

SEPTEMBER 2023

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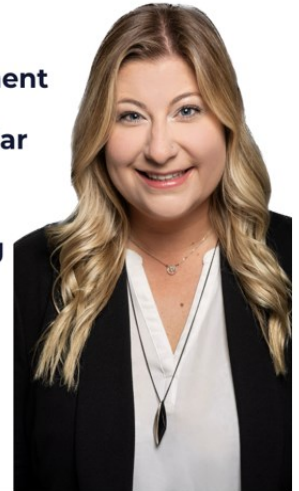
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Barry, Pat, & Katie Fisher

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

- Read and sign up for the many programs and activities happening at the library this fall
- Chip from ICC writes about life in plastic... Barbieland!
- Saying farewell to longtime Wilmot staff member, Patrick Kelly
- Try your hand at our quiz on Europe in Global Outlook on page 8
- Are you a Snowbird who likes to winter in Europe? Make sure to read Gary White's Travel News and Views article
- New Hamburg Thrift Centre dives deep into why volunteering can benefit your life
- Barry writes about the Loch Ness Monster, Nessie and other mythical legends
- Get ready for Community Safety Day! There is much to learn. See page 19



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

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Baden Outlook

Greetings from Headquarters ~

The end of summer and the beginning of fall. I love summer but the magical colours of fall trees are exciting and I can't wait for fall hikes!



I often think of people in the early 1900s or late 1800s and think of how they lived their lives then. What would it have been like to experience that era? I have a friend who owns a yurt up north and I watched her manage the heating with chopping wood or having to fetch water to boil on her wood stove. She talked of how much work everything was compared to modern society. It got me thinking, I wonder how the general public's mental health would have been back then? If the day was full of tasks and exercise doing these tasks, often outdoors, many would probably have slept well. People of that era would have been more fit, had healthier diets, and most likely been happier too. I will mention that people with severe mental health disorders were not often treated fairly and there was a lot of taboo with the topic. But, I think the mental health of the general population would have been higher than today.

These days everything is made for convenience. Tasks can be completed faster and easier leaving us with more free time. My other half sent me a post about how overthinking can become super problematic. It explained about how overthinking is the biggest cause of unhappiness. For instance, the problem is rarely the problem. Often the problem gets amplified so much in our brains that it blows it out of proportion. Overthinking can lead us to believe we can't achieve something and/or give us too much time to criticize ourselves.

I wonder if we can somehow harness the busy and hard work of the past and feel the pride and sense of accomplishments of our efforts. Then, take some personal time that we have earned and gained through the modern conveniences of this generation and relax and unwind as we merge into a happy medium. A place in which we don't doubt ourselves with our extra time and our productivity per day is naturally a little higher.



Hi Y'all—I love the fall! New smells and colours are in the air. Don't get me wrong because I love summer and cannot believe how quickly it went by. As we know Canada is blessed with four seasons and all of them bring wonderful things. We will start to cook differently, dress differently, and slowly crawl back into our cozy places as the cooler and shorter days set in.



Katie took a wonderful photo of the corn fields of Wilmot for the front cover, clearly giving us an autumn vibe...the colours are fantastic.



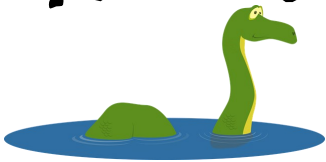
The season brings us changes that include new experiences and new faces which may be challenging for some. It's a brave time to keep your head up and your smile on as you venture into strange territory — good luck, you are not alone. Have fun! You may learn something from the birding article this month how "birds of a feather flock together." Or perhaps that life isn't always perfect as Chip mentions in his article. As you ramp up with fall activities, it's important to take some time to slow down and take some time for yourself—that would be a good time to do the Fall Colour Word Search or the Global Outlook Quiz. Have fun!

Wishing you all a wonderful Thanksgiving, and enjoy the company of family and the bounty of food. Don't forget to count your blessings!



Talking with Ed

~ Searching for Nessie



At the time of writing there was much talk about the search for Nessie (aka the Loch Ness Monster). Over 300 people volunteered to carry out an extensive search of Loch Ness, which is 23 miles long, 2.7 kilometres wide, the second deepest loch (230 metres), and the largest by volume lake in the United Kingdom. The loch is very dark due to the high concentration of peat, and has a consistent temperature between five and ten degrees.

The weekend search was the biggest search for the mythical beast since 1972. Investigators used all sorts of technology, including surveying equipment, that have never been used on the freshwater lake before. Drones with infrared cameras flew over the lake and a hydrophone was used under the surface to detect under water “Nessie like calls.”

The first sighting of the monster was in 565 AD as posted in the Life of St. Columba by Adomnan. Apparently Adomnan wrote, that a creature bit a swimmer and threatened to bite another, but Adomnan held out a cross and ordered the beast to go back. Many tales have followed that story.

In 1871 or 1872, D. Mackenzie of Balnain, saw what appeared to be an overturned boat in the water that wriggled away at a rapid speed. In 1888 Alexander Macdonald saw what appeared to be a “stubby legged salamander like animal” fifty feet off the shore that surfaced and propelled itself away. The best-known sighting was posted in the *Inverness Courier* on May 2, 1933. Aldie and John Mackay spotted a whale-like creature rolling in the water for at least a minute, then it disappeared leaving a sea of foam. George Spicer and his wife also in 1933 witnessed a creature four feet high and 25 feet long with a long, wavy, narrow neck cross the road in front of their vehicle. This couple confessed that this story was fake and it was dismissed by authorities. These are just a few tales.

More sightings were documented in 1933, 1934, 1938, 1954, 1955, 1960, 1977, 2007, 2011, 2013, 2014, and 2021. Many of these photographs and video have been debunked, but still the legend lives on. Over 4000 people have claimed to have seen the monster. The beast has been compared to a prehistoric dinosaur called a Plesiosaurus, which is believed to have become extinct 66 million years ago. The Plesiosaurus is said to be 2.8 to 3.5 metres long (9.4 to 11.5 feet) and weigh 185 kilograms (408 pounds).

There have been seven official searches for Nessie, the first in 1934. Other tests were made in 1962 -72, 1967-68, 1972, 1975, 1987, 2003, 2001, 2008, and 2013. Multiple sonar tests have been conducted on the lake and also a DNA survey. Folklore and hoaxes have contributed to the mystery, but 4000 people claiming to have seen it seem to make it all very real.

There are many other comparable monsters where there have been sightings including Champ or Champy who lives in Lake Champlain between New York State and Vermont, Ogopogo who is said to inhabit the Okanagan Lake in British Columbia, and, Altamaha-ha who is a legendary creature alleged to inhabit small streams near the mouth of the Altamaha River in South Eastern Georgia. Japan has Issy in Lake Ikeda, and Iceland has the Lagarfljot Worm in Lake Lagarfljot.

Here in Wilmot Township, we have our own bit of folklore which is centred around Nithy, the Nith River Monster. In July 1953 a trail with a continuous groove, about the width of a bicycle tire, and claw prints was left on the banks of the Nith in New Hamburg. Today Nithy can be seen occasionally at parades and special events. Have no fear though, Nithy is relatively tame aside from giving some people the occasional hug. Perhaps we should have the search team that is working on the Loch Ness come over and conduct a search in our own Nith River. Until next month...Ed

Top ten mythical creatures according to Topten.com

1. Dragon
2. Phoenix
3. Mermaid
4. Pegasus
5. Cerberus
6. Kraken
7. Griffen
8. Nessie
9. Werewolf
10. Centaur

Honourable mentions go to: Cyclops, Yeti, Fairies, Gnomes, Leprechauns, Vampires, Wendigos, and Unicorns.



It was brought to our attention that in our featured story last month about the Stationary Store / Office Pro, we had left out some information on its history.

The Stationary Store moved from Peel Street to the Sobeys Plaza in 1996. The business changed to Office Pro in 2010 and later relocated to their current location on Huron Street in 2014. Thanks to John Ritz for clarifying this.

When documenting history, facts matter!

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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 31

Cities in Alberta

- FANFB _ _ _ _ _
RASPEJ _ _ _ _ _
ESRUND _ _ _ _ _
RAGLACY _ _ _ _ _
RAIDIRE _ _ _ _ _
ROMCANE _ _ _ _ _
ROSEMAC _ _ _ _ _
STOOKOK _ _ _ _ _
DER REED _ _ _ _ _
MONTONED _ _ _ _ _

Cities in Ontario

- WATATO _ _ _ _ _
PLUEGH _ _ _ _ _
IREBAR _ _ _ _ _
DOONNL _ _ _ _ _
TOONTOR _ _ _ _ _
BUSRUDY _ _ _ _ _
RINDWOS _ _ _ _ _
LOOTWARE _ _ _ _ _
TAILMHON _ _ _ _ _
RICKNEET _ _ _ _ _

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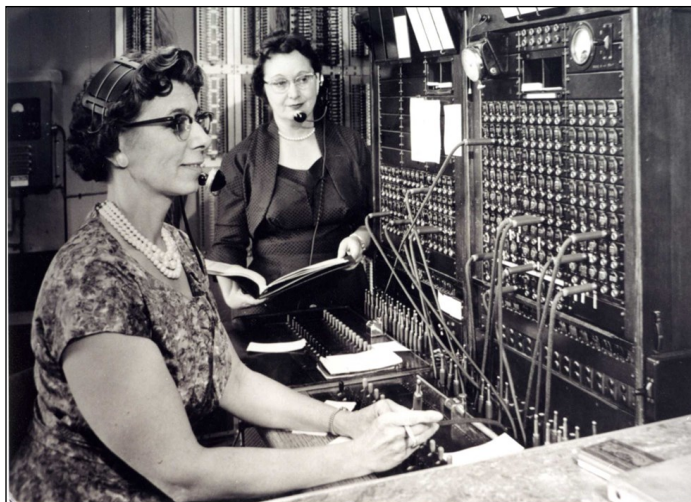


Looking Back in Baden

By Castle Kilbride staff- Sherri Gropp, Curator and Taylor Hynes, Museum Assistant

100 years ago...September 1923

Larry Appel bought the hardware business of the late Bertram Kriesel estate in Baden and will take possession on September 1st.



Mrs. Dorothy Harper and Mrs. Betty Lang of New Dundee c.1955

75 years ago...September 1948

The extension to the Wilmot Municipal Telephone System office has been started adjoining the present building. Excavation is being done by Norman Kaster and his sons of New Dundee.

Several Baden people have attended the C.N.E at Toronto.



The Hardware Store of Bert Kriesel c. 1908 from the Wilmot Township Archives.

50 years ago...

Sept. 5, 1973

The Baden Minor Softball Association is hosting a day for all its sponsored teams on Sat. 8 at the Baden Park beginning at noon and ending around 7:00 p.m.

The first scheduled game will be the boys house league against the girls house league. Following that the girls will take on the squirts. The peewees will play the bantams. The midgets A's take on the Midget B's, and for the grand finale the coaches and umpires will take on the minor ball executives.

Each game will last approximately an hour. A silver collection will be taken.

Sept. 12, 1973

Wilmot Girl Named County Dairy Princess.

For the fourth year in a row, a Wilmot Township girl has been named Waterloo County Dairy Princess.

Named to the honour this year was Pauline Shantz, 17, of Baden area. Last year's princess was Freda Butz of RR2, New Hamburg. The winner in 1971 was Sandra Lass while the 1970 winner was Marilyn Honderich. The last three winners before Miss Shantz are all from RR2, New Hamburg. Miss Shantz, daughter of Mr. and Mrs. Nyal Shantz of Baden, was a runner-up in the competition last year. Among the competitors this year was princess' sister, Joanne, 24.

The competition took place at the annual Cambridge Fair Friday.

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Drop One For Fun

Answers on page 31

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



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

1. A water craft
2. Ice cream landing spot
3. Singular
4. Having or showing no skill
5. A prong or sharp point
6. A decade
7. Speedy
8. A sudden attack
9. Necessary for life
10. A tavern favourite
11. A cog
12. A piece of old cloth
13. Listened to
14. Difficult
15. Fooled

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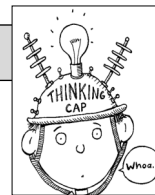
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GLOBAL OUTLOOK - COUNTRIES IN EUROPE!

How well do you know the countries that make up Europe? There are 44 countries in Europe today according to the United Nations. We have given you the first letter of each country in alphabetical order. Try and see how many countries that you can name— some of them are surprising! Answers on page 31.



A _____	H _____ S _____	N _____
A _____	H _____	P _____
A _____	I _____	P _____
B _____	I _____	R _____
B _____	I _____	R _____
B _____	L _____	S _____ M _____
B _____	L _____	S _____
C _____	L _____	S _____
C _____ R _____	L _____	S _____
D _____	M _____	S _____
E _____	M _____	S _____
F _____	M _____	S _____
F _____	M _____	U _____
G _____	N _____	U _____ K _____
G _____	N _____ M _____	

You Must Be Joking!!



Results of a Good Vocabulary

I recently called an old engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "aqua-thermal treatment of ceramics, aluminum, and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

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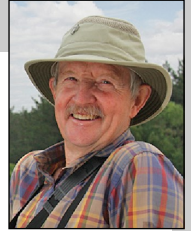
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Baden Birding ~ Birds of a Feather...

By Fraser Gibson



You may have heard that, during migration, the diminutive Ruby-throated Hummingbird routinely hitches a ride on the back of the much stronger Canada Goose. Migration consumes vast quantities of energy so why not take advantage of the large and rugged goose while flying south? Intuition might suggest that one species of bird may be willing to help others of the same species, but the idea that one species would help a different species is a more foreign idea. Would the Canada Goose provide this service out of the goodness of its heart?

There are numerous instances of birds acting in a manner that benefits other bird species. Our woodpeckers, for example, excavate new nest cavities every breeding season. Other cavity nesters such as wrens, chickadees, nuthatches and bluebirds are not nearly as well-adapted for drilling nest holes.

Consequently they often raise their young in the cavities made by woodpeckers the previous year. Without woodpeckers these cavity-nesting species would likely experience a nest site shortage.

During the fall and winter months, mixed flocks of chickadees, nuthatches, Brown Creepers, and Downy Woodpeckers often forage together. There must be a benefit to the participants or why would they fly together? It is hypothesized that some birds depend upon the vigilance of others in the group to avoid predation while gaining valuable foraging time. Additionally there is less chance of being eaten when other possible victims are foraging nearby. The chances of the flock finding a patch with plentiful food is also increased because there are more eyes searching. Since each species forages differently or eats different foods, there is less competition than in a same species flock.

In the May 2023 Baden Outlook I wrote about the Yellow-bellied Sapsucker returning to this area in mid March.

The insect population is quite low at that time of year so the sapsucker drills numerous small holes deep enough to penetrate the bark on some of its favourite trees. Later it returns to lap up the freely flowing sap with its brush-like tongue. It keeps these “wells” open until there is a plentiful supply of insects or until it flies further north where most will raise their young. Ruby-throated Hummingbirds return to this region a few weeks after the sapsucker, well before the nectar producing flowers they depend on are in bloom. How can they survive? Hummingbirds visit sapsucker wells to sip the leaking sap which is similar to flower nectar. The sweet sap also attracts the few insects that may be active at that time of year making them easy targets for the frequently returning sapsucker and for the hummer. Obviously hummingbirds benefit from the sapsucker’s actions.



Hummingbirds have been observed actually following sapsuckers to their wells. Once found, hummingbirds have also been seen guarding the wells and chasing away other thieving birds such as kinglets, phoebes, and

warblers, but not the sapsucker! (*Journey North* <https://journeynorth.org> › *hummm* › *Partnership*). Thus only the hummingbird steals the sap, leaving most of it for the sapsucker. Consequently the sapsucker appears to benefit from this relationship as well.

By the way, it was proven long ago that Ruby-throated Hummingbirds have strong migrating abilities and therefore do not use the flight services of the Canada Goose during migration. Even though this does not happen, there are numerous ways in which birds either co-operate or indirectly help other bird species. Some of these relationships are fascinating.

Birds of a feather may flock together but birds of a different feather often help one another.

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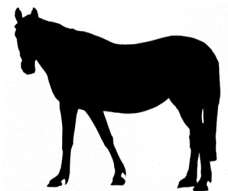
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Firebirds Annual Food Drive

The New Hamburg Firebirds are once again asking for your help and continued support for their annual Thanksgiving Food Drive.



Since its inception, the New Hamburg Firebirds Thanksgiving game night, along with the students and their schools' participation have been able to collect over 28,500 lbs of non-perishable food to put on the shelves of the Wilmot Family Resource Centre.

After being very restricted for a couple of years as to what we were able to do, last year we were back in full force and by the end of the food drive, 8,530 lbs of food donations and over \$3,000.00 in monetary donations were collected. The New Hamburg Firebirds Thanksgiving Food Drive's huge success only becomes reality because of the phenomenal help of people in a community that just continues to give.

Unfortunately this year is no different than past years..., the fact is we are in greater need of your help and support more than ever. New Hamburg has a well-deserved reputation for its welcoming attitude and kindness. While we don't know what changes and challenges lie in the future, we do know that we are resilient and we can adapt to what ever comes next and continue to learn from the past. One of the things that make New Hamburg such a great place to live is the way residents come together to assist and support each other if the need presents itself. I see this evidence in every part of the community, especially this time of year.

Our official launch for the New Hamburg Firebirds Thanksgiving Food Drive is at the Wilmot Family Resource Centre's Poor Boy Luncheon on Thursday, September 28th. The Thanksgiving Food Drive's Early Bird Meet the Players will be at both Sobeys and Mackay's NoFrills on Saturday September 30th from 10:00 am to 2:00 pm and the main event is the Firebirds Thanksgiving Friday Night Game on October 6th.

The New Hamburg Firebirds always strive to do their best in giving back to the community and this is why we truly need you to be part of our team to help us help the Wilmot Family Resource Centre.

Please give whatever you can and we hope to see everyone at the Thanksgiving Friday Night Game on October 6th.

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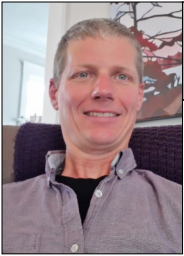
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Earlier this month, I went to see the Barbie movie, mostly because it was the movie my wife and my younger son wanted to see, not to mention the hype surrounding it had piqued my curiosity.

The movie juxtaposed life in Barbieland and life in the real world in terms of the treatment of women and men as well as the overall quality of life in one sphere vs. the other. Surprisingly, it does a great job on both fronts, which offered us lots of material for conversation on topics like feminism and real life vs. fantasy life.

Barbieland was depicted as a place where every day is a perfect day in which the sun is always shining, the characters always have a great sleep, and always wake up eagerly looking forward to an exciting day of playing in the surf and sand followed by an evening dance party. The depiction of life in Barbieland reminded me of the song lyrics from Aqua's Barbie Girl song, in which she sings, "Life in plastic, it's fantastic"



connoting the real world is not fantastic. It's true. The world we live in is not Barbieland. Fittingly, as I write this, there are thunderstorms rolling through; it feels like I could have used an extra hour of sleep, and all the work I must do today means no day of leisure.

After watching the movie, I concluded one of the main impediments to our happiness is thinking life should be perfect. It is not just Barbieland that fosters this idea. Social media posts of ideal family and friend moments contribute to it. As do marketers' promises of the state of ecstasy their product will deliver. When life does not deliver the happiness we expect, we can feel hard-done-by. The hard truth is, it will sometimes rain on our picnics, our sleep will be interrupted, plans fall through, illness occurs, etc.

Real life is imperfect and can be downright difficult. And yet, despite the inevitable hardships, real life still has the potential to hold marvel, magic, and mystery. If this were not the case, the main Barbie character would not bother considering living in the real world over her fantastic plastic life. Perhaps, our perspective is impacted by whether we focus on the hardships of life or on its highlights.

To help us focus on life's highlights, there is a practice about which I read recently and have undertaken. Right now, jot down three things from the day for which you are thankful. Then reflect on why each item on your list happened to you: was it due to your own efforts, someone's generosity, or did you happen to be in the right place at the right time? For the next 21 days, repeat this exercise without repeating an item on the list. Maybe we can discover even real life can be fantastic.

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Come check out The Closet:

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 Millers Mercantile

Items are gently used, brand name and/or vintage clothing and accessories (*unless brand new tags are attached of course!*) All clothing and accessories are laundered and/or steamed

**Millers Recycle, Repurpose
 Tip of the Month!**

Creative Unique Planters: Kitchen and household items hiding in cupboards or boxes are great items to repurpose as indoor or planters. Or maybe you have a sentimental item you can't part with but don't use!



**KITCHENER
 MUSICAL
 SOCIETY
 BAND**
 EST. 1976



Castle Kilbride's summer concert series was enjoyed by many locals on Thursday evenings despite a summer of rain. Pictured here is the Kitchener Musical Society Band which is a big band group that formed a year



before Castle Kilbride was built! History shines through on the castle grounds!



Thank you to Raymond Kuntz for snapping this picture and submitting to the Outlook!

Fall is the time when everything bursts with its last beauty, as if



nature had been saving up all year for the grand finale.



Eliminate all the "B A D E N" to reveal a special message!!



BADENBADENABADENP
 BADENPBADENYBADENT
 BADENHBADENABADENN
 BADENKBADENSBADENG
 BADENIBADENVBADENIBADENNBA
 DENGBADENFBADENRBADENOBAD
 ENMBADENUBADENSBADENABADE
 NTBADENTBADENHBADENEBADEN
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 ADENOBADENKBADEN

Checking out the Baden Library



Fall 2023 Programs

We hope to see you at our weekly Fall programs starting Monday, September 25 through to Friday, November 18!

Online registration opens Friday, August 25

For Kids

- Youth Under the Rainbow: Kids Korner – Mondays at 4:30 p.m., starting September 25 – Baden Branch
- Family Storytime – Wednesdays at 9:30 a.m. starting September 27 - Wellesley Branch
- Discovery Time – Wednesdays at 9:30 a.m. starting September 27- New Dundee Branch
- Baby Connections – Wednesdays at 11:00 a.m. starting September 27 - November 15 – Wellesley Branch
- Discovery Time – Thursdays at 10:30 a.m. starting September 28 - New Hamburg Branch
- STEAM Team – Mondays at 4:00 p.m. starting October 2 – New Hamburg Branch
- Parachute Play Storytime – Tuesday, October 3 at 10:30 a.m. – Baden Branch
- Little Tykes Art Club:
- It's Fall Y'all – Wednesday, October 4 at 10:00 a.m. – Baden Branch
- Spooky Season – Wednesday, October 18 at 10:00 a.m. – Baden Branch
- Preschool STEAM – Tuesday, October 17 at 10:00 a.m. – Baden Branch
- Spooky Tales: Storytelling with Lynn Torrie – Tuesday, October 24 at 7:00 p.m. – Baden Branch

For Teens

- Escape the Library: Goblins and Ghouls! Thursday, October 5 at 6:30 p.m. – New Hamburg Branch
- Minute to Win It! Wednesday, October 11 at 4:00 p.m. – Baden Branch
- Minute to Win It! Wednesday, October 18 at 4:00 p.m. – New Dundee Branch
- Escape the Library: Goblins and Ghouls! Thursday, October 18 at 6:30 p.m. – Wellesley Branch

Adults

- Exploring Adversity: An Evening with Author Cindy Matthews – Tuesday, September 26 at 6:30 p.m. – New Hamburg Branch
- Book Talk – 2nd Wednesday of the month, starting October 11 at 3:00 p.m. – New Hamburg Branch
- Drop-in Yarn Craft Club – Wednesdays from 6:30-8:00 p.m. – New Hamburg Branch
- Adult Book Club – Tuesday, October 24 at 6:30 p.m. – Wellesley Branch

NEW! C-PENS ARE NOW AVAILABLE

Make reading accessible with C-Pens. This portable handheld device scans text to help aid anyone with reading difficulties or low vision. It is stand alone and doesn't require any connection to a computer or smartphone so it's easy for everyone to use! RWL has several C-Pens available for loan periods of up to 3 weeks. Try one today to see if this product benefits you.



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



39 Snyder's Road W, Baden
519-634-5711 / badenhotel.com

It's always nice to go where someone knows your name! Drop by for a great meal and a beverage – you'll never know who you'll bump into!

Live music on Saturday, September 23rd... Come check out Dolinar, Dosman & Dunn playing from 7-10 p.m.

You Must Be Joking!!



- Did you hear about the teenager who failed his driving test? He thought it was a crash course.
- A duck walks into a bar and buys everyone a round. He tells the bartender, "Put it on my bill."
- Why did the coach put the frog in the outfield? He's really good at catching flies.
- What board game is popular in Prague? Czechers.
- What did one candle say to the other? Do you want to go out tonight?
- Why did the bed wear a disguise? It was undercover.
- Why was the Incredible Hulk so good at gardening? He had a green thumb.
- "I bought the world's worst thesaurus yesterday. Not only is it terrible, it's terrible."
- What do you get if you cross an angry sheep with a moody cow? An animal that's in a baaaaad mooood.
- What do you call a factory that makes OK products? A satisfactory.

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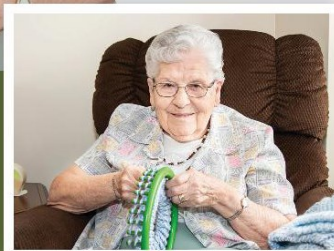


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Wilmot Township's Patrick Kelly Says Farewell

After nearly twenty years of serving Wilmot Township, Patrick Kelly, Director of Corporate Services has accepted a position as Treasurer with the Town of Orangeville and begins his new position on September 5th. Moving on from his many years of friendships and experience --he leaves big shoes to fill in Wilmot.

Patrick graduated from Western University in 2005. Later he became a Certified Management Accountant (CMA), before being designated as a Chartered Professional Accountant (CPA). Patrick began his career in Wilmot as a Finance Clerk in June 2005. Early in his tenure he was promoted to Manager of Accounting, where he trained under the leadership of Director of Finance / Treasurer Rosita Tse. In 2017 he was promoted again to Director of Corporate Services replacing Rosita.

Going to Orangeville will be a new challenge for him. His role in Wilmot is different as it is a rural, lower tier municipality, where services such as ambulance, police and garbage pickup are handled by the Region. Wilmot is also a smaller municipality in the region. He oversaw the duties of 16 people in Wilmot

with a wide portfolio of services. Orangeville, on the other hand, is the largest community within Dufferin County and has a population of just over 30,000. While he will also oversee a staff of 15 to 20, the role will be more focused on corporate finances. Patrick feels it is the right move personally and professionally for him right now.

The Baden Outlook asked him what he was particularly proud of during his time at Wilmot. Modernizing inhouse processes such as asset management, procurement, and IT are some of his accomplishments. During Kelly's tenure, Wilmot became the first municipality within the Region to set an absolute carbon reduction target. He is also proud that Wilmot is recognized with awards year after year for having financial reporting submitted in an accurate and timely fashion. He emphasizes that none of this would have been possible without the amazing staff that he works alongside, and he feels the team is more than capable to carry on.

Patrick also donates his time to various organizations. He has been a volunteer firefighter for over 15 years in Elmira and sits on the board of directors for Kate's Cause, the Municipal Financial Officers Association (MFOA), and the Canadian Network of Asset Managers (CNAM).

Wilmot will miss his organizational skills and his contributions to the township. We wish him well and thank him for leaving Wilmot in a terrific position.



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EcoNugget

Talking to your kids about climate change

- Educate yourself. Check out this link. <https://davidsuzuki.org/what-you-can-do/what-is-climate-change/>
- Talk about what you are doing to help the planet and what you can do together.
- Ask questions to find out their thoughts about climate change.
- Acknowledge that feeling anxious, sad, angry, and frustrated are appropriate responses that can lead to us taking action.
- Share information about how collective action helps people cope with their feelings and can achieve results.
- Spend time with your kids in nature. It will inspire them to protect it as they grow older. In addition, it benefits them emotionally and cognitively.

Mission Possible: Launch Your Waste Reduction Journey! free webinar. Did you know that the amount of **waste** generated per person in Ontario is among the highest levels in the world? Approximately 40% of Ontario’s waste is generated inside the home. The other 60% of waste is generated outside the home, by almost 1.6 million businesses, corporations, and institutions. Learn about specific steps you can take to reduce waste as well as what corporations and governments need to do at our free educational webinar on Thursday, **September 28th** from 7:00 to 9:00 p.m. (EDT). To register go to our website at: nvecoboosters.com

Our next Nith Valley EcoBoosters’ general monthly meeting will be held at **7:00PM** on **Wednesday, September 27th** and everyone is welcome to attend. 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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NEW SCHOOL, NEW JOB, NEW SPORT or CLUB

The new season brings change and lots of new experiences to discover. You will find that most of them include new faces. Meeting strangers can be daunting not just for kids going into new classes or new schools, but adults too experience bashfulness. This may seem like basic advice but it surely applies to all people.

Learn more about Friendship/People Skills:

Kids want to play with kids who can have fun without taking over and bossing everyone around. And that applies to adults too. Don't be bossy!

You can practise empathy by being kind to either a new student or someone bashful. Help them feel like they belong! Someone may be waiting to be included.



Find something in common to talk about, whether it is a talent, hobby, or sport—even your family pet.

Listen! People learn to trust and relax if their story or feelings are important —use your ears to make a pal...and smiling always works!

Always be ready to lend a helping hand, or to give someone a boost!

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Mennonite Central Committee and community partners are excited to welcome Ted

& Company Theatreworks back to the K-W area with *We Own This Now*. Starring Ted Swartz and Michelle Milne, *We Own This Now* is a play by Alison Casella Brookins that looks at love of land, loss of land, and what it means to "own" something.

In *We Own This Now*, Chris and his daughter Riley learn about the land their family has farmed for almost 100 years, the people who were on that land before them and their jarring connections to the fate of those people. The audience learns how the Doctrine of Discovery (the legal framework that justifies theft of land and oppression of Indigenous Peoples) is still being used and causing harm today.

We Own This Now will be presented at 7 PM on October 12 at Steinmann Mennonite Church, 1316 Snyder Rd, Baden and on October 15 at Rockway Mennonite Collegiate, 110 Doon Rd, Kitchener.

Tickets are available at mcc.org/we-own-this-now



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COMMUNITY SAFETY DAY



**MEET YOUR
LOCAL FIREFIGHTERS**



ERICK TRAPLIN
11:00 am



**ULTIMATE RUSH
OBSTACLE COURSE**

Join us at the New Hamburg Community Centre for:

- Live interactive demonstrations
- Mini fire fit challenge
- Truck displays
- Popcorn, movie & colouring station
- Wilmot Heritage Brigade display
- Emergency Preparedness Education
- Educational & Fun for all ages

OCTOBER
14th, 2023

10am - 1pm

**251 Jacob Street.
New Hamburg**

FREE EVENT



**WILMOT FIRE DEPARTMENT PRESENTS:
A FIRE PREVENTION WEEK EVENT**

Expressway Ford Celebrates 40 Years!

Ray Brenneman, President of Expressway Motors, grew up in Baden, and at age 17 in 1954, started as an apprentice mechanic at Bechtold Motors Pontiac Buick Dealership. This was the east side of the old Emporium building (just west of the car wash) on Snyder's Road East in Baden. By 1962 Ray took on a role as Shop Foreman at Kaye Ford in Kitchener, and later in 1962 accepted a position as service manager at Morrison Ford in New Hamburg (current location of Scran and Dram Plaza). Ray remained there until the business closed in 1980.

In November of 1982, he opened a four bay car repair shop and a one-car showroom, which was a rental space located on Bergey Court. In 1983, Ray and Nelda were awarded and opened a Ford Mercury Lincoln Dealership at that location. Ray and Nelda's sons, Doug and Dwight joined the team in finance and parts and service side respectively. Roger Baechler was the lone mechanic and Ray Baechler was in sales. Dave Mohr joined in October of that year.

The following year, the dealership won the first of ten consecutive Distinguished Achievement Awards through Ford until the program ended in 1995. In 1990 the current location on Haysville Road was opened with much fanfare. Ray and Nelda purchased eight acres from Marco Horvat which was severed off of Marco's farm. This was a challenging time to build a new location as interest rates were 20 percent. The Brenneman's youngest son Michael joined the business in 1992 in an entry-level capacity but was elevated to Sales Manager in the following years.

Over the years, the company grew. A parts and service expansion was opened in 1997. In 2001, the Stratford location opened, and in 2012, a facility upgrade where a new Lincoln showroom was installed. In 2013, Expressway achieved a Gold Level President's Award, the most prestigious honour for its dealers.

"We built this business with honesty and integrity and by developing trust with our customers," Ray stated. Because of this vision, Expressway has managed to maintain a large amount of repeat business and clientele. The dealership has

won five Chairman's Awards for outstanding customer satisfaction and dealer quality which confirms the views of their customers! Only thirty dealers across Canada each year are given that distinction.



Expressway has given local residents employment for the last 40 years and many of them have been long time employees who have all contributed to the longevity of the business.

The dealership has contributed to the community in more ways than employment for local citizens. Expressway Ford in 2006 was a major sponsor for the Wilmot Rec Centre "Win a Legend Mustang Dream Lottery"

which was a fund-raising vehicle for the project. They have also contributed to local sports teams, Poor Boy Lunch for the Wilmot Resource Centre, Bowl for Kids for Big Brothers and Sisters, Interfaith Counselling, The Community Players and the list goes on. They have also hosted an annual cruise night for many years where car enthusiasts have the opportunity to display their vehicles.

Congratulations to the Expressway Ford family for their 40 years in business. It has been a business that the entire Brenneman family has embraced. Thank you for being a business that cares about their staff, clients, and our community.

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"Additional Location in Stratford"

Fall Colours Word Search

By: Theresa Billo



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

Can you find the fall colours below in the grid to the right? Words can be left, right, up, down, and diagonal. Good

- | | |
|--------------|---------|
| BRONZE | MAPLE |
| BROWN | MAROON |
| BURGUNDY | MERLOT |
| BURNT CORAL | NUTMEG |
| BURNT ORANGE | PLUM |
| CAMEL | PUMPKIN |
| CINNAMON | PURPLE |
| COPPER | RUSSET |
| CREAM | RUST |
| CRIMSON | SCARLET |
| DARK RED | TAN |
| GOLDENROD | TOFFEE |
| HONEY | WALNUT |
| LIME GREEN | YELLOW |



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Community Corner ~ Check Out What's Going On!

Calendar Fundraiser
August Winners



Congratulations Winners!

- Alison Vink \$50 Gift Certificate to The Garden Stand
- Paulette Chubbs \$50 Gift Certificate to Schweitzer's Plumbing
- Lorraine Ramer \$50 Gift Certificate to My Place Restaurant
- Mark Grierson \$50 Gift Certificate to Pharmasave Townsquare
- Joanna Wilkinson \$50 Gift Certificate to Pizza Arca

WILMOT HERITAGE FIRE BRIGADES

Congratulations to Denise Dunsmore, our recent 50/50 draw winner!

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!



Blood Donor Clinic

Monday, October 9, 2 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden



Wilmot Family Resource Centre

POOR BOYS LUNCHEON
SEPTEMBER 28, 2023

TIMES

11:30am to 1:30pm
4:30pm to 6:30pm

TICKETS

\$10 / person
\$35 / family of 4
Tickets available at the door & at 175 Waterloo St, New Hamburg

PLACE

New Hamburg Community Centre
251 Jacob St.

INFO

519.662.2731 or
info@wilmotfamilyresourcecentre.ca
www.wilmotfamilyresourcecentre.ca

Baden Girls Club

Every 3rd Tuesday - September 19th to April 16th ~ 7:00 to 8:30 pm
Wilmot Mennonite Church
2995 Bleams Road, New Hamburg
For More information contact:
Marcia Kastner (519-634-5960)

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SCAN to access available puzzles

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



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New Hamburg & Stratford

COFFEE HOUSE TALKS

LEARN, CREATE, SHARE

Coffee House Talks is a group for adults over 55 years old. It provides an opportunity in our community for us to learn new things, share information and create new relationships. Individuals can come together in various ways and have some fun!

- Past events included healthy living, craft activities, gardening and financial safety
- Join us at our next event! Visit our website for upcoming events or contact us for more information

OUR CONTACT:

- ☎ WFRC: 519-662-2731
- ✉ coffeehousetalks2020@gmail.com
- ✉ info@wilmotfamilyresourcecentre.ca
- 🌐 <https://wilmotfamilyresourcecentre.wordpress.com/events/coffee-house-talks/>

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



THE LEGION GAZETTE

Legion Weekly Events Starting in September Legion

Tuesday Night: Ladies Darts!



September 5: 7:00 PM is the first meeting



Wednesday Afternoons: Restless Seniors! (50+) (Darts/Solo Euchre/Marbles!)

September 6: 1:00 PM is the first meeting

Wednesday Night: Men's Darts!

Contact Derek at teddsword@hotmail.com



Wednesday Night : Euchre!

Contact Gail at smiley6696@bell.net

Friday Night: Fun Darts

September 29th at 7:30

Contact Mholden1953@gmail.com



Congrats Wilmot Thunder U13!

On Sunday August 13th the under thirteen boys Ontario Amateur Softball Association held the provincial finals. Tavistock took first place and Wilmot Thunder took second place. The final score was 10-4.



Photo courtesy of Angie Hallman

The Dreaded Phone Call

My boss phoned me today. He said "Is everything OK at the office?"

I said, "It is all under control. It's been very busy, I haven't stopped to take a break all day."

"Can you do me a favour" he asked.

I said, "Of course, what is it?"

"Pick up the pace a little. I'm in the golf cart behind you."



Seasonal Home Décor

Wreaths, Pumpkins, Giftware, On the Bus

Coach Hill Crafts

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Friday: 11:00 to 4:00
Saturday 11:00 to 3:00



Reduce to Produce *Answers on page 31*

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'm taking some steps to overcome my hiking addiction but...

A	B	C	D
TREES	WEAK	I	PATH
AM	BUDDY	AT	NOT
FOOT	OUT	PAL	OF
FAST	RABBIT	THE	EASY
WOODS	MATH	BY	FEEL
SQUIRREL	YET	ME	INCH

1. Remove all 2-lettered words in column C
2. Remove all words containing "EE"
3. Remove all adjectives
4. Remove all measurements of height
5. Remove all words that are slang for friend
6. Remove all forest animals
7. Remove all words that rhyme with bath

Write leftover words here:



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You Must Be Joking!!



- * I'm in awe of people who directly ask others to do something. I start by apologizing for bothering them, ask if they'd mind if I ask a question, reassure there's no rush but WHEN THEY HAVE A CHANCE, could they move their car because it is on my foot? Then I worry I made them mad.
- * I run a tight shipwreck.
- * English is difficult. It can be understood though through tough thorough thought.
- * Someone just called my phone, sneezed, and then hung up. I'm getting sick and tired of all these cold calls.
- * Sometimes I use words I don't understand so I can sound more photosynthesis.
- * Adulthood is probably the worst hood I've ever lived in. Very ghetto here.
- * Nothing is built in North America anymore. I bought a TV and it said, "Built in Antenna." I don't even know where the heck that is!

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• Personal Aids to Daily Living • Lift Chairs • Ostomy

Bath Safety • Mobility Aids • Hospital Beds
RENTAL OR PURCHASE

CANADA POST POSTES CANADA

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Beginning in 2024, Canadians - including snowbirds who winter in Europe - will need to apply for a permit to enter 30 European countries as the European Union increases its border security.

ETIAS in a nutshell

ETIAS travel authorization is an entry requirement for visa-exempt nationals travelling to any of these 30 European countries. It is linked to a traveler’s passport. It is valid for up to three years or until the passport expires, whichever comes first. If you get a new passport, you need to get a new ETIAS travel authorization.

With a valid ETIAS travel authorization, you can enter the territory of these European countries as often as you want for short-term stays - normally for up to 90 days in any 180-day period. However, it does not guarantee entry. When you arrive, a border guard will ask to see your passport and other documents and verify that you meet the entry conditions.

The permit will cost 7 Euros (approximately \$10 CAD; however, if you are over 70, you will be exempt from paying the fee but **will still need to obtain a permit.**

To obtain a permit, you will be able to apply online to the European Travel Information and Authorization System (ETIAS) to visit 30 countries in Europe’s Schengen Area and beyond. According to their website ETIAS is currently not in operation and no applications are collected at this point.

The following countries will require a permit starting next year:

- Austria, Belgium, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.
- Visas will also be required by non-Schengen countries Cyprus, Bulgaria and Romania.

Canadians are currently exempt from visas to visit Europe and only need a valid passport.

Apply for an ETIAS permit well in advance to avoid issues

ETIAS permits are not granted automatically and Canadians planning to visit Europe should apply well in advance of their planned travel dates.

According to the ETIAS website:

*“Most applications are processed within minutes”, however, “It is possible that your application may take longer to process. If so, you will receive a decision **within four days.** Please note that this period **could be extended up to 14 days** if you are requested to provide additional information or documentation, or **up to 30 days** if you are invited to an interview.”*

Applications may also be refused, in which case the reasons for refusal will be communicated in an email, along with information on how to appeal and the appeal time limits.

The permit is valid for three years - or until the passport expires - and is valid for stays up to 90 days within any 180-day period.



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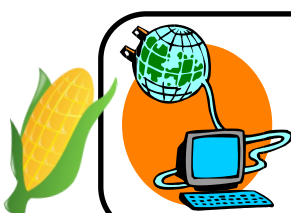
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The Baden Outlook has been busy this summer!



Cliff and Tisha Robinson, of Foxboro Green, and their daughter Christine Logel, son-in-law, Ray Logel, and granddaughter Ally Logel took their Baden Outlook to Juneau, Alaska.



Reese and her family travelled to New York City this summer. They spent some time in Central Park where Reese is pictured with her Baden Outlook.



Ralph and Caroline Wagler of Baden enjoyed their Labrador and Newfoundland trip in honour of their 50th wedding anniversary. A few of the top events they enjoyed were the iceberg tour, the puffin sightings in Twillingate, and a visit to friends in St. John's.



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Deb Vinski took her Outlook for dinner at Los Delfines, in Varadero, Cuba. Seen here with Nelson and Lourdes, servers extraordinaire.



Blanka Michale took her Baden Outlook to her home town, Piešťany (Slovakia), the world famous spa town. Blanka is standing by the Promenade Bridge with the bronze statue of a man breaking his crutch symbolizing the healing power of the spa.



The Johnson family took the Baden Outlook on holidays again this year to Lake Manitouwabing! They had an amazing holiday swimming, kayaking, a cruise out of Parry Sound, and the fishing was fantastic!

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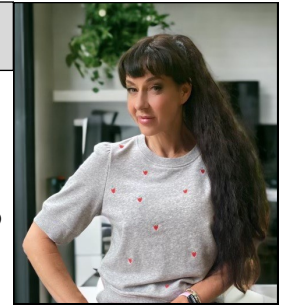
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What does September mean to you? Kids returning to school? Sporting a sweater? Did you officially begin the countdown to the pumpkin spiced-season? As a holistic nutritionist, autumn is all about fabulous fall foods!

The soon-to-be leaf changing season welcomes one cute pint-size cabbage, a bunny rabbit's top pick and a fabulous fruit synonymous with school desk delights! These produce powerhouses are wonderful warm or right on raw! The outdoor temperature is holding steady a few more weeks so don't put away the patio table quite yet. Let me introduce this September's super side dish, a sensational slaw to serve alongside your favorite animal protein or add crumbled goat cheese for a satisfying stand-alone meal.

Brussel sprouts are a bounty of health-boosting benefits. This pint-sized cabbage belongs to the cruciferous family. They are crazy low in calories but fiber-filled mountains of minerals and overloaded with vital vitamins. One cup is just 38 calories. Because they are insanely low in carbohydrates, Brussel sprouts are a dream for keto-crazed diet lovers. They contain over the whole Daily value (DV) of vitamin K, crucial for the body to produce various proteins needed to build bones and clot the blood. Feeling under the weather? So long citrus! Brussel sprouts contain over 100% of the DV of immune system supporting vitamin C.

SEPTEMBER'S SLAW!

Serves 6-8

Ingredients:

- 1.5-2 pounds of fresh raw Brussel sprouts
- 1 large apple any variety (I chose Ambrosia for the sweetness)
- Fresh squeeze of lemon
- 2 large raw carrots grated
- 1 small red onion, diced
- ¼ cup raisins or ½ cup cranberries (I prefer fresh or defrost frozen over dried)
- ¼ cup raw pumpkin or sunflower seeds
- ¼ cup raw pecans or walnuts

Dressing:

- ¼ cup virgin olive or avocado oil
- ¼ cup apple cider vinegar or white wine vinegar
- 2 tablespoons of honey
- 2 teaspoons of Dijon mustard
- ½ teaspoon garlic powder
- Himalayan sea salt and ground black pepper to flavour

Directions:

- Rinse Brussel sprouts and cut off the stem, removing any discoloured leaves.
- Slice thinly, use the food processor, grate or slice using a mandolin.
- Rinse again and drain well
- Wash and grate or finely chop the carrots
- Wash and chop the apple. Squeeze some lemon juice onto the apples, helping prevent them from turning brown
- Dice the red onion
- Combine all the above ingredients in a large serving bowl
- Combine all the salad dressing ingredients and shake in a sealed jar

Top with crumbled goat cheese and serve.

Apples are autumn's all-star and according to Foodland Ontario, the top five in order of popularity are McIntosh, Red Delicious, Empire, Ida Red, and the Crispin. Although these are Ontario's provincial picks, after the sweetest vendor at St Jacob's market shared a slew of samples, I am all about the Ambrosia apple. Whether you have a passion for picking or shopping local, apples are hands down my number one superstar snack, baking bestie and all-around nutrient dense addition to all meal plans. Apples are low-calorie and the sugar is thanks to Mother Nature. They are packed with the power of pectin, a great gut-loving fiber. Don't forget to fall in love with the whole stupendous sphere whether it's yellow, green or ravishing red. The apple peel is protection for our heart and a nutritious link to maintaining low cholesterol levels. The antioxidants found in apples are pancreas protection and may slow the growth of cancer cells, plus vitamin C combats free radicals and combats a cold.

Get carrot crazed! The crunchy veggie dip sidekick has a long growing season. The eye-health enhancer is available July through May in Ontario. Boatloads of



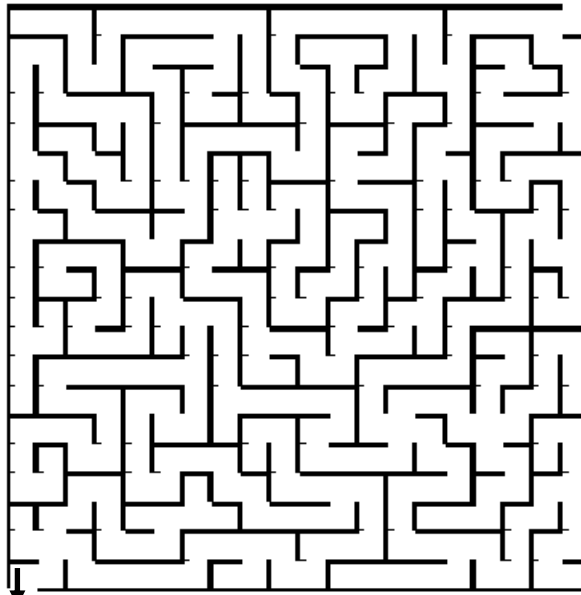
beta carotene give orange carrots their bright color, converting to vitamin A in the body. Carrots are fiber dense, low calorie, high in potassium, and an array of antioxidants. Carrots' water content makes them a filling snack for those looking to lose or maintain weight. The main source of fiber is pectin, the same soluble fiber found in awesome apples. Feeding the good gut bacteria and maintaining healthy cholesterol are two radical reasons to crunch on carrots. Fall in love with the rainbow. Purple, yellow, white and even red carrots are holistic hues and heaps of health benefits.

This trio of fall produce is crunchy, flavour-filled, and an easy way to extend summer salad love into September. Support local love!

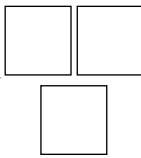
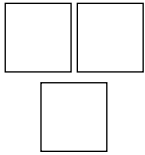
KIDS' CORNER

HAPPY FALL KIDS!

Can you help this boy get through the corn maze???



Find these images throughout the Outlook. Check when you find three of each!



Why did the apple pie go to the dentist?



Because it needed a filling!

September 22 - Autumn arrives!

Can you find these autumn words in the words search below? Words can be found up, down, left, right and diagonal. Good luck!

J	F	E	L	P	P	A
T	A	U	T	U	M	N
U	L	C	E	K	A	R
R	L	F	K	S	N	O
K	E	A	I	E	U	C
E	N	E	H	S	T	N
Y	L	L	I	H	C	O

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CHILLY
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AUTUMN

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Fall is knocking on the door and it is time to wrap up our harvests and to enjoy the colours of fall blooms and foliage. I think of this as busy season in the yard with gathering the fruits of labour in the food garden and splitting up plants, gathering seeds, and planting. This is a great time for planting anything. What were you missing in the yard? Make a note for next year or fill that space now. There are some good deals at the nurseries at this time of year.

The raspberries and blackberries are bountiful after the mild winter and the more than adequate rainfall. Many have fruited early. For the first time ever in my memory, I was picking raspberries in June and I'm no spring chicken! The fall or everbearing raspberries started early and will continue fruiting until the first hard frost. I love the everbearing raspberries as I get approximately 2 months of berries. Yum! And apples! There will be a parade of all kinds of varieties. Many cool weather veggies are around until it freezes such as carrots, beets, cabbage family, lettuce, Swiss chard, turnip, spinach, and more. So many fresh local food choices at this time of year.

In the past, the topic of "Leave the Leaves" has been discussed. Rather than bagging them up, use as many of them as possible in your yard as mulch and compost. The leaves provide habitat for many overwintering critters. I use the leaves to mulch all my gardens including veggies and garden pathways to suppress



weeds. I keep a large pile tucked in the corner of the yard as a leaf bank for next year's mulch. I have young trees so very few leaves, so you may see me around the neighbourhood collecting your leaf bags. Dave Hobson, the garden columnist of the *Waterloo Region Record*, also does this and sometimes we compare notes on the number of bags we collected. We are talking about 100 sometimes. I have a large yard and he has a standard urban lot.

Wilmot Horticultural Society/Let's Tree Wilmot have new websites with lots of resources, events/news, and much more. Check us out at wilmothortsociety.ca and/or letstreewilmot.ca. WHS Resource page has info on pollinator/habitat gardens, food forests, community gardens, invasive species, and more. LTW's Resources has everything tree related such as selecting native trees, value of trees, how to plant and maintain, pruning, list of nurseries, and more. Become a part of the WHS/LTW team of volunteers. Let's Tree Wilmot's YouTube channel has short video clips on planting, pruning, whipper snipper cautions, and more. youtube.com/@letstreewilmot7781



Fall events are in full swing with meetings, tree planting, and forest walks. Follow our Facebook pages for ongoing tips, events, and news.

Keep your fingernails and knees dirty!

Mon, Oct. 2, at Wilmot Rec Centre, 7:00 pm, free meeting - Jodi Roth of Huckleberry Hives will chat about beekeeping and supporting bees. Join us!

Email: wilmothortsociety@gmail.com **Website:** wilmothortsociety.ca

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7 Rapid	8 Raid	9 Air
10 Lager	11 Gear	12 Rag
13 Heard	14 Hard	15 Had

Creating Special Words – Apple Cider

Reduce to Produce

I'm taking some steps to overcome my hiking addiction but....

I am not out of the woods yet!



All Things Scrambled

Cities in Alberta Cities in Ontario

Banff	Ottawa
Jasper	Guelph
Sundre	Barrie
Calgary	London
Airdrie	Toronto
Canmore	Sudbury
Camrose	Windsor
Okotoks	Waterloo
Red Deer	Hamilton
Edmonton	Kitchener

Global Outlook

Albania	Holy See	Norway
Andorra	Hungary	Poland
Austria	Iceland	Portugal
Belarus	Ireland	Romania
Belgium	Italy	Russia
Bosnia	Latvia	San Marino
Bulgaria	Liechtenstein	Serbia
Croatia	Lithuania	Slovakia
Czech Republic	Luxembourg	Slovenia
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100!

Congratulations to Stoffeline (Lien) Schout who turned 100 on August 30th. This Wilmot native's birthday was made special by family and friends who celebrated with her.

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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.
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Greetings from New Hamburg Thrift Centre

September often feels like the start of a new year. Whether you have children returning to school or have the pleasure of being retired, it seems routines return in the fall. If you are looking to shake up your upcoming indoor months, and have considered volunteering as part of **your** routine, there are a number of opportunities for you at MCC New Hamburg Thrift Centre!

We provide a relaxed atmosphere to meet people from your community while working to benefit those in need. We offer volunteer positions for half days or full days with group breaks so we can get to know each other. We even provide refreshments!

But that is not all. Volunteering has other benefits like:

Providing you with a sense of purpose

You may be able to find your purpose through volunteering and becoming part of something greater than yourself. For instance, if you're retired, unexpectedly unemployed, or have lost a loved one,

helping others can give your life new meaning and keep you mentally stimulated.

Helping you meet new friends

Volunteering is a great way to meet new friends as well as strengthen existing connections with friends, family, or coworkers. As a volunteer, you'll typically interact with people from diverse backgrounds, which allows you to learn other perspectives.

Improving self-esteem

Volunteering may boost your self-esteem and self-confidence. When you do something you feel is worthwhile and valuable for your community, it gives you a sense of accomplishment that may help you feel more fulfilled about your life and any future goals.

Can help you be happier

It often feels good to contribute to projects and organizations that mean something to you. These good feelings can help lessen the effects of stress, anger, or anxiety in your life. Volunteering may provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with people you volunteer with also may counteract any social isolation. Many volunteer opportunities may also involve physical labour to keep you active and reduce stress.

The personal benefits are many. If you are looking for an opportunity to give back to this wonderful community, we invite you to drop by the shop and talk to Emma or give us a call at 519-662-2867. Volunteer Application Forms are available in shop or online at www.newhamburgthrift.com.

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The TCMH Corner: Resident Perspectives

The Autumn equinox is nearly here, and at Tri-County Mennonite Homes (TCMH) we are excited for Fall. Our residents are getting ready for hot drinks and chilly mornings that turn into pleasant warm afternoons. One of these residents is Aldaview Services supported individual, Marianne Schwegel. Marianne has been living with Aldaview Services since 2012. She currently enjoys living in Baden with her roommates and the guys in the neighbouring unit.

For Marianne, autumn means changing colours, falling leaves, warmer clothes, and hot chocolate! She tells us she loves the Fall because it means Halloween is not far away. Marianne likes dressing up and doing crafts to get ready for the event. She even likes to carve pumpkins, and those are starting to show up in the stores now. The only part she doesn't like about the Fall is how the weather starts getting colder and it makes her think of winter. That, and she doesn't like to rake up leaves... But Marianne is good at enjoying the present and not worrying too much about winter. There's so much to appreciate before then.

One of Marianne's favourite things to appreciate about autumn is taking walks and crunching in the fallen leaves. When she and her staff go out for walks, Marianne stops to listen to the birds before they fly away for winter. There's a little parkette near her home where Marianne likes to watch the leaves turn from green to shades of red, pink, and yellow before they all fall off. The geese are currently around, but she knows they will be migrating soon. Marianne is making sure to soak up as much of Fall as she can before winter arrives.

If it's a bit chilly out, Marianne doesn't mind putting on her sweater, hat, and mitts if it means she can spend more time outside in the waning sunshine. When she gets cold, Marianne loves heading over to Tim Horton's for a delicious hot chocolate. She likes their hot chocolate so much in fact, she tells us she will be heading there shortly to have one – no need to wait for cold weather!

We asked Marianne what other things change with the season. She sees how the farms are starting to keep their animals indoors more often and harvest is nearly over. She hopes all the cows and pigs like being back in the barn while the farmer is out finishing in the fields. All the signs point to colder weather soon, which means Marianne will also be enjoying more indoor activities when it is too cold or too rainy to go outside.



One of Marianne's favourite things to do inside when the weather is bad is enjoying meals with her roommates. She's not a fussy eater though and is quite content to enjoy time with her friends and staff no matter what is being served. When they aren't enjoying the fellowship of a good meal, Marianne likes to fill her time with crafts, jewellery-making, and painting her nails. There's no end of things to keep her busy indoors, but Marianne finds it just isn't the same as being outside.



We asked if there was anything else Marianne wanted to say about Fall – to which she added she hopes it will last as long as possible. Marianne also extended a warm hello to her mum and family: Carmen, Harold, Jessica, Tallie, Christine, and Jeff. Like Marianne, many of us at TCMH will be making the most of the weather before it turns. Whether you stop and visit with friends, have a good cup hot chocolate, or take a long walk in the crunching leaves, we wish you a beautiful fall for as long as it lasts.



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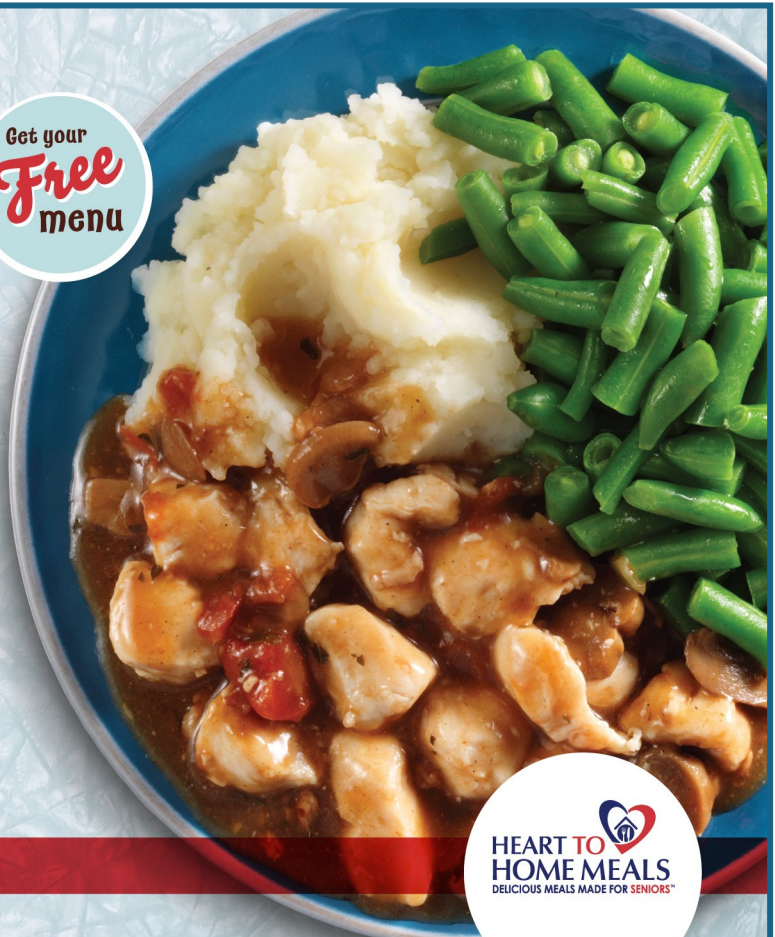
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