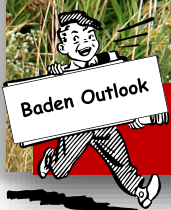


NOVEMBER
2021

Your Favourite Good-News-Letter
Keeping the Community Connected since 2000

VOLUME 21
ISSUE 4

Baden Outlook



This paper is priceless - Please have one!

The Township of Wilmot in partnership with the Waterloo Regional District School Board are excited to announce the grand opening of the new artificial turf field. On October 7th, representatives from the Township and the School Board attended the ribbon cutting ceremony.



LEST WE FORGET

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Barry, Pat, & Katie Fisher

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

- Interesting People: We meet up with Navy Veteran Jim Paul
- Don't be bored this winter when you could volunteer at the NH Thrift Centre
- Check out the many activities offered at the Baden Library
- Coping with suicide loss? Amy from Interfaith gives helpful tips
- Katie explores numerology life path numbers
- Keep warm with soothing spices in Cooks Corner
- Learn about the Crested Flycatcher from Wayne in Baden Birding article
- It's time to support the Hamper Program offered by Wilmot Family Resource Centre
- Feeling under the weather? Take a peek at some healing herbal teas

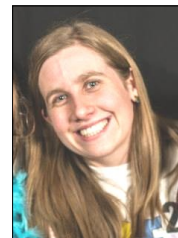
The Baden Outlook is a grassroots family business serving the community of Baden and Wilmot Township.

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

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Baden Outlook

Greetings from Headquarters ~



Hello November! Even though the 11th hour on the 11th day of the 11th month has passed, we like to focus on Remembrance Day throughout November's paper. We remember those who fought for our country. Veterans didn't just experience frightening sights at war but also carried those heavy burdens with them throughout the rest of their lives—I cannot imagine their grief. Thank you, veterans, for your commitment to your country. You will never be forgotten. Dad wrote an article about Jim Paul's experience in the Navy - give it a read! There are others in our community that have their own war stories to share and each one is significant.

November can also be heavy for many who deal with seasonal affective disorder. The start of dreary days and the lack of that summer light can make it a challenge to stay upbeat. Perhaps it's time to pick up a new hobby or join a new group to keep yourself afloat. A friend of mine explained numerology life path numbers to me a few years back and I find the idea fascinating. Just like astrology and zodiac signs, numerology goes by date of birth. There isn't any scientific data proving its accuracy, but it is often scary accurate, which may be just a fluke.

To find your personal life path number is quite complex, but there are numerology calculators online that do that work for you. My life path number is 5. I often read that fives are entertainers, and live with a childlike sense of wonder for the world. Very correct as I am playful and enjoy games so much as well as making sure all people around me are having fun. Mom's life path number is 3. Threes are artistic, creative, communicative, and charismatic—totally Mom! Or Dad being a life path number 8—good with money, hard-working, and ambitious. That seems on the mark too.

To check out your lifepath number, Google "lifepath number calculator."

Regardless of the accuracy, if any, it is certainly fun to explore this avenue that some believe to be totally true. Perhaps life path numbers will hint towards what new hobby to explore. From the sounds of it, I should join a hockey pool league or euchre tournament.... Maybe I will. ~Happy Fall, y'all!



As we crawled indoors to our comfy place, we dug into our puzzle collection and now the dining room table is no longer for dining. It is near the kitchen when I am cooking and visible to the living room if watching TV, making it handy to putter away. But what is fun about puzzles is how the puzzle picture theme often stirs up amusing conversation, as you may guess when you read Barry's article. You just never know what could come from sitting together and working on a puzzle. This month - the cereal quiz. Now you know where our brilliance comes from!!!

We are happy to feature two interesting local men this month – one a retired firefighter and one a Naval War Veteran, so be sure to check that out. As we focus on Mental Health and Suicide Awareness, on page 9 you will be moved by a story shared by a local who went through the grief of suicide of a loved one.

We have some things to ponder as the winter is upon us. Check out Katie's collection of herbal teas and my advice on your itchy skin. You'll also find our usual goofy humour and brain tickling puzzles. Stay warm!

Talking with Ed

~ “They’re Grrreat!”



This seems to be the month that I am focused on breakfast cereals. Not that I eat breakfast cereal, though—I don’t. It all started when Pat and I opened a 1000-piece puzzle featuring 25 General Mills cereal boxes. I found it quite interesting, mainly due to my 47 years of experience in the grocery business, but also noticing how many of the cereals that were in the puzzle were sugar cereals. Twenty of the twenty-five boxes were kids’ cereals loaded with sugar—and we grew up starting the day with this!

I had two favourite cereals growing up, which are still around today—Alpha Bits and Frosted Flakes. My first part-time job, in the late 1960s, was at Johnny Green’s General store in MacTier. I filled the grocery shelves. One of the more popular cereals at that time was the giant bag of puffed rice or puffed wheat. We would have that cereal occasionally at our house, but certainly it wasn’t my favourite—I found it tasteless.

The other thing that I noticed on the puzzle was that ten of the cereal boxes offered a free promotion for kids. These included free comic books, a glow-in-the-dark light switch sticker, a poster kit, a Trix nightlight, and even a Count Chocula frisbee (mail-in, of course!). I would always get a chuckle when I would see a parent walking down the aisle at Zehrs with a couple of young ones trying to pick just one cereal. I witnessed some major temper tantrums. I certainly felt for the parents.

The second thing that was cereal-related was when I created my ‘scrambled words quiz’ for this month. I showed the quiz to Katie, and she responded right away with “What is this Muffets cereal that you mentioned?” I couldn’t believe that she had never heard of Muffets, and oddly enough neither had Pat. I remember at Zehrs that it was a steady mover—nothing like Corn Flakes, Cheerios, or Shreddies, but steady. I googled it to show Pat a picture of it and sure enough, it was revealed that it was discontinued. For anyone who has never heard of it, it was like Shredded Wheat but in the shape of a hockey puck.



I thought I would research cereals for an article, and I was shocked at how many cereals have been on the market. The list that I found on Wikipedia included both American and Canadian cereals, so some of them wouldn’t have been sold in Canada. Here are some cereal varieties that have multiple flavours—Pebbles cereal as an example has 16 varieties including Dino Pebbles and Bamm Bamm Fruity Pebbles. Other notables include: Apple Jacks (10), Cap’n Crunch (15), Cheerios (30), Chex (18), Life (12), and Honey Bunches of Oats (13). Honey Bunches of Oats had two very unique flavours – Chicken and Waffles, and Maple Bacon flavour.

Something else I noticed was that cereal companies created cereals based on popular movies at the time. Examples of these are Aquaman, Batman, Black Panther, Cars, Despicable Me, E.T, Spiderman, Star Wars, and Superman. They have also focused on television shows such as The Simpsons, Paw Patrol, Scooby Doo, Sesame Street, and The Smurfs. That is a lot of sugar in so many odd varieties!

	CAN YOU MATCH THE SLOGANS TO THE CEREAL?	
	They’re Gr-r-reat!	
	Silly Rabbit, ___ are for kids	
	They’re Magically Delicious	
	He Likes it! Hey Mikey!	
	I’m coo-coo for _____	
	Snap! Crackle! Pop!	
	Two scoops of raisins	
	It’s a Honey of an O	

I know that I have focussed a lot on sugar cereals, but there are many healthy and good tasting choices available. I found All Bran, Life, Mini Wheats, Harvest Crunch, Honey Bunches of Oats, and Special K to be much better choices and also very popular.

In closing, I think it is remarkable the marketing that has gone into breakfast cereals. According to Statista, in the month of July 2021 cereal sales in Canada amounted to 50.95 million. In the year 2018, Americans purchased 8.5 billion dollars worth of cereal and 7.3 billion of that was from just four companies – General Mills, Kellogg’s, Post, and Quaker Foods. It is a competitive market that focuses quite a bit on kids’ cereals. I am happy to see a movement to healthier choices. Breakfast is an important start to your day – next to coffee.

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

Relating to Hockey

CKUP _ _ _ _
TICKS _ _ _ _ _
ROSEC _ _ _ _ _
HECKC _ _ _ _ _
FALES _ _ _ _ _
GINCI _ _ _ _ _
IDOPER _ _ _ _ _
GREWIN _ _ _ _ _
STAISS _ _ _ _ _
FENDECE _ _ _ _ _

Breakfast Cereals

FILE _ _ _ _
EXCH _ _ _ _
RIXT _ _ _ _
QUISKEN _ _ _ _ _
SPIRCIX _ _ _ _ _
NARGOAL _ _ _ _ _
BETAWEIX _ _ _ _ _
CAPSLIEK _ _ _ _ _
RICHEOES _ _ _ _ _
REDDISHES _ _ _ _ _

"Keeping the Community Connected"

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. Value of
2. A Glasgow Native
3. Cousin of Tic
4. Knock Over
5. Edges or Brims
6. Drink or Taste
7. Style of Car
8. Seizure of Power
9. A Police Officer
10. A Wading Bird
11. Revolve
12. Bite Sharply
13. Act Dishonestly or Evade
14. Pain
15. Highest Card

A		B	
1		2	
4		5	
7		8	
10		11	
13		14	

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Adult Book Club (on Zoom) – November 18, 7 to 8 p.m.

Join us virtually for our upcoming book club meeting. We'll be chatting about "The Shadow King" by Maaza Mengiste. Register online to receive your link to attend. If you're interested in borrowing a print, digital or audio copy, please visit our catalogue at rwlibrary.ca, or contact Librarian Jen Cyr at jcyr@regionofwaterloo.ca and the book will be delivered to your inbox or home branch for pick up.

Suggest and Socialize: Book Club Social and Gift Ideas – December 9, 7 to 8:30 p.m.

Join fellow book lovers to talk good reads and get ideas for gift giving or your next book picks. Learn about new books coming out soon and share your book club's favourites.

Vaccine Receipt Printing Kiosks

The Library is pleased to help you print a copy of your vaccine (with QR code) receipt free of charge! Drop by any RWL branch during open hours and get yours.

Puzzle Exchange

Have some, leave some, want some, take some! Make room for a new puzzle this winter by donating one (or more!) to the puzzle exchange. We accept puzzles for all ages!

Upcoming Events:

Virtual Programs

Wonderful programs await you to enjoy in the comfort of your home. Be sure to follow us online [@rwlibrary](https://www.instagram.com/rwlibrary). Here are some of our upcoming online programs:

Connect with RWL at these upcoming **virtual** Programs and Events!

Indigenous Author Series

Join us for three in-depth talks with Indigenous Authors:

Lee Maracle - Tues., Nov. 16 at 8 p.m. An award-winning poet, novelist, performance storyteller, scriptwriter, actor and keeper/mythmaker among the Sto:lo People.

David Robertson - Tues., Nov. 23 at 8 p.m. This Swampy Cree author and graphic novelist will discuss his memoir, "Black Water".

Drew Hayden Taylor – Wed., Dec. 1 at 7 p.m. Will discuss exploration, and the celebration of Indigenous humour and how it's used in his work.

Adult Craft Night: Redwork Embroidery - Thurs., Nov. 25 at 7 p.m.

Register hours in advance to arrange contactless pick-up of your supply kit from your local RWL branch.

Holly Jolly Storytime - Thurs., Dec. 2 at 6 p.m.

Join us for songs, stories, and an activity that will be sure to put your family in the holiday spirit.

Holiday Adult Craft: Snow Globe Cards and Watercolour Gift Bags – Thurs., Dec. 2 at 7 p.m.

Register in advance to arrange contactless pick-up of your supply kit from your local RWL branch.

Winter Waste Wins! - Mon., Dec. 6 at 6:30 p.m.

Stay warm this season knowing that you've got winter and holiday waste management covered. From baking to gift-wrapping and real tree curbside collection, we'll have you singing through the holiday season.

Merry Maker – Tues., Nov. 20 to Dec. 14 at 4 p.m.

Explore phenomenal creations through challenges and activities based in STEAM: Science, Tech, Engineering, Arts, and Math with a special holiday twist.

Jingle Babies – Tues., Dec. 14 at 10:30 a.m.

Join us for stories, songs, bounces, and more as we celebrate your little ones' first holiday season!

Let's Get Quizzical: Holiday Movies, Tues., Dec. 7 at 7 pm

Join us for our monthly trivia night. Test your knowledge of holiday movies.

Holiday Candy Making – Thurs., Dec. 16, at 7 p.m.

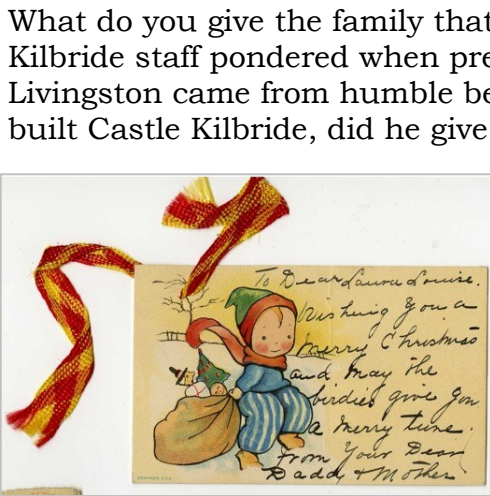
Join us to learn how to make some simple holiday treats and chat with others about sweets in your heritage.

Friendly Reminders

To prepare for your library visit, you're invited to review the in-branch service changes at rwlibrary.ca/browseborrowgo.

Please be aware face masks are required while visiting the library as per [Region of Waterloo Bylaw 20-035](#). You will be asked to provide information for the purposes of contact tracing, each time you visit the library.

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



What do you give the family that has everything? That is the question Castle Kilbride staff pondered when preparing the exhibit schedule for the year. James Livingston came from humble beginnings but after he amassed his fortune and built Castle Kilbride, did he give his friends and family extravagant gifts? Our newest exhibit, *Given by a Livingston*, examines this question. The artifacts on display are examples of the gifts exchanged at Castle Kilbride from the 1870s to the 1930s. They range from books, to toys, to tokens of love. After concluding research, staff agreed the most unique gift was given to Laura Louise by her parents for Christmas c.1925. It was a gift of live birds. The gift tag from the Castle Kilbride Collection reads: *To Dear Laura Louise Wishing you a Merry Christmas and may the birdies give you a merry tune. From Your Dear Daddy & Mother.*

The Livingston family were not only lavish with their gifts to each other, they also enjoyed giving back to the community. An example is a more recent donation to the museum which is a carving set that was given to Percy Currie by Laura Louise Livingston in 1921. Mr. Currie was the Director of the Choir for the Livingston Presbyterian Church in Baden.

Even the employees of Dominion Linseed Oil were generous in choosing a meerschaum pipe as a token of appreciation for their boss James Livingston in recognition of the Scottish holiday "Hogmanay" on Dec.31st, 1919. Meerschaum pipes are crafted from a soft white mineral that mostly originates on the plain of Eskisehir in Turkey and gives the ethereal appearance of sea foam.

The exhibit, *Given by a Livingston*, runs from November 17th until January 2nd. Castle Kilbride is open Wednesday – Sunday from 11:00 a.m. – 4:00 p.m.

Wishing a Happy and Prosperous New Year.
The Office Staff
Dec 31. 1919

Dear Mr. Livingston,
At the end of the year, we remember the many kindnesses which you have shown us in the past, and we assure you that we appreciate your interest in our welfare. We ask that you accept our sincere thanks for all that you have done for us, and as a small token, kindly accept this meerschaum pipe. We trust that you will enjoy many happy smokes.
With Best Wishes for a Bright New Year,

Faithfully yours,

<i>John Beisel</i>	<i>Alexander Livingston</i>
<i>William Doerfling</i>	<i>Frederick Leiskau</i>
<i>John Hammer</i>	<i>John Leiskau</i>
<i>Alexander Forbes</i>	<i>Clayton Miller</i>
<i>Herbert Futher</i>	<i>Edwin Sutter</i>
<i>Gottfried Leiskau</i>	<i>William Weiler</i>



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Finding Hope in the Midst of Hard Times

SAWW (Suicide Action Wilmot Wellesley) has been promoting mental health and suicide awareness in the community for many years. We bring to you a story of finding hope in the midst of hard times.

Finding Hope

We all know that everything that lives must die. We are mortal. But while life ends, love lives on. My husband Richard Cressman died on November 23, 2020 by suicide. It was sudden, tragic and a shock to the community. While it was painful and heartbreaking, it was not completely unexpected. My family's grief has been a painful journey living with Richard's mental illness for many years. He is at peace now and no longer needs to struggle with the challenges of earthly living.

We often don't mention suicide when relaying a loved one's death, but in Richard's case, he would have wanted us to name this. This has been affirmed again and again by loving friends and family in their response to us. It has given people the grace to name their own struggles and those of their loved ones.

How can we find hope when a loved one has died from suicide? How can we carry on? A friend mentioned to me that with the onset of grief she found it helpful to follow this advice – Breathe In, Breathe Out, Repeat. Focusing on the simple things and taking things one day at a time is all one can do when we lose a loved one. Rely on the 3 F's: Faith, Family, and Friends to carry you at this difficult time.

When someone dies by suicide, it is normal to feel abandoned and repeat the if-only scenarios in our mind. This is something we all struggle with and think perhaps that we could have had an impact on their decision. It is normal to reiterate past conversations, actions and perhaps think that it could have been prevented. When a loved one dies by suicide, it is no one's fault. They were unwell and you are not responsible for their actions which ultimately led to their death. Dying by suicide is not a selfish act, it is a means to end the suffering.

No one ever gets over losing a loved one, the grief becomes a part of you. Your life goes on but they are always with you in your heart. Give yourself time to grieve, go through

all the stages – denial, anger, bargaining, depression, acceptance, knowing that you will circle back through these feelings at any given time. It is natural to feel pain in grief and it is your job to focus on yourself. We all grieve differently and we need to give ourselves grace and permission to feel. We will ultimately get through grief to a new place.

There are several actions one can use to walk through grief: listen to music, go on a nature walk, exercise, practice journaling, express creativity through art, share your grief with trusted friends and family, and show love to others. Lean on your faith and your prayers will be heard and answered. Grief invites us to open ourselves to take action on these resources.

How do we find hope? The one positive thing about the future is that we don't know what it holds — it is not yet determined. We can shape our future but this takes courage, patience, trust and faith. This will in turn provide hope.

I recently read a book entitled *'Finding Meaning, The Sixth Stage of Grief'* by David Kessler, an expert on grief. In order to find peace in death, he states that we need to find meaning. Meaning helps us make sense of grief to honour the life of our loved one and it empowers us to find a path forward. When we find meaning in death, in the event, in the loss, in the life of our loved one, it can be healing. Each person must find their own meaning.

After someone dies, we remember the people that 'show up' for us. We appreciate the phone calls, letters, cards, and messages as these bring comfort. So, when the time is right, it is very helpful to show up for others in need. Keep the conversation going, ask them how they are doing. Spreading love to others is a way of expressing the love I had for Richard. Helping others and welcoming conversation are ways to find meaning and peace in death, to find hope for a brighter future.

~ Susan Cressman

If you are struggling and looking for ongoing support, contact Interfaith Counselling Centre at 519-662-3092 or Wilmot Family Resource Centre at 519-662-2731. If you are in crisis, please call 911 or HERE 24/7 (1-844-437-3247). See you November 2022 at our Mental Health Suicide Awareness Breakfast.

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Let's Tree Wilmot ~ Making a Difference in Our Community

Let's Tree Wilmot provides volunteers, education, and expertise to enhance the trees and forest ecosystems in Wilmot Township.



This amazing tree planting initiative was developed through the Wilmot Horticultural Society and is bringing new life to Wilmot.

The tree planting sessions have been strongly supported by locals as the most recent event took place on November 6th, along the Nith River at Mike Schout Wetlands in New Hamburg. This was the largest gathering as 70 volunteers joined in to plant 170 trees in this new space.

The previous planting events were held in New Dundee, Baden, Mannheim, and Petersburg which were also successful. See page 35 for the group photo from the Petersburg planting event.

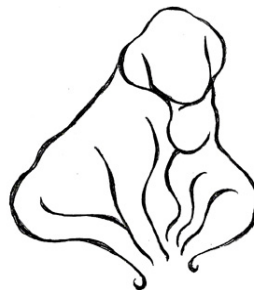


Seen above are some of the volunteers: Councillor Barry Fisher, Sandy Jackson of Wilmot Parks & Rec., Dean Peachy of *Let's Tree Wilmot*, Mike Schout, Advisor-Phil Holst from *Ducks Unlimited* and Councillor Jenn Pfenning.

More Words of Wisdom

- * 'Be kinder than necessary because everyone you meet is fighting some kind of battle.'
- * A sharp tongue can cut your own throat.
- * The best vitamin for making friends.....B1
- * The happiness of your life depends on the quality of your thoughts.
- * The heaviest thing you can carry is a grudge.
- * One thing you can give and still keep....is your word.
- * You lie the loudest when you lie to yourself
- * If you lack the courage to start, you have already finished.
- * One thing you can't recycle is wasted time.
- * Ideas won't work unless 'You' do.
- * Your mind is like a parachute... it functions only when it's open.
- * The pursuit of happiness is the chase of a lifetime!
- * It is never too late to become what you might have been.

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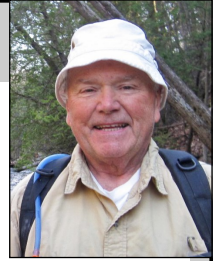


New Clients Welcome!



Baden Birding ~ Great-Crested Flycatcher

By Wayne Buck



When we moved to our small acreage on the western edge of Wilmot Township and Waterloo County over 40 years ago, there were only a few trees. Over the years we have planted dozens of native species of trees, shrubs, and other flowering plants, many that we grew ourselves from seeds. Many of the trees we planted have grown quite tall and form what is becoming a woodland. As the trees increase in size and density, we are seeing more forest birds such as the Black-billed Cuckoo that I wrote about in a previous column. I heard another different bird calling this summer that I had not heard or seen on this property in all the years we have lived here. I heard it regularly so I think it must have nested on the property although I never saw a nest. It was the Great-crested Flycatcher, the only member of the *Myiarchus* genus in Canada. All the other members of this genus of Flycatchers live farther south.



Cornell University's "All About Birds" website describes the Great-Crested Flycatcher as: "reddish-brown above, with a brownish-gray head, gray throat and breast, and bright lemon-yellow belly. The brown upper parts are highlighted by rufous-orange flashes in the primaries and in the tail feathers."

Like the Eastern Kingbird, they sit on a branch and fly out to catch a passing insect in its beak and return to the branch to devour it.

They eat mainly insects and other invertebrates, as well as small berries and other fruits. They eat butterflies and moths, beetles, grasshoppers and crickets, bugs, bees and wasps, flies, other insects, and spiders. Plant food includes small whole berries, the pits of which are regurgitated after the berries are eaten whole.

It has a very distinctive raucous call that I describe as, "Vreep Vreep". Its crest is less evident than that of a Northern Cardinal or a Blue Jay. They are just a little smaller than an American Robin and are a migratory species, spending their winters in the forested areas of the tropics.

Great Crested Flycatchers nest in cavities and prefer breeding territories in open broadleaf or mixed woodlands and at the edges of clearings rather than in dense forests. Nests often resemble trash heaps and contain a surprising variety of materials including leaves, animal hair, feathers, and bark fibres. They lay 4-8 creamy-white eggs with brown or purple splotches.

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Remaining funds will be shared with a charity chosen by the tournament committee. The Creekside Charity Pro-am will continue to be an annual event that will support those less fortunate within the community. Gus and Danny hope to grow this event and raise thousands of dollars annually for the communities. They welcome any financial support from individuals or businesses that would like to partner with them in the future. Many thanks to the pros, players, and sponsors that helped make this tournament a huge success.

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Don Schwartzentruber Retires from the Wilmot Fire Department

-by Teresa Brown

After 35 years of responding to fires, medical calls, rescues, and accidents, Wilmot Firefighter Don Schwartzentruber is handing in his pager, hanging up his bunker gear, and retiring from a distinguished career serving his community.

Don joined the Baden Station as a firefighter in April of 1986. Until 2003, his "day job" was as a mechanic at the Baden Service Centre (today the site of Baden Automotive), a position that allowed him the flexibility to respond to daytime calls. His father Lenard was the shop's owner and therefore Don's boss and was very understanding when his son had to suddenly leave work to help others.

Such ability to respond to emergencies during the day is an invaluable asset to any volunteer department. Don's willingness to interrupt his life and work to help save lives and property continued when he took other local employment, working maintenance at Hidden Acres Camp and as a custodian at Steinmann Mennonite Church, and finally at McFarlane Trailer Service in New Hamburg.

The reality of the pager going off at any time is certainly something Don has always known: he is



the third generation of volunteer firefighters in his family, following his grandfather Bill Lichty and uncle Glendon Lichty, who both served. Don's dedication to the fire service led him to take many courses, allowing him to achieve his National Fire Protection Association certification as a firefighter; he was also awarded two medals, the Ontario Long Service Medal (Provincial) and The Fire Service Exemplary Service Medal (Federal).

Baden District Chief Paul Koenig says about Don: "He had the unofficial distinction of 'Chief Tanker Driver', as that was his apparatus of choice. This led to his name being put on the door of the truck so there was no misunderstanding who was driving that truck!"

But it was Don's outstanding dedication to the job that his fellow firefighters will remember. Chief Koenig describes Don as "a silent leader over the years, and was promoted to Captain because of his knowledge, experience, and most of all the respect of others."

Congratulations to Don on a remarkable career, and all the best in your retirement!

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- When you have a bladder infection, urine trouble.
- Someone told me that I should write a book. I said, "That's a novel concept."
- If a child refuses to nap, are they guilty of resisting a rest?
- My son asked me to put his shoes on, but I don't think they'll fit me.
- I didn't get a haircut, I got them all cut.
- I've been bored recently, so I decided to take up fencing. The neighbors keep demanding that I put it back.
- Sore throats are a pain in the neck.
- I'm so good at sleeping, I can do it with my eyes closed.
- People are usually shocked that I have a Police record. But I love their greatest hits!
- I told my girlfriend she drew on her eyebrows too high. She seemed surprised.
- Did you hear about the kidnapping at school? It's fine, he woke up.



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- * How to iron a shirt
- * How to set the table
- * How to refill a stapler
- * How to change a flat tire
- * How to introduce yourself
- * How to genuinely apologize
- * How to converse with an elder
- * How to take a message
- * How to plan a healthy meal
- * How to have good table manners
- * How to admit a mistake
- * How to read a recipe
- * How to weigh pros and cons
- * How to notice the needs of others
- * How to use a fire extinguisher
- * How to wash dishes
- * How to hammer a nail
- * How to sew a button
- * How to search for a book at the library
- * How to give the benefit of the doubt

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You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.



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Note: Even with the challenges noted above, it is still always better to buy BD and CP products when you can as they are better for the environment.

Are you interested in climate change and other global environmental issues? We have recently created a **Policy Working Group** with the goal of expanding our influence over local government decisions about the environment. We are very excited about this new opportunity. **Help us make a difference in our community by getting involved.**

Our next monthly meeting will be held at **7:00PM on Wednesday, November 24th**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting or if you want more details about our Policy Working Group.

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

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- How do celebrities stay cool? They have many fans.
- What kind of music do chiropractors like? Hip pop.
- What does a writer have in common with a football player? Anxiety over a rough draft.
- Why did the cashier rip money in half? They were asked to break a bill.
- What do you call it when a lawyer takes a test early in the morning? A breakfast bar.
- What did the drummer call his twin daughters? Anna One, Anna Two!
- Want to hear a joke about construction? I'm still working on it.
- What would the Terminator be called in his retirement? The Exterminator.
- What did the police officer say to his belly-button? You're under a vest.
- What do sprinters eat before a race? Nothing—they fast.



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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)

Never catch snowflakes with your tongue until...

A	B	C	D
THEY	WHITE	INCHES	ALL
THE	DRUM	MAN	BIRDS
WATCH	CLAN	HAVE	GONE
HORN	SOUTH	FOR	METRE
PAN	THE	WIPER	BLUE
VERY	SCARF	FLUTE	WINTER

1. Remove all musical instruments
2. Remove all 4-lettered words in column A
3. Remove all units of length
4. Remove all words that rhyme with "CAN"
5. Remove all car parts
6. Remove all colours
7. Remove all fashion accessories

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Suicide Grief: Coping with a Loved One's Suicide

By Amy Krug, Clinical Counsellor at ICC



Dealing with suicide loss:

Facing the loss of a loved one is always difficult, but losing someone to suicide can add another level of pain to your grief. The shock and anguish following a suicide can seem overwhelming. As well as mourning your loved one's passing, you are likely also wrestling with a host of conflicting emotions and struggling to come to terms with the nature of their death.

You may feel guilty, wishing you'd done more to prevent their suicide, upset at yourself or others for having missed any clues to their intentions, or even angry at your loved one for abandoning you. Many people grieving suicide start to question the relationship they shared with the person, wondering why it was not enough to keep them alive. Some even experience suicidal thoughts of their own. Compounding all of this is the nagging question "why?", the replaying of your loved one's final act over and over in your head, and the constant second-guessing of what you could have done differently.

Suicide loss is a form of complicated grief:

While your life will forever be changed by the loss of a loved one to suicide—and there's no way to avoid the emotional barrage of guilt, sorrow, and heartache that comes with that—there are healthier ways for you to cope with the pain.

Allow yourself to feel and express your emotions. You may think it's better to try to hold yourself together and avoid experiencing all the difficult emotions you're feeling now. But they exist whether you try to ignore them or not. Attempting to avoid them will only delay and deepen your pain. If you allow yourself to feel even the darkest, most disturbing emotions, you'll find they'll start to diminish and the pain you're experiencing will gradually ease.

Keep a journal. Even if you're not yet ready to talk about the difficult thoughts and feelings you're experiencing, writing them down can provide an important release for your emotions. It may also help to write a letter to your loved one, saying the things you never got to say to them.

Remember your loved one's life was about more than their suicide. Their final act doesn't need to define their life. Try to remember and celebrate the important, joyous aspects of their life and of your relationship together. Mark their achievements and share memories,

photos, and stories with others who loved them.

Expect difficulties. The healing process rarely moves in a straight line. Some days your grief may seem more manageable than others. Then a painful reminder such as a birthday, holiday, or a favorite song playing on the radio will cause the waves of pain and sadness to return—even years after your loved one's suicide.

Take care of yourself. It's difficult to think about your own health at a time like this. But the stress and trauma you're experiencing right now can take a serious toll on your mental and physical health. Try to eat healthy food, exercise regularly, get enough sleep, and spend time outdoors, ideally connecting with nature.

Be patient. Do not try to rush the healing process. Other people may move on or want to stop talking about your loss long before you do. If possible, avoid making major life decisions while you still feel overwhelmed by grief.

Reach out for support:

Do not try to tough this out on your own. People who've lost someone to suicide often withdraw from others because they're worried about being a burden on others or having their loved one judged. But leaning on others for support can help ease the burden of grief and, when you feel ready, talking about your loss can help.

Join a bereavement support group, ideally one for those who've lost someone to suicide. Being with others who've experienced a similar loss can offer invaluable support. You can be free to open up about your feelings without fear of being judged or made to feel awkward. Talk to a therapist or grief counsellor. If you're struggling to find adequate support, turning to a mental health professional with experience in grief counselling can help.

Living and working in Baden



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Interesting People - Meet Local Navy Veteran, Jim Paul

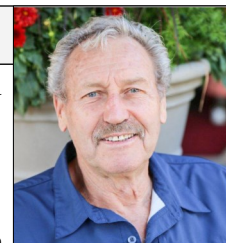
Remembrance Day has passed, but it is still important to remember the people who have served our country, to protect us, and contribute to stability in our world. The following is an interview that we had with Jim Paul, who lives just south of Baden, and spent many of his early years with the Royal Canadian Navy.

Jim grew up in Sudbury, and at age thirteen he joined the Sea Cadets. In 1954, while in grade ten, at age sixteen, Jim and three of his cadet mates decided that they should leave school and join the Navy. Now you have to remember that this was several years after the war and there were many high-ranking technical people who were leaving the military. The Navy was looking for people to take their place.

Two of Jim's friends were the driving force behind joining the navy's recruitment program. One of them failed the aptitude test, and the other failed a medical; however Jim and his counterpart carried on. The program was in its third year to replace key personnel and 50 recruits were selected each year to be trained as technicians. There were many demanding assessments in the four-year process, including psychological, physical, and intellectual tests. In the end, twenty-five were successful. In the fall of 1954, Jim was sent to HMCS Cornwallis which was a shore facility for new entry training.

On the successful completion of the apprenticeship, candidates were promoted to Petty Officer Second Class, which is the equivalent of a Sergeant in the Army. Following the apprenticeship the young officers chose one of the following trades: marine engineer, electrical, shipwright (carpentry), aircraft technician, and ordnance technician (weapons). Jim was put into the ordnance category as he had high marks in machining. Each Petty Officer was in charge of six to eight sailors. The salary for a seaman at that time was \$88 per month; however, as Jim was 16 and considered a boy, he was paid just \$44 per month.

On completion of new entry training, Jim was transferred to the HMCS Cape Breton for his technical apprentice.



This was a cargo ship that was converted to a training ship. During one of Jim's first voyages, he had his first brush with massive waves. Jim stated, "with each wave the ship encountered, it took the ship to almost a vertical position, and on the downside the propellers would come right out of the water." Jim only got sick once on a ship and that was it. In 1959, Jim was transferred to the HMCS Haida for six months of sea training. The Haida was part of the Atlantic fleet that helped sink 14 enemy ships and is now retired and located in Hamilton.

Jim was in charge of the ship's weapons system. Anything that broke down had to be replaced and rebuilt at sea. The nearest navy supply depot could be thousands of miles away. The structure of ships that Jim had apprenticed on consisted of the upper deck, followed with the second level being sleeping quarters (hammocks) and mess hall, followed by the next level being a machine shop and electrical room. The next level would have been the tin shop and foundry. The last level was the engine room. During one of the trips, they encountered high seas and the engine room started taking on water. It was determined that an ammunition hand out port was left open on the main deck and Jim volunteered to go out and close it. A rope was attached to him and he went out on the deck. A rough wave slammed him against a railing and Jim hurt his back. He managed to get it closed and made his way back to the closed door to get back in.

In 1959, Jim also sailed with the HMCS Assiniboine, and it was decided that it was to be exchanged with the HMCS Crescent. The exchange took place in San Diego which required a voyage through the Panama Canal. Upon return to the Atlantic, Jim was stationed on that ship for the next five years. Canada's fleets were split into two groups, the Atlantic fleet and the Pacific fleet. At that time, Canada was known to have some of the best anti-sub sonar equipment in the world. The Crescent was the trial ship to develop variable depth sonar. The sonar was about the size of a six-foot table and was towed behind the ship with a large cable. It was important to get under the thermal barrier for accurate submarine detection and once there, a scuba diver swam down to calibrate the equipment.



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In October 1962, the Crescent was in Britain. It was ordered to return to Halifax as fast as possible (a normal trip would have been seven days, but they made it in under six). At Halifax, they were loaded for full military actions and sent to Bermuda to be part of the Cuban missile blockade where two Canadian warships, plus many British and American ships formed a line to block a Russian ship carrying Russian-built missiles. It was a scary time.

Jim was transferred in 1967 to Osborne Head, which was a training base used for the instruction of weapons operations systems. Many of the ships that Jim served on had 3-inch diameter guns which could fire 120 rounds per minute. Jim served two and a half years there as a trainer. Jim made one more trip on a ship to deliver the HMCS Columbia to the naval base near Victoria, B.C. and flew back east.

Upon his return, he was asked to move to Waterloo and work directly with Raytheon to set up the training of personal involving weapons. Jim's family sold their home in Dartmouth, Nova Scotia and moved to Kitchener where he worked with them from 1969 to 1972.

Jim was asked once again to work directly with four ships at the Quebec shipyards. The ships were the HMCS Iroquois, Huron, Athabaskan, and Algonquin. The first ever missile fired out of a Canadian ship was fired by Jim.



HMSC Crescent

That last part of his career was a difficult one. He lived out of a suitcase from 1972 to 1974. After retiring in 1974, he took on a job with Long Manufacturing and eventually became plant manager. There he met his wife, Linda, and after several years, he retired at the age of 52.

We asked Jim about ports of calls and he said that the Scandinavian ports were his favourite to visit. People at those ports were very appreciative of the Canadians and it was a lot of fun. Other ports of calls included all of the Caribbean Islands, Gibraltar, France, England and Ireland. Jim retired as a Senior non-commissioned officer in the Canadian Navy at age 36. Jim did a great service for our country!

"The navy was good to me and shaped the rest of my life."



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Prize: \$50 Gift Certificate to Pfenning's Organic Farm

October 11, 2021

Winner: Jaye Foster (Baden)
Prize: \$50 Gift Certificate to Bitte Schon Brauhaus

October 18, 2021

Winner: Jim and Shirley Shantz (New Hamburg)
Prize: \$50 Gift Certificate to Heart' n Home Creations

October 25, 2021

Winner: Katie Gingerich (Baden)
Prize: \$50 Gift Certificate to Expressway Ford Lincoln

Dear friends,

We are very fortunate to be part of a community that cares. Our strength has always been the support and ongoing commitment from this community for the services and programs we provide.

In order to continue to serve individuals and families in Wilmot & Wellesley Townships, each year we need to raise approximately 50% of our budget needs through program fees, fundraising, and donations. Your generous donations help fund the following programs: Food Support, Holiday Hampers, Family Violence Prevention, Parenting & Family Support, Culture-Based Indigenous Support, and more.

As we prepare for the holiday season, we are asking for help with our **Holiday Hamper Program**. This year, we estimate the need for **180+ Holiday hampers**, which this year due to COVID-19 will contain a food gift card (instead of food), toys, socks, mitts, perishable foods including a turkey or ham.

You can help support the Holiday Hamper program in several different ways:

- ⇒ **Sponsor a family.** Prepare a hamper for a specific family (*the family profile will be provided including a detailed list of what to include*)
- ⇒ Please see the enclosed sponsor application form to complete and return to our office
- ⇒ **Donate** grocery gift cards (\$25 increments), mitts, gloves, wrapping paper/gift bags, tape, candy canes, craft kits, paint by number and adult puzzle and colouring books to include in the Christmas Hampers
- ⇒ **Volunteer** to help prepare and deliver the hampers
- ⇒ **Donate money** to help buy specific items needed to complete various hampers

- * Donations are needed by the first week in December.
- * Holiday hampers will be delivered starting the week of **December 6th**.



Blood Donor Clinic

Monday, December 13, 2 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden



Baden Optimist Club presents

Baden Santa Food Drive

Saturday, December 4th
from 12-3 pm

Santa and his helpers will be coming through the streets of Baden spreading cheer & collecting food for the Wilmot Family Resource Centre

For more details please follow the
Baden Optimist Club
FaceBook Page



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



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New Hamburg Lioness and Lions Tree of Light



This year will be the **38th** annual Tree of Light sponsored by the Wilmot Lions - Lioness (previously known as the New Hamburg Lioness and Lions). The **Tree of Light** ceremony is a Christmas tradition where our community gathers to welcome in the Christmas season. Again this year due to Covid-19, we will be unable to have the usual public gathering at the fountain for the lighting of the tree.

However, on December 3rd, we still plan to turn on the lights in celebration of the season. We are very proud of our accomplishment in the community and invite you to support us so that we may continue to make a difference.

The proceeds of the TREE OF LIGHT will help fund the Wilmot Resource Centre, Interfaith Counselling Centre, Community Care Concepts, Aldaview, as well as other community projects.

Please consider a donation to support our campaign. Donations may be mailed to: **Tree of Light, Box 6181, New Hamburg, On. N3A 2K6.**



Thank you in advance for your generosity.

For further information contact:
Lioness Reta Klassen (519) 662-1641

The person who named
insomnia missed a
golden opportunity to name it
resisting a rest!!



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

We are happy to be opening Wed, Fri,
and Sat 1 p.m. - 5 p.m.

Proof of vaccination required

Entertainment with fabulous "50s" band

Sat. Nov. 20th, 2 p.m. - 5 p.m.

Everyone welcome.

Please help support our Legion



WILMOT SENIORS' WORKSHOP

CHRISTMAS Craft Sale

10am to 3pm
Sat. Dec. 4, 2021

Wilmot Seniors' Woodworking and Craft Centre
27 Beck St., Baden, ON

featuring:

- cutting boards
- potato boxes
- wooden bowls
- carved birds
- bird feeders
- clothes dryers
- bat houses
- children's furniture
- Christmas ornaments
- and much more!

Current Covid protocols will be in place.

Credit Cards, debit or cash.

www.wilmotseniorsworkshop.ca

Community Care Concepts is happy to announce it can once again hold its Christmas Charity Breakfast.

In the past it was held at Trinity Lutheran Church however this year due to Covid Restrictions a new location for the breakfast has been found, New Hamburg Legion Branch 532 will be hosting the breakfast at the Legion, the New Hamburg Optimist Club will be getting the food, preparing the food and also serving the delicious breakfast which consists of scrambled eggs, back bacon, home fries, baked beans, toast, coffee and apple cider.

All of the proceeds go to Community Care Concepts Programs right here in our area, such as meals on wheels and programs for Seniors. The breakfast will be held on Saturday November 27th from 8:00 - 11:00 A.M. at the Legion, 65 Boullee Street, New Hamburg.

Tickets are \$10 for adults, \$5 for children 10 years and under, and \$20 for families, and can be purchased in advance from Neil at 519-662-1641, Ross at 519-662-3113, Community Care Concepts at 519-662-9526 or picked up at the Legion or at the door on the day of the breakfast. ...One more thing—SANTA will be making an in person visit between 9 - 10:30 A.M

Just a reminder, Branch 532 does require proof of covid vaccination as well as photo ID for all visitors to the Legion, with the exception being children 12 years of age or younger.



Get Ready for Cold and Flu Season

It's that time of year again, cold and flu season. While the weather is cold, check out these medicinal teas that warm and heal.

Fenugreek

Traditionally known as a mucus mover. Fenugreek helps get liquids flowing. If you are feeling stuffed up, sip and feel relief from fenugreek tea. It is also known to increase breast milk flow! It is naturally sweet in taste.

Echinacea

This herb is excellent to ward off illness. Echinacea boosts your immune system to help you recover faster. It can also be used proactively so you don't end up ill.

Goldenseal

This powerful plant is known for reducing infection and inflammation. Goldenseal is praised for its antibacterial properties, so it is good for upper respiratory infections and sinus issues.



STORE HOURS
Wednesday – Friday: 9am – 5:30pm
Saturday: 9am – noon
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1041 Christner Road, New Hamburg, ON N3A 3K7
519-662-3165 nithvalleyapiaries@gmail.com



Elderberry

High in antioxidants, elderberry helps to boost the immune system and shortens recovery time.

Thyme

With the ability to fight off bacteria and fungus, thyme has many benefits. It is known to reduce inflammation, boost immunity, soothe coughs, and relieve chest congestion.

When making tea, it is important to get the water to approximately 95 degrees Celsius and let your medicinal tea steep for 5 minutes. If you oversteep your tea, it will turn bitter. If you understeep your tea, you will not have a potent enough drink. It is suggested to even cover your mug as it steeps to keep in all the aroma.

Some medicinal teas can have a terrible taste. Some like to double steep with a more flavourful tea. Or try using Nith Valley Apiaries honey or Roth's Maple Syrup to naturally sweeten your brew!



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

Our food support program is most in need of the following items:

- Cold Cereal
- 100% Fruit Juice
- Pasta Sauce
- Peanut Butter



Wilmot Family Resource Centre



OUR LATEST VIDEOS



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Cook's Corner

Cinnamon Apple Muffins

Aromatic cinnamon is paired with soft apple bits and nutritious oats in these highly addictive muffins.

(Courtesy of *The Looneyspoons Collection*
by Janet and Greta Podleski)

-Makes 12 muffins-



1-1/2 cups quick-cooking rolled oats (not instant)
1-1/2 cups boiling water
1 cup all-purpose flour
1/2 cup whole wheat flour
3/4 cup brown sugar (not packed)
2 tsp baking powder
1 tsp baking soda
1 tsp ground cinnamon
1/2 tsp salt
1/4 cup each liquid honey and unsweetened apple sauce
1 egg
3 tbsp butter, melted
1 tsp vanilla
1-1/2 cups peeled, cored, and finely chopped apples
Cinnamon sugar to sprinkle on top (optional)

- Preheat oven to 350 F. Spray a 12-cup muffin tin with cooking spray and set aside. Pour boiling water over oats in a medium bowl. Stir and let stand for 20 minutes.
- Combine both flours, sugar, baking powder, baking soda, cinnamon, and salt in a large bowl. Set aside.
- In a small bowl, whisk together honey, applesauce, egg, butter, and vanilla. Add applesauce mixture to flour mixture and stir until dry ingredients are moistened. Fold in chopped apples.
- Divide batter among 12 muffin cups. Sprinkle each muffin lightly with cinnamon sugar, if desired. Bake for 20 minutes, or until a wooden pick inserted in centre of muffin comes out clean. Remove from pan and let cool.

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Heteronyms

Homonyms or homographs are words of like spelling, but with more than one meaning and sound. When pronounced differently, they are known as heteronyms.



Why English is so Hard to Learn

You think English is easy? Check out the following.

- * The farm was used to produce produce.
- * The dump was so full that it had to refuse more refuse.
- * We must polish the Polish furniture.
- * He could lead if he would get the lead out.
- * The soldier decided to desert his dessert in the desert.
- * Since there is no time like the present, he thought it was time to present the present.
- * A bass was painted on the head of the bass drum.
- * The mourning dove dove into the bushes.
- * I did not object to the object.
- * The insurance was invalid for the invalid.
- * There was a row among the oarsmen about how to row.
- * They were too close to the door to close it.
- * The buck does funny things when the does are present.
- * A seamstress and a sewer fell down into a sewer line.
- * To help with planting, the farmer taught his sow to sow.
- * The wind was too strong to wind the sail.
- * Upon seeing the tear in the painting, I shed a tear.
- * I had to subject the subject to a series of tests.
- * How can I intimate this to my most intimate friend?

Submitted by Larry Hart



The Baden Outlook

Your Monthly Good-News-Letter

You'll find us around the 15th of each month in over 80 places within Wilmot Township.

We only accept advertising from within Wilmot Township due to space restrictions and a loyalty to local businesses.

Local Churches Invite You to Join Them

Steinmann Mennonite Church

Sunday Worship 9:45 a.m.
www.smchurch.ca

Zion Philipsburg Lutheran Church

Sunday Worship 10:30 a.m.
www.philipsburglutheranchurch.ca

Emmanuel Lutheran Church

Sunday Worship 9:30 a.m.
www.petersburgchurch.org

Shantz Mennonite Church

Sunday Worship 9:30 a.m.
www.shantzmc.ca

St. James Lutheran Church

Sunday Worship 9:00 a.m.
www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.



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Now that the cooler weather is here, many of us are thinking about the upcoming Christmas season. We may notice the subtle marketing that has started to catch our eyes or the odd Christmas carol playing on the radio. Here at the New Hamburg Thrift Centre, we are seeing an increase in shoppers looking for that perfect gift!

Especially early on, many of us find that Christmas shopping can be overwhelming and time consuming. New Hamburg Thrift Centre has the solution for you! Do you have someone on your list who Loves DIY gifts? We have a large selection of craft supplies, fabric, and yarn to help you along. For the person who is hard to buy for—how about a New Hamburg Thrift Gift card? Your gift supports the work of MCC and you never know what they will find. How about that person who has everything? Plan an event you can all enjoy like a themed giving event where you insist the gift is second-hand or homemade. Or host a meal where everyone brings a prepared food in a Christmas dish bought at the thrift store and do a dish exchange!



Another alternative for Christmas giving is to give of your time and talents! When I started at the New Hamburg Thrift Centre, I quickly realized that our volunteers are the core of our shop. Their hard work and passion have impacted so many lives, both locally and abroad. Some of our volunteers are here daily, while most volunteer on a weekly basis. Our volunteers are local men and women, who value the social side of volunteering alongside their friends and neighbours while believing in and giving back to the work of MCC.

This Christmas and winter season I challenge you to approach giving a little differently. Reduce the expense of large gift giving and come shop at New Hamburg Thrift Centre. For the snowbirds in our community who have made the decision to not fly south, come volunteer with us! We are always welcoming new volunteers who want to join in the fun! If you have a few hours and would like to donate some time, I would love to hear from you.

I invite you to come say “hi” and fill out an application form, or visit our website <http://newhamburgthrift.com/volunteer/>





**MCC
NEW HAMBURG
THRIFT CENTRE**

41 Heritage Drive
New Hamburg
tel: 519-662-2867

**Looking for a volunteer opportunity?
Something to help pass the time ?**
We are currently in need of the following positions:

Pick-up and Delivery Truck drivers—Needed Wednesday to Friday Mornings. Flexible hours!

Receiving—Positions available in all areas Monday to Friday!

Sorters & Pricer’s - Needed in all areas Monday to Friday.

Cashiers - Thursday Evenings and Saturday Afternoons.



All proceeds benefit the work of Mennonite Central Committee

REGULAR HOURS

Mon-Wed 10:00 am - 5:00 pm
Thurs & Fri 10:00 am - 8:00 pm
Sat 10:00 am - 5:00 pm

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**Come learn a craft
that is trending!**

Location to be determined
Email us! coffeehousetalks2020@gmail.com

**Wednesday November 17th, 2021
at 10:00am**

Bring a mug and join us! 

Over 55? Questions? Email coffeehousetalks2020@gmail.com or call 519-662-2731.
Supported by Wilmat Family Resource Centre. 
Currently funded by the Government of Canada, New Horizons for Seniors program.

Yoga as a Tool in Recovery from Surgery or Injury

Shelley Cullen-Heipel – Registered Yoga Teacher at Springhill Yoga



I recently had abdominal surgery that ended up being much more extensive than anticipated. During the first few weeks of pain, swelling and immobility – where I felt totally outside of myself – my yoga practice helped me to connect back to myself and my body. I knew the old me was in there somewhere beneath all of the surgery wrappings and new sensations (or lack thereof) within my body. My yoga practice became my anchor. And although I couldn't physically take any yoga shapes or poses, a yoga practice is so much more than that.

It began right after surgery with diaphragmatic or belly breathing

Beginning deep breathing right after surgery helps to stave off pneumonia and it is suggested you begin this right away. To practise this, inhale slowly through the nose, feeling the ribs and belly expand, and then very slowly exhale without forcing. I always envision just letting the ribs slowly move back into place with the exhale. In yoga, deep belly breathing is at the core of every class. A wonderful side benefit of deep breathing is balancing out the autonomic nervous system. Surgery, illness, or injury are stressful events and they become prolonged stress events as we recover. When we are stressed for prolonged periods and producing stress hormones for prolonged periods, those hormones can lead to further inflammation in our body. Slow, deep breathing helps us to find calm to move into rest and restore and out of fight or flight. So just taking 10 deep breaths (or longer if it doesn't cause pain) can help our body produce the hormones that allow it to find homeostasis or balance in our autonomic nervous system. Initiating our parasympathetic nervous system, our "rest and restore" system, lets our body's process of restoration and recovery - digestion, sleep, and tissue repair - unfold.

Further tools from your yoga practice

A yoga practice consists of quieting the mind, enabling enhanced interoception, proprioception, and emotional regulation.

Interoception can be looked at as the body's awareness of itself from the inside (the processing of internal sensation by the nervous system). Interoceptive awareness allows us to regulate our emotions, to sense when we are at "enough" and to

notice what feels good and what doesn't feel good in terms of movement. We learn to listen to this and honour it.

Proprioception is the body's awareness of its position in space including orientation, balance, and alignment. Close your eyes and touch your nose with your index finger. Without sight, your finger still knows how to find the nose. Proprioception is a constant feedback loop within your nervous system, telling your brain what position you are in and what forces are acting upon your body at any given time. Our balance poses in our yoga practice strengthen our sense of proprioception and help us learn how to distribute weight and find our center in various shapes and transitions of movement. This can help limit falls and, for me, helped me to be able to safely get up and down while navigating pain, lost sensation, and protecting what needed to be protected.



Continued on page 29 ...


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Emotional regulation can be a challenge as we deal with the emotional, physical, and psychological aspects of recovery. It comes back to the breathing. Again, taking those 10 deep breaths can be a good reset when we face setbacks, exhaustion, and the other challenges of healing.

For me, yoga is always my anchor in healing. Maybe it will be for you as well. But just remember that your medical team (doctor, surgeon, physiotherapists) are the quarterbacks of your recovery. Let them set the plan and guide you. We want to aid healing, not impede it. Before I began introducing anything into my recovery plan, I always ran it past the appropriate person on my team and I highly recommend you do the same. Go team wellness!

If you are also on a journey of healing, I wish you as smooth a path as possible – with very few hills or stairs (especially stairs). Be very well.

Note: This article is anecdotal and for educational purposes only. Please consult your healthcare provider for personalized medical advice to see if any of these suggestions are right for your experience or your body. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition.



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You Must Be Joking!!



- Which bathroom appliance would be the worst life preserver? The sink.
- What did the dishwasher say to the oven after a productive day? “You’ve been on fire!”
- What did one furniture maker say to another during a tense discussion? “Let’s table this.”
- Why are elevator jokes so classic and good? They work on many levels.
- What has one head, one foot, and four legs? A bed.
- What does a house wear? Address.
- What did the air conditioner say when it met a celebrity? “I’m a big fan.”
- What do you call an unpredictable camera? A loose Canon.

We’re on the Web!
Read the paper in colour, on-line at
www.badenoutlook.com





Fall is waning with the deciduous trees almost bare now. Writing this article at the end of October, a killing frost has yet to arrive. I wonder if that is a record! I grew up on a tobacco farm. Frost was dreaded near the end of harvest as it would wipe out the crop just when it was time to make a profit. My Mother's birthday was on September 8th and many times, frost was the unwelcome 'gift'. My Dad would watch the weather out west for a cold front with a full moon which almost guaranteed frost.

Some of you are making plans for next year but most are taking a break. With harvests completed and Christmas coming soon, thoughts turn to what foods will be served. I thought I would share the heritage of the common foods on our plates. We have talked about growing native trees and plants. How about our native fruits and veggies? Do you ever wonder about the birthplace of the food on your plate?

A wide variety of foods whose origins are in the Americas have made their way around the world. Two examples are tomatoes and potatoes. I was surprised. I think of tomatoes with Italian cuisine.



Potatoes were famous with the Irish potato famine. The humble potato comes from Peru and Bolivia. The Europeans discovered potatoes and they have spread it all over the world and represent the fourth largest food crop worldwide with thousands of varieties. Tomatoes, part of the nightshade family (of tobacco, potatoes and chili peppers), came out of South



America and were favoured by the Aztecs and again spread around the world along with the others in the family.

Corn or maize is the number one food crop in the world and had its origins here too. It is part of the three sisters of corn, beans, and squash. Other foods are wild rice, squash, avocado, lima beans, pumpkin, Jerusalem artichokes, sweet potato, peppers, gooseberry, strawberry, pineapple, payaya, blueberry, blackberry, crab-apple, Saskatoon berry, American persimmon, and cranberry. There are many others but they may not be commercial viable on a larger scale. For example, fiddleheads are very seasonal. Here is a more complete list: https://www.primidi.com/list_of_food_origins/american/fruits_of_north_american_origin



Have you put tree wrap on younger trees to prevent rabbits and other rodents having a nibble? If you are still tidying up leaves, use them as mulch in the gardens to provide habitat and prevent erosion. Slow down the watering of your house plants and check weekly for pests. Do a weekly ¼ turn of the pots and depending on the variety, have them in a bright window. Fertilize in early spring when plants start to grow again. Are you using an ice cube to water your orchid? How would you like an ice cube on your neck!? Check for watering details on an orchid society website.



Wilmot Horticultural Society

For more information & great gardening information.
www.facebook.com/groups/3133495739996313
 Email: wilmothortsociety@gmail.com

Let's Tree Wilmot email: letstreewilmot@gmail.com
 FB: [facebook.com/letstreewilmot](https://www.facebook.com/letstreewilmot) for tree info and webinars!
 Website: <http://wilmothortsociety.ca/lw>



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Kids' Corner

By: Karrienne Berberich



Fall Word Search

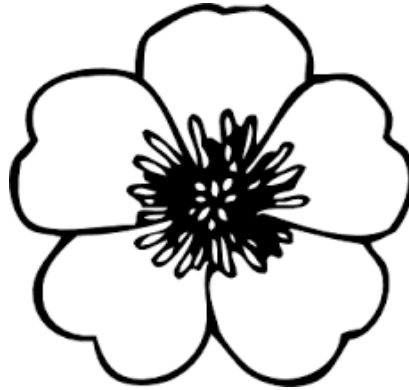
r	c	t	b	f	l	a	c
q	u	r	y	d	p	c	r
l	o	e	k	j	h	o	i
t	l	e	a	f	o	r	s
x	u	g	u	a	v	n	p
r	a	p	p	l	e	s	h
s	s	b	c	l	w	y	i
r	a	k	e	n	z	d	y

rake tree acorns fall
crisp leaf apple



November is
Peanut Butter
Lovers Month!

WE REMEMBER



Colour the poppy red.

Can you fill in the missing
alphabet letters?



Now I know my ABC's...

___ ___ ___ D E F
G ___ ___ J K ___
M N ___ ___ Q ___
___ ___ U V ___ ___
Y ___

...next time won't you sing with me!

Fall Things

They grow in the fall.

They are picked from a tree.

Crunch, Crunch. Take a bite
of yellow, red or green.

What are they?



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Mini Summer Sausage

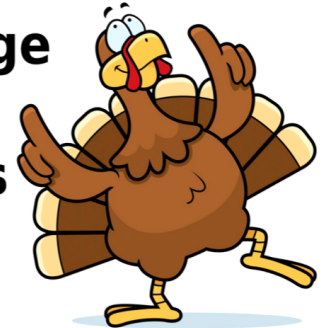
Package of Pepperettes

1/2lb Bright Brand Cheese

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- Boneless Beef Roast
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3 REAL ESTATE MARKET TRENDS

as we head into winter...

The southwestern Ontario market is still hot

Each home type posted price gains compared to last year, and on average for over asking.

Single detached homes are desirable for buyers

Single detached homes sold for an average of 16% over asking last month! On average, they were only on the market for 6 days, so it's safe to say they're hot commodities!

If you're thinking about moving, there's no time like the present!

Sellers: market crashes are hard to predict, but low interest rates and higher prices means now is the time to capitalize!

Looking for more insight? We have monthly market reports for KW, Baden, Wellesley, and New Hamburg on our website at www.lambertgroup.ca/blog!

“

Throughout the entire process, as both buyer and seller, we appreciated the knowledge and experience of The Lambert Group. Indeed, having a TEAM of professionals, each one playing a critical role in supporting us in our very important investment, enabled us to feel a critical sense of trust and confidence. We were particularly impressed with the high level of professional marketing, from blogs to videos, all supported by exceptional communication and personal approachability, careful and thorough administration, and attention to detail. Lovely people and extraordinary leaders in their field!

-Barb F. and Paul F.

Answers to Outlook Puzzles

Drop One for Fun from page 6

- | | | |
|-----------|----------|---------|
| 1. Costs | 2. Scot | 3. Toc |
| 4. Spill | 5. Lips | 6. Sip |
| 7. Coupe | 8. Coup | 9. Cop |
| 10. Snipe | 11. Spin | 12. Nip |
| 13. Cheat | 14. Ache | 15. Ace |

Creating special words SLEET and SLUSH

All Things Scrambled from page 5

<i>Relating to Hockey</i>	<i>Breakfast Cereals</i>
Puck	Life
Stick	Chex
Score	Trix
Check	Nesquik
Leafs	Crispix
Icing	Granola
Period	Weetabix
Winger	Special K
Assist	Cheerios
Defence	Shreddies

Reduce to Produce from page 17

...all the birds have gone south for the winter.



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 **Second Prize:** A gift certificate from Dana Shortt Gourmet and Gifts

* Entry ballot must be submitted in person and only one ballot per person.



LYNNE



RAQUEL

Contest runs until December 24, 2021.



Our mission is to provide the best possible solutions to all of your hearing needs with professional, honest and friendly service. We take pride not only in providing you with the best comfort in fit and sound of your hearing product, but also your own comfort with us!

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Commonly Misspelled Words Wordsearch

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

Find these commonly misspelled words in the puzzle to the left. Good luck!

- | | |
|-------------|------------|
| BROCCOLI | OUTRAGEOUS |
| CONSCIENCE | PERCEIVE |
| DEFINITELY | PIECE |
| EMBARRASS | QUEUE |
| FASCINATING | RECEIPT |
| GRATEFUL | SEPARATE |
| HYGIENE | THEIR |
| IMITATE | THERE |
| JEWELRY | UNTIL |
| LIBRARY | USABLE |
| MISSPELL | VACUUM |
| NIECE | WEIRD |

ARE YOU FEELING DRY AND ITCHY?

Winter is approaching, it's getting colder and the furnace is on — all things that contribute to dry skin. If you use hot water in the shower it strips your natural body oils drying out your skin and scalp, and leaving flakes everywhere. It becomes evident on your favourite dark sweater or your pillow case. All this dry skin floats about in the air making dust and feeding your mattress and coating your furniture (unless you enjoy dusting and vacuuming). It makes a difference to take a shorter 5 minute shower using warm water and spread on the lotion. Turning down your thermostat overnight and drinking more water helps your body stay hydrated too.



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Lest We Forget



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@TimLouisKitCon



Let's Tree Wilmot volunteers travelled with their copy of the Baden Outlook to Petersburg Park on October 23rd. Forty-one people, including several families, were involved in the planting. They planted about 170 native trees to naturalize 2 areas in the park. Trees were planted, mulched, and watered. A great community effort on a lovely fall day.

STONETOWN TRAVEL

CONTACT US FOR FULL DETAILS

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ANNOUNCEMENT

We are very pleased to introduce the newest members of the client service team at Stonetown Travel Ltd.

TRACI JUTZI KRISTINA ZIEGLER



traci@stonetowntravel.com
226-333-9939



kristina@stonetowntravel.com
226-333-9939

Collectively, Traci and Kristina have over 50 years of extensive travel industry experience. Prior to joining the team at Stonetown Travel, they both worked for several years at Imagine Travel. Kristina and Traci look forward to re-engaging with past clients as well as helping new clients in making travel memories to last a lifetime. Welcome, Traci and Kristina!

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