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Baden Outlook

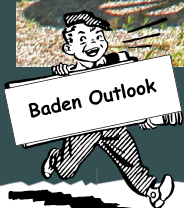
~ Your Favourite Feel Good Newsletter ~

Keeping the Community Connected since 2000



*A travel back in time when
The Horseless Carriage Club of America
came for a tour of Castle Kilbride in 2022.*

This paper is priceless - Please have one!



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Barry, Pat, & Katie Fisher

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

- Check out the many events happening throughout the summer —Castle Concert Series, Canada Day Celebrations, the Baden Car Shows and much more
- Fraser Gibson of Baden Birding writes about Ospreys
- TLC celebrates the opening of their new headquarters
- Happy retirement to Fire Chief Paul Koenig
- Bechtold Homes is hosting 21st annual Children Cancer BBQ
- Try your hand at Theresa Billo's Wedding themed crossword
- Gary White educates us on traveling within Canada and what your OHIP card offers in other provinces
- Learn the environmental impact of fast food from EcoBoosters

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

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

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Greetings from Headquarters ~

June is a month of excitement! School is winding down, weather tends to be consistently pleasant so we cook outside more, socialize more, and seek out adventure. Some might be counting down the weeks until some time off. There seems to be a lot more to look forward to in June.



Lately, I've been diving deep into old *Baden Outlooks* and reminiscing. I haven't always played a part in the paper so it's neat to look back at things that have happened over the years. I took a peek into June 2013 and realized there's a lot similarities between what's happening in June 2013 and June 2025. In the June 2013 paper, there was a True North Strong and Free article from Talking With Ed, an ad promoting Canada Day festivities in New Hamburg, and firefighter Doug Ferguson retiring from the Baden Fire Department after 44 years of service just to name a few. Sometimes history repeats itself! Some notable things that have not continued but were featured in June 2013: Baden Corn Fest, Baden Family Fun Day, and the *Baden Outlook* baseball pool. We've had such a fun in the community!

I also have seen how many things the *Baden Outlook* or my parents and the BCA have started over the years. In the early 2000s we suggested in the Outlook that Baden should have a community wide garage sale on the last Saturday in May ... And it has taken off like a seagull with a french fry! It's so lovely to see things bloom over the years and know we have had an impact in the community.

It is our mandate to provide uplifting, fun, and positive news to the community. If you have a feel good story that you would love to share, feel free to reach out! Let's keep this community feeling alive.



Hurray! Who's excited for summer? ... everyone! I trust you've got your summer vacation planned, but if staying local you won't be hard pressed to find things to do. There is a lot going on in Wilmot but even the simple daily things make the summer amazing. Kids will be frolicking at the Wilmot Rec Complex in the pool or outdoors at the splash pad. Fishing will carry on at the Baden Pond, baseball diamonds and tennis courts will be busy and dogs will be out with the walkers enjoying the day. And the gardeners will be down on their knees getting their hands dirty.. But remember to stretch as your muscles aren't quite used to this kind of work just yet. Check out Kate Stevely's tips on getting your body ready before the work so you don't get stiff and sore.

It was a privilege to be invited to the grand opening of TLC Pet Food's Grand Opening. It's amazing to see how small town folks developed such success and share that with their community. They have much to be proud of—you can see more of the celebration in the coming pages.

We were recently camping at Rondeau Provincial Park and we enjoyed the amazing bird sightings. I've gotten familiar with the Merlin Bird app on my phone and we had fun identifying the many bird calls of that area. Check out Fraser's article this month as he tells us about the amazing Osprey.

My sister Cathy has been enjoying her role in creating Cook's Corner and this month she's getting us in the mood for some light, easy quick meals to make this summer...enjoy! Wherever this summer takes you, don't forget to bring your *Outlook* along for the fun. We will look forward to sharing the scoop in the August issue—till then. Be safe, and enjoy!

Talking with Ed

~ Colourful Decisions



One of the most exciting times for a home owner is renovation time! It can also be a very challenging time – especially for me. Hearing our chats about a fresher colour, our children gave us a coupon for a paint store for our anniversary, which I thought was an interesting gift idea. At our stage of life, if we want something, we just go out and buy it – which makes gift buying for seniors challenging. We had also considered removing our carpeting and finding a suitable replacement.

We sat on the fence for a long time on whether to install new carpet or go with the trending luxury vinyl option. The vinyl flooring decision certainly had its merits, as it is easier to clean and won't show wear marks like aged carpeting does. But personally, we find carpet to be cozier, especially on those cold wintery nights. Rug is also easier on the feet and legs as our bodies get older; the cushion underfoot is appreciated. After visiting several carpet stores, surprisingly, we learned that many in the industry are suggesting that carpets are better for people with dust allergies than flooring. What? The reason being that carpet keeps dust particles in the fibres until they are vacuumed out. Flooring, on the other hand tends to let those dust particles float around clinging to furniture and other fixtures until they are extracted with a floor Swiffer or dust cleaning utensil. That being said we decided to go with carpet...dust is everywhere regardless.

Next came the choice of nylon, which is more stain resistant and highly durable for high traffic areas, or polyester which has a softer texture and often shows vacuum cleaner trails. Once a choice would be decided on, we would have to pick a colour and pattern – there are a mind-boggling number of choices. We were almost ready to make a purchase when the sales person told us there would be a seventeen percent tariff on the purchase due to the US / Canada trade war. We decided to forgo the flooring for this year and perhaps revisit it another time. Whew...dodged that decision for now.

We chose to move forward with painting our dining room, living room, entry way, and hallway to the bedrooms. I was shocked to see that we had a choice of over 1,000 colours. Fortunately, Pat is very partial to blue, so that narrows it down somewhat; however, there are still well over 50 shades of blue to choose from. This is the area where I don't do well. "What do you think of this shade," Pat would ask? "Should we do an accent wall? What colour should that be?" were other decisions to make. I am not sure if it is a man thing, but making decisions like that is not my forte. I find myself having the same thoughts about shoe shopping. My idea is to go in the store, try one or two on, and leave the building with a purchase.

We decided on a deeper blue as the accent wall and a lighter fresh blue for the rest of the walls which works well with the hallway that doesn't receive much sunlight. The accent wall was painted first and it looked stunning! A first coat of the lighter blue was applied and we started having second thoughts. Our painter walked us off the

ledge and we are now happy with our choices...

it just takes time to adjust. It is amazing how different various types of lighting, such as a bright sunny day, or a lamp, can give the room a different look! Our professional painter, Ross, did an amazing job painting the new baseboards and walls and our multi-talented friend Ron, did a super job installing the baseboards. The old original baseboards were two-inches high which dated the house immediately. To be honest the place looks great and we couldn't be happier! I am also happy that renovations such as these only happens once every few years. I think we have been renewed!

Until August...Ed

Top Ten Colours for Happiness According to Country Living

1. Pink for Joy
2. Lilac for Calm
3. Yellow for Cheerfulness
4. Green for Energy
5. Teal for Invigorate
6. Light Yellow for Happiness
7. Sky Blue for Renewal
8. Violet for Mindfulness
9. Yellow Green for Optimism
10. Silver Sage for Balance

Thank you Ross, we appreciate your time and expertise!



We don't publish a paper in July.

It's time for camping, travelling, gardening, and spending time with family and friends. Time to put our feet up and recharge—and think of another great idea!!



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Reduce to Produce Answers on page 37

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)

My friend loaned me his audio book
but I misplaced it.....

A	B	C	D
SHARK	NOW	RED	LOST
I	IN	SHELL	WILL
FUNNY	ANT	NEVER	EAR
HEAR	THE	FOOT	WINNING
BLACK	TO	BEETLE	END
OF	HAND	IT	FROST

1. Remove all insects
2. Remove all words containing "NN"
3. Remove all items found under the sea
4. Remove all 2-lettered words in column B
5. Remove all body parts
6. Remove all words that are colours
7. Remove all words that rhyme with cost

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Another Successful Fishing Derby!

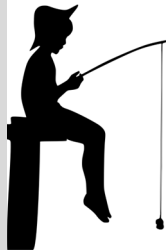
The Baden Community Association held their annual fishing derby on June 7th and a great crowd showed up for the fun event. Lyndon Fish Farms from New Dundee were sponsors this year and contributed an amazing number of Rainbow Trout (plus a couple of larger fish as seen in the photo). **Josslin Insurance** once again stepped up to be a major supporter this year as did **Fritz Alder Precast and Alder Concrete**. Support like this allows the group to purchase fish for the derby and allows anglers to fish throughout the summer! Many thanks go out to those organizations for their fantastic support. Listed below are the additional sponsors that contributed to the derby day. Many thanks to all, and enjoy fishing all summer!



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- New Hamburg Veterinary Clinic
- Wilmot Shawarma
- New Hamburg Sobeys
- Natures Alpine
- Cloverleaf Farms
- Old Country Restaurant

Seen are Steve Wagler and Ryan Bucholtz of Josslin Insurance along with Ado Alton holding a rainbow trout from Lyndon Fish Farms.



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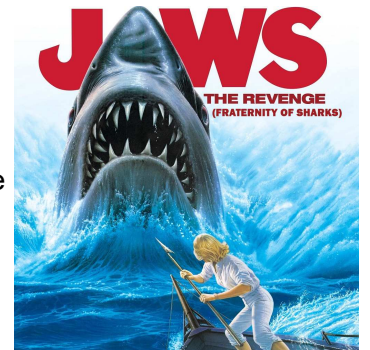
- Cosmetics
- Cards and Gifts
- Vitamins and Supplements
- Special Orders



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Summer Blockbusters!!

In the summer of 1975 - 50 years ago! - the film **Jaws** changed the movie industry forever. Prior to this film, movie-goers typically flocked to the theatres during the winter months, and the summer was a slow time for the box office. That all changed when **Jaws** hit theatres on June 20, 1975 and gave rise to the concept of the Summer Blockbuster - a feature film released in the summer that has a big budget, is geared toward a mass market, and becomes the most commercially successful film of the season. Since 1975, it has become a summer tradition to escape the heat and spend a few hours enjoying some action-packed entertainment such as **Star Wars**, **Jurassic Park**, **Top Gun**, **Ghostbusters**, **E.T.** and **Toy Story** - to name a few. We now have 50 years of great summer blockbusters to enjoy - most of which are available on DVD at the Baden Library. Place holds today, and be ready to take part in this tradition with your family this summer.



Checking out the Baden Library



Program Highlights at Region of Waterloo Library

PROGRAMS IN BADEN



- Family Arts & Crafts in partnership with Wilmot & Wellesley Resource Centre – Thursdays (July 3 to August 21) from 3:00-4:00 pm (Designed for all ages; Registration required).
- Storytime Station – Tuesdays (July 8 to 29) from 10:30-11:15 am or Wednesdays (July 9 to 30) from 6:30-7:15 pm (Designed for ages 2-5, with a caregiver; Registration required).
- Crafty Scientists in partnership with Wilmot & Wellesley Resource Centre – Wednesdays (July 9 to August 20) from 3:00-4:15 pm (Designed for ages 2-17; Registration required).
- Textured Art – Tuesday, July 8 from 1:00-2:00 pm (Designed for ages 9-16; Registration required).
- Crafty Creations in partnership with Wilmot & Wellesley Resource Centre – Thursdays (July 10, August 7 & 21) from 10:00-11:00 am (Designed for ages 0-12; Registration required).
- TinkerCAD AR in partnership with Engineering Science Quest – Tuesday, July 15 from 2:00-3:30 pm (Designed for ages 9-12; Registration required).
- Popcorn Theatre Presents: Moana 2 – Thursday, July 17 from 10:30 am - 12:00 pm (Designed for all ages; Registration required).
- Popcorn Theatre Presents: Dog Man – Tuesday, July 29 from 1:30-3:00 pm (Designed for all ages; Registration required).
- Tropical Bugs in partnership with the Cambridge Butterfly Conservatory – Thursday, July 31 from 10:00-11:00 am (Designed for ages 6-12; Registration required).

PROGRAMS IN NEW DUNDEE

- Outdoor Art Club – Wednesday, July 16 from 10:30-11:15 (Designed for ages 2-9, with a caregiver; Registration required).
- Adult Craft: Barn Quilt Coasters – Thursday, July 24 from 6:00-7:30 pm (Designed for 18+; Registration required).
- Nature's Ninjas in partnership with Little Ray's Nature Centre – Tuesday, July 29 from 6:30-7:30 pm (Designed for ages 4-12; Registration required).

PROGRAMS IN NEW HAMBURG

- Crafty Creations in partnership with Wilmot & Wellesley Resource Centre – Mondays (July 7 & 21, August 18) from 10:00-11:00 am (Designed for ages 0-12; Registration required).
- Felt Painting – Monday, July 7 from 6:00-7:30 pm (Designed for 18+; Registration required).
- Teen Craft Hour – Tuesday, July 22 from 2:30-3:30 pm

(Designed for ages 9-17; Registration required).

- Preschool STEAM: Around the World – Thursday, July 24 from 10:00-10:45 am (Designed for ages 2-5, with a caregiver; Registration required).
- Escape the Library: Camp RWL – Friday, July 25 from 10:00-11:00 am (Designed for ages 9-17; Registration required).
- Drums Alive! in partnership with Drums Et al – Friday, July 25 from 1:00-2:00 pm (Designed for all ages; Registration required).

PROGRAMS IN WELLESLEY

- Storytime – Tuesdays (July 8 to August 19) from 10:00-11:00 am (Designed for ages 0-5; Drop-in).
- Crafty Creations in partnership with Wilmot & Wellesley Resource Centre – Tuesdays (July 8 & 22, August 19) from 2:00-3:00 pm (Designed for ages 0-12; Registration required).
- Around the World Board Game Drop-In – Tuesdays (July 8 to 22) from 3:00-4:00 pm (Designed for ages 9-17; Drop-in).
- Family Tech Time – Thursday, July 17 from 10:00-11:00 am (Designed for ages 2-12, with a caregiver; Registration required).
- Teen Craft Hour – Wednesday, July 23 from 4:30-5:30 pm (Designed for ages 9-17; Registration required).
- Escape the Library: Camp RWL – Wednesday, July 30 from 10:00-11:00 am (Designed for ages 9-17; Registration required).

Plus, many more programs at our branches and in the community!

SUMMER READING CLUB & PROGRAM REGISTRATION!

Join us as we embark on adventures this summer and explore the great, wide world around us through reading, activities, and programs at your library! Register for Summer Reading Club beginning on **Monday, June 23**, then track your reading throughout the summer to earn ballots for our prize draws!

Summer program registration opens on **Wednesday, June 18 at 7:00 pm** for programs in July and on **Wednesday, July 16 at 7:00 pm** for programs in August! Registration for the Let's Explore programs, where we visit local businesses and organizations to learn more about them, will open **one week prior to the event**.

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

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





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

With Sherri Gropp, Castle Kilbride Curator and Elizabeth Lukashal, Museum Assistant

100 Years Ago Friday, June 12, 1925

Mr. Ralph Hilborn sold his herd of export cattle to Mr. D. Wilkinson, who shipped them from Baden last week. The herd, consisting of 35 head, were pronounced the finest lot of cattle ever shipped from Baden.



Picnickers return from their outing 1925.

75 Years Ago Friday, June 9, 1950

To Hold Band Concert Sunday Evening

The local band will present its second band concert of the season Sunday evening, June 11th at Lion Park, commencing at 8:30 pm. It is anticipated by Bandmaster Art Gibbons that the New Hamburg Band will present concerts in Wellesley, Baden, and Plattsville during the summer. The first in this series is scheduled for Baden on June 18. The band wishes to thank the music lovers who supported the band at its first concert of the season. Your attendance at next Sunday's concert would be much appreciated by the band.



Garry Gibbons with sister Janice, unknown majorette and father Art Gibbons of the New Hamburg Band.

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Friday June 16, 1950

About 60 members of the Baden Tennis Club and friends met at the Baden hills last Friday night for a wiener and marshmallow roast. The early part of the evening was spent climbing the hill to visit the radio transmitting station. Following the lunch, the group settled around the campfire to listen to the country-style music of Elmer Koenig and Art Schwartzentruber with the guitar and harmonica. Convenor for the evening was Shirley Nauman, assisted by Marcella Boshart, and Harry Kuntz; Mr. and Mrs. Lyle Miller and Mrs. E. Wright acted as chaperones for the occasion.

St. James' Lutheran Church observed its annual memorial and Decoration Day service on Sunday afternoon. The church and cemetery were decorated with peonies. Three deceased members of St. James' who left practical monuments were James Livingston, who donated the ground for the present cemetery; Jacob Beck, who gave the land for the church building then known as St. Jacobs, and Sir Adam Beck, who presented to the congregation the new lighting effects.

50 Years Ago - Wednesday June 18, 1975

Waterloo-Oxford Glee Club Presented with Medallions

The Waterloo-Oxford Glee Club was presented with 200 bronze medallions inscribed with the school's crest at the closing assembly on Friday. A gift from the school council, the medallions will be taken to

West Germany by the choir on its upcoming three-week tour and presented to various host groups.

The medallions are somewhat larger than a silver dollar. The presentation was made by Lyle Pettigrew, head of the students' council.

The 44-voice choir directed by Edward Fergusson presented a 45-minute program before more than 1,000 students.

The choir starts its three-week tour June 29th.

Baden's Water Tower to Be Painted, Mayor

The Baden water standpipe, built in connection with a new sewage and water system for the village, is "particularly hideous" and should get a coat of paint, Wilmot Mayor Ernie Ritz feels.

Waterloo Regional council's engineering committee agreed with Mayor Ritz and voted to have the standpipe painted white. The white paint will cost \$500 more than the \$3,750 estimate for the job. In addition, the Region's logo and the village's name will be placed on the tower.

Mayor Ritz said that if the concrete standpipe had been a uniform grey, the paint likely would have not made a difference, but it is "about four shades of grey," he said.

Painting it now, at the end of the water system project, probably will qualify the paint job for a subsidy.



Thursday evenings at 7 p.m., bring your lawn chair and enjoy unique music on the front lawn of Castle Kilbride. Admission is by donation. *Weather permitting. New Crafter's Market on select evenings.

Jun 26 - Dana K & The Remedy
July 3 - Kitchener Musical Society
July 10 - Kelvis and the Burnin Love Band
July 17 - Rescue Junction
July 24 - Unleashed
July 31 - Folklore Junction
Aug 7 - Uptown Swing
Aug 14 - Onion Honey
Aug 21 - York Street Thought Process
Aug 28 - Kettle's On

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SELLING THE SENIORS' WAY

ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 37.

Wet Landforms

KALE _ _ _ _
FERE _ _ _ _
NOPD _ _ _ _
MAPWS _ _ _ _ _
VEIRR _ _ _ _ _
CANEO _ _ _ _ _
SHRAM _ _ _ _ _
OYBUA _ _ _ _ _
SPIRDA _ _ _ _ _
YESGER _ _ _ _ _

Dry Landforms

NUDE _ _ _ _
EVAC _ _ _ _
SABNI _ _ _ _ _
FLUBF _ _ _ _ _
FLIFC _ _ _ _ _
TEARCR _ _ _ _ _
NONAYC _ _ _ _ _
OHOODO _ _ _ _ _
YELLVA _ _ _ _ _
SANDBALD _ _ _ _ _

WILMOT~ WE'VE GOT YOUR NUMBER!

We asked Jennifer Meyer, the
Library Assistant at the Baden
Library, to play numbers with us.
Check out the fun number facts she shared.

Region of Waterloo
LIBRARY

- Baden Library, in its present location, officially opened on Thursday, November **3, 1985**.
- There are **11** branches in the Region of Waterloo Library. Baden is one of **3** branches located in Wilmot Township. In **2024**, Baden was the **3rd** largest circulating branch of all; cardholders in Baden borrowed **31,460** physical items last year.
- There are approximately **9,756** items on our shelves in Baden - mostly books, but we also have DVDs, audiobooks, magazines, board games, video games, park passes and hobby kits. Items can be borrowed from any of our branches - our delivery driver visits Baden **3** times per week!
- Baden has **1,656** active library users - **193** new members signed up last year.
- If you'd like to become a member, we are open **5** days a week.

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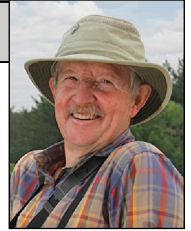
New Clients Welcome!



*"Keeping the Community
Connected"*

Baden Birding ~ Ospreys

By Fraser Gibson



The Osprey, sometimes called a Fish Hawk has become a common sight in Wilmot Township over the past 15 years. Since the Osprey's diet is almost entirely fish, and since it looks like other hawks, its moniker "Fish Hawk" seems most appropriate. Surprisingly, it is not closely related to hawks or eagles and is unique among Canadian raptors for its ability to catch and eat, almost exclusively, live fish.



To catch its prey, the Osprey circles shallow bodies of water, sometimes hovering, keeping a sharp eye for any fish near the surface. When a fish is spotted, the Osprey dives toward the surface before plummeting feet first into the water. Sometimes they are completely submerged before rising miraculously on strong narrow wings from their wet surroundings and often carrying the target of their attention. Catching healthy, live fish is not an easy feat but the Osprey has numerous adaptations which make it an efficient hunter. In fact, it has so many unique characteristics that no other bird is classified in the same family as the Osprey!

The bird's longer legs give it an extended reach when it enters the water. Even the Osprey's feet are unique among diurnal raptors in that most have 3 toes facing forward and one at the back. The Osprey, as with owls, has the ability to rotate the outer forward-facing toe backward giving it two toes fore and two toes rear. This provides additional sweep and better gripping capabilities on its slippery, squirming prey. Its large feet are equipped with talons more curved and with a rounder cross-section than other raptors and the bottoms of its toes are covered with spicules, backward facing spikes, to better clench its prey.

From a fish's perspective, from below the water's surface, the hovering osprey is almost invisible because its white breast blends in with the light-coloured sky and suddenly, without warning, there is a deathly splash!

The Osprey's semi-transparent third eyelid (nictitating membrane) covers its eye during the dive and while underwater. The membrane acts like goggles providing improved underwater vision as well as eye protection. Even its nostrils close when it splashes into the river preventing it from inhaling water. Its wings are proportionally longer and thinner and more heavily-feathered than those of other raptors allowing it to rise from the water carrying a heavy fish. Their feathers have an oily water-repellant coating, somewhat like that of a duck, which helps them dry off quickly.

Once out of the water, the Osprey carries its catch to a nearby tree or to its sometimes distant nest. To do so, it carefully maneuvers the fish in its talons so that the fish is facing forward, making the load much more aerodynamic for the journey. Upon reaching its destination its sharply hooked beak is used to tear its prey into edible chunks.

This unique bird is a joy to watch as it fishes over the Nith River or Alder Lake. If you have a chance, take the time to observe its bent wings in flight, its hovering ability and a sudden dive followed by its phenomenal ascent from below the water's surface. It is a pleasure to once again see the Osprey frequent the rivers and lakes in our region.

The Best BBQs are Fire Safe

Never BBQ in a **garage, tent** or **enclosed space**.

Place your BBQ away from **wooden fences, walls** and **anything that burns**.



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Comparison is the Thief of Joy

By John Dinner, Registered Psychotherapist

“Comparison is the thief of joy” is a simple yet profound statement that relates to one of the most universal struggles of the modern era: the often relentless habit of measuring ourselves against others. In our collective pursuit of happiness, it’s easy to get lost in a maze of comparisons — looking sideways instead of inward, stacking our lives up against carefully chosen snapshots of someone else’s highlight reel.

According to Psychology Today, this saying resonates with so many of us because it reflects a deeply common emotional experience. When we compare our achievements, looks, careers, and possessions to those of others, we often feel like we fall short. The result? Dissatisfaction and a diminished sense of self-worth — a quiet but relentless erosion of the joy that otherwise comes from appreciating who we are and what we’ve accomplished.

This tendency is continually magnified by today’s online world.

Social media has become a constant stream of selective content that more often than not presents a polished

and idealized version of another’s reality. When we scroll through images of tropical vacations, career milestones, and picture-perfect families, it becomes easy to forget that we’re only seeing a fraction of the story — and a severely edited one at that. The more we compare, the harder it can become to recognize and value our own path and progress.

But the truth that “comparison is the thief of joy” is more than simply a pointed statement. At its core, the phrase invites us to turn our focus inward — to focus on and consider our own strengths, values, and unique life journeys. Instead of benchmarking our lives against someone else’s, it encourages us to set personal goals, celebrate our individual growth, and cultivate gratitude for the experiences that shape us as unique individuals.

Appreciation, not comparison, is where true joy resides. It is found in the quiet victories, in overcoming challenges, in meaningful relationships, and in self-acceptance. When we begin to honour our own story — with all its imperfections and triumphs — we create space for contentment and peace.

In practice, this mindset calls for mindfulness. It means catching ourselves in moments of envy or self-doubt and redirecting our thoughts toward gratitude. It’s choosing self-love over self-judgment, and embracing the idea that each of us walks a different path — one not meant to be compared, but to be appreciated.

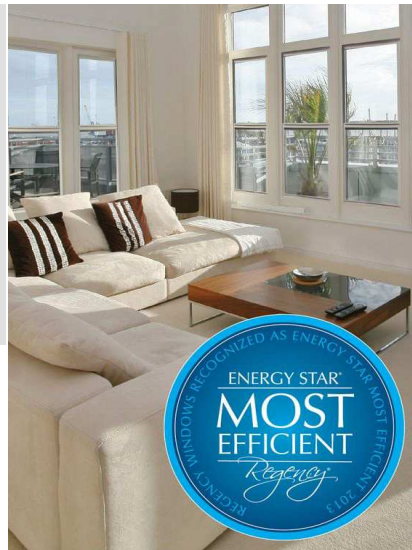
So, the next time you find yourself scrolling and comparing, remember: joy is not found in being better than others. Rather, it’s found in being true to yourself.



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TLC Pet Food Celebrates with Grand Opening



TLC Pet Food Headquarters of New Hamburg held their Grand Opening of the new facility on Bleams Road On May 31st . Many dignitaries were present to offer their well wishes as well as friends, families, employees, and companies who participated in the construction of the amazing facility.

There was a guided tour of this incredible facility followed by a reception, cutting of the ribbon, and wonderful speeches of their journey that brought them to this new place.



Seen here are Erik and family as Mike Farwell shared his story of the support he's received from TLC.

Erik Kuttis, president of TLC, offered thanks to the many people in attendance and shared a philosophy of Denzel Washington "Learn, Earn, and Return" that has also been part of Erik's beliefs.

TLC Pet Food have given so much to this community and beyond as stated by guest Mike Farwell who created the charity "Farwell for Hire" which raises money for Cystic Fibrosis Research.

TLC have been very supportive in helping Mike with passion.

We wish Erik, Sandra, and their wonderful crew at TLC Pet Food all the best in their new home and continued success!



The new TLC Pet Food Headquarters on Bleams Road in New Hamburg.

100 Women Who Care Wilmot Supports Access to the Arts Through Stratford Festival Ticket Initiative

Together, we are creating positive change and supporting meaningful experiences that enrich the lives of our community.

We are thrilled to announce that during our recent giving cycle, 100 Women Who Care Wilmot has selected the **Stratford Festival** as the recipient of our nearly **\$10,000 donation**. These funds will be used to provide Wilmot-area school students with the opportunity to experience live theatre at the Stratford Festival—helping to remove financial barriers and broaden access to the arts for youth in our community.



“Each member’s \$100 donation is making a real difference—opening the doors to one of Canada’s most iconic cultural experiences and helping foster a lifelong love of the arts,” said Dawn Marie Schlegel, Director, Legacy Giving at the Stratford Festival.

“We are proud to support the Stratford Festival’s efforts to make theatre accessible, inspiring, and inclusive for everyone,” added Kristi Wagner, co-chair of 100 Women of Wilmot.

Thank you to all of the generous and compassionate members of 100 Women and Youth of Wilmot Who Care for continuing to champion causes that uplift and empower our community.

Our next meeting is Wednesday, August 20th at 7:00 PM at the Puddicombe House in New Hamburg. We would love to see you there!

DID YOU KNOW?

‘Nickname’ is not ‘nick’ + ‘name.’ It was originally ‘ekename.’ ‘Eke’ was the Middle English word for “also” or “in addition.”

Since ‘ekename’ began with a vowel, people used “an” before it. Over time, ‘an ekename’ became ‘a nickname.’



As you age, it’s ridiculous how fast bird-watching creeps up on you. You spend your whole life being pretty indifferent to birds and then one day you’re like... “If I’m not mistaken, that’s a yellow-rumped warbler.”



39 Snyder's Road W, Baden
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The sun is here and we are ready for you... Bring some friends to EJ's and have some snacks and drinks on our spacious patio!

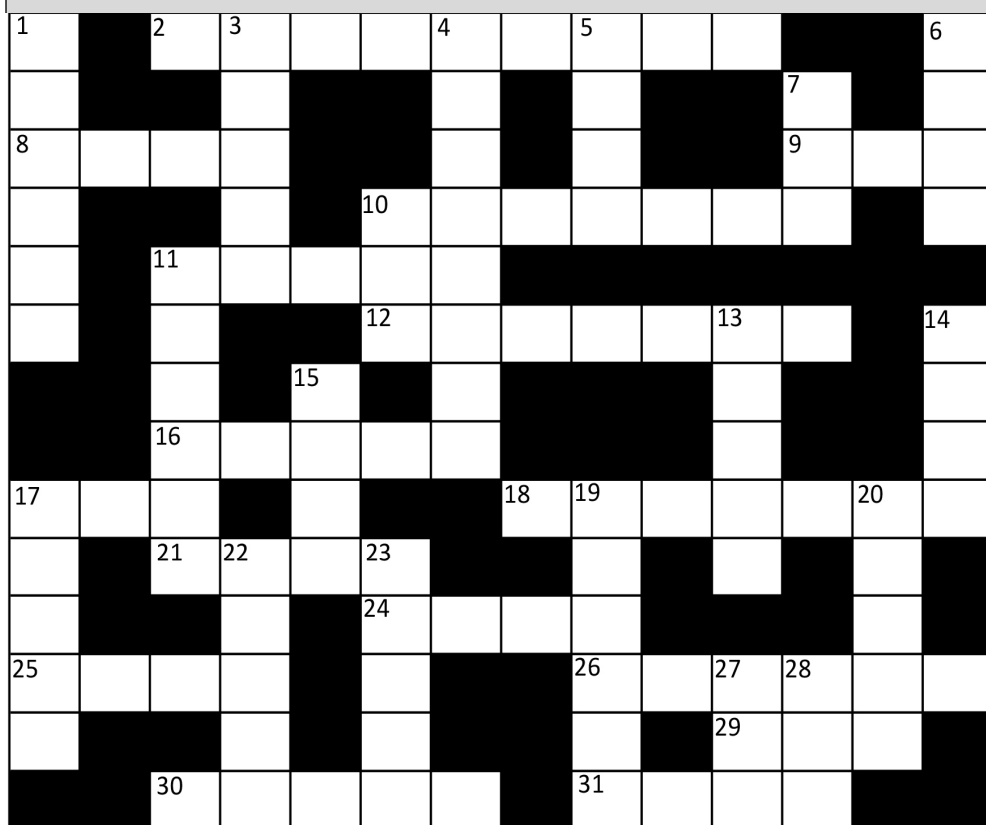
Steve and Katie will be playing on Saturday July 5th from 7-10 pm

Start gathering your teams for the annual golf tournament on September 7th



Wedding Crossword

By: Theresa Billo



Fill in the grid below using the clues below. Make note if clue is across (left to right) or down (top to bottom). Use a pencil in case you need to make changes! Good luck!

To those who are getting married this summer, a big toast to you! May you feel the love of your friends and family while you celebrate your sweetheart!



Across

2. One who presides over a wedding
8. Large tractor-trailer
9. Use oars
10. 100 years
11. One half of the wedding party
12. Posy of flowers
16. Itsy bitsy
17. Common article
18. Small churches
21. Symbol of marriage
24. A language used in India
25. Spot on a man's sleeve for jewelry
26. List
29. Tool for making holes in leather
30. The other half of the wedding party
31. Form of meditative exercise

Down

1. Room in a church for altar linens etc.
3. Member of a religious order
4. Rite
5. Your mother's sister
6. Solemn promises
7. Snoop
10. Ear of corn
11. Strap to hold up a stocking
13. Run off to Vegas to wed
14. Raised platform
15. *Lord of the Rings* actor Sean _____
17. _____ and field
19. Every 60 minutes
20. Place to pin a boutonniere
22. Hint or suggest
23. An association of craftsmen
27. Droop
28. Now defunct USA airline



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EcoNugget

Environmental Impacts of Fast Food

1. **Fast Food relies on plastic.** Many Fast Food businesses have their ingredients shipped to them in plastic packaging. Businesses that prepare ingredients in-house eliminate this excessive use of plastic. Many Fast Food businesses also use plastic for takeout packaging.
2. **Drive-Thrus increase idling emissions.** According to studies, if all Canadians reduced idling time by just 5 minutes every day, over 2 million fewer tonnes of CO2 emissions would be produced.
3. **Overproduction is necessary.** Fast Food needs to overproduce to be prepared for potential orders which leads to excessive food waste. For example, vegetables need to be sliced in advance. Since they're no longer in an airtight package, they will not stay fresh for long. Any vegetables not used by the end of the day need to be thrown out.

What's The Alternative?

- Avoid chains when possible; buy from local and small businesses instead.
- If getting Fast Food, walk in instead of using the drive-thru to reduce idling. And refuse to accept plastic takeout containers!

Are you looking for an opportunity to volunteer with a group that is making a difference in your community? The Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan group of volunteers that has been active in the community for 12 years. We are not environmental experts – just residents of Wilmot and Wellesley Townships who are committed to achieving and supporting a long-term healthy environment through education, action and collaboration. There is no fee to join NVEB. We are funded by donations, fundraising efforts, and grants.

Take a look at our website to see what we have been up to (nvecoboosters.com) and we hope you will consider joining us as **we currently need volunteers to help in a number of different areas**. Please contact us via e-mail: nvecoboosters@gmail.com or call **519-662-9372** if you would like to find out how you can get involved.

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

BADEN OUTLOOK

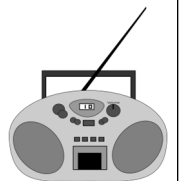
Keeping the Community Connected



You Must Be Joking!!



- A pirate went to the doctor and said, "I have moles on my back." The doctor said, "It's okay, they're benign." The pirate replied, "Count again, I think there be ten."
- Balloons are so weird. "Happy birthday! Here's a plastic sack of my breath."
- My friend asked me, if he should buy a hearing aid in Rome. I said, "Definitely."
- Jimmy- "Hey, check this out...." *cracks corn* Me- "Whatever dude."
- What's the difference between black eyed peas and chickpeas? Black Eyed Peas can sing us a song. Chickpeas can only HUMM US one.
- "I didn't have time to jog this morning." "But dear, you say that every morning." "I know, it's a running joke."
- Yesterday I saw an ad that said, "Radio for sale \$1.00, volume stuck on full." I thought, I can't turn that down.



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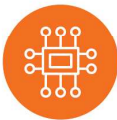
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Chris Arnold, H.I.S

Owner & Hearing Instrument Specialist

Growing up in Kitchener, Ontario, Chris went to Durham and George Brown College.

As the owner of Arnold Hearing Centres, he manages all locations, as well as handles all the marketing, reporting, meetings, and makes sure that both the staff and patients have a positive experience.

Selina Mauro, H.I.S

Selina has 10 years of experience in the hearing industry as a Hearing Instrument Specialist and has also been certified in ear wax removal for 10 years as well. Selina also has experience working directly at a hearing aid manufacturer doing audiology support and training for all of Canada. Working as direct sales and training support for clinics traveling all over Ontario.

Education:

Bachelor of Science in Biology/Psychology Trent University
H.I.S. Diploma Conestoga College



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The *Baden Outlook*
travelled on the Rocky
Mountaineer with Rose
Marie and Brian Kenwell
from New Hamburg.



Arlene McBride took the *Baden Outlook*
along with her daughters on a trip to Italy.



The *Baden Outlook* joined
family and friends at Millpond
Home in Baden for the 151
running of the Kentucky Derby.

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The Wagler sisters (Angela Shantz, Sharon Horst, Melanie Sabo, Jennifer Wallace and Tricia Wagler) travelled to their mother's birthplace, Charlottetown, PEI.

The *Baden Outlook* went
along to visit Aunt
Eileen Arsenault who
still lives in the
neighbourhood where
their Mom grew
up. Great memories
and happy to take the
Outlook along for the
visit!



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Pictured here is Sir Adam Beck Park with Snyders Road East and Baden Automotive near the bottom.
The *Baden Outlook* snapped this aerial in Spring of 2022.



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• Event Schedule is subject to change.
For a detailed timeline visit:
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Fighting For Childhood Cancer



Bechthold Home Improvements & BW Geotextile are in their 21st year of fighting childhood cancer. They hold a BBQ at their business location at 1239 Notre Dame Drive in Petersburg. This year, the BBQ will be held on Thursday July 10th from 11 am to 6 pm.

Many times over the 21 years someone has come up to buy a hamburger and told us that a child in their family was affected with childhood cancer. They thanked us for what we are doing to raise awareness and funds for a disease that affects so many children, Bechthold said.

Cancer touches most families one way or another. In Canada, an average of 880 children ages 0 – 14 are diagnosed with cancer each year. Childhood cancer affects all ethnic, gender, and socio-economic groups.

Last year over \$35,000 was raised for the 3 charities supported which are Scotland Yard (Waterloo Region Health Network), Children's Health Foundation (London Children's Hospital) and Walk to Conquer Cancer (Princess Margaret Hospital).

Plan your lunch or dinner on July 10th at Bechthold Home Improvements & BW Geotextiles in Petersburg and help to fight Childhood Cancer.



Things Your Grandparents Would Say

- ◆ **"Fit as a fiddle"** — In good health.
- ◆ **"Full as a tick"** — Extremely full, usually after eating.
- ◆ **"Gussied up"** — Dressed up.
- ◆ **"Happy as a clam"** — Very happy.
- ◆ **"Heavens to Betsy"** — An exclamation of surprise.
- ◆ **"Hold your horses"** — Wait or slow down.
- ◆ **"In a coon's age"** — A long time.
- ◆ **"Like a bull in a china shop"** — Clumsy or careless.
- ◆ **"Raining cats and dogs"** — Raining very heavily.
- ◆ **"Dead as a doornail"** — Completely dead or inanimate.
- ◆ **"Throw in the towel"** — To give up.



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Our lucky May winner was Wayne Simpson winning \$482.50.



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

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

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 Marlene Egan \$50 Gift Certificate to Cloverleaf Farms

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(A Fire Service Museum)

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Life is a Garden

By: Kate Stevely



For both living and gardening you need a good warm up. To find success in either, good prep work is required!!

I am a yogi, not much of a gardener, but I can tell you that before you start any gardening or yard cleanup, you should approach it as if you were a professional athlete. You really need a proper pre-game warmup. If you are an amateur athlete or even just a Weekend Warrior type athlete, you would be wise to up your pre-game routine as well.

First, take a hike!!! I don't mean that in a rude way. Give yourself a good 20-minute walk, starting out slow and amping it up to as brisk as you go. By the end of that walk, you want to "feel" your breathing a little more.

Next, work on your shoulders and neck a little:

- Do some shoulder rolls – pull shoulders up around the ears, slide the shoulders/shoulder blades down the back, draw the shoulders forward. Repeat several times.
- Do some shoulder slides. Just lift shoulders up slowly, slide down slowly. Repeat several times.
- Do some alternate shoulder slides. Lift and lower right shoulder and as right shoulder is sliding down, lift and lower left shoulder. Repeat alternating shoulders several times.
- Do some slow, easy head turns. Look over one shoulder, and then the other shoulder, slowly.

This is also a great little series if you are spending a lot of time working at a desk, at a kitchen counter, or driving a car.

Get ready for some bending and reaching by giving yourself a few gentle torso moves:

- Knees bent a little, engaging your core, just simply twisting torso with hands on hips or hands loose swinging your arms with the torso.

- Take it into a little side bend, engaging your core, knees gently bent, just letting one hand slide down the outside edge of one leg and then the other several times.

- Then a side reach, engaging your core, knees gently bent, reach up with one arm and then the other several times.

There is a lot of grip strength and mobility required for weeding and using garden tools. Let's look at your hands and wrists:

- Alternate pulling hands into fists and then stretching fingers wide.
- Hands in fists, roll wrist circles in both directions.
- Stretching fingers wide, roll wrist circles in both directions.
- Flex wrists to point fingers toward the ground, extend wrists to point fingers to the sky.

There are a lot of literal ups and downs to gardening.

Help for ankles and knees:

- As much as your knees will allow, do some pre-gardening knee bending. Squatting is great, if it is available to you.
- Hold on to something for stability and do some toe lifts, alternate raising heels as high as you can comfortably and then with gently bent knees, lifting toes.

Finally, some essential health points:


- Take regular breaks. I know the growing season is short in these parts, but don't overdo.
- Stay hydrated. Working outside in the warm can very quickly cause a dip in fluid levels.

May your thumbs be green!!!

Namaste'



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Fun Facts About Squirrels

- ◆ Squirrels have four large front teeth that continue to grow and grow their entire lives. This prevents the teeth from wearing down while munching on nuts and seeds.
- ◆ There are over 280 species of squirrels! The largest is the Indian Giant squirrel reaching up to 90 centimetres long. The smallest is the African pygmy squirrel, which is only 12 centimetres long.
- ◆ When a female squirrel finds a baby squirrel, she takes it in with care, feeds it, and familiarizes him with living with her and her children as if he were one of her own.
- ◆ Squirrels are great communicators. Some 'squeak', some 'squeal' and some make a bark or quack-like sound. But the most common form of communication is through their fluffy tail. Twitching if there is a threat, using it like a signal device.
- ◆ Grey squirrels are diurnal meaning active during the day and can breed twice a year. A typical litter for grey squirrels would be 2-5.
- ◆ Flying squirrels are nocturnal meaning active most at night and arboreal, spending most their time in the trees. Flying squirrels typically mate just once a year with a litter of 2-7.
- ◆ Red squirrels are diurnal just like the greys, active during the day. They are the most high-pitched and energetic personalities. They love being in the trees and have a litter of 2-7, like flying squirrels.



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Sunshine & Second Chances: Summer Treasures at Our Thrift Store

As the days grow longer and the scent of fresh-cut grass fills the air, it's clear—summer and cottage season are just around the corner. And what better way to prepare than with a trip to MCC New Hamburg Thrift Centre?

Whether you're heading up north to your family's lakeside retreat, planning a backyard staycation, or just looking to freshen up your summer wardrobe, our store is a goldmine of warm-weather wonders. From breezy sundresses to picnic-ready dishware, we've got everything you need—without breaking the bank.

Cottage Essentials, the Thrifty Way

Looking to stock your cabin or camper? You'll be amazed at the gently-used treasures waiting for a second life. Think charming mugs for your morning coffee on the dock, colorful patio cushions, books for lazy afternoons in the hammock, or even board games and puzzles for rainy days. We've seen beautiful vintage coolers, beach chairs, outdoor decor, and more—all donated with love and ready for adventure.

Summer Style for Less

Why spend a fortune on new clothes when you can find unique, stylish pieces for a fraction of the cost? From flip-flops to floppy hats, we carry a wide range of seasonal fashion for all ages. Keep an eye out for brand-name swimsuits, comfy shorts, cotton tanks, and flowy skirts

that scream “hello sunshine!” Bonus: shopping secondhand is one of the most sustainable ways to enjoy fashion—your style and your planet will thank you.

Grill, Chill, and Entertain

Hosting a BBQ or cottage get-together? Swing by for serving platters, funky glassware, and even small appliances like blenders and grills. You never know when you'll stumble upon that perfect lemonade pitcher or a set of retro lawn games to entertain the kids (and adults!).

Powered by Volunteers, Fueled by Heart

Every item in our store has been lovingly handled by our amazing team of volunteers—dedicated neighbours, retirees, students, and community members who give their time to make our store a warm and welcoming place. They sort, clean, organize, and display each donation with care and pride. Thanks to their efforts, our store runs smoothly, our shelves stay full, and every visit comes with a smile—always free with purchase!

Want to get involved and make a meaningful impact in your community? We'd love to have you join our volunteer family! We're currently looking for helping hands in the following areas:

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- **Receiving**



No experience needed—just a positive attitude and a willingness to lend a hand. Come be part of something special!

So, before you head out for that long weekend or load up the car for the cottage, drop by and see what sunny surprises await on our shelves. You might just find exactly what you didn't know you needed—and you'll leave knowing you made a difference.

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Here's to summer, sunshine, and secondhand joy!



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EASY BREEZY SUMMER EATING

This time of year, I just want to be outside all the time and I am super grateful for all there is to do. My Grandpa Seyler once told me that the older you get the faster time goes and boy am I ever experiencing that lately. Some days I turn around and it's time to make supper...again. I read a little chuckle lately that the hardest part of being an adult is deciding what to make for dinner. EVERY. SINGLE. NIGHT. Often in those moments time can also become a problem so quick cooking recipes are handy before everyone gets hangry, and by everyone, I mean me. It's hard to cook when you are tired and hungry; we have all been there. Being food prepared really helps. I usually try to have a couple meals on the ready, meat thawed and veggies bought, frozen pasta in the freezer, things mixed and ready to cook. Quick and easy is what I am looking for when I would rather be outside. Along with the ever easy, nutritious and quick scrambled eggs that we eat frequently for supper, I am sharing a few of my favourite quick suppers.



Caprese Chicken

4 small or 2 large boneless chicken breasts
1 tbsp each of butter and olive oil
1 (or more) garlic cloves finely minced
1 284 g container grape tomatoes
6-8 fresh basil leaves
1 200 g container Bocconcini
Drizzle of balsamic vinegar

Heat butter and olive oil in a large pan and add garlic, simmer for about 15 seconds then add salted chicken to pan. Cook to brown both sides then dump in tomatoes and let simmer until tomatoes start to wrinkle, stirring occasionally. Salt the tomatoes and add the basil. Tomatoes may want to pop, break a few to get more sauce. Add bocconcini and heat through. Drizzle with vinegar before serving.

Tuna Melts

2 cans solid white tuna
2 or 3 hard-boiled eggs, chopped
2 tbsp diced celery
2 tbsp diced green onion
2 diced dill pickles (optional)
1/2 cup shredded cheddar
2 tbsp mayonnaise (enough to moisten)
3 English muffins, separated

Mix all ingredients together and add 1/2 cup to each muffin half and bake at 350 degrees for 15-20 minutes.



Asparagus Tortellini

This recipe works well with broccoli also.

1 350 g package tortellini, meat or cheese
2 cups chopped asparagus
2 tbsp butter (garlic butter if you have on hand)
1/2 cup grated parmesan

Cook tortellini according to package. Melt butter in frypan and add asparagus, cooking till bright green and fork tender. Add tortellini to asparagus and top with parmesan. Adding any leftover meat adds some protein, if desired.



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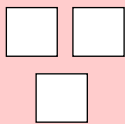
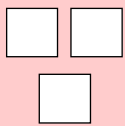
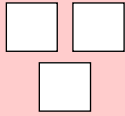
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KIDS' CORNER

Can you find these summer items hidden throughout the paper?



- * Why do ducks have tails? To hide their butt quacks.
- * What do you call a sleeping bull? A bulldozer.
- * Why do gorillas have big nostrils? Because they have big fingers.
- * Why did the snake cross the road? To get to the other sssssside.
- * How do bees get to school? The school buzz.
- * What animal has more lives than a cat? Frogs. They croak every night!
- * What did the dog say after he sat on sandpaper? "Ruff."

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-Katie L.

District Fire Chief Paul Koenig Retires and Passes the Hat

Paul Koenig, who was Baden's District Fire Chief for 11 years, has retired as of June 7th. Firefighting has been in the blood of the Koenig family - they have a long history of serving the community. One early memory that Paul shared was helping his father fill swimming pools from the fire truck for Baden citizens. He was expected to work the hoses and he believes that elevated his desire to become a firefighter.

The original Baden Fire Department was formed in 1926 by a small group of individuals, including Paul's grandfather Wilfred Naumann. Wilfred retired 31 years later as District Fire Chief for Baden. Paul's father, Elmer Koenig, joined the fire department in 1947 and retired 31 years later as District Fire Chief for the Baden station. Paul joined the Baden fire department in 1995 and is retiring as Baden's District Fire Chief 30 years later. Paul also had an uncle, great uncle, and his son Gavin, as members of the organization. Gavin resigned after 11 years volunteering in Baden and is currently a full-time fire fighter in Kitchener.

The Baden station has long been known as having excellent recruits who have moved on to careers in that calling. He credits the professional training that he received from Chief Ron Taves and the many full-time firefighters who served in Baden, which helped him to find full time work in the industry. His full-time career started in Richmond Hill in 1999. He wanted to be closer to home so he filed applications with the City of Kitchener, Waterloo, and Cambridge. One and a half years later he got the call from Kitchener – one week later he also got a call from Cambridge, but he stayed with the City of Kitchener. After 25 years, Paul retired from Kitchener. His last day was on December 31, 2024 as the Captain for the Stanley Park station.

Back in Baden, Paul was asked in 2014 to become Assistant District Chief to replace retiring Shane Waters. A week later District Chief Ron Taves decided to retire and Paul was quickly elevated to Baden's new chief. The group in Baden are a progressive group, taking their training

seriously. There are many tragic moments in this occupation but there are also some wins. Paul recalls the group has saved three lives with the use of the defibrillator which is rewarding. The station has numerous fundraising events to purchase equipment for the station. Items such as defibrillators, and thermal cameras were purchased by the volunteer group – they are now supplied by the township.

Doug Holst will be taking over Paul's role in Baden. Doug started as a volunteer firefighter at the Baden station - he currently works full-time in Mississauga. He has 11 years of service with Wilmet Fire Department and is proud to take on this new role.

Paul plans to travel with his wife Sharon, spend more time with his children and grandchildren, and take it easy for a while. Paul shared that he worked with a great bunch of people over the years and is thankful that more females are joining the force. He has enjoyed the friendships he has made over the years and the community involvement. We wish Paul a happy retirement and thank him for his years of service!



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Beavers are social animals, living in large family groups of monogamous parents, young kits, and the yearlings from the previous spring. Beavers are herbivores with a life span up to 24 years. In size their head and body range from 60 to 100 cm; their tail, 20 to 30.5 cm. Beavers like to live where there is water. They will burrow into the banks of rivers and lakes in temperate climates. Where there is no river or lake beavers will create their own. By felling trees and branches they will construct dams to form large ponds.

- Beavers use goggles! Beavers possess a set of transparent eyelids which enable them to see under water.
- Beavers are second only to humans in their ability to manipulate their environment - the largest dam in existence is located in Wood Buffalo National Park, Alberta, Canada. It stretches for 850 metres, and is visible from space.
- Beavers don't mind the cold; they can be seen active throughout winter and maintain use of their ponds even when covered with a layer of ice.
- Beavers are among the largest rodents on earth. Their large rodent teeth never stop growing. The beavers' constant gnawing on wood keeps their teeth from growing too long.
- Beavers are good house guests. Their lodges typically contain two dens, one for drying off after entering the lodge under water, and a second, dryer den where the family will live and socialise.
- Beavers have been known to share their lodges with families of muskrats!

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TRI-COUNTY MENNONITE HOMES— Resident's Perspectives

Happy Father's Day to all the dads out there! June is the month we celebrate you. It's also the month we celebrate seniors. So, this month, we couldn't think of anyone better to sit down with than Sam Wagler, TCMH Nithview Home resident since late-2022. Sam is a father, grandfather, and great-grandfather. He is of course a senior; however, he tells us he's not one of those because being a senior is about your mindset and he's not there yet!

Sam grew up on a farm located on Highway 7/8 and attended North Easthope District 7 school. His favourite class was Phys Ed where they played pull away. Sam was a farmer all his life, and he had a dairy farm on Maplewood Sideroad. Sam has many hobbies, including a love of music and art. He likes to draw animals and would draw his cows, paying particular attention to their markings. Sam was also a member of a men's quartet and the Tavistock Harmonica Band. When he wasn't busy with farming or hobbies, Sam helped as the song leader in his church.

Sam loves that he gets to visit with his family every week. He has 4 kids, 12 grand kids, 10 great-grandchildren, with a couple more on the way. Family visits mean Rheo Thompson chocolates and time to play games with his loved ones. Growing up, Sam's children would celebrate Father's Day by making him homemade cards and playing games like hide & seek. In his later years, they would come for dinner, usually a good chicken roast, and enjoy ice cream for dessert.

When Sam was a kid, he remembers they would celebrate his father and they would go fishing for the day. Time with family has always been a big part of Sam's life. He thinks remembering Father's Day is special because dads are equally important as moms and they play a significant role in their children's lives. Sam believes that being kind and doing things with children while they are young is a great way to foster fond memories for years to come.

Despite Sam knowing that "senior" is a mindset, he also knows it's important to celebrate getting older and to recognize the seniors in your life. As we age, we never know how much time we have, so it's important to cherish our seniors and the time we have with them. Part of getting older is looking forward to retirement, but it's equally important to eat a good balanced diet and be kind and friendly with people so that aging is enjoyable for as many years as possible. Plus, getting to retire means more time to spend with friends and do favourite activities – like playing crokinole for Sam.



Now that summer is here, Sam is also looking forward to activities outdoors. Sam loves the hot weather and spending time with his grandchildren and great-grandchildren. He especially enjoys the chance for ice cream. When he wasn't taking time to relax, Sam remembers many summers spent helping his wife with the gardening, picking strawberries, and mowing the lawn. There was of course also time for fishing and friends.

Ever since Sam was a young boy, he's always enjoyed fishing on a hot summer's day, especially when he caught perch.

Before we finished our talk with Sam, he wanted to remind us that being kind and courteous to our neighbours is an important part of life. We live in a community with our family, neighbours, and friends. So no matter how you spend the first month of summer, we hope you find time to celebrate fathers, seniors, and the people you love.



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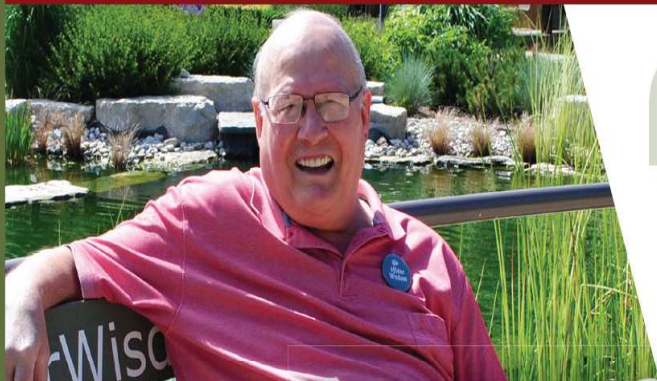
Answers on page 37

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 two watercraft. Have fun!

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

- 1 Cutting edge of a knife
- 2 A valley
- 3 A summer drink
- 4 Broadcasted
- 5 Terrible
- 6 Crimson
- 7 Label
- 8 A singing group
- 9 Not good
- 10 High edge of a hill
- 11 Mount or seat
- 12 Eliminate
- 13 A marine mammal
- 14 A wrongful act
- 15 A small child

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GLOBAL OUTLOOK— Train Tunnels

Train tunnels have been around for many years, the oldest one being the Fritchley Tunnel, built by the Butterley Company to transport limestone to their foundry in 1793. The tunnel, which is built with vertical sides and a round arched roof, measuring 22.58 metres and 3.05 metres high, was originally created for horse-drawn wagons. It later accommodated steam-powered trains and has been recognized by the Guinness Book of Records.

The Gotthard Base tunnel in Switzerland takes the honour of being the longest and deepest tunnel in the world, being 57 kilometres long with a depth of 2,300 metres. It travels through the Swiss Alps, specifically under the Saint Gotthard Massif (a mountain range). The 12-billion-dollar project began in 1999, taking 17 years to complete, opening in 2016. It was built to facilitate high speed trains in the mountainous area.

Canada's longest train tunnel is the Mount Macdonald located near Rogers Pass in British Columbia. The tunnel, which is also the longest tunnel in the Americas, measures 14 kilometres long, 5.1 metres wide, and 7.8 metres high. It was the first tunnel to use the concrete "Pack-Rack" system which eliminates wooden ties. It was built between 1984 and 1988, part of the Rogers Pass project replacing the Connaught Tunnel. The new tunnel has a lower grade which eliminates the need for pusher locomotives.

Tunnels are built in a variety of methods. The drill and blast method employs loading dynamite into drilled holes to carry out controlled cracking of rocks. Tunnel boring machines are used to bore through various materials such as soil and rock. The machine has rotating heads on the

front that digs through the earth and also conveyor systems that remove the excavated material.

Perhaps the most famous train tunnel is the Channel Tunnel, 50 kilometres long, that connects England and France. It has the distinction of having the longest under sea tunnel, that being 37.9 kilometres in length. It fundamentally changed the geography of Europe and helped to reinforce high speed rail as a viable alternative to short-haul flights. The tunnel began construction in 1988 and opened on May 6, 1994. More than 13,000 workers from both England and France's side were used in the construction. It is actually three parallel tunnels – two for trains and one for maintenance crews.

Subway systems in large cities are a great method of transportation, which use the train tunnel system. Norway has an abundance of Fjords making a trip from the north end of the country to the south a 21-hour trip. This is due to the mountainous terrain and numerous ferry crossings. The government is current planning on building a pair of floating underwater tubes to transport traffic, cutting the travel time in half. Construction will cost 56 billion dollars and it is expected to open in 2033. There are nearly 200 underwater systems in the world and this tunnel will be the most unique.



HAPPY FATHER'S DAY

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OUTLOOK PUZZLE ANSWERS

All Things Scrambled

<u>Wet Landforms</u>	<u>Dry Landforms</u>
Lake	Dune
Reef	Cave
Pond	Basin
Swamp	Bluff
River	Cliff
Ocean	Crater
Marsh	Canyon
Bayou	Hoodoo
Rapids	Valley
Geyser	Badlands



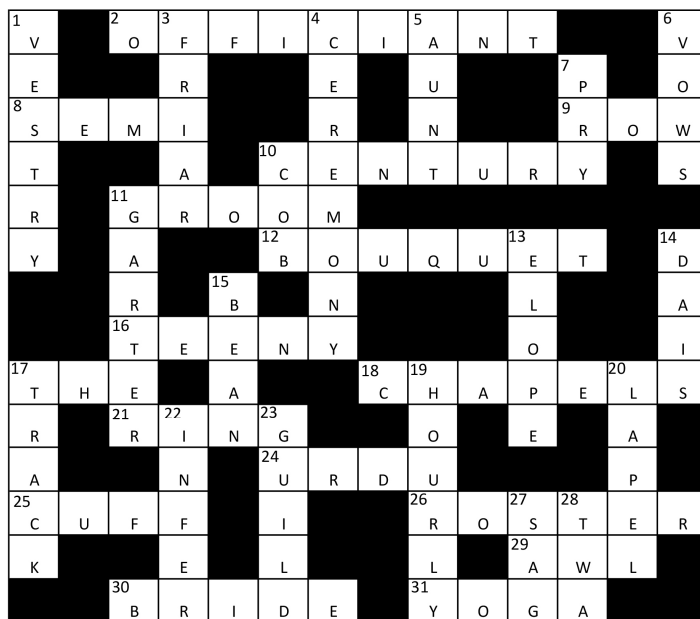
Drop One For Fun

1 Blade	2 Dale	3 Ade
4 Aired	5 Dire	6 Red
7 Brand	8 Band	9 Bad
10 Ridge	11 Ride	12 Rid
13 Otter	14 Tort	15 Tot

Creating special words Barge and Liner

Reduce to Produce

My friend loaned me his audio book but I
misplaced it....
Now I will never hear the end of it.



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You Must Be Joking!!



- Did you know? Bedtime is one of the leading causes of dehydration in children.
- Kid-Grandma would say yes.
Mom-Well, it sounds like my mom is cooler than your mom.
- You never realize how busy adult life can be until it comes to planning stuff with your friends.
Then, you are like, "I can do Wednesday at 5 pm in three weeks time, but only for 37 minutes."
- It's weird that we have one hand that knows how to do everything and then one hand that just sits there like, "I don't know how to hold a pencil."
- You let them shenan once, they'll shenanigan.



I WAS ONE UNDER TODAY!

**ONE UNDER A TREE,
ONE UNDER A BUSH,
AND ONE UNDER THE WATER.**

Travel Insurance News and Views



One question we hear frequently from travelers looking to travel within Canada is:

"Will my Provincial Government Health Insurance Plan (GHIP) cover me for emergency medical treatment while I'm in another province and do I need to purchase travel medical insurance when travelling to another province?"

If you're considering travelling within Canada this summer - or at any time in the future – here's what you need to know about OHIP coverage and whether you need to supplement it with private travel medical insurance coverage.

Most Canadian provinces – with the exception of Quebec – have what are commonly referred to as **reciprocal Interprovincial Health Insurance Agreements**.

Under these agreements, if you require emergency medical treatment while in another province, the host province will cover the cost of any medically necessary healthcare services you receive and subsequently bill your home province for reimbursement.

However, **there are some gaps and limits as to what's covered under these agreements** which could leave you on the hook personally for out-of-pocket expenses totaling thousands, or even tens of thousands of dollars.

While the vast majority of your emergency medical treatment costs in another province will usually be covered by your provincial health insurance plan, there are a few issues and limitations to be aware of.

There are some costs that OHIP won't cover for emergency medical treatment in another province. Some of these costs include:

- Ground and Air Ambulance
- Prescription Drugs given outside a hospital
- Medical Devices (i.e. crutches, splints, prostheses, etc...)
- Emergency Dental
- Private or Semi-Private Hospital Room
- Repatriation to your home province
- Returning your vehicle to your home province if you're unable to drive it back
- Flying a family member to be with you if you're travelling alone and need assistance

Nova Scotia has the highest fee for ground ambulance: \$732.95 for people from Ontario. Air ambulance fees are

even costlier for out of province residents. P.E.I and Nova Scotia for example will bill Ontario residents \$12,000 for this service.

If you are visiting Quebec from Ontario and you require emergency medical treatment, you will generally be covered by your home province for any eligible expenses, subject to any limits or restrictions.

However, **you may have to cover these expenses up-front and then seek reimbursement from your home province**. Make sure you **keep all of your receipts**, as your home province will likely require them when you submit a claim for reimbursement.

While OHIP will generally cover most emergency medical costs you incur in another province, **there are limits to your coverage** that could leave you personally on the hook for significant out-of-pocket expenses.

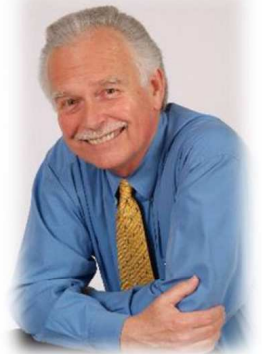
Because claim amounts are generally much lower for domestic travel than for travel outside Canada, many travel insurance providers offer significantly lower premiums - sometimes up to 50% lower – for travel within Canada.



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June is **Seniors Month**

Let's support seniors to continue to live actively, keep connected, and stay healthy and safe.



TIM LOUIS

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Ages 4-14

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