele

## You Must Be Joking!!

No one believes seniors . . .



An elderly couple was celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighbourhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered, and found the old desk they'd shared, where Jerry had carved, I love you, Sally.

On their way back home, a bag of money fell out of an armored car, practically landing at their feet. Sally quickly picked it up and, not sure what to do with it, they took it home. There, she counted the money - fifty thousand dollars!

Jerry said, "We've got to give it back."

Sally said, "Finder's keepers". She put the money back in the bag and hid it in their attic.

The next day, two police officers were canvassing the neighbourhood looking for the money, and knocked on their door. Pardon me, did either of you find a bag that fell out of an armored car yesterday?

Sally said, "No".

Jerry said, "She's lying. She hid it up in the attic."

Sally said, "Don't believe him, he's getting senile."

The agents turned to Jerry and began to question him.

One said, "Tell us the story from the beginning."

Jerry said, "Well, when Sally and I were walking home from school yesterday..."

The first police officer turned to his partner and said, "We're outta here!"



*Submitted by: Bob Smith*

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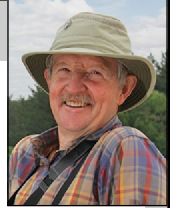
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## Baden Birding ~ Yellow Bellied Sapsucker

By Fraser Gibson



Seven species of woodpeckers inhabit Waterloo Region. The most common are the Hairy, Downy, Red-bellied and Pileated Woodpeckers, all of which spend their entire lives here. The Northern Flicker is a common summer resident and is often seen on the ground eating ants. The Red-headed Woodpecker, a southern species, is a rare summer resident but it occasionally nests in Wilmot Township. The seventh species, the Yellow-bellied Sapsucker (YBSA), is also migratory and has a special talent for finding food.

The sapsucker, with an unforgettably strange name, is not as common in this area as most of our other woodpeckers. During migration it passes through Wilmot in both spring and fall and if habitat conditions are right, some will also breed here.



The Yellow-bellied Sapsucker name is somewhat of a misnomer because its belly is whitish with only a faint yellow wash. It also doesn't really suck sap as its name implies. It could more rightly be called a White-bellied Tapper, not for the sound it makes while drilling into trees but because it taps trees like our local farmers who make Maple syrup.

Unlike the Downy, Hairy, Red-bellied, and Pileated Woodpeckers, the Yellow-bellied Sapsucker does not spend its time searching and pecking for insects in dying trees. Instead, it prefers habitats with fast growing trees such as poplar and birch. In Wilmot Township you are more likely to see evidence of its presence than to see the bird itself. When the Yellow-bellied Sapsucker returns in the spring, it chooses a tree and drills approximately 10 neat, evenly spaced holes in a horizontal row. Each small hole is only about 5 mm in diameter and spaced about 1 cm apart. It taps into living trees because as its name suggests, it is eager for sap.

These first holes drilled in spring are deep, circular in shape, penetrating the tree's bark to the xylem layer. The xylem is where the sap moves upward to feed the growing buds. The sapsucker returns repeatedly to these "wells", inserting its beak and using its brushy tongue to

lap up any sap present. After several days the sap flow diminishes so the sapsucker makes a second and possibly a third row of small round holes above the previous row.

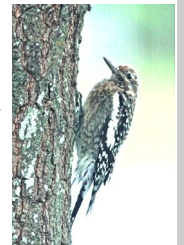
Once the leaves are open and begin making sugar, the sapsucker drills rows of shallower, squarish holes. These holes are only deep enough to reach the phloem, where this sweet downward flowing sap seeps freely from the tree. (The Cornell Lab All About Birds) These shallow rectangular holes must be frequently re-tapped to prevent them from growing shut. "It takes serious effort to make sure the tiny wells stay open for more than a few hours." (Birds&Blooms: *Woodpeckers With a Sweet Tooth* by Kenn and Kimberly Kaufman.) A resident YBSA simultaneously

maintains several groupings of sap wells scattered about its forest territory.

The sweet oozing sap also attracts ants, hornets, and wasps. This makes them easy targets for the frequently returning sapsucker tending its taps. As a result, the sapsucker's diet is primarily sap, but it also includes insects attracted to its sap wells, spiders, the inner bark of trees, wild berries, and nuts.

All our woodpecker species have a courtship drumming ritual. The birds drum upon a hollow dead branch, a loose sheet of metal or even an eavestrough where they beat out a rhythmic reverberating rap. Here the YBSA is again a little different than its relatives and can be identified by its unique style of drumming. Instead of a short burst of continuous rapid-paced knocks, the sapsucker begins in that manner but follows it with two or three slower-paced echoing wallops.

You may not see this seventh woodpecker species in your nearby forest. But hearing its distinctive drumming pattern or seeing a tree trunk displaying an arrangement of many neatly-aligned small holes, are sure signatures of the sapsucker's presence. Quite a bird. Quite a tapper!



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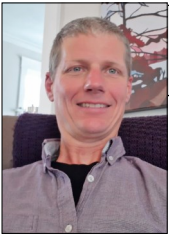
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## Open Hand or Closed Fist

By Chip Bender, Registered Psychotherapist (qualifying)



Twenty years ago this month, my father-in-law died, so he's been on my mind more recently. One piece of wisdom he passed on to his descendants was the concept of approaching life with an open hand instead of a closed fist. This concept came to mind this morning as the daily news bombarded me with the catastrophes impacting people around the world. The first story was about the violence perpetrated by Palestinians and Israelis towards each other as their centuries-long hatred erupts once again. The second story was about Americans battered by a series of deadly storms, which seem to increase in number and intensity as the climate crisis worsens.

These news items mixed with my recollection of my father-in-law's philosophy left me pondering how these situations could be addressed with an open-hand approach to life as opposed to a closed-fist approach. Although the situation in the Middle East is complex, I do wonder what would happen if enemies were engaged with open hands of welcome as opposed to closed fists of retaliation. How might the earth respond to living in an open-handed relationship of reciprocity instead of a closed-fist attempt at grasping and extracting every ounce of resource out of the earth?

Imagining how our own individual actions will affect global outcomes can be difficult, but what if we were to imagine an open-handed approach being played out on a local level. What might happen if we interacted with the people we encountered daily with an open hand of generosity instead of a closed fist of greed? Or engaged with those with whom we differed with acceptance rather than accusation?



And what would happen if we took this approach to life even further to think about how it would affect us on a personal level. Try this little experiment right now: 1) Clench both of your fists as hard as you can for 10 seconds and notice how it feels. 2) Now sit for 10 seconds with your palms facing up and notice how it feels. Our approach to life will affect us on a physical and emotional level.

As you engage with your daily tasks, or think about other people, or reflect on your current situation, notice if your approach is open-handed or closed-fisted. Are your interactions seasoned with a spirit of generosity or greed? Do your thoughts towards the other demonstrate acceptance or accusation? Are you willing to surrender to how life is changing, or do you stubbornly grasp what has been? Continue to practise gently opening your hands.



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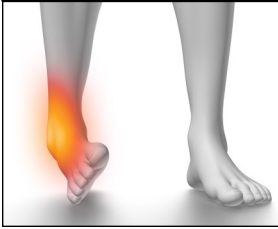
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## REHABILITATION OF ANKLE SPRAINS

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



An **ankle sprain** is a very common injury that can happen to athletes, non-athletes, children, and adults. A **sprain** refers to a stretching or tearing of a **ligament**. **Ligaments** are tough bands of fibrous tissue that connect one bone to another.

They help stabilize joints,

preventing excessive movement. One or more ligaments can be injured at the same time. Sprained ankles often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. This may occur while participating in sports and recreational activities, wearing inappropriate shoes, or running, walking or stepping on uneven surfaces.

**Inversion ankle sprains** constitute 90% of all ankle sprains. This type of injury occurs when the foot is forced inward (*inversion*) and produces most of the pain on the outer side of the ankle. **Eversion ankle sprains** are less common and occur when the foot is forced outward (*eversion*), causing the most pain on the inner side of the ankle. A **high ankle sprain** is a unique and separate injury in which the ligaments around and above the ankle joint are injured. This is known as a **syndesmotic sprain**.

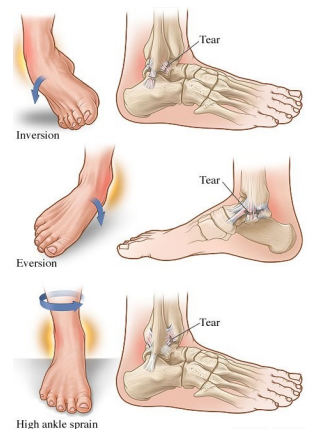
Pain and swelling are the most common symptoms of an ankle sprain. There may be bruising over the area of injury

which may spread down into the foot towards the toes several days following the injury. Individuals may also experience difficulty walking or weight bearing on their injured ankle. Most ankle sprains can be managed conservatively. However, obvious evidence or suspicion of a broken bone, fracture or joint dislocation necessitates the need for emergency medical care.

Initial conservative management of ankle sprains should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation). The **P.R.I.C.E.** principle helps decrease pain and swelling and can be used during the rehabilitative process as needed. Additional treatment options include ultrasound, laser therapy, taping, bracing, soft tissue techniques, and manual mobilization to assist in returning to full functioning. Rehabilitative strategies should also include exercises that incorporate active range of motion, stretching and strengthening for the ankle joint and lower extremity, along with proprioceptive/balance training to minimize the risk of ankle instability and re-injury.

Assuming that proper rehabilitative strategies are employed, successful recovery from an ankle sprain injury will depend upon the severity of ligament damage. Mild injuries usually heal completely without any residual consequence in 1 to 4 weeks. Moderate injuries usually require 4 to 12 weeks to heal. Severe injuries will take longer to heal. In some circumstances, surgery may be required for severe ankle sprains.

An untreated ankle sprain may lead to chronic ankle instability. This may also result in secondary foot, knee, hip, leg, and back problems because of subtle changes in movement patterns. If you are having difficulty with ankle pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance.



*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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- **Turn off** all electrically powered items except one inside and one outside light. Invest in power bars for electronics. Turn thermostats down to minimize damage from a surge when power is restored.
- **Don't open** fridge or freezer unless necessary.
- **Never** use charcoal, gas barbecues, or home generators indoors or in garages. They give off carbon monoxide. CO detectors should have battery back-up.
- **Listen** to battery-powered or wind-up radio for up-to-date information.

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The Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan group of volunteers aged 8 to 70 plus years that has been active in the community for 10 years. We are funded by donations, fundraising efforts, and grants (no membership fees to join). Our mandate is to achieve and support a long-term healthy environment in Wilmot and Wellesley Townships and we accomplish this through education, action, and collaboration. If you are interested in the climate crisis and other local and global environmental issues, take a look at our website to see what we do ([nvecoboosters.com](http://nvecoboosters.com)).

Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, May 24<sup>th</sup>** and everyone is welcome to attend. 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 meeting or want more information.

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

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## You Must Be Joking!!



- \* We all know where the Big Apple is but does anyone know where the..... Minneapolis?
- \* How do you tell the difference between a teacher and a chemist? Ask them to pronounce "unionized."
- \* Did you know that milk is the fastest moving liquid? It's pasteurized before you even see it!
- \* Middle-aged happiness is discovering that the next load of laundry to fold is just 8 bath towels and not 46 pieces of small human clothes.
- \* Do mascara and lipstick ever argue? Sure, but then they makeup.
- \* Why shouldn't you write with a broken pencil? Because it's pointless.
- \* Which bear is the most condescending? A pan-duh.
- \* Why do bees have sticky hair? Because they use a honeycomb.
- \* What's it called when kittens get stuck in a tree? A *cat*-astrophe.

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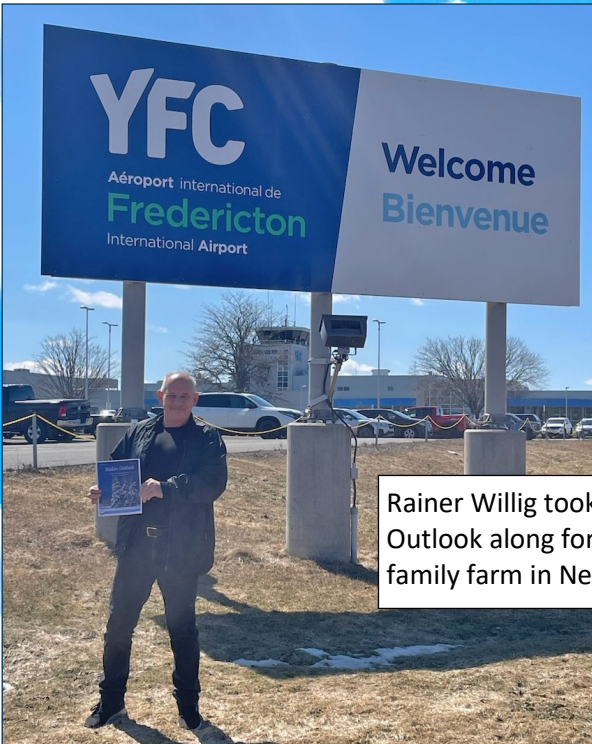
The Baden Outlook has been having fun — see where it's been!



Doug and Mary Rielly took their Baden Outlook on a 23 day tour of the South Pacific. This picture was taken in Bora Bora.



Margret Nodwell took a recent trip overseas and took her Baden Outlook along to Jersey Island (seen above) and to see the real tulips of Amsterdam (seen below).



Rainer Willig took his Baden Outlook along for Easter at a family farm in New Brunswick.



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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](http://WWW.SAFETYINFO.CA)

Let's have a little pun!



- ◆ I accidentally burned dinner on the grill. Missteaks were made.
- ◆ I can't decide whether to grill chicken breasts or chicken thighs. I guess I'll just wing it.
- ◆ At the office barbecue, I grilled a medium-rare steak for my boss, and he said, "I like it, well done!" I said, "Thanks. That means a lot."
- ◆ Before every barbecue, I tell myself I'll eat healthy and stick to the salads. But then my plan takes a turn for the worst.
- ◆ Just finished cleaning my grill. It was grate.
- ◆ You can imagine my surprise when I saw James Bond making burgers in the park. I guess he had a license to grill.
- ◆ My friends invited me to barbecue night yesterday. I said no, but now I'm regretting it. That was a missed steak.
- ◆ It took me two hours to grill a chicken the other day, and it still didn't tell me why it crossed the road.



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# Baden Outlook Flies Over Baden

Now and Then Aerial,  
A snapshot of time...  
2008 / 2022



Pictured is the intersection of Snyder's Road and Foundry Street (aka downtown Baden).

If you look closely at the top photo, you will see that the Village Plaza does not yet exist. Tim Hortons would have just been built. Also, Centennial Hall still stands and new homes across from Baden Feed have yet to be built.

Flash forward to today... the silos at Baden Feed would be missing!



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## Relief Sale Brings Goodwill (and garage sales!) to Thousands

Every year, thousands descend on our community for the annual New Hamburg Mennonite Relief Sale that will once again be filling the New Hamburg fairgrounds with the scents of delicious food, the calls of excited auctioneers, and the chatter of friends, old and new. An added bonus is the dozens of garage sales that pop up to add to the fun of this annual event.

To date, over \$14.4 million dollars has been raised through the relief sale for the relief, development, and peace work of Mennonite Central Committee (MCC) since the sale's start in 1967.

This year's sale will start on the evening of Friday May 26th and finish on Saturday May 27th in the early afternoon, or whenever the food and auction items sell out.



*Left to right: Don Kaster (donor), and NEAT members Calvin Schmidt, John Mohr, Ron Neeb, Joe Detzler in front of the newly restored Massey Ferguson 65*

Speaking of auctions, this year will feature no less than three different auctions with donations from generous businesses and individuals in the community. A couple big-ticket items include a 1970s John Deere tractor and an antique Massey Ferguson 65 tractor restored by the North Easthope Antique Tractor Breakfast Club. "Maybe I'm being optimistic but I'm hopeful the pair could raise \$15,000," says club chair John Mohr. "Because it's for a good cause, people are generous."

And of course, the famous Quilt Auction on Saturday morning will see over 200 beautiful quilts, designed, created, and donated by local quilters from across Ontario.

This year's feature quilt was created and donated by the North Woolwich Sewing Circle - a stunning masterpiece measuring 102" by 105" with precision and craft that is second to none. The quilt, called "Soda Lite Cabin" was put together by 25 quilters and led by Karen Martin who is chair of the North Woolwich Sewing Circle. The quilt is on display in the lobby of the MCC office at 50 Kent Avenue, Kitchener until the sale.



*This year's feature quilt "Soda Lite Cabin" by the North Woolwich Sewing Circle*

Of course both days will feature mouth-watering delicacies of both traditional and non-traditional Mennonite origins like falafels, sausage-on-a-bun, spring rolls, BBQ chicken, apple fritters, cream buns, and more pies than you can count.



*Isabella Sellar Voll puts in a long day painting little faces*

KidZone will have fun for the kids with the always popular face painting, Junior Peacebuilders Makerspace, Scavenger hunt, St. John Ambulance therapy dogs, and more!

Saturday morning will feature another mainstay of the relief sale: the Run for Relief which is a run (or nature walk) at 2k or 5k distances. More info on how to register and fundraise at [nhmrs.com/run-for-relief](http://nhmrs.com/run-for-relief).

John Reimer, chair of the New Hamburg Mennonite Relief Sale, is grateful of the efforts of so many people who pitch in to make this event possible every year. "We could not do it without the tremendous support of the organizing team, the many businesses who generously donate products and services, our over 2,000 volunteers, quilters and churches. Thank you all!"



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 Joanne Leis \$50 Gift Certificate to McDonalds  
 Paul Taylor \$50 Gift Certificate to Colour Paradise  
 Mary Lichti \$50 Gift Certificate to Hillcrest Services



Hidden Acres is hosting their **56th Annual Chicken BBQ & 15th Annual Pie Auction** on Tuesday, June 13 from 5 - 7 pm.

Come and enjoy our delicious chicken dinner that thousands of people have come to know and love. Along with the chicken, your meal includes potato salad, coleslaw, veggies, pickles, a fresh roll, chips, and an apple or fresh baked donut.

\$18 Small meal (1 piece of chicken) / \$22 Regular meal (2 pieces of chicken). Please visit [hiddenacres.ca](http://hiddenacres.ca) for more details and to order your tickets. Tickets need to be purchased in advance.

## Community Wide Garage Sales May 27th in Baden and New Hamburg



Let's get busy and clean out the excess from our homes! What a great time to de-clutter and connect with our neighbours, and make a few dollars.

## MORNINGSIDE VILLAGE HOSTS ANNUAL GARAGE SALE

Hwy 7/8 & Bleams Road

Saturday, June 3 ~ 8 am until 1 pm

Something for everyone  
 All are welcome ~ Open to the public

Please obey Village Speed Limit and  
**NO PARKING ON THE GRASS**

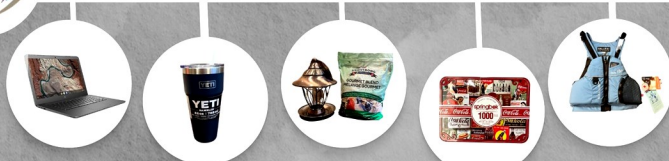


Don't forget the Wilmot Heritage Fire Brigades Bottle and Can Drive!

Held on the last Saturday of every month from 9am-12pm behind the Baden Fire Hall.

## Online SILENT AUCTION

Charity fundraiser in support of Interfaith Counselling Centre



Starting May 15th- May 28th

Visit [www.32auctions.com/ICC2023silentauction](http://www.32auctions.com/ICC2023silentauction) or scan the QR Code to bid on these great items.

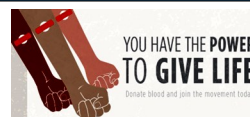


over **70** items to bid on



## We're on the Web!

Read the paper in colour on-line at [www.badenoutlook.com](http://www.badenoutlook.com)



## Blood Donor Clinic

Mon, May 15th & June 15th, 2-8 pm  
 Steinmann Mennonite Church  
 1316 Snyder's Road W., Baden



New Hamburg & Stratford

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

★ **BADEN BACKYARD** ★

**BULLDOGS BBQ**





**THURSDAY, MAY 25**  
5:00 PM - 8:00 PM  
RAIN OR SHINE!



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SILENT AUCTION, VENDORS & MORE  
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*The Baden Firefighter's Association Presents:*



**HOSE MONKEY FUNDRAISER**  
BECK PARK, BADEN

**CONCERT SERIES & BALL TOURNAMENT**

All funds raised go towards helping the Baden firefighters purchase life-saving & rescue equipment.

**FRIDAY JUNE 23**  
**COUNTRY NIGHT**



**GUNPOWDER AND GRACE**

Scan for Fri. Night Tickets

sponsored by:  
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**SATURDAY JUNE 24**



*The Almost Hip*  
&  
**MY COUSIN OTIS**

Scan for Sat. Night Tickets

**@BFFAEvents**

Both concerts are 19+ licensed events.  
Questions? Email: [BadenHoseMonkeyBall@gmail.com](mailto:BadenHoseMonkeyBall@gmail.com)

**SEEDY, WEEDY,  
TRENDY:**

**HOW DOES YOUR  
GARDEN GROW?**

MARLENE KNEZEVICH &  
YVONNE ZYMA,  
WILMOT HORTICULTURAL SOCIETY

WEDNESDAY, MAY 17, 2023  
10:00 AM

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65 BOULLEE ST., NEW HAMBURG

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To register email:  
[coffeehousetalks2020@gmail.com](mailto:coffeehousetalks2020@gmail.com)  
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Funding in part by  
The Government of Canada  
New Horizons for Seniors Program

**CRUZIN' AT THE POND – BADEN**

Each Wednesday starting June 7<sup>th</sup> until Aug. 30<sup>th</sup>  
(weather permitting) 4 p.m. until dusk  
Mill Pond at the corner of Mill and Foundry Street

Great food by Petersburg Optimist Club.



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proceeds going to Make a Wish Foundation

Contact Helen 519-616-4089 for more info  
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Branch #532—Boulee Street, New Hamburg

Invites you to join us for ...

Entertainment with Brett Baker  
Saturday, May 27<sup>th</sup> from 3:30-6:30  
\$5 at the door

Rib Dinner - \$22 advance  
Friday, June 2<sup>nd</sup> at 6pm

## 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)

To the person who stole my glasses....

A	B	C	D
I	CAN'T	WE	WILL
FIND	POUND	RAIN	ANT
HAS	CANDY	YOU	CAKE
GLASSES	I	DRESS	GRAM
THE	WIND	IS	HAVE
COOKIE	CONTACTS	PANT	LESS

- Remove all 3-lettered words in column A
- Remove all words containing "SS"
- Remove all measurements of weight
- Remove all words that rhyme with plant
- Remove all sweet treats
- Remove all weather terms
- Remove all 2-lettered words in column C

Write leftover words here:

---



---



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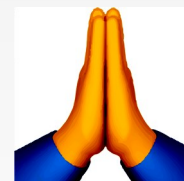


## Mind Bending Experiments



Try these out! There are some things the brain can't handle and some the brain handles so well!

- \* While sitting in a chair, lift your right foot off the floor and make clockwise circles. Now while doing this, draw the number "6" in the air with your right hand. Your foot will change direction! There is nothing you can do about it!
- \* Fi yuo cna raed tihs, yuo hvae a sgrane mnid too. I cdnuolt blveeiee I cluod aulacity uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aocdrnig to a rschearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oedr the ltteres in a wrod are, the only iproamtnt thng is taht the frsit and lsat ltteer be in the rghit pclae. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh?
- \* Put your hands together like you're giving yourself a high five. Now fold down your middle fingers. You should be able to separate your index fingers or pinkies... But you will not be able to separate your ring fingers!



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# Tis the Season to Play Ball!

Submitted By Theresa Billo

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

The words below can be found up, down, and diagonal in the puzzle to the left. Good luck!



- |           |            |
|-----------|------------|
| BALLS     | FOUL       |
| BASES     | GROUND OUT |
| BLEACHERS | HOME RUN   |
| BUNT      | HOT DOGS   |
| CATCHER   | PINCH HIT  |
| CLEATS    | PITCHER    |
| COACH     | SECOND     |
| CURVEBALL | SHORTSTOP  |
| DOUBLE    | SINGLE     |
| FANS      | STRIKE     |
| FAST      | THIRD      |
| FIELDERS  | TRIPLE     |
| FIRST     | UMPIRES    |
| FLYBALL   |            |

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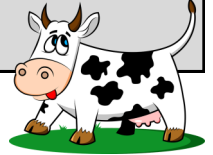


The Village of  
**WINSTON PARK**

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

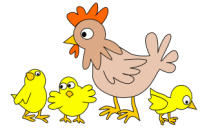
# Rhime Time ... Farm Style

Answers on page 32



Find two words that sound the same and match the description that is given.  
The rhyming words are related to the farm. Good luck, now moove it.

1. A steer that ate too much would be a \_\_\_\_\_.
2. Twelve chickens and then two ran away would be \_\_\_\_\_.
3. Stories coming from the cows' residence would be a \_\_\_\_\_.
4. If a cow tripped in her room it would be known as a \_\_\_\_\_.
5. A towed vehicle carrying a hay bundler is called a \_\_\_\_\_.
6. A mare that is grieving is known as \_\_\_\_\_.
7. A motor on a nuclear powered farm implement is a \_\_\_\_\_.
8. A short gardener is typically known as a \_\_\_\_\_.
9. A farmer that is in his prime is having his \_\_\_\_\_.



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**DR RUTH MACCARA**

Spring is all about new beginnings and transformations. As many as you know I, Emma, have been away on my maternity leave and am now coming back to the routine of work. I am very thankful to be welcomed back with open arms into a community that has adopted me as family. Even though it has been a transition for me and my family, I am glad to be back to the thrift store at this time of the year, where the sunshine last longer, nature wakes up, and the plant sale starts!

Spring symbolizes starting fresh and starting over. After months of cold temperatures that often result in many of us feeling the winter blues, spring reawakens us and our surrounding environment, bringing everything back to life. With the arrival of spring, New Hamburg Thrift is excited to be having our annual **Perennial Sale** once again. Staff and volunteers have been busy planning and preparing for a busy season. 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 1 to Wednesday May 31** during our regular business hours. 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 Emma Norris at 519-662-2867 or emmanorris@mcco.ca

If you are looking for other ways to support the work of MCC this summer we have our **Seeds of Gratitude Fundraiser**. There are different perennial seeds available for purchase in our store and all the proceeds from this sale are helping to grow and strengthen Indigenous communities.

MCC Canada's Indigenous Neighbours program strives to build respectful relationships between Indigenous and non-Indigenous people.

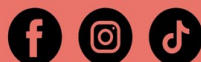
Some of the work we do includes:

- Gardening kits for communities' gardens in the North to help combat food insecurity.
- Facilitating opportunities for constituents to learn about Indigenous history, rights, and concerns using workshops, speaking engagements, publications, and online resources.
- Supporting connections between MCC constituents and Indigenous partners to build respectful relationships.
- Collaborating with Indigenous partners on advocacy to promote positive political, social, and economic change for Indigenous Peoples.

Thank you to our volunteers, donors, and customers for helping in so many ways to raise funds to support MCC projects. Happy Gardening season!

# GARDENING SUPPLIES & POTTED PERENNIALS

MAY 1-31



41 Heritage Dr, New Hamburg  
[mccthriftontario.com/newhamburg](http://mccthriftontario.com/newhamburg)



*Please support the advertisers in this paper and keep our community alive and thriving!*

# Drop One For Fun

Answers on page 32

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

1. A tear, crack, or fissure
2. To catalog or record
3. Slang for drunk
4. Lodging for travellers
5. To become liquified by heat
6. A type of tree
7. A sweeping device
8. Jets can make a sonic...
9. Riotous group of people
10. Style of a room
11. Travelled on a horse
12. A primary colour
13. Costing very little
14. A rate of movement
15. A high card

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

## 2023 Lincoln Aviator



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# KIDS' CORNER

Oh no! These kids' kite lines have been tangled! Who owns what kite?



2	+		=	8						
			+		-					+
10	-		=							7
	+		=		=		-			=
			14			+	12	=		
	=									
22			12	-		=	1			9
			-		+					+
3	+		=							6
			=		=					=
					19	-		=		

Fill in the empty spaces with the missing numbers.... Can you solve all the equations? Answers on page 32.

Can you find these lovable cartoon characters? Words can be found up, down, left, right, and diagonal.

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

- |          |         |            |
|----------|---------|------------|
| MICKEY   | TIGGER  | TINKERBELL |
| GOOFY    | EEYORE  | STITCH     |
| PLUTO    | MOANA   | ELSA       |
| WOODY    | JASMINE | ARIEL      |
| BUZZ     | GENIE   | OLAF       |
| PETERPAN | MULAN   | ANNA       |



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## Thank You Wilmot Township!

Thank you so much to everyone in our amazing community! The 2023 Lambert Group Easter Egg Hunt was an overwhelming success. Each year, our events continue to grow, and we're so happy to be able to give back to, and connect with everyone in our community!

We have more events in the works for this year, so scan the QR code below to learn more about our 2023 plans!



“ We were so happy working with Jon and the Lambert Group team. Jon's market knowledge and strategic planning, along with the great service showed he was always looking out for our best interests.

-Justin S.



Planting season is here. Here are some things to keep in mind this spring. Take time to harden off the plants that have been in your house or a greenhouse before taking outside. Start with a couple of hours and add an hour or so per day so that plants adjust to temperature and especially to the sun. Warm weather plants such as peppers, beans, cucumbers, tomatoes and eggplants need 16 to 20 degrees Celsius soil temperatures. If planted in cold soil, growth will be stunted.

Mix it up in the flower beds. Add herbs and some vegetables such as colourful Swiss chard. Some of the cold weather veggies such as lettuce can fill a bare spot which may be covered later by your perennials once the lettuce is harvested.

Amending the soil of your garden can be a minefield when determining what product fits your needs. The industry is not regulated so you need to read the labels and determine which product is suitable. None of the soil mixes and compost are created equal. I look for peat moss on the label and have made a choice to avoid it. Why? It is a non-renewable resource, expensive and I find when it dries out, it is hard to hydrate or becomes hydrophobic. Peat moss is decomposed organic matter that occurs naturally in cold, marshy ecosystems and is harvested from the peatlands of Canada. Peat moss takes many thousands of years to form. The Canadian Sphagnum Peat Moss Association has set standards to rehabilitate the areas harvested but once harvested, it is gone for millennia. The harvesting of peat moss also releases carbon dioxide into the air and even clears the way for methane release contributing to global warming. Britain has banned the harvesting of peat moss. This is a personal choice. I use compost as amendment. Read more here: <https://peterboroughmastergardeners.com/2021/06/28/peat-moss>.

For more information on amending your garden soil go here or search other university or Master Gardeners sites: <https://extension.psu.edu/trees-lawns-and-landscaping/home-gardening/soil-management>

Community plant sales are on at the New Hamburg Thrift Store (all May) and the New Hamburg Mennonite Relief Sale (last Friday evening/Saturday of May). Donate

healthy plants. Avoid sharing or buying invasives such as periwinkle, lily of the valley, goutweed, ajuga, and others (see the Ontario Invasive Plant Council's website). On WHS' FB page, see Files for a more extensive list by Credit Valley Conservation Authority. So many of the beloved plants we cherished in the past, are now known to threaten many of our natural areas. Areas around cemeteries and native areas have periwinkle squeezing out our native trilliums, trout lily, and bloodroot along with all the critters that depend on them. None of these are easy to remove. *Go get colour in your garden!*



Wilmot Horticultural Society

June 27th, 7:00 pm, Free tour of a Hop Farm. See website and Facebook page for details.

Email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)  
FB: [facebook.com/groups/wilmothorticulturalsociety](https://facebook.com/groups/wilmothorticulturalsociety)  
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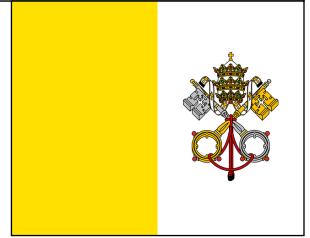
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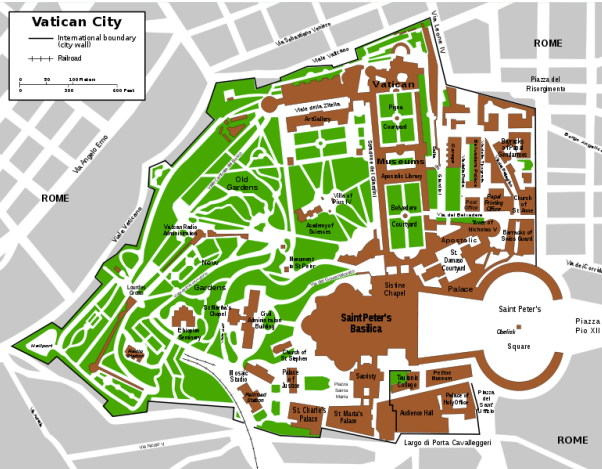
## Global Outlook - Check out the World's Smallest Country ~ Vatican City

Vatican City has the distinction of being the smallest country in the world - a land mass of 49 hectares (121 acres). Other small nations, such as Monaco, Andorra, and San Marino, have their borders surrounded by other countries. However, Vatican City, which is surrounded by Italy, is the only one that is not just surrounded by another country – it is surrounded by another city entirely. The Holy See is right in the heart of Rome giving it a unique position. The entire country of Vatican City is a world heritage site.



The country has population of 820, with ninety five percent of the population being male. Vatican City has its own army (135), which is officially known as the Pontifical Swiss Guard. The Vatican attracts more tourists than anywhere else in the world - nearly 5 ½ million visitors each year. Twenty-five thousand people visit the Vatican museums every day which contain 120,000 pieces of art.

Vatican City mints its own special coins, but also uses Euro notes as currency. The country has no taxation, but generates its revenues through tourism, souvenirs, and postage stamps. Vatican City has an ATM, that belongs to the Vatican Bank, that has its instructions in Latin. You will find no jails here and it relies on Italy if there is a need for one.



Vatican City has the shortest railway system in the world – two 300 metre tracks and two sidings that were created in 1934. The country has no official language; however, Latin is used widely. An average Vatican City resident consumes 54.26 litres of wine per year giving it the highest wine consumption per capita in the world. The Pope is effectively the Monarch of the Vatican, which is elected by the College of Cardinals.

Vatican City was never recognized as a country until February 11, 1929. The Lateran Treaty, signed by the Holy See and the government of Benito Mussolini established Vatican City as a sovereign state.

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[www.smchurch.ca](http://www.smchurch.ca)

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

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

**Shantz Mennonite Church**  
 Sunday Worship 9:30 a.m.  
[www.shantzmcc.ca](http://www.shantzmcc.ca)

**St. James Lutheran Church**  
 Sunday Worship 9:00 a.m.  
[www.stjamesinbaden.org](http://www.stjamesinbaden.org)

**Wilmot Mennonite Church**  
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- \$165.00 including HST per player
- Shotgun start at 1:00 p.m. Lunch Starts at Noon
- Best Ball Tournament -- everyone is welcome
- For registration & sponsorship inquiries please email [paulmackie@rogers.com](mailto:paulmackie@rogers.com) or [troyhoerle@rogers.com](mailto:troyhoerle@rogers.com)



## ANSWERS TO OUTLOOK PUZZLES

### Reduce to Produce

I will find you. I have contacts.



### Rhyme Time

1. full bull
2. ten hen
3. barn yarn
4. stall fall
5. baler trailer
6. horse remorse
7. tractor reactor
8. lower grower
9. hay day

### All Things Scrambled

Positive #1	Positive #2
Hope	Love
Kind	Good
Happy	Agree
Brave	Trust
Honest	Tender
Beauty	Nurture
Special	Amazing
Genuine	Quality
Friendly	Optimist
Generous	Handsome

### Drop One For Fun

1 Split	2 List	3 Lit
4 Motel	5 Melt	6 Elm
7 Broom	8 Boom	9 Mob
10 Décor	11 Rode	12 Red
13 Cheap	14 Pace	15 Ace

Secret Words Porch and Stoop

2	+	6	=	8						11
			+		-					+
10	-	8	=	2		13				7
	+		=		=	-				=
12		14		6	+	12	=			18
	=						=			
22		12	-	11	=	1				9
			-		+					+
3	+	5	=	8						6
			=		=					=
		7		19	-	4	=			15





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## The TCMH Corner: Resident Perspectives ~ Meet Herb

It is not every day that we can sit down with one of the original founders of the Board of Directors for Tri-County Mennonite Homes (TCMH), so this is a special treat. We chatted with Herb Schultz, Nithview Community resident since 2013. He told us a little bit about TCMH's founding history and his experience serving on the foundational Board.

Herb first joined the TCMH team as part of the exploratory committee that was looking at options for establishing a faith-based home for Seniors. In 1968, Herb became one of the four charter members of the Board. He served on the Board for 2 years helping to lay the foundation of the organization. The original purpose of TCMH was to create a place where seniors could seek care. Back in those days, it was not traditional to have a home for Seniors. Instead, children usually looked after their aging parents. TCMH was a departure from the norm, but something the community felt they needed.

Herb, a Pastor by trade, was inspired to join the exploratory committee and the founding Board because he was already involved in caring for the aging population. It seemed natural that he would assist in the establishing of homes for Seniors. The original Board of TCMH faced several challenges like raising funds and meeting building codes, but moreover they debated where the Home should be located. The initial thought was to have the Home in either Tavistock or Milverton. New Hamburg was chosen as a kind of compromise because it was generally located in the middle.

Establishing any kind of organization is tough. We wondered what was the hardest part of establishing TCMH? Herb recalls there needed to be a consensus gained amongst TCMH's constituency membership. Consensus is difficult, even for groups that get along. But Herb and his colleagues persevered. They successfully sorted the details of incorporation. They waded through Ministry requirements. And they garnered the commitment from the membership to provide much needed supports for Seniors.

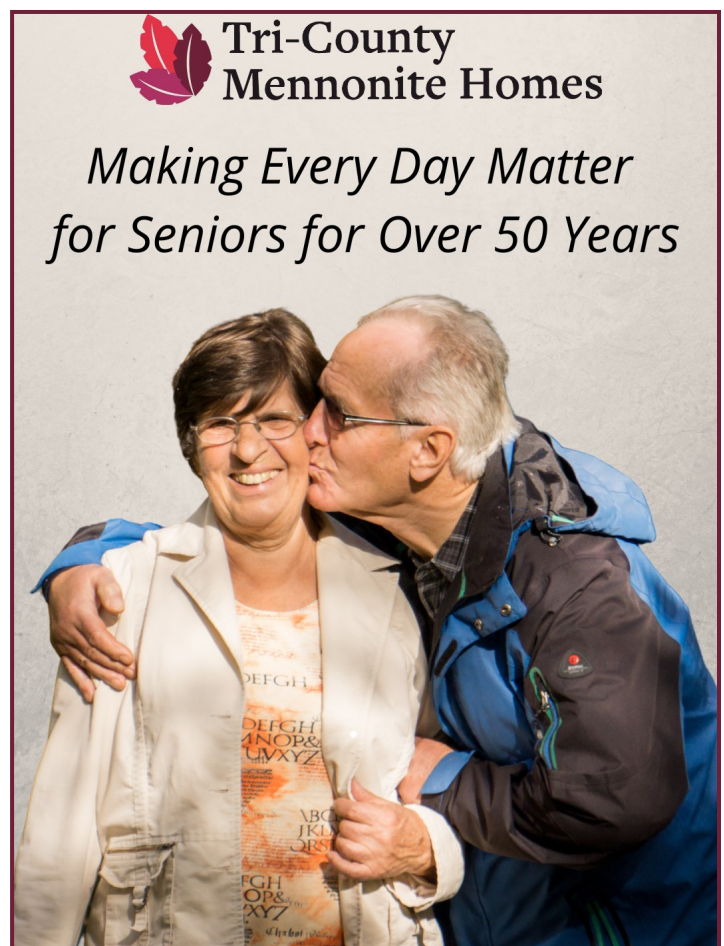
It seemed a reasonable query to ask whether Herb ever thought he would reside at TCMH in his senior years. With a little smile, he responded that he never thought he would end up here. He lived in many



places during his career, but when he was younger, he didn't think he would land in New Hamburg during his retirement. He's happy to call Nithview his Home though. He has community and care all around him.

*Making Every Day Matter* is the heart of TCMH. It's our Mission. Because Herb was part of the foundation of the organization, we wanted to know what he thought of TCMH's mission. Herb's reply reminded this writer that TCMH has always been about serving people in our community. Herb feels that for

him, *Making Every Day Matter* focuses on the importance of people and meeting their needs as they journey through life. He expressed his gratitude for all the staff who go out of their way to make every day matter for everyone living at TCMH. Never in his wildest dreams did Herb think he would get to live the fruits of his labour during his Senior years. Yet here he is, and it was our pleasure to enjoy this conversation with him.



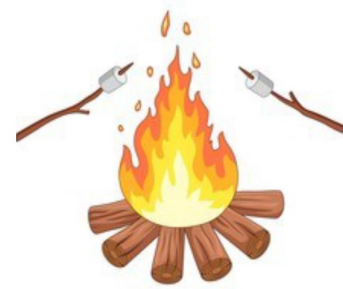
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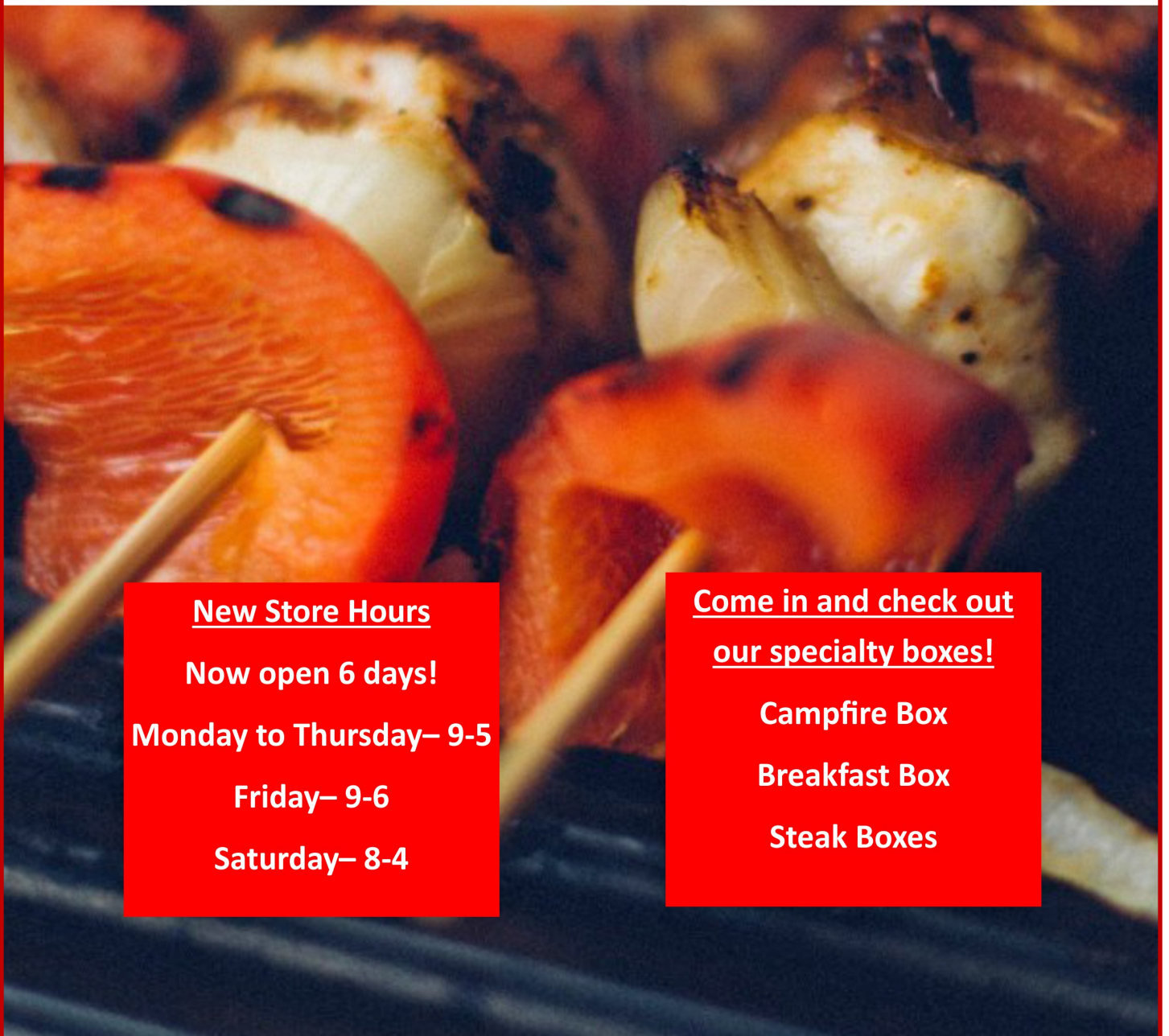
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