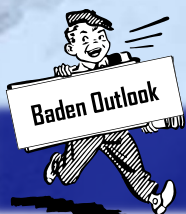


Baden Outlook

~ Your Favourite Feel Good Newsletter ~



*Special thanks to Michelle Egli-Shantz
for sharing her fun photo with us....
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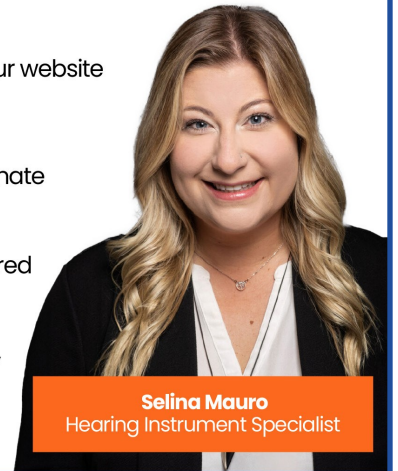
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Barry, Pat, & Katie Fisher

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

- Barry digs deep into Baden cemeteries and finds some really cool facts
- Test your knowledge with our newest game called 'Groups of Gaggles'
- Global Outlook transports us to Iceland to know more about the country
- Learn about the High Efficiency Rebate Plus program from EcoBoosters
- New year, new programming at our local libraries
- Mercedes takes us back to health basics
- Have a lot of cabbage and love a lot of soup? Check out Pat's cabbage soup recipe
- Baden Birding dives deep into Seagulls.. Learn something new about these common birds
- An update from Gary White for European snowbirds

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

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

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Greetings from Headquarters ~

Happy New Year! I hope you all had a wonderful Christmas full of food and fun times with your family. We had fun despite the rotation of colds, flu, and Covid—as Katie was on the down low while the paper was in motion.



I was happy to pack up the messiness of the holidays and find places to put our new gifts, and I know the rule about getting rid of old things when you get new things. Well, that is an understatement! The first week of January we dove right into a small renovation and I see I must be more diligent with this rule. We gutted our walk-in bedroom closet to freshen up the paint and install a closet organizer. Pulling it all out was a big task, then making decisions on what to keep and put back was another! It was a fun project but I hung my head with some kind of personal shame or humiliation at how much stuff was in there! Do I really wear all those shoes, and do I need multiple sizes of pants? As Barry has been retired for nearly five years he no longer has to wear particular clothes to work or dress shirts for council meetings as that ship has sailed too. So the thrift store will be gifted with our cast offs which really are all in good shape, but just not needed in our house anymore.

On this theme — I just learned the real meaning of Boxing Day. I always thought it was about packing up your Christmas stuff and dealing with returned items, etc. Apparently Boxing Day holds historical significance rooted in the tradition of giving back to those in need. This day is to glorify the fact that sharing is caring. The practice symbolised a form of charity and generosity during the Christmas season. So this may be a good time to think of the excess we have and put it where it can be most used.



Happy New Year! The end of 2023 went out with a bang for my family this year. We got a whopper round of Covid and wow did it ever take me down. All events December 24th and onward were cancelled in effort to protect our friends and family from getting sick. Honestly, I was pretty much in bed that whole time anyways. So this month, my writing ideas came from bed instead of my desk...and thanks to mom for tag-teaming in the Outlook chair this month.

Needless to say our house is evident of how we've been coping. I'd like to take this time to acknowledge and normalize mess in all our homes. Many of us set a certain standard of how clean our space must be for company and it may stay like that for a few hours or days. But if you have children, working two plus jobs or overtime, feeling under the weather etc., it often puts household tasks lower on the growing list of to-dos. It means we are busy trying to keep on top of other things at the moment and will manage the house as soon as we can. I remember making an impromptu visit to a friend and asking to use the washroom mid-visit. I was happy to see jammies on her bathroom floor by the shower... like life that morning was crazy and my friend did what she had to do to get her and the kids out the door on time. And a basket of clean laundry in the hall to fold. So very normal for a working household. Balancing careers, children, relationships with our spouses, our own mental health, our finances, our houses... it's all a juggle. A day of messy house means our other items are getting cared for. Congrats on your successes of the balancing act of life. You're doing great. You're trying your best. Happy 2024!

Talking with Ed

~ *Amazing History Lies in our Cemeteries*



How often have you driven past the Baden Cemeteries without even pondering who has been buried there? There are two, non-church-based cemeteries in Baden, Fairmount Cemetery on Foundry Street, which can be seen just off the expressway, and the Old Baden Cemetery on Snyder's Road East. There are also many cemeteries in Wilmot that are on church properties and numerous pioneer cemeteries. I thought it would be interesting to do some research to learn more about the people who were buried in Fairmount and the Old Baden cemetery. I used the website *Find a Grave*, which was very helpful in my research.



Most tombstones convey your basic information such as name, birth, death, spouse, and perhaps a scripture or other statement. Sometimes bits of information are added to the *Find a Grave* website which tells more about the individual. Many times, these bits of information really tell a story not only about the individual, but also about our community in the earlier days. Meredith Holt, as an example (1890-1915) worked as a teller at the Dominion Bank in Baden, which was located near the Pizza Express. Albertine Kraus ((1824-1893) worked as a Cooper, making buckets and barrels. Ernst Fredrich Kumpf ((1824-1893) was a local butcher, and Ernst Kumpf (1870-1937) worked in the local flour mill. Adolph Steppeler (1829- 1912), was a carpenter in Baden, and probably built many of the older homes in town. Jacob Mengesdorf, (1842-1916), worked at the Baden Woolen Mills, located on Brubacher Street and Snyder's Road. The woolen mill burned to the ground. Many of these occupations are hard to imagine in our lifetime with the onset of automation.

According to a local newspaper, Rita Gordner (Apr.1906-May1930) lived in Baden with her parents. The following announcement was posted, *On May 10th Noah Gardner's daughter, Rita the eldest left Baden with George H. Redfern of Kitchener, a married salesman, to Montreal presumably on a business trip. Mr. Redfern poisoned her in a room in the Hotel Viger, making a clear getaway from Montreal sometime between May 10th and May 12th.* Ella Magdalinski (1893-1952) drowned in Hofstetter's Lake after her boat capsized. The lake is located just south of Highway 7&8 between Sandhills Road and the Petersburg turnoff. She was fishing with a friend who could not save her from drowning.

Many people moved out of town and were buried elsewhere. Jacob Beck, who was responsible for naming and forming Baden, was born in 1818 in Baden Germany- died June 1896 and is buried in the Preston Cemetery. There are also other cemeteries locally such as Steinmann Church, and Shantz Church, where local farmer and entrepreneur, Harold Schmidt is buried. There are also numerous other pioneer cemeteries. It is still interesting to research, and you might be surprised which family names have the most family members buried at Fairmount.



This cross memorial stone was donated by the Livingston family.

I also noticed how many people died at such a young age. Tuberculosis was mentioned many times as the cause of death which is almost unheard of now. Many of the tombstones were inscribed in German. This is not surprising as many newspapers and church services were still in German in the late 1800's. Check out page 20 and 24 to see what I learned. Cemeteries are a great way to discover your family's ancestry, but with the popularity of cremation will that ultimately be lost? Until next month...Ed



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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 28

Typically Indoor Sports

- GOBINX _____
- COYHEK _____
- SHAUQS _____
- GLINRUC _____
- TAKINGS _____
- LOBWING _____
- MIMIGNWS _____
- GINP GONP _____
- STELRIWNG _____
- TALLBEBASK _____

Outdoor Sports

- FLOG _____
- LOOP _____
- GRUBY _____
- SENTIN _____
- KINGIS _____
- GROWIN _____
- TRICKEC _____
- GNILYCC _____
- SABLABEL _____
- BATLOOFL _____

"Keeping the Community
Connected"



The Spirit of Wilmot

Christmas Turkey Dinner

Judy Brown introduced this event of bringing a Turkey Dinner to those who were alone on Christmas Day. Judy brought this concept to Wilmot in 2015 as it was first hosted in Morningside Village. In 2020 The Wilmot Family Resource Centre got involved and offered a take-out meal through the pandemic times.

This year the event was hosted at Steinmann Mennonite Church and the spirit of Christmas was evident. There were 71 people who gathered and enjoyed the day. Thanks to Meadow Acres who generously donated 12 table centrepieces.



Pictured here are Rick Brenneman, Katheryn Cressman, Judy Brown, Janet Bradley Worthington, Randall Rehkopf. Missing from photo: Trisha Robinson



The New Years Eve Kids Party was another great success with sold out tickets! The kids enjoyed a feast provided by EJ's. Erick Traplin entertained the kids, and the balloons dropped as they celebrated the upcoming new year!

Be sure to join us for Family Day on February 19th from 11 am - 3:30 pm upstairs at the Wilmot Recreation Complex for family fun, games, and snacks.

Follow us on Facebook and feel free to join in on the fun on Family Day!

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Selling the Seniors' Way

The purchase and sale of a home is very different than it used to be.

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Checking out the Baden Library



RWL App Update:

Unfortunately, we have to apologize that our vendor has discontinued service to our Library App (for Android and Apple). Any information in the app is now out-of-date, and we recommend deleting the app right away. We understand many patrons loved using the app to place holds, renew materials, manage family cards, etc. We had no advanced notice of any potential service loss.

In the meantime, please go to our [library catalogue](#) for online services (holds, renewals, account access etc.). Our catalogue works well on mobile devices, allowing you continued access through your smartphone or tablet. If you were using our app as your library card, consider using Stocard, or another digital card wallet app, to store your card. Library staff are available to help you.

Please note: This issue only affects the RWL App. Other apps that provide access to library resources (Libby, Hoopla, Kanopy, Freegal, and PressReader) will continue to work normally.

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

Winter Programs at Region of Waterloo Libraries

FOR FAMILIES

- Storytime with Spectrum – Mondays through to February 12 at 10:00 a.m. – Baden Branch
- Family Storytime – Wednesdays through to February 28 at 9:30 a.m. – Wellesley Branch
- Story Hour – Wednesdays through to February 14 at 9:30 a.m. – New Dundee Branch
- Discovery Time – Thursdays, starting January 11 at 10:30 a.m. – New Hamburg Branch

FOR BABIES

- Baby & Me – Mondays through to February 12 at 10:30 a.m. – New Hamburg Branch
- Baby & Me – Wednesdays through to February 14 at 11:00 a.m. – Wellesley Branch

FOR KIDS

- STEAM Team – Mondays through to February 12 at 4:00 p.m. – New Hamburg Branch
- Parachute Play Storytime – Tuesday, January 16 at 10:30 a.m. – Baden Branch
- Preschool STEAM – Wednesday, January 17 at 10:30 a.m. – New Hamburg Branch

- Little Tykes Art Club: Love and Littles – Wednesday, February 7 at 10:30 a.m. – Baden Branch
- Be My Valentine Storytime – Tuesday, February 13 at 10:30 a.m. – Baden Branch

FOR TWEENS/TEENS

- Among Us in Real Life – Thursday, February 1 at 6:30 p.m. – New Hamburg Branch
- Canva Album Art – Thursday, February 8 at 4:00 p.m. – New Hamburg Branch
- Crafternoons: Shrinky Dink Beaded Bookmarks – Thursday, February 22 at 4:00 p.m. – Baden Branch

FOR ADULTS

- Book Talk – January 10 and February 14 at 3:00 p.m. – New Hamburg Branch
- Adult Reading Challenge – starts Tuesday, January 2 - pickup up your BINGO card at your local RWL Branch
- Trivia Night – Thursday, January 11 at 7:00 p.m. – Peel Street Brewery in New Hamburg
- Drop-in Yarn Craft Club – Wednesdays from 6:30-8:00 p.m. – New Hamburg Branch
- Settlement Workers at the Library – Thursdays, starting January 11, drop in from 10:00 a.m. – 2:00 p.m. – New Hamburg Branch
- Adult Craft: DIY Snakeplant – Wednesday, January 31 at 1:00 p.m. – New Hamburg Branch
- Family History Research using Ancestry Programs with Ontario Ancestors – Tuesday, February 6 at 5:30 p.m. – New Hamburg Branch

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



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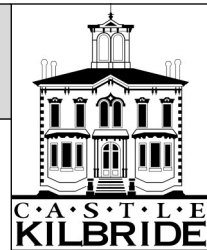
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Looking Back in Baden- 100, 75, and 50 Years

By Sherri Gropp, Curator and Elizabeth Lukashal, Museum Attendant



Laura Louise sledding at Castle Kilbride from the collection at Castle Kilbride c.1923.

100 Years Ago- January 1924

Friday January 4, 1924

Another heavy fall of snow during Wednesday night has made excellent sleighing, but in some spots the roads are slightly drifted. A few cars are still venturing out and claim that the roads are not too bad for the autos to run.

January 25, 1924

The weather was very stormy on Monday and the school attendance very poor in consequence.

A pretty wedding took place last Tuesday when Florence, oldest daughter of Rev. and Mrs. O.H. Wismer was united in marriage to Mr. Isaac Snyder. The ceremony was performed by the bride's father in the presence of immediate relatives only. They left the following morning on a wedding trip to Battle Creek, Ind.

75 Years Ago- January 1949

Friday January 7, 1949

The weather, like man, is fickle. While going-about was easy over the Christmas holiday, there was quite a change-about with the snow and a lot of wind soured plans for numerous New Year's activities. On the eve of the New Year most folks stayed close to their own firesides – those who ventured forth only did so in trepidation...of course there was the family who received the gift of a 20-pound turkey and invited their neighbors to share it...however, the year is new, our hopes are anew. In thought and deed the Golden Rule to "Do unto Others..."

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"Keeping the Community Connected"

50 Years Ago- January 1974

January 30, 1974

“Don’t hold breath for new fire truck”

A first line unit to be added to the Baden Fire department is in the mill but don’t hold your breath for the arrival of the new truck.

Wilmot township council was told if and when the bid was awarded, one of the three tenders already received, it is unlikely delivery of the new vehicle would take place within a year.

It would take eight months before the chassis was ready and probably another five or six months after that for the delivery date.

And that’s not all, Fire committee chairman Councilor Louis Nowak said the new fire truck would cost \$3,500 more than the originally estimated \$35,000.

His committee is presently studying the three tenders for the pumper and expect to bring a recommendation to the council February 4. He also said the companies bidding warned that if a bid was not accepted soon the price could climb even more.



Utility poles on Snyder’s Road East in Baden c.1910s.

January 16, 1974- Article on the history of the telephone system

“New Hamburg’s telephone system has grown from seven subscribers in 1885 to 2000 today.” As they say, you’ve come a long way baby, and Ma Bell and her number of telephones in New Hamburg and district are no exception. The Bell Telephone Company of Canada was incorporated on April 29, 1889 and soon afterwards began erection of telephone wires from hamlet to town to city. By 1885 lines had been constructed from Toronto to Guelph and 70 miles of the number 9 iron wire from Stratford to Guelph through Berlin (Kitchener, New Hamburg and Baden), making these points part of the long-distance telephone network. The line for New Hamburg and Baden was open for business on November 1st, 1885. The New Hamburg switchboard was located in the home of W.H. Boullee. Boullee was appointed agent for the Bell company. The office was open for service 8 a.m. to 8 p.m. on every day except for Sunday which was 2 p.m. to 4 p.m. Telephone numbers were not used during the early years. In 1886, another line from New Hamburg to Plattsville was installed.

Blake magneto wall telephones were installed in customer’s homes. Curator’s note: Castle Kilbride still has an original Blake telephone installed in the main hallway of the home.



Happy New Year

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Join us for our 2024 Community Events!

Wilmot Township - we want **YOU** to join us for our awesome community events this year. We loved connecting with each and every one of you last year, and we can't wait to do it all over again!

Our planning for 2024 is well underway, and here are some of the sweet events to look forward to this year:

- Free Ice Cream with the Tastes Moreish food truck!
- A community Easter Egg Hunt
- Outdoor Movie Night
- Meet Santa (including FREE family photos with Santa!)
- Free Coffee in Baden
- ...and a few surprises for 2024!

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-Steve S.

How Cats Make Their Owners Smile

- * When they're cleaning their feet and they spread all their little toes out.
- * When they smell something weird and make a stinky face.
- * When they walk up to you making little chirpy purrs of inquiry.
- * When they get distracted by a noise mid-lick and a tongue blep occurs.
- * Pushing their head under your hand for a forceful cuddle.
- * When they see a bird and do that ekekek thing.
- * Trying to fit inside tiny things that cannot support them.
- * When they become possessed by the devil and tear around the house with demonic speed and then pause mid-vicious-attack of a scratching pole to whip their head around and fix you with their all-pupil stare of unhinged terror.
- * Toe beans (the squishy pads on the underside of paws).



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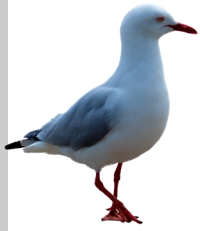
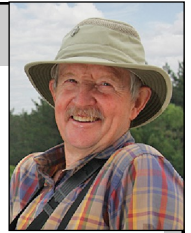


New Clients Welcome!



Baden Birding ~ The Seagull

By Fraser Gibson



From a very young age we have all been able to identify robins, crows, and seagulls. From that point on, most of us have likely given the seagull very little attention.

At some point in my adult life I heard a sage say, "There are HE gulls and SHE gulls but no such thing as SEAgulls."

Apparently, nowhere in the world is there a bird named "Seagull". There are, however, numerous species of gulls.

So why do so many of us call all gulls, seagulls?

One main reason may be that what we learned as kids is well engrained in our minds. Maybe it is because they are quite common and we have not given them the attention they deserve. Another likely reason is that, to the inattentive eye, it is difficult to even notice there may be more than one gull species present. Additionally, young gulls look significantly different than their parents. As a result, flocks of these birds have a wide range of plumage. So it may be understandable that many of us refer to them simply as seagulls.

The Checklist of Birds of the Regional Municipality of Waterloo, 2020 (© Waterloo Region Nature) lists 10 gull species that have been sighted in Waterloo Region, including only one that is known to have bred here. Of the ten species, only two are seen regularly. The other 8 are seen occasionally by those eager birders looking through flocks of gulls searching for something a little different.

The most common gull in the area is the Ring-billed Gull which spends a majority of its time inland away from large bodies of water. The second most common, the Herring Gull, also spends considerable time in Wilmot Township.

Gulls are often seen in sizeable groups in parking lots, pastures, landfills, freshly cultivated fields, and at lakes and reservoirs. They are highly adaptable consumers, successful in a wide variety of environments. They eat

earthworms, fish, eggs, reptiles, amphibians, rodents, garbage, and French fries.

The adults of both species have a very similar, yet stately, overall appearance. Their pure white body, head and tail are smartly accented by light grey wings with black tips. Non-breeding, winter birds have limited brown streaking on their heads. They both have yellow eyes (iris) surrounded by a fine red/orange edge. To distinguish one species from the other, look at the bill and legs. The adult Ring-billed Gull has yellow legs and a black band encircling its yellow bill, thus its name. The Herring Gull, a larger bird, has pink legs. It also has a yellow bill but it is marked by a red splotch on its lower mandible. I wonder why such handsome birds have not drawn more attention?

A complicating feature of identifying these birds is that the immature birds of both species look much different than their parents. Furthermore, it takes three years for a Ring-billed Gull to reach maturity and four years for a Herring Gull to do so! During those years the immature birds begin with a mottled brown appearance. With each successive moult they lose some brown and begin developing more white and grey feathers. Unlike adult Ring-bills the young have pink legs and immature Herring Gulls have varying amounts of black on their beaks! This makes identification confusing. Maybe it's not surprising that we resort to calling them seagulls! (Even though most never spend any time at the sea.)

The next time you are near a gull, take a closer look and admire its attractive appearance. If it is a mature bird, can you see a black ring on its bill or maybe a red splotch on its lower mandible? Does it have yellow legs or are they pink? Is it a Ring-billed Gull or is it a Herring Gull? Maybe it is simply just another seagull! Regardless, it has received a little more of your attention than in the past. I hope your next seagull gets as much attention as your next *ea-gull*.



*** Last month, Baden Birding mentions Snyder Woods. We are making a correction to that spelling of the Schneider family.. The Schneider family deserves our thanks for both the access they have provided in the past and the natural area they have preserved for the future. ***

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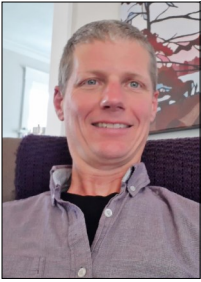
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No Christmas in Bethlehem

By Chip Bender, Registered Psychotherapist (Qualifying)



Apparently, Christians in Bethlehem have decided not to decorate their town for Christmas this year to show their solidarity with the people engaged in the conflict raging in Israel-Palestine.

On the one hand it seems admirable for a group of people to recognize that the glowing lights of celebration could be seen as trivial or as an affront to the people experiencing the darkness and horror in that area of the world. On the other hand, it seems to feed into this perception that one is not allowed to display any pleasant emotions when suffering is also present.

People often think in binary terms, in which it is either day or night, good or bad, on or off. This type of mindset makes it impossible to hold two seemingly opposing ideas at the same time, which, in turn, forces us to believe only one kind of emotion can be present in any situation. People grieving the loss of a loved one may feel guilty for their laughter when they know they should honour the departed one with tears and sadness.

Around Christmas, the same tension can also occur with emotions going in the opposite direction. The

perception of Christmas being merry and bright is a pervasive one throughout our society. What happens when our own sadness and despair during this season bumps up against the idea Christmas needs to be cheery and festive? Do we repress those unpleasant feelings because they seem inappropriate for the season?

The fact of the matter is seemingly contradictory emotions can co-exist. During the seasons of grief in our lives, we may occasionally experience laughter and delight. Likewise, during the holiday seasons when we are expected to be joyful, we may experience a deep sadness. Experiencing emotions that seem contrary to the season is not a bad thing; it is human.

Pay attention to whatever emotions are arising and allow them to be present and to be experienced as they arise. Longest Night services offered at this time of year give participants permission to grieve the losses that might be more acutely felt during this season. And even when there seems to be darkness surrounding us, it could still be appropriate to light a candle representing the potential for hope in even the darkest situations.

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Groups of Gaggles

Can you name what each of these items is called when they are in a group? Example: A group of geese is a gaggle. Answers on page 28.

1. Monkeys _____
2. Shrimp _____
3. Sharks _____
4. Cheer Leaders _____
5. Rock Musicians _____
6. Islands _____
7. Fruit _____
8. Thoughts _____
9. Art _____
10. Cobras _____
11. Crow _____
12. Nuns _____

Special Days in January

- January 1st - New Year's Day
- January 2nd - World Introvert Day
- January 4th - World Braille Day
- January 5th - World Bird Day
- January 6th - Epiphany
- January 11th - National Clean Off Your Desk Day
- January 14th - World Logic Day
- January 24th - National Peanut Butter Day
- January 26th - Family Literacy Day
- January 27th - International Holocaust Remembrance Day
- January 28th - National Lego Day
- January 29th - National Puzzle Day

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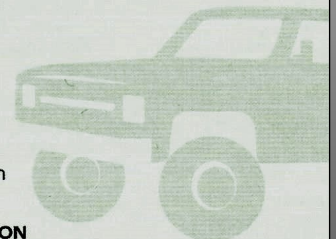
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Global Outlook — Let's Visit Iceland

Iceland was accidentally discovered by the Vikings about 1000 years ago - apparently the last place on Earth to be settled. It is situated between Greenland, 4,800 kilometres to the west, and Scotland 800 kilometres to the east. Iceland has a coastline that is 4,800 kilometres long that meets the Greenland Sea, Norwegian Sea, the Atlantic Ocean, and Denmark Strait.



The country has a population of 376,248 (2023), with sixty three percent of the population in the capital city of Reykjavik. The medium age of the population in Iceland is 36, and the country has a land mass of 100,250 square kilometres. The centre of the country is mainly uninhabited.

The island has become quite a tourist destination. It boasts 269 named glaciers - 11 percent of the country is covered in glaciers. It is home to Europe's largest glacier Vatnajökull, and also to hot springs which are located throughout the country. Iceland is one of the most eco-friendly countries in the world with the capital city of Reykjavik setting a goal to be a carbon-neutral city by 2040. The country also boasts many spectacular fjords and the northern lights which are visible from September to March each year.

There are many interesting facts about Iceland. They have

the longest work week in Europe – 45 hours a week. The Icelandic Horse, which grows long hair in the winter and sheds for the summer, is the only horse breed on Iceland and believed to be the purest breed of horse in the world. Beer in Iceland was banned from 1915 to 1989 – now every March 1st they have a special day called “Bjórdagurinn” (Beer Day) to celebrate the end of prohibition. They are the

only NATO country that has no standing army. Iceland boasts the world's oldest democracy and is also one of the safest places in the world. Iceland was ranked 4th in the 2019 Index of Economical Freedom, with high rankings for “labour freedom” and “government integrity”. The country ranked 3rd in the world in a Personal Freedom chart by the Legatum Prosperity Index. And Iceland is number one in the world when it comes to the Global Peace Index and takes the top spot in the World Economic Forum's Global Gender Gap Report.

Lately, Iceland has been in the news in regards to their 33 active volcanos. Iceland also sits on the Eurasian and North American Tectonic plates which create the volcanos and earthquakes. It is the only place in the world where you can see those two tectonic plates and the Mid-Atlantic Ridge above ground.



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You Must Be Joking!!



The guy at the furniture store told me the sofa would seat five people without any problems.

Then it occurred to me — I don't think I know five people without any problems.



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- If you are **NOT** a current Enbridge customer, you still qualify for a rebate of up to **\$5,600**.
- Canada Greener Homes **interest-free loans** of up to **\$40,000** with a repayment term of 10 years are also available as part of this program.
- You must undertake both a pre- and post-retrofit EnerGuide evaluation of your home to be eligible.
- Eligible home improvements include attic, wall, and basement insulation; air sealing; replacement windows & doors; smart thermostats; more efficient heating like heat pumps; and solar panels.
- **STEP 1:** Go to the Enbridge (HER+ program) web page to get started: <http://bit.ly/ontariorebates>

The Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan group of volunteers aged 8 to 70 plus years that has been active in the community for 10 years. We are not environmental experts – just residents of Wilmot and Wellesley Townships who are concerned about the climate crisis. We are funded by donations, fundraising efforts, and grants (no membership fees to join). Our mandate is to achieve and support a long-term healthy environment and we accomplish this through education, action, and collaboration.

Take a look at our website to see what we do (nvecoboosters.com) and we hope you will consider coming to our next general monthly meeting which will be held at **7:00PM on Tuesday, January 16th**. Please contact us via email: nvecoboosters@gmail.com or call **519-662-9372** if you would like to participate in this meeting or want more information.

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

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You Must Be Joking!!



- * I'm afraid for my calendar. Looks like it's days are numbered.
- * My wife said I should do lunges to stay in shape. That would be a big step forward.
- * What do a tick and the Eiffel Tower have in common? They're both Paris sites.
- * I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.
- * Why do seagulls fly over the ocean? Because if they flew over the bay, we'd call them bagels.
- * What has more letters than the alphabet? The post office!
- * That car looks nice but the muffler seems exhausted.
- * My wife is really mad at the fact that I have no sense of direction. So I packed up my stuff and right.
- * A guy walks into a bar... And he was disqualified from the limbo contest.

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It's 2024! Are you feeling fabulous? Every day we make choices that impact our health. Be truthful. Are you a grab-and-go eater? Do you hit the snooze button every morning or rely on a double double to function? Is UberEATS on speed dial? Do you often forget to drink water or rush home to prep pre-packaged processed food? Small changes lead to big changes inside and out! Your overall well-being is impacted by good and bad habits equally. You are in control. Day in day out, love yourself enough to thrive. A positive lifestyle leads to longevity. Most experts would agree that exercise, nutrition, water, sleep, and limiting stress are the top five health decisions affecting one's overall quality of life. There's no magic pill, but simplicity and consistency are the keys to the wellness kingdom.

Exercise adds years to your life. Start today. No excuses. Joining a fancy gym is not necessary. Stand up and go for a walk. Can you guess the number one question this personal trainer is asked? "Do I need to walk 10 000 steps daily for optimal health?" The magical number dates back to 1964, Japan and a marketing campaign to sell a pedometer. The Manpo-kei translated; "man" meaning 10 000, "po" meaning steps and "kei" meaning meter. The pedometer took off, and 60 years later the Fitbit celebrates your 10 000 steps with fireworks! There is zero definitive data on the perfect number of steps, but moving your body is a must. Get up and walk for body-boosting benefits straight away. The list of reasons to lace up the sneakers is endless; burn calories, increase energy, strengthen bones and muscles, improve balance and memory, plus discover a happier less stressed you who falls asleep quickly! Start with a short stroll, increasing the distance, speed, and add incline every week to reap the rewards.

No nonsense nutrition is top-notch. Whole foods are holistic. There's so much hype on social media to follow slews of diets and lifestyles, all claiming to be the best. Are you Keto, Carnivore, Vegan, Paleo, Intermittent Fasting or just overwhelmed at the options? Firstly, everyone needs to rest and digest. Waiting 12hrs from the last evening meal, snack or drink before eating the following day is imperative. What should you eat when you wake up? Smoothie? Oatmeal? Eggs and bacon? Everyone is unique. If you experience digestive distress, investigate. Learn your sensitivities and avoid them at all costs. Gut health is huge. Protein, carbohydrates and fats are all equally essential. Whether you are meat-or plant-based, protein packed meals are mandatory. Lean meats, wild fish, eggs, dairy, and loads of legumes will prevent sugar cravings, build and repair muscle, boost metabolism and even support a healthy blood pressure. Carbohydrates get a bad rap but carbs are essential for endless energy. Grains, legumes, fruits, and vegetables should be unprocessed. Fats are your friend, but ideally in

their original form. Fall in love with avocados, raw nuts and seeds, olives, and wild fish for supple skin, healthy heart, and brain-boosting benefits. Packaged food has a shelf life. Your body is not a science experiment. For example, overpriced alternative milks have so few nuts, tons of thickening agents and water. Making homemade nut beverages and spreads is a breeze. Drinking goat and water buffalo milk is another option. Conventional salad dressings, sauces, and marinades use inflammatory oils and are stocked with sugar. Homemade is effortless. When it comes to eating, clean is key. Eat tons of fresh produce in all colors, yes, every hue has heaps of unique health advantages.



Water is non-negotiable. We are approximately 60% water, and we must replenish the body. How much? Daily consumption should be a minimum of 30ml per kilogram of body weight. Medication, stress, smoking, alcohol, exercise, and even electronics dehydrate the body. Your urine should be the color of straw and odorless. The key to water is to sip all day. Playing catch up and chugging water floods cells rather than hydrating the body. New studies suggest consuming flax, aloe vera and chia help lock water into cells due to their gelatinous consistency. Start the day with fruit in chia pudding or sprinkle flax onto yogurt with a handful of berries for optimal hydration.

Sleep is an essential function for the body, and is definitely undervalued. A sleep regime is indispensable for repairing and recharging the mind and body. Start winding down by turning off electronics, sip a soothing cup of chamomile tea, slip into a hot bath or shower followed by a minute of freezing cold water. Find a quiet space to journal, meditate, and burn a lavender candle. Sleep time rituals relax the body before crawling under the covers. Turn down the temperature to between 65 - and 68-degrees Fahrenheit (15.6 to 20 degrees Celsius). Ear plugs and an eyeshade is helpful, but if none of these tricks of the trade have you deep in slumber, supplementing with L-theanine, Gaba and melatonin are natural non-addictive remedies to have you counting sheep.

Stress whether acute or chronic releases the hormone cortisol, resulting in inflammation and linked to obesity. Overtime illness can result. Managing stress is the name of the game. Exercise and earthing are two of the best ways. Lace up the sneakers and hit the gym or slip them off and walk barefoot on the dirt or sand, reconnecting with the earth to recharge. Sweat it out with physical activity and soak up the sun for vital vitamin D, the happy hormone. Focus on what you want, not the things you don't want. Let go of past hurts and resentment.

Change is never easy. Pick one to start, and once it's a habit make another change. Smile and shine bright like the star you are this 2024. Make it the year to improve your quality of life.

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)

What happened when the icicle landed on the snowman's head?

A	B	C	D
HE	WHITE	ARM	INCH
STRESSED	IT	FROST	SCARF
KNOCKED	LUNGS	METRE	CHESS
FEET	DEFROST	BLACK	HIM
IS	GLOVES	OUT	BLUE
COLD	COST	LESS	TOUQUE

1. Remove all body parts
2. Remove all words containing "SS"
3. Remove all measurements of length
4. Remove all 2-lettered words in column A
5. Remove all winter articles of clothing
6. Remove all words that are colours
7. Remove all words that rhyme with lost

Write leftover words here:

We are at the beginning of a new year! Now is the perfect time to look around your space and decide whether or not you need to "keep or toss". Ask yourself these questions:

- Have I used this item in the past year?
- Is it serving a specific purpose?
- Do I still like it?
- Is there a legal reason for keeping it?
- Do I have a place to store it where I will find it again?

If any items fall into the "toss" category - decide whether or not it is "donation worthy" and take it to the thrift store. If it is garbage, please throw it out. Make sure any item that you keep is because it is useful and you love it!

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Cook's Corner

Cabbage is our winter vegetable. As the grocery stores offer imported fresh veggies, buying local and seasonal is your best bet nutritionally and financially. This cruciferous vegetable contains a high concentration of vitamin C. It is a super antioxidant that cuts out toxins in your body, preventing skin disease, arthritis, rheumatism, and reduces chronic inflammation. Healthier hair, skin, and nails are just some of the benefits of eating this leafy veggie. Cabbage's high sulfur content translates to keratin production, and the result is feeling good inside and out. Cabbage is good eaten raw in coleslaw, but also makes a healthy, comforting, versatile and low calorie pot of soup — Just what we need as we start off the new year, whether fighting colds or watching your waistline after all the fun eating of the holidays.



Cabbage Soup

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 1 large carrot, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ teaspoon salt
- ½ cabbage, chopped
- 1 (14-ounce) can diced tomatoes
- 4 to 6 cups vegetable broth, depending how thick or brothy you'd like it
- Wedges of fresh lemon



Instructions: Heat the oil in a large pot over medium-high heat, and add the diced onions, carrot, and celery. Cook for 4 to 5 minutes. Add the minced garlic and spices and stir for another minute. Add the cabbage and let it sweat for 5 minutes, stirring frequently. Pour in the vegetable broth and diced tomatoes and let it simmer uncovered for 20 minutes, or until the vegetables are softened to your liking.

When you serve up the soup add a squeeze of lemon juice, fresh parsley, and some cracked black pepper. Give it another stir, and enjoy this hearty bowl of health!

If you want to mix it up and get playful, add other things like chunks of potato, white beans, cooked smoked sausage or pieces of ham.



Mirror, Mirror on the wall ...

It doesn't matter if I'm short or tall, if I have skinny legs or my hips are wide. It only matters who I am inside. Blue eyes, brown eyes, black or green...what make me beautiful cannot be seen. When you look at me don't judge me by my parts. The most beautiful thing about me is my heart.



Together with Tim Hortons, we've just wrapped up the first national **Holiday Smile Cookie campaign!** From Nov. 13 – Nov. 19, Tim Hortons restaurants in New Hamburg, Baden, and Tavistock raised **\$5118.00** for The Wilmot Family Resource Centre!

The campaign was created to give guests an opportunity to give back this past holiday season and help to continue making a difference in their communities. With each Holiday Smile Cookie sold, 100% of proceeds went to help raise funds for local charities, community groups and youth in neighbourhoods across Canada. The funds donated to WFRC will be used to provide essential services and support to children, youth and their families including programming, food support, and clothing support.

Executive Director, Trisha Robinson accepted the cheque from Tim Horton's Owner Jim Walker on Friday, December 15th at the New Hamburg Location.



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Fairmount Cemetery ~ Rooted with History

Fairmount Cemetery is situated just southeast of Baden, on Foundry Street. Originally a graveyard for the local Lutheran church, it later served the larger community of the Baden area. There are 650 memorials posted on the *Find a Grave* website for the Fairmount graveyard.

The first two people to be buried in the gravesite were James Livingston (1865-1872), and Conrad Fauaus who also died in 1872. That decade there were six burials; Jacob Klein, who died on November 29, 1873, and Robert Julious Liersch died March 11, 1874, Edward Anton Menges died November 15, 1874 and Peter Livingston (born 1875-died 1876). The following two decades had 33 burials each.

A notable feature of the cemetery is a large stone monument with a towering Celtic cross. The memorial marks the graves of James Livingston and members of his immediate family. There are numerous tall gravestones, some heart shaped ones, small stones, and a large area with benches and a statue of an angel which was provided by the Wilfred Nauman family.

The following is a list of some families who had many family members buried there: Miller (33), Livingston (20), Weiler (14), Schumm (12), Kischel (11), Rittinger (10), Schmidt (10), Klein, Boye, and Biesel (9), Seip (8), Lautenslager (8), Decher, Kuntz, Leiskau, Menges, Nauman, Niergarth, Reiha, Shultz, and Stepler (7), and Erbach, Elsasser, Liebler, Saunders, and Sutter (6).

There are many notable people that are buried in Fairmount Cemetery. Here are several that made an impact in Baden:

William Petznick (1907-1987) – he owned Petznick Motors in Baden from 1944 to 1975. He was past president of Wilmot Rod and Gun and was a member of Baden Council.

John Weiler Sr. (1811-1899) - John started the Weiler Cigar Box Company in the late 1850s, which was located on Snyder's Road across from Mars Variety. The business ran for many years before burning down.

Dr. Robert Barton (1920-2009) - Dr. Barton was a General Practitioner for Baden for 55 years, who retired in 2003.

Jacob Gabel (1830-1890) - Jacob owned the Queen's Arms Hotel, which was located at the site of Coachman's Lane on Snyder's Road.

Harley Herner (1920-2007) - Harley and Ruth owned Herner Wood Products and he was a home builder, entrepreneur, and craftsman. He was originally a chauffeur for the Livingstons. Their shop was located at the Timber Lane site.

Christopher Kraus (1820-1880) - Christopher was the original owner of the Baden Hotel.

Henry Kuntz (1866-1936) - Henry ran Kuntz General store for 32 years (1899 – 1931) which was located at the south east corner of Snyder's East and Brewery Street.

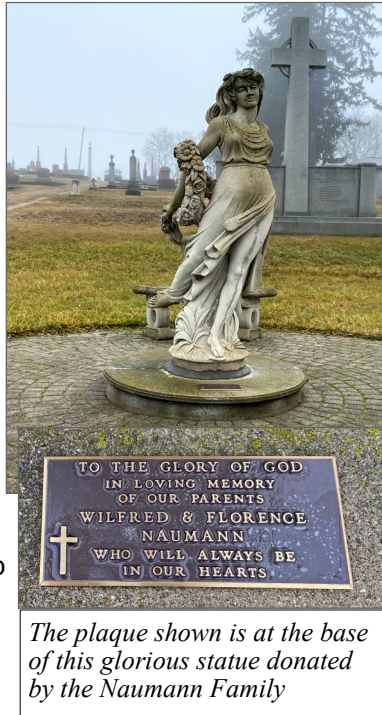
James Livingston (1838-1920) - Entrepreneur and Politician. He owned many flax mills throughout Ontario, Michigan, and Western Canada and he also owned banks in Michigan. He built Castle Kilbride as his home.

Christian Honderich (1854-1928) – Grandfather of Beland Honderich and Great-Grandfather of John Honderich (both Beland and John were publishers of the Toronto Star). Christian Honderich was son of John Honderich (1825-1907). John was the first settler born in Wilmot Township.

Fred Holwell (1845-1916) - Proprietor of Reindeer Hotel in Petersburg for a short time. He was Reeve and Warden of Waterloo County, township clerk and postmaster of Baden.

Some of the memos on the Find a Grave website listed the cause of death. Many were due to Tuberculosis, but other causes included the following; bleeding of the lungs, cirrhosis of the liver, concussion, epileptic seizure, coronary thrombosis, diphtheria, laryngitis, croup, and inflammation of the bowels or lungs. Thankfully many of these issues do not happen today.

Many of the tombstones were in German, which makes sense, and many of the obituaries didn't include occupations – most had dates and family members. Some listed funeral services at homes.



The plaque shown is at the base of this glorious statue donated by the Naumann Family

It is interesting to look back at people who have shaped our town. We collected information for this article by posts on the website and the limited knowledge that we have about local individuals. Due to limited space, we were unable to list every notable person resting at Fairmount.



Some other notable people whose final resting place is at Fairmount Cemetery.

Clarence Heipel	1911-1989	Town Clerk
Raymond Gingerich	1925-2018	Owned Baden Cheese
Conrad Heldman	1837-1923	Tanner on Tannery Street
Gus Mathew Morschauser	1969-2016	Goalie KW Rangers/Pro in Austria
Beltran Kriesel	1874-1923	Kriesel Hardware– Foundry/Snyder's
Chester Malloch	1921-2002	Scout Leader / Custodian
Noah Liebler	1863-1932	Founder of Baden Cheese Factory
Wilfred Schneller	1902-1987	Farmer and Entrepreneur
Abraham (Bob) Schout	1922-2021	Real Estate Developer
Delton Steinman	1919-1997	Steinman Furniture Owner
Carl Steinman	1942-2015	Steinman Furniture Owner
John Stiefelmeyer	1882-1965	Owner of Baden Hotel
Jason Carey	1973-1999	Pro Hockey Player
Henry Decher	1852-1922	Blacksmith -Brubacher & Snyder's
Private Herbert Erbach	1890-1919	Actual Gravesite in Vimy
Philip Erbach	1837-1910	Bookkeeper & Inn Keeper (1901)
John Livingston	1877-1949	Son of James Livingston
Gunner Alvin Forler	1895-1918	Soldier died of Pneumonia
John Forler	1865-1936	Owned a Lumber Yard
Samuel Foster	1917-1944	Died in France WW2
John Gabel Jr.	1860-1883	Clockmaker
Dr Jerome Reinhart Lorentz	1900-1971	Dentist



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Lynn D'Aguiar \$50 Gift Certificate to Heritage Pet & Garden
Sheila Walker \$50 Gift Certificate to Is This Chair Taken
Meghan Black \$50 Gift Certificate to Feather Nail Lounge

Congratulations to the winners of the Wilmot Lions/Lioness 12 Days of Christmas Draw



Winners of \$500 dollars...
Barry Kienapple - New Hamburg
Sheila Walker - New Hamburg
Darlene Bannerman - New Hamburg
Henry Driedger - Waterloo
Beth Bender - New Hamburg
Elizabeth Rose - Kitchener
Mykaela Erb - New Hamburg
Sabrina Hutchinson - New Dundee
Susana Viveiros - Calgary
Ryan Brooks - Kitchener
Mike Baltaz - Kitchener won \$1000
Barb Cochrane - Baden won \$2000

Monday January 15th - Wilmot Horticultural Society has a meeting at 7:00 pm at the Wilmot Rec Complex that all are welcome to attend. Our speaker, Theresa Schumilas, and her husband Peter own Garden Party, an organic flower farm near St. Agatha. Theresa will be sharing her extensive experience about growing a cut flower garden and how you can grow one in your own yard ~ what flowers are suggested and how to make it work. Theresa is also the founder of Open Food Network Canada. Note – A short Annual General meeting will precede the speaker. Refreshments will be provided after the meeting.



Wilmot Horticultural Society

Monday February 12th - Wilmot Horticultural Society has a meeting at 7 pm at the Wilmot Rec Complex. Our speakers will be Erin Autio and Sarah Moylan. Meeting date and time: Monday February 12th at 7:00 pm
Speakers: Erin Autio and Sarah Moylan - Sisters and Owners of Gaia's Gardens. They offer local landscape and garden services that combine their skills and learning to focus on your little piece of nature. Come out and join us as we learn. All are welcome.

JOIN US FOR F.R.O.G.

ON THE FOLLOWING DATES:

OCTOBER	10	24	FEBRUARY	13	27
NOVEMBER	7	21	MARCH	5	19
DECEMBER	5	19	APRIL	2	16
JANUARY	16	30	6:30PM - 7:30PM		

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Blood Donor Clinic

Monday, January 29, 2 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden

WILMOT HERITAGE FIRE BRIGADES

Our lucky December winner was Albert Rosenberg from Stonecroft, New Hamburg.

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

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



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



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COFFEE HOUSE TALKS

Learn, Create, Share



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



➤ Past event have included healthy living, craft activities, gardening, and internet safety.

➤ Please join us at our next event! Visit our website for upcoming events or contact us for more information.



Our Contact:

- ☎ WFRC: 519-662-2751
- ✉ coffeehousetalks2020@gmail.com
- ✉ info@wilmotfamilyresourcecentre.ca
- 🌐 <https://sites.google.com/view/coffeehousetalks/home>



This project is funded in part by the Government of Canada's New Horizons for Seniors Program



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Legion Open House on Sunday, January 14th 1-4

Entertainment Saturday, January 20th 2-5
Dosman, Dolnar, & Dunn \$5 donation @ door

Chili Cook-Off - Friday, January 26th
For info contact Diane @ 519-897-1669

The Wilmot Lions/Lioness Club

extends a big, and sincere Thank You, to the entire Wilmot Community for the incredible support extended to our club, allowing our Lions/Lioness team to continue to serve the important and essential needs within our community in 2023. We hope you had a very Merry Christmas, happy holidays and wish a prosperous and enjoyable New Year to all our friends and neighbours.



THE WILMOT HERITAGE FIRE BRIGADES ...

A fire service museum that loves sharing trivia and nostalgia with you.

10 Bell Drive, Baden

Open Wednesday evenings 6:30-8:00



When firefighters started wearing protective helmets they were first manufactured from leather and then later of metal. Metal was then discarded as a helmet material because it was a conductor of electricity. The helmet shown dates back to the

late 1920s or early 1930s.

Today helmets are made of synthetic material that is both nonconductive of electricity and will withstand high temperatures. At our museum we also have helmets that aren't even helmets, they are rubber coated cloth and offered very little protection other than from water.

Sponsored by the Wilmot Ecumenical Working Group on Indigenous/Settler Relationships

FREE FILM SCREENING

TUESDAY,
JANUARY 16, 2024
ZION UNITED CHURCH
215 PEEL ST.
NEW HAMBURG
7:00 P.M.

Questions? Contact
ecumenicalworkinggroup@gmail.com



Set in a dystopian future, NIGHT RAIDERS is a female-driven drama about resilience, courage and love.

Kropf Baden Cemetery (Old Baden Cemetery)

The original Baden cemetery was located at 372 Snyder's Road East in Baden. There was a cairn installed in 2010, dedicated to the 50 plus people that were buried there. The plaque reads as follows:

"In 1830, Jacob Kropf laid claim to Lot 13, north of Snyder's Road (which included this property), and in 1835 he received the patent to the front 50 acres. Jacob was ordained Deacon for the Wilmot Amish Mennonite settlement in 1824. It is believed that he provided a burial place for Christian Stuckey and his wife Barbara when they died in 1830 and in 1831/32.

By 1845, the community had built a school at this site. In 1866, along with Jacob Kropf and his wife Magdalena (Rothacker), the school trustees conveyed a parcel of land to Nicholas Klein and Peter Spenler for a burial ground "for the use of all denominations of Christians."

The community used this cemetery during the rest of the 19th and early 20th centuries, but there is no record that new trustees were appointed. Without trustees, the cemetery became abandoned."

There were five burials in the 1830s which were the following; Catherine Erb (1828-1830), Christian Stuckey (unknown to 1830), Barbara Kurtz Stuckey (1800 to 1831), Mary Oesch (1838 to 1838), and Jacob Schrag (1753 to 1838).

Baden would have been a very small town at that point and there was a need for a cemetery. The burials per decade were as follows 1840s (9), 1850s (11), 1860s (8), 1870s (10), 1880s (4), and finally 2016 (2). The two that were buried in 1916 were Magdalena Litwiller Mayer (1831-1916) and Susanna Mayer Kropf (1843-1916). The latter was married to Jacob Kropf.

The Kropf family had the most relatives buried here (8), followed by the Erb and Wagler families with seven each. The



Gascho family had five family members, with four of them being infant sons. Familiar names also buried there are Stuckey (2), Oesch (2), Mayer (3), Schultz (3), and Swartzentruber (4).

It must have been so hard in the early times being early settlers in this area, especially the elderly ones. Looking at the births of some of the early settlers are astonishing. Jacob Schrag (1753), Henry Schultz (1764), Jacob and Michael Swartzentruber (1771), Christian Wagler (1774) and Maria Sommer Wagler (1783). This gives you an idea of how old some of these pioneers were when they moved to our area - Jacob Schrag was born 272 years ago.



The stone cairn shown in the photo holds some of the tombstones remaining in that place. It was erected and unveiled in September 2010. The project was spearheaded by Wilmot Heritage Society.



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THE PHONETIC ALPHABET

By: Theresa Billo

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

Find the words below in the word search to the right. Words can be found up, down, sideways, and diagonal. Have fun!

- | | |
|---------|----------|
| ALPHA | NOVEMBER |
| BRAVO | OSCAR |
| CHARLIE | PAPA |
| DELTA | QUEBEC |
| ECHO | ROMEO |
| FOXTROT | SIERRA |
| GOLF | TANGO |
| HOTEL | UNIFORM |
| INDIA | VICTOR |
| JULIET | WHISKEY |
| KILO | XRAY |
| LIMA | YANKEE |
| MIKE | ZULU |

A SIGN OF THE TIMES

1978	2024
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fibre
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell Bottoms	Big Bottoms
Disco	Costco
Whatever	Depends
Rock n' Roll all night	Sleep through the night
Think you know everything	Think you know your name

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Did You Know?

Jake from Baden asks: Can you tell me when Hydro first came to Baden?



Baden first received Hydro in December 1911. The power was turned on by Sir Adam Beck himself, and St. James Church was the first building to be turned on. Sir Adam Beck was born and raised in Baden and was son of Jacob Beck, the founder of Baden. Adam was born on June 20, 1857 and died on August 15, 1925. He was a politician and hydroelectricity advocate who founded the Hydro-Electric Power Commission of Ontario.

-Outlook Archives January 2014

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Shantz Mennonite Church

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www.shantzmc.ca

St. James Lutheran Church

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www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.

St Agatha Mennonite Church

Sunday Worship 10 a.m.
All are welcome. 519-634-8212



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

Greetings from New Hamburg Thrift Centre

As we embark on a new year, it's the perfect time to reflect on our choices and make resolutions that align with our values. One such resolution that not only benefits us but also contributes positively to the environment is embracing sustainable living. At the New Hamburg Thrift Centre, we believe in the power of second-hand shopping as a cornerstone of sustainable living, and we're excited to shine a spotlight on this important aspect as we step into the new year.

1. The Environmental Impact of Thrift Shopping

Did you know that the fashion industry is one of the largest contributors to environmental pollution? Fast fashion, characterized by rapid production and disposal of clothing, generates a significant amount of waste and contributes to carbon emissions. By choosing to shop at thrift shops, you're actively participating in reducing this environmental impact. Each pre-loved item you purchase is a step toward a more sustainable future, as it lessens the demand for new production.

2. Quality Over Quantity

One of the key principles of sustainable living is embracing a mindset of quality over quantity. Thrift shops offer a curated selection of gently-used items, encouraging consumers to choose products that are

built to last. Instead of succumbing to the cycle of disposable goods, consider investing in high-quality, second-hand items that stand the test of time. From durable furniture to timeless fashion pieces, you'll find treasures that not only fit your style but also contribute to a more sustainable lifestyle.

3. Reducing Your Carbon Footprint

The carbon footprint associated with the production, transportation, and disposal of new goods is substantial. Thrift shopping allows you to reduce your carbon footprint by giving pre-owned items a new life. By choosing to buy second-hand, you're directly decreasing the demand for new manufacturing processes, which, in turn, helps conserve energy and reduce greenhouse gas emissions.

4. Upcycling and Creative Expression

Sustainable living isn't just about what you buy; it's also about how you repurpose and reuse. Thrift shops are treasure troves for DIY enthusiasts and creative minds. Consider upcycling a vintage find into a personalized masterpiece or repurposing old furniture to fit seamlessly into your home. The possibilities are endless, and the process of upcycling not only adds a personal touch to your belongings but also prevents items from ending up in landfills.

5. Community Building and Conscious Consumerism

Shopping at the New Hamburg Thrift Centre fosters a sense of community and conscious consumerism. Each purchase you make supports the work of MCC locally and overseas. It's a small yet impactful way to make a difference in the world around you.

As we welcome the new year, let's make a collective commitment to sustainable living. Join us at the New Hamburg Thrift Centre in embracing the power of second-hand shopping as a conscious choice for a brighter, greener future. Together, let's build a community that values quality, creativity, and sustainability. Happy thrifting, and here's to a sustainable and fulfilling year ahead!




 **MCC**
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OUTLOOK ANSWERS

Groups of Gaggles

1. Monkeys – Troop
2. Shrimp – Shoal
3. Sharks – Shiver
4. Cheer Leaders – Squad
5. Rock Musicians – Band
6. Islands – Archipelago
7. Fruit – Bunch
8. Thoughts – Perspectives
9. Art – Portfolio
10. Cobras – A Quiver
11. Crow – Murder
12. Nuns – Convent or Sisterhood



Reduce to Produce

What happened when the icicle landed on the snowman's head?

It knocked him out cold!

All Things Scrambled

<u>Indoor Sports</u>	<u>Outdoor Sports</u>
Boxing	Golf
Hockey	Polo
Squash	Rugby
Curling	Tennis
Skating	Skiing
Bowling	Rowing
Swimming	Cricket
Ping Pong	Cycling
Wrestling	Baseball
Basketball	Football

Foxboro Green Community Fund and Food Drives for Wilmot Family Resource Centre

Thanks to the generosity of many in our community, Foxboro Green has had several successful collections this year. Our Thanksgiving drive brought in a grand total of \$5,450.00.

A second drive, through November till December 3rd, collected many food items including peanut butter, granola bars, crackers, cereal, and tin goods, totalling 98.6 pounds of food, plus \$390.00 in cash donations.

The Angel Tree donation boxes collected many handmade items, as well, toys and cash donations in the amount of \$1,920.00. These were also delivered to the Resource Centre for the Christmas season. Wilmot Family Resource Centre was very thankful for the generosity of the caring folks at Foxboro Green.

Thank you to all who donated and to those who made our collections such a success. It's all of us together who make the Township of Wilmot the greatest place to live.



Wilmot Family Resource Centre



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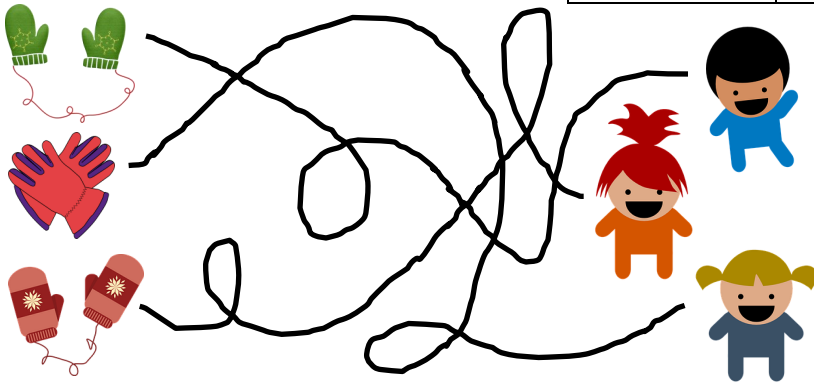
Portfolio Management services are provided by Quintessence (Q) Wealth. KLT Wealth Management is an owner and Partner in the Q Wealth Partnership.

KIDS' CORNER

HAPPY NEW YEAR

- * What do you call a snowman in the summer? A puddle
- * What is it called if a snowman has a temper tantrum? A meltdown
- * How does a snowman get to work? By icicle

Whose mittens are who's?



Using the letters in the word COLD, see if you can get 2 boys and girls names that begin with each letter!

C	O	L	D

HEY KIDS!

We are looking for your super cool snow builds! Send us a picture of what you have created with snow and we would love to feature them on our Facebook page! Get your parents to email us your picture and name to badenoutlook@hotmail.com

Happy building!

You Must Be Joking!!



- * When M, I, X, L, & V go for a long walk, they are Roamin' Numerals.
- * If by crunches you mean the sound bacon makes when you eat it, then yes... I do crunches.
- * I've invented a thought-controlled air freshener. It really makes sense when you think about it.
- * At Ed's job interview they asked, "Why the four year gap with no work?" "That's when I went to Yale." "Nice! You're hired!" "Thank you, I really need this job."
- * I've been looking for some buttons or a zipper. I guess I'm really just looking for a little closure.
- * I wonder if the guy who coined the term, "One Hit Wonder" came up with any other phrases.
- * When we were young, we used to get old tyres, fastened them with long ropes to tree branches, and swing on them. Those were Goodyears.



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RENTAL OR PURCHASE

CANADA POSTES
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UPDATE: In September I wrote about changes that were taking place in early 2024 that would affect travelers, including snowbirds who winter in Europe.

Well, those changes have now been pushed back to rollout in 2025 to allow more time for the development of the extensive program.

Beginning in 2025, Canadians - including snowbirds who winter in Europe - will need to **apply for a permit to enter 30 European countries** as the European Union increases its border security.

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

To obtain a permit, you will be able to **apply online to the European Travel Information and Authorisation System (ETIAS)** to visit 30 countries in Europe's Schengen Area and beyond.

The following countries will require a permit starting in 2025:

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

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

Apply for an ETIAS permit well in advance to avoid issues


ETIAS permits are not granted automatically and Canadians planning to visit Europe in 2025 should apply well in advance of their planned travel dates.

According to the ETIAS website:

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

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

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



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Ireland – June 5-16, 2024

Scotland Summer Discovery – June 15-23, 2024
Newfoundland & Labrador – July 29 - August 9, 2024

Discover Portugal – September 18-29, 2024

The Wonders of Ancient Egypt – September 23 - October 5, 2024

The Baden Outlook went to Japan!



Brenda Wiegand took her Baden Outlook to the Matsumoto Black Crow Castle in Matsumoto, Japan. (To those who went to Baden Public School in the early '80s, she was a teacher known as Brenda Paterson)



Celebrating and sharing an archive travel photo.

We love to see how far, and to what length folks will go to capture their best shot with their Baden Outlook. This photo was sent to us and featured in September 2016 as they met up with their cousins in the German Alps —How cool is that?!



Siblings Shelby, Cassidy, and Alex Wagler travelled to Dilsberg, Germany, in August to visit their cousins Pia and Kai. Here they are standing with their Baden Outlook on and in front of the German Alps in Bavaria.



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