

AUGUST 2019  
VOLUME 20, ISSUE 1

Your Community Newsletter  
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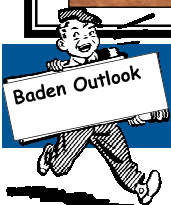
# Baden Outlook



The Lazy Days of Summer



*Wilmot District Soccer Club Supports Children in Africa* ~ Story on page 24



**This paper is priceless - Please have one!**



*The Baden Outlook went to Las Vegas, Juno Beach, Scout Camp, the Baden Car Show & Ireland*



Trevor Brenneman and Kevin Brown at the World Series of Poker in Las Vegas with the Baden Outlook.



The Baden Outlook was seen on Fremont Street in Las Vegas with these fun folks from Foxboro Green. Front row, Susan Sutherland, Karen Lyon, Sandi Muir, Dave Muir. Back row, Brian Doherty, Sam Doherty, Keith Lyon.



The New Hamburg Scouts took their Baden Outlook along for fun adventures at camp this summer.



Bruce and Laurie Storer took their Baden Outlook on Tour to Juno Beach which included London and Portsmouth, England, Juno Beach and Dieppe, France. It was the 75th Anniversary of the Battle of Juno Beach.



Dorothy Pikor introduced the Baden Outlook to the Dublin, Ireland leprechaun

*See more travel photos on page 35*



The Baden Outlook is hanging out with the crew from the Cruisin' at the Pond Car Show. See Front l-r : Larry Ortleib, Rock'n Ronnie, Helen Rempel. Back Row l-r : Nash Ferguson, BrianCampbell, Marlene Weber



# Talking with Ed

~ Where did that time go?

*I did it...I have finally arrived at retirement! It's what we all dream of and here I am.*

My son Mike once said that “no young person entering the work world will ever have a career like you, Dad”. Yes, I guess when put like that, 47 years is a long time to be at the same job.

Zehrs has treated me well over the years. Two things in particular that have made that time fulfilling were the many great people I've met over the years (customers and colleagues alike), and the fact that I had the opportunity to work in many different locations (six full time store posts but 29 different locations in total across southwestern Ontario) with six years on the road, travelling from store to store to troubleshoot and assist with new store openings.

One of my favourite stores was the Zehrs New Hamburg located on Waterloo Street, where I worked from 1974 to 1983. For those of you who weren't around at the time, it was located at the small plaza where the Dollar Bazaar is currently located. The store was 6000 square feet, which is very small by today's standards. My recent store, Beechwood, on Erb Street in Waterloo is approximately 70,000 square feet and Ottawa Street at Homer Watson location is 110,000 square feet. The right two thirds of Dollar Bazaar was the Zehrs store and the left side was the TD bank.

At age 17, I started at Zehrs at the Fairview Mall location (day shift) and after six months was asked to be night crew manager. At age 18, it was challenging being a boss to 40 and 50-year-old employees. It was one of the first stores to experiment with filling the shelves through the night. I found nights very hard on me (I had trouble sleeping through the day), so I asked to be transferred to a day job. One month later I was sent to New Hamburg.

Three months after starting at New Hamburg I was made Assistant Manager, and held that position for 28 years at various locations. Arriving at the New Hamburg location was a little unexpected to say the least. At that time the store was closed at six o'clock on Mondays, Tuesdays, and Saturdays; on Sundays the store was closed. All customers had their groceries packed for them in paper bags and delivered to their cars. Milk jugs and pop bottles were all returnable and had to be sorted. Canada Dry was still a separate company, as well as Kist pop (does anyone

remember them?). There was no recycling of paper or plastic to speak of and the Gold Star stamp program was still in effect.

Weekly ads started on Wednesday mornings and were featured in the local newspapers. Meat was usually the big draw for people; produce was a very small percentage of our sales. Every single item in the store had to be priced and cashiers had to hand ring in dollar amounts and make change as well. There were no debit or credit cards; cash or cheque was the accepted payment. Customers and staff were allowed to smoke in the store. The New Hamburg location was small but it was second highest in the chain for dollars per square foot (Forest Hill in Kitchener was number one).

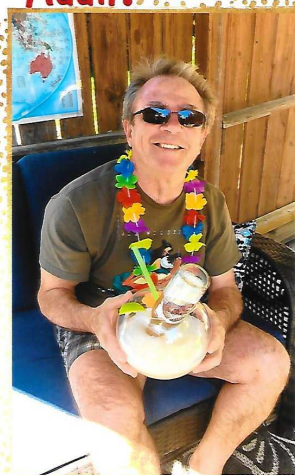
The competition in town was Murray's Food Market (which had very loyal customers), which was then on Peel Street in half of the current Murray's Clothing Store. I had to chuckle at some customers who would shop at Murrays first and Zehrs second to escape backlash from the downtown location. In the early 80s, the Morrison Motors Ford Dealership closed, which was located to the west of the liquor store and Bookers Knechtel's Food store opened. Most of us feared that Zehrs would close, but the small store hung on until the late 80s despite the competition.

Things are entirely different today in the world of groceries and retail in general. Customer service was a priority which was part of the training, and youngsters appreciated a job and respected their seniors. I am very happy that I had the opportunity to enjoy those good old days.

Of course the best thing that came out my career at Zehrs was giving that special New Hamburg cashier a ride home at night. I was her boss for several years and as I said before, nothing stays the same.

Until next month...Ed. *(the editor)*

Aaah!



**Retirement**

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*It may take awhile, but I'm sure I'll figure this retirement thing out...till then I'm just going to relax!*

# Greetings from Headquarters ~



Well, that sure went fast! Hello August... and yikes, has it been hot! We asked for it, so let's soak it up and just walk a little slower, relax and chill out when necessary. As you may have read in Barry's article, he officially retired from Zehrs on July 20<sup>th</sup>. It feels like he is just on vacation with him hanging around, so I guess we won't know what the "new normal" feels like



till the fall. He is excited to get his nose back into the paper so be prepared for even more bad humour! We've had a good summer thus far with my brother Greg and his family here for a visit, but mostly we've been at the trailer just hanging around with our pals and busy being grandparents. Barry seems quite happy to be 'smelling the roses' right now as he adjusts to retirement. After this issue is published, we will buzz off for a wee road trip just to test out our spontaneity.

We are happy to celebrate the adoption of our granddaughters, Gwen and Lily. On June 24 we gathered at the Courthouse in Stratford as our son Mike officially adopted these sweet girls. I was touched when Gwen hugged me with tears in her eyes exclaiming, "Now you are really my Grandma!" The Judge was about to retire that week and said it was such a pleasure to end his career on this happy occasion.



Since our move in March there still seems to be some concern about the future of the Baden Outlook; we are asked frequently if we are quitting the paper. The questions come with sincerity and kind words, expressing the value the paper brings to Baden and the community beyond. We are most humbled by this and never imagined the impact our silly publication would one day have. We seem to reminisce and review our vision with each anniversary, and ponder what is yet to come. We once hoped it would survive for 10 years, and then continue to grow at 15 years, and now as we approach 20 years, gulp... what is our vision now? One thing I do know is that I still love it and can't imagine not doing it, but how long do we continue? Would it just be gone when we are done or would it continue on in the loving hands of someone else? It has been aging nicely and it would be a shame to just let it go...and when will I be ready to let it go? Who would want to continue on where we left off? Would it be a true Badenite with roots and a past family history they embrace and want to share? Or would it be a newbie Badenite who has come to love the town they moved to and perhaps raised their children here, connected to their neighbourhood and are watching the town grow? Would it be someone who has new eyes on this town and sees things differently or envisions things that perhaps an old Badenite can't see? As Barry's recent retirement has set us free in some regard, we do ponder what's to come in the upcoming years once his councillor term is up. It is inevitable that we do indeed stop publishing the paper one day, but when and how is the question.

I hope you enjoy this issue with the usual quizzes, jokes, and an inside scoop about the upcoming fall fair. We snooped through our archives and found an old aerial photograph we took in 2008 for you to see the changes in town since then. Be sure to check out the travel photos and see all the fun the Outlook had vacationing with all those folks.



## EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 80 places within Wilmot Township, while quantities last.



*The best things in life are free - like the flicker of fire flies in the trees on a warm summer evening, and this paper ~ I hope you enjoy it.*







**TOWNSHIP  
OF WILMOT**

**PROVINCE SUPPORTS BRIDGE STREET BRIDGE RECONSTRUCTION PROJECT UNDER INVESTING IN CANADA INFRASTRUCTURE PROGRAM (ICIP)** *Funding would bring \$3.5M infrastructure investment, with funding shared by three (3) levels of Government.*

In March 2019, the Province of Ontario made a significant announcement from the Township of Wilmot Administration Complex. This announcement outlined funding for Ontario municipalities from the Investing in Canada Infrastructure Program (ICIP). This is a \$30 billion, 10-year infrastructure program cost-shared between Federal, Provincial, and Municipal Governments.

The first intake of this new program was rolled out for the Rural and Northern Stream. This stream supports projects that improve the quality of life in rural and northern communities by responding to rural and northern infrastructure priorities. The 2019 intake targets “near-term transportation improvement projects.”

Through this process it was determined that the Class EA, Design and Replacement of Bridge 34/B-T9 (Bridge Street Bridge) was the most suitable for this funding application.

The replacement of Bridge Street Bridge has continually been identified through the bi-annual OSIM inspection program, and given the lack of fiscal capacity to complete a full replacement, minor repairs have been completed every 3-5 years to maintain access to this structure.

The ICIP is somewhat unique from traditional

infrastructure funding programs. While the program identifies Environmental Assessment Costs, Design/ Engineering Costs, Project Management Costs, Materials, Construction and Contingency as eligible costs; all costs can be incurred up to December 31, 2026. The longer time frame allows sufficient opportunity to undertake the Class EA process for this larger infrastructure initiative.

*“We certainly do appreciate the Provincial and Federal governments providing funding for the Bridge Street bridge. This bridge has been closed on multiple occasions, in a state of disrepair. This investment is critical to ensuring the longevity of the bridge, as a thoroughfare for east / west travel. Having the bridge repaired/replaced will ensure the safe and efficient travel of large farming equipment, in addition to general traffic. We are very much looking forward to getting this project moving forward.”*  
Les Armstrong, Mayor of Wilmot Township


Under the ICIP program, the Government of Canada will fund up to 50 percent of the eligible project costs. The provincial government is providing up 33 percent of total eligible project costs, while municipalities will provide the balance of funding.

The total investment from all three (3) levels of government towards the reconstruction of Bridge Street Bridge in Wilmot is estimated at \$3,537,500.

*“From a staff perspective, we are pleased to see the commitment of our Senior Government partners in supporting infrastructure in rural Ontario. Staff identified funding as the main obstacle to our ability to repair/replace the Bridge Street Bridge (34/B). Our application was a team-based effort, well-aligned with the objectives of the ICIP funding program. This investment will assist in Wilmot’s ability to continue providing safe and sustainable infrastructure to our community. We continue to support the Province in their efforts towards stable and predictable funding for municipal infrastructure, and look forward to continuing to work in a collaborative manner with our staff peers at the Provincial level.”*

Patrick Kelly CPA, CMA , Director of Finance / Treasurer

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# Checking out the Baden Library



## TD Summer Reading Club

Over 240 children participated in Baden's 2019 TD Summer Reading Club. Children of all ages enjoyed reading lots of books, taking part in special programs, and testing their skills at different in-branch challenges. Our new program, Storytime in the Park, was a big success. Congratulations to all readers!

Thank you to the following organizations for their prize and/or money donations: The Optimist Club of Baden and The Township of Wilmot. Your generous contributions provide extra support to our children's library programs and are very much appreciated by the Region of Waterloo Library (RWL) and local children.

## One Book, One Community (OBOC)

There's still time to read the 2019 OBOC selection, **The Home for Unwanted Girls**, by Joanna Goodman. A free meet-the-author event is taking place September 25, at Waterloo Oxford SS. For more details regarding these and other OBOC events visit [oboc.ca](http://oboc.ca)

## NEW! Puzzle Exchange

Have a puzzle? Leave a puzzle! Want a puzzle? Take a puzzle! The puzzle exchange is a free program for patrons. Bring in a gently used, pieces intact puzzle and exchange it for another one!



## Fall programs

Registration for fall programs begins Tuesday, September 10. Programs for children and families begin the week of October 1 and run for eight weeks. Programs are free; some require registration unless otherwise indicated. You are welcome to register for programs at any RWL branch. Register online, by phone or in person. Please feel free to ask library staff for assistance.

## Ready, Set, Go! Kindergarten (RSGK) (3 to 4 years olds entering Kindergarten in fall 2020)

Tuesdays: Oct. 1 to Nov. 19, 9 to 10 a.m.

RSGK is a fun and interactive program that introduces children to important literacy, numeracy, and social skills, which they'll build on at school. Children attend part of the program on their own with caregivers joining them for the second half to explore hands-on activity centres. Registration is required.

## Li'l STEAM (2 to 5 year olds with caregiver)

Wednesdays: Oct. 2 to Nov. 20, 10:15 to 11 a.m.

Have fun together exploring activities based in STEAM (Science, Technology, Engineering, Arts, and Math). Registration is required.

## Baby Connections (Babies, 0 to 12 months with caregiver)

Wednesdays: Oct. 2 to Nov. 20, 10:30 to 11 a.m.

Get resources and tips to help develop literacy skills with your baby. Registration is required.

## Family Storytime (Birth to 5 years with caregiver participating)

Thursdays: Oct. 3 to Nov. 21, 10:15 to 11 a.m.

Drop-in to draw, play, read, write, and sing in this interactive program.

## Maker Club (6 to 12 years)

Thursdays: Oct. 3 to Nov. 21, 3:30 to 4:15 p.m.

Create something new each week with ideas and resources based in STEAM (Science, Technology, Engineering, Arts, and Math). Registration is required.

## Kids' Book Clubs

Share interesting books with friends your own age! From October to April, 6:45 to 7:30 p.m., meet each month for great discussions and fun activities.

**Awesome Book Club (10 to 12 years)** Meetings are the first Tuesday of the month starting Oct. 1.

**Online Teen Book Club (13 years plus)** A book club with online discussions. More info to come!

Questions? For more information, contact the Baden branch at 519-634-8933, [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) or visit [rwlibrary.ca](http://rwlibrary.ca).

*Chris Baechler, Assistant Supervisor  
Baden Branch—Region of Waterloo Library*

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## Waterloo County Trivia

1. What year did the first settlers arrive in Waterloo County? 1790, 1800, 1820
2. What year did the first settlers arrive in Wilmot Township? 1800, 1815, 1824
3. Who was the first settler to explore the Wilmot Township area? Joseph Goldschmidt, Christian Nafziger, Les Armstrong
4. How many people were hung in Waterloo County? 3, 5, 10
5. What was the last year that a person was hung in Waterloo Region? 1910, 1925, 1940
6. There was a year that had a devastating frost killing tender crops every month including summer. "The Year Without Summer" was what year? 1816, 1855, 1890
7. What year did the first distillery start in Waterloo Region? 1835, 1875, 1895
8. What year did railway come to Berlin? 1835, 1856, 1876

Answers on page 26

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**'ANNE WITH AN E' RETURNS TO WILMOT TOWNSHIP FOR MORE FILMING**

Wilmot Township's Castle Kilbride, and an area in New Hamburg, will serve as the historical setting in an upcoming episode of 'Anne With An E', the wildly popular CBC Television and Netflix series. Based on Lucy Maud Montgomery's timeless classic novel *Anne of Green Gables*, a number of episodes are being filmed in Southern Ontario this summer.

The production company, Northwood Anne Trois Inc., was filming some exterior scenes at a section of Peel Street in New Hamburg Monday, August 12, and interior and exterior scenes were filmed at Castle Kilbride in Baden on Tuesday, August 13.

For updates and the episode air date, follow the Township of Wilmot Twitter feed @WilmotTownship.

**You Must Be Joking!!**

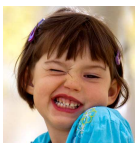


A fifth grader looked downcast, so her teacher decided to investigate. "What's the problem, MaryLou? I hope it's not about your homework again."

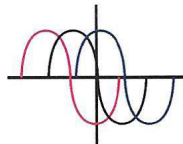
"Well...Yes, it is," replied MaryLou, reluctantly. "I was a bit silly and made my homework paper into a paper airplane."

"Yes MaryLou, you're right, that was not a very clever thing to do," said her teacher, "but this once I'll let you just unfold your paper and still hand it in."

"Oh, but that won't work...you see the plane was hijacked."



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OK TIRE BADEN is pleased to welcome two new employees to our team.

Doug Hammer joined us at the first of August as our new Service Advisor. Doug has many years of experience in the aftermarket parts business and is looking forward to serving our retail customers.

Our second addition is in our mechanical department as we bring on Kirk Cochrane, who is a Red Seal Automotive Technician.

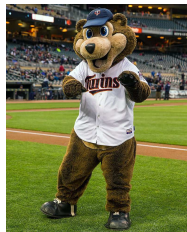
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**Attention Sports Fans!! Can you match the team to its Mascot?**

- |                       |                            |
|-----------------------|----------------------------|
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| 2. Boston Red Sox     | B. Dandy                   |
| 3. Chicago White Sox  | C. DJ Kitty                |
| 4. Cleveland Indians  | D. Slider                  |
| 5. Detroit Tigers     | E. Paws                    |
| 6. Houston Astros     | F. T.C. Bear               |
| 7. Kansas City Royals | G. Stomper                 |
| 8. Los Angeles Angels | H. Southpaw                |
| 9. Minnesota Twins    | I. Oriole Bird             |
| 10. New York Yankees  | J. Rally Monkey            |
| 11. Oakland A's       | K. Wally the Green Monster |
| 12. Seattle Mariners  | L. ACE                     |
| 13. Tampa Bay Rays    | M. Orbit                   |
| 14. Texas Rangers     | N. Rangers Captain         |
| 15. Toronto Blue Jays | O. The Mariner Moose       |



Answers on page 29

**You Must Be Joking!!**



It was the end of a long day and two women on the Go-Train were squabbling over the last available seat.

The conductor had already tried unsuccessfully to intervene when a man at the back shouted out to the conductor, "Let the ugly one take the seat".

Both women stood for the rest of the journey... argument done.

Submitted by Bruce Bousher



**LIVE MUSIC ~ HERE AT EJ'S**



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If you are looking for some local entertainment you should drop by for some amazing musicians! See Sarah McLeod on August 24th for a special show after the golf tournament. The next in the line-up of talent will be on August 26th with Bryan Wright & Mike Todd Duo; September 14th is Jesse Parent. We're winding up the month with the Artificial Hip Concert on September 28th... Woot Woot—that'll be a hoot!



## You Must Be Joking!!



### On Getting Older ..

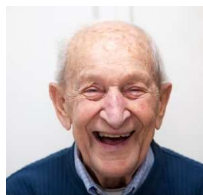
- \* I changed my car horn to gunshot sounds. People get out of the way much faster now.
- \* Gone are the days when girls used to cook like their mothers. Now they drink like their fathers..
- \* I didn't make it to the gym today. That makes five years in a row.
- \* I decided to stop calling the bathroom the 'John' and renamed it the 'Jim'. I feel so much better saying "I went to the Jim first thing this morning".
- \* Old age is coming at a really bad time. When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.
- \* The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."
- \* Don't ever ask me to bend down and touch my toes. If God wanted me to touch my toes, He would have put them on my knees.
- \* Last year I joined a support group for procrastinators— We haven't met yet.
- \* Of course I talk to myself; who else should I talk to when I need expert advice?
- \* At my age "Getting lucky" means walking into a room and remembering what I came in there for.

I have everything that I wanted as a teenager, only 60 years later.

- ⇒ I don't have to go to school or work.
- ⇒ I have a driver's license and my own car.
- ⇒ I get an allowance every month.
- ⇒ I don't have a curfew.

Yup...Life is great.

Submitted by Bruce Bousher



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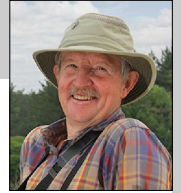
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## Baden Birding ~ Sandhill Crane

By Fraser Gibson



When I was a kid we called the big, long legged bird seen fishing in the creek a crane. It would be years later that I learned it was a heron, not a crane. At that time there were no “cranes” around, but in recent years that has changed. It was likely 40 years later before I saw my first “real” crane.



leaping into the air, and the spreading of wings. Mating occurs after this ungainly courtship.

Sandhill Cranes usually nest in open wet areas (bogs, wet meadows, marshes) with standing water. They prefer a wetland site with nearby open upland meadows or pastures where they forage for insects, mice, frogs, grains, and berries.

Sandhill Cranes are now raising young in Waterloo Region, but until recently they were quite uncommon.

The Atlas of Breeding Birds of Ontario 2001-2005 indicates that their range expanded dramatically between 1985 and 2005, most significantly in southern Ontario. Recent sightings seem to indicate this trend is continuing.

A century ago the population of Sandhill Cranes was very low as a result of habitat loss and unchecked hunting. Thankfully, the Migratory Bird Treaty Act of 1918 between the USA and Canada protected many migrating species, allowing their populations to re-establish themselves. Unfortunately the reproductive rate of Sandhill Cranes is very low.

Sandhill Cranes are large grey-brown birds up to 4 feet tall with a 6-foot wingspan. Adults have a crimson cap. Their unusual tail is made up of an accumulation of droopy feathers. Their unique call, a loud, hollow wooden rattle, is often the first indication of their presence and can be heard from long distances. Their shape is reminiscent to that of a Great Blue Heron.

Sandhill Cranes may be seven years old before mating but when they do, they mate for life. The mated pair remain together year round for possibly twenty years or more. Cranes begin their breeding season with a graceful and exuberant dance involving vocalizations,

Females usually lay two eggs but only one nestling is likely to fledge. “Colts” are capable of leaving the nest within a day of hatching but the young remain with their parents until the next breeding season. Cranes begin forming larger flocks in the fall, often roosting at night in lakes where shallow water is deep enough to protect them from predators.

Even though Sandhill Cranes are somewhat similar in appearance to the familiar Great Blue Heron with their grey colouring and long legs and necks, their behaviours are very different. Sandhill Cranes are social and tend to be seen in groups while flying and while hunting for food in open meadows and wetlands. They rarely, if ever, land in a tree. Great Blue Herons almost always fly and hunt solo. They nest in treetops with other herons nesting nearby in the same heronry. Their flight silhouettes are also quite different. A Great Blue Heron flies with its long neck bent in an S shape so its head is pulled back close to the body, its long trailing legs extending behind. A Sandhill Crane flies with its neck outstretched like a swan or Canada Goose, with long legs trailing.

There are only 2 types of cranes in North America. The other is the Whooping Crane, which is endangered and not likely to be seen!

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## LET'S HAVE A LITTLE PUN!

### MOVIE CELEBRITIES... OLDIES, BUT GOODIES!

- This entertainer used to say 'Grace' before every performance.  
- He gave a 'Divine' performance in a role that was 'heaven sent'.  
- 'Burns' that people get from the 'Sunshine'.
- Many people took a 'Shining' to his 'horrible' performance.  
- This ladies' man had 'Five Easy Pieces'.  
- This actor went 'Cuckoo' after a 'shocking' experience.
- Her 'Private' life left her 'fatigued'.  
- A giggly actress who enjoyed 'Laugh-In'.  
- Her name is as good as 'Gold' in Hollywood.
- His 'Natural' talent made him a big 'hit'.  
- This actor went 'Downhill' after being found 'Barefoot in the Park'.  
- This 'Candidate' was the choice of 'All the President's Men'.
- He helped a 'Farrow' who 'Rose' to fame in 'Cairo'.  
- This neurotic performer went 'Bananas' in front of his fans.  
- He was once 'scene' 'acting' funny in 'A. Hall'.

ANSWERS ON PAGE 29

### New Hamburg Royal Canadian Legion



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## Wilmot Aquatic Staff Present the Ben Grosso Award

The Wilmot Township Aquatic staff/Township staff and Community suffered a loss in January 2018. In memory of the one year anniversary of the passing of Ben Grosso, their team member, co-worker, colleague, lifeguard, and friend, Aquatic staff placed Ben's picture and flowers at the Customer Service desk at WRC. A handful of PT Aquatic staff have been working on a shadow box and full-time staff have worked on a recognition award in Ben's Memory.

Ben Grosso was a kind, caring, and quiet leader who felt like the pool was an environment that was comfortable, warm, welcoming, and accepting. The reason that he felt that way is because there were certain staff members who went out of their way to be welcoming, friendly, and inclusive. Ben always seemed happiest when he was in the water teaching his classes and chatting in the guard office with his peers.

Unfortunately for reasons that we do not know, even understand, Ben hit a low in his life and could not see a happier tomorrow. Ben is missed dearly, by his family, friends, and co-workers.

In memory of Ben and mental health awareness, the Aquatic Division developed an award in Ben's name. The award is to help remind staff to be kind, understanding, accepting, inclusive, and friendly. It is to remind staff that we are all a team regardless of our views in life. Staff need to remember to take time for themselves and reach out for help when they are not feeling included or part of the team.

The award will be given out to an Aquatic Staff member each year at summer staff training. This staff member will be nominated by their peers, and will possess the following attributes:

**\* Inclusive \* Team focused \* Leader \* Friendly \* Kind \***

Recipients of the Ben Grosso Award put people first. They ensure their co-workers know their work is valued and they are accepted for who they are. We are looking for the staff member that is caring, makes others feel welcome, included, and part of the team.



This year's award was handed out on Thursday June 27<sup>th</sup>. Pictured are this year's recipient Dana Hallman and Ben's parents, George and Joan Grosso.

### Details of the Ben Grosso Award:

- ◆ Any pool or office staff member was able to submit a nomination to the pool supervisor or aquatic manager.
- ◆ Nomination forms were made available for the Month of May.
- ◆ The recipient is a current Aquatic Staff with the Township of Wilmot.
- ◆ One Aquatic staff will receive this honour each year at the Summer Staff Training.
- ◆ The panel of full-time Aquatic staff (Manager, Supervisor and Aquatic Specialists) reviewed the applications and selected the recipient based on the attributes listed above
- ◆ Nominations were kept confidential – only the winner will be recognized publicly.
- ◆ The awarded recipient cannot be on any work probation or discipline measures at the time of winning.

*A bench, which is now located behind the New Hamburg library, was dedicated to Ben as seen in the photo with Ben's parents and peers, Taite Brenneman, Molly Cameron, Olivia McDougall, and Lacey Smith.*




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## The New Hamburg Ideas and Issues Group

It is time for all of us as citizens of Ontario, Canada, and the world to come together and demand that our leaders at all levels take serious, concerted, and positive action regarding the adverse impact of human activities on our Earth and its ecosystems, which has created climate change and the imminent climate crisis.

We must make our leaders understand that we see the threats of climate change as primary and existential. We can see today how the very lives of our grandchildren will be threatened tomorrow if we fail them by refusing to do all we can, starting now, to avert the drastic consequences of climate change.



Take a moment to consider the following statements. Think about these in terms of what they mean for you now and for the future into which your descendants will be born:

1. Carbon dioxide and methane levels are at the highest concentrations in our atmosphere of the last 420,000 years
2. Green House Gas (GHG) concentration is well over 400 parts per million and climbing; an almost 43% increase over the late 1700s, when the concentration was about 280ppm<sup>2</sup>
3. The world temperature will climb 5 degrees C in just 80 years if we fail to act now<sup>3</sup>
4. Rising sea levels have the potential to affect 3 billion people in coastal areas worldwide<sup>4</sup>
5. Canada has recently been cited as warming at a rate about twice as fast as the rest of the world – closer to 3 times as fast up north (recent news article from CBC)
6. Glaciers are rapidly disappearing<sup>5</sup>
7. As of 2015 (latest figures available), Canada was the 9th largest CO<sub>2</sub> (from fuel combustion) polluter in the world ; 4<sup>th</sup> largest per capita (per The Union of Concerned Scientists)

We are a small group of ‘older’ men, deeply concerned about the climate crisis. While we are not likely to be around to experience the worst of this impending catastrophe, we believe that if human beings fail to act immediately to reverse the damage that we and our forefathers have done to our planet, we will certainly ensure great suffering and shortened lives for our grandchildren and their children.

Act now. Make certain everyone you know or know of, who is in any position of leadership, in any walk of life, hears of your concern and understands that we must all be brought together to work to save our planet for posterity. Those who can lead must now use that ability to organize and lead our country and the world in this universal imperative. **Let's make a difference, starting now.**

*Fred Bird; Amzie Brubaker; Ian Forrest; Fred Kinsie; Ed Orr; Ray Schlegel; Andy Wilson; Don Worthington*

<sup>2,3,4</sup> By permission from a lecture by Professor Byron Williston, Wilfred Laurier University, April 3, 2019

<sup>5</sup> Global Environmental Outlook, GEO-6, Healthy Planet, Healthy People

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### Green Bin ~ Yes or No?

- \* Pet waste in the green bin has to be wrapped for health reasons. Use CCP (certified compostable plastic) bags, paper lunch bags or newspaper.
- \* All food, cooked or raw, including bones and peelings are acceptable. Remove packaging and plastics.
- \* In hot weather, avoid the "ick factor" by wrapping food waste in paper and freezing it until garbage day.
- \* If you have greasy paper take out containers, put them in your green bin!
- \* NOT ACCEPTABLE: Paper coffee cups, any plastic, coffee pods, dryer lint, cleaning wipes, cigarette butts, parchment and butcher paper.
- \* Check out the Region's tips on food waste reduction so less goes into your green bin:

<https://www.regionofwaterloo.ca/en/living-here/residential-reduce-and-reuse-options.aspx>

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, August 28th.** For meeting location or more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call **519-662-9372.** Want to know more about the Nith Valley Ecoboosters? Check out our website at: [nvecoboosters.com](http://nvecoboosters.com)

## You Must Be Joking!!



Old is when....

- ⇒ Your friends compliment you on your new alligator shoes and you're barefoot.
- ⇒ You are cautioned to slow down by the doctor instead of by the police.
- ⇒ "Getting a little action" means I don't need to take any fiber today.
- ⇒ "Getting lucky" means you find your car in the parking lot.
- ⇒ An "all nighter" means not getting up to go to the bathroom.
- ⇒ Going bra-less pulls all the wrinkles out of your face.
- ⇒ Your sweetie says, "Let's go upstairs and make love," and you answer, "Honey I can't do both!"

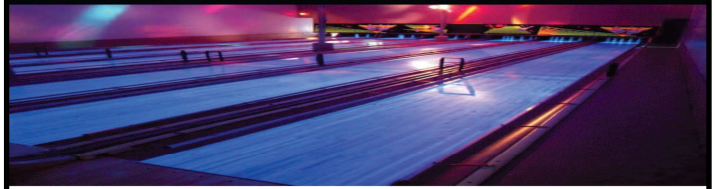


Submitted by Bruce Bousher

"Keeping the Community Connected"

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## PLANT IT, GROW IT, SHOW IT!

The theme of the 2019 New Hamburg Fall Fair is one that is encompassing not only the process one may take to plant a seed, grow a flower to then enter it and show it at the fair, but the process that each one of us that calls Wilmot Township home takes with our family and our lives. We have planted ourselves in this great community, we grow our families and circles of friends in this great community, and events like the New Hamburg Fall Fair let us show off what we've grown - an incredible, flourishing sense of community and belonging.

The 2019 Fall Fair is quickly approaching, set to start on Thursday, September 12th and running until Sunday, September 15th at the New Hamburg Fairgrounds. We are looking forward to yet again hosting our community for a 4 day family fun event showcasing everything from the homecraft talents of our community, young and old, to our Ambassador program, 4-H and livestock shows and demonstrations, demolition derbies, Barnyard Kid's area and Paw Pups meet and greets, local vendors, petting zoos and of course the delicious food and midway fun!

New this year, home craft entries can be done ahead of time online - simply visit our website [www.assistexpo.ca/newhamburgfallfair](http://www.assistexpo.ca/newhamburgfallfair) to create an account and enter your



items from home! More details about this can be found in the prize book which is located in various spots around the township and on our website [www.newhamburgfallfair.ca](http://www.newhamburgfallfair.ca)

Every year we are incredibly thankful for the support of all our amazing volunteers - each person who graciously donates his/her time and talents to the fair is valued and we are thankful for you! If you'd like to help out with the 2019 fall fair, please e-mail us at [info@newhamburgfallfair.ca](mailto:info@newhamburgfallfair.ca) for more info. We have over 85 shifts at the gates to fill over the weekend; these are only 3 hours long and get you free admission to the fair. Great for high school students looking for volunteer hours!

The Wilmot Agricultural Society takes great pride in planting in our community. We believe the investment made year over year to bring the fair together yields a wide variety of positive impacts for our community at large, and each individual member who participates, visits, helps with, or learns from the fair.

We are absolutely thrilled to welcome you to the 2019 New Hamburg Fall Fair. See you in September!!

*September 12 - 15, 2019*

An advertisement for Josslin Insurance. The background is a photograph of a family (a man, a woman, and a child) standing in a field with a large hay bale. The text "OUR FARM INSURANCE SPECIALISTS LIVE AND WORK RIGHT WHERE YOU DO." is overlaid on the hay bale. Below this, it says "So we understand your unique needs and concerns." At the bottom left, the phone number "519-662-1644" and website "www.josslin.com" are listed. At the bottom right, there is a circular logo that says "24-HOUR CLAIM ASSISTANCE".

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- TUNESIM \_\_\_\_\_
- MERUSBN \_\_\_\_\_
- LOCASIER \_\_\_\_\_
- SELBGINSS \_\_\_\_\_

**Words with CHAIN before or after it**

- YEK \_\_\_\_\_
- AWS \_\_\_\_\_
- AMIL \_\_\_\_\_
- CENK \_\_\_\_\_
- TELTER \_\_\_\_\_
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*Answers on page 29*

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In recent years, there has been increasing awareness about the benefits that pelvic floor physiotherapy can have, especially in the post partum population. I will often get referrals for women who are still experiencing pain, leakage or weakness after giving birth, and one of the most common things I hear is, "I wish I had done this BEFORE having my baby!" While it is never too late to start pelvic floor work, earlier is always easier than later.

The pregnant population is one of my favourite groups of people with whom I work because there are many proactive steps that can be done to make both pregnancy and delivery easier. As a pelvic physiotherapist, I am always glad when my clients are able to start pelvic therapy preventatively during pregnancy instead of taking the wait-and-see approach.

In my practice I am often asked the question: When is the best time to see a pelvic physiotherapist in pregnancy? At 13 weeks, or the start of the second trimester, is ideal because we can get an assessment of baseline pelvic floor strength and any compensation patterns that the muscles have fallen into. Sometimes

pelvic floor muscles are initially sitting too tight and need to be trained to relax, and other times it is the opposite and they need to be strengthened. Sometimes muscles are both tight and weak. It sounds like an oxymoron, but it is true! Certain exercises can improve one type of muscle presentation while at the same time make another presentation worse, so it is very important to know which exercises are proper for each individual. Understandably, it is equally important to know that the exercises are being done properly.

During the second half of pregnancy, many internal structures are shifting and the pelvic floor muscles are put under extra strain. During this time many women stop being able to recruit their pelvic floor muscles as well as they used to and weakness starts to creep in. Doing appropriate types of strengthening depending on the state of the client's pelvic floor helps to mitigate these strength losses through the latter parts of pregnancy. Not only does this have a positive effect on core stability, but also on bladder health and on preventing pelvic organ prolapse. It's important to note that these changes hold true even for women who deliver via cesarean section.

Last, but not least, an important part of pelvic therapy that can only be worked on before baby arrives is the mobility of the perineum to help reduce tearing. Even though we can treat perineal tears post partum, this is another common time people say, "I wish I had worked on this beforehand." In the end, the best thing people can do is to equip themselves with the knowledge of what is normal during and after pregnancy so that they are aware when a bit of extra help is needed.



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**You Must Be Joking!!**



Why do brides get to have all the fun?

At my funeral take the bouquet off my coffin and throw it into the crowd to see who will be next!



How do we get a handle on the poor humour that entertains the seniors!?

Submitted by Bruce Bousher



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Working Together to Overcome Suicide is the theme for World Suicide Prevention day. I have come to appreciate the normalizing power of sharing our inner thoughts with a trusted friend or professional and discovering that we are not the only ones with such self-critical, anxious or fearful thoughts. Our inner thoughts sadly often unnecessarily separate us from others. This reality is so clear in regards to suicidal thoughts.

Here are a few stats from the Waterloo Region Suicide Prevention Council (WRSPC) website: an average of around 4,000 Canadians die each year by suicide; suicide is the 2nd leading cause of death among youth; and Canadians are about seven times more likely to die from suicide than to be the victim of a homicide. In Ontario we find that approximately 1 in 10 Ontario students report that they have seriously considered suicide in the past year. For each suicide, approximately 135 people suffer intense grief or are otherwise affected.

These statistics can leave one feeling broken and discouraged. However, there is hope. Preventing suicide is often possible and you are a key player in its prevention! You can make a difference - as a member of society, as a child, as a parent, as a friend, as a colleague or as a

neighbour. There are many things that you can do daily to prevent suicidal behaviour. You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion and care for those who are in distress in your community, question the stigma associated with suicide, suicidal behaviour and mental health problems, and share your own experiences.

I have the privilege to be a part of SAWW (Suicide Awareness Wilmot Wellesley.) September 10, 2019 is the Annual World Suicide Prevention Day. On this day, SAWW hosts a free public skate at the Wilmot Rec Complex and a mindful candlelit walk through Schmidt Woods remembering the ways suicide has impacted our lives. The Annual Mental Health Breakfast in November is another way of raising awareness and fulfilling our commitment to make our local community a place where individuals with thoughts of suicide know they are not alone and that they can reach out for support.

My own experience as a Coach, Pastor, and Clinician has led me to conclude that no one is immune from suicidal thoughts. Common life stresses such as financial problems, relationship break-up or chronic pain and illness can threaten to overwhelm us. In addition, mental disorders, addictions or being part of a vulnerable group who experiences discrimination heightens one's risk of suicidal thoughts. We need to work together.

When we're stressed, it's not uncommon to feel alone and like we're not strong enough to recover. Some people call this ability to recover from stressful, scary situations "resilience". Resilience involves behaviours, thoughts, and actions that can be learned and developed in anyone. Resilience isn't about "toughing it out" or "going it alone". Reaching out to others for support is a big part of being resilient.

We can build our resiliency and together, day by day, become a suicide safer community.



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

### Calling All Girls Ages 7-13

Girls' Club ~ Please join us for our first meeting on Tuesday, September 17<sup>th</sup> at Wilmot Mennonite Church.

It will be a Wiener Roast from 7—8:30 p.m.

Meetings are held every 3rd Tuesday of the month from September to May.

Contact Marcia 519-634-5960 for more information.

Hosted by Wilmot Mennonite Church.



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### Blood Donor Clinic

August 19, 5-8 pm & September 16, 5-8 pm  
**Steinmann Mennonite Church**  
1316 Snyder's Road W., Baden



Tea, coffee and conversation for seniors

Join in the Conversation for Seniors

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Topic: Restorative Justice with Ivan Unger  
**Tues. August 27 12:00-2:00**

A light lunch will be served at noon.  
Suggested donation of \$10 accepted.

### T.O.P.S. (Take Off Pounds Sensibly)

We are a support group for weight loss. Meetings are held weekly at St. James Lutheran Church, 66 Mill Street, Baden

August Weigh-ins Tuesday at 5:30 pm

September: Wednesday 10:30 am weigh-in followed by a short meeting. Everyone Welcome.

For more information call 519-634-9690

### Mindful Movement

Join us on August 12 and 26th,  
6:30-7:00 pm Tea and conversation  
7:00-8:00 pm Mindful Movement (Yoga)

**At Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg**

Cost: \$5-\$10 Pay what you can. Please wear comfortable clothing. Bring a yoga mat if you have one.

*The Wilmot Agricultural Society with support from Rotary Wilmot, Optimist Club of Wilmot, Steinman House Apartments and Optimist Club of Baden are offering a free craft making evening for Wilmot Township youth!*

**Wednesday Aug 28th, 5:30pm - 7:30pm**  
**Wilmot Rec Complex, Meeting Room's A&B**  
(upstairs, arena side)

*Youth up to age 14 as of January 1st, 2019 are invited to come and make crafts that you can then enter into the fair! It's Free, thanks to the generous support of our sponsors!*

### Wilmot Family Resource Centre

#### FAMILY VIOLENCE PREVENTION PROGRAM

There are many ways a person can abuse. Abuse is about intimidation and control and comes in many forms.

- ◆ PHYSICAL ABUSE
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- ◆ VERBAL ABUSE
- ◆ EMOTIONAL ABUSE
- ◆ FINANCIAL ABUSE



*If you are experiencing any form of abuse and would like help, contact Kelly at Wilmot Family Resource Centre Family Violence Prevention Program*

kelly@wilmotfamilyresourcecentre.ca / 519 662-2731

### New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brenneman

Welcome Wagon Representative

519-591-5963 [marlene.brenneman@gmail.com](mailto:marlene.brenneman@gmail.com)



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**And the July Winners are:** 1<sup>st</sup> prize: 5 day trip to  
Dublin, Ireland: Gail Brandt (Bright),  
2<sup>nd</sup> prize: Tom Mennill (Waterloo),  
3<sup>rd</sup> prize: Tricia Miller (New Hamburg)

**And the August winners are:** 1<sup>st</sup> prize- trip for 2 to  
Niagara Falls- Ticket # 002- George Ganas (Toronto)  
2<sup>nd</sup> prize- \$200- Ticket # 107 Bruce Baechler (New  
Hamburg)  
3<sup>rd</sup> prize- \$100- Ticket # 375 Amanda Ditner  
(Tavistock)

### BADEN'S ST. JAMES LUTHERAN CHURCH TO BE DESIGNATED AS HERITAGE SITE

On July 15, 2019 Heritage Wilmot made a formal request to council for the designation of St. James Church and to have it added to the list of designated heritage properties in Wilmot Township.

St. James Church is located at 66 Mill Street in Baden. The property meets all three criteria for designation under Part IV of the Ontario Heritage Act. It is representative of the vernacular style of architecture (with representative of the Gothic Revival Style); has historical and associative value as being the family church of Sir Adam Beck; and it has contextual value because it is historically and physically linked to its surroundings.

St. James Lutheran Church was built in 1864. The history of the church has remained entwined with the community of Baden for over 155 years. The Beck family was closely associated with this church. Jacob & Charlotte Beck played an integral part in the early formation of the church; their son Adam was knighted and known as "Sir Adam Beck, the Father of Ontario Hydro", and also had deep connections to the church. Both Jacob and Adam are listed in the Waterloo Region Hall of Fame.

There will be an official dedication ceremony later this fall. Stay tuned for more details.

### BRAVO TO WILMOT THUNDER PEE WEES!

The Wilmot Thunder Pee Wee Boys Tier 1 team has made this township very proud! They just returned home from a week in Saskatoon earning a silver at the Canadian Championships; the very next day started the OASA provincial tourney where they won gold and the provincial A title! 1st in Ontario, 2nd in Canada! Way to go, Thunder!

*Photo courtesy of Michelle Van Manen*



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**Fish Fry, Friday Sept 27<sup>th</sup>, 5-7—Details to follow**



## Wilmot District Soccer Club Supports Children in Africa

WDSO has spread a wide net and left their mark in Uganda, Africa. In June, I approached Wilmot District Soccer Club president, Raj Luckhai about donating a few soccer balls to One4Another International. This charity serves children with surgical needs out of a clinic in Jinja, Uganda. Our friends, the Jonker family from Kitchener, were headed to Jinja to volunteer with the organization for two weeks and were looking to bring donations of soccer balls.

Without hesitation, Wilmot District Soccer responded by asking how much they could send. As a result, 75 soccer balls, 40 sets of uniforms, 50 t-shirts and various miscellaneous items were packed into hockey bags and sent to Uganda with the Jonker family. As the Jonkers accompanied One4Another to various villages to assess surgical needs, a soccer ball became a quick tool to break the language barrier and spend time with the children. At each village many soccer balls were left behind, resulting in Wilmot District Soccer Club's footprint being left on African soil. Uniforms, medals, and more balls were left at a school they visited and WDSO t-shirts were left at the One4Another clinic to give to each patient. The clinic tries to provide each child with an extra set of clothes post-surgery.

"So thank you to the Wilmot District Soccer Club from One4Another International and the kids in Uganda!" (Cheryl Jonker, volunteer One4Another)

*One4Another International is an organization that serves Ugandan children with surgical needs. They are a charity that supports and provides for the child and their family through the assessment, surgical, and rehabilitation process. Their goal is to provide life-changing surgeries for those who cannot otherwise afford it. <https://one4anotherintl.ca/our-work/>*

Submitted by: Carolyn Van Zwol



### Cute & Clever Kid Jokes



1. Why is the letter 'A' like a flower?
2. How do you stay cool when playing summer sports?
3. Why did the bird go to the hospital?
4. Why did the teach wear sunglasses in school?
5. How do you get straight A's?

1. Because Bee (B) comes after it.
2. Be sure to stand next to the fans!
3. Because it needed some tweezement!
4. Because the students were so bright!
5. Use a ruler.

Submitted by Symon Kenney, Age 8

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## Lunch Prep Your Way to School Year Success

Submitted by Diana Sutherland, Zehrs In-Store Registered Dietitian



The back to school season is quickly approaching and whether you have kids or not, fall is always a busy time of year. Since there are still a few weeks left of summer, there is no better time than now to brainstorm and get ahead of the routine change. With a little planning and preparation, back to school lunches don't have to be difficult. In fact, one of the best ways to simplify prepping your kids' school lunches is to get them involved in the process!

According to the new Canada's Food Guide, there are many health benefits to getting kids involved in the meal preparation and cooking process. Some of these long-term benefits include: increased confidence and self-esteem, improved reading and math skills through reading recipes and measuring of ingredients, and development of a greater understanding of what foods are good for overall health. Moreover, children who are more involved in the creation of their meals are more likely to eat their meals and enjoy their foods.

Here are some tips to help you get your kids involved:

1. **Plan out your meals and snacks with your kids.** Get your kids involved in the process by sitting down with them to have them help decide which favourite recipes and snacks to make for the week before you head to the grocery store. That way, you not only save time and money, but you can stock up on foods from all food groups- vegetables, fruit, whole grains and proteins - which will provide a basis of nutritious lunches and snacks for both you and your kids. Leftovers of any kind will also make for a perfect next-day lunch, so you can always prepare a little extra the night before and avoid the stress the next morning.

2. **Prep / simplify your ingredients.** Aim to prepare or cook your meals on Sundays (for Monday-Wednesday meals) and Wednesdays (for Thursday- Sunday meals). If you don't have time to cook, consider pre-chopping vegetables and fruits or preparing your meats with seasoning ahead of time and placing them in the freezer for later use. This will help reduce prep time during the week and save you time packing lunches. Remember: extra hands speed up the process, so make sure to get the kids involved and assign tasks to your children every evening to ensure they help with preparing their lunches (e.g. putting pre-cut veggies into a container).

3. **Think beyond the sandwich.** Shake up your typical sandwich and try a bento box instead! Bento boxes are homemade lunch kits with different sections containing foods from all the food groups - vegetables, fruits, whole grains and proteins. This provides your child with a variety of nutrient-dense foods with essential vitamins and minerals needed for energy, growth and development. Bento boxes are such a great way for the kids to have fun and get creative with mixing up their food options.



Consider trying a themed Bento Box like a DIP 'N CRUNCH inspired box filled with whole grain pita, fruit, veggies and hummus dip.

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**Answers to Waterloo County Trivia** from page 7


1. B. — 1800. Pennsylvania German settlers arrived in 1800 and started establishing farms on land previously occupied by native peoples
2. C. — 1824.
3. B. — Christian Nafziger was born in Bavaria in 1776 and died in April 13, 1836. He encouraged settlers to move here from Pennsylvania and some of the first settlers were the Goldschmidts and Brennemans.
4. A. — 3
5. C. — 1940. Three hangings took place in Berlin / Kitchener which were 1898 – James Allison, 1920 – Stoyko Boyeff, and the last being Reginald White - 1940. All three were hung for murder. The death penalty was removed from Canada’s criminal code in 1976.
6. A. — 1816. The most powerful volcano eruption of all time at Mount Tambora, in the Dutch East Indies in 1815 reduced global temperatures in 1816.
7. A. — 1835. J.C. Snider started a distillery to process surplus grain.
8. B. — 1856. It came to Wilmot Township around the same time.



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**Wilmot Mennonite Church**

2995 Bleams Road, New Hamburg, ON

*Worship Service 9:45a.m. ~ Christian Formation 11:00 a.m.*

Pastor Susan Allison-Jones  
519-634-5030 [www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

**ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden, ON

519-634-5191 [www.st.jamesinbaden.org](http://www.st.jamesinbaden.org)  
Interim Pastor: Bonnie Schelter-Brown

Sunday Worship 9 am / Sunday School



**Livingston Presbyterian Church**

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am  
Moderator: Linda Ashfield, 519-886-4150

**Emmanuel Lutheran Church**

1716 Snyder’s Road East, Petersburg, ON

519-634-5511 [www.petersburgchurch.org](http://www.petersburgchurch.org)  
\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School

**SHANTZ MENNONITE CHURCH**

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Phone: 519-634-8712 / [www.shantzmc.ca](http://www.shantzmc.ca)

Pastor: Don Penner  
Worship Service - 9:30 am Christian Education - 11:00 am

*Wilmot Centre Missionary Church*

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children’s Church 10:00 am  
Rev. Wayne Domm

519-634-8687 [www.wcmc.ca](http://www.wcmc.ca)

**Steinmann Mennonite Church**

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*Sunday Worship 9:45, Sunday School 11:00 am*

Phone: 519-634-8311 / [www.smchurch.ca](http://www.smchurch.ca)

## Greetings from the N.H. Thrift Centre

It's that time of year again... the end of summer and beginning of fall! This is an exciting time of year for most people, as the regular, busy scheduling of everyday life starts again and vacation time comes to a close.

If you're looking to return to work at a regular pace, you might be looking to add some new items to your fall wardrobe – in which case, New Hamburg Thrift has you covered! Be sure to check out our ever-changing selection of fall items.

If you're a student, you might be dreading heading back to a classroom to learn things that go in one ear and out the other, or you might be looking forward to going back. However you're feeling about the situation, it's likely that everyone will have at least one thing in common: the need for school supplies.

When you buy school supplies at an MCC thrift store, you will not only be saving money, but you'll be helping to fund the education of students across the world, from Guatemala to Lebanon. MCC supports several educational programs across the world and partners with many more programs that help to make every aspect of schooling possible for students living in difficult situations. So, not only are you helping yourself and doing some good in your local community, but you're spreading that good through a global outreach.

And, if you're a college or university student facing the daunting task of moving away from home, don't think that you'll need to spend all your money on supplies and décor. Instead, check out New Hamburg Thrift so you can get what you need and save your money for your tuition...or for late-night pizza; whatever most appeals to you.

If none of these things apply to you, then you might be in a situation where the items at your house feel like too much, or that you have too much time on your hands. If either of those are the case, then remember that New Hamburg Thrift is always seeking donations and volunteers to help us best use those very donations. Be sure to stop by if you're interested in keeping busy or doing a little bit of fall cleaning.

So, whatever your age or stage, be sure to make the most of the changing season at New Hamburg Thrift so you can enjoy the rest of your summer!

## MCC NEW HAMBURG THRIFT CENTRE

41 Heritage Drive, New Hamburg

Tel: 519-662-2867 | Web: [www.newhamburgthrift.com](http://www.newhamburgthrift.com)

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## You Must Be Joking!!



A pastor goes to the dentist for a set of false teeth.

The first Sunday after he gets his teeth, he talks for only eight minutes. The second Sunday, he talks for only ten minutes. The following Sunday, he talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit. They asked him what happened.

The pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than 8 minutes. The second Sunday his gums hurt too much to talk for more than 10 minutes.

But, the third Sunday, by mistake he put his wife's teeth in and couldn't stop talking.

Submitted by Bruce Bousher

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## MEMORY LANE—BADEN OUTLOOK'S AERIAL FLYOVER IN 2008



In 2008 we went to the Waterloo Regional Airport and chartered a plane to do a flyover of the GBA. We dug through the archives and found this interesting photo and can see the development that has happened since that time.

Check out the vacant lot where the Baden Plaza and Gas Bar now resides. The Baden Public School appears to be the extent of the Livingston

Sub-division. If you look closely at Beck Street, you will see that the old Centennial Hall is still there. On Mill Street, the landscape has changed too, with old buildings gone and new housing up. On Charles Street across from the pond there is more new housing as well.

What else has changed since this photo?

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Answers to Word Scramble  
from page 17

Things you can count

- Eggs
- Feet
- Cards
- Sheep
- Inches
- Fingers
- Minutes
- Numbers
- Calories
- Blessings

Words With Chain

- Key
- Saw
- Mail
- Neck
- Letter
- Smoker
- Bicycle
- Reaction



Answers to Have a Little Pun  
from page 12

1. George Burns
2. Jack Nicholson
3. Goldie Hawn
4. Robert Redford
5. Woody Allen

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- 3-H Southpaw, Chicago White Sox
- 3-D Slider, Cleveland Indians
- 5-E Paws, Detroit Tigers
- 6-M Orbit, Houston Astros
- 7-A Slugerrr, Kansas City Royals
- 8-J Rally Monkey, Los Angeles Angels
- 9-F T.C. Bear, Minnesota Twins
- 10-B Dandy, New York Yankees
- 11-G Stomper, Oakland A's
- 12-O The Mariner Moose, Seattle Mariner
- 13-C DJ Kitty, Tampa Bay Rays
- 14-N Rangers Captain, Texas Rangers
- 15-L ACE, Toronto Blue Jays

Answers to Team / Mascot Match  
from page 9

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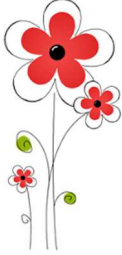
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**Wilmot Horticultural Society**

*"To be a successful farmer one must first know the nature of the soil."  
Xenophone, Greece, 400 BC*



How does your garden grow? Perennials and shrubs provide texture, shape, and colour to your garden. Gaze at your gardens with an eye for the colours to see what is working and not working. We tend to look at spring as the time to plant but this is still a great time to plant continuing into late fall. Often nurseries have plants that bloom at this time of year so you can fill that empty spot.



Do you wonder if you need to 'feed' your garden? Garden centres, blogs, garden magazines and more talk about fertilizing and when you look at the shelves, you see many formulations for the same plant types. Confusing and is it really needed?

Let's look at the numbers on the box or bag. There are three numbers, for example 10-10-10. The first number is for N (nitrogen) which enhances stem and leaf growth (for most plants, nitrogen ends up being the most important nutrient). The middle number is for P (phosphorus) which contributes to flower production, fruit production, seed production, and root growth. Finally you have K (potassium) that insures general vigor and helps plants resist disease.

Which fertilizer is the best fit? Probably none of them! Researchers have found that most soils have lots of phosphorous and adding more only runs off into our waterways and helps grow algae blooms. Unless you're fertilizing with compost, more is not better! Constantly fertilizing poor soil isn't a good idea. Not only is it a lot of work and expense for you, but it's also a losing battle. Salts build up, plants are never really healthy in the long term, and the soil texture remains poor. Nitrogen and potassium are readily available in your soils, especially if you have been mulching. Only a soil test will determine if you have a true deficiency.



I have been gardening for more than three decades and have found that compost and mulching produces thriving gardens. "Feed the soil, not the plants!" is an old gardening adage which works. At least once a year (spring is best), and more often if the opportunity presents itself, add organic matter which is your fertilizer. Mulch breaks down over time and feeds the soil. Leave the leaves! Remember if there is a plant or shrub that is not thriving while most are, it may not be the right fit for reasons other than nutrient deficit. The growing season is starting to slow down now so it also means little or no use of fertilizer until next year.



For more details, go to: [www.canr.msu.edu/news/fertilizing\\_established\\_perennial\\_gardens\\_feed\\_em\\_and\\_weep](http://www.canr.msu.edu/news/fertilizing_established_perennial_gardens_feed_em_and_weep)

**Mon., Sept. 9<sup>th</sup>, 7:00 pm** WRC, Mtg Rm A, 2nd floor. **Our Speaker: Nicola Thomas on Get set to grow: Forest Gardening.** Nicola is a Kitchener community member and environmentalist who initiated the 1st Food Forest at Forest Heights CC to steward the soil, grow edibles, and create pollinator corridors in underutilized green spaces. **Junior Gardeners' Awards. Free meeting, 50/50 draw (bring a loonie/toonie), door prizes and social with tea/coffee with snacks. Lug-a-mug please**

*Keep your fingernails and knees dirty!*

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# AUGUST SPECIAL

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### Spiders, Spiders Everywhere!

This is just not a picture of my pretty petunia, this is the hangout for the crab spider. These spiders are quite different than most and come in many colours. Some species are able to change colour over a period of some days to match the flower on which they are sitting. Last year I kept company with a yellow one known to be the *goldenrod crab spider*. They do not build webs to trap prey, though all of them produce silk for drop lines and sundry reproductive purposes; some are wandering hunters and most are known as ambush predators. Some species sit on or beside flowers or fruit, where they grab visiting insects. These spiders are harmless to humans...thank goodness! *Although I'd much rather have Simon Fisher at my door looking like this adorable spider.*



### Do Bees have Personalities?

The individual bees don't have much personality, but the colonies do. Some are easy going and some are grumpy and aggressive. Honey bees behave defensively when intruders are near, guarding the entrance to their nests. However, honey bees are able to sting only once. Because stingers contain barbs and are attached to the worker's intestines, they detach from the stinging bee's body after attacking a victim. While a honey bee will die soon after transferring its venom, pheromones secreted during the attack will alarm and stimulate other worker bees to attack, as well.



It's Our 19th  
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### The Baden Outlook



Baden's Monthly Newsletter  
"Keeping the Community Connected"

Register now for the Wilmot Terry Fox Run and start collecting pledges! [www.terryfox.ca/terryfoxrun/wilmot/](http://www.terryfox.ca/terryfoxrun/wilmot/)

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We hope everyone enjoyed their long weekend and had a great Canada Day!

We were out and about in the Baden Community delivering our annual Canada Day flags throughout the streets. Instead of delivering in the night, we delivered them throughout the day and loved meeting neighbours and seeing people that came out to say hi!

A great surprise for us was when Eric White of Eric's Wood Offerings came out to give us a beautiful handmade Maple Leaf!

Wishing everyone a safe and happy summer and if you ever have questions about real estate, feel free to reach out!



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## IS IT GOOD OR BAD?

~ By Dr. Pierre Plante



It seems that every week we hear something in the media about the dangers of eating, drinking or coming into

contact with one substance or another. Wait long enough and there's another study that extols its health benefits, such as bacon, eggs, high fat foods, carbohydrates, hot dogs, coffee, margarine, wine, wheat, fluoride, barbeque, tuna, and red meat.

Are they good? Are they bad? Not sure?

Consider this. For every person who has developed

cancer or some other malady from one or more of these items, millions have not. In fact, many in their 80s, 90s or older claim their secret to longevity was the result of eating or drinking something we've been told is bad for us.

Kind of makes you wonder. Maybe it's not the substances. Instead, maybe it's our attitude, stress level, ability to adapt (nervous system integrity), the toxicity of our environment and a constellation of countless other issues at play.

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# FOURTH ANNUAL NEW HAMBURG ART TOUR

Don't miss the 4<sup>th</sup> Annual New Hamburg Art Tour set to take place on Saturday, September 21<sup>st</sup>. The tour runs from 10 AM to 4 PM at various venues in and near the New Hamburg downtown core.

Meet and enjoy the creative works of 17 local artisans showcasing their talents in hand weaving, photography, fibre artistry, mixed media, stained glass, oils, watercolour, and acrylic painting. These artists will welcome you and gladly chat about their work.

This year's lineup of artists includes: Bonnie Amyotte, Earla Boyd, Karen Buhlman, Jan Cressman-Weiss, Benjamin Drobig, Verna Fatt, Judy Gascho-Jutzi, Sandra Lawson, Cornelia Leroux, Dixi Leroux, Amanda Lundrigan, Barbara McLeod, Heather Nagel, Linda Sanderson, Donna Schyff, Nancy Taves, and Simona Zak.

The organizers are pleased to have the support of numerous local businesses who will host at their locations, have contributed funding or have provided gifts to be won by lucky visitors to the event. Many

thanks to Apple Flats Foods, Baden Coffee, Big Leaf Print, Bitte Schon Brauhaus, Christian Centre, Cooks Pharmacy, Heritage Pet & Garden, Home Hardware, Imperial Suites, Jake and Humphreys, Josslin Insurance, Kathy Jordan Design, Old Country Restaurant, My Place Restaurant, Nith River Cookies, St. George's Anglican, Tidy Memories, Town Pantry, and Trinity Lutheran. The Art Tour organizers are also very appreciative of the grant provided by the Township of Wilmot.

The Art Tour is a fabulous way to connect with the artisans, learn how they create their work, and enjoy the community and all it has to offer. Round out your day exploring our remarkable restaurants and shops, and get to know our beautiful, historic New Hamburg at its finest. Information brochures, including a walking map, are available at numerous businesses in and around New Hamburg.

New this year is our first **"SNEAK PEEK SHOW"**, hosted by Kris Lewis and Big Leaf Print of Baden. It will be held on Saturday, September 7<sup>th</sup> from 10 am to 2 pm at the Big Leaf Print shop at 555 Snyder's Rd E. in Baden. See 17 original

works of "sneak peek" art available for bids in the silent auction. Witness a live painting demonstration and have an opportunity to win this original, one of a kind, work of art in an **EXCLUSIVE EARLY BIRD** draw.

Join us at both, the Sneak Peek show and the New Hamburg Art Tour, for an enjoyable arts and culture experience.

Follow us on facebook at [www.facebook.com/NHarttour](http://www.facebook.com/NHarttour) or on Instagram @NHarttour. For further information call 519-577-8523.



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## Summer Nights and the Amazing Fire Fly - Did you Know? ...

- (1) There are more than 2,000 species of fireflies, a type of beetle. Despite their name, only some species produce adults that glow.
- (2) Males that glow use their flash to attract females. Each species has its own pattern of light flashing.
- (3) In some places at some times, fireflies synchronize their flashing.
- (4) Firefly light can be yellow, green or orange.
- (5) Firefly larvae may glow, even some that live underground or under water. They use the light to communicate to predators that they aren't tasty (they produce unpalatable, defensive steroids for protection).
- (6) Larvae are carnivorous and particularly enjoy snails. Adult fireflies usually live off of nectar and pollen, but some don't feed at all.
- (7) A few firefly species are also carnivorous as adults. They don't eat snails, though—they eat fireflies of other genera.
- (8) Fireflies are among the many species that are bioluminescent, meaning that they can produce their own light.
- (9) A chemical reaction within the firefly's light organ produces the light—oxygen combines with calcium, adenosine triphosphate (ATP—the energy-carrying molecule of all cells) and a chemical called luciferin, when an enzyme called luciferase is present.
- (10) The light is the most efficient light in the world. Nearly 100 % of the energy in the chemical reaction is emitted as light.
- (11) When luciferase was first discovered, the only way to obtain the chemical was from fireflies themselves. Today, synthetic luciferase is available, but some companies still harvest fireflies, which may be contributing to their decline.
- (12) Other factors that may be contributing to firefly decline include light pollution and habitat destruction—if a field where fireflies live is paved over, the fireflies don't migrate to another field, they just disappear forever.



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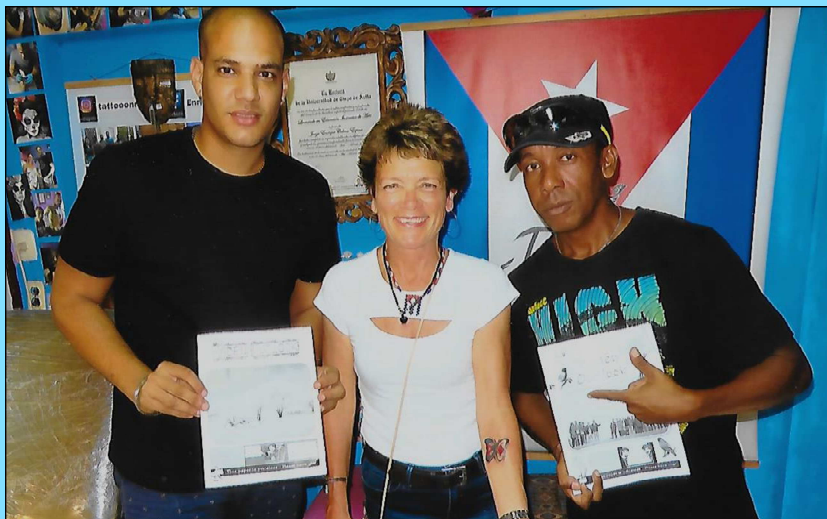
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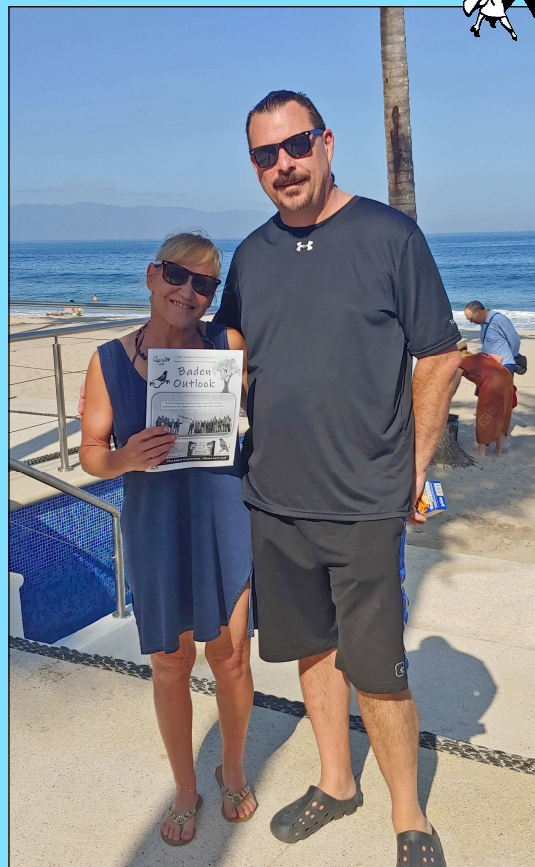
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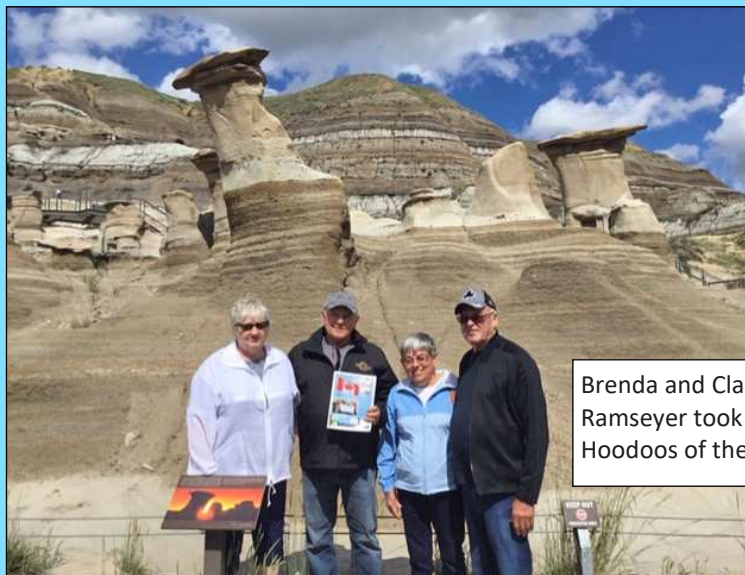




Deb Vinski shows off her Baden Outlook and her new tattoo at the Tattoo Enrique with Enrique and his assistant Francisco in Varadero, Cuba.



Danielle and Jamie Garraway took the Baden Outlook with them to Puerto Vallarta, Mexico.



Brenda and Clare Wettlaufer, Diane Godfrey, and Paul Ramseyer took their Baden Outlook exploring the Hoodoos of the Badlands in Drumheller, Alberta.



Gary Roth, Holly Trachsel, and Melody Roth-Ngeno took the Baden Outlook along to walk the beach while the tide was out, in Lamu, Kenya.



Karen and Paul Berg took their Baden Outlook on Trafalgar Amazing Great Britain Tour celebrating 55 years together.



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