

NOVEMBER 2023

VOLUME 24, ISSUE 4

Baden Outlook

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Baden Outlook

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Barry, Pat, & Katie Fisher

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

- Join in the many Baden festive activities to get you in the mood
- Global Outlook heads to Africa
- Nachurs Alpine celebrates 50 years
- Check out Mercedes' yummy granola recipe and learn about pumpkins
- Try your best at Theresa Billo's *Hard Rock and Metal* word search
- Tri-County Mennonite Homes features Ernie Ritz
- Get an update on LYNC's affordable housing project in downtown New Hamburg
- Read Chip from ICC's article on how to feel gratitude
- Traveling this winter, get travel insurance tips and tricks from Gary White
- TCP brings another great show to town.

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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Greetings from Headquarters ~



I've realized over the years that Dad loves to write factual articles. He grabs a topic, researches it, and writes what he learns. I love writing thought-provoking articles. It's my jam. But it requires me to lie on the couch and think for a while about life, society, the past/present/future, and how we go about life. I think of it as a meditation in a way. Here is my couch thought this month...

Have you ever realized, the necessities we believe are important for living comfortably nowadays are not necessarily what they were back in the good 'ole days. Obviously, the bare necessities like food, water, safety, warmth, light, etc. are all the same but how we are achieving those things, has changed over the decades and centuries.

If we look back 100-200 years ago, candles would have been used as a light source and potentially a bit of heat. Fireplaces in homes would have been almost a must. Horses would have been handy for farmwork and travel. Eventually radios were super important as a news source (especially during the war) and entertainment.

Current day, candles are nice to provide a relaxing aura but I can go months without burning one. The importance of light and heat is not as prevalent. Many don't require fireplaces in our homes but again, fireplaces provide a comforting experience when we do. Most of my family and friends don't own a horse. I love the radio but I don't require it for news. It is interesting to me what we deem necessary these days. Internet for sure. Cell phones, as they can order us items/food and help us pay our bills, communication tool etc. Gas is a huge necessity to our lives between heating our homes and fueling vehicles/buses so we can travel. But in 100-200 years from now, will we deem those same items necessities? If we told someone 200 years ago that you wouldn't need a horse, candles, or a fireplace in your home... they would have been shocked! Maybe today's essentials are only necessary for creating a faster, easier, more efficient us.



As the skies of autumn get darker and moody it may be more enjoyable to look down rather than up. The beautiful colours of the fallen leaves are the gift of transition to the white coat that is coming our way. Katie captured the leaves in her neighbourhood and featured them on the front page. Katie and Barry are both thinkers as you've learned by now, and I suppose my style is to chatter and recap what's in this issue.

Beyond the sky and leaves it is also apparent in this issue how the festive season is creeping up quickly. Baden is not having a Santa Claus parade again this year but is offering other events to get you in the mood as you will see in the coming pages. Also, a reminder that the Tree of Light in New Hamburg is December 1st.

In this issue you will get an update on the LYNC development going on downtown in New Hamburg and also a recap of life from Ernie Ritz. Gary White always has the latest up-to-date information to keep you in the know and make your travel easier. Thanks to Jim Burrell for his first Baden Birding article and welcome to our team—we look forward to your input and perspective. Once again the paper has been travelling and we thank you so much for taking us along with you—I am happy that we are able to print your photos in colour this month. They deserve it!

We get so much positive feedback on the jokes and puzzles so we try each month to give you as much fun as possible...I hope you enjoy the November issue!

Talking with Ed

~ It Makes Sense

We as humans are very fortunate to have a good balance of the five major senses which are touch, sight, hearing, taste, and smell. There is some debate among scientists about expanding the number of senses to seven. The two additional senses that are suggested are Vestibular (movement and balance sense) and Proprioception (the body awareness sense). Some scientists suggest that there could actually be between 22 and 33 senses in our body.



Many animals are blessed with having one of the five basic senses amplified, which helps them survive in this challenging world. Thousands of years of evolution have given them uncanny abilities to endure. Here is some detail about the category and which animals have improved senses.



Sense of Smell – Elephants have over 2,000 distinct genes dedicated to their sense of smell. As an example, they can determine where underground water is located up to 12 miles away. Their nostrils are located at the top of their trunks. Due to movies, such as *Jaws*, I have always known that sharks have an amazing sense of smell. Their sense of smell allows them to detect one drop of blood in 100 litres of water and also detect a wounded animal miles away, mostly aided by ocean currents. Bears are number three on the list as their nasal receptors are 100 times more powerful than a human. No wonder you hear stories

about campground visits from bears hoping to join in on supper or a late-night snack. Rounding out the list for the sense of smell are dogs, snakes, kiwis, turkey vultures, silk moths, rats, and cows.

Sense of Touch – Catfish do not have scales, but they have hairs on the body that add to their sense of touch. It has even been suggested that they can detect earthquakes days in advance – not sure how someone would measure that, but okay. A star-nosed mole has six times more receptors in its nose than a human hand. They use their nose to find insects and other items to eat. Crocodiles and alligators have 1,000 small receptors in their jaw about the size of a tip of a pencil, which will allow them to detect vibration in the water. Also included on the “touch list” are a jewel beetle, manatee, seal, cricket, and a spider. The spider I can understand as I have seen them scurry across their web when an unsuspecting insect lands there.



Sense of Sight – Have you ever heard the term “Eagle Eye”? Apparently, eagles can see about eight times as far as humans and their vision allows them to see a rabbit up to two miles away. As far as daytime vision goes hawks, falcons, and eagles are at the top of the list. The nighttime vision award goes to the owl. Owl’s eyeballs are actually cone shaped, which give them a type of binocular vision. Their eyes are stationary but their swiveling neck allows them to have 270 degrees of vision. A mantis shrimp has the most complex set of eyes in the animal kingdom. Humans have three sets of cones in their eyes which allows us to see colours red through violet. Mantis shrimp have 16 different cones giving them an advanced sense of colour. Also having great vision are sheep, goats, sharks, and the colossal squid.

Sense of Hearing – Bats have the best hearing of all the animals in the world. They emit highly pitched squeaking sounds, like an ultrasound, which are bounced back off walls or trees. This is used to find insects and assists them in their navigation. They can detect sounds between one and 200 khz. There are around 160,000 species of moths in the world, but none have better hearing than the greater wax moth. Greater wax moths can detect sound at frequencies of up to 300 kHz which is higher than any other animal in the world. Owls have tremendous eyesight, but they also have incredible hearing which they use in hunting. Other animals with great hearing include the dolphin, dog, cat, horse, and wolf.



Sense of Taste – The animal with the best sense of taste is the catfish, who have between 100,000 to 175,000 taste receptors. Cows have 25,000 taste buds which is two and a half times those of a human. Rabbits have twice as many taste buds as humans and they also have a keen sense of smell. Also included on the taste list are pigs, octopus, squid, bees, butterflies, flies, and snakes.

There are a couple of animals high on the list that have multiple sensory perception. Owls and sharks, I can understand, but who would ever suspect a catfish being there? I had always thought that when you had a sixth sense, it meant that you could perceive what might happen in the not-so-distance future, or perhaps see dead people as the movie of the same name suggests. But perhaps I don’t have my sixth sense working!

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 30

All Things Blue

SEFY _____
NOMO _____
JANES _____
NRHOE _____
FURMS _____
SEHECE _____
GONOAL _____
DINXEW _____
CUREPS _____
SPREAG _____

All Things Green

MILE _____
FALE _____
GALAE _____
PEPAL _____
SARGS _____
LOVEI _____
TERMKI _____
CLIKEP _____
RAMLEED _____
HARMSOCK _____

"Keeping the Community
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Baden ~ Lots Happening in Our Town

New Year's Eve Kids Party

The Baden Community Association will be hosting their popular New Year's Eve Kid's party once again this year at EJ's in Baden.

Erick Traplin will be back to entertain the party which is a perennial sell out. A delicious kid-friendly meal, party favours, and door prizes will be included with the price of admission and of course there will be a New Year's countdown and balloon drop.

The event will be held early so that Mom and Dad can get home to get ready for their own New Year's Eve festivities!

Tickets will go on sale on December 2nd - for more information visit www.baden.ca



Christmas Bazaar

St. James Lutheran Church
66 Mill Street, Baden

Saturday November 25th—10 a.m. - 1 p.m.

Bake Table, Vendors, Nearly New Tables, Santa's Surprise Table, Face Painting, and more!

WILMOT RECREATION COMPLEX



Firebirds Home Games

Fri., Nov. 24th at 7:30 p.m. vs. Wellesley
Sat., Nov. 25th at 7:30 p.m. vs. Tavistock
Fri., Dec 1st at 7:30 p.m. vs. Woodstock
Fri., Dec. 8th at 7:30 p.m. vs. Tavistock
Sat., Dec. 9th at 7:30 p.m. vs. Norwich

Open Swims at Wilmot Rec Complex

Fridays 8 p.m. to 9 p.m.
Saturdays 2 p.m. to 3:30 p.m.
Sundays 2:15 to 3:45 p.m.

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10AM TIL 3:00PM



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Have you heard of Giving Tuesday?

Giving Tuesday is the world's largest generosity movement. Whether it's making someone smile, helping a stranger, or giving to those who need our help, every act of generosity counts, and everyone has something to give.

Giving Tuesday was created in 2012 as a simple idea: a day that encourages people to do good. The idea caught on, and has grown around the world, inspiring hundreds of millions of people to give, collaborate, and celebrate generosity.



#GIVING
TUESDAY

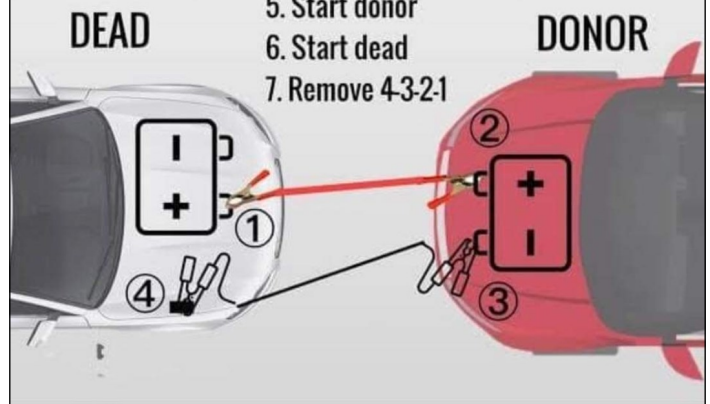
Giving Tuesday is now in 80 countries and is the first Tuesday after Black Friday and Cyber Monday. There are many Volunteer groups that work on

donations, so that they can provide programs and services for the community. This is a time to donate to these groups and feel good about your contribution. For more information visit www.givingtuesday.ca

It's soon winter in Canada and you or someone you're with might be stuck one day with a dead car battery. If you've never had someone show you how to boost your car, check this out. First, be sure both vehicles are turned off before you boost.

HOW TO JUMP A CAR

1. Red on dead +
2. Red on donor +
3. Black on donor ■
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-Lindsay N.

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

By Sherri Gropp, Curator and Taylor Hynes, Museum Assistant



November 1923- 100 years ago

November 16, 1923

Bank Teller Arrested:

Charged with the theft of \$700 belonging to the Dominion Bank, Baden, of which he was teller, W. B. Kilgour, aged 24, was arrested in Toronto on Wednesday. He is alleged to have been short \$200 in his accounts, then took \$2000 with which he hoped to cover the first theft. Fearing to return the money, and he be arrested, he fled to Windsor, but later returned to Baden and refunded what money he had left. Learning of the theft the bonding company issued a warrant for his arrest.



Photo of the Toronto Dominion Bank in Baden c.1920. The Baden Opera House was located on the second floor of this building. From the Township of Wilmot Archives.



PRIVATE JOHN STIEFELMEYER
FEBRUARY 27, 1945

November 1948- 75 years ago

A Remembrance Day Service was held at Livingston Presbyterian Church on Sunday afternoon. The Pastor Rev. J. Murdock conducted the service. High tribute was paid to Canadian soldiers who made the supreme sacrifice in defense of their country, freedom, and truth. He exhorted his audience never to forget this loving service and the spirit in which it was rendered, quoting the text "Greater love hath no man than this, that he lay down his life for his friends". He added that "some will never forget as is shown by the inscription on the ornamental vases". The vases were donated to the church by Mr. and Mrs. J. Stiefelmeyer and Mr. and Mrs. J.W. Honderich in loving memory of their sons Pte. Jack Stiefelmeyer, killed in action Cleve, Germany, in 1945, and F.O. Robert Wayne Honderich killed in action at Cape Town, South Africa in 1944. The inscription on the vases, dedicated at the service, read "From the rising of the sun till the setting of the same, we shall remember him". The congregation was assisted in signing by the Junior choir, with Miss Shirley Ritchie at the console of the organ. Flower for the occasion were donated by Mrs. J.C. Ross.



F.O. ROBERT HONDERICH
APRIL 12, 1944



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Have a few drinks with your friends and enjoy some live entertainment
with Drew Rouse, playing December 9th from 7-10 pm.

We are now open Mondays at 11 am.

Feel like ordering in instead? Check out our menu online!

November 1973- 50 years ago

November 7, 1973

Student Graduate from WLU:

Four local Students were among the first graduates at newly-named Wilfrid Laurier University in Waterloo.

The four local students were Barbara Honderich of Baden, Keith Mueller of New Hamburg, Donald Poth of New Dundee, and Paul Reid of St. Agatha.

The University changed its name from Waterloo Lutheran University this year after over 60 years as a church – affiliated University. It is now a provincially assisted University.

Guest Speaker at the convocation ceremonies was The Hon. Paul Martin, government leader in the Senate and chancellor of the University.

Two area natives figured in the Wilfrid Laurier University football victory over Ottawa in Kitchener Saturday. Fred McLean of New Hamburg and Mike Weiler of Baden each scored touchdowns in the WLU Golden Hawks 48-4 victory. Weiler last year was a star with the Waterloo-Oxford Crusaders.

Christmas at the Castle

Fully decorated

November 15 - January 7

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 10 a.m. - 3 p.m.

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1879 Steam pumper

Years ago the New Hamburg firefighters fought fires with a steam pumper. It was pulled to the fire scene by a team of horses. The firefighters had to light a fire in the pumper before they responded to a fire. The fire in the boiler produced steam which in turn operated the fire pump to create pressure in the fire hoses. This steam pumper is part of the Wilmot Heritage Fire Brigades collection and is now stored at the Doon Heritage Museum because of lack of storage space at our current location. Seen in this photo is former member, Ray Cook (now deceased).

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Hard and Heavy Rock Word Search

Submitted by: Theresa Billo

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

Have a rocking great time finding the words below in the word search to the left. Words can be found up, down, sideways, or diagonal. Good luck!



- ACDC
- ANTHRAX
- BLACK SABBATH
- DEEP PURPLE
- DEF LEPPARD
- DIO
- DRUM SOLO
- GUITAR RIFFS
- GUNS N ROSES
- HELIX
- IRON MAIDEN
- KISS
- LED ZEPPELIN
- MEGADETH
- METALLICA
- MOTORHEAD
- OZZY
- PANTERA
- RUSH
- SCORPIONS
- SLAYER
- VAN HALEN

Halloween Candy Fun Fact:

Did you know that the different colours of Smarties are actually made without harmful dyes and chemicals. Check out the label and you will see that beets, spirulina, turmeric, carotene, and anthocyanins which are blue, red, or purple pigments found in plants, especially flowers, fruits, and tubers are what gives them colour!



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Baden Birding ~ I HAVE BEEN A BIRDER

By Jim Burrell



I've been a birder for a long time and many people have asked, "How did you get started?". Birders tell many stories about their initiation. Mine is rather simple. I used to be a duck hunter but never managed to shoot one. My brother and I would sit in a blind along the Thames River (I grew up in London) and try to bring ducks in to our decoys. It never worked, when I was there but many other birds appeared as we waited and watched the sky. I always went home to try to identify what I saw.

And so it continues: I'm still learning about birds.

Two of our children (Doug and Gillian) are casual birders. They can ID most birds from our past camping trips and feeders around the home. We still enjoy walking in the bush and identifying what we see.

Our other two boys are now very competent birders and make their living with their birding skills. Michael was a birder from birth. I think his first words were "chickadee" and "nuthatch". Santa gave him his first pair of binoculars when he was four years old. We would go off to the woods so he could see birds with his new toys. He became very good, very quickly. He is now a provincial zoologist for the Ministry of Natural Resources and Forestry and coordinator of the Third Ontario Breeding Bird Atlas.

Ken, on the other hand, was a very reluctant birder until the "Hook Bird" showed itself. What is a "Hook Bird"? It's a bird that captures you like a fish on a hook. It's got you!

The May 24 weekend of 1996 was when Ken encountered this species. He came with Mike and me to Bannister Lake in the south end of Waterloo Region because he was too young to be left alone. Mike and I were scoping the lake from the tower while Ken was behind us, playing with animal toys he had brought with him. Suddenly, Ken said, "Oh! What's that?" The "hook bird" had set its hook! We wheeled and saw a bright yellow bird, with a black bill and eye and a head and breast the colour of a blanched peach. It was a Prothonotary Warbler: the first appearance in Waterloo Region. At the time there were only 5 breeding pairs known in Ontario and all were along the north shore of Lake Erie. Ken was hooked!

Within the year, he had built a dozen nest boxes for Prothonotary Warblers, delivered them to Birds Canada in Port Rowan, helped place them in Baccus Woods, learned all he could about their biology, and began to plead for his own binoculars and ID book. Ken is now a birding consultant with a private engineering company based in Kitchener.

Getting into birding is different for each person. The most important thing is to get out into the natural world anywhere and anytime watching for your own Hook Bird. Birding leads to many things including finding what else is sharing your space, how these creatures interact with others like them and with other species, and why we look at birds as "canaries" in our world.

Good birding!

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You Must Be Joking!!



Betty was a little old lady who was always cheerful and quite happy with her life, but lately, she had started having a bit of a problem. One day, she goes to the doctor and says, "I have this problem with gas, but it really doesn't bother me too much. My toots never smell and are always silent."

The doctor replies, "Is that so?"

Betty continues, "Yes! As a matter of fact, I've tooted at least 20 times since I've been in your office. You didn't know I was tooting, because they don't smell and are silent."

The doctor says, "I see. Take these pills and come back to see me next week."

Betty goes home and takes her pills as prescribed. Suddenly she starts seeing some big changes in her everyday life. The next week she goes back to the doctor.

"Doctor," she says, "I don't know what you gave me but now my toots... although silent... stink terribly!"

The doctor nods and says, "Good! Now that we've cleared up your sinuses, let's work on your hearing."



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Checking out the Baden Library



Call 226-748-8030 or email rwprograms@regionofwaterloo.ca if you have questions about upcoming programs.

PUZZLE EXCHANGE

It's puzzle season! Baden Library offers a puzzle exchange for our patrons. Bring in a puzzle from home that's in good condition and exchange it for another one that's new to you! We also welcome donations of puzzles to add to our exchange. No need to bring it to the desk - there are no due dates.

FUN WITH THE FIREBIRDS

It's back! After a three year hiatus (thanks, Covid), we are welcoming back the New Hamburg Firebirds hockey team to the Baden library on Wednesday, November 22 from 6:30 – 7:30 pm. This event is for all ages to meet and engage with the players. Challenge your favourite player to a game of table-top hockey, get autographs, enter your name to win a prize, and more! Drop-in, no registration is required.



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

Saying goodbye to RWL's Fall session and hello to holiday programming!

FOR FAMILIES

- Family Storytime – Wednesdays at 9:30 a.m. through to November 15 – Wellesley Branch
- Discovery Time – Wednesdays at 9:30 a.m. through to November 15 - New Dundee Branch
- Discovery Time – Thursdays at 10:30 a.m. through to November 16 - New Hamburg Branch
- Fun with the Firebirds – Wednesday, November 22 at 6:30 p.m. – Baden Branch
- Preschool STEAM – Tuesday, November 21 at 10 a.m. – Baden Branch
- Holly Jolly Storytime – Wednesday, December 6 at 9:30 a.m. – Wellesley Branch

FOR BABIES

- Baby & Me – Mondays at 10:30 a.m. through to November 13 – New Hamburg Branch
- Baby Connections – Wednesdays at 11:00 a.m. through to November 15 – Wellesley Branch
- Baby Connections – Thursdays at 10 a.m. November 2 – 23 – Baden Branch
- Jingle Babies – Wednesday, December 6 at 11:00 a.m. – Wellesley Branch

FOR KIDS

- Youth Under the Rainbow: Kids' Korner – Mondays at 4:00 p.m. through to November 13 – Baden Branch
- Crafty Tween – Monday, November 6, 13 & 20 at 4:00 p.m. – New Hamburg Branch

FOR TEENS

- Edit That Painting – Tuesday, November 7 at 4:00 p.m. – Baden Branch

FOR ADULTS

- Drop-in Yarn Craft Club – Wednesdays from 6:30-8:00 p.m. – New Hamburg Branch
- Book Talk – 2nd Wednesday of the month, November 7 & December 13 at 3:00 p.m. – New Hamburg Branch
- Adult Book Club – Tuesday, November 21 at 6:30 p.m. – Wellesley Branch
- Adult Craft Night: Wooden Reindeer – Wednesday, November 22 at 6:00 p.m. – New Hamburg Branch
- DIY Ornaments - Thursday, December 14 at 6:00 p.m. – New Hamburg Branch



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Raising the Poppy Flag



On October 27th at 10 a.m., members of our Legion 532, local residents, and Mayor Natasha Salonen attended the first-ever raising of the Poppy flag in Wilmot Township.



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Community Theatre at its Very Best

In a time when people are feeling isolated more than ever before, the community of New Hamburg is coming together to entertain and

spread happiness through the art of theatre. The

Community Players of New Hamburg (TCP) return to the stage at the Studio Theatre after a four-year hiatus to perform an entertaining, outstanding show for the people of New Hamburg and beyond.

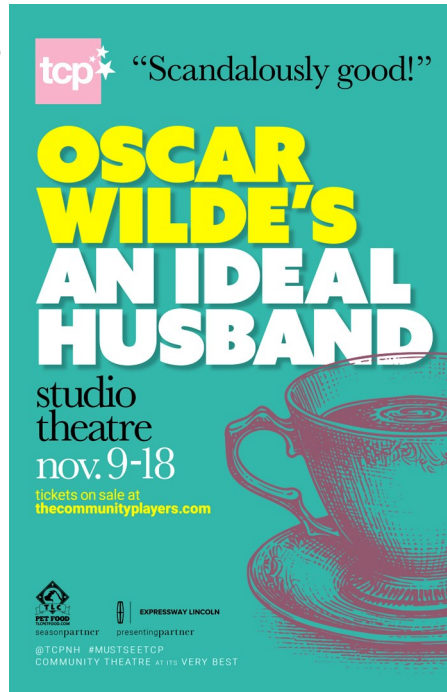
This November, TCP presents Oscar Wilde's dramatic comedy *An Ideal Husband*. Based in High Society London (circa 1895), the production follows characters through blackmail, corruption, love, and high expectations.

Directed by New Hamburg local, Jaime Vandermolén, TCP's production of this Oscar Wilde classic takes a refreshing approach. "Our cast has done a beautiful job of diving into their characters, really recognizing

their strengths and weaknesses," says Vandermolén. Trevor Middleton and Kalene Ticknor-Malton who play Sir Robert Chiltern and Lady Chiltern are among the 11 cast members who bring this show to life. Audiences

are welcomed into the home of these characters to follow their antics and revelations throughout the production. It is sure to make you laugh, cry, and hold your loved ones dear.

Although *An Ideal Husband* is filled with very traditional 1800s dialogue, TCP's version will surprise you. "You have likely not seen the show performed in this style before," says Vandermolén. TCP's production showcases strong female characters who bring a whole new outlook to the storyline. These women recognize that social status is maintained by couples who practise an equal partnership behind closed doors and present a more acceptable "female accompaniment and obedience" in society.



TCP's artistic directors Danielle Guistini-Crouse and Brooke Gamble have worked with numerous costume designers, painters, set designers, and props enthusiasts, to bring this production to the community. The set is beautifully designed with decor and period-appropriate accents that will keep you in awe throughout the production. "It is definitely one of the most intricate productions we have put on here at TCP," says Gamble. All wardrobe pieces have been handsewn with intricate details and accessories. Audiences will truly feel they've stepped back in time.

For nearly 40 years, TCP has pushed the boundaries of what is possible for an entirely volunteer run organization. They continue to create community theatre at its very best, with a team of experienced theatre enthusiasts who mentor the next generation of performers, directors, creators, and production members. If you are interested in volunteering with TCP, head to the group's website. All are welcome.

Tickets for *An Ideal Husband* are on sale now at www.thecommunityplayers.com. The production runs from November 9th -18th at TCP's Studio Theatre, upstairs at the New Hamburg Community Centre.



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Christmas Eco-Friendly Tips to Celebrate

- Give consumables such as homemade cookies, preserves, or local food products.
- Serve locally-sourced food for your holiday meals.
- Avoid disposable dishes and cutlery when entertaining.
- Give gift cards or handmade gifts.
- Secondhand is the way to go. Buy gently used books and other items.
- Consider the product's expected lifespan as well as whether or not it can be recycled or upcycled.
- Donate to a charity in a friend or family member's name.

For many more ideas, go to <https://wiser.eco/eco-friendly-christmas-ideas>

The Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan group of volunteers aged 8 to 70 plus years that has been active in the community for 10 years. We are not environmental experts – just residents of Wilmot and Wellesley Townships who are concerned about the climate crisis. We are funded by donations, fundraising efforts, and grants (no membership fees to join). Our mandate is to achieve and support a long-term healthy environment and we accomplish this through education, action, and collaboration.

Take a look at our website to see what we do (nvecoboosters.com) and we hope you will consider coming to our next general monthly meeting which will be held at 7:00PM on **Tuesday, November 21st**. Please contact us via e-mail: nvecoboosters@gmail.com or call **519-662-9372** if you would like to participate in this meeting or want more information.

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

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- 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.

- 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!**

Test them every month.

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



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Autumn is pumpkin spiced while wintertime, a whirlwind of hearty root vegetables. Pumpkin is more than the showstopping main ingredient in traditional holiday pie, the unofficial sidekick to roasted holiday turkeys. Pumpkins deserve a place on your plate all year long. Pumpkins belong to the winter squash family and technically the gourd family, too. They are in fact a fruit, developing from a flower and the inside stocked with super nutritious seeds. This outrageous orange globe is a bevy of vitamins, minerals, and awesome antioxidants. Their happy hue signals boatloads of beta-carotene which converts into vitamin A in the body. Good vision and healthy eyes are thanks to the vital vitamin. A also stands for awesome anti-inflammatory, antioxidant, and anti-aging skin support.

Pumpkins house a true superfood. The zinc content in pumpkin seeds is a powerhouse of prostate benefits and an insane immune booster. Selenium, a terrific trace mineral supports thyroid health and knees love their mega manganese content. Seeds are high in protein and low in carbohydrates yet heaps of healthy fats. Pumpkin seeds are Mother Nature's sprinkles. Just a quarter of a cup is the perfect portion for on-the-go-snacking and sensational seeds are salad toppers, baking add-ins, and a great alternative to almond butter. The power of the pumpkin is honest-to-goodness health benefits.

Pumpkin is versatile. Roast alongside carrots, parsnips, and sweet potatoes with a smidge of cinnamon and splash of maple syrup for a warming wintertime side.

Puree roasted pumpkin and cook with three cups of stock, diced onion, chopped garlic, salt, pepper, and a cup of milk or plant-based alternative for a simple soup recipe. For an exotic twist add a can of full fat coconut milk and a generous spoonful of Thai red curry paste to the simple recipe above.

Pumpkin, almond butter, banana, and a dash of cinnamon blended with your favorite milk makes for a sensational smoothie.

Pumpkin puree is plant-power in pancakes, muffins, loaves, cookies, and waffles. Roasted chunks are a pumpkin phenomenon in chili, salads, and the superstar in pumpkin lasagna and raviolis.



Remove seeds and roast small pie pumpkins until the flesh is soft enough to hollow out. Get creative and combine with rice or quinoa, raw

seeds and nuts, dried fruit plus pumpkin pie spice or favorite herbs. Fill the pumpkin back up and serve the culinary centerpiece.

As we say good-bye to rustling leaves and hello to snow removal, warm up to pumpkin! This first-class fruit is more than a Jack-o'-lantern.

Pumpkin Powered Granola

Vegan, gluten-free, and nut-free*

Ingredients:

- 3 cups old-fashioned gluten-free oatmeal
- ¾ cup chopped pecans
- ½ cup raw pumpkin seeds
- ¼ cup dried cranberries
- ½ cup canned pumpkin or puree roasted pumpkin
- ¼ cup maple syrup
- 1 tsp pumpkin spice
- ¼ cup melted extra virgin cold-pressed coconut oil
- 1 tsp vanilla extract
- 1 tsp Himalayan Sea salt



Directions:

1. Combine all the ingredients
2. Spread out on a cookie sheet
3. Bake at 350 degrees for 40 minutes. At the 20-minute mark, stir the granola, and spread out evenly again. The edges will be golden and the house smelling aromatic.

Serve over yogurt, ice-cream or eat as a healthy snack. For added decadence add ½ cup of chocolate chips once cooled. Store in an airtight container or freeze.

***For a nut-free version, use raw sunflower seeds instead of pecans.**



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Staying Connected as LYNC Continues to Develop

The *Baden Outlook* sat down with some of the directors of Love Your Neighbour Communities (LYNC) to discuss updates and future plans for their mill project in downtown New Hamburg. Here is what we found out.



LYNC's mission is to revitalize people and rural communities through equitable housing and social enterprise. As an organization, they wish to meet the needs of our neighbours for housing, food security, a sense of community, and environmental responsibility.

LYNC is a faith-based group who have purchased the old mill in downtown New Hamburg. As stated in their mission statement above, they are looking to create lower cost housing in the mill and also an adjoining building that will be built between the mill and CIBC. The finished project will create 31 three-bedroom, two-bedroom, and one-bedroom units. These units will be divided into three groups; market rate, affordable housing (60% to 80% of market rate), and rent geared to 30% of a person's income. This strategy is intentional as it will provide sustainability to the project. The lower floor of the mill will also have a

community gathering spot and commercial kitchen.

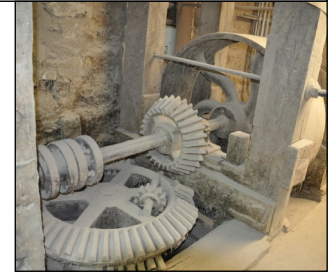


Wodden Mill early 1900s.

community gathering spot and commercial kitchen. The second piece of the project is to preserve the mill, which is a heritage building, that was built in 1905. The building was originally a sawmill creating lumber for many homes in Wilmot Township. In the early 1900s, it converted to a flour mill, and remained in that capacity until 1972 when it was purchased by B -W Feed and Seed. Obviously, there is a tremendous amount of history in that building.

The LYNC group will be taking over the old police building once the project is completed. Until that time, it will be their office building. Later it will be torn down and an outdoor gathering place will be formed. A tender will be put out shortly to find a Construction Manager to help with the project. The design team is already in place. In

February 2024, LYNC hopes to begin internal demolition of the Mill, removing the working elements of the Mill while preserving some of the more interesting pieces to incorporate into the design. In May, full out construction of the mill and possibly the new building will commence depending on permits and funding. They hope to have completion of the project in the fall of 2025, but also realize that it is a very aggressive timeline. GRCA has most recently given their approval for the project.



The group commented that the township has been extremely helpful with their dealings with the project. LYNC has had an aggressive fundraising program where they have raised two million dollars to date. They are appreciative of the giving from local people and have much gratitude for the caring community in which they live. Realistically they will need much more as the project moves forward. Being they are a faith-based group, they hope to reach out to the churches for some support. They also noted that Giving Tuesday is on November 28th and would be a great time to contribute to the cause. LYNC is a registered charity and they have a volunteer board of directors. For more information, visit their website, www.lyncommunities.com.



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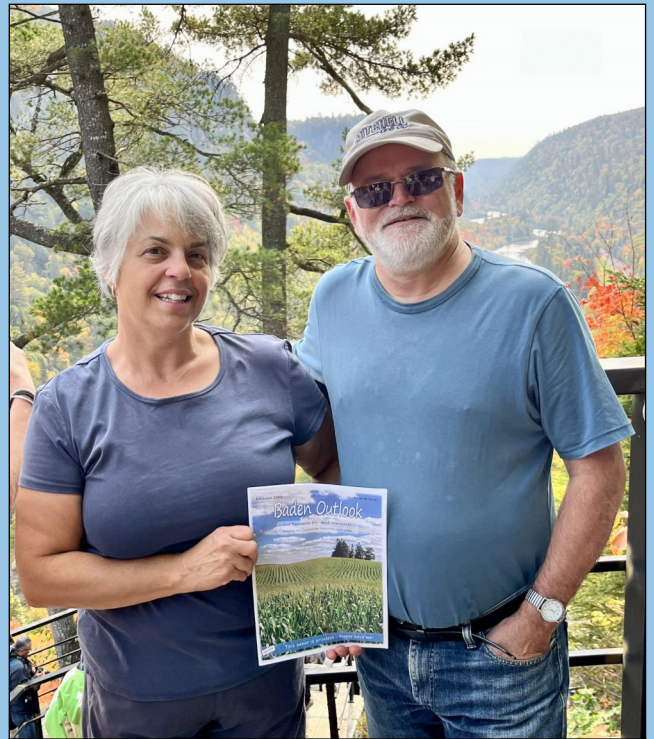
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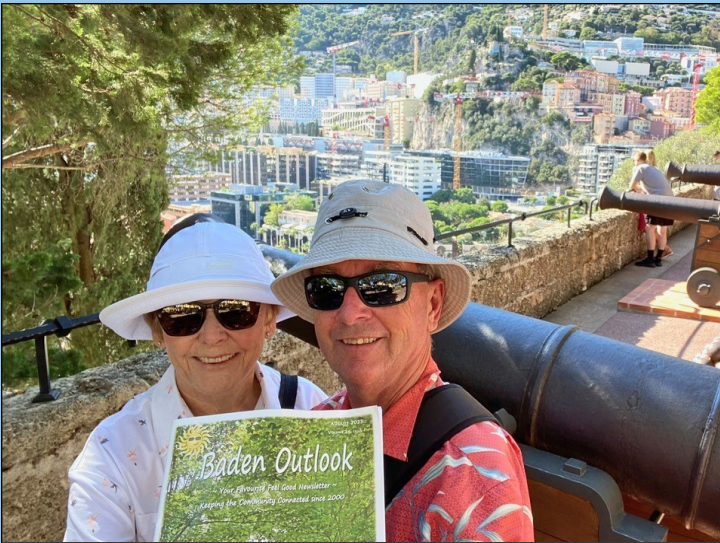
The Baden Outlook continues to travel to amazing places!



Leigh and Cathy Pryor (from Foxboro) took the Baden Outlook with them to Berlin, Germany. They are pictured with part of the Berlin wall and Checkpoint Charlie. They toured Germany following a WW1 and WW2 Battlefield Tour.



Al and Bobbi-Jo Ross took their Baden Outlook along to the Agawa Canyon. The weather was fantastic and the colours were magnificent.



Brian Hopson and Gail Hansen Cunningham took their Baden Outlook on a Mediterranean Cruise (Italy, Monaco, France, and Spain). The photo was taken in Monte Carlo, Monaco.



Dave, Carol, and Abby-Rose Pawelko having a "Sweet Time" in Hershey, PA.

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Holland Tulip River Cruise – March 31 - April 8, 2024

Ireland – June 5-16, 2024

Scotland Summer Discovery – June 15-23, 2024

Newfoundland & Labrador – July 29 - August 9, 2024

Discover Portugal – September 18-29, 2024

The Wonders of Ancient Egypt – September 23 - October 5, 2024



Lynda Chambers along with her elementary school friend, Lynda McLaren from Sundridge, ON visited Ireland in September. She got to enjoy the people, country, and amazing weather.



Seen at the Sight and Sound theatre, Lancaster, Pennsylvania is Nancy Coghill holding the Baden Outlook surrounded by the Morningsiders who were on this bus trip. Ron and Sharon Albrecht, Louise Jutzi, Susan Cressman, Ralph Shantz, Irene Jutzi, and Clare Shantz.

Doreen Brydon and Gloria Henhoeffler enjoyed the colours of the Agawa Canyon and the Grand Hotel on Mackinac Island.



If you are planning a trip, take your paper with you!
 Email us at badenoutlook@homail.com with your photo and where your Baden Outlook has been!



Margret Nodwell took her Outlook along with her to Edinburgh, Scotland.

Aging Well In Wilmot

Information & Active Living Fair



FREE EVENT!

Thursday November 23, 2023

9 am - 2 pm

**Wilmot Recreation Complex
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**Guest Speakers
Displays
Lunch Included
Door Prizes**

“Your Safety, Your Health, Your Community” Agenda

9 - 9:15 am	Opening Remarks
9:15 - 10:30 am	Guest Speakers
10:30 - 11 am	Stretch Break/Coffee/Vendors
11:00 - 11:20 am	SMART Exercises
11:20 am - 12:30 pm	Panel: Older Adult Services in Wilmot
12:30 - 1:15 pm	Complementary Lunch
1:15 - 1:30 pm	Door Prizes and Closing Remarks
1:30 - 2:00 pm	Vendors

You must register for this event

Please contact
1-855-664-1900 or 519-664-1900 to RSVP

This event is hosted in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.



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**Tree of
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FRIDAY, DECEMBER 1st 6:30 P.M.



Come one and come all to the
Wilmot Lions / Lioness Club's Tree
of Light Ceremony on Friday,
December 1st - 6:30 p.m.

Join the Waterloo-Oxford Apassionata Girls Choir and the New Hamburg Concert Band for our 40th annual Tree of Light Ceremony at the Centennial Fountain by the Post Office.

Complimentary hot dogs and warm apple cider are being served, and we invite everyone to join us in singing carols and lighting our tree.

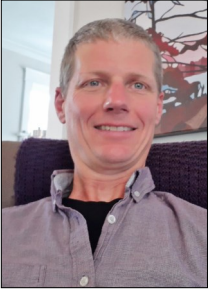
A donation is always appreciated, and it lights a bulb on our tree. Funds raised, go directly back into our community, as always.



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, to the Tree of Light ceremony. Drop it into 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 Branch of the Library, and Post Offices. For further information contact Wilmot Lion Joan - 519 662-2275.



Giving Thanks = Happy

By Chip Bender, Registered Psychotherapist (qualifying)



Last month, we celebrated the one day of the year we may feel compelled to give thanks. Unfortunately, like many of the other annual reminders in our calendars prodding us to engage in beneficial behaviours like showing appreciation to our mothers, our fathers, or our valentines, we may think we have checked the box for the year and neglect to do much in that area until it rolls around again on the calendar. Confining gratitude and appreciation to only a few days of the year will contribute little to our overall quality of life.

Ironically, Thanksgiving is celebrated by our American neighbours the day prior to Black Friday, which has become the biggest shopping day of the year on both sides of the border. The contrast between giving thanks for what we have and yearning for more, especially at a discounted price, could not be starker. Many in our society believe we can buy our way to happiness. Although a new purchase can give us a temporary feeling of happiness, the effects it has on our overall happiness dwarfs in comparison to a practice of regularly giving thanks.



Most, if not all, the articles I have read lately about the keys to happiness contain something about practising gratitude. Gratitude gives us the opportunity to think about all the positive aspects of the different areas in our life. It puts the spotlight on what is going well instead of what we wished was different. One writer described gratitude like a muscle, which must be actively flexed and strengthened to grow. The practice of gratitude will rewire one's brain to focus less on the negative and instead notice simple blessings that are often overlooked. Intentionally highlighting the positive

stuff helps us become aware of how much we have rather than what we lack.

Recently, I read about a way to deepen a practice of gratitude. The author suggested that you take a few minutes every day for the next 21 days to jot down three things for which you are thankful. Once you have put something on the list you cannot use it again for the rest of the 21 days, which means you will end up with 63 unique items on your list that have enhanced your life. They can be as simple as a beautiful sunset or the smile from a stranger. Each day after you have written the three items, reflect on each item and why it happened to you: was it due to your own efforts, someone's generosity, or did you just happen to be in the right place at the right time?

After engaging in this practice, my life did not become perfect and free from any stress, frustrations, or disappointments, but I did notice an increase in my level of happiness. Hopefully, you will experience similar results.



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Drop One For Fun

Answers on page 30

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 that helped Baden grow! Have fun!

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

1. Slang for unskilled worker
2. Change direction
3. Faster than a walk
4. Sequence, pattern, or method
5. A Jaunt
6. A poem meant to be sung
7. Marshy outlets in Southern U.S.
8. An anchored float
9. A young lad
10. Cloth woven from flax
11. A long narrow mark or band
12. A fib
13. An act of sliding (plural)
14. A show of affection on the face
15. A sibling

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You Must Be Joking!!



- * If you lose something in a senior care home, don't stop looking until you've searched every nook and granny.
- * Do elderly hockey players get gerihut-tricks?
- * Life is short. Smile while you still have teeth.
- * My doctor told me I need to sweat daily, so I told him I'd start disobeying my wife.
- * Aging gracefully is a nice way of saying you're slowly looking worse.
- * At my age, the only pole dancing I do is holding onto the safety bar in the bathtub.
- * The older we get, the earlier it gets late.
- * Old people are just young people who have been alive for a very, very long time.
- * Why am I getting older and wider instead of older and wiser?
- * The old baker understands aging—she's an old tarte.

Community Corner ~ Check Out What's Going On!

Calendar Fundraiser October Winners



Congratulations Winners!

Elizabeth Buehlow \$50 Gift Certificate to Pita Pit
 Connie Leis \$50 Gift Certificate to Peel St. Brewery
 Debbie O \$50 Gift Certificate to Heart and Home Creations
 Sheila Walker \$50 Gift Certificate to Expressway Ford Lincoln

YOU HAVE THE POWER TO GIVE LIFE
 Donate blood and join the movement today.

Blood Donor Clinic
 Monday, December 4th, 2 pm - 8 pm
 Steinmann Mennonite Church
 1316 Snyder's Road W., Baden

JOIN US FOR F.R.O.G.

ON THE FOLLOWING DATES:

OCTOBER	10	24	FEBRUARY	13	27
NOVEMBER	7	21	MARCH	5	19
DECEMBER	5	19	APRIL	2	16
JANUARY	16	30	6:30PM - 7:30PM		

📍 BADEN PUBLIC SCHOOL

Come enjoy floor hockey, free play, craft table & a bible story

No cost to attend | Supported by volunteers from West Hills Fellowship | For kids JK-Grade 5

2024 Wilmot Calendar \$25

ON SALE NOW!
 Lottery License M856039

Photo by: Darryl Gingerich

Call ICC office at 519-662-3092 or buy online at <https://bit.ly/ICCRotary2024calendar>

ICC & Rotary Community Fundraiser

WILMOT HERITAGE FIRE BRIGADES



Congratulations to our recent winners, Steve Bechthold winning \$277.50 and Gord Mills winning \$150.00.

Thank you to everybody that supports this fundraiser. We do our draw the last Wednesday of every month.

Don't forget our can and bottle drive is the last Saturday morning every month from 9 am until noon. We want your empties, including all type of alcohol and also pop cans.

We are open Wednesday evenings from 6:30-8 p.m.



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



New Hamburg & Stratford

FREE EVENT

ELDER ABUSE AWARENESS & PREVENTION INFORMATION SESSION

PRESENTED BY:

SENIOR SUPPORT TEAM OF WATERLOO REGION

Wednesday November 15, 2023

10:00 AM-11:00 AM

Royal Canadian Legion Branch 532

65 Bouleee St., New Hamburg, ON
N3A 1E1

**FOR ADULTS 55+ IN WILMOT & WELLESLEY
TOWNSHIPS. TO REGISTER EMAIL:
COFFEEHOUSEITALKS2020@GMAIL.COM
PHONE WFRC: 519-662-2731**

Funded in part by the
Government of Canada's
New Horizons for Seniors Program



COMMUNITY CHRISTMAS DINNER

**WILL YOU BE ALONE OR LONELY THIS CHRISTMAS
DAY? COULD YOU USE SOME CHRISTMAS CHEER?**

The Wilmot Family Resource Centre, along with local
churches are providing a **FREE, SIT-DOWN CHRISTMAS DAY
DINNER** for residents of Wilmot and Wellesley Townships.

Monday, December 25th at 12:00 noon

**Steinmann Mennonite Church
1316 Snyder's Road W., Baden**

Call 519-662-2713 to sign up

519-662-2731

WWW.WILMOTFAMILYRESOURCECENTRE.CA



**IT'S NOT HOW FAR HE GOT,
IT'S HOW FAR HE GOT US.**



On Sunday, September 17, the Morningside Walker Team that participated in the Terry Fox Walk had 32 enthusiastic walkers and two puppies pawing to join in the walk. They were able to collect \$6455 which now puts their total since 2016 over \$30,000 for the Terry Fox Foundation and Cancer Research. The group has increased from 6 walkers to the current team of 32. Great job to everyone and thanks for all the support. They hope to do it again in 2024.



New Hamburg Legion

Branch #532—Bouleee Street, New Hamburg

Invites you to join us for ...

**Turkey Dinner with all the trimmings including
dessert - Friday, November 24 — \$25**

Drive-thru takeout 4:30-5 (takeout tickets only)

Dine in dinner 6:30

Ticket sales end Wed Nov 22nd

**(there will be no exchanges for dinner tickets
from dine in to takeout)**

Entertainment, silent auction December 16th

Community Care Concepts' Annual Christmas Benefit Breakfast

Saturday, December 9

8:00 am to 11:00 am

**New Hamburg Legion
65 Bouleee Street, New Hamburg**

Full breakfast served

Cost

Adults \$12.00

Children 10 and under \$6.00

Family maximum of 4 \$25.00

Tickets

Available at the door, or in advance:

Ross Eichler 519-662-3113

New Hamburg Legion 519-662-3770

Community Care Concept 519-662-9526

All proceeds support Community Care Concepts



Reduce to Produce Answers on page 30

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 applied for a job hanging mirrors.....

A	B	C	D
IT'S	THE	FUNNY	WIND
RUNNY	GREEN	SOME	THING
RAIN	I	BLUE	CAN
SEE	GLOVE	BLANK	WHITE
TOUQUE	FOR	MYSELF	PENNY
TANK	DOING	SCARF	SNOW

1. Remove all words containing "NN"
2. Remove all weather related words
3. Remove all 3-lettered words in column B
4. Remove all winter articles of clothing
5. Remove all words that are colours
6. Remove all words that rhyme with FRANK

Write leftover words here:

You Must Be Joking!!



- * I went to the zoo the other day and there was only one animal there, it was a dog. It was a shih tzu.
- * My boss asked me why I only get sick on work days. I said it must be my weekend immune system.
- * What do you call a short mother? A minimum.
- * Just so everybody's clear, I'm going to put my glasses on.
- * What did the sushi say to the bee? Wasabi.
- * When you clean out a vacuum cleaner, you become a vacuum cleaner.
- * Why did the bicycle fall over? Because it was two tired.
- * RIP boiling water. You will be mist.
- * Boss: "How good are you at PowerPoint?"
Me: "I Excel at it."
Boss: "Was that a Microsoft Office pun?"
Me: "Word."

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Home Health Care • Assisted Device Vendor (ADP)
• Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds
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Global Outlook - Let's Visit Africa

Our earliest ancestors lived in Africa and experts say that humans are rather evolved. Artifacts discovered in Kenya from some 320,000 years ago show that the Homo sapiens, our early ancestors, made tools from volcanic rock.

Africa is comprised of 54 different countries and is as nearly as wide as it is long. It is the second largest continent in the world. It has the largest river (the Nile 4,400 miles) and the largest hot desert (the Sahara 9.2 million square kilometres) in the world. The highest point in the continent is Mount Kilimanjaro, 19,340 feet, and the lowest point is -509 feet. In 2020 the population of Africa was 1,284,000 (16% of the world's population) with the largest metropolitan area being Cairo having a population 20,901,000.



Africa produces 95% of the world's diamonds and boasts the deepest mine in the world. The Mponeng mine in South Africa is deeper than 13,000 feet and features tunnels that are many miles long. It takes over an hour to get to the bottom where temperatures top 140 degrees Fahrenheit (60 degrees Celsius). The world's most valuable diamond mine is located in Botswana which produces 15 million carats every year. Fifty percent of the world's gold also comes from Africa. Cocoa beans are used to make chocolate. Most of the world's cocoa beans (approximately fifty percent) come from four West African countries: Ivory Coast, Ghana, Nigeria, and Cameroon.

Around 90 percent of all malaria cases recorded in the world are in Africa. Over five million people died in the second Congo War which began in August 1998. It was the second deadliest conflict in the world subsequent only to World War Two.

Arabic is the most spoken language in Africa (170 million people), followed by English (130 million), then Swahili, French, Bereber, Portuguese, and an assortment of 2,000 other languages. Before colonial rule, Africa was made up of 10,000 different states and autonomous groups, each with their own distinct languages and customs.

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“The concept of a ‘Village’ started some 30 years ago here at Winston Park.

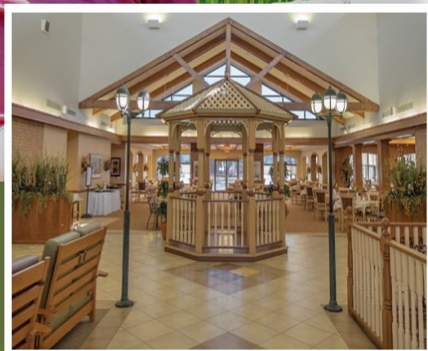
It is a splendid social model which promotes both community and care in a completely natural way.

– Ron Schlegel, founder of Schlegel Villages”

Come see **why**
you'll love our *Village*

**Book
a tour**

Call 519-576-2430,
Gillian x 8002 or
Katie x 8008




The Village of
WINSTON PARK

695 Block Line Road, Kitchener
schlegelvillages.com

ANSWERS

All Things Scrambled

<u>Things that</u>	<u>Things that are</u>
<u>are Blue</u>	<u>Green</u>
Eyes	Lime
Moon	Leaf
Jeans	Algae
Heron	Apple
Smurf	Grass
Cheese	Olive
Lagoon	Kermit
Windex	Pickle
Spruce	Emerald
Grapes	Shamrock

Drop One For Fun

1 Grunt	2 Turn	3 Run
4 Order	5 Rode	6 Ode
7 Bayou	8 Buoy	9 Boy
10 Linen	11 Line	12 Lie
13 Skids	14 Kiss	15 Sis

Creating special words - Grand Trunk

Reduce to Produce

I applied to a job hanging mirrors....
It's something I can see myself doing.



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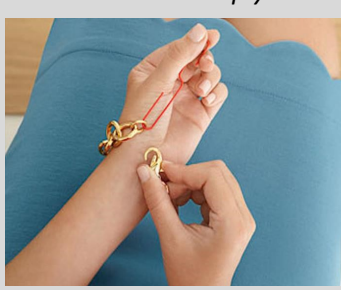


Clever Hacks ... Great ideas!

Use a fork to steady the taco shell while filling them up!



Use a paper clip to help put on a bracelet when you have no one to help 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.

St Agatha Mennonite Church

Sunday Worship 10 a.m.
All are welcome. 519-634-8212



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New Hamburg, ON N3A 1K1

Greetings from New Hamburg Thrift Centre

As autumn leaves fall and the air turns crisp, we find ourselves reflecting on the warmth and generosity that surround our thrift shop community. One of my favorite parts of being the volunteer coordinator is welcoming new volunteers to the incredible journey we have embarked on together and the inspiring stories that underscore the power of giving back.

Our volunteers are the heartbeat of our thrift shop, dedicating their time, energy, and passion to serving our community. Your selfless efforts have enabled us to provide exceptional service to our customers and, more importantly, to support numerous MCC programs. We are immensely grateful for your hard work and commitment. As a gesture of our gratitude, we hosted a Volunteer Appreciation event at the end of



October. During this event, we recognized and celebrated the remarkable work of our volunteers with live music, heartfelt speeches, delicious desserts, and an incredible fashion show (thrift shop style).

It was an excellent opportunity to connect with fellow volunteers, share

experiences, and simply enjoy a pleasant evening dedicated to acknowledging our volunteers' hard work and dedication. We also appreciate the support of our community-minded sponsors: Kindred Credit Union, Mackay's No Frills New Hamburg, and Sobey's New Hamburg for sponsoring this event.

I want to leave you with this beautiful poem from one of our talented volunteers, Jeff Shearer, which encapsulates the heart of our volunteers.

The Heart of a Volunteer By Jeff Shearer

Volunteer...

*The definition of a heart committed to caring
One of passion and endless dedication
It's the effort put forth by you...
The hours that add up to days
And the weeks that turn into years
Time is what matters...
You are the change within the world around us
By paying it forward to others
And giving selflessly of yourself to another being
Is the ultimate kindness given
Gratitude becomes attitude...
And appreciation is the love received
To believe in something you cannot see is faith
To a thankful voice you do not hear or even know
Can give hope to those who may be silently reaching out
Becomes the helping hand given
A shining light finding its way through the darkness
Because you choose humanity...
Makes you the difference made
And if there is ever any doubt...
Please, place your hand over your heart
Feel the pulse?
You are the heartbeat...
And we are unity as one
Through the gift we give here...
Where donations are put into motion by volunteers.*

Together, we are not just a thrift shop but a community of compassionate individuals making a positive impact. Thank you for being an integral part of our journey. We look forward to celebrating our shared achievements and creating even more stories of hope, kindness, and generosity in the days ahead.

P.S. We always looking for volunteers to join our team just give us a call 519-662-2867 or email Emma Norris at emmanorris@mcco.ca for more information.

Clear out your Book Shelf

Donate the books you say you'll read but never get to & the ones you've already finished



**MCC
NEW HAMBURG
THRIFT CENTRE**



41 Heritage Dr, New Hamburg
mccthriftontario.com/newhamburg



November is full of awareness days – International Children’s Day, Bullying Awareness, Senior’s Safety, amongst others. But when we sat down to chat with Ernie Ritz, Nithview Community resident of 4 years, there was none more important than Remembrance Day.

Ernie is a veteran. He was born and lived in New Hamburg his whole life except for the 1.5 years after he

enlisted in the Air Force during WWII. During his service, Ernie was trained first as a pilot, then as a navigator. He always wanted to be a fighter pilot; however, screening was very difficult, so he was trained to fly aircraft instead. Ernie would have loved to fly a Spitfire, but he was trained in a Fairchild Cornell where he learned how to take off, do tail spins, recovery, start up checklists, and more. During one training exercise, Ernie and his instructor had a miscommunication which led to his plane almost nose-diving into the ground! Thankfully – Ernie was able to stabilize and regain control of the plane before it was too late.

There were others in Ernie’s family who also served in the Canadian military. One cousin first enlisted with the Army before transferring to the Air Force. Another cousin, also in the Air Force, was the sole survivor from a group of 7 when he was caught in enemy territory and had to escape. Thankfully, his cousin’s escape was successful, and he was flown home.

Ernie himself was never deployed in active duty overseas. His training ended mere weeks before the armistice was signed. He remembers being a young man of 20 when the war ended. He was in Toronto waiting outside a building for a job interview. There was a Catholic school next to where Ernie was waiting, and all the children poured out into the street. They were cheering, celebrating, and hugging. Moments later bomber planes flew over the city to drop confetti – the war was over. The city and the world celebrated.

For Ernie though, this meant it was time to learn a trade and eventually head back to New Hamburg. For those who might not know – Ernie owned and operated Ritz Printing in New Hamburg for many many years. He was also the Mayor of Wilmot for a time. Ernie is very proud of his work, but his efforts establishing the New Hamburg Legion in 1951 still gives Ernie a great sense of satisfaction.

Ernie is the last surviving member of 33 people who established the New Hamburg branch of the Legion. For

Ernie’s part, he was thankful for the sense of belonging and community he experienced during his service, and he wanted to bring that back to New Hamburg. The Legion offered community to the men who returned from the war. They could rely on each other for help during times of trouble and the Legion offered useful resources for veterans.

During the New Hamburg Legion’s roughly 72 years in operation, it has remained an important place for local vets. Over the years the Legion formed the Women’s Auxiliary for wives and families, but it has otherwise remained very constant. For Ernie, he remembers contributing during the construction and planning phase, and later through his participation on the Executive Committee.

This year for Remembrance Day, Ernie was asked to recite *In Flanders Field* during the Nithview Remembrance Day ceremony. He was very excited for the opportunity! Because Ernie was named a life-long member of the Legion, he wears red every Friday to remember. Ernie feels it is important to recognize veterans, and those lost during the war, because they contributed so much for our society. This year for Remembrance Day, we hope you paused to remember their service as well – *Lest we forget.*





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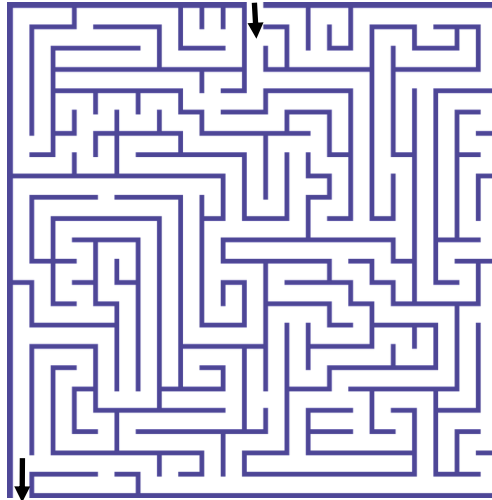


KIDS' CORNER

Can you draw a line from the months in column A to it's corresponding season in column B.

A	B
July	Spring
January	Summer
April	Fall
October	Winter

Make your way through this maze to get to the other side!



Can you find the creatures in this word search? They can be found up, down, sideways, or diagonal.

Good luck!

- | | |
|------|-------|
| ANT | HAWK |
| BAT | KOALA |
| CAT | LAMB |
| DOG | OWL |
| EMU | PIG |
| FROG | RAT |
| GOAT | WOLF |

T	F	R	O	G	O	D
O	E	H	W	E	R	G
B	M	A	L	I	A	N
W	U	W	G	C	T	U
O	G	K	O	A	L	A
L	I	B	A	T	R	N
F	P	H	T	W	E	T

Riddles to get your brain busting!

- You go at red and stop at green... What am I?
- A vegetable with 3 letters in my name. Take away two and I still sound the same. What am I?

WATERMELON/PEA

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Christmas time is fast approaching with the gift giving challenge. Your garden may provide materials for arrangements. I often create outdoor arrangements using dogwood's red branches, evergreens, hydrangea, and other cuttings. I fill the pot with compost that can be added to the recipient's garden in the spring.

This is a good time to reflect on what worked and did not work in the yard and make a note of it! Order seed catalogs if you want a paper copy to plan and dream of the spring and summer to come!

Shoulda, Coulda or Might-Get-To List for Nov/Dec.

- Give your evergreens and young trees a good soak before the ground freezes as the trees still breathe in winter and can lose more moisture.
- To prevent rabbit damage, use burlap, white plastic wrap for trees' trunks or surround with chicken wire or similar.
- To prevent vertical splits in the trunk created by sun scald, use white plastic wrap on trunks of young trees. 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 or when we get 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. www.gov.mb.ca/agriculture/crops/plant-diseases/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 environment.
- Keep the stems and seedheads in the garden for shelter of cavity dwelling native bees and beneficial insects but also to collect snow to insulate and protect plants. Seed heads provide food for birds and winter interest for everyone.



- Protect bare soil from erosion and winter sun with a layer of organic matter, e.g., compost, leaves, straw, mulch or manure. Avoid tilling which destroys soil structure and soil organisms and encourages weeds to germinate.
- Clean the mower and sharpen blades
- Empty and store or cover pots and watering cans in a dry place to avoid damage from freezing.
- Houseplants – Decrease watering as the days become shorter. Increase humidity by misting plants. Check for pests weekly & treat with commercial insecticidal soap if needed.

Keep your hands and knees soiled!

Considering giving donations as gifts this year?

Wilmot Horticultural Society (WHS) is a volunteer, member-based society and registered Canadian charity. We have the Let's Tree Wilmot project, Junior Gardeners, speaker series, maintain 50+ Civic Gardens and more. See our websites listed below for details.



Wilmot Horticultural Society



Meetings will resume Monday, January 15, 2024.

Wilmot Horticultural Club

Email: wilmothortsociety@gmail.com

Website: wilmothortsociety.ca

FB: facebook.com/groups/wilmothorticulturalsociety

Let's Tree Wilmot

Email: letstreewilmot@gmail.com

Website: letstreewilmot.ca

FB: facebook.com/letstreewilmot



On October 28th, Let's Tree Wilmot volunteers planted 440 trees for our community! Thank you volunteers!



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NOW AND THEN

Pictured here is Snyder's Road West facing East. Similar in both photos are EJ's Baden Hotel, the hydro lines are in the same place, and the trees are still standing.



Pictured above:
This photo was captured in 1921. You can see the old smoke stacks on EJ's and bare roads.

Pictured on the left:
This photo was taken in 2022. Look closely and you will spot the Township sign and Melina's Grill.



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NACHURS ALPINE CELEBRATES FIFTY YEARS!

On October 11, 2023, Nachurs Alpine held an event at their facility on Nafziger Road, celebrating 50 years in business. Many past and present employees were there to revel in the accomplishments of the company, including President Jeff Barnes from

Nachurs Alpine headquarters in Marion, Ohio. Mayor Natasha Salonen was also in attendance to bring greetings from the township.

Nachurs Alpine New Hamburg has an interesting history. In 1968, Doug Wagner from New Hamburg, worked in the farming industry, cash cropping, combining, and plowing. He heard of a company in Ohio who offered a volume rebate for dry, granular, bagged fertilizer. He felt that if he could get enough farmers to purchase fertilizer, they would save some money and he could earn a living from the venture. Doug formed the company Wagner Farm Supply. He was only 20 years old at the time and decided that he needed to rent a truck. Unfortunately, a person had to be 21 years old to rent a truck, so he hired a high school friend to rent and drive the vehicle.

For many years dry bagged fertilizer was the only option available to farmers. With the everchanging systems in farming, bagged dry fertilizer, was virtually eliminated and was switched to bulk fertilizer distribution through large depots throughout the countryside. In 1973 Doug had heard that liquid fertilizer was the next big thing and renamed his business to Alpine Plant Foods Ltd. His business had switched to that format; however, it was the worst time to make a change due to the Iraqi oil embargo. Raw materials were on allocation, including in the U.S., and if they were available, they were only accessible through



The original building on Arnold Street

bartering with other companies. Many calls were made to suppliers to create exchanges – all being implemented by Doug so that he could have materials available for himself.

In 1975, Doug started selling to the northern U.S. states. Up until that point he was only selling to Ontario and some of Quebec. He had a 40 x 60 building and tanks on Arnold Street in New Hamburg just behind the GOCO station. In 1979, his Ontario sales manager quit abruptly and took 90% of his Ontario business with him. Thankfully Wayne Ropp, who was hired in 1978, hit the road as plant



Truck from 1980s

manager and over the next two to three years was able to get most of that business back. Wayne also recommended placing signs on customer fields which ended up being great for sales growth. In the 80s, sales really took off!

One thing that was a conflict in the '70s and '80s was that most farmers believed that dry fertilizer was far superior to liquid fertilizer. It took a while for farmers to realize that it required less liquid fertilizer applied directly in-furrow versus dry beside the plant as it was a major paradigm shift. There were some hiccups along the way, but Doug and his staff prevailed. The first ten years were tough! Doug sold the company in the '90s to Nachurs and in 1998 their name was changed to Nachurs Alpine.



Current delivery trucks

Neil Dolson joined the company as the new president after Doug's departure. In 2009, Nachurs Alpine opened their second Canadian Facility in Belle Plaine, Saskatchewan. In 2012, another facility was opened in St. Gabriel,

Louisiana to add to their Ohio facility. Murray Van Zeggelaar is the current vice president of operations at ALPINE.

All of the raw materials for the plant come in by rail and 90 percent of the finished product is distributed by trucks to Ontario, Michigan, New York, and Eastern Canada. This includes 100 distribution points in Ontario and 50 distribution points in Quebec. When Doug left the business in 1996, he had three tanker trucks. The current company has six tanker trucks and four metred trucks that deliver to individual farmers. The Belle Plaine unit ships to Manitoba, Saskatchewan, Alberta, Montana, and Wyoming. They also ship products internationally.

All of their materials purchased are from North America, with Potash and Phosphorus the most significant. The rail spur can hold up to six rail cars and they hope to possibly have another rail line added in the future. Farming is not the only line of business in which the company is involved. They also provide runway de-icer for many major airports and industrial applications.


Nachurs Alpine has always been community minded, most recently donating to the scoreboard at the new field at Waterloo-Oxford high school. They also provide good jobs



Seen above—Neil Dolson-Past Pres., Wayne Ropp-Past Plant Manager, Jeff Barnes-President, Doug Wagner-Founder and Murray Vanzegelaar-current VP of New Hamburg Division.

for locals including nine people in their sales department. “Safety is a top priority for the company,” stated Murray. “More money has been spent in the New Hamburg unit over the last three years than any of the other branches,” explained Jeff Barnes. It looks like a bright future for Nachurs Alpine New Hamburg and we wish them another prosperous next fifty years!

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By Marie-Hélène Cousineau and Madeline Ivalu – 2008



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WILMOT ECUMENICAL WORKING GROUP ON INDIGENOUS/SETTLER RELATIONSHIPS

Set in Nunavik, northern Quebec in 1840's, BEFORE TOMORROW is the story of an Inuk grandmother and her grandson who return from time away from their community only to find it devastated by smallpox.

TUESDAY, NOVEMBER 28, 2023 AT 7:00 P.M.
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Questions? Contact ecumenicalworkinggroup@gmail.com

After years of no travel, followed by travel restrictions, Canadians' pent-up desire for travel has been unleashed – but not without a realization of the need for travel insurance.

SUNSCREEN AND PASSPORTS are still important for travellers, but more and more jet-setters are making doubly sure to have insurance on hand that covers cancellations, delays, and medical emergencies. It's only been three years, but the images of empty airports, closed hotels, and frantic travelers trying to get home are not only part of our collective memory of the pandemic's first weeks in March 2020 but also a reminder to travelers to be prepared for the unexpected. Consumers are now more focused on their health and finances post-pandemic, which is why travel protection has taken centre stage when they're making vacation plans.

The pandemic exposed the unpredictability of travel and the peace of mind that travel protection can bring. As travellers look ahead with excitement and count down the days to their vacation, they are also basking in the expectation that something could go wrong – and that's why we're seeing travel insurance become less of a choice and more of an absolute necessity for consumers.

Travellers are counting on their trusted insurance brokers to help them explore the world securely. Brokers need to be able to offer them the right protection for their unique journey – quickly, easily, and confidently.

Allianz Global Assistance Vacation Confidence Study

Travel volumes are reaching pre-pandemic levels, but consumer attitudes toward travel insurance have changed. The numbers back this up, according to Allianz's Vacation Confidence Study, conducted by Ipsos in November 2022:

89 % of Canadians who intend to travel also intend to be covered by travel insurance for their next trip **74% of Canadians** say travel insurance is equally or more

important post-pandemic. Of that number, 32% say it's more important now than before the pandemic. **6 in 10 Canadian travellers** remain worried about the possibility of COVID-19 impacting their travel plans. Travellers aged 55+ are the most concerned. **6 in 10 Canadian travellers** were confident that they would take a vacation in the next 12 months. Of that number, 70% were millennials, 64% were Generation Z. In fact, millennials were found to be responsible travellers who proactively plan to obtain travel insurance before they take a trip **~\$14.3 billion** is the amount Canadian households are projected to spend overall on vacations this year, more than recorded in Allianz's 2019 annual survey **75% of millennials** say that an annual vacation is important to them – compared to 68% of Gen Zers and 57% of boomers. **39% of Generation Z** find travel to be more important post-pandemic (that number is 32% overall). **1/2 of all travelling Canadians** say they are taking part in revenge travelling this year, making up for lost travel time during the pandemic.

So, my Baden Outlook friends, where are you in all of this???



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