

DECEMBER 2021

VOLUME 22, ISSUE 5

Baden Outlook

~ Your Favourite Good-News-Letter ~
Keeping the Community Connected

Happy Holidays



Baden
Outlook

As always, this paper is priceless - Please have one!

Merry Christmas

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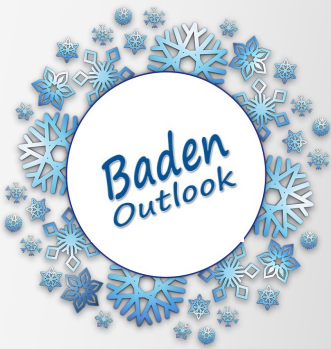
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 Barry, Pat, & Katie Fisher

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

- Barry writes about Christmas traditions around the world
- Thinking of travelling this holiday season? Gary White shares travel insurance advice
- Check out the many activities offered at the Baden Library
- New Years resolution to exercise more? Get tips from Dr. Papa
- How to find joy this holiday season from Amy at Interfaith Counselling Centre
- Learn how to create less food waste from Tom at EcoBoosters
- Check out Cooks Corner for no-bake traditional Christmas cookie recipes
- Find out more about Santa's other reindeers

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

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

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Baden Outlook

Greetings from Headquarters



Happy Holidays! Christmas tends to be full of emotions. Joy and excitement as kids anticipate Santa, the fun of Christmas baking, and seeing extended family we haven't seen in awhile. Sometimes stress can emerge throughout the season from searching to find that perfect gift, staying on budget, or finding the time to squeeze all the preparations in. It really is an action-packed couple of weeks! There are some who feel grief and loneliness at this time of year. Losing someone you love and seeing their empty chair at Christmas would be a painful reminder. Some find Christmas overwhelming having to go here and there for multiple family dinners. I remember my old neighbours were

Enjoying our tree 30 years ago with brother Mike.



not looking forward to Christmas one year, with seven different functions they needed to attend and the fear of who to reject. I cannot imagine having that much bustle around the holidays; two or three functions is enough! I have always insisted that Christmas Day be a stay-at-home day, and even more so now that I have children.

I remember one year, in my late teens, my parents said, "we are going up north on Christmas" and dreading the long drive and social busy, I refused. I sat in a snowsuit in our snowbank drinking hot chocolate by myself with a huge grin on my face. It's okay to be alone sometimes. Having that one designated stay-at-home day is how I recoup from all the emotions leading up to the holidays.

You may feel all the emotions this year or maybe just one or two. As we get closer to the day, remember to partake in some self care in whatever form suits you. As Covid continues to linger for yet another Christmas, perhaps some are seeing the value of staying home, or at least keeping things simple.

Merry Christmas from my family to yours.



Hello December – good bye 2021! --Well, that sure was another bizarre year. We did our best to provide our readers with light and easy content with hopes to bring smiles to you all. There was surely no shortage of heavy and depressing media and we plan to continue to share the light! Lucky for you, Katie is playful, as you've come to see each month! So, get ready 2022 for more Outlook fun! As seen on the front page, Baden is delighted to have this amazing display of lights at our main intersection—thanks to the Baden & District Chamber of Commerce. We thank the amazing writers who contribute each month and the proofreaders who tidy us up... And with sincere thanks we tip our hat to the local advertisers who hang in there for us, in good times and bad—we couldn't do it without you. So please shop local and thank them for not surrendering to perhaps, a difficult and not so prosperous pandemic year.

We endured the second year of the pandemic and saw much turbulence throughout the region and the world. We fell down, we got back up, some got sick and most got better, some did not. You may not recognize your own strength until pushed to that place. We embraced who we could and forgave who we should, we opened our ears and eyes to listen and learn. We can enjoy the holidays as we use good judgement and stay safe. Let's hope instead of more grim news and rules to follow that 2022 brings us more freedom with sunshine and rainbows...bring it on!



Talking with Ed

~ Holiday Traditions



Several years ago, we asked grade three students at Baden Public School "Does your family have any traditions on Christmas Day?" They were asked to leave their first name only and some of the answers were quite hilarious. Answers such as "Us kids wake up early.

My Mom gets up with us, and my dad sleeps for another couple of hours" or some of their funny gift opening experiences were mentioned.

This got me thinking about the family traditions that I had as a child. I remember that my family always went to the church service on Christmas Eve, and quite often I would sit beside my grandfather, who was a very good singer. He would always give me Sen-Sen, a small black square licorice flavoured candy that he claimed helped him sing. Oddly enough, I liked the taste of the breath freshener (which is no longer available).

On Christmas morning we would be up at the crack of dawn, like most kids these days, and went directly to the unwrapped gifts that Santa Claus had left. They were all piled under an artificial Christmas tree that would make Charlie Brown proud. We would give our parents enough time to get a coffee and then the unwrapping would begin. It almost seemed like a race against time and in ten minutes it was all over.

While we would spend the next hour playing with our new toys, my dad would begin to cook porridge, which I didn't like and still don't really like to this day. In the afternoon, my maternal grandparents would come over for a turkey dinner. I can only remember once having my grandparents on my dad's side over for Christmas dinner.



I started googling Christmas traditions from around the world and found some interesting and most unusual ones. As an example, only one percent of the population of Japan are Christians, and for their family dinner, rather than gather around the table to enjoy a turkey, most of them go to Kentucky Fried Chicken. This tradition began in 1974 and some people stand in line for two hours to get their "finger-lickin' good" meal!

In Iceland, they have the 13 days of Christmas, where children leave their shoes on their window sill and go to bed. If they are good, they get candy in their shoes the next morning. If they are bad, they get a rotten potato--Ewww!

In Finland, they celebrate by having porridge in the morning and hiding an almond in the porridge. Whoever gets the almond in their meal wins. I wonder if my dad had Finnish blood lines!

In New Zealand, the dinner is all about the barbeque and their Christmas tree is called a Pohutukawa, a coastal species that turns a bright red colour in December. They sing songs at night in English and Maori.

A Christmas celebration in Barbados wouldn't be complete without a baked ham, a rum cake and jig jig, which is a combination of pigeon peas, guinea corn flour, herbs, and salt meat.

On Christmas Eve in Poland, many families share *oplatek* (an unleavened religious wafer), each person breaking off a piece as they wish each other Merry Christmas. Dinner may not begin until the first star appears in the night sky.

The Mexican Christmas season begins early in December with Las Posadas, a religious march that re-enacts the journey of Mary and Joseph. The vibrant red poinsettia flowers are also used in holiday arrangements for decoration throughout the country.

Denmark has a rather strange tradition where they celebrate the Yule Goat, a Christmas tradition dating back to the pagan days. In 1966, someone came up with the idea to make a giant straw goat which stands 42 feet high and 23 feet wide and weighs 3.6 tons. It is constructed each year on the same spot on the first Sunday of Advent and taken down on New Year's Day.



Denmark's Yule Goat



Philippine's Ligligan Parul

Each year in the Philippines the city of San Fernando holds a giant lantern festival called *Ligligan Parul*. The event features dazzling *parols* (lanterns) that symbolize the Star of Bethlehem. Each *parol* consists of thousands of spinning lights that illuminate the night sky. The festival has made San Fernando the "Christmas Capital of the Philippines."

Whatever your tradition is, I hope you have a wonderful Christmas and a safe and happy New Year.

Until next year...Ed



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ALL THINGS SCRAMBLED

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

Words Containing Letter "J"

RAJA _ _ _ _
ODJU _ _ _ _
WAJS _ _ _ _
JENYO _ _ _ _ _
CEEJT _ _ _ _ _
PANJA _ _ _ _ _
RUINJY _ _ _ _ _
LUNGJE _ _ _ _ _
PAMAJY _ _ _ _ _
PORTCJE _ _ _ _ _

Words Containing Letter "Z"

ZEIS _ _ _ _
EOZO _ _ _ _
ZOOB _ _ _ _
ZIPAZ _ _ _ _ _
YCARZ _ _ _ _ _
NOZED _ _ _ _ _
ZONERF _ _ _ _ _
DRAWIZ _ _ _ _ _
PIERPZ _ _ _ _ _
ABOZOAK _ _ _ _ _

"Keeping the Community Connected"

Christmas Cheer from Baden & District Chamber of Commerce



Brighten up your December by strolling through the main intersection in Baden to take in the light display, presented to the residents of Baden. If it brings a moment of wonder and joy, let it be something that you 'pay forward' as things start 'looking up' as we share HOPE and PEACE.

Stop by Circle K variety and say thanks to Divengi,

Mrav, and Andrea for their contribution to making the installation go smoothly; we also give thanks to Richard and Charlotte Cudney for their assistance, storage, and transportation.

The entire display could not have happened without the generous support of the mall owner Ross Sousa – thank you so much for letting us use the space; the electrical expertise of Christopher Elkeer of Arcadian

Projects; to Brandon Martin and John Theriault from KW Hydro for their guidance and advice; and to Mark Soehner of Baden for repairing the sidewalk damaged by a truck last winter.

But extra special recognition to Chris Tucker and his team at Classic Displays in Mississauga. Their product is stunning and the service is top notch.



Don't forget to check out our newly updated website at www.badenchamber.com, have your business website link included on our vendor listing and show the diversity available in Baden. If you would like information about a Baden & District Chamber of Commerce membership or to have a link to your website in our on-line business directory, call 519-501-1160 or e-mail membership@badenchamber.com.



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Checking out the Baden Library



Holiday Hours

'Tis the season to get wrapped up in a good book! All Region of Waterloo Library branches **will be open** from 10 a.m. to 2 p.m. on Friday, Dec. 24 and Friday, Dec. 31. All branches **will be closed** on Saturday, Dec. 25, and on Saturday, Jan. 1, 2022.

Drop by and borrow something to enjoy over the holidays – books, magazines, DVDs, CDs, board games, video gaming kits, and more! Don't have a library card? We can help with that too. Library cards are Free!

Ring in the New Year with your very own reading challenge! Want to read 52 books in 52 weeks? Or, what about one book a month? Here are some ideas for all ages to get you started.

Why Not Read a Book:

- by an author whose last name starts with the same initial as yours
- that was made into a movie
- by an indigenous author
- that has the colour green on the cover
- set in a different country
- with the word "and" in the title
- about a celebrity
- that won an award
- a graphic novel
- written by a local author
- on a best seller list
- recommended by your local librarian



Connect with RWL at these upcoming virtual Programs and Events!

Waterloo Region Migration Film Festival (WRMFF): Sing Me a Lullaby – Tuesday, Dec. 14 at 7 p.m.

As part of Waterloo Region's Global Migration Film Festival, we invite you to a screening of the film "Sing Me a Lullaby".

Weight Bearing Exercises and Osteoporosis with Amanda Stevens – Wednesday, Dec. 15 at 7 p.m.

Join registered physiotherapist Amanda Stevens on how to use weight bearing exercises to help with osteoporosis. You should consult your physician or other health care professional before starting this physio program and its associated physical activity.

Noon Year's Eve – Friday, Dec. 31, 11:30 a.m.

Help us ring in the New Year a little bit early. Join us for songs, a craft, and a whole lot of fun!

Family Literacy Day

Understanding Your Child's Development – Wednesday, Jan. 26 at 7 p.m.

Presented by the Child Online Research Activities Lab (CORAL) at the University of Waterloo. In this event, families will learn about their children's language, cognitive, and social development. Participants will also learn more detailed information about CORAL's research, and how to get involved.

Outdoor Discovery Time –

Wednesday, Jan. 27 at 10:30 to 11 a.m.

Don your snow pants and pack your blankets to join us for some stories, songs, and fun activities outdoors.

For the latest on upcoming programs, visit us at rwlibrary.ca/virtualprograms.

Happy holidays and all the best for 2022 from the Baden Branch staff - Chris, Jennifer, Rose, and Hannah! As always, for more information on your local library, please visit rwlibrary.ca.



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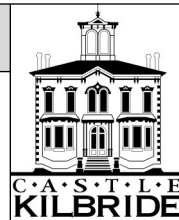
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Seasons Greeting from Castle Kilbride!



A few years ago, Castle Kilbride received a large box of postcards kindly donated by Norma Facey of New Hamburg. There was a beautiful array of birthday and holiday greetings. In examining all the postcards, staff ran across this beautiful one from 1910. The quaint little church reminded us so much of St. James Lutheran Church in Baden. There is nothing more magical than standing in the Drawing Room (Parlour) inside Castle Kilbride when the chimes ring out from the church paired with the warm feel of the house during the holiday season. This staff tradition made us think of all the other customs that once were held inside this room over the past 150 years. Although it is called the “Drawing Room” it is not a studio or a room to sketch. It is a space reserved for entertaining guests after dinner and usually the location of the piano or organ. During regular visits to Castle Kilbride, but especially at Christmas time, the Livingston daughters would entertain guests with their musical talent. This room also held the beautifully decorated tabletop tree that was a part of Mrs. Livingston’s German heritage. This room also accommodated both Livingston weddings and funerals. The one constant theme is that this space was a place for friends and family to gather and enjoy each other’s company regardless of the occasion.

We invite you to continue that tradition when visiting Wilmot Township’s National Historic Site this holiday season and perhaps you might be lucky enough to hear the magical church bells chime.

Touring Information:

Castle Kilbride is open Wednesday – Sunday from 11 a.m. – 4 p.m. for fully guided tours of the historic home. Additional holiday hours: December 20, 21, 27 & 28 from 11 a.m. to 4 p.m. Tickets must be booked online. Proof of vaccination is required. Space is limited per tour.

Holiday Evening Tour – Booking online required

For one more magical night, see the Castle aglow with a fully guided tour on Thursday December 16 from 6:30 p.m. to 9:00 p.m.

For information about the museum, current exhibit, and specific protocols prior to and during your tour, visit www.CastleKilbride.ca or follow us on [Facebook @CastleKilbride](https://www.facebook.com/CastleKilbride).



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Happy Holidays from EJ's Restaurant and Tavern

We are very excited to have you back for in-person dining!

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Wednesday – Wings \$9.25 for one pound with the purchase of a drink (dine in)

\$22 for two pounds plus a free soft drink (take out/delivery)

Thursday - Schnitzel with Mashed Potatoes and Vegetables

Friday - Fish & Chips \$14 for 1 piece and \$19 for 2 pieces (all day)

Prime Rib Dinner \$26 (after 5 p.m. only)

Sunday - \$5 Caesar Cocktails

EJ's is closed on Mondays, open Tuesday to Sunday at 11 am

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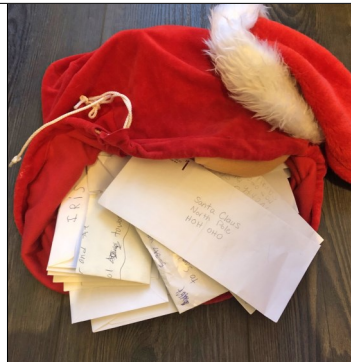
The Baden Optimist chose again to cancel the annual Santa Claus parade due to the on-going pandemic and the Snyder's Road construction at the east end of town. But not to be defeated, they instead hosted another Food Bank Drive similar to last year which was a great success. This event was held throughout town in the afternoon on December 4th with all food collected going to the Wilmot Family Resource Centre.

The group of Optimist members and local volunteers split into three groups, walking three different routes through the streets of Baden. Santa was present, much to the delight of all the children who came out to greet him. The event was a great success as Baden residents once again showed their amazing generosity and Christmas spirit! *Thank you, Baden Optimists for organizing this event!*



Baden Outlook

Santa's bag got stuffed with letters!



With Thanksgiving and Halloween behind us, we now focus our attention on my favourite holiday, Christmas! Beautiful decorations, family gatherings, and fantastic food make it a wonderful time of year! But with all the hustle and bustle, please keep in mind some of the dangers this season can pose to your furry family members.

Hazardous Holiday Plants:

- **Lilies** that may be found in holiday flower arrangements could be deadly to your cat. Many types of lily, such as Tiger, Asian, Japanese Show, Easter, Stargazer, and the Casa Blanca can cause kidney failure in cats.
- **Poinsettias** are generally not deadly, but if ingested can be irritating to the mouth and stomach and may cause mild vomiting or nausea.
- **Mistletoe** has the potential to cause cardiovascular problems. More commonly, however, ingestion usually only causes gastrointestinal upset.
- **Holly** ingestion could cause vomiting, nausea, diarrhea, and lethargy.



Holiday Decoration Hazards:

- **Christmas Tree:** the tree water may contain fertilizers which, if ingested, can cause stomach upset. Stagnant tree water can be breeding grounds for bacteria, which can also lead to vomiting, nausea, and diarrhea, if ingested.



- **Electric cords:** Avoid animal exposure to electric cords. If they are chewed, they can electrocute your pet. Cover up or hide electric cords. Never let your pet chew on them.
- **Ribbons or tinsel** can get caught up in the intestines and cause intestinal obstruction.
- **Batteries** contain corrosives. If ingested they can cause ulceration to the mouth, tongue, and the rest of the gastrointestinal tract.
- **Glass ornaments** can cut the tissues of the gastrointestinal tract if ingested.



Potpourris are popular household fragrances commonly used during the holiday season. Accidental contact or ingestion of some types of liquid potpourris can result in severe damage to the mouth, skin or eyes.

Planning safely will ensure a wonderful holiday!

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Baden Birding ~ Checking In

By Ken Quanz



It is that time of year when the summer visitors have shuffled off to the south and the northern species have come to visit and dine on, or with, our year round inhabitants. Therefore, it is a good time for us to take stock of who's who in our neighbourhood, and at, or around, our feeders.

A simple daily log of the weather (temperature, wind speed and direction, amount of sunlight, type and amount of precipitation) as well as what species visit which feeder, types of feed, and the feeder proximity to shelter and trees will greatly enhance your understanding of our various visitors to feeders.

I like to fill each feeder with a specific type of feed such as black sunflower seed, red or yellow millet, peanuts, cracked corn or wheat, Niger seed, suet or sunflower chips in order to understand individual preferences. A feeder of mixed seeds may also allow you to see which species avoid or scratch out onto the ground certain types of feed. Do Nuthatches fly off with both intact sunflower seeds and sunflower chips to store in the rough bark of trees, or do they eat one type immediately and store another? What birds feast on the seeds dropped by the connoisseurs above them? Which birds have specific diets, and which will eat just about anything offered to them? Do other birds of the same species stand guard and give warnings?

Observation is one of the best ways to study birds. As you design your log, you may want to tweak it to include ideas which you did not consider before. For example, do some species feed at different times than others? Do some species tend to visit with their same species friends, or are they happy to mix with other species? Is there a hierarchy at the feeder? Do some species avoid other non-predator species? What is the specific distance to shelter which provides safety from predators? Is that the same for each species? Will a bit more research on the Cornell or Audubon websites help with your understanding of nature?



Are you ready to share your findings with Fraser, Wayne, and Ken and in *The Baden Outlook*? If so, please use the email address badenoutlook@hotmail.com and we will try to include or address your research in future columns.



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Ingredients

- * 1/2 cup unsalted butter
- * 1/2 cup sugar
- * 1 large egg yolk
- * 1 teaspoon vanilla extract
- * 1-1/2 cups flour
- * 1/8 teaspoon salt

Have fun creating your own Christmas cookie ornaments!

Cooking Instructions

1. Heat oven to 350 degrees F. In large bowl beat butter with an electric mixer on medium until smooth. Add sugar. Beat until combined, scraping side of bowl occasionally. Beat in egg yolk until combined. Add vanilla. Beat until combined.
2. Add flour and salt. Beat until combined, scraping down side of bowl occasionally.
3. Between two sheets of waxed paper or plastic wrap, with a rolling pin roll the dough to 1/4-inch thickness. Cut out the shape of your hand. Use a straw to poke a hole in dough for hanging. Re-roll and use scraps until all dough is used.
4. Bake 15 to 20 minutes, depending on the size of the cookies, or until lightly browned.
5. Remove from oven and cool on cookie sheet 5 minutes. Remove to cooling rack to cool completely. Decorate as desired.

Dear Santa,

I've been a good mom all year. I've fed, cleaned and cuddled my two children on demand, visited the doctor's office more than my doctor, sold sixty-two cases of candy bars to raise money to plant a shade tree on the school playground and figured out how to attach nine patches onto my daughter's girl scout sash with staples and a glue gun.



I was hoping you could spread my list out over several Christmases, since I had to write this letter with my son's red crayon, on the back of a receipt in the laundry room between cycles, and who knows when I'll find anymore free time in the next 18 years.

Here are my Christmas wishes:

I'd like arms that don't flap in the breeze but are strong enough to carry a screaming toddler out of the candy aisle in the grocery store. I'd also like a waist, since I lost mine somewhere in the seventh month of my last pregnancy.

On the practical side, I could use a talking daughter doll that says, "Yes, Mommy" to boost my parental confidence, along with one potty-trained toddler, and two kids who don't fight. I could also use a recording of Tibetan monks chanting, "Don't eat in the living room" and "Take your hands off your brother," because my voice seems to be just out of my children's hearing range and can only be heard by the dog. If you don't mind, I could also use a few Christmas miracles to brighten the holiday season. Would it be too much trouble to declare ketchup a vegetable? It will clear my conscience immensely. It would be helpful if you could coerce my children to help around the house without demanding payment as if they were the bosses of an organized crime family; or if my toddler didn't look so cute sneaking downstairs to eat contraband ice cream in his pajamas at midnight.

Well, Santa, the buzzer on the dryer is ringing and my son saw my feet under the laundry room door. I think he wants his crayon back. Have a safe trip and remember to leave your wet boots by the chimney. Help yourself to cookies on the table but don't eat too many or leave crumbs on the carpet.



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Cultivating Joy and Savouring the Good

By: Amy Krug ICC Clinical Counsellor



Despite the divisive times we find ourselves in, I believe there is one thing nearly all of us can agree on. Our nervous systems are getting more than their fair share of wear and tear these days. With an apparent oversupply of

unpleasantness, these times are an easy set-up for negative emotional feedback loops that lead to escalating levels of anxiety and stress. It is a natural human tendency to avoid or resist the unpleasant, to run away from our fears. We raid the cookie jar, or much worse, which just adds fuel to the fire. What we resist, persists. This isn't good for our mental or physical health and, as a therapist and yoga teacher, I have found that many of us --myself included--become easily drained. We can't drink from an empty cup. Yet as caregivers, we keep on giving.

There is good news. Antidotes exist that help us break out of our negativity bias. In times like these, I am reminded of how deeply grateful I am for my meditation and yoga practice. Extraordinary times call for extraordinary measures. I have needed more than my mindfulness practice as a grounding

tool at times. One practice I have found helpful this past year is to purposefully cultivate joy and savour the good. I started this intentional daily practice during the onset of the pandemic; it refills my reserves and resets my compass by fostering a more balanced and healthy perspective.

So, what exactly is this practice of savouring the good? On purpose, I pause multiple times a day--including the moments I wake up and go to sleep--to take in something good. And I actively cultivate joy. It might be as simple as taking in the beautiful light as it filters through the

Joy

Autumn-coloured leaves outside my window, rejoicing in the ease of my breathing, recalling an aspiration for the day, savouring my dog's gentle snoring as we cuddle, or watching the steam gently rise off my morning coffee. I pause in the moment, use my senses to help me rediscover joy, and fully immerse myself.

It is easy for me to get impatient and want to get back to whatever 'doing needs doing'. Thus, for the first month, I set a timer for one minute to support this practice. I drop everything and allow myself to soak in the good. I give permission to my body, heart, and mind to be infused with joy and goodness. This may sound trivial or simplistic to intentionally do this. And, in a way, it is. Which, in a way, is the beauty of it! It isn't difficult to do, and it offers a big return for little effort. That is, if we remember.

Take a pause right now to reflect on this past week. And today. What has been your measure of stress and joy? Frustration and ease? If your gut sense is your scale is weighted toward the negative, I suggest you give this simple practice a try. Set an alarm for one minute every hour. Try to allow yourself a dozen one-minute "joy & goodness baths" each day. This, with practice, will become habit! I can say it has for me.

Cultivating joy and savouring the good is not about spiritual bypassing, numbing, and turning a blind eye away from one's measure of difficulty or pain. It is quite the opposite. The suffering, the difficult relationships, the rage, sadness, and unpleasantness don't disappear with this practice. Rather, intentionally savouring the good helps grow the inner resources--the muscle--needed to turn towards, and hold, whatever is in our lives, both pleasant and unpleasant, with steadiness and compassion.

A wonderful discovery I have arrived at is that even amidst suffering, strife, loss, anger, grief, and fear, beauty and joy can always be found, in every moment, if we pause, let go and allow. Joy is a choice. Choose joy.

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Many will be missing special people at Christmas this year. The Baden Outlook has been receiving anonymous typed letters in the mail from a lady who had been grieving an ill friend. That friend has now passed. She wrote this poem to support her healing. Hopefully this helps others who may have an empty chair this Christmas.



“Ode” to our friend.

A friend of ours that passed away, was finally laid to rest on a sunny Sunday November day. Even though waiting has come to an end, It has reminded us again, of the loss of our friend.

There is so much I miss about this friend of mine, He was a person that was oh so kind. He loved to tease there is no doubt, As many people would know about.

He made you notice beautiful things around, And through many health struggles never wore a frown. People were drawn to him it was plain to see, Because he was as pleasant as he could be.

He had a smile that could light up a place, That simply just lit up his face. You couldn't help but notice these things, When so much joy a person brings.

As we gather together for Christmas this year, We will be very aware he is not here. Our small group will remember good times, When he was with us, as happy memories come to mind.

So, now we have to learn to live without, This special friend I am talking about. Although we miss him in our small group of friends, All good things seem to come to an end.

R.I.P. good friend of ours until we meet again.

** Dear anonymous friend: Thank you for submitting these poems and sharing your love of your friend with us. **

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Wishing you all a prosperous New Year!



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A woman driving a car in Canada became lost in a snowstorm. She didn't panic however, because she remembered what her dad had once told her. "If you ever get stuck in a snowstorm, just wait for a snow plow to come by and follow it." Sure enough, pretty soon a snow plow came by, and she started to follow it. She followed it for about forty-five minutes.

Finally the driver of the truck got out and asked her what she was doing. And she explained that her dad had told her if she ever got stuck in a snow storm, to follow a plow. The driver nodded and said, "Well I'm done with the Wal-Mart parking lot, do you want to follow me over to the Shoppers Drug Mart now?"



~Cheers to New Years~

"Tomorrow is the first blank page of a 365 page book... write a good one." -Brad Paisley

"New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual." -Mark Twain

"What the New Year brings to you will depend a great deal on what you bring to the New Year." -Vern McLellan

"May all your troubles last as long as your resolutions." -Joey Adams

"Cheers to a new year and another chance for us to get it right." -Oprah Winfrey

"Don't live the same year 75 times and call it a life." -Robin Sharma

Chocolate !!



Any way we can get it...we will!

- * If you get melted chocolate all over your hands, you're eating it too slowly.
- * Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want!
- * If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all of your chocolate, it may be a sign of a deeper problem.
- * Problem: How to get 2 pounds of chocolate home from the store in hot car.
 Solution: Eat it in the parking lot.



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- Consume what you buy.
- Buy food as close to the source as you can, such as Farmers Markets and Community Shared Agricultures.
- Do not insist on "perfect" food.
- See the October 2021 issue of Scientific American: "More Food, Less Waste."

For further information, contact: nvecoboosters@gmail.com

Are you interested in climate change and other global environmental issues? We have recently created a **Policy Working Group** with the goal of expanding our influence over local government decisions about the environment. We are very excited about this new opportunity. **Help us make a difference in our community by getting involved.**

Our next monthly meeting will be held at **7:00PM on Wednesday, January 26th** (no meeting in December). Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting or if you want more details about our Policy Working Group. Don't wait. Help our communities. Help our environment.

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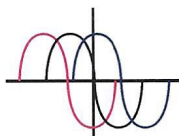
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Last Christmas, Grandpa was feeling his age and found that shopping for Christmas gifts had become too difficult. So he decided to send cheques to everyone instead. In each card he wrote, "Buy your own present!" and mailed them early.

He enjoyed the usual flurry of family festivities, and it was only after the holiday that he noticed that he had received very few cards in return. Puzzled over this, he went into his study, intending to write a couple of his relatives and ask what had happened. It was then, as he cleared off his cluttered desk that he got his answer. Under a stack of papers, he was horrified to find the gift cheques which he had forgotten to enclose with the cards.



Christmas Riddles

Answers on page 32

1. Dropping from the sky, more beautiful than rain,
There are no two pieces that'll ever look the same.
- What am I?
2. I am a helpful creature, not too big and not too small.
Out of all the reindeer, I'm the fastest of them all.
- Who am I?
3. This ring is made of leaves, flowers, fruits, twigs, and more; then at wintertime, it hangs on your front door.
- What could it be?



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HOW TO MAKE EXERCISE A REGULAR HABIT

By Dr. John A. Papa, DC, FCCP(C)



The Christmas season is upon us and this means that New Year's resolutions are not far behind. Starting an exercise program will likely be on many people's resolution lists, and for good reason. Regular exercise has long been identified as an essential element of good health. Despite this fact, many struggle to make exercise a regular habit. Below are some helpful tips that can help individuals stick with an exercise program.

Make Exercise Convenient: Incorporating regular exercise into a busy life necessitates some planning and sacrifice so it becomes a priority. This may require scheduling exercise into everyday routines and/or making regular exercise as convenient as possible, thereby increasing the likelihood that it remains a priority. Exercise does not need to be time consuming. Regular bouts of exercise for as little as 30 minutes a day can have a positive impact on health.



Make Exercise Safe: An exercise that may be considered safe for one individual may not be safe for another due to age, physical limitations, and other health concerns. If you are not sure where to

start, consult with an experienced individual such as a personal trainer or health care provider who can assist in choosing activities that are appropriate for you. If you have been inactive for a period of time, gradually ease into activity and take it slow.

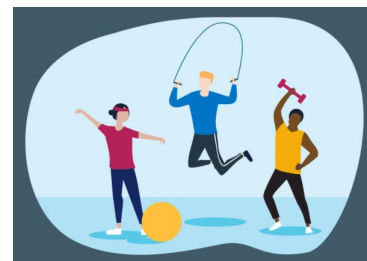
Make Exercise Fun: Individuals should choose a range of exercise activities that they enjoy. Performing these activities with a workout buddy, friend, or family member also results in the exercise being more satisfying. Those individuals who choose fitness and recreational activities they enjoy are more likely to be consistent with those activities. Having another individual to share this with also increases the likelihood that you will continue with the exercise activity.

Make Exercise Feel Good: Not only does exercise make you physically stronger, it also has the benefits of releasing excess tension, building self-esteem, and stimulating the body's natural "feel good" chemicals called endorphins. Although there may be some initial physical discomfort when beginning a new exercise program, this may be your body's normal response when starting a new activity and should not last more than one to two weeks. If discomfort or pain persists beyond this point, seek advice from a knowledgeable individual to make sure the exercise you are performing is appropriate and being done correctly.

Make Exercise Practical: Individuals beginning an exercise program need to have realistic expectations about the amount of time they can invest, the activities in which they will enjoy engaging, and the physical and psychological benefits they expect to experience.

Regular exercise leads to tremendous health benefits that can be initiated by individuals of any age or shape. Hopefully we have inspired you to invest in the health of your future. From all of us at the New Hamburg Wellness Centre, good luck and Season's Greetings!

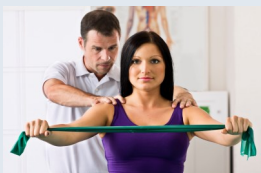
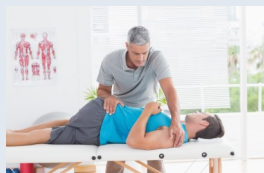
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Santa's Reindeer Facts ~ We know a lot about Rudolph. Here is a spotlight on the other reindeers in the group.

Dasher

Dasher is the eldest of Santa's reindeer, respected by all the other reindeer and is the leader of the reindeer pack. When Santa takes a flight, Dasher calls the directions and everyone follows.

Dancer

Flying to the right of Dasher and in the front of the pack, Dancer sometimes forgets to take his earphones out while flying. He loves dancing, hence his name and his favourite dance is the Merengue.

Prancer

Every morning, Prancer leads the exercises for all of Santa's reindeer. Lately he has been adding yoga to his exercise routines and sometimes the reindeer get their antlers tangled.

Vixen

The youngest of this group, when Vixen is not flying with Santa she spends her nights with her friends. She enjoys board games and is a pro at Monopoly. She once won a 6-month Monopoly marathon.

Comet

The faster reindeer in the sky, Comet made headlines in every newspaper as the only reindeer to run in a horse race. She wore a hat to hide her antlers but with her speed it flew off and she was disqualified.

Cupid

Cute as a button she is, Cupid has won the Miss Reindeer Pageant for the last 300 plus years. She is a part time veterinarian and helps out with all the animals around the North Pole forest. There isn't an animal she doesn't love.

Donner

Santa has put Donner in the back of the pack because he is a little forgetful. Santa once put him in the front of the pack and Donner took him to Jamaica when he wanted to go to Paris, France.

Blitzen

Blitzen is the group prankster. He once greased the landing runway and when Santa and his reindeer landed, they crashed into the Candy Cane factory. Santa has to keep his eye on him.

Sourced from isportsanta.com

Going into a teenager's room is like taking a trip to Ikea...

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Drop One For Fun

Answers on page 32

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

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

1. Pals
2. A great amount
3. A low continuous sound
4. A dipper
5. A small valley
6. A light-emitting diode
7. Management of an organization (abbreviation)
8. A female domestic servant
9. In the middle
10. The nose of an animal
11. One's duty or responsibility
12. A male in relation to parents
13. A book of maps or charts
14. Preventer of falls on ice
15. A computer keyboard option



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November 29, 2021

Winner: Gail Roth (Waterloo)
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From everyone at ICC, we wish you hope and peace this holiday season.

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New Years Resolutions in 2022...

- * I will stop drinking orange juice after I've just brushed my teeth.
- * I will buy new clothes big enough to account for next year's holidays (or the ongoing pandemic).
- * I will consider taking up a new hobby such as procrastination, or maybe later.
- * I will be more humble. Should be easy, I am already REALLY good at it.
- * I will finally go to the gym.... And cancel that membership I've been wasting money on every month since last year.
- * I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.



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Happy Holidays from your friends at the Legion!

SYLLABLE CONNECTION

Fill in the answer to the clues by using all of the syllables. The number of syllables in each clue is provided. Each syllable will only be used once. After using a syllable, cross it out so you don't use it again.

1. _____ Lamp (3) _ _ _ _ _
2. Popular hot sauce (3) _ _ _ _ _
3. _____ Twist (3) _ _ _ _ _
4. Pasta elbows (4) _ _ _ _ _
5. Thankfulness (3) _ _ _ _ _
6. Famous escape artist (3) _ _ _ _ _
7. OK Tire employee (3) _ _ _ _ _
8. Inventor Franklin (3) _ _ _ _ _
9. Christmas in Mexico (3) _ _ _ _ _
10. Jethro's relatives (2) _ _ _ _ _

Syllables

A, BAS, BEN, CHAN, CO, DAD, DI, FOLK, GEN, GRAT, HAL, HOU, I, I, IC, JA, KIN, MAC, ME, MIN, NA, NI, NI, O, OL, RO, TA, TUDE, VER, VI.



Fun Fact A syllable is a single, unbroken sound of a spoken (or written) word. Syllables usually contain a vowel and accompanying consonants. Sometimes syllables are referred to as the 'beats' of spoken language.

Syllables differ from phonemes in that a phoneme is the smallest unit of sound; the number of syllables in a word is unrelated to the number of phonemes it contains. For example: b/k/t/ch/sh/ee/ai/igh/ear/ are all phonemes. The word 'chat' is made up of three phonemes (c/a/t). The word 'light' is made up of three phonemes (l/igh/t/). However, both the words 'chat' and 'light' have only one syllable each.



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With Sadness, Wilmot says Farewell to Dorothy Shantz

Dorothy Lorene Shantz (nee Schmitt) passed away peacefully on Wednesday, November 24 at Innisfree Hospice in Kitchener. Dorothy was born in Wilmot Township 84 years ago on June 16, 1937.

Beloved wife of Ralph Shantz for 59 years. Loving mother of Kerry (Don) Marriott and Lori (Les) Peebles. Proud grandma of Megan Peebles. Dear sister of Betty Martin, and special sister-in-law of Marilyn Martin (Laurence), Clare Shantz, Harold Shantz (Judy) and Doreen Shantz (Don Snyder). She will be fondly remembered by many nieces and nephews, great nieces and nephews and friends.

Predeceased by her parents Delton and Beulah Schmitt, parents-in-law Lorne and Ada Shantz, her brother Howard Schmitt, brothers-in-law Bill Martin and Ed Stofega, and sisters-in-law Marlene Shantz and Jean Schmitt.

Dorothy attended Rockway Mennonite School and then Stratford Teachers' College. She was a creative and inspiring educator, and taught at Rummelhardt and Alexandra schools and also supply taught for the Waterloo County Board of Education. She was a tireless volunteer in the community, serving on the Fairview Auxiliary for 40 years, volunteering regularly at the Rockway Thrift Shop, Ten Thousand Villages, and Nithview home, and serving in many organizations such as the Wilmot Horticultural Society and the Pennsylvania German Folklore Society. Volunteering in a retail store inspired Dorothy to open a gift shop called "Shantz's Country Cupboard" in St. Agatha,

where she was able to combine her retail experience and creativity by creating a cozy shop where people could purchase cards and gifts and locally made items.

Dorothy was a long time member of Shantz Mennonite Church where she played piano and organ, sang in choirs, taught Sunday School and Vacation Bible School, organized a girls' club, served as an elder, volunteered in the library, and helped out in many other ministries in the church. Her church family was so important to her, and she was a leader and role model who inspired and encouraged others in their faith.



Dorothy and Ralph were an amazing team, and she always supported him in his long career in municipal politics in Wilmot Township, both when he was mayor and a councillor. Together they loved to travel, visiting many places including, Japan, Europe, The Holy Land, Scotland, Alaska, New Zealand, Cuba, Jamaica, and a cross country trip across Canada by train. They also enjoyed bowling, playing shuffleboard, spending time at their cottage at Chesley Lake, gardening, cheering on the Toronto Blue Jays and getting involved in their community at Morningside Village.

The family would like to thank the staff at Innisfree House for their outstanding care as our family walked this journey. We will always be grateful for the kindness and love shown by all the staff and volunteers.

1. What do elves learn at school?
2. What do you call people who are afraid of Santa Claus?
3. Who is not hungry at Christmas?
4. What do snowmen sing at Christmas?
5. Describe a slippery sidewalk with only 2 letters.



1. The elf-abet
2. Claustrophobic
3. The turkey, it's already stuffed
4. Freeze a jolly good fellow!
5. I-C

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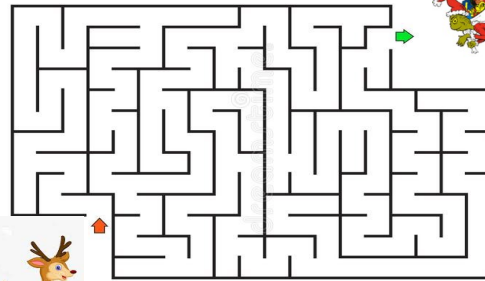
By: Karrienne Berberich



"I'm a little reindeer,
Ready to fly.
I'll pull Santa's sleigh
Up in the sky.
Christmas is here.
We can't be late.
All the children
Just cannot wait!"



Help Santa get his presents back from the Grinch!



- Colour 3 ornaments red.
- Colour 4 ornaments blue.
- Colour 5 ornaments purple.
- Colour the star yellow.
- Colour the tree green.
- Colour the trunk brown.



A little holiday humour...

1. What do you call Santa when he doesn't move?
2. What do elves learn in school?
3. Why did Santa get a parking ticket on Christmas Eve?

Answers: 1. Santa Pause 2. The elf-abet 3. He left a sleigh in a snow parking zone.

Countdown to Christmas
is on! Don't forget
the milk and cookies
for Santa!



Local Churches Invite You to Join Them

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Sunday Worship 9:45 a.m.
www.smchurch.ca

Zion Philipsburg Lutheran Church

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www.philipsburglutheranchurch.ca

Emmanuel Lutheran Church

Sunday Worship 9:30 a.m.
www.petersburgchurch.org

Shantz Mennonite Church

Sunday Worship 9:30 a.m.
www.shantzmc.ca

St. James Lutheran Church

Sunday Worship 9:00 a.m.
www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.

St Agatha Mennonite Church

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*When they saw the star they
were filled with joy.*

Matthew 2:10 CEB

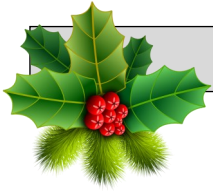
Wishing you the *joy, love,* and
peace of the Christmas season!



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Merry Christmas From New Hamburg Thrift Centre

By: Jennifer Woolner

As we welcome December and anticipate Christmas, here at New Hamburg Thrift we are reflecting on the past year and looking forward to the New Year ahead. Like most businesses have experienced, 2021 has been a different one for all of us. There has been a lot of frustration and fear as well as some much-needed relaxation and family time!

Like all of us, The New Hamburg Thrift store had a year of uncertainty and never-ending changes. We had doors open and doors closed, and then open with limited capacity. Throughout these times of uncertainty, the staff at New Hamburg Thrift felt we were blessed to have that extra time at home with family, although we missed our customers and wonderful volunteers deeply.

Volunteers make our days endlessly enjoyable and rewarding. MCC counts on volunteers for many different tasks throughout the store and we are often astounded by the commitment of time, energy, and generosity these people bring to us weekly, while expecting nothing in return. We have volunteers in all areas of the thrift center. Some are here 3-4 times a week, some once a week. We have some who work from home and bring their donations to the thrift on an "as needed" basis and some who volunteer alongside a neighbour or friend to enjoy catching up while they work. We have volunteers who love working with customers and other volunteers who enjoy the opportunity to work behind the scenes.

When speaking to MCC Staff members, ask them what makes New Hamburg Thrift such a great place to work and they will probably answer with "our volunteers!" It doesn't matter what they do or how often they are here, when it comes to our volunteers each and every one of them is valued and important to the smooth running of our shop.

If you are a current volunteer with us or you have been a volunteer with us in the past, this holiday season the Staff at MCC would like to say a very special thank you! Your continued dedication, loyalty and hard work have not gone unnoticed.

Without you, MCC would not be able to carry out our missions in disaster relief, sustainable community development, and justice and peace-building work. Your commitment of your time and talents pays off in the lives of many, both locally and around the world through MCC's many ongoing missions.



So from all of us here at New Hamburg Thrift we would like to extend our Wishes of Hope, Peace, Love, and Joy this holiday season to all of our Volunteers and your families. Whether you are a past volunteer, a current volunteer or a future volunteer, we thank you all, and wish you a very Merry Christmas!



WE LOVE OUR VOLUNTEERS!

Thank you to all our Wonderful Volunteers for your dedication, loyalty and continued support!!

Come see us and meet some of our Volunteers and discover what makes New Hamburg thrift the place to be!

Shop & Receiving Hours
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www.smchurch.ca

"The light shines in the darkness" 



"We are happy to be your voice!"

Emoji Code

Answers on page 32

- A= 😊 N= ♠
- B= 🐱 O= ✌
- C= 🦋 P= 🐼
- D= 🗝 Q= 🔍
- E= 🚲 R= 🤝
- F= 💡 S= ✂
- G= ❤ T= 🛒
- H= 😊 U= 🏠
- I= 🦋 V= 😲
- J= 🦋 W= 🐼
- K= 🏈 X= 🗝
- L= 🚲 Y= 📞
- M= 🔑 Z= 📧

Decipher the sentences below using the code provided. Take the clues on the left and write the letter over the symbol on the right. Good luck!

How do you know when Santa is around?

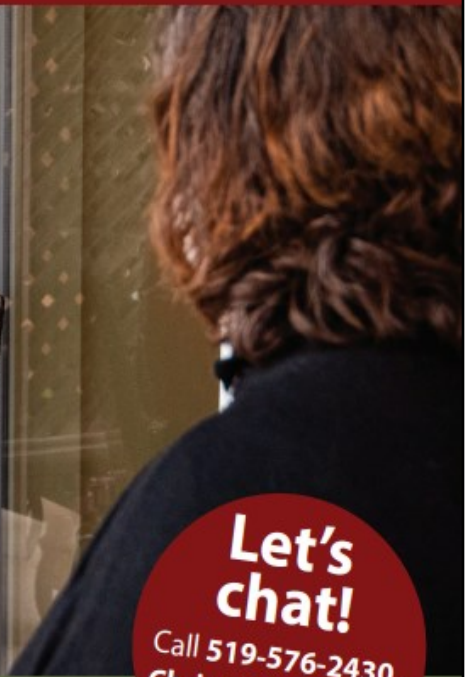


How did the ornament get addicted to Christmas?



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Most people are up on the news today about travel, vaccination requirements and PCR tests. I thought this month I would explain a number of travel insurance situations you could find yourself in and may not have thought of before.

First, let's talk about the employee who has group insurance through their place of employment. Most of these employer sponsored plans include an emergency medical out of country benefit and most employees are usually aware they have 60 days coverage per trip. What they often don't know is their company travel benefit has a "pre-existing" conditions clause of either 90 or 180 days. If there has been a change in health during this time prior to departure in all likelihood you will not be covered for that particular health condition.

So, is there a solution to this? Yes, there is. Talk to an insurance broker and ask if he/she deals with a travel insurance company that has a reduced number of days, i.e. 90 days or 7 days for pre-existing conditions. Whatever fits best for your health situation.

This same situation could happen with credit card travel insurance. Most credit cards will provide a certain number of days out of country travel insurance. Many are 14 days and some are 31 days. But keep



in mind these credit card policies also have a pre-existing conditions clause and most often it's 180 days prior to departure. The same solution can be applied in this situation as with employer sponsored plans.



What about Top-Up travel insurance? Any potential problems adding that to either an employer sponsored plan or to credit card travel insurance? I can think of one. Let's suppose you are on vacation and you incur a medical emergency claim during the period covered by your employer's group plan or your credit card travel insurance plan. Let's further suppose that same medical emergency claim reoccurs during the period covered by your Top-Up policy. Will the insurance company providing the Top-Up coverage pay for that reoccurring claim? Some companies will but many will not. The reason for denying the claim is because they now consider this reoccurring claim a pre-existing condition.

This is another situation that has a solution but it begins with a conversation with your travel insurance broker. Many people ask us which travel insurance company is the best. The answer is *it depends*. Many factors go into determining who the best company is for you. Some companies ask 20 or more health questions and some ask only 4 or 5. A good insurance broker will help you determine which company is best for you.

We are often asked if Costco, CARP, or the CAA is best for them. Again, our answer is *it depends*. People think that just because an organization or association is large in numbers that usually translates into a lower premium. What they don't know is most often these larger organizations receive a residual allowance (\$\$\$) for their endorsement of the insurance product. Those allowances have to be accounted for somewhere and it's usually in the premiums. Our experience over the past 40+ years is these plans are not always a good fit for the client.

Our goal has always been to educate people to become active consumers rather than passive receivers of benefits. Hopefully, we have achieved a bit of our goal here today.



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Wilmot Horticultural Society

With gardens tucked in, our focus is on Christmas. The amaryllis (Hippeastrum) meaning "Knight's-star-

lily" is a traditional plant given during the Christmas season. The Amaryllis sold locally are the South American version but there is also an African genus. The amaryllis we buy have been bred intensely and cultivated since the early nineteenth century to produce large colourful showy flowers. These can be placed outside in the summer, dug up after first frost and potted to rebloom inside in the winter. Most bulbs have a protective dry outer layer and fleshy concentric inner scales or leaf bases similar to an onion inside. The bulbs produce two to seven long-lasting leaves. The leaves appear after flowering.

The flowers (2-14 flowers) are supported on an erect hollow stem which is 20–75 cm (12"–30") tall. The native species are usually purple or red. The amaryllis comes in: *Single flower (large flowering)*, *Double flower*, *Miniature (dwarf, or small flowering)*, *Trumpet or Jumbo (mammoth)*. In warm countries, you will see these beauties in gardens as they are perennial. You can keep the bulbs and have them rebloom next year. <https://mother-nature.ca/how-to-get-your-amaryllis-bulbs-to-rebloom>

For more information & great gardening information.

www.facebook.com/groups/3133495739996313

Email: wilmothortsociety@gmail.com

Let's Tree Wilmot email:

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FB: [facebook.com/letstreewilmot](https://www.facebook.com/letstreewilmot) for tree info and webinars!

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



Winter To Do List (or Should or Might Get To List)



- * Keep active! Walking is an excellent activity, and the Wilmot Rec Center has a great track to use during the winter.
- * Watch for pests (white flies, spider mites, and aphids) and diseases on houseplants.
- * Protect your rose bushes, shrubs and trees from bunnies and rodents using wraps.
- * Order seed catalogues or look online at their websites (www.smallfarmcanada.ca has a listing of most seed companies).
- * Read. Our library has many great books on gardening, landscaping and native plants/trees.
- * Repot tropical houseplants? If the roots are growing into the surface of the soil and through the drainage holes in the bottom of the pot, it is time to up-size one pot size. Use quality soil and pull away the excess soil around the plant roots and cut back up to 1/3 of the existing roots. Water well and place your plant in a well-lit room, in the brightest window in the room. Dropping leaves are okay.
- * Watering - use room temperature water. Keep a container filled and ready to use. Never use ice cubes to water orchids-there is NO ice in the tropical rainforest! Plants with thick, rubbery leaves usually need less water. Plants with thin or delicate leaves usually need more water and humidity. Water only as needed-check by lifting the pot. If it feels "heavy", wait for another week or so. Avoid watering the "crowns" of plants, as this can lead to rotting (African violets/Primroses/Orchids).



Wilmot Horticultural Society wishes everyone a joyous Christmas with family, friends and community. Health and prosperity in 2022!





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Cook's Corner

Easy No-Bake Christmas Cookie Recipes

Are you ready to make cookies but only have one oven? Why not try one of these no-bake cookie recipes. Only need a stovetop, pot, and tray with wax paper on it for cooling! These were traditional cookies at our house.

Chocolate Macaroons

- 5 tbsp cocoa
- 2 cups sugar
- 2/3 cup butter
- 1/2 cup milk
- 3 cups oatmeal
- 1 cup shredded coconut
- Tsp vanilla



Bring first four ingredients to a good boil. Remove from heat once melted and warm. Mix remaining ingredients quickly while still hot and drop into balls on wax paper. Cool.

Chow Mein Clusters

- 1 pkg chocolate Chipits
- 1 pkg butterscotch Chipits
- 2 cups dry chow mein noodles
- 1/4 cup peanut butter
- 1 cup peanuts



Mix and melt Chipits in a pot over low heat. Add other ingredients quickly while Chipit mixture is still warm. Drop into balls on wax paper. Cool.

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Winter is so much fun because you can _____ and _____ in the _____ snow. It's important to dress in _____ and _____ in order to stay outdoors. There are many winter sports, like _____ and _____. It's also fun to build a _____ and dress him in _____, with a _____ for a _____. It's nice to _____ by a warm _____ enjoy a cup of _____ after _____ in the snow all day.



Parents! Looking to keep your kids busy over Christmas break? Check out WooJr.com for super cool activities!



Kerilynn Mathers Reid
Sales Representative

Jon Lambert
Broker

Amy Williams
Sales Representative

Another year has almost come and gone, and with Christmas inching closer, here at the Lambert Group we're starting to feel the festive spirit! We were lucky enough this year to be visited by Santa at our Baden office, which was such a fun event for us to share with the community! The children got to share their wish list with Santa right before Christmas, and the parents were able to share a coffee or hot chocolate and enjoy a beautiful day together. Our team really loves to give back to the community and our amazing clients with unique events like this whenever we can, so thank you to everyone who came out and made our last event of the year such a success.

This year, we've been lucky enough to make new friends in the community, as well as reconnect with friends from years past - and reflecting on that reminds us how lucky we are to call Baden - and the entire Wilmot Township - home.

"Building Trust, One Home at a Time!"

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jonlambert@remax.net



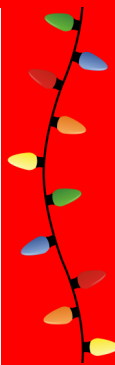
Kerilynn, Jen and the entire Lambert Group team were outstanding to work with as we sold our house. Their level of professionalism and expertise made the process incredibly smooth as they prepared us for all situations. Thanks to their team's efforts, we sold our house in just 2 days!

- Jamie and Karen H., Kitchener

Outlook Answers

All Things Scrambled

Letter "J"	Letter "Z"
Ajar	Size
Judo	Ooze
Jaws	Bozo
Enjoy	Pizza
Eject	Crazy
Japan	Dozen
Injury	Frozen
Jungle	Wizard
Pyjama	Zipper
Project	Bazooka



Syllable Connect

1. HAL, O, GEN
2. TA, BAS, CO
3. OL, I, VER
4. MAC, A, RO, NI
5. GRAT, I, TUDE
6. HOU, DI, NI
7. ME, CHAN, IC
8. BEN, JA, MIN
9. NA, VI, DAD
10. KIN, FOLK

Christmas Riddles

1. Snowflakes
2. Dasher
3. Wreath

Drop One For Fun

- | | | |
|-----------|----------|---------|
| 1. Chums | 2. Much | 3. Hum |
| 4. Ladle | 5. Dell | 6. Led |
| 7. Admin | 8. Maid | 9. Mid |
| 10. Snout | 11. Onus | 12. Son |
| 13. Atlas | 14. Salt | 15. Alt |

Special Words: SANTA CLAUS

Emoji Code

You can sense his presents.

He was hooked on trees his whole life.



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Tri County Mennonite Homes Gets in Touch with Wilmot

Welcome to the TCMH Corner, where we showcase Wilmot area residents who live at Tri-County Mennonite Homes (TCMH). As a newcomer in the Baden Outlook, you might be wondering what we're all about. TCMH is a Seniors Living organization with three types of accommodations: Independent Living, Retirement Home Assisted Living, and Long-Term Care. We also have Group Homes and Supported Independent Living Homes for adults with developmental disabilities. But we are more than simply a place where people live, we are a community with amazing people who fill our Homes.

We'd like to introduce you to one such person, June Whittaker.

June and her husband, Eric, moved to the Wilmot area from Guelph 27 years ago and both have been living at TCMH for about two and a half years now. June lives in Nithview Home, our long-term care home in New Hamburg. Before moving into care, June and Eric owned the local bowling alley, Riverside Lanes, for 23 years. We got to ask June a few questions about Christmas.

When asked what her favourite childhood memory of Christmas was, June regaled us with a story of believing in Santa. Turns out, she and her brother were questioning their belief in Santa Claus because they found a wrapped hockey stick on the basement stairs. When the siblings confronted their dad, he told them "Santa must have dropped it and that's why it wasn't under the tree". June laughed as she told us that they both believed in Santa Claus again after that.

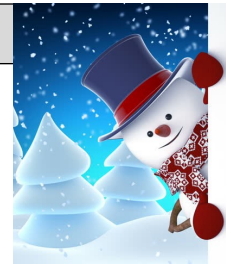
This year for Christmas, June would really like to have her family together for a visit at Nithview. Last year, because of the pandemic and the provincial lockdowns, June didn't get to see her kids and grandkids. While she enjoyed gifts and Christmas dinner at Nithview, it wasn't quite the same as a hug from family. This year, June has asked Santa for one thing: to be able to see her great-granddaughter who turned 3 on November 26th. June only got to see her great-granddaughter in person once before the pandemic and since then has only seen her through the window. June tells us she would do anything to see her littles for the holidays.

But June also professes to be on Santa's naughty list! Wryly, she won't tell us why she is on the naughty list.

Thankfully, Santa checks his list twice because he will see that all the staff and residents at Nithview think June should be on the nice list. She keeps a positive attitude, is nice to her neighbours, and smiles often.



Maybe June thinks she's on the naughty list because she likes to be the boss. If she could be any fictional Christmas character, June would be Rudolf the Red-Nosed Reindeer because he guides the sleigh and is the boss of the other reindeer. Despite chuckling over the idea of June flying in the sky and leading Santa's sleigh, in truth, we see June as a leader. She sits on the Residents' Council to offer suggestions to staff for improving care and to advocate for the others who live in Nithview Home. We are proud to have June as one of our residents at TCMH.



HAPPY HOLIDAYS!

Gifts come and go,
what really matters
are the people who
light up our lives all
year long.



 Tri-County
Mennonite Homes



From my family to yours,
*Wishing you
 Peace & Joy this
 Holiday Season*



TIM LOUIS

**Member of Parliament,
 Kitchener-Conestoga**

   [TimLouisKitCon](https://www.facebook.com/TimLouisKitCon)

Dear Neighbours,

With a new year nearly upon us, it is natural to reflect on the past twelve months and envision the year ahead. We have shared each other's sorrows and triumphs as Canadians rallied together in ways we could not have foreseen. Neighbours looked after neighbours, communities helped communities, all in a supportive and compassionate way.

As 2021 draws to a close, it offers the opportunity to appreciate everything we have. I want to thank our community in Kitchener-Conestoga, and throughout Canada, for showing their generosity and resilience in the face of incredible challenges.

This past year I was inspired by the many conversations I had with residents, families, business owners, and community organizations throughout Kitchener-Conestoga. I assure you that our government will work every day to keep Canadians safe, healthy, and supported.

This holiday season it is my hope that we get to spend quality time together with loved ones.

From my family to yours, I wish you joy, health and love this holiday season, and best wishes for 2022.

Tim Louis

[TimLouisMP.ca](https://www.timlouismp.ca)

Tim.Louis@parl.gc.ca

519-578-3777



**Mike
 HARRIS**
 MPP KITCHENER-CONESTOGA

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