

NOVEMBER 2022

VOLUME 23, ISSUE 4

Baden Outlook



This paper is priceless - Please have one!



Lest We Forget

TIM LOUIS Member of Parliament for Kitchener-Conestoga
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Katie, Pat & Barry Fisher

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

- Barry reflects about his 12 years on council
- Castle Kilbride staff go back in time 100, 75, and 50 years ago
- Baden Library is open and ready for readers to visit
- Experiencing loss in your life? Chip Bender from ICC gives advice
- Learn cool facts about feathers from Baden Birding's Fraser Gibson
- Mercedes Kay Gold has a wealth of holistic knowledge to keep your immune system healthy
- Shoulda, Coulda, Might-Get-To list from Wilmot Horticultural Society
- Birth names vs. stage names... try your best!
- Shedding the light on lightbulbs, Terry has you enlightened
- Meet Kathy Becker from Tri County Mennonite Homes

**Baden
Outlook**

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 ~



Happy November! As the colder weather approaches, I am spending as much time as I can outside. Hiking, cleaning up the flowerbeds and yard, putting our summer items away before snow falls... all the responsible things we do when shifting seasons. It seems bringing it all out in the spring is a fun playful process, but putting it away feels more like a chore. I like to feel proud of my home. It's almost as if the outdoors are a reflection of what happens inside the house. With two boys, the inside rarely looks as nice as the outside. Typical house with children - we clean one room while another one is mid-chaos. It's always a work in progress!

With winter weather soon to be here, we are trying our best to freshen up our living room and dining room space. It's pretty neat what you can do to make a place feel different with relatively low expense. Rearranging has no financial cost and can make a space feel new. Painting the walls and buying new curtains can change the whole aura of the home for only a couple hundred dollars spent, if you have the time to do your own work. I really enjoy selling off old pieces of furniture that we have become tired of and buying 'new to us' furniture from Facebook Marketplace, Kijiji, or the Thrift Centre. I can usually find things for pretty much the same amount of money as I just sold! I am creating a brighter but still cozy space, as I am excited for the coming months to huddle under blankets and hibernate. I will muster up the energy to soon face the holiday season with shopping and social events.

This month's *Outlook* is packed with things to do! Craft sales, Theatre Wellesley, Christmas craft opportunities, the Lions lighting of the Christmas tree, numerous events at the Legion, the New Hamburg Christmas Parade, and so much more.



Hello November—Wow that came fast! How fun to start off the month with weather roulette. I love how the foggy morning gave in to bursting sunshine providing us with temperatures in the upper teens for the entire first week...thanks for that! Although the mornings started out dark, the time change rectified that. As we enter the next few months of shorter, darker days, we are lucky to have Terry Lynn of New Hamburg shed some light on interesting facts on light bulbs.

As Barry shares his views of his 12 years on council in his article, I feel a great sense of relief that the election has come and gone. Barry collected his things and handed over his electronic devices for the new councillor to plug in to Wilmot. Anyone who knows Barry well knows he is an easy going gentleman and I would say from my side of things, he learned that you just simply cannot please everyone, as that is the nature of human beings...but he sure gave it his all and was proud to serve our community.

Thanks to Michelle Egli-Shantz for sharing the cover photo of her morning walk, catching the combination of fall colour touched by frost as the sun rises. Although the autumn weather is still quite balmy this issue shows us how quickly the holiday season is creeping up on us. There is so much to do – our community is ready to deck the halls and fa-la-la! As the road construction in Baden has created much commotion, we want to remind Badenites that there will be no Santa Claus Parade this year but be sure to join in New Hamburg Parade on December 4th in the evening — with the glory of lights on the floats. Check out more exciting details in this issue.

Talking with Ed

~ Twelve Years of Service



We started our paper in August 2000, and in 2010 I was elected as Wilmot Councillor in Ward 3, for Baden. It was clear that this would be a conflict of interest and I would not bring politics into our feel-good, fun publication. However, as I have chosen not to continue on in politics and November 7th was my last meeting, I am compelled to share my thoughts on this significant time in my life.

What a pleasure and a privilege this role brought me over these three terms. I've had the opportunity to meet and make special relationships with both my constituents and township staff. To me this role wasn't about me. It was about working with people, whether it was trying to rectify citizens' problems, or working with staff on short and long-term projects. It was not about saying "look at what I did", but rather, it was about listening and finding resolutions to what they would like to see in Wilmot. Having a vision and the drive was important, but one councillor is just one of a team of decision makers required to meet the needs of our community in a fiscally responsible way.

As Covid reared its ugly head, the past three years made life complicated for all of us and also the routine operations of the township. Switching to broadcast our meetings on Zoom and YouTube required that all councillors consider the much greater audience of constituents that could now attend meetings and bring up concerns. As all of this now happened over social media, the conversation about local issues could be heated and divisive. This concerned me greatly as we lost our comfort to share openly.

In spite of the challenges, I've been very excited about the many good things that happened within the township over the recent years. The advancement of the trail network (Baden Hills is a good example), the formation of the Let's Tree Wilmot group, our commitment to the reduction of green house gases, the Mike Schout Wetlands project (thanks to the incredible vision and support of Mike Schout and Phil Holst), the opening of the soccer/football field at W-O, the hiring of our new CAO Sharon Chambers, and the

advancement of the waste management treatment plant which will once again allow Wilmot to grow including the employment lands.

Many people have asked me what I've been most proud of over my 12 years as councillor? Living in Baden, I saw the service groups folding and the need to rebuild community connections. This motivated me to initiate the Baden Community Association, and bringing people together was my first goal. Through some amazing volunteers many incredible things have happened within this group, including the Baden Corn Fest, the Foundry Street Parkette with the pedestrian bridge, the Baden Fishing Derby, Canada Street Flags (thanks to the help of the Lambert Group), and many other annual events.

I'm very excited about the new incoming team! Let's welcome and support the new Mayor and council as they meet one another and learn the ropes. I would be the first to say that the staff are amazing and very accommodating. We realize that the new councillors will have their own ideas what they would like to see, but also that the staff are the trained professionals that also have the big picture of what is needed in the township.

I have been asked what I will do now with less responsibility and more time on my hands. I will continue to support Katie with the *Baden Outlook*. I will enjoy being a senior and plan to travel and have more fun with Pat in the community we love. I thank her as she stood by me and supported me through the last twelve years. She has seen me pace the floors, and given me much needed encouragement through my journey on council. In closing I would like to say that I am honoured and humbled that citizens put their trust in me to represent them. I love this community and hope that unity and conversation will bring people together for the greatest good. I would like to give a big shout out to my colleagues, over the last four years who worked with me, and the 28 years that Mayor Les Armstrong contributed and helped move Wilmot forward. Wilmot is awesome!

Until next month...Ed



EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 70 places within Wilmot Township, while quantities last.

The best things in life are free - like the beauty of autumn leaves, and this paper !



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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
 Can you unscramble them? Answers on page 35

Family Relatives

- TUNA _ _ _ _ _
- CLEUN _ _ _ _ _
- CEENI _ _ _ _ _
- HAFTER _ _ _ _ _
- SINCOU _ _ _ _ _
- WHENEP _ _ _ _ _
- SOUPES _ _ _ _ _
- THOMER _ _ _ _ _
- HANDBUS _ _ _ _ _
- THUGREDA _ _ _ _ _

Pizza Toppings

- MAH _ _ _ _
- CABON _ _ _ _ _
- NOONI _ _ _ _ _
- SLIVEO _ _ _ _ _
- REPPEP _ _ _ _ _
- NICKECH _ _ _ _ _
- SAGEAUS _ _ _ _ _
- PALEAJON _ _ _ _ _
- MOORHSUM _ _ _ _ _
- APPLEPINE _ _ _ _ _

"Keeping the Community Connected"

Baden ~ Our Town

The Baden Community Association along with EJ's are hosting the annual New Year's Eve Kids Party. Kid friendly food and door prizes with local entertainer Erick Traplin will get the kids up to enjoy some music and fun! There will only be 100 tickets available and the details will be posted on Facebook and in next month's Baden Outlook.



We're Getting There

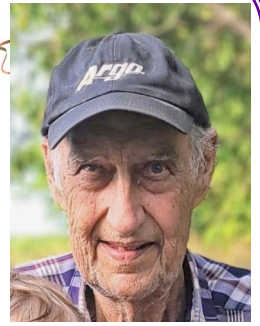
Despite the current mess, the road construction along Snyder's Road East is winding down for this year as paving is on the way at the end of the month. Sadly though, there will not be a Santa Claus Parade this year.

As a society, do you think we rely too much on technology to fix our mistakes? See if you can read this poem with zero spelling errors (as per PC spell-check)



Eye Halve a Spelling Checker

I halve a spelling checker.
 It came with my pea sea.
 It plainly marcs four my revue
 Miss steaks eye kin knot sea.
 Eye strike a key and type a word
 And weight four it two say
 Weather eye am wrong oar write
 It shows me strait a weigh.
 As soon as a mist ache is maid,
 It nose bee fore two long
 And eye can put the error rite
 Its rare lea ever wrong.
 Eye have run this poem threw it.
 I am shore your pleased to no
 Its letter perfect awl the weigh
 My checker tolled me sew.



Bill Weicker is 80 years young!

There are so many good things to say about Bill... His witty sense of humour, how he loves talking with people, how he has been a hard worker all his life, his love for his wife and family, his joy in spending time with his great grandkids, River, Kai, and Kaede. There is so much more we could say!

We love you Bill and appreciate you so much!

Happy 80th Birthday Bill!
 With Love, from your family!

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Checking out the Baden Library... in Person!



FREE in-person AND virtual programs with Region of Waterloo Libraries:

For kids:

- Mad Science Workshop – Friday, November 18, 1-2 p.m. – New Hamburg Branch
- Holly Jolly Storytime – Tuesday, December 6, 6:30-7:15 p.m. – Wellesley Branch
- Jingle Babies – Wednesday, December 14, 11-11:30 a.m. – Wellesley Branch

For adults:

- Adult Book Club – Wednesday, November 16, 2-3 p.m. – Wellesley Branch
- Save Energy and Reduce Stress: Accessible spaces do both! With Julie Sawchuk – Wednesday, November 16, 7-8 p.m. – via Zoom
- Diversity 101: Everything you wanted to know and then some with Ren Navarro – Thursday, November 17, 7-8 p.m. – via Zoom
- DIY Ornaments: Rustic Ornaments – Tuesday, November 22, 7-8 p.m. – New Hamburg Branch
- Building Community in partnership with Divonify – Wednesday, November 23, 7-8 p.m. – via Zoom
- Adult Craft Night: Pinecone Bouquets – Thursday, November 24, 7-8 p.m. – via Zoom
- Adult DIY Ornaments – Tuesday, December 13, 7-8 p.m. – Wellesley Branch
- Let's Get Quizzical: Holiday Movies – Wednesday, December 14 7-7:45 p.m. – via Zoom

Family events:

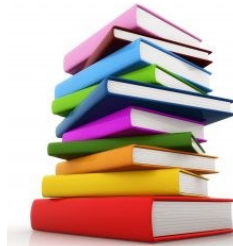
- Cards for Community – Wednesday, November 16, 7-8 p.m. – New Hamburg Branch
- Cards for Community – Wednesday, December 7, 7-8 p.m. – Wellesley Branch

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

Registration for Winter 2023 programs will begin Friday, December 9.

For more information, please contact the Baden Branch at 519-634-8933, badenlib@regionofwaterloo.ca, visit rwlibrary.ca or call the **Ask A Librarian** service at 226-748-8030.

Renovations to the library are ALMOST complete and we are eager to welcome you back inside to our new and improved branch again very soon! Thank you for your patience and understanding over the past few months.



Please continue to check our website at rwlibrary.ca for updates regarding re-opening of the library. Holds for Baden patrons are currently available for pick-up at the New Hamburg Library. Alternatively, you

may contact our Ask a Librarian service at 226-478-8030 or by email at askrwl@regionofwaterloo.ca to suspend your holds until Baden re-opens.



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Castle Kilbride Staff Looking Back in Baden 100, 75, and 50 Years Ago
By Castle Kilbride Staff

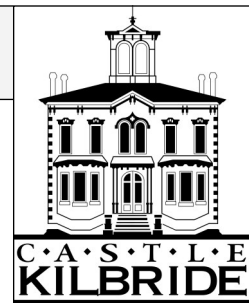


Photo: Highway Construction in New Hamburg, Township of Wilmot Archives

100 YEARS AGO
November 1922

The Peerless Construction company, tasked with completing the highway improvement project between Baden and Shakespeare, finished their first layer of asphalt. Two more layers are to be added the following spring.

75 YEARS AGO / November 1947

A fire destroys one of the largest barns in the district, causing an estimated \$10,000 in damage. Owner of the property, Elmer Roth, notices the smoke around 8:40 AM and in a matter of minutes the barn is ablaze. The Baden Fire Brigade arrives in time to salvage the nearby drive shed; however, a significant amount of wheat, grain, and farm equipment, along with 20 pigs, are lost in the flames.

A memorial plaque honouring Sir Adam Beck, father of modern hydro, is unveiled in Baden. The plaque is presented by the Memorial Committee of the Ontario government, and unveiled by Baden resident, Leona Schwartzentruber. A gathering of officials, school children, and townspeople are in attendance to witness the event.



Baden Fire Department c.1940s. Left to right: Wilfred Nauman, Reta Hunsberger, Noah Steinman, Unknown*, Ed Boswell, and Clinton Habel. *this could be Milton Futher or Enos Gingerich, if you can help identify this man, please contact the museum. Photo from the Township of Wilmot Archives.



39 Snyder's Road W, Baden
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Come on over - taste local food and catch some entertainment!
Ask for your favourite beverage and watch bands playing live.

Dosman, Dolinar & Dunn - November 26th from 7-10 p.m.

Downie Street Collective - December 10th from 7-10 p.m.



50 YEARS AGO / November 1972

The Baden girls capture the Central County B Division championship. Members are pictured left to right, starting in the back: Sherry Veitch (coach), Joette Uttley, Julie Uttley, Bonnie Yantzi, Sandey Roth, Linda Brenneman (manager), Carol Zehr, Tina Currie, Sherry Fischer, Linda Rettinger, Patty Malloch, Gwen Snyder, and Patti Honderich.



The Baden Minor League Softball Association hosts approximately 200 players, members, and guests at their annual banquet. Ron Taves, chairman of the association, welcomes the guests and introduces the executive to start off the night. The following

procession includes a collection of thank-yous to generous donors and contributors, several speeches regarding the mission and purpose of the association, and the trophy presentation.



Photo courtesy of Brad Schneller

The Central Country B Division championship trophy is presented and accepted by Patti Honderich on behalf of the team, followed by the most valuable player awards and sportsmanship and ability awards.

Baden resident Wilfrid J. Schneller is awarded the Canada Packer's Challenge Trophy for his exhibit of waxed shipping turnips, which he entered in the Royal Winter Fair. Mr. Schneller submitted four entries, winning two firsts, a third, and a fifth prize. (Staff note: Wilfrid was inducted into the Waterloo Region Hall of Fame in 1994 and the Ontario Agricultural Hall of Fame in 2019)



Christmas at the Castle

Castle Kilbride will be fully decorated November 16 - January 8

The table is set, the trees are trimmed, and the warmth and charm of Christmas at the Castle will kindle your holiday spirit.

Wednesday to Sunday from 11 a.m. - 4 p.m.

Holiday Hours: Dec. 21-23, 27-30, Jan 4-8 (11 a.m. - 4 p.m.)

Walk ins are welcome or you can purchase tickets on-line

Castle Aglow Evening Tours-

Nov. 24, Dec 1 & 8 from 6 - 9 p.m.

Marvel at the glitz and glamour of the Castle at night. Guided tour by costumed staff. *Tickets required for this event.*

Herner's Victorian Village

Inspired by the stories of Charles Dickens, this enchanting miniature village features over 130 Christmas-themed buildings and figurines. Created by Dave Herner & Family, this exhibit is a must-see display that will take you back in time, where you'll feel like you are magically wandering the streets of Victorian England.



castlekilbride.ca



Drop One For Fun

Answers on page 35

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 related words or a phrase. Have fun!

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

1. Small round marks
2. Intersection sign
3. Slang for marijuana
4. Low in price
5. Continuance of speed in walking
6. Gorilla
7. Juliet's Lover
8. Opposite of less
9. Management expense ratio short form
10. A pilotless plane
11. Tear into two or more pieces
12. A bear's winter abode
13. Following
14. A Taxi's fee
15. A long way away

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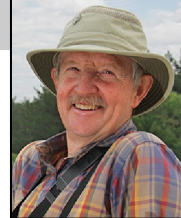


New Clients Welcome!



Baden Birding~ Birds in Our Lives

By Fraser Gibson



We know robins, ducks, and herons are birds but what is it that distinguishes a bird from other animal forms?

Birds make nests, but so do squirrels, and hornets. Birds lay eggs, but so do grasshoppers and turtles. Birds can sing lovely songs but crickets and frogs also sing. Octopus and platypus also have beaks. Bats, butterflies and bluebirds can all fly. Birds have many special traits and behaviours but the only thing that makes a bird unique is its feathers.

Although feathers come in many forms, they all have the same basic branching structure. A central shaft branches into barbs and further into barbules. Each has small Velcro-like hooks that engage with neighbouring barbules creating a durable, yet sleek, flexible surface. A small modification to this basic structure results in feathers capable of performing multiple functions.

Feathers allow birds to fly, camouflage, attract a mate, maintain heat, stay dry, and create a streamlined profile. A bird's ability to manipulate its feathers adds to its dexterity. A Wild Turkey's fanned feathers create an impression of size to awe a female or forewarn an assailant. Displaying also exposes the appealing colours and patterns previously hidden from female attention. Along with audible alarms, a Killdeer's broken wing distress display ingeniously draws a predator away from a nest. Whether raising a crest or fanning a tail, this body language is very effective.

Not only have birds made use of the many qualities of feathers, but humans have followed suit.

Soft down feathers are excellent at trapping heat so they have long been used in pillows, blankets, winter coats, and sleeping bags. Feathers have also been used as fans, dusters, to adorn fishing lures and to fletch arrows.

Quill pens were the main writing instrument until replaced by metal nibs in the early 1900s. They were made from the largest flight feathers of bigger birds such as swans, geese, and crows. Because of the natural curve of the feather, right-handed people used feathers from the left wing. Only 4-5 right-handed quills would naturally come from a goose/year. Quills had a short lifespan as a writing tool, so demand for suitable feathers was

immense. As a result the manner in which they were acquired was not always humane.

In the period from 1880-1918, high fashion placed huge demands on specialized plumes especially for hats but also for feather-accented clothing, feather boas, and soft powder puffs. There were hats displaying full birds, hand muffs made of the full bodies including heads of two gulls. There were even hummingbird brooches, and earrings made from the heads and beaks of hummingbirds. Trumpeter swans, grebes, terns, egrets, ibises, roseate spoonbills, and great-blue herons were all slaughtered, in large numbers, for their plumes alone. In one season, a single hunter in the USA took 40,000 terns for the hat trade.

The snowy egret's delicate 6-inch nuptial plumes, known as aigrettes, became a millinery fashion sensation. Approximately forty aigrettes, at their best just after young hatch, grow on an adult bird. Plume hunters waited until that moment before entering an egret rookery to stalk their prize. The adult birds were easy targets as they instinctively remained at their nests with their helpless nestlings. In a morning, several hundred adult egrets in a rookery would be massacred, earning the hunters over \$5,000.00. ("Wings" By Marjory Stoneman Douglas originally published on March 14, 1931.)

Over 5 million birds were being slaughtered annually to satisfy the prosperous North American millinery trade. Eventually the carnage of wild birds became well known and some women objected. They began encouraging other women to boycott the wearing and purchase of feathered hats. The Audubon Society encouraged the ladies of the day not to wear feathers in their hats. The Migratory Bird Treaty Act of 1918 effectively put an end to bird and feather hats and likely saved millions of birds. (Hats Off to Women Who Saved the Birds July 15, 2015 NPR History.)



Feathers serve birds extremely well, fulfilling numerous functions in a bird's daily life. Unfortunately, birds have also suffered tremendously because of the uniqueness of these marvelously designed natural structures.

Baden Birding Sponsored by:



Hours: Monday—Friday 8-5,
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COME ONE AND ALL!
To the Wilmot Lions / Lioness Club
Tree of Light Ceremony on
Friday, December 2nd- 6:30 p.m.

Join Waterloo-Oxford Apassionata Girls' Choir and New Hamburg Concert Band for our 39th annual Tree of Light Ceremony at Centennial Fountain by the Post Office.

Complimentary hot dogs and hot apple cider are being served and we invite everyone to join us in singing carols and lighting our tree. A \$5 donation is always appreciated and it lights a bulb on our tree. Funds raised go directly back into our community as always.



COLOURING CONTEST: We invite all children to enter our Snowman colouring draw. Colour the Snowman picture, print your name and phone number at the bottom of the page, and bring it along with you the night of the Tree of Light ceremony. Drop it in the Christmas wrapped box by the stage. Five colouring pages will be drawn from the box and a prize awarded to these winners.

Colouring pages will be distributed through the local schools or are available at the New Hamburg or Baden branches of the library and both Post Offices. For further information, contact Wilmot Lion Joan - 519 662-2275.

Understanding through Film

Four films to foster relationships between Indigenous and Settler peoples.



Photo credit: Évangéline De Pa; Martha Flaherty in *Martha of the North*

Martha of the North

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

Spirit to Soar

Friday, November 18th, 7:00 pm
A follow up to Tanya Talaga's book, Seven Fallen Feathers: Racism, Death and Hard Truths in a Northern City

Colonization Road

Thursday, January 26th, 7:00 pm
 An exploration of the effects of road building by settlers on Indigenous land and culture

Beans

Friday, March 31st, 7:00 pm
A chronicle of the 78-day standoff in 1990 between two Mohawk communities and government forces in Quebec

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

Wilmot Ecumenical Working Group on Indigenous / Settler Relationships
 ecumenicalworkinggroup@gmail.com



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Black Friday 2022 Home Hacks

We all know Black Friday as a day where retailers often offer rock bottom prices as a kick-off to the Christmas shopping season. For savvy shoppers that are patient enough to wait, there can be some great deals on items typically found in everyday homes! But buyer beware, not everything is heavily discounted, and some items may even be fully priced!

*Based on historical sale data. May not reflect actual 2022 sales!

It's important to know which products will actually be on sale during the Black Friday weekend, and which products will be priced normally. Here are a few items that may be worth buying on Black Friday:

- **Clearance Clothing:** retailers often start slashing their fall clothing lines on the Black Friday weekend - deals of up to 75% can often be found on off-season clothing items as they make room for winter and spring inventory
- **Laptops and Tablets:** last year, basic laptops and name brand tablets were priced to sell on Black Friday, so this is a great chance to get yourself a device that the whole family can have some fun with!
- **Home/Kitchen Goods & Decor:** deals are always abundant for home decor and kitchen goods items on Black Friday. While sales on the highest-end appliances might not be dramatic, there are definitely great deals to be found!

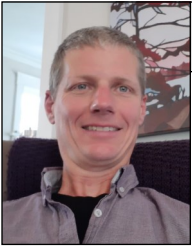
Here are a few items worth waiting on during Black Friday:

- **TVs:** while this may seem wrong, many manufacturers release special TV models exclusively for Black Friday, with limited features. Most of the best deals will be on off-brand TVs, which may not stand the test of time or be of the highest quality
- **Winter Apparel:** with last season's clothing going on deep discount to make room for the new winter apparel, we suggest waiting on buying winter gear (unless you are truly in need of something to keep warm with!)



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-Cheryl M.



Letting Go

By: Chip Bender, Register Psychotherapist (qualifying)



A few weeks ago, I experienced one of those serendipitous, perfect moments occasionally offered by life. The combination of the beauty of the vibrant colours of leaves at their peak, mixed with the sunshine, and the ideal temperature created a perfect moment. Although I knew it was impossible, I desired to freeze this perfect moment in time to enjoy for the next several months. The problem is no moment in time lasts forever. No season highlights this fact and the need to let go of each moment more than autumn.

The reminder of loss is demonstrated every year at this time, in this part of the world. The leaves are now past their peak and many have fallen to the ground as life continues to move and change. The reality of loss was further reinforced for me by the tragic death of Sadie Bender in a car accident at Punkeydoodle's Corner and then the following week by the death of a good friend's elderly father. These events reminded me how losses and the need to let go often arrive unbidden. Sometimes the losses experienced in life can feel more like a hurricane uprooting the entire tree than like leaves drifting to the ground.

In addition to the inevitable losses of people in our lives, we will encounter no shortage of other losses. Having an elderly father, not to mention aging myself, has made it abundantly clear to me how life may seem like a continuous letting go. The pile of losses can include a loss of health, a decline in mobility, the necessity to downsize, the end of employment, and the change or disappearance of purpose.

Trees offer many lessons about letting go, besides the lesson of the inevitability of loss, which they display through their annual shedding of leaves. One lesson may be the necessity of a dormant fallow time following the letting go. After a loss it is important to sit in the empty, barren place to acknowledge the absence of whatever has been lost. Connected with this barrenness is the reality of feeling completely exposed and unprotected as the cold winter winds relentlessly pummel. To get through losses, some people may want to prematurely jump to spring and attempt to ignore the potency of the loss through toxic positivity. Trees teach us the hard truth of not being able to rush to spring because one cannot get around losses, one can only go through them.



My heart goes out to the families impacted by the loss of loved ones, particularly the most recent ones. As the rest of us attempt to deal with whatever other losses we are currently experiencing, may we draw wisdom from the trees. The trees are aware of the cycle of loss; they know when to let go and how to remain in the barren time by resisting the urge to jump ahead to spring. Trees can face these challenges instinctively, whereas humans can often benefit from the assistance of close friends and/or trained professionals. Reach out in your time of loss.

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Our Strange Language

Lord Cromer



When the English tongue we speak,
Why is "break" not rhymed with "freak"?
Will you tell me why it's true
We say "sew" but likewise "few";
And the maker of a verse
Cannot rhyme his "horse" with "worse"?
"Beard" sounds not the same as "heard";
"Cord" is a different from "word";
Cow is "cow" but low is "low";
"Shoe" is never rhymed with "foe".
Think of "hose" and "dose" and "lose";
And think of "comb" and "tomb" and "bomb";
"Doll" and "roll" and "home" and "some",
And since "pay" is rhymed with "say",
Why not "paid" with "said", I pray?
We have "blood" and "food" and "good";
"Mould" not pronounced like "could".
Wherefore "done" but "gone" and "lone"?
Is there any reason known?
And, in short, it seems to me
Sounds and letters disagree.

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As a parent of a young child, we continually worry we are providing the best care for them... especially oral health care. Parents ask me why it is so important to maintain and restore baby teeth if they are just going to fall out in a few years. Baby teeth are very important for several reasons:

1. Baby teeth help your child when eating and speaking.
2. Baby teeth hold the space needed for an adult tooth to take its place.
3. Most children are not done losing baby teeth until age 12-14.
4. Minimizes emergencies and discomfort for your child.

Some ways to prevent cavities in your child are:

1. Careful not to transmit bacteria that can cause cavities to your child by avoiding kissing your child on the mouth (aim for cheeks and forehead), sharing utensils or blowing on their food, sharing toothbrushes.
2. Flossing daily with parent assistance using string floss or floss wands.
3. Brush your child's teeth twice a day for at least 2 minutes each time. A small green pea sized amount of fluoridated toothpaste can be used if your child is spitting it out. Parents





should still be assisting this task. **The most important brush to remember is the one before bedtime!**


4. Receiving regular dental treatment as needed.
5. Going for regular preventative dental care check-ups. Visit within 6 months of their first tooth erupting, or by the age of 1.


Parent tips:

1. Lead by example. Let your child see how you floss and brush your teeth or make it a part of your daily routine and do it together!
2. Oral hygiene should always be assisted by parents. Children are always trying to be independent. If your child can't write their name, they will not be able to clean their teeth on their own. They are still developing the muscles and ability to perform fine motor tasks.
3. Don't forget to brush gums and tongue!
4. Teach your child to spit out excess toothpaste and not to swallow it.
5. Do not rinse with water after brushing as this will wash the fluoride in the toothpaste off the teeth.
6. Flossing sooner in age is ideal to form a habit. Most children's baby teeth will have spacing but for those teeth touching, flossing should be done everyday.

Resources: <https://www.canada.ca/content/dam/hc-sc/documents/services/healthy-living/oral-health/oral-health-tips-for-children-aged-3-6/oral-health-tips-for-children-aged-3-6.pdf>

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- **\$1780 savings over 1 year** (based on 20,000 km driven / year)
- **Plug 'N Drive:** Go to <https://ev.plugndrive.ca/> to use the "Find Your EV Match" feature on their web site. It compares Plug-In Hybrid (PHEV), Hybrid (HEV) and fully electric EVs available in Canada showing range, price, and government incentives.
- Search the internet for "**nrcan 2022 fuel consumption guide pdf**" to use the **Fuel Consumption Guide** for vehicles in Canada showing; range, fuel \$/yr, CO2 emissions, and recharge. **Note:** scroll to the bottom of the document for HEVs, PHEVs, and EVs.

Do the terms ESG, Divestment, Sustainable or Socially Responsible Investing mean anything to you? If not, have no fear! The **Nith Valley EcoBoosters** are hosting a free webinar entitled: **Let's Talk - Sustainable Investing 101** on Wednesday, **December 7th**, 2022 from 7:00 - 9:00 p.m to demystify these terms and discuss how to make intentional decisions about where we are investing our money. The keynote speaker, **Tim Nash**, is an expert in personal finance, sustainable investing, and the green economy. He is the founder and resident of **Good Investing**, a firm that provides independent investment coaching to those seeking to better align their portfolios with their values. No prior knowledge is necessary to attend this webinar! Registration details at: nvecoboosters.com.

Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, November 23rd**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

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

Stage Name vs. Birth Name

Can you match the celebrity stage names on the left to their corresponding birth names on the right?

Answers on page 35

- | | |
|---------------------|-------------------------|
| 1. Woody Allen | A. Farrokh Bulsara |
| 2. Sting | B. Gordon Sumner |
| 3. Elton John | C. Eleanor Gow |
| 4. Lady Gaga | D. Demetria Guynes |
| 5. Hulk Hogan | E. Jay Scott Greenspan |
| 6. Bruno Mars | F. David Jones |
| 7. Freddie Mercury | G. Stefani Germanotta |
| 8. Prince | H. Caryn Johnson |
| 9. Bob Dylan | I. Terry Jean Bollette |
| 10. Elle MacPherson | J. Allen Konigsberg |
| 11. George Michael | K. Paul Hewson |
| 12. David Bowie | L. Reginald Dwight |
| 13. Whoopi Goldberg | M. Prince Rogers Nelson |
| 14. Vin Diesel | N. Georgios Panayiotou |
| 15. Bono | O. Robert Zimmerman |
| 16. Demi Moore | P. Mark Vincent |
| 17. Jason Alexander | Q. Peter Hernandez |



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UNDERSTANDING SCIATICA

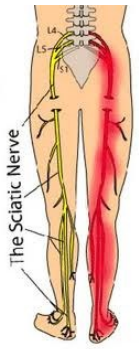
By Dr. John A. Papa, DC, FCCP(OR)(C)



The sciatic nerve is the longest nerve in the human body. It is made up of five separate nerve roots originating from the low back region on each side, and runs from your pelvis through your buttock and hip area and into each leg. It controls many of the muscles in your legs and provides feeling to your thighs, lower legs, and feet.

"**Sciatica**" is a common term used to describe any type of pain/symptom that radiates into the leg. "**True sciatica**" occurs when there is a mechanical and/or inflammatory irritation directly affecting any component of the sciatic nerve. This differs from "**referred**" pain/symptoms which can arise from a bone, joint or muscle that can send pain/symptoms into the leg.

True sciatic symptoms may be felt almost anywhere along the nerve pathway. These symptoms can radiate from the low back region, into the hip or buttock, and down the leg, into the calf, and even the toes. The symptoms can vary widely and may include: a cramping or achy feeling, tightness, burning or a sharp electric shock sensation, numbness, tingling, and leg muscle weakness. The symptoms may start gradually and intensify over time. Activities such as bending forward or to the side, walking, prolonged sitting or standing, and even coughing or sneezing may aggravate sciatica.



Below is a brief summary of three common causes of true sciatica:

- 1) **Spinal disc herniation/bulge** – Spinal discs separate and cushion lumbar vertebra. Repetitive and cumulative loads or a single heavy load has the potential to cause a disc bulge or herniation, thereby causing a mechanical and/or inflammatory irritation of the nerve root(s). This most commonly occurs in adults aged 20-50.
- 2) **Degeneration and Osteoarthritis** – The normal aging process causes lumbar disc degeneration, osteoarthritis of lumbar joints, and occasionally vertebral slippage. The consequence of these processes is that mechanical irritation from bony spurs and vertebrae, along with inflammation can cause symptoms of sciatica. This most commonly occurs in adults over 50.
- 3) **Lumbar spinal stenosis** – This condition causes sciatica due to narrowing of the spinal canal and/or nerve pathways. This puts pressure on the spinal cord or nerve roots and causes neurovascular irritation. This most commonly occurs in adults over 60. It is usually secondary to degeneration and osteoarthritis.

Other causes of "**true sciatica**" include: direct irritation of the sciatic nerve by the piriformis muscle; direct trauma or injury to the sciatic nerve or nerve roots; and postural and mechanical changes associated with pregnancy. Some common causes of sciatic-like symptoms or "**referred**" pain include: muscular trigger points and ligament sprains from the low back, hip, gluteal and pelvic regions; sacroiliac joint dysfunction; and arthritic low back, hip and knee joints.

Sciatica is a set of symptoms of a problem, rather than a diagnosis for what is irritating the nerve and causing the pain. This is an important point to consider because the treatment for sciatica will often be different depending on the underlying cause of the symptoms. Therefore, it is important to obtain an accurate diagnosis from a qualified health professional.

When sciatica strikes, there are conservative treatment options available. These may include: mechanical traction, spinal manipulation and mobilization, soft tissue techniques, laser therapy, acupuncture, ice/heat application, electrotherapy, and rehabilitative exercise. A qualified health professional can determine the cause of your sciatica and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance.

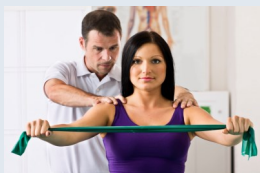
This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.



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After the parade:

Kids are welcome to come to Puddicombe Banquet Hall for some hot chocolate and a treat!

What to bring to parade:

Consider bringing a non-perishable food item to help support our local Food Bank or a new, unwrapped toy to be collected by Wilmot Fire Department. All food and toys will be given to help support families in the area through Wilmot Family Resource Centre!

Bring a smile to a kid's face!



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Saturday, December 10th from 8-11am
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Adults \$10. Children \$5. Family of 4... \$25.

As we prepare for the holiday
season, we are asking for help
with our **Holiday Hamper**



Wilmot Family
Resource Centre

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 5th**.



The number of people in need of counselling support continues to grow. **INTERFAITH COUNSELLING CENTRE** believes that financial resources should not limit emotional assistance.
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8 pm Friday, November 18
2 pm Saturday, November 19
2 pm Sunday, November 20

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- bird feeders
- clothes dryers
- bat houses
- children's furniture
- Christmas ornaments
- and much more!



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www.wilmotseniorsworkshop.ca

Reduce to Produce Answers on page 35

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)

I always preferred the English spelling of 'diarrhea' (which is 'diarrhoea') because it really looks like.....

A	B	C	D
HE	FLOWER	YOU	KETTLE
HAVE	CAT	RUNNY	TRUCK
BLENDER	BUS	CELERY	LOST
US	CONTROL	SEAL	POWER
TO	CARROTS	OF	DINNER
YOUR	FUNNY	SHOWER	VOWELS

1. Remove all modes of transportation
2. Remove all words containing "NN"
3. Remove all 2-lettered words in column A
4. Remove all vegetables
5. Remove all animals
6. Remove all small kitchen appliances
7. Remove all words that rhyme with "TOWER"

Write leftover words here:



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You Must Be Joking!!



- "What do you call a fake noodle?" "An impasta."
- "What do you call a belt made of watches?" "A waist of time."
- "What happens when a strawberry gets run over crossing the street?" "Traffic jam."
- "What do you call two monkeys that share an Amazon account?" "Prime mates."
- "Whenever I try to eat healthy, a chocolate bar looks at me and Snickers."
- "What does garlic do when it gets hot?" "It takes its cloves off."
- "Mountains aren't just funny. They're hill areas."
- "I once had a dream I was floating in an ocean of orange soda. It was more of a Fanta sea."
- "Did you know corduroy pillows are in style? They're making headlines."
- "What do you get from a pampered cow? Spoiled milk."



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THANK YOU WILMOT

The end of every election brings time for reflection, and with that comes many thanks that I would be remiss for not expressing.

Thank you to my entire campaign team, every supporter, my friends and family, who were all foundational in my election success.

A heartfelt thank you to everyone who put their names forward and ran for office. It takes great courage that should be commended. I look forward to seeing how you will continue contributing to our wonderful community.

And most importantly, thank you to everyone who engaged in and cast a ballot this election.

I look forward to collaborating with our new council to serve and represent you as we lead Wilmot forward over the next four years!

**Sincerely,
Natasha Salonen, Mayor-Elect**

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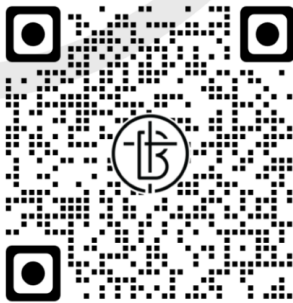

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Tell us how we can serve this amazing community! Scan the QR code, or copy the link below to fill out the survey.

www.surveymonkey.com/r/FC2XSX3



We want to hear from you! Baden Central Church is a new church that is coming to town within the next year with the purpose to deeply invest in the life of our community, and care for the people who live here.



We're planning to launch our first public services in September of 2023, but until then we want to be involved in doing everything we can to be involved in building up our town, and caring for the amazing community of Baden. We have designed a short survey to help us better understand the needs of our community. From caring for children and teens, to providing counselling, to simply helping meet some basic needs of those around us, we want to know what we can do to care for our town.

As a small church plant, we won't be able to meet all of these needs right away, but knowing what the greatest needs are in our community gives us a great place to start, and some important goals to work towards.

Would you take 10 minutes to fill out this survey to let us know how we can best serve you, and our town? If you would like more information about Baden Central Church, check out our website at badencentral.ca, and if you have any questions please feel free to reach out to nathan@badencentral.ca. We would love to hear from you.

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.shantzmcc.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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Christmas is in the air and New Hamburg Thrift store is full of Christmas spirit! As I watch the forecast for snow I also, like many of us, am thinking about the upcoming Christmas season. I've noticed the not-so-subtle marketing for that perfect gift, and there is the odd Christmas carol playing on the radio. For me Christmas time is a time of joy and excitement. I love the warm smiles you see on the faces of so many shoppers. I love the kindness and understanding in those around us, and most of all I love the family time, the Christmas baking, and of course the Christmas carols.

For those of you who shop at our store regularly you know that New Hamburg Thrift is alive with Christmas! There is a large variety of Christmas décor, gift ideas, and housewares for hosting Christmas gatherings! We have Christmas Trees and beautiful wreaths, nativity scenes and snow globes, Angels of all shapes and sizes, and of course handmade hats, scarfs, mittens, and slippers. Our amazing staff and Volunteers have been working overtime to make sure the beauty and magic of Christmas is alive and all around us.

What makes Christmas special for you? In my family we try to focus on time spent instead of monetary value; however, we do still exchange gifts and embrace the giving season. As my nieces and nephews get older, I do find it harder and harder to be super Auntie and find that perfect gift for them. Keeping up with what style is best or what toy is cool can be a full-time job for some of us.



Do you have someone on your list hard to buy for? This year think about giving them a shopping experience. A New Hamburg thrift gift card with the promise of a joint shopping trip can be both, time well spent,

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and money saved! There is always something different to find here at New Hamburg Thrift and not just for Christmas. A gift card can be the gift that keeps on giving all year through. If you're looking for family fun call me about setting up a group Volunteer time. You can spend a few hours together sharing in the volunteer experience feeling good about giving back to MCCO and the missions we believe in.



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

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Need a little light on your life? Choosing a light bulb is not as simple as it once was.

The what you need / want to know basics:
Type of bulb, style of bulb, base size, strength (output), colour of light output.

TYPE:

- * Incandescent (old school 40, 60 100w, clear or frosted)/ Halogen (other than 40w bulbs for appliances, incandescent bulbs are no longer available)
- * Fluorescent or CFL (spiral bulbs) first generation energy savers (contain mercury = hazardous waste)
- * LED - current generation of energy saving bulbs

STYLE:

- * "A" bulb - classic pear-shaped standard bulb
- * "B" bulb - blunt tipped candelabra bulb
- * "G" bulb - globes
- * "T" bulb - Tubes Fluorescent Incandescent
- * "ST" - Edison style bulb (not usually as strong a normal bulb but an interesting "effect" light)
- * Floods - Interior or exterior
- * Specialty bulbs

BASE:

- * Standard or E26
- * Candelabra or E12
- * Intermediate or E17
- * Specialty G# (eg: G8) BASES



STRENGTH:

- * Output (volume of light output) rated in LUMENS (Loosely related to wattage input).
- * Wattage comparisons for LED bulbs are made equivalent to 40, 60, 100 incandescent bulbs, or 50, 75, 90 or 120 halogen bulbs.
- * For "A" style bulbs the lumen outputs would be approx 450 (40W), 800 (60w) and 1600 (100w). The actual watts used in a LED bulb for similar strengths could range from 4 through 18

COLOUR:

- * Colours of the "white" light used in LED bulbs are identified by their Kelvin number starting at 2000 through 6500. The lower the number the more yellow with the standard bulb (equal to an incandescent bulb) being 2700K (soft white). The most common white light (with a blue tinge) is Daylight @ 5000 K.
- * Some bulbs available, including pot lights, have switches included on them which allow for the light colour to be changed, a feature which helps choose the best colour that works for you considering the paint and decorating of your

room. Depending on the LED "bulb or pot light", colour choices could run through 2700, 3000, 3500, 4000, and 5000K.

NOTE:

- * Not all bulbs have an LED replacement, yet. But never say never and there are some newer bulbs that can give an interesting difference to your decorating.
- * SMART bulbs in many styles are available but remember they are only smart with your smart phone and appropriate apps.
- * If you are trying to replace a specialty bulb take the old one with you to ensure you get the correct replacement.



ALWAYS REMEMBER TO BALANCE YOUR
NEED FOR "LIGHT" vs "EFFECT"

~ Submitted By Terry Lynn ~

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Heating equipment is a leading cause of home fires in Ontario.

What **heating equipment** in my home can cause fires?



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CHIMNEYS

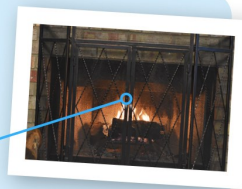
How do I keep **myself** and my **loved ones** safe?

- Ensure woodstoves, fireplaces and fireplace inserts are installed by a **qualified technician** according to **manufacturer's instructions**.
- Have your heating system, vents and chimneys inspected and cleaned annually by a **qualified service technician**.
- Ensure all outside heating vents are **not blocked**.

Install **smoke** and **carbon monoxide** alarms on every storey of your home.

Test them every month.

- Allow ashes from your woodstove or fireplace to cool before emptying them into a **metal container** with a tight-fitting lid. **Keep the container outside**.
- **Always use a fire screen around the fireplace!**



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



Wilmot Fire Department
60 Snyder's Rd WBaden ON N3A1A1
519-634-8444/fire@wilmot.ca



Office of the Fire Marshal and
Emergency Management
ontario.ca/firemarshal



Now & Then

These photos are both taken on Beck Street near the Seniors Woodworking shop. Top photo was taken in 2022 and the bottom photo was taken in the early 1900s. It is impactful on how much has NOT changed. The buildings are the same. The hydro wires remain in the same place. The trees have definitely grown. The biggest difference would be, we do not see marching troops walking through our town. Thank you to those who have sacrificed their lives and mental health for our freedom.



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A Brief History of the New Hamburg Legion

The *Baden Outlook* received an email regarding the October Legion article from Ernie Ritz. He mentioned that he is the only living charter member of the group that was responsible for founding the New Hamburg Legion. We found this interesting and asked him if he had any information to share on when the current Legion building was built? The following is his response—thank you Ernie for your valuable input.



For some twenty years or so, the Legion owned a former brick home at the east corner of Boullee and Jacob Streets for meetings and other events (1960s & 70s). Several small additions made over the years were not the best or completely suitable.

The Township owned the race barns site where the Legion is now located. Somehow, I was chosen to be the Legion's building and works chairman. (I want to be modest about this). I knew the Township wanted to get the Legion property and also knew the race barns were a major problem for the Township (fire hazard, high insurance costs). With Legion support, I negotiated a deal to sell the old Legion Hall to the Township and get the race barns site cleared and zoned properly as part of the deal.



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Turkey Dinner on Fri. Nov. 25th \$22
Drive-thru pickup from 5-5:30 or eat in at 6 p.m.
Call Legion 519-662-3770 or
Terri 519-662-3834
Join us Dec. 17th in the afternoon for
entertainment, silent auction, Christmas Fun!

I sketched a rough floor plan for the new building and it was built accordingly. If you have visited the building, you will know the layout which has been useful for many purposes. The Legion also had a nice sum of money in reserve and with that, the new building was opened in the autumn of 1982. The mortgage was paid off in six months. I'm personally proud of the teamwork the members showed in the project. Some years later the Legion awarded me a Life Membership.



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The rainbow of russet autumn leaves has fallen and stunning snowflakes are soon upon us. As the temperature drops, sickness skyrockets and the stay-at-home season of unwell is hard to escape. Both the flu and the common cold are caused by a virus and considered contagious respiratory illnesses. The symptoms are similar and sometimes challenging to differentiate. Mother Nature provides heaps of holistic herbs to help support immunity and shorten sick days.

Whether sickness is sudden and short-lived or livable and lingering, crawling under a cozy blanket combats aches and fatigue. However, fluids are first and foremost. Diarrhea and a fever can cause water loss so hydration is huge. Wondrous water or herbal teas rid the body of built-up phlegm plus moisten your mouth, nose, and throat. As a certified holistic nutritionist, Mother Nature is always my primary go-to for prevention and relief.

My top choices to ward off winter viruses are widely available, easy on the wallet, and family friendly favourites.

Cinnamon is more than a holiday spice. Cinnamon ceases chills from the inside out while helping fight frequent symptoms associated with the common cold and calm a troubled tummy.

Turmeric and ginger have been used for centuries to treat an endless list of ailments. From pain relief to nausea to offering protection against illness and infection, the pair are a modern-day obsession. Freshly grated into immune shots, juiced or an all-star addition to warm elixirs, this duo helps relieve pain, increase immune function, and decrease nausea.

Elderberry, a dark purple berry rich in antioxidant awesomeness has been used for generations to treat colds and flu. Research in the *Journal of International Medical Research* suggests that when elderberry is used

in the first 48 hours of the onset of symptoms, it may help relieve and shorten the length of a cold and flu. Today we see elderberry in a slew of sensational supplements from capsule form to liquids to crystals to even gummies for children.

As a certified holistic nutritionist, meal planning protocols and creating recipes is the name of the game. With so many clients under the weather during the winter, incorporating the four herbs into day-to-day life is savvy. Holistic heaven is pairing a powerhouse herb with honey. Of course, limiting sugar supports weight management and prevents diabetes but a spoonful of nature's nectar is not forbidden. In the wellness world, honey is holistic magic to the taste buds as well as body boosting.

On my last shopping trip to my local love, Nith Valley Apiaries, I was overjoyed to see my fab four cold and flu fighters featured in their small-batch specialty honeys. Honey is a mix of amino acids, the building blocks of protein as well as vital vitamins and 31 variable minerals. Honey has anti-inflammatory and anti-microbial properties making it a slam-dunk as a throat soothing sensation when added to hot water or herbal teas.

Back being a busy bee? Build a buzz worthy breakfast smoothie or bowl using a spoonful of nature's power pellets known as bee pollen. The natural mixture of flower pollen, nectar, bee secretions, wax, enzymes, and honey contain the immune boosting trio of A-C-E vitamins plus mood elevating vitamin D and the minerals folic acid and biotin. Pollen's gorgeous golden granules equal get-up-and-go every glorious morning thanks to the family of B vitamins!




Mercedes Kay Gold is a Certified Holistic Nutritionist, Certified Personal Trainer, and a published writer who loves helping others live their best life when not spending time with her children and grandson, Theodore.



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Cook's Corner

~By Pat

I love when the seasons change—getting out our cozy clothes, the flannelette sheets, and the fall décor. But my menu choices change too. I enjoy hardy meals accompanied with my garden beets, potatoes, carrots, onions, garlic, and squash.



When you are having company and want to cook ahead, these two recipes are my favourites. They are simple to make and pair well with smoked pork chops, sausage or pork tenderloin. They both keep well for left-overs too.

Hot German Potato Salad

- 9 medium potatoes (boiled)
- 6-8 slices of bacon
- ¾ cup chopped onions
- 2 tbsp sugar
- 1½ tsp salt
- Ground pepper
- ¾ cup water
- ½ cup vinegar

In a deep frying pan, fry the bacon then remove. Brown the onions in bacon grease. Blend the flour, sugar, salt and pepper and stir into bacon grease and simmer till thickened. Stir in the water and vinegar and bring to boil. Toss in the chopped potatoes and crumbled bacon into mixture to warm.

Cooked Red Cabbage

In a medium size pot melt 2-3 tbsp butter or bacon fat. Add grated red cabbage (one small head or half a large head) and one chopped onion and cook on medium-high 5-10 minutes while stirring every few minutes.

Then add ... 2 tbsp vinegar, 2 tbsp sugar, and 2 diced apples (leave peels on). If you have some, add bay leaf and ½ tsp dry mustard. Turn down heat and cook gently with lid on for one hour stirring often.

You Must Be Joking!!



- "My wife said I should do lunges to stay in shape. That would be a big step forward."
- "Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"
- "Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera."
- "What do a tick and the Eiffel Tower have in common?" "They're both Paris sites."
- "I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along."
- What do you call someone with no body and no nose? Nobody knows."
- "Did you hear the rumor about butter? Well, I'm not going to spread it!"
- "Why couldn't the bicycle stand up by itself? It was two tired."
- "You think swimming with sharks is expensive? Swimming with sharks cost me an arm and a leg."

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The growing year is coming to a close. Cold weather veggies and plants linger offering some colour in the garden such as the cabbages, herbs, chard, carrots, turnips, snapdragons, mums, and monkshood with the backdrop of evergreens and the golden glow of tall grasses. Time for hibernation is near.

Wilmot Horticultural events will resume in 2023 and we leave the year on a high as our project, Let's Tree Wilmot, received a 2 Billion Tree Grant of \$163,000 from Natural Resources Canada for two years. This will fund the planting of more trees, educational videos and events, studies on tree health, expand the seedling bed, and equipment to maintain the health of Wilmot's trees. It will be a busy couple of years. If you would like to be a part of our team, contact us.

Shoulda, Coulda, or Might-Get-To List for November/December

- Give your evergreens and young trees a good soak before the ground freezes as the trees still breathe in the winter and can lose more moisture. Even though we have received some rain, we are in a deficit from normal rainfall amounts still, especially if you have sandy soil.
- To prevent rabbit damage, use burlap, white plastic wrap, or chicken wire for trees' trunks.



- To prevent vertical splits in the trunk of young trees created by sun scald, use white plastic or the crepe wrap on the trunks. Use white to reflect heat and keep the trunks cool. Sun scald occurs when you have really sunny days in late winter and early spring. The sun warms up the tree and the tree thinks it is spring time so the sap starts and then it freezes at night with a cold snap and the trunk splits vertically. It can take a tree up to five years to recover from the split or it may die. (https://www.gov.mb.ca/agriculture/crops/plant-diseases/print_winter_sunscald_frost_cracking.html)
- Wrap burlap around smaller, high-value (landscape) conifers or set up a burlap sun/wind shield to help minimize the chances of winter burn. When wrapping your evergreens, keep the burlap off the shrub.
- Throughout winter, use caution when applying ice melt products near trees and shrubs since you may harm your garden and the environment. Avoid using salt products. Depending on your situation, coarse sand can be effective.
- Ensure rain barrels and all garden hoses and accessories are drained.
- Check plants brought in for bugs.

This is a good time to reflect on what worked and did not work in the yard and make a note of it! Think about what plantings dealt best with the drought we had. Long droughts could become more common. Order seed catalogs for a paper copy or go online to plan and dream of the spring and summer to come! Consider adding more native selections of trees, shrubs or plants to provide food and shelter for our wildlife and still provide beauty.

Keep your fingernails and knees dirty!

For 2023 events, garden stories and info go to:
www.facebook.com/groups/3133495739996313
 Email: wilmothortsociety@gmail.com
 Website: wilmothortsociety.ca



Wilmot Horticultural Society

Let's Tree Wilmot
 Email: letstreewilmot@gmail.com
 FB: facebook.com/letstreewilmot
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SELLING THE SENIORS' WAY



Congratulations Wilmot!

Local group Let's Tree Wilmot, a project of the Wilmot Horticultural Society, has been working hard on our behalf. They secured a large grant to help our community with not only planting trees but also with education to preserve our current trees! Thank you Let's Tree Wilmot for all you do for our community.



Left to right: Marlene Knezevich Chair LTW Committee, Tim Louis MP Kitchener - Conestoga; Sandy Jackson, Wilmot Director Community Services; Dean Peachey LTW Chair Projects Committee; Cody Eby, Wilmot Supervisor Parks and Facilities



Thank you to the many volunteers who helped plant tree this year!



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All Things Scrambled

Birth Name	vs.	Stage Name	A Relative	Pizza Toppings
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2. B			Uncle	Bacon
3. L			Niece	Onion
4. G			Father	Olives
5. I			Cousin	Pepper
6. Q			Nephew	Chicken
7. A			Spouse	Sausage
8. M			Mother	Jalapeno
9. O			Husband	Mushroom
10. C			Daughter	Pineapple

Reduce to Produce

You have lost control of your vowels.

Drop One For Fun

12. F	1. Spots	2. Stop	3. Pot
13. H	4. Cheap	5. Pace	6. Ape
14. P	7. Romeo	8. More	9. Mer
15. K	10. Drone	11. Rend	12. Den
16. D	13. After	14. Fare	15. Far

Creating Special Words Score and Shoot

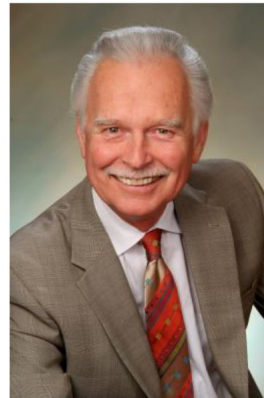
A couple of months ago, I wrote about lost baggage issues at the airport. This was the big 6:00 o'clock news item back then; however, today we don't hear any more about it. Having said that I would like to keep this issue in front of you for just one more article.

For those of you who would like to make life a little bit easier for yourself, you might want to consider using a luggage shipping service. The benefits of using such a service extend beyond being able to travel hands-free. They also come with added security compared with checking in luggage, not to mention allowing you to skip long lines at airports and other transport hubs, avoid irritating fees, and negotiating public transport with heavy bags.



Although there are several companies to choose from, **Luggage Forward** may be the best for Canadians. This company has become the leading provider of door-to-door luggage delivery to more than 200 countries worldwide. A set of online tools allow clients to generate pricing, securely book online and track luggage real-time, leaving you to enjoy your journey. They also offer a double money back on-time guarantee for every bag they ship. You can check them out at <https://luggageforward.com>.

Next month, I will speak to a couple of different issues. One of them having to do with Top-Up insurance and the other with "No Pre-Ex" travel insurance. The latter may sound great but it may not be what it's all cracked up to be.



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WORD GEOGRAPHY

Many words are taken from place names. Here are a couple of examples.



Ghetto – from an island of Venice Italy. In 1516, the city fathers of Venice decreed that all of the city's Jews had to live on the island of Geto. The practice spread through Europe and the Jewish quarters became known as Ghettos. Today a Ghetto segregates people by ethnicity rather than by religion.

Parchment – from Pergamum an ancient city state. In 190 B.C., the residents of Pergamum, deprived of papyrus by an Egyptian cartel, developed a substitute, parchment.

Cologne – from Koln, Germany. In 50 A.D. this city was founded by the Romans and named Colonia Agrippina (Agrippina's Colony), the birthplace of Agrippina, the wife of the Roman Emperor. It was later shortened to Colonia. During its French occupation it was called Cologne after the perfumed water produced there since 1709.

Baloney – from Bologna, Italy. This district was known for its sausage which was of dubious quality. The original sausage was stuffed with odds and ends. The perception holds that baloney sausage was inferior and dubbed worthless, nonsense, or pure baloney.

Seltzer – from Niederselters, Germany. A source of naturally sparkling mineral water was found there in the mid 18th century.



The Baden Outlook Continues to Travel...



Keith and Bonnie Bowen went with Stonetown Travel to the wonderful world of Iceland. Standing in front of the Sun Voyager in Reykjavik.



Larry, Carol, and Josh Zehr, Angela(Zehr), and Anthony Van Beek took their Baden Outlook to the RCAF Museum at Trenton for the dedication of the AD ASTRA stones one of which was for their late son, father, and brother SGT. Donald Zehr.



Ross & Glenda Roth took a colourful drive to Lake Eugenia to visit Beatrice Heipel & her son Bill Jr (Butch). She was happy we brought her the Baden Outlook.

Gwen Clark Williamson of Morningside along with daughters, Alyson Needham of New Hamburg and Denise Brown of Dundas, took the Baden Outlook to the Isle Of Skye during a recent visit to the U.K.

Don't forget to take your copy of the Baden Outlook on vacation with you! Email us with your name, where you have travelled, and a photograph! badenoutlook@hotmail.com



Cathy Cook, Martin Van Beek, Donna and Greg Cook met up in Blyth at Cowbell Brewing with their Baden Outlook.

The TCMH Corner: Resident Perspectives

The days are getting noticeably shorter in November as we march steadily towards winter. But rather than lament, here at Tri-County Mennonite Homes (TCMH) we think it's a good time to sit in warm, cozy places and to catch up with friends and family. We thought we would do just this with Aldaview Services long-time resident, Kathy Lynn W. Becker. Aldaview Services provides supports and accommodations for individuals with developmental disabilities and Kathy has been living at Aldaview since 2007.

During November at TCMH Aldaview Services we celebrate Remembrance Day, something Kathy thinks is important to do. Some of Kathy's family served, and went to war, and she likes to remember them by recounting their stories and visiting the cenotaph during Remembrance Day celebrations. Kathy remembers the bagpipes, the solemn walk to the cenotaph for the memorial services, and the importance of wearing a poppy to pay her respects. Kathy always makes sure to have 2 poppies, one she keeps for herself and one she gives to a friend if she notices they are not wearing a poppy. She wants to attend the Remembrance Day service again this year, but will be watching the weather to make sure it is not too cold before she goes.

Kathy does not like the cold and prefers to spend late-fall and winter in the comfort of her home. She doesn't like the ice and she definitely doesn't like the cold. But – Kathy is a joker, and she will not miss the opportunity to put on lots of layers, her favorite blue mitts (that her mom bought for her), and her warm boots so she can go outside and throw snowballs at the staff. While outside she likes to take time and look at the snow on the trees and her frosted breath in the air. It reminds her that Christmas is right around the corner.

The lead-up to Christmas time is a good reminder for Kathy that it is important to be kind and to look out for one another. November includes bullying awareness week and on November 13, it is International Kindness Day. Kathy doesn't like bullies because they are mean when they tease people and call them names. Kathy deals with bullies by walking away and she tells her friends they should walk away from bullies too. Rather than being mean like a bully, Kathy focuses on the many ways she can be kind. She likes to pay for the coffee of the person behind her in



line, she remembers to say please and thank you, and she enjoys doing nice things for her roommates like help them get their stuff or giving them a compliment. Kathy also appreciates when people are kind to her, and she really likes when her POA Carolyn helps Kathy with her bath.

Some of the other people who stand out to Kathy for being kind are her Aunt and Uncle who raised her. Kathy was adopted by them as a child and when she was older, she changed her name to take her Aunt & Uncle's family name. They helped Kathy grow up to be strong by helping her do exercises. They took her on vacations out west. They brought her to see the local fairs, the RCMP Musical Ride, and to theme parks to ride the roller coasters. She remembers being spoiled by them and how they taught her that kindness was very important. So as Kathy prepares for November and the holiday season ahead, she remembers her adoptive mom's birthday this month, and how her mom taught Kathy that a little bit of kindness can go a long, long way.

Tri-County Mennonite Homes



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Holiday Workshops

Meadow Acres Garden Centre 2022

Add a personalized touch to your seasonal decor by creating your own decorative holiday piece. All you need are a pair of garden gloves, your pruners and some warm clothing. We will provide all the materials and the expertise to help you create your own stunning arrangement that showcases your own personal style and taste.

Welcome Planter

Thursday, Nov 17
6:00pm - 7:30pm

Saturday, Nov 26
1:30pm - 3:00pm



Holiday Urn

Friday, Nov 18
6:00pm - 7:30pm

Saturday, Nov 19
1:30pm - 3:00pm

Thursday, Nov 24
6:00pm - 7:30pm

Metal Sleigh

Thursday, Dec 8
6:00pm - 7:30pm

Holiday Wreath

Friday, Nov 25
6:00pm - 7:30pm



Wooden Holiday Sled

Thursday, Dec 1
6:00pm - 7:30pm

Hanging Holiday Sphere

Friday, Dec 2
6:00pm - 7:30pm

Metal Holiday Tree

Friday, Dec 9
6:00pm - 7:30pm

Winter Centrepiece

Saturday, Dec 10
1:30pm - 3:00pm

Holiday Events



Visit With Santa

Santa is coming to Meadow Acres Garden Centre. We invite you to take pictures with Santa and meet a REAL reindeer!

Saturday, Dec 3
12:00pm - 4:00pm

Sunday, Dec 4
12:00pm - 4:00pm

Ladies Night

Wednesday, Dec 7
7:00pm - 9:30pm

Store will re-open at 7pm.
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