JANUARY 2025

VOLUME 25, ISSUE 6

Baden Outlook

~ Your Favourite Feel Good Newsletter ~

Keeping the Community Connected since 2000

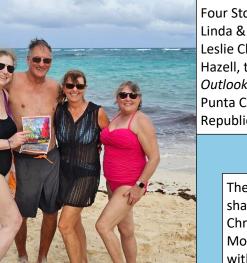
This paper is priceless - Please have one!

The Baden Outlook went west and south ... having so much fun!



Don't forget to take us along...simply e-mail us a photo holding a copy of the Baden Outlook to badenoutlook@hotmail.com

Kimberly and Steve Keller went west this summer to visit Family (Randy and Chris Keller) and enjoyed touring around with the Baden Outlook. We went to the set where they filmed the Heartland series in High River and saw Maggie's Diner and Feed. Just missed the cast filming but locals were happy to share their videos with us.

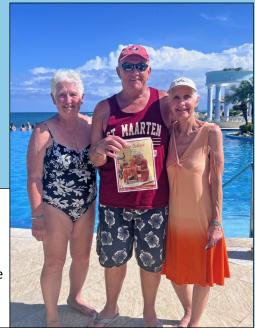


Four Stonecroft residents -Linda & Michael Mozewsky, Leslie Christie and Barb Hazell, took the Baden Outlook to the beach in Punta Cana, Dominican Republic.

The Baden Outlook is sharing a wonderful Christmas vacation near Montego Bay, Jamaica with Lois Kinney and Steve and Joan Campbell from New Hamburg.



The McAuley family travelled to Mexico and took their *Baden Outlook* along for some fun in the sun.





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Baden Outlook P.O. Box 5154 Baden, ON N3A 4J3 Phone: 519-634-8916 badenoutlook@hotmail.com www.badenoutlook.com

Barry, Pat, & Katie Fisher

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

- Games, games, games! Stuck in the house from snow? Play games!
- An update on LYNC housing from Lisa
- Global Outlook takes us deep into the desert
- Kate Stevely explains the true meaning of 'Namaste'
- Meet Melba from TCMH as she gives Resident Perspective this month
- Blast from the past.... We reshare an article ``Spongy Lake`` from the *Outlook* vault September 2004
- Gary White shares the importance of travel insurance if you're travelling just to the USA
- John Dinner from ICC teaches us how to be present in the moment and appreciate all of what we have
- The Region of Waterloo Library has winter programming now available for registration

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

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

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Baden Outlook

Greetings from Headquarters -

New Year.... a time where we put so much pressure on ourselves to make change. Change that often leads us to feeling like we have disappointed ourselves and speaks negatively to our headspace. If we change our thinking to more of a fiscal year end for business, we would instead approach a new year with looking back on what worked



well and should be celebrated, or what didn't work and learn from it. Use it as insight on how we are living. There's always some growth we can acknowledge. Feeling the pressure to make changes on, or by a certain date is intimidating and harder than maybe it needs to be. We can make changes any time of year! I get more inspired in the spring when the energy of renewal is around us, the weather is a bit warmer, and the sun offers us all some hope. This January, feel proud of what you achieved in 2024... even if it's just making it to a new year. We've got this Wilmot!

Wondering what things that you can look forward to in this issue? As outdoor activities around town are slim due to the weather, why not try out some of our *Outlook* games? Theresa Billo has submitted TWO games this month: a word search and a crossword. Mr. Barry Fisher has a *Drop One For Fun* and *All Things Scrambled*. And I created a *Reduce to Produce* and numerous other little games you will have to venture through to see them all! Have fun!



You can also check out my Aunt Cathy Cook's, Cook's Corner this month and try out some new soul-warming recipes for cold days. There are lots of articles this month to occupy your time and educate you on local what's ups. Have a great January!



Happy New Year! I guess you can exchange this greeting for a few weeks before we move along with the year. Personally, I'm a bit creeped out by the number 2025 as the turn of the new millennium was actually 25 years ago, and put us all in a spin wondering how it would go with Y2K... what the heck was that about?

However, moving forward, I will not pledge any miraculous or out of reach promises to myself — instead I'm going to get excited and

envision all the things I am planning to do this year. Where will we travel and what will we plant in the garden this year...? Is it time to pull out that old rug and freshen up our home? As I pack up all the excess Christmas décor and view the wide open clean spaces, I feel renewed...so bring on the new year!

Recapping 2024 from Headquarters we have heard that our readers want more games, quizzes, and fun—and that's fine by us! I so enjoy watching Barry and Katie as they share their latest game creation, one outdoing the other! We continue to be gifted with our many amazing writers who submit their articles on time joyfully sharing their expertise or thoughts on their particular topic. We thank them and also to you, the readers, for continuing to energize us —your enthusiasm drives us. Also, we are delighted with the folks who think of us as they pack their bags when

going on vacation, or take us along to join in their celebration or event. I only wish we could feature them in full-page size and in colour as each one is truly special. I wish you all health and wealth in the new year...and remember wealth doesn't always mean money. Wealth comes with great friendships and quality time with family, taking personal care, and enjoying daily smiles.



How Much is too Much?

g with Ed Growing up in a small tourist town in Muskoka had its advantages. You knew everybody, Lake Stewart was a twominute walk away for summer swimming, and everyone made the sports teams – nobody would get cut because there was no one to take your place! I



think I was a pretty average hockey player but I was really bad at baseball. I am not sure why, but getting beaned in the head with a baseball at an early age probably played a large part in it. Oddly enough hockey pucks whizzing around my head didn't bother me. Additionally, the hand/eye coordination wasn't there for me, which is a large part of baseball.

My friend, Tim, believes that baseball is one of the hardest sports to excel at. Hand/eye being one of the reasons, plus the fact that you have a split second to make a play. On average it takes about 0.434 seconds for a 95 mile per hour fastball to get from a pitcher to a catcher. A batter has that amount of time to determine what the pitch will be, whether it will be a slider, fastball, curveball, or many other pitches that a pitcher has in their repertoire. If a batter hits a ball at 65 mph (105 kph), or 95 feet (29 meters) per second, toward third base, it will reach the fielder in about 950 milliseconds. There are 1000 milliseconds in a second. Pretty impressive reaction time.



Equally impressive is the amount of money that a really good baseball player can command as observed by the recent Juan Soto signing and last year's Shohei Ohtani contract. Juan Soto signed a 15 -year contract worth a whopping 765 million with many other perks such as a hotel suite on away games, \$500,000 if he is selected MVP, \$100,000 for an all-star selection or gold glove award, and many other bonuses too lengthy to list. Ohtani signed a ten-year contract worth 700 million, much of the money deferred.

There are 162 games to an MLB season. Ohtani would make 70 million a season or \$432,098 per game or if you consider a batter might make it to bat four times per game, he would make \$108,024.69 for every time he is at the plate. Ohtani is special in my eyes because he is a terrific pitcher, batter, and outfielder. Both players would also make extra money through endorsements and advertisements. Does any of that seem extreme to the average person?

My first thought was MLB players must be the highest paid in all sports: however, that is not the case. Cristiano Ronaldo, the Portuguese soccer star who plays with Al Nassr of the Saudi Pro League, is the highest paid athlete for 2023 (the season consists of 34 games). According to Forbes he made \$200 million for on field earnings and \$60 million for off field earnings for a total of \$260 million. I assumed that Ohtani must have been next on the highest paid athlete's list; however, it turns out Ohtani is actually 13th on that list. John Rahm (golf) made \$218 million followed by Lionel Messi (soccer - \$135 million), Lebron James (basketball - \$128.2 million), Giannis Antetokounmpo (basketball - \$111 million) and so on.



The top twenty earners in sports, soccer and football had five representatives, basketball four, golf and boxing two, and one each for auto racing and baseball. The twentieth person made a paltry \$78 million for the previous 12 months.

In regards to the top 50 paid players in sports, there wasn't a single hockey player or female sports person, and Ohtani was the only baseball player. Basketball dominated the top fifty list with 18 players, followed by nine football players, eight from soccer, and five from golf.

Most of those numbers are incredible and it boils down to what the market will bear. Unfortunately, the spectators are the ones who will pay the price at the gate. I don't mind players trying to get what they can for their talents and ultimately it is up to the owners and managers what they are willing to pay. At some point you would have to think that they might get priced out of the market. Time will tell. Until next month...Ed



Katie, Barry, and Pat Fisher P.O. Box 5154 Baden, ON N3A 4J3 519-634-8916 badenoutlook@hotmail.com badenoutlook.com

The Baden Outlook

Your Monthly Newsletter — "Keeping the Community Connected"

You'll find us around the 15th of each month in over 75 places within Wilmot Township.

We only accept advertising from within Wilmot Township due to space restrictions and a loyalty to local businesses.



Reduce to Produce Answers on page 34

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)

Did you hear about the ski trip?

А	В	C	D		
THEY	IT	snowing	LOOK		
STARTED	LEFT	BLOW	OFF		
RED	soon	FINE	BLVE		
ICY	But	MOUNTAIN	WENT		
DOWNHILL	FLOW	BOOT	rainy		
LIFT	WHITE	FAST	WRONG		

- Remove all weather terms 1.
- Remove all words containing "OO" 2.
- 3. Remove all words opposite of "right"
- Remove all 4-lettered words in column A 4.
- 5. Remove the word that is bigger than a hill
- 6. Remove all words that are colours
- Remove all words that rhyme with "snow" 7.

Write leftover words here:



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The New Year's Eve Kids Party, sponsored by Fritz-Alder Precast and Alder Concrete, 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 17th 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!



Instead of dreading the snow, go out and play in it!



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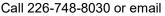


It's easy to transfer your prescriptions here!

Let US Help Take Care of YOU!



Checking out the Baden Library



<u>rwlprograms@regionofwaterloo.ca</u> if you have questions about upcoming programs. Program Highlights at Region of Waterloo Library

PROGRAMS IN BADEN

- After School Drop-In in partnership with Wilmot Family Resource Centre – Tuesdays (January 7 to February 25) from 2:45-5:00 p.m. (Designed for ages 6-17; Drop-in).
- Family Art in partnership with Wilmot Family Resource Centre – Thursdays (January 9 to February 27) from 3:15-4:15 p.m. (Designed for all ages; Registration required).
- Craft Time: Family Literacy Day Binoculars Monday, January 27 from 1:00-4:00 p.m. (Designed for ages 2-9; Drop-in).
- Craft Time: Valentine's Day Hedgehog Monday, February 10 from 1:00-4:00 p.m. (Designed for ages 2-9; Drop-in).
- Sweet Hearts Valentine Storytime Tuesday, February 11 from 10:30-11:15 a.m. (Designed for ages 2-5; Registration required).
- Minute to Win It! Wednesday, February 19 from 4:00-5:00 p.m. (Designed for ages 9-17; Registration required).

PROGRAMS IN NEW DUNDEE

- Storytime Wednesdays (January 15 to 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).
- Baby & Me Mondays (January 6 to February 10) from 10:30-11:30 a.m. (Designed for ages 0-18 months; Registration required).
- Arts & Tech Hub Tuesdays (January 14 to February 4) from 4:00-4:45p.m. (Designed for ages 6-12; Registration required).
- Storytime Thursdays (January 16 to February 20) from 10:30-11:00 a.m. (Designed for ages 2-5; Registration required).
- Snowman Pom Pom Popper Friday, January 17 from 2:30-5:00 p.m. (Designed for ages 6-12; Drop-in).
- Cup Painting Friday, January 31 from 2:00-3:00 p.m. (Designed for ages 13-17; Registration required).
- Crafternoons: DIY Stickers Wednesday, February 5 from 4:00-5:00 p.m. (Designed for ages 9-17; Registration required).

PROGRAMS IN WELLESLEY

Region of Waterloo

BRAR

- Storytime Wednesdays (January 8 to February 26) from 9:30-10:15 a.m. (Designed for ages 0-5; Drop-in).
- Baby & Me Wednesdays (January 8 to February 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, February 14 with 30-minute appointments between 9:00 a.m.-12:00 p.m. (Designed for 18+; Registration required).

AVAILABLE AT ALL LOCATIONS

- Adult Reading Challenge Runs from Thursday, January 2 to Monday, March 31. Visit your branch to pick up a bingo card!
- Beaded Pipe Cleaner Snowflake: Take Home Craft Kit – Register by Sunday, January 12; Pick up begins Monday, January 20 (Designed for ages 6-12).
- Family Literacy Day Activity Kit: Make a Terrarium – Register by Sunday, January 19; Pick up begins Monday, January 27 (Designed for all ages).
- Valentine's Day Lady Bug: Take Home Craft Kit Register by Sunday, January 26; Pick up begins Monday, February 3 (Designed for ages 6-12).
- Notes of Kindness Monday, February 10 to Saturday, February 15 during open hours (Designed for all ages; Drop-in).

Registration for Winter 2025 is now open!



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

NEW YEAR, NEW HOBBY! Looking to try something new in 2025?

Birdwatching? Bread Baking? Stargazing? RWL offers a wide range of hobby kits for you to explore. You can search our Hobby Kit collection online at <u>https://</u> www.rwlibrary.ca/en/collections/hobby-kits.aspx

Holds can be placed on any kit, and once available - it's yours to try for 3 weeks!



Scan to see Hobby Kits available at RWL.



Looking Back at Baden 100, 75, and 50 Years Ago By Castle Kilbride Staff-Sherri Gropp, Curator and Elizabeth Lukashal Museum Attendant

100 Years Ago Friday January 23, 1925

Mr. Noah Liebler, our cheesemaker, is still on the job as he keeps at it making a lot of cheese with the help of his husky bunch of workers.

Baden is now growing businesslike, as it grows bigger every day. A new printing office has been started and a paper will be published every Thursday by Honderich Press, to be known as "The Village Item" with news from the surrounding country. Curators Note: The Honderich Press was operated by John Honderich whose son Beland went on to be a Canadian newspaper executive who was the chairman and publisher of the Toronto Star and chairman and President of the Torstar Corporation.



1925 Calendar from Baden Cheese

75 Years Ago—January 20, 1950

Mr. and Mrs. John Honderich and son, Edgar, were holiday guests with Mr. and Mrs. Beland Honderich at Toronto.

There are still some cases of measles in the village. Baden and Philipsburg win Hockey Games at Local Arena.

The Wilmot Township Rural group played two games of its schedule at the New Hamburg Arena last Friday night with Philipsburg defeating St. Agatha 4-0 and Baden defeating Petersburg 7-2. Baden with a trio of brothers, Glen, Calvin, Stuart Honderich who netted six of their goals.





The Finest Car in the Low-Price Field?

 If you're going to huy a motor car, you can think yourself right into a Pontiac!
 Think of the car that's priced right down with the lowest, yet delivers so much more in performance and conduct, safely and case-of-driving - all for such low cost That's right - u's the Silver Streak Pontiac!

cost That's right – it's the Silver Streak Pontiael Think of the most beautiful car you're seen anywhere. Think of the car you're learn it the interest things about in the last half dozen years. Pontiae, beyond any question – in hit? –

- and at Think of the car that's nationally famous as a wonderful used car buy. Pontiac again [

In user ear hity, Fontiac again 1 Think which low-priced ear looks most at home before smart hotels and soank country clubs — wherever smart people gather. Once more, it's Pontiac by a mile! Think of the ear that boards a choice of L-bead excises

Think of the car that boarts a choice of L-head engines either six or cight cylinders - famous for thrift and performance. Sure, the answer's Pontiae!

W. BECHTHOLD

Yes, Pontiac - the finest car in the low price field is just naturally the easiest car to fall in love with in the whole wide world!

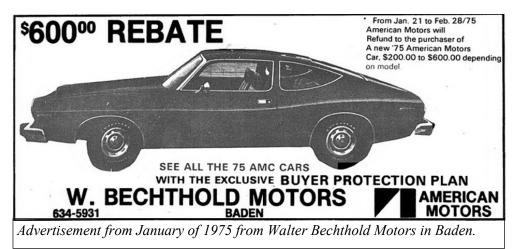
BADEN, ONT.

Advertisement from January 1950 for Walter Bechthold's business in Baden.

50 Years Ago January 29, 1975

Petition for Baden Sign

Residents of Baden are getting lost trying to find their own village. Poor lighting and directional signage along Highway 7 are responsible for the confusion said Wilmot Township Councillor Harold Schmidt of Baden. Mr. Schmidt asked council for support for a petition started by the Baden



Chamber of Commerce. The petition is to the Ministry of Transportation and Communications seeking new signs.

Shout out to New Hamburg and all the other communities in Wilmot who read and support the *Baden Outlook*! Pictured here is Waterloo Street in New Hamburg with Forest Glen Public School in the lower left hand corner—centre of the picture features Waterloo Street Plaza.







HAPPY NEW YEAR!!

39 Snyder's Road W, Baden 519-634-5711 badenhotel.com

Looking for some live entertainment in 2025? John Sean is playing January 25th from 7–10 p.m. Grab your friends and come down for a visit!

Don't feel like socializing? Call us for take out!



Baden Outlook





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-Paro S.

WILMOT~ WE'VE GOT YOUR NUMBER!

"

We asked Sheila Beauvais, the Head Secretary at Sir Adam Beck Public School, to play numbers with us. Check out the fun number facts she shared.



- Sir Adam Beck Public School has **490** students in attendance plus **45** staff members.
- There are **21** homeroom classes throughout the **2** storey school.
- There have been **4** permanent Principals since the school opened in **2011**.
- The **10** different grades that attend Sir Adam Beck enjoy **2** nutrition breaks per school day.
- Each school day has **10** periods!
- Sir Adam Beck Public School is located at **1140** Snyder's Road West in Baden!

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

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Baden Birding ~ Blue Jays

Bluejays are one of my favourite birds. They have a distinctive look of black, white and blue with a head-crest. They're big, and loud and boisterous, monopolizing your garden or your feeder. They love peanuts and sunflower seeds, and unfortunately will sweep other seeds out of the way and off the feeding trough in order to get at the seeds they want. They will also bully the smaller birds away until they get their fill.

Bluejays have been observed taking nuts from trees and feeders and poking them into holes and stumps. After a few hours of collection, they return to their cache and pick out the nuts. They then fly further towards their "home" and make other "deposits" into little storehouses. Many of these stores get forgotten, and end up sprouting into the next generation of trees! According

to research, Bluejays were instrumental in planting forests after the last ice age. They apparently like acorns so much, that the oak trees of the Wilmot area and Southern Ontario descend from plantings that the birds made centuries ago.





By Cathy Parker

Bluejays are also extremely smart. Believe it or not, just like crows, they'll use "tools" to get food or to open things like nuts. You may see them holding a small stick to poke at things, or holding a nut in their beak



while banging it on a rock. They apparently can recognize people's faces from one another. So, if you're the person who fills the feeder, they can tell that it's you, and not your brother or sister!

Bluejays 'talk' to each other. They are quite social. They have a wide variety of calls and sounds, and they'll answer other Bluejays. If you want to identify the many different Bluejay calls, try this webpage: <u>https://</u> are most known for their loud, raucous "Jay Jay" call, which sounds to me more like "Brrrrr Brrrrp." If you're lucky enough to have one or two in the neighbourhood, you'll recognize their many other calls. Bluejays can even mimic other birds! Not long ago, I was taking a container out to the compost bin in the back yard, and heard what I thought was a hawk. I stopped and looked into the sky, searching for the source of the sound. No soaring hawk was seen, but instead a cry came from my neighbour's large black locust trees. It was a Bluejay! I had to look that up, and sure enough, Bluejays are known to imitate hawks. Scientists think they do it to clear feeders of smaller birds, or to warn other Bluejays in the area that a hawk is close by. Sure had me fooled!

If you keep your eye out for Bluejays, you may notice some other funny habits. Sometimes, they do seemingly inexplicable things - like wiping ants all over their feathers in the summer! They may find an anthill and stand beside it, picking up the ants one at a time and stroking their feathers with the ant. Doing this apparently removes the bad taste ants naturally have caused by acid that ants produce to protect themselves.

A couple of years ago, and about this time of year, I was on a country walk in Wilmot and several Bluejays flew noisily overhead. Then a few more flew by, and a few more. I began counting them and eventually counted over 125! They were all heading towards the same chunk of bush. Although I researched whether Bluejays flock together in large numbers during certain seasons, I haven't come across any information saying that they do. I'll just have to keep researching! If you're observant, you may discover other odd behaviours that these intelligent birds display.

Baden Outlook



~ Living in the Here and Now By John Dinner, Registered Psychotherapist



As we find ourselves at the start of another new year with all of its potential and possibilities still intact, it can be tempting to pine for the good old days -- to wish that things could return to the way they once were. Weren't the days of our youth safer, more predictable, less complicated? Weren't we all in agreement on the big issues? Wasn't everyone happier?

We can all conjure up memories of simpler times, gentler politics, more respect for authority, and greater harmony. During those same years, however, many of us endured the threat of the Cold War when nuclear annihilation loomed. Those happier times came wrapped in a dark and foreboding reality.

As has been the case with every generation that has come before us, we live in a different world relative to the one in which we grew up. My first trip across Canada at age seven took four days by train. Today, we routinely crisscross the country in mere hours. The news was already stale by the time the headlines reached us. Today, we see world events unfold in real time and in high definition colour, with horrors unfolding in the comfort of our homes. Perhaps life back then was just different rather than it was better.



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It's important to adopt a balanced perspective on history, acknowledging both the positive and negative aspects of the past, as well as recognizing the progress that has been made over time. The challenge is to avoid being stuck pining for the past or being emotionally paralyzed by it.

Equally important is to not allow ourselves be caught up in the fear of what the future may or may not hold. Even as I write this, there is renewed hope in parts of the world where despair has prevailed for decades. The future holds both promise while also appearing bleak. And so it goes, just as it has been since the beginning of time for everyone.

It can be helpful to consider where we tend to focus our minds: on our past or the future. It is common for people to live with regret or anger about their past or to fear the uncertainty and lack of control over what the future holds. Instead of being trapped by these negative emotions, the past can be viewed as a place where we learn to prepare ourselves for whatever the future might bring.

Our culture encourages us to be unsatisfied and want for more. But as we shift to learning from the past and planning for the future, the goal is to find ourselves content in the present



- in the here and now. It is usually only in the present moment we can say that, as imperfect as things might be, our basic needs are being met. Being thankful for things that sustain us in the present is the best way to fight back against the anger and fear we might otherwise feel. May we all be thankful in 2025.

John Dinner is a Registered Psychotherapist who works as a counsellor at Interfaith Counselling Centre in New Hamburg, ON. He's content striving to live in the present in Waterloo Region.



ALL THINGS SCRAMBLED Within each category the words are jumbled up. Can you unscramble them? Answers on page 34	CAR CARE
Firefighter Equipment	
EXA	RUST CONTROL & Car and Truck Cleaning
SHOE	154-B Arnold Street, New Hamburg, ON Phone 519-662-3333
SMAK	Low- Drip Oil Spraying
CUTRK	Protect and Preserve your investment Cars, Vans, Trucks, Boats & RV's
SOTOB	Exterior & Interior Auto Cleaning & Detailing
DADELR	
THULME	ELE-GEAFEEGT
VOLESG	272 Snyders Rd. E• Baden, Ont• N3A2V6
LOVESH	FULL SERVICE MAINTENANCE AND REPAIRS TO ALL MAKES AND MODELS
ZOZLEN	Manager Service Manager
New Year's Resolutions	Matt Musselman matt@badenauto.ca dannyshantz@badenauto.ca
New Year's Resolutions	Matt Musselman Danny Shantz matt@badenauto.ca dannyshantz@badenauto.ca
	Matt Musselman matt@badenauto.ca Danny Shantz dannyshantz@badenauto.ca CSN - E & L COLLISION 374 Hamilton Road, Unit 4
TIED	Matt Musselman matt@badenauto.ca Danny Shantz dannyshantz@badenauto.ca CSN - E & L COLLISION 374 Hamilton Road, Unit 4 New Hamburg, Ontario N3A 2K2
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GLOBAL OUTLOOK— Deserts

When one thinks of deserts (not to be confused with desserts) the first thing that comes to mind is vast amounts of sand and intense heat; however, that is not true. Deserts are areas that receive very little precipitation - most experts claim that an area that receives no more than 25 centimetres each year would be a desert. Deserts can be areas that have cold winters or cold all year round or they could be hot, dry, and empty reaching temperatures of 54 degrees Celsius. They also can host a variety of plants,

animals, and organisms. Deserts can be found in every continent in the world, covering about one fifth of the world's land area, and home to over one billion people. While some may consider the Tabernas Desert in Spain a desert, most experts agree that Europe does not have a "true" desert.

The world's deserts can be divided into

five types—subtropical (high temperatures and warm soil), coastal (on a coast with lots of fog), rain shadow (located on the leeside of a mountain range), interior (in the heart of continents and can be polar), and polar (cold temperature deserts).

The world's largest subtropical desert is the Sahara. It is 9.2 million square kilometres in size, almost the size of the continental United States, and is considered the hottest

desert in the world. Saharan dunes can reach 180 metres in height and the highest point of the Sahara is Emi Koussi Volcano which is 3415 metres high. The next two largest subtropical deserts are the Arabian which is 2,300,000 square kilometres in size followed by the Great Australian Desert which 1,371,000 kilometres in size. The largest coastal desert is the Namib Desert (stretching 2,000 kilometres along the coastline), considered the oldest desert in the world dating back between 55 and 80

million years - it is on the southwest side of Africa. The Atacama Desert (1,600 kilometres long) is located on the Pacific coast of Chile and consists of stony terrain and salt lakes.

The largest rain shadow desert is considered to be the Gobi Desert which is located in Mongolia and Northern

China – the rain shadow is on the side facing away from the prevailing winds of the Himalayan Mountains. The Gobi Desert is 1,295,000 square kilometres in size and the sixth largest desert in the world. The largest cold deserts are also the largest deserts in the world. The Antarctic Desert is 14,200,000 square kilometres in size followed by the Arctic Desert which is 13,900,000 square kilometres. Both deserts consist of polar ice and tundra.





EcoNugget

Carbon Pricing: The Good News

- It's one of the most useful climate solutions for reducing greenhouse gas emissions and it is used around the world.
- It is designed to increase costs of burning fossil fuels and encourage people and businesses to use cleaner alternatives and become more energy efficient.
- About 90% of the money collected, in the provinces where it applies, is returned to families through quarterly rebate payments.
- Rural residents get 10 to 20% more to reflect higher energy use.
- The remaining 10% is returned to businesses, farmers, and Indigenous groups to help them reduce emissions.
- About 80% of households get more back than they spend on carbon pricing.
- Other factors such as volatile fossil fuel markets, corporate price gouging, extreme weather events, and pollution affect cost of living increases to a greater degree.

https://davidsuzuki.org/story/carbon-pricing-101-how-itworks/

The **Nith Valley EcoBoosters Youth Advocates** is a working group led by youth and young adults. It 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.

All students and young adults are encouraged to join. 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 <u>nveb.youthadvocates@gmail.com</u>

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Where Did These Sayings Originate From?

<u>Spill the Beans</u> - one explanation dates back to ancient Greece. People would vote anonymously using white and black beans as a simple "yay" or "nay."

<u>Rule of Thumb</u> - some say that the saying Rule of Thumb is by Scottish preacher James Durham: "Many profest Christians are like to foolish builders, who build by guess, and by rule of thumb (as we use to speak), and not by Square and Rule."

<u>By and Large</u> – On a sailing ship, when the wind is blowing from some compass point behind a ship's direction of travel then it is said to be "large.

Show Your True Colours – Lowering your flag on a naval ship was a strategy that some captains used. Proudly flying your countries flag showed your true colours.

<u>Steal My Thunder</u> - Dramatist John Dennis created an idea for a thunder machine for his play *Appius and Virginia*, but it didn't work. Not much later a play *Macbeth* used the same idea and it did work.



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Page 16

Compound Commons Answers page 34	You Must Be Joking!!
Find the missing word that connects all these items. The missing word can go either at the start or end of these clues. Here is an example to get you started!	 Did you hear about the broken guitar for sale? You can buy it with no strings attached.
(Ex BUS TRAIN RADIO <u>STATION)</u>	• Did you hear about the woman who couldn't stop collecting magazines? She had issues.
1 POT SUN WILD	 I once made a lot of money cleaning up leaves. I was raking it in.
2 PHONE OUT MOUTH	Why do barbers make good drivers?
3 DIS HEM BE	They know a lot of short cuts.
4 SOUND FIRE CHILD	• Why did the elephant leave the circus? It was sick of working for peanuts.
5 BOARD BUTTER TEA	 My mom asked me to put the cat out. I didn't know it was on fire.
6 KNEE WIND EYE	What do you call a pencil with two erasers?
7 DIGGER SITE EN	Pointless.
8 CASE SHELF HAND	 Did you hear about the broken hearing aid? Wait, what?
9 MID GREEN TIRE	• What do you call a cow with bad manners?
10 ACTIVE GRAPH WAVE	Beef jerky.

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The concept of a 'Village' started some 30 years ago here at Winston Park.

It is a splendid social model which promotes both community and care in a completely natural way. – **Ron Schlegel**, founder of Schlegel Villages

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695 Block Line Road, Kitchener schlegelvillages.com

HARD FACTS ON SPONGY LAKE (a blast from the past Outlook article from 2004)



Most of us are aware that a one-kilometer thick glacier formed the Baden hill 50,000 years ago. The hill was fashioned by the constant advancing and retreating of the ice, which left behind silt, creating our most notable landmark. The other major landmark that doesn't receive much recognition is Spongy Lake, located due north of the hill and across the railway tracks. To find more information on Spongy Lake we contacted Mike Stone and Jonathon Price, professors from the Department of Geography at the University of Waterloo. We thank them for sharing their knowledge with us.

According to the Canadian Wetlands Classification System, there are five different types of wetlands. These classifications include bogs, fens, marshes, swamps, and shallow water wetlands. Spongy Lake is classed as a bog and in particular a kettle bog. It was formed 50,000 years ago when a glacier scraped

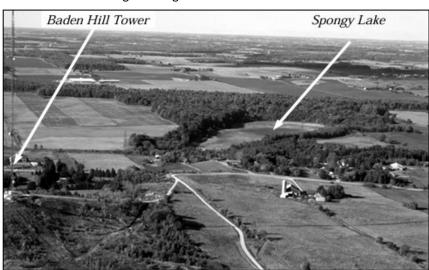
away the ice creating a kettle formation. As time went on the glacier melted, eventually creating a bog. The land, which is owned by the University of Waterloo, is being used for various research projects.

Paradise Lake is also classified as a kettle bog, but because of the strong inflow and outflow of water it remains relatively free of floating mats. Spongy Lake, which is 26 hectares in size, has a lack of water flow and therefore has developed many areas of vegetation. A buoyant mat of vegetation (mainly peat) that is 4.9 meters thick covers the northern third of Spongy Lake. The remaining section is shallow open water and for at least the last two summers it has dried out exposing the peaty lakebed. There is a cedar swamp to the south and a margin of shrubs surrounds the perimeter of the lake. A variety of deciduous and coniferous trees exist around the area. Our area at one time was Carolinian Forest consisting of a variety of trees, but due to wide-spread logging, it now consists of mainly maple and pine trees.

The buoyant vegetation mat is supported by sediment and this is how the lake received its name. After rainfall the depth of the lake increases accordingly with the amount of rainfall. Springs can be found in the area of the cedar swamp that provides inflow for the lake. There is no surface outflow but water does exit the lake through underground cavities. The floor of the lake consists

of clay on the southern half and hard packed sand (from the glacier) on the rest of the lake. The water table lies about six meters below the lake surface (one meter below the floor at its deepest point) and the high peat accumulation holds the water table higher than normal.

Both Spongy Lake and Baden lie within a complex series of perched and regional aquifers within the Waterloo Moraine aquifer. Some of the research that has been carried out by the university is regarding the high content of nitrates that are found in the Baden area water system. Ongoing research will hopefully provide more information. Spongy Lake acts as an important recharge zone for our water system.



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Weather Devices Crossword By Theresa Billo

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

1	2			3		4						5	
										6			
		-						7					8
	9		10										
										11			
					12								
		-	13								14		
	15				16								
				17						18			
	19	20											
				21					22			23	
24							25						
										26			
	27												



Start January with an empty jar. Add a note anytime a good thing happens throughout the year.



On New Years Eve, empty the jar and read about the amazing year you had.

And so another year comes to an end and you made it.

Whether the year was good or bad, you made it.

You got through 100% of your bad days, and that's pretty incredible.

So if no one's told you yet, I'm so proud of you.

And I can't wait to see what the new year brings for us, with both the ups and the downs.

But we'll make it, once again.

It has been brought to my attention that 1980 and 2025 are as far apart as 1980 and 1935.

I'm just going to need a minute to digest this.

Across

- 1. Measures atmospheric pressure
- 7. Aggravating
- 9. Female parent
- 11. Large tall flightless bird
- 12. Woods
- 13. Pal
- 14. Diagram of area of land
- 15. Golf peg
- 16. Clear, semi-solid preserve
- 17. Occupy a seat
- 18. Nitwit
- 19. Scale to measure earthquakes
- 21. Hearing organ
- 22. Skip school or work (slang)
- 24. Cord used to tie up shoes
- 26. Opposite of west
- 27. Measures humidity

Down

- 2. Measures wind speed
- 3. Arithmetic
- 4. Measures temperature
- 5. Green recycling _____
- 6. Make a physical or mental effort
- 7. Simple device for wind direction
- 8. Snow pellets
- 10. Two times
- 12. Scale to measure tornadoes
- 17. That female one
- 18. Marigold
- 20. Scratchy
- 23. Smooch
- 25. Seek legal action

BADEN OUTLOOK

Keeping the Community Connected

Baden Outlook



NOW AND THEN

Baden Public School used to be on Snyder's Road East across from Sir Adam Beck Park. This photo is dated at July 2008 when demolition was commencing. The empty school was used as fire and police training and some of the materials were donated to Habitat for Humanity. Wonderful memories to those who attended that public school.

Academy Gardens now stands in the place of this old school featuring numerous homes. A new Baden Public School was built on Livingston behind the castle. Baden has expanded so much in the last twenty years they also built Sir Adam Beck Public School to support the growing number of students.

Seeing Strange Activity?

Don't be alarmed. This site has been offered to the following groups for materials, training and testing purposes: Habitat for Humanity Police Emergency Response Unit as well as Fire, Search & Rescue

Schout _____ 519-634-1001 Developing Today with Tought for TomorrowTM





We were able to get a press pass into the school mid-demolition capturing some great memories for those who attended this school. Below left, one of the bathroom featuring door to outdoors. Below right, gym and stage with doors to the change rooms on the left.



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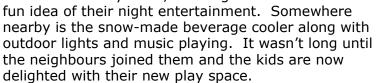
Ryan Shaughnessy Sr. Field Service Technician mylocalalarmguy519@gmail.com 519.781.9365

New Hamburg, ON N3A 0G5



Yes, It's Winter! So Get Out and Have Fun!!

Winter...It's not going away any time soon, so we may as well make the best of it. This picture of a snow fort was made by Katie, showing us a





We know it's healthy to be outdoors but what to do to endure the cold? Get creative and email us your creative outdoor play photo and we will post it on our Facebook page. What a great way to connect with your neighbours and play with your kids!

You Must Be Joking!!

The New Year often prompts us to make change, lose weight, and get fit. ...well, perhaps, or not!



EXERCISES THAT WON'T BURN CALORIES.

- \Rightarrow Jogging your memory.
- \Rightarrow Throwing your weight around.
- \Rightarrow Diving into your work.
- \Rightarrow Jumping to conclusions.
- \Rightarrow Swimming in paperwork.
- \Rightarrow Skipping class.
- \Rightarrow Picking up the cheque.
- \Rightarrow Letting your fingers do the walking.
- \Rightarrow Running up your charge cards.
- \Rightarrow Bouncing ideas off a co-worker.
- \Rightarrow Wrestling with a decision.



TALKING TWENTY YEARS



"A mother takes twenty years to make a man of her boy, and another woman can make a fool of him in twenty minutes." Robert Frost

"It takes twenty years to build a reputation and five minutes to ruin it. If you think about that, you'll probably do things differently." Warren Buffet

"My wife and I were happy for the first twenty years. Then we met." Rodney Dangerfield

"Instead of thinking about where you are, think about where you want to be. It takes twenty years of hard work to become an overnight success." Diana Rankin

"The best time to plant a tree is twenty years ago. The second best time is today." Chinese Proverb

"I say, play your own way. Don't play what the public wants—you play what you want and let the public pick up on what you're doing—even if it takes them twenty years." Thelonious Monk





Community Corner ~ Check Out What's Going On!

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, again this year, and allowing our Lions / Lioness team, to present our 41st Annual Tree Lighting ceremony on Friday evening Nov. 29th.

Funds raised, in excess of \$ 375,000.00 after 41 years, allow us to continue to serve the important and essential needs within our community in 2024 and 2025.

We were thrilled to have an evening with perfect Tree Lighting weather - not too cold, some light snow, and some lovely music and voices, along with dozens of happy children, to introduce the Christmas season.



Our best wishes for a very Merry Christmas, Happy Holidays and a prosperous and enjoyable New Year to all our friends and neighbours.

WILMOT HERITAGE FIRE BRIGADES

Our lucky December winner was Howard Reibling winning \$205! This is the fourth time Mr. Reibling has won the WHFB raffle. Congrats!

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

Email if you are interested in raffle tickets at wilmotfiremuseum@gmail.com or check us out on Facebook at Wilmot Heritage Fire Brigades! We would love your empties and/or scrap metal!



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

Winners of \$500 dollars: Dav 1 - Theresa King Day 2 - Barb Cochrane Day 3 - Kelly Nicholls Day 4 - Sheila Walker Day 5 - Barb Jacklin Day 6 - Glenda Nichols Day 7 - Doug Hammer Day 8 - Larry Taylor Day 9 - Ann Bronson Day 10 - Naomi Medema Day 11 - Ashley Flanagan - \$1000 Day 12 - Ashley Flanagan - \$2000



"Thank you for all your support!"



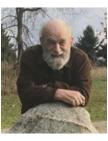
Canadian Blood Services

Blood Donor Clinic

Mon, Jan 27, 2 pm - 8 pm Steinmann Mennonite Church 1316 Snyder's Road W., Baden

Remembering John Anthony Cull (1939-2024)

John Cull sadly passed away on December 29th, 2024. Mr. Cull will always be remembered as an outstanding man and teacher at Waterloo-Oxford District Secondary School. He was in a pillar in the English Department as well as Head of the Music



Department. He organized musicals and operetta as well as travelling with Glee Club. Mr. Cull had a long-lasting impressions on all his students. Rest in peace Mr. Cull.

Calendar Fundraiser December Winners





Sharon Dietrich \$50 Gift Certificate to Town Pantry Christine Fournier \$50 Gift Certificate to Evoke Fitness Jackie Gross \$50 Gift Certificate to Is This Chair Taken Holly Bast \$50 Gift Certificate to Feather Nail Lounge

Congratulations Winners!

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



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f Canada's New Horizons for Seniors Program

Baden Tid-Bit:

The Baden Volunteer Fire Department has been around for a long time, but did you know who has served the longest in this great organization?

~ The Baden Volunteer Fire Department has been around since the early 1920s and has served its community proudly. Every firefighter is dedicated to doing whatever is necessary, no matter whether in freezing temperatures or the middle of the night, and they never know what each call may bring. Mike Weiler was the longest serving fire fighter with 48 years and his brother Roger is next to him with 47 years of service. If you see any firefighters in town, be sure to thank them for being there for us.

re to thank them for being there for us.

New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

ROCK TONIC Saturday, January 18th from 2-6: \$5: Enjoy old classic rock

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1920s to new millennium, oldies, rock, country, etc. Saturday, February 1st from 1-5 Donation at door - everyone welcome

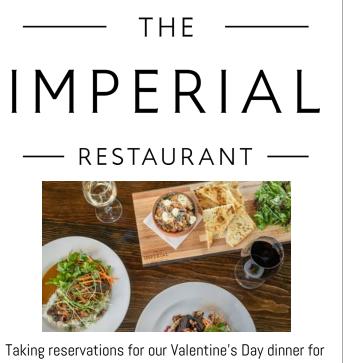
WILMOT HERITAGE FIRE BRIGADES What is this? Did you know?

Many years ago, the fire fighters used this type of nozzle which was commonly called a play pipe. It is 2.5" (65 mm) straight stream nozzle with no adjustment or shut off. It is a brass nozzle wrapped with cotton thread to give it a grip. Water was supplied from the pump at any given pressure and was directed at the fire. Usually two persons operated this type of nozzle.



We are always looking for people interested in history to become a member. We are also happy to give you a personal or group tour.

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two. Appetizer, entrees, and a shared dessert for \$75 per couple. Regular menu also available. Call 519-390-6000 to reserve your table.

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Namaste' to ALL, and to ALL a Good-Night

Can you say "Namaste"? Well of course you can say it, but do you understand it, and mean it? Namaste has fallen into common parlance. Non-Yoga Folks actually say it a lot. They even make jokes with it. For instance, anyone who does not know me, might say:

"Hey Kate! Do you want to go out and have fun in the snow?" To which I will undoubtedly respond, "Namaste inside where it's nice and warm!"

And lots of variations on that. 2

But Non-Yoga Folks also toss it around as a greeting/ parting word, maybe like "Aloha". Sort of in the same way a LOT of Non-Yoga Folks wear Yoga Pants, and never set those Yoga Pants down on a Yoga Mat. I can only hope that the true higher vibration of that word and the comfort of those pants is inspirational.

Let's open up our minds for a moment to some Yoga basics behind the scenes!!! The traditional energy centres of Yoga, called the Chakras (a little pet peeve of mine, the word is pronounced like Chalk not Shock or Shack), are impactful, and they deserve our awareness. One of the most important of them is Anahata, the Heart Chakra. Can you picture that strong, warm space in the chest, that has been beating since long before you were born?

As you picture that heart space, feel the energy of it which enlivens and illuminates us, and remember that energy is part of the total Energy of Creation. Know that space is also existing in everyone you meet. Recognize that bidden or unbidden, there is now a realization that you, everyone you meet, and the Universal Energy are connected. As you acknowledge that connection bring your hands to your heart space to help you feel that energy. There it is! Namaste'!!!

Respect is at the heart of Namaste, and respect is something sadly lacking in our world. When you say Namaste and/or use the Anjali Mudra (a mudra is a



meaningful hand gesture), which brings hands to heart, you are respecting yourself and the recipient of the word and/or gesture. There is a lot packed into that.



First, you are self-acknowledging the Light in your heart. Sometimes we lose sight of our own connection to that Universal Energy. We forget to respect ourselves. And you can't give what you don't have. Then you are acknowledging and respecting that in that person you are saluting, exists the VERY SAME Universal Energy.

Maybe most importantly, can you bring that respect into your everyday life? Can you take a deep breath when someone cuts you off in traffic or cuts into line in front of you? And just for a moment remember we are all connected and not offer them that common North American Mudra, that one finger salute.

The real beauty of that Universal Energy is that you can call it whatever you want in your mind. When I say, "Namaste" at the end of a Yoga Class, I am respecting all I have put into that class, and all my Yoga Folks have put into that class. And I am respecting that Universal Energy, that Light in me and in ALL of them. Namaste' indeed to all of YOU.



Drop One For Fun

Write the five-letter answer to clue #1 in the first box. Drop one letter and rearrange the remaining letters to answer clue #2. Put the dropped letter into column A. Drop another letter and rearrange the remaining letters

A start

to answer clue three. Put the dropped letter into column B. Follow the pattern for each row into the diagram. When completed, the letters in column A and column B, reading down, will spell words or a phrase. Have fun!

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

- 1. Long narrow deep inlet
- 2. Car company
- 3. Fishing equipment
- 4. Come or bring together
- 5. A prong
- 6. Decade
- 7. Bedding
- 8. A dash or stroke
- 9. Falsity
- 10. Capture
- 11. Converse
- 12. Fedora or sombrero
- 13. A type of insect
- 14. Scorch
- 15. Vehicle



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ACRONYMS OF THE PRESENT DAY

These terms are short form for online or computer tech world. Can you identify these acronyms by writing their full name beside each below?

Answers on page 34.

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QR code	
SMS	
MMS	
WiFi	
GIF	
GPS	
PDF	
PNG	
JPEG	
WWW	
URL	



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Zion Philipsburg Lutheran Church Sunday Worship 10:30 a.m. www.philipsburglutheranchurch.ca

Emmanuel Lutheran Church Sunday Worship 9:30 a.m. www.petersburgchurch.org

Zion United Church

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



Sunday Worship 9:30 a.m. www.shantzmc.ca **St. James Lutheran Church**

Shantz Mennonite Church

Please support the advertisers of

Sunday Worship 9:00 a.m. 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

Greetings from New Hamburg Thrift Centre By Emma Norris

As the year comes to a close, it's a natural time to reflect on the past and set our sights on the future. Looking back at 2024, we have so much to be thankful for, and so much to celebrate. This past year has been a testament to the power of community, and we couldn't have achieved our goals without the support of so many wonderful people.

Our volunteers, who selflessly dedicate their time to classify, clean, price, and display donations, ensuring everything runs smoothly.

Our donors, whose generosity—whether in-kind or financial—makes all the difference in supporting our mission and spreading love to those in need.

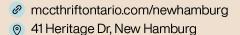
Our customers, who not only support our store but also understand the impact of their purchases in making a difference in the lives of others.

As we say goodbye to 2024, we also look forward with hope to the year ahead. 2025 brings with it new opportunities to grow, support meaningful causes, and make a positive impact both locally and globally. We remain hopeful for the future, inspired by the work already done and excited about the work still to come.

Your Unused Treasures Can Change Lives

Start the year by giving back — donate to





As we begin the new year, we're excited to invite you to two special events happening in January at the Material Resources building next to us.

1. Grand Opening of the Meat Cannery

After six months of construction, the MCC Meat Cannery in New Hamburg is now ready! Before we begin canning and shipping, we'd love for you to join us for the Grand Opening celebration. You'll have the chance to tour the facility and learn about the important work being done here.

When: Saturday, January 18 Time: 1:45 PM - 4:00 PM EST Where: New Hamburg Material Resources Centre, 65 Heritage Dr., New Hamburg, ON N3A 2J3

The Meat Cannery is a 10,000 square foot facility that relies on thousands of volunteers each year. It will double the production of the mobile cannery, increasing its output from 45,000 pounds of meat annually to 90,000 pounds. This means more than 50,000 cans of nutritious food will be sent to families in need around the world each year. We're excited to mark this milestone with you as we begin a new chapter in relief work.

2. The Great Winter Warm-Up Comforter-Knotting Blitz Come warm up with us at the Great Winter Warm-Up! We're inviting you, your friends, and your family to join us for a fun-filled comforter knotting event. Together, we'll make handmade comforters that will bring warmth and comfort to those in need, showing them that they are loved and cared for.

Saturday, January 25 - 10:00 AM - 2:00 PM EST New Hamburg Material Resources Centre, 65 Heritage Dr., New Hamburg, ON N3A 2J3

Each comforter helps increase the number of blankets MCC can send to vulnerable people around the world. These blankets not only provide warmth but also serve as a reminder that those receiving them are not forgotten.

Thank you for your continued support to MCC. 2024 has been an amazing year, and we're looking forward to an even more impactful 2025. Let's make this year one of hope, generosity, and meaningful change.



We're on the Web!

Read the paper in colour on-line, at www.badenoutlook.com

Baden Outlook





The Magical Food Known As Cheese

January... brrrr... makes me want to curl up, read a good book, binge watch tv, and eat. Cheese plays a big part in the joy. It comes in so many forms and types, and there is an abundance of choice, in textures and flavours. From the softness of cream cheese and brie, the firm old cheddar and gouda to the crumbly feta and blue cheese there is a flavour and texture for everyone, and don't get me started on melted... yum. Who can resist a simple

grilled cheese, the food of childhood memories, or perhaps fancied up with brie, turkey, and cranberry sauce or havarti and asparagus - the possibilities are endless. Next to eggs, I feel cheese is the most versatile and nutritious of foods, used in so many recipes it becomes impossible to pick my favourite. Cheese from cow's milk is by far the most common and readily available everywhere but cheese from goat, sheep and water buffalo are delicious options, especially for anyone with cow's milk allergies or intolerances. It's one of the few foods that so showcases many different countries - French camembert, Dutch gouda, and Swiss gruyere are just a few examples of cheeses from around the world that are found in grocery stores. Finding local cheeses is always my favourite. Two of my favourite uses of cheese lately are both very simple, yummy, and nutritious. Cheese crackers and chocolate pudding - who knew cottage cheese could be a dessert? I didn't! I hope you enjoy them.

Cheese Crackers

These can be made with any cheese or combination of cheeses but my favourite is finely shredded cheddar, parmigiana and gouda. Simply line a cookie sheet with parchment paper, roll into teaspoon-size balls, and bake at 375 F for 7-10 minutes or until edges are golden. Let cool slightly before removing to cool on paper towel. They are best eaten fresh but keep in refrigerator. With larger quantities of cheese, I also make taco shells, wonderful for people following the keto lifestyle.

Chocolate Pudding

Simply add 1 cup of cottage cheese, 1 tablespoon of cocoa, and 1 tablespoon of maple syrup or sweetener of your choice. Blend until smooth, adding yogurt, kefir or whipping cream to thin if too thick. Enjoy by itself or top with fresh fruit and more whipping cream for extra indulgence.



Cheesy Beer Bread

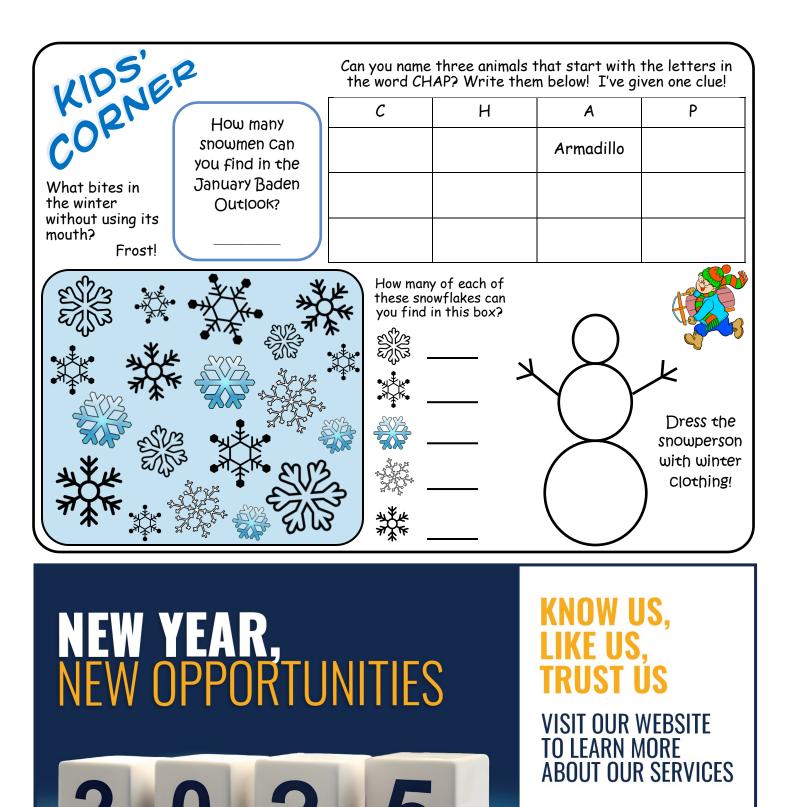
- 3 cups flour
- 1 cup shredded cheddar cheese (or cheese of choice)
- 1 or 2 garlic cloves, finely chopped
- 1 tbsp sugar
- 1 tbsp baking powder
- 1 tsp salt
- 1 bottle beer of choice
- 2 tbsp melted butter



Preheat oven to 350 F and prepare a loaf pan with butter and flour or baking spray. Mix all dry ingredients and mix well, add cheese, and stir to blend. Form a well and slowly pour in beer and mix well. Pour into prepared pan and bake for 35-45 minutes or until toothpick comes out clean. Drizzle melted butter over top and let cool for about 10 minutes, then run knife around outside to loosen. Enjoy!









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TRI-COUNTY MENNONITE HOMES— Resident's Perspectives featuring Melba Chapman

Happy New Year!

To ring in the year, we sat down with Melba Chapman, resident at Tri-County Mennonite Homes (TCMH) Nithview Community for 3 years. Melba grew up in the West Burro area of Ottawa but has been living in Wilmot Township for 10 years. Melba is celebrating her 97th birthday in January – but she is still young at heart!

Growing up, Melba was the second oldest of four siblings, all sisters. She liked the street she grew up on because it was homey, quiet, and safe. She never worried about walking alone on the street. And walk she did! School was a fair distance

away and Melba walked there every day. Her favourite subject was spelling and she was sure to try to out-do herself with each spelling test. Some of her favourite childhood memories though were of her grandmother. Her grandparents used to visit every weekend for a singsong with all the cousins. Her grandparents had 10 kids so there was always lots of family around. But Melba's special memory isn't singing with her cousins, it's braiding her grandmother's very long hair. It was special one-on-one time with her grandma and Melba never forgot the warmth and joy of that time.

For Melba, January itself is a rather un-interesting month. She is looking forward to her birthday this month, but that's about it. Otherwise, the holidays have passed, and time is moving slower. When Melba had her own family, they did not usually celebrate New Year's Eve. Her husband was an OPP officer and was usually working. Her son was in the Navy and was often away. It didn't leave much desire for parties or resolutions. Nevertheless, we wondered if Melba had a new year's resolution this year - to which she smiled and said she did not. After 96 years, going on 97 years, there is not much she cares to try and change. Life has been good overall. Melba enjoyed her Christmas and the holidays this year. Her daughter, who lives in Wilmot, came to visit, and her other daughter is planning to visit to celebrate Melba's 97th rotation around the sun. That's good enough for her!

To pass the time otherwise, Melba used to play cards. She doesn't get to play often anymore because there are not too many people for her to play with. She learned to play cards as a young woman of 16 and she figures if we sat down to her favourite card game, she would most likely win. It makes sense she would win given her lifelong experience. I for one, would certainly enjoy the challenge of playing with someone as seasoned as Melba!

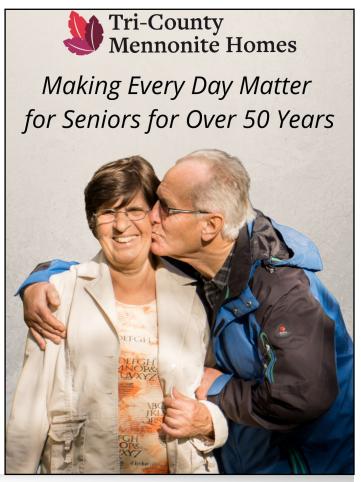
January is National Hobby Month – a great way to pass a slower month after all the hustle and bustle of the holidays – and we wanted to know what other pastimes Melba enjoyed. She told us she enjoyed knitting, and sewing. Melba learned to knit and sew in the late '60s when she lived in Perth. She



made many afghans and washcloths. If you're interested in learning to knit, Melba suggests you find yourself a good teacher to show you what to do. And she assures us that once you get the hang of it, it can be a rather addictive activity.

For fun, we asked Melba if she could choose to meet anyone in the world – past, present, historical, fictional – who would it be? Little did we know we had a country music fan in our midst! Melba would like to meet Johnny Cash so she could ask him when and why he started singing. And if this imaginary meeting should ever happen, Melba figures she'd treat the Man in Black to a Chinese dinner because that's her favourite.

As our time ran out, we asked if Melba had any final thoughts to share. Her grace and long-life left her with only gratitude for the good family she grew up with, for her kids and family who treat her well, and for her friends, like Jane who lives up north, who gave her many memories to cherish. So, as you while away this slower month, from everyone at TCMH, we hope you will also create many happy memories to carry you through the year, and hopefully to your 97th birthday as well!



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WHAT'S THE WEATHER?

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CLIMATE	SLEET
CLIPPER	SNOW
CLOUDY	STORM
COLD FRONT	SUNNY
EL NINO	TEXAS LOW
GUSTS	THUNDER
HAIL	TORNADO
HUMIDEX	TYPHOON
HURRICANE	WARM FRONT
ICE	WATER SPOUT
LIGHTNING	WEATHER
NOR'EASTER	WIND CHILL



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Baden Outlook

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A Warm Home

Submitted by: Lisa Doherty, Vice Chair, Love Your Neighbour Communities

The nostalgic sounds of Bing Crosby crooning the iconic *I'll Be Home For Christmas* are fading into the background and we are getting ready to settle in for the winter. You might be pulling on the warm socks you got as a present and settling by the fire, or you might be waxing those skis anticipating a good snowfall. You may even be planning to escape to a second home in the sunny south.

But what if all you really longed for this Christmas was simply **a home.**

A survey taken in October of 2024 discovered that 2,371 people in Waterloo Region are homeless. The Wilmot Family Resource Centre stated in an article last February that they estimated there were between 20-30 people in Wilmot who were living in their cars or in unsafe, inadequate, or overcrowded situations.

Homelessness looks different in rural areas. There are no homeless shelters in Wilmot which means people may choose to live in cars, move from place to place, or they may need to move away to access needed services. They may choose to temporarily stay with friends or relatives, which may mean enduring unbearable conditions (perhaps even abuse). These people are part of the "hidden homeless" population.

You may know seniors who wish to age in place surrounded by their "village". We have heard from families who can't find affordable homes large enough to accommodate their family size. Employers have reported losing employees due to a lack of nearby housing.

LYNC believes in helping people find safe, secure, and affordable homes before they reach a crisis situation and find themselves homeless. Our Mill Block Community project will provide 31 units of rental housing with a mix of market rate, affordable, and rent geared to income apartments. In addition, we will be saving a historic landmark by renovating the former BW Feed Mill. We are one of many non profits who are working hard to remove the "profit" element from housing. The Mill Block Community has received the necessary approvals and we are awaiting funding.

Making even a dent in the housing crises will take both systemic changes and crisis intervention. Many people ask us "how can we help?"

Our answer is first to fight for systematic change. Raise your voice to let people know that the current state of housing in Canada is not okay. Advocate, vote, and get involved. Most importantly, be open to affordable housing in your own neighbourhood.

We also ask that you work with us to mitigate the crisis of those experiencing housing insecurity at this very moment. LYNC is operating



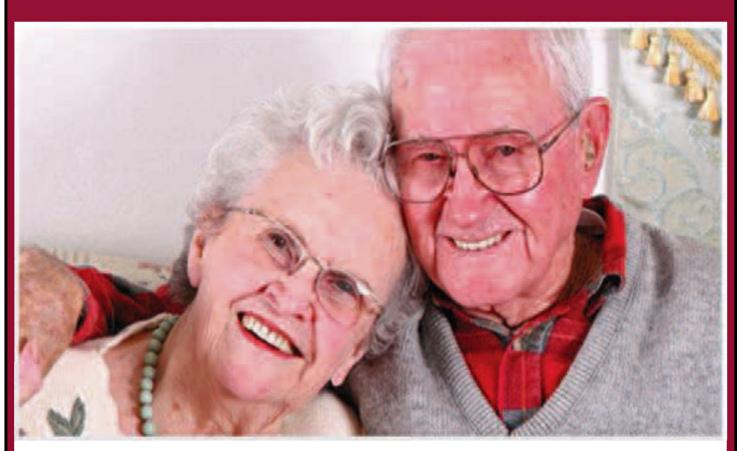
right here in Wilmot Township and we are working to remove the profit element from housing. We need your support: give generously.

As you settle into the warmth of your homes and consider your new year's resolutions for better health or fitness, would you please also consider those who have no permanent, safe, or affordable homes?

Although it may take time, effort, patience, and a lot of compassion, as a community, we can both care for people in crises and make systemic changes together.

To learn more about LYNC or the Mill Block Community visit our website at www.lyncommunities.com.





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Baden Outlook

Travel Insurance News and Views

Attention, Canadian Travellers!

Think Your Provincial Health Insurance Has Your Back When You Travel? Think Again!

Many Canadians believe their provincial health care plans will shield them from massive medical bills if they face a health emergency while travelling. Unfortunately, that's a dangerous misconception.

The Hard Truth: Your provincial health plan barely scratches the surface when it comes to covering medical costs outside Canada — and even within other provinces! Here's what you absolutely need to know before you pack your bags:

Three Critical Coverage Gaps You Can't Afford to Ignore:

1. Outside Canada, You're Largely on Your Own! Your provincial plan only covers a tiny fraction of your out-ofcountry medical costs — you're left paying the majority out of pocket!

2. Pre-existing Conditions? Forget About It! Only medically

necessary emergency treatments are covered, and pre-existing conditions are excluded.



3. Excluded Treatments Could Cost You Dearly! Many services like prescriptions, ambulances, dental emergencies, or even transport home may not be covered. (Details vary by province.)

Shocking Example: OHIP Coverage Limits for Out-of-**Country Care:**

- Emergency Room (Outpatient): Up to \$50 CAD/day
- Emergency Room (Inpatient): \$200 \$400 CAD/day

Doctor Visit: OHIP's domestic rates (a fraction of the actual U.S. cost)

Now Compare That to REAL U.S. Medical Costs:

Hospital Stay: \$10,000 - \$25,000 USD/day

Doctor's Visit: \$200 - \$2,500 USD or more

Reality Check: Your provincial plan will cover just 2% -5% of a typical U.S. medical bill! The rest? Coming out of YOUR pocket.

Don't Let an Emergency Bankrupt You!

Protect yourself before you travel - get additional travel insurance coverage and travel with peace of mind.

OUTLOOK **QUIZ ANSWERS**

Acronyms of Present Day

PIN-Personal Identification Number QR Code-Quick Response Code SMS-Short Message Service MMS-Multimedia Messaging Service WiFi-Wireless Fidelity GIF-Graphics Interchange Format GPS-Global Positioning System PDF-Portable Document Format PNG-Portable Network Graphics JPEG-Joint Photographic Experts Group WWW-World Wide Web VRL-Uniform Resource Locator

Reduce to Produce Did you hear about the ski trip?

It started off fine but went downhill fast.

All Things :	Scrambled			
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5 Tine	6 Ten
8 Line	9 Lie
11 Chat	12 Hat
14 Char	15 Car

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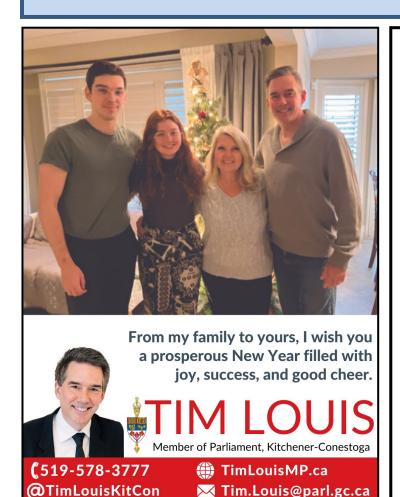


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MEET OUR EXPERSION

Chris Arnold, H.I.S

Owner & Hearing Instrument Specialist

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

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

Selina Mauro, H.I.S

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

Education:

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

CONTACT US

If you or a loved one requires support with their hearing health or hearing devices or want to start their journey to better hearing, we are here to help.

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