



FEBRUARY
2025

VOLUME 25, ISSUE 7

Baden Outlook

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Keep being you **Love your ears**



Greetings from Headquarters ~



Happy February, Wilmot! I was lying on my couch thinking up a new abbreviation game for the paper and searching up shortened texting terms. I really started pondering just how foreign a lot of these terms would be to seniors.

Growing up in a time before cell phones, abbreviations were still around. I remember as a kid excited to get an invite to a birthday party and seeing RSVP, I wondered what the heck they were talking about. That abbreviation is quite foreign, literally. “Repondez s’il vous plait” in French means please respond reduced to “RSVP”. There are other shortforms from back in the day like, stores would put promotions on buy one get one free and call it “BOGO”. BYOB on a party invitation meaning bring your own beer, booze, or beverage originated in the 1970s! TGIF (Thank goodness it's Friday) is another cool older abbreviation that really became popular on TV after 1989 but can be seen in a slang dictionary in England in 1941. TBA was used in some offices as early as 1955! Even though our world seems to be shortening things in abundance lately with texting and emailing being more prominent than phone calls, there have always been short forms made in language throughout the times. See page 21 if you are wanting to try my abbreviation quiz!



February is heart month, not only for Valentine’s Day and declaring your love but also for focus on Heart and Stroke month. We celebrate both important events throughout the paper! We also celebrate Black History Month and Family Day. I find it awesome that Canada celebrates Family Day, time to focus on family love and celebrated in February, the month known for love!



Well... we’ve made it through the shortest and darkest days of the year — Yay, it’s upwards from here! I know it’s normal to do the hibernation thing but lying low is surely making me restless! I try to walk every day but it’s just not the same as being outside and moving for more hours of the day. Yes, I’ve enjoyed reading, cooking, crafting, and doing jigsaw puzzles but I’m ready for a warm vacation where I can soak up the sun and enjoy a warm breeze—not the blustery winds of winter.

In this issue, you will see the latest Wilmot Population Stats from 2024. If you’re restless, check out what’s happening at the local libraries offering many different aged programs. Gary White shares more pertinent information for travellers heading south—don’t get caught unprepared. Learn why you should look to the evening sky on February 28th. As February is known to be heart month, we asked some Baden students what they thought love was... Also, please remember this is Heart and Stroke month. My sister, Cathy, shares her love of cinnamon and the many ways she uses it (and thanks mom for the many heart shaped cakes you made and decorated for my birthday!) I can imagine there are many people in Wilmot who miss Jill and Bill Fleming as they have recently retired from the local Sobeys store — read up about their journey. Check out the latest project as the MCC launches the opening of the MCC Meat Cannery, once again making a difference around the world. I hope you enjoy this issue with the usual fun and games. Next month, I may write about the arrival of noisy robins, although currently I am enjoying the happy chirps of the Juncos as they skitter from the feeder to our front shrubs—so glad they are so cheery.



Baden Outlook
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badenoutlook@hotmail.com
www.badenoutlook.com

Barry, Pat, & Katie Fisher

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

- Visiting with Jill and Bill Fleming to congratulate them on their retirement
- Heritage Wilmot invites you to Heritage Day
- Try your hand at Katie’s Abbreviation Quiz
- MCC opens a Meat Cannery in New Hamburg
- Details on free skate from Tim Louis near Family Day
- Cook’s Corner showcases recipes with cinnamon and a heart cake!
- Gary White offers tips on what you could expect medically travelling to US or Mexico
- Planetary Parade! Keep your eyes on the skies in the next few weeks
- Mrs. Coccimiglio 3B class from Sir Adam Beck School shares their thoughts on ‘What is Love’
- Theresa Billo’s word search travels to Egypt

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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Talking with Ed

My Thoughts ~ Odds and Sods



Odds and Sods – “Odds and Sods” is an informal British term that refers to a variety of small unimportant or miscellaneous things or people. The term “Odds and Ends” has a similar meaning, which might have originated in the 16th century, to describe leftover pieces of cloth, lumber, or other materials.

Lots to Learn – Quite often I find that I only learn the basics of new technology (example computers and other electrical gadgets) and then move onto more detailed functions and find them difficult. Sometimes I surrender, until Katie is around, and may then see the simple details that I’ve overlooked. Our multi-use display screen on the car is another item that I need to put more effort into. We have had a number of challenges with one feature of our car – the dreaded navigation device. We drove many kilometres with the navigation voice telling us where to go. After a certain distance, in an area where we no longer needed our assistant, we decided to shut her down. The attempt failed and we suffered through another half hour with expert but annoying advice. At that point we restarted the car and shifted to our phones for any other navigation help.

Need for Speed -After an oil change my mechanic reset the information screen on our Toyota Highlander. The new screen, which I had never seen before, displayed a real time gauge showing how many litres of fuel per 100 kilometres that I was burning. The prior display was not in real time. The average litres on the old accumulative display were 12 litres per 100 kilometers, so I thought I would see how much my driving habits played a role in gas consumption. I assumed the faster you go, the more fuel you will consume so I tried going the speed limit, much to the chagrin of drivers following me, - that dropped the fuel consumption somewhat. At one point I brought my speed up to ten kilometres an hour over the speed limit and I found that it didn’t necessarily hurt my fuel usage as long as I kept my speed consistent. Keeping a consistent speed proved to be the most beneficial in fuel efficiency saving me three litres per 100 kilometres on highway driving.



Oh Canada! – True North Strong and Free! It’s been a real awakening to learn more about Canadian products, what is truly made in Canada, and what is made in part with our southern neighbours. Brand names and shared companies are a complex business. It’s never too late to learn, and time to start reading labels and pay attention to what we purchase.



For the Birds –Every Friday afternoon a small group of us “old guys” meet for a “*Gentleman’s Social and Cultural Event*” where we discuss world politics and other important subjects, and usually we engage in the same topics the following week. This one particular week was at Bob’s house, which has a beautiful sunroom, backs onto a creek, has several trees, and two very active bird feeders. At one point I counted six bright red cardinals in the nearby trees. All of a sudden, all the birds flew off and Paul suggested a hawk was nearby. Half an hour later it happened again except a hawk flew past the feeder at a high rate of speed. A short time later there was a loud bang on one of the windows. We all looked outside and on the ground six feet ahead of us was a large hawk. It moved back and forth for several minutes and finally leapt forward to pick up a dove that had hit the window and it flew off into the bush. It was an amazing moment that showed the beauty of nature and also how fragile life is, especially for something in the lower end of the food chain. It was an awesome experience to witness at this gathering.

The Buck Stops Here

There are four items that I price check every time I walk into a supermarket, with the hope of never having to pay full price. Buying in bulk of the following items: meat, coffee, paper products, and razor blades whenever they are on sale or clearance can save a person some hard-earned money. The meat department offers close to code options that go directly to the freezer. It always bothered me to pay the exorbitant price for razor blades, sometimes paying twenty plus dollars for four or five razor blades. I recently tried the Life Brand triple blade five pack of razors which sell for \$8 and they were fairly good, but I did find that they didn’t last as long as the popular brands. Sometimes though, it does show you that you get for what you pay for.

Until next month...Ed



We’re on the Web!
Read the paper in
colour, on-line at
www.badenoutlook.com

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The Baden Outlook

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Reduce to Produce Answers on page 32

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)

Two older gentlemen were sitting in a parlour. One man said to the other... "Do you know where I can get a toupee?" The other responded...

A	B	C	D
NOT	INCH	TOOK	SHAVE
BROWN	OFF	QUICKLY	BLOND
SOON	RAZOR	THE	HIM
TOP	BRAVE	SOAP	METRE
MILE	SLOWLY	OF	AND
WAVE	MY	COMB	HEAD

1. Remove all toiletries
2. Remove all words containing "OO"
3. Remove all hair colours
4. Remove all 3-lettered words in column D
5. Remove all measurements of length
6. Remove all adverbs
7. Remove all words that rhyme with "CAVE"

Write leftover words here:

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FAMILY DAY IN WILMOT

Be sure to drop by the Wilmot Recreation Complex on Monday, February 17th, as the Baden Community Association will be hosting their Family Day festivities. Drinks, snacks, and music will be provided as well as lots of activities for the whole family. Come out and meet your neighbours and enjoy some leisure time at this very popular free, annual event.

The Baden Community Association has several more events scheduled, including their annual spring community cleanup, which will be held around Earth Day. That event has brought out up to 100 citizens, including many family groups who want to contribute to the community. The fishing derby is also scheduled for the first Saturday in June. That event has had 200 plus people attend on the day and the Baden Pond has become a popular spot for anglers throughout the summer.

If you are interested in helping with the activities, whether you are a youth looking for community hours, or a citizen wishing to get involved, then visit www.baden.ca or contact them at info@baden.ca.



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Hey Baden, it's Quiz Time!

- How many homes were sold in KW in the last 30 days?
A. 405 B. 334 C. 295 D. 222
- What was the average price of a detached home in KW in December?
A. \$805,200 B. \$898,200 C. \$925,000 D. \$849,500
- How many detached homes were sold in KW in 2024?
A. 4,100 B. 5,050 C. 3,685 D. 3,295

We're gearing up to release our 2025 community events calendar. If you want to join us for some fun in our community, follow us on our social media accounts and head over to our website for more information!



Scan for www.lambertgroup.ca!



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Answers: 1.B 2.B 3.A

“

So thankful for Amy and all she did for me. Amy made this process so much better by being patient and going the extra mile to help me. Thank you Amy and the Lambert Team.

-Shawn A.

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

With Sherri Gropp, Curator and Elizabeth Lukashal, Museum Attendant

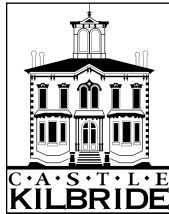


Sleighting at the Kurt House Mannheim

100 Years Ago

Friday, February 20, 1925

A very nice sleighting party from Baden and New Hamburg gathered at the home of Mr. Wm. Huehn last week.



Willard Witmer creating a parade entry behind Witmer's General Store Baden

75 Years Ago

Friday, February 17, 1950

Baden Store Changes Hands

Mr. Willard Witmer, deputy reeve of Wilmot Township has purchased the general store business of Mr. C. J. Leiskau in Baden. Mr. Witmer will take possession of the business on March 15th.

50 Years Ago

Wednesday, February 26, 1975

Baden-Baden Comes to Baden!

Three hundred students from Waterloo Oxford District Secondary School were privileged to hear a musical concert given by the Rosenau Trio from Baden-Baden, Germany, on Wednesday, February 19, 1975, in the school auditorium.

The program was initiated to celebrate the 150th anniversary of the Strauss Family.

The guest soloists were Willy Rosenau, baritone; Helga Becker at the piano; and Martin Winkler was the speaker/narrator. Mr. Cull helped narrate the program also.

The performance was designed to give students the mood of nineteenth century Vienna, a city which has produced works by Schubert, Beethoven, Mozart, and the Strauss Family. It was an opportunity to appreciate the skill and artistry of professional performers.



Waterloo-Oxford Secondary School in 1975



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Checking out the Baden Library



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Program Highlights at
Region of Waterloo Library

PROGRAMS IN BADEN

- After School Drop-In in partnership with Wilmot Family Resource Centre – Tuesdays (February 18 & 25) from 2:45-5:00 p.m. (Designed for ages 6-17; Drop-in).
- Minute to Win It! – Wednesday, February 19 from 4:00-5:00 p.m. (Designed for ages 9-17; Registration required).
- Family Art in partnership with Wilmot Family Resource Centre – Thursdays (February 20 & 27) from 3:15-4:15 p.m. (Designed for all ages; Registration required).
- Craft Time: Bookworm Bookmarks – Monday, February 24 from 1:00-4:00 p.m. (Designed for ages 2-9; Drop-in).

PROGRAMS IN NEW DUNDEE

- Storytime – Wednesday, February 19 from 9:30-10:15 a.m. (Designed for ages 2-5; Drop-in).
- Adult Craft: Edit that Antique – Thursday, February 20 from 6:30-7:30 p.m. (Designed for 18+; Registration required).

PROGRAMS IN NEW HAMBURG

- Drop-in Yarn Craft Club – Every Wednesday from 6:30-8:00 p.m. (Designed for 18+; Drop-in).
- Settlement Workers at the Library in partnership with the KW Multicultural Centre – Every Thursday from 10:00 a.m.-2:00 p.m. (Designed for all ages; Drop-in).
- Storytime – Thursday, February 20 from 10:30-11:00 a.m. (Designed for ages 2-5; Registration required).

PROGRAMS IN WELLESLEY

- Storytime – Wednesdays (February 19 & 26) from 9:30-10:15 a.m. (Designed for ages 0-5; Drop-in).
- Baby & Me - Wednesdays (February 19 & 26) from 11:00-11:30 a.m. (Designed for ages 0-18 months; Registration required).
- Minute to Win It! – Monday, January 20 from 4:00-5:00 p.m. (Designed for ages 9-17; Registration required).
- Legal Clinic hosted by Waterloo Region Community Legal Services – Friday, March 14 with 30-minute appointments between 9:00 a.m.-12:00 p.m. (Designed for 18+; Registration required).

MARCH BREAK!

Looking for something to do over March Break? From crafts, to tech, to special performances, we have something for everyone! Registration for March Break programs opens on **Wednesday, February 19 at 7:00 p.m.**



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

"NEW" Region of Waterloo Library App

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WILMOT TOWNSHIP STATS 2024

Approximate Township Population Information

	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Baden	4,935	4,996	5,005	5,013	5,030	5,114	5,125	5,161	5,178	5,298	5,301
Foxboro Green	430	430	430	430	430	430	430	430	430	430	430
Haysville	129	129	129	129	129	129	129	129	126	126	132
Lisbon	61	61	61	64	64	64	64	64	64	64	64
Luxemburg	27	27	27	27	27	27	27	27	27	27	27
Mannheim	1,071	1,071	1,071	1,071	1,071	1,071	1,071	1,074	1,074	1,074	1,074
New Dundee	1,223	1,229	1,226	1,226	1,235	1,235	1,238	1,238	1,238	1,235	1,235
New Hamburg	8,332	8,421	8,583	8,844	9,014	9,116	9,176	9,176	9,254	9,288	9,338
Petersburg	409	409	409	409	409	409	409	409	409	409	409
Philipsburg	80	80	80	83	83	83	83	83	83	83	83
Shingletown	113	113	113	113	113	113	113	113	113	113	113
St. Agatha	624	627	627	627	627	627	627	627	627	630	633
Sunfish Lake	13	13	13	13	13	13	13	13	13	13	13
Wilmot Centre	55	59	59	62	62	62	62	62	62	62	65
Non-Settlement	3,327	3,318	3,318	3,318	3,336	3,357	3,390	3,435	3,459	3,486	3,519
Township	20,828	20,982	21,151	21,429	21,643	21,850	21,957	22,041	22,157	22,338	22,436

December 31, 2024: Township of Wilmot Development Services

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You Must Be Joking!!



Things to Ponder

- * Is macaroni and cheese "mac" because it's short for macaroni.... Or is it because "mac" is an acronym for macaroni and cheese?
- * You ever notice when you lose the remote you lose trust in everyone? "Are you sitting on the remote? No! Stand up!"
- * Read the vowels in Celine Dion out loud. Did you sing it?
- * How are unicorns fake but giraffes real? What's more believable... A horse with a horn or a leopard moose camel with a 40 foot neck?
- * Can't stop thinking about who first tried mushrooms through trial and error. Like this one tastes like beef, this one killed Kevin instantly, and this one made Jennifer see wild colours for weeks.
- * Minute and minute shouldn't be spelled the same. Just like I'm not content with this content. Or I need to read what I read again.
- * They call them heated seats... Because rear defroster was already taken.



WILMOT~ WE'VE GOT YOUR NUMBER!

We checked out fun stats on the Ontario.ca website and found this!



- Ontario has **9** annual statutory holidays. But there are **4** optional holidays that some employers acknowledge.
- Our province is divided into **124** electoral districts within **1** million square kilometres.
- Ontario has over **250,000** lakes containing more than **20** percent of the world's freshwater.
- People have lived in what is now called Ontario for more than **12,000** years!
- The longest east-west distance in Ontario is **1,568** km. The longest north-south distance is **1,691** km. The highest point is 693 metres above sea level.
- Ontario has **2** time zones! Central time zone starts just west of Thunder Bay.
- More than **98%** of Ontario residents live within the Great Lakes and St. Lawrence River Basin.

.... Bet you didn't know that!

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New Clients Welcome!



Hand written Valentine's Day cards have been around for hundreds of years.

The first preprinted Valentine's Day cards can be traced back to being printed in Britain in 1797.

Thank you to Betty Forler for this old Valentine! ←

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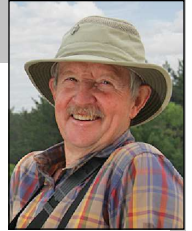
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Baden Birding ~ Swans

By Fraser Gibson



This past April I was thrilled to see, for the first time, a pair of Trumpeter Swans swimming in the Laurentian Wetlands. These wetlands are just south of Ottawa St. near the Sunrise Centre. It is always a joy to see one of these majestic birds and to hear their emphatic trumpet-like call. The possibility of seeing a Trumpeter Swan has greatly improved over the past decade, especially during the winter months. They frequent the open water near the confluence of the Speed and Grand Rivers in the Preston area. But seeing a pair, in breeding season, on a local wetland, made me hopeful they would remain and raise young. In the last 150 years, there have been very few Trumpeter Swans raise young, within Waterloo Region.

Trumpeter Swans were traditionally found throughout Ontario but they became a prized commodity of the Hudson's Bay Company. Between 1823 and 1880, 108,000 swan skins were shipped to London England. Most Trumpeters had disappeared long before the last known living Trumpeter Swan was shot at Long Point in 1886. They had been hunted for their meat, and their feathers were used extensively in the millinery trade and to decorate clothing. Other specialty products included powder puffs, purses made from the leather from their feet and top quality writing quills fashioned from wing feathers.

For many decades Trumpeter Swans were thought to be extinct in North America but in 1932 small flocks were found in both British Columbia and Yellowstone. In 1982, Harry

Lumsden, a biologist from the Ministry of Natural Resources, began the successful reintroduction of Trumpeter Swans to Ontario. In 1993 the first pair of wild swans migrated to LaSalle Park in Burlington. By 2007, the Ontario population was estimated to be 700 birds, and by 2020 the population was estimated at 2800-4000 individuals.

Local residents are likely accustomed to seeing swans but most don't realize there are three different species seen in this area, especially in early spring. They all look very much alike. The swans seen on the Avon in Stratford or in Victoria Park in Kitchener are Mute Swans, first introduced from Europe in mid-1800s to grace private waterways. Feral populations are now considered invasive because they aggressively exclude native swans from desirable territory. Adult Mute Swans are easily identified by their orange beak which includes a large knob at its base.

A second swan species, the Tundra Swan is often only seen during migration in March or April. Flocks, both large and small, sometimes put down in wet sections of agricultural fields or wetlands before continuing north to the tundra where they nest. Tundra Swans are slightly smaller than the other two species and have black beaks, often with a small yellow spot in front of each eye.

The third swan species, the Trumpeter is similar in size to the Mute Swan. Like the Tundra Swan it has a black beak. It is difficult to tell the Trumpeter and Tundra Swans apart without a close look at distinguishing characteristics of their heads and beaks, or listening to their calls.

I watched the Trumpeters at Laurentian Wetland on a weekly basis. One morning I observed them aggressively chase a pair of Canada Geese from a nesting site and defend their position against the protesting geese. One swan repeatedly extended its long neck beneath the water's surface and each time emerged with a mouthful of decaying vegetation which was carefully placed in a mound around its body. I was confident she was building a nest. I listened as they trumpeted loudly, proclaiming their superiority. Then they swam out into the wetland and allowed the geese to return to their nest site! I was astonished! A few days later I again saw one swan building a nest-like mound around its body but to my knowledge no eggs were ever laid. The pair remained at Laurentian Wetlands until they departed at the end of September. Hopefully they will return in 2025 and I will see cygnets swimming with their majestic parents on the waters of Laurentian Wetlands. It would be an ecstatic first!



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The start of a new year can be a sobering reminder of how quickly time passes. I often say that, during different times of life, the days can feel long, but the years invariably seem to pass quickly. Life seems to accelerate with age. As such, there's always the risk we may look back on our lives and wish things had been different. This is particularly true when those things we wish were different were within our control and we may passively make a choice not to choose a different path.

Even though we're now well into February, it's not (and it's never) too late to make shifts in our lives from which we'll benefit and be thankful for in the future.

I've noted in this column before that many of us tend to live in the past – that what we focus on and think about reflects what we wish was different. This often means looking back with regret at what we wished we had done but did not.

The pace of life is one culprit that gets in the way of making desired change. Procrastination is another, as is simply allowing life to play out on its own, without a whole lot of thought that it could be better or different.

A common practice at this time of year that seems to have lost favour is setting life resolutions (a year which is still relatively new). Good intentions somehow fade from memory as a new year takes on a life of its own.

A different and, hopefully, a more meaningful approach might be to shift our focus away from adding to our already demanding lives. Instead, the idea is to identify current habits that are not life-giving. The essence is to stop those habits we will likely live to regret.

Being honest and future focused will help us identify less than optimal choices. It may, for example, be less work-related travel to spend more time with family. Or choosing to reduce alcohol or other substance consumption given the risk of living with the regret of poor health in the future. Less time online may well counter future regret about what we see when we look back on how we've used the precious but limited time we've been given. Forgiving now for something done in the past may result in a restored relationship instead of finding ourselves in the future regretting not having done so now.



There's no time like right now to stop doing things we are likely to regret later. There is inherent sadness and loss that often follow the words "if only" or "I wish". By anticipating now the words that are likely to follow these phrases, we can take steps to mitigate the risk of future regret.

John Dinner is a Registered Psychotherapist who works as a counsellor at Interfaith

Counselling Centre in New Hamburg, ON.

He's choosing to sit less in 2025 and hopefully forever.





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ALL THINGS SCRAMBLED

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

Types of Shellfish

ARCB _ _ _ _ _
 MALC _ _ _ _ _
 NALIS _ _ _ _ _
 WARNP _ _ _ _ _
 PSMHRI _ _ _ _ _
 RESTOY _ _ _ _ _
 SUMLES _ _ _ _ _
 BOLTRES _ _ _ _ _
 LOPCAL _ _ _ _ _
 COOPSUT _ _ _ _ _

Types of Ocean Fish

DOC _ _ _ _ _
 AUNT _ _ _ _ _
 SLAMNO _ _ _ _ _
 LIBUTAH _ _ _ _ _
 RAPNEPS _ _ _ _ _
 DADHCKO _ _ _ _ _
 PAILAIT _ _ _ _ _
 DARNIES _ _ _ _ _
 LACKAERM _ _ _ _ _
 FORDISHWS _ _ _ _ _



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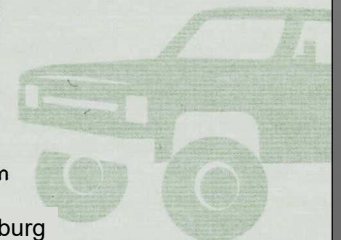
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Happy Retirement to Bill and Jill Fleming!

In a small community such as ours, people get comfortable with seeing familiar faces in our routine places. As simple as going to the grocery store and knowing where things are, recognizing the staff, and being greeted by name from those around you. So, when someone you know and enjoy leaves the business, we all feel the void of their presence. Well, this is how we feel when we go to Sobeyes and miss seeing Jill and Bill Fleming. After being in the community for 15 years, we are saddened to see them depart from the store but also excited for their retirement – after all, they deserve to arrive at this time in their lives after working hard and serving the community for many years.

Bill grew up in Smith's Falls and in the mid 80's studied Business and Economics at Carleton University. Jill's father was in the military, so they relocated to various military bases across Canada – the family finally settled in Ottawa when Jill was in grade six. Bill and Jill met in a bar and their relationship flourished!

Bill worked part time with A&P since he was sixteen and thought it would be a great career path. For six years he worked at a franchise Loeb store in South Ottawa until he was asked to manage a corporate store in Belleville. The couple ran the 30,000 square foot store for 12 years, while making Trenton their home. Through that time Loeb was purchased by Provigo and half way through their tenure the store was converted to a Super C food store.

Some back history - Murray's Food Market began at 95 Peel Street in New Hamburg and in 1994 they relocated to the current Sobeyes location opening an IGA franchise store. The store became corporate after the Murray's, then franchise with Doug and Marylou Pagent operating it from 2003 to 2005 (they left to own the Elmira Foodland) and Bev and Gary Dillon from 2005 to 2010 (they moved to Warton).

Bill and Jill always considered owning their own franchise store and one day Jill found a listing for a franchise opportunity in New Hamburg at the local Sobeyes. This piqued their interest as Jill's father had lived in Stratford and they had always loved the area. In October 2009 the couple came to take a look at the store. The purchase was finalized in January 2010 and that's when they became part of our community.

Bill and Jill stated that all of the staff had stayed on when they took over. Their meat manager was the first to leave and that was after five years with the business. The couple revisited some of the challenges and successes that they endured through the time at their store one of them being COVID. They were fortunate to have a delivery system in place thanks to Bill and Jill's son, Josh, where the store managed to make over 5,000 deliveries over a ten-month period. They also recalled

enduring at least three floods which affected their business for several days.

They were very proud of the fact that employee, Mike Hayes, took leadership of the "Buy Local Program" where they brought in over 40 local company products to sell in their location. Other programs included the introduction of Air Miles, Club Sobeyes, and currently the Scene program.



It was important to them to be involved with the community. They helped many community groups in the area whether it be Lions Club, Optimist, Royal Canadian Legion, Moparfest, Mennonite Relief Sale, TCP, Canada Day events, and the Baden Community Association through in-kind donations of products, monetary, or other types of support. It was a regular occurrence to see groups in their lobby selling tickets or out-front hosting

a barbeque. Bill recalled helping out Paul Knowles when he ran the annual New Hamburg Live promotion. It didn't matter who it was, they were there to help which gives a clear impression of what type of people that they are.

Bill and Jill spoke volumes about the friendships, feeling more like family, they had with their staff - there were lots of hugs and tears on their final day. They supported one another through good times and bad, just as family does. They will also miss their customers with whom they had special relationships! Their children Melissa, Camryn, and Josh had various roles in the store over the years to make it a true family business. The store is currently back to a corporate store but will be converted back to a franchise store as they search for just the right candidate to take it over. They will miss the store, but... not to worry! Bill and Jill have departed from Sobeyes but they are still living in New Hamburg and we will still see them out and about! The couple plans to take it easy and slow the pace down. Bill enjoys golfing and Jill would like to engage more in photography in their retirement years. Enjoy your retirement Bill and Jill, you have left an impact on the community!



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All students and young adults are encouraged to check out the **Nith Valley EcoBoosters Youth Advocates**. This group originally started with the goal of organising sustainable initiatives and activities in schools. Since then, the focus has shifted to making climate action and sustainability accessible and appealing to youth and young adults through a variety of education initiatives and events.

As the climate crisis continues, we need profound changes, and we need them now. NVEB Youth Advocates is a community where we can learn, grow, and help each other find our roles in these changes. We understand the hectic schedule that comes with school or work, so your level of commitment depends on your personal capacity.

Have any questions about NVEB Youth Advocates? Don't hesitate to reach out to us at nveb.youthadvocates@gmail.com

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

Don't Forget to Look Up!

Around the evening of February 28, 2025, a rare treat is about to show in the night skies. Seven planets in our Solar System will appear in the sky at the same time. Saturn, Mercury, Neptune, Venus, Uranus, Jupiter, and Mars all lining up in a beautiful row. This sight is known as a great planetary alignment. Four of the planets should be visible by the naked eye (Mars, Jupiter, Venus, and Mars). For Neptune and Uranus, they should be visible by binocular or small telescope. Saturn will be the trickiest to see.

It's not uncommon for a few planets to be on the same side of the Sun at the same time, but it is less common for most or even all of the planets to align in one evening. Feast your eyes on this planet parade!

On the website starwalk.space, it states that February 28th is a median date globally. The best viewing of the event will take place sometime between February 22nd to March 4th depending on where you live in the world. They are suggesting our area to have the best view of this sight on February 25th. There is much more to see in the sky for all of February! For more details or updated information, visit their website!



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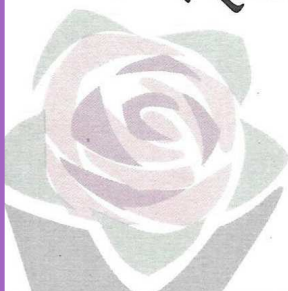
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Selina Mauro, H.I.S

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.

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WHAT IS LOVE???

We asked the students in Mrs. Coccimiglio's grade 3B class at Sir Adam Beck....

Love is spending time with others.
-Ben

Love is friendship, family, friends.
-Vincente

Love is spending time with your family.
-Wesley

Love is caring about family and people.
-Gavin

Love is when you have affection to somebody.
-Wallace

This is love.. Helping someone when they are sad.
-Cali

Love is like family you love your family so you'd do anything for them.
-Claire

Thanks class 3B for sharing your thoughts on love!

Love is how you care about some one and how you show your love.
-Sophia

Love is a special feeling.
-Taylor

Love is the effect of one person being kind to another.
-Max

Love is something that you feel inside.
-Ray

When you give people things that show that you love them.
-Paige

Love is kindness and being nice.
-Landon

To me love is helping, kindness, and Valentines Day.
-Yoleil

Love is caring for someone!
-Jacqueline

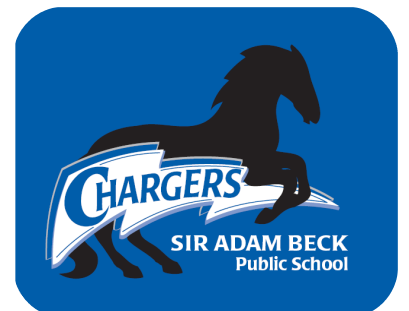
Love is a special feeling that is good and lovely because we feel loved.
-Thea

Love is a feeling that comes to you, you love someone.
-Sammy

Love is the best thing to everyone!
-Kiera

Love is a feeling.
-James

Baden Outlook





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Abbreviation Quiz!

Below are common abbreviations used today, most often when texting. Can you understand what they represent? Write its full meaning on the line to the right. Answers on page 32.

TY	_____	OMW	_____
TTYL	_____	WTG	_____
LOL	_____	FR	_____
GN	_____	BC	_____
FOMO	_____	TMRW	_____
BRB	_____	LMK	_____
RN	_____	IMO	_____
BTW	_____	YOLO	_____
TBH	_____	NVM	_____
OMG	_____	TMI	_____

Did you know... The word abbreviation is the blanket term for any shortened word or phrase. An acronym is a specific type of abbreviation that uses the first letters of multi-word, name, or phrase. Initialism is a type of acronym but usually pronounced by saying each letter of the acronym like ATM!

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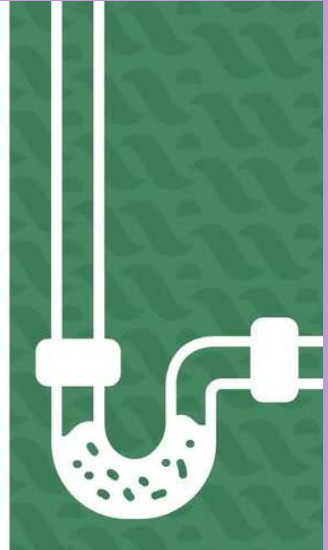
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My friend was
explaining to her mom
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with "You have to
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You Must Be Joking!!



Internet Memes

- * Apparently, it's only appropriate to say, "Look at you! You got so big!" to children. Adults tend to get offended.
- * Netflix should have a category called 'easy to follow while looking at my phone the whole time.'
- * Nobody is more stubborn than an Android person that won't switch to an iPhone.
- * At an interview, Steve is asked if he can perform under pressure. Steve is not 100% sure he knows all the lyrics.... But he's about to try his best.
- * Friendship is like peeing in your pants. Everyone can see it, but only you can feel a warm feeling inside.
- * When I was a kid, bedtime was 9 p.m. I couldn't wait to be a grownup so I could go to bed anytime I wanted. Turns out that is 9 p.m.



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100 Women Who Care Wilmot Supports Waterloo-Oxford Secondary School Student Assistance Fund

Together, we are creating positive change and supporting causes that profoundly impact our community.

We are thrilled to announce that during our recent giving cycle, *100 Women Who Care Wilmot* has selected the Waterloo-Oxford District Secondary School (WODSS) Student Assistance Fund to receive a nearly \$10,000 donation.

“This contribution will ensure all students have the opportunity to fully participate in their school experience. These funds help provide financial assistance to cover extracurricular fees for families facing challenging times, removing barriers and fostering an inclusive environment,” said Principal Carolyn Salonen. “Whether it’s joining a sports team, participating in music programs, or attending school trips, this funding helps every student engage and thrive, regardless of financial circumstances.”

Each member’s \$100 donation plays a crucial role in providing resources to students in our community. *100 Women Who Care Wilmot* is proud to support WODSS in its mission to ensure every student can participate fully in all aspects of school life.

Principal Salonen expressed her heartfelt gratitude on behalf of the staff and students, thanking *100 Women Who Care Wilmot* for their generous support of youth in the community.

For more information about *100 Women Who Care Wilmot*, visit 100womenofwilmot.com.



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Celebrating a New Chapter: The Grand Opening of the MCC Meat Cannery

On January 18, 2025, over 700 people gathered at the MCC Hub in New Hamburg to celebrate the grand opening of the new MCC Meat Cannery. This 10,000-square-foot facility is set to make a significant impact on vulnerable communities worldwide, with a goal of producing 60,000 cans of nutritious food annually for families in crisis.



shipments of canned meat.

MCC Ontario Executive Director Michelle Brenneman reflected on the day: “Today, we celebrated a big achievement, filled with lots of possibilities. The new cannery will not only strengthen MCC’s ability to meet emergency food needs, but also bring communities together through the hands-on work of meat canning.”

The event was filled with energy and hope, as supporters, donors, and volunteers celebrated alongside MCC staff, local elected officials, and members of the local meat canning committees. Kitchener-Conestoga MP Tim Louis and Region of Waterloo Chair Karen Redman joined the festivities, marking this new chapter in MCC’s long-standing commitment to humanitarian aid.

Since 1947, MCC has been a trusted provider of canned meat for people caught in conflict and disaster. For decades, a mobile cannery served communities in the United States, Leamington, and Elmira, drawing together the passion and generosity of local churches. But over time, regulatory challenges made it increasingly difficult to continue this tradition across the U.S./Canada border and the COVID-19 pandemic further complicated operations. These setbacks led to the difficult decision to build a stationary, permanent cannery—a decision that would provide a long-term solution to meet the rising need for canned meat due to disasters and food insecurity. As Jon Lebold, Material Resources Coordinator for MCC Ontario, explains, “We’ve got the space, the logistical efficiencies, and when we scale up, the impact will be huge.”

Dylan Yantzi, who has managed the building of the new cannery, is proud of the bright, modern facility. The facility includes retorts (large pressure cookers) that once served at the Heinz factory in Leamington, as well as a 75-year-old can sealing machine from a Montreal factory that continues to operate at modern standards. The new facility is not just a building—it is a powerful symbol of MCC’s ongoing commitment to helping those in need.

Guests at the grand opening had the opportunity to tour the facility, learning about each step of the canning process from MCC staff. The tour ended with an invitation for visitors to share messages of support on fabric squares, which will be sewn together to create a comforter used in the prayers of sending for future

One of the many people helped by this program is Samuel Haki Innocent, a refugee from the Democratic Republic of the Congo. Samuel and his family live in the Dzaleka Refugee Camp in Malawi, where MCC provides 11,520 cans of meat annually. “We only eat meat when there is a distribution of canned meat,” Samuel says. “We love the meat.”

With the new cannery, MCC is poised to provide even more vital food to families like Samuel’s. The grand opening of the MCC Meat Cannery is just the beginning—together, we can continue to make a lasting impact, one can at a time.

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This last year, MCC Thrift shops in Canada and the U.S. donated \$39,565,000 to support the work of MCC. We're so grateful for people like you, who are the heart of MCC Thrift. Thank you for making 2024 unforgettable — we can't wait to see what we'll accomplish together in 2025.

When you shop at MCC Thrift, you're making a meaningful global impact. Your support in 2024 helped change countless lives through the work of MCC, reaching and serving communities in 45 countries around the world.

This past year because of your support:

- 28,583 relief kits helped families facing conflict or disaster.
- 299,458 people received emergency food assistance.
- 25,674 students participated in education programs.
- 46,247 people gained an improved water source.
- 21,316 people honed skills in peacebuilding.
- 658,790 pounds of canned meat provided protein.
- 53,601 comforters helped keep families warm.
- 80,060 hygiene kits offered necessary supplies.



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Emmanuel Lutheran Church

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www.petersburgchurch.org

Zion United Church

In person & online Sunday Worship 9:30 a.m.
<http://www.zionnewhamburg.ca>



Shantz Mennonite Church

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

St. James Lutheran Church

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

Wilmot Mennonite Church

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St Agatha Mennonite Church

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Cook's Corner

By Cathy Cook

If warm and cozy had a smell, I imagine it might smell like cinnamon. The aroma that reminds me of ooey gooey cinnamon buns, apple crisp and in February, cinnamon hearts. Which to most is a symbol of Valentine's Day but to me, is a representation of my sister's birthday. Our mom loves that her daughter entered this world on such a day of love, and baked her a special pink, shiny, heart shaped cake that was adorned with little red cinnamon hearts. I loved how that cake looked, I honestly don't



remember what it tasted like, chocolate or vanilla? It didn't matter, those little hearts were so pretty. But cinnamon is so much more than comforting smell; it's really good for us. It has been used medicinally for thousands of years. It's loaded with antioxidants, may have anti-inflammatory properties, it has been associated with reducing the risk of heart disease, lowering blood sugar levels, and among many other claims improving memory and learning skills. So maybe before that big exam, job interview or jumping into something new, perhaps starting your day with a cinnamon loaded bowl of oatmeal and a cinnamon tea or coffee might help you feel more confident to face the tasks of the day. In the cold winters of Canada our homes can get quite dry. I love simmer pots. They not only humidify the air but with the right ingredients can make your home smell comforting and warm. I share some simmer pot ideas below. I have recently discovered how easy it is to make applesauce, which also very simply makes your home smell like you have been cooking all day and now it is a staple whenever we eat pork chops or tenderloin; they marry together perfectly.

Applesauce

3-4 Favourite apples, I adore honey crisp
1/4 cup water
Cinnamon—amount to your liking

Peel, core, and chop apples into bite sized pieces and cover in cinnamon. Add water, bring to a boil, lower heat to simmer for 30 minutes, covered. I mash with a fork but if you want a finer consistency blend with immersion hand blender. In the autumn when apples are fresh the peels are softer and can be left on. It's easier and you don't lose the nutrients of the pectin. Makes about 3 cups depending on size of apples. Can be stored in refrigerator for 2-3 weeks. A sweetener of choice can be added before or after cooking.

Simmer pots

Large heavy bottomed pot filled with water
Add all or any of my suggestions below:

- Orange or lemon slices
- Cinnamon stick
- Cloves
- Star of anise
- Sprigs of fresh rosemary
- Sprigs of cedar
- Cranberry



Heart cake

- 1/2 cup shortening
- 1 1/2 cup sugar
- 2 1/2 cups cake flour
- 2 1/2 tsp baking powder
- 1 tsp salt
- 1 tsp vanilla
- 1 cup milk
- 4 stiffly beaten egg whites

Grease 1 8" round pan and 1 8" square pan and preheat oven to 350. Cream together shortening and sugar, add dry ingredients alternately with milk, then fold in egg whites. Pour into prepared pans and bake 30 minutes. When cooled remove from pans and cut round cake in half and place cut sides on sides of square to form heart shape. Adorn with pink frosting of choice and cinnamon hearts.



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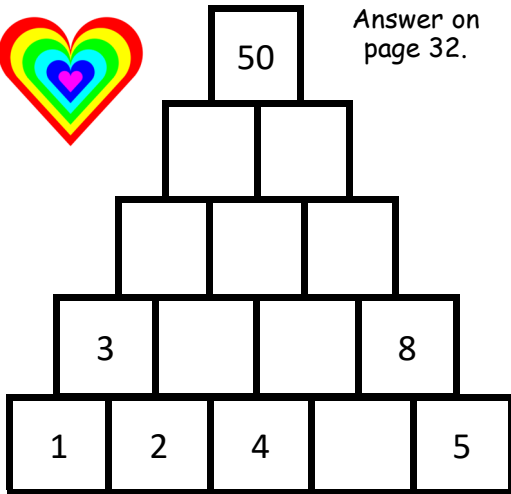
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KIDS' CORNER

Have an awesome Family Day!

Complete the tower by filling in the missing numbers. Two number below the box creates the total for the box directly above! Good luck!



Answer on page 32.

- How do you get Pikachu on a bus? You poke-em-on!
- What noise does a Nintendo ambulance make? WiiU, WiiU, WiiU....
- How does Yoshi feel when he gets hurt? Dino-sore!
- Why couldn't Toad put an indoor pool in his house? It took up too mush-room!
- What does Mario say when he ends a relationship? "It's not you, it's a me, Mario."
- What video game system does Homer Simpson play? Ninten-doh!
- Who cooks and cleans for Mario? His Mamma-mia!

Scrambled Words

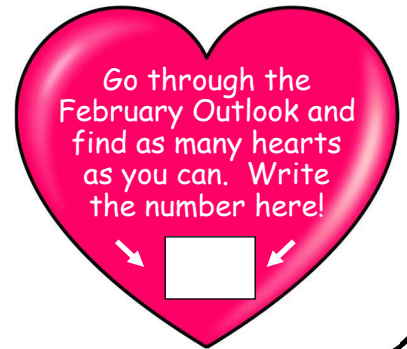
Unscramble the scrambled adjectives below!

PUSER

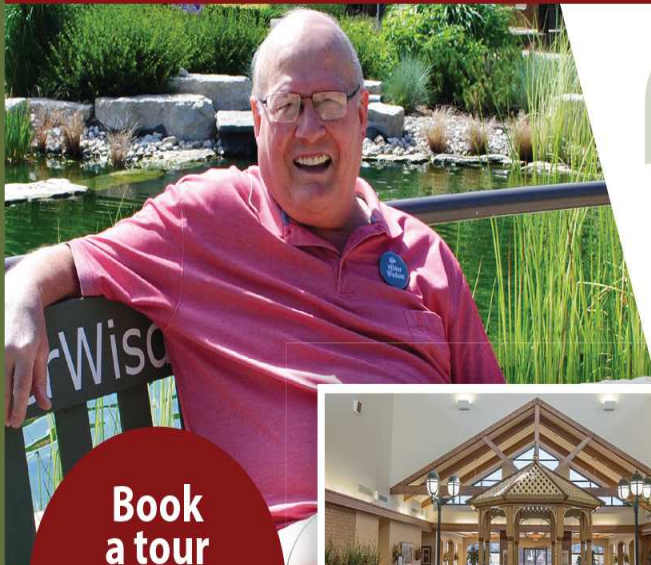
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— Ron Schlegel, founder of Schlegel Villages



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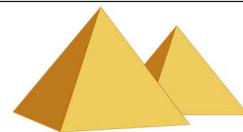
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schlegelvillages.com

ANCIENT EGYPT

Submitted by Theresa Billo

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

Travel to Ancient Egypt! Find the words in the grid up, down, left, right, or diagonal.



- | | |
|---------------|-------------|
| AMULET | OSIRIS |
| ANKH | PAPYRUS |
| CARTOUCHE | PHARAOH |
| CEDAR | PYRAMID |
| DYNASTY | SARCOPHAGUS |
| EYE OF HORUS | SCARAB |
| GIZA | SCRIBE |
| HIEROGLYPHICS | SENET |
| KOHL | SPHINX |
| MEMPHIS | THEBES |
| MUMMY | TOMB |
| NEFERTITI | TUTANKHAMUN |
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My fascination with fascia began over 20 years ago. Since fascia relates to movement and body awareness, it makes sense that it found its way into my world. Simply, fascia is the shrink-wrap that holds us together, mostly made up of collagen, wrapping around and supporting every structure ... right down to our individual cells, sending messages all over the body, and affecting everything in the body. That's our Fascial Net.

The Myofascia, a subset of fascia, separating muscles into recognizable units like biceps, triceps, etc., and making muscle connections all through the body.

The Visceral fascia, another subset, surrounds and protects the abdominal organs, the heart, and the lungs.

When it is healthy, well exercised, and well hydrated it is flexible and stretches with us. But there is a dark side. If fascia tightens up it can be a source of pain. This is because fascia is very vulnerable to inflammation, and we know that avoiding or reducing excess inflammation is important to comfort levels in a lot of conditions. Most infamously, we know of two ailments. One of those is Plantar Fasciitis. I would estimate that one out of three folk I talk to has suffered with Plantar Fasciitis. Here the fascia in the sole of the foot is inflamed and can feel crippling. Also reported by

many is Frozen Shoulder (Adhesive Capsulitis). This problem usually occurs after some upper body injury results in restricted movement of the shoulder over a period of time. Both Plantar Fasciitis and Frozen Shoulder occur because of restrictions that develop in the fascia and since fascia contains more nerves than any other body tissue, when the tightened fascia puts the squeeze on those nerves, the pain of both ailments is intense. Troubles in the fascia seem to set in from abuse (as in overuse) or lack of use.

****Not to get too far off topic, remember that inflammation is NOT a dirty word. Inflammation is a natural, short-term component of healing. It is when it lingers, and perhaps becomes chronic, as in a lot of conditions that end in "itis" that it causes fascial, muscular, and joint pain. It is one of those conundrums that VIGOROUSLY beating down inflammation after an injury may reduce pain at the moment, but it may slow down eventual healing. ****

Fascia has both a physical side and more of an emotional side. When it comes to tissues in the body, think of fascia as less flexible than muscle and requiring more time to return to normal. It has a longer "memory" for injury. For instance, if we strain our back muscles, the muscles will recover faster than the Thoracolumbar Fascia that covers and supports the back muscles. Perhaps you have had a back injury, and thought it was resolved. Then BANG!!! One wrong move and the pain "memory" that was still in the fascia, returned to the muscle. Even more on the emotional side, Body Workers of all kinds will tell you that we store emotions in our fascia. Hips and shoulders are primary targets. Trauma roots into the fascia. Massage, Yoga, etc. can all help release those.

Nobody really understands the communication that goes on in the Fascial Net. Studies on it have gone on for years. But with a little awareness and going inside, you can feel that every body movement affects the whole body ... that's the fascial net. Come inside a little more and realize that the actions of every being affect the whole world ... that's the global Fascial Net.



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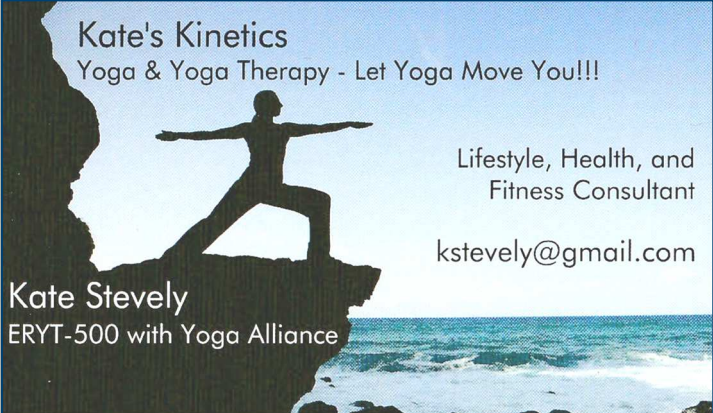
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GLOBAL OUTLOOK— *Let's go to Greenland*

Greenland has been in focus recently, perhaps from Donald Trump's recent obsession in acquiring the large land mass. We took a deep dive into the island which is truly an interesting country.

The island got its name from "Erik the Red" who was exiled to that island in 982 - he named it as such to try and attract settlers. It is far from green, as 80 percent of the island is covered by the second largest glacier in the world (the largest is the Antarctic sheet). The Greenland ice sheet is 2,400 kilometres long from south to north and is nearly 5,000 feet (1524 metres) thick in places. The unfrozen part of the country is made up of tundra and barren land with high winds. Permafrost or ice sits under most of the tundra. The rocky coastline, which contains deep fjords, measures 39,300 kilometres in length. Greenland is the largest island in the world, being three times the size of Texas with an area of 2,166,086 square kilometres. Australia is larger, but is considered a continent. Watkin's Range and Stauning Alps make up the mountain ranges and the island has three main rivers being the Borglum, Qinguata Kuussua, and Majorqaq rivers.

Two thirds of the island lies above the Arctic Circle with

temperatures only reaching 40 degrees Fahrenheit in the summer and minus thirty Fahrenheit in the winter. It has 24 hours of sun through the summer and 24 hours of darkness in the winter. Canada's Ellesmere Island is the closest neighbour being 26 kilometres to the north of Greenland and Iceland being its closest European neighbour, 321 kilometres to the southeast. There is a total of 18 towns in Greenland with Nuuk being the capital. The island is almost entirely road free: 60 km of paved roads exist within the towns themselves but there are virtually no roads that interconnect them. Tourist infrastructure outside of towns is non-existent and, within them, it consists of just a smattering of guesthouses and restaurants.



The population of Greenland is currently 57,713, with Inuit's descent making up 90 percent of the population. The main industries are fishing, hunting, and mining. Greenland's mineral reserves are well documented and have attracted international investment. There is some farming on the southwest side of the island consisting of sheep, caribou, and some root vegetables. Polar bears, seals, walrus', wolves, reindeer, foxes, and musk oxen can be found on the island. Greenland is a democratic country that uses the Danish krone as their currency. The official language is Greenlandic, but English and Danish are also spoken. Greenland, the most sparsely populated country on Earth, was settled by Vikings before the year 1000 and they lived in the area for nearly 500 years – the last evidence of Vikings was back to 1425. Greenland is heavily influenced by Inuit culture.

OUTLOOK PUZZLE ANSWERS

Abbreviation Quiz

Thank you	On My way
Talk to you later	Way to go
Laugh out loud	For real
Good night	Because
Fear of missing out	Tomorrow
Be right back	Let me know
Right now	In my opinion
By the way	You only live once
To be honest	Never mind
Oh my gosh	Too much information

Reduce to Produce

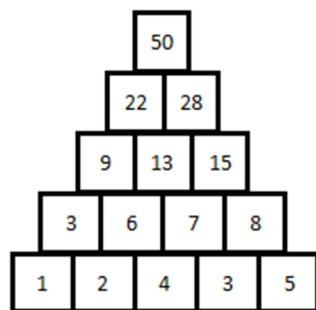
"Do you know where I can get a toupee?" *Not off the top of my head.*



All Things Scrambled

<u>Shellfish</u>	<u>Ocean Fish</u>
Crab	Cod
Clam	Tuna
Snail	Salmon
Prawn	Halibut
Shrimp	Snapper
Oyster	Haddock
Mussel	Tilapia
Lobster	Sardine
Scallop	Mackerel
Octopus	Swordfish

Kids' Corner



It's Heart Month.

Do you know the signs of a stroke?

Remember this Acronym! FAST

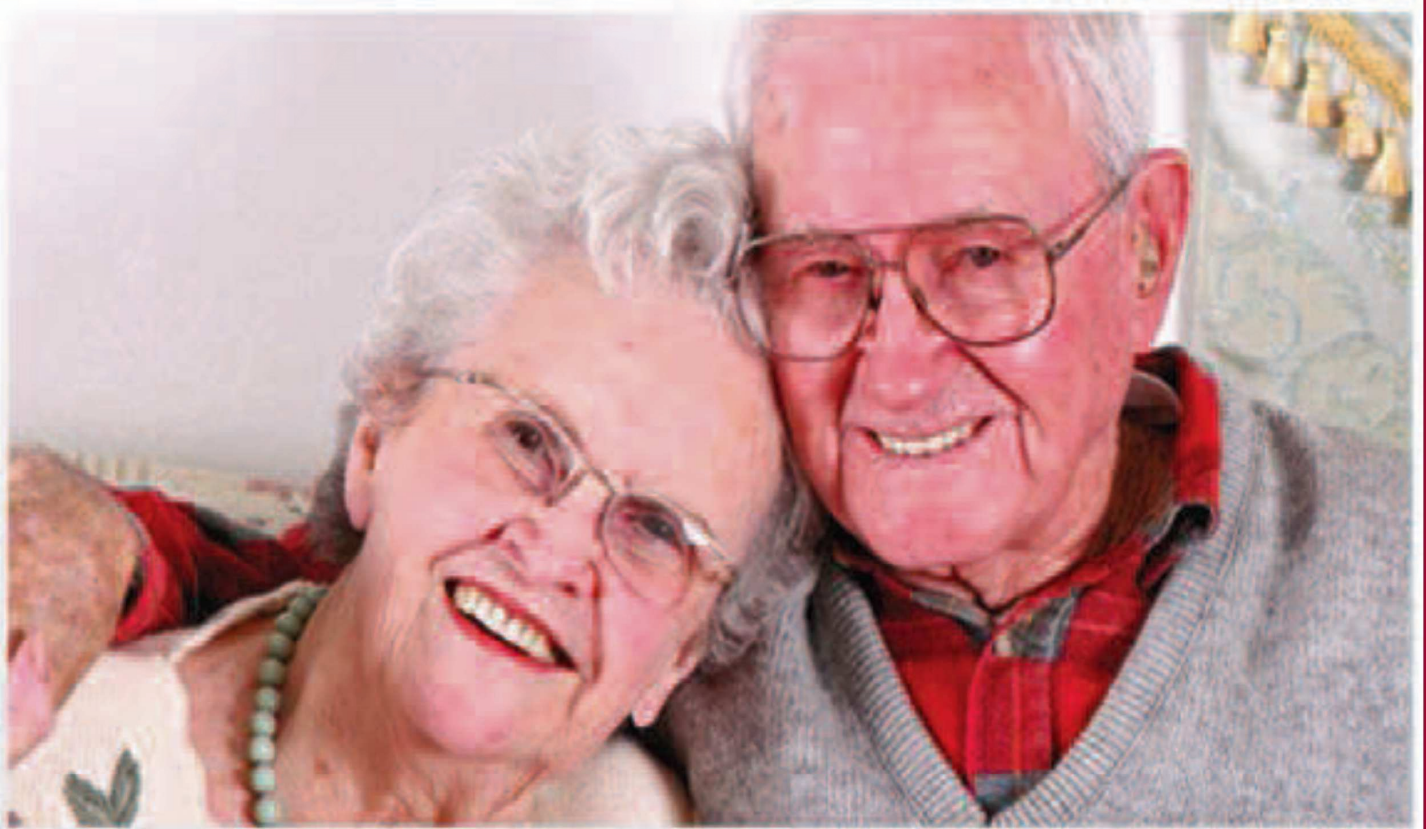


Face—is it drooping or tingling?

Arms — are they heavy, can you raise them both equally?

Speech—are your words jumbled or do you have slurred speech?

Time—don't wait to call 911.



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Travel Insurance Claims - Medical billing practices vary from country to country

United States of America

Heading to the US? Even if it's just for a day, the Government of Canada suggests getting travel insurance before you leave. If you're hospitalized, most US hospitals will bill your travel insurance provider directly, but they may request a deposit. Often, your insurer will arrange to have the deposit returned after billing arrangements are made.

Mexico

In Mexico, medical billing practices vary from place to place. In major tourist destinations, hospitals are more likely to bill your insurer directly. Alternatively, in rural locations, they're more likely to bill you and require payment up front. Many hospitals will charge a deposit, so again, it's best to be prepared.

Here are a few tips to keep in mind...

Tip #1: Quality medical care isn't consistent or inexpensive in Mexico, so make sure you have the right travel insurance coverage

Some travelers think that they don't need travel insurance because treatment and emergency care are cheap in Mexico. However, travel.gc.ca actually advises under Mexico's health tab that "quality of care varies greatly throughout the country". What's more, some Mexican hospitals even charge as much as US hospitals do. With the right travel insurance provider, you'll be protected financially, and your care will be monitored along the way.

Tip #2: Contact your travel insurance provider first

While your hotel may direct you to a local hospital, it's best to contact your insurer first. In fact, let me say it like this ALWAYS call your insurance company first. Their Spanish speaking team can communicate with the hospital directly on your behalf, helping ensure you're receiving the most appropriate care for your condition. They'll also help with some of the paperwork required by the hospital.

Tip #3: Be prepared that direct billing may not be available

Hospital billing practices vary around the world. In Mexico and several other Central and South American countries, most hospitals require a deposit before treatment takes place. Whenever possible, the insurance company will set up direct billing with hospitals, meaning they'll pay the hospital directly for your medical expenses—but that's not always an option.

Even though they aren't allowed to do so, some hospitals will hold passports, refuse treatment, and will even refuse to admit patients until an upfront payment is made. Always be prepared with a cash or credit card deposit, just in case. Later, you'll be reimbursed for your eligible out-of-pocket costs, like the deposit and other medical expenses.

Plan to have a credit card or some cash readily available while in Mexico, in case you end up dealing with a hospital that requires an upfront deposit.

More and more insurance companies are seeing post-treatment bills coming back overly inflated—some even up to 5 times higher than originally estimated by the hospital (i.e. \$125,000 vs. original \$25,000 estimate)! When this happens, insurers are forced into negotiations with the hospital, to ensure they're paying a fair and reasonable amount for the treatment provided. This allows them to keep future travel insurance premium costs lower.

Tip #4: Leave communication with the hospital or bill collector to your provider

Unfortunately, some claimants have received letters and/or calls from hospital billing companies asking for payment, even though negotiations are between the hospital and the insurance company. Some travellers have been threatened with unenforceable scare tactics, including credit rating impacts and travel bans. When this happens, not to fret! The best approach is to leave all communication to your travel insurance provider. Rest assured they'll deal directly with the hospital and resolve the payment dispute.

I hope this information helps you feel informed rather than discouraged if you're in a similar situation.



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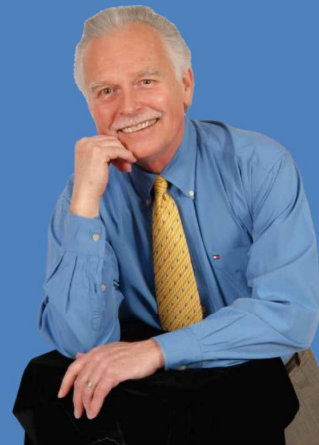
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