



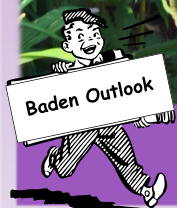
# Baden Outlook

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Connected since 2000



*Photo by Marlene Knezevich*



This paper is priceless - Please have one!



Ashleigh Schuett is a teacher at Baden Public School. Ashleigh gave her 2020-2021 class a special assignment. She asked students to reimagine a new "Welcome to Baden" sign. We are excited to share more of the students' artwork. The students' artwork is also published on the Featured in the Community page of our website [www.badenchamber.com](http://www.badenchamber.com). A big thank you to the students at Baden Public School and Ashleigh.



Baden Public School Grade 7&8

Artwork by: 1. Taylor, 2. Graham, 3. Cooper, 4. Gavin, 5. Oliver, 6. Brooke, 7. Avery, 8. Cameron, 9. Alexa, 10. Dylan, 11. Katana, 12. Maxim, 13. Kayla, 14. Nathan, 15. Robert & 16. Ryan.

# Baden Outlook

Baden Outlook

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Barry, Pat, & Katie Fisher

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

- Read Castle Kilbride's Blast from Baden Public School past
- Learn how nutrition can support mobility with Springhill Yoga
- Check out the many activities offered at the Baden Library
- Read tips of how to find awe in your life with ICC
- Try your hand at our newest game "Reduce to Produce"
- Continuing to honour our local firefighters
- Learn why leaves change colour from Horticultural Society
- Planning a trip? Check out Gary White's travel insurance news and views
- Learn about MCC School kits and how to donate

*Correction from August issue: the artwork i-s by Ashleigh Schuett's grade 7&8 students*

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

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

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Baden Outlook

## Greetings from Headquarters ~

Hello September! How did this summer fly by so quickly? Perhaps because we were allowed to come out of our homes, finally allowed to socialize and travel. Summer was hot and sticky but mostly appreciated the whole time. I am super excited for autumn though. The crinkling of leaves on the sidewalk, the cooler temperatures and sweater weather, more usage of the slow cooker... all are very exciting things!



With the kids back to school, it reminds me of my own school days at the old Baden Public School back on Snyder's Road East. I was looking through archival photos of the Baden Outlook when the Baden School demolition happened in 2008, and I got a little teary eyed—remembering how the rooms looked with the big closet doors that held



the school supplies and how the bathroom sink looked back in the '80s. It's so nostalgic to think back of my days as a student there. At that time, Baden Public only went to grade 5. Students were split up at that point with French immersion kids travelled by bus to Forest Glen Public School and the others to Wilmot Senior School. Although, the French immersion kids did travel by bus weekly to Wilmot Senior for Tech and Home Ec. class.

When I went into grade 6, I enjoyed seeing my friends at the bus stop in front of Egli's Meat Market every morning. I kept a hockey stick beside the meat market as I came early to play road hockey with bus mates before the bus arrived.

It's so neat to see the children's excitement on their first day back. Sometimes they can't even contain their excitement to a walk but move with a skip or a run. My boys have returned to in person learning this fall and I'm excited for them to make new school memories. Happy back to school, and enjoy your first few weeks of fall!



Indeed... the summer has gone by in a blink! The weather was sunny and steamy, offering up some exciting produce and blooming colour in our flower gardens. We had two wonderful camping trips with our trailer and the grand finale of my summer was having both my brothers visit from Alberta after such a long time apart. Mom was in her glory with all four of her kids together for family fun—she didn't get a word in, but enjoyed watching the camaraderie.

I can surely add to Katie's memories of going to school, since we lived on the main street for nearly 40 years next to the Baden Public School. It was at this time of year that I enjoyed the children on the sidewalk skipping by with such enthusiasm. For some this year it means getting back into the classroom with their peers and learning from the teacher in person and not through the computer screen. I personally cannot imagine learning or teaching that way. Bravo to those who endured, and to those who even thrived in that setting. Our grandson Kaidan who did grade 8 on-line did amazingly well, as he was more able to focus on his lessons than the distraction of kids around him.

What an amazing bunch of submissions this month, showing us that life is full and we are all diving into the action! Speaking of school, you will enjoy the article Tracy sent from the Wilmot archives on the history of the old Baden School for those new Badenites who never knew it.





# Talking with Ed

- On the Road Again... -



This summer, Pat and I hit the road and enjoyed exploring new areas with our trailer. It has been particularly hard to get campsites this year with the Covid restrictions in place. Our first destination was Rondeau Park on Lake Erie in May, where we promptly saw our five days cancelled completely due to Covid. Next up was Point Farms Provincial Park in June which was four days of wonderful weather and one day with a torrential downpour. We still managed to get plenty of rest, did lots of reading, great barbeques and played games in the trailer. It was great to get away and enjoy the outdoors!

In August we followed our friends, Rick and Karin in their RV, to Manitoulin Island, which was a first for us. The decision was made to take the MS Chi-Cheemaun (*the big canoe in Ojibway*) on the trip there, and take the long road trip past Sudbury on the way back home. The ferry ride shaved about three and a half hours off the journey and was a great experience. I wasn't sure what to expect, driving our car and 21-foot trailer onto the ferry. The Chi-Cheemaun is 111 metres (364 ft. 2 in.) long and 19 metres (62 ft. 4 in.) wide with a capacity of 648 passengers and 143 vehicles. It also carries tractor trailers and busses. The bow and stern both open up for vehicles to drive on and off, which made it fairly easy. The boat was built by the Collingwood Shipyards at a cost of 10 million dollars and was launched on January 12, 1974. The ferry, which travels on the coastal waters of Georgian Bay and Lake Huron, runs three trips a day from May to October. The Chi-Chee Maun had a sister ship called the "MS Nindawayma" from 1989 to 1992, but it was retired due to service problems.



We were told to be at the loading dock in Tobermory by noon for 1:00 departure. The Chi-Cheemaun arrived at 12:40 and all the vehicles arriving from South Baymouth were unloaded; the vehicles going to the island were boarded, and we set sail. It was a clear sunny day and a smooth sail with many islands to look at enroute. We unloaded at South Baymouth and within 30 minutes we were at Providence Bay Campground where we set up camp which included electricity and water. The lake was just steps away-- a great spot!

The sandy beach (Lake Huron) was very similar to Grand Bend and you could walk out quite far from shore. It was a perfect swimming temperature, which was unusually warm according to the locals. The sunsets were fabulous for our evening swim; our second night the sun was a spectacular, giant, red ball and star gazing was amazing. A board walk follows the beach to the small town where you find a pavilion, ice cream shop, fish and chip restaurant and a couple of other businesses. There is also a river where thousands of salmon and trout congregate to lay their spawn each spring and fall.

One of the amazing things that I found about Manitoulin Island was that you could go from one village to another in generally under half an hour. Each town had its own claim to fame and attractions. Mindemoya, less than 20 minutes from Providence Bay, had more shops. Mindemoya to Kagawog was about the same distance, and featured Bridal Veil Falls, a quality chocolate shop (which the ladies found enticing) and a public beach. Kagawog to Gore Bay was under half an hour and that featured a significant downtown area and Split Rail Brewing Company (which the guys found interesting). Another half an hour and we were back in Providence Bay. All the while there were stunning landscapes. We had to take a drive to Barrie Island, of course, but nothing was there but the sign. It is noticeable that there are no major retail outlets on the island, maintaining its quaintness.

There are many other parts of the island that we never got to visit. It is home to a substantial Indigenous population. If you haven't been to Manitoulin Island, I would highly recommend going there. It is another thing that makes Ontario such an amazing place to live.

— Until next month...Ed.



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## ALL THINGS SCRAMBLED

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

### *Trees in Southwestern Ontario*

- CHEEB    \_ \_ \_ \_ \_
- SPANE    \_ \_ \_ \_ \_
- PLAME    \_ \_ \_ \_ \_
- CREAD    \_ \_ \_ \_ \_
- CHIRB    \_ \_ \_ \_ \_
- WOLLIW    \_ \_ \_ \_ \_
- POLARP    \_ \_ \_ \_ \_
- CRSEUP    \_ \_ \_ \_ \_
- LEMHOCK    \_ \_ \_ \_ \_
- THESTCUN    \_ \_ \_ \_ \_

### *Towns Within One Hour of Baden*

- LAAM    \_ \_ \_ \_ \_
- SPARI    \_ \_ \_ \_ \_
- ROLEA    \_ \_ \_ \_ \_
- GUSFER    \_ \_ \_ \_ \_
- THURAR    \_ \_ \_ \_ \_
- THRIGB    \_ \_ \_ \_ \_
- BROMUD    \_ \_ \_ \_ \_
- BALMKILN    \_ \_ \_ \_ \_
- RODCHIGE    \_ \_ \_ \_ \_
- PINKERIN    \_ \_ \_ \_ \_

*"Keeping the Community Connected"*



# Baden ~ Our Town ... Picnic at the Pond Finale!

Picnic at the Pond Finale (August 26th) was so much fun! There was a great turn out, food, entertainment, and so very hot! Thank you to our hometown Serial Griller and Optimist Club for organizing the event.



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## Do you have an interest in politics but don't know where to begin?



Wilmot Stronger Together recently hosted a "Candidates Town Hall" showcasing 4 of the 5 candidates in the Kitchener-Conestoga riding. WST's family-focused event highlighted the importance of voting and they plan to reach out to schools and groups to share the event and the resources they have created.

Whether you are new to voting or don't feel like you have a firm grasp on politics as a whole, check out <http://www.wilmotstrongertogether.ca/> for more information. Consider learning together as a family unit!

For those who are unfamiliar with Wilmot Stronger Together, they are our local Facebook group highlighting positive activities residents and businesses are doing to build a more resilient and connected community. Their website contains a wonderful directory of businesses and organizations within Wilmot Township. Check them out!

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# Checking out the Baden Library



As cicadas sing through the summer heat, your RWLibrary is open to serve you and your reading needs. With capacity limits for browsing and computer use, we do ask that you keep your visits to a maximum of 30 minutes.

With each visit, you'll be asked to provide information for the purpose of contact tracing. Please be aware that non-medical grade face masks are required while visiting the Library, as per Region of Waterloo Bylaw 20-035.

Our **Click & Collect** service is available for quick and easy borrowing, with in-branch or at the door pickup of library materials.

## Programs and Events

### Upcoming Events:

Have you heard about our many virtual programs? There is something for everyone and they're free to attend. Please visit us at [rwlibrary.ca/virtualprograms](http://rwlibrary.ca/virtualprograms) to check out our latest offerings, including:

**School's In! Be a Waste Scholar - September 15, 6:30 p.m. (on Zoom)** The return to in-person learning means making school lunches. Learn how your green bin and blue boxes play a role in meal preparation, food waste, and redirecting waste from the landfill. Join us for a practical look at school-related waste management strategies.

### **One Book One Community (OBOC) Virtual Author Event – September 23, 7 to 8:30 p.m.**

Join the authors of the 2021 selection, "*Extraordinary Canadians: Stories from the Heart of our Nation*", Peter Mansbridge and Mark Bulgutch for a virtual event to discuss their book. "*Extraordinary Canadians*" is a feel good love letter to our country and its people. The stories inspire a strong sense of pride for the land we call home and our fellow Canadians. Still need to read it? Copies are available to check out at the Baden Library. For more information on the book and its authors, visit [oboc.ca](http://oboc.ca).

### **Adult Online Book Club – October 21, 7 to 8 p.m.**

Adult book discussions will return from summer hiatus on the last Thursday evening of each month. Join Jen, our Co-ordinator of Library Collections for the October book discussion on "*The Marrow Thieves*" by Cherie Dimaline. If you are interested in borrowing a print, digital or audio copy, please contact Librarian Jen Cyr at [jcyr@regionofwaterloo.ca](mailto:jcyr@regionofwaterloo.ca) and the book will be delivered to your inbox or home branch for pick up! Register in advance to receive your Zoom link to our book club meeting.

### **Build with Lego® Every Saturday in September and October at 10 a.m.**

Calling all builders! Tune in each week throughout September as we reveal a new building challenge.



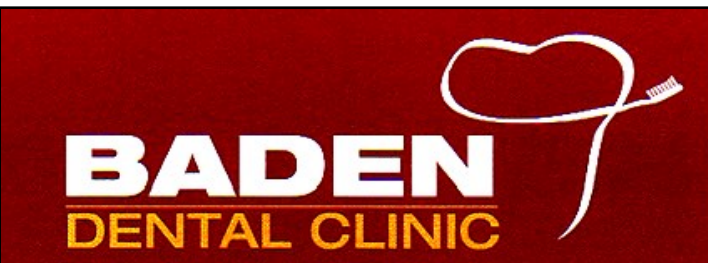
This program is available for streaming each Saturday at 10 a.m. @RWLibrary.ca.

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Some of the earlier teachers for S.S. #13/Baden Public School included:

- Hazel M. Yorke, 1933
- Norman S. Hill, 1936
- Miriam L. Cressman, 1936 (contract renewed 1938 and 1939)
- Florence Hodgins, 1937
- Ellen Martinson, 1938 (contract renewed 1939)
- A. Grant Gillespie, 1939
- Gordan Jocelyn, 1940
- Inez Taylor, 1941
- Elgin Wright, 1946 (principal and teacher for grade 7/8)
- Francis Petznick, 1948

Principals from 1956-present:

- J.E. Whiting, 1956-1966
- John A. Wilson, 1966-1975
- Jim Moses, 1975-1978
- Roote, 1978-1981
- Blair Foote, 1981-1985
- Muriel Omand-Naylor, 1986-1995
- Neil Turner, 1995-1998
- Sharon Romashyna, 1998-2001
- Bob Wills, 2001-2002
- Ron Hustwitt, 2002-2003
- Paul Wettlauffer, 2003-2006
- Jo-Anne Soye, 2006-retired 2012
- Nancy Woodhall, 2012 -2017
- Kelly Wilkinson, 2017-2018
- Chris Eaton, 2018-retired in 2020
- Ryan Day, 2021 - current



The back-to-school season brings a rush of nostalgia for many of us. This past spring, Castle Kilbride staff had the privilege of creating a display on the history of the Baden Public School exhibited within the school itself, allowing students to learn more about how far their school has come over the years. In conducting research for this display, the progression of the school's history reflected the larger history of Baden as a whole.

The first formal school in Baden, S.S.#13, was constructed in 1858. It was a small, one-room log structure located on Snyder's Road. By 1864, there were 60 students with the population of Baden rising to 400 people. In 1877, a two-roomed school was built, replacing the log structure. A new four-roomed brick school was later constructed in 1886 to accommodate more students. This schoolhouse was utilized up until 1956.

When the four-roomed school became too crowded, a modern school was built on Snyder's Road in 1956. The school was on one level and featured five rooms. In 1966, it became a Junior Public School with students from kindergarten to Grade 6. By 2006, a new school was needed for a growing population. This structure was demolished and made way for new homes.

That same year, construction began for the fifth public school structure in Baden. It would be the first school in almost 150 years that would not be located on Snyder's Road. Today, Baden Public School is located on Livingston Boulevard and accommodates Junior Kindergarten to Grade 8 with approximately 600 students.

Did you attend Baden Public S.S. #13 or Baden Public School in the early days? If so, we would like to hear your stories! Who was your favourite teacher? Do you have any special memories of attending school? What did you bring for lunch? (Did it include Limburger cheese?) What did you wear to school? Please type or write out your memories and email [castle.kilbride@wilmot.ca](mailto:castle.kilbride@wilmot.ca) or drop off at Castle Kilbride.



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Wilmot Thunder U14 players, coaches and parents would like to thank all our sponsors for helping to make this tournament dream possible.



**Reduce to Produce**

Answers on page 32

Eliminate words from the clues below. The remaining words will create a sentence. (Read left to right top to bottom)

A	B	C	D
RAIN	YOU	SECOND	CAN'T
JUDGE	BETTER	TABLE	THE
PUTT	BENT	A	WIND
MONTH	BOOK	SNOW	FOR
BY	VENT	ITS	BLUE
RED	FLUTTER	SPICE	COVER

1. Remove all weather terms
2. Remove all 3 letter words in column D
3. Remove all words containing "TT"
4. Remove all words that have to do with time
5. Remove all 5 letter words in column C
6. Remove all words that are colours
7. Remove words that rhyme with "SENT"

Write leftover words here:

---



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# ANNOUNCEMENT

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Finally... the Baden Outlook is ready for action! Check out the summer fun.

*The Johnson family took their copy of the Baden Outlook with them to the Lorentz Lodge on Lake Manitouwabing, near Parry Sound. They swam, fished, kayaked, and sat around the campfire.*



*Karin and Rick Demerling took their Baden Outlook along to Manitoulin Island and stopped by at Barrie Island.*



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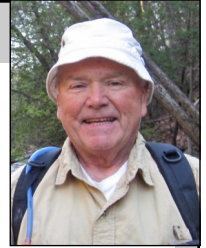
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## Baden Birding - Eastern Kingbird

By Wayne Buck



In my last column I wrote about feeding birds and this month's column is somewhat related to that. The squirrels and American Robins feasted heavily on the dark red fruits of the Red Mulberry east of our house this summer. It had a bumper crop. The Alternate-leaved Dogwoods on our property also had an abundant crop of dark blue fruits that many birds, not to mention squirrels and chipmunks, relish. We enjoyed seeing many different species of birds feeding on the fruits of the native trees around our house; opting not to fill our feeders to encourage the consumption of natural food. The list included Baltimore Orioles, Northern Flickers, American Robins and Blue Jays to mention a few. Some of these were newcomers, that is, species of birds that we seldom or rarely see here on our property. One new species that we saw feeding on the dogwood was the Eastern Kingbird, a member of the Tyrant flycatcher family, which are primarily tropical. (Note: there are other families of flycatchers, e.g., *Empidonax* flycatchers such as the Eastern Wood Pewee).



The Kingbird is special to me for several reasons. When I was dating Lynda, my wife, I spent a lot of time with her father who taught me a lot about identifying birds. Roy was a well-read man, who often referred to birds by their Latin or scientific names. For example, the American Robin's scientific name is *Turdus migratorius*. The scientific name of the Eastern Kingbird is *Tryannus tyrannus*; which I think is an appropriate name for this species. The Kingbird acts like a tyrant, aggressively attacking, attempting to drive much larger birds such as crows, hawks, and vultures away from its territory. Roy and I would flip these names back and forth (much to the amusement of my younger brother) as we were fishing or walking. Kingbirds are about the size of a robin, with black heads and slate-grey backs with a contrasting white breast and white tips on their tail feathers. Males have an orangish-red stripe on the crown of their heads, but this is only seen when the

bird is in an extreme state of agitation such as when fighting another male over territory.

Kingbirds are birds of open country such as fields, pastures, grasslands, or wetlands, and are especially abundant in open places along forest edges or water where they can perch, waiting for an insect to fly by. Then they fly out, catch the insect in the air and fly back to their perch to await another. "They fly with very shallow, rowing wingbeats and a raised head, usually accompanied by metallic, sputtering calls. Eastern Kingbirds are visual hunters, sallying out from perches to snatch flying insects." -The Cornell Lab; All About Birds.

They nest in a variety of places, often in a tree in an open area at varying heights above the ground. The nest is not a neat affair and often contains an assortment of materials. "It has an exterior of small twigs, coarse roots, dry weed stems, strips of bark, and sometimes bits of trash such as cigarette butts, plastic, and twine. On the inside cup, only 2-3 inches across and an inch or two deep, is a softer lining of fine rootlets, willow catkins, cottonwood fluff, cattail down, and horsehair." Cornell; All About Birds

They lay about 4 creamy-white eggs mottled with a variety of different colored spots. Some consider these to be among the most beautiful in the bird world.

**Osprey update:** Around the middle of August, Lynda and I were standing on the bridge over the Nith on Christner Road when we saw two adult (large size) Ospreys fly over. They circled the nest on the utility poles on the east side of the river a couple of times as if checking that the nest was still there before they flew off again. So, they are still in the area and haven't migrated south yet. Hopefully they will return and raise a couple of offspring next year.

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### Did you know?

As fall begins, we see more and more birds migrating south. Migration starts from end August all the way to early December. Look up at the skies and see if you can see any V formations!





## Historic Livingston Presbyterian Church Goes Up For Sale

A historic piece of Baden is up for sale. With sadness, we watch Livingston Presbyterian Church hit the real estate market. To many longtime locals, this has been a hard thought to swallow. For those who do not know its history, here are some facts of the church building itself as well as some of the community minded things that have been brought to our town from its members.

In 1893, the population of Baden had increased to 1100 and this prompted the building of Livingston Church in 1894. The church cost \$2,500.00 to build. Since the Livingston family was reputed to be instrumental in forming the congregation, it became known as Livingston Presbyterian Church. By 1897, there were 26 members and over the next few years membership fluctuated.

In 1904, Mrs. James Livingston died and a memorial window was placed in the church.

Mr. J.P. Livingston paid \$2,000 to purchase stained glass windows throughout the church including six in the lobby, two in the Chancellor, four in the main church area, four in the vestibule and one large round window above the entrance. May 13, 1928, he also unveiled two beautiful

stained glass windows; valued at \$350 each, in memory of his father, the late James R. Livingston, and his mother, Mrs. Louise Livingston.

An addition was added in 1935, which made space for a parlor, choir room, side door entryway, stairs to the basement, and a kitchen. The parlor had stain glass windows.



In 1982, the membership was up to 95 members. In 1983, a new stained glass window was dedicated on behalf of the Kuntz family.

Livingston Church contributed to the community in many ways for many years. They helped canvas for the blind, the Cancer Society, and the March of Dimes. They donated to W.M.S, Care, Unitarian Services and Inter-Church Aid, and sponsored the Girl Guides and Brownies. They have been home to the Masonic Lodge (Baden Chapter) since July 1951.



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## You Must Be Joking!!



Mary Poppins decides to grow some vegetables. When she picks her crop in the autumn, her carrots, potatoes, onions, and beans have all failed, but her cauliflowers have grown a treat.

She picks them, cooks some for Sunday lunch in a cheese sauce, and they taste wonderful.

After eating them for a week she notices two things. Firstly, her lips are full and glossy, unchapped, uncracked, and require absolutely no lip gloss to make them look full and pouty. Secondly, she has really awful bad breath and even her cat won't come near her.

Pleased with her lips, however, and spotting a money-making idea, she contacts a big cosmetics company and explains about the lip-enhancing qualities of her cauliflower crop.

After a month of testing, the company buys the entire crop of cauliflowers for a phenomenal amount and requests that Mary grow some more as soon as possible.

The company proceeds to make lipstick out of them but experiences problems in the final product manufacture. The lipstick does not gel correctly into a solid stick and ends up crumbling upon application.

Quality controllers also find that, even as a lipstick, the bad breath remains and have to put it down as an unfortunate side effect.

As they are nearing production deadline and adverts for this new wonder lip enhancer have hit the streets, the cosmetics company has no choice but to produce the packaging with the following caution...

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- Can you cry under water?
- How important does a person have to be before they are considered assassinated instead of just murdered?
- Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going to?
- What disease did cured ham actually have?
- How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?
- Why is it that people say they "slept like a baby" when babies wake up every two hours?
- If a deaf person has to go to court, is it still called a hearing?
- Why are you IN a movie, but you're ON TV?
- Why do toasters always have a setting that burns the toast to a horrible crisp which no decent human being would eat?
- If electricity comes from electrons, does morality come from morons? 
- Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride; he sticks his head out the window?
- Why do doctors leave the room while you change? They're going to see you naked anyway.
- Why is "bra" singular and "panties" plural?



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# Wilmot Lions /Lioness

There's a club with a new name in your community! The New Hamburg Lions, New Hamburg Lioness and St Agatha Lions are excited to announce the clubs have recently merged to form the **Wilmot Lions/Lioness**.

Each of the clubs have enjoyed long standing relationships in their respective communities. The New Hamburg Lions were established in 1967, The New Hamburg Lioness in 1980 and the St Agatha Lions in 1983 giving many years of combined community service. Our communities were supported by fundraising events which included Tree of Light ceremonies, Legion dinners, Moparfest activities, Welcome Home Tours, Fashion shows, Outdoor Farm Show food preparations, Strawberry Fest, Cruise Nights, Golf Tournaments, and parades.

The timing is right for all three clubs to make this transition. Our merged membership will allow us to continue with established events and activities which are held throughout the year. The name change reflects our desire to open our doors to all of Wilmot Township for both membership recruitment and recognition of opportunities to give support.

The Wilmot Lions/Lioness is a name you will see in your community in the near future!

Please note our new mailing information:  
Wilmot Lions/Lioness, PO Box 6181,  
New Hamburg, Ontario. N3A 2K6.

Bill Roth- President  
wilmotlionslioness@gmail.com



## Check out Jigsaw Puzzle Alley on Facebook!!!

With cooler temperatures approaching, we spend more time inside doing cozy things... like jigsaw puzzles!!

Susan Hammer is raising money for local charities (such as Interfaith Counselling Centre, Wilmot Family Resource Centre etc.). She is collecting our gently used puzzles and reselling them online! If you have some to donate, give her a shout. If you are a puzzle lover, check out the current selections on Facebook!



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# EcoNugget

## Take A Hike!

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### Trails In Wilmot:

- **Baden Hills Trail** (new in 2020) – 1 km accessible, 2 km moderate to difficult.
- **Laschinger Woods** (new in 2020) – 1.1 km accessible.
- **Petersburg Crown Lands** – over 4 km of multi-use trails, moderate.
- **Schmidt Woods** – approximately 3 km accessible.

For more info about these and other trails in Wilmot go to: <https://www.wilmot.ca/en/things-to-do/Trails.aspx>

### Trails Close by:

- **Chesney Wilderness Area** – 4 km easy to moderate, located on Oxford Rd. 29 (north side), just west of Oxford Rd. 22
- **The Geo-Time Trail Waterloo** – 4.7 km moderate. <https://www.alltrails.com/trail/canada/ontario/geo-time-trail>

### NITH VALLEY ECOBOOSTERS

Are you interested in climate change and other global environmental issues? **Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns.** Our next monthly meeting will be held at **7:00PM on Wednesday, September 22nd.** Please contact us via e-mail ([nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com)) or call **519-662-9372** if you would like to participate in this "Zoom" meeting and we will provide you with more details.

Our next educational webinar: **Let's Talk Healthy Trees – From the Roots Up!**, takes place on **Wednesday, September 29<sup>th</sup>.** To register, go to: [nvecoboosters.com](http://nvecoboosters.com)



# LET'S TALK HEALTHY TREES: From the Roots Up!

Wednesday, Sept 29, 2021  
7:15 - 8:45pm

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Landscape Architect and Arborist  
\*Q&A period to follow presentation\*



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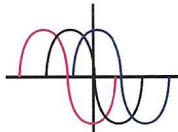
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 **Wilmot**  
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### **Township Announces New Chief Administrative Officer**

The Township of Wilmot welcomes Sharon Chambers as Chief Administrative Officer (CAO) effective October 12, 2021. Sandy Jackson who was covering the CAO position will return to her role as Director of Parks, Facilities, and Recreation Services.

The CAO role helps shape the future of the Township by championing a safe and inclusive workplace through implementation of the strategic priorities of Council. The CAO is the principal policy advisor to Council, providing unbiased, timely, current, and professional advice to facilitate informed decisions. The CAO also represents the Township with other municipalities, external agencies, and senior levels of government.

“We are extremely grateful to have Sharon assume this role at a critical time for our municipality” said Mayor Les Armstrong.

Chambers has served the public sector for over 25 years, joining Wilmot with 10 years of that experience in CAO positions, most recently with the Municipality of Kincardine. She began her municipal career with roles in Public Works, Administration, and Finance.



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## How Nutrition Can Support Mobility

By Carrie Bergen-Geisel, Certified Yoga Teacher, Fitness Instructor and Holistic Nutritionist

With the summer over and the kids back to school, many of us are creating new goals and schedules for ourselves. For some, this may include getting more active, improving your mobility, and creating an exercise program for yourself. Great idea, your body will love you for it! Let's take a look at how nutrition can support this goal by providing good energy and strength, helping to prevent injuries, and promoting quick recovery.

Your body needs energy to produce movement. Eating complex carbohydrates and Essential Fatty Acids (EFAs) at the right time of day can help fuel energy. Complex carbs are higher in fibre and digest slower, thereby providing you with a healthier source of energy. Examples are: whole grains (brown rice, oats, spelt), beans and legumes (kidney beans, chickpeas, lentils), fruit (pears, apples, berries), and vegetables (carrots, broccoli, artichokes). EFAs have been shown to help with managing inflammation, enhancing muscle recovery, and maintaining good health. Good sources of EFAs include: fish, nuts and seeds (walnuts, flaxseeds, chia seeds), oils (olive, sunflower), and avocados.

To be active in any form of movement your body needs protein for the muscles and to strengthen and promote the repair of bones, joints, ligaments, and tendons. Consider eating a variety of protein sources such as: meats, nuts, dairy, beans, and eggs throughout your day. I love providing my body with a protein-rich smoothie after a workout or yoga class.

Proteins require cofactors like vitamins, minerals, and antioxidants to work synergistically to support the joints properly. Also, when we are active there is more free radical activity which can lead to oxidative stress. Antioxidants may prevent some of the damage caused by free radicals by neutralizing them and provide the body with excellent sources of vitamins and minerals. Herbs and concentrated green foods have a host of health properties that can help improve energy, stamina and strength. In my post-workout smoothie, I add in antioxidants and EFAs such as kale or spinach, berries, avocado, and ground flaxseeds.

A final thing to consider is keeping your body well hydrated. If you are exerting yourself enough to sweat you may want to consider replenishing your electrolytes. An electrolyte imbalance can occur if the body has too much or too little water. Some common signs of electrolyte imbalance include: swelling or bloating, fever, confusion, rapid heart rate or irregular heartbeat, muscle numbness, tingling or twitching. I like to replenish my electrolytes after exercise using natural items such as dark leafy greens, bananas, watermelon, coconut water, and fresh citrus juice.

I hope these ideas help to keep you moving and feeling good in your body.

*Note: This article is for educational purposes only. Please consult your healthcare provider to see if these suggestions are right for your body.*



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## **FIRE SAFETY MESSAGE - Extension Cord Safety: Coil and store after use**



Recently, the Wilmot Fire department responded to an early morning alarm to a report of smoke in a residential home. Thankfully, the sleeping occupants were alerted to the smoke by working smoke alarms and safely evacuated. Fire crews quickly located the cause and were able to mitigate the issue with minimal damage to the home. The cause of the fire was the improper use of extension cords. A 2019 bulletin released by the Electrical Safety Authority (ESA) says the misuse of extension cords has contributed to increasing reports of electrical fires and fatalities in Ontario.

Extension cords are not intended to be used as permanent wiring. Once the task at hand has been completed, the cord should be disconnected and properly stored for future use. If the need for an extension cord becomes constant, consider installing permanent wiring and additional outlets, and be sure the work is performed by a qualified licensed electrician. Never run extension cords under carpeting; over time the cord can become damaged or retain heat and cause a fire. Always inspect cords before using, and don't use a cord if it appears damaged. Never remove or bend ground conductors and don't attempt to connect a three-pronged plug into a two-pronged extension cord. The gauge or thickness of an extension cord should be the same size or thicker than the cord from the device you are powering, and the cords should be snugly connected. Never use an extension cord with a device that draws a lot of power, such as a space heater or air conditioner. Always plug these types of devices directly into a power outlet.

Fire prevention starts with you. Follow these safety tips for extension cord use and ensure your home is equipped with working smoke alarms by testing monthly and replacing after 10 years.



*Baden Fire Department welcomes two new trucks!*



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## Meet Our Local Firefighters!



Thank you to all our local firefighters. Just like nurses and doctors, you see grief that we cannot comprehend. You are true heroes and deserve to be recognized!



**Jeff Van Dyk:** Recruit at Baden Station with 9 months of service  
Full Time Job/Trade/Industry: Industrial Millwright/Electrician

After I graduated high school, I immediately enrolled in the Pre-Service Firefighter college program. I had been interested in the fire service since I was a child. When I moved to Baden about a year ago, I thought that joining the fire department would be a great way to get involved in the community. I continue to learn new skills that are also applicable to my full-time job. In my spare time, I enjoy hanging out with my family, being outdoors, and travelling.

**Matt Pletz:** Firefighter at Baden Station with 2 years of service  
Full Time Job/Trade/Industry: Owner of Premium Mix Marketing Co.

I was lucky enough to join Wilmot Fire Department in January of 2019 to serve the community that I live in. This experience has been challenging, but amazing. You certainly learn a lot about yourself and your abilities while amongst friends who continue to challenge and support you along the way.

My wife and two boys are very supportive and understand that when the pager goes off, someone needs help! There's nothing that makes me prouder than to be able to teach my kids the value of service.

I'm also grateful for the opportunity to be able to help promote the Wilmot Fire Department in our community through my business. It's been awesome working with the crews and recruits to produce public education videos for you to see!

In my spare time, I enjoy camping, playing hockey, and fishing all over Ontario.



**James Ingold:** Captain at New Hamburg Station with 32 years of service  
Full Time Job/Trade/Industry: Owner of Ingold Property Maintenance

I started on the New Hamburg Fire Department in June of 1987. I was only 17 at the time and had to have special permission from council to join because I wasn't 18. I was still in high school and was allowed to leave school when the pager went off.

My dad was also on the New Hamburg department until the early '70s and was also a captain. I was too young to remember the time when he was on the department, but always enjoyed the stories he told of different calls he had been to.

I chose to become a Firefighter because I wanted to serve my community. In 2007, I was promoted to Captain. When I think back to when I was hired, I was given a key to the station, a pager, bunker gear, and was wished good luck. Now there is a recruitment class and new firefighters don't respond for several months. I can also recall riding on the tail board of the fire trucks. Now we don't leave the hall until everyone is buckled up! Many changes have occurred over the years.

In 2016, my son Shelby was hired. This really was a dream come true for him. When he was little, it was normal to see him wearing old pagers, given to him by Mark Murray, on his belt. Now he works for my property maintenance business. When the pager goes off, we both go and it's not unusual for people to see abandoned mowers left behind on someone's lawn.

Over my 32 years of serving my community as a firefighter I've experienced many different emergency situations and have met so many people along the way. I've developed many relationships and have lifelong friendships through my connections with the Wilmot Fire Department, for which I'm very grateful for.

Who knows, maybe someday my little grandson Mason will join the department and become the 4<sup>th</sup> generation of Ingold firefighters.

**Shelby Ingold:** Firefighter at the New Hamburg Station with 6 years of service  
Full Time Job/Trade/Industry: Ingold Property Maintenance

When I was young, I wanted to be a firefighter just like my dad. On the occasions when my mother was working, I have memories of my dad's pager going off at all hours, and him quickly gathering my sister and me up and driving us to the firehall, where my grandfather would be waiting to take us back to his house. We never left until we watched the fire trucks leave with sirens wailing and lights flashing. Now that I am an adult, I have the privilege of serving the community alongside my father. This has been a childhood dream of mine come true. There are indications my son shares the same sentiment. He loves the big red fire trucks.





# Community Corner ~ Check Out What's Going On!



**Rotary  
Wilmot**



## Calendar Fundraiser August Winners

### August 2, 2021

Winner: Elverne Jantzi (Baden)  
Prize: \$50 Gift Certificate to The Garden Stand

### August 9, 2021

Winner: Alexis Roseborough (New Hamburg)  
Prize: \$50 Gift Certificate to Schweitzer's Plumbing and Heating

### August 16, 2021

Winner: Judy Lebold (New Hamburg)  
Prize: \$50 Gift Certificate to My Place Restaurant

### August 23, 2021

Winner: Ann Mark (New Hamburg)  
Prize: \$50 Gift Certificate to Pharmasave Town Square

### August 30, 2021

Winner: Katie Koebel (Baden)  
Prize: \$50 Gift Certificate to Pizza Arca



## The Royal Canadian Legion Ontario Provincial Command Proclamation of Legion Week

*Ontario Provincial Command of The Royal Canadian Legion represents nine Districts which includes 393 Branches; within these Branches we have over 91,000 members.*

*We are a non-profit organization assuming the responsibility of maintaining the tradition of Remembrance of those who paid the supreme sacrifice by defending our great nation in past and present conflicts, so that we as Canadians can live in the freedom that we enjoy today!*

*We continue to support and represent our Veterans of past and present with many benefits as a result of the determination of our thousands of dedicated members at all levels of the organization.*

*Legion Branches across the province work together with their affiliated organization, the Ladies' Auxiliary, to raise funds in support of the many programs within Ontario Command of the Royal Canadian Legion.*

*With millions of dollars being raised from Branch and Ladies' Auxiliary projects, the Legion supports numerous programs benefiting our Veterans, seniors and youth within our communities.*

*Therefore, let it be known throughout the Province of Ontario that September 19-25, 2021 be proclaimed Legion Week within Ontario Command of The Royal Canadian Legion.*



## CAN & BOTTLE DRIVE

**Beer, wine and alcohol**

As one of our fundraising events  
To help us pay our bills and keep  
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**Last Saturday every month**

(March through October)

**9:00 a.m. till 12:00 p.m.**

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(August 23, 2021) BIRTHDAY  
JEAN SCHWARTZENTRUBER**

Mom/Nana, we are so lucky to have you and we want you to know how much you mean to us. On this special day, we want to wish you the very best, all the joy your heart can hold, and may you be blessed abundantly today, tomorrow, and all the days to come.



Thank you to Cakr Maker for the delicious cake and cupcakes and Kennedy's Restaurant for the great food and service. And a big thank you to family and friends who attended her party and made Jean's birthday even more special.



*We wish you many more happy years!*



Lots of love,  
Bob and Brenda, Dave  
and Lana, Chris and Deb  
XOXO

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Supported by Wilmot Family Resource Centre.  
Currently funded by the Government of Canada, New Horizons for Seniors program.



**New Hamburg Legion**  
Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

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Fri Sept 24th, 5-6 pm pick up / \$20

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**Call Legion 519-662-3770**



Members of the Legion New Hamburg Branch donated \$3000 to the Wilmot Family Resource Centre and with the help of Sobey's in New Hamburg were able to donate 1800 pounds of groceries for their food hampers. The helpers seen here are Seaford Tye, Legion President Bob Miller, Cliff Ziegler, Al Taylor, Steve Dorian, and Ross Eichler.

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## Finding Awe: The Value of Finding Awe in our Everyday Lives

By Amy Krug, M.S.W., R.S.W. Clinical Counselor



When was the last time you felt in awe or wonder of something? Was it a trip abroad, the birth of your child, or hiking a beautiful old growth forest?

There's something about these experiences that are so moving and touching, they give us goosebumps, they make us cry, and they help us see ourselves as part of a larger picture.

While in the rat race of day-to-day life, it can be difficult to look up and experience this powerful emotion. And in 2020, finding awe may have been especially hard, given the overwhelming uncertainty that seemed to creep along. "Sometimes, we are so busy in our own thoughts and emotions that we live in the past or in the future and aren't truly present in the present," said Yazhini Srivathsal, a psychiatrist at Banner Behavioral Health Hospital. "Meaning, we beat ourselves up over something that happened to us or that we could have done differently, and all the negative thoughts and feelings caused by that. Or we worry about how things could go wrong in the future versus thinking about what's right in front of us." In our busy lives, seeking awe may be low on our priority list. But as it turns out, awe isn't just in big moments or experiences; it's not something that just magically strikes you; it's not even something you have to pay for. While many tend to attribute awe as child-like wonder, we as adults can experience this emotion too—even in difficult times. Awe is all around us if we only learn how to spot it.

### **The benefits of awe-spotting:**

The latest research suggests that taking time to awe-spot may even be a path to improving your life, relationships, and overall health and wellbeing.

Research indicates that people who awe-spot may:

- Be more satisfied with life
- Less stressed and anxious
- Reap more long-term health benefits (emotionally, mentally, and physically)
- Be more generous or philanthropic
- Think more critically
- Feel more connected to other people, nature, and the world

"Awe-spotting can help us focus outward and not on ourselves, thus pausing negative emotions or thoughts. By focusing outwards, we are able to connect with our surroundings, nature, and people. This helps us realize that there is much more outside of us than the negative emotions we might be facing. It can change your perspective and your way of life."

### **5 Easy Ways to put Awe-Spotting into Practice**

There is no denying the overwhelming and immense benefits of finding awe, but you may wonder how to put it into practice. Whether a global pandemic or your busy life,

it can be easy to fall into everyday routines (head down, grinding the day out)—making it easier to just put "awe" aside for another day or time.

Sadly, you may even feel like somehow you don't deserve to feel awe, but this simply isn't true. Everyone deserves to feel this powerful emotion, it's something everyone can do.

### **Here are five productive and easy ways to spot more "awe" in your life and make it a part of your everyday:**

#### **1. Get outdoors**

Research has shown spending time outdoors or even watching something about the great outdoors can spur awe-inducing experiences. Take time out of each day to go on a walk in your neighborhood or greenspace, watch the sun rise or set, and even pull up a chair and look up at the stars. Try forest bathing or walking in nature listening to the sounds of the forest surrounding you.

#### **2. Listen to music**

Music can also trigger feelings of awe and has other benefits too. When your favourite song comes on, it can instantly change your mood, and there is a good reason for that. Music activates parts of our brain that regulate our emotions, attention, and memory, which is why it can have such an 'awe-inspiring' effect on us.

#### **3. Spend time with a child or animal**

Every day can be awe-inspiring for a child because they are learning and growing quickly. The things we often take for granted are things they look at with awe and wonder. If you spend time with a little one, you may catch a bit of awe too. The same is true for our fur babies, their capacity for unconditional love is awe-inspiring, and being with them brings us directly into present moment awareness.

#### **4. Reframe day-to-day tasks**

This might seem strange at first, but even daily, mundane activities are moments to feel awe. It can be as simple as focusing on the smell and warmth of a fresh cup of coffee before taking your first sip. The feeling and joy of a warm shower after a long day. "Awe-spotting doesn't have to be grandiose in nature. These little moments are opportunities to pause and be present and mindful in the moment. It reminds us that awe is everywhere."

#### **5. Do something awesome for someone else**

Bake cookies for a neighbour, volunteer at a local shelter, or even just write a little note to your child or significant other. Doing good for others is good for the soul and focuses our attention away from ourselves and on others. Sometimes we might feel silly to look at the simple things or awe-spot, because we are doing much more 'important' things at that time, and we might even think these moments are 'useless' but it's not true. As in the larger scheme of life, taking these moments to awe-spot adds much more value to our day-to-day lives and connections. It's these experiences we need now more than ever.

# Emoji Code

Answers on page 32

Decipher the answers to the riddles below through the code provided. Use the clues on the left and write the letter over the symbol on the right. There are two different riddles to figure out! Good luck!

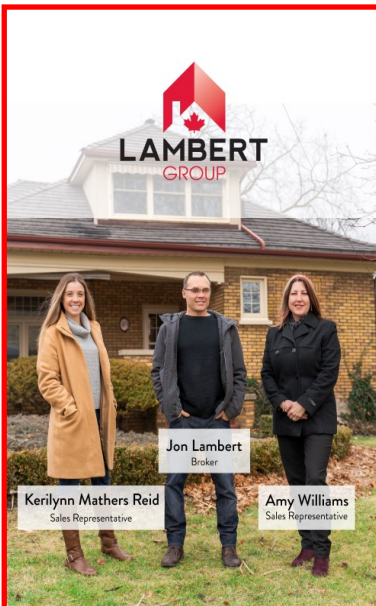


- A= 😊 N= ❤️
- B= 🍌 O= 🍔
- C= 🐻 P= 🦋
- D= 🦅 Q= 🏈
- E= 🚗 R= ✂️
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- G= 🍕 T= 🍎
- H= 🏠 U= 🚫
- I= 🚀 V= 🐼
- J= 🌻 W= 🐱
- K= 🕒 X= ♣️
- L= 🛠️ Y= 🍷
- M= 🐼 Z= ✈️

## Why did the scarecrow win a Nobel prize?



## Why don't scarecrows eat?



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# BACK 2 SCHOOL



It's that time of year again for our kids to start dreaming big!

Back to school is in full swing already! Here in Wilmot Township, we are so lucky to have an amazing community of schools and educators. Over the years, the Lambert Group has been proud to support our school system through the Wilmot Family Resource Centre Backpacks for Kids program, as well as the Food4Kids program. Giving back to the community is a priority for our team, and by promoting education, we are thrilled to help the leaders of tomorrow have an opportunity to learn, grow, and flourish.

We feel so lucky to be part of an amazing community with amazing people. We hope everyone is having a great start to this school year!

"Lambert Group is absolutely amazing. Jon Lambert and his wonderful team helped us through the entire process (from renovation suggestions, staging, etc.). They were very patient with me, with all my questions and very helpful. They helped us also to make a connection and contact with one of their Remax colleagues in St. John's, as we have a plan to move to Newfoundland. Absolutely wonderful experience and we would recommend Lambert Group to everyone. Also to mention, pictures and video they made were professionally done. Even our daughter couldn't recognize our house. House was sold in a short period of time. Go Lambert Group!! You ROCK!!!!!"

-Tanya U



# Drop One For Fun

Answers on page 32

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

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

1. Kayak cousin
2. Ice cream holder
3. Unit of time
4. Colouring liquid
5. Opposed to
6. Light brown
7. Gas, brake, or clutch
8. Forefront
9. Carbonated beverage
10. Desert transport
11. A heavy club
12. Apple device
13. Carrying a weapon
14. A drink in Scotland
15. Angry

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 directory of local churches

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**Zion Philipsburg Lutheran Church**  
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[www.philipsburglutheranchurch.ca](http://www.philipsburglutheranchurch.ca)

**Emmanuel Lutheran Church**  
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[www.petersburgchurch.org](http://www.petersburgchurch.org)

**Shantz Mennonite Church**  
[www.shantzm.ca](http://www.shantzm.ca)

**St. James Lutheran Church**  
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[www.stjamesinbaden.org](http://www.stjamesinbaden.org)

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*"A political win is determined by those who  
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-Fred Veenhof



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## Greetings From the New Hamburg Thrift Centre



It's time to go back to school! Isn't it crazy how quickly time passes?

If you're a parent, you might be excited for your student to head back to a structured routine, and if you're a student, you might be dreading the switch from vacation to work-mode.

However you're feeling about the changing seasons, and whatever stage you're in, stopping by the New Hamburg Thrift Centre can make the transition a better one. All sorts of school supplies are available for purchase at low costs for students of any age. Whether you're looking for clothing, backpacks, shoes, dorm room supplies, or anything else under the sun, New Hamburg Thrift Centre should be your first stop.

One of the coolest ways to end off your summer has to be making a school kit for the Mennonite Central Committee (MCC) to send off to another student across the world, though. As you begin to shop for school supplies, it can be hard to remember that there are many people who don't have the ability to shop so accessibly.

School kits consist of: (NEW items only)

- 4 spiral or perforated-pages notebooks (8.5 in x 10.5 in and 70 sheets)
- 8 new unsharpened pencils
- 1 ruler (flat, good quality; must indicate 30 cm; inch markings optional)
- 12 colored pencils (in packaging)
- 1 large eraser
- 2 new black or blue ballpoint pens
- 1 small all metal pencil sharpener (one or two holes). Plastic case pencil sharpeners are not accepted because these are poor quality and do not last as long. If you cannot find all metal sharpeners please pack the kits without them and we will add the sharpeners.

Once finished, the school kits can be dropped off at New Hamburg Thrift Centre or one of the other drop-off locations listed on the MCC website. These kits are then sent to students in places where there has been a disaster, or to students forced to flee their homes. These kits can go anywhere in the world, including Jordan, Bosnia and Herzegovina, Iraq, Zambia, Ukraine, Somalia, Burkina Faso, Canada, and the U.S.

If you would like to read more about the MCC school kits or would like more information about where to drop them off, check out this page on the MCC website <https://mcc.org/get-involved/kits/school>

Also, notice our **NEW** store hours!

Monday to Wednesday — 10 am to 5 pm  
Thursday and Friday — 10 am to 8 pm (Extended hours)  
Saturdays — 10 am to 5 pm



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**New hours start September 13**



All proceeds benefit the work  
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Committee

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# Cook's Corner

## The Nutcrocker

(Recipe taken with permission from Janet and Greta's "The Looneyspoons Collection" recipe book)

Time to dust off your slow cooker... and let the crock pot do the cooking!



### Ingredients

- 1 cup medium salsa
- 1/2 cup light peanut butter
- 2 tbsp frozen orange juice concentrate
- 1 tbsp reduce sodium soy sauce
- 1 tbsp liquid honey
- 1 tbsp grated gingerroot
- 1/2 tsp curry powder
- 12 boneless skinless chicken thighs (about 2.25 lbs)

Chopped green onions and chopped peanuts for garnish

### Directions

Whisk together salsa, peanut butter, orange juice concentrate, soy sauce, honey, gingerroot, and curry powder in the crock of a slow cooker. Place chicken thighs over sauce. Turn pieces to coat both sides with sauce. Cover and cook on low heat setting for 5 to 6 hours or high heat settings for 2<sup>1/2</sup> to 3 hours, until chicken is tender. Garnish chicken with chopped green onions and chopped peanuts, if desired.

*Recipe tip: This recipe tastes great served on a bed of hot basmati rice or coconut rice with sweet green peas on the side.*

### Ginger Facts

- Ginger is a part of the Zingiberaceae family, which also includes turmeric and cardamom.
- Ginger has MANY health benefits, some including anti-inflammatory properties, blood sugar regulation, and gastrointestinal relief.
- A ginger plant can grow up to 4 ft. tall.
- Mature gingers, ones most commonly sold in grocery stores, are harvested after 10-12 months.
- Ginger is actually a rhizome, not a root. A rhizome is an underground stem.

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## Township of Wilmot Receives Generous Donation From TLC Pet Food

The newly constructed dog park in Wilmot looks a little different thanks to our very own New Hamburg based company TLC Pet Food. TLC has graciously donated \$20,000 to fund new enhancements in the park.

Since opening in September 2020, the idea of adding new features for the dogs and their owners was a priority and is now a reality thanks to TLC Pet Food owners, Erik and Sandra Kuttis.

“Since our founding in 1994, TLC Pet Food has remained committed to helping pets live longer and happier lives. We are happy to make a donation to the Wilmot Off-Leash Dog Park, providing the community with a place to play and stay active with their dogs. TLC appreciates continued support from Wilmot families and we are excited that everyone can enjoy the park for years to come,” said Erik Kuttis.



TLC Pet Food has put the Wilmot dog park on the map, now boasting 5 new park benches, some with sunshades to keep cool during the hot days and armour stone placed inside the small and large dog areas for the pups and owners to take a rest. The final piece of the donation will include some fall tree replacements and additions to ensure a cool and shady location for our four legged friends for years to come. Open daily, 6 am until dusk, the park also includes accessible paths in each section, a controlled entrance, waste disposal unit, and accompanying parking lot.

Sandy Jackson, Acting CAO and Director of Parks, Facilities, and Recreation Services stated: “The park makes for an amazing gathering place for the area as well as a destination for dog owners and people throughout the Township. TLC Pet Food’s ongoing community support has made the new additions possible and the Township is genuinely appreciative of their contribution”.



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5. Releasing who you once were.
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**Wilmot Horticultural Society**

The summer sun is losing its intensity and the days are shortening. Summer blooms and harvests are winding down.

The gardens are transitioning to their fall colours which still offer a riot of colour along with the turning colours of the trees. With the deep blue of the autumn sky framing the reds, oranges, and golds of our trees and forests, our landscape is a kaleidoscope of colour.

Why do some trees drop their leaves before winter? Winter is cold, dry, and there is very little sunlight (which powers the production of energy). So, instead of trying to keep their leaves, deciduous trees drop their leaves and seal the spots on their branches where the leaves had been attached to keep moisture in. Otherwise, during snowfalls, the weight of the snow on the leaves would create major stress on the tree's structure. Just think of what happens during an ice storm and then add the weight of leaves. A lot more tree branches and whole trees would come down.

So how is the colour created? Leaves contain pigments called chlorophyll that causes the leaves to be green. Chlorophyll is important for plants to make food using sunlight. During spring and summer when there is plenty of sunlight, trees produce a lot of chlorophyll. In autumn when it starts to get cold, some trees stop making chlorophyll. Plants break down chlorophyll into smaller molecules thereby allowing the other pigments to show their colors. This is why leaves turn yellow or red in fall.

The colour change usually happens before the leaves fall off of the tree. Why might that be? It takes a lot of energy

to make chlorophyll. If the trees break down the chlorophyll and move it out of their leaves before the leaves fall, plants save energy. The trees can reabsorb the molecules that make up chlorophyll. Come springtime when it's warm and sunny enough to grow again, the trees can use those molecules to remake the chlorophyll. That way the trees don't have to make chlorophyll from scratch.



There are other pigments in leaves called carotenoids. Carotenoids are yellow and orange. Anthocyanins are other plant pigments that are only made in the fall. These pigments cause red, pink, or purple colors. Anthocyanins also protect leaves from being eaten or getting sunburned.

So, the different colors in leaves are caused by changes in the pigments. This lets beautiful yellows, oranges, and reds come through in the fall. Some of the most colourful trees are the native sugar maple, red maple and the natural hybrid of the two, Freeman maple, red oak, and Kentucky coffee tree. There are more. Enjoy the colours!

*Keep those fingernails and knees dirty!*



**Save the Dates!**

**Webinar:** Wed. Sept 29, 7:15-8:45pm free.

*Let's Talk Healthy Trees: from the roots up*

**Tree Planting:**

Tues. Sept 21, 4:30pm Adam Beck Park, Baden

Saturdays at 9:00 am:

Oct 2-New Dundee, Oct 16-Mannheim,

Oct 23 -Petersburg **Join us!**

**For more information & great gardening information.**

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**email:** [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)

**Website:** <http://wilmothortsociety.ca>

**Let's Tree Wilmot email:** [letstreewilmot@gmail.com](mailto:letstreewilmot@gmail.com)

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# Kids' Corner

By: Karrienne Berberich



September 22 is the first day of fall.

# HAPPY BACK TO SCHOOL!

Back to School!

L	T	B	U	S	Q	W
E	E	U	R	C	F	R
A	A	T	Y	H	U	E
R	C	P	D	O	N	C
N	H	B	O	O	K	E
K	E	G	F	L	J	S
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WORD BANK

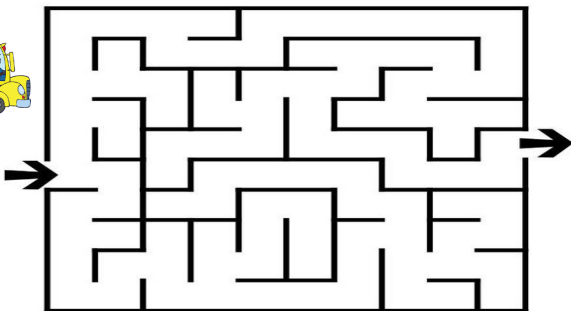
SCHOOL BOOK FRIENDS TEACHER BUS RECESS LEARN FUN

### Walk to School Scavenger Hunt

On your walk to school, check these boxes as you find them

- Canada Flag
- Bicycle
- Big Stick
- Red Car
- Sleepy Parent
- Dog
- Baby Stroller
- Baseball Hat

Help the school bus get the kids back to school!



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### Let's Help Tori Get Back On Her FEET Again

Tori is the daughter of Sheryl (Litwiller) and Alf Crabbe and the mother of Saydie (18) and Brett (16). She and her children live in New Hamburg. Tori suffered a fluke accident 8 years ago shattering her ankle. Now after 7 major surgeries, 2 failed ankle replacements, one ankle removal and fusion, 33 casts and too many crutches to count, she was scheduled for amputation of that leg below the knee on September 3rd.

This has taken a huge toll on her mentally, physically and financially causing years of missed work, denied Ontario disability, unqualified for CERB, EI benefits and savings all depleted during Covid awaiting postponed surgery.

A Fundraiser has been established through [gofundme.com](https://www.gofundme.com) (help Tori get back on her feet again) with the hope of raising funds for her temporary and permanent prosthetics that she'll need in the first year following her surgery. Add to that, additional medical costs for months of rehab and living expenses until she is indeed on her feet again, the situation would be daunting for anyone.



### All Things Scrambled (page 5)

<i>Trees in South</i>	<i>Towns Within One</i>
<i>Western Ontario</i>	<i>Hour of Baden</i>
Beech	Alma
Aspen	Paris
Maple	Elora
Cedar	Fergus
Birch	Arthur
Willow	Bright
Poplar	Drumbo
Spruce	Millbank
Hemlock	Goderich
Chestnut	Innerkip

### Answers to Baden Outlook Puzzles

#### Reduce to Produce (page 9)

You can't judge a  
book by its cover

#### Drop One For Fun (page 26)

- |           |          |         |
|-----------|----------|---------|
| 1. Canoe  | 2. Cone  | 3. Eon  |
| 4. Paint  | 5. Anti  | 6. Tan  |
| 7. Pedal  | 8. Lead  | 9. Ale  |
| 10. Camel | 11. Mace | 12. Cam |
| 13. Armed | 14. Dram | 15. Mad |

Creating special words - Apple Cider

#### Emoji Code (page 25)

Why did the scarecrow win the Nobel prize?  
- *Because he was out-standing in his field*

Why don't scarecrows eat?  
- *They are already stuffed*

### Three simple rules in life:

If you do not go after what you want, you'll never have it. If you do not ask, the answer will always be no. If you do not step forward, you will always be in the same place.

### You Must Be Joking!!

The first five Florists I called from the phone book knew nothing about carpet or tile.



And suddenly I'm the idiot!?

### Canadian National Days

- September 16: National Play-Doh Day
- September 20: National String Cheese Day
- September 27: National Crush a Can Day
- September 29: National Coffee Day
- September 30: National Chewing Gum Day
- October 1: National Hair Day
- October 2: National Name Your Car Day
- October 4: National Taco Day
- October 6: National Noodle Day
- October 8: National Pierogi Day
- October 13: National No Bra Day
- October 14: Be Bald and Be Free Day



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Back in April of this year, the Conference Board of Canada released an interesting graphic survey. The survey had to do with summer outbound travelers.

In Ontario they said 42% were dreaming of a vacation, 31% were investigating, 15% were planning, and 12% had reached the booking stage.

Judging by the phone calls we have been receiving of late, I am sure if this survey were done today for winter travelers, the “planning” and “booking” stages would have much higher percentages. When it comes to purchasing travel insurance the majority of people are probably right now in either the planning or booking stages. For winter getaways, these two stages generally happen in late September or early October.

Covid-19 has been a disrupter for almost every industry you can think of including the travel insurance industry. It’s important for travelers to be up-to-date on government rules and regulations because they seem to be always changing. When it comes to travel, testing, quarantine, and borders you will want to go here, <https://travel.gc.ca/travel-covid>. The government spells everything out pretty clearly, but if you need additional details you should speak with a travel insurance broker.

Since most Ontario travelers usually head to Florida or take a Caribbean Cruise, I would like to steer the conversation to an important, but sometimes forgotten, topic: hurricanes and the need for Trip Cancellation and Trip Interruption insurance. To help you understand your coverage better, let me give you a few scenarios that could occur:

### There’s a storm, but it hasn’t yet been named a hurricane

Larry’s family is thinking about vacationing in Florida, but a tropical storm is approaching. In this situation, he still has time to purchase travel insurance, and more importantly, Trip Cancellation & Trip Interruption insurance.

Once a hurricane or typhoon has been named, it will become a circumstance known to him, and he’s no longer covered. Similarly, if a travel advisory is put in place before he purchases Trip Cancellation and Trip Interruption insurance coverage, he’s not covered. The best time for anyone to purchase travel insurance is as soon as they finalize their trip.

### There’s a hurricane warning for the travel destination

Jesse’s family have a few “hurricane-prone” destinations in mind, so they are constantly checking <https://travel.gc.ca/travelling/advisories> for hurricane updates. If they decide against travelling to the affected destination, they can cancel their trip if they purchased Trip Cancellation and Trip Interruption insurance.

The top six ranked areas for hurricanes in Florida are 1) Southeast Florida {Miami, Fort Lauderdale, West Palm Beach} 2) Key West and the Florida Keys 3) Southwest Florida {Fort Myers, Naples}, 4) West Florida {Tampa, St. Petersburg, Sarasota, Clearwater} 5) Central Florida – Atlantic Coast {Melbourne, Cocoa Beach} and 6) Florida Panhandle {Pensacola, Panama City}.

In next month’s Travel Insurance ... News and Views we will answer these questions for you.

- Do all travel insurance companies provide the same coverage for Covid-19?
- Are you covered by the Trip Cancellation or Interruption benefit if you are denied boarding on your return flight due to a positive Covid-19 test?
- Does emergency medical care cover expenses for subsistence allowance (i.e. accommodation, meals, taxi transportation, childcare costs) if you are denied boarding on your return flight due to a positive Covid-19 test?
- Do you have access to subsistence allowance during quarantine when you return to Canada?



Wherever your travel destinations may take you, do your homework and stay safe.



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